



ALITIMES



June 23, 2006

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ALI TIMES

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Front Page photo

Tech. Sgt. Shawn Messer, 407th Expeditionary Security Forces Squadron, goes over the contents of a patrol vehicle with Army Staff Sgt. Rodrigo Gonzalez, before heading out on a base patrol mission. For more information on the 407th ESFS prepping the Army for patrol missions, see Pages 6-7 (Photo by Master Sgt. Andrew Gates)

Personal sacrifice today — enduring impact tomorrow

By Col. David Orr

407th Air Expeditionary Group Commander

Ali Warriors. Please accept my thanks for a very productive first 30 days of our AEF 1 /2 rotation. Your individual excellence as a professional Airman and as a functional subject matter expert has resulted in a long list of enhancements to the 407th Air Expeditionary Group, to Ali Base, and to better neutralize and defeat our enemy. I will outline some of our individual and team accomplishments at Commander's Call next week but I do want to acknowledge how proud and grateful I am for your personal sacrifice in support of freedom.

As we departed our home stations and arrived in May, many of you were leaving behind memorable end-of-school activities and summer transition plans for family and friends. Many Airmen have told me about missing High School graduations, championship ball games, academic award receptions, Mothers/Fathers Day, unit hails and farewells, births of our



Col. David Orr

Inspirational quote

“The pessimist makes difficulties from their opportunities. The optimist makes opportunities from their difficulties.”

children and other events that we just cannot get back. Our heavy deployment commitments seem to go against one of my favorite sayings, “The Greatest Inheritance a Parent can give their Children is his/her Time.” However, I now believe that our sacrifices here in combat guarantee that we can personally take part in and provide that ‘greatest inheritance’. Our spouses, children, friends, and communities understand why we are here!

When we do go home, we will cherish that time with family and friends

that we may in the past had taken for granted. In the big picture, it's this generation of military warriors' time to pave the way for a free Iraq, to help stabilize the Central Command area of responsibility, and to ensure that our liberties are secured for our children and follow-on generations. Your sacrifice is amazingly far-reaching and I thank you for your selfless service in defending our nation.

Let's move forward with added zeal, knowing that our individual sacrifice is making a positive difference today and for our future!

Tops in Blue is coming — July 10, 5 and 9 p.m., Big Top

Leadership and developing new Airmen

Supervisors need to make sure they train their people to replace them

By Master Sgt. Charles Marshall

407th Expeditionary Services Squadron superintendent

Leadership is hard! You get up at 5 a.m. every morning to work out. At 6 a.m. you shower, change, and eat breakfast. At 7:30 a.m. you are at work checking your e-mail and going to meetings.

Leadership is hard! You work until 5:30 p.m. because everyone else has gone home and the phone doesn't ring after 4:30 p.m. This is the time to catch up on paperwork.

Leadership is hard! At 5:30 p.m. you stop by the club to meet other Top Three members for a quick meeting, still no time. No time to yourself, no time for family, no time to do paperwork. When you finally arrive home you are greeted with a phone call from the First Sergeant asking you to come down to the Security Forces front desk because one of your Airmen got into trouble.

Leadership is hard! You now have Airman Snuffy standing before you, in trouble, and scared. As the evening ends, you now have to read him the riot act and give him paperwork.

Leadership is hard! One week later you are hugging Airman Snuffy as he cries when he finds out his mother just passed away. Leadership is hard, but what a job!

In my almost 20 years in the Air Force it has come to my knowledge that there are a number of different styles of leadership. Many leaders are the take charge and lead from the front type. Some leaders are quiet, but they lead by example. Others are the lead from the rear, push the crowd up hill, and help all to reach the top. Of all the different styles, I think we need to be a combination of these. We must not be afraid to take charge or get



Master Sgt. Charles Marshall

our hands dirty working with the troops, while pushing them to higher levels of achievement. Doing this is most important in the development of today's force. In today's Air Force, all Airmen from the rank of airman basic to general are directly responsible for training and developing our new force. We have a direct responsibility to train those below us to run the job.

In the "old" Air Force, many supervisors were afraid to teach the new troops how to do their job. They were afraid of losing their place in the squadron. They were afraid they would lose the respect of their peers if they weren't the most knowledgeable in their section. They were afraid of feeling not needed anymore, not part of the team. This caused a great deficiency in the work place. In the event of sudden death, transfer, discharge and war; knowledge was lost. Knowledge not passed on is knowledge lost at every level. When I say training the

new troops to be completely proficient in our jobs, this is exactly what we need to be doing! Each person you supervise must be trained. We must be willing to take every person under our wing. We must teach them to replace us as we continue to move onward and upward through our career. When we leave, they must be able to do the job we did as well as we did it without question; leading our Air Force in peace and war time, without hesitation. Each of us is a toolbox. An unopened tool box fixes nothing and the machine breaks.

As I come to the close of my career I hope each person who worked under me will be able to say that Airman 1st Class, Senior Airman, Staff Sgt., Tech. Sgt. and Master Sgt. Marshall was a great supervisor. Not because I was nice, not because I was smart, not because I gave them good days off. I want them to be glad I was their supervisor because I gave them a chance to grow and I guided them as they stretched their wings at the beginning of their flight through their Air Force career. I hope I did them justice in training them to be leaders of the future. I'm proud to have been a leader today, for the Air Force of tomorrow.

YOU, yes, you, must be willing to give up the reins and let the new troops take control. Be proud that they can make a command decision without fear. Be glad when they don't need you to supervise their jobs. Teach them to take the lead and run the force. Teach them to teach. They must be ready to teach those under them as you did. Give them knowledge. Give them power. Give them the ability to be the leader you always wanted to be. Develop them to run the Air Force of tomorrow and let them run!

Air Force fueled by quality of Airmen

332nd AEW/CC speaks to enlisted during tour

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

ALI AIR BASE, Iraq — The Air Force is fueled by the quality of its Airmen, and those Airmen are forged by their deployment experiences.

That's the message Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander, offered during an enlisted call Saturday.

The general was touring Ali for the final time before he relinquishes command of the wing in early July. His tour included the fire department, vehicle maintenance, communications and the tower; he also watched a security forces team conduct a battle drill.

"We can buy big ticket airplanes, but our Air Force is fueled by its Airmen," General Gorenc said. "When I talk to my Army counterparts, I am proud of what we do for our Airmen. We take care of the mission, but we take care of and nurture our Airmen. As a senior leader, I am concerned about the mission, but I am also concerned about what the Air Force will look like in 20 years. If we produce a balanced Airman, that Airman will be productive. A productive Airman gets the mission done; and when you put that balanced Airman with an airplane like the F-22, you have real combat power."

The 332nd AEW and its associated groups, like the 407th Air Expeditionary Group, do have those productive Airmen, he said. This was very evident through his year-long tour.

"During my deployment, I have been the wing commander to four different wings – I have seen AEFs 5/6, 7/8, 9/10 and now 1/2 come through here," the general said. "I am amazed by how well this pro-



Senior Airman Joseph Fox, 407th Expeditionary Civil Engineer Squadron, shows off the Ali firefighting equipment to Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander. (Photos by Staff Sgt. Rasheen Douglas)

cess works. We have brought more than 20,000 Airmen into this theater within a year and had very little mission degradation, very few safety risks."

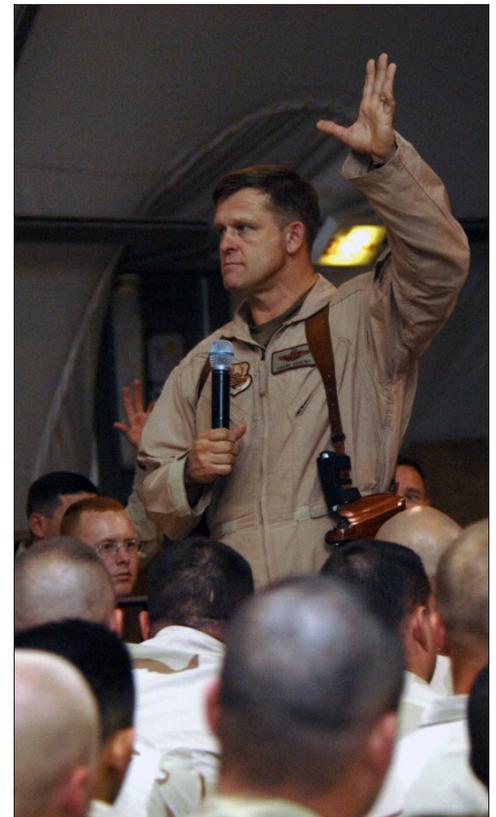
He explained how the rotation has been made up of people being assigned to the theater for varying lengths of time, from one-year assignments to 40-day deployments, and continues to run smoothly.

"This rotation, I have seen 15 years of Air Expeditionary Force theory come to life," he said.

Much of the success is due, not only to active-duty forces, but to the Guard and Reserve units who fill in the gaps.

"The Air Force doesn't believe in tiered readiness. Everyone is ready to deploy all the time," he said. "The Reserve force and the Guard Airmen fill out our capabilities where needed. We have about 80 percent active duty here with about 20 percent Guard and Reserve. It's been impressive to watch the AEF cycle – it's working very well."

Continued on page 5:
Wing CC



General Gorenc speaks to more than 350 Ali Airmen during an enlisted call held Saturday in the Big Top. The general reminded supervisors to ensure they give other Airmen to opportunity to experience their combat missions.



General Gorenc watches as the 407th Expeditionary Security Forces Squadron goes through a guardmount — where the security forces members get the latest information on base threats and get their assignments for the day.

Wing CC

From page 4.....

And though many of the people at Ali are about one month into their rotation, General Gorenc cautions that it will be over quickly. He encourages Airmen deployed at Ali to remember what they learn here.

“People at home stations ‘forget’ there is an operation in Iraq,” he said. “For instance, we had two people who showed up for force protection duties who were on a profile – they couldn’t stand for more than 20 minutes. We had to send 20 people home within five days of their arrival because they couldn’t execute their mission.”

“I am counting on you to take mental notes and tell the story of what you experienced and what you saw,” the general said. “Take these notes home because you will be the experts for the training people need to do this mission.”

He said that 60 percent of the Air Force still hasn’t deployed and challenged supervisors, when they return home, to do their part to reduce that number.

“There is nothing more fulfilling than executing your combat mission,” he said. “We have 240,000 people who are eligible to deploy.



Senior Airman Javaugh Johnson and Staff Sgt. Joseph Menendez, 407th Expeditionary Operations Support Squadron tower controllers brief General Gorenc and Chief Master Sgt. Harold Clark, 332nd AEW command chief master sergeant.

As supervisors, you need to make sure you send those folks out who haven’t deployed, and tell them how this will help them grow into professional Airmen. We have to do a better job at home – we have to push those folks forward who can deploy.”

The general also had some advice for people when they approach the end of their tour.

“You’re going to peak,” the gen-

eral said. “Then you’re going to see the light at the end of the tunnel. I need you to finish strong. Make sure you give your replacements a good turnover. If you had a good turnover, duplicate it; if not, improve it.”

“Your goal is to make this place better than you found it and take away everything ‘dangerous’ for your successors. If something needs to be fixed, fix it now.”

Changing of the guard

Security force team trains Soldiers to take over base protection mission

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Airmen from the 407th Expeditionary Security Forces Squadron have found themselves performing a unique mission in the last month – providing training to 164 Army Soldiers.

“It wasn’t so much training as refreshing their skills, and letting them know some specifics about protecting Ali Base and the people on it,” said Tech. Sgt. Scott Morris, 407th ESFS and lead trainer.

The 164 Soldiers from the 528 Quartermaster Company are assuming the Ali protection mission currently held by the 407th ESFS – in July, the Soldiers will begin patrolling the base perimeter as well as outside the base to look for possible attacks and protect the surrounding area. This training gave the Soldiers the tools, and techniques, they need to do this mission safely, said Sergeant Morris.

The Soldiers started with 12 days of “classroom” training, developed by a team of four security forces experts. The classroom – more accurately various structures and open fields – connected 20 Soldiers with experts in a number of force protection areas.

“I had the training background to map out



Staff Sgt. Alexander Foryan, 407th Expeditionary Security Forces Squadron instructor, center, goes over individual and team tactics with Soldiers from the 528 Quartermaster Company. (Photos by Master Sgt. Andrew Gates)

the course, and we had 12 high-quality instructors training the Soldiers,” said Sergeant Morris.

One of those instructors is a member of the Vermont Air National Guard and a teacher in his civilian life.

“This was a very welcome opportunity,” said Staff Sgt. Alexander Foryan, during a recent training session. “I am very proud and honored to be a part of this – these elements have great squad leaders and excellent Soldiers. I am really enjoying myself.”

The first six days of the 12 days of training were the basic information, said Sergeant Morris, giv-



Sergeant Foryan discusses expected actions with Army Private Shanel Harrell and Sgt. Donte Bunn.

ing the Soldiers the basic information they need to do the mission.

“We were refreshing the Soldier’s memories on challenging, entry control procedures, area search-

es, medevac reports and the like, while letting them know the tools and techniques that worked for us while we have been as-

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Training

Training

From page 6.....

signed to Ali,” said Sergeant Morris. “For the most part, we are allowing the team leaders and flight sergeants to do the training – they train themselves and we assist them by telling them Ali-specific information.”

Each of the 12 instructors has different information to provide – for example, Staff Sgt. Jason Stetz had significantly improved the entry control procedures during his stint at the visitor control center, said Sergeant Morris. Sergeant Stetz shared that information with the Soldiers during his time with them.

The next two days of training focused on the weapons and processes that the Soldiers will need as patrollers. The last days of training focused on battle drills.

“During a battle drill, we present the Soldier with a specific issue – say an improvised explosive device, or someone attempting to run the gate – and see how they react,” said Sergeant Morris.

“Over the whole process, we take every precaution to make sure these Soldiers stay safe,” adds Sergeant Foryan.

The instruction was quite helpful to the Soldiers, according to Army Staff Sgt. Tusi Leuluai.

“This training has helped us a lot to prepare for our upcoming mission,” he said. “These guys are very knowledgeable about training and are making the transition very smooth. This is the third time I have worked with Air Force security forces – they know their stuff and they are always on the top of their game. It is reassuring to know that we were getting trained by them.”

He enjoyed the individual and team tactics of the training.

“That benefits both the Air Force and the Army – especially the Soldiers who are carrying on the mission,” he said.

After the classroom training, the 164 Soldiers spend two weeks getting ‘right-seat’ rides with experienced patrollers for the next two



The Soldiers cover each other in a tactical move to pinpoint and attack an aggressor.



Spec. Michael Bowers keeps an eye out for potential aggressors during a drill.

Army Spec. Philip Nebree, prone, protects Private Shanel Harrell and Spec. John Conn during individual and team tactics.



A team heads out on patrol.



Airman 1st Class Shasta Williams and Army Sgt. Jonathan Roberson inventory equipment before heading out.

weeks and watching what happens – basically a ride-along mission, said Sergeant Morris. At the end of that month of refresher training, the Soldiers will be fully prepared to take over the base patrol mission.

The 407th ESFS weren't the only ones who significantly assisted with the training – both the 407th Expeditionary Civil Engineer Squadron and the 407th Expeditionary Com-

munication Squadron helped, said Sergeant Morris.

“We got a lot of support from the civil engineers,” he said. “They built our facilities and some training materials for us. We also got a lot of help from the communications squadron who got us our telephone and network connections out here. We appreciate everything they did for us.”

‘Repo team’

407th ELRS Airmen range far, wide to recover misplaced, misused pallets

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Over the past month, a team from the 407th Expeditionary Logistics Readiness Squadron has searched around Ali base to recover more than \$1 million in pallets.

The team, led by Senior Airman Randy Walgren, 407th ELRS, has recovered more than 900 of the pallets, used to carry cargo during military airlift.

“When I arrived at Ali, I was given the additional duty to be the pallet and net monitor,” said Airman Walgren. “I was also told that Ali possessed more than 80 percent of the pallets in the theater – I felt it was my responsibility to put 110 percent of my efforts into recovering them and getting them back into use.”

Initially, the team did a drive-around the base.

“In just a few hours, we found well above 350 pallets,” Airman Walgren said. “We knew we had to do something to put these pallets back into use – since they have one official use – carrying cargo.”

After that initial drive-around, the 10-person team followed tips from other logisticians, searched around the base and followed some unique leads to find the pallets, said Airman Walgren. The team found various stashes – including some to be used as a wash rack floor, three stuck in a rock pile



Senior Airman Randy Walgren checks a pallet for serviceability before stacking it for shipment. (Photo by Master Sgt. Andrew Gates)

and even one left in a field.

“When these aren’t being used to move cargo, they are often being used for something they aren’t designed for,” the senior airman said. “What often happens is the pallets arrive with cargo on them, and that cargo stays on the pallet until the customer picks up the cargo – the customer takes the pallet and cargo to the work center and may forget to return them to the 407th ELRS. When the pallet sits for awhile, people come up with ‘good’ ideas to use them. We’ve seen generators bolted to pallets and pallets used as garage or tent floors.”

When the team discovers an unrecovered pallet,

they sprang into action, said Airman Walgren.

“This mission couldn’t have been completed without the help of my fellow Airmen,” he continued. “Airman 1st Class (Alex) Hoover was my partner on wheels. When we found pallets, we would go mobile in two 10,000-pound all-terrain forklifts, recover the pallets and return them to the work center.”

Once returned, the team would clean, inspect, stack and restrain the pallets for airlift to Kuwait International Airport, Airman Walgren said. The “Repo Team” would check to make sure the pallet had no cracks or holes, the pallet wasn’t

warped and it had a full complement of tie-down rings. They would stack the good pallets 20 high and place it on another pallet for shipment back to Kuwait, where the logisticians there would clean, reservice, repair and reuse the pallets.

“This was an important challenge to us,” said Airman Walgren. “There is a huge demand for these pallets and if we can get them back into service hauling cargo, we can help save the Air Force millions of dollars.

“It was amazing how a small group of Airmen can make such a huge difference,” said Airman Walgren. “I feel great about the whole deal.”

Ali firefighter works with nonprofit orgs, obtains safer upgrade to Kevlar helmets

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Ali firefighters, in cooperation with nonprofit organizations in the United States, have gotten donated equipment to improve the Airmen's comfort and protection.

The firefighters have gotten nearly \$10,000 in equipment donations, namely the ballistic liner suspension system, an upgrade to the Kevlar helmet.

"Most of today's Kevlar helmets were designed to protect soldiers from gunfire and flying debris," said Tech. Sgt. Paul Jacques, 407th Expeditionary Civil Engineer Squadron, who is the local point of contact for the donation. "They are effective, but don't offer a lot of protection from concussion-causing blasts, which can be common here. These upgrades make a good helmet significantly better."

Additional benefits include making the helmet more comfortable and stable – keeping the helmet from dropping over the eyes, Sergeant Jacques said. It is primarily these benefits which make them desirable to the Ali firefighters. The upgrade consists of shock-absorbing pads and a new strap system – an adjustable plastic strap system replaces the current canvas chin-strap, and Velcro strips lock the pads in place. A nape strap keeps the helmet from sliding forward; the new chin strap improves comfort and stability.

For organizations that have primary missions outside the wire, such as the Army, the military does normally pay for the upgrades, said Sergeant Jacques. Other military members who wish to get the upgrade may do so, but need to do so



Staff Sgt. David Meyers, left, and Tech. Sgt. Paul Jacques, 407th Expeditionary Civil Engineer Squadron firefighters, install the ballistic liner suspension system upgrade in a Kevlar helmet. (Photo by Master Sgt. Andrew Gates)

out of their own pockets.

"At \$100 a shot, this can be somewhat cost prohibitive to young Airmen," said Sergeant Jacques. "None of our firefighters were issued these upgrade kits at home – since they help keep the helmet from sliding forward over the eyes, they can be exceptionally helpful to us if we need to protect ourselves from attack when responding to a fire. They are also extremely useful for people on our Rescue Air Mobility Squad who may be tasked to go off base."

Sergeant Jacques worked with people from Operation Helmet, the International Association of Firefighters and Professional Firefighters of Massachusetts to obtain donations to purchase the upgrade

kits for the firefighters here at Ali.

"The IAFF donated \$5,000 just for upgrade kits for the 47 407th ECES firefighters – 18 of them are IAFF members," said Sergeant Jacques. "Families, friends and other IAFF members donated another \$4,000 – to date we received 90 upgrade kits and more are on the way. Our initial goal was to get these just for the fire department, but we are now giving these upgrades to other members in civil engineering. We hope to have that done by the end of the month."

The upgrades were sent by standard mail. Operation Helmet has donated more than 8,300 helmet upgrades to troops in Afghanistan and Iraq, or preparing to deploy there, according to their web site.

Join the "Pick Up 1 Million Pieces of Trash" campaign



Patchwork

Tech. Sgt. Rick Wehr, 407th Expeditionary Civil Engineer Squadron, patches a crack (like the one above) in the Ali runway Sunday. The runway was shut down for six hours Sunday to accomplish the patching. (Courtesy photo)



From the CPIC: Briefs off the wire from the CENTCOM Combined Press Information Center

Iraqis Capture Insurgent Leader

BALAD, Iraq –Iraqi Army forces conducted an early morning raid on June 21 in the Kadhamiyah district of western Baghdad, capturing one high-level insurgent as part of the “Together Forward” Baghdad security plan.

Iraqi Army forces, with coalition advisers in support, raided two areas in the Shula neighborhood of Baghdad and captured Noori Abu Hayder Al-Oqabi.

Noori is the leader of an assassination cell in Baghdad. Additionally, he recently became the head of a “punishment committee” that executes vigilante judgment on perceived enemies of his organization. Noori and his followers are responsible for kidnapping, torturing and murdering innocent Iraqis in four separate Baghdad districts including the kidnapping and murder of 14 Iraqi Army soldiers this past May.

Iraqi forces also detained one other individual during the raid.No Iraqi or coalition forces were injured during this operation.

CFs kill 15 terrorists, detain 3

BAGHDAD – Coalition forces killed 15 terrorists and detained three other suspects during simultaneous raids north of Baqubah June 20.

Coalition forces came under immediate small arms fire from a rooftop upon arrival to the objective area. The ground force returned fire, killing nine armed terrorists on the rooftop, and an additional two armed terrorists who were identified firing on Coalition forces from next to the building, were killed by Coalition aircraft supporting fire.

Following this initial contact, Coalition forces found 10 AK-47 assault rifles, one shotgun, one pistol and a crate of explosives.

One supporting aircraft hit utility wires as they were engaging the armed terrorists. The aircraft was damaged and forced to make a controlled landing. There were no injuries to the crew and the ground force immediately secured the site.

Three armed suspects were then killed by another Coalition aircraft as they attempted to attack the downed aircraft.

After securing the aircraft, Coalition forces moved to assault the building that several terrorists had fled to following the first contact. One terrorist was killed by a Coalition sniper as he attempted to engage the troops from the nearby rooftop.

The force cleared the buildings, detaining the three terrorists. The captured individuals, who fled earlier, were found hiding amidst nine women.

Central Command mission more than Iraq, Afghanistan

by Jim Garamone

American Forces Press Service

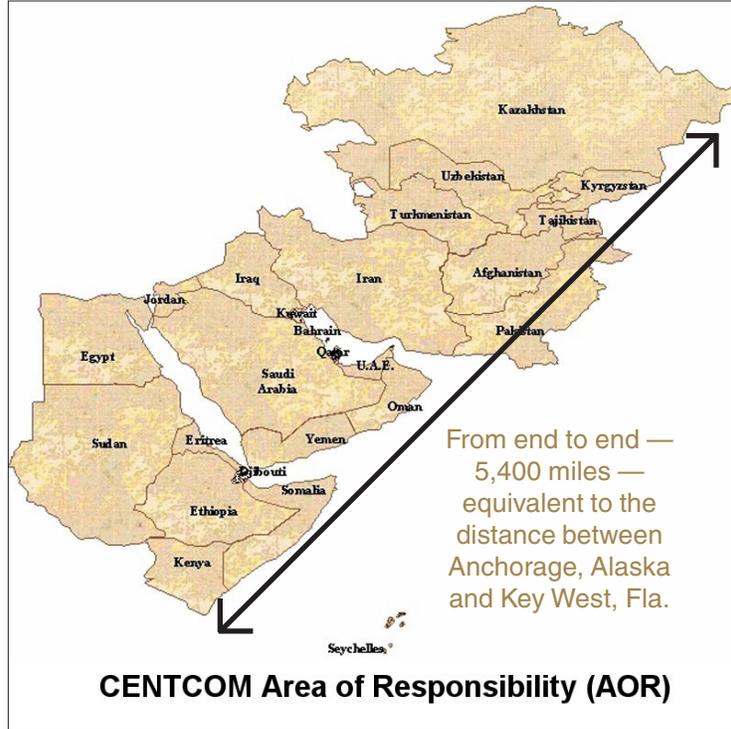
BAGHDAD, Iraq (AFP) — U.S. Central Command is responsible for more than fighting the war on terror in Iraq and Afghanistan, and CENTCOM officials emphasize they are not ignoring the challenges in the rest of their area of operations.

A senior CENTCOM official, speaking on background June 12, said the major enemy in the region is al Qaeda and its associated movements, and defeating that threat is the command's major mission.

"It's simply stated, but not so simple to do," he said.

CENTCOM's area of responsibility goes from Kazakhstan in Central Asia to Kenya on the Horn of Africa. It reaches from Egypt to Pakistan. Besides operations in Afghanistan and Iraq, CENTCOM is responsible for defending the sea lanes through which 65 percent of the world's oil passes. A major drought in Africa places 12 million people at risk. There are tensions between Ethiopia and Eritrea; an earlier war between the two countries resulted in 100,000 deaths. Genocide in Sudan's Darfur region and the threat of nuclear proliferation from Iran add to the challenges.

And in the midst of this is an al Qaeda network that stretches its tentacles across the region, into Europe and even to North



and South America.

The official said al Qaeda translated means "the base," a perfect name for the terrorist movement.

"It is a radical Islamist, solophist-based ideology that is not generally held, but because of its capability to intimidate and murder, it holds hostage the vast majority of moderate Muslims," he said. "Because of that it has great power."

The command works to destroy the terrorist cells where it can. CENTCOM servicemembers also work to improve conditions in the region so new terrorists don't take the place of those killed or captured.

But the answer to the threat in the region is not something America can provide. "The answer in the long run has to be 'we' vs. 'they' — and 'we' has to incorporate moderate Islam," the CENTCOM of-

ficial said. "Islam has powerful antibodies against radical Islam. You see some moderate leaders stepping up to the plate. They haven't done this in the past."

The official said heretics are found in every religion, but the rise of the radical element in Islam is a danger.

"They are trying to co-opt the rest of Islam, and it is a tiny, tiny element," he said. "But it is very vocal, and it is very violent, and it has adherents who are ready to die."

The power of that tiny element far outweighs its number. With billions of Muslims worldwide, small numbers of fanatics can make a difference. There were hundreds of suicide bombers in Iraq in 2005, he said, adding that al Qaeda could increase the effort and scope of suicide bombing attacks in a hunt

for headlines and more influence.

"The whole idea of suicide bombers is to shock the world — get high casualty rates and get onto television and the front pages of newspapers," he said. "Look what happened in London. They killed 23 people, and for two solid weeks the world media was fixated. Think what would happen if they could do that in other European and American cities."

The al Qaeda strategy is all about media impact, he said. "These are super-empowered individuals," he said. Osama bin Laden can reach 2 billion people in 12 hours. He releases something on the Internet, and it is immediately dragged up. Stalin couldn't do that, Hitler couldn't. The power of the Internet has super-empowered these terrorists."

The command combats these statements with the truth, but the official said the truth does not get the coverage the terrorists do.

"(Terrorists) can say whatever they want, and whatever they say is immediately characterized as the truth," he said. "You can't question them. They just put something out, (and) it is taken for the truth and reprinted everywhere."

But on the other hand, he noted, what the coalition does is immediately questioned.

"The story is always questioned on our side, never questioned on the other," he said.



Shot clock

Participants take aim in Muscle Beach's Around the World Basketball shootout, making shots from various locations on the court in a set time. Senior Airman Joseph Yarbrough won the event and got a \$25 AAFES gift certificate. The second and third place winners also got gift certificates. (Photos by Master Sgt. Andrew Gates)



Losing weight, getting fit, healthy the safe way

by 1st Lt. S.J. Brown

39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey (AFPN) — During a desert deployment, one goal of many Airmen is to lose weight and get in shape. Several magazines offer quick fixes, magic diets, miracle pills and more for people wanting to get slim. But, beware.

"The safest way to lose weight is to eat a healthy diet and increase the amount of exercise you do, as there is no magic involved," said Robert Pagenkopf, 39th Medical Group fitness program manager and exercise physiologist. Mr. Pagenkopf helps people reach their fitness goals at the health and wellness center.

"Safety is first, so start slowly and increase your time of exercise to 20 to 30 minutes a day," he said.

"Never starve yourself and skip meals. This will only put you in a downward spiral of unhealthy weight loss."

The main thing he wants people to remember when they are trying to lose weight is that a healthy lifestyle change is important and that goals must be simple and realistic.

"We did not wake up one morning with 20 extra pounds on our body, therefore it will take time to lose that extra weight safely," he said.

"Miracle" weight loss regimens are often called fad diets and are harmful for many different reasons, according to Staff Sgt. Karen Garza, a diet technician here. She said the high protein/low carbohydrate diet is still popular among Americans, but the results from using these types of diet are short-term.

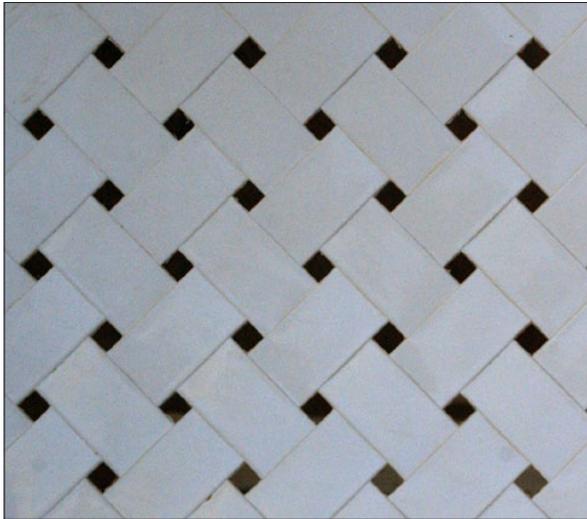
"Once they lose the achieved weight loss, people usually go back to eating the way they used to, which will cause the weight to come back, if not more," said Sergeant Garza, who works at the HAWC with Mr. Pagenkopf. "Some dieters will experience low blood pressure because they are also cutting out important food groups from their diet when eliminating carbs. This means the body is getting deprived of those nutrients."

To lose weight safely and get in shape, Mr. Pagenkopf and Sergeant Garza suggest losing only one half to two pounds per week. Any more results in muscle and water loss.

Another suggestion they both make is to make only short-term weight loss goals. This lets people obtain realistic, obtainable goals without getting disillusioned or discouraged.

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@t1ab.centaf.af.mil with "Identify This" in the subject block **by noon Monday**. Be specific! The winner will receive their choice of a cheesy prize from the 407th AEG/PA prize box.

Congratulations to Senior Airman Daniel Buford, who was randomly selected after correctly identifying the fanguard on a 10K AT forklift. There were two correct answers and two incorrect answers. Good luck with this week's "Identify This."

AEWI 36-2903 Tip of the Week

The following information is taken verbatim from the 332nd Air Expeditionary Wing Feb. 1, 2006, version of AEW Instruction 36-2903:

2.5.1.3. Floppy hats must hang naturally and will be worn squarely on the head. The brim will not be flipped, pinned, or altered, but may be ironed. Strap will be worn secured tightly to the back of the head, under the hat or under the chin for flight line operations. The strap will not be folded over the top (cowboy or Aussie style). The strap will not be used to suspend the hat on the back of the neck.

407th AEG

Warrior of the Week



Senior Airman Daniel Villatoro

Unit: 407th Expeditionary Communications Squadron

Duty title: Base Network Control Center

Home station: 34th Combat Communications Squadron, Tinker AFB, Okla.

Why other warriors say he's a warrior: "Senior Airman Villatoro is the man. He greets every challenge as an opportunity to excel. He hit the ground running as soon as he arrived in May. SrA Villatoro was instrumental to the restoration of network services after a fire forced evacuation of the Ali Base Visitor Control Center. His in-depth knowledge of network encryptors has proven him invaluable in maintaining secret level data access to both joint and coalition forces here at Ali base. SrA Villatoro has gone out of his way to visit each work center to ensure all network customers' needs are being met. In addition to his top-notch performance, Dan is an equipment custodian, Automated Data Processing Equipment monitor, vehicle control monitor, squadron sports coordinator, Physical Training leader, star third basemen on the squadron's softball team, and an active member in the Ali Base First Four. Without question SrA Villatoro's presence makes all of our jobs easier. His professionalism, perseverance and professional appearance warrant his selection as Warrior of the Week."

- Tech. Sgt. William Nystrom, NCOIC Base Network Control Center

Most memorable Air Force experience: "Being here at Ali Base. This is my first deployment. We spend a lot of time training at home station and sometimes it seems tedious. However, once I arrived here it was comforting to know that all the skills that I built at Tinker could be applied directly to the mission. The job here is fast-paced and fulfilling. I learn something new everyday!"

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

11 a.m., Catholic
Confessions: Oasis
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
8 p.m. (first Friday of the
month), Eucharistic
Adoration and Rosary:
Oasis

SATURDAY

5 p.m., Catholic
Confessions: Oasis
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
11 a.m., Church of Christ:
Oasis
3:30 p.m., Church of Christ:
APC
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
8 p.m., Band of Brothers:
Wild at Heart Men's Study:
OA

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

TUESDAY

6 p.m., Roman Catholic
Mass: Oasis
7 p.m., Catholic Choir
Practice: Oasis
7:30 p.m., Word of Faith
Bible Study: APC
8 p.m., Purpose Driven
Life Book Study: OA

WEDNESDAY

6 p.m., Roman Catholic
Mass: 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
8 p.m., Catholics
Seeking Christ Adult
Faith Study: OA

THURSDAY

6 p.m., Roman Catholic
Mass: Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7:30 p.m., Men's Bible
Study: APC
8 p.m., Marriage on the
Rock (Jesus) Video series:
OA

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

The Super (1991), 1 a.m., Joe Pesci, Vincent Gardenia, *comedy, thriller*; **Elf** (2003), 3 a.m., Will Farrell, James Caan, *comedy, fantasy*; **Misery** (1990), 5 a.m., James Caan, Kathy Bates, *drama, suspense*; **Waterboy** (1998), 7 a.m., Adam Sandler, Kathy Bates, *comedy, sports*; **Shrek** (2001), 9 a.m., Mike Myers, Eddie Murphy, *animation, comedy*; **Jaws** (1975), 11 a.m., Roy Scheider, Robert Shaw, *action/adventure*; **Memoirs of a Geisha** (2005), 1 p.m., Ziyi Zhang, Ken Watanabe, *drama, romance*; **The Ring** (2002), 3 p.m., Naomi Watts, David Dorfman, *thriller, adaptation*; **Raising Helen** (2004), 5 p.m., Kate Hudson, John Corbett, *comedy, drama*; **Beauty Shop** (2005), 7 p.m., Queen Latifah, Alicia Silverstone, *comedy*; **Fat Albert** (2004), 9 p.m., Kenan Thompson, Kyla Pratt, *kids, comedy*; **Only You** (1994), 11 p.m., Marisa Tomei, Robert Downey Jr., *comedy, romance*; **Radio** (2003), Cameron Diaz, Toni Collette, *sports, adaptation*; **The Toy** (1982), Richard Pryor, Jackie Gleason, *comedy*;

Saturday

Waterboy 1 a.m.
Misery 3 a.m.
Only You 5 a.m.
Fat Albert 7 a.m.
The Super 9 a.m.
Radio 11 a.m.
Raising Helen 1 p.m.
The Toy 3 p.m.
Memoirs of a Geisha . 5 p.m.
The Ring 7 p.m.
Shrek 9 p.m.
Elf 11 p.m.

Sunday

Jaws 1 a.m.
Raising Helen 3 a.m.
Memoirs of a Geisha . 5 a.m.
Only You 7 a.m.
Beauty Shop 9 a.m.
Elf 11 a.m.
The Ring 1 p.m.
Misery 3 p.m.
The Super 5 p.m.
Shrek 7 p.m.
Fat Albert 9 p.m.
Waterboy 11 p.m.

Monday

The Ring 1 a.m.
Misery 3 a.m.
Fat Albert 5 a.m.
The Super 7 a.m.
Shrek 9 a.m.
Elf 11 a.m.
Only You 1 p.m.
Jaws 3 p.m.
Raising Helen 5 p.m.
Water Boy 7 p.m.
Memoirs of a Geisha . 9 p.m.
Radio 11 p.m.

Tuesday

Waterboy 1 a.m.
Misery 3 a.m.
The Ring 5 a.m.
Jaws 7 a.m.
The Toy 9 a.m.
Shrek 11 a.m.
Fat Albert 1 p.m.
The Super 3 p.m.
Raising Helen 5 p.m.
Memoirs of a Geisha . 7 p.m.
Elf 9 p.m.
Only You 11 p.m.

Wednesday

Jaws 1 a.m.
Elf 3 a.m.
Misery 5 a.m.
Only You 7 a.m.
Memoirs of a Geisha . 9 a.m.
Fat Albert 11 a.m.
The Ring 1 p.m.
Raising Helen 3 p.m.
Beauty Shop 5 p.m.
Waterboy 7 p.m.
Shrek 9 p.m.
The Super 11 p.m.

Thursday

Only You 1 a.m.
The Super 3 a.m.
Shrek 5 a.m.
Jaws 7 a.m.
Fat Albert 9 a.m.
Raising Helen 11 a.m.
Memoirs of a Geisha . 1 p.m.
Misery 3 p.m.
Radio 5 p.m.
The Ring 7 p.m.
The Toy 9 p.m.
Elf 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

- 8 a.m., **Morning Bingo:** Big Top
- 5 p.m., **Circuit Training:** Muscle Beach (I)
- 7 p.m., **Dominoes:** ACC
- 7 p.m., **Toning:** HOP
- 7:30 p.m., **Bingo and Variety Music Night:** Big Top
- 7 p.m., **Spinning:** Muscle Beach (I)
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8 p.m., **Step Aerobics:** HOP

Saturday

- 6 a.m., **Excel Class:** Muscle Beach (I)
- 11 a.m., **Big Top Movies:**
- 1:30 p.m., **Big Top Movies:**
- 4 p.m., **Big Top Movies:**
- 6 p.m., **Blind Volleyball:** Volleyball courts
- 6:30 p.m., **Spinning:** HOP
- 7:30 p.m., **Hip-Hop Aerobics:** Muscle Beach (I)
- 7:30 p.m., **Karaoke:** Big Top
- 7:30 p.m., **Hip Hop:** ACC

Sunday

- 5 a.m., **Yoga:** Muscle Beach (DVD)
- 8 a.m., **Yoga:** Muscle Beach (DVD)
- 10 a.m., **Spinning:** HOP
- 2 p.m., **Poker (Dealer's choice):** Hot Spot (TNY)
- 4 p.m., **Big Top Movies:**
- 6 p.m., **Quarterback challenge:** Muscle Beach
- 6 p.m., **Pilates:** Muscle Beach (DVD)
- 6:30 p.m., **Big Top Movies:**
- 7 p.m., **Spinning:** HOP
- 7 p.m., **Darts:** ACC
- 8 p.m., **Pilates:** Muscle Beach (DVD)
- 9 p.m., **Big Top Movies:**

Monday

- 6 a.m., **Circuit Training:** Muscle Beach (I)
- 6:30 p.m., **Dead Lift Competition:** Muscle Beach

- 7 p.m., **Spinning:** Muscle Beach (I)
- 7 p.m., **Toning:** HOP
- 7 p.m., **Ping Pong:** ACC
- 8 p.m., **Chess:** Hot Spot (TNY)
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8 p.m., **Step Aerobics:** HOP

Tuesday

- 5 a.m., **Spinning:** Muscle Beach (I)
- 8 a.m., **Body Blast:** Muscle Beach (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **AB Class:** Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Tae Kwon Do:** Muscle Beach (I)
- 8 p.m., **Spades:** Hot Spot (TNY)
- 8:30 p.m., **Salsa:** ACC

Wednesday

- 5 a.m., **Hip-hop Aerobic:** Muscle Beach (I)
- 7 p.m., **Spinning:** Muscle Beach (I)
- 7 p.m., **Toning:** HOP
- 7 p.m., **Spades:** ACC
- 8 p.m., **Squat Competition:** Muscle Beach (I)
- 8 p.m., **Step Aerobics:** HOP
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8:30 p.m., **Foosball:** Hot Spot (TNY)

Thursday

- 5 a.m., **Spinning:** Muscle Beach (I)
- 8 a.m., **Ab Class:** Muscle Beach (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **Ab Class:** Muscle Beach (I)
- 7 p.m., **8/9-Ball:** ACC
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Texas Hold'em:** Big Top
- 8 p.m., **Tae Kwon Do:** Muscle Beach (I)
- 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. The 407th ESVS also offers Ziggurat tours Tuesdays, Thursdays and Saturdays. Check with the Hot Spot staff for details.