



ALTIMES

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Table of contents

There are many types of professional development

Commander says stay focused, take advantage of professional development opportunities.

Page 2

Leadership to inspire

Commander's responsibility help find inspiration.

Page 3

Unit fitness one pushup at a time

Squadron on pace for more than 1 million pushups.

Page 4

New weapon makes its debut in AOR

First Guided Bomb Unit-39/B Small Diameter Bomb headed for a combat mission over Iraq.

Page 5-8

First woman Thunderbird pilot proud to serve

Pilot talks about her first year on the team.

Page 6

Fire Prevention Week

Lessons from the past provide prevention for the future

Page 7

Movies and more...

Event schedules.

Pages 8-11





ALITIMES

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Cover Photo

Airmen from the 407th Expeditionary Logistics Readiness Squadron take a moment from their busy schedule to do some pushups. The unit is on pace to do more than 1 million pushups during their rotation. See page 4.
Photo by Tech Sgt Ryan Mattox

There are many kinds of professional development

By Col James Moulton

407th Air Expeditionary Group Commander

Right off the bat, I wanted to salute everyone for their work last night. This was the first true test of the 407 AEG's ability to react and respond to a real incident, and your performance was first-rate. In the midst of tent-building and personnel moving, barrier placements, cycling airlift in-and-out of the airfield, maintaining law and order and base security, keeping comm up, and a host of other tasks the 407 AEG never missed a beat. As we work through Saturday's exercise, I want everyone to take advantage of the lessons learned throughout Thursday evening, and apply them in order to ensure we remain at the top of our game.

This week I wanted to highlight just a couple of the many opportunities to make a professional mark right here at Ali Base. Just yesterday morning I ran into the 407th Expeditionary Security Forces Squadron's SMSgt Richard Sherman. When I asked him where he was headed to, he replied that he was on his way to "teach a class." What kind of class? He was speaking in a mentorship seminar, one he'd put together — of his own accord and initiative — for our younger enlisted ranks. What was his motivation? Nothing more complicated than a chance to help out some of our junior Airmen. He didn't do it for credit or recognition...I would never have found out if I hadn't asked him what he was up to.

Chalk this up as a great example of how someone can make a positive impact. And it is the kind of opportunity or benefit you can find through any of the active organizations here at Ali — Top Three, Focus 5/6, First Four, or the CGOC. All of them offer



Col James Moulton

chances to grow and develop professionally. As I've mentioned in every Right Start briefing, this rotation is an opportunity to develop as an Airman in the strongest Air Force in the world. And it doesn't just apply for these specific groups: For example, I've been extremely impressed with the contributions of our young honor guard teams...Airmen who've volunteered the precious little spare time they have to better serve the 407 AEG. At every event they've added an unmistakable touch of military class and style. And there are plenty of other opportunities around campus.

Take advantage of leaders like SMSgt Sherman, and take advantage of our professional groups and teams. Consider this deployment an investment in your professional future...one which will pay big dividends down the road. Along the way, stay alert — don't let complacency slip into this AEF cycle. Take care, and God bless.

Leadership means to inspire people

By Lt Col Richard Edwards

407th Expeditionary Civil Engineer Squadron Commander

I recently watched a movie here called “Mr. Smith Goes to Washington” starring Jimmy Stewart (a great movie that I recommend to everyone). Stewart plays an average guy that goes to Washington as a senator to make a difference when he learns how cruel and nasty politics can be. Inspired by the concept of liberty and doing the right thing, Mr. Smith fights the mighty Goliath as only a truly inspired man can. The outcome is for you to discover by watching the movie.

As a Squadron Commander my job is to lead and inspire my people. While that sounds like a great job (and it is) it can be a daunting task and a huge responsibility. Inspiration is different to each person. What inspires one person or group of people may not inspire others. When I watch the people of this region risk their lives to vote I wonder why more Americans can’t get inspired to participate in our own electoral process. Freedom and liberty inspire some people to risk their lives while some take it for granted.

That is not a knock on Americans. We are from the greatest country ever created and we are used to things being good and, in many ways, easy. That is why I challenge you to find your inspiration. Let me tell you about a person that inspired me many years ago. His name was Art Berg and I had the pleasure of meeting him in 1992 in Boston. Art was paralyzed from the chest down in a car accident at the age of 21. He had a great life planned and was ready to make his way in the world when life decided to knock him down. Doctors said he would never lead a productive life and would need many years of caring. For many, life would have been over. But Art Berg was not like most.

He worked to regain movement in his arms and started a couple of businesses that thrived. He was the entrepreneur of the year in Utah one year. He wrote three books, married a beautiful woman (a former Miss Texas) and had three healthy children. I met Art because he also became a prominent motivational speaker and I had the chance to hear him speak at a conference I was at. At his speech, Art had a picture of himself in a wheel chair going up a hill. In addition to everything else, he was a wheel chair marathoner and had done numerous races around the world. The picture showed him bent over in his chair with a look of determination and pain on his face. The



Lt Col Richard Edwards

picture did not show that this hill was so steep that if he sat up in his chair, he would have tipped over. The picture also didn’t show that the hill was five miles long. Art could not use his fingers so he had to push the chair with his palms and catch the wheel with the back of his hands. He did that all the way up that hill. When he was asked how he did it he simply said, “One push at a time.”

Art Berg died a few years ago at the age of 41. He touched many lives and inspired others to overcome hardships. He never gave up on life or on living it. I think about Art Berg when things get tough in my life. He is an inspiration to me to continue to fight for what is right. Just like Mr. Smith did in that old movie.

People that are inspired are a force. Without inspiration we fall into complacency. That is the worse place to be because we are vulnerable to anything. I don’t know what inspires you but I know when I see people that are inspired. I have seen it here in many faces. Maybe you know someone that has overcome the odds. Maybe you are one of those people who inspires others. Maybe your inspiration is doing your duty and serving our great country. If you aren’t sure what your inspiration is, look around, and find it. Only you can do that. What inspires you in your life? When you find it, share it and live your life in a way that will inspire others.

Unit fitness one pushup at a time



By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

The Air Force asks a lot of its Airmen. There's sorties to be flown, taskings to do, powerlines to replace, and tents to put up. Just accomplishing the mission each day is a challenge in itself. But how does an Ali Base Airmen squeeze fitness into their day.

One squadron at Ali has made a push to get its Airmen inspired about fitness and at the same time help build team unity.

The 407th Expeditionary Logistics Readiness Squadron has taken the challenge to beat the last rotation's record of 1.2 million pushups during their stay. The unit started tracking its pushups on Sept 11 and as of this week they have done 227,438 pushups.

"The program has already motivated our folks to improve their personal physical fitness," said Lt Col Michael Fitzgerald, 407 ELRS Commander. "In addition, it has improved unit cohesiveness and brought our squadron together with a common goal of beating the million pushup challenge."

The unit fitness representative, SrA Jacob Boisselle tracks everyone's pushups on an Excel spreadsheet and updates their pushups at the end of each day.

"The goal is to beat the last rotation amount. But if we stay on track we will surpass that number. We are on track to blow it out of the water," said SrA Boisselle. "I think this program is great. It creates a competition between flights so while we are competing against each other we are staying fit to fight and at the same time its something we do as a squadron."

New weapon makes job of munitions specialists a 'snap'



Capt Jim Parslow inspects a weapon carriage with GBU-39/B small diameter bombs mounted on an F-15E Strike Eagle. Captain Parslow is deployed to a forward-operating location from Eglin Air Force Base, Fla. (U.S. Air Force photo/Senior Airman Ricky Best)

By Capt Nathan Broshear

U.S. Central Command Air Forces Public Affairs

SOUTHWEST ASIA (AFP)

— The job of loading bombs onto aircraft became a little bit easier Oct. 5 for members of the 379th Expeditionary Maintenance Squadron. They loaded the first Guided Bomb Unit-39/B Small Diameter Bomb onto an F-15E Strike Eagle headed for a combat mission over Iraq.

This munitions load signaled the beginning of a new era in ordnance handling, changing everything from weapons shipping, assembly, loading and tactics as the newest bomb in the Air Force inventory headed into battle.

The event wasn't one of fanfare and celebration for the munitions team, but of anticipation

and solemn duty. Team members agree that everything about the SDB makes their bomb-loading job more efficient, while providing aircrews and troops in contact with enemy forces a powerful new tool in the skies over Iraq.

Master Sgt. Paul Perron's unit, the 379 EMXS, is responsible for munitions ranging from bullets and grenades to bombs and missiles. The munitions systems technician and his co-workers inspect, test, assemble, disassemble, store and ship thousands of weapons daily. However, Sergeant Perron says the SDB has created a buzz among Airmen at the forward-operating location, even in a group used to handling high-explosives.

A unique feature of the SDB is that it arrives on station as an "all-up round," ready to be loaded

onto the aircraft or its holder immediately. Most bombs arrive in theatre in several pieces, requiring munitions specialists to bolt on tail fins, screw in fuses or work on other mechanical parts of the weapon.

"The SDB is ready to bring the fight to the enemy right out of the box," said Sergeant Perron. "We simply 'snap' it onto the all-new Bomb Rack Unit-61 weapons carriage, secure it under the jet and it's ready to receive targeting information from the aircraft."

The bombs, complete with fins and fuses, arrive prepackaged in groups of four inside a sealed container. When munitions specialists are ready to mate the bombs with the BRU

Continued on page 8:

Bombs

First woman Thunderbird pilot proud to serve

By Army Sgt Sara Wood

American Forces Press Service

WASHINGTON (AFP) — Women have served in the Air Force for years, making valuable contributions, but gender and race differences have never been an important factor in accomplishing the Air Force mission, the first woman pilot on the Air Force Thunderbirds said here today.

“What we need to concentrate on is what we have in common, which is that warrior spirit that’s in all of our hearts, that has created us the way we are — to choose to be a part of something so much bigger than ourselves,” Maj Nicole Malachowski said during a speech at the Women in Military Service for America Memorial at Arlington National Cemetery.

Major Malachowski, who flies the No. 3 jet as the right wing pilot in the Thunderbirds’ diamond formation, is in town with the team for the dedication of the Air Force Memorial Oct. 14. She has been with the Thunderbirds for a year, and this will be her 55th demonstration.

Being the first woman Thunderbird pilot is an honor, Major Malachowski said, but the more important thing for her is the opportunity to serve with so many talented men and women and share the Air Force story with the public.

“We are a team whose job is to go out there and represent the United States Air Force and the 530,000 men and women who wear Air Force blue with the honor, the respect and the dignity that they deserve,” she said. “We’re out there to represent what we know to be true — the fantastic hard work, dedication and pro-

fessionalism of the men and women in our Air Force that we have the privilege to work alongside.”

The Thunderbirds spend a majority of their time doing community outreach. As part of that, they speak to a lot of children, Major Malachowski said. Meeting with these children, especially those who are part of the Make-a-Wish Foundation, is a blessing for her, she said, and gives her a healthy dose of humility. She recalled meeting one young boy who had only a month to live and whose wish was to meet a Thunderbird pilot.

“People talk about our military people being so courageous and heroic and they are, and I’m very proud to be a part of the Air Force, but you look at a kid like this and you think, ‘What is courage? What is heroism? It’s standing right in front of us,’” she said. “This is why we wear these uniforms and why we go out and defend our nation.”

Major Malachowski first became interested in flying at the age of 5, when she saw an air show in her native Las Vegas. She set her sights on becoming an Air Force pilot and never looked back. She started flying with the Civil Air Patrol when she was 12, and by 16 was doing solo flights. After high school, she attended the Air Force Academy and has since seen various assignments as an F-15E Strike Eagle pilot, including a tour in Iraq. She said she hopes her service in the Thunderbirds is an example to young girls and to all children that they can achieve their dreams.

“The message to all young Americans is that it’s great to have a dream; it’s great to have goals,” she said. “Pursue something that you are passionate about, and



Maj Nicole Malachowski is the first woman pilot on the U.S. Air Force Thunderbirds. The Thunderbirds are in Washington for the dedication of the Air Force Memorial, scheduled for Oct. 14. (U.S. Air Force photo)

then pursue excellence in that. And surround yourself with a positive team. I hope that when they see the Air Force Thunderbirds, they realize they can achieve any dream, and that a great team to have is certainly the Air Force.”

Women have served in the Thunderbirds since 1974, just not in a pilot capacity, Major Malachowski said. Of the 130 officers and enlisted personnel on the Thunderbird team, 15 are women. Besides the six demonstration pilots, the Thunderbirds are made up of support personnel from 25 different career fields.

The Thunderbirds have a grueling schedule, as they are on the road about 220 days during their eight-month air show season, but every team member considers it a privilege to serve and share the Air Force story, Major Malachowski said. For her part, she said she is just glad to have been born into a time of opportunities for women in the military.

Fire prevention starts with you learn from past lessons

By Master Sgt Daniel Trask

407th Air Expeditionary Civil Engineer Squadron

Now that we have moved into the month of October, the fire service takes this particular moment in time to emphasize fire prevention as a whole. Fire Prevention Week is the week in which October 9 falls. What is significant about October 9 you might ask. First let me explain that the fire service is filled with tradition and draws lessons from history. October 9, 1871 is the day in which the most damage occurred in the great fire in Chicago. In 1922, President Wilson set aside this week to emphasize fire safety awareness. Due to the damage incurred by the fire in Chicago, buildings were reconstructed out of materials more resistant to fire. It was after the tragic Triangle Shirtwaist Company fire in New York City in 1911 that true fire and building code reform began in the United States. 146 people, mainly immigrant women, died on the 8th and 9th floor of a 10-story building because the fire hoses were rotted and frozen

shut, the sweatshop conditions allowed for large amounts of cloth and scraps to accumulate, adding to the fire load in the building. Some exit doors were chained shut and they opened inward, not out. People were passing out by the doorways causing them to become jammed. In 1942, at the Coconut Grove Fire in Boston, 491 people lost their lives to overcrowding and combustible decorations in the club. There was an estimated crowd of 1,000 people in a space designed for 600.

What is the significance of all this history? After each tragic event, new legislation is enacted to make us safer, whether we like it or not. Here at Ali Base, we conduct fire prevention and safety inspections because it's the right action to be taken. Look around your living areas. When you are asked to make sure the doorways are cleared and open outward, your detectors work, your extinguishers are visible and maintained, cloth dividers are kept to

a minimum and electrical systems are not overloaded, we are doing it to make you safe. History has tragically taught us some tough lessons. We do not want history to repeat itself.

In fulfilling that want, the Ali Base Fire Department provides structural and aircraft fire protection to include all Army, KBR, Air Force and Coalition assets located here. The Rescue Air Mobile Squad (RAMS) team responds by helicopter to off base locations when vehicle extrication and traumatic medical care are required.

Additionally, the firefighters respond to medical calls, fuel spills, hazardous conditions, confined space rescues and hot refuels. If you need to replace an extinguisher, smoke detector or air horn, stop by the fire department compound located off Airport Road and 8th Avenue.

For emergencies, call 911. For all other calls, 445-2259.

Bombs

From page 5.....

they separate the individual bombs, line them up in a cradle, and lower the BRU over the munitions with a conventional forklift. The process takes about 30 to 40 minutes to secure an entire weapons package.

“We know it’s properly mated when we hear a click,” said Tech Sgt Corey Hammond, 379 EMXS production supervisor. “That’s when the bomb lug securely latches into the BRU.”

Sergeant Hammond’s crew is deployed from Royal Air Force Lakenheath, England. They practiced preparing the SDB for more than a month before arriving in the desert. When they arrived in Southwest Asia, the munitions team already was qualified and comfortable to prepare the SDB for its combat debut.

“It’s exciting to be part of this cutting-edge technology,” said Airman 1st Class Nahtana Williams, a 379 EMXS munitions apprentice. “I feel like I’m a part of something historic because we were the first unit to use this.”

Once the bomb is secured to the BRU, the unit is delivered to the flightline to be loaded onto an F-15E aircraft. Members of the 379th Expeditionary Aircraft Maintenance Squadron are responsible for loading the weapon and ensuring its final system checks are complete.

Leutenant General Gary North, the Combined Forces Air Component commander, knows the Air Force has big plans for the weapon.

“In the future, other weapons systems such as the F-22 Raptor, F-16 Fighting Falcon, B-1 Lancer, B-2 Spirit and the F-35 Lightning II will employ this new capability, adding another level of lethality to our Air Force,” he said.

General North also stressed the importance of integrating the SDB into a suite of options that ground troops can rely on for support when they radio to Air Force aircraft.

“The small diameter bomb gives the Air Force, and the warfighter on the ground, another choice from the munitions carried onboard to destroy a target. The key to airpower is delivering the right bomb for a particular target with precision. That’s exactly what the SDB brings to the fight,” the general said.

For the small group of Airmen working in the hot desert night, this first combat sortie with the SDB in tow filled their flightline shop with pride and accomplishment.

“Ironically, watching this small bomb heading out to protect American Soldiers on the ground, we all feel like we’re part of something big,” said Sergeant Perron.

(Editor’s note: Maj. Ann Knabe, 379th Air Expeditionary Wing Public Affairs, contributed to this story)

407 AEG

Warrior of the Week



SSgt Charles Powers

Deployed Unit: 407th Expeditionary Civil Engineer Squadron

Job Title at Ali: Production Controller

Home Unit and Base: 109th Civil Engineer Squadron/Stratton Air National Guard Base, N.Y.

Why other Airmen think he’s a warrior: Sergeant Powers accomplishes what needs to be done before we know it needs to be done. He created a database to track the progress of all work requests from “cradle to grave.” He also created an electronic work request form which all Ali Base Airmen can use to request service from Civil Engineering. He maintains an enormous amount of information between customers, work requesters, and squadron personnel. His shop use to be a two person function but was short falled. He has never requested additional help or complained about the situation. He always maintains a can do/will do attitude and is a great mentor to his peers.

Why did you join the Air Force? I joined because I enjoy challenges and I knew this would be the biggest challenge of my life. The Air Force gives us all experience and education opportunities.

What inspires you? My family and friends inspire me.

What is your most memorable Air Force experience? The day I left my first duty station after three and half years. I was leaving a place that gave me the knowledge and experience to excel and succeed. Not only was I leaving the place but I was also leaving the people that had become a family to me the 319th Civil Engineer Squadron.

Hobbies: Computer modifications/repair and sports

Family: Single

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 "Agent Cody Banks."

Hometown News

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 and what you are doing at Ali Base.

Here are a few achievements that you may want publicized: promotions, deployments, 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,

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).

407 AEG

Warrior of the Week



TSgt Daniel Holdredge

Deployed Unit: 407th Expeditionary Security Forces Squadron

Job Title at Ali: Anti-terrorism Officer

Home Unit and Base: 28th Security Forces Squadron/Ellsworth Air Force Base, S.D.

Why other Airmen think he's a warrior: In the two weeks TSgt Holdredge has been here, he has improved the security and hardening of Air Force resources. His attention to detail and tenacity are his trademarks. He is also a positive role model to all Airmen. Sergeant Holdredge is an outstanding young NCO and is deserving of the First Sergeants' Warrior of the Week award.

Why did you join the Air Force? To serve my country.

What inspires you? Trying to do the best job I can and never settle for less.

What is your most memorable Air Force experience? Graduating from the Air Force Security Forces Technical School.

Hobbies: Mountain biking, running, and working on cars

Family: Married



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 5 (2001), 1 a.m., Jennifer Garner, Victor Garber, action, drama; **Stealth** (2005), 3 a.m., Josh Lucas, Jessica Biel, action, adventure; **Pirates of the Caribbean** (2003), 5 a.m., Johnny Depp, Geoffrey Rush, action, adventure; **White Chicks** (2004), 7 a.m., Marlon Wayans, Shawn Wayans, crime, comedy; **Kangaroo Jack** (2003), 9 a.m., Jerry O'Connell, Anthony Anderson, action, comedy; **Freedomland** (2006), 11 a.m., Samuel L. Jackson, Julianne Moore, drama, crime; **Monster** (2003), 1 p.m., Charlize Theron, Christina Ricci, drama, suspense; **Charlie's Angels: Full Throttle** (2003), 3 p.m., Cameron Diaz, Drew Barrymore, action, adventure; **Mr. Deeds** (2002), 5 p.m., Adam Sandler, Winona Ryder, comedy; **XXX: State of the Union** (2005), 7 p.m., Ice Cube, Samuel L. Jackson, action, adventure; **Formula 51** (2002), 9 p.m., Samuel L. Jackson, Robert Carlyle, action, adventure; **We Were Soldiers** (2002), 11 p.m., Mel Gibson, Sam Elliott, Action, drama

Saturday

Alias Season 1: Disc 6.....1 a.m.
Prime.....3 a.m.
The Mummy Returns.....5 a.m.
Miss Congeniality.....7 a.m.
Spies Like Us.....9 a.m.
Stealth.....11 a.m.
Pirates of the Caribbean.....1 p.m.
White Chicks.....3 p.m.
Kangaroo Jack.....5 p.m.
Friends Season 5: Disc 1.....7 p.m.
Friends Season 5: Disc 2.....9 p.m.
Freedom Land.....11 p.m.

Tuesday

We Were Soldiers.....1 a.m.
Prime.....3 a.m.
The Mummy Returns.....5 a.m.
Miss Congeniality.....7 a.m.
Spies Like Us.....9 a.m.
Stealth.....11 a.m.
Pirates of the Caribbean....1 p.m.
White Chicks.....3 p.m.
Kangaroo Jack.....5 p.m.
Friends Season 5: Disc 3...7 p.m.
Friends Season 5: Disc 4...9 p.m.
Freedom Land.....11 p.m.

Sunday

Alias Season 2: Disc 1.....1 a.m.
Monster.....3 a.m.
Charlie's Angels:
Full Throttle.....5 a.m.
Mr. Deeds.....7 a.m.
XXX: State of the Union.....9 a.m.
Formula 51.....11 a.m.
We Were Soldiers.....1 p.m.
Prime.....3 p.m.
The Mummy Returns.....5 p.m.
Miss Congeniality.....7 p.m.
NFL Football (Live).....9 p.m.
NFL Football (Live).....11 p.m.

Wednesday

Alias Season 2: Disc 2.....1 a.m.
Monster.....3 a.m.
Charlie's Angels:
Full Throttle.....5 a.m.
Mr. Deeds.....7 a.m.
XXX: State of the Union.....9 a.m.
Formula 51.....11 a.m.
We Were Soldiers.....1 p.m.
Prime.....3 p.m.
The Mummy Returns.....5 p.m.
Miss Congeniality.....7 p.m.
Spies Like Us.....9 p.m.
Stealth.....11 p.m.

Monday

NFL Football (Live).....1 a.m.
Spies Like Us.....3 a.m.
Stealth.....5 a.m.
Pirates of the Caribbean.....7 a.m.
White Chicks.....9 a.m.
Kangaroo Jack.....11 a.m.
Freedom Land.....1 p.m.
Monster.....3 p.m.
Charlie's Angels:
Full Throttle.....5 p.m.
Mr. Deeds.....7 p.m.
XXX: State of the Union.....9 p.m.
Formula 51.....11 p.m.

Thursday

Pirates of the Caribbean....1 a.m.
White Chicks.....3 a.m.
Kangaroo Jack.....5 a.m.
Freedom Land.....7 a.m.
Monster.....9 a.m.
Charlie's Angels:
Full Throttle.....11 a.m.
Mr. Deeds.....1 p.m.
XXX: State of the Union....3 p.m.
Formula 51.....5 p.m.
Stealth.....7 p.m.
Pirates of the Caribbean....9 p.m.
White Chicks.....11 p.m.

Bedrock and beyond...

Saturday

- 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
- 7:30 p.m. **Basketball Intramurals:** Muscle Beach
- 8 p.m. **Texas Hold'em:** Big Top

Sunday

- 10 a.m. **Spinning:** HOP
- 2 p.m. **Chess:** 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
- 7:30 p.m. **Basketball Intramurals:** Muscle Beach
- 8 p.m. **Spinning:** Muscle Beach (I)

Monday

- 7:30 a.m. **5K Fun Run:** Muscle Beach
- 7 p.m. **Toning:** HOP
- 7 p.m. **Ping Pong:** ACC
- 8 p.m. **Spades:** Hot Spot
- 8 p.m. **Spinning:** Muscle Beach (I)

Tuesday

- 8 a.m. **Texas Hold'em:** Big Top
- 7 p.m. **Abs Class:** Muscle Beach
- 7:30 p.m. **Sit-up/Push-up 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. **8-Ball Mixed Doubles:** 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. **Squat Competition:** Muscle Beach
- 7:30 p.m. **Tae Kwon Do:** HOP
- 8 p.m. **Texas Hold'em:** Big Top
- 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
- 8 p.m. **Bingo:** 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.