ALI TIMES

February 24, 2006

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ALI TIMES

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Front Page photo

Tech. Sgt. Jake Bolton, 407th Expeditionary Security Forces Squadron, Military Working Dog handler, Ali Base, Iraq, takes one of the Military Working dogs to search incoming vehicles to the base. With an acute sense of smell five to 10 times stronger than a human's, working dogs are able to distinguish a certain smell that they have been trained on and alert their handlers of it's presence, helping safeguard military bases. (Photo by Senior Staff Sgt. Valerie Smith)

Where is the Love?

By Master Sgt. Gina Evans

407th Expeditionary Operations Support Squadron

Aretha Franklin said it best when she sang, "R-E-S-P-E-C-T". It may take us back in time to reflect how things used to be, however, it is necessary to do so in order to address one of my main concerns, "Where is the Love?"

I've noticed a steady decrease in how we as a people treat each other, especially in public. I have hope that this will change, but it has nonetheless been disappointing.

Whenever I find myself having to go somewhere whether it be outside, the park or mall, a restaurant or even our very own home at Bedrock, many people seem to be only concerned about themselves. Not that I shouldn't expect to take care of my own affairs or that I expect someone to be at my beckon call, but people just don't seem to care about anyone else anymore.

Around 20 years ago, when I was walking down the street, I remember people, young and old, greeting each other with either a verbal or non-verbal gesture. No, I wasn't living in Pleasantville where everything was perfect!

It was that type of respect or courtesy that makes everyone feel safe, happy and yes, loved! This makes me wonder, "How difficult would it be for us to change back to the way things used to be?"

It takes a very strong and bold personality to withstand rejection when someone snubs you instead of returning a hello! I never let that get me down, completely. I keep in mind that it took time to get to where we are today and it's going to take time and willing people, to get back to what is important, the Love, people being good to one another!

If you've been discouraged as I have by this, make a resolution within yourself to make a move! Be bold!

After you've said or done something nice, if someone chooses to shun or disregard you, know that you've given your best and press on. Just because you didn't see the change take place immediately doesn't mean that your effort doesn't affect the people you encounter.

Master Sgt. Gina Evans

We've all heard how much we affect each other through word and deed; imagine how many people you'll be affecting down the line. Through your determination in showing you care about your neighbor with a hello or a kind gesture, you're making a huge contribution toward effecting change overall.

I should say that all of this goodness and kindness should be perpetuated through all ages and classes of people. American citizen or not, military or civilian, all races and yes, all ranks! All of humanity is worthy of the investment of respect, which is how we stay connected.

If we don't esteem each other we become fragmented, weak and disconnected. I have learned that there truly is strength in numbers when we work together.

We may have jobs, families and hobbies, but unless we endeavor to give the respect and love that others need and deserve, we will not get the respect and love we need and deserve.

When we have respect and love we will be able to better enjoy our jobs, families and hobbies, thus having achieved fulfillment on all accounts.

Ali Base gets visit from Wing commander

Top left: Brig. Gen. Frank Gorenc, Commander, 332nd Air Expeditionary Wing, Balad Air Base, Iraq, speaks with a Local National at an entry control point during his visit to Ali Base, Iraq, in February. Top right: Gen. Gorenc, walks through Bedrock at Ali Base during his visit in February. Bottom right: Lt. Col. Joel Clark, 407th Expeditionary Civil Engineer Squadron commander, shows General Gorenc some of the drainage construction projects going on in Bedrock, during his visit to Ali Base, Iraq. (Photos by Staff Sgt. Bradley Church).

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group public affairs

Brig. Gen. Frank Gorenc, Commander, 332nd Air Expeditionary Wing, Balad Air Base, Iraq, visited the 407th Air Expeditionary Group, Feb. 22. During his tour he visited tent city, was briefed on the responsibilities of the Security Forces, and shown the flightline and various Civil Engineer base projects.

General Gorenc held a troop call and addressed how the Air Force is now expeditionary and how important a good turnover is to keep the process safe and efficient.

He challenged the attending Airmen to change the fact that only 40 percent of Air Force personnel are deploying, but 60 percent are not. This has to be solved where the rubber meets the road and is a real challenge that has to be overcome, he said.

"No longer is it good enough in our expeditionary Air Force for our people to just be good at their jobs when they're holding ranks…they have to be a good leader," he said. "We should all be busy training the people under us to do our jobs." During his visit he also mentioned his policy on medals and that they would be only given under extraordinary achievement.

Also, his reasoning's for stricter physical training gear policies were to help with security, force protection, and good order and discipline.

"If you see someone not wearing it (PT gear) in the correct way you should challenge them to make sure they are supposed to be here," he said.

Also, he gave the Airmen in attendance an opportunity to ask questions, one of the questions posed was, "Why would we not take more volunteers than non-volunteers?

He went back to the 60 percent of the Air Force personnel that have never deployed. "How can we have leaders in the Air Force if they have never deployed," he said. "Promotion is not just about past experience, but future potential. You have to be well rounded to be in this business and that includes taking your turn in the bucket."

He departed the base letting the troops know that he would be proud to say that he was the commander for Air and Space Expeditionary Forces 9/10.

Force Protection keeps an eye out

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group public affairs

Airman 1st Class Chase Starnes, Third Country National Escort with the 407th Expeditionary Security Forces Squadron, monitors the cleaning crew for the Bedrock Cadillacs. (Photos by Staff Sgt. Bradley Church)

Force Protection, Third Country National Escorts are a group of Airmen who help keep the base safe with a watchful eye. Their mission is to monitor actions and maintain positive control over local nationals (Iraqis) as well as third country national employees and contractors within Air Force controlled areas.

Prior to their arrival to this assignment, they were trained in basic combat skills and weapons familiarization. Recently, they switched from the Expeditionary Civil Engineers Squadron to the Expeditionary Security Forces Squadron.

"This is a unique assignment for me as a conventional inter-ballistic missile person," said Senior Airman Marcus Thomas, 407 ESFS. "We usually have the cops providing force protection for us at home."

Continued on page 8:
Eye

Airman 1st Class Zach Hummel, a TCN/Local National escort with the 407 ESFS, watches over the TCN/LN's while sand bags are being replaced and added on Ali Base, Iraq, Feb. 14.

777th outta here - destination Kuwait

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group public affairs

Airman 1st Class Shawn Perry, 777th Expeditionary Airlift Squadron engine mechanic, safety wires an engine filter during a 130-day inspection of one of the C-130s from Ramstein Air Base, Germany, while at Ali Base, Iraq. (Photos by Senior Master Sgt. Jessica D'Aurizio)

Continued on next page:
Kuwait

Kuwait

from page 5

The 777th Expeditionary Airlift Squadron has officially departed Ali Base, Iraq.

The second week of February, the portion of the squadron that trains the Iraqi Air Force, Squadron 23, lowered the 777 EAS squadron flag from this base and raised it at New Al Muthana, near Baghdad International Airport. The rest of the 777 EAS departed Ali the end of February for Ali Al Salem, Air Base, Kuwait, to intertwine with the 737th Expeditionary Airlift Squadron already there.

"These changes happen periodically and the move of the Ramstein aircraft to Salem is just another adjustment to improve mobility operations," said Lt. Col. Michael Bauer, 777 EAS, outgoing commander. The Combined Air Operations Center's Air Mobility Division in coordination with CENTAF and CENTCOM continually assess and make adjustments to mobility aircraft numbers, types and base locations in order to improve the effectiveness and efficiency of mobility operations in support of Operations Iraqi and Enduring Freedom.

According to Colonel Bauer, the two two primary advantages in moving the aircraft to Salem are to combine the majority of C-130E and H1 model aircraft at a single base allowing greater efficiencies in maintenance and aircrew manning, and to allow all organizations deploying to bring less personnel to support the same number of aircraft and sorties per day.

The mission has not changed for the Ramstein Air Base, Germany, aircraft and crews; they will still conduct combat aerial delivery in support of USCENTAF and USCENTCOM requirements.

"The maintainers are looking forward to the move…it symbolizes a final destination for some and the return back home for others," said 1st Lt. Jhames Illanez, 777 EAS. The C-130 crews and aircraft do not fall into the AEF cycles and are on multiple cycles depending on their home station and the operating base in the theater.

The maintenance side will have almost half of the personnel from Ali Base, Iraq, continue to Ali Al Salem, to complete their 120-day rotation, while the rest that have already been here almost 120 days will return to Ramstein.

"These hard working professionals take great pride in their job no matter what base they are deployed to," said Lieutenant Illanez. The 86th Maintenance Group from Ramstein, began sending C-130s to Ali Al Salem last year as part of a steady-state deployment tasking. They operated there until their move to Ali Base, Iraq, to augment the training for the Iraqi Air Force.

According to Lieutenant Illanez, who is the lead to coordinate logistic support for the move, there are three major entries into the theater and basing aircraft at these major ports eliminates inefficient positioning and de-positioning legs to other airfields. He continues that, "It is now our time to return back to Kuwait to support the C-130s assigned there."

Left: Staff Sgt. Frank Beltran, 777 EAS engine mechanic, changes a speed valve filter on a Ramstein C-130 prior to their departure. Right: Airman Brett Vogue, 777 EAG electrician, changes out a galley section on a C-130, at Ali Base, Iraq. (Photo by Senior Master Sgt. Jessica D'Aurizio)

Civil Engineers lay the groundwork

Sidewalks in Bedrock offer better living conditions

Tech. Sgt. Clement Devlin, Staff Sgt. Brett Miner, and Senior Airman Brian Rautanen, 407th Expeditionary Civil Engineer Squadron, works on a new sidewalk in Bedrock. Sergeant Miner uses a portable concrete screed to correct thickness of the concrete while Sergeant Devlin and Airman Rautanen help distribute the cement and prevent it from running over. (Photos by Staff Sgt. Valerie Smith)

Top: Master Sgt Randy Peace, 407 ECES, helps distribute wet cement. Bottom: Tech Sgt. Clement Devlin and Senior Airman Brian Rautanen, 407 ECES, help smooth the wet cement on the new sidewalk.

Don't just mark time--improve yourself

By Chaplain (Capt.) Carl Phillips

407th Air Expeditionary Group chaplain

Now that we are well into this rotation, the days are beginning to seem the same. Many people lose track of time. Meal times become the means for marking time. With monotony comes boredom. With boredom comes complacency. We can easily become complacent – degrading our mission, our security, and our safety.

Most of us live rather monotonous lives -a lot of routine with an occasional burst of excitement. When people date, they look forward to the weekend. They plan where they will go, what they will do, and a lot of attention is placed on their personal appearance. They want everything to go just right. Once married, they notice that most of their lives are routine. Why spend the time and money on getting ready for the weekend? You awake, shower, dress, go to work, return, eat, watch TV, and go to sleep. Where's the excitement? Where's the fun? Often children arrive, but in time, things settle again into a routine. With routine comes boredom, which results in complacency ending in a dull relationship void of romance, passion, and excitement.

In the military, training is the cure for boredom. It keeps people ready and prepared. It sharpens skills and makes people aware of vulnerabilities. We all are familiar with the exercises that we endure in preparation for a Nuclear Surety Inspection or Operational Readiness Inspection. In our relationship with our spouses, we may need to undergo training. It isn't that we are bad spouses. We may have merely gotten into a routine and are unaware of vulnerabilities that rob a marriage of its fire. Devote some time to plan how you can make improvements in your marriage. Map out a plan and implement it. While deployed, read a book on marriage, attend a study on relationships, plan some dates, and take time to talk to your spouse. Ask them how you can improve your relationship. Don't get complacent and become a casualty. Take steps now to improve your relationship with your spouse. It's worth the effort.

Chaplain (Capt.) Carl Phillips

Pursue love…1 Corinthians 14:1

Eye

from page 3

They actually meet the people they escort as they enter the gate and stay with them until they depart the base at the end of their work day. Some of the assignments they are currently monitoring workers on are with the water drainage project, repaving project, runway repair, building renovations, latrine cleaning, and the sandbag project in tent city, to mention a few.

"For the most part of our day, it is just watching the locals or TCNs work, but eventually you come across an individual, or individuals, who like to start trouble by fighting or arguing, or who try to bring unauthorized item onto the base," said Airman 1st Class Justin Clabaugh, 407 ESFS. Some of the unauthorized items include cell phones and radios, which are items they may be able to use to gather information. Other items, which they say are obvious, include knives weapons.

"We have confiscated knives, had a guy threaten to get a gun and kill all of us, but most days are quiet," said Master Sgt. Frederick Schliffke, 407 ESFS. The guy that made the threat didn't want to work, so they informed him they would take him to the Visitor Control Center.

"It's not our job to make them work, but if they are sitting around we can take them to the gate so they can go home," said Sergeant Schliffke.

The escorts perform their duties within the confines of Echo 1 or base perimeter, but were informed before they arrived that the possibility existed that they would work at the entry control points to help with convoy missions. This hasn't happened yet.

"I work in the missile career field and we cannot deploy except as TCN escorts," said Master Sgt. Frederick Schliffke, 407 ESFS who is on his first deployment in 18 ½ years in the military.

"It's not an easy job, and one of the biggest barriers is communication," said Airman Thomas. "Sometimes, it is hard to be the courteous American that you are expected to be, but I continue to strive to give the respect I would expect as a human being." This group of approximately 50 Airmen work the regular four month rotations rather that the six months that Security Forces is tasked with so they will be here throughout this 9/10 rotation.

Customs and Courtesies - the Salute

(Editors Note: This is part three of a series to address military customs and courtesies. This part will deal with the Salute. Information is taken from "Til the Wheels are Up.")

If you can't get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?

.....General George C. Patton, Jr.

Salutes

Nothing is more embedded in the military culture than saluting. All services teach this in their basic officer and enlisted training programs, and it is reinforced throughout the service member's career.

Origins

No one knows for sure the origin of the hand salute. Many references point to the knight's symbolic gesture of raising his visor to reveal his identity as a courtesy on the approach of a superior as its origin.

We do know that from earliest times and in many races the right (weapon) hand has been raised as a greeting of friendship. Boatner believes the origin of our hand salute derives from the long established custom for juniors to remove their headgear in the presence of superiors. In the British Army as late as the American Revolution a soldier saluted by removing his hat. As the British soldier's hat became more cumbersome, the act of removing the hat degenerated into a gesture of grasping the visor. The following entry in the "Order Book of the Coldstream Guards," dated 3 September 1745, supports this view: "The men ordered not to pull off their hats when they pass an officer, or to speak to them, but only to clap up their hands to their hats and bow as they pass." Over the years the practice evolved into something like our modern hand salute.

No matter what its origins, the hand salute today, while it varies across the globe, says in effect "I greet you." Returning the salute says in turn "I return your greeting." The gesture is always friendly and rendered cheerfully and willingly. It is rendered with pride and as a recognition and sign of respect between comrades in the honorable profession of arms.

Whom to salute

Tradition has it if you are junior, you salute first. (The one exception is when a unit commander gives an official report to an adjutant who might be junior.) Any commissioned or warrant officer, as well as any commissioned officer of a friendly foreign country is entitled to a salute. You should also salute the President of the United States, Secretary of Defense and the Secretary of the Air Force. Additionally, you need not be in uniform to salute another. Some Military members still customarily exchange salutes whenever they recognize one another, even if in civilian clothes. It goes without saying that you should return salutes rendered by subordinates.

When to Salute

Your guide for saluting should be recognition. Distance and uniform should not be criteria for saluting.

Salute at a distance at which recognition is easy and audible. Offer your salute early enough to allow the senior time to return it and extend a verbal greeting before you pass. The practice of the verbal greeting has become universal in the Air Force - give a "Good Morning, Ma'am" or "Good Afternoon, Sir." If you know the senior by name, personalize the greeting with "Good Evening, General Jones." They should respond in kind if they know your name. Personalized greetings are always the best.

When outdoors and in uniform, you should exchange salutes. If you are standing in a group with no one in charge, the first person to see a senior officer will call the group's attention to his approach, and all members, if junior, will salute. If in military formation, the person in charge salutes for all members of the formation (unless the formation is four or less, in which case everyone salutes). Members of a work detail are not required to salute if working. If an officer addresses a detail member, the member comes to attention and salutes. At the conclusion of the conversation, salutes are again exchanged. If a government vehicle has rank displayed (on either a bumper plate or plate on the dashboard inside the windshield), you should salute as soon as you recognize the vehicle and hold your salute until the vehicle has passed or your salute has been returned. Do not salute an empty staff car!

Echo Flight - Fighting the fight

Senior Airman Shawn Fernandez, from the 407th Expeditionary Security Forces Squadron, Echo Flight, guards the outer perimeter checking all identification on all incoming traffic through Ali Base, Iraq. (Photos by Staff Sgt. Valerie Smith)

1st Lt. Jack Fyall, 407 ESFS, Echo Flight, works together with coalition forces, Carabanari OR-3 Vincenzo Polverino, on a joint investigation for force protection of Ali Base, Iraq.

Iraqi men and women gather around the most outer entrance of Echo perimenter seaking medical or civil aid, or to file a claim with the U. S. Army, on Feb. 16, at Ali Base, Iraq.

Airman First Class Carina Sharpe, 407th Expeditionary Security Forces Squadron, Echo Flight, stands guard at an entry control point at Ali Base, Iraq.

Push up and Sit up Contest at Muscle Beach Ready,set, go, and the winner is....

Top Left: Tech. Sgt. Bruce Burton, 407th Expeditionary Civil Engineer Squadron, competes in the push-up and sit-up contest on Feb 18., at Muscle Beach. Senior Airman Stephen Davis, 407th Expeditionary Services Squadron, counts during his one minute time limit. Top Right: 1st Lt. Ngywen Tran, 3rd Quartermaster Detachment, knocks out 71 push-ups in one minute to win runner up in the push-up competition at Ali Base, Iraq. (Photos by Senior Master Sgt. Jessica D'Aurizio)

1st Lt. Eddie Jones, 407 ESVS, took 1st Place in the push-up and sit-up contest in both categories with 112 push-ups and 75 sit-ups, on Feb. 18, at Muscle Beach. Master Sgt. John Sekora, 407 ECES, was the runner up in the push-up category with 100 in one minute. 1st Lt. Ngywen Tran, 3rd Quartermaster Detachment, placed as the runner up in the sit-up portion with 71 in a minute.

A little extra weight can't stop these guys

Engineering and Installation team, from five different National Guard Units deployed to Ali Base, Iraq, takes a morale break to play volleyball and basketball even during conditions "uniform 3" when Kevlar helmet and individual body armor is worn at all times while outdoors, to include physical training gear.

Senior Airman Adam Morton, with the Engineering and Installation team, deployed to Ali Base, Iraq, takes a morale break to play volleyball. The EI team installs and maintains underground, buried, copper core and Fiber Optic cable, as well as maintaining radio, radar, computer systems and equipment.

Engineering and Installation team, from five different National Guard Units deployed to Ali Base, Iraq, takes a morale break to play basketball in "uniform 3" when Kevlar helmet and individual body armor is worn at all times while outdoors. (Photos by Staff Sgt. Valerie Smith)

OPSEC -- Critical in todays, tomorrow's war

By Staff Sgt. Melissa Koskovich

CENTAF-Fwd public affairs

SOUTHWEST ASIA – The flames from the helicopter crash glow in the night. The souls on board pull themselves from the wreckage and take cover nearby. At another location, the rescue crew begins their journey to the site. The fate of this mission however, may not lie…in the hands of the recovery crew; it could also depend on a phone call made 500 miles away.

"Operational Security is about keeping people alive, and making sure the mission succeeds," said Lt. Col. Robert Ehlers, Information Warfare Division chief at the Combined Air Operations Center here. "Even the smallest piece of information given over the phone or through an e-mail could put the mission in danger."

Not all information that needs to be protected is classified, he added.

"OPSEC is primarily about protecting unclassified, but sensitive information that could create operational risks," said Staff Sgt. Christopher Wilson, CAOC OPSEC. "This could be one piece of information or ten, pieced together from different sources."

Give the enemy little clues and they may be able to piece together the bigger picture of how we fight and win wars, said Colonel Ehlers.

"Even the smallest piece of information can tell the enemy something important about our operations, what our job here is, how we use combat equipment and what our tactics are," he said.

Colonel Ehlers contends that while most people are educated on OPSEC, workplace complacency can sometimes get in the way.

"It might take a minute or two to find a secure phone or log on to a secure computer," said Sergeant Wilson. "And after a long day, it might not seem worth it, but it is the right thing to do." If you have any doubt in your mind – go secure. Lives could depend on it.

"With very few exceptions, people can find a secure means of transmitting…whether it's over a secure computer or phone system," said Colonel Ehlers. Disclosing information over phones and e-mail are not the only ways the enemy gathers information.

"Third Country Nationals are also a bit of a concern – the people who work at the dining facility, do the laundry and clean the cadillacs – they're generally good people, but we can't be sure they're all good," said Sergeant Wilson. "People need to be mindful of their surroundings and watch what they say."

In addition, all sensitive information, including mailing labels, should be shredded, he said.

When individuals take the mission into their own hands and disregard OPSEC, the effects can be devastating, said Colonel Ehlers.

"There are neutral and unfriendly intelligence services listening to us all the time," he continued. "We have to be aware that they're out there, and remember that OPSEC is not just about mission success and saving lives in this war, it's about mission success and saving lives in the next war as well."

With good OPSEC, the rescue crew reaches the survivors of the helicopter crash, secures the site and begins the journey home. The mission was a success. Even though the sound on the phone was garbled, the right decision to "go secure" was made.

Good Conduct Medal award elimination explained

By Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON (AFPN) — The Air Force Uniform Board announced Feb. 6 that the Good Conduct Medal will no longer be awarded.

The Air Force director of Airman development and sustainment recently explained the reasons behind this decision.

"The quality of our enlisted personnel today is so high, we expect good conduct," said Brig. Gen. Robert R. Allardice. "It begged the question, 'Why do we have a Good Conduct Medal?'"

"Having a medal for good conduct is…to say we don't expect Airmen to do well, but if they're good we will give them a medal," he said. "It's insulting in our Air Force."

If you look at the history of why the medal was created in the 60s. The military was using the draft and involved in the Vietnam War. The Air Force didn't have any other method to recognize Airmen. Today, the Air Force Achievement Medal recognizes outstanding Airmanship.

"When we looked at that history it was clear that the Good Conduct Medal has outlived its usefulness," said Chief Master Sgt. of the Air Force Gerald R. Murray. "Today's all-volunteer force is committed to serving honorably, and good conduct is what we expect."

"We live by our core values," Chief Murray said. "When members of our service stray, they do themselves and all Airmen a disservice. When that happens, commanders have the tools…to evaluate…individual's worthiness for continued service.

"If a commander deems their conduct does not warrant discharge, then they remain a valuable Airman to our Air Force, and we expect them to continue to serve honorably," he said.

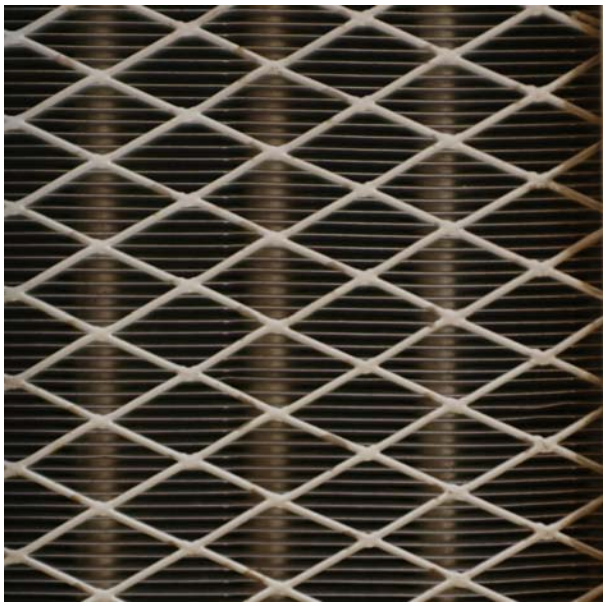
General Allardice said that it is the uniform, not the Good Conduct Medal, that represents what Airmen are all about.

"In today's Air Force, Airmen understand the uniform they wear represents good conduct," he said.

Airmen who have previously earned the Good Conduct Medal are still authorized to wear it.

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Thursday Mar 2.

All correct entries will be placed in a box and three winners will be randomly selected at Combat Bingo (at the Big Top) at 7:30 p.m., Friday Mar . 3.

Participants do not have to attend bingo to win. Winners will receive a complimentary T-shirt or coin from the 407th Expeditionary Services Squadron. There were 13 correct responses identifying the fuel valve for the Feb. 10 Ali Times: Tech. Sgt. **Dale Peters**, 407th Expeditionary Logistics Readiness Squadron and **Staff Sgts. Joel Scher**, 407th Expeditionary Civil Engineer Squadron and **William Azbell**, 407th Expeditionary Logistics Readiness Squadron.

"Happy 5th Birthday Ember!
Happy Birthday also to my wife Deborah.
I love and miss you both very much."
D.J. Rousseau

407th AEG Warrior of the Week

Airman 1st Class Raquela Davis

Unit: 407th Expeditionary Logistics Readiness Squadron

Duty title: Supply Journeyman

Home station: 18th Logistics Readiness Squadron, Kadena AB, Japan

Why other warriors say she's a warrior: "Airman Davis is not only dedicated to the mission, she's a true professional. She meticulously inventoried $6 million worth of weapons/ammuniton and processed over 300 receipts and 50 emergency parts. She trained warehouse personnel on proper turn-in procedures. She is involved with the Base Honor Guard, the church choir, and working with coworkers to improve their living quarter."

- Tech. Sgt. Rita Afiademanyo, NCOIC of Warehouse Operations, 407 ELRS

Most memorable Air Force experience: "My plane ride to basic training ."

Hobbies: Reading, singing and sleeping

Serenity in the sand
faith-based services schedule

Worship is at the 407th Air Expeditionary Group ***Oasis of Peace*** chapel, and at the Army Post Chapel. The *Oasis* is open 24 hours a day for prayer and reflection.
For details on worship opportunities, or directions to worship locations, please call 445-2006.

Oasis = Air Force Chapel/Bedrock
OA = Oasis Annex
ARAC = Army Religious Activity Center
APC = Army Post Chapel
TCN = Third Country Nationalist living area by DFAC
CC = Camp Cedar

Friday
1 p.m., Muslim prayer/ service: (TCN)
6 p.m., Roman Catholic Mass - Distribution of Ashes: Oasis
6:30 p.m., Jewish Service: ARAC
7:30 p.m., Gospel choir rehearsal: APC
8:30 p.m., Ladies Fellowship: Oasis

Saturday
6 p.m., Catholic Vigil Mass: Oasis

Sunday
7:30 a.m., Traditional Protestant Service: APC
8 a.m., Roman Catholic Mass: Oasis
9:30 a.m., Traditional Protestant Service: Oasis
10 a.m., Latter Day Saints Service: ARAC
10:30 a.m., Roman Catholic Mass: CC
10:30 a.m. Church of Christ: ARAC
1 p.m., Gospel Service: APC
7 p.m., Contemporary Worship Service: Oasis

Monday
6 p.m., Roman Catholic Mass: Oasis
7:30 p.m., Discipleship Bible study: Oasis
7:30 p.m., Gospel choir Rehearsal: APC

Tuesday
noon, Protestant Ash Wednesday Service: Oasis
6 p.m., Roman Catholic Mass - Distribution of Ashes: Oasis
7:30 p.m., Work of Faith Bible Study: APC
8 p.m., Catholic RCIA: Oasis Annex
8 p.m., Contemporary Worship Rehearsal: Oasis

Wednesday
6 p.m., Roman Catholic Mass: Oasis
7 p.m., Catholic choir Practice: Oasis
7 p.m., Spanish Bible Study: ARAC;
7 p.m., Women's Bible Study: Army Hospital
7:30 p.m., Protestant Worship Service: APC

Thursday
6 p.m., Roman Catholic Mass: Oasis
6:30 p.m., Ladies Bible Study: ARAC
7:30 p.m., Relationship Study: Oasis Annex
7:30 p.m., Mens Bible Study: APC

Cricket Movie Theater at the Hot Spot

Today's times and movie descriptions for the week

Dawn of the Dead (2004), 1 a.m., Sarah Polley, Ving Rhamest, *action/horror/drama/thriller;* **Lethal Weapon** (1987), 3 a.m., Mel Gibson, Danny Glover, action/comedy/crime/thriller;
The League of Extraordinary Gentlemen (2003), 5 a.m., Sean Connery, Naseeruddin Shah, *action/fantasy/sci-fi;*
Jarhead (2005), 7 a.m., Jake Gyllenhaal, Scott MacDonald, *drama/war;* **Grandma's Boy** (2006), 9 a.m., Linda Cardellini, Allen Covert, *comedy*; **The Replacements** (2000), *11 a.m.;* Keanu Reeves, Gene Hackman, *comedy/sport;* **Glory Road** (2006), 1 p.m., Josh Lucas, James Aaron, *drama/sport*; **Crash**(2004), *3 p.m.,* Karina Arroyave, Dato Bakhtadze, *crime/drama/thriller*;
Tristan and Isolde (2006), *5 p.m.* James Franco, Sohia Myles, *action/drama/romance;* **The Program** (2005), *7 p.m.* Matt Samson, Susie Ross, *drama*; **Hero** (2002), *9 p.m.* Jet Li, Tony Leung Chiu Wai, *action/adventure/drama*; **Saw 2** (2005), *11 p.m. Donnie Wahlberg, Shawnee Smith, crime/horror/mystery/thriller*; **2 Fast 2 Furious** (2003), Paul Walker, Tyrese Gibson, *action/crime/thriller*

Saturday
Glory Road ..... 1 a.m.
The Marksman..... 3 a.m.
2 Fast 2 Furious..... 5 a.m.
The Replacements .... 7 a.m.
Crash ..... 9 a.m.
League of Men..... 11 a.m.
The Program ..... 1 p.m.
Jarhead ..... 3 p.m.
Grandma's Boy ..... 5 p.m.
Hero ..... 7 p.m.
Tristan and Isolde ..... 9 p.m.
Lethal Weapon..... 11 p.m.

Sunday
Grandma's Boy ..... 1 a.m.
Crash ..... 3 a.m.
Dawn of the Dead ..... 5 a.m.
Tristan and Isolde ..... 7 a.m.
Glory Road ..... 9 a.m.
Saw 2 ..... 11 a.m.
Glory Road ..... 1 p.m.
League of Men..... 3 p.m.
Lethal Weapon..... 5 p.m.
The Replacements .... 7 p.m.
Jarhead ..... 9 p.m.
The Program ..... 11 p.m.

Monday
Jarhead ..... 1 a.m.
Hero ..... 3 a.m.
Saw 2 ..... 5 a.m.
2 Fast 2 Furious..... 7 a.m.
Glory Road ..... 9 a.m.
Tristan and Isolde .... 11 a.m.
Lethal Weapon..... 1 p.m.
Crash ..... 3 p.m.
The Marksman..... 5 p.m.
Grandma's Boy ..... 7 p.m.
The Program ..... 9 p.m.
Dawn of the Dead .... 11 p.m.

Tuesday
The Replacements .... 1 a.m.
Crash ..... 3 a.m.
Hero ..... 5 a.m.
Glory Road ..... 7 a.m.
Saw 2 ..... 9 a.m.
League of Men..... 11 a.m.
Dawn of the Dead ..... 1 p.m.
The Program ..... 3 p.m.
The Marksman..... 5 p.m.
Grandma's Boy ..... 7 p.m.
Jarhead ..... 9 p.m.
2 Fast 2 Furious..... 11 p.m.

Wednesday
Lethal Weapon..... 1 a.m.
Crash ..... 3 a.m.
Tristan and Isolde ..... 5 a.m.
The Replacements .... 7 a.m.
Jarhead ..... 9 a.m.
The Program ..... 11 a.m.
League of Men..... 1 p.m.
Grandma's Boy ..... 3 p.m.
Glory Road ..... 5 p.m.
The Marksman..... 7 p.m.
Dawn of the Dead ..... 9 p.m.
Hero ..... 11 p.m.

Thursday
The Replacements .... 1 a.m.
Grandma's Boy ..... 3 a.m.
The Program ....5 a.m.
Jarhead ..... 7 a.m.
2 Fast 2 Furious..... 9 a.m.
The Marksman..... 11 a.m.
Tristan and Isolde ..... 1 p.m.
Saw 2 ..... 3 p.m.
Dawn of the Dead ..... 5 p.m.
Crash ..... 7 p.m.
Glory Road ..... 9 p.m.
League of Men..... 11 p.m.

Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

6:30 a.m., **Spinning**: Muscle Beach (DVD)
7 p.m., **Dominoes**: ACC
7:30 p.m., **Step Aerobics**: Muscle Beach (I)
7:30 p.m., **Bingo**: Big Top
8 p.m., **Step Aerobics**: HOP
9 p.m., **Karate**: Muscle Beach (I)

Saturday

2:30 p.m., **Yoga**: Muscle Beach (DVD)
3 p.m., **Sit-up & Pull-up Contest:** Muscle Beach
7 p.m., **Dominoes:** Big Top
7 p.m., **Karaoke**: Big Top
8 p.m., **Mardi Gras Dance/Karaoke**: Big Top
8:30 p.m., **Absolute Abs**: Muscle Beach (I)

Sunday

9:30 a.m., **Karate**: Muscle Beach (I)
2:30 p.m., **Pilates:** Muscle Beach
4 p.m., **Blind Volleyball**: Volleyball Court
5 p.m., **Tae Kwon Do**: HOP
7 p.m., **Darts**: ACC
8 p.m., **Self Defense**: Muscle Beach (I)

Monday

6 a.m., **Circuit Training**: Basketball Courts (I)
7 a.m., **5K Fun Run:** ACC
7 p.m., **Ping Pong**: ACC
7:30 p.m., **Step Aerobics**: Muscle Beach (I)
8 p.m., **Ping Pong:** Big Top
8 p.m., **Step Aerobics**: HOP

Tuesday

5 a.m., **Step Aerobics**: Muscle Beach (I)
6:30 a.m., **Spinning**: Muscle Beach (DVD)
3 p.m., **Arm Wrestling Competition**: Muscle Beach
7 p.m., **Scrabble**: ACC
7:30 p.m., **Tae Kwon Do**: HOP
8 p.m., **9-Ball**: Big Top
8:30 p.m., **Absolute Abs**: Muscle Beach (I)

Wednesday

2:30 p.m., **Yoga**: Muscle Beach (DVD)
7 p.m., **Family Feud:** *Big Top*
7 p.m., **Spades TNY**: ACC
7:30 p.m., **Step Aerobics**: Muscle Beach (I)
8:15 p.m., **Step Aerobics**: HOP

Thursday

5 a.m., **Step Aerobics:** *Muscle Beach (I)*
6 p.m., **Circuit Training**: Basketball Courts (1)
6 p.m., **Cardio Mix**: HOP
7 p.m., **8/9-Ball**: ACC
7:30 p.m., **Tae Kwon Do**: HOP
8 p.m., **Texas Hold'em**: Big Top
8:30 p.m., **Absolute Abs**: Muscle Beach (I)
8:30 p.m., **Salsa**: HOP

(I)—Instructor
TNY—Tournament
HOP—House of Pain, Army Fitness Center
ACC—Army Community Center

It's your base, so...

Call the 407th Services Squadron with ideas for activities: 445-2696; For information about the House of Pain, Army fitness center: 833-1709; For information about Army morale, welfare and recreation activities: 833-1745.

AEF 9/10 **Help Wanted**: fitness and recreation instructors

Many of the classes offered at Muscle Beach are lead by volunteers from within the ranks of deployed Airmen. The 407th Expeditionary Services Squadron is looking for volunteers from AEF 9/10 to fill vacancies created when those from AEF 7/8 leave. Opportunities also exist to add activities to the events calendar if you are able to instruct or lead an activity not currently offered.

Please call Tech. Sgt. Adrienne Mimms, 407th Expeditionary Services fitness director, at 445-2136, to talk about how you can make this a better deployment for everybody.