



ALI TIMES

407th Air Expeditionary Group, Ali Base, Iraq

November 17, 2006

Table of contents

Ali Airmen highlight General's visit

332 AEW Commander impressed by Airmen, mission, work areas at Ali.

Page 2

Election Days past, present signal rights of freedom

ESFS NCO remembers past events that shape the right to vote.

Page 3

332 AEW Commander tours Ali

Wing Commander gets good look at Bedrock and workcenters.

Page 4

Fallen Airman remembered at Airmen's Memorial

Security Forces Airman honored for service and sacrifice.

Page 5

Failure in Iraq would affect region, world

Failure to create a peaceful and unified country would be catastrophic.

Page 6

Movies and more...

Event schedules and standings.

Pages 7-10





Vol. 4, Issue 42
Nov 17, 2006

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Ali Airmen highlight General's visit

By Col James Moulton

407th Air Expeditionary Group Commander

I wanted to thank every single member of the 407th for your outstanding work in support of General Rand's visit to Ali Base.

From beginning to end, the General and Chief Master Sergeant Dearduff were extremely impressed. They noted that the facilities and equipment were in great shape, and at every stop throughout the visit both the General and the Chief commented on the attention to detail, rendering of proper customs and courtesies, and professionalism you demonstrated.

And just as importantly, both leaders noted the great attitudes they saw in every one of you. They were incredibly impressed with the positive spirit, enthusiasm, and teamwork you demonstrated everywhere, whether it was at the DFAC, in Bedrock, or in one of your workplaces.

I was thrilled to have the chance to show the 332d AEW Commander all



Col James Moulton

that you've accomplished in your short time here in Iraq, and I hope that you are as proud of what you've achieved here as I am of you. Take care, carry yourselves with pride, and thank you for your service to our country.

Cover Photo

Brig Gen Robin Rand, 332d Air Expeditionary Wing Commander, greets firefighters at the Ali Base Fire Department during his visit to Ali Base, Iraq Nov 15-16. See Page 4. (U.S. Air Force photo/Tech Sgt Ryan Mattox)



Brig Gen Robin Rand, 332d Air Expeditionary Wing Commander, talks to firefighters at the Ali Base Fire department during his visit to Ali Base, Iraq, Nov 15-16. (U.S. Air Force photo/Tech Sgt Ryan Mattox)

Election Days past, present signal our rights of freedom

By Tech Sgt Dwayne Allen

407th Expeditionary Security Forces Squadron

When the polls opened on Election Day, every citizen over the age of 18 had a right to cast a vote. It is a right we take for granted, one that defines our nation as a democracy. Two hundred years ago, you had to be white, male, and wealthy in order to vote.

The Voting Rights Act, adopted initially in 1965, is generally considered the most successful piece of civil rights legislation ever adopted by the United States Congress. The Act codifies and effectuates the 15th Amendment's permanent guarantee that, throughout the nation, no person shall be denied the right to vote on account of race or color.

Susan B. Anthony was one of the strongest advocates of Women's rights in the mid-19th century. In 1872 she was arrested after casting an 'illegal' vote in the presidential election. She was fined \$100 but refused to pay.

Abraham Lincoln best described democracy as "government of the people, by the people, and for the people." For that government to be "by the people," however, requires that the people decide who shall be their leaders. Without free and fair elections, there can be no democratic society, and without that constant accountability of government officials to the electorate, there can, in fact, be no assurance of any other rights. The right to vote, therefore, is not only an important individual liberty; it is also a foundation of free government.

But because Americans often take this right for granted, it has not always been exercised as fully as it should be. With nearly 200 million citizens eligible to vote, too many people think their individual ballot will not count. The closeness of the presidential election of 2000 serves as a reminder that every vote does count.

A few more votes from service members stationed overseas could swing the results in battleground states such as Florida, Pennsylvania and Ohio. Just 537 votes divided President Bush and Al Gore in Florida in 2000, a spread easily covered by



Tech Sgt Dwayne Allen

military ballots.

Not only is voting important at home, its importance can be seen throughout the world, the right to vote has not only been a growing pain in America those same pains can be seen in other places around the world.

Today, in Iraq, Iraqis in this country now have a voice in the rebuilding of their country. A voice never heard before. Their votes have been key in the steps this nation has taken in building a free and democratic society and the way their government will be setup.

"The vote" is a human right. It is seen as an American right. In a democracy there is nothing more fundamental than having the right to vote on election day.

2006 Holiday Mailing Deadlines

APO to CONUS

Priority and First Class letters/cards:

- Addressed from 093XX locations: **Dec 6**
- Addressed from 098XX locations: **Dec 10**

Parcel Post/Space Available Mail (SAM): **Nov 19**

CONUS to APO

Priority and First Class letters/cards:

- Addressed to 093XX locations: **Dec 4**
- Addressed to 098XX locations: **Dec 9**

Parcel Airlift (PAL): **Dec 2**

Parcel Post/Space Available Mail (SAM): **Nov 13**



Brig Gen Robin Rand, 332d Air Expeditionary Wing Commander, talks to Airmen from the 732d Expeditionary Mission Support Group Redistribution Property Assistance Team during his visit to Ali Base, Iraq, Nov 15-16. (U.S. Air Force photos/ Tech Sgt Ryan Mattox)

332 AEW Commander tours Bedrock, Group

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

On Nov 15-16, Airmen of the 407th Air Expeditionary Group put their best foot forward and welcomed the Commander of the 332d Air Expeditionary Wing, Brig Gen Robin Rand to Ali Base, Iraq.

During his visit, the General toured various living and work areas; and spoke with Airmen about their missions, service and morale here at Ali and at home.

“Ali Base is important, and what you do matters. We have great airman doing great things here; you should be proud of yourself,” said Brig Gen Robin

Rand, 332d Air Expeditionary Wing Commander.

“They were incredibly impressed with the positive spirit, enthusiasm, and teamwork you demonstrated everywhere, whether it was at the DFAC, in Bedrock, or in one of the workplaces,” said Col James Moulton, 407th Air Expeditionary Group Commander.

“I am motivated by their service, commitment and excellence,” said Chief Master Sgt Scott Dearduff, 332 AEW Command Chief Master Sergeant. “The Airmen of the 407th are highly motivated and displayed great professionalism in their duties and knowledge of the mission.”



Brig Gen Robin Rand, 332 AEW Commander, Staff Sgt Rosylnn Winston, and Capt Robert Byrom, both from the 407th Expeditionary Security Forces Squadron, look at items found during inspections done by the 407 ESFS.

Fallen Airman honored at Ali memorial service

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

Fellow Security Forces and Ali Airmen gathered Nov 11 to honor the life and sacrifices of Airman 1st Class Lee Bernard Chavis with a ceremony at the Airmen's Memorial in Bedrock.

The ceremony consisted of Airman Chavis' name and the Air Force Security Forces Specialty Badge placed on the Airmen's memorial, a 21-gun salute, playing of taps, and closing remarks by senior leadership.

Airman Chavis, assigned to the 732d Expeditionary Security Forces Squadron, was killed Oct. 14 in the line of duty while performing duties as a turret gunner with his security forces' team while on joint patrol with the Iraqi police in the vicinity of Baghdad, Iraq.

During the ceremony, Airman Chavis was remembered for his service and sacrifices made.

Airman Chavis, originally from Hampton, Va., entered the Air Force on March 31, 2004 and served two tours in Iraq. During his recent deployment to Baghdad, Airman Chavis conducted 37 patrols as a lead vehicle gunner, while contributing to training of more than 200 Iraqi policemen.

For the sacrifices Airman Chavis made for his country, he was posthumously awarded the Bronze Star and Purple Heart. His burial was Oct. 24 at Arlington National Cemetery.

The 732d ESFS is part of the 732d Expeditionary Mission Support Group under the 332d Air Expeditionary Wing, headquartered at Balad Air Base, Iraq.

(Airman 1st Class Eric Schloeffel, 23rd Wing Public Affairs, contributed to this story)



The 407th Air Expeditionary Group Honor Guard renders a salute during the Airmen's Memorial Ceremony for A1C Lee Bernard Chavis on Nov 11. (U.S. Air Force photos/Tech Sgt Al Petrie)



(Above) Airman 1st Class Lee Chavis' name and Air Force Specialty badge are placed on the Airmen's Memorial. (Pictured left) Airman Brandon Allen and Senior Master Sgt. Sandra Rebelo, both from the 407th Expeditionary Security Forces Squadron, remove a sheet from the Airmen's Memorial during the ceremony.



Failure in Iraq would affect region, world

By Army Sgt Sara Wood

American Forces Press Service

WASHINGTON (AFP) — Failure of the coalition and Iraqi government to create a unified, peaceful Iraq would be catastrophic for that country and the region, and would embolden terrorists throughout the world, the directors of the Central Intelligence Agency and Defense Intelligence Agency said here Nov. 15.

Testifying before the Senate Armed Services Committee, Gen. Michael V. Hayden, director of the CIA, and Army Lt. Gen. Michael D. Maples, director of the DIA, said that the coalition presence in Iraq is what's keeping the country together, and an early withdrawal would cause a significant rise in violence.

"We are all acutely aware that Iraq today is far from peaceful," General Hayden said during his testimony. "Let me say that no single narrative is sufficient to explain all the violence we see in Iraq today. There remains in Iraq today an active insurgency. There remains in Iraq today a broad and vicious al Qaeda offensive targeting us and innocent Iraqis. In Iraq today there is criminality and lawlessness on a broad scale. In Iraq today there are rival militias competing for power."

The conflict in Iraq has shifted to become increasingly a sectarian struggle for power, General Maples said. The perception of unchecked violence in Iraq has created an environment of fear and divisiveness, which empowers militias and decreases confidence in government forces, he said.

The only way to deal with the problem of sectarian violence is for the Iraqi government to unite and create a non-sectarian security force and work on national reconciliation, both generals agreed.

"I believe that, in fact, the parties have to be brought together and it has to be a political approach," General Maples said. "And the government of Iraq has to be in the lead in doing that."

Enabling Iraq's leaders to be successful is one responsibility of the coalition, General Maples said, but the coalition must also be forceful with the government and make its expectations known. Gen-

eral Hayden pointed out that the new Iraqi leaders face a complex challenge, as they are all being asked to overcome their personal histories and work together to reach compromises.

"It's going to require, as General Maples suggests, all the tools we have to motivate them to make decisions that are clearly in their best interest for the long term," General Hayden said.

The situation in Iraq is grave, and al Qaeda has capitalized on the sectarian environment to increase its attacks, but there are still opportunities for success, the generals both said. An overwhelming majority of Iraqis want to live in peace, General Hayden said, and there have been positive improvements.

The recent verdict against Saddam Hussein, government efforts to move along the de-Baathification process, increased cooperation between Sunni tribes and the Anbar government, and arrest warrants for Ministry of Interior personnel accused of abuses are all signs of progress, General Maples said. The Iraqi security forces also continue to grow and develop capability, he said.

Despite the differences that still separate them, the different factions of Iraqi society did work together to create a constitution that provides the structure for them to settle their differences, General Hayden noted. Iraqi leaders from all factions need to cooperate and fill out the government to fulfill the intent of that document, he said.

Although ultimately, victory in Iraq will have an Iraqi face, not an American face, the coalition presence is still vital right now to ensure stability, the generals said. Withdrawing U.S. troops now would only cause a rise in violence and embolden terrorists throughout the region, they said.

"Failure in Iraq — failure to create a viable Iraqi state — I think, would embolden the worst of our enemies, certainly al Qaeda," General Hayden said. "It would provide them with a safe haven rivaling the one they had in Afghanistan prior to October of 2001. I think it would also embolden other adversaries in the region, particularly Iran, whom I would suggest to you right now, not totally warranted, seems to be conducting a foreign policy with a feeling of almost dangerous triumphalism. And I think that would make that even worse."

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Ali Sports Standings

Intramural Volleyball

Teams	Wins	Loses
EOSS	6	0
ECES 1	5	0
ELRS 1	5	1
FIRE 3	5	1
FIRE 2	4	1
FIRE 1	4	2
ESFS	4	3
ECS	3	2
PISTONS	3	3
ESVS	2	5
ECES 2	2	3
ELRS 2	1	5
STAFF 1	0	6
HOT STICKS	0	6
ECES 3	0	6

In the Nov 15 games: **FIRE 3 (5-1)** won the third game 15-2, beating **Staff 1 (0-6)**. They split the first two games.

In the second game: **EOSS (6-0)** won in two straight games against **Hot Sticks (0-6)** 25-18 and 25-18.

In the third game: **PISTONS (3-3)** won the rubber match 15-11, beating **ESVS (2-5)**. They split the first two games.

In the last game: **ESFS (4-3)** knocked **ELRS 1 (5-1)** from the ranks of the unbeaten, winning the third and final game 15-6.

The top eight teams make the playoffs.
Current as of Nov 15

Intramural Basketball

Teams	Wins	Loses
ECS	4	0
EOSS	5	0
AEG/HC	2	2
ESFS	3	2
FIRE DEPT	2	2
ECES 1	2	2
HOT STICKS	1	3
ELRS	1	4
ARMY (Dropped out)	0	**8

In the Nov 16 games, **EOSS (5-0)** moved into first place, beating **ELRS (1-4)** by the score of **32-21**.

In the second game, **ECES (2-2)** won its game by the score of **30-29** over **ESFS (3-2)**.

The top four teams make the playoffs.
Current as of Nov 17

World Series of Poker Championship

Last week, the Texas Hold'em Tournament came to an end with the championship game were the top five finishers were: **Tony Pihlgren, 407th Expeditionary Communications Squadron**, placed 1st; **Omar Estrada, 407th Expeditionary Logistics Readiness Squadron**, placed 2nd; **The Army's Troy Scott** placed 3rd; **Brian Belk, 407th Expeditionary Civil Engineer Squadron**, placed 4th; and 5th place went to **Ruben Garcia, 407th Expeditionary Services Squadron**.

Fantasy Football League

Name	Week 9		Total
1 SSgt Weppel	86	119	761
2 SSgt Simmons	126	129	753
3 Amn Centeno	116	100	713
4 TSgt Goldammer	115	94	694
5 MSgt Nilo	113	100	673
6 MSgt Skeldon	71	169	668
7 TSgt Pihlgren	112	93	664
8 SSgt Isarraraz	108	138	640
9 A1C Terrill	103	131	630
10 TSgt Holdredge	103	95	628
11 Amn Ko	122	80	615
12 TSgt Gab	104	89	610
13 Capt Swain	63	107	590
14 A1C Cabrera	65	96	581
15 SrA Hudson	66	148	575
16 SSgt Orola	90	109	569
17 SSgt Sharp	102	78	559
18 SSgt Estrada	80	87	557
19 TSgt Borden	78	73	520
20 A1C Valdez	47	107	507
21 SSgt Falch	113	82	507
22 2nd Lt Hodgson	54	83	504
23 SSgt Britten	106	103	502
24 A1C Sprinz	46	120	466
25 SSgt Lardino	45	78	453
26 MSgt Weymouth	64	109	438
27 A1C Oraha	42	63	420
28 SrA Rose	43	61	411

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 previous week's movie was "Gattaca"

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 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



SSgt William Gamboa

Deployed unit: 407th Expeditionary Communications Squadron

Job title at Ali: Configuration Management Technician

Home unit and base: 95th Communications Squadron/Edwards Air Force Base, Calif.

Why other Airmen think he's a warrior: When the video teleconferencing system in the 407th Air Expeditionary Group conference room was experiencing problems, he began troubleshooting and discovered the equipment was mis-configured on our end of the communication link. He corrected the settings and the video teleconferencing has been operating magnificently ever since. Additionally, Sergeant Gamboa was our 'go-to' technician during the Network Operations Support Center directed Network Health Assessment. He helped a seven-person assessment team run a 152-item checklist against current network operations and configurations. The networks were compliant on 139 items and nine items were attributable to the NOSC. He then spearheaded a team making adjustments to 113 network devices twice in a 48-hour period. His efforts optimized network performance, sped user data access speeds, and assisted network standardization.

Why did you join the Air Force? I joined the Air Force for the opportunity to better myself and to provide a foundation for my future.

What inspires you? My inspiration comes from many individuals throughout my career who have always pushed me to better myself and those around me.

What is your most memorable Air Force experience? As an Airman 1st Class, I was put in charge of a six-person security forces team guarding a Missile Alert Facility. At the time, I was astounded that our Lieutenant would allow a new Airman to control six other individuals and a whole missile alert facility. This allowed me to grow as an Airman, instilling the idea that the Air Force believed in my leadership.

Hobbies: Weightlifting, video games, and fishing.

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

Thanksgiving services

There is a Ecumenical Service of Thanksgiving 7:30 p.m. Nov 22 at the Ali Chapel.

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: AWRAC

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

24 Season 1: Disc 1 (2001), 1 a.m., Keifer Sutherland, Carlos Bernard, action, drama; **American Wedding** (2003), 3 a.m., Jason Biggs, Seann William Scott, comedy, romance; **Blade 2** (2002), 5 a.m., Wesley Snipes, Kris Kristofferson, action, adventure; **2 Fast 2 Furious** (2003), 7 a.m., Paul Walker, Tyrese Gibson, action, adventure; **Dreamcatcher** (2003), 9 a.m., Morgan Freeman, Thomas Jane, science fiction, thriller; **The Ring** (2002), 11 a.m., Naomi Watts, David Dorfman, suspense, horror; **The Ring 2** (2005), 1 p.m., Naomi Watts, Simon Baker, suspense, horror; **Bad Santa** (2003), 3 p.m., Billy Bob Thornton, Bernie Mac, comedy, crime; **The Transporter** (2002), 5 p.m., Jason Statham, Shu Qi, action, adventure; **Resident Evil Apocalypse** (2004), 7 p.m., Milla Jovovich, Sienna Guillory, action, adventure;

Saturday

24 Season 1: Disc 2.....1 a.m.

Dreamcatcher.....3 a.m.

The Ring.....5 a.m.

The Ring 2.....7 a.m.

Bad Santa.....9 a.m.

The Transporter.....11 a.m.

Resident Evil Apocalypse.....1 p.m.

American Wedding.....3 p.m.

Blade 2.....5 p.m.

Friends: Season 10:

Disc 1.....7 p.m.

Friends: Season 10:

Disc 2.....9 p.m.

American Wedding.....11 p.m.

Sunday

24 Season 1: Disc 3.....1 a.m.

Blade 2.....3 a.m.

2 Fast 2 Furious.....5 a.m.

Dreamcatcher.....7 a.m.

The Ring.....9 a.m.

The Ring 2.....11 a.m.

Bad Santa.....1 p.m.

The Transporter.....3 p.m.

Resident Evil Apocalypse.....5 p.m.

American Wedding.....7 p.m.

Blade 2.....9 p.m.

NFL Football (Live).....11 p.m.

Monday

NFL Football (Live).....1 a.m.

NFL Sunday Night Football

(Live).....3 a.m.

NFL Sunday Night Football

(Live).....5 a.m.

American Wedding.....7 a.m.

Blade 2.....9 a.m.

2 Fast 2 Furious.....11 a.m.

Dreamcatcher.....1 p.m.

The Ring.....3 p.m.

The Ring 2.....5 p.m.

Bad Santa.....7 p.m.

The Transporter.....9 p.m.

Resident Evil Apocalypse.....11 p.m.

Tuesday

American Wedding.....1 a.m.

Monday Night Football

(Live).....3 a.m.

Monday Night Football

(Live).....5 a.m.

Blade 2.....7 a.m.

Dreamcatcher.....9 a.m.

The Ring.....11 a.m.

The Ring 2.....1 p.m.

Bad Santa.....3 p.m.

The Transporter.....5 p.m.

Friends Season 10:

Disc 3.....7 p.m.

Friends: Season 10:

Disc 4.....9 p.m.

Resident Evil Apocalypse..11 p.m.

Wednesday

24 Season 1: Disc 4.....1 a.m.

American Wedding.....3 a.m.

Blade 2.....5 a.m.

American Wedding.....7 a.m.

Blade 2.....9 a.m.

2 Fast 2 Furious.....11 a.m.

Dreamcatcher.....1 p.m.

The Ring 1.....3 p.m.

The Ring 2.....5 p.m.

Bad Santa.....7 p.m.

24 Season 1: Disc 5.....9 p.m.

The Transporter.....11 p.m.

Thursday

Resident Evil Apocalypse.....1 a.m.

American Wedding.....3 a.m.

Blade 2.....5 a.m.

American Wedding.....7 a.m.

Blade 2.....9 a.m.

2 Fast 2 Furious.....11 a.m.

Dreamcatcher.....1 p.m.

The Ring.....3 p.m.

The Ring 2.....5 p.m.

Bad Santa.....7 p.m.

24 Season 1: Disc 6.....9 p.m.

The Transporter.....11 p.m.

Bedrock and beyond...

Saturday

- 10 a.m. **Hapkido:** Muscle Beach
- 4:30 p.m. **Yoga:** 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. **Dance Night:** Big Top
- 7:30 p.m. **Basketball Intramurals:** Muscle Beach

Sunday

- 10 a.m. **Spinning:** HOP
- 10 a.m. **Hapkido:** Muscle Beach
- 2 p.m. **Spades:** Hot Spot
- 4:30 p.m. **Yoga:** Muscle Beach
- 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 p.m. **Hapkido:** Muscle Beach
- 7 p.m. **Toning:** HOP
- 7 p.m. **Ping Pong:** ACC
- 7:30 p.m. **501 Double-in/Double-out:** Hot Spot
- 7:30 p.m. **Tug of War:** Muscle Beach
- 8 p.m. **Spinning:** Muscle Beach (I)

Tuesday

- 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. **Tae Kwon Do:** Muscle Beach (I)
- 8 p.m. **Texas Hold'em:** Big Top
- 8:30 p.m. **Salsa:** ACC

Wednesday

- 1:30 a.m. **Yoga:** Muscle Beach
- 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. **9-Ball:** Hot Spot

Thursday

- 7 p.m. **8/9-Ball:** ACC
- 7 p.m. **Abs Class:** Muscle Beach
- 7 p.m. **Yoga:** 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

- 7 p.m. **Toning:** HOP
- 7:30 p.m. **Volleyball Intramurals:** Muscle Beach
- 8 p.m. **Spinning:** Muscle Beach (I)
- 8 p.m. **Step Aerobics:** HOP
- 8 p.m. **Bingo:** Big Top



(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.