



ALI TIMES

October 20, 2006

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ALI TIMES

Vol. 4, Issue 38
Oct 20, 2006

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The content is edited, prepared and provided by the public affairs office of the 407th Air Expeditionary Group. All photographs are U.S. Air Force photographs unless otherwise indicated.

The *Ali Times* accepts stories, photographs and commentaries, which may be submitted to the public affairs staff — located in the group headquarters building—or can be sent directly to the newspaper at Ali.Times@tlab.centaf.af.mil. Deadline for publication is 7 p.m. Monday before the week of publication. For more information, call 445-2318, or e-mail the editor.

Cover Photo

During a recent Rescue Air Mobile Squad exercise, an Army Medivac medic, along with Romanian army personnel, pull a 'victim' out of their vehicle. See page 5.
Photo by Tech Sgt Ryan Mattox

Making a difference at home

By Col James Moulton

407th Air Expeditionary Group Commander

Last week I wrote about one of our outstanding professionals and some of the ways to make a difference here at Ali Base. This week I wanted to briefly touch on one of the ways you can make a difference back home. I'd like to mention this fall's Combined Federal Campaign. The campaign slogan for the CFC-Overseas program is "Make a World of Difference." What I really want to make folks aware of is how this program can touch lives not just around the globe...but right at home, where your families and loved ones live.

I'll give you an example or two from my own experience. My wife is a school teacher...her expertise is working with handicapped/special-needs/at-risk children. Presently, she works with a pre-kindergarten class of these children back home. As you can imagine, many of these children require extensive services: additional tutoring, many forms of therapy, financial assistance, and so on — much of which would otherwise be beyond the reach of an average family. Fortunately, through the years my wife has run into numerous organizations who provide these kinds of resources and tools. Most of these agencies rely on contributions and donations to stay "in business." And guess where you can find many of them? That's right...in the pages of the CFC booklet.

And there is no limit to the different opportunities that are available. One can contribute to your home base's Family Support and Youth Programs. There are opportunities to contribute to research programs aimed at combating diseases such as Cancer, Alzheimers, or Autism (my wife has worked for the past two years with a child who has Angelmann's Syndrome). There are



Col James Moulton

countless children's, ethnic/cultural groups, and educational foundations. And there are groups whose sole aim is to support the families of American servicemembers through a wide variety of support systems. The bottom line is that somewhere in the CFC booklet is an organization that can touch the lives of loved ones back home.

All of you have every right to feel proud of the contribution you are making to help improve Iraq. However, don't let a wonderful, once-a-year opportunity to help back at home slip by. Remember, there is no pressure to make a contribution; the CFC is run on a purely volunteer basis...if it weren't it would ruin the intent and spirit of the campaign, which is to give charitably and voluntarily in support of those who need help and assistance. Make no mistake, this is an opportunity to help make things better somewhere in our world.

Thanks again for all of your outstanding work this past week. Take care, and God bless.

Where's my mail: Nothing is more important to morale

By Maj Jim Hoskins

407th Expeditionary Communications Squadron Commander

Few things are more important to morale than the arrival of mail from home. You can see the elation in someone's eyes when they see their name on one of those packages, and the dejected look on someone's face when there is no mail for them. This mini-drama plays itself out Monday through Saturday here at Ali Base, but few people get to see the inner workings of the Postal system which delivers that welcomed lifeline from home.

The U.S. Post Office for Ali/Adder is run by the Army, but all mail for the 407 AEG is actually handled by two Air Force postal personnel. This is not an additional duty for them. Our mail handlers are part of the 8M career field, and they fall under the 407 ECS. Day in, day out, these hard working professionals carry the mail (literally) whether deployed or at home station. At Ali Base they are responsible for

every piece of mail that reaches you, but you probably never knew they existed until you read this article. If you do meet one of them, be sure to thank them for the countless hours of slinging packages in an un-air-conditioned warehouse every day. There is also something you can do for them!

From time to time, we receive complaints that mail was returned to the sender because it was not addressed properly. For starters, the mail warehouse receives, sorts, and distributes about five tons of mail per day. If a piece of mail is received and not addressed properly, it is set aside for the Group mail clerk, who tries to identify who the mail is destined for. Everyone must understand that the volume of mail received does not allow every orphaned package to be adopted and hand massaged through the system. Because of the enormous volume of mail received, the postal warehouse itself simply does not have the time to investigate every mislabeled package that comes



Maj Jim Hoskins

to Ali Base.

In the next few weeks the volume of mail received will increase by five-fold because of the holidays, and we will have even less time to track people down. Despite everyone's best intentions, if your mail is mislabeled there is always a chance it won't reach you. The most important thing you can do to make sure you receive your mail in a timely manner is to provide your loved ones with the correct mailing address.

With the approaching holiday season, it is crucial for everyone to provide family and friends with the correct mailing address. This will not only ensure your mail flows through the system, but will also lighten the load on two of the hardest working people on base.

The correct mailing address for Airmen at Ali Base is:

Rank and Name
407 AEG/Your Unit
APO AE 09331

For example, Airman Fitz Snuffy at ELRS the address would be:

Ann Fitz Snuffy
407 AEG/ELRS
APO AE 09331



Senior Airman Desiree Zsedenny, 407th Expeditionary Communications Squadron postal clerk, and Army SPC Paul Wallace sort through some mail. She is one of two postal workers processing all the mail going to Airmen at Ali Base. Effective Oct 22, the post office will be closed on Sundays. (U.S. Air Force photo/Tech Sgt Al Petrie)



Do you have what it takes to be an NCO?

By Tech Sgt Andree Ferguson

407th Expeditionary Logistics Readiness Squadron

We as NCOs are responsible for accepting and carrying out the orders of those appointed over us. We must be able to translate leadership's expectations as our own and carry out those expectations. We give orders to subordinates to meet mission requirements and leadership's directives. We are also responsible for mentoring and developing our Airmen; providing guidance and direction to meet mission accomplishment/directives.

We as NCOs must live by our Core Values; which are much more than minimum standards. They remind us what it takes to get the mission done. They inspire us to do our very best at all times. They are the common bond among all comrades in arms, and they are the glue that unifies the force and ties us together as great warriors. We must lead by example and mentor our Airmen on how to be great Airmen. By showing them how things are done, our Airmen will emerge ready to take up the role of a leader. We have the ability to train and pass on this tradition to our future leaders by showing pride in ourselves and having what it takes to be an NCO.

How many times have you seen someone that looked like they just got dressed in the dark while here at Ali Base and Air Force-wide for that matter? Did you correct them? It's our duty as NCOs to enforce and adhere to standards; it's also our responsibility to correct those who violate standards. More importantly, our behavior and appearance must be above reproach. We must lead by example; let's not be the root cause of a problem, for we are role models, like it or not. Take pride in the rank you've attained, lead by example, and live by the core values.

It's been said over and over again, NCOs are the backbone of the Air Force. The organization's

“Core values make the military what it is; without them, we cannot succeed. They are the values that instill confidence, earn lasting respect, and create willing followers. They are the values that anchor resolve in the most difficult situations. They are the values that buttress mental and physical courage when we enter combat. In essence, they are the three pillars of professionalism that provide the foundation for military leadership at every level to make it work efficiently and effectively, core values remain unifying elements for all our members. They provide a common ground and compass by which we can all measure our ideals and actions.”

***— Former Secretary of the Air Force
Sheila Widnall***

success or failure, strengths or weaknesses, can be directly related to the effectiveness of its NCOs. The Air Force NCO Corps must project a professional image to all whom they come in contact with. Personal integrity, loyalty, leadership, dedication, and devotion to duty are a must. As an Air Force leader, manager, and supervisor, the NCO must uphold Air Force policies, traditions, and standards. Professionalism at all times is the key for the NCO.

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.

RAMS: Saving lives outside the wire

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

Fighting fires and saving lives may be one of the toughest jobs a person can do in life.

However, here in Iraq, there are days when temperatures are above 100 degrees, blowing dust, no shade, and the possibility of an improvised explosive device make saving lives even more challenging.

That's what 11 Air National Guard members and one active duty firefighter at Ali Base have volunteered for, working on the Rescue Air Mobile Squad.

RAMS members are combat firefighters who travel "outside the wire" – outside the protection of the military base – to rapidly extricate victims from vehicles that either crashed or were affected by an improvised explosive device, said Master Sgt. Mark Crowe, 407th Expeditionary Civil Engineer Squadron firefighter — one of two team leaders for the RAMS.

The firefighters are split into two shifts. These two shifts are divided into three three-person squads each, with the two team leaders on each shift assigned to the RAMS mission to provide consistency. That means that each squad is 'on-call' every three weeks

"Military firefighters normally work 24 hours on and 24 hours off," he said. "Our volunteers for RAMS work their 24 hours as firefighters, and then are 'on-call' for RAMS during their next 24-hour period – and then go back to their firefighting duty. For the week they work RAMS, they are really working a week straight."



Staff Sgt Erik Roddy and Tech Sgt Kevin Stuebs, both from the 407th Expeditionary Civil Engineer Squadron Fire Protection Flight, use a K-12 Partner Saw to extract a "Victim" from a vehicle. The saw is one of the tools a RAMS member has to cut into armor. (U.S. Air Force Photos/Tech Sgt Ryan Mattox)



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RAMS

During a recent exercise, an Army SSG Beth Carriere, flight medic, with the assistance of coalition partners extract an injured member from their vehicle.



The RAMS team stabilizes the 'victim' and prepares them to be loaded into a Army medivac unit.

RAMS

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Efficiency and speed are two standards for the squad – the only one of its type currently in Iraq. Each four-person team needs to respond quickly with vehicle extrication equipment to any incident within an hour's flight of Ali Base.

"We can either convoy out to a site, or take a Blackhawk helicopter," said Sergeant Crowe. "In either event, when we go out on a mission, we must carry all our extrication and personal equipment with us including weapon, armor, Kevlar and communication devices.

"Medical evacuation helicopters are supposed to be in the air within 15 minutes after they get a call," Sergeant Crowe said. "We need to be on-board and ready to go well before then."

One team recently was involved in an exercise to rescue a trapped coalition victim. The purpose of the exercise was to inform coalition partners what RAMS does and for validation of the new RAMS volunteers.

The up armor is our biggest challenge. Another is the other countries we work with, the Romanians and Italians, and figuring out how to get into their vehicles," said Staff Sgt Erick Roddy, 407 ECES firefighter.

"When we got the call, I thought it was real world," Sergeant Roddy said. "So we had to drop what we were doing and scramble for our gear, and do a quick combat check before heading to the helicopter."

Once they loaded the helicopter, the squad

was informed of the situation – there was a car accident with a coalition service member trapped in the vehicle.

"We have to get victims out quickly, because the bird (helicopter) can't stay on the ground very long," Tech Sgt Kevin Stuebs said. "Time is of the essence – we hit the ground, established our communication with ground forces, assessed the patient and vehicle condition then determined whether we were going to need to use our hydraulic tool to extricate the 'victim.'"

Although there is a flight medic on the helicopter, the firefighters work with the medic to render any medical care until the victim is removed from the vehicle.

Recently, RAMS applied their training to a real world mission.

"We responded to MSR Tampa on a four Semi-truck collision. Two trucks were overturned and one had the cab torn from the chassis," Sergeant Crowe said. "Upon arrival victims were packaged for transport. The medevac units transported a total of four patients. Our guys stayed on the ground with the Quick Response Force, assisting with scene security until the medevac unit dispatched another bird to pick us up."

To prepare for their RAMS missions and coordinate smoothly with responding Army forces, the firefighters went through an Army four week combat skills training class prior to deploying to the AOR, said Sergeant Crowe. They trained for convoy operations, marksmanship, land navigation, and other mission required training.

Two new programs guide enlisted force shaping

By Staff Sgt Julie Weckerlein

Air Force Print News

WASHINGTON (AFPN) — Air Force officials here announced Oct. 16 two additional enlisted programs to help support current force shaping efforts to reduce 40,000 active-duty Airmen.

The programs, a date of separation rollback and a limited active duty service commitment waiver, join the current tools of reducing the number of accessions into the enlisted force, career job reservations and the NCO retraining program.

“It’s important for Airmen to understand why we are cutting 40,000 from our ranks,” said Chief Master Sgt. of the Air Force Rodney J. McKinley. “We must recapitalize and modernize our force while staying within our budget constraints. Having the right number of people saves money, allowing us to divert those dollars to maintain our technological edge and make us an overall more efficient Air Force.”

The DOS rollback applies to enlisted Airmen with certain reenlistment ineligibility codes or assignment availability codes. These individuals will be required to separate from the force by March 15, 2007. The DOS rollback specifically affects Airmen with less than 14 years or more than 20 years of service.

The LADSC Waiver Program allows retirement-eligible master and technical sergeants in over-age AFSCs to have all or portions of an extension waived and voluntarily retire by Sept. 1, 2007. Waivers can be granted for extensions due to promotion, PCS, attending professional military education, technical training, Air Force educational leave of absence, and Bootstrap.



Chief Master Sgt. of the Air Force Rodney J. McKinley speaks to Airmen from Offutt Air Force Base, Neb., in September. Air Force officials announced Oct. 16 two additional enlisted programs to help support current force shaping efforts to reduce 40,000 active-duty Airmen. Chief McKinley stressed Airmen should fully understand the opportunities and implications of the force shaping initiatives. (U.S. Air Force photo illustration)

While the Air Force needs to implement these additional enlisted force shaping programs to help meet endstrength numbers, Chief McKinley stressed the goal remains to have a balanced force and to ensure the right people are in the right job at the right time.

“We would like it if we didn’t have to do this, but there’s no other place for us to get the money,” said Chief McKinley. “We had to make this tough decision.”

Force shaping initiatives affecting officers were announced earlier this year and Air Force officials continue to monitor the success of those programs.

“It’s important to keep in mind what force shaping is all about: The present and future state of the Air Force,” said Lt. Gen. Roger A. Brady, Deputy Chief of Staff for manpower and personnel. “We have to balance our

(force) for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next.”

Unlike commissioned officers, enlisted Airmen are not being offered separation incentive pay because it’s not currently authorized by law.

“Congress allows us to offer monetary incentives to officers, but there’s no provision to pay enlisted Airmen,” said Chief McKinley, “Back in the early ’90s the Air Force was granted the authority to offer financial incentives to enlisted members. Today, we will work to reach our numbers through the current programs.”

Chief McKinley stressed Airmen should fully understand the opportunities and implications of

Continued on page 8:
Programs

DOD to resume anthrax vaccinations

WASHINGTON (AFPN) — The Department of Defense announced Oct. 16 a resumption of the mandatory Anthrax Vaccine Immunization Program (AVIP) for military members, emergency-essential DOD civilians and contractors, based on defined geographic areas or roles.

For the most part, mandatory vaccinations are limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

The undersecretary of defense for personnel and readiness will issue implementing instructions to the military services for resuming the mandatory vaccination program within 30 to 60 days.

“The anthrax vaccine will protect our troops from another threat — a disease that will kill, caused by a bacteria that already has been used as a weapon in America, and that terrorists openly discuss,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

The policy also allows those previously immunized against anthrax, who are no longer deployed

to higher threat areas, to receive follow-up vaccine doses and booster shots on a voluntary basis under the voluntary vaccination policy, implemented during the period of a court injunction throughout 2005, the voluntary acceptance rate was about 50 percent.

“This rate of vaccination not only put the service members at risk, but also jeopardized unit effectiveness and degraded medical readiness. The threat environment and the unpredictable nature of terrorism make it necessary to include biological warfare defense as part of our force protection measures,” Dr. Winkenwerder said. “Anthrax is a deadly infection, and the anthrax vaccine is an important force protection measure to combat it.”

In the fall of 2001, 22 cases of anthrax resulted from attacks with anthrax spores through the U.S. postal system. Five people died in these attacks. The Food and Drug Administration has repeatedly found, and independent medical experts have confirmed, that anthrax vaccine is safe and effective.

For more information on the anthrax vaccination program, visit <http://www.vaccines.mil/> or <http://www.vaccines.mil/anthrax>.

Programs

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the force shaping initiatives.

“Knowing the options in regard to retraining or special duty assignments can allow Airmen to remain in our Air Force and provide us with a balanced force to meet the demands of the current war and those in the future,” the chief said.

The chief has personal experience in meeting Air Force needs through retraining. He has held positions as a medical technician, aircraft mechanic and first sergeant.

“I love the Air Force and everything about it,” he said. “It didn’t matter to me which (air force specialty code) I was in — I was going to do the best job I could do and serve my country. Airmen today are facing a similar situation and difficult choices. But if they want to continue serving in the U.S. Air Force, there may be ways for them to do that.”

The chief also wants to ensure Airmen don’t think the Air Force is just becoming a smaller force.

“We are changing to become a leaner force, more capable of doing more things through streamlined processes and career fields,” said Chief McKinley. “The Air Force as a whole is changing, and force shaping is a part of that.”

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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 "After the Sunset"

World Series of Poker Standings

Rank	Name	Squadron	Points
# 1	Erik Garza	ESFS	232
# 2	James Kelley	AEG	210
# 3	Keith Skeldon	AFOSI	194
# 4	Mark Prevendoski	ECES	178
# 5	Scott Simmons		169
# 6	Nicole Palko	EMEDS	158
# 7	Omar Estrada	ELRS	155
# 8	Bryan Williams	Army	151
# 9	Kevin Stuebs	ECES	141
# 10	Charles Lim	ECES	140
# 11	Steven Bowen		138
#T-12	Larry Hodge	EOSS	120
#T-12	Paul Flanagan	ESFS	120
# 13	Agena Blaine	EOSS	118
# 14	Jason Summers		110
# 15	Ruben Basa		105
# 16	Kevin Sharp	ECES	100
# 17	Sean Shambo		94
# 18	Troy Fate	EMEDS	90
# 19	Troy Scott		88
# 20	Rodel Nilo	ESVS	87
# 21	Kevin McNamara	ECES	82
# 22	Gordon Swain	ESVS	80
#T-23	Joe Wendt	ECS	65
#T-23	Mark Corn	Army	65
#T- 23	Anthony Lardino	ESVS	65
# 24	Charles Weaver	EOSS	62
#T- 25	Steve Williams	ELRS	60
#T- 25	Kimberly Damron	EOSS	60

407 AEG

Warrior of the Week



A1C Diana Valdez

Deployed Unit: 407th Air Expeditionary Group/ PERSCO

Job Title at Ali: Customer Service Representative

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

Why other Airmen think he's a warrior: A1C Valdez has diligently and aggressively worked as a PERSCO team member, always performing above her grade. She has single handily oversaw 15 Right Start briefings. While volunteering for numerous extra details from Vice President of the Woman of Professional Concept group to a member of the base Honor Guard and 1st 4. I can always count on A1C Valdez to go that extra mile.

Why did you join the Air Force? I wanted to serve my country as an Airman.

What inspires you? Those who have come before me and accomplished many things.

What is your most memorable Air Force experience? Being able to serve in Iraq.

Hobbies: Reading and shopping

Family: Single

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 2: Disc 3 (2002), 1 a.m., Jennifer Garner, Victor Garber, action, drama; **The Wedding Date** (2005), 3 a.m., Debra Messing, Dermot Mulroney, comedy, romance; **Hellboy** (2004), 5 a.m., Ron Perlman, Selma Blair, action, adventure; **Kill Bill Vol. 1** (2003), 7 a.m., Uma Thurman, David Carradine, action, adventure; **Underworld** (2003), 9 a.m., Kate Beckinsale, Scott Speedman, romance, suspense; **Shark Tale** (2004), 11 a.m., Will Smith, Robert DeNiro, family, animation; **Serenity** (2005), 1 p.m., Nathan Fillion, Gina Torres, action, adventure; **The Notebook** (2002), 3 p.m., James Garner, Gina Rowlands, romance, drama; **About Schmidt** (2002), 5 p.m., Jack Nicholson, Hope Davis, drama, comedy; **Dirty Dancing: Havana Nights** (2004), 7 p.m., Diego Luna, Sela Ward, drama, musical; **Panic Room** (2002), 9 p.m., Jodie Foster, Forest Whitaker, drama, thriller; **X-Men** (2000), 11 p.m., Hugh Jackman, Patrick Stewart, Action, adventure

Saturday

Alias Season 2: Disc 4.....1 a.m.
The Interpreter.....3 a.m.
The Program.....5 a.m.
Runaway Jury.....7 a.m.
How to Lose a Guy in 10 Days...9 a.m.
The Wedding Date.....11 a.m.
Hellboy.....1 p.m.
Kill Bill Vol. 1.....3 p.m.
Underworld.....5 p.m.
Friends: Season 6 Disc 1.....7 p.m.
Friends: Season 6 Disc 2.....9 p.m.
Shark Tale.....11 p.m.

Tuesday

X-Men.....1 a.m.
The Interpreter.....3 a.m.
The Program.....5 a.m.
Runaway Jury.....7 a.m.
How to Lose a Guy in 10 Days...9 a.m.
The Wedding Date.....11 a.m.
Hellboy.....1 p.m.
Kill Bill Vol. 1.....3 p.m.
Underworld.....5 p.m.
Friends Season 6: Disc 3.....7 p.m.
Friends Season 6: Disc 4.....9 p.m.
Shark Tale.....11 p.m.

Sunday

Alias Season 2: Disc 5.....1 a.m.
Serenity.....3 a.m.
The Notebook.....5 a.m.
About Schmidt.....7 a.m.
Dirty Dancing:
Havana Nights.....9 a.m.
Panic Room.....11 a.m.
X-Men.....1 p.m.
The Interpreter.....3 p.m.
The Program.....5 p.m.
Runaway Jury.....7 p.m.
NFL Football (Live).....9 p.m.
NFL Football (Live).....11 p.m.

Wednesday

Alias Season 2: Disc 6.....1 a.m.
Serenity.....3 a.m.
The Notebook.....5 a.m.
About Schmidt.....7 a.m.
Dirty Dancing:
Havana Nights.....9 a.m.
Panic Room.....11 a.m.
X-Men.....1 p.m.
The Interpreter.....3 p.m.
The Program.....5 p.m.
Runaway Jury.....7 p.m.
How to Lose a Guy in 10 Days...9 p.m.
The Wedding Date.....11 p.m.

Monday

NFL Football (Live).....1 a.m.
How to Lose a Guy in 10 Days...3 a.m.
The Wedding Date.....5 a.m.
Hellboy.....7 a.m.
Kill Bill Vol. 1.....9 a.m.
Underworld.....11 a.m.
Shark Tale.....1 p.m.
Serenity.....3 p.m.
The Notebook.....5 p.m.
About Schmidt.....7 p.m.
Dirty Dancing:
Havana Nights.....9 p.m.
Panic Room.....11 p.m.

Thursday

Hellboy.....1 a.m.
Kill Bill Vol. 1.....3 a.m.
Underworld.....5 a.m.
Shark Tale.....7 a.m.
Serenity.....9 a.m.
The Notebook.....11 a.m.
About Schmidt.....1 p.m.
Dirty Dancing:
Havana Nights.....3 p.m.
Panic Room.....5 p.m.
X-Men.....7 p.m.
The Interpreter.....9 p.m.
The Program.....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

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. **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
- 6 p.m. **Strongest Man in the AOR:** 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

- 7 p.m. **Abs Class:** Muscle Beach
- 7:30 p.m. **Tug of War:** Muscle Beach
- 7:30 p.m. **Tae Kwon Do:** HOP
- 8 p.m. **Tae Kwon Do:** Muscle Beach (I)
- 8 p.m. **Texas Hold'em:** Big Top
- 8:30 p.m. **Salsa:** ACC

Wednesday

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