FREEDOM WATCH

September 6, 2002 | Published in the interest of those serving in Operation Enduring Freedom | Bagram, Afghanistan

News briefs

(*Compiled from* **CNN.com**)

Bush to 'seek approval' from Congress on Iraq

WASHINGTON — Calling Saddam Hussein a "serious threat," President Bush said Wednesday he would seek approval from Congress about taking action against Iraq and vowed to make the case against the Iraqi leader on the international stage as well. "At the appropriate time, the administration will go to the Congress to seek approval necessary to deal with the threat," Bush said at a meeting with congressional leaders at the White House. In making the administration case for a "regime change" in Iraq, Bush said he invited British Prime Minister Tony Blair to Camp David for talks this Saturday. He also planned discussions with other world

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Operation Solace a success in Pentagon

By Staff Sgt. Marcia Triggs
Army News Service

WASHINGTON — Less than a year later, personnel are moving back into the Pentagon area where dozens of lives were lost on Sept. 11, but a stress management team is roving the halls to help eliminate some of the apprehensions.

Resentment, vulnerability and uncertainness are only a few of the feelings Operation Solace is helping individuals work through before relocating. The program provides ways to help people emotionally adjust to tragic events. It is made up of a clinical nurse, nine social workers and three Army psychiatrists.

"We go from desk to desk, and we've talked to more than 30,000 people about how they feel since Sept. 11. Some people have issues about moving to the new area, and for some it's just coming back to the Pentagon after being displaced for a year," said Sandi Hanish, a clinical nurse specialist.

Studies show that after tragic incidents only 25 percent of the people who need mental health assistance ever get it, Hanish said. So taking the service to the people instead of waiting for them to seek it out, is working a lot better, she said.

For the past month Operation Solace has been holding group sessions with offices to teach them techniques on how to stay relaxed. About 39 people have attended the group sessions, and some of the concerns are that they feel that they are being rushed to move back to the area.

"I resent being forced to move back in the area so soon just so someone can say that it was rebuilt in less than a year," said a Pentagon worker who belongs to an office that lost 26 members after the attack. "However, I understand that by occupying the space again it sends a message to the rest of the world."

Comments made during the sessions are confidential, and one of the most important points Hanish stresses to military personnel is that the mental health assistance will not be noted in their records.

"We want to keep stress down, and we don't want people to

See **STRESS**, Page A3

SEAL leader receives German award

Photo by Photographer's Mate 1st Class Tim Turner

A U.S. Navy SEAL provides cover for his teammates while advancing on a suspected location of al Qaeda and Taliban forces. Navy special operations forces are conducting missions in Afghanistan in support of Operation Enduring Freedom.

Naval Special Warfare Public Affairs Office

NAVAL AMPHIBIOUS BASE CORONADO, Calif. — A Navy SEAL who commanded some of the world's elite Special Operations Forces in Afghanistan during the initial phases of Operation Enduring Freedom, received Germany's Silver Cross of Honor in a ceremony last month.

Capt. Robert Harward, commander of San Diego's Naval Special Warfare Group One, was awarded Germany's second highest

See **SEAL**, Page A2

Photos by Spc. Alfredo Jimenez Jr.

Staff Sgt. Leander Prather (left), 159th Aviation Company, strains rice before chow at Viper City Dining Facility Bagram Air Base.

A day in the life of cooks

Spc. Roman, 129th Corps Support Battalion, Fort Campbell, Ky., heats utensils in the sun for a fast dry.

SEAL, from Page A1

military medal for his actions as the commander of Combined Joint Special Operations South Afghanistan — Task Force K-Bar. Dubbed the "SOF Olympics" by operators in Kandahar, TF K-BAR not only included SOF from the U.S. Navy, Army and Air Force, but also commandos from Germany and six other countries.

Harward was presented the medal by Hermann Zillgens, Honorary Counsel of the Federal Republic of Germany. In a proclamation read at the ceremony, Harward was praised as "a leader who consistently demands a high level of performance from his subordinates, without losing sight of their safety. He devoted his attention to all his soldiers of his multinational troops without making distinctions."

He was further commended for his expertise and diplomatic tact in working together with Coalition partners. His thorough preparation of missions and special concern for the warriors in his care contributed to their successful completion of German national requirements.

"Commodore Harward's recognition as leader of a multinational force is demonstrable proof that our Coalition partners are united in our fight against terrorism," said the Navy's top SEAL, Rear Adm. Bert Calland, commander, Naval Special Warfare Command.

While other Navy SEAL and SOF units assisted Afghan forces in removing the Taliban government from power, TF K-Bar commandos primarily waged the "war on terrorism" by destroying the al Qaeda infrastructure in Afghanistan and disrupting its ability to conduct terrorist operations.

During searches of cave and village enclaves in Southern and Eastern Afghanistan, TF K-BAR Coalition forces collected valuable intelligence and captured suspected al Qaeda and Taliban prisoners while conducting combat operations.

According to the proclamation, "due to Captain Harward's leadership, German soldiers enjoyed unreserved acceptance within the international community and gained very high respect among other special operations forces."

In addition to working extensively with U.S. Navy SEALs in Afghanistan, German forces were engaged in combat operations for the first time since World War II.

"I'm really honored to receive this award," said Harward. "It was a pleasure having our German counterparts as part of this operation. I'd work with these guys again anytime."

STRESS, from Page A1

worry about how this may affect their careers," Hanish said.

However, that's still not enough for some individuals who have preconceived thoughts about talking to counselors.

"Moving back in the new area opens a lot of old wounds because I lost a number of coworkers," said an individual who requested anonymity. "I know the stress team is here, and if it ever gets to overwhelming I'll talk to someone. But I don't believe in running to doctors for every ailment, stress and uneasiness is natural.

"I do credit the building team with helping to ease some of my apprehensions by adding neon signs on the bottom part of the walls. By placing lighting along the floor, people crawling in thick smoke can find the exits."

The Pentagon is a large population sample, and what is unnerving for some has brought on eagerness for others, Hanish said.

"There has been a lot of turnover since Sept. 11, and there are people here now that weren't here Sept. 11, and they consider it a privilege to move into the new area, the wedge to them is a shrine," Hanish said.

Regardless of what emotions people have before moving, there are a number of ways Operation Solace helps people deal with the move.

"We walk people through the office which is a type of exposure therapy," Hanish said. "Usually after the walkthrough there is a greater degree of calmness. I don't know what was in their heads — fears, questions, anxieties — whatever is was, it seemed a bit more at ease."

Then there are breathing and muscle relaxing exercises. Just purposely breathing five to 10 times is calming, Hanish said.

"That's something people can do anywhere at anytime without causing too much attention," Hanish said.

Some of the most important counseling sessions occur spontaneously instead of behind closed doors, Hanish said.

"There are times when I run into people in the hallways, and they just want to talk. I hear all the time, 'I know I haven't called, but I know you're there if I need to.'"

Operation Solace opened its doors Sept. 20 as a proactive approach to help people manage in the aftermath of the attack. Services are provided to civilians, all active-duty personnel and family members of Sept. 11 victims. Along with the relocation support groups, the team provides informal counseling, referral services and self-help information.

DFAC hours

Breakfast

Bagram Viper City	0230Z to 0430Z
Bagram Hanger	0230Z to 0430Z
Kabul	0200Z to 0330Z
Khandahar	0200Z to 0500Z

Lunch

Bagram Viper City	MRE
Bagram Hanger	MRE
Kabul	MRE
Khandahar	1200Z to 1400Z

Dinner

Bagram Viper City	1230Z to 1430Z
Bagram Hanger	1200Z to 1400Z
Kabul	1230Z to 1415Z
Khandahar	1900Z to 2100Z

BRIEFS, from Page A1

leaders, including the presidents of France, Russia and China. And Bush said he would talk about Iraq in a speech to the U.N. General Assembly next week.

Stocks pull off a rally

NEW YORK — U.S. stocks got a much-needed shot in the arm late Wednesday after automaker General Motors upped its earnings estimate and buyers came back for tech stocks despite more concerns about the troubled chip sector. But some market watchers eyed the rebound with skepticism and said headwinds continue to challenge the markets. "This (was) an expected recovery from yesterday's sell off," said John Pickett, NYSE trader with LaBranche & Co. "The only thing keeping people invested in stocks is that the (Treasury) bond yields are quite low. So there's no other alternative."

Hind Sight

394

Theodosius becomes sole ruler of Italy after defeating Eugenius at the Battle of the River Frigidus.

1522

One of the five ships that set out in Ferdinand Magellan's trip around the world makes it back to Spain. Only 15 of the original 265 men that set out survived. Magellan was killed by natives in the Philippines.

1907

The luxury liner *Lusitania* leaves London for New York on her maiden voyage.

1941

Germany announces that all Jews living in the country will have to begin wearing a Star of David.

FREEDOM'S VOICES

'Don't sweat the small stuff'

By Col. Larry Strube
379th Air Expeditionary Wing

We often admire those around us who have the uncanny ability see the "big picture." The person who amid all the chaos can keep focused on the larger task at hand and not get sidetracked by all the details.

Our culture is full of phrases that describe someone caught up in the details, like someone who "can't see the forest for the trees." But from my point of view, being a detail person is critical to the success of everything we do.

Who would want to fly in an aircraft where the mechanic didn't worry about ensuring the engine was maintained to extremely tight specifications? Or the software engineer did not test and retest the computer code critical to the onboard navigation systems? Would you visit a doctor who prescribed medications and did not worry about drug interactions because they did not think it was important to keep up with the latest details published by pharmaceutical companies? Ever consider pulling your car out of a side street without looking both directions?

I hope in all these examples your answer would be "no." Why? In each example, the problem was that the details were ignored.

One of our Air Force core values, "Excellence in all things we do," hits the nail right on the head. If we do everything, large or small, to the best of our ability, then successful mission accomplishment is practically guaranteed.

The details are the building blocks for success. Like a builder, if you do not spend the time putting in a strong foundation, the finished product may look good but it will never stand up during bad weather.

In this case, ignoring the details can have a catastrophic impact. If a commitment to excellence is not part of your daily routine, you'll never get to the "big picture." You must spend the time and effort taking care of the "small stuff."

Mastering the small stuff allows Tiger Woods to hit a golf ball 300 yards. It enables Barry Bonds to consistently send baseballs sailing over outfield walls. It allows a pilot to put a bomb right on target during a high-speed bombing run.

Taking care of the small stuff guarantees two aircraft do not collide with each other while air refueling.

We marvel at the skill involved in all these

See **SMALL**, Page B2

STREET TALK

What is an appropriate tribute to Sept. 11?

"I think we should build a memorial in Washington dedicated to the fallen."
Pfc. Scott A. Young
3rd Bn., 505th PIR
Fort Bragg, N.C.

"They should have a moment of silence and a monument."
Staff Sgt. Roman Galiki
Armed Forces Network
Germany

"They should be recognized in the highest honor — a national holiday."
Sgt. Alonzo McClain
834th Postal Co.
Fort Lauderdale, Fla.

FREEDOM WATCH

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ENTERTAINMENT

September 6, 2002 Published in the interest of those serving in Operation Enduring Freedom Bagram, Afghanistan

Music Briefs

American Idol winner picked

Wednesday night on Fox, 20-year-old Kelly Clarkson became the first "American Idol" winner of a $1 million recording contract. Clarkson, a cocktail waitress from Burleson, Texas, beat out 23-year-old Justin Guarini, a salesman from Doylestown, Pa. Before the two-hour season finale ended, shortly after Guarini and Clarkson sang a duet of "It Takes Two," followed by six commercials, all three judges said Kelly deserved to win.

Tupac killer may be revealed

The Los Angeles Times plans to reveal the name of the killer of Tupac Shakur in a special report tomorrow. The expose is being released in conjunction with the sixth anniversary of the rap icon's murder. The feature, which will run Friday and Saturday, will detail the results of an ongoing investigation into the rapper's 1996 murder in Las Vegas.

Former NFL player serves in Afghanistan

By Spc. Alfredo Jimenez Jr.
28th Public Affairs Detachment

Photo by Sgt. Reeba Critser

Although he is no longer with the NFL, Sgt. 1st Class Van Buren Vaughn is proud to serve his country in Afghanistan.

BAGRAM, Afghanistan — Someone should have believed Tom Landry when he said this guy had potential.

Why would anybody doubt the legendary Dallas Cowboys head coach?

Here was a man who was running the gridiron dynasty since 1960, who was part of football lore with 20 consecutive winning seasons, five National Football Conference titles and two Super Bowl championships. He was to win 270 games in an NFL-record 29-season tenure, so he obviously knew what he was talking about when he pointed out the 230-pound linebacker sweating under the Texas sun.

"He's got great potential," said Landry, who was inducted into the Hall-of-Fame in 1990. "Maybe he can bolster our defense a little bit, maybe he can keep Harvey Martin and Randy White from being double-teamed."

For Van Buren Alucard Vaughn, just being on the same field with "America's Team" was an honor in itself. There, on the opposite side of the field, stood the limping Roger Staubach calling an audible while Landry and his coaching staff looked over the scrimmage.

Vaughn had read, seen and dreamed about the franchise since his childhood in Washington, D.C. He remembered watching the previous Super Bowl, in which tight end Jackie Smith dropped a potential game-winning touchdown in the end zone. The Cowboys lost that night to the Pittsburgh Steelers and Terry Bradshaw 35-31, but it just made Vaughn even hungrier to give his best to the franchise.

He'd been invited by the Cowboys to attend their training camp after the 1978-79 season by scouts who noticed his ability in a semi-pro league, which Vaughn played in during summer breaks while attending George Mason University.

Vaughn was one of the best linebackers around, which explains why his team, the Chambersburg Cardinals, was one the fiercest, if not dangerous, squads to face in the league.

Now, he was being looked at for a possible career in the NFL as a right outside linebacker for the Cowboys, and he was only a few days from making the final cut on the team roster.

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The mean D.C. streets can be cruel, sad and devastating to any young man, but not Vaughn. Growing up in the nation's capitol was easy, comforting and pleasant for the athletic prodigy because his dad, Ashland, held a firm, disciplinary hand in the nine-person household.

"(He) made sure we lived

See **NFL**, Page B2

NFL, from Page B1

a decent, typical day," Vaughn said. "We had to complete our homework before we could go play outside."

Ashland could be very intimidating and demanding, but what else would one expect from a fearless soldier? He was a member of the renowned 101st Airborne Division (Air Assault) during the Vietnam War.

"I spent a lot of time with him," Vaughn said. "I really came to appreciate his work ethic, as he worked at an auctioning company selling antiques and rare merchandise."

Vaughn's mother was no pushover either.

Vonzelyar Vaughn worked for the Department of Agriculture until a sudden ailment caused her to retire. Nonetheless, it didn't stop her from raising four girls and three boys when her husband was away.

"My mother was tough, but very loving," Vaughn said. "She really knew how to care for us."

With the love and support from his parents, Vaughn began his high school career with an ambition to succeed in the classroom and athletics.

He didn't disappoint.

Vaughn was selected on the All-Maryland football squad in 1974 and 1975, after averaging 10 tackles and two sacks per game. The 6'4", 215-pound giant also muscled his way into Maryland state history by leading Montgomery High School to the 1974 basketball championship by averaging 22 points. He was also named All-Metro in track and field, where he placed second in regionals in 1974.

"I had a great high school career," Vaughn said. "The best memory I have is beating our archrivals, Springbrook High School, 69-54, and I scored 20 points."

He was so prolific in high school that colleges were asking for his services in any way possible. James Madison University and Leigh High University were the early frontrunners in the Vaughn sweepstakes until he decided to attend George Mason on a basketball scholarship.

"I would have played football there, too," Vaughn said. "But they didn't have a team."

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The dreaded day had finally arrived in late 1979, and Vaughn was very anxious to find out if he'd survived the final cuts of the preseason.

"Landry treated everyone equally," Vaughn said. "He was a great man."

Vaughn contends the decision to cut him didn't come from the venerable coach, who died in 2000, but from the front office. Nonetheless, he cherished every minute he'd spent with the Cowboys and didn't hold a grudge against them.

"You keep following your dreams," Landry told him. "Don't ever let anyone tell you otherwise."

"Those words helped me with my values that I hold dear to this day," Vaughn said.

After Vaughn left the Cowboys training camp, the Philadelphia Eagles contacted him with a five-year, $500,000 contract.

"I rejected the offer," Vaughn said. "After I was cut, I lost my drive to continue playing, so I left the game."

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While many players fail to make a team every year, some keep coming back. Others try something else.

When Nate Newton, who was part of three Super Bowl championships with Dallas in the early '90s, was let go by his team, he decided to make money by transporting drugs. He was caught not once, but twice, and is now serving a 30-month sentence.

When Vaughn was let go, he joined the military.

"I grew up watching my dad in his uniform," he said. "I always had a fondness for the military and I wanted to be like him."

Twenty years and many memorable events later, Vaughn stands by his decision to forego the unique opportunity to play in the NFL. If he'd signed with the Eagles, he would have been part of their Super Bowl team that was led by Dick Vermeil in 1980.

"I have no regrets," he said. "I've experienced a lot in the military, got married and am content in a profession where, at my age, I still have healthy knees."

Vaughn said his military service helped him learn to appreciate what he has in his life. His wife, Lisa, and he are investing wisely so they can buy a home when he retires, until then, Vaughn is serving his country in Afghanistan.

"I enjoy what I am doing," he said. "Afghanistan is something we have to do because of the horrific Sept. 11 tragedy, and I am proud to be here."

The 46-year-old sergeant first class is in charge of enforcing the Headquarters and Headquarters Company, CJTF-180 commander rules and regulations, makes sure the billets are clean, the trash bins emptied and the water buffaloes filled every day.

Man, when Tom Landry said Vaughn had potential, he really did know what he was talking about after all.

SMALL, from Page A4

tasks without giving a second thought to all the small details that must be mastered for each of these events to be successful.

In the military, taking care of the small stuff has a name — discipline. In simple terms, discipline means doing things right when no one is watching. It is wearing your uniform properly, complying with regulations, and not being satisfied with the job has your very best.

Discipline and details go hand-in-hand. Without discipline and attention to details, we are setting ourselves up for failure.

So what is the secret to successful mission accomplishment? It's a commitment to excellence that starts with the basic building blocks of any task. It is taking care of the details as part of your every day routine.

It should not be something you do after the fact in an attempt to find mistakes. If you did not care enough to do it right the first time, the odds are certainly against you finding your mistakes the second time around.

Next time someone tells you "don't sweat the small stuff," take the time to explain to them how the "small stuff" makes the "big stuff" happen.

Jewish high holy days

Rosh Hashanah Services will be conducted today to Sunday in Karshi-Khanabad, Uzbekistan. Any Jewish soldier who wishes to attend call contact his unit chaplain or call DSN 318-231-4018.

COALITION SPORTSZONE

The Day in Sports

*(Compiled from **ESPN.com**)*

NFL: Niners boot Giants

With six seconds left, Jose Cortez kicked his third field goal, and the 49ers pulled out a 16-13 win over the Giants to launch the 2002 NFL season Thursday.

MLB: Catching 22

It wasn't pretty but Curt Schilling accomplished something he never had done previously in his career. The D-Backs right-hander won his 22nd game of the season for the first time in Arizona's 8-5 victory over the Giants. Schilling allowed five hits and three earned runs in seven innings. Barry Bonds hit his 41st homer, but it wasn't enough to stop Schilling from defeating S.F. for the third time this year.

Golf: Waite tackling Canadian Demons

If anyone deserves to win the Canadian Open on principle, it's Grant Waite. Poised to win two years ago, he was beaten by an outrageous Tiger Woods shot; last year, he missed his wakeup call, got stuck in traffic and didn't make the first round. This year, he leads by two strokes after a first-round 64.

College football: A rivalry renewed

It was once the most heated rivalry in Florida. FSU-Miami and Gators-'Noles? Nothing compared to the hatred Miami and Florida had for each other. Now, after a 15-year regular season layoff, the rivalry is finally back when the No. 1 'Canes visit No. 6 Florida Saturday.

Soccer: Moving on up

The MetroStars picked a crucial time to earn their first win against the Burn this season. Rodrigo Faria scored two goals and Clint Mathis added another in New York/New Jersey's 3-1 victory over Dallas on Thursday night. With the victory, the Metros catapulted into a first-place tie with the Crew in the Eastern Conference.

RPM: Aiming For Diversity

NASCAR's roots are steeped in the South. Now, as it looks to broaden its horizons and fatten its wallet, NASCAR is looking south of the border. NASCAR is making a big push to lure more Latinos to the sport. And the recent announcement that Brazilian star Christian Fittipaldi is joining its ranks may be just the tip of the iceberg.

Tennis: Learning from the master

Pete Sampras just refused to hand off that torch to Andy Roddick on Thursday night at the U.S. Open. Sampras handed out the promised nightmare with a 6-3, 6-2, 6-4 victory. The 13-time Grand Slam champion looks determined to roll that number over to 14. The next tutorial? Sjeng Schalken in Saturday's semifinals.

NFL scoreboard: Week 1

San Francisco 16-13 N.Y. Giants

2002 Major League standings

American League East			GB
N.Y. Yankees	87-52	.626	-
Boston	77-61	.558	9.5
Baltimore	64-74	.464	22.5
American League Central			**GB**
Minnesota	81-59	.579	-
Chicago (AL)	68-72	.486	13
Cleveland	62-77	.446	18.5
American League West			**GB**
Oakland	88-51	.633	-
Anaheim	85-54	.612	3
Seattle	81-58	.583	7
National League East			**GB**
Atlanta	88-50	.638	-
Philadelphia	70-69	.504	18.5
Montreal	69-71	.493	20
National League Central			**GB**
St. Louis	78-61	.561	-
Houston	74-66	.529	4.5
Cincinnati	67-72	.482	11
National League West			**GB**
Arizona	87-53	.621	-
Los Angeles	81-58	.583	5.5
San Francisco	78-61	.561	8.5

Thursday's scores

Texas 11-2 Baltimore
Philadelphia 4-1 Montreal
Toronto 5-4 Boston
Houston 5-0 San Diego
N.Y. Yankees 9-3 Detriot
N.Y. Mets 4-1 Florida
Anaheim 10-1 Tampa Bay
Arizona 8-5 San Francisco
Cleveland 11-6 Chicago Sox

WILD CARD

NL

1. Los Angeles .583
2. San Francisco .561
3. Houston .529
4. Philadelphia .504
5. Montreal .493
6. Florida .489

AL

1. Anaheim .612
2. Seattle .583
3. Boston .558
4. Chicago Sox .486
5. Baltimore .464
6. Texas .446

Regional weather

	Today	Saturday	Sunday
Bagram	Hi — 86F Lo — 50F	Hi — 84F Lo — 54F	Hi — 82F Lo — 55F
K2	Hi — 79F Lo — 53F	Hi — 85F Lo — 50F	Hi — 86F Lo — 50F
Kabul	Hi — 79F Lo — 46F	Hi — 81F Lo — 48F	Hi — 79F Lo — 52F
Kandahar	Hi — 93F Lo — 57F	Hi — 93F Lo — 57F	Hi — 95F Lo — 61F

Kandahar chapel hours

Sunday
❖ 0400Z — Liturgical protestant service at Freedom Chapel
❖ 0500Z — Roman Catholic Mass at Freedom Chapel
❖ 0700Z — Protestant service at Freedom Chapel
❖ 0900Z — Latter Day Saints at Freedom Chapel

Wednesday
❖ 0900Z — Protestant service at Freedom Chapel

Friday
❖ 0830Z — Islamic Service at Mosque
❖ 1300Z — Jewish service at Rose Garden Pool

Saturday
❖ 0500Z — Roman Catholic Mass at Freedom Chapel
❖ 0700Z — Seventh Day Adventist at Rose Garden Pool

Bagram chapel hours

Sunday
❖ 0500Z — Roman Catholic mass
❖ 0630Z — Protestant worship
❖ 0830Z — Latter-Day Saints worship
❖ 1130Z — Roman Catholic mass
❖ 1430Z — Gospel service

Monday
❖ 1130Z — Rosary and prayers
❖ 1430Z — Gospel choir practice

Tuesday
❖ 1130Z — Orthodox/Catholic Bible study
❖ 1430Z — Protestant Bible study

Wednesday
❖ 1130Z — Roman Catholic mass
❖ 1430Z — Protestant mid-week service

Thursday
❖ 1430Z — Gospel Bible study

Friday
❖ 0830Z — Islamic Jumaa'h prayer
❖ 1130Z — Orthodox Christian hymn service
❖ 1430Z — Jewish prayer

Saturday
❖ 0530Z — Seventh-Day Adventist worship
❖ 1130Z — Orthodox Christian Divine Liturgy
❖ 1430Z — Gospel Choir practice