



ALITIMES

July 7, 2006

T able of contents

Professional Airmen

Col. Orr offers his thanks for group's professionalism:
Page 2

"Communication"

Master Sgt. Herauf addresses the importance of clear communication: Page 3

CENTAF CC

Lt. Gen. North visits Ali Base:
Page 4

Mission ends

ESFS hand perimeter defense mission to Army: Page 5

Rapid Runway repair

ECES works on repairing Ali runway during closure: Page 6

Promotees

Promotees, award winners recognized in ceremony:
Page 7

Change of Command

332nd Air Expeditionary Wing changes commanders: Page 8

Infrastructure

ECES team keeps Ali Base solid: Pages 9-10

Self-help

Command Post controller builds new console: Page 11

Independence Day

Photos from the activities on July 4: Pages 12-13

Movies and more

Event schedules: Pages 14-16





ALI TIMES

Vol. 4, Issue 27

July 7, 2006

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Thanks for your professionalism

By Col. David Orr

407th Air Expeditionary Group Commander

Thanks very much for your professionalism and extra efforts in making a positive impression on Lt. Gen. Gary North, USCENTAF commander, and Chief Master Sgt. John Foran, command chief master sergeant, during their visit on Wednesday and Thursday. Despite the duststorms, General North was extremely impressed by the appearance of Ali as he toured our mission areas. More importantly, he was absolutely struck with the level of professionalism we enjoy on this team. Every personal encounter with General North and Chief Foran was characterized by sharp, attentive, and enthusiastic airmen representing the 407 AEG exceptionally well.

I also wanted to thank the various groups who volunteered their time and energy to put on a memorable 4th of July for Team Ali. The Fire Dawgs led the way with an 'Independence Day Eve' controlled fire and then provided the dunk tank and burger burn for everyone's enjoyment. Several of the professional organizations also took part in either running events or contributing personnel to help in the many activities. Our explosive ordnance disposal team put on a Firecracker celebration detonation and finally our energetic SVS team lined up many tournaments and activities that concluded in a Casino night led by Tech.



Col. David Orr

Sgt. David Paquin that was a monster hit for hundreds of our airmen.

Thanks again, I am very proud of how you are conducting the mission, how we are growing as professional airmen, and how we are thriving in doing the extras that make such a positive difference for the entire organization. Let's keep up the great pace in July and August and see you on Bedrock!

Front Page photo

Senior Airman Jeffrey Bowman, 407th Expeditionary Civil Engineer Squadron pavements and grounds, cuts through the pavement on the Ali Base runway to make some repairs during Sunday's six hour runway closure. For more photos, see Page 6. (Photo by Master Sgt. Andrew Gates)

What Leaders say...

"The F-22 is performing in a magnificent manner. Two squadrons are up and running down at Langley (AFB, Va.) – the 27th Squadron and the 94th Squadron. The 94th Squadron is Eddie Rickenbacker's "Hat-in-the-Ring" Squadron. It's been around for awhile. We've got the number 41 aircraft coming off the line down at Marietta. We'll have "AK" on the tail and we'll be headed for Alaska."

— Gen. T. Michael Moseley
Air Force Chief of Staff



Clear communication: key to success

By Master Sgt. Randy Herauf

407th Expeditionary Communications Squadron

People in organizations typically spend more than 75 percent of their time in an interpersonal situation; thus it is no surprise to find that at the root of a large number of organizational problems is poor communication. The Air Force is no exception. Communicating across AFSCs, all with a unique language and acronyms, makes sending clear communication difficult at best.

You can become an effective communicator by understanding sources of interference and practicing to be a good communicator. Communication is a complex exchange of verbal and nonverbal information between a sender and receiver. There are a number of sources of interference that enter into and degrade the communication process. Understanding and minimizing or removing the interference is essential for clear, concise communication.

The most common verbal interference is language. Senders and receivers attribute different meanings and emotions to words, which can lead to



Master Sgt. Randy Herauf

defensiveness. Becoming angry and emotional because of a misunderstanding focuses the sender's or receiver's attention on their response, not on the message. One way to combat defensiveness is to remain calm and ask for clarification.

A large percentage of the meaning we derive from communication, we derive from nonverbal cues. Often a person says

one thing but communicates something different through facial expressions, vocal intonation and body language. These mixed signals force the receiver to choose between the verbal and nonverbal parts of the message. Most often, the receiver chooses the nonverbal aspects. Mixed messages create tension and distrust because the receiver senses that the

communicator is hiding something or is being less than candid.

Of all the nonverbal cues facial expressions are the most overt. Facial expressions may provide clues to the receiver's response and acceptance of the message. Forced or non-existent eye contact, a furrowed brow or a tight smile could be indicators the message is not being accepted.

Verbal and nonverbal components are two facets of sending and receiving a message. Listening, the third component of communication, is often the most difficult to master. Listening to understand, not to respond, is a crucial piece of the communication process. By trying to understand the perspective of the person, along with the intent of the message, you may gain insight into the purpose of the communication. If you catch yourself thinking about your response you are not listening to understand.

Communicating effectively is not an easy process. However, by understanding what causes interference during communication, you can overcome the obstacles and become a better communicator.

**Tops in Blue is here --
Monday, 5 p.m. and 9 p.m., Big Top**

CENTAF commander visits Ali

The U.S. Central Command Air Forces commander visited Ali Base Wednesday and Thursday during a quick tour of Central Command.

Lt. Gen. Gary North recieved a mission brief on Air Expeditionary Force 1/2 goals, toured the Combined Defense Operations Center and the fire department, met with 407th Air Expeditionary Group Airmen at a troop call, coined 10 of the group's "most professional Airmen," and toured the Ziggurat.

During his troop call, he emphasized the mission of the 332nd AEW and the group here at Ali.

"What we do here is extremely important for the future," he said. "We are fighting America's wars far away from America's borders."

The general was impressed with what he saw at Ali.

"Keep it(the hard work) up," he said. "You are accomplishing the mission very well in the 407th."



Lt. Gen. Gary North, U.S. Central Command Air Forces commander, spoke to Airmen at Ali about their impact on the Global War on Terrorism and answered a few questions. (Photos by Staff Sgt, Rasheen Douglas)



While at Ali, General North coined 10 Airmen for their professionalism. Here, he congratulates Airman 1st Class Haida Boyd for her efforts.



General North, left, gets a tour of the Ziggurat.

Find out the latest Air Force News —
go on-line at www.af.mil

ESFS hand perimeter defense mission to Army

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

After more than three years of protecting Ali Base, the 407th Expeditionary Security Forces Squadron "Desert Hunters" turned over the perimeter defense mission to the Army's 528 Quartermaster Company in a ceremony June 30.

The ceremony culminated a month of training by the "Desert Hunters," bringing their Army counterparts up to speed on applicable tactics, techniques, and procedures.

This will be the first time since Ali Base opened in March 2003 that Air Force security forces specialists haven't provided perimeter security, said Chief Master Sgt. Robert Henson, 407th ESFS security forces manager, during the ceremony.

"Several months ago, as we realized the Air Force would no longer have permanently assigned aircraft at Ali, the Air Force knew we would need to hand over this defense mission to the Army," he said.

The beginning of the ceremony officially recognized the efforts of the 164 Soldiers who completed the training, provided by members of the 407th ESFS.

"They studied all aspects of integrated base defense for the first two weeks of training," said Chief Henson. "For the last two weeks, they worked side by side with our 'Desert Hunters' to get a feel for the area and got practical experience on defending the base. I am confident that these Soldiers are prepared to conduct defense of Ali Base."

After the 'graduation' ceremony, the Air Force officially handed over responsibility to the Army. In a normal environment, that transfer of authority is represented by the passing of a flag. In this instance, the outgoing Air Force commander unloaded his M-9 and relinquished the magazine, symbolizing the end



Maj. Benito Barron, 407th Expeditionary Security Forces Squadron commander, hands an M-9 magazine to Col. David Orr, 407th Air Expeditionary Group commander to signify the 407th ESFS relinquishing the Ali perimeter defense mission during a ceremony June 30. (Photo by Staff Sgt. Rasheen Douglas)

of the active mission, according to Chief Henson, while the assuming Army commander accepted, and loaded, an M-9 magazine.

"This is bittersweet for me," said Maj. Benito Barron, 407th ESFS commander, during the ceremony. "The 'Desert Hunters' had a mission that was meaningful and fun – we had the opportunity to go outside the wire and make a difference. But I know that the legacy of the 'Desert Hunters' will survive – because the Soldiers learned from the best and will do a great job protecting Ali Base."

Army Capt. Joshua Dalton, commander of the 528th Quartermaster Company, which is the unit assuming the mission, was equally enthusiastic.

"I couldn't be prouder that I am to serve with you Soldiers," he said of the incoming perimeter defense team. "You are going to do a great job – you Soldiers have trained hard

– harder than I expected – to get where you are today."

Because the Army is taking over the perimeter defense mission, more than 170 Air Force security forces 'Defenders' are redeploying out of Ali – either filling in security positions around the theater or returning home. They were recognized during a ceremony Saturday.

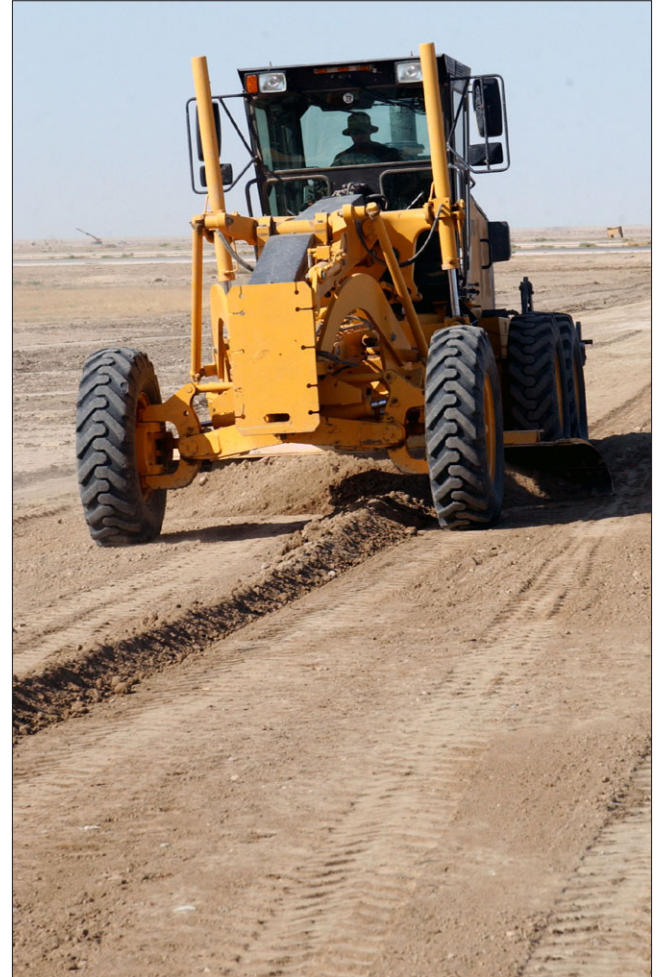
"Desert Hunters, this is one of the proudest moments of my career. Being able to award you the Iraq Campaign Medal is a moment I will cherish. But please understand, this is not given to you, it is earned," said Major Barron. "You have endured tremendous climatologically adverse conditions; extreme heat, sand storms, and high winds to name a few. And you did it in full battle rattle (protective gear); some of you were in the rolling ovens we call HUMVEES. You can be proud of being a combat veteran – proud that you are a 'Desert Hunter.'"

Rapid Runway Repair

ECES team gets six hours to make repairs, modifications to Ali strip



Members of the 407th Expeditionary Civil Engineer Squadron heavy equipment team move dirt away from the Ali runway.



A 407th ECES heavy equipment operator grades the Ali runway during a six-hour break in flying operations Sunday. The grading removes weeds and allows for better erosion control. The runway is closed every two weeks to allow for upgrades and repairs. (Photos by Master Sgt. Andrew Gates)



Staff Sgt. Sean Italiane starts the compressor to run the jackhammer to break up runway pavement.

Left, Sergeant Italiane prepares buckets of concrete to repair the Ali runway. Right, he attaches the barrier cable to the back of a vehicle to pull it out of the way. The majority of patching was under the barrier cable, which hits the concrete when aircraft land.





Engine work

Tech. Sgt. Chadwick Blackmon, 407th Expeditionary Civil Engineer Squadron power production, performs preventive maintenance on one of two engines that maintain the barrier cable on the Ali runway. Fighter aircraft can “catch the cable” if they have problems with their brakes. (Photo by Master Sgt. Andrew Gates)

Ali recognizes promotees, award winners in ceremony

The following Ali Airmen were recognized as June’s best of the best during an award ceremony June 30:

Airman of the Month: Airman 1st Class Robert Trace, 407th Expeditionary Security Forces Squadron

NCO of the Month: Tech. Sgt. Mike Valenzuela, 407th Expeditionary Operations Support Squadron

Senior NCO of the Month: Master Sgt. John Lewis, 407th Expeditionary Communications Squadron

CGO of the Month: Capt. James Swanner, 407th ECS

Additionally, the following Airmen were recognized during the monthly promotion ceremony June

30 for their impending promotions during the month of July:

407th Expeditionary Civil Engineer Squadron

Tech. Sgt. Paul Neal

407th Expeditionary Logistics Readiness Squadron

Staff Sgt. Armando Mendoza

Senior Airman Erica Beattie

407th ESFS

Master Sgt. Blake Holm

Tech. Sgt. Regina Scott

Staff Sgt. Matthew Nelson

Senior Airman Douglas Beyer

Senior Airman Natalie Butterbaugh

Senior Airman Ronald Cook

Senior Airman Nathaniel Darling

Senior Airman Bryan Richter

Senior Airman Vazquez Rivera

Senior Airman Lorenzo Waiters

Airman 1st Class Bradley Chinlund

Airman 1st Class Eric Ciullo

Airman 1st Class Edward Coffey

Airman 1st Class Caleb Compton

Airman 1st Class John Gallenstein

Airman 1st Class Chandee Pressnall

Airman 1st Class James Stumbo

407th Expeditionary Services Squadron

Airman 1st Class Jordan Kyle

Airman 1st Class Dustin McBroom

Finally, the following Airmen were recognized for completing their Career Development Courses with scores of more than 90 percent:

407th ECES

Senior Airman Katherine Maglia

Senior Airman Jurle Gaver

Tech. Sgt. Thomas McDonough

407th ESFS

Airman 1st Class Philip Crumbley

Airman 1st Class Jeremy Wagner

Airman 1st Class Tanya Duran

Airman Ryan Nicholson

Airman Jacquelyn Kriskie

332nd AEW changes commanders

by Lt. Col. Bob Thompson

332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq – After a year as wing commander, Brig. Gen. Frank Gorenc completed his tour and passed the 332nd Air Expeditionary Wing flag and command responsibilities to Brig. Gen. Robin Rand on July 5.

As the commander of the only Air Force wing in Iraq, General Rand leads about 7,000 Airmen at five air bases and more than 50 forwarding operation bases inside the country.

“I have picked our very best to lead the 332nd,” said Lt. Gen. Gary North, commander of U.S. Central Command Air Forces, who officiated the ceremony. “Clearly General Rand has a diverse background and the leadership skills to lead this wing. He faces the challenge of leading a unit that is in its full stride in combat operations across Iraq.”

The wing’s headquarters is at Balad AB, located about 42 miles north of Baghdad.

Also, Airmen from the 332nd AEW provide airfield management, civil engineering and aerial port operations at Kirkuk AB and Ali Base at Tallil as well as at Baghdad’s Sather and Speicher air bases.

“If there is one word to sum up my feelings today, it is honor,” General Rand said. “It is an honor to



Brig. Gen. Frank Gorenc (left) shares a light moment with Brig. Gen. Robin Rand during the 332nd Air Expeditionary Wing change of command ceremony here, July 5. General Gorenc relinquished command of the only Air Force wing in Iraq to General Rand who begins a year-long tour in charge of about 7,000 Airmen at five air bases and more than 50 forward operation locations in Iraq. (Photo by Staff Sgt. Tony Tolley)

command the 332nd AEW Red Tails and to lead this combat wing at such a critical point in history.”

The heritage of today’s wing is tied to the famous 332nd Fighter Group led by the Tuskegee Airmen of World War II. Having to fight racial prejudice for the right to fight, the African-American pursuit pilots never lost an allied bomber they escorted during 11,000 combat sorties over Europe.

“We are fighting today to help secure freedom like the original Tuskegee Airmen did in World War II,” General Rand said.

General Rand is deployed from Luke Air

Force Base, Ariz., where he served as commander of the 56th Fighter Wing, the largest fighter wing in the Air Force.

On June 13, he relinquished command of more than 7,000 military and civilian people, and more than 180 F-16 fighter jets, the Gila Bend Air Force Auxiliary Field and the Air Force part of the 1.7 million-acre Barry M. Goldwater Range.

General Rand was commissioned in 1979 following graduation from the U.S. Air Force Academy. He completed undergraduate pilot training the following year.

During his career,

which includes five overseas assignments, General Rand has served as an instructor pilot, an air liaison officer with the U.S. Army, and an F-16 weapons officer and squadron commander. Also, he has been assigned to the Joint Staff, served as a deputy operations group commander and was the commandant of the U.S. Air Force Weapons School, Nellis AFB, Nev. Prior to commanding the 56th Fighter Wing at Luke AFB, he commanded the 8th FW at Kunsan AB, South Korea.

The general is a command pilot with more than 4,400 flying hours.

Maintaining a solid skeleton

Structures flight builds, repairs Ali Base infrastructure

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Like the trunk and limbs of a tree, the infrastructure of a base gives its inhabitants certain reliability – places to work, to live and to have fun.

And like the tree, the base will continue to grow, responding to changes in the environment to add or remove certain infrastructure and to repair damage done by the elements.

At Ali Base, that job – maintaining the base infrastructure and restoring buildings after any attacks – falls to the men and women of the 407th Expeditionary Civil Engineer Squadron structures flight.

“We provide flexible facility construction to maintain and improve the structures on Ali Base to sustain the force and to recover the base after an attack,” said Senior Master Sgt. Christopher Foster, 407th ECES structures shop superintendent. “We want to make sure we take care of that infrastructure and provide the best possible service to our customers – we want to take care of our Airmen’s facility needs to help them accomplish their missions.”

To meet that need, the flight’s operations range through all forms of construction, said Master Sgt. Roger Chouinard, structures shop. “One day we may be fixing tents in Bedrock (the Air Force community) and the next we may be building ductwork for a new air conditioning units.”

Mornings for the flight begin early – usually starting outside work around 6 a.m. to beat the desert heat, which in July ranges at nearly 120 degrees in the middle of the day. The afternoons, said Sergeant Chouinard, normally are spent



Tech. Sgt. Shawn Swiatocha and Staff Sgt. Sean Kessler set the frame for a California shelter. The shelter was built to increase the amount of space in the Ali fitness center. (Photo by Master Sgt. Andrew Gates)

working on indoor projects and preparing for the next day’s activities.

The mission is somewhat different from that at home for this crew, most of whom are Guardmen on a standard four-month rotation.

“Our mission here is much faster and much more critical,” said Staff Sgt. Charles Saunders, de-

ployed here from the 117th Air Refueling Wing, a Guard unit in Birmingham, Ala. “I enjoy the ability to serve other folks here and hear their appreciation.”

There is a lot more construction to do here than at home, said Staff

Continued on page 10:

Structures

Structures

From page 9.....

Sgt. Sean Winchcombe, here from the 131st Fighter Wing, a Guard unit in St. Louis. He appreciates the opportunity to get much more hands-on experience and the sense of accomplishment he gets building something from nothing.

"It is important to me to make life better for the Airmen here and to improve the mission," he said.

Their construction work brings together a lot of disciplines, said Sergeant Chouinard.

"We have carpenters, masons, welders, sheet metal mechanics and sign makers," he said. "We construct or work on facilities using metal, lumber and various types of fasteners. We are lucky to have a great inventory of battery-operated tools here which allow us to travel to remote worksites and not have to worry about power. We also have a carpentry shop and a welding area with all the appropriate stationary machinery."

In the past 30 days, the team has put all their skills to use, said Sergeant Foster, working a number of projects for the installation. The team extended the vehicle parts warehouse by 1,400 square feet, helping the vehicle maintainers keep their repair parts inside. The parts were originally kept outside in storage boxes, so it was difficult to inventory and access them. They also built additional space for the Ali fitness



Staff Sgt. Jonathan Martin, Staff Sergeant Sean Winchcombe and the rest of the structures team pull the cover for a California shelter over the skeleton. (Photo by Staff Sgt. Rasheen Douglas)

center, known locally as Muscle Beach, to open up space for more workout equipment, and even put together a dunk tank for Ali July 4 activities.

Their biggest challenge is to complete all the projects they have and get home safely, said Sergeant Foster. Another big enemy, though, is dealing with the heat.

"The heat can really wear you down," said Sergeant Chouinard. "Sometimes you don't realize how much it has affected you until it's too late."

Even with the heat, the opportunity to build and improve facilities around the base gives the team the chance to meet many of the people at Ali.

"It's nice to know that the job you do is helping make someone else's work area a more conducive place to work," Sergeant



Sergeant Martin pins together the frame of a pre-built shelter. (Photo by Master Sgt. Andrew Gates)

Chouinard said.

Sergeant Saunders agrees.

"I see my positive and cheerful attitude, and

hard work, rub off on other people around me, which helps motivate them and encourage them to move forward," he said.

A little (self) help here!

Command post controller revamps, updates console

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

One of the precepts in a deployed environment is leave the base better than you found it upon arrival.

In that light, a command post controller at Ali has embarked upon a self-help project to improve the command post console.

“Right now, the console isn’t as functional as it needs to be,” said Tech. Sgt. Michael Jones, 407th Air Expeditionary Group command post. “We have three controllers on each shift; each of them has their backs to the other controllers.”

To remedy that, the amateur wood craftsman decided to renovate the console, drafting scale plans and building the console.

“Civil engineering is pretty busy with base projects, and I wanted to put my wood skills to use here,” he said. “Since I am a controller, I can build a console to perform our duties in a friendlier environment, with the input from the other controllers.”

Although Sergeant Jones is doing the majority of the planning and the



Tech. Sgt. Michael Jones, 407th Air Expeditionary Group command post, sands down a board to use in building the new console.



Sergeant Jones uses wood filler to even out one of screw holes in the console. (Photos by Master Sgt. Andrew Gates)

work, the other five controllers help. For instance, on Sergeant Jones' night shift, one controller runs the operations while the sergeant upgrades the console, and the other controller assists as much as possible. The day shift helps pick up the supplies that Sergeant Jones needs.

The project should take about two weeks, depending on how quiet the

nighttime shift is, said Sergeant Jones.

"This isn't a hard project for me to do," he said. "It is a little harder since I am using only handheld tools. I am more used to using my woodshop at home, which is a little easier on the back."

This isn't the only project Sergeant Jones has done, but it is the largest one.

“Last year, my wing

commander asked someone who had wood crafting experience create a plaque and carve a phrase on it,” Sergeant Jones said. “I also designed an add-on to the console at my home station’s alternate location – it had a center bookcase between the controllers. I would have built it, but this deployment and impending orders will prevent me from completing it.”

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Some things are worth repeating...

[illegible]

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Independence Day celebration

Ali Airmen enjoy festivities celebrating America's freedom



Airmen enjoy the traditional July 4 fare of hamburgers and hot dogs.



Grilling up some of the hot dogs and hamburgers enjoyed by Airmen of the group.



Although there weren't any fireworks for July 4th, the 407th Expeditionary Civil Engineer Squadron explosive ordnance disposal set off some controlled detonations



Left: The company grade officers established a 'jail' where people could 'arrest' people and keep them under armed guard with water pistols. Right: Sometimes the guards got a little out of hand... (Photos by Staff Sgt. Rasheen Douglas)



An Airman attempts to dunk the 407th Air Expeditionary Group commander in the dunk tank, sponsored by the Focus Five-Six group. The 407th ECES structures shop built the tank.

July 4 recreation events

Services offers up sporting, celebration activities



A three on three player drives for the basket.



The July 4th basketball competition was hard fought. (Photos by Staff Sgt. Rasheen Douglas)



A basketball competitor goes for a layup.



The 407th Expeditionary Services Squadron set up a casino night where people were able to bid their winnings on various prizes. People played blackjack...



... Texas Hold'Em ..



.. and Bingo, among many other games.

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 Monday**. Be specific! The winner will receive their choice of a cheesy prize from the 407th AEG/PA prize box.

Congratulations to Army Staff Sgt. Michael Petrilli, who correctly identified a toilet brush. There were eight correct answers and three incorrect answers (the common misconception was a boot brush). 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:

2.3.3.1. Members are authorized to wear black or brown T-shirts. Additionally, the long-sleeved black or brown turtleneck shirts or dickies and white, black, or brown thermal undershirts are authorized. The Under Armour tight-fitting T-Shirt is not conservative. Personnel will not wear the Under Armour tight-fitting T-Shirt as an outer garment. When wearing the Under Armour tight-fitting T-Shirt as an undergarment, personnel will not remove their DCU blouse.

407th AEG

Warrior of the Week



Senior Airman Adam Little

Unit: 407th Expeditionary Civil Engineer Squadron

Duty title: Fire Protection Specialist

Home station: 145th Airlift Wing

Why other warriors say he's a warrior: "This warrior was selected because he is a motivated self-starter, a star performer, and he deserves to be recognized for his accomplishments."

- Senior Master Sgt. Darryl Cook, Chief, Fire Protection Services

Most memorable Air Force experience: "The most memorable experience I have had was when I graduated from Air Force Fire School."

Why I joined the Air Force: "I joined the Air Force because I wanted to become a certified firefighter and I wanted the experience to help me with a civilian job. I also joined the Air Force so I could help so when I have kids and they have kids they will be able to enjoy freedom like I have."

Hobbies: "Volunteer firefighter, fishing, hunting, church softball."

Information about his family: "Single"

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

Crocodile Dundee (1986), 1 a.m., Paul Hogan, Linda Kozlowski, *action/adventure*; **Crush** (2002), 3 a.m., Andie McDowell, Imelda Staunton, *comedy, romance*; **Herbie: Fully Loaded** (2005), 5 a.m., Lindsay Lohan, Michael Keaton, *action/adventure, comedy*; **Top Gun** (1986), 7 a.m., Tom Cruise, Kelly McGillis, *action/adventure, romance*; **One Week** (2001), 9 a.m., Kenneth Young, Saadiqa Muhammad, *drama*; **The Lost World** (1997), 11 a.m., Jeff Goldblum, Julianne Moore, *action/adventure, thriller*; **King Arthur** (2004), 1 p.m., Clive Owen, Ioan Gruffudd, *drama, action/adventure*; **Maddea's Family Reunion** (2006), 3 p.m., Tyler Perry, Blair Underwood, *comedy, drama*; **What About Bob?** (1991), 5 p.m., Bill Murray, Richard Dreyfuss, *action/adventure, comedy*; **Hannibal** (2001), 7 p.m., Anthony Hopkins, Julianne Moore, *drama, suspense*; **In the Mix** (2005), 9 p.m., Usher Raymond, Emmanuelle Chriqui, *comedy*; **Brown Sugar** (2002), 11 p.m., Taye Diggs, Sanaa Lathan, *comedy, romance*; **Chicago** (2002), Renee Zellweger, Catherine Zeta-Jones, *drama, musical*; **Barbershop** (2002), Ice Cube, Anthony Anderson, *comedy*.

Saturday

Crush 1 a.m.
What About Bob? 3 a.m.
Chicago 5 a.m.
One Week 7 a.m.
The Lost World 9 a.m.
Barber Shop 11 a.m.
Herbie 1 p.m.
Madea's Fam Reu'n... 3 p.m.
Crocodile Dundee 5 p.m.
King Arthur 7 p.m.
Hannibal 9 p.m.
Top Gun 11 p.m.

Sunday

Crocodile Dundee 1 a.m.
The Lost World 3 a.m.
Hannibal 5 a.m.
Herbie 7 a.m.
What About Bob? 9 a.m.
Madea's Fam Reu'n... 11 a.m.
Top Gun 1 p.m.
Chicago 3 p.m.
King Arthur 5 p.m.
Barber Shop 7 p.m.
One Week 9 p.m.
Crush 11 p.m.

Monday

The Lost World 1 a.m.
Brown Sugar 3 a.m.
King Arthur 5 a.m.
Top Gun 7 a.m.
Hannibal 9 a.m.
Crush 11 a.m.
One Week 1 p.m.
Madea's Fam Reu'n... 3 p.m.
Herbie 5 p.m.
What About Bob? 7 p.m.
Crocodile Dundee 9 p.m.
In the Mix 11 p.m.

Tuesday

Herbie 1 a.m.
Hannibal 3 a.m.
One Week 5 a.m.
Crocodile Dundee 7 a.m.
Madea's Fam Reu'n... 9 a.m.
Top Gun 11 a.m.
King Arthur 1 p.m.
Barber Shop 3 p.m.
Crush 5 p.m.
What About Bob? 7 p.m.
Chicago 9 p.m.
The Lost World 11 p.m.

Wednesday

Crush 1 a.m.
Top Gun 3 a.m.
Madea's Fam Reu'n... 5 a.m.
Crocodile Dundee 7 a.m.
One Week 9 a.m.
Hannibal 11 a.m.
What About Bob? 1 p.m.
Brown Sugar 3 p.m.
The Lost World 5 p.m.
In the Mix 7 p.m.
King Arthur 9 p.m.
Herbie 11 p.m.

Thursday

Brown Sugar 1 a.m.
Crush 3 a.m.
Chicago 5 a.m.
Top Gun 7 a.m.
Herbie 9 a.m.
One Week 11 a.m.
King Arthur 1 p.m.
The Lost World 3 p.m.
Madea's Fam Reu'n... 5 p.m.
What About Bob? 7 p.m.
Crocodile Dundee 9 p.m.
Hannibal 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., **Abs Class**: Muscle Beach (I)
 7 p.m., **Dominoes**: ACC
 7 p.m., **Toning**: HOP
 7:30 p.m., **Intramural Volleyball**: volleyball courts
 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)
 8 a.m., **Abs Class**: Muscle Beach (I)
 5:30 p.m., **Pull up competition**: Muscle Beach
 6 p.m., **Combat Aerobics**: Muscle Beach (I)
 6:30 p.m., **Spinning**: HOP
 7 p.m., **Abs Class**: Muscle Beach (I)
 7:30 p.m., **Intramural Basketball**: b-ball courts
 7:30 p.m., **Ping Pong**: Hot Spot
 7:30 p.m., **Hip Hop**: ACC
 9 p.m., **Karaoke**: Big Top

Sunday

9 a.m., **Three point shoot out**: b-ball courts
 10 a.m., **Spinning**: HOP
 2 p.m., **Dealer's Choice Poker**: Hot Spot
 6:30 p.m., **Big Top Movies**:
 7 p.m., **Horseshoes**: Horseshoe pits
 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**: b-ball courts
 9 p.m., **Big Top Movies**:

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., **Madden**: Hot Spot
 8 p.m., **Spinning**: Muscle Beach (I)
 8 p.m., **Step Aerobics**: HOP

Tuesday

4 p.m., **Body Blast**: Muscle Beach (I)
 5 p.m., **Bench your weight competition**: Muscle Beach
 5 p.m., **Combat Aerobics**: 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., **Texas Hold'em WSOP #2**: Big Top
 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
 7:30 p.m., **Intramural Volleyball**: volleyball courts
 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)
 6:30 p.m., **Tug of War**: 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 #3**: 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.