

407th Air Expeditionary Group, Ali Base, Iraq

November 3, 2006

T able of contents

Why did I volunteer to come here?

EOSS Commander ponders duty in Iraq.

Page 2

Group helps local Iraqi family

The Women Professional of Concept gives wheelchair to Iraqi boy.

Page 3

Air Force's top fugitive in custody

A man suspected of the 1994 murder of his wife and unborn child was taken into custody by the Royal Thai Police.

Page 4

Airman earns CCAF

Airman youngest to earn CCAF degree in history. Page 5

New ID cards are more secure

The new common access card is part of departmental transformation efforts that harness common business practices.

Page 6

Movies and more...

Event schedules and standings.

Pages 7-10







¥ ALIVIMI

Vol. 4, Issue 40 Nov 3, 2006

Col

James C. Moulton Commander, 407 AEG

Lt Col

Roy-Alan C. Agustin

Deputy Commander, 407 AEG

Capt
James Kelley

Executive Officer, 407 AEG

TSgt

Ryan Mattox

Editor/Chief, Public Affairs

This funded newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the *Ali Times* are not necessarily the views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

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

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

Senior Airman Jeana Pecukonis, 407th Expeditionary Operations Support Squadron, presents a wheelchair and some toys to Maj. Ahmed Kader Mohsen, a local Iraqi fireman at the Ali Base Fire Department. See page 5. (U.S. Air Force photo/ Tech Sgt Ryan Mattox)

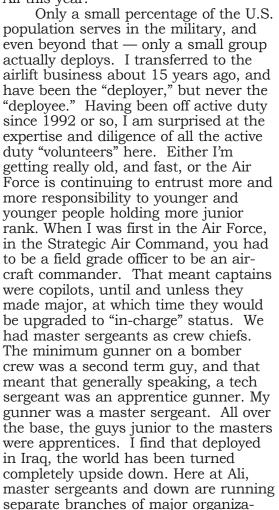
Why did I volunteer to come

By Lt Col Dave Cowan

407th Expeditionary Operations Support Squadron Commander

Why am I here, volunteering to take an extended leave from my airline pilot job, in sunny Ali Base, Iraq? Quite simply because there was a help wanted request that came my way, with my

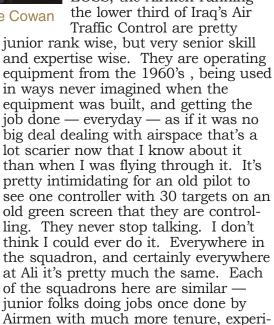
qualifications on it, and the personnel center indicated they were short of people. So I am here for a third of a year. Why would I do such a thing? Because somebody has to get the job done, I've been trained, and it's my turn to pay back Uncle Sam a little bit for all the advantages of living in the United States. Somebody has to do it, and I've never been in the practice of saying "not me." Really, every one of us is a volunteer for this adventure, even if we did not sign up for Ali this year.



tions — and getting the mission done matter-of-fact on a daily basis with the skills and leadership they have learned.

Every generation is always worried what the next is going to be like — whether they are going to be capable or if the world is going to go down hill. I am pleasantly surprised that the youth

of America has produced such a strong, smart, and dedicated group of Airmen that I see here today. Not only that, but you are doing the job with a whole lot less people than I've been used to. There are a lot less supervisors, and far fewer levels of oversight. What was the apprentice level when I started my Air Force adventure is the independent practitioner now. In the 407 EOSS, the Airmen running the lower third of Iraq's Air Traffic Control are pretty



done right the first time!

So if I had any misgivings about what might happen to America when old geezers like myself fade away, they've been totally erased by a big jolt of active duty culture experienced by this old crusty reservist. I think that my report is as follows: We're going to be OK, because some of America's sharp youth have picked up the flag and they are carrying the load of defending freedom for the rest of the citizens of the United States. In short: I am honored to have served with you.

ence, and rank — and getting the job



Lt Col Dave Cowan



Ali organization donates gift to local fireman

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

The Women of Professional Concept donated a wheelchair and some toys to a local Iraqi fireman for his son to use at the Ali Base Fire Department recently.

Maj. Ahmed Kader Mohsen, a local Iraqi fireman has a son who does not have a wheelchair and cannot get around without the assistance of others.

Through his interpreter, Maj Mohsen said he was honored to receive the wheelchair, and his son will be so happy when he brings it home.

The group obtained the wheelchair from a relative of an Airman who was deployed here during a previous rotation.

"Master Sergeant Ruby Zarzyczny, her Aunt Dorothy and Uncle Marvin Smith were able to have a wheelchair donated from a medical supply company," said SrA Jeana Pecukonis, 407th Expeditionary Operations Support Squadron.

Sergeant Zarzyczny was involved with the group during AEF 1/2 and is credited with coming up with idea and with the help from the members of the POWC and others the idea came to life.

After months of coordinating and searching the wheel-chair finally arrived but before it could be presented it had to be put together.

However in order to get it here, the wheelchair had to be taken apart and put into two different boxes in order to ship it to Iraq. After picking up the boxes, the AFOSI detachment



Senior Airman Jeana Pecukonis, 407th Expeditionary Operations Support Squadron, presents a wheelchair and some toys to Maj. Ahmed Kader Mohsen, a local Iraqi fireman on behalf of the Women of Professionala Concept at the Ali Base Fire Department recently. The wheelchair was donated from a medical supply company in the U.S. and shipped here. (U.S. Air Force photos/Tech Sgt Ryan Mattox)

here put it together and arranged a meeting with Maj Mohsen for the presentation.

"I think it is a great way to build relationships with the Iraqi people and show them we really are here to help," SrA Pecukonis said. "We wanted to be able to help the people in the community and wish there was more we could do to help them help themselves."

U.S. Air Force's top fugitive in custody

BANGKOK, Thailand (AFPN) — A man suspected of the 1994 murder of his wife and unborn child was taken into custody by the Royal Thai Police at approximately 2:30 p.m. Bangkok time today.

A former U.S. Air Force sergeant assigned to Travis Air Force Base, Calif., Saner Wonggoun fled the country in January 1994 when authorities in Marin County, Calif., wanted to question him in the murder investigation of Sopha (Yodpet) Wonggoun and her unborn child, found wrapped in a sleeping bag and dumped along a deserted road off Highway 1 in Marin County.

"This is a great day now that we have the Air Force's number one fugitive in custody," said Brig. Gen. Dana Simmons, commander of Air Force Office of Special Investigations, headquartered at Andrews Air Force Base, Md.

"His capture is a culmination of a lot of work done by the Thai government, the local police in California, the State Department, the FBI, Immigrations and Customs Enforcement officials and some OSI great agents," General Simmons said.

Thai thorities were tipped off to Wonggoun's location after an Oct. 27 press conference re-



Saner Wonggoun is shown in 1994 at left. and in an age-progression image that led to the capture of the fugitive. (U.S. Air Force illustration)

leased age-progression images and advertised a \$25,000 reward for information that led to the capture of the fugitive.

"We're going to continue to work with the Thai government to see this process to final adjudication," General Simmons said. "We owe a tremendous amount of gratitude to the Royal Thai Police, who put a lot of effort into this investigation."

Air Force officials announce new PCS guidelines

RANDOLPH AIR FORCE **BASE, Texas (AFPN)** — In an effort to meet budget mandates, Air Force leaders have directed several assignment related initiatives to reduce the permanent change of station budget deficit.

The new guidelines include changes to assignment availability Code 50 maximum stabilized tours, the standard time on station for certain members transferring between stateside bases and officers departing for professional military education, overseas assignment curtailments, funded join-spouse assignments, as well as the officer time-in-area policy.

Members serving in a Code 50 designated stabilized tour will have their tour automatically extended 12 months beyond the current expiration date. The extension is in addition to any voluntary extension the member may have already entered. Career enlisted aviators and rated officers in flying positions are exempt.

Members with a projected PCS based on the previous Code 50 rules may apply for cancellation.

Enlisted members and officers in the support, judge advocate, chaplain and medical career fields as well as most rated staff positions will be subject to a 48-month TOS minimum before being considered for a PCS between stateside bases unless mission requirements dictate otherwise.

Officers selected for PME must have 24 months TOS prior to departure. Exceptions to this policy must be thoroughly justified and waivers must be requested by a general officer, colonel wing commander or their equivalents.

Members serving in overseas assignments will serve their full tour length. Waivers will only be granted for mission requirements and must be requested by a general officer, colonel wing commander or their equivalents. However, there are exemptions to this requirement such as officers rotating to and from commander's billets and humanitarian reassignments.

Funded join-spouse assignments, except those from one overseas location to another, will require 24 months TOS. Members will be allowed to volunteer for permissive PCS if they have 12 months TOS and the members travel concurrently; however, PCS entitlements must be waived, and the member must agree to incur all PCS related costs.

The Washington, D.C. tour review and officer time in area policy for San Antonio and Colorado are suspended until further notice. This policy required review of all assignments resulting in a permanent change of station or assignment between bases in the same local area, or a return PCS to the same location or area within a two-year period.

For more information, to include a list of frequently asked questions, visit the AFPC Web site.



Senior Airman Sharon Howley, an integrated avionics mechanic, works with the T-38 flight director system test set. At age 19, Airman Howley is the youngest of more than 9,100 graduates earning their degrees in the October class of the Community College of the Air Force. She is also one of the youngest Airmen to earn a degree in the CCAF's 32-year history. Airman Howley is assigned to the 412th Maintenance Squadron at Edwards Air Force Base, Calif. (U.S. Air Force photo/Airman Stacy Garcia)

19-year-old Airman earns CCAF degree in 9 months

By Mr. Carl Bergquist

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — At 19 years old, Senior Airman Sharon Hawley is the youngest of more than 9,100 graduates earning their degrees in October at the Community College of the Air Force here.

The integrated avionics mechanic, assigned to 412th Maintenance Squadron at Edwards Air Force Base, Calif., completed the prerequisites for her aviation technology degree in less than nine months.

"I began the course in March 2005 with credit for three classes from another school, took three classes at CCAF and CLEPed three classes," Airman Hawley said. "That allowed me to complete the course requirements by December 2005."

She said she was not familiar with the College Level Examination Program until she went to CCAF and found it very handy because it allowed her to finish her degree quickly.

Dr. James Larkin, CCAF director of institutional effectiveness, said Airman Hawley was not only the youngest graduate in her class, but is also one of the youngest graduates in the history of the college's more than 290,000 students.

"It's heartwarming to see someone her age take advantage of the opportunity to get their degree from CCAF," he said. "The school's average active duty graduate has been in the Air Force for 10.6 years when they get their degree, and the oldest graduate was 59 years old."

Airman Hawley works in an F-16A Fighting Falcon "back shop" avionics test station where she tests parts from F-16s and maintains the station. She said she joined the Air Force because she wanted to do something different.

"I went to a recruiter and six days later, I was on my way to basic training," the Airman said. "My job is very interesting and new for me. I never thought I would be doing anything like this."

The Community College of the Air Force was established April 1, 1972. The school's vision is to be the foremost occupational education institution that prepares the world's best expeditionary-minded air, space and cyberspace enlisted leaders.

"CCAF was really helpful for me, and the people were very motivating," Airman Hawley said. "I was also able to earn my general education associates degree."

Students of CCAF complete about 1.6 million semester hours of course credit each year, and the school has a stake in the job knowledge and performance of every enlisted person in the Air Force. The average graduate is 33.5 years old, is a staff sergeant and majors in Aviation Technology Maintenance.

A two-year institution exclusively serving enlisted personnel, CCAF awards associate in applied science degrees after students successfully complete degree requirements. The Commission on Colleges of the Southern Association of Colleges and Schools accredits CCAF, through Air University, to award associates degrees.

New I.D. cards more secure than earlier versions

By Mr. Jim Garamone

American Forces Press Service

WASHINGTON (AFPN) — New identification cards now being issued to some Defense Department employees will help standardize federal work force identification and enhance security, a senior Department of Defense official said here today.

The new common access card is part of departmental transformation efforts that harness common business practices to make the organization more efficient, said David S.C. Chu, the undersecretary of Defense for personnel and readiness.

"A key element of this new card is it is a more secure document" than its predecessor, Chu said.

The new card, he said, accomplishes three main objectives: — It makes the identification process more efficient; — It helps prevent identity theft or fraud; and — It better protects personal information, thus enhancing individual privacy.

The department began issuing the new ID cards

Oct. 27. They will be provided to employees over the next three years as the old cards reach their expiration dates.

The new card looks similar to the old one, but it features several enhancements, said Mary Dixon, director of the Defense Manpower Data Center in Arlington, Va. For example, the new CAC contains two fingerprints and a digital photograph, she noted.

Additionally, "we're going to check to make sure you've had your background checks before we issue the card," Dixon said. "That is something we have not done in the past, but we will be doing this now."

President Bush directed that a single ID card be developed that's interoperable across all federal agencies, Chu said. The Defense Department, he noted, has had CACs for some years now.

"So, we're using that foundation as our stepping stone to reach the president's goal," Chu said.

Using one common ID card throughout the federal government "builds trust across agencies, because there is then just one credential," Chu said.

November Promotions and Awards

Promoted to Senior Master Sergeant

SMSgt Peter Nestor, 407 ECES

Promoted to Master Sergeant

MSgt Richard Buntin, 407 AEG

MSgt Mainard Cardillo, 407 EOSS

Promoted to Tech Sergeant

TSgt Jamie Hartley, 407 EOSS

Promoted to Staff Sergeant

SSgt Jared Engler, 407 ECS

SSgt John Falch, 407 ECS

SSgt Allen Henderson, 407 ECS

SSgt Allan Johnson, 407 ESFS

SSgt Patrick Ross, 407 ELRS

Promoted to Senior Airman

SrA Christopher Bowman, 407 ECS SrA Joseph Brandon Easley, 407 ELRS SrA Yannik Deloyd Essex, 407 ESFS SrA Clinton Munroe, 407 ELRS SrA Patrick Stone, 407 ESFS

SrA Pedrito Queenman, 407 ECES

Promoted to Airman 1st Class

A1C Brandon Allen, 407 ESFS

A1C Andres Londono, 407 ESVS

A1C Riquette Wynter, 407 ESVS

Airman of the Month

A1C Jack Bennett, 407 ELRS

NCO of the Month

TSgt Daniel Holdredge, 407 AEG

SNCO of the Month

SMSgt Richard Sherman, 407 ESFS

CGO of the Month

Capt Barry Roche, 407 ECS

Sharp Saber Team

Base Infrastructure and Information Shop

Honor Guard Member

A1C Matthew Bridge, 407 ESFS

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



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 "The Machinist"

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 email at 407aeg.pa@tlab.centaf.af.mil to fill out a DD Form 2266 (Hometown News Release).

407 AEG Warrior of the Week



A1C Amador Castillo

Deployed Unit: 407th Expeditionary Operations Support Squadron

Job Title at Ali: Air Traffic Control Journeyman Home Unit and Base: 49th Operations Support Squadron/Holloman Air Force Base, N.M. Why other Airmen think he's a warrior: A1C Castillo is an air traffic controller who excels in the performance of his duties. He was key to locating the impact of two rocket attacks on Ali Base. He immediately passed tower observed and pilot reported sightings within seconds of the first impact, which was vital to the timely notification of base personnel to take cover and don protective gear. During an in-flight emergency, he directed responding personnel in assisting a helicopter landing with hung guns and ensured a safe arrival without incident. He participated in Bedrock cleanup, tent construction, squadron sports, Airmen's Attic, and served as a Spanish tutor. Why did you join the Air Force? To serve my country as part of an elite team and learn a marketable skill in the process.

What inspires you? Setting goals and reaching them. One of my short term goals is making SrA below-the-zone.

What is your most memorable Air Force experience? Everything I learned in Basic Training has been vital in my career and life experiences. Hobbies: Mountain biking, working out, volunteering at my local church, and spending time with family and friends.

Family: Single



Serenity in the sand faith-based services schedule

Orship 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:

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 MOYIE THEATER

Today's times and movie descriptions for the week

Alias Season 3: Disc 5 (2003), 1 a.m., Jennifer Garner, Victor Garber, action, drama; Poseidon (2006), 3 a.m., Josh Lucas, Kurt Russell, action, adventure; Inside Man (2006), 5 a.m., Denzel Washington, Clive Owen, thriller, drama; The **Sentinel** (2006), 7 a.m., Michael Douglas, Keifer Sutherland, action, adventure; Scary Movie 4 (2006), 9 a.m., Anna Faris, Regina Hall, comedy; The Fast and the Furious: Tokyo Drift (2006), 11 a.m., Lucas Black, Shad Moss, action, adventure; RV (2006), 1 p.m., Robin Williams, Jeff Daniels, comedy, adventure; Final Destinations 3 (2006), 3 p.m., Mary Elizabeth Winstead, Ryan Merriman, suspence, horror; V For Vendetta (2006), 5 p.m., Natalie Portman, Hugo Weaving, action, thriller; Curious George (2006), 7 p.m., Joan Plowright, Shane Baumel, comedy, kids; X-Men 3: The Last Stand (2006), 9 p.m., Hugh Jackman, Halle Barry, action, adventure; Killer Weekend (2003), 11 p.m., Eric Roberts, Robert Miano, drama, thriller

Saturday Alias Season 3: Disc 6	Killer Weekend
RV3 a.m.	Alias Season 4: Disc 21 a.m.
Final Destinations 35 a.m.	RV3 a.m.
V for Vendetta7 a.m.	Final Destinations 35 a.m.
Curious George	V For Vendetta7 a.m.
X-Men 3: The Last Stand11 a.m.	Curious George
Killer Weekend1 p.m.	X-Men 3: The Last Stand11 a.m.
High Crimes3 p.m.	Killer Weekend1 p.m.
Bad News Bears5 p.m.	High Crimes3 p.m.
8 Mile7 p.m.	Bad News Bears5 p.m.
NFL Football (Live)9 p.m.	8 Mile7 p.m.
NFL Football (Live)11 p.m.	Gladiator9 p.m.
Monday	Poseidon11 p.m.
NFL Football (Live)1 a.m.	Thursday
Galdiator3 a.m.	Inside Man1 a.m.
Poseidon5 a.m.	The Sentinel3 a.m.
Inside Man7 a.m.	Scary Movie 45 a.m.
The Sentinel9 a.m.	The Fast and the Furious:
Scary Movie 411 a.m.	Tokyo Drift7 a.m.
The Fast and the Furious:	RV9 a.m.
Tokyo Drift1 p.m.	Final Destinations 311 a.m.
RV3 p.m.	V for Vendetta1 p.m.
Final Destinations 35 p.m.	Curious George3 p.m.
V for Vendetta7 p.m.	X-Men 3: The Last Stand5 p.m.
Curious George	Friends: Season 8: Disc 37 p.m.
X-Men 3: The Last Stand11 p.m.	Friends: Season 8: Disc 49 p.m.
Tuesday	Killer Weekend11 p.m.



Ali Sports Standings

Intramural Volleyball

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

The top eight teams make the playoffs. Current as of Nov 2

Fantasy Football League

Name	Week 8	Total
1 SSgt Weppel	117	434
2 TSgt Goldammer	106	381
3 Amn Centeno	136	370
4 MSgt Nilo	98	354
5 SSgt Simmons	126	349
6 TSgt Gab	98	337
7 A1C Cabrera	102	336
8 TSgt. Pihlgren	115	332
9 TSgt. Holdredge	102	325
10 MSgt Skeldon	83	313
11 SSgt Sharp	78	303
12 Capt Swain	114	295
13 A1C Terrill	98	291
14 SSgt Isarraraz	116	289
15 SSgt Estrada	118	286
16 SSgt Orola	107	280
17 TSgt Borden	140	277
T - 18 A1C Valdez	56	276
T - 182nd Lt Hodgson	91	276
20 Amn Ko	128	274
21 SrA Hudson	80	262
22 SrA Rose	45	245
23 A1C Oraha	66	234
24 A1C Sprinz	7 5	233
25 SrA Falch	94	230
26 SSgt Lardino	0	219
27 SSgt Britten	85	213
28 MSgt Weymouth	84	207

Intramural Basketball

Teams	Wins	Loses
ESFS	2	0
EOSS	2	0
FIRE DEPT	2	0
ECS	2	0
AEG/HC	1	0
ECES 1	0	2
ELRS	0	2
HOT STICKS	0	2
ARMY (Dropped out)	0	**8
		4 00

The top four teams make the playoffs. Current as of Nov 2

World Series of Poker Standings

Rank	Name	Squadron	Points
# 1	Erik Garza	ESFS	322
# 2	Tony Pihlgren	ECS	283
# 3	Keith Skeldon	AFOSI	274
# 4	Larry Hodge	EOSS	254
# 5-T	James Kelley	AEG	240
# 5-T	Kevin Sharp	ECES	240
# 6	Kevin Stuebs	ECES	239
# 7	Mark Prevendosl	ki ECES	238
# 8	Scott Simmons		211
# 9-T	Nicole Palko	EMEDS	203
# 9-T	Charles Lim	ECES	203
# 10	Mark Corn	Army	200
# 11	Omar Estrada	ELRS	195
# 12	Brian Belk	ECES	194
# 13	Steven Bowen		193
# 14	Bryan Williams	Army	191
# 15	Darrell Washingto	n ECES	188
# 16	Blaine Agena	EOSS	184
# 17	Howard Yard		183
# 18	Troy Scott		182
# 19	Charles Weaver	EOSS	174
# 20	Tony Fate	EMEDS	166
# 21	Joe Wendt	ECS	161
# 22	Johann Ko	ESVS	154
# 23	Sean Shambo		152
# 24	Ruben Garcia	ESVS	146
# 25	James Blake	ECES	140



Bedrock and beyond...

Saturday

10 a.m. Hapkido: 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

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

Beach

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

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

7:30 p.m. Basketball Intramurals: Muscle Beach

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

Monday

1:30 a.m. **Yoga**: Muscle Beach 10 a.m. **Hapkido**: Muscle Beach

6 p.m. Strongest Man in the AOR: Muscle Beach

7 p.m. **Toning**: HOP 7 p.m. **Ping Pong**: ACC 7:30 p.m. **Ping Pong:** Hot Spot

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

Tuesday

4:30 p.m. **Yoga**: Muscle Beach

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 p.m. **Texas Hold'em:** Big Top

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. 9-Ball Doubles: 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:** Big Top

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

8:30 p.m. Salsa: HOP

Friday

4 p.m. Yoga: Muscle Beach

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

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. The 407th ESVS also offers Ziggurat tours Tuesdays, Thursdays and Saturdays. Check with the Hot Spot staff for details.