



ALI TIMES

October 6, 2006

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ALI TIMES

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Airmen continue to accomplish mission

By Col James Moulton

407th Air Expeditionary Group Commander

Men and Women of the 407th, first of all, I want to thank everyone for their outstanding work during the first month of AEF 3/4. Across the board I've seen tremendous efforts and great results. And there have been plenty of highlights to fill up September: supporting the Prime Minister of Iraq throughout the Provincial Iraqi Control handover; placing more than 2.5 million pounds of concrete barriers in bedrock, as well as putting up the first series of Alaskan tents; remarkable actions and attitudes in response to the power challenges after CE's underground cables were cut by another agency. Throughout all of these events, 407th Airmen have continued to accomplish our three missions — supporting and sustaining the airpower force, defending the airfield, and taking care of those who take care of the mission — without missing a beat. I couldn't be prouder of the way all of you have answered the bell.

Now, as we enter October, it's crucial that we re-focus and stay on the right track. Don't let the momentum you've gained during the first few weeks slip away in a "sophomore slump" or a few moments of inattention. In fact, now is the perfect time to take stock of the first month's accomplishments and focus on where/how to improve. Now that you've had a chance to get settled in and get comfortable, this is the perfect time to "make the mission better." Take a look at your role here on Ali Base, blend in the experience you've brought from your previous assignments, and raise the bar! It's also the right time to make sure you



Col James Moulton

are on the right path to "make yourself better." Dig a little deeper in the weight room or on the treadmill and move to the next level in improving your fitness — even if it means walking by the rows of desserts at the DFAC!

And don't forget about others: even while you re-focus, don't lose sight of your teammates...make sure they aren't letting themselves slip, either on the job or off-duty. If there is anything not quite right along the way, step in...correct the situation...and don't let a small problem grow into a major one. This point in a deployment is just right for ensuring there is mutual support for every member of the 407th team.

Again, I couldn't be more proud of how well you've all done. I'm looking forward to even better things in the weeks ahead. Take care, and God bless."

Cover Photo

Maj Gen William Holland, Deputy Combined Forces Air Component Commander, U.S. Central Command, and Col James Moulton, 407th Air Expeditionary Group Commander leave the flightline for a of Ali Base Oct. 3. See page 4. Photo by Tech Sgt Ryan Mattox

For the latest Air Force News — go online at www.af.mil

Great organizations have great leadership

By Lt Col Richard Edwards

407th Expeditionary Civil Engineer Squadron Commander

I have been at Ali almost a month now and I have realized something. Many things are different here. The pace has been faster than I anticipated and the weather is really hot. They told me before I came it was a dry heat but it is still hot. One thing is the same. Great organizations have great leadership. Wherever you go, leaders lead.

Leadership is essential to a successful organization. Not just a military organization, any organization. This environment forces people to step up and perform. That is where real leaders shine. What I have witnessed here at Ali is not just leadership from officers and senior NCOS, but throughout this organization. When I look for leaders I look for four essential traits. The first is courage. Anyone that has made the commitment to come to Iraq has demonstrated courage. We are in a war zone here, and bad things can happen in war zones. As Americans, we are used to those bad things happening to the bad guys. We have been kicking butt for more than 200 years. But we have seen here at Ali that danger is all around us. Stepping into this environment and performing takes courage.

The next trait essential to a leader is character. I was at a local fair one day a few years ago when I saw a father give his little girl a big ball of cotton candy. When the dad asked his little girl if she could eat all this cotton candy, she said, "Dad, I'm a lot bigger on the inside than on the outside." That is what character is. Being bigger on the inside than on the outside. Leaders never compromise their character and this organization has demonstrated its character very early on in this rotation.

My third trait that is essential to a leader is responsibility. I see many people in our society today that do not take responsibility for their actions. We are a society of victims. Phrases like, "it's not my fault, or some one is out to get me" are common place when a mistake is made. Leaders take responsibility for their actions. We all make mistakes. Teddy Roosevelt said "a man that makes no mistakes makes no progress." Take responsibility for your actions and learn from your mistakes. Just don't make the same one twice.

The last trait I look for in a leader is a positive attitude. Most of the things that happen to us are out of our control. The only thing in our control is



Lt Col Richard Edwards

how we will react. When we arrived at Ali we immediately had to deal with a major power outage to Bedrock. The cause of this outage was completely out of our control, but the reaction of the 407 AEG was tremendous. From ECES to ESVS to ELRS and everyone in between, leaders stepped forward to find ways to repair, and to accommodate people during this emergency. No one complained or whined because they were hot or that they had no lights. People just did what they had to do. No one doubted that this repair would be done and that positive energy drove repair teams through the night until all the power was restored. The patience of everyone in the 407 AEG was outstanding as everyone waited for the power to come back on. Negative attitudes and whining would have never produced the same results. I believe the positive attitudes that were developed on that day have continued throughout this rotation.

Incorporating the four traits I spoke about into your life will make you a leader. More than that, it will make you a better person. Leadership is something that the world needs more of. Leadership starts at the top but must propagate throughout an organization for that organization to be successful. I challenge all of you to continue and live the traits essential to leadership. Doing it here will make the Group amazing. Doing it in your life everyday, may just change the world.

Deputy Combined Forces Air Component Commander tours Ali

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

One of the Air Force's top generals in the Southwest Asia area of operations and leader in the Global War on Terrorism, flew into Ali Base for a tour and briefings on various 407th Air Expeditionary Group activities and units Oct. 3-4.

Major General William Holland is Deputy Combined Forces Air Component Commander, U.S. Central Command; Deputy Commander, Air Force Forces; and Vice Commander, 9th Air and Space Expeditionary Task Force, Air Combat Command, Southwest Asia. As the Deputy CFACC, he is responsible for the Combined Air Operations Center, which provides operational command and control of air operations in support of Multi-National Forces-Iraq, Combined Forces Command-Afghanistan, and Combined Joint Task Force-Horn of Africa.

The visit showcased the group's three missions — supporting and sustaining the airpower force, defending the airfield, and taking care of those who take care of the mission.

The 407 AEG Commander, Col James Moulton opened the door on the group's mission and capabilities by giving the general



Photos by Tech Sgt Al Petrie

Maj Gen William Holland, Deputy Combined Forces Air Component Commander, U.S. Central Command, talks to 407th Air Expeditionary Group Airmen about their mission and life at Ali Base.

a tour of airfield operations, various emergency services units, and Bedrock Tent City.

"During his visit he was briefed on the 407 AEG's operations and capabilities, and was able to meet some of the Group's airmen," said Col James Moulton, 407 AEG Commander.



General Holland, Deputy CFACC, receives a briefing from the 407th Civil Engineer Squadron's Explosive Ordnance Disposal team on mission and capabilities.

October Promotions and Awards

Promoted to Master Sergeant

MSgt Allan Pulver, 407 ESVS

Promoted to Technical Sergeant

TSgt Mario Dominguez, 407 AEG

TSgt Matthew Mariano, 407 EOSS

Promoted to Senior Airman

SrA Adam Hastings, 407 ECS

SrA Elias Baylon, 407 ECS

SrA Justin Perez, 407 ELRS

SrA Carrie Howell, 407 EOSS

SrA Derrick Washington, 407 ESFS

SrA Haven Cherry, 407 ECES

Promoted to Airman 1st Class

A1C Dmitrijs Sprinzs, 407 ESVS

Airman of the Month

A1C Matthew Bridge, 407 ESFS

NCO of the Month

TSgt Patrick Glass, 407 ECES

SNCO of the Month

SMSgt Charles Adams, 407 EOSS

Company Grade Officer of the Month

1st Lt Ryan Bodge, 407 ESFS

Sharp Saber Team Award

407 ESFS Multi-National Forces

Iraq Badging Team

Annual Combined Federal Campaign kicks off

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

It's that time of year again and soon Combined Federal Campaign representatives will leave no stone unturned to make 100 percent contact with Airmen in their units, seeking those willing to open their hearts and their wallets to give to those who can help make a difference in someone's life.

The 2006 Combined Federal Campaign at Ali Base began Oct. 2 and runs through Dec. 15.

"I have given to the CFC ever since I was an Airman," said Master Sgt Kenneth Russell, 407th Expeditionary Logistics Readiness Squadron Traffic Management Flight Chief. "My mom was affected by a hurricane that hit in Florida last year, and she said American Red Cross was there to give out food, water, clothes, and shelter."

On average, one in four federal employees or their dependents will benefit from the CFC charities this year, according to CFC officials. Donors may designate which charities receive their money by filling out a pledge card.

The local federal coordinating committee will establish exact dates and campaign goals in each geographic area; this information will be available through installation CFC project officers.

Last year, federal employees and servicemembers donated a record setting \$268 million to the CFC. Contributions can be in cash, check or by payroll deduction.

Military and civilian personnel who are deployed or will be deployed during the campaign will participate in the overseas CFC at their deployed location where they will have access to the same national and international charities. Those people who wish to donate to local charities may donate to charities at the deployed location. If married, they may obtain a spousal CFC power of attorney to complete local contribution forms at their home base.

In addition to the nearly 1,900 participating



organizations in the campaign is Family Support and Youth Programs (FSYP). Unique to the CFC-O, FSYP is the way United States service members and Department of Defense civilians serving our country far from home may give back to their installation. In 2005, more than \$544,000 was returned to local military communities overseas through FSYP to improve the quality of life on base for federal employees and their families. Service members in Australia use their FSYP funds to purchase TV/DVD players, bikes and camping equipment for their Loan Locker since it can take up to three weeks for a new arrival to receive their household goods.

The CFC was established in 1961 and is the largest workplace charity campaign in the country. This annual fall fund-raising drive allows nearly 4 million federal employees and military personnel to contribute to thousands of local and national non-profit organizations.

"It's the best way to choose your favorite charity and make a difference by giving. There are more than 1,900 charities, so there is a charity for everyone, not to mention it's tax deductible at the end of the year. My favorite is the American Red Cross, because they help everyone around the world," Sergeant Russell said.

Squadron CFC project officers have more information. The CFC Web site for deployed servicemembers is at www.cfcoverseas.org.

Quick Tips for Awareness and Preparation:

1. Personnel are reminded to heighten personal awareness.
2. Be watchful for suspicious individuals around the installation.
3. Always think OPSEC don't talk about sensitive information in outside areas. (DFAC, PX, ect...)
4. Report all suspicious activity to the Military Police Desk (911 emergency, 833-1327 non-emergency) or the Base Cluster Operations Center (833-1317).

If you have any questions or concerns, call the 407 AEG/ATO at 445-2077.

Some Airmen can carry over ‘use or lose’ leave

RANDOLPH AIR FORCE BASE, Texas (AFPN)

— Airmen who were recalled from or unable to take annual leave this past year for reasons such as support for contingency operations may be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Special leave accrual carry over also applies to Air Force Reserve and Air National Guard members who performed full-time training or other full-time duties for 30 days or more.

Airmen who lost leave may carry over the following leave amounts:

- Up to 120 days for Airmen deployed or assigned to hostile fire/imminent danger pay areas;
- Up to 120 days for Airmen impacted by significant and unforeseen operational mission requirements as a result of Hurricane Katrina; and
- Up to 90 days for Airmen who deployed or were assigned to other than hostile fire/imminent danger locations.

Additionally, Airmen who lost leave as a consequence of assignments in support of contingency op-

erations as of Sept. 30, 2006, are authorized restoration of the leave they lost.

“The purpose of (special leave accrual) is to prevent Airmen from losing accrued leave if they’re unable to take normal leave due to significant and unforeseen operational requirements,” said Master Sgt. Deitra Mathis, superintendent of current operations customer support at the Air Force Personnel Center here.

“Airmen who find themselves in use or lose status must use their leave before taking advantage of post-deployment recovery time,” Sergeant Mathis said. “Use of recovery time is not a valid reason for reinstatement of lost leave when accrued leave could have been taken in its place.”

Those Airmen who meet the criteria for having excess leave should contact their local military personnel flight customer service element for additional guidance, such as eligibility to carry over leave beyond the following fiscal year.

(Courtesy of Air Force Personnel Center News Service)



Photo by Tech Sgt Al Petrie

The day is done

From left to right: Airman 1st Class Paivi Schaeffers, 407th Expeditionary Security Forces Squadron, A1C Sharry Brown, 407th Expeditionary Services Squadron, and SrA Michael McGrath, 407th Expeditionary Logistics Readiness Squadron, Staff Sgt Juan Valle, 407 ESVS, (foreground) take down the flag during AEF 3/4's second retreat of the rotation. They are part of the Ali Base Honor Guard.

Around the Air Force

Air Force announces uniform changes

WASHINGTON (AFPN) —

There will be noticeable changes with the Air Force uniform, Chief Master Sgt. of the Air Force Rodney J. McKinley said.

The changes took effect Oct. 1. The top three changes include doing away with enlisted shoulder board ranks and introducing a new physical training uniform and an insignia.

The Air Force introduced shoulder board rank, originally called shoulder mark insignia, for senior NCOs in 1982. At the time, the Air Force said that was a way to bring added recognition to the top three enlisted ranks. Senior NCOs may now only wear shoulder boards on the blue sweater.

Chief McKinley said many senior enlisted leaders agree NCOs should wear chevrons.

"We are excited for our enlisted force to return to our heritage of wearing our stripes on our sleeves," the chief said. "Now every Airman should be proud to wear their rank on their sleeve."

Airmen will now also have



U.S. Air Force photo

The Air Force put into effect some uniform changes Oct. 1, and all Airmen must have their physical training uniforms — like these on the rack at a military clothing sales store — available that day.

physical training gear to wear when taking part in group physical training events or annual fitness tests. The Chief said Airmen must have their gear ready on Oct. 1.

"You should have a full complement of PT gear," Chief McKinley said. "This uniform gives us distinction as Airmen as we in-

crease our fitness and readiness."

The insignia change takes place Jan. 1, 2007. The U.S. insignia in a circle will also be mandatory to wear that day on the blue jacket for enlisted members. The change reverts back to the traditional insignia — with the circle — Airmen wore from 1918 through the early 1990s.



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! Last week's movie was "Don Juan DeMarco."

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 Redeployment 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 the plane without it.

Hometown News Releases

So now you're here. Well you might as well tell the world! In just a few short minutes you can make sure your family, friends and neighbors are aware of your journey here to Ali Base.

As your career progresses, you will undoubtedly have additional accomplishments to let your friends and family know about. Just contact the Public Affairs Office where you are stationed to complete a Hometown News Release Form.

Here are a few achievements that you may want publicized: basic training, Officer Candidate school, promotions, all permanent change of duty stations, awards and decorations for individual achievement, reenlistments, retirements, receipt of college degree, competitions, assumption of command at all levels, and Airmen or non-commissioned officer of the month, quarter, or year.

The information you provide will be sent to your hometown news outlets and could be published or broadcasted in your hometown. The process normally takes from one week to a month, so tell your family to be on the look out in your hometown newspaper.

The DD Form 2266 allows you to notify up to four major markets where friends and relatives live, in addition to high school and college locations.

Please help us help you get noticed for the good things you do!

To file a Hometown News Release contact the 407th Air Expeditionary Group Public Affairs Office at 445-2318 or by e-mail at 407aeg.pa@tlab.centaf.af.mil to fill out a DD Form 2266 (Hometown News Release).

Photos

If you want to send a photo for your Hometown News Release form, e-mail it to the 407 AEG Public Affairs office.

The photo should be 4 x 5 inches and 200 dots per inch and must conform to the restrictions below:

Photos must not include you're ID card or badges, fence lines or barriers, flight line, security forces checkpoints, outdoor communication equipment or antenna, and any areas that contain sensitive information; uniforms must be within regulation and you must be wearing your DCU overshirt or desert flightsuit.

Please include a brief one sentence description of the location and what you are doing in the photo.

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. The Buddhist Prayer Alcove is open 24 hours a day.

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

7 a.m., Roman Catholic
Mass: Oasis
1 p.m., Muslim prayer/
service: (TCN)
6:30 p.m., Jewish Service:
ARAC
7:30 p.m., Gospel Choir
Rehearsal: APC

SATURDAY

8 p.m., Roman Catholic Vigil
Mass: Oasis

SUNDAY

7:30 a.m., Traditional
Protestant Service: APC
8 a.m., Roman Catholic
Mass: Oasis
9:30 a.m., Traditional
Protestant Service: Oasis
10 a.m., Latter Day Saints
Service: ARAC
10:30 a.m., Roman Catholic
Mass: Camp Cedar
1 p.m., Gospel Service:
APC
7 p.m., Contemporary
Worship Service:
Oasis

MONDAY

7 a.m., Roman Catholic
Mass: Oasis
7:30 p.m., Gospel Choir
Rehearsal: APC

TUESDAY

7 a.m., Roman Catholic
Mass: Oasis
7:30 p.m., Word of Faith
Bible Study: APC

WEDNESDAY

7 a.m., Roman Catholic
Mass: Oasis
7 p.m., Iraq in the Bible
Study: OA
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
7:30 p.m., Iraq in the Bible
study: Oasis

THURSDAY

7 a.m., Roman Catholic
Mass: Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7:30 p.m., Men's Bible
Study: APC

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

Alias Season 1: Disc 1 (2001), 1 a.m., Jennifer Garner, Victor Garber, action, drama; **Confidence** (2003), 3 a.m., Edward Burns, Rachel Weisz, thriller, drama; **Kindergarten Cop** (1990), 5 a.m., Arnold Schwarzenegger, Penelope Ann Miller, action, comedy; **Along Came Polly** (2004), 7 a.m., Ben Stiller, Jennifer Aniston, romance, comedy; **Batman Begins** (2005), 9 a.m., Christian Bale, Michael Caine, crime, gangster; **Amityville Horror** (2005), 11 a.m., Ryan Reynolds, Melissa George, suspense, horror; **Sky Captain and the World of Tomorrow** (2004), 1 p.m., Jude Law, Gwyneth Paltrow, action, adventure; **Road to Perdition** (2002), 3 p.m., Tom Hanks, Paul Newman, drama, crime; **John Q** (2002), 5 p.m., Denzel Washington, Robert Duvall, action, adventure; **Band of Brothers: Part 9 - Why We Fight** (2001), 7 p.m., Damien Lewis, Donnie Wahlberg, action, adventure; **Band of Brothers: Part 10 - Points** (2001), 9 p.m., Damien Lewis, Donnie Wahlberg, action, adventure; **30 Years to Life** (2002), 11 p.m., Erika Alexander, Melissa DeSousa, drama, comedy

Saturday

Alias Season 1: Disc 2.....1 a.m. Lethal Weapon.....1 a.m.
Ocean's Eleven.....3 a.m. Red Eye.....3 a.m.
Uptown Girls.....5 a.m. Into the Blue.....5 a.m.
Lethal Weapon.....7 a.m. Running Scared.....7 a.m.
Red Eye.....9 a.m. Kindergarten Cop.....9 a.m.
Into the Blue.....11 a.m. Along Came Polly.....11 a.m.
Running Scared.....1 p.m. Batman Begins.....1 p.m.
Kindergarten Cop.....3 p.m. Amityville Horror.....3 p.m.
Along Came Polly.....5 p.m. Sky Captain and the World of
Friends Season 4: Disc 1.....7 p.m. Tomorrow.....5 p.m.
Friends Season 4: Disc 2.....9 p.m. Friends Season 4: Disc 3.....7 p.m.
Batman Begins.....11 p.m. Friends Season 4: Disc 4.....9 p.m.
Road to Perdition.....11 p.m.

Sunday

Alias Season 1: Disc 3.....1 a.m. **Wednesday**
Sky Captain and the World of Alias Season 1: Disc 4.....1 a.m.
Tomorrow.....3 a.m. John Q.....3 a.m.
Road to Perdition.....5 a.m. 30 Years to Life.....5 a.m.
John Q.....7 a.m. Confidence.....7 a.m.
30 Years to Life.....9 a.m. Ocean's Eleven.....9 a.m.
Confidence.....11 a.m. Uptown Girls.....11 a.m.
Ocean's Eleven.....1 p.m. Lethal Weapon.....1 p.m.
Uptown Girls.....3 p.m. Red Eye.....3 p.m.
Lethal Weapon.....5 p.m. Kindergarten Cop.....5 p.m.
Red Eye.....7 p.m. Along Came Polly.....7 p.m.
NFL Football (Live).....9 p.m. Batman Begins.....9 p.m.
NFL Football (Live).....11 p.m. Amityville Horror.....11 p.m.

Monday

NFL Football (Live).....1 a.m. Sky Captain and the World of
Kindergarten Cop.....3 a.m. Tomorrow.....1 a.m.
Along Came Polly.....5 a.m. Road to Perdition.....3 a.m.
Batman Begins.....7 a.m. John Q.....5 a.m.
Amityville Horror.....9 a.m. 30 Years to Life.....9 a.m.
Sky Captain and the World of Confidence.....9 a.m.
Tomorrow.....11 a.m. Ocean's Eleven.....11 a.m.
Road to Perdition.....1 p.m. Uptown Girls.....1 p.m.
John Q.....3 p.m. Lethal Weapon.....3 p.m.
30 Years to Life.....5 p.m. Red Eye.....5 p.m.
Confidence.....7 p.m. Into the Blue.....7 p.m.
Ocean's Eleven.....9 p.m. Running Scared.....9 p.m.
Uptown Girls.....11 p.m. Confidence.....11 p.m.

Bedrock and beyond...

Saturday

5:30 p.m. **Sit-up/Push-up Competition:** Muscle Beach

6:30 p.m. **Spinning:** HOP

7 p.m. **Abs Class:** Muscle Beach

7:30 p.m. **Hip Hop:** ACC

7:30 p.m. **Karaoke:** Big Top

Sunday

10 a.m. **Spinning:** HOP

2 p.m. **Spades:** Hot Spot

5:30 p.m. **5-on-5 Basketball:** Muscle Beach

7 p.m. **NFL Games:** Hot Spot

7 p.m. **Spinning:** HOP

7 p.m. **Spinning:** Muscle Beach (I)

7 p.m. **Darts:** ACC

8 p.m. **Spinning:** Muscle Beach (I)

Monday

6 a.m. **Body Attack:** Muscle Beach

7 p.m. **Toning:** HOP

7 p.m. **Ping Pong:** ACC

7:30 p.m. **Sit-up/Push-up Competition:** Muscle Beach

8 p.m. **Doubles Horseshoes:** Hot Spot

8 p.m. **Spades:** Hot Spot

8 p.m. **Spinning:** Muscle Beach (I)

Tuesday

7 p.m. **Abs Class:** Muscle Beach

7:30 p.m. **Bench Press Competition:** Muscle Beach

7:30 p.m. **Tae Kwon Do:** HOP

8 p.m. **Tae Kwon Do:** Muscle Beach (I)

8:30 p.m. **Salsa:** ACC

Wednesday

8 a.m. **Texas Hold'em:** Hot Spot

7 p.m. **Toning:** HOP

7 p.m. **Spades:** ACC

7:30 p.m. **Volleyball intramurals:** Muscle Beach

8 p.m. **Step Aerobics:** HOP

8 p.m. **Spinning:** Muscle Beach (I)

8 p.m. **8-ball:** Hot Spot

Thursday

7 p.m. **8/9-Ball:** ACC

7 p.m. **Abs Class:** Muscle Beach

7:30 p.m. **Around the World Basketball:** Muscle Beach

7:30 p.m. **Tae Kwon Do:** HOP

8 p.m. **Texas Hold'em:** Hot Spot

8 p.m. **Tae Kwon Do:** Muscle Beach (I)

8:30 p.m. **Salsa:** HOP

Friday

8 a.m. **Morning Bingo:** Big Top

7 p.m. **Toning:** HOP

7:30 p.m. **Volleyball Intramurals:** Muscle Beach

7:30 p.m. **Bingo and Variety Music Night:** Big Top

8 p.m. **Spinning:** Muscle Beach (I)

8 p.m. **Step Aerobics:** 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.