



The Expeditionary Times

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U.S. Army photo by Spc. Zane Craig

Gen. Lloyd Austin, commander of United States Forces-Iraq, speaks with a coin recipient during his visit Nov. 25 at Joint Base Balad, Iraq. Austin stopped to thank service members for their hard work, as well as to hand out coins to selected individuals nominated for going above and beyond.

USF-I commander pays special visit

STORY BY
SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF

JOINTBASEBALAD, Iraq—Gen. Lloyd Austin, commander of United States Forces-Iraq, stopped at Joint Base Balad on

Thanksgiving Day, Nov. 25, to thank service members for their hard work, as well as to hand out coins to selected individuals for going above and beyond.

Austin was accompanied by Mr.

James Jeffrey, the U. S. ambassador to Iraq.

“Thanksgiving is a uniquely American holiday,” he said. “I am thankful for the 50,000 troops and 70,000 contractors on the ground here who continue to do a great job.”

Austin echoed those remarks. “You’ve made a great difference in this region of the world as well as in this country,” he said. “Many of you have served multiple tours. That’s a lot of experience you bring to the table to ensure the success of this mission.”

For much of the Iraq War, the various services of the U.S. military

have worked together. Austin related that this has been a transformation in progress; initially there were some challenges, but the relationship has transformed, and now the services are working together to accomplish the mission. “Now you see us as a joint force, operating at ease,” said Austin. “You also see the Guard and Reserve working side by side with their active component. They work very well together.”

Jeffrey said that Iraq will be successful because of that relationship, and the dedication of the military.

“I am thankful for a peaceful,

prosperous country moving forward,” said Jeffrey. “Your sacrifice here is the reason we are safe.”

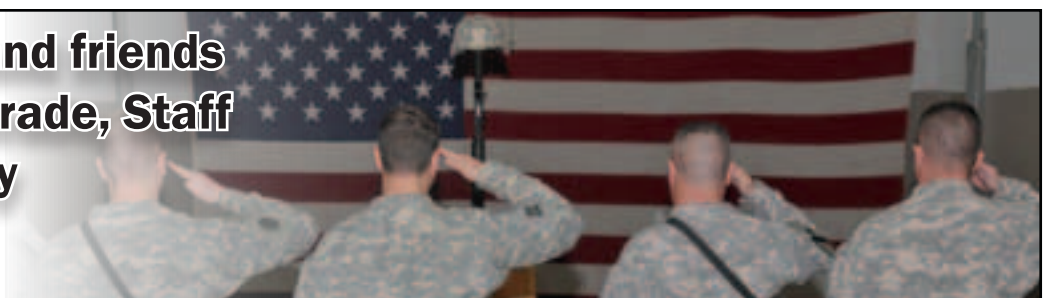
A number of Soldiers were then presented coins for doing outstanding work in their professions. Austin took the occasion to recognize them for performing a difficult job given the circumstances.

“Being recognized by your peers is something special, especially in a still-hostile environment like Iraq,” he said.

After wishing those in attendance a happy Thanksgiving, Austin paid tribute to the troops. “I wish all of you the best in the future.”

**Fellow service members and friends
pay tribute to a fallen comrade, Staff
Sgt. Loleni Gandy**

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Tips to prepare for the holidays

LT. COL. RICHARD L. PIONTKOWSKI, JR.
103RD ESC DEPUTY COMMAND CHAPLAIN



It is now past Thanksgiving and Black Friday (when retail sales hopefully put the sales column in the black). So what are you doing to prepare for the holidays? Well you've probably thought about a gift for the significant other, which in my case are my two dogs Bert and Ernie. Bert is the somber type who looks best in basic black and likes the meaningful gifts, like a handmade toy, a holiday card made from scratch (why's the chaplain have all that glitter on him?), etc. Ernie, on the other hand, goes for anything bright, shiny and electronic. I can't count the number of times he's watched his "Lassie" DVD from last year. In any event, shopping will be difficult for those two.

Now let's shift from "things" that need to be bought for the holidays to attitude preparation for this festive time. How are you preparing your attitude and your emotions for this time away from family and many friends? Sure, you could mope around and think of all you're missing. You could complain about the unfairness of it all and generally take a negative attitude toward the situation we all find ourselves in. You may even decide to hide in your CHU when not at work and cry (my preferred method), OR you could do a real preparation of yourself for the season where we're all supposed to be joyful. Maybe some hints will help.

First, the biggest gift to your family and friends is YOU, not something that you can put in a box and mail

(OK, you could try it, but let me know first, I want to see the look on the postal worker's face). Since you can't be there this year for the family, make sure that you're in contact with them. Are you calling home at special times? Are you in contact with your loved ones in some way during this time of year? If not, please do so, it can make a world of difference for you and for them. Second, reflect on your memories of those times you've spent Christmas, Hanukkah or other holiday with special people in your life. That is not a reason to be sad and think, "If only..." It is a time to cherish those memories, to give thanks for those memories and to realize that the future, with God's help, will bring more memories to savor and to lighten the heart.

If your memories bring a smile to your face, then third, keep that smile on your face. When I think of holidays past I think of food (remember, too much is just enough), card games (Grandma always cheated), kids running loose (darn those whippersnappers!), political arguments (no Grandma, I don't think Grant is running this year), drunk uncle Ron passed out on the lawn (OK, not the best memory), football—on TV and in the yard (Mom, Jerry's arm is hanging down funny and he's crying). It is funny, when we reflect on our memories of holidays, how the bad seems to diminish and the good shines.

So to prepare for the holiday, keep in contact with those you love, remember the good times you've had during this season of the year and keep a smile on your face. This mission will change soon enough and we'll all be home. That is a day worth preparing for; it will be a day worth remembering.



LEARN THE DRAWDOWN

The 840th Transportation Battalion is hosting Integrated Booking System/Container Management Module Training 8 a.m. to 12 p.m. every Sunday at the battalion headquarters, 7119 Eagle Dr. (near bus stop #62) at Joint Base Balad.

You will need to make reservations for the class by calling 318-483-4241.

EXPEDITIONARY TIMES

103rd ESC Commanding General, Brig. Gen. Mark W. Corson

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The Weekly Standard: Defining corrective training

MASTER SGT. ARNETT COOPER
103RD ESC IG



This week's article is the first of a two-part series on corrective training and will focus on how and when to conduct corrective training. Next week will cover how not to do corrective training and show some of the errors made by company and platoon level officers and NCOs.

What is corrective training? To state it simply, corrective training is just that: training, which through its practice or instruction, increases proficiency in a specific area. The purpose of corrective training is to correct individual deficiencies and eliminate the need for formal disciplinary measures in the future.

Corrective training can be defined as a technique used by leaders to assist Soldiers in gaining proficiency in a particular task, skill or standard by providing additional practice or instruction when they demonstrate a particular deficiency. Corrective training is designed for Soldiers who have demonstrated that they need and would benefit from additional instruction or practice in a particular area of deficiency. Corrective training has to be directly related to the Soldier's shortcoming.

Examples of inappropriate corrective training include a Soldier being "smoked" or made to clean the orderly room after duty hours for a uniform violation, having a dirty

weapon or being late for formation.

Army Regulation 600-20, Army Command Policy, paragraph 4-6(b), states that one of the most effective corrective measures is extra training or instruction (including on-the-spot correction).

For example, if Soldiers appear in an improper uniform, they are required to correct it immediately. Extra training and instruction, if timely and appropriate, may correct deficiencies and eliminate the need for formal disciplinary measures in the future. Pursuant to AR 600-20, paragraph 4-6(a), commanders should consider administrative corrective measures before deciding to impose non-judicial punishment. Authority to use corrective measures is inherent in the powers of a commander.

The scope of corrective training is narrowly tailored to the Soldier's deficiency. AR 600-20, paragraph 4-6(b) (1), states, "The training, instruction or correction given to a Soldier to correct deficiencies must be directly related to the deficiency. It must be oriented to improving the Soldier's performance in his or her problem area."

Examples of corrective training include: a Soldier appearing in improper uniform who may need special instruction in how to wear the uniform properly, or a Soldier with a dirty weapon who may need to devote more time and effort to cleaning the weapon and who may also need special instruction on how to properly clean the weapon.

Corrective training should continue only until the training deficiency is overcome and should be supervised by the

appropriate level of command.

The idea is to give corrective training that will HELP the Soldier be a better Soldier. The Legal Guide for Commanders, FM 27-1, covers guidelines, but you are responsible for making sure the Soldier understands the counseling and why they are given corrective training. Corrective training is put into place as a learning tool.

Corrective training is limited in scope. There are three golden rules to consider when determining a corrective training program:

- **Non-punitive:** The commander must ensure that the nature of the training or instruction is not punitive. FM 27-1 provides guidance for commanders, in that commanders must distinguish extra training from punishment, or even the appearance of punishment.
- **Time:** AR 600-20, paragraph 4-6 b(1), states the training, instruction, or correction given to a Soldier to correct deficiencies must be directly related to the deficiency and should continue only until the training deficiency is overcome. It also states that corrective measures may be taken after normal duty hours.
- **Procedure:** Corrective training is intended to be supervised by the appropriate leaders within the command. Therefore, leaders should be present during corrective training to dispel the appearance of punishment being directed toward a Soldier.

Combat Stress: Resources to 'put a hit out on stress'

SGT. AMBER BROWN
85TH COMBAT STRESS CONTROL



The 85th Medical Detachment, Combat Stress Control (CSC) services USD-North with assets here at Joint Base Balad. Our unit is known as the Mind Mafia, and our commander has "Put a Hit Out on

Stress." Providers in our unit are known for their superior skills in assessing Soldiers and giving them the tools needed to help them successfully complete their deployment. I am a part of the Prevention Team, and we have set out to try to eliminate stress as much as possible before it begins to overwhelm deployed Soldiers. We offer a wide variety of services here at our clinic on Joint Base Balad such as:

Unit Behavioral Health Needs Assessment Surveys used as a tool for both the chain of command and the CSC to determine the behavioral health needs of a unit. The survey is completely confidential, allowing Soldiers to comfortably express how the deployment has been affecting them thus far. The assessment can be done as soon as 90-120 days into the deployment and 90-120 days before redeploying back

to home station, but commands may use the assessment as often as they see fit. The survey covers topics such as home front issues, depression, unit and personal morale, and other issues pertinent to the behavioral health of Soldiers.

Unit Intro Briefs are given to units new to the theater of operations. A member of the CSC team briefs the chain of command on the wide variety of services offered to them by the CSC. The introduction brief helps establish a relationship between the chain of command of the units and the CSC, in an attempt to reduce the stigma associated with accessing behavioral health care.

Unit Behavioral Health Advocate Training is training provided for selected unit members to enable them to act as liaisons between the unit and CSC. When Soldiers are experiencing problems, they typically talk to someone in the unit they are close to before they talk to someone at the CSC clinic. Unit Behavioral Health Advocates are important in ensuring that Soldiers in their unit are receiving the services they need to have a successful deployment. That could mean a visit to the CSC or the Joint Medical Clinic. Unit Behavioral Health Advocates also play an intricate role in helping decrease the stigma associated with combat stress.

Suicide Prevention and Awareness classes are taught to units to provide them needed information to try to reduce the rates of suicide attempts while deployed. The class discusses typical warning signs displayed by persons who are contemplating suicide, and allows those around them to help them before the Soldier begins to feel that suicide is his or her only solution to the problem. The class also discusses the alarming numbers of suicide attempts and completions in the Army as well as other statistics associated with suicide.

Psycho-educational classes can also be taught at the unit level. Some of the classes available include stress management, anger management, conflict resolution, communication skills, and sleep hygiene. If the classes mentioned do not meet your specific unit's needs, contact the CSC to discuss other available classes that may address your needs.

Putting a hit out on stress and attempting to control stress before it becomes overwhelming is a combined effort of both the chains of commands and CSC. It is an ongoing operation of our Mind Mafia team, and I love EVERY part of it! For further information, please visit your local CSC. We are located in the Joint Medical Clinic next to Taco Bell at JBB, and can be reached at 483-3385.

224th Sustainment Brigade Presents:

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Service members run to acknowledge New Dawn

STORY AND PHOTO BY
SGT. 1ST CLASS RHONDA M. LAWSON
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— The temperature had dropped considerably since the date the event was supposed to take place, but that didn’t stop more than 300 service members and civilians on Joint Base Balad from participating in the Operation New Dawn 5K Run, hosted Nov. 20 by the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

The run, which was originally scheduled to take place Sept. 1, was a commemoration of the transition from Operation Iraqi Freedom to Operation New Dawn and stability operations. The idea formed from a conversation between three friends over dinner back in July.

“We were talking about all of the changes that would take place after Sept. 1 and decided, ‘why not do a run?’” explained Master Sgt. Paul Lloyd, the brigade’s support operations transportation noncommissioned officer-in-charge. “We also wanted to commemorate the anniversary of 9/11, as you can see on the T-shirt.”

He explained that the front of the T-shirt bears the phrase, “Lest we forget,” to commemorate Sept. 11, and on the back, the sunrise symbolizes change.

Chief Warrant Officer 2 Denise Kelley, a mobility warrant officer with the brigade’s support operations, and a Chambersburg, Pa., native, who helped organize the event, explained that the run had to be postponed until November because the T-shirts hadn’t come in. However, she said the run turned out to be a success.

“Everything went perfectly,” she said. “We got all the support we needed, and it was a good turnout.”

Part of the support came from the brigade’s Headquarters, Headquarters Company, 3rd Special Troops Battalion. Capt. Vanessa Parker, the company commander and a Cincinnati native, used the run as an opportunity to run with her unit one last time before turning over her command in December. More than 200 Soldiers, including the brigade and battalion



Capt. Vanessa Parker (front), commander of Headquarters, Headquarters Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Cincinnati native, leads her unit on one last run before relinquishing command in December, during the Operation New Dawn 5K Run Nov. 20 at Joint Base Balad, Iraq.

staffs, ran with her.

“It was an outstanding ending to a captain’s career as a company commander,” said event co-organizer Master Sgt.

Michael Manigault, the 3rd Sust. Bde. nightshift liaison officer to the 103rd ESC, and a Harlem, N.Y., native. “That is the way I would want to go out.”

Former Soldier gives gift of music to deployed troops

STORY AND PHOTO BY
STAFF SGT. CONSTANCE A. OBERG
394TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE SPEICHER, Iraq— Recently, the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received a generous gift of music to give them a little comfort of home while serving in Iraq.

The Family Readiness Group out of Fremont, Neb., made a trip to meet with Jon Peterson, a former Army private first class and a North Platte, Neb., native. Peterson donated six electric guitars and amplifiers, all of which he purchased with his own money.

Peterson was injured early in his military career in a swimming accident, and is paralyzed. But he has been playing guitar for about eight years and wanted to share his love of music with Soldiers serving in Iraq and Afghanistan.

“This is something I felt I could do for other Soldiers,” said Peterson. “I wanted to make their time on deployments a little easier.”

Peterson’s efforts to improve Soldiers’ time on deployment proved successful.

“Pfc. Peterson’s generosity made it possible to bring a rare morale welfare amenity to theater, which has been highly utilized by the Soldiers of the 394th CSSB,” said Lt. Col. John P. Holzapfel, 394th CSSB commander and an Omaha, Neb., native.

It didn’t take long for the Soldiers to check a guitar out and take it back to their containerized housing units to start perfecting their skills.

“I thought it was pretty neat, and hopefully it will boost up the unit morale,” said Spc. Luan T. Nguyen, a unit armorer with the 394th CSSB, and a Lincoln, Neb., native. “Everyone seemed excited about it, and many Soldiers already know how to play, but those that did not seemed really willing to learn.”

Pfc. Noah O. Harvey, sustainment automation support management office specialist with the 394th CSSB, and an Omaha, Neb., native, felt the gift of the guitars was very generous and would give Soldiers something to look forward to in their down time. “It makes for a good long-term goal to either get better at playing the guitar, or learn how to do it while you are over in theater,” said Harvey.

Holzapfel added, “Pfc. Peterson’s thoughtful gift truly demonstrates the support all



Soldiers with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), listen as Lt. Col. John P. Holzapfel, commander of the 394th CSSB, and an Omaha, Neb., native, presents the unit with the electric guitars that were donated from Jon Peterson, a former Soldier and a North Platte, Neb., native.

Soldiers have back home. In this case, the support came from someone we’ve never met before, which in itself speaks volumes of not only Pfc. Peterson, but the true character of our nation’s great citizens and Soldiers.”

Peterson is currently hoping to put a band together and would love to be able to go overseas and play for Soldiers.

“I feel you can go really far in life when you have music in it, and I love to share that thought with other people, especially fellow Soldiers,” said Peterson.

Annual Turkey Bowl brings Soldiers together

STORY AND PHOTOS BY
SGT. 1ST CLASS RHONDA M. LAWSON
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— It wasn't quite the Super Bowl, but for the officers and noncommissioned officers with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), the Turkey Bowl on Nov. 20 was the biggest game of the year.

The officers, known as the "Enforcers," would try to claim the title of Turkey Bowl champions from the NCOs at Joint Base Balad's Killeen Field. They came out of the gate swinging, quickly scoring the first touchdown of the game.

However, the NCOs, known as the "Backbone," refused to give the Enforcers an easy win. In an epic battle, the Backbone defended their title, winning 24-12 and earning bragging rights as two-time Turkey Bowl champs. Despite the score, both teams gave a physical show of strength and speed throughout the game.

"It was an awesome game," said team coordinator and Enforcers quarterback Capt. Lonnie Williams, the assistant operations officer with the 3rd Special Troops Battalion, 3rd Sust. Bde., and a Charleston, S.C., native. "Everyone put in maximum effort all the way until the last buzzer."

He added that many of the officers were older than the NCOs, so he felt his team was taken lightly.

"We had some underrated players who showed up and played really, really well," he said. "There was no one player; it was a collective effort, and we did better than many expected."

Master Sgt. Paul Lloyd, the Backbone wide receiver and support operations transportation noncommissioned officer-in-charge with the 3rd Sust. Bde., admitted that the Enforcers were taken lightly at first.

"They surprised us and went straight down the field," he said. "We really didn't have an answer for them for the first three offensive possessions when they had the ball."

The Turkey Bowl is a flag football competition that began in 2009 with the 3rd Sust.

Bde., back at Fort Stewart, Ga., and is traditionally played the week of Thanksgiving. Each team is allowed up to 15 players, all of whom must be assigned or attached to the brigade headquarters or its special troops battalion. Additionally, each team must have a female player on the field at all times.

Lloyd, an Orlando, Fla., native, who participated in last year's event as well, said he felt this year's Turkey Bowl was more competitive.

"Both teams actually took more time out and practiced more," he said. "There was much more structure on both sides of the ball. There was actually strategy built into this year's game."

Sgt. 1st Class Jennifer Atherton, the 3rd Sust. Bde. Force Protection NCO and a native of The Villages, Fla., said she had "a lot of fun."

"I've always enjoyed football in any form because of the way I was brought up," she said. "Being the NCOs against the officers just adds a little more of a spin to things."

For many, the competitiveness and fun were just the goals the Turkey Bowl was meant to have. Williams and Lloyd agreed that, although the Enforcers and Backbone were enemies on the field, the game brought everyone closer.

"I think things like this are important because they build esprit de corps and camaraderie throughout the unit," said Lloyd. "It helps us to understand that in spite of the mission, there's always a chance for us to sit back, let our hair down, have some fun and relax. Athletics has always been a part of our society, and it helps to give us a little character."

Williams agreed, adding that the event promoted cohesion among all participants.

"I had some officer's say after the game that they wished they were out there," he said. "This is something that should be continued year after year. There was a little bragging after the game and at the barbecue after, but we were back on mission; it didn't separate us."

That time may come sooner than later. Some of the officers have already issued a challenge to the NCOs to compete in a Christmas Bowl.

"I've heard the rumors," said Lloyd. "If they're up to the challenge, I don't think we'll have a problem."



ABOVE: Two Soldiers with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), participate in the annual Turkey Bowl, held at Killeen Field Nov. 20 at Joint Base Balad, Iraq.

BELOW LEFT: Capt. Lonnie Williams, a Soldier with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), the Enforcers quarterback and a Charleston, S.C., native, prepares to launch the ball during the 3rd Sust. Bde. annual Turkey Bowl, held at Killeen Field Nov. 20 at Joint Base Balad, Iraq.

BELOW RIGHT: Command Sgt. Maj. Clifton Johnson, senior enlisted advisor of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Backbone quarterback and a Lima, Ohio, native, tries to pick up a few extra yards during the 3rd Sust. Bde. annual Turkey Bowl, held at Killeen Field Nov. 20 at Joint Base Balad, Iraq.



Award ceremony honors civilian FMRT workers

STORY AND PHOTO BY
SGT. 1ST CLASS RHONDA M. LAWSON
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— The 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), hosted an award ceremony for 15 of their Honduran and Panamanian workers Nov. 12 at the Fixed Material Redistribution Team yard.

The ceremony was held to express appreciation for the workers, who will return to their countries this week after serving in Iraq the past year.

"You are definitely a part of the team," said Lt. Col. Anthony Bohn, 13th CSSB commander and a Minneapolis native. "We appreciate all of your efforts during Operation New Dawn, and wish you all the best in the future."

The workers were under contract, and had been at the FMRT for the past four months, arriving about the same time that the 289th QM assumed responsibility for the yard. Their responsibilities included customs inspections, sorting and segregating equipment and assisting with equipment turn-in.

"They're more or less like family to us," said Sgt. 1st Class Ali Simon, FMRT platoon sergeant and a Philadelphia native. "An award ceremony shows them that we appreciate them."

He added that the Soldiers and the workers did more than work together; they also talked and learned from each other. Spc. Shawn Jepsen, a Supply Support Activity specialist and a Folsom, Calif., native, said



Thairon Marin, a Colon, Panama native and Fixed Mobile Redistribution Team worker, shakes hands with the official party during the award ceremony hosted by the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Nov. 12 at Joint Base Balad, Iraq. The ceremony was held to honor Marin and 14 other Honduran and Panamanian workers who will be returning to their countries after working in Iraq for a year.

working with the workers even helped him further his education.

"I took a year of Spanish, which really helped," he said. "They were able to teach me Spanish, and I was able to teach them a little English."

Many Soldiers agreed that they would miss the friendships they had fostered with the workers. The workers vowed to keep in

touch once they returned home. One worker, Jose Alphonso, a warehouse specialist from La Paz, Honduras, added that the friendship and teamwork inspired him to one day become a U.S. citizen and join the U.S. Army.

"I liked the way we worked together," said Alphonso.

Thairon Marin, a Colon, Panama, native,

who worked at the FMRT, added that he is eager to return to Iraq and continue working.

"I gave 100 percent while I was here, and I know that everybody I worked with did the same," said Marin.

Simon added that Iraqi workers are due to replace the Honduran and Panamanian workers, which is another step in improving the Iraqi infrastructure.

Army chaplains attend spiritual fitness conference

STORY AND PHOTO BY
CAPT. EFREM GIBSON
1ST INFANTRY DIVISION

CAMP VICTORY, Iraq— Chaplains from across Iraq and Afghanistan gathered at Camp Victory, Iraq, Nov. 15, to attend a five-day conference designed to promote a new approach to improving Soldiers' spiritual wellness.

The conference was led by the founders of the Spiritual Fitness Initiative, retired Lt. Col. Dr. Glenn Sammis and the Rev. Dr. Chrys Parker. Both chaplains specialize in the treatment of sexual assault, Post Traumatic Stress Disorder, and psycho-trauma.

SFI was created about 10 months ago to improve Soldiers' well-being through spirituality. SFI teaches the development of a Soldier's spiritual health first, with the belief that other aspects of their health can improve after becoming spiritually resilient. The founders of SFI stress that the program is not meant to be an alternative, but rather a supplement to other methods for improving Soldiers' resiliency.

"We want to intervene at the front of Soldiers' lives, not at the back of their ambulance," said Parker.

For years, chaplains in the military have assisted service members who go through a traumatic experience. SFI views chaplains as the primary facilitators of the program and focuses its training toward the chaplain corps.

"Most traumatic events have an element of soul wounding," said Parker. "Quite frankly, the chaplains have the expertise on how to deal with the spiritual damage that is inherent in trauma."



Chaplains attending a five-day conference on Camp Victory, Iraq, designed to promote a new approach to improving Soldiers' spiritual wellness, take part in a hands-on portion of the training.

Maj. Thomas Bruce, the brigade chaplain for the Enhanced Combat Aviation Brigade, 1st Infantry Division, attended the conference and said he recognized the need for his chaplains to get training on how to aid in the healing process of Soldiers.

"Healing from trauma is more than just physical," said

Bruce. "There is a spiritual component of healing. Our vision is to see chaplains participating in a holistic approach to treating trauma."

During the conference, SFI methods were taught without the use of electronic interfaces, such as videos and slide-shows. Training was mostly conducted through hands-on exercises and group discussions.

"The root of the training and education is experienced based in nature," said Sammis. "We want people to learn by doing. They should see, hear, and feel what they are learning."

The training centered around four principles: command, control, communication, and collaboration. The intent was to expand the skill sets chaplains already possess to build a Soldier's resiliency by giving them a way to help Soldiers take ownership of their spiritual life. The principles also teach people to be honest with God, cope with stress, and be a positive influence to themselves and others.

"The training was helpful and had a positive impact on me," said Pvt. Jeremy Armstrong, a chaplain's assistant assigned to the Enhanced Combat Aviation Brigade. "I learned a lot about people and myself. I'm glad I got the chance to attend the training," said Armstrong.

SFI has been implemented in a few units in both garrison and deployed environments. Parker and Sammis hope to ultimately have the concept taught Army-wide.

"We are very much interested in and enthused about SFI," said Lt. Col. William T. Barbee, Deputy Director for the Center for Spiritual Leadership at Fort Jackson, S.C., who worked with Parker and Sammis at the conference.

A study is set to begin next year to measure the effects of SFI and its impact on Soldiers.

Security detachment makes unique ‘pit stop’

STORY AND PHOTO BY
2ND LT. BLAIR GRIMES
512TH QUARTERMASTER COMPANY

INTERNATIONAL ZONE, Iraq— It's a rare opportunity for a personnel security detachment to be able to make a planned detour from their normal trips to various forward operating bases throughout Iraq, but the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), PSD team was able to see a unique glimpse of Baghdad during their last trip into the heart of Iraq. Soldiers with the 512th QM Co., out of Hunter Army Airfield, Ga., were recently afforded the distinctive chance to see the Hands of Victory, an iconic monument in Iraq.

After a routine mission to various FOBs throughout the Baghdad area, such as Victory Base Complex and Prosperity, the crew took the short ride through the International Zone, which is a secured area that houses several embassies and other recognizable monuments. The Hands of Victory, which was built in 1990, was the perfect



The personnel security detachment team with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), out of Hunter Army Air Field, Georgia, stands under the “Hands of Victory” in Baghdad, Iraq.

backdrop to stop and take a break from the normal mission set. Their visit to the historic site, stemmed from the battalion command team's desire to expose the team to more

sites throughout Iraq.

“It wasn't what I expected, but it was definitely an exceptional experience,” said Spc. Roberto Cornejo, a driver for the PSD team with the 512th QM Co., and a San Antonio, Texas, native. He said he hopes it's the first of many more arranged pit-stops, and added that it's important to take advantage of being in Iraq and seeing the country's history as well. “I felt like I was really in the heart of Baghdad.”

Spc. Joseph Comeau, a member of the PSD team with the 512th QM Co., and a Lynn, Mass., native, also said that seeing a part of Iraq's history was a unique experience.

“I had seen those swords on television so many times when the war first started, but to see it up close seven years later was very exciting,” he said.

He said that he looked forward to seeing something different and going to a new place when the convoy commander first briefed the team about the stop.

“It was a great opportunity for the team to take photos at such a notable place,” said Maj. Michael Halley, the battalion support operations officer and a Cedar Rapids, Iowa, native. “This will be one of those moments that all the Soldiers here will remember.”

VIPs visit Balad to meet with Louisiana Soldiers

STORY BY
1ST LT. RONALD BROWN JR.
199TH BRIGADE SUPPORT BATTALION

JOINT BASE BALAD, Iraq— Soldiers with 3rd Battalion, 156th Infantry Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received a special visit from the Louisiana National Guard's highest general officer and noncommissioned officer-in-charge Nov. 17 at Joint Base Balad, Iraq.

Maj. Gen. Bennett C. Landreneau, a Ville Platte, La., native, and Command Sgt. Maj. Tommy Caillier, a Lafayette, La., native, extended their respect and admiration to the remaining Louisiana troops still providing service throughout portions of Iraq.

The visit marked a mandatory commitment made by the two highest members of the Louisiana National Guard to display and instill leadership at the highest level.

Fifty Soldiers were chosen to have lunch with Landreneau and Caillier shortly after their arrival. Capt. Theron Watson, the battalion chaplain with 3-156th Inf. Bn., and a Lake Charles, La., native, blessed the meal of barbecue ribs, oven roasted chicken, mashed potatoes with gravy and seasoned green beans, and then Landreneau informed the Soldiers of a little-known Louisiana fact.

“The Louisiana Soldiers on ground make up roughly one half of the National Guard force here in Iraq,” he said. “Gov. Jindal continuously speaks highly of the 256th Infantry Brigade Combat Team and the service you provide abroad.”

After the lunch, everyone posed for a group photo and shared stories on the profound impact that 3-156th Inf. Bn. made throughout the deployment.

“It was a great opportunity for me to meet the adjutant general,” said Sgt. Terrance Jeannisse, an administrative sergeant with 3-156th Inf. Bn., and a Lake Charles, La., native. “It's not every day that you get to chat with a two-star general.”

Caillier was excited about the visit as he posed for individual and group photographs.

“I can't complain; everything looks good,” said Caillier, while basking in the atmosphere and how the country of Iraq has improved versus the years his troops spent performing an



U.S. Army photo by Sgt Nathaniel Orphey

Maj Gen. Bennett C. Landreneau (left), adjutant general of the Louisiana National Guard, and a Ville Platte, La native, speaks with two Soldiers with the 3rd Battalion, 156th Infantry Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), during his visit to the Task Force Bandit Area of Operations.

entirely different mission in 2003-2005.

The all-star command pair and staff then loaded into a 30-passenger bus for individual visits to the 3-156th Inf. Bn. motorpool, C Company's operation center and F Company's motor pool.

During the visit to the battalion's maintenance section, the pair was greeted by a Soldier who was disassembling a transmission. Landreneau and Caillier both took time to personally speak with each Soldier in the section. “The time that the general and the state sergeant major spent here today allowed them to see firsthand what it takes to keep the 3rd Battalion's vehicles fully mission capable,” said Chief Warrant Officer 3 Gregory Chance, the maintenance officer with the 3-156th Inf. Bn., and an Iowa, La, native.

Upon arrival at the F Co. motorpool, Landreneau and Caillier got up close and personal with the staged Mine

Resistant Armor Protected vehicles with crews on standby to give overviews on equipment.

Lt. Col. David B. Gooch, commander of 3-156th Inf. Bn., and a Houston native, gave a brief overview of the electronic systems that aided in the immobilization or premature detonation of improvised explosive devices.

Command Sgt. Maj. Stephen E. Hickman, senior enlisted advisor of the 3-156th Inf. Bn., and a Deridder, La., native, gave positive feedback to Caillier regarding the high morale levels of the more-than 650 enlisted troops stationed throughout eight locations of Iraq.

“We're proud of our troops,” said Hickman. “They successfully met my and Lt. Col. Gooch's standards; therefore, Maj. Gen. Landreneau and Command Sgt. Maj. Caillier had to come and see the great and wonderful things that this battalion is doing for themselves.”



U.S. Army photo by Spc. Zane Craig

ABOVE: The firing party presents arms after firing a volley of rounds at the memorial service for Staff Sgt. Loleni Gandy, a motor sergeant with the 103rd Sustainment Command (Expeditionary), Nov. 22 at the Morale, Welfare and Recreation Building at Joint Base Balad, Iraq.

TOP RIGHT: Soldiers with the 103rd Sustainment Command (Expeditionary) take a moment to render salutes to honor Staff Sgt. Loleni Gandy, a motor sergeant with the 103rd ESC, and a Samoa native, who died of a noncombat related injury, during a memorial ceremony held Nov. 22 at the Morale, Welfare and Recreation center at Joint Base Balad, Iraq.

BOTTOM RIGHT: Col. Kenneth Jones, deputy commander of the 103rd Sustainment Command (Expeditionary), and a Berryton, Kan., native, places Staff Sgt. Loleni Gandy's identification tags on the fallen warrior memorial at a ceremony held for Gandy Nov. 24 in the 103rd ESC command headquarters at Joint Base Balad, Iraq.



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Spc. Emily Walter

Comrades, family remember fallen Soldier

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— A memorial service was held Nov. 22 at the Morale, Welfare and Recreation building for Staff Sgt. Loleni Gandy, a motor sergeant with the 103rd Sustainment Command (Expeditionary), and a Samoa native. He died Nov. 19 of a noncombat related injury.

“Gandy is what I call a great Amer-



ican Soldier,” said Col. Kenneth Jones, deputy commander of the 103rd ESC and a Berryton, Kan., native. “His personality was such that he always made you feel special. He was so likeable and quickly became part of the 103rd family upon joining the unit.”

Soldiers in his unit describe Gandy as quiet, family-oriented and spiritual, but also with a great sense of humor and a big, contagious laugh.

“He was like a father to us,” said Spc. Stacey Hunnell, a force generation plans specialist with the 103rd ESC, and a Des Moines, Iowa, native. “We went to him for advice about anything.”

Gandy joined the U.S. Army, active duty, in 1993 and transferred into the Reserves in 2004. This was his second deployment to Iraq. His Soldiers said he was so dedicated to his job that he slept in the motorpool at home station until deployment.

“He took a squad with basically no leadership and taught them everything to do with maintenance,” said 1st Sgt. Glen Burgett, 1st Sgt. of the 103rd ESC, and a Des Moines, Iowa native. “He took those Soldiers in as his kids.”

Gandy had received numerous awards throughout his career, including the Bronze Star Medal (posthumous), Army Commen-

dation Medal, Army Superior Unit Award, Army Good Conduct Medal, and the Army Achievement Medal, among others.

“He was definitely about putting us before himself,” said Spc. Cierra Splettstoesser, support operations land mobility specialist with the 103rd ESC logistics and a native of Ottumwa, Iowa. “He will be missed.”

Gandy is survived by his wife, Faau-taimanu Gandy, sons Amadeus, Alexander, Tyler, and Lawrence Gandy, and his mother and father, Uti and Larry Gandy.

He will be greatly missed by his friends and family at home and here in the 103rd ESC.

Service members find faith in gospel play

STORY BY

MAJ. ANGEL WALLACE, 103RD ESC PAO AND
SGT. 1ST CLASS RHONDA LAWSON, 3RD SUST BDE. PAO

JOINT BASE BALAD, Iraq— “Where is your faith?”

This is the question that resonated with those who had the opportunity to watch the brilliantly written and performed play recently at Joint Base Balad, Iraq.

Writer, director and producer, Tech. Sgt. Yakeem Jones, an Airman with the 332nd Air Expeditionary Wing, and a

Philadelphia native, wrote the play six weeks prior to its debut, and stated that it was a culmination of his experiences while he was deployed.

“Initially, I was overwhelmed,” said Jones. “Seeing it take its own life was like watching a child do the extraordinary things that a child does. I was in awe watching what God was doing.”

The play “WHERE IS UR FAITH” focused on twelve primary characters that conveyed the challenges for both service members and their families during a deployment cycle, and how one family overcame those challenges through communication, support and faith.

“When I started the auditions in August, the play wasn’t even completed yet,” explained Jones when discussing how the individuals were selected for his play. “I completed the play the third week in September.”

For the actors and actresses, some selected participants auditioned without intending to.

“I was asked if I knew how to imitate someone, and when I said ‘Yes,’ I was asked to stand in to read the part for an individual that would do the part later,” stated Sgt. 1st Class Brian Jones, support operations munitions noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), and a Miami, Fla., native.

Jones was selected to play Pastor John Coger, a character well-established with the family focused on in the play.

“Once Sgt. [Yakeem] Jones saw that I was starting to memorize the lines, he said he wanted me to play the char-



U.S. Army photo by Maj. Angel Wallace

Pastor John Coger, standing under the spotlight, played by Sgt. 1st Class Brian Jones, with the 103rd Expeditionary Sustainment Command, and a Miami, Fla. native, visits the Sherman family while the main character, Staff Sgt. Joshua Sherman (to the right of the pastor), played by 1st Lt. Derek Jones, with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd ESC, and a Dayton, Ohio, native, is home on leave from his deployment to Joint Base Balad, Iraq.

acter.”

For another individual, her selection in the play came as a surprise as well. Chief Warrant Officer 2 Darlene Pittman, Equal Opportunity officer for the 103rd ESC, and a Wichita, Kan., native, was introduced to the play by one of her students in her Equal Opportunity course. While there to assist on set, she was asked to be a fill-in to read the part for a vocal and entertaining character, Kimberly Wright, the aunt of one of the main characters. The director liked how she read and asked her to play the part.

“The process behind the scenes was the most amazing part of the production,” said Pittman. “There were a lot of people going through a transformation in their faith walk.

“There are so many people who [needed] something or someone to connect to,” she added. “The play allowed us to reach people, while giving them a piece of home.”

For those who missed the production or would like to share the production with others, the cast encourages individuals to request copies of the play by sending an e-mail to JBBgospelservice@gmail.com.

“The play allowed us to reach people, while giving them a piece of home.”

- Chief Warrant Officer 2 Darlene Pittman



U.S. Army photo by Maj. Angel Wallace

Writer, director and producer for the play “WHERE’S UR FAITH,” Tech. Sgt. Yakeem Jones with the 332nd Air Expeditionary Wing, and a Philadelphia native, presents a gift to the plays’ main character, Staff Sgt. Joshua Sherman, played by 1st Lt. Derek Jones, with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Dayton, Ohio, native, recently at Joint Base Balad, Iraq.



U.S. Army photo by Maj. Angel Wallace

Sgt. John Pantaleon, Team Chief for the 16th Signal Company, and an Oxon Hill, Md. native, plays character Derrick Anderson in the play “WHERE’S UR FAITH” performed recently at Joint Base Balad, Iraq. In the play, Pantaleon’s character displays excitement and love for God, which helps other characters with their struggles during deployment.

103rd ESC warrant officer promoted to CW4

STORY AND PHOTO BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Chief Warrant Officer 4 Michael Carpentieri, senior ammunition technician with the 103rd Sustainment Command (Expeditionary), and a St. Joseph, Mo., native, was promoted to the rank of CW4 in a ceremony Nov. 20 in the movie room at the East Morale, Welfare, and Recreation center at Joint Base Balad, Iraq.

"It feels really good to get this," said Carpentieri. "I made the promotion list back in June of 2009, the same month I got married."

More than 50 friends and colleagues gathered in the MWR building to celebrate Carpentieri's promotion.

"Today is possible because of all those Soldiers I've met and acquaintances I've made over the years as a warrant officer," he said.

Carpentieri also thanked all attendees for the honor of their presence at the ceremony, as well as his parents, brother, sister, wife and daughters, several of whom watched the ceremony live through satellite hookup.

"I'd like to thank the Soldiers of the 103rd ESC who have helped me pull this ceremony together, especially the munitions section and the G4," he said. "Thank you for the extra effort."

After the ceremony, guests helped themselves to wings, fruit, soft drinks and cake. Carpentieri talked to his family for several minutes and received congratulations from his guests.

This is Capentieri's second deployment to Iraq. The first was in 2005 during Operation Iraqi Freedom. He said that, in addition to being fortunate to have his friends, family and fellow Soldiers, it is rewarding to be in Iraq at this unique moment in history during the transition to full Iraqi sovereignty.



Chief Warrant Officer 4 Michael Carpentieri, senior ammunition technician with the 103rd Sustainment Command (Expeditionary), and a St. Joseph, Mo., native, was promoted to the rank of CW4 Nov. 20 in a ceremony at the East Morale, Welfare, and Recreation center at Joint Base Balad, Iraq.

Combatives instruction important overseas, at home

STORY BY
STAFF SGT. ASHLY MARTIN
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— Sgt.

Courtney Anderson, a heavy wheel vehicle operator with 1st Platoon, 15th Transportation Company, 110th Combat Sustain-

ment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Los Angeles native, is helping service members on defensive techniques by teaching various protective skills at the Sprung Gym at Contingency

Operating Base Adder, Iraq.

The Sprung Gym, also known as the Fight House, is a place where service members learn a sense of defensive awareness and that combatives skills are essential while deployed and at home. As a level-four combatives instructor who placed second overall in the All Army Combatives Tournament last year, Anderson jumped at the chance to take over as an instructor at the Fight House.

"I feel it is important to train Soldiers in the fundamentals of combatives in order to defend themselves or their battle buddy here or at home," said Anderson.

Anderson teaches level one and level two combatives, Muay Thai kickboxing and Brazilian Jui-Jitsu Monday through Friday,

and is assisted by Spc. Jason Smith, a heavy wheel vehicle operator with the 15th Trans. Co., and a Whiteville, N.C., native. Smith is a level-one combatives graduate, which qualifies him to assist in training but not to instruct.

"Working at the Fight House allows me to learn countless new moves to add to other skills I have obtained through boxing, and helps me prepare to move from level one to level two," said Smith.

On Saturdays, the Fight House is available for open mat fighting and informal practice of defense techniques. Anderson and Smith often take this time to do some practice and to keep their skills fresh.

"What Sgt. Anderson is doing is a great morale booster for COB Adder," said 1st

Sgt. Gussie Bellinger, senior enlisted leader of the 15th Trans. Co., and a Charlotte, N.C., native.

Currently, Anderson is preparing for the upcoming Nov. 28 Fight Night, which will be the first big event that Anderson has participated in since taking over. There is expected to be more than 30 fighters participating, roughly 15 more fighters than the previous Fight Night.

At Fight Night, amateurs or semi-professional fighters battle against each other in friendly competition, battling with their opponent to become the winner. Having the ability to train and having good instructors at the Fight House will help these participants reach their goals and teach them valuable lessons in self protection.

Soldiers hooked on spin classes, recognize health benefits

STORY AND PHOTO BY
1ST LT. RONNIE PATRICK, JR.
319TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Spc. Thomas Gil, transportation movement coordinator with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Tampa, Fla., native, leads Soldiers in

weekly spin classes at Contingency Operating Base Adder, Iraq.

Gil is known by the Soldiers at COB Adder for his intense and exciting spin class workouts held at the House of Pain gym. So many Soldiers enjoy the class that it is often filled an hour before class begins.

"You have to get to the gym an hour and a half before the class starts just to make sure you reserve a bike," said Capt. Nancy Sison, commander of the 319th Trans Co., and a New Orleans native, who participates in Gil's spin classes.

Spinning is an excellent alternative to running in terms of cardiovascular exercise. Because the class is held indoors,

spin classes eliminate wind, dust, cold or rain, and Soldiers can participate year-round. It also eliminates the worry of uneven terrain, low visibility at night or early in the morning, or traffic.

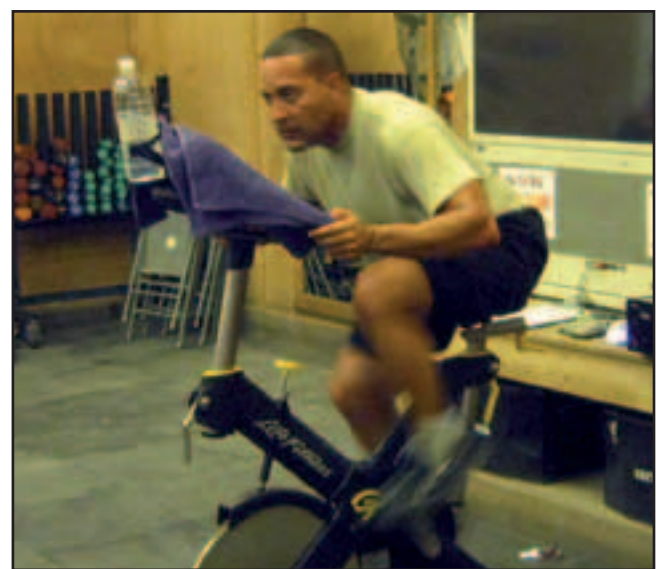
The stationary bikes allow Soldiers to adjust the tension to simulate hills, so even though they are not moving, they still receive the benefits of riding outdoors with a change in elevation.

As a bonus, participants have the camaraderie of a group environment and an excellent instructor to keep them motivated.

"I try to keep the movement and change in dynamics constant, so you're not getting used to just one movement," said Gil.

Many Soldiers have found the health benefits of spinning to be numerous. Spin classes are extremely effective in burning fat and calories. In a 60-minute spin class, participants can burn as many as 500 calories, while increasing cardiovascular fitness, stamina, endurance and lower body strength.

"I work the class hard the entire time, focusing on cardio as well as upper body strength," said Gil. "I think everyone should come out [and participate in a spin class] at least once. After one class, you usually get hooked."



Spc. Thomas Gil, a transportation movement coordinator with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Tampa, Fla., native, leads Soldiers in a spin class recently at Contingency Operating Base Adder, Iraq.

Troops support unit with convoy security team

STORY AND PHOTO BY
1ST LT. SETH CHURCH
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Fort Stewart, Ga., have been preparing for additional convoy escort missions in support of the 2nd Squadron, 108th Cavalry Regiment, 224th Sust. Bde. convoy security escort mission at Contingency Operating Base Adder, Iraq.

What started out as simple augmentation of the squadron's ongoing convoy escort missions has recently turned into a dedicated mission for the 632nd Maint. Co.

In August and September, the 632nd Maint. Co. began sending Mine Resistant Ambush Protected vehicles to C Troop, 2nd Sqdn., 108th Cav. Regt., in order to augment them and send Soldiers to receive convoy escort training.

Soldiers with the 632nd Maint. Co. launched their first organic set team Oct. 28.

First Lt. James Schafer, convoy escort team officer-in-charge and electronic equipment maintenance platoon leader with the 632nd Maint. Co., and a Dardanelle, Ark., native, took the CET from a simple concept and fully organized, planned and transformed it to what it is today with the dedication and hard work from his Soldiers.

"I think the CET team is doing a great job," said Schafer. "We had the equipment, plenty of enthusiastic and willing Soldiers, and the opportunity to train with C Troop, 2-108th Cavalry, and we have come a long way from just helping out to completely running our own operation."

Simultaneously, the 319th Transportation Company, 110th CSSB, provides a CET to the squadron as well. Although the 632nd Maint. Co. CET augments the 2nd Sqdn.,



First Lt. James Schafer, convoy escort team officer-in-charge and electronic equipment maintenance platoon leader with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Dardanelle, Ark., native, inspects a Mine Resistant Ambush Protected vehicle and its crew of Soldiers, to ensure full mission capability at Contingency Operating Base Adder, Iraq.

108th Cav. Regt., they are also available to escort any convoys originating from their battalion, allowing the battalion the flexibility to move its own logistical convoys without the need for external units to provide security.

"As the battalion commander, it gives me so many more options by having two

transportation companies and now two CET teams," said Lt. Col. David Scheideler, commander of the 110th CSSB, and an Ord, Neb., native. "Now I don't have to go outside the battalion to get the security to run our convoys; we can do it all on our own."

"We're breaking new ground with this, and there are a lot of people up and down

the chain of command who are anxiously awaiting the results, and the CET may be utilized in the future and expanded upon," added Scheideler.

The CETs continue to perform their convoy escort missions, now with the Soldiers of 2nd Sqdn., 108th Cav. Regt., in southern, western and central Iraq.

Transfer-of-authority ceremony marks beginning, end



Capt. Matthew Sparks, commander of the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Denton, Texas, native, stands alongside 1st Sgt. Jamal Smith, senior enlisted leader of the 565th QM Co., and an Oakland, Calif., native, during a transfer-of-authority ceremony recently at Contingency Operating Base Adder, Iraq.

STORY AND PHOTO BY
1ST LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— The 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), assumed command during their transfer-of-authority ceremony recently at Contingency Operating Base Adder, Iraq.

The 565th QM Co. is replacing the 40th QM Co., 110th CSSB. The TOA ceremony took place at the post chapel. Prior to the actual ceremony, Soldiers with the 40th QM Co. received awards for their wartime service.

"It was really cool to see how happy the Soldiers were when getting their awards, and the ceremony kind of says it's time for us to really take over," said Spc. Mavea Stringfellow, warehouse worker with the 565th QM Co., and a Memphis native.

Once the Soldiers with the 40th QM Co. received their awards, the TOA ceremony immediately took place. Capt. Matthew Sparks, commander of the 565th QM Co., and a Denton, Texas, native, took command from the outgoing unit.

"I had never seen a transfer-of-authority ceremony, so it was really interesting to see what actually goes into one," said Pfc. Espinoza, warehouse worker with the 565th QM Co., and a Killeen, Texas, native.

Soldiers with the 565th QM Co. continue their mission at COB Adder and eagerly await their combat patch ceremony, which usually takes place 30 days following a unit's arrival in country.



Buyer beware of dishonest dealers

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Last week I discussed the pros and cons of leasing a vehicle as opposed to purchasing one. I wanted to share with you a real-life experience I had that will shed some light on how some dealers work and the under-handed tactics they sometimes use.

Please keep in mind, this is not all dealers; most of them are stand-up people who are simply trying to make a living in a very competitive business. My idea of a stand-up dealer is one who is all about customer service, while still ensuring that those same customers receive good, honest offers for new deals as well as offering decent prices on trade-ins. Oh, and a great service department helps as well.

Our tale starts with a caveat. That caveat being my pet peeve of selling your vehicle back to a dealership. I have discussed at length how a better option is to sell your vehicle outright, and I stand by that. However, in some cases, like if a friend has leased a vehicle, you have to bite the bullet and take whatever loss may come your way via that trade. That is the issue dealt with in last week's column. It is better to continue to lease if you do it to start with.

Be that as it may, my friend did not want to continue down this path. After explaining to him the downside of this decision, we discussed a way to still save him some money. One of those ways was to get a great price on a new vehicle, understanding that the price will be offset by the devaluing of his leased trade.

I looked online and found a couple of sites that helped determine what he could expect to receive in trade from his leased vehicle, a 2002 Chevy Blazer Z-R2. A rule of thumb is that whatever is spelled out in Kelly Blue Book, or other sites that give suggested prices on used vehicles, needs to come down about 500 to 1,000 dollars depending on the condition of the vehicle.

We determined that his vehicle was in "good" condition (rarely should you consider your vehicle as excellent, unless it has rarely been driven), and saw that with the mileage driven (low, because it was a leased vehicle), we should take no less than \$5,000.

At the dealership, we saw a vehicle that my friend was interested in. Another Chevy Blazer ZR-2, with a high performance engine. This was a sweet ride, with all the accoutrement and a great dealer incentive: \$1,500 rebate and \$79 over invoice. There were no other limitations in the ad, clearly placed on the vehicle window.

We got down to business. There was no reason to make a deal on the new vehicle because it was already incentivized. We made our pitch for his used vehicle. Much to my surprise, the manager said yes, \$5,000 it was. We were obviously pleased. There was only one problem. When the salesman was doing the paperwork, he priced the new Blazer at \$2,000 over the advertised price.

Needless to say, we called the manager over. He immediately became defensive about the fact that we had questions on why the advertised vehicle was suddenly \$2,000 more. That's when the fun started. I will catalogue that next week.

Word on the Street

What is your favorite part of the holiday season?



"My favorite thing about the holidays is the music at this time of year because it is very inspirational, joyful and beautiful."

Lt. Col. Richard Piontkowski, deputy command chaplain with the 103rd Sustainment Command (Expeditionary), and a Grand Island, Neb., native



"My favorite part of the holiday season is when it's over. By then, a good time has been had by all and it's time to begin looking forward to next year."

Master Sgt. Kevin Zavala, master chaplain's assistant with the 103rd Sustainment Command (Expeditionary), and a Necedah, Wis., native



"My favorite part of the holiday season is the rice dressing because it's something we have every year and it reminds me of good times."

Spc. Justin Oliver, administrative chaplain's assistant with the 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native

Holiday Service Schedule

All services at Provider Chapel unless otherwise noted

ROMAN CATHOLIC MASS

- Dec. 8: Immaculate Conception - 11:30 a.m. and 7 p.m.
- Dec. 24: Christmas Eve - 7 p.m.
- Dec. 25: Christmas Day - 11 a.m.
- Jan. 1: Mary the Mother of God - 11 a.m.
- Jan. 2: Epiphany - 11 a.m.

PROTESTANT

- Dec. 24: Christmas Eve Candlelight Service - 7 p.m. at MWR East
- Dec. 25: Christmas - 9 a.m.
- Lutheran MS - 8 a.m.
- Dec. 31: Watch Night - 10 p.m.

PAGAN/WICCAN

- Dec. 21/22: Yule - at Provider Chapel Annex (Time TBA)

THEATER PERSPECTIVES

“Right now the Iraqi Navy has responsibility for about two-thirds of Iraq’s territorial waters for security and they’re responding now ... They’re working in concert with their neighbors.”

Brig. Gen. Jeffrey S. Buchanan, director of J9 and spokesman, U.S. Forces-Iraq, during an interview with Al-Rasheed Radio

“One of the most important elements of a democratic society is a free press that exercises its responsibility to report the news accurately, honestly, and fairly.”

Brig. Gen. Ralph O. Baker, deputy commanding general for United States Division-Center, during his final press conference conducted prior to redeployment to the United States

“The next government must be a government for the Iraqis, to include everyone. No one will feel left out or neglected participating in determining Iraq’s present and future.”

Prime Minister Nuri Al-Maliki’s statement after meeting with leaders of the Islamic Supreme Council of Iraq

“Families just want to know that their children and livestock will come back from their own fields in one piece.”

Haji Jassim Mohammed Asmar, who moved to Kesra in 2003 and settled in a house a few kilometers outside the village, communicates his relief after International Committee of the Red Cross removed 118 unexploded shells and bombs from the family field, making the grounds safe for the family and their livestock

“Christians must be allowed to remain where they were born to offer personally and through the works of the church, without any discrimination, their unique contribution.”

Cardinal Leonardo Sandri’s appeal made during mass in St. Peter’s Basilica in Rome, which was attended by some of the survivors of the recent attack on a Baghdad church in which 58 people died

FOUR-LEGGED HEROES

Since ancient wars, dogs have been carefully trained as important assets for warfighters to successfully complete their missions. During the war on terror, military working dogs have continued to play an important role in all branches of service, by safeguarding military bases and detecting bombs and explosives before they can inflict harm.

MWDs are trained and capable of tasks that cannot be done by humans. Even when the dogs are no longer capable of completing their military duties, many of them continue to work as service dogs for civilians; those that do not go on to work as service dogs are adopted through various MWD foundations.



- There are currently an estimated 2,300 working dogs in the U.S. military
- MWDs are able to detect minute traces of explosives and/or drugs and communicate it to their handlers
- Dogs also serve as “psychological deterrents” for aggressors
- The two MWD breeds are German Shepherds and Labradors
- A 120-day program trains the dogs with their handlers on basic obedience and advanced skills (sniffing for specific substances, how to attack, etc.)
- The Military Working Dog Foundation and the U.S. War Dogs Association are two programs through which MWDs may find a home after fulfilling their military duties

Sudoku

The objective is to fill the 9×9 grid so each column, each row and each of the nine 3×3 boxes contains the digits from 1 to 9 only one time each.

Last week's answers

4	6	8	2	1	3	7	5	9
9	2	7	4	6	5	8	1	3
3	1	5	7	9	8	4	6	2
7	5	6	9	8	2	3	4	1
8	4	1	3	7	6	2	9	5
2	9	3	1	5	4	6	8	7
5	7	4	8	2	1	9	3	6
1	3	9	6	4	7	5	2	8
6	8	2	5	3	9	1	7	4

Level: Hard

	1		9		8	4	3	
				4				
9							7	8
4	5	9		1		3		
	8						2	
		1		3		9	6	4
7	3							6
				8				
	9	5	7		2		4	

TEST YOUR KNOWLEDGE

1. For what magazine did Hugh Hefner serve as circulation manager while he was raising money to launch Playboy?
2. What problem did Leonardo da Vinci, Winston Churchill, Albert Einstein, Thomas Edison and General George Patton have in common?
3. What did All Nippon Airways do in an effort to prevent its planes from sucking birds into their engines?
4. Before the introduction of the hair dryer in 1920, what common household appliance was promoted for its hair-drying ability?
5. To whom did Mahatma Gandhi write for advice on diet and exercise?

1. Children's Activities magazine 2. All were dyslexic 3. Painted giant eyes on the engine intakes to discourage birds from approaching 4. The vacuum cleaner 5. Strongman Charles Atlas

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)
7 p.m. Freedom Chapel (West side)
Wednesday 8 p.m. Gilbert Memorial Chapel

GENERAL

Sunday 9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12:30 p.m. Gilbert Memorial Chapel
7 p.m. Provider Chapel

LITURGICAL (Lutheran Setting)

Sunday 5 p.m. Provider Chapel
5 p.m. Gilbert Memorial Chapel (H-6)

LUTHERAN

Sunday 8 a.m. Provider Chapel Annex

TRADITIONAL

Sunday 2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sunday 1 p.m. Provider Chapel
7 p.m. Gilbert Memorial Chapel

ROMAN CATHOLIC MASS

Sunday 8:30 a.m. Gilbert Memorial Chapel
11 a.m. Provider Chapel
12:30 pm. Air Force Provider Chapel
Saturday 8 p.m. Freedom Chapel (West side)
Mon-Fri 11:30 a.m. Provider Chapel

Confessions: Sunday 8-8:30 a.m. Gilbert Memorial Chapel or by appointment

JEWISH SHABBAT SERVICES

Friday 6 p.m. Gilbert Memorial Chapel (H-6)

PAGAN/WICCAN FELLOWSHIP

Thursday 7 p.m. Provider Chapel Annex
Saturday 7 p.m. The Shack (Bldg 7556)

* For holiday services, refer to page 12

FOR MORE INFORMATION PLEASE CALL:

Gilbert Chapel 433-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

*Current as of Dec. 1, 2010

JB BALAD ACTIVITIES

INDOOR POOL

Swim Lessons: Mon., Wed., 6 p.m.

Tue., Thu., Sat., 6:30 p.m.

Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.

Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m.

Chess & Dominoes Tourney: Friday 8 p.m.

Salsa Class: Saturday 8:30 p.m.

Poker: Saturday 7:30 p.m.

8-ball tourney: Monday 8 p.m.

Open Court Volleyball: Sunday 6 p.m.

Aerobics: Mon., Wed., 5:30-6:30 a.m.

Yoga Class: Mon., Friday, 6-7 a.m.

Step Aerobics: Mon., Wed., 5:30 p.m.

Conditioning Training Class: Mon., Wed., 7:15-8 p.m.

Brazilian Jiu-Jitsu: Mon., Wed., 8-9 p.m.

Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.

Caribbean Night: Friday 8 p.m.

CC Cross Fit: Mon., Saturday 10:30 p.m.

Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m.

Ping-pong tourney: Tuesday 2 a.m., 8:30 p.m.

Spades: Tuesday 7:30 p.m.

Guitar Lessons: Thursday 7:30 p.m.

Game tourney: Thursday 1 p.m., 8 p.m.

Enlisted Poker: Friday 1 p.m., 8 p.m.

Squash Competition: Saturday 8 p.m.

Darts: Saturday 8:30 p.m.

MACP Level 1: Friday 8 p.m.

5 on 5 Basketball: Saturday 8 p.m.

Green Bean Karaoke: Sun., Wed., 7:30pm

9-ball tourney: Monday 8 p.m.

Hold'em: Mon., Fri., 2 p.m., 8:30 p.m.

8-ball tourney: Tuesday 2 a.m., 8:30 p.m.

Ping-pong tourney: Tuesday 2 a.m., 8:30 p.m.

Jam Session: Tuesday 7:30 p.m.

Body by Midget Toning Class: Tue., Thu., 7 p.m.

Dodge ball Game: Wednesday 7:30 p.m.

Furman's Martial Arts: Mon., Wed., Sun., 1 p.m.

Gaston's Self-Defense Class: Fri., Sat., 7 p.m.

Open court basketball: Thursday 7 p.m.

Open court soccer: Thursday 7 p.m.

Mon., Wed., 7 p.m.

Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m.

CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.

UPCOMING SPORTS ON AFN

Wednesday 12/01/10

COLLEGE BB: Ohio State @ Florida State, Live 3:30 a.m. AFN Sports
NHL: St. Louis Blues @ Chicago Blackhawks Live 4 a.m. AFN Xtra
COLLEGE BB: Michigan @ Clemson Delayed 1 p.m. AFN Sports
COLLEGE: Live Football, 11:30 p.m. AFN Sports

Thursday 12/02/10

NBA: Memphis Grizzlies @ Atlanta Hawks Live 3 a.m. AFN Sports
NBA: San Antonio Spurs @ Los Angeles Clippers Live 6:30 a.m. AFN Xtra
COLLEGE BB: St. Mary's @ San Diego State, Live 7 p.m. AFN Sports

Friday 12/03/10

NFL: Houston Texans @ Philadelphia Eagles, Live 4 a.m. AFN Sports
NBA: Miami Heat @ Cleveland Cavaliers, Live 4 a.m. AFN Xtra
COLLEGE BB: UCLA @ Kansas, Delayed 1 p.m. AFN Sports
COLLEGE: Football, Delayed 4 p.m. AFN Sports

Saturday 12/04/10

NHL: New York Islanders @ New York Rangers, Live 3 a.m. AFN Prime Pac
COLLEGE: Illinois @ Fresno State, Live 6:15 a.m. AFN Xtra
COLLEGE: College Gameday, Live 6 p.m. AFN Sports
COLELGE: Live Football, 8 p.m. AFN Xtra

Sunday 12/05/10

COLLEGE BB: North Carolina State @ Syracuse, Live 1:30 a.m. AFN Xtra
UFC: The Ultimate Finale, Live 5 a.m. AFN Xtra
COLLEGE: 2010 SEC Championship Game, Delayed 11 a.m. AFN Sports
NFL: Live Football, 9 p.m. AFN Sports

Monday 12/06/10

NFL: Live Football, Midnight AFN Sports
NBA: Golden State Warriors @ Oklahoma City Thunder, Live 3 a.m. AFN Xtra
COLLEGE FB: Bowl Selection Special, Delayed 4:30 p.m. AFN Sports
NHL: Pittsburgh Steelers @ Baltimore Ravens Delayed, 9 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': College FB unpredictability

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



The great thing about college football is its utter unpredictability. As this column is about to hit deadline, I happened to be watching the end of a fantastic game between Boise State and Nevada. Boise State has been the target of quite a few folks, me included, who don't think they are worthy of a National Championship bid.

The ending of this game did not alter my viewpoint. It ended the Broncos' dream of playing for the national title, sure, although Auburn's scintillating come-from-behind victory in the Iron Bowl over Alabama yesterday may have had more to do with Boise State having an actual shot, in spite of their loss to Nevada.

Oh, right, the game I was originally referencing. What a great game. High drama, high stakes for a lot of teams. I mentioned to my CHU-mate prior to him walking out the

door this morning that I thought the Wolfpack would give Boise a game; it was being played in Reno, they were ranked 19th, and had a heck of an offense, just like Boise State. His response? "Boise will win by 3 touchdowns."

I have to say he looked like Jimmy the Greek at halftime. BSU led 24-7, and was dominating. But there is a reason why they play two halves of football. Nevada came out like gang-busters in the second half. Despite a blocked field goal to start the half, they forced BSU into three "three and outs," while scoring 17 points in the third and fourth quarters to tie the game. But as is their penchant, BSU threw a huge 79-yard touchdown pass with about four minutes left to go back up 31-24.

Then things got interesting. Nevada marched down the field to score and tie it. Only nine seconds remaining on the clock for BSU, on their own 38 yard line. Kellen Moore throws a bomb to one of his wide outs who was wide open and made a diving catch at Nevada's seven yard line with one tick on the clock left. Game over. How in the world did the Wolfpack leave a guy so wide open?

But wait! BSU's kicker, Kyle Brotzman, the best in school history, missed a chip shot, 24-yard field goal for the win. What the? On to overtime.

In overtime, BSU got one first down on the nine yard line, and was then forced to try a 29-yard field goal. Another miss. Two shots inside thirty yards from one of the best kickers in football. Two misses. You know you may be destined to lose if this happens. Nevada promptly runs a few times up the middle, and kicks the game-winning field goal to upset No. 4 Boise State. Crazy.

So the ever-muddled Bowl Championship Series clears up just a little bit. That loss most likely drops BSU from BCS consideration. It also will put two teams from both the Big Ten and Southeastern Conference in the BCS. We are left to see if TCU can continue unbeaten, and only two other games that could affect who plays for the national championship. No. 1 Oregon plays in the Civil War against Oregon State, and Auburn takes on South Carolina in the SEC Championship game. If the favorites win, we will have an Oregon- Auburn final.

Newest Harry Potter installment does not disappoint

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



The much-anticipated first installment of the seventh and final Harry Potter film, based on the books by J.K. Rowling, arrived Thanksgiving, Nov. 25, at Sustainer Theater, Joint Base Balad, Iraq.

Hordes of service members and civilian contractors crowded the theater, some more than two hours before the start of the movie. Harry Potter did not disappoint its fans, justifying the record crowd at Sustainer Theater.

Like the other films in the Harry Potter series, the movie cannot capture all the events of the book, and therefore either leaves things out or rushes through scenes that were given a great deal more attention in the book. On the whole, though, this film, like the others, effectively captures the essence of the books while adding its own visual element.

And being only part one of the seventh movie, the action felt less hurried than in the last few films. Really, all the films since the fourth could have been done this way to their

benefit, but I suppose the actors might have aged too much in the time that would have required.

Following the trend of the books, this installment is darker than the last, with progressively more adult content as Harry matures. Harry is now an adult (17 in the Wizarding World) and his life is far more complicated. Solutions to his problems and the dangers he faces aren't as readily apparent. Ron and Hermione's relationship is tested and shown onscreen much more blatantly than in the other films.

In this installment, Harry, Ron and Hermione skip their final year at Hogwarts to search for Horcruxes, enchanted objects that contain a fragment of Voldemort's soul. When all the Horcruxes are destroyed, along with Voldemort himself, Voldemort will be dead permanently.

Progress is slow because the Ministry of Magic is controlled by Voldemort's cronies, and the remaining Horcruxes are well hidden.

In this movie, we discover that the "Deathly Hallows" refers to three magical objects: the Elder Wand, the Resurrection Stone, and the Cloak of Invisibility. These objects are the subject of a children's story in the movie. The scene in

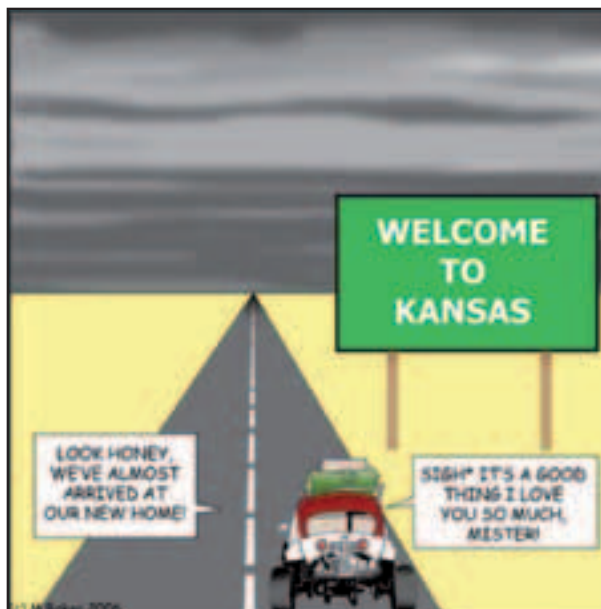
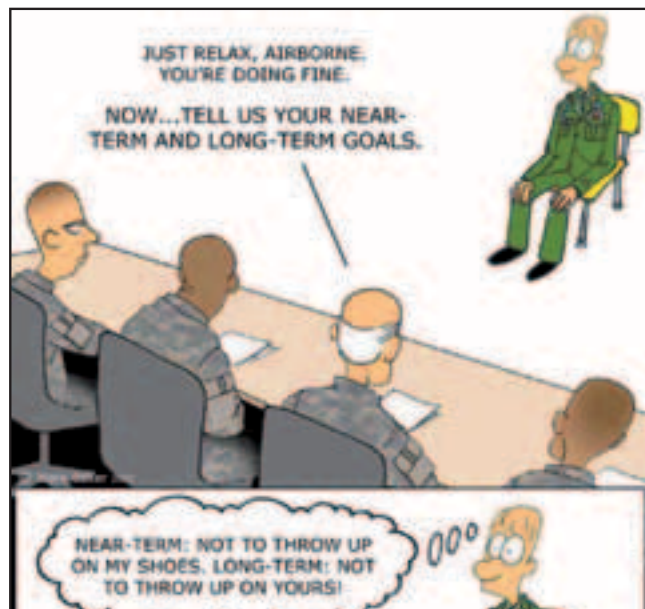
which we hear the story is animated and was my favorite part of the movie. Voldemort spends much of the film searching for the elder wand and finds it in the last scene, but we don't actually find out the significance of the Deathly Hallows in this installment.

Unlike the other movies, most of the action does not take place at Hogwarts, but at a variety of remote locations around Britain where the three main characters are on the move to evade capture by Death Eaters. It adds to the visual appeal of the movie not to be stuck watching the same few sets, and also makes long-time fans look with fresh eyes. Harry, Ron and Hermione are eventually captured by Death Eaters in Godric's Hollow, where Harry was born and his parents are buried. They narrowly escape their captors with the help of Dobby the House Elf.

Even if you are not a big fan of Harry Potter, I still recommend the movie even though this review would probably have read like gibberish.

For those who are fans, whether of just the movies or the movies and the books, I encourage you to see it here on the big screen at Sustainer Theater.

PVT MURPHY'S LAW



Wednesday December 01

5 p.m. Harry Potter and the Deathly Hallows (PG-13)
8 p.m. My Soul to take (R)

Thursday December 02

5 p.m. Secretariat (PG)
8 p.m. Harry Potter and the Deathly Hallows (PG-13)

Friday December 03

6 p.m. The Social Network (PG-13)
9 p.m. Tangled (PG) (1st Run)

Saturday December 04

2 p.m. The Social Network (PG-13)
5 p.m. Tangled (PG) (1st Run)
8 p.m. Life as we know it (PG-13)
Midnight: Tangled (PG) (1st Run)

Sunday December 05

2 p.m. Tangled (PG) (1st Run)
5 p.m. Life as we know it (PG-13)
8 p.m. The Social Network (PG-13)



Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), line up their Mine Resistant Ambush Protected vehicles before a mission recently at the convoy staging lanes at Contingency Operating Base Adder, Iraq.



Sgt. 1st Class Kelvin Conyers, surgeon cell medical operations sergeant with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Manning, S.C., native, prepares to hike the ball during the 3rd Sust. Bde. annual Turkey Bowl, held at Killeen Field Nov. 20 at Joint Base Balad, Iraq.



Gen. Lloyd Austin, commander of United States Forces-Iraq, visits with service members during his short stay Nov. 25 at Joint Base Balad, Iraq. Austin stopped at JBB to thank service members for their hard work, and awarded select individuals with coins for their outstanding performance.

**** The Expeditionary Times staff welcomes photo and story submissions. If you have a story idea or would like to submit your work, please contact us at escpao@iraq.centom.mil.**

U.S. Army photo by Spc. Zane Craig