



# ALITIMES



May 12, 2006

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**ALITIMES**

**Vol. 4, Issue 19  
May 12, 2006**

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**David L. Orr**

*Commander, 407th AEG*

*Lt. Col.*

**Richard H. Converse**

*Deputy Commander,  
407th AEG*

*Master Sgt.*

**Jon Hanson**

*Editor/Chief, Public Affairs*

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## Front Page photo

Col. David Orr takes command of the 407th Air Expeditionary Group from Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander Thursday. See Page 3 for story and more photos. (Photo by Staff Sgt. Valerie Smith).

# Courage to donate

## Chief Master Sgt. Bob Henson

*407th Expeditionary Security Forces Manager*

Imagine receiving a distraught telephone call from your mother who says she's going to need a kidney donation in order to live and there are thousands of people ahead of her on the national donor waiting list.

This was the call I received four years ago and it deeply scared me! I was so concerned for my mother and had no idea what to say or do. Then without any more hesitation, I said, "Mom, I'll donate my kidney."

She couldn't believe it and started to cry.

I made a commitment to put my lifestyle on hold and donated my left kidney to her. It was the most rewarding thing I've ever done in my life!

To see the lady who brought me into this world be revived from her life-threatening disease and give her a second chance on life was overwhelming. Since then I have realized that being a donor is what makes our military society function.

Your donation of money, expertise, skills, compassion or time is what is expected from all of us. Think about all the donors you know who run the Airmen Against Drunk Driving campaigns or Enlisted Professional Development councils back home. They repeatedly donate their efforts to ensure their fellow Airmen stay safe and can expand their military horizons.

In a deployed environment, donors are needed more than ever. You can donate in a variety of commitments that are rewarding, challenging and self-fulfilling. You can donate your time to offi-



**Chief Master Sgt. Bob Henson**

ciate or coach during the intramural sports program.

You can donate your compassion to help those amongst us that may be lonely and need a friend. You can donate your expertise to help those who are struggling in a particular task or job. You can donate your skills to help manage one of our enlisted councils. The opportunities are endless but you have to volunteer to be a donor.

Being a donor in any capacity is very rewarding and you can't describe the feeling to anyone but you have to feel it for yourself.

Become involved during your deployment and donate your time and efforts to a worthy cause. Find something you believe in and make a difference in someone's life ... you'll be glad you did.

OPSEC opsec

Some things are worth repeating...

over and over ...

OPSEC opsec

# 407th AEG gets new commander

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

Col. David Orr assumed command of the 407th Air Expeditionary Group from Col. Kevin Kilb Thursday.

Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander, presided over the ceremony, which was attended by more than 150 people.

Colonel Orr is deployed here from Luke Air Force Base, Ariz., where he is vice commander of the 56th Fighter Wing.

"I am excited to join the front-line of military members in the vocation of preserving our nation's freedom," Colonel Orr said. "I thank each of you for accepting this obligation of military service and I will be your biggest cheerleader in accomplishing the 407th AEG mission."

The colonel shared his goals and how he wanted to achieve them.

"I plan on continuing the efforts of Colonel Kilb and the 407th AEG team in optimizing our mission," Colonel Orr said. "We need to ensure our Airmen are resourced to fulfill our mission requirements. But this can't be done without making sure the safety and welfare of our personnel are the highest priority as we face this combat environment with a constant turnover of warriors.

"You will hear me talk daily about the Long War and personally identify exactly where you fit on this frontline of freedom. Understanding where you fit in the mission today is key.

"Because I want you to recognize starting to-



The 407th Air Expeditionary Group Honor Guard brings in the Colors during the 407th AEG change of command ceremony Thursday.

day, that every day is a PRESENT -- it's a gift -- because your actions in the PRESENT will dictate the course of history for entire nations and on a personal level, directly affect our families and our children's families. I know we will accept this responsibility with a strength of character that cannot be defeated."

Colonel Kilb is redeploying back to Yokota Air Base, Japan, where he is the commander of the 374th Operations Group.

"As I said in my first *Ali Times* article," Colonel Kilb said, "If we take care of each other, stay flexible, work smart and safely ... we will grow professionally and personally during our turn on Team Ali ... and we will finish as world champions ... I guarantee it!"

"Well I sure did ... and I can't tell you what a privilege it's been to serve here on Team Ali with each and every one of you. I'm leaving here feeling like a Champion ... you should too!"

Colonel Kilb was awarded the Bronze Star Medal during the ceremony.

Colonel Orr was commissioned in 1984 after graduating from the University of Miami (Fla.). He is a command pilot with more than 4,600 flight hours in the F-16C, F-16A, AT-38, T-38 and T-37 aircraft.

"In this world of give and take, there are not enough willing to give what it takes," the colonel said. "I thank the heavens each day for our Air Force Airmen who GIVE WHAT IT TAKES!"



Col. David Orr, 407th AEG commander, salutes the group after taking command. (Photos by Staff Sgt. Valerie Smith)

# 407th AEG holds Dining In

More than 250 members of the 407th Air Expeditionary Group took part in a Combat Dining In Wednesday at the Big Top.

Col. Kevin Kilb, 407th AEG commander, was the president and guest speaker during the time honored event of camaraderie and esprit de corps.

The Combat Dining In was hosted by the Ali Base Top 3 Association.



The Grog committee prepares to fill the Grog with “tasty” delights. (Photo by Staff Sgt. Valerie Smith)



Maj. Tom Emmolo, 407th Expeditionary Logistics Readiness Squadron, navigates through the tire obstacle on his way to the Grog. (Photo by Staff Sgt. Valerie Smith)



Above: The Dining In dinner consisted of Meals Ready to Eat.

Right: Master Sgt. Vernice Belin, 407th Expeditionary Services Squadron, tips his glass over his head after drinking from the Grog. (Photo by Staff Sgt. Valerie Smith)



Dining In attendees dig into their MREs during the event. (Photo by Master Sgt. Jon Hanson)



Master Sgt. Christopher Gibson, 407th Expeditionary Logistics Readiness Squadron, scrambles through the low crawl before the tire obstacle on his way to the Grog during the Combat Dining In Wednesday. (Photo by Staff Sgt. Valerie Smith)



Above: A mock attacker throws confetti during the Dining In in an attempt to discredit intel for an attack-free event. It resulted in the 407th Expeditionary Operations Support Squadron leadership going to the Grog. (Photo by Master Sgt. Jon Hanson)



Right: Combat Dining In Mr. Vice MSgt. Benjamin Goss, 407th ELRS, presents Col. Kevin Kilb, 407th Air Expeditionary Group commander, a special gift and made him an honorary Top 3 member. (Photo by Staff Sgt. Valerie Smith)

Colonel Kilb and 2nd Lt. Brent Downs, 407th AEG, toast the Mess after being sent to the Grog. (Photo by Staff Sgt. Valerie Smith)



Staff Sgt. Janet Allende, 407th Expeditionary Services Squadron, cuts pieces of cake during the social time.



# Ali Base celebrates Unit Sports Day, Cinco de Mayo

Staff Sgts. Christopher Coyne (right) and Erik Collins, both with the 407th Expeditionary Civil Engineer Squadron team, give it their all during the tug-of-war at the Unit Sports Day May 5.

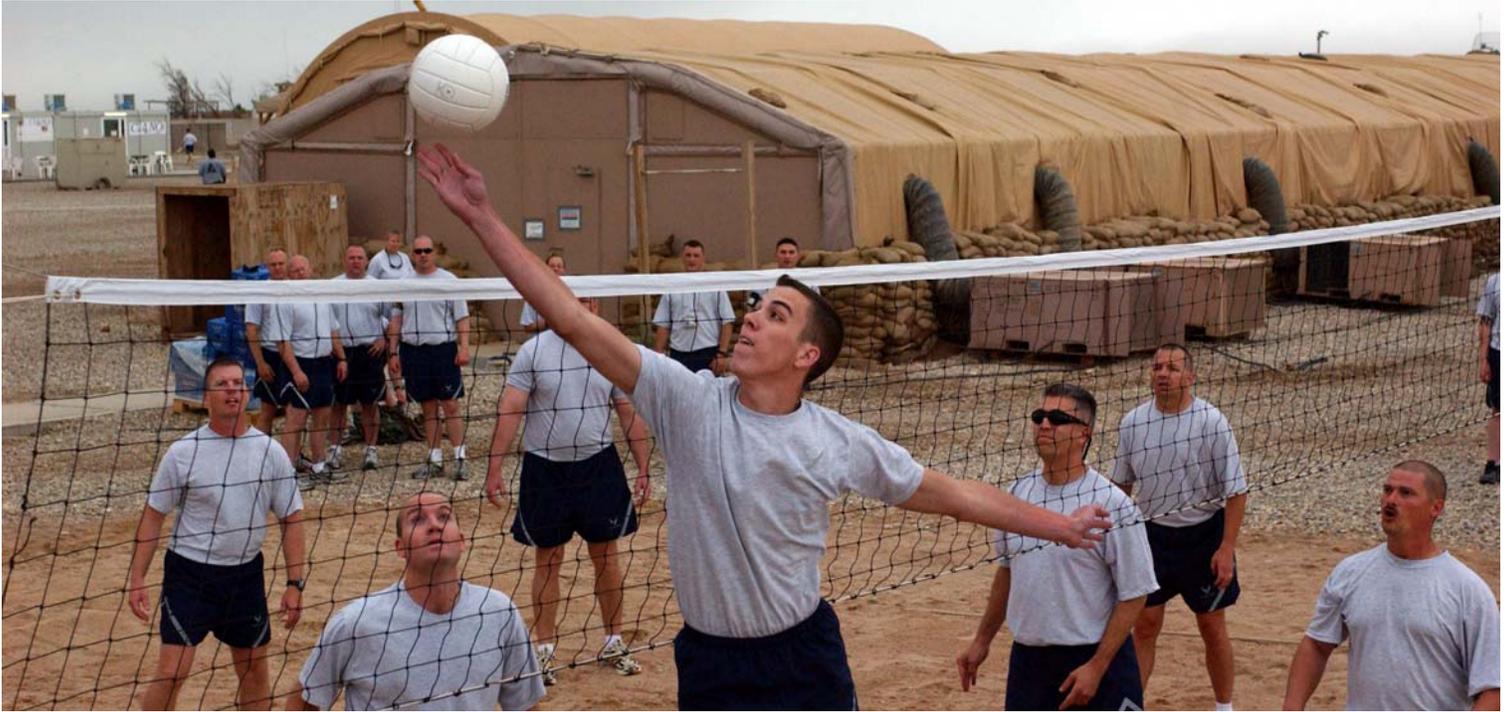


Right: Master Sgt. Don Hall yells for the 407th Expeditionary Logistics Readiness Squadron team to pull during the tug-of-war competition. (Photos by Staff Sgt. Bradley Church)



Above: Chief Master Sgt. Robert Henson looks to pass the ball to a 407th Expeditionary Security Forces Squadron member as SSgt. Adan Jaime and Airman 1st Class Alonza Loury guard him during the 5-on-5 basketball tournament.

Left: Airman 1st Class Jeremy Rice takes it to the hoop as SSgt. Reginald Davis looks on during the basketball tournament.



Senior Airman Kenneth Dunham, 407th Expeditionary Communications Squadron, stretches for the ball during the 6-on-6 volleyball tournament during the Unit Sports Day May 5. (Photo by Master Sgt. Jon Hanson)

Senior Airman Stephanie Canfield, Master Sgts. David Bartley and Thomas Bennett, call out numbers during bingo at the Cinco de Mayo celebrations at the Big Top May 5. (Photo by Staff Sgt. Bradley Church)



Airman 1st Class Jarden Thorton, 407th Expeditionary Security Forces Squadron, goes for the spike as Master Sgt. Brian White, 407th Expeditionary Communications Squadron, tries to stop him during the championship game during the Sports Day. (Photo by Master Sgt. Jon Hanson)



Staff Sgt. Dawnmosha Williams (left) tries her luck during bingo at the Cinco de Mayo celebrations at the Big Top May 5. (Photo by Staff Sgt. Bradley Church)



## Fire in the hole

Staff Sgt. David Tylosky, 407th Expeditionary Logistics Readiness Squadron, gets the honor of pressing the remote transmitter, detonating eight 155mm Howitzer rounds at the Explosive Ordnance Disposal range Saturday. Sergeant Tylosky had just re-enlisted at the range moments earlier. (Photo by Master Sgt. Jon Hanson)



## Airman's Attic

Senior Airman Jeff Farmer, 407th Expeditionary Logistics Readiness Squadron, Airman 1st Class Lorenzo Waiters, 407th Expeditionary Security Forces Squadron, and A1C Lilliani Barcelo, 407th ESFS, stack donated items in the new Airman's Attic in front of the library. The Ali Base First Four Council proposed the Airman's Attic to give Airmen a place to help each other by donating items others can use and save money. The Airman's Attic is open Sundays from 10 a.m. to 6 p.m., Tuesdays and Thursdays from 11 a.m. to 2 p.m. and 7 to 8 p.m. (Photos by Master Sgt. Jon Hanson)

# Mother's Day Messages from Iraq

Editor's Note: The following Mother's Day messages are for wives, mom's and grand mothers from deployed Ali Base members.

*To my beautiful wife, Louise, you've been the greatest mother of our children ever since Aimee was born, and haven't faltered since having Kaitlenn and Mark. I Love You Always and Forever, and Happy Mother's Day! Phil*  
**Senior Airman Philip Becker**  
 407th Expeditionary Security Forces Squadron

*I would like to wish my wife, Melissa Heffley; my mother, Joan Heffley; and my mother in-law, Mercedes Moreno, a Happy Mothers Day.*  
**Senior Airman Adam Heffley**  
 407th Expeditionary Security Forces Squadron

*Mom, thank you for everything that you do, you have always supported me no matter what! The best compliment I can get is for someone to say that I am just like you! I love you. Love Helen*  
**Senior Airman Hallie Coleman**  
 407 Expeditionary Operations Support Squadron

*"To Marie, my wife, the one who holds our family together. I wish you wonderful and peaceful Mothers Day! I love you with all my heart and soul. I need you in my life!"*

**Tech. Sgt. Donald Boozer**  
 407th Air Expeditionary Group PERSCO

*I would like to wish my beautiful wife, Noemy Arteaga, a wonderful Mother's Day.*  
**Senior Airman Oscar Arteaga**

407th Expeditionary Security Forces Squadron

*Mom and Sarah, Happy Mothers Day! I wish that I could be there with you; I miss you both so very much. I still love you more Sarah! I will be home before you know it. Love Jeremy*

**Staff Sgt. Jeremy Divine**  
 407th Expeditionary Security Forces Squadron

*Teresa, you are light of my life. Without you I am nothing. Thank you for being my wife, my best friend and the mother of our children. I wish I was there to tell you this in person. I love you so very much. Hugs and kisses. Jon*

**Master Sgt. Jon Hanson**  
 407th Air Expeditionary Group Public Affairs

## Extreme volunteerism is not only for those in uniform

By Chief Master Sgt. William LaPointe

407th Expeditionary Civil Engineer Squadron superintendent

Staff Sgt. Robert Dixon of the 407th Expeditionary Civil Engineer Squadron is a brand new dad as of last week.

Sergeant Dixon volunteered to come to Iraq with his unit, the 158th Civil Engineer Squadron, even though his wife, Dana, would deliver their third child during his tour.

Many of you have seen Sergeant Dixon making sidewalks, painting the airfield, taking down tents, erecting California shelters and many other structures jobs around Ali.

To really test Dana's resolve, she broke her ankle shortly before he left and with two small children to care for, pregnant and on crutches she has certainly completed her end of the challenge.

Of course once the ankle was better, the baby decided to delay his arrival by a week just to further test her patience. Happily, Michael Aidan Dixon was born weighing 8 pounds 11 ounces and 21 inches



long on May 2.

Dad managed to be on a phone listening and was able to hear Michael cry for the first time in this world. As for mom and baby, all is well and the flowers from the unit are a very small token of our recognition of her extreme volunteerism.

# 407th AEG Medical Clinic Health Highlights

## *Numbness, tingling or pain in arms and legs*

By Lt. Col. (Dr.) Ron Johanson

407th Air Expeditionary Group Medical Clinic

During deployment, it is not unusual to deal with patients who have complaints of numbness, tingling or pain in either an arm or leg.

This discussion will deal only with several of the more common causes of these symptoms. These causes may apply to you only if you have no other medical problems (like diabetes).

By no means is this a complete list. You should always see your health care provider with any concerns related to these or other matters.

**Carpal tunnel syndrome** – This problem involves numbness, tingling and/or pain in the hand, wrist or forearm.

It is often associated with repetitive movements or lack of wrist support when involved in activities over a period of time. The carpal tunnel is a fibrous ring of tissue located in each wrist.

Through the ring travel all of the important structures to the hand – including the blood vessels, tendons and nerves. When the ring begins to swell or thicken, it creates pressure on the nerves.

Since there are three separate nerves, the sensations of numbness, tingling or pain may follow a distinctive distribution pattern.

One of the more frequent factors is prolonged use of a computer keyboard. For this reason, it is important to use a keyboard

and mouse support.

Treatment involves stopping the offending practice, the use of anti-inflammatory medications (like ibuprofen) and sometimes wrist splints that can be used at night time.

Recently, evidence has questioned the value of this treatment. Ultimately, surgery may be necessary to relieve the pressure on the nerves.

Other numbness and tingling – if an arm or leg is subjected to constant pressure over time, you may begin to experience numbness, tingling or pain in the area controlled by that nerve.

For example, if you operate a turret and rest your underarm area on the edge of the turret, you may begin to notice numbness in that arm. Nerves, as a general rule, are very sensitive structures.

They do not like to be pulled, pinched or have pressure exerted on them. They also are not forgiving. It may take weeks or months for normal nerve function to occur after the above type of pressure.

Other causes could be the use of a tight belt or anything that causes steady pressure over a particular part of the body, but especially the arms and legs. Even carrying a large set of keys

in your pocket can produce numbness “downstream” from the pressure.

Naturally, the main treatment is to avoid the activity. Sometimes, anti-inflammatory medication will help.

**Sciatica** – The largest nerve in the body is called the sciatic nerve (there’s one on each side). It travels from the lower spinal cord into the leg and controls the muscles and sensations of each side.

Sciatica is the name of the pain caused when the nerve becomes inflamed.

There are two things that cause most of the irritation of the sciatic nerve: 1) any stretching or pressure over the nerve it-

self and 2) a bulging or ruptured disk in the lower back (the disc is the cushion in between each vertebra in the back).

In any case, if you have back pain which radiates into your buttocks, groin or leg, you should see your health care provider.

Treatment of sciatica can involve medication, rest, ice and/or heat and physical therapy. Sciatica usually resolves over time.

Occasionally, problems involving a bulging (or ruptured) disc will require surgery.



# Everyone has right to choose

## Seek counseling when pain, grief too much to handle

By Tech. Sgt. Nicole Nixon

407th Air Expeditionary Group Chapel

A great majority of military members believe that what happens while on TDY stays TDY. I'm not sure where that mentality migrated from, but I believe it must be used in the right context.

The saying may have come from the Oath of Hippocrates which is familiar in the Chaplain Service.

This oath states "... And whatever I shall see or hear in the course of my profession, as well as outside my profession in my intercourse with men, if it be what should not be published abroad, I will never divulge, holding such things to be holy secrets ..."

Now, we all have a different meaning of what is holy and what is a secret. If we believe that we can do immoral or unethical things while TDY, we should evaluate our hearts and minds because by definition, evil and sin are not holy or secret.

There are many things that we should be excited about to run and tell. For example, each of us should receive a letter of evaluation which will tell a short story of our job performance during our AEF rotation. That is a way of telling others what we have done or accomplished.

We all have the privilege of mailing letters home through the postal service for free. That is another way of letting others know what we have done or how we have been doing.

There are some things that

are simply written on our faces and visible by how we carry ourselves and how we respond to daily situations. Our body expressions can also tell the story.

Now on the other hand, there may be hidden things or the issues that we are not proud to divulge. Sometimes we choose to hide or bury these things instead of seeking help.

Know that the Air Force has provided help in the form of a chaplain for each of us. If you have consulted a chaplain with private issues, you can rest assured that your communications will be kept confidential.

What you tell a chaplain while TDY stays TDY. Privileged communication is a legal term that applies to communication that can't be required to be divulged, even in military courts-martial. Chaplains are bound by laws that govern privileged communication.

I believe that we all know what is morally right and wrong. Our society has generally accepted ethical values and rules of engagements such as the Constitution, the Bill of Rights, and the Uniformed Code of Military Justice.

We all accept and respond to these guidelines in different forms.



Tech. Sgt. Nicole Nixon

We then choose to handle things of the mind, soul, or spirit differently. That's understandable and is described as diversity.

Everyone will not willingly seek counseling from a chaplain and will hold or retain the unthinkable things in their minds. Be advised that you are never alone, and there is always help for each of us.

Keeping pain, hurt, mischief, grief, or strife held inside will eventually eat away our hope. For if a man thinks himself to be something, when he is nothing, he will only deceive himself.

As we depart or arrive at our TDY location, know that what we say and do will remain within each of us.

May we all choose to flee from bad things, and may the good and true things be told proudly.

May we not have to worry or be ashamed of any of the things we did while TDY, because we know we did what was right.



## Intramural Volleyball Championship

Above: Staff Sgt. Larry Kees (left), 407th Expeditionary Civil Engineer Squadron Fire Department, tries for the block against Fiorenzo Rocca, with the Italian team, as Tech. Sgt. D.J. Rousseau and SSgt. Sam Anderson look on during the Intramural Volleyball Championship Tuesday. The Italian team won the championship in two games.

Right: SSgt. Brannon Soter, 407th ECES Fire Department, attempts to knock the ball past Italian Tomaso Invrea during the championship game. (Photos by Master Sgt. Jon Hanson)



# 407th ESVS announces World Series of Poker Championship winners

The 407th Expeditionary Services Squadron held the World Series of Poker Championship Sunday at the Big Top.

Forty-five players participated in the championship. In all there were 468 participants playing in 21 tournaments.

1st Place: Staff Sgt. Cory Upshaw, 407th ESVS

2nd Place: Capt. Brian Terhune,

407th ECES

3rd Place: SSgt. Greg Peace, 407th EOSS

4th Place: SSgt. James Trussell, 407th ELRS

5th Place: Airman 1st Class Ronnie Boothe, 407th EOSS

6th Place: Senior Airman Mike Siudzinski, 407th EOSS

7th Place: SrA. Courtney Gentry, 407th ECS

8th Place: SrA. Dennis Landskroener, 407th ECS

9th Place: SrA. Melissa Curry, 407th ECS

10th Place: Master Sgt. Dennis Dubuque, 407th ECES

The next tournament is Monday at 8 p.m. in the Big Top.

# 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 holes on a fire detector for the April 28 Ali Times.

## Worth considering

- ★ How much deeper would the ocean be without sponges?
- ★ Is there another word for synonym?
- ★ If a tree falls on a mime, does it make a sound?
- ★ If the #2 pencil is the most popular, why is it still #2?
- ★ If a librarian retrains as a barber, does that person become a barbarian?
- ★ Why do croutons come in airtight packages? Aren't they just stale bread to begin with?
- ★ If a parsley farmer is sued, can they garnish his wages?
- ★ If a man says something in the woods and there are no women there, is he still wrong?

## 407th AEG

## Warrior of the Week



### Senior Airman Joshua Rose

**Unit:** 407th Expeditionary Security Forces Squadron

**Duty title:** Military Working Dog Section

**Home station:** Holloman Air Force Base, N.M.

**Why other warriors say he's a warrior:** "Senior Airman Joshua Rose and his working dog, Dino, are true assets to the security of Ali Base and LSA Adder. Their tireless efforts in searching an average of 120 vehicles per day play a significant role in virtually eliminating the VBED threat to the base. Despite the extremely high ops tempo Joshua remained focused on his upgrade requirements and scored an outstanding 93 percent on his end-of-course exam. Bad news is his dog scored 98. I'm proud to have Joshua and his dog, Dino as part of our security team."

- SSgt. B.J. Jones (Day Shift Team Leader Military Working Dog Section) 407th ESFS

**Most memorable Air Force experience:** "Winning Airman of the Year and playing semi-pro football while at Misawa Air Base, Japan."

**Hobbies:** "Sports, working out, riding motorcycles."

**Notes about my family:** "Wife, Sandra, and mother, Nancy, both from Oklahoma; military working dog, Dino."

# 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

### FRIDAY

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

6 p.m., Roman Catholic  
Mass: Oasis

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

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

### SATURDAY

6 p.m., Roman Catholic  
Mass: Oasis

### SUNDAY

8 a.m., Roman Catholic  
Mass: Oasis

9:30 a.m., Traditional  
Protestant Service: Oasis

10 a.m., Protestant Service:  
APC

10 a.m., Latter Day Saints  
Service: ARAC

10:30 a.m., Church of  
Christ: ARAC

7 p.m., 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., Word of Faith  
Bible Study: APC

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/Bible  
Study: 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

**October Sky** (1999), 1 a.m., Jake Gyllenhaal, Chris Cooper, Laura Dern, comedy, drama; **P.S.** (2004), 3 a.m., Topher Grace, Laura Linney, Paul Rudd, *comedy, drama, romance*; **The Cooler** (2003), 5 a.m., William H. Macy, Alec Baldwin, Maria Bello, *comedy, romance*; **Darkness Falls** (2003), 7 a.m., Chaney Kley, Emma Caulfield, Lee Cormie, *suspense, horror*; **America's Heart & Soul** (2004), 9 a.m., Roudy Roudebush, Ann Savoy, *documentary*; **Glory Road** (2006), 11 a.m., Josh Lucas, Derek Luke, Evan Jones, *sports*; **Cursed** (2005), 1 p.m., Joshua Jackson, Shannon Elizabeth, Christian Ricci, *action, adventure*; **Bumblebee Flies Anyway** (1999), 3 p.m., Elijah Wood, Janeane Garofalo, *drama*; **Bulletproof Monk** (2003), 5 p.m., Chow Yun-Fat, Seann William Scott, *action, adventure, comedy*; **Butterfly Effect** (2004), 7 p.m., Ashton Kutcher, Amy Smart, Elden Henson, *sci-fi, fantasy*; **Jersey Girl** (2004), 9 p.m., Ben Affleck, Liv Tyler, George Carlin, *comedy, drama*; **Rounders** (1998), 11 p.m., Matt Damon, Gretchen Mol, *drama, crime*; **Angel Eyes** (2001), Jennifer Lopez, Jim Caviezel, *drama, romance*

### Saturday

Angel Eyes ..... 1 a.m.  
Bumblebee Flies ..... 3 a.m.  
October Sky ..... 5 a.m.  
Bulletproof Monk ..... 7 a.m.  
Jersey Girl ..... 9 a.m.  
The Cooler ..... 11 a.m.  
America's Heart & Soul 1 p.m.  
Rounders ..... 3 p.m.  
P.S. .... 5 p.m.  
Darkness Falls ..... 7 p.m.  
Glory Road ..... 9 p.m.  
Cursed ..... 11 p.m.

### Sunday

The Cooler ..... 1 a.m.  
America's Heart&Soul 3 a.m.  
Butterfly Effect ..... 5 a.m.  
Glory Road ..... 7 a.m.  
Rounders ..... 9 a.m.  
Darkness Falls ..... 11 a.m.  
Jersey Girl ..... 1 p.m.  
October Sky ..... 3 p.m.  
Cursed ..... 5 p.m.  
Bulletproof Monk ..... 7 p.m.  
P.S. .... 9 p.m.  
Bumblebee Flies ..... 11 p.m.

### Monday

Butterfly Effect ..... 1 a.m.  
October Sky ..... 3 a.m.  
P.S. .... 5 a.m.  
Angel Eyes ..... 7 a.m.  
Cursed ..... 9 a.m.  
Bulletproof Monk ..... 11 a.m.  
Rounders ..... 1 p.m.  
Jersey Girl ..... 3 p.m.  
Darkness Falls ..... 5 p.m.  
Glory Road ..... 7 p.m.  
America's Heart&Soul 9 p.m.  
The Cooler ..... 11 p.m.

### Tuesday

Rounders ..... 1 a.m.  
Bulletproof Monk ..... 3 a.m.  
Cursed ..... 5 a.m.  
Bumblebee Flies ..... 7 a.m.  
Darkness Falls ..... 9 a.m.  
The Cooler ..... 11 a.m.  
October Sky ..... 1 p.m.  
America's Heart & Soul 3 p.m.  
Glory Road ..... 5 p.m.  
P.S. .... 7 p.m.  
Butterfly Effect ..... 9 p.m.  
Jersey Girl ..... 11 p.m.

### Wednesday

Jersey Girl ..... 1 a.m.  
P.S. .... 3 a.m.  
The Cooler ..... 5 a.m.  
America's Heart & Soul 7 a.m.  
Rounders ..... 9 a.m.  
Butterfly Effect ..... 11 a.m.  
Bumblebee Flies ..... 1 p.m.  
Bulletproof Monk ..... 3 p.m.  
Glory Road ..... 5 p.m.  
Cursed ..... 7 p.m.  
Darkness Falls ..... 9 p.m.  
Angel Eyes ..... 11 p.m.

### Thursday

Bumblebee Flies ..... 1 a.m.  
Butterfly Effect ..... 3 a.m.  
Glory Road ..... 5 a.m.  
The Cooler ..... 7 a.m.  
October Sky ..... 9 a.m.  
Cursed ..... 11 a.m.  
Darkness Falls ..... 1 p.m.  
P.S. .... 3 p.m.  
Jersey Girl ..... 5 p.m.  
Rounders ..... 7 p.m.  
Bulletproof Monk ..... 9 p.m.  
America's Heart&Soul 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., **Step Aerobics:** Muscle Beach (D)  
7:30 p.m., **Bingo and Variety Night:** Big Top  
8 p.m., **Step Aerobics:** HOP

## Saturday

2:30 p.m., **Yoga:** Muscle Beach (DVD)  
5 p.m., **Sit up/Push up competition:** Muscle Beach  
6:30 p.m., **Spin:** HOP  
7 p.m., **Absolute Abs:** Muscle Beach (I)  
7:30 p.m., **Karaoke:** Big Top  
7:30 p.m., **Hip Hop:** ACC

## Sunday

8 a.m., **Tae-Bo:** Muscle Beach (DVD)  
10 a.m., **Spin:** HOP  
2 p.m., **Spin:** Muscle Beach (DVD)  
5 p.m., **Dead Lift competition:** Muscle Beach  
6:30 p.m., **Horseshoes Teams:** Horseshoe pits  
7 p.m., **Spin:** HOP  
7 p.m., **Darts:** ACC

## Monday

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., **Step Aerobics:** Muscle Beach (DVD)

8 p.m., **Texas Hold'em:** 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 p.m., **3-on-3 Basketball Tourney:** Basketball Court  
6:30 p.m., **Tae Bo:** HOP  
7 p.m., **Absolute Abs:** Muscle Beach (I)  
7:30 p.m., **Tae Kwon Do:** HOP  
8:30 p.m., **9-Ball:** 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., **PS2 Madden 2005:** Hot Spot  
7 p.m., **Toning:** HOP  
7 p.m., **Spades:** ACC  
7:30 p.m., **Step Aerobics:** Muscle Beach (DVD)  
8 p.m., **Step Aerobics:** HOP

## Thursday

5 a.m., **Step Aerobics:** Muscle Beach (I)  
4:30 p.m., **Circuit Training:** Basketball Court (I)  
6:30 p.m., **Chess:** Hot Spot  
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  
8:30 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.