



ALITIMES

August 18, 2006

Table of contents

Ali Warriors--Mission and People

Col. Orr encourages Airmen to sprint to the finish line in peak condition.

Page 2

Airmen live out dreams

Lt. Col Carlson talks about the accomplishments of the 407th ECES. Page 3

Hearts Apart Story Time

Airmen talk about the new center and the great program.

Pages 4-6

Power Pro checks MAAS on Ali's barriers

Tech. Sgt. Harmonosky explains the Moblie Aircraft Arresting System.

Pages 7-8

LINES Combatives

2d Lt. Harris teaches Ali Airmen LINES combatives.

Pages 9-11

AF captures All-Star softball championship

Chief Master Sgt. Bob Henson recaps the championship game.

Page 12

Ali Sports

Tournament standings, upcoming events and more.

Page 13

Movies and more

Event schedules. Pages 14-16





Vol. 4, Issue 32
Aug 18, 2006

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Cover Photo

Tech. Sgt. Mark Harmonosky (front) and Tech. Sgt. Fredrick Moore, 407th ECES Power Pro technicians, check the tape on the Moible Aircraft Arresting System located on the Ali Base runway. The MAAS uses the same principles as an aircraft arresting system on an aircraft carrier. Story on pages 7-8. Photo by Master Sgt. Ruby Zarzyczny

Ali Warriors—Mission and People

By Col. David Orr

407th Air Expeditionary Group Commander

In closing out the dog days of an Iraqi summer and our contributions as AEF 1/2 warriors, I want (demand) us to stay motivated and fulfilled until we depart Ali Base and the 407 AEG.

This has been an outstanding rotation for our AEF, and it's due to your professionalism and zeal that you put into the mission and in support of the individual Airman goals that I outlined on day one.

As we entered this final month, I was told that disciplinary issues would peak and morale would falter. I didn't buy it and based on your continued spark and professionalism, I have no doubt we will sprint to the finish in peak condition.

Optimizing the mission and achieving professional growth is far from complete—lots of projects remain in your daily duties and you should now be preparing a turnover plan for your replacement.

On the professional growth side, I'm bombarding you with activities for several reasons, 1) You work hard and need the combat outlet, 2) The military offers very unique extracurricular activities that help define our vocation and heritage, 3) It forces you to stay engaged with a lot of interesting and fun people, fellow Ali Airmen, 4) It is key for mission success because it accentuates the cohesiveness and esprit de corps of the entire unit, and 5) We become better professional airmen, better life-partners, and better American citizens.



Col. Dave Orr

Cheers to you and remember, "it takes 64 muscles to frown and only 16 to smile, so why are you working so hard!"

'Iron' Orr's Olympic Thoughts

- ▶ Winning isn't everything but wanting to win is
- ▶ Winning isn't everything but it sure beats coming in second.
- ▶ Show me 10 good sportsmen and I will show you a losing dodgeball team.
- ▶ Team...Together Everyone Achieves More.

Airmen live out dreams

By Lt.Col. Eric Carlson

407th Expeditionary Civil Engineer Squadron commander

What kid doesn't want to grow up and work in construction, or be a firefighter or even blow things up? Many of us are now living that dream, and even better, as part of the most important military effort of our generation. Civil Engineering provides the facilities and infrastructure necessary for us all to do our jobs and live comfortably in an austere environment. Additionally, we provide emergency response and preparedness ensuring the safety and well being of Ali warriors and the continuation of our mission.

The Squadron is comprised of five sections: Operations and Maintenance, Engineering, Fire Protection, Emergency Management and Explosive Ordnance Disposal.

Operations and Maintenance, the largest section, consists of the traditional construction trades such as Electrical, Heating, Ventilation and Air Conditioning (HVAC), Heavy Equipment, Utilities, Power Production, Structures, Material Control and Entomology. What would we do without water, power, facilities to live and work in or roads to drive on? We could call one of these shops.

They handle the day-to-day service calls for broken doors and windows, leaky faucets, malfunctioning toilets, inoperable A/C units and faulty lighting.

Beyond that, they meet the needs of the Group by tackling the more involved projects like power distribution and facility construction. Some of the more visible projects for this rotation involving multiple shops are the Muscle Beach expansion, the new Self-Help Laundry, the new latrine at the RAPCON site and a sunshade at the Fire Department.

Engineering takes care of designing, surveying, planning, programming and contracts. Engineering Assistants are trained in surveying, drafting and



Lt. Col. Eric Carlson

Courtesy Photo

construction management. They manage service for septic pumping, sandbagging and cleaning as well as construction contracts, including runway repair and bunker placement. The Engineering Assistant maintains accurate and updated site plans depicting facilities and utilities, critical for future construction planning as well as emergency operations.

In addition to the construction side of the house, Civil Engineering includes emergency responders. The Fire Department responds at a moments notice to structural fires, alarm activations, medical emergencies, hazardous material incidents and in-flight emergencies. They have a robust fire prevention program that includes building inspections, fire extinguisher training, and building smoke detector and air horns.

EOD is kept busy responding to UXO reports, suspicious packages, suspected IEDs and canine alerts. Emergency Management provides training for Nuclear, Biological and Chemical (NBC) defense and for Post Attack Reconnaissance (PAR) teams. They develop and evaluate base exercises while creating and refining base response plans.

If you need something done, call us. Civil Engineering may not always be glamorous, but it's what we do and we do it well!

Ali opens new "Hearts Apart Story Time" center

By Master Sgt. Ruby Zarzyczny

407th Air Expeditionary Group Public Affairs

The 407th ESVS held a ribbon cutting ceremony Aug 5 to dedicate their new Hearts Apart Story Time facility located in front of the Comfort Zone library. Col. David Orr, 407th AEG/CC, Capt. Timothy Smith 407th ESVS/CC and Staff Sgt. Aleena Corona, the driving force behind the self help project, cut the ceremonial ribbon to open the newly decorated expandable shelter.

The Hearts Apart Story Time program allows any deployed person, including DoD civilians, coalition forces, Soldiers, Sailors and Airmen, to record a message on a DVD to send home to their loved ones.

It is decorated with children's toys and books and has a comfortable atmosphere. Staff Sgt. Corona along with Staff Sgt. Michelle Messer, Staff Sgt. Michelle Stocker, Staff Sgt. Lasandra Crockett, Senior Airman Dawn Frehse and Airman Mark Smitley from 407th ESVS, along with Staff Sgt. Christien Savard from the Fire Department, helped decorate the Story Time shelter.

"Our desire was to make our customers feel like they were in a setting similar to one they would have back home," Staff Sgt. Corona said. "Our second objective was to have the families see



Photos By Master Sgt. Ruby Zarzyczny

After cutting the grand opening ribbon, Col. Dave Orr, 407th AEG commander takes a look at the new Hearts Apart Story Time center.

a comfortable environment instead of a combat zone environment while they view the video.

The program is used primarily by people who have children, but some people have made recordings for their spouses, friends, nieces, nephews and parents. The program has allowed more than 115 people at Ali to make recordings to send to their families.

Here is what some Airmen had to say about their experience with the Hearts Apart Story Time program.



Lt. Col. Dale Holland,
407th EOSS/CC

"I was the first one from this rotation to make a DVD for my kids," he said. "Staff Sgt. Corona was very helpful, and made the process very easy. After the word got out about the program, you had to call and schedule an appointment to make a DVD. I had a 10-15 minute wait when I made the last couple of DVDs. Obviously, the little wait was well worth the finished product, quality time with my family right here at Ali Base, Iraq."

"My son, who is four, and my daughter, who is 2, had a ball with the story DVD," he continued. "My wife told me that the kids were talking to the TV screen, thinking I was right there and they loved the stories."

"What a great idea, deployed AF members can reach back home and still share precious time with their children here in Iraq," he added. "The DVD will last forever, so the families at home can watch and hear the stories over and over again. Another thing, our great

Continued on page 5:
Story Time

Story Time

From page 4.....

library had a huge collection of children's books, so there are books for babies, toddlers, children and pre-teens, so don't think the Story Time DVD program is just for your wee little kids, it's for the whole family."



1st Lt. Frank Blaz, 407th CES

"The staff provided the most comfortable and intimate setting available," he said. "My privacy was well respected and there was no timeline imposed by the staff. There was no pressure whatsoever, so I found myself completely at peace to relay the message that I wanted to send to my son."

"For my son, it brought me right there to him," he continued. "My son watches my video over and over... I read him a story but I peppered it with one-on-one discussions where we "talked" about what was going on in the story. It doesn't get boring for him considering the attention span of a 7 year old. Whenever he misses me, he puts the DVD in and watches it again."

"I have recommended it to everyone in my squadron because you have more than fifteen minutes to get your message across to your loved ones!" he added. "All kidding aside, the value that you

gain is that your loved ones can see you, hear you and feel you. I know my son can see the love in my eyes when I am reading him the story. It's like being right there next to him. You can't beat it!"



Senior Airman Athena Martin, 407th ECS

"It was extremely comfortable to make my DVD," she said. "The setting was sort of like sitting at home in your living room. The only thing you needed was your imagination to pretend that the person you were talking to was right there with you."

"I made the DVD for my 3-year old daughter," she continued. "She absolutely loved it. To her, it was like I was there talking to her. It was just a way to show my family that I am okay and they can see me anytime they want to, even though I am thousands of miles away."

"I would recommend this service to anyone who has someone at home that misses them," she continued. "It allows your loved ones to see for themselves that you are okay and in good health."

"I truly believe that this program may be one of the best that Services has to offer," she

added. "When you have really young kids, sometimes you worry if they'll remember you when you get home after being gone for so long. Something a 20-minute DVD can keep those little ones closer to you while you're gone. My daughter has seen hers everyday since the day it arrived at home."



Airman 1st Class James Poole, 407th ECS

"It was very easy and convenient to make the DVD," he said. "One of the Comfort Zone personnel took me to the tent and set up the equipment. When I was done making the DVD, it was given back to me with an envelope to mail it with."

"My wife and my two young children loved it," he continued. "With that DVD I can read a book to my kids every night and let them see me whenever they want. I greatly appreciate this program because it is very important to me to have my children and my wife see me! This program is a great opportunity to reach out and let your families see that you are okay."

Continued on page 6:

Story Time

Story Time

From page 5.....

"In our line of work, we find ourselves away from our loved ones more and more," he added. This program provides another means of communication with your families, which makes it easier for me to focus on the mission. In my case, it gives me the ability to read a bed time story and sing goodnight to my kids, whom I miss more than anything. It also serves as a way my family can see me. This, in my opinion, is the greatest benefit for me at Ali and I am thankful for it!"

Staff Sgt. Christien Savard,
407 ECES/CEF

"Well I have made two so far, one in the old location and one in the new location," Staff Sgt. Savard said. "Both places were very comfortable, but the new location is definitely more children



Staff Sgt. Christien Savard

oriented."

"My family loved it!" he continued. "I would highly recommend the story time for everybody. It is not just for children but for anyone in your family.

Although Staff Sgt. Savard recommends this program to everyone, he cautions people to remember what they look like on the DVD.

"If you don't have a mustache and decide to grow one here, you might shock some people at home!" he added. "The next time I use the story time program, I will be filming around the base and the fire house."

To record a DVD message, call or stop by the Comfort Zone library and schedule an appointment. Appointments are made during the library's hours of operation, 7 a.m. to 11 p.m. Before your appointment, you will need to purchase a DVD from the Hot Spot for \$1.25. You will need to bring the DVD with you for your appointment. One of the Airmen from the library will help you set up the equipment. You'll be alone during the taping to provide the privacy you need to record your message. After you're finished with your message, the Airman will finalize it, and give it to you to mail home.

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

MND-B's 1st Sqdn., 10th Cav. Regt., distributes humanitarian-aid to Arab Jabur residents

By Staff Sgt. Kevin Lovel,

363rd MPAD

ARAB JABUR, Iraq – Soldiers from Multi-National Division – Baghdad's Troop B, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, provided local residents with humanitarian-aid July 27 as part of Operation River Falcon near the Tigris River.

"The purpose of the mission was to get the atmospherics of Arab Jabur so that we can get a feel for the area, develop a continued presence and distribute humanitarian-aid to the residents," said 2nd Lt. David Bowers, fire support officer, Troop B, 1st Sqdn., 10th Cav. Regt.

Bowers led a dismounted patrol into the residential and farming areas of Arab Jabur, stopping by several residences and farms to get a feel for the attitudes and needs of the local residents.

"Basically, most of the people we talked with

today said they like having U.S. and Iraqi army forces here," he said. "They want to help us stop (terrorists) and be able to turn over the country to the Iraqi army and Iraqi police. That is exactly why we are here. We want to get better control of the area so we can establish check points and help keep the area safe from terrorists," said Bowers.

"The objective of the mission was to get into the sector and get good public relations with the locals," added Sgt. Joseph McShan, forward observer, Troop B, 1st Sqdn., 10th Cav. Regt. McShan served as a navigator and helped ensure routes were secure during the mission.

McShan said he thought the mission was successful.

"We showed a positive force by giving out food and taking down their issues, such as getting clean water and reliable electricity sources. We showed the people of Arab Jabur that we care," he said.

"We need to get a lot of good public relations out there so that the people will trust us, help us get rid of the terrorists and begin building the Iraqi government so that they can take care of themselves," concluded McShan.

Power Pro checks MAAS on Ali's barriers

Tech. Sgt. Mark Harmonosky

407th Expeditionary Civil Engineer Squadron Power Pro

No, the Power Production section doesn't inspect the Texas or Jersey barriers, we check barriers on the active runway. These barriers are called Mobile Aircraft Arresting System or MAAS.

There are two purposes for the MAAS. The first is to save a pilots' life during an In-Flight Emergency landing. Second is to prevent damage to a multi-million dollar aircraft as it attempts to land.

Power Production is a multi-faceted career field. At Ali Base, we operate and maintain two prime power plants, over 50 emergency generators and two sets of MAAS located at each end of the runway.

They perform daily inspections and maintenance on the MAAS to ensure the barriers will function when needed.

Simply stated, the MAAS is a complex system of hydraulic brakes, cables and connectors that all work together to bring aircraft to a stop in case of an emergency. It works on the same principles as an aircraft carrier except the MAAS is only used for emergencies. Here is a quick overview of how the system operates.

The MAAS is located on each side of the runway approximately 1200 feet from each end. It contains a reel of special nylon tape. This tape is 1/8" thick and about 8" wide.

The brake, is similar to those on a B-52 Bomber aircraft.

The tape inside the reel is threaded through tubes buried underground and is attached to the MAAS system at the edge of

the runway.

The end of the tape is coupled together with a "cowbell" type connector. The cowbells are attached to a cable called a "pendant" that extends the width of the runway.

The pendant is pulled tight and held by brakes that are applied to the tape reel.

The tail hook on the fighter jet is lowered when inbound for an emergency landing. When the tail hook engages the pendant, the brakes release and pressure is applied to the tape reel, gradually slowing down the aircraft to a complete stop.

After the Fire Department releases the aircraft, a post engagement inspection of the MAAS is accomplished. A 65 horsepower gas engine is utilized to rewind the tape back onto the tape reels. The system can be ready for another engagement within 3 and a half minutes.

The MAAS can be engaged by any tail hook equipped aircraft like the F-16, F-15 and Navy F-18s at speeds up to 180 knots and 80,000 pounds.



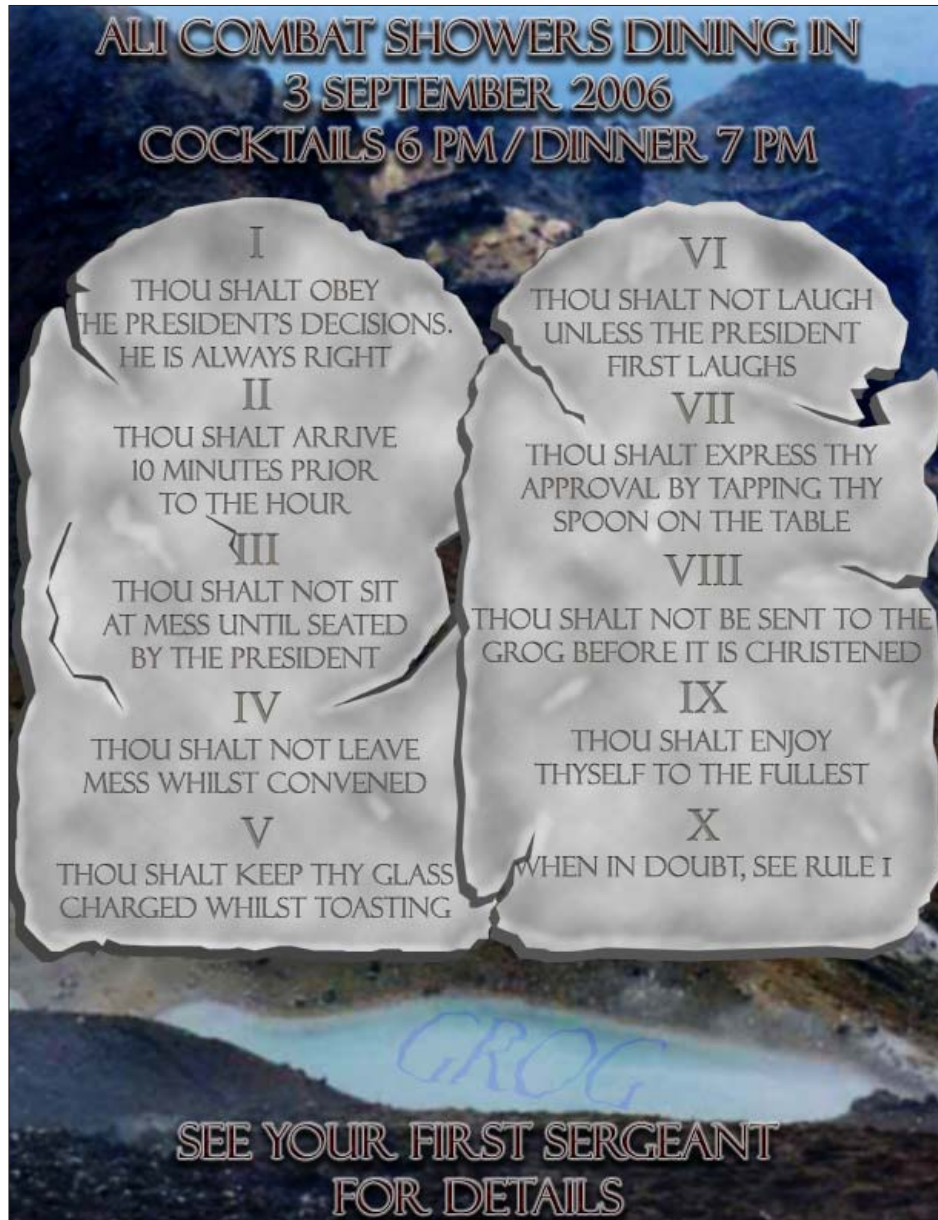
Photos By Master Sgt. Ruby Zarzyczny

Tech Sgt. Fredrick Moore (left) and Tech. Sgt. Mark Harmonosky, 407th ECES Power Production technician, conduct a daily check of the reel and hydraulic system of the MAAS.



Tech Sgt. Mark Harmonosky, checks the hydraulic fluid of the MAAS during a daily inspection.

407th AEG Dining In Sep 3



Happy Birthday

SRA Giovanni Fiorito,
407th ESFS—Aug 20

TSgt. Wesley Dear,
407th ECS—Aug 20

SSgt. Andrea Cherry,
407th ELRS—Aug 21

A1C Michael Goulet,
407th ESFS—Aug 23

TSgt. Angelo Gonzalez,
407th ESVS—Aug 23

MSgt. Michael Hollandsworth,
407th ELRS—Aug 23

SSgt. Aleena Corona,
407th ESVS—Aug 24

SRA John Jenkins,
407th ESFS—Aug 24

TSgt. Thomas McDonough,
407th ECES—Aug 24

MSgt. John Lewis,
407th ECS—Aug 25

SSgt. Alec Ferguson,
407th EOSS—Aug 25

2d Lt. teaches LINES combatives to Ali Airmen

By Master Sgt. Ruby Zarzyczny

407th Air Expeditionary Group Public Affairs

Several Airmen at Ali Base are attending a Linear Inflighting Neural Override Engagement System (LINES) combative certification course taught by 2d Lt. Joseph Harris, 407th AEG protocol officer. The course teaches a set of techniques to allow a person being attacked to go from a defensive position to an offensive position ending with a neutralizing blow to the attacker.

The LINES combatives classes are taught at Muscle Beach every Sunday at 2 p.m. and 4:30 p.m. and on Tues. and Thurs. nights at 9 p.m. Students should be able to get the certification in 7 to 8 weeks.

Lieutenant Harris attended a three week LINES combative instructors course at MacDill Air Force Base, Fla. This course is usually taught to Special Forces Personnel. According to 2d Lt. Harris, the LINES combatives instructors course he attended was taught to mainstream Airmen and was an Air Force bench mark.

"I volunteered to take the course because I've always liked martial arts and wrestling activities," 2d Lt. Harris said. "During the training, you practice the movements repetitively so you develop muscle memory, which allows the movements to become the defender's first reaction."

He completed the three-week LINES instructor certification course just before he deployed to Ali Base.

"The best way to keep up with your training is practice," 2d Lt. Harris said. "I decided to offer it to Airmen at Ali Base. I have 20 people who are attending the course on a regular basis."

Lieutenant Harris says these techniques can be used in hand-to-hand combat situations where you could have any number of assailants coming at you.

"The techniques are very simple in form so you can do them with low visibility and under extreme mental and physical exhaustion," he said. "These techniques teach you how to handle any number of attackers. They also allow you to quickly



Photos by Master Sgt. Ruby Zarzyczny

2d Lt. Joseph Harris gives instruction to Staff Sgt. Sebastian Manna during the LINES combatives class.

deal with one attacker after another, so you don't expend too much energy and the attacker doesn't get back up to attack you again."

There are 24 LINES combative movements 2d Lt. Harris teaches his students. The main emphasis is on the first six movements because they help defend against the most common types of attacks you will encounter. These movements involve joint manipulation.

The movements focus on applying pressure to the joints to put the attacker in a position where you can turn the tables from defensive to offensive movements. Despite the finality of most movements, the final outcome is not always fatal.

"The first two movements you learn are the wrist lock and the reverse wrist lock," explained 2d Lt. Harris. "These movements are used to get the attacker down in a position so you can have a "conversation" with them. You want to handle your assailant as effectively and as quickly as possible. You do this so you don't have to worry about him attacking you again and because you don't know how many more are coming around the corner to help him with the fight against you."

LINES combatives teaches mobility as a best defense. It includes ground fighting as well as knife fighting, which goes from defensive to purely

Continued on page 10:
Line Combatives

LINE Combatives

From page 9.....

offensive movements. These movements are broken down into small moves called "ditties." Once you learn one set of ditties you move onto the next until you receive your certification. The certification course includes a 20 second drill, 40 second drill and the Swarm.

"During the first 20 second drill, two students work together," 2d Lt Harris explained. "One student attacks using the first six movements learned in the course while the second person defends against those attacks in 20 seconds or less."

Once the student has successfully completed the first drill they move into the 40 second drill. During this drill, the students will alternate from a defensive to offensive position. The last drill of the certification process is the Swarm.

"The Swarm revolves around four basic attacks which

are the front choke, rear choke, front head lock and rear head lock," 2d Lt. Harris explained. "During the Swarm, four attackers attack the student in these four different ways. It's a rotating attack, so you don't know which movement you will have to defend against next. It tests the student's muscle memory and how well the student can use the movements they have learned."

"Before the student begins the Swarm, the instructor will ask the student two questions," 2d Lt. Harris added. "Are you ready? Meaning, are you ready to begin the Swarm? Do you understand? Meaning, do you understand there are only two ways out of the Swarm, either you do it correctly or you quit?"

Some of the students who might be entering the Swarm are Master Sgt. Joseph Hofmann, 407th AEG command post, and Staff Sgt. Michelle Messer. This is what they had to say about the course:

"I like the physical nature of the course," Master Sgt. Hofmann said. "It gives you a great workout, relieves some stress and allows you to see a different side of your co-workers."

"I hope I never have to use it, but it is better to have a tool and not need it than to find yourself in a situation with no idea of how to react," he continued. "I enjoy the instruction, it is fun and fast paced, but simple enough to pick up in a couple of classes."

Staff Sgt. Michelle Messer likes the LINES class because it is based on techniques that are easily learned and retained in a short period of



Staff Sgt. Michelle Messer sends her partner Senior Airman Jay Pastor to the ground as she switches from the defensive to the offense position during LINES combatives class.

time. She said it caught her attention because it could be learned in a short amount of time and she didn't want to start something she couldn't finish.

"I also joined because the class is a great stress reliever, an awesome workout and most importantly, it teaches you some self-defense moves," Staff Sgt. Messer said.

"Lt. Harris is very knowledgeable on the subject matter and has been very helpful throughout the program," she continued. "He is always there to meet and guide us, answer any questions we have and even to



Master Sgt. Joseph Hofmann (on the ground) is playing the role of the attacker while he is partnered with Airman 1st Class Haida Boyd during the LINES combatives course.

LINE Combatives

From page 10.....
teach techniques that someone might have missed at the Sunday class because they had to work.”

“I completed the first portion of my certification and I don’t believe I could have done that without a great partner and instructor,” she added. “There are two more qualification portions left which I am sure will be challenging but I know Lt. Harris will provide me with everything I need to

succeed”

“This was a great opportunity that I was able to take the instructor certification class,” 2d Lt Harris said. “I’m really glad I had the chance because now I’m teaching these skills to my students. It’s better to have the skills than to not have them. Even if they don’t finish the certification process, at least they have a better understanding of how to defend themselves if they are ever in a combative situation.”

“I would like my students to have a better awareness should they be attacked, whether it is in the AOR or at home station, they have the skills to defend themselves. Hopefully it will save some lives as well.”

407th ELRS busts PT goals

By Master Sgt. Ruby Zarzyczny

407th Air Expeditionary Group Public Affairs

Back on 1 Jun, ELRS set a goal of doing 1,000,000 push-ups by 1 Sept. On 12 Aug at 5:17 p.m. they surpassed their goal and are well on their way to 1,200,000 push-ups.

To compliment their PT program, they organized a supplemental physical fitness goal the entire squadron could work on together.

After completing 950,000 push-ups by 11 Aug, Lt. Col. Joseph Martin, 407th ELRS commander, decided to have a competition to complete the last 50,000 push-ups in 24 hours. They started at midnight on 12 Aug and surpassed their goal doing 1,029,000 push-ups by the end of the day.

The winners of the 24 hour competition were: Staff Sgt. Nic Conner, supply, completed the most push-ups in 60 seconds with 124. Staff Sgt. Al Mier, vehicle maintenance, completed the most push-ups in 10 minutes with 375. Lt. Col Joe Martin, commander, completed the most push-ups in a row with 501. 407th ELRS Air Operations completed the most push-ups by flight with 24,204.

The 407th ELRS supply section completed the most push-ups average by a flight with 1,105 per person.

Staff Sgt. Al Mier completed the most push-ups in the 24 hour with 5,050.

This was an innovative way to keep the 407th



Photo By Master Sgt. Ruby Zarzyczny

Master Sgt. MJ White from 407th ELRS POL completes 80 push ups during a “Max in 60 seconds” competition.

ELRS “fit to fight.”

“Physical fitness is an important part of being a warrior and an Airman, so I established a few “stretch goals” for physical fitness to make our improvements both fun and measurable,” Lt. Col. Martin said. “Many folks deploy with the goal of dropping a few pounds, so rather than simply inspiring them to do so, I set the squadron goal of 500 pounds as a target for us all to shoot for. As of our last weigh-in we lost over 800 pounds!”

AF captures All-Star softball championship

Chief Master Sgt. Bob Henson

407th ESFS, Security Forces Manager

The Air Force All-Star softball team proved their mettle last night and walked away with the inter-service softball championship! The first game started late and this seemed to affect the Air Force team as they were only winning 15 – 13 after five innings. But they exploded with 12 runs in the sixth inning pushing their lead to 27 – 13. This took the wind out of the Army as they could only muster a few more runs and the Air Force ended up victorious by a final score of 31 – 19.

The second game proved a bit more challenging and may go down in the annals of sports as one of the longest softball games ever! The Air Force dominated the first four and-a-half innings by continuing their hitting clinic and had a comfortable lead of 28 – 6. With the “10-run mercy rule” hanging over the Army’s heads, they had to score at least 13 runs in the bottom of the inning or the game was over.

This appeared to motivate them as they put on a strong hitting performance and scored 14 runs to make the score 28 – 20 after five complete innings. The come back didn’t phase the stronger Air Force team as they scored 13 more runs in the top of the sixth to take a commanding lead, 41 – 20...or so they thought!

Once again with the mercy rule in effect, the Army had their backs against the wall but didn’t waiver. They mustered the energy to score 12 more runs and kept their fate alive, making the score 41 – 32.

The last inning saw the Air Force lose their momentum and only score one run in the top of the seventh inning. The Army, tired and beat down, came out swinging

in their last at bat and started a rally by scoring the first four batters who came to the plate. As the inning progressed, the Army loaded the bases with two outs but couldn’t get a hit and the game ended with a final score of 42 – 36.

Some notable players must be mentioned...**SMSgt Daryl Cook, 407th ECES**, displayed the biggest determination during the game as he crashed through the left field fence on three different occasions and on one of them robbed an Army player of a homerun. Each time he simply got up, dusted himself off and continued to play. That kind of intestinal fortitude in something you’re born with and not taught!

Staff Sgt. Brandon Wolfgang, 407th ESFS, apparently has his own following as the crowd went crazy each time he hit one of his several home runs over the fence, one of them splashing deep into the middle of the lake. The humble NCO never boasted or bragged and absolutely crushed the ball during both games.

Capt. Daniel Genest, 407th AEG/FM, receives the “unbeliev-



Master Sgt. Blake Holm stands at home taking some practice swings.

able award” as he hit a homerun. If you didn’t go the game, I’m sure he told you he got a homerun with no explanation. If you were at the game, then you know he got a single with three errors to make it around all the bases appearing to hit a homerun.

Lastly, was the Air Force crowd! The small contingent of Air Force fans made the games seem like they were played in Wrigley Field with its loud applause, heckling of umpires and good-natured ribbing of the Army team. In fact, they were so awesome, after the games they greeted the championship Air Force team with a well rehearsed water balloon fight that ended up with several players soaked to the bone. Thanks for making it a great event!

Thanks to all the players for clearly demonstrating your athletic prowess and spirit during the games! We’ve clearly demonstrated to the Army we have the better athletes and Airpower dominates here in Iraq!

Ali Sports

Watch as teams battle out in the regular season for playoff position.

Basketball Standings

Army	8-0
ESFS	8-2
ELRS	3-4
ECES	3-5
EOSS	2-5
ECS	0-8

Dodgeball Standings

ECES	10-1
AEG	7-1
ESVS	6-1
AUS	6-4
EOSS	6-5
ESFS	5-5
ECS	5-6
ELRS#2	4-6
ECEF	4-5
FP#1	2-5
ELRS #1	2-7

Volleyball Playoffs

Tuesday August 22

Game 1: ELRS vs ECEF 7:15 p.m.

Game 2: PERSCO vs ECS 8 p.m.

Game 3: Aus vs Game 1 Losers 8:45 p.m.

Game 4: AEG vs Game 2 Losers 9:30 p.m.

Wednesday August 23

Game 5: Game 1 winner vs Game 2 winner 7:30 p.m.

Game 6: Game 3 winner vs Game 4 winner 8:15 p.m.

Game 7: Game 5 loser vs Game 6 winner 9 p.m.

Thursday August 24

Game 8: Game 5 winner vs Game 7 winner

WSOP Winner

Lt. Col. Rick Converse

Strongest Man in the AOR, Aug 22, Muscle Beach.

For more information call 445-2136



Courtesy Photo

The 407th ESFS "Desert Hunters" won the base softball championship for a second time Aug 12 by a score of 44 - 16.



Photo By Master Sgt. Ruby Zarzyczny

Ali Base All-Star Softball championship winning team is from the 407th AEG: Kneeling (left): Senior Airman Dan Villatoro, Tech. Sgt. Jason Clemsic, Senior Airman Matt Slate and Senior Master Sgt. Daryl Cook. Standing (left): Chief Master Sgt. Bob Henson, Tech. Sgt. Bill Nystrom, Senior Airman Mark Ott, Staff Sgt. Brandon Wolfgang, Staff Sgt. Dan Little, Capt. Robert Garrison and Capt. Dan Genest. Not pictured: Senior Master Sgt. Charles Schuster, Master Sgt. Ron Lacy, Staff Sgt. Kerry Warren and Senior Airman Andrew Wilkow

Ali Olympics

Remain Event

Saturday - August 19

6:30 p.m. **3 Way Relay** - Big Top

7:30 p.m. **Dodgeball** - Big Top

Sunday - August 20

11 a.m. **Ping Pong** - Big Top

11 a.m. **8 Ball** - Big Top/Hot Spot

1:30 p.m. **Whiffleball** - Big Top

7 p.m. **Amazing Race** - Library

8 p.m. **Awards Ceremony** - Big Top

Olympic standings after the 1 mile

relay: Australia-21, AEG/ESVS-13,

ELRS-9, Italy-8, ECES-5, ECS-4,

ESFS-3, EOSS-0

5K Run: 1st Australia, 2nd AEG/
ESVS, 3rd ECS

Tug O War: 1st Australia, 2nd
ECES, 3rd ECS

Obstacle Course: 1st ELRS, 2nd
Italy, 3rd ECES

SUV Push: 1st Australia, 2nd
ELRS, 3rd ECS

Basketball 3 on 3: 1st AEG, 2nd
ESFS, 3rd ECES

Volleyball 6 on 6: 1st Italy, 2nd
Australia, 3rd ECS

1 Mile- four person relay: 1st
AEG, 2nd Australia, 3rd ELRS

Name That Film?

Can you identify this movie?



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

All Airmen must outprocess before they can leave Ali

Your Unit Redeployment Manager is your point of contact for outprocessing actions.

PERSCO Re-Deployment/Outprocessing Actions:

- Complete outprocessing checklist
- AF 245 (stamped from billeting once you turn in linens)
- Copy of Right Exit certificate
- PERSCO verifies completed checklist signs AF 245
- Member takes signed AF 245 to PAX terminal for flight.

AOR Travel:

In order to leave Ali Base you must out process PERSCO. You must also provide to ELRS/Passenger Terminal (PAX Terminal) one of these documents signed by PERSCO along with your CED orders:

1. AF Form 245
 2. Transient Letter
 3. Emergency Leave Form
 4. AOR Travel Authorization Memorandum
- Don't wait until the last minute and delay your flight out!

407th AEG

Warrior of the Week



Staff Sgt. Roylynn Winston

Unit: 407th ESFS/Joint Forces Police

Military Police Investigations

Job Title : Military Police Investigator

Home Unit: 354th SFS, Eielson AFB, Alaska

Why other Airmen think she's a Warrior: Staff Sgt.

Roylynn Winston is one of the sharpest and most motivated junior NCO's I've encountered in a long time. She literally stepped off the plane and hit the ground running when she arrived here at Ali Base. She landed directly following a rocket attack, donned her IBA gear and responded to the scene of one of the impacts.

Since arriving just three weeks ago, she's been the lead investigator in two General Order 1 cases in addition to planning the first Health and Welfare Inspection conducted by the Joint Forces Police. She's devoted to God, duty and her fellow Airmen

Why did you join the Air Force? I joined the Air Force for the experience of serving a higher cause, serving my country and for the education.

What inspires you? God, first and foremost; my husband, my family and the potential and drive to become better with everything that I do.

What is your most memorable Air Force

experience? I have two very memorable experiences, the first was meeting the magnificent man whom I call my husband and also the emotion and pride when deployed as one of the 1st SF squadrons from USAFE in response to September 11th, 2001 in support of Operation Enduring Freedom.

Hobbies: Sports such as softball, basketball and all outdoors activities to include hiking, fishing, camping and canoeing.

Married: Married, with one pet child (my cat), who I refer to as La-La.

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

Super Troopers (2002), 1 a.m., Jay Chandrasekhar, Kevin Heffernan, comedy, **Taking Lives** (2004), 3 a.m., Angelina Jolie, Ethan Hawke, action, thriller, **Radio** (2003), 5 a.m., Cuba Gooding Jr, Ed Harris, drama, sports, **Into the Blue** (2005), 7 a.m., Paul Walker, Jessica Alba, action, thriller, **The Shawshank Redemption** (1994), 9 a.m., Tim Robbins, Morgan Freeman, drama, **Pirates of the Caribbean** (2003), 11 a.m., Johnny Depp, Geoffrey Rush, action, **Crash** (2005), 1 p.m., Sandra Bullock, Don Cheadle, drama, **Running Scared** (2006), 3 p.m., Paul Walker, Cameron Bright, action, drama thriller, **Matrix** (1999), 5 p.m., Keanu Reeves, Laurence Fishburne, action, science fiction, thriller, **White Noise** (2005), 7 p.m., Michael Keaton, Chandra West, drama, science fiction, thriller, **30 Years to Life** (2002), 9 p.m., Erika Alexander, Melissa DeSousa, drama, comedy, **Big Fat Liar** (2002), 11 p.m., Frankie Muniz, Paul Giamatti, comedy

Saturday

License to Kill 1 a.m.
Final Destination 3 a.m.
Blade II 5 a.m.
Crash 7 a.m.
Taking Lives 9 a.m.
30 Years to Life 11 a.m.
White Noise 1 p.m.
Super Troopers 3 p.m.
Into the Blue 5 p.m.
Pirates of the Carrib ... 7 p.m.
Radio 9 p.m.
Running Scared 11 p.m.

Sunday

White Noise 1 a.m.
Into the Blue 3 a.m.
30 Years to Life... .. 5 a.m.
Pirates of the Carrib ... 7 a.m.
Final Destination 9 a.m.
Super Troopers 11 a.m.
Running Scared 1 p.m.
License to Kill 3 p.m.
Crash 5 p.m.
Taking Lives 7 p.m.
Blade II 9 p.m.
Super Troopers 11 p.m.

Monday

The Shawshank Re. ... 1 a.m.
Matrix 3 a.m.
Big Fat Liar 5 a.m.
Radio 7 a.m.
Running Scared 9 a.m.
License to Kill 11 a.m.
Charlie's Angels 1 p.m.
Final Destination.. 3 p.m.
Into the Blue 5 p.m.
White Noise 7 p.m.
Crash 9 p.m.
Pirates of the Carrib... 11 p.m.

Tuesday

30 Years to Life 1 a.m.
Running Scared 3 a.m.
Pirates of the Carribe. .5 a.m.
Final Destination 7 a.m.
Super Troopers 9 a.m.
Crash 11 a.m.
Into the Blue 1 p.m.
Radio 3 p.m.
Blade II 5 p.m.
The Shawshank Rede. 7 p.m.
Matrix 9 p.m.
Taking Lives 11 p.m.

Wednesday

Super Troopers 1 a.m.
Radio 3 a.m.
Into the Blue 5 a.m.
White Noise 7 a.m.
Matrix 9 a.m.
30 Years to Life 11 a.m.
Big Fat Liar 1 p.m.
Taking Lives 3 p.m.
Pirates of the Carribe..5 p.m.
License to Kill 7 p.m.
Crash 9 p.m.
Final Destination 11 p.m.

Thursday

Running Scared..... 1 a.m.
Big Fat Liar 3 a.m.
The Shawshank Rede 5 a.m.
Blade II 7 a.m.
Super Troopers 9 a.m.
Into the Blue 11 a.m.
Radio 1 p.m.
Final Destination 3 p.m.
Matrix 5 p.m.
White Noise 7 p.m.
30 Years to Life 9 p.m.
Pirates of the Carribe 11 p.m.

Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

7 a.m. **Ali Olympics:** schedule page 13
 8 a.m. **Morning Bingo:** Big Top
 5 p.m. **Abs Class:** Muscle Beach (I)
 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

7 a.m. **Ali Olympics:** schedule page 13
 6 a.m. **Excel Class:** Muscle Beach (I)
 8 a.m. **Abs Class:** Muscle Beach (I)
 6:30 p.m. **Spinning:** HOP
 7:30 p.m. **Intramural Basketball:** B-ball courts
 7:30 p.m. **Table Tennis doubles:** Hot Spot
 7:30 p.m. **Hip Hop:** ACC
 9 p.m. **Karaoke:** Big Top

Sunday

10 a.m. **Spinning:** HOP
 11 a.m. **Ali Olympics:** schedule page 13
 2 p.m. **Dealer's Choice Poker:** Hot Spot
 7 p.m. **Doubles 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

Monday

5 p.m. **Abs Class:** Muscle Beach (I)
 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. **Dominoes:** Hot Spot
 8 p.m. **Spinning:** Muscle Beach (I)

Tuesday

7 a.m. **Spinning:** Muscle Beach (I)
 8 a.m. **Body Blast:** Muscle Beach (I)
 6:30 p.m. **Strongest in the AOR:** Muscle Beach
 7 p.m. **Abs Class:** Muscle Beach (I)
 7:30 p.m. **Tae Kwon Do:** HOP
 8 p.m. **Tae Kwon Do:** Muscle Beach (I)
 8 p.m. **9 Ball:** Hot Spot
 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. **Push-up Competition:** Muscle Beach
 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 Mixed Doubles;** Hot Spot

Thursday

7 a.m. **Spinning:** Muscle Beach (I)
 5 p.m. **Combat Aerobics:** Muscle Beach (I)
 7 p.m. **Three point shoot out:** B-ball courts
 7 p.m. **Abs 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 2000:** 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.