



ALITIMES



April 14, 2006

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Vol. 4, Issue 15
April 14, 2006

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Ali.Times@tlab.centaf.af.mil

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Front Page photo

Staff Sgt. Emmanuel Borbon, NCO in charge of the Network Control Center with 407th Expeditionary Communications Squadron, inspects a weapon as it is being cleared by SSgt. Sean Byers, an NCC technician, April 7 during a group-wide exercise. (Photo by Staff Sgt. Bradley Church).

Lead your leaders

Maj. Benito Barron

407th Expeditionary Security Forces Squadron commander

If we sit back on our laurels and wait to be led, our organizations will fail. Our leaders don't have all the answers. They are as well-informed as we make them. In a sense, we must lead our leaders.

Airmen toting guns, turning wrenches, flying aircraft, splicing cable, laying concrete and controlling aircraft know better than anyone what decisions will be helpful or detrimental to the organization and, thus, the mission.

These are the folks who can see what their leaders are missing. When leaders falter, it's up to the rest of us to step up and help them lead.

Our voices must be heard. But it can only be heard if we speak up. Remember, no effective leader likes a "yes" person.

Professional leadership advisers call it "leading upward." The leaders of an organization are tasked to take in a ton of information and make the best decision based on that data.

But where does the information come from? You guessed it, us. If we fail to inform our bosses, then they will base their decision on incomplete or erroneous information. This will affect not just the leader, but the entire unit.

In essence, when you help those



Maj. Benito Barron

above you avoid a bad decision or seize an opportunity, you improve your whole organization's performance.

A culture that encourages upward leadership is built, not born. For that, senior leaders must regularly insist that their junior members question strategy and challenge error. Asking those of lesser rank to say what they candidly think and complimenting them for doing so are small measures that can make for big improvements.

So the next time you are asked for your opinion or insight respectfully and articulately express it. Your leader is asking to be led.



Come out and support the runners at the 2nd Annual Boston Marathon at Ali Base/LSA Adder. Race starts at 6 a.m. Saturday.

407th AEG conducts successful exercise

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

The 407th Air Expeditionary Group honed their skills during a group-wide exercise April 7.

The group conducted the exercise to evaluate Ali Base and Logistical Support Area Adder's response to a simulated rocket attack involving initial response, mass casualties and unexploded ordnance.

The exercise evaluated a variety of areas to include command and control; safe arming, loading and clearing procedures; response to alert status changes; triaging, treatment and transporting of injured victims; post attack reconnaissance actions; personnel accountability processes among others.

"There is no requirement (to conduct exercises)," said Maj. Adam Rice, chief of the 407th Expeditionary Civil Engineer Squadron's Readiness Flight. "However, the 407th AEG's goal is to conduct six exercises per AEF rotation involving enemy attack, major accident and natural disaster to maintain readiness."

Before an exercise can happen it takes a lot of work. The responsibility belongs to the readiness flight and with the 407th AEG Exercise Evaluation Team.

"The EET member's job during an exercise is to ensure exercise inputs to various agencies are synchronized and coordinated to simulate as close to real-world conditions as possible," the major said. "As experts in their profession, the majority of EET members are also charged with making an unbiased evaluation of their unit's performance."

During the mass casualty, or MASCAL, portion the Air Force medical unit consisting of one doc-



407th Expeditionary Communications Squadron members sign out their weapons during a group-wide exercise April 7. (Photo by Staff Sgt. Valerie Smith)

tor and two medical technicians performed triage and emergency care alongside the fire department who were the first responders. The patients were then transported to the 10th Combat Support Hospital for definitive care.

"We do an immediate initial assessment of all victims (patients) and categorize them into one of four priorities: Immediate (red tag), Delayed (yellow tag), Minimal (green tag) or Expectant (black tag)," said Lt. Col. (Dr.) Ron Johanson, 407th AEG Medical Clinic physician and flight surgeon. "This is based on the extent, nature and location of their injuries, their vital signs (blood pressure, pulse and respirations) and their mental status."

"Immediate priority patients are transported first to the receiving facility (10th CSH), followed by delayed, minimal and then expectant (those expected not to survive). Following the initial assessment, we continue to reevaluate the patients and provide whatever emergency care we can at the scene,"

said Dr. Johanson, a reservist deployed here from 349th Medical Squadron at Travis Air Force Base, Calif. "This might involve placing airways, starting IVs, giving medication, splinting injuries or applying bandages and dressings."

The medical staff works with first responders and any other manpower under the direction of the fire chief or designee who is in charge of the scene.

"We felt the MASCAL gave a good opportunity for us to see how we fit into the big picture of emergency incident response on Ali Base," Dr. Johanson said. "The exercise provided a good environment to actually perform duties for which we have trained and also some examples of opportunities for improvement."

"Overall the exercise was a success," Major Rice said. "The AEG demonstrated the ability to safely and efficiently arm all personnel, aside from a small percentage of night shift Airmen. During

Continued on page 4:
Exercise

Exercise

From page 3.....



The 407th Expeditionary Services Squadron served up Meals Ready to Eat for the group during the exercise. (Photos by Master Sgt. Jon Hanson)

the attack response phase, the first responders (fire department, security forces, military police and EOD) performed their roles flawlessly.”

Senior leadership agreed the exercise was a success.

“You just did fantastic and I couldn’t be prouder,” said Col. Kevin Kilb, 407th AEG commander. “Everyone should be very proud of what they did and how they did it. From my perspective we had a thorough and realistic exercise.”

Exercises help sharpen skills so members are prepared for whatever may happen. Being prepared means exercising these skills and ensuring everyone knows what and how to respond.

“Everyone should know what they have for personal protective equipment and what it’s for,” Major Rice said. “We may be at a relatively

quiet base, but we have to remain vigilant and learn the local alert response procedures. We must always remind ourselves we are expeditionary Airmen 24/7 and must be ready to respond to crisis at any hour.

“Our Airmen at all levels learned that we can arm ourselves safely and efficiently when required,” the major said. “We do not have to carry our weapons every day like the Army to prove we are proficient with them. We should have confidence in our ability as a group to respond to an enemy attack and continue the mission.”



Above: Staff Sgt. Joe Heath, a medical technician with the 407th Air Expeditionary Group Medical Clinic, takes a patient’s blood pressure during the mass casualty portion of the group exercise.

Left: Lt. Col. (Dr.) Ron Johanson, 407th AEG Medical Clinic physician and flight surgeon, prioritizes patients during the exercise.



Wing CCM visit

Chief Master Sgt. Layton Clark, 332nd Air Expeditionary Wing command chief master sergeant, discusses how well AEF 9 and 10 has done so far this rotation at an enlisted call Tuesday at the Big Top. The command chief reminded everyone not to lose focus during the last part of the rotation. He said, "You need to do everything the way you were doing when you got here. Don't slack up. Don't take shortcuts." Chief Clark also visited several squadrons during his half-day visit to Ali Base. (Photos by Staff Sgt. Valerie Smith)



Guest speaker

Chief Master Sgt. Chuck Crisler, 407th Air Expeditionary Group superintendent, was the guest speaker at April's Professional Development Breakfast Tuesday at the dining facility. The chief talked about the importance of proper uniform standards and why we need to ensure we are correctly wearing our PT uniform and DCUs. He also told the 56 enlisted members in attendance that they need to keep their mind on the finish line because we should be focusing on giving our best efforts until we are back home. (Photo by Master Sgt. Jon Hanson)

PERSCO: Making it easier to redeploy home

By Master Sgt. Pamela Wilkins-Smith

407th Air Expeditionary Group PERSCO superintendent

Is departing Ali Base on your mind? Perhaps you're asking, "What do I need to do to outprocess this location?" And perhaps a more pressing question is "When can I start outprocessing?"

Personnel Support for Contingency Operations, better known as PERSCO, performs a number of services for deployed personnel. However, PERSCO's primary objectives are accountability for all personnel and casualty reporting. PERSCO also provides personnel support as the "de facto" military personnel flight on the base.

This includes career job reservations, reenlistments, base of preference requests and dream sheet processing. All are provided on a limited basis because

PERSCO is not a fully functioning MPF.

Outprocessing all personnel is an extension of PERSCO's accountability mission. All Ali Base personnel fall under its oversight. Unit redeployment managers help the PERSCO team fulfill this responsibility by ensuring each member completes a computer-based "Right Exit" briefing and is outprocessed by all applicable base agencies.

These agencies include the Hot Spot, library, supply and the medical flight among others. The new part of this process is it's mainly done virtually. This possibly means less outprocessing steps for the customer.

"What our customers need to know is that the outprocessing begins with their URM," said Tech. Sgt. Lisa Fleischer, 407th AEG/PERSCO NCO in charge of customer service. "Once the URM loads their departure date in the database, the base agencies will automatically see them in the database. The base agency will then check the customers name to see if they need the member to come in or not."

If the customer has nothing signed out from the library or the Hot Spot, for example, the agency can clear the customer without that person ever having to pay them a visit. The base agency updates this information on a virtual checklist in the database. The only agency that requires a visit from the member is EMEDS.

"If a different agency does require a visit, they will contact the URM directly," said Sergeant Fleischer, who is deployed here from Wright-Patterson Air Force

Base, Ohio. "In addition, all members need to visit their first sergeant to schedule a tent inspection. Customers and first sergeants need to know that all actions will need to be accomplished one day prior to the departure date."

One day prior, all members need to visit their URM one last time to get a printed checklist with everyone's virtual clearance. The member will then visit billeting and PERSCO on their last day.

"That's it," Sergeant Fleischer said. "Member's need to do nothing to initiate their outprocessing — their URMs will contact them. They should just keep in touch with their URM their final two weeks here."

Billeting will manually outprocess the customer and issue AF Form 245, Employment Locator. The customer takes the virtual outprocessing checklist, Right Exit certificate and the AF Form 245 to PERSCO. PERSCO will issue the boarding pass at that time.

"This process ensures that no Ali Base member slips through the cracks without properly clearing all base agencies," said Capt. Merrell Mobley, chief of 407th AEG/PERSCO, also deployed here from WPAFB. "PERSCO will not clear members for departure without being signed off in every field on the checklist.

"URMs need to ensure that their redeployers are fully aware of this requirement and comply. Doing so will help foster a seamless experience for their members as they depart for home stations around the world."

For more information stop by PERSCO in Bldg. 420. The office and is open 24 hours everyday. The team can be reached at 445-2132/2133.



Staff Sgt. Jill Lucker, 407th Air Expeditionary Group PERSCO pulls a record for reviewing. (Photo by Master Sgt. Jon Hanson)



Staff Sgt. Michael Clay, 407th Expeditionary Logistics Readiness Squadron, verifies a container at the supply warehouse.

Inventorying the supplies



Above: Senior Airman Timothy Bradley (right) and Airman 1st Class Jessica Pickens, both with the 407th ELRS Traffic Management Office, guide Sergeant Clay out with a pallet of supplies.
Right: SSgt. Phanny Prep inventories a box of supplies. (Photos by Master Sgt. Jon Hanson)

RAMS provides quick reaction rescue capability to remote locations

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

Most seasoned firefighters have worked auto accidents where they had to cut out an injured person after a wreck. This can be quite different in a combat zone off a military installation.

On the military installation it is normal business, but if the accident happens off the installation it requires different procedures.

From the logistics of how to get to the scene and how to handle it means extra training and coordination.

Here at Ali Base, this responsibility goes to the 407th Expeditionary Civil Engineer Squadron's Rescue Air Mobility Squad. The RAMS unit consists of 20 firefighters specially trained in auto extrication and combat skills, which includes close quarters marksmanship, convoy duty and other specialized functions.

Because of the specialized training, the RAMS unit conducts exercises with the Army medevac unit here to practice their rescue procedures every couple months.

The latest training occurred April 3 during four day and night operations involving auto extrication at a simulated off-base accident.

Each exercise kicked off with the fire department receiving a call of a vehicle accident involving American forces off-base. The RAMS team grabbed their gear and drove to the waiting helicopter for the flight to the accident scene.

"By the time the telephone call is made, we have 15 minutes to get into the air," said Senior Master Sgt. Randy Eppley, 407th ECES Fire Chief. "Our goal at the fire department is to be on the helicopter in eight minutes."

Each flight consists of four RAMS firefighters and a medevac crew consisting of pilot, co-pilot, two crew chiefs and one medic from the Army's Company C, 3rd Battalion, 126th Aviation Regiment.

These self-sufficient firefighters cover all vehicle accidents south of Baghdad.

Since November they have responded to four calls where they have landed at an accident scene off base



Rescue Air Mobility Squad team member Senior Airman Phillip Rycraft, 407th Expeditionary Civil Engineer Squadron, responds to a simulated vehicle accident at night and uses a saw to slice through a door to reach the injured troop. See Page 9 for more photos. (Photo by Staff Sgt. Valerie Smith)

to cut people out of vehicles.

"Most of the guys are EMTs (Emergency Medical Technicians) and the victims are under our care while they are in the vehicle," said Staff Sgt. Vance Vansteel, a firefighter and RAMS member from Travis Air Force Base, Calif. "Once they are out they go under the care of the Army medic."

One major difference between auto extrication with a RAMS team and a regular fire department is the RAMS team has to be self sufficient and bring the bare essentials they think they might need.

"You are on your own and can't call for backup when on the scene," said Tech. Sgt. James Ralls Sr., a reservist deployed here from Travis AFB, Calif. "Our job is a tough one, but the rewards in saving lives is worth the effort."

In this exercise the scenario had at least one injured person trapped in a vehicle in a remote area off base. The RAMS members had to cut the doors off the vehicle and assist the Army medic with emergency care before moving the person to the helicopter and then to the hospital.

"Overall the exercise was outstanding," Sergeant Vansteel said. "This training helps all RAMS personnel and medevac crews to not only work together as a team but it keeps us proficient on all assigned tasks required to complete the mission."

RAMS team exercises skills



The 407th Expeditionary Civil Engineer Squadron's Rescue Air Mobility Squad, or RAMS, team carries off their equipment after arriving at the simulated vehicle accident site April 3. (Photo by Master Sgt. Jon Hanson)

Staff Sgt. Matthew Loughlin holds a door as Senior Airman Andy Gerdeman, cuts the hinges to remove it during the exercise. The simulated vehicle accident was a joint exercise with the Company C, 3rd Battalion, 126th Aviation Regiment, and the 407th ECES RAMS team, to practice extrication and response maneuvers. (Photo by Staff Sgt. Bradley Church)



SSgt. Vance Vansteel, 407th ECES, gets cared for by the RAMS team and Army flight medic as he simulates being injured. (Photo by Staff Sgt. Bradley Church)



SSgt. Brian Tonnancour, Army Staff Sgt. Michael Petrelli and SrA. Andy Gerdeman treat an injured troop. (Photo by Staff Sgt. Bradley Church)

Around Ali Base

Filling it in

Staff Sgt. Brian Hayes directs SSgt. Jim Lane, both with the 407th Expeditionary Civil Engineer Squadron, when to unload a front-end loader of dirt to cover a new septic tank by the passenger terminal. Upgrades are being made at the PAX terminal and include a new caddillac, extra holding tent, redesigned baggage drop off and pick up area, and additional parking lots. (Photos by Master Sgt. Jon Hanson)



PAX

Senior Airman Eric Hinton, 407th Expeditionary Logistics Readiness Squadron, assists a customer at the passenger terminal. The passenger terminal handles almost 4,000 passengers each month. Recent upgrades to the terminal area allows passengers to go to air conditioned tents with TVs, drinks and plenty of room to relax. There is also an internet cafe in the check-in area.

New sidewalk

From left to right: SSgt. Marc Ziegler, Tech. Sgt. Clem Devlin, SSgt. Richard Miner, Master Sgt. Randy Peace and TSgt. Keith Tourville, all with the 407th ECES, smooth out a new sidewalk with a screed in Bedrock. All five are deployed here from the Vermont Air National Guard. The squadron is adding sidewalks throughout Bedrock.





New tent

Members of the 407th Expeditionary Communications Squadron help the Engineering and Installation team carry a replacement tent Wednesday for the one that was blown away from the sandstorm the night before. Due to damaging winds some tents were blown from their base whereas buildings and vehicles were caked in mud. (Photos by Staff Sgt. Valerie Smith)



Getting it clean

Airman 1st Class Anthony Ramirez, 407th ECS, uses a pressure washer to clean off the aftermath of the sandstorm.

Question:

What do you think is the most under appreciated job in the AOR and why? The *Ali Times* will run some of the responses in next week's paper. E-mail your responses to: Ali.Times@tlab.centaf.af.mil.

Important things in life take time, effort

By Chaplain (Capt.) Carl Phillips

407th Air Expeditionary Group chaplain

Easter is almost upon us. Easter happens to be the most important observance of the Christian faith. It is the day we celebrate the resurrection of Jesus from the dead.

Though you need to be a mathematician to calculate what day Easter will fall on each year, it is a holiday preceded by a 40-day period of preparation. With much fanfare and a variety of traditions, the day is a very holy day to Christians.

People have said, "Why do we need to go to so much work for a holiday?" They would prefer to have a day that they acknowledge as important but without all of hassle of preparation and fanfare.

I thought about what they have said and concluded that everything important takes time and effort. It was easy for President George Bush to say, "I will not yield. I will not rest. I will not relent in waging this struggle for freedom and security for the American people."

We all shook our heads in agreement but after three years many wonder why we even bothered. It takes time and effort to accomplish important things. Every good parent comes to realize that raising children takes a lot of time and effort. Without it, our kids become ill-mannered brutes.

To be prepared for contingencies our base held an exercise that took a lot of time and effort. The exercise was necessary to maintain security preparedness at Ali Base. If a marriage is going to be successful it takes time and effort. When we neglect our marriage we are destined for problems.

No matter how busy we are, we always find time for the things that are important to us. Actually, we discover what is truly important to us by observing where we spend our time and effort.

In countless military ceremonies I've heard speeches about patriotism and the love of country. We believe we should be motivated by patriotism. Couples know that their marriage should be a priority in their lives. We know that our children should be important to us.

Unfortunately, we spend our time on things we



Chaplain (Capt.) Carl Phillips

know are trivial. As an exercise, make a list of the things in life that you think should be important to you. Answers may include God, spouse, children, church, family, country and education.

Then, make a list of what you spend your time and effort pursuing. You may be surprised to see how much time is spent playing video games, watching TV, going to clubs, hanging out with friends, watching or playing sports or hanging out at the gym. Once completed you may realize what is really important to you isn't what it should be.

Time and effort is a clear indication of what is important in our lives. Once we have a clear knowledge of what should be important we then can begin spending more time and effort pursuing them and less on the trivial things in life. Remember, whatever is important in life takes time and effort.

"There is a time for everything, and a season for every activity under heaven," Ecclesiastes 3:1

Happy Easter

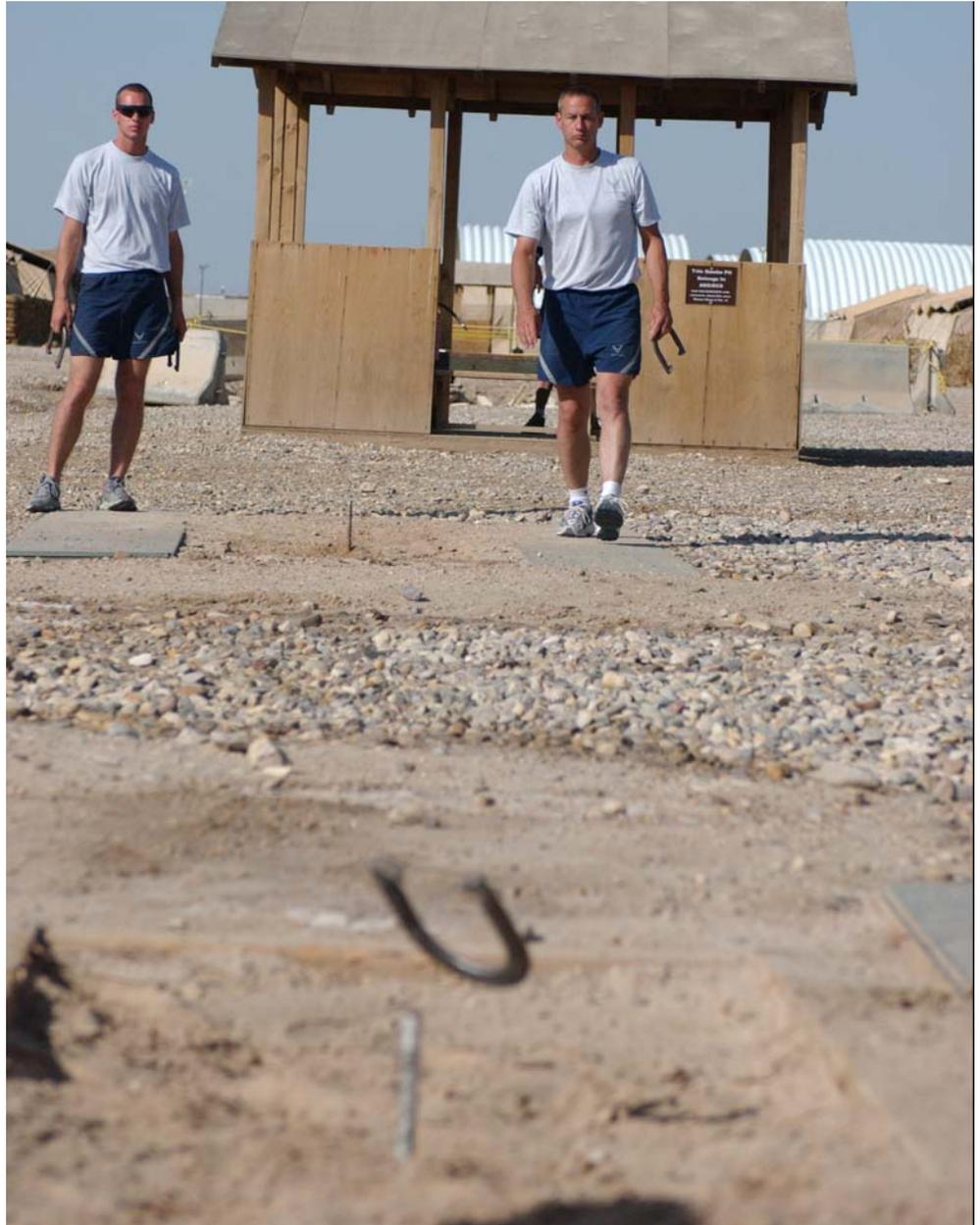
Easter Services

Anyone attending Easter Services at the House of Abraham must wear their DCUs and have their IBA with them.

Ringer

Master Sgt. Mike Bauer, 407th Expeditionary Civil Engineer Squadron, tries for the ringer during a doubles horseshoe competition Sunday as Senior Airman Rob Dill, also from the 407th ECES, waits his turn. The winners were MSgts. Jeff Stebbins and James Fitzgerald, with the 407th ECES. Second place went to Sergeant Bauer and Staff Sgt. Brian Behning, 407th ECES. Each team received a T-shirt.

The 407th Expeditionary Services Squadron is holding a singles horseshoe competition on April 23 and a doubles horseshoe competition April 30. Both tournaments start at 4 p.m. Sign up ahead of time at the Hot Spot. (Photo by Master Sgt. Jon Hanson)





The Charlie Daniels Band

with Special Guest
Dave Price

Date: Saturday, 15 April 2006
Time: 2000 hrs
Place: Adder Commons




www.StarsforStripes.com

CBS's "The Early Show"

Intramural Basketball Standings

DIVISION I <small>(As of April 12)</small>			DIVISION II <small>(As of April 10)</small>		
TEAM	WON	LOST	TEAM	WON	LOST
485 TH QUARTERMASTER5	5	0	BULLDOGS	4	1
407 ECS	5	1	608 TH ORDINANCE CO	4	1
407 ESFS II	3	2	407 ELRS	3	2
AGING BULLS	2	3	FP	3	3
407 ESVS/AEG	2	3	AGENT ORANGE	2	3
LINEBACKERS	1	4	407 EOSS	2	3
FIRE DEPARTMENT	0	5	ESFS I	1	4

**Intramural Basketball Playoffs begin
April 20 at 6:30 p.m.**

Intramural Volleyball Standings

TEAM	<small>(As of April 12)</small>	
	WON	LOST
FIRE DEPT	2	0
ITALIAN AIR FORCE	2	0
407 ELRS	1	1
407 EOSS	1	1
ESVS/AEG	1	1
407 ECS	1	2
HONOR GUARD	0	1
407 ESFS	0	2

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 noon Wednesday**.

The winner will receive a complimentary **phone card** from the 407th Air Expeditionary Group Chapel. There were no correct responses identifying the front of a micro light for the April 7 *Ali Times*. The *Identify This* was evidently too hard for everyone. The previous *Identify This* photos were too easy and a monkey could probably have figured them out. If people stop guessing, the *Ali Times* will be forced to return to simple pictures.



"Happy 9th Birthday Nicole, Daddy misses you and loves you so much!"
(Senior Master Sgt. John Talcott)

407th AEG

Warrior of the Week



Senior Airman Matthew Connell

Unit: 407th Expeditionary Operations Support Squadron

Duty title: Tactical Aircraft Maintenance journeyman

Home station: 1st Aircraft Maintenance Unit, 325th Aircraft Maintenance Squadron, 325th Fighter Wing, Tyndall AFB, Fla.

Why other warriors say he's a warrior: "Senior Airman Connell consistently performs above all expectations. He brings with him a winning attitude and a desire to get the mission done. Up to this point in our rotation he has been responsible for the recovery of over 740 Coalition aircraft, encompassing 21 different types of fixed-wing and rotary aircraft from 10 different countries."

- Tech. Sgt. Gordon Robinson, NCOIC Transient Alert

Most memorable Air Force experience: "Watching my squadron's F-15s fly over Pro Player stadium for the Miami Dolphins home opener and being invited onto the field at half time to be introduced to the fans."

Hobbies: "I like to fish, play softball, cook, go out with friends, and go to as many Atlanta Braves and Falcons games as I can."

Notes about my family: "Just want to say hi to Mom, Dad, Katie, Luke and Victoria. I'll be home soon."

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 Nationals living area by DFAC

CC = Camp Cedar

FRIDAY

1 p.m., Muslim prayer/
service: (TCN)

6 p.m., **Good Friday** Mass:
Oasis

6:30 p.m., Jewish Service:
ARAC

7 p.m., **Good Friday**
Protestant service: OA

7:30 p.m., Gospel choir
rehearsal: APC

8:30 p.m., Ladies
Fellowship: Oasis

SATURDAY

8 p.m., **Easter Vigil Mass**
Catholic Vigil Mass: Oasis

SUNDAY

6:30 a.m., **Easter Sunday**
Roman Catholic Mass:
House of Abraham

9 a.m., **Easter Sunday**
Traditional Protestant
Service: House of
Abraham

9:30 a.m., **Easter Sunday**
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

7 p.m., **Easter Sunday**
Contemporary Worship
Service: Oasis

MONDAY

6 p.m., Roman Catholic
Mass: Oasis

7:30 p.m., Back to the
Basics Bible Study: Oasis

7:30 p.m., Gospel Choir
Rehearsal: APC

TUESDAY

6 p.m., Roman Catholic
Mass: Oasis

7:30 p.m., Work of Faith
Bible Study: APC

8 p.m., Catholic RCIA: OA

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., Creationism
Study: Oasis

7:30 p.m., Men's Bible
Study: APC

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

Without a Paddle (2004), 1 a.m., Seth Green, Matthew Lillard, comedy; **40-Year-Old Virgin** (2005), 3 a.m., Steve Carell, Catherine Keener, *comedy/drama*; **The Punisher** (2004), 5 a.m., Thomas Jane, John Travolta, *action/adventure*; **Supercross** (2005), 7 a.m., Steve Howey, *action/sports*; **Troy** (2004), 9 a.m., Brad Pitt, Orlando Bloom, *action/adventure*; **Flight of the Phoenix** (2004), 11 a.m., Dennis Quaid, Miranda Otto, *action/adventure*; **Sideways** (2004), 1 p.m., Paul Giamatti, Thomas Haden Church, *comedy/drama*; **Hustle and Flow** (2005), 3 p.m., Terrence Howard, Anthony Anderson, *drama/musical*; **Shall We Dance** (2004), 5 p.m., Richard Gere, Jennifer Lopez, *comedy/drama*; **Matchstick Men** (2003), 7 p.m., Nicolas Cage, Sam Rockwell, *comedy/drama*; **Phat Girlz** (2006), 9 p.m., Monique Imes, Godfrey Danchimah, *comedy*; **The Heavenly Kid** (1985), 11 p.m., Lewis Smith, Jason Gedrick, *comedy*; **The Island** (2005), Ewan McGregor, Scarlett Johansson, *action/adventure*; **Mind Hunters** (2005), Val Kilmer, Christian Slater, *drama/action/adventure*

Saturday

Matchstick Men 1 a.m.
Troy 3 a.m.
Hustle and Flow 5 a.m.
Without a Paddle 7 a.m.
40-Year-Old Virgin 9 a.m.
Phat Girlz 11 a.m.
Shall We Dance 1 p.m.
The Punisher 3 p.m.
Supercross 5 p.m.
The Heavenly Kid 7 p.m.
Sideways 9 p.m.
Flight of the Phoenix 11 p.m.

Sunday

The Baxter 1 a.m.
Matchstick Men 3 a.m.
40-Year-Old Virgin 5 a.m.
The Punisher 7 a.m.
Hustle and Flow 9 a.m.
The Heavenly Kid 11 a.m.
Flight of the Phoenix .. 1 p.m.
Phat Girlz 3 p.m.
Sideways 5 p.m.
Without a Paddle 7 p.m.
Supercross 9 p.m.
Troy 11 p.m.

Monday

The Heavenly Kid 1 a.m.
The Baxter 3 a.m.
Shall We Dance 5 a.m.
Phat Girlz 7 a.m.
The Punisher 9 a.m.
Troy 11 a.m.
Mind Hunters 1 p.m.
40-Year-Old Virgin 3 p.m.
Hustle and Flow 5 p.m.
The Island 7 p.m.
Flight of the Phoenix .. 9 p.m.
Without a Paddle 11 p.m.

Tuesday

Supercross 1 a.m.
The Punisher 3 a.m.
The Heavenly Kid 5 a.m.
Mind Hunters 7 a.m.
40-Year-Old Virgin 9 a.m.
Man of the House 11 a.m.
Phat Girlz 1 p.m.
Without a Paddle 3 p.m.
The Island 5 p.m.
Flight of the Phoenix .. 7 p.m.
Troy 9 p.m.
Hustle and Flow 11 p.m.

Wednesday

40-Year-Old Virgin 1 a.m.
The Heavenly Kid 3 a.m.
Without a Paddle 5 a.m.
Troy 7 a.m.
The Island 9 a.m.
Supercross 11 a.m.
Hustle and Flow 1 p.m.
Flight of the Phoenix .. 3 p.m.
Mind Hunters 5 p.m.
The Punisher 7 p.m.
Man of the House 9 p.m.
Phat Girlz 11 p.m.

Thursday

Phat Girlz 1 a.m.
Flight of the Phoenix .. 3 a.m.
Hustle and Flow 5 a.m.
Man of the House 7 a.m.
The Heavenly Kid 9 a.m.
Troy 11 a.m.
The Punisher 1 p.m.
The Island 3 p.m.
40-Year-Old Virgin 5 p.m.
Supercross 7 p.m.
Without a Paddle 9 p.m.
Mind Hunters 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

- 7:30 a.m., **Karate**: Muscle Beach (I)
- 5 p.m., **Spin**: Muscle Beach (I)
- 7 p.m., **Dominoes**: ACC
- 7 p.m., **Toning**: HOP
- 7:30 p.m., **Total Body Cardio**: Muscle Beach (D)
- 7:30 p.m., **Bingo and Hip Hop/R&B Night**: Big Top
- 8 p.m., **Step Aerobics**: HOP
- 8:45 p.m., **Dominoes/Spades**: Hot Spot

Saturday

- 6 a.m., **Boston Marathon**
- 2:30 p.m., **Yoga**: Muscle Beach (DVD)
- 6:30 p.m., **Spin**: HOP
- 7 p.m., **Absolute Abs**: Muscle Beach (I)
- 7:30 p.m., **Karaoke (open mic)**: Big Top
- 7:30 p.m., **Hip Hop**: ACC

Sunday

- Easter on AFN**: Hot Spot
- 8 a.m., **Tae-Bo**: Muscle Beach (DVD)
- 10 a.m., **Spin**: HOP
- 1 p.m., **3-Point Shootout**: Basketball Court
- 2 p.m., **Spin**: Muscle Beach (DVD)
- 4 p.m., **Easter Challenge Hunt**: Big Top
- 7 p.m., **Spin**: HOP
- 7 p.m., **Darts**: ACC

Monday

- 8 a.m., **Dominoes Partners**: Hot Spot
- 4:30 p.m., **Circuit Training**: Basketball Court (I)
- 5 p.m., **Spin**: Muscle Beach (I)
- 7 p.m., **Toning**: HOP
- 7 p.m., **Ping Pong**: ACC
- 7:30 p.m., **Total Body Cardio**: Muscle Beach (DVD)

- 8 p.m., **8-Ball**: Big Top
- 8 p.m., **Step Aerobics**: HOP

Tuesday

- 5 a.m., **Step Aerobics**: Muscle Beach (I)
- 2 p.m., **Tae Bo**: Muscle Beach (DVD)
- 6:30 p.m., **Tae Bo**: HOP
- 7 p.m., **Bench Your Max Competition**: Muscle Beach
- 7 p.m., **Absolute Abs**: Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do**: HOP
- 8 p.m., **Texas Hold'em**: Big Top
- 8 p.m., **X-Box Halo**: Hot Spot
- 8:30 p.m., **Salsa**: ACC

Wednesday

- 7:30 a.m., **Karate**: Muscle Beach (I)
- 5 p.m., **Spin**: Muscle Beach (I)
- 7 p.m., **Toning**: HOP
- 7 p.m., **Spades**: ACC
- 7:30 p.m., **Total Body Cardio**: Muscle Beach (DVD)
- 8 p.m., **Scrabble**: Hot Spot
- 8 p.m., **Step Aerobics**: HOP
- 8:30 p.m., **2-man 8-Ball**: Big Top

Thursday

- 5 a.m., **Step Aerobics**: Muscle Beach (I)
- 4:30 p.m., **Circuit Training**: Basketball Court (I)
- 6:30 p.m., **Basketball Playoffs**: Basketball Court
- 6:30 p.m., **Tae Bo**: HOP
- 7 p.m., **8/9-Ball**: ACC
- 7 p.m., **Absolute Abs**: Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do**: HOP
- 8 p.m., **Hearts**: Hot Spot
- 8 p.m., **Texas Hold'em**: Big Top
- 8:30 p.m., **Salsa**: HOP

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

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