



ALITIMES



April 21, 2006

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ALI TIMES

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Front Page photo

Senior Airman Melissa Curry, 407th Expeditionary Communications Squadron Base Information Infrastructure, checks the quality of fiber optic cables from the group headquarters to the communications squadron's switches. (Photo by Master Sgt. Jon Hanson).

Do you have a 'can do attitude'

By Master Sgt. Vernice Belin

407th Expeditionary Services Squadron First Sergeant

Has your supervisor ever asked you to complete a work related task that you had never completed prior to him or her asking?

When asked were you thinking in the back of your mind I can probably get it done but it's going to be a lot of trouble and I really don't want to do it.

If the answer to the second question is yes, you do not have a "can do attitude."

In today's Expeditionary Air Force a "can do attitude" is a must. There will be times especially on deployments when you won't have that specific piece of equipment needed or the task you are asked to accomplish might require some expertise outside the realm of your duties.

If you possess a "can do attitude" you will find the right ingredients to make the formula work. It might require assistance from your sister AFSCs or perhaps your sister services, but the end result will be job completion.

Thinking back to basic training, I saw many trainees get recycled back in training. I remember saying to myself I can and I will make it through these six weeks without the same thing happening to me. That "can do attitude" has stayed with me throughout the years.

There will be times when you will



Master Sgt. Vernice Belin

need to step back, regroup and ask for help from your superiors, but don't let it be because you didn't start with the right attitude.

A "can do attitude" is not just beneficial in performing your military duties, it is also very important to your everyday life.

Some characteristics that coincide with a "can do attitude" are self confidence, persistence and motivation. None of these characteristics require special skill or talent. Everyone has the ability to develop these characteristics.

When you approach challenges whether on the job or in day-to-day life you can rely on your "can do attitude" to get you started on the right course of action.

Air Force mission — The mission of the U.S. Air Force is to deliver sovereign options for the defense of the United States of America and its global interests — to fly and fight in air, space and cyberspace.

Air Force core competencies — Developing Airmen, technology-to-warfighting and integrating operations.

Air Force distinctive capabilities — Air and space superiority, global attack, rapid global mobility, precision engagement, information superiority and agile combat support.

Air Force core values — Integrity first, service before self and excellence in all we do.

AF captain takes second place in 2nd Annual Boston Marathon-Iraq

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

Not everyone can participate in the Boston Marathon, especially if they are deployed. But, for all the U.S. and coalition forces deployed to Ali Base and Logistical Support Area Adder this was possible.

For the second time the Boston Marathon came to Iraq and more than 250 men and women ran either individually or part of four-person teams.

One of those running was Air Force Capt. Casey Jackson, with the 407th Expeditionary Operations Support Squadron. Captain Jackson, who is deployed here from Ramstein Air Base, Germany, is an avid runner with three international marathons under his belt.

The 5-foot-7-inch, 140-pound man placed first among all Air Force members and second place in the individual race with a time of 3 hours, 2 minutes, 17 seconds. He finished behind Navy Lt. Cmdr. Matt Simms, who had a time of 2:53:35 and is based at Camp Slayer in Baghdad.

In Boston the high temperature is expected to reach 58 degrees on the day of the marathon (April 17). At the start of the marathon here the low was near 70 with temperatures reaching nearly 95 by the time some of the runners finished.

The 2000 graduate of Western Oregon University said he was doing fine until the 23rd mile. After that he said, "It was hell."

"The wind was a little bit stronger than expected," Captain Jackson said, who ran this race



Capt. Casey Jackson, 407th Expeditionary Operations Support Squadron, crosses the finish line in second place during the 2nd Annual Boston Marathon-Iraq Saturday. (Photo by Master Sgt. Jon Hanson)

five minutes faster than his personal best. "The tailwind made it hotter. It was easy to glide and keep a fast pace but it was hotter."

The captain maintained almost a 6:57 pace throughout the race, and that included stopping to go the bathroom.

"It's so hard to be patient out there because it is such a long race and you want to get it finished," he said.

The 26.2 mile course took runners winding around Ali Base and LSA Adder roads including to the Ziggurat of Ur, a 4,000-year-old temple in the ancient city of Ur where the Prophet Abraham was born.

The last mile took runners alongside the runway to make the turn to the finish line.

Preparation is the key to running a marathon, said Captain Jackson who has been running for 17 years and running marathons for six years.

"I try to come up with a well thought out training plan and figure out the time I can implement it around my busy schedule," the captain said. "Do your research first and have a training plan that you can adhere to for more than three months. If you know someone who has ran a marathon, then it is good to talk with them about their experiences in order to get an idea of what you can expect."

"I try to run almost every day, but that doesn't always happen," he said. "A typical training day is about eight to 10 miles. My long run days are anywhere from 14 to 18 miles."

Not only is training really important but so is diet.

"I eat a ton of bananas along with plenty of carbs, protein and drink lots of water," Captain Jackson said. "On race day, I choke down more bananas, a couple of

Continued on page 4:
Marathon



Runners received a bag of gifts.



Runners line up for the start of the marathon. (Photo by Staff Sgt. Valerie Smith)



Above: Senior Airman Aaron Krieger, 407th Expeditionary Civil Engineer Squadron, and 1st Lt. Ryan Lathan, 407th Expeditionary Communications Squadron, grab water during their leg of the marathon. (Photo by Master Sgt. Jon Hanson)

Left: Senior Airman Kenneth Dunham, 407th ECS, is one of the hundreds signing up for the marathon. (Photo by Staff Sgt. Valerie Smith)

Marathon

From page 3.....

power bars, and gel right before and during the race.”

Running that distance takes its toll on a body.

“I’ll probably pass out for a couple of hours in my tent before I can rally and make it over to the chow hall to eat whatever is in sight. The race depletes your body of almost everything and walking is a slight challenge for the next couple of days.”

“The greatest challenge is always mental,” Captain Jackson said. “You feel pain which makes you want to quit. In this case, the biggest challenge in the desert would have to be the heat.”

“It feels good to (do well in) any event, but this race is special and unique just because of where we are located and why we are here,” Captain Jackson said. “I feel very fortunate to be running near a place with as much history as Ur while in a combat zone.”



Lt. Col. Nelson Johnson, 407th Expeditionary Operations Support Squadron commander, gets some water around the 12-mile mark.

Maintaining focus, discipline, professionalism

By Chief Master Sgt. Charles Crisler

407th Air Expeditionary Group superintendent

Many of us are beginning to enter the final month of our deployment. I'm wondering where the last three months have gone.

Even though our time is drawing short, I want to ask for your help in maintaining the focus, discipline and professionalism you've shown all along. A tangible reflection of these attributes is our compliance rules of engagement and standards of dress and appearance.

Lately, we've seen a trend of uniform infractions, and use of headphones while running along roads; these may be an indication that some have "taken their eye off the ball."

Most of you should be aware that for safety reasons, Airmen are not permitted to wear headphones while walking or running near vehicular traffic. We've seen an increase in headphone wear along Airport, Broadway and other roads which is not allowed.

Also, we've noticed an increase in Physical Training Uniform violations. I've seen people with their

shirts un-tucked, wearing flip-flops, not wearing socks or wearing black socks instead of white.

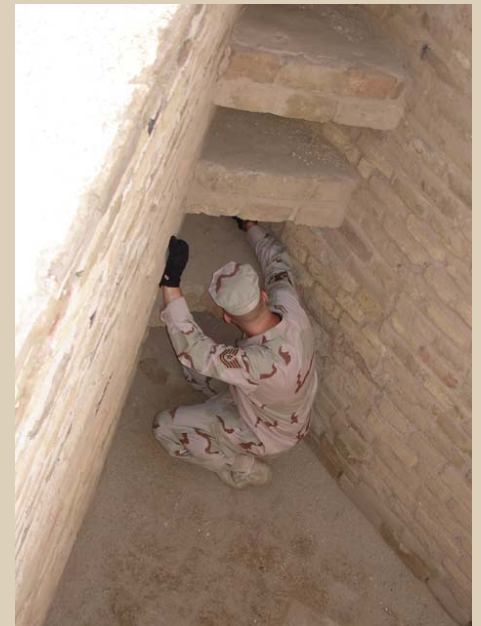
I think we've done a good job educating everyone on the proper wear of the PTU, but if you have any question of what is or is not allowed, please don't hesitate to ask your supervisor or first sergeant for clarification.

Please understand that these rules are in place for a reason, and we need to follow all of them. We have done too much good work here for it to be tarnished by complacency in the way we wear our uniform, or in non-compliance with other rules.

The percentage of people in violation is very small, but I ask that each one of you help enforce our dress and appearance standards.

Usually, all that's required is a polite reminder of what's wrong. With your help, I know we can make a difference.

The time has really flown by, and as a group, we have accomplished great things. I want to thank each of you for your dedication to our mission. It's a pleasure serving with you!



Cleanup

Above: Tech. Sgt. Cheryl Evans, 407th Expeditionary Services Squadron, and Senior Airman Juan Flores, 407th Expeditionary Operations Support Squadron, along with 40 other Focus 5/6 and First Four members help clean up the Ziggurat and Abraham's House. (Photo by Tech. Sgt. A.J. Goodwin)



Above: TSgt. Dannie White, 407th Expeditionary Communications Squadron, reaches for trash in Abraham's House. (Photo by Staff Sgt. Moises Alhambra) Left: Staff Sgt. Michael Clay, 407th Expeditionary Logistics Readiness Squadron, picks up empty water bottles littered at Ur. (Photo by Tech. Sgt. A.J. Goodwin)

Celebrating Easter at Abraham's House



Left: Chaplain (Maj.) James L. Bailey, 407th Air Expeditionary Group Chaplain, distributes Holy Communion at Easter Mass at Abraham's House Sunday. Above: Chaplain Bailey reads the opening prayer at the Easter Sunrise Mass.

(Photos by Staff Sgt. Valerie Smith)



Above: Close-up of the Catholic Altar. Right: Chaplain Bailey gives Elevation of the Host at the Easter Mass.



Army Chaplain (Lt. Col.) Stanley Bamberg gives the message to more than 600 in attendance at Easter Services at Abraham's House in Ur. (Photo by Master Sgt. Jon Hanson)

Keeping the vehicles running

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

Vehicles -- everybody needs one, everybody wants one. But without proper upkeep, they break and that is where the vehicle mechanics with the 407th Expeditionary Logistics Readiness Squadron's Vehicle Maintenance Flight come in.

The flight's 27 technicians and two supply members maintain approximately 400 assets at Ali Base.

The rough terrain, dust and hard use can take its toll on the vehicles.

"The majority amount of our time is spent repairing the up-armored Humvee for the 407th Expeditionary Security Forces Squadron," said Master Sgt. Don Hall, 407th ELRS vehicle manager. "The terrain is very hard on these assets which require a great deal of attention to the steering and front and rear suspension systems.

"The vehicle maintenance team has performed outstandingly by setting a two-year high record for the mission capable rate and earning two AEG Sharp Saber



Staff Sgt. Rick Adams tightens a Humvee's front brake support brackets.

Team Awards," Sergeant Hall said.

"The crew hit the ground running since day one and hasn't stop yet," Sergeant Hall said, who is deployed here from Kadena Air Base, Japan. "The work load has been steady at an average of 1,700 repairs monthly which requires 100-percent effort from all the technicians 24/7."

The mechanics can't fix the vehicles without having the parts and supplies to do their job.

During this rotation the vehicle supply specialists organized all of the parts on stock. Previously the parts were scattered and took a while to find. With almost 20,000 parts worth nearly \$1.2 million this was a daunting task.

"No one knew what we had," said Sergeant Hall. "We

now have full accountability and all of the AOR knows what we have. So, if another base needs a part that we have they can give us a call and we can get it to TMO and then to them."

Being deployed in Iraq not only takes its toll on the vehicles but it makes the job more difficult for the mechanics. Having limited resources such as tools, equipment and parts requires good skills and sometimes ingenuity.

"It makes us have to use the knowledge and stuff we have on hand to make things work," said Staff Sgt. Shawn Reed, who is deployed here from Kadena AB. "It may not be the (normal) way to repair things but as long as it is safe, serviceable and can support its mission, we 'Git-R-Done'."

Replacing one part might mean the mechanic has to take several parts off a vehicle just to get to the defective one. This can be a challenging task.



Airman 1st Class Eric Smith troubleshoots an RPM gauge on a fire truck. (Photos by Master Sgt. Jon Hanson)

Continued on page 8:
Mechanics



Staff Sgt. Shawn Reed finishes putting on a wheel after replacing the brakes on a forklift. (Photos by Master Sgt. Jon Hanson)



Above: SSgt. Shane Chandler (left) and Senior Airman Kimberly Louis install a brake assembly on a Humvee. Left: SSgt. Nicomedes Macadaan rewires a vehicle's transmission computer wires.

Mechanics

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"You have to remember where you took the parts off so you can put them back," said SSgt. Shane Chandler, a mechanic who is deployed here with her husband, David, a technical sergeant, from Malmstrom Air Force Base, Mont. "It's like a big puzzle. The hardest part is getting some of the bolts out. They are often very hard to see or reach, and you have to remove components to just get to them."

Fellow mechanic, SSgt. Rick Adams agreed.

"I had to replace a flywheel in a Humvee," Sergeant Adams said, a mechanic from the Pennsylvania Air National Guard who has been fixing vehicles for 30 years. "You have to pull the transfer case and the transmission out, along with the drive shafts; it takes a lot of time."

The causes of vehicle problems aren't always easy to figure out and often take a long time just to find the defective part.

"My first week here I was tasked to fix a Tunner 60,000-pound aircraft loader with a locked up drive axle that the previous rotation was working on when I arrived and handed off to me," Sergeant Reed said.

"It took a couple of days of troubleshooting and talking to the company on the phone to narrow it down to be as simple as a stuck valve. It sure raised my experience level and knowledge on this particular vehicle.

"I also worked on a 1,000-gallon water distribution truck and (needed to) change the tank and pumping system to make it serviceable. I had to procure the missing piping from the civil engineer plumbing shop and adapt it to connect the tank to the pump of the truck."

But, despite the Iraqi environment many of the problems can be prevented or minimized just by taking care of the vehicle.

"Ali Base vehicle operators should treat their GOV or leased vehicle as if it were their own," Sergeant Hall said. "This way you can ensure less mechanical problems will occur; and besides that, your tax dollars are paying for all these vehicles anyway so you do own a small part of it. Just simply take care of it and it will take care of you and your mission."



407th AEG Medical Clinic Health Highlights

Medical Issues related to Redeployment

By Lt. Col. (Dr.) Ron Johanson

407th Air Expeditionary Group Medical Clinic

Anyone within 30 days of leaving Ali Base is required to complete an online medical questionnaire.

This asks about a number of issues that potentially could have an effect on your physical and emotional health both now and in the future. You will be asked questions about the following matters:

- ✦ Injuries you have had
- ✦ Stress issues
- ✦ Hospitalizations
- ✦ Vaccinations you received
- ✦ Medications taken
- ✦ Symptoms you have developed during your deployment

✦ Exposure to combat/violence

✦ Actual use of your weapon
✦ Current mental status and any issues related to your family or loved ones

✦ Exposures to potentially harmful substances including:

- ✦ DEET
- ✦ Pesticides
- ✦ Chemicals
- ✦ Lasers
- ✦ Smoke
- ✦ Exhaust
- ✦ Excessive noise
- ✦ Dust
- ✦ Depleted uranium

Many people have questions about Leishmaniasis. If you have an

open sore (raw) on your skin that will not heal, even if this happens many months after your return, you should contact your health care provider and inform them that you served in an area in which Leishmaniasis is present. More information on this subject is available on the Ali Base Web site.

A medical technician will review your questionnaire. You will have an opportunity to see the physician if you desire or have a medical need. Please take this opportunity to ask any questions about your current health or concerns for the future.

Pick up medical records within 10 days of redeployment from clinic.

Letters to Airmen focus on education

SAN ANTONIO (AFPN) — In the two most recent “Letters to Airmen,” the Air Force’s top leaders focused on the importance of education for both enlisted Airmen and officers.

“We must take the Air Force’s basic educational foundation to the next level and be relentless in our continued pursuit to become knowledge-enabled Airmen,” Secretary of the Air Force Michael W. Wynne wrote. “All Total Force Airmen have the opportunity to incorporate higher education into their development, through Air Force sponsored degrees, the Community College of the Air Force, or with tuition assistance for civilian institutions.”

Secretary Wynne said he is spearheading refined initial and developmental education for everyone, including basic military training increasing by two-and-a-half weeks and changes in officers’ curriculums.

In the letter directed toward officers regarding advanced education, the secretary and Air Force Chief of Staff Gen. T. Michael Moseley said information on all degrees earned by an officer will soon be available to the central selection boards.

“Both of us want to encourage Airmen, not discourage them, from pursuing advanced education,” the secretary and chief wrote to officers. “Therefore, we want a change to the officer promotion process that would again provide supervisors, commanders and selection boards information on all academic degrees earned.”

Most underappreciated jobs in AOR?

Below are the responses sent in for the most underappreciated jobs in the AOR.

I feel the most unappreciated job has to be the TCN escort duty. I am not one of these escorts -- I am just a witness who appreciates what they do. Some people might see an Airman sitting in a plastic chair or leaning against a shaded wall and think “Easy-Job.” I am fortunate to have an assignment that makes my time pass quickly. I really feel the TCN escorts have it the toughest. Their day must drag on. They deserve our praise. From watching sandbags being filled to experiencing the constant smell of waste removal -- TCN escort is definitely not on my “I want that job list.”

Military Police -- because they try to keep everyone safe in any type of road condition -- whether it is a traffic accident or tire blowout and the roads need to be shut down they get asked why or the person goes through it anyway. People don’t take their job seriously until they break the law, and then once again ask why.

Force Protection Escort -- the next time you see an FP, thank him or her for what they are doing. Without them escorting LNs and TCNs, many of the things you take for granted, like clean Cadillac’s, sidewalks to walk on and the occasional break from the DFAC, would not be available.

Around Ali Base



Afloat

Staff Sgt. Christopher Spear, 407th Expeditionary Civil Engineer Squadron Fire Protection Flight, goes for a boat ride around Lake Wisconsin near the BX April 8. He used a single sheet of plywood, a few two-by-fours, some left over runway sealant and some white paint to make the boat. (Photo by Tech. Sgt. James Ralls)



Relaxing

Airman 1st Class Steven Souders, 407th Expeditionary Security Forces Squadron, reads a newspaper at the Comfort Zone Library. The library is open everyday from 7 a.m. to 11 p.m. They have more than 2,000 books, 900 DVD movies and 300 music CDs for checkout. (Photo by Master Sgt. Jon Hanson)

Checking the voltage

Master Sgt. Mike Bauer, 407th Expeditionary Civil Engineer Squadron Power Production, adjusts the generator control which handles frequency and voltage on a generator. (Photo by Master Sgt. Jon Hanson)





The Charlie Daniels Band plays for military members of Ali Base and Camp Adder Saturday. (Photos by Staff Sgt. Valerie Smith)



Charlie Daniels Band

The Charlie Daniels Band plays for more than 2,200 Ali Base/Camp Adder residents Saturday as part of Stars for Stripes, a nonprofit organization which works with Armed Forces Entertainment and U.S. Army Europe Morale, Welfare and Recreation to bring celebrity entertainment to remote sites. The Charlie Daniels Band has been entertaining U.S. military troops around the world for more than 35 years.

Chapel staff thanks for help during Easter services

By Tech. Sgt. Nicole Nixon

407th Air Expeditionary Group Chapel

Two of the busiest Christian holidays for the Chaplain Service are Christmas and Easter.

Many of us were able to celebrate Easter and the 40 days prior at Ali Base. At a normal Air Force installation it is common for every chapel staff member to be present for duty to make this special time easier to logistically handle.

This year however, we were able to network and call on the help of many of you in the 407th Air Expeditionary Group. It took a family of dedicated and awesome Airmen, NCOs and officers to assist us.

On behalf of the entire chapel staff, we extend a mighty "Air Power" thank you to Col. Kevin Kilb, 407th AEG commander, for his support, the entire 407th Expeditionary Logistics Readiness Squadron team for their outstanding support with special thanks to Master Sgt. Christopher Gibson and team for transporting the grill for the lighting of the Easter fire.

Thanks also goes out to MSgt. Robert Lue and Staff Sgt. Laura Brandiger and the five bus drivers (Tech Sgts. Maynard Hanson and Todd Ullman, Senior Airmen Kimberly Baca, Dustin Harr and Sinsiam Vilay) who rose early to transport more than 250 worshipers to the house of Abraham.

The Good Friday service had awesome readers and we say thanks to SSGts. Brian Behning, Troy Darling and Christopher Ritter, SrA. Aaron Whittington and Airmen 1st Class Robert Dill and Chris Gora, and Airman Michael Lee.

We would be wrong to forget the wonderful sound of "Amazing Grace" played on the bag pipes



Chaplain (Capt.) Carl Phillips, Tech. Sgt. Nicole Nixon and Chaplain (Maj.) James Bailey.

by Lt. Col. Dave Kolmer.

The Catholic congregation also congratulates eight people who were confirmed and two who were received into full communion. The lectors for all of the Masses made the services better as well, and we say thanks to each of you.

We also thank Army Father Jerry Fehn who assisted in Mass and chaplain assistant Army Staff Sgt. Robert Davis.

Another thanks go out to the 407th Expeditionary Communications Land Mobile Radio shop who allowed us to borrow the power generator.

Without all of these people, we would not have had such a beautiful lent season. Again, on behalf the entire 407th Chapel Staff we appreciate each person who lent a helping hand and those who graced us with their presence at any of the lent season services. Thank you.

Stars and Stripes to run Mother's Day Message Board

Washington, D.C. -- Stars and Stripes, the daily newspaper of the U.S. military, is hosting an on-going free Mother's Day message posting service online at <http://stripes.com/>.

Messages submitted by the Monday deadline will be published in all editions of the paper and will be viewable online at Stripes.com beginning May 13, the day before Mother's Day.

To send a free greeting, which may include a photo; visitors may

go to www.stripes.com and click on the "Mother's Day" button.

"With so many of our military families separated through deployment, Mother's Day becomes an important time for getting in touch with family -- and Stars and Stripes is on hand to help make it easier," said Star and Stripes Marketing Director Meg Irish.

Hard-working mothers all over the world deserve a special day. Receiving a message from a son or daughter either miles away

or close at home is sure to make her feel appreciated and touch her heart. Stars and Stripes Mother's Day message service is the most convenient, easiest and cheapest way to help our military families keep in touch.

Only messages received online and in English will be published. Stars and Stripes also reserves the right to limit the number of messages actually published based on the space available.



'Instant results'

Tech. Sgt. Audrea Hunt, 407th Expeditionary Logistics Readiness Squadron, works out on an elliptical machine at the Muscle Beach gym. She recently won a fitness challenge with a total of 514 points. She worked out daily for 70 minutes each time to win the challenge. (Photo by Staff Sgt. Bradley Church)

Keeping fit, healthy the safe way

By 1st Lt. S.J. Brown

39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey (AFPN) — A common focus for men and women this time of year is getting ready for swimsuit season. 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.

"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. "Some dieters will experience low blood pressure because they are also cutting out important food groups from their diet when elimi-

nating carbs. This means the body is getting deprived of those nutrients."

Lifestyle changes that include proper portion sizes, eating "nutrient foods," and increasing fiber intake and water consumption are safer approaches, Sergeant Garza said.

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 would result in muscle and water loss.

Mr. Pagenkopf recommends a reasonable workout regimen that includes cardiovascular exercise, resistance training and flexibility exercises. Start off slowly, perhaps three days a week, with 20 minutes a day of aerobic exercise. Gradually increase the frequency of days to five with 30 to 45 minutes of exercise. Make these changes every week or two increasing first the frequency then the time.



Not this time

Staff Sgt. Dave Giberson, with the ESVS/AEG volleyball team attempts to get the ball past Maj. Adam Rice, with the Honor Guard team during intramural volleyball action Tuesday. Intramural's continue through May 1. (Photo by Master Sgt. Jon Hanson)

Intramural Volleyball Standings

(As of April 19)

TEAM	WON	LOST
ITALIAN AIR FORCE	3	0
FIRE DEPT	3	1
407 ELRS	2	1
407 EOSS	2	2
ESVS/AEG	2	2
407 ECS	2	2
HONOR GUARD	0	3
407 ESFS	0	3

Intramural Basketball Standings

DIVISION I
(As of April 20)

TEAM	WON	LOST
485 TH QUARTERMASTER	6	0
407 ECS	5	1
407 ESFS II	4	2
AGING BULLS	2	4
407 ESVS/AEG	2	4
LINEBACKERS	2	4
FIRE DEPARTMENT	0	6

DIVISION II
(As of April 16)

TEAM	WON	LOST
BULLDOGS	5	1
608 TH ORDINANCE CO	4	2
407 ELRS	4	2
FP	3	3
407 EOSS	3	3
AGENT ORANGE	2	4
ESFS I	1	5

**Intramural Volleyball Championships
May 2 through May 8 at 6 p.m.**

**Intramural Basketball Playoffs today
through Saturday at 6 p.m.
All Star Game Sunday at 5 p.m.**



"Happy birthday Gabriella. I miss you, Joey and Mommy very much. Have a great birthday... see you all soon!"
(Tech. Sgt. Blake D. Holm)



"Have a Happy Birthday TJ. Daddy misses you and hopes to see you soon."
(Tech. Sgt. Jeff Thomas)

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 4 out of 14 correct responses identifying the push broom bristles for the April 14 Ali Times and the winning person drawn was **Senior Airman Jonathan Boyea, 407th Expeditionary Civil Engineer Squadron**.



Nicholas Anthony Dailey-Markham was born to Rikki Kristine Dailey April 9. Rikki is the daughter of Senior Master Sgt. Diane J. Scott-Dailey

407th AEG

Warrior of the Week



Staff Sgt. Scott Collier

Unit: 407th Expeditionary Logistics Readiness Squadron

Duty title: Air Transportation Craftsman

Home station: 314th LRS, Little Rock Air Force Base, Ark.

Why other warriors say he's a warrior: "SSgt. Scott Collier is an extremely motivated NCO who can accomplish any challenge that comes his way. SSgt. Collier has displayed true professionalism time and time again fortifying coalition relations by providing his technical expertise to Japanese, Romanian and Australian Forces. Not only does he perform his daily duties with ease, but he has also devised a plan and got approval for implantation of a Foreign Object Damage reduction program that will greatly reduce FOD around the cargo yard at the 407th ELRS. This is no small undertaking due to the sheer size of the yard and the amount of traffic through it. SSgt Collier is a true warrior that is an example for all to follow."

- Tech. Sgt. Dale Peters, senior controller, Air Terminal Operations Center, 407th ELRS

Most memorable Air Force experience: "While I was deployed to an undisclosed location in Southwest Asia; our office was right next to where the fighters would arm prior to take off. Seeing them leave with a full combat load and return from their sorties empty was truly amazing. Knowing that I was doing my small part to make the mission happen left a lasting impression on me."

Hobbies: "Drag racing, watching Nascar races, fishing and hunting."

Notes about my family: "My wife, Christina, of 15 wonderful years, is very supportive throughout all of my numerous temporary duties and six deployments. For that I will be eternally grateful. My two daughters, Koral, 13 and Justus, 11 are my true inspiration. I want to be a great role model for them."

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

Prime (2005), 1 a.m., Meryl Streep, Uma Thurman, comedy/romance; **3-Way Split** (2005), 3 a.m., Dominic Purcell, Joy Bryant, *crime/drama*; **Just Like Heaven** (2005), 5 a.m., Reese Witherspoon, Mark Ruffalo, *comedy/romance*; **Proof** (2005), 7 a.m., Gwyneth Paltrow, Anthony Hopkins, *drama*; **Shark Tale** (2004), 9 a.m., Will Smith, Renee Zellweger, *comedy/family*; **The Constant Gardener** (2005), 11 a.m., Ralph Fiennes, Rachel Weisz, *drama/thriller*; **The Notebook** (2004), 1 p.m., James Garner, Gena Rowlands, *drama/romance*; **In Good Company** (2004), 3 p.m., Dennis Quaid, Topher Grace, *drama/comedy*; **The Weather Man** (2005), 5 p.m., Nicolas Cage, Hope Davis, *comedy/drama*; **Down and Derby** (2005), 7 p.m., Greg Germann, Lauren Holly, *comedy/kids*; **Jarhead** (2005), 9 p.m., Jamie Foxx, Jake Gyllenhaal, *drama*; **Tim Burton's Corpse Bride** (2005), 11 p.m., Johnny Depp, Helena Bonham Carter, *comedy*; **Dark Water** (2005), Jennifer Connelly, Tim Roth, *suspense/horror*; **In Her Shoes** (2005), Cameron Diaz, Toni Collette, *drama/comedy*

Saturday

Shark Tale 1 a.m.
Night Creature 3 a.m.
Down and Derby 5 a.m.
Prime 7 a.m.
Proof 9 a.m.
Corpse Bride 11 a.m.
In Her Shoes 1 p.m.
Just Like Heaven 3 p.m.
The Notebook 5 p.m.
Jarhead 7 p.m.
The Weather Man 9 p.m.
The Constant Gardner 11 p.m.

Sunday

In Her Shoes 1 a.m.
Down and Derby 3 a.m.
Jarhead 5 a.m.
The Constant Gardner 7 a.m.
Just Like Heaven 9 a.m.
Shark Tale 11 a.m.
The Weather Man 1 p.m.
Dark Water 3 p.m.
Corpse Bride 5 p.m.
Proof 7 p.m.
Prime 9 p.m.
The Notebook 11 p.m.

Monday

In Good Company 1 a.m.
Shark Tale 3 a.m.
Down and Derby 5 a.m.
The Weather Man 7 a.m.
Just Like Heaven 9 a.m.
Jarhead 11 a.m.
The Constant Gardner 1 p.m.
Prime 3 p.m.
In Her Shoes 5 p.m.
The Notebook 7 p.m.
Corpse Bride 9 p.m.
Proof 11 p.m.

Tuesday

Night Creature 1 a.m.
In Her Shoes 3 a.m.
Corpse Bride 5 a.m.
The Constant Gardner 7 a.m.
Just Like Heaven 9 a.m.
Down and Derby 11 a.m.
Proof 1 p.m.
The Weather Man 3 p.m.
3-Way Split 5 p.m.
Dark Water 7 p.m.
Prime 9 p.m.
The Notebook 11 p.m.

Wednesday

Down and Derby 1 a.m.
The Weather Man 3 a.m.
Proof 5 a.m.
Prime 7 a.m.
Dark Water 9 a.m.
In Her Shoes 11 a.m.
3-Way Split 1 p.m.
Just Like Heaven 3 p.m.
In Good Company 5 p.m.
The Notebook 7 p.m.
The Constant Gardner 9 p.m.
Night Creature 11 p.m.

Thursday

In Her Shoes 1 a.m.
Corpse Bride 3 a.m.
The Weather Man 5 a.m.
In Good Company 7 a.m.
The Constant Gardner 9 a.m.
The Notebook 11 a.m.
Just Like Heaven 1 p.m.
Night Creature 3 p.m.
Proof 5 p.m.
3-Way Split 7 p.m.
Prime 9 p.m.
Dark Water 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)
- 2 p.m., **Chess:** Hot Spot
- 5 p.m., **Spin:** Muscle Beach (I)
- 6:30 p.m., **Basketball Playoffs:** Basketball Court
- 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 Salsa Night:** Big Top
- 8 p.m., **Step Aerobics:** HOP

Saturday

- 2:30 p.m., **Yoga:** Muscle Beach (DVD)
- 6:30 p.m., **Spin:** HOP
- 6:30 p.m., **Basketball Playoffs:** Basketball Court
- 7 p.m., **Absolute Abs:** Muscle Beach (I)
- 7 p.m., **Casino Night/Karaoke:** Big Top
- 7:30 p.m., **Hip Hop:** ACC

Sunday

- 8 a.m., **Tae-Bo:** Muscle Beach (DVD)
- 10 a.m., **Spin:** HOP
- 12 p.m., **Texas Hold'em:** Big Top
- 1 p.m., **3-Point Shootout:** Basketball Court
- 2 p.m., **Spin:** Muscle Beach (DVD)
- 4 p.m., **Horseshoes:** Horseshoe pits
- 5 p.m., **Basketball All Star Game:** Basketball Court
- 7 p.m., **Spin:** HOP
- 7 p.m., **Darts:** ACC

Monday

- 8 a.m., **Ping-pong:** 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., **2-man 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 p.m., **Flex Your Wings Competition:** Muscle Beach
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **Absolute Abs:** Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 7:30 p.m., **Movie: Gallipoli:** Big Top
- 8 p.m., **X-Box Fight Night Round 2:** 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., **Spades Partners:** Hot Spot
- 8 p.m., **Step Aerobics:** HOP
- 8:30 p.m., **Foosball:** Big Top

Thursday

- 5 a.m., **Step Aerobics:** Muscle Beach (I)
- 4:30 p.m., **Circuit Training:** Basketball Court (I)
- 6 p.m., **3-on-3 Basketball Tourney:** 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., **X-Box PGA Tour 06:** 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.