



# Tallil Times

## IN BRIEF

### Reflective Belts

Air Force personnel assigned to the 407th Air Expeditionary Group must wear their reflective belts when outside Tent City during hours of darkness or reduced visibility. This includes uniforms, PT gear or civilian dress. Personnel who need reflective belts should contact their unit's supply representative.

### Badge Wear

Per 407th Air Expeditionary Group policy, everyone must display their restricted area badges when in Tent City. Personnel will wear their badges above waist-level at all times both in and out of uniform. If there are any questions regarding this policy, please contact your unit first sergeant.

### Zip Code Change

The zip code for Tallil Air Base has changed to 09331. This change effects all in bound and out bound mail. All mail with the 09358 zip code will still be re-directed here until CENTCOM closes the zip code. People with questions regarding this change may contact the post office at 445-2228.

### Phone Numbers Change

The 407th Expeditionary Communications Squadron has completed the transitioning to a new commercial telephone switch for all Air Force-supported phones. As a result, the following changes are now in effect:

Dialing prefixes have changed from 459 to 445. Telephone number extensions begin with a 2 instead of a 0, simply add 2000 to all extensions. Example: If the old number was 459-0200, it is now 445-2200.



Photo by Master Sgt. Terry Nelson

Brigadier General (Sel) Blair E. Hansen, right, 332nd Air Expeditionary Wing commander, passes the 407th Air Expeditionary Group flag to Colonel Dennis M. Diggett during a formal change of command ceremony today in the Big Top.

## Diggett takes over 407th AEG

By Master Sgt. Terry J. Nelson

407th AEG Public Affairs

Colonel Dennis M. Diggett assumed command of the 407th Air Expeditionary Group from Col. Wade Johnson following a formal change of command ceremony today.

"I am truly honored to have been selected to lead this unit as we write another important chapter in the group's history," said Col. Diggett.

"As part of Air Expeditionary Force rotation 3/4, we will have many opportunities to display the unique talents which make our Air Force the finest military organization in the world.

Together we will work with our coalition partners to continue operations on our flightline while simultaneously meeting the challenge of helping establish a free and safe Iraq for its citizens," Col. Diggett said.

Colonel Diggett comes to us from the 106th Operations Group, New York Air Na-

tional Guard at Francis S. Gabreski Airport, Westhampton Beach, New York, where he is the commander. He assumed command in October 2002.

Colonel Diggett is no stranger to deployments, having commanded the 9th Expeditionary Rescue Squadron, Ali Al Salem Air Base, Kuwait during May 1999 in support of Operation Southern Watch, the 332nd Expeditionary Rescue Squadron at Al Jaber Air Base, Kuwait during October 2001 in support of Operation Southern Watch and the 102nd Expeditionary Rescue Squadron at Incirlik Air Base, Turkey during July and August 2002 in support of Operation Northern Watch.

"The previous rotation has caused the bar to be set high for our rotation to meet, and it's a challenge I'm looking forward to," said Col. Diggett.

"As the remaining members of AEF 1/2 begin their journey home to families and loved ones, I wish them safe travels and continued success in their military careers."

**Commander's Corner**

The 407th Air Expeditionary Group has a short but distinguished history, having been activated when the 332nd Air Expeditionary Wing moved from Tallil Air Base to Balad AB in February of 2004.

I am pleased to be able to lead this organization in its evolution from its current expeditionary form to a garrison-like state.

The efforts of AEF 1 & 2 saw Tallil Air Base go from dirt roads, crushed rock and tents to paved roads, crushed rock, tents and even some real buildings.

The last AEF also saw the 407th AEG continue its mission of supporting coalition aircraft through our flightline operations while adding its own Air Force squadron of aircraft that is flying coalition missions.

I would like to thank Colonel Johnson and the outgoing personnel of AEF 1 & 2 for their effort, dedication and professionalism.

They performed at a level that can only be described as spectacular, that resulted in the completely successful accomplishment of all our mis-

sions.

Just as the people assigned to the base changes and so does the base itself.

There will be many changes during our rotation, these change won't happen overnight. There are many aspects which may take weeks and even months to fully implement.

We will work together to integrate these change into our daily lives as we work to make this base even better.

As we look to the future of a free Iraq, we look to the past in building a strong relationship with our host nation.

I will do all I can to improve the quality of life for everyone who has been deployed to Tallil supporting the war on terrorism.

I am looking forward to spending the next several months leading the outstanding men and women of the 407th Air Expeditionary Group.

This is a time of opportunities and challenges for our armed forces -- but I have no doubt that the Airmen deployed here are up to the task.



# Tallil Talks ...

*What's your favorite menu item at the dining facility here?*



*Senior Airman  
Maralah Wright,  
407th AEG Command  
Post:  
"I really like the ribs."*



*Tech. Sgt.  
Michael Brower,  
407th ELRS:  
"Pizza, I like the pizza."*



*Captain  
Peter Lex,  
407th ESFS:  
"Bacon at breakfast. If  
they had bacon I would  
eat it for breakfast, lunch  
and dinner."*



*Senior Airman  
Jeff Andrejczik,  
407th ECS:  
"Its got to be the Salsbury  
steak, its got that TV  
dinner taste."*



The Tallil Times

**EDITORIAL STAFF**

**Col. Dennis M. Diggett**  
*Commander, 407th AEG*

**Master Sgt. Terry J. Nelson**  
*Editor/Chief, Public Affairs*

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# Your AEF needs you to succeed

By Maj Gen. Bob DuLaney

USAFE Director of Air and Space Operations

RAMSTEIN AIR BASE, Germany (AFPN) — For the past six years, our Air Force has used the Air Expeditionary Force construct to meet the air and space power needs of our nation, tweaking the AEF as necessary to improve it and adapt it to meet emerging challenges. One of those adjustments has been to expand the pool of AEF-eligible Airmen.

The Air Force Chief of Staff, Gen. John Jumper, said it best.

“Let me be perfectly clear. In our Air Force, every Airman is expeditionary, every Airman will know his or her place in the AEF system, and every Airman will be prepared to support the combatant commander, whether deployed, in CONUS via reachback, or employed at home station. If you are wearing the uniform of the United States Air Force, you are part of the AEF.”

That seems pretty clear to me. Note the lack of any escape clauses such as, “unless you’re really important,” or “unless you’re an O-6.” Our nation is at war and our combatant commanders need you, regardless of rank or position, and they need you to be ready to fight when you reach their theater.

The AEF process was designed with predictability in mind. By placing you in an AEF bucket, you can enjoy some measure of stability by knowing when you can expect to deploy. This affords you, your family, your co-workers and your supervisor an opportunity to plan for your absence. Use this valuable lead time to get your personal life in order, including finances, wills and childcare plans.

It is also imperative to get your professional life in order. Update or create your continuity books so those left behind can cover your duties and ensure continued mission success for your unit. Take a look at your professional military education and promotion timelines and make appropriate plans. Do you need to take care of any performance reports or feedback sessions?

Institutionally, we are getting pretty good at making sure our Airmen are getting their personal lives in order, but we also need to make sure we are taking care of the unit when our men and women proceed down range.

Supervisors and leaders, your involvement is critical to our success. You also need to plan for your troops’ rotations. Find a replacement or plan on redistributing duties to other members of your team. Will there

be some degradation and turmoil? Probably, but what everyone needs to understand is we are all in this together — we are at war. As an Air Force, we must support our combatant commanders.

Don’t try to “protect” your key players from the AEF. If they are really that good, then our combatant commanders need them more than you do!

Almost all of us train during peacetime to perform a wartime mission; you owe it to the American taxpayers to put their warriors into the fight. As an added bonus, a key player’s absence provides opportunities for those left behind as they step up to fill in or learn a new duty. It truly can be a win-win for our Air Force.

We will continue to prosecute the global war on terrorism for the foreseeable future. Our AEF concept has proven very effective over the last several years at putting air and space power where we need it, when we need it. Your role is to be ready, personally and professionally, to take the fight to our nation’s enemies. If you are in a leadership position, make sure your team is ready to fight or carry on the home station mission when individuals from your team deploy. No matter who you are, if you are wearing Air Force blue, your AEF needs you.



**Cost of a new computer = \$1,500**  
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**The Tallil Times is the official publication of Tallil Air Base and the 407th Air Expeditionary Wing.**

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# Iraq Newslink

## 332nd Air Expeditionary Wing



TUSKEGEE AIRMEN  
THE LEGEND CONTINUES

# AFN-Iraq tells 'the rest of the story'

By Tech. Sgt. Michael O'Connor

447th AEG Public Affairs

BAGHDAD, Iraq — American Forces Network-Iraq broadcasters surpassed the 700-story-mark as their station, located in the heart of Baghdad, turned a year old Dec. 10.

Unlike their civilian counterparts who continually report on the death and destruction side of what's going on in Iraq, the 32 servicemembers who make up the AFN-Iraq team tell the rest of the story through TV and radio broadcasts.

"Our primary mission is to keep people informed and entertained," said Lt. Col. Michael Halbig, AFN-Iraq network commander.

With an area of responsibility of some 437,000-square-kilometers, slightly twice the size of Idaho, reaching out to American and more than 20 non-U.S. military forces in Iraq is no easy task. But Colonel Halbig said he has a motivated group that is willing to do everything necessary to reach those troops at the most isolated locations, and to not miss a Freedom Journal Iraq TV or Freedom Radio broadcast.

"A lot of people refer to us as AFN-Baghdad because of our location," Colonel Halbig said. "But we truly are AFN-Iraq."

Of the more than 700 stories military broadcasters have documented since the station's inception in December 2003, more than 140 of those have aired through the Freedom Journal Iraq program on the Pentagon Channel.

"Being able to air our stories on the Pentagon Channel allows us to reach a greater Department of Defense audience and their families," said Colonel Halbig.

The program is such a success, the number of broadcasts being produced each week has tripled from one a week in July when the program first began to three starting the week of Christmas.

The Pentagon Channel then rotates each broadcast, containing four to five new stories, into its weekly programming, showing them at various times throughout the week.

"TV is very intimate," said Master Sgt. Ri-



Photo by Tech Sgt. Michael O'Connor

Dan "The Man" Sullivan, AFN-Iraq country music disc jockey, gives a shout-out to an Airman during a live radio show on Freedom Radio. Specialist Sullivan is a native of Chattanooga, Tenn.

chard Simonsen Jr., operations manager for AFN-Iraq. "I like it when you can reach out and touch someone's heart with a story and make them cry. I also love the management part of grooming new broadcasters to become great storytellers."

Two of the most memorable stories the station covered this rotation was a story about Army Reservists helping wounded Iraqi soldiers from the Iran-Iraq War by fitting and getting them prosthetics. The soldiers have civilian jobs where they come in contact with prosthetics and had different companies send them over.

Sergeant Simonsen said the other story is on Iraqi translators who lay their lives on the line every day by working along side American and coalition servicemembers.

"These and many other Iraqi citizens love their country and want freedom and peace to come to Iraq," said Sergeant Simonsen.

While the folks who work in the electronic news gathering department, the broadcasters, may have the most visible part of the job, Colonel Halbig said another important part of what they do is helping to keep the morale of

the troops up by broadcasting a wide variety of music from home on Freedom Radio.

"It's very rewarding to be able affect so many people here every day," said Army Reserve Spc. Daniel 'Dan, The Man' Sullivan, 209th Broadcast Public Affairs Detachment.

"I wasn't even here a month when a Soldier overheard me talking to someone at chow and asked if I was the voice on the radio. It's really nice that people recognize my voice," he added.

"The mission and role of this detachment has expanded tremendously in the past year," said Colonel Halbig.

Besides tripling the number of Freedom Journal Iraq broadcasts produced each week, their live Freedom Radio broadcasts have increased from 42 to 91 hours a week.

"All of these major milestones would not be possible without our technicians," said Colonel Halbig. "They are the unsung heroes in this detachment. They troubleshoot and repair all the equipment, and ensure all the press conferences in Baghdad go off without a hitch. Without equipment, we couldn't tell the stories we've told."



# Relief mission supports tsunami victims

By Donna Miles

American Forces Press Service

**WASHINGTON (AFP)**—The largest humanitarian relief effort since the Berlin Airlift in 1947 is providing desperately needed water, food and medical supplies to victims of the tsunamis in the Indian Ocean, the general coordinating air support for the operation said Jan. 9.

Brig. Gen. Jan-Marc Jouas, director of the Combined Support Force Air Component Coordination Element based in Utapao, Thailand, called the relief effort “a monumental task” but said he is impressed by the extent of the international response and the speed with which it has come together.

Tremendous distances between the affected nations and

destruction at many airfields following the devastating Dec. 26 tsunamis have challenged the relief effort, General Jouas said.

However, C-130 Hercules aircraft are currently able to land at one site in Sri Lanka, three in Thailand and three in Indonesia.

From these sites, as well as airfields in Kuala Lumpur, Malaysia, and Singapore, rotary-wing aircraft and trucks are then ferrying relief supplies to tsunami victims.

In addition, Sailors are playing a big role in delivering supplies in ship-to-shore operations that eliminate the need to use damaged or overcrowded airfields.

General Jouas said the search continues for more runways to expand the airlift support to the region.

Secretary of State Colin Powell stressed that the United States must plan to give long-term support to the region during the recovery period ahead.

“This is a long-term prospect,” Secretary Powell said following his visit to the region last week.

He said the United States must help fund not just “immediate humanitarian relief ... but also infrastructure development.”

Secretary Powell said it is important to continue assessing need to avoid flooding the area too quickly with more supplies and more financial assets than are yet needed for rebuilding.

Rebuilding timetables will vary throughout the region, Secretary Powell said.

Banda Aceh, Indonesia, one

of the hardest-hit areas, will take “years” to rebuild after much of it “was scraped to the ground,” the secretary said. Other areas will return to relative normalcy much more quickly, he said.

Besides delivering water, food and medical supplies, the relief effort is also focused on providing sanitation and shelter for some 1.5 million people left homeless following the disaster, said Tom Fry from the U.S. Agency for International Development.

Mr. Fry leads the agency’s disaster assistance response teams. He said the relief effort will soon become a rehabilitation effort.

Rebuilding people’s livelihoods is as important to their long-term survival as rebuilding homes, he said.

## AROUND YOUR AIR FORCE

### General retires at reduced rank

**WASHINGTON (AFP)**—Air Force Secretary Dr. James G. Roche directed that Maj. Gen. Thomas J. Fiscus, the former Judge Advocate General of the Air Force, be retired in the permanent grade of colonel effective Feb. 1.

Retirement in the grade of colonel instead of major general will result in a future retired pay loss of about \$900,000, Air Force budget officials said. The estimated loss of future retired pay is based on an additional life expectancy of 29.5 years, using Internal Revenue Service life expectancy tables.

The retirement grade determination follows an Air Force Inspector General investigation and subsequent nonjudicial punishment for several violations under the Uniform Code of Military Justice.

Secretary Roche made the retirement-grade determination after a review of the report of investigation and after considering recommendations from Air Force Chief of Staff Gen. John P. Jumper, General Cook, and a panel of the Air Force Personnel Council comprised of three lieutenant generals.

Before making his decision, Secretary Roche also considered General Fiscus’ entire military record and matters General Fiscus submitted for consideration in the grade determination. The secretary concluded that he had not served satisfactorily as either a major general or brigadier general.

Allegations included unprofessional relationships with both officer and enlisted female subordinates, inappropriate sexual advances toward female subordinates and improper relationships with female civilians. The incidents occurred over 10 years and involved 13 women.

When a commissioned officer retires, federal law requires the service secretaries to determine the highest grade the officer satisfactorily held over the course of his or her career.

General Fiscus will also lose the benefit of the privileges and respect normally afforded to retired general officers.

“The actions of Air Force leadership make it clear that such misconduct will not be tolerated, regardless of the grade or po-

sition of the offender,” General Jumper said. “General Fiscus has now been held accountable for his misconduct under the UCMJ and by retirement in a lesser grade.”

Details of the nonjudicial punishment were recently made public. In the Article 15, General Fiscus was punished for 11 offenses.

“You, a married man, did ... wrongfully and dishonorably engage in an unprofessional relationship and exchange inappropriately intimate e-mail with (a subordinate major) while pursuing a romantic or sexual relationship outside your marriage,” read one specification.

Other specifications involved inappropriate touching and kissing, fraternization with a noncommissioned officer, and misuse of government e-mail. Another specification accused the general of attempting to hinder the investigation by deleting incriminating e-mails from his government computer.

General Fiscus served the Air Force for over 32 years and attained the highest rank and position available to a military lawyer. He now faces a review of his conduct under attorney professional responsibility standards.





# Local Airman gets a **KICK** from teaching martial arts

By Master Sgt. Don Perrien

407th AEG Public Affairs

During the day, Airman 1st Class Larry Tolliver wears his brown DCU uniform and helps defend Ali Base as a member of the 407th Expeditionary Security Forces Squadron. However, three nights a week he slips on his black instructor's uniform and helps other Airmen learn to defend themselves as a Kenpo Karate instructor.

Airman Tolliver has been training in martial arts for 12 years and has participated in tournament competitions for nine years. Since October, he's been conducting classes at the Muscle Beach fitness center on Monday, Wednesday and Friday nights.

After arriving at Tallil Air Base, he saw an opportunity to help share his talents with other deployed Airmen.

"Well I started teaching here by accident," he said. "I was training on my own since I got here, and people came up to me with questions about what I was doing, how long I have been teaching and so forth.

"So I started just showing a few people some things here and there, and next thing I know, I'm teaching full time," Airman Tolliver said. "I realized a lot of people here had a desire to learn about the martial arts."

While teaching martial arts wasn't exactly what Airman Tolliver had planned for his deployment to Tallil Air Base, the resulting experience has been rewarding.

"I feel honored to have had the opportunity to teach here," he said. "It's really made a difference in morale – not just for me, but for other Airmen as well.

"I have met some of the most talented and dynamic people the Air Force has to offer through teaching the class," he said. "People often ask why I spend so much of my free time teaching, and what do I get for it?"

The rewards for me are my students learning and changing both mentally and physically," he said. "Their focus, concentration, and the lessons they learn are taken to heart. And for me to have a part



Photos by Airman 1st Class Jeff Andrejick  
Airman 1st Class Larry Tolliver, 407th Expeditionary Security Forces Squadron teaches Kenpo Karate at the Muscle Beach fitness center three nights a week to personnel deployed to Tallil Air Base.

for bringing out their best and shining is the reason I like to teach the class."

The students in Airman Tolliver's class feel their experience has made their time at Ali better as well.

"This class has thought me self control and discipline," said Airman 1st Class Marcus Chase, 407th Expeditionary Logistics Readiness Squadron. "These are real skills I can use to make this deployment easier for me.

"When I started the class, I was expect-

ing a lot of yelling, and kicking and hitting – but that's just not the case," Airman Chase said. "I've found this class to really help me with managing my stress. Some people just go out and run or lift weights, now I can focus on the lessons I've learned from Kenpo class and it really helps."

Tallil Air Base's resident Kenpo instructor says that learning the martial arts can also help people in their military du-

See KENPO, page 7



# Kenpo

Continued from Page 6

ties as well.

“People learn to believe that anything they put their mind to, they can achieve in both martial arts or military goals,” Airman Tolliver said. I teach the people to defend themselves in such areas as combat zones or in life in general.

“Nothing in life is worth having if you don’t have to work for it,” he said. “Desire, Perspire, and Acquire are three words to focus on towards achieving goals.

“All of my training has helped me tremendously in my military career, and it can help others too,” Airman Tolliver said. “Martial arts builds an “Indomitable Spirit” within the serious practitioner where they settle for no less than perfection in all they do. It’s a great benefit for the development of all military personnel.”



Airman 1st Class Larry Tolliver, demonstrates a technique to a student during his Kenpo class.



Students demonstrate their proficiency of martial arts techniques in a variety of methods, including high kicks several feet off the ground.

## 407th AEG Warrior of the Week SSgt Mikhail Pugeda



**Unit:** 407th Expeditionary Operations Support Squadron  
**Home unit:** 46th Operational Support Sq., Eglin AFB, Fla.

**Why other warriors say he's a warrior:**

Staff Sgt. Mikhail "PM" Pugeda is a dynamic and energetic Jr. NCO who is dedicated to his fellow air traffic controllers. Staff Sgt. Pugeda has deployed three times in his short Air Force career and is currently serving back-to-back tours at the Tallil Air Traffic Control Center.

**What is your most memorable Air Force experience:**

All my tours at Tallil, and being here to help support our mission.

## Wild Iraqi Safari

### Gecko



The gecko, a small or medium-sized lizard, is a reptile classified in the family Gekkonidae. There are more than 300 species distributed throughout the warm regions of the world, mostly in the Old World including Iraq.

Despite folklore to the contrary, their bite isn't poisonous. Many species live in trees, while others inhabit human dwellings. Most lack movable eyelids and have characteristic pads on the undersides of their feet enabling them to cling to smooth surfaces and run upside down on ceilings. The pads are adhesive because they contain many microscopic backward-projecting hairs covered by tiny pads.

Geckos are unique among lizards in that they possess voices with different species make characteristic sounds. They feed on small animals, chiefly insects (including sand flies!). Nearly all lay eggs. The largest species is the 14-inch tokay, Gekko gecko, of southeast Asia. The wall gecko, Tarentola mauritanica, of the Mediterranean region is commonly seen basking by day on walls and rocks and hunting by night.

There are two native species in the United States, the leaf-fingered gecko of extreme Southern California and Baja California, and the banded, or ground, gecko of the deserts of the southwest United States and Northern Mexico. The latter is a ground-dwelling form and lacks foot pads. In Florida there are several introduced West Indian species as well as the widely distributed Turkish gecko, originally from Africa.

*Column courtesy of John Ploch, Vector Control, KBR contractor and Lt. Col John Putnam, 407th Leishmaniasis Surveillance and Investigation Team.*

## Identify This



**KNOW WHAT THIS IS?** Each week, the "Tallil Times" staff takes a photo from around Tallil AB. If you can identify the object or item, shoot us an e-mail at: [tallil.times@tlab.aorcentaf.af.mil](mailto:tallil.times@tlab.aorcentaf.af.mil). with "Identify This" in the subject block. The winner receives a prize and gets their name printed in the Tallil Times. Congratulations to Senior Airman Joshua Dawson for correctly identifying the photo in last week's newspaper of the pog.





# OUT AND ABOUT



## Worship services

Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

### Sunday

- 8 a.m. Roman Catholic Mass
- 9:30 a.m. Traditional Protestant service
- 10 a.m. LDS service at the Army's Religious Activity Center
- 12:30 p.m. Air Force/Army Gospel service in the Big Top
- 6 p.m. Contemporary choir rehearsal
- 7 p.m. Contemporary worship service

### Monday

- 6 p.m. Roman Catholic Mass
- 6:30 p.m. Gospel service prayer time in the chapel resource trailer
- 7:30 p.m. Gospel choir rehearsal in the Big Top

### Tuesday

- 7 p.m. Right of Christian Initiation of Adults in the Conference Room
- 7:15 p.m. Bible Book Study
- 8 p.m. Christian Discipleship Study, call Warrant Officer Russ Ramos at 445-2054 for details.

### Wednesday

- 5 p.m. Catholic Choir rehearsal
- 6 p.m. Roman Catholic Mass

### Thursday

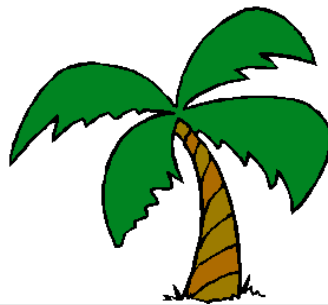
- 6:30 p.m. Catholic choir rehearsal
- 7 p.m. Right of Christian Initiation of Adults in the Conference Room
- 7 p.m. LDS study in the Army Religious Activity Center
- 7:45 p.m. Gospel service Bible study

### Friday

- 11:45 a.m. Islamic prayer at the RAC, call 833-1154 for info
- 6 p.m. Roman Catholic Mass
- 7:30 p.m. Gospel choir rehearsal

### Saturday

- 6 p.m. Vigil Mass
- 7 p.m. Contemporary choir rehearsal



## ESVS Presents Just for fun



**Tonight**, Combat Bingo at 7:30 p.m. in the Big Top

**Saturday**, Air Hockey at 8 p.m.

**Sunday**, UNO at 2p.m.

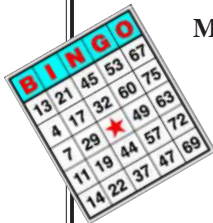
**Monday**, MLK Day Events

**Tuesday**, Ping Pong at 8 p.m.

**Wednesday**, Hearts, 8 p.m. Spades at midnight

**Thursday**, Stick Hockey at 8 p.m.

**January 7th**, Combat Bingo at 7:30 p.m. in the Big Top



## Cricket Movie Theater

Viewer's Choice  
Everyday at 2, 4, 6 and 10 p.m.



Movies, schedules subject to change

### Today

- Noon, Thunderbirds
- 8 p.m., Exorcist: The Beginning
- Midnight, Exorcist: The Beginning

### Saturday

- Noon, Hero
- 8 p.m., Hero
- Midnight, Hero

### Sunday

- Noon, Exorcist: The Beginning
- 8 p.m., Exorcist: The Beginning
- Midnight, Exorcist: The Beginning

### Monday

- Noon, Johnson Family Vacation
- 8 p.m., Johnson Family Vacation
- Midnight, Johnson Family Vacation

### Tuesday

- Noon, Harry Potter 3
- 8 p.m., Harry Potter 3
- Midnight, Harry Potter 3

### Wednesday

- Noon, Thunderbirds
- 8 p.m., Thunderbirds
- Midnight, Thunderbirds

### Thursday

- Noon, Sideways
- 8 p.m., Sideways
- Midnight, Sideways

### January 21st

- Noon, The Bourne Supremacy
- 8 p.m., The Bourne Supremacy
- Midnight, The Bourne Supremacy



Photo by Tech. Sgt. Maria J. Bare

Airman 1st Class Joseph Morgan, Tech. Sgt. Charles Johnson and Airman 1st Class Spangenberg of the 407th Expeditionary Security Forces Squadron work out on the elliptical trainers available at the Muscle Beach fitness center. A variety of equipment is available 24-hours a day to Tallil residents at the tent city facility.

## Muscle Beach offers fitness opportunity

By Master Sgt. Don Perrien

407th AEG Public Affairs

The 407th Expeditionary Services Squadron's Muscle Beach fitness center offers a wide variety of exercise and fitness equipment for Tallil's deployed personnel.

If you've made that New Year's resolution to lose a few pounds, or just get into better shape, Muscle Beach is the place to be.

The fitness center offers a full range of cardiovascular equipment including exercise bicycles, treadmills and elliptical trainers for exercising your most important muscle -- your heart.

However, for those future Mr. Olympia contestants, the fitness center also offers a wide variety of weights and resistance-training equipment to turn that spare tire into abs of steel.

Regardless of your fitness needs, Muscle Beach and the 407th ESVS staff are ready to help. For more information, drop in or call 445-2136.

**Today**, Karate, Kenpo/Aikido at 9:00 p.m.

**Saturday**, Bench Press Competition at 6 p.m.

**Sunday**, 3-on-3 B-ball at 7 p.m.

**Monday**, Karate, Kenpo/Aikido at 10:15 p.m.

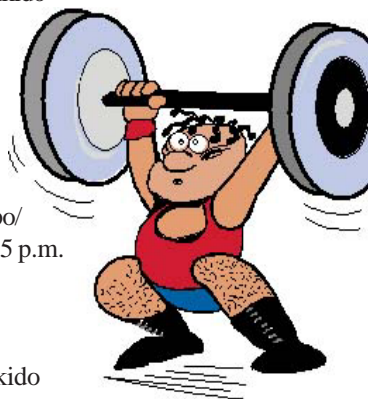
**Tuesday**, Arm Wrestling competition at 6 p.m.

**Wednesday**, Karate, Kenpo/Aikido at 10.15 p.m.

**Thursday**, Open Gym

**Dec 31**, Karate, Kenpo/Aikido at 9:00 p.m.

## Muscle Beach Events



## Think Fire Safety!

*Remember, no electric heating appliances or cooking devices are allowed in tent city tents!*