



ALI TIMES

September 1, 2006

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Col. Orr Says Good-bye to Ali Family

Col. Dave Orr held three calls to ensure Ali Airmen knew they made a difference while deployed.

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ALI TIMES

Vol. 4, Issue 32

Sep 1, 2006

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Cover Photo

SSgt. Charles Saunders aligns his sights on the target during the combat shooting competition Aug 30. Story on pages 8-9.

Photo by Master Sgt. Ruby Zarzyczny



Col Dave Orr

Col. Orr says goodbye to his AF family at the last AEG CC's call

By 2d Lt. Joseph Harris

407th AEG Protocol Officer

With AEF 1/2 winding down, Col. Dave Orr, 407th AEG/CC, held his final commander's call with Ali Airmen to ensure they were aware of the tremendous impact they made during their deployment and to encourage a strong finish as we begin this final kick of the race. Hammering his point home, Col Orr highlighted each squadron's significant accomplishments and those accomplishments aiding in the ongoing war on terror.

"We pushed fuel, cargo and personnel to get it to the frontlines of freedom." Col Orr recounted. "We supported coalition forces and we made a dramatic impression on our sister services in our expertise and professionalism. We supported the Navy's P-3 operation doing ISR operations for the

warfighter. The ELRS and ECES helped turn out vehicles that will be safer when facing IEDs."

"The Italians and Australians say they are so much happier than they have ever been on a deployment because of the daily events and interactions they have with you." he continued. "They have added a spark to our lives and we have added one to theirs, both from a mission and a personal standpoint."

"Don't think you're not making a difference. When you talk about combat Airpower, right here, right now, from an Airpower standpoint, no one is taking the field against us. It's incredible what the Air Force has done

Continued on page 3:

CC Call



CC Call

From page 2.....

in 60 years and it's all because of Airmen like you and the difference you make."

Changing gears, Col Orr then turned his emphasis to returning home, adjustments that will need to be made and what it means to be a professional Airman.

"The emotions, some will face at homecoming will be tough," Col. Orr stated. "You might experience euphoria when you get home, but some will face the same problems they left behind. I hope that the physical, emotional and spiritual growth gained here will help make you better able to handle these

problems. I hope it makes us better spouses, parents and friends."

"Be an individual of character, not a character. Learn the great profession of being an Airman, the character, trust and integrity involved with being an Airman. Take advantage of what life brings you because it is precious, it is fleeting and you need to live life to its fullest. There is the past, present and future. Enjoy the moment, today in Iraq, today is a great gift."

"You've all become family to me and I know I'm going to see great things from you in the future. I want you to go home proud. I want you to go home and tell the story of what we did in Iraq. I want you to go home and have a great life."

407th AEG Accomplishments

1. Sustain the Airpower Force

1. Built redundant communication network for the base—eliminated comm. outages/improved base command and control

2. Procured ATIS—improved aircraft/crew safety

3. Coordinated procedures with Kingpin for safely transiting 39,000 aircraft through 1/3 of Iraq's airspace

4. Laid groundwork for Ali Base drawdown—returned 224 Airmen to the AEF pool

5. Improved safety for all Airmen—procured >100 bunker barriers and t-walls improving force protection 900 personnel

2. Defend the Airfield/Base:

1. Combat patrols securing 260 sq km of battlespace—thwarted 7 rocket attacks, no Defenders injured

2. Completed the historic transfer of the base security mission to the Army We directed training efforts for 166 Soldiers to transition the mission – completed task 2 weeks ahead of schedule

3. Finalized the secure transfer of the largest IED builder in southern Iraq (a High Value Target)

4. Senior Airfield authority for >5,000 combat sorties, 6 million tons of cargo and 21,000 passengers

5. Secured Air Force One during historic visit of President Bush to Baghdad

6. Directed response for multiple indirect fire attacks against the installation—all UXOs rendered safe/no casualties

3. Take the Fight to them

1. Set the standard for physical fitness—>3,000 lbs lost by personnel during this rotation

2. Finalized purchase of 72 Alaskan Shelters to replace deteriorating billeting tents — #1 QoM improvement

3. All time high in buy-in from Airmen—participation in SVS events up 50% despite having 224 less Airmen during the rotation

4. Unmatched Esprit de Corps

Ali Olympics joined USAF and coalition partners

The pressure's off right???

By SMSgt Charles Schuster

407th ELRS First Sergeant

As a First Sergeant, I would like to pass on my perspective of going home and some of the stresses associated with it, how to deal with those stressors and what agencies are available to help you and your wing man out.

Over the past four to six months we have endured a lot. We went through all the stages of group dynamics and we have definitely become a cohesive team. Soon we will be on our way to that old familiar place we call home.

The pressure's off right? Wrong, all the excess mental baggage we collected in Iraq will ride home with us. The long hours, the intense heat, the constant struggle of missing our loved ones and let us not forget a few memorable days when the enemy decided to launch a few rockets our way.

Once we get home, it might not be that old familiar place. Things change, and for most people change is a major stressor. Your significant other has taken on a lot of responsibility while you were gone. If you jump right in and expect it to be just like before you left, it could lead to a heated battle. Friends have changed, some might be jealous of your adventure. Children go through stages rather quickly. While at home you hardly notice, after four to six months the gradual changes in them could seem enormous.

Luckily for us, the Air Force is changing in a positive way. They understand that for combat warriors returning home it can be a stressful event and they have developed plans to help us out.

Soon after your return home, you will in-process your unit. Part of that processing will be a return and reunion briefing. There is not enough room in this article to cover all the topics they will discuss, but what I will tell you is to pay attention. More times than I would like to recall, I have had disciplinary and marital issues with people who have just returned home. They failed to integrate successfully back into their old lifestyle and before they knew it, the lid blew off.

Take the time to ease yourself back into your old lifestyle. Instead of challenging change, look at it from all angles and try to see the good in it. If you just can't stomach it, calmly discuss the matter with those concerned and try to rationalize the issue. Communication is the **key** here. Don't let things fester until you explode. Talk it over. Ease back



SMSgt. Charles Schuster

into relationships with spouses, significant others, friends and children. Spend your time equally with the ones most important to you.

Most importantly, don't over indulge with alcohol. Alcohol is a depressant and it inhibits your ability to make rational decisions. Don't go home thinking you can drink like you used to. Your tolerance level has been drastically reduced. The last thing anyone wants is for you to survive a war zone to be killed by stupidity. I have personally witnessed stupid acts that led to the senseless loss of life right after a person returned home. If you find yourself on the verge of making a bad decision or failing to cope with the stress the best thing you can do is get help.

There are numerous agencies out there whose sole purpose is to help people in distress. Your First Sergeant, Life Skills, the Chaplain, and AF One Source just to mention a few. Someone once told me they didn't want to go to Life Skills because they would be thought of as a failure. In my eyes, it is the person who doesn't get help who is a failure. When you have the ability to fix something and you ignore it, you've failed in owning up to your responsibilities.

Last but not least, take care of your wingman. If they are not getting the help they need, sound the alarm. Let someone responsible know what is going on. Part of being a good wingman is taking care of yourself and buddy. As a parting note, I offer this. Don't concentrate on the finish line until after the race is over. Finish strong and have a safe trip home!

Ali NCC sets example for AOR

By Master Sgt. Ruby Zarzyczny

407th Air Expeditionary Group Public Affairs

Next time you send an email try not to just look at the keyboard, monitor or computer you're using. Instead, picture the cyberspace you're about to enter and how your important messages will travel through this space to its recipient. If you can imagine this, you'll understand the importance of the Network Control Center's mission of keeping the communication flowing through the cyberspace.

"The 407th ECS Network Control Center's mission is to keep both classified and unclassified email, file servers, Internet access and the CENTRIX, a coalition classified network, up and running," said MSgt. John Lewis, 407th ECS NCC chief.

The NCC is comprised of two offices to keep the mission going. The first is the network administration office who monitors and fixes the mail servers and file servers. The second office is configuration management office. The technicians in configuration management install and fix network infrastructure devices like routers, switches, and crypto.

The NCC works with the Network Operations Support Center at Shaw AFB, S.C.

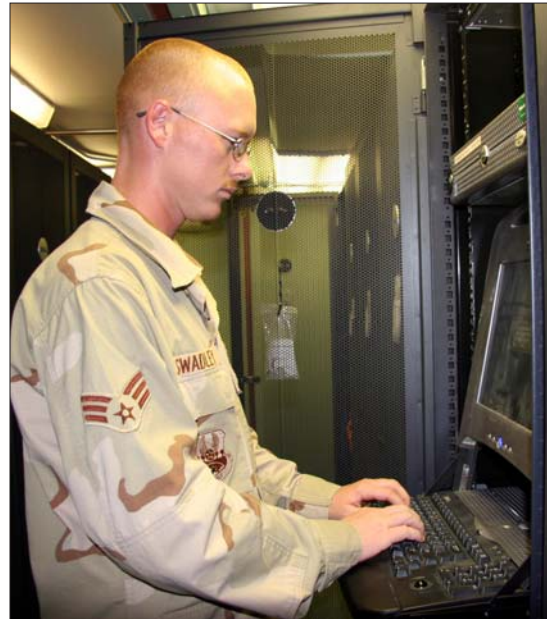
Although the NOSC actually runs the network for the entire AOR, Ali's NCC keeps our network up and running.

"You never really know what the day holds for you," MSgt. Lewis said. "Everyday is different and our day really depends on the users and equipment. If the equipment goes down or something is wrong with the network, our days can get really busy."

The NCC services more than a 1,000 email accounts. It's a team effort working with Communications Focal Point (help desk) and Tech Control to keep us running. If communication problems occur, our network administrators are there to help.

"If you have a problem with Outlook, we maintain the mail server," SSgt. Aaron Martinas, 407th ECS network administrator, said. "We trouble shoot to find the problem and determine if it is a specific client issue or a server problem. We try to narrow it down and fix whatever is wrong with the server."

The network administrators also provide training to the Client Support Administrators and support them with web servers. Generally speaking, the CSA works with the user and if the CSA cannot fix the problem at the work station, the prob-



Photos By MSgt. Ruby Zarzyczny

SrA Chase Swadley, 407th ECS computer system operations journeyman, is logging onto the server to check if the user login and drives are correctly backed up on the network server.

lem is referred to the network administrator.

"Network administrators are extremely vital in maintaining the mission," SSgt. Martinas said. "A lot of the elements we support affect every user on base."

"Many functions of the mission are centered on computer systems, so it's important for the network administrators to understand multiple computer systems so they can trouble shoot computer and application problems effectively," SSgt. Martinas said. "Often times the NCC is tasked to come up with viable solutions without a baseline for comparison. The solution must be able to work on a base level."

"The alert notification system, was not a computer problem but it was a computer void," SSgt. Martinas explained. "We needed to automate the information to get it out to everyone in a timely manner. We had a system, but it wasn't working properly, so we developed a more effective system."

"When users logon they see a script run, welcoming them and giving them information," SSgt. Martinas continued. "That is something that happens in the foreground. In the background, the script is running to automate a lot of processes to map drives and fix vulnerabilities. The entire process alleviates CSAs and users and ensures the computer is updated."

"These tools are automated for convenience

Continued on page 6:

NCC

NCC

From page 5.....
to the user," he added. "They keep things working properly so they don't break down or get out of control."

Another thing the network administrator does is apply patches to the network.

"Computer code is written by people, so there will be flaws in the code. Sometimes the flaws can prevent a user from being able to do what they expect to do on the computer, or it can be a way for someone to maliciously come into your computer to compromise it," SSgt. Martinas explained. "Patches keep the system and the data safe. The Network Administrators work to identify these vulnerabilities to patch the network."

Patches do not always happen automatically. Whether the MAJCOM directs a patch implementation or the network administrator identifies vulnerability, the NCC must develop a solution to fix the problem.

"It's nice to be able to put all of my skills to use and see the results. Patching a computer in the U.S. can seem tedious and I might not realize the importance of it. In Iraq, it's easier to understand the importance of being up-to-date. Even more importantly, innovations that we develop while I'm here will help the network administrators, CSAs and users coming into Ali Base."

"We try to make fixes automated so it re-

quires the least amount of intervention by users," added SSgt. Martinas. "But, at some point, someone has to step in and incorporate that fix."

"I've been able to learn a great deal here. I can bring what I have learned back to my home station to make me more effective. It's an opportunity you just don't get very often."

While network administrators are keeping the network running, the infrastructure technicians configure, maintain, and install switches, routers and cables to ensure users can connect to the network.

"We handle all the equipment from the back of the computer to the servers and everything that connects the equipment," SSgt. Matthew Hall, network infrastructure technician said. "Once the computer equipment is installed, the network infrastructure technicians configure it to make sure it works. We respond when a user has trouble connecting to the network."

If a user is having trouble, the network infrastructure technicians check to see how the computer is configured. If the configuration is correct, the technician checks the switch to determine if there is a connection between the computer and the switch.

"With the way we run business today," SSgt. Hall said. "Communication is the key to coordinating everything that keeps the mission going. Network infrastructure is the first step in getting connected and making sure everything talks to each other."

"I really enjoy doing my job," he added. "I like this kind of work because of the action and projects."

"I'm extremely proud of my team and everything they've accomplished during this rotation," said MSgt. Lewis. "I have Airmen from four different bases who quickly formed the best team I've ever been deployed with. There wasn't a single time when they said 'It can't be done' and they found a solution to every challenge that was put before them. I believe they set the example for all the other NCCs in the AOR."



SrA Jason Menningen, 407th ECS computer systems controller, attaches a CAT 5 cable to the network switch.



Photos By MSgt. Ruby Zarzyczny

CMSgt Bob Henson, 407th ESFS, monitors the competitors while they zero in their weapons to prepare for the combat shooting competition.

Defenders' shooting competition tests 407th AEG warriors

By MSgt. Ruby Zarzyczny

407th AEG Public Affairs

The 407th Defenders held a combat shooting competition Aug 30 and 31. Eight five-Airman teams from the 407th AEG signed up for the competition that would test their shooting abilities under the simulated stress of a combat environment.

Before the competition, the teams were sequestered to keep the course secret and then escorted by the Defenders to the range. The range was divided into two areas so two teams could compete simultaneously, giving the course a competitive edge.

Once the teams were on the range they were given the course instructions and a firing range safety briefing. To maintain safety during the course, the M-16 rifles were kept on the range with the instructors. The teams were given the opportunity to zero their weapons before the competition. Once the competition started, they were on their own. The competitors would have to rely on their own abilities and their teammates to complete the course.

When the competition started, the sun was high and the temperature was soaring towards 120 degrees. The teams started by running 75 feet to an

ammunition depot carrying one teammate on a stretcher. Once they collected their ammunition, they carried a teammate back to the starting point and then ran to the range to fire in the standing supported position.

Once the entire team was finished firing, they rallied at the starting point where one teammate carried the stretcher and another teammate fireman-carried a third teammate all back to the ammunition depot. Once at the ammunition depot, the fire teams received additional ammunition and then did the same carry back to the firing range to shoot in the prone supported position.

After the entire team was back to the starting point, each teammate picked up two fully loaded ammunition cans and ran to the depot to get more ammunition before returning to the starting point carrying the ammunition cans. The final leg of the competition was the kneeling unsupported position. The clock stopped ticking once the entire team was finished shooting and back to the starting point. The winner of the competition will be determined by how fast they completed the course and their shooting score.

Continued on page 8:

Shooting Competition

Shooting Competition

From page 7.....

The Airmen who participated in the competition will be able to take this experience back home with them to recall for years to come.

"The course was challenging and fun," Capt. Robert Garrison, 407th ELRS said. "It tested your fitness and mental abilities. The Security Forces did an outstanding job with the course and gave the entire Group a great op-

portunity to get some "live" fire in while they are in a war zone!"

"I thought having the opportunity to shoot in an event like this one was very fulfilling," MSgt. John Kubilis, 407th ECES said. "It gave you a realistic view of the tempo while shooting in a combat situation. The strength and endurance involved was under estimated on my part. Over all it was a great experience."

The Defenders thanked the Airmen for participating in the combat shooting

competition.

"It was an absolutely incredible event packed full of Airmen who were knowledgeable, competitive and motivated," CMSgt. Bob Henson said. "We had participants who fainted, vomited and were completely exhausted which displayed the intestinal fortitude only found in warriors in a combat zone. All of you should be extremely proud of your shooting performance because it was a very demanding course. Thanks again for making this a memorable time to finish our deployment!"



TSgt. Tony Horde, range master, gives advice to MSgt. Brian Kirby after looking at his zero target.



Photo by SSgt. Rasheen Douglas

CMSgt Bob Henson, 407th ESFS, gives the competitors the course instruction and safety briefing before they begin the course.



Photo by SSgt. Rasheen Douglas

Fire Chief, SMSgt. Daryl Cook, zeros in his weapon at the Ali firing range before the Combat Shooting Competition. Once the competition started, he or one of his teammates had to manage any weapon malfunctions.



MSgt. John Kubilis (left front), MSgt. Steve Mulford, MSgt. Joe Nadeau, (left back) and SSgt. Charles Saunders carry MSgt. Brian Kirby during the combat shooting competition. The team members were all from 407th ECES.

Ali Sports

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

Dodgeball Championship

407th AEG defeated ESFS

Commander's Basketball Challenge

Chief/SMSGts defeated the CCs 35-34

Air Force vs Army All-Star Basketball game

Army beat Air Force 78-72

All-Star Volleyball Championship

The Italians defeated AEG #2

Sept. 1, Around the World Basketball at 8 p.m.

Sept. 2, Water balloon Volleyball at 6 p.m.
For more information call 445-2136

Sept. 4, Dodgeball Tournament at 7 p.m. in the Big Top.

Sept. 5, Pull-up Competition at 6 p.m. at Muscle Beach.

Sept. 6, Bench Press Competition at 8 p.m. at Muscle Beach.

Sept. 8, Blind Fold Basketball Relay at 7 p.m.



Photos By SSgt. Rasheen Douglas



Above, CMSgt. Walt Lilley, 407th AEG, guards the ball as Maj. Steven Sweeney defends.

CMSgt Bob Henson, 407th ESFS, drives the lane around Maj. Benito Barron, 407th ESFS.



CMSgt Gregory Robinson, 407th SFS/FP looks for an open teammate.



Col. Dave Orr looks for the inbound pass.



Commander's Basketball Challenge

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.

RIGHT EXIT

10 days prior to departure:

Review the Right Exit Briefing on the PERSCO Intranet site.

- Go to the main page go to the "Air Expeditionary Group"
- Click on the PERSCO button. In the right column under "Useful Links" select "Right Exit Briefing" to open or save.
- See your Unit Re-deployment Manager (URM). They will make sure your information is in the Virtual Out-processing Database and Functional Representatives may begin signing you off.

You must visit:

- Medical – after you complete the online health questionnaire located on their "Medical Services" intranet page.
- Library if you have a library card.
- Any location you have not returned equipment, games, videos, and/or have vehicle or custodial accounts with.

24 hours prior to departure:

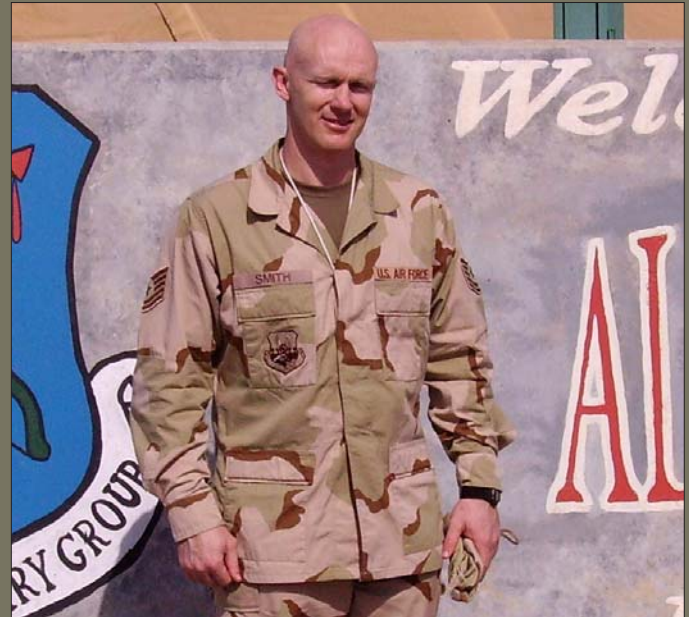
Bring your completed checklist from your URM to your First Sergeant for a tent inspection

1. Billeting - Turn in linens and pick up your AF Form 245. PERSCO
2. Bring your completed out-processing checklist - we will verify appropriate initials are signed off. **Do not bring an incomplete checklist.**
3. Bring your AF Form 245 received from Billeting
4. Bring your "signed" Right Exit Certificate.
5. Drop off your Quick Reference Emergency card * (if you have one).

PERSCO will sign you off and give you a pass to turn into the PAX terminal. Do not try to get on plane without it.

407th AEG

Warrior of the Week



TSgt David Smith

Deployed Unit: 407th AEG PERSCO

Home Unit and Base: European Mission Support Squadron, Patch Barracks, Stuttgart, GE

Job Title: NCOIC, Personnel Employment

Why other say he's a Warrior: TSgt David Smith diligently and aggressively worked as PERSCO superintendent clearly performing above his TSgt grade in a senior NCO capacity. While volunteering and participating in numerous extra details and duties from EET, cleanups, PAR team and most recently the AEG Olympic Athletic Coordinator, I can always count on TSgt Smith to go the extra mile!

Most memorable AF experience: The Ali Base experience comes to mind...

His family: My wife Shelly and I reached our 13 year anniversary while here at Ali, 15 May. I have 2 daughters Heidi turns 6 on 31 Aug and Hannah who turns 10 on 15 Oct and a dog.

Hobbies: I enjoy "getting my lift on" & playing numerous sports and winning!

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

Seed of Chucky (2004), 1 a.m., Brad Dourif, Jennifer Tilly, horror, thriller, **Ya-Ya Sisterhood** (2002), 3 a.m., Ellen Burstyn, Ashley Judd, comedy, drama, **Catwoman** (2004), 5 a.m., Halle Berry, Benjamin Bratt, action, science fiction, **Bring it on Again** (2004), 7 a.m., Faune Chambers, Anne Judson Yager, comedy, teen, **The Silence of the Lambs** (1991), 9 a.m., Jodie Foster, Anthony Hopkins, drama, horror, **Romeo and Juliet** (1994), 11 a.m., Christopher Neame, Jenny Agutter, drama, romance, **Exit Wounds** (2001), 1 p.m., Steven Seagal, Earl Simmons, drama, action, **Bringing Down the House** (2003), 3 p.m., Steve Martin, Queen Latifah, comedy, romance, **How to Lose a Guy in 10 days** (2003), 5 p.m., Kate Hudson, Matthew McConaughey, comedy romance, **Drumline** (2002), 7 p.m., Nick Cannon, Orlando Jones, comedy, performing arts, **Fever Pitch** (2005), 9 p.m., Drew Barrymore, Jimmy Fallon, comedy, romance, **X-Men** (2000), 11 p.m., Hugh Jackman, Patrick Stewart, action, science fiction

Saturday

Chicago 1 a.m.
Red Eye 3 a.m.
Coyote Ugly .. 5 a.m.
How to lose a guy 7 a.m.
Catwoman 9 a.m.
Fever Pitch 11 a.m.
Seed of Chucky 1 p.m.
X-Men 3 p.m.
Ya-Ya Sisterhood 5 p.m.
Bring it on Again 7 p.m.
Exit Wound 9 p.m.
Silence of the Lambs.. 11 p.m.

Sunday

Romeo and Juliet 1 a.m.
Drumline 3 a.m.
Bringing down... 5 a.m.
Coyote Ugly 7 a.m.
Seed of Chucky 9 a.m.
Ya-Ya Sisterhood 11 a.m.
Chicago 1 p.m.
Exit Wounds 3 p.m.
Red Eye 5 p.m.
Silence of the Lamb.... 7 p.m.
Catwoman 9 p.m.
How to lose a guy 11 p.m.

Monday

X-men 1 a.m.
Fever Pitch 3 a.m.
Bring it on Again 5 a.m.
Romeo and Juliet 7 a.m.
Drumline 9 a.m.
Silence of the Lamb... 11 a.m.
Coyote Ugly 1 p.m.
Seed of Chucky ... 3 p.m.
How to lose a guy 5 p.m.
Ya-Ya Sisterhood 7 p.m.
Bringing down 9 p.m.
Chicago 11 p.m.

Tuesday

Coyote Ugly 1 a.m.
Romeo and Juliet 3 a.m.
Silence of the Lambs .. 5 a.m.
X-Men 7 a.m.
Ya-Ya Sisterhood 9 a.m.
Drumline 11 a.m.
Red Eye 1 p.m.
Bring it on Again 3 p.m.
Fever Pitch 5 p.m.
Exit Wounds 7 p.m.
Catwoman 9 p.m.
How to lose a guy 11 p.m.

Wednesday

Drumline 1 a.m.
Red Eye 3 a.m.
Seed of Chucky 5 a.m.
How to lose a guy 7 a.m.
Fever Pitch 9 a.m.
Bring it on Again 11 a.m.
Silence of the Lambs ... 1 p.m.
Bringing down 3 p.m.
Romeo and Juliet 5 p.m.
Coyote Ugly .. 7 p.m.
Chicago 9 p.m.
Exit Wounds 11 p.m.

Thursday

Bringing Down. 1 a.m.
Bring it on Again 3 a.m.
Drumline 5 a.m.
Romeo and Juliet 7 a.m.
Chicago 9 a.m.
Red Eye 11 a.m.
Exit Wounds 1 p.m.
Ya-Ya Sisterhood 3 p.m.
X-Men 5 p.m.
Catwoman 7 p.m.
How to lose a guy 9 p.m.
Fever Pitch 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Monday

5 p.m. **Abs Class:** Muscle Beach (I)
7 p.m. **Spinning:** Muscle Beach (I)
7 p.m. **Dodgeball Tournament:** Big Top
7 p.m. **Toning:** HOP
7 p.m. **Ping Pong:** ACC
8 p.m. **Madden Football 2005 Tournament:** Hot Spot
8 p.m. **Spinning:** Muscle Beach (I)

Tuesday

7 a.m. **Spinning:** 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. **Omaha Poker:** Big Top
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
8 p.m. **Step Aerobics:** HOP
8 p.m. **Spinning:** Muscle Beach (I)
8 p.m. **8-ball:** Hot Spot

Thursday

7 a.m. **Spinning:** Muscle Beach (I)
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
8:30 p.m. **Salsa:** HOP

Happy Birthday

Maj. Stephen Demianczyk,
407th ECES—1 Sep

SSgt. Steven Stewart,
407th ELRS—1 Sep

SSgt. Matthew Wheeler,
407th ELRS—1 Sep

SSgt. John Joseph,
407th ESVS—2 Sep

SrA Abigail Hopkins,
407th ESFS—3 Sep

SrA Dawn Frehse,
407th ESVS—3 Sep

SSgt. Thomas Lazaroski,
407th ECES—3 Sep

SrA Rolando Solis,
407th EOSS—3 Sep

SrA Joseph Fox,
407th ECES—4 Sep

SrA Jaqueline Marshall,
407th ESVS—5 Sep

SrA Dustin Anderson,
407th ECES—5 Sep

TSgt. Bryan Farris,
407th ECES—6 Sep

SrA Christopher Bass,
407th ELRS—6 Sep

SrA Tyrone Edwards,
407th EOSS—6 Sep

(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.