



# ALITIMES



June 30, 2006

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Vol. 4, Issue 26  
June 30, 2006

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## Front Page photo

Tech. Sgt. Chadwick Blackmon, 407th Expeditionary Civil Engineer Squadron power production specialist, checks the oil on one of eight tactical generators at Power Station One on Ali. For more on the power plant, please see Page 10. (Photo by Master Sgt. Andrew Gates)

# Air Force leaders send July 4 message

Happy Birthday, America! For 230 years, this nation and its people have represented freedom and democracy. We earned that reputation through courageous acts of patriotism by our founding fathers and through bravery on battlefields across the world. Today we mark not a resounding victory in a great battle, but instead the day when we stood up as a free and independent nation and told the world we would no longer live under tyrannical rule.

This year, as you gather to celebrate the founding of our great nation, pause a moment to remember our heroes currently serving away from home, fighting to preserve the very same freedoms the patriots before us secured. Their efforts are helping us soar to a future bounded by limitless horizons.



Air Force Secretary  
Michael W. Wynne



Air Force Chief of Staff  
Gen. T. Michael Moseley

You, the men and women of America's Air Force, reflect the generations of patriots who, through their actions, displayed the values of integrity first, service before self and excellence in all we do. Thank you for your unyielding commitment, and have a happy and safe 4th of July!

## Celebrating America's 230th year of freedom

**By Lt. Gen. Gary L. North**

*Commander, 9th Air Force and USCENAF*

This week we will be celebrating America's 230th year as an independent nation. As we remember the past and honor those Soldiers who fought for our freedom, I often wonder what the common soldier thought when he heard that Congress had declared independence. The thought that comes to my mind, and many historians, is that those soldiers must have realized they were no longer fighting for their rights as English citizens but for the rights and privileges that come with being a

free and independent nation.

Today's Soldiers, Airmen, Sailors and Marines are also fighting for independence. However, it is for the independence of two other nations, Iraq and Afghanistan. The people in both Iraq and Afghanistan are struggling to maintain their freedom from oppression



Lt. Gen. Gary North

and fear—the type of oppression and fear caused by terrorists. They have already defied the terrorists by forming a national government, holding public elections and continu-

ing to rebuild their lives. This is a fight that they cannot win on their own. We must help them to create stable nations. This is a fight that we must win for both the people of Iraq and Afghanistan.

As we celebrate our independence, remember that we in 9th Air Force and U.S. CENTAF are fighting everyday for the freedom of other nations; you are spending this holiday away from home in the U.S. Central Command area of operations, and many others are supporting the warfighting effort from their home stations. You are the heroes of today like those Soldiers who fought for our independence 230 years ago. With tremendous pride and respect, I thank you.



# A Year Gone By...

By Brig. Gen. Frank Gorenc

332nd Air Expeditionary Wing Commander

My time as the 332nd Air Expeditionary Wing Commander is rapidly coming to close. In the blink of an eye, my 365-day TDY ends on July 5 when I pass the flag to the incoming commander, Brig. Gen. Robin Rand.

A year ago, when I took the flag, I asked you to focus on the mission. The 332 AEW mission is clear and simple: "Combat Airpower for America...Right Here, Right Now." Together, we excelled in a huge way. We operated and normalized Balad AB, Kirkuk AB, Ali AB, and Sather AB. We generated over 11,000 sorties flying over 80,000 hours using four different weapons systems. We delivered effective kinetic solutions to the ground commanders...precision guided bombs, bullets, rockets and Hellfires. We delivered ISR (Intelligence, Surveillance, and Reconnaissance), cargo, passengers, and combat rescue. We delivered robust expeditionary combat support not only to Airmen, but to the Army and Marine Corps.



Brig. Gen. Frank Gorenc

We destroyed countless tons of explosive material inside and outside the wire. We controlled all 277,000 square miles of Iraqi airspace. We saved thousands of American and Iraqi lives in our hospital and then transported the American heroes to Germany. We prepared for the future. All 332 AEW Airmen should be very proud of this impressive list of accomplishments!

I attribute wing successes directly to motivated and empowered Airmen...like you. The possibilities are limitless when professional Airmen come across an opportunity to succeed. Over and over, I have been awestruck at your ability to get the job done. Through the four AEF rotations during my command, over 21,000 Airmen have been assigned to the 332 AEW. Despite the turnover, without fail, the wing executed flawlessly. For an entire year, the wing hit on all cylinders without any significant mission or safety risk.

Your work epitomized our AF core values...integrity, service before self and excellence in all we do. Great job Tuskegee Airmen...the legacy continues here with you.

I will always have a special place in my heart for the 332 AEW Tuskegee Airmen. I am humbled to have been your commander. Instead of goodbye, I will say until we meet again. Thank you, Tuskegee Airmen for a superb year. God Bless You and God Bless America!

## TELL YOUR STORY

As a military member, you have a great story to tell. And the military has many ways to tell those stories.

First, you can fill out a Home-

town News Release, a DD Form 2266 — just for deploying to Iraq and participating in Operation Iraqi Freedom. However, you can also fill out a HTNR for other events as well —including promotion or recognition while in theater (including all the monthly awards).

For events or situations which are a little more out of the ordinary —such as the story on the next

page —let public affairs know. U.S. Air Forces, Central Command has a number of programs to market these stories back home —including radio and television stations. If you can tell a really good (true) story, you might even get on national or international media.

For more information, call public affairs at 444-2318.

# Teamwork vital to Ali successes

*Difficult projects require various Airmen, units working together*

By Capt. Mark Dietrich

407th Expeditionary Communication Squadron

I am truly amazed at how well everyone has come together and worked as a team to make Ali the best base in the AOR. Many people say that back at their home stations, squadron rivalries and politics would make some of their projects nearly impossible.

Airman from many different squadrons across the Air Force and Air Guard combined together to make up each squadron. Every Airman brought with them their unique experiences and attitudes. As time has passed, these Airman came together to make their squadrons the best at providing their unique services, and coming together to accomplish the mission with other squadrons.

For instance, when Security Forces moved to building 622, it took several squadrons to make sure everything came together. The Civil Engineering Squadron checked the electricity and the air conditioning. The Communications Squadron checked for non-secure internet protocol router network and phone connectivity. After all of this, Security Forces moved all of



Capt. Mark Dietrich

their equipment and furniture to building 622 all while providing top notch base defense protection to Ali. Teamwork made it all happen.

Another instance is a tower that is being built on the south side of base. Civil Engineering provided the power and cooling requirements for the new system. The Operations Support Squadron ensured that the new tower location would not impact planes utilizing Ali's runway.

Security Forces developed a security plan for the area around the new tower to provide additional protection. In about another month, all of the hard work and effort of several squadrons will result in a tower being added to support the Army's convoy missions.

In addition, the runway project demonstrates teamwork. There is also the work being done to repair the runway. The Civil Engineering Squadron developed the plan to repair the runway. The Security Forces Squadron escorts the contractors pouring the concrete. The Operations Support Squadron directs the traffic on the runway while still ensuring flight safety. Teamwork is making the mission a success.

We have all come here from different locations across the world to make our squadrons the best they can be. No one squadron can stand by itself. It takes teamwork not just within a squadron but also outside the squadron to accomplish the mission. So take the opportunity to get outside of our squadrons and work along side your counterparts to see what they bring to the fight. Only then will we be able to function as a group and accomplish great things.

## Congratulations, Reaper 1!

Maj. Steve Sweeney, 407th Expeditionary Communications Squadron commander, was selected for promotion to Lieutenant Colonel.



# Col. Orr: Group doing a ‘fantastic job’

## CC updates unit on 30-day progress

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Now that Ali Airmen have completed more than 30 days of the 120-day rotation, the group commander brought them together, through a series of commander's calls Monday, to update them on the group's progress.

Col. David Orr, 407th Air Expeditionary Group commander, held three calls to encourage the professional Airmen at Ali.

"You are doing great," Colonel Orr said in a packed morning call. "You have been doing a fantastic job and I have no doubt you will continue to do extraordinary things through the rest of this AEF rotation."

He started by covering his top 10 highlights, including every squadron at Ali. Among the items he covered included the 407th Expeditionary Security Forces Squadron 'disciplined' transfer of base protection to the Army and the 407th Expeditionary Communication and 407th Civil Engineer squadrons' reputation for responsiveness.

"We have some old equipment on this installation, and these warriors are doing an amazing job keeping it operating in very tough conditions," he said. "The quality of Airmen here at Ali is superior to anything I've seen elsewhere, and we are hitting our stride for the mission and people of the 407 AEG."

The colonel also commented on the overall airfield upgrade project, the support for a number of high level visits including Air Force-One, the 407th Expeditionary Services Squadron's enthusiasm in promoting their events and the 407th Expeditionary Logistics Readiness



Col. David Orr, 407th Air Expeditionary Group commander, speaks to Ali Airmen during one of his three commander's calls Monday. (Photo by Staff Sgt. Rasheen Douglas)

Squadron's efforts to revitalize neglected programs.

"We are running on all cylinders and getting my priorities taken care of to optimize the mission — we are defending the base, sustaining the force and taking the fight to our enemies," Colonel Orr said.

To continue defending the base, the colonel discussed the transfer of the base protection mission to other forces. He encouraged base Airmen to be aware of their surroundings — every Airman needs to "be a sensor for operational security."

As far as sustaining the force, the colonel discussed the imminent incorporation of more than 200 Australian service members into the living area at Bedrock.

"We are going to support them in Bedrock because they are doing an important mission for the Multi-National Forces-Iraq team — it's the right thing to do," Colonel Orr said. "We're also providing facilities, equipment, and manpower resources for the Navy in its tasking to upgrade more than 500 Army vehicles being used in convoys — this sup-

port might make the difference for survival to one of those vehicles and its personnel."

In taking the fight to the enemy, the colonel discussed his plans to optimize the living quarters at Bedrock — a goal to either replace the tents or to obtain Alaska shelters or trailers.

He also praised Ali Airmen for participating in the various events around the base.

"Your participation and camaraderie is great," he said. "The turnout for sporting events and SVS sponsored activities has been phenomenal — it's so very important to take part in the 'play side' that makes the military culture unique. In early August, we will sponsor an Ali Olympics, bringing together our Army, Navy, Italian, and Australian partners for camaraderie and fun."

And speaking of events, the colonel discussed the upcoming July 4th activities.

"I'm sorry you can't take the entire day off," he said. "But we are

Continued on page 6:

**CC Call**





## Heavy Load

Members of the 407th Expeditionary Civil Engineer Squadron use a crane to move protective barriers away from Muscle Beach for an expansion. The expansion is currently planned to be completed and ready for use by July 4. (Courtesy photo)

### CC Call

From page 5.....

planning on knocking off a little early and having a lot of sporting and other events to participate in. I want to encourage everyone to enjoy the moment in sharing our American heritage on the Frontlines of Freedom on Independence Day in Iraq.”

The colonel also ap-

plauded 407th Airmen for their compliance with General Order-1 and adherence to standards.

“I was shocked to learn about 20 violations on Camp Adder in the month of May,” Colonel Orr said. “We have had two instances of theft in Bedrock and one case of government computer misuse. I trust that it’s not our airmen but it does demand that

we stay on our game – it would be a horrible thing to return home in disgrace instead of the honor you deserve for your sacrifice and service.”

He ended the call with more morale-building encouragement, asking airmen to continue to grow and “balance their physical, mental and spiritual well-being.”

“I am so grateful for

your sacrifice as you balance the demands of military service with at times severe struggles at home,” Colonel Orr said. “I appreciate not only the warriors who have been in the Air Force for many years, but especially our young Airmen. We have been at war almost your entire life – thank you for accepting the obligation and sacrifice of military service.”

## Ali Base July 4 activities

8 a.m. — Morning Bingo, Big Top

4 p.m. — 8-ball, Hot Spot

5 p.m. — Three on three basketball

6 p.m. — Four on four volleyball

6 p.m. — Casino Opens, Big Top

10 p.m. — Prize auction

# Keeping track of it all

## Supply team manages, issues Ali Base inbound inventory

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Paperclips, toilet bowls, sulfuric acid and body armor all have something in common at Ali Base.

They are all items that have come to the base through the supply system and then been issued out by the logisticians there.

"We are here to provide supply support for the base and to do whatever else we can to help fight the war on terrorism," said Master Sgt. Steve Sawyer, 407th Expeditionary Logistics Readiness Squadron NCO-IC of warehouse operations. "People need supplies to keep their equipment running, their weapons loaded and their computers operational – we help make sure people have what they need to do their mission here."

The team brings in pretty much everything that goes to the Air Force – from ammunition to chemical gear, aircraft equipment to cleaning products.

"We make sure everything gets where it needs to be," said Staff Sergeant Shannon Alexander, deployed here from Robins Air Force Base, Ga.

The flight is effective, Sergeant Sawyer said, because they know how the supply system works, and can redirect any problem areas to the right place for a solution.

"We want to be able to reduce the unnecessary work for the other Airmen at Ali Base – so they can keep their minds on getting their mission done," he said.

A normal day for the team consists of going through supplies which may have been brought in by airlift overnight and then issuing those to the Airmen on base, said Sergeant Sawyer. Additionally, the



Staff Sgt. Shannon Alexander, 407th Expeditionary Logistics Readiness Squadron supply technician, makes sure he carefully completes the tracking information for items coming into the warehouse. This lets the logisticians track ordered items, and provides a paper trail when they issue the items to customers. (Photos by Master Sgt. Andrew Gates)



Airman 1st Class Erica Beattie counts the ammunition in a clip.

team may need to conduct inventories of items like weapons and ammunition, and issuing protective gear, if needed, to Airmen here.

The job at Ali – where the mission is to support operations that

control the airspace over the southern portion of Iraq – is a bit different from that at home stations.

For instance, Senior Airman Toi Little is also from Robins, where she provides supply support for the Joint Surveillance Target Attack Radar System aircraft – otherwise known as the E-8C. Here, although busy, the mission focus is a little less intense.

"At home, I am used to supporting an aircraft where we are working hard to ensure maintenance gets the parts they need to get the planes of the ground," she said.

For all of the members of the flight, the job keeps them on their toes.

"We do three different supply jobs, combined into one here," said Senior Airman Antrone Kingston,

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**Supply**



## Supply

From page 7.....

who is deployed from Eglin AFB, Fla. "Our job here is looked at from three different angles." The supply logisticians manage a warehouse, run a small area where Ali workers can pick up basic office supplies and store weapons and ammunition.

Bringing experiences from different bases, and other methods of doing business can make things interesting at times.

"All of us are doing the job the way we were taught at our home stations," said Sergeant Sawyer. "Sometimes that causes some challenges. But the challenges also offer us the opportunity to work together as a team – to be united. I know that if we do our job as a team, then we will be able to help meet our goals as a team."

Members of the team enjoy the opportunities that the job brings, as well – mostly meeting new people and the people they get the opportunity to interact with.

"I enjoy dealing with all kinds of people in different branches of the armed forces," said Senior Airman Matthew Slate, deployed from Eglin. "It gives me the opportunity to meet new people."

His feelings are echoed by Airman Little. "I like to make sure that our customers are taken care of in a timely manner."



Airman Beattie, right, verifies ammunition counts with 407th Expeditionary Communications Squadron members, from left, Senior Airman Michael Hoch, Staff Sgt. John Steinlicht and Airman 1st Class Wayne Ouellette.

Taking care of the customers takes a little bit of elbow grease and a lot of teamwork, said Sergeant Alexander.

"We do work hard, but we have a lot of fun doing it," she said.

And that is probably the most important element to Airman Kingston, who finds that mission accomplishment means a lot to him.

"I enjoy getting to the end of the day," he said. "My co-workers and myself may be sweated out, but we got the mission accomplished."

Getting the mission done, whether by issuing supplies or supporting the Global War on Terrorism is important to Sergeant

Sawyer.

"I like that I am able to do what I am called to do – to protect our freedom and our way of life," he said. "I am proud of what I am doing for my country."

His team is also proud of what they are doing for Iraq.

"This is the right thing to do," said Airman Slate.

Airman Kingston agrees.

"I believe everyone should have a chance at freedom," he said. "Without that, your life isn't yours."

And as the members of the team look around the base, they can see the benefits of their efforts at Ali.



Senior Airman Antrone Kingston carefully opens up the latest supply shipment. The team in-checks shipments several times a week.

"Every day I see a vehicle running or a computer operating I am able to say, 'those parts came from my warehouse,'" said Airman Kingston.

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





## Remembering Khobar Towers

A wreath stands between the headstones of Master Sgt. Michael George Heiser and Airman 1st Class Brian W. McVeigh during the remembrance ceremony for the Khobar Towers bombing on Sunday, June 25, at Arlington National Cemetery, Va. The two were among 19 Airmen killed on June 25, 1996, in the terrorist bombing at Dhahran Air Base, Saudi Arabia. Family members and friends of the Airmen killed in the terrorist bombing gathered for the ceremony. (Photo by Tech. Sgt. Cohen A. Young)

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

## CENTAF's releases June 27 air power summary

**SOUTHWEST ASIA** — In Iraq Tuesday, U.S. Air Force F-16s conducted a precision strike against an anti-Iraqi forces compound in the vicinity of Baghdad. The F-16s expended a Guided Bomb Unit-38, destroying the compound.

United States Air Force F-16s provided close air support to Coalition troops in contact with anti-Iraqi forces in the vicinities of Balad and Ramadi.

Additionally, 12 U.S. Air Force, U.S. Navy and Royal Air Force Intelligence, Surveillance and Reconnaissance aircraft flew missions in support of operations in Iraq. United States Air Force and U.S. Navy fighter aircraft performed in non-traditional ISR roles with their electro-optical and infrared sensors.

In total, Coalition aircraft flew 54 close air support missions for Operation Iraqi Freedom. These missions included support to Coalition troops, infrastructure protection, reconstruction activities and operations to deter and disrupt terrorist activities.

In Afghanistan, U.S. Air Force A-10s and Royal Air

Force GR-7s provided close air support to Coalition troops in contact with enemy forces in the vicinity of Tarin Kowt. A-10s and a B-1B provided close air support to Coalition troops in contact with enemy forces in the vicinity of Gereshk.

Additionally, eight U.S. Air Force and French Air Force ISR aircraft flew missions in support of operations in Afghanistan.

In total, Coalition aircraft flew 25 close air support missions in support of Operation Enduring Freedom. These missions included support to Coalition and Afghan troops, reconstruction activities and route patrols.

United States Air Force C-130s and C-17s provided intra-theater heavy airlift support, helping sustain operations throughout Afghanistan, Iraq and the Horn of Africa. Approximately 160 airlift sorties were flown; almost 500 tons of cargo were delivered, and close to 2,440 passengers were transported.

Coalition C-130 crews from Australia, Canada, Japan and Korea flew in support of either OIF or OEF.

On June 26, U.S. Air Force, French Air Force and Royal Air Force tankers flew 42 sorties and off-loaded almost 2.5 million pounds of fuel.



# Joint effort keeps Ali cool, bright

## *Power production, electricians work hard to keep power flowing*

By the 407th Expeditionary Civil Engineer Squadron

Electricity tends to be something many people take for granted – they flip a switch, and like magic, the lights or the stereo comes on.

Here at Ali, a team of 16 people help keep that electricity flowing and the lights and stereo working properly.

“At home, electricity comes from a sophisticated electrical system – state of the art power plants, switching yards and computerized control rooms,” said Senior Master Sgt. Greg Cunha, 407th Expeditionary Civil Engineer power production superintendent. “Here at Ali, we have old equipment – no computers, no fancy switches. We have to have an operator physically sit in a control room (a shelter) for a 12 hour shift, around the clock.”

Ali boasts two main power plants, said Sergeant Cunha. One plant runs most of the Air Force living community – known as Bedrock – while the other runs most of the rest of the base. Each plant has eight generators. Power production works in conjunction with the 407th ECES electric shop to distribute that power around the base.

“At home, people are used to seeing scores of utility poles, wires and transformers,” said Ser-



Staff Sgt. James Wilson, left, and Tech. Sgt. James Roderick, 407th Expeditionary Civil Engineer Squadron electricians connect, or “park,” a generator on the primary distribution center. Parking a generator means connecting it to the distribution center before the generator is started. (Photo by Master Sgt. Andrew Gates)

geant Cunha. “Here, all the distribution apparatus is underground. Electricity is generated, is routed through a primary and secondary distribution center and then sent to buildings, tents and shelters through a power distribution panel. Of course, like other equipment around base, our electrical producing and distributing equipment is old, hot and dusty – we often will start and stop a generator and our customers don’t normally know.”

Since Ali is dry, the equipment often suffers from ground faults, said Sergeant Cunha. These ground faults are a protec-

tion device to protect the generators and any equipment connected to it. When a ground fault is triggered, it opens a circuit breaker, cutting the power – and causing the electricity to go out. When that happens, the power production team and electricians spring into action.

“It can take a while for us to restore power when that happens,” the sergeant said. “If we know exactly why the plant went down, and the electricians are right there, we can restore power in about 10 minutes. If the plant goes down for a ground fault and we don’t know exactly why, the electricians

have to do a safety sweep of the circuits that went down – looking for any number of problems. If the safety sweep doesn’t show anything, they return the plant, de-energize all the circuits and then re-energize them one at a time. That is a lengthy, but necessary, process.”

The team is working hard, though, to minimize those problems, and to turn the electricity back on as quickly as possible, said Sergeant Cunha.

“We are constantly striving to improve our electrical delivery system,” he said. “We want to reduce the number and duration of any outages.”



# Chapel corner: religion versus relationship

## Chapel offers opportunity for water baptism

By Chap (Maj) Charles Perry

407th Air Expeditionary Group chaplain

Allow me to clarify something and share a little piece of my testimony. Many people say to me, "I am not religious." To that, I respond, "Great, neither am I."

You see, I had enough religion by the time I was sixteen; enough to know that it does not work and I wanted nothing to do with it. I had gone to a mainline church that did not preach the gospel. I never saw a life improved or changed by going to church, so I said, "no more."

I stayed away from church for many years. Every time someone would ask me to go, I said, "No, I tried religion and it does not work." I did not know I was in agreement with God on this issue and that He feels the same way. It was religious people who plotted to kill Jesus.

By the time I was 29, my lifestyle was getting nowhere; but I was feeling more and more lost, lonely and hopeless. Then two months before my 30th birthday, God showed up in a dramatic way in my life. He literally snatched



A chapel-conducted baptism from a previous rotation. (Courtesy photo)

my life out of the jaws of death, in the middle of a head-on collision with a truck. Standing on the highway that day, knowing I had just been the beneficiary of a miracle, I told God, "The next time someone asked me to church I will go."

Just a few weeks later, a friend of mine (whose life had been changed after he attended church one time) asked me to go with him. That next Sunday I went, and heard a gospel message telling me that I could start a new life, and God would wipe away all my sin, guilt and shame. Deep down I knew this is

what I wanted and needed. I went to the altar and surrendered my life to Christ and experienced a dramatic, life-changing encounter with God. I hugged the pastor and told him that I had to go back into the military to tell people about this Jesus I had found.

You see, I did not get religion that day, but found a personal relationship with Christ that changed my life. My life's passion and calling is to share this relationship with everyone. If you are tired of religion and want a relationship that will change your life, I want to

help you find it. Then I want to invite you to come and be baptized. If you have already found that relationship with Christ, and have sincerely surrendered your life to Him, then I rejoice with you and invite you to come and be baptized at the Oasis Chapel. It will be the blessing of a lifetime. The baptisms are July 2 at 2 p.m.

There will be a short instruction class before we get started. Everyone who is baptized will receive a picture of their baptism and a certificate in a commemorative folder.

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



## Pull ... pull ... pull

Left, the fire department squares off against operations in the tug of war June 22. Top, the Reapers try to get a steady pull going. Bottom, the Defenders struggle against their opponent. The 407th Expeditionary Civil Engineers won the tug of war. (Photos by Staff Sgt. Rasheen Douglas)

# Muscle Beach looking for a few Ali ‘Big Losers’

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

The Muscle Beach staff here is looking for a few big losers.

That is, people who are interested in losing a few of the extra pounds they might be carrying around.

“Losing weight is one of the best ways to look good, and to feel good about yourself,” said Staff Sgt. Venise Penny, 407th Expeditionary Services Squadron sports director.

With that in mind, the staff has started the “Biggest Loser” competition, she said. The competition runs from Saturday until Aug. 26.

“When Col. (David) Orr held his first commander’s call, he men-

tioned that there might be a few people around here who weren’t where they want to be with their weight,” she said. “Since people often come to the desert to lose weight, we thought this contest might provide a little bit of additional motivation to those folks who wanted to do that.”

The competition pits teams of five competitors. Each competitor weighs in Saturday at 4 p.m. weekly; the team which loses the most weight each week is highlighted at Muscle Beach.

“If people need help using the machinery, we will be more than happy to show them how to use our equipment,” Sergeant Penny said. “We will also be more than happy

to try to find our participants a spot in one of the many exercises classes we hold.

She does caution people about losing weight wisely – there are many methods to lose weight quickly, but they are neither healthy nor safe. She recommends people check with the medics before starting any diets, and if they are unsure of their exercise limits, to verify those limits before starting a program.

Besides the feelings of self-worth and better health, the top losers also have something to look forward, she said. The team that loses the most weight will each receive \$30 at the end of the competition.

For details on the competition, stop by Muscle Beach.



# PERSCO rallies to blind volleyball win



Maj. Ken Jambor knocks the ball over the net while assisted by from left, Lt. Col. Richard Converse, 1st Lt. Thomas Grant and Senior Master Sgt. Darryl Cook, 407th Air Expeditionary Group staff team. (Photos by Master Sgt. Andrew Gates.)



Senior Airman Kasi Fox, Staff Sgt. Angelica Guerrero and Senior Airman Steven Stewart, 407th Expeditionary Logistics Readiness Squadron, knock the ball over the net.



Tech. Sgt. Donald Boozer goes up for the push after receiving a set from Staff Sgt. James Clevenger. The PERSCO team won the tournament by beating the 407th Expeditionary Communications Squadron, 15-6. 15-9



Master Sgt. Edwin Salazar, 407th Expeditionary Civil Engineer Squadron, taps one over the net while Senior Airman Kristopher Girard backs him up.

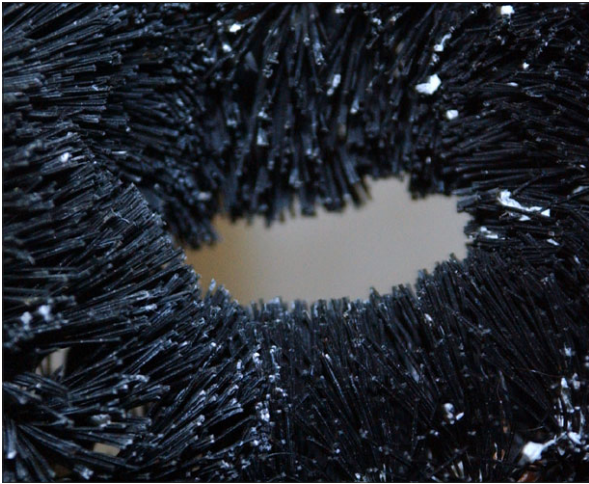


Tech. Sgt. Danielle Montanaro bumps the ball after a serve, as from left, 2nd Lt. Joseph Harris, Senior Airman Gabriel Phillips and Airman 1st Class Alexandro Ramos, 407th Expeditionary Services Squadron position themselves.



## 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](mailto:Ali.Times@tlab.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 Staff Sgt. Michelle Hoynacki., who was the only person to correctly identify the back of a plastic chair — more specifically the ones in the pavilion next to Muscle Beach. There were no 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. 2.5.12. Headphones: May be worn in official PT uniform and conservative PT gear when inside the clearly defined confines of housing areas and away from areas of frequent vehicle traffic. Headphones are prohibited unless required to perform military duties when outside the confines of the identified boundaries of the housing areas. Exception: Headphones may also be worn with PT gear on an authorized running track while performing PT activities outside the housing area or at the base fitness facilities. They may not be worn to and from the running track and base facilities when they are located outside the housing area.

*Editor's Note: per the group commander, the only authorized running track outside of Bedrock is along Airport Road*

## 407th AEG Warrior of the Week



### Tech. Sgt. Anthony Horde

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

**Duty title:** NCOIC, Physical Security

**Home station:** 48th Security Forces Squadron, RAF Lakenheath, United Kingdom

**Why other warriors say he's a warrior:** "Tech. Sgt. Horde continually displays superior performance in all actions. His tenacity ensured the reduction of 15 separate weapon storage locations down to five in minimal time. As a result of his actions, group agencies are in 100 percent compliance with Air Force Instructions while first responders still maintain weapons capabilities at their facilities. Furthermore, Sergeant Horde identified all aspects of flightline security could still be maintained without the need for permanent and temporary restricted areas."

- Master Sgt. Dan Lambert, NCOIC. Operations

**Most memorable Air Force experience:** "Reporting for duty at Aviano Air Base, Italy, and witnessing 146 fighter airframes on the runway in preparation for OPERATION ALLIED FORCE."

**Hobbies:** "Hunting, Fishing, and spending time with my two daughters."

**Information about his family:** "Married with two children"



## 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** (2000), 1 a.m., Samuel Jackson, Vanessa Williams, *action/adventure*; **Mr Deeds** (2002), 3 a.m., Adam Sandler, Winona Ryder, *comedy*; **Lost in Translation** (2003), 5 a.m., Scarlett Johansson, Bill Murray, *drama, comedy*; **Artificial Intelligence** (2001), 7 a.m., Haley Joel Osment, Jude Law, *drama, sci-fi*; **Natural Born Killers** (1994), 9 a.m., Woody Harrelson, Juliette Lewis, *action/adventure, drama*; **Red Eye** (2005), 11 a.m., Rachel McAdams, Cillian Murphy, *drama, thriller*; **Exit Wounds** (2001), 1 p.m., Steven Seagal, Earl Simmons, *drama, action/adventure*; **Grease** (1978), 3 p.m., John Travolta, Olivia Newton-John, *comedy, musical*; **Jeff Foxworthy** (1994), 5 p.m., Jeff Foxworthy, *performing arts*; **Liar Liar** (1997), 7 p.m., Jim Carrey, Maura Tierney, *comedy*; **Taking Lives** (2004), 9 p.m., Angelina Jolie, Ethan Hawke, *action/adventure*; **Stuck on You** (2003), 11 p.m., Matt Damon, Greg Kinnear, *comedy*; **Ghost** (1990), Patrick Swayze, Demi Moore, *drama, romance*; **My Giant** (1982), Billy Crystal, Kathleen Quinlan, *comedy, drama*; **Gothika** (2003), Halle Berry, Robert Downey Jr., *sc-fi, thriller*;

### Saturday

Liar Liar ..... 1 a.m.  
Jeff Foxworthy ..... 3 a.m.  
Exit Wounds ..... 5 a.m.  
Shaft ..... 7 a.m.  
Ghost ..... 9 a.m.  
Mr Deeds ..... 11 a.m.  
Red Eye ..... 1 p.m.  
My Giant ..... 3 p.m.  
Grease ..... 5 p.m.  
Lost in Translation ..... 7 p.m.  
Stuck on You ..... 9 p.m.  
Natural Born Killers . 11 p.m.

### Sunday

Red Eye ..... 1 a.m.  
Lost in Translation ..... 3 a.m.  
Natural Born Killers ... 5 a.m.  
Ghost ..... 7 a.m.  
Shaft ..... 9 a.m.  
Stuck on You ..... 11 a.m.  
Mr Deeds ..... 1 p.m.  
Taking Lives ..... 3 p.m.  
Liar Liar ..... 5 p.m.  
Artificial Intelligence .. 7 p.m.  
Jeff Foxworthy ..... 9 p.m.  
Exit Wounds ..... 11 p.m.

### Monday

Lost in Translation ..... 1 a.m.  
Taking Lives ..... 3 a.m.  
Stuck on You ..... 5 a.m.  
Red Eye ..... 7 a.m.  
Exit Wounds ..... 9 a.m.  
Ghost ..... 11 a.m.  
Mr Deeds ..... 1 p.m.  
Jeff Foxworthy ..... 3 p.m.  
Shaft ..... 5 p.m.  
Liar Liar ..... 7 p.m.  
Grease ..... 9 p.m.  
Natural Born Killers . 11 p.m.

### Tuesday

Mr Deeds ..... 1 a.m.  
Gothika ..... 3 a.m.  
Red Eye ..... 5 a.m.  
Liar Liar ..... 7 a.m.  
Lost in Translation ..... 9 a.m.  
Taking Lives ..... 11 a.m.  
Natural Born Killers ... 1 p.m.  
Grease ..... 3 p.m.  
Exit Wounds ..... 5 p.m.  
Ghost ..... 7 p.m.  
Shaft ..... 9 p.m.  
Stuck on You ..... 11 p.m.

### Wednesday

Liar Liar ..... 1 a.m.  
Grease ..... 3 a.m.  
Red Eye ..... 5 a.m.  
Lost in Translation ..... 7 a.m.  
Shaft ..... 9 a.m.  
Ghost ..... 11 a.m.  
Exit Wounds ..... 1 p.m.  
Stuck on You ..... 3 p.m.  
Natural Born Killers ... 5 p.m.  
My Giant ..... 7 p.m.  
Gothika ..... 9 p.m.  
Mr Deeds ..... 11 p.m.

### Thursday

Natural Born Killers ... 1 a.m.  
Exit Wounds ..... 3 a.m.  
Liar Liar ..... 5 a.m.  
Stuck on You ..... 7 a.m.  
Ghost ..... 9 a.m.  
Mr Deeds ..... 11 a.m.  
Gothika ..... 1 p.m.  
Shaft ..... 3 p.m.  
My Giant ..... 5 p.m.  
Red Eye ..... 7 p.m.  
Grease ..... 9 p.m.  
Lost in Translation .... 11 p.m.

# Bedrock and beyond...

## activities to keep you fit, happy and hungry for more

### Today

After promotion ceremony, **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)  
 6 p.m., **Combat Aerobics**: Muscle Beach (I)  
 6:30 p.m., **Spinning**: HOP  
 7:30 p.m., **Ping Pong Doubles**: Hot Spot  
 7:30 p.m., **Hip Hop**: ACC  
 9 p.m., **Karaoke**: Big Top

### Sunday

10 a.m., **Spinning**: HOP  
 2 p.m., **Spades**: Hot Spot  
 6:30 p.m., **Big Top Movies**: Underworld Evolution  
 7 p.m., **Spinning**: HOP  
 7 p.m., **Tae Kwon Do**: Muscle Beach (I)  
 7 p.m., **Darts**: ACC  
 7:30 p.m., **Intramural Basketball**: HOP  
 9 p.m., **Big Top Movies**: X-Men 3

### Monday

5 p.m., **Abs Class**: Muscle Beach (I)  
 5:30 p.m., **Push-up/sit-up competition**: Muscle Beach  
 7 p.m., **Spinning**: Muscle Beach (I)  
 7 p.m., **Dodgeball**: Big Top  
 7 p.m., **Toning**: HOP  
 7 p.m., **Ping Pong**: ACC  
 8 p.m., **Hearts**: Hot Spot  
 8 p.m., **Spinning**: Muscle Beach (I)

8 p.m., **Step Aerobics**: HOP

### Tuesday

8 a.m., **Bingo**: Big Top  
 4 p.m., **Body Blast**: Muscle Beach (I)  
 4 p.m., **8-ball**: Hot Spot  
 4 p.m., **Horseshoes**: Horseshoe Pits  
 5 p.m., **Three on three basketball**: courts  
 5 p.m., **Combat Aerobics**: Muscle Beach (I)  
 6 p.m., **Four on four volleyball**: courts  
 6 p.m., **Casino night**: Big Top  
 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 p.m., **Abs Class**: Muscle Beach (I)  
 7 p.m., **Spinning**: Muscle Beach (I)  
 7 p.m., **Toning**: HOP  
 7 p.m., **Spades**: ACC  
 7 p.m., **Dodgeball**: Big Top  
 8 p.m., **Step Aerobics**: HOP  
 8 p.m., **Spinning**: Muscle Beach (I)  
 8 p.m., **8-ball**: Hot Spot

### Thursday

5 p.m., **Combat Aerobics**: Muscle Beach (I)  
 6 p.m., **Around the World basketball**: courts  
 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 WSOP #1**: 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.