



# ALI TIMES

*407th Air Expeditionary Group, Ali Base, Iraq*

November 10, 2006

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# What does it mean to be a veteran

By Col James Moulton

407th Air Expeditionary Group Commander

First of all, I hope that everyone had a chance to stop by the bedrock Ciano's restaurant on Veterans Day and enjoy a great meal. The Ciano's meal initiative was a great way to get the holiday season started. Some special thanks are reserved for Captain Amy "Solo" Harshner for planning the event, to Captain Gordon Swain and the ESVS team for executing the plan, and to the Ciano's staff for their flexibility and patience in supporting us.

As this Veterans Day comes and goes, I hope that all of you will pause for a moment and think about what it means to be a veteran. If you've had a moment to watch a few minutes of the Armed Forces Network, you've undoubtedly seen some quick clips of some of the last century's campaigns: I can recall a couple of clips from the Battle of the Bulge right off the bat. And the news has been carrying segments honoring some of the veterans who've served this country proudly in the last century — Soldiers, Sailors, and Airmen, and Marines who've proudly carried our nation's banner in World War I/II, Korea, Vietnam, or Desert Storm. Most of us look at those heroes with no small amount of awe and respect for the contributions they made.

But here is a point that I don't think many of us think about: Several years from now, YOU will be the veterans who America's citizens will look upon with awe and respect. Not too long from now, you'll find that your contributions in Operation Iraqi Freedom and the Global War on Terror will be recognized by men and women back home with the same sense of gratitude that we bestow on the veterans of past wars. This is the first war of the 21st century: It will help shape the future, and I can promise you that your fellow citizens



**Col James Moulton**

back in the U.S. will appreciate the sacrifices that you are making every day here in Iraq.

Never forget that you are tomorrow's veterans. On this Veterans Day weekend I hope you will remember this and take a minute to pat yourself on the back. And then I hope you will step out and make sure that you will be able to look back on your service to the United States with pride and honor.

Also, I want to remind everyone that our Wing Commander, Brigadier General Rand, along with CMSgt Dearduff, is coming to visit this week. I'm very excited: It's a great opportunity to show off the new tents, T-wall barriers, and sandbags that now define Bedrock. And it's a super chance to highlight some of the 407th's recent accomplishments. But even more importantly, this is a golden opportunity for 407 AEG Airmen to hear from the Wing's leadership. Please be on the lookout for us later in the week — I'm looking forward to showing off some of our superstars.

Take care of yourselves, take care of your fellow airmen, and God bless.

## Cover Photo

407th Air Expeditionary Group Airmen gather to take part in a Halloween Lau in the Big Top Tent Oct 31. See Page 6-7 (U.S. Air Force photo/Tech Sgt Ryan Mattox)

# Commander pauses to say ‘thank you’ for service

By Lt Gen Gary North

USCENTAF Commander

Since the initial Armistice Day on November 11, 1918, our nation has taken the time to honor those who have served in our military both in peacetime and in war.

The original Armistice Day celebrated the day that Germany signed a cease-fire with the Allied powers, officially ending World War I. In 1919, President Woodrow Wilson officially declared November 11 as the first official celebration of Armistice Day. He said, “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations.”

Throughout the years, Armistice Day has changed from honoring those who died in World War I to a day that honors all veterans for their patriotism and their willingness to serve and sacrifice for the ideals that served as the principles of our nation.

Throughout USCENTCOM’s AOR, I see these traits in every individual from our battlefield airmen to our pilots and maintainers on the flight line, our doctors and medical technicians to our command and control heroes and operational staff leaders in the Combined Air Operations Center and everyone in between. Your dedication and willingness to serve in the toughest of conditions stands out in your day-to-day mission.

Each of you shares something with those who have served before us. You share the belief that we serve a calling higher than our individual calling — service to our nation. Those who know you, those who work with you, and those who care



Lt Gen Gary North

about you, are very proud of you. You have chosen to follow a great tradition, and you are serving our country with distinction. Know that America is proud of you. We are as busy now as we have ever been and you — each of you — are making a huge difference in the defense of our country and those ideals we hold so dear. On this Veterans Day, pause to say “Thank You” to a Veteran. Let me be one of the first to say “Thank You” for your service and dedication to each other, your service, and our great nation...the United States of America!

## Base maps

In accordance with Air Force regulations, all maps of Ali Base, whether with a grid or not, are for Official Use Only. These maps should be destroyed when no longer needed or replaced. The proper procedure to destroy maps is to burn them. Individuals take them to the Burn Pit but must stay until the entire map has burned. As an alternative, 407th Civil Engineer Squadron’s Engineering Flight also accepts old maps for disposal. For more information, call the Engineering Flight at 445-2476.

# Veterans Day brings reflection of service to country

By Master Sgt Mark McCann

407th Expeditionary Services Squadron

The first leg of our journey to Iraq was a short one that took us from Norfolk, Va., to Bangor, Maine. There were probably somewhere between 200 and 300 of us, all dressed in crisp new desert camouflage uniforms, and we all deplaned as per the captain's orders while the aircraft was refueled.

Upon exiting the concourse gates, we came upon a rather surprising sight — upwards of a hundred members of the local Veterans of Foreign Wars chapter lined up in the airport lobby with eager smiles awaiting our presence. I'm not sure how they knew to be there, but as we streamed into the airport lobby I noticed that they were under the impression that we had just arrived back from Iraq. "Welcome home son and thanks for serving" an old WWII vet said to me as he shook my hand. Apparently, nobody had the heart to tell them that we had yet to leave American airspace as everyone who came off that plane got a similar greeting. Surely it could not have been long for them to figure out that we were not a local National Guard unit of Downeasters returning home as we milled around the lobby. However, if any of those VFW members felt a trace of embarrassment, they didn't show it, and when we got the call to get back on our plane every one of them stood right back in line, offering another round of handshakes and well wishes as we headed overseas.

I bring up the above anecdote not to poke fun at good-intentioned octogenarians but rather to point out that as servicemembers we get thanked a lot. This is something we become acutely aware of every November 11, Veterans Day. Indeed, our sacrifice is unique among professions and deservedly earns the kudos we receive. At the same time, I think it would do us well to recognize what we get out of the bargain. All of the deprivations and sufferings that we endure, as a result of our military service, are integral to the development of our character, and we are made strong by what we overcome.



Master Sgt Mark McCann

As it has for generations before us, the military has provided us with wisdom-gaining experiences, especially in times of war. Thus, I do not think we should see our military service as simply a favor that we do for our country but rather as a conscious effort on our part to improve ourselves in every way. We will undoubtedly be thanked again for our service as another Veterans Day comes and goes, and we will graciously accept the offer and say that they're welcome. I would also hope that when we do, we take an inward look at ourselves and realize what our service has done for us. It has given us the skills to be leaders in our community, the strength to be a rock of stability for our family, and the heart to understand why it's important when an 85-year-old WWII vet spends all afternoon standing around an airport to shake your hand.

## 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**



Donald H. Rumsfeld shakes hands with Brig. Gen. Robin Rand as he arrives at Balad Air Base, Iraq, on July 12. Secretary Rumsfeld was visiting Iraq to talk with servicemembers. General Rand is commander of the 332d Air Expeditionary Wing. Secretary Rumsfeld has stepped down as secretary of defense. Air Force Secretary Michael W. Wynne praised Secretary Rumsfeld as a leader who “led the Air Force to become lean, lethal and agile, expanding our mission areas for a stronger joint team.” (U.S. Air Force photo/Airman 1st Class Andrew Oquendo)

## Secretary Wynne: Rumsfeld helped reshape Air Force

**SAN ANTONIO (AFPN)** — Secretary of the Air Force Michael W. Wynne said Defense Secretary Donald H. Rumsfeld changed the way the military thinks about defense during his six years at the Pentagon.

Secretary Wynne worked with Secretary Rumsfeld three times at the Department of Defense and in his current job.

“In each case I learned a lot about leadership, forthrightness and attention to detail,” Secretary Wynne said after the announcement that Secretary Rumsfeld will leave his Pentagon post.

At a White House news conference Nov. 8, President George Bush said he and Secretary Rumsfeld agreed it was time for change of Pentagon leadership. The president will nominate Bob Gates to replace the secretary. Mr. Gates is a former director of central intelligence and current president of Texas

A&M University in College Station, Texas.

Secretary Rumsfeld’s “acumen led the Air Force to become lean, lethal and agile, expanding our mission areas for a stronger joint team,” Secretary Wynne said.

“His vision has not only made our Air Force more efficient, but has strengthened the entire Department of Defense and our nation,” Secretary Wynne said. “The department will miss his leadership.”

Secretary Wynne said, “I look forward to working with Mr. Bob Gates, as he will undoubtedly bring ideas fused with years of experience from various national security roles.”

The president said, “Don Rumsfeld is a patriot and has served our country with honor and distinction. He is a trusted advisor and a friend, and I’m deeply grateful for his service to our country.”

For the latest Air Force News — go online at [www.af.mil](http://www.af.mil)

# Ali Airmen celebrates Halloween with Luau

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs



Senior Yvette McQuern, 407th Expeditionary Operations Support Squadron, does her best 'Nicole Richie' impression for the crowd during the Halloween Luau fashion show. (U.S. Air Force photos/Tech Sgt Ryan Mattox)



These Airmen sit back and enjoy the evening's festivities. The Halloween Luau featured various contest, food and prizes.

After weeks of planning, coordinating, executing and all that goes into getting the mission done, the residents of Bedrock paused to take a moment and enjoy the activities usually associated with an October holiday — a Halloween Luau.

On Halloween night, the Big Top was turned into the scariest place in Iraq with hula hoops flying, 'a suspicious package' on stage and the bride of Frankenstein wearing a grass skirt and coconuts making an appearance for the evening.

The night's events included a limbo contest, fashion show, scavenger hunt, rock painting, hula hoop contest and a contest to see who had the best hula moves.

"The Halloween Luau was on time and on target to boost the morale and enhance esprit de corps for almost 600 AEG personnel at the halfway point of the rotation," said Master Sgt Anna Futrell, 407th Expeditionary Communications Squadron First Sergeant. "They pulled off the event flawlessly, safely and exhibited a perfect example of teamwork."

The event was a culminating effort by squadrons, committees, and individuals. They planned, coordinated, and orchestrated, every aspect of the party to include decorations, food, funding for prizes, setup and tear down, and running the various events for the evening.

"I thought the Halloween luau was well planned and organized nicely," said SrA Keith Lopez, 407 ECS. "I hope more events like it are planned for the rotation."

Continued on page 7:

**Luau**

## Luau

From page 6.....



Senior Airman Keith Lopez, 407th Expeditionary Communications Squadron, won most creative costume as 'suspicious package' in the costume contest. Airmen Lopez Davila also won best and funniest hula in the hula contest. Tech Sgt Brian Brewer, 407th Expeditionary Civil Engineer Squadron, won best male costume as Sandbag Man. (U.S. Air Force photos/Tech Sgt Al Petrie)

These hula hoopsters try to put on their best performance in the hula hoop contest. The winners were Senior Airman Christarlette Domantay, 407th Expeditionary Communications Squadron, for the longest time; Staff Sgt Aric Springstroh, 407 ECS, for the most hoops; and Tech Sgt Tracy Goldhammer, 407 Air Expeditionary Group PERSCO office, most creative performance.



Senior Airman Guttenberg Diehl, 407th Expeditionary Logistics Readiness Squadron, takes his best shot at the limbo contest. Senior Airman Christarlette Domantay, 407th Expeditionary Communications Squadron, won the limbo contest. She also won the hula hoop contest with the longest time.



# Ali Sports Standings

## Intramural Volleyball

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

The top eight teams make the playoffs.  
Current as of Nov 9

## Fantasy Football League

Name	Week 9	Total
1 SSgt Weppel	86	642
2 SSgt Simmons	126	624
3 Amn Centeno	116	613
4 TSgt Goldammer	115	600
5 MSgt Nilo	113	573
6 TSgt Pihlgren	112	571
7 Amn Ko	122	535
8 TSgt Holdredge	103	534
9 TSgt Gab	104	521
10 SSgt Isarraraz	108	503
11 A1C Terrill	103	499
12 MSgt Skeldon	71	498
13 A1C Cabrera	65	486
14 Capt Swain	63	484
15 SSgt Sharp	102	481
16 SSgt Estrada	80	470
17 SSgt Orola	90	460
18 TSgt Borden	78	447
19 SrA Hudson	66	427
20 2nd Lt Hodgson	54	421
21 SrA Falch	110	421
22 A1C Valdez	47	400
23 SSgt Britten	106	399
24 SSgt Lardino	45	375
25 A1C Oraha	42	356
26 SrA Rose	43	350
27 A1C Sprinz	46	346
28 MSgt Weymouth	64	329

## Intramural Basketball

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

The top four teams make the playoffs.  
Current as of Nov 6

## World Series of Poker Standings

Rank	Name	Squadron	Points
# 1	Erik Garza	ESFS	336
# 2	Charles Lim	ECES	313
# 3	Kevin Stuebs	ECES	309
# 4	Tony Pihlgren	ECS	293
# 5	Keith Skeldon	AFOSI	274
# 6	Larry Hodge	EOSS	272
# 7	Kevin Sharp	ECES	250
# 8	Mark Prevendoski	ECES	248
# 9	James Kelley	AEG	240
# 10	Scott Simmons		231
# 11	Mark Corn	Army	230
# 12	Darrell Washington	ECES	214
# 13	Nicole Palko	EMEDS	213
# 14	Brian Belk	ECES	209
# 15	Blaine Agena	EOSS	208
# 16	Omar Estrada	ELRS	205
# 17	Steven Bowen		203
# 18	Bryan Williams	Army	201
# 19	Howard Yard		196
# 20	Troy Scott		192
# 21	Ruben Garcia	ESVS	181
# 22	Tony Fate	EMEDS	176
# 23	Charles Weaver	EOSS	174
# 24	Joe Wendt	ECS	171
# 25	Johann Ko	ESVS	166

## Strongest in the AOR Results

**Army Sgt Ronald Ayers**, 1st place: Schwartz points: 710.772 total pounds lifted: 1220

**SFC Jeff Lund**, 2nd place: Schwartz points: 702.99 total pounds lifted: 1095

**TSgt Travis Knotts**, 3rd place: Schwartz points: 700.4595 total pounds lifted: 1105

**Army Sgt Ryan Wangler**, 4th place: Schwartz points: 638.361 total pounds lifted: 1065

**MSgt Blaine Agena**, 5th place: Schwartz points: 613.262 total pounds lifted: 1030

**SSgt Aric Springdroh**, 6th place: Schwartz points: 581.76 total pounds lifted: 1010

**SSgt William Gamboa**, 7th place: Schwartz points: 414 total pounds lifted: 625

All seven participants lifted a total 7,150 pounds.

## 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](mailto:407aeg.pa@tlab.centaf.af.mil) to fill out a DD Form 2266 (Hometown News Release).

# 407 AEG

## Warrior of the Week



### A1C Terry Meng

**Deployed Unit:** 407th Expeditionary Logistics Readiness Squadron

**Job Title at Ali:** Cargo/shipment planner

**Home Unit and Base:** 354th Logistics Readiness Squadron/Eielson Air Force Base, Alaska

**Why other Airmen think he's a warrior:** A1C Meng is the jack of all trades in cargo movements. Not only is he in charge of planning all Air Force shipments by convoy, air, and commercial carriers, but he also moves Army and Navy cargo as well. Airman Meng is a professional on and off duty, and performs at the level of an NCO. He volunteered numerous hours building tents, stepped up to be one of the squadron's force protection escorts, plays on the squadron volleyball team, started a squadron whiffle ball competition, and completed a self help project at the traffic management office. Airman Meng has a Bachelor of Science degree in Business Management.

**Why did you join the Air Force?** To serve my country, see the world and the financial direction the military would direct my life toward.

**What inspires you?** Competition, a challenge, being able to accomplish what is thought to be impossible or out of my reach.

**What is your most memorable Air Force experience?** This deployment, my first: the views, the sites, the feeling during that first attack

**Hobbies:** Volleyball, football, and baseball

**Family:** Single

# Serenity in the sand

## faith-based services schedule

**W**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:  
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

**Alias Season 4: Disc 3** (2005), 1 a.m., Jennifer Garner, Ron Rifkin, action, drama; **Rush Hour 2** (2001), 3 a.m., Jackie Chan, Chris Tucker, action, adventure; **Signs** (2002), 5 a.m., Mel Gibson, Joaquin Phoenix, thriller, drama; **My Big Fat Greek Wedding** (2002), 7 a.m., Nia Vardalos, Louis Mandylor, comedy, romance; **Sleeper Cell: Disc 1** (2005), 9 a.m., Henri Lubatti, Michael Ealy, drama, thriller; **Sleeper Cell: Disc 2** (2005), 11 a.m., Henri Lubatti, Michael Ealy, drama, thriller; **Sleeper Cell: Disc 3** (2005), 1 p.m., Henri Lubatti, Michael Ealy, drama, thriller; **The Secret Life of Dentists** (2003), 3 p.m., Scott Campbell, Hope Davis, comedy, drama; **Sudden Impact** (1983), 5 p.m., Clint Eastwood, Sandra Locke, action, adventure; **The Godfather** (1972), 7 p.m., Marlon Brando, Al Pacino, drama, crime; **The Godfather Part II: Disc 1 and 2** (1974), 9 p.m., Al Pacino, Robert Duvall, drama, crime

### Saturday

Monday Night Football  
Alias Season 4: Disc 4.....1 a.m. (Live).....3 a.m.  
The Godfather: Part III.....3 a.m. Monday Night Football  
Monster House.....5 a.m. (Live).....5 a.m.  
Over the Hedge.....7 a.m. The Godfather: Part II Disc 1.....7 a.m.  
Garfield: A Tail of Two Kitties.....9 a.m. The Godfather: Part II Disc 2.....9 a.m.  
Rush Hour 2.....11 a.m. The Godfather: Part III.....11 a.m.  
Signs.....1 p.m. Monster House.....1 p.m.  
My Big Fat Greek Wedding.....3 p.m. Over the Hedge.....3 p.m.  
Sleeper Cell: Disc 1.....5 p.m. Garfield: A Tail of Two Kitties.....5 p.m.  
Friends: Season 9: Disc 1.....7 p.m. Rush Hour 2.....7 p.m.  
Friends: Season 9: Disc 2.....9 p.m. Signs.....9 p.m.  
Sleeper Cell: Disc 2.....11 p.m. My Big Fat Greek Wedding.....11 p.m.

### Sunday

Alias Season 4: Disc 4.....1 a.m. Alias Season 4: Disc 6.....1 a.m.  
Sleeper Cell: Disc 3.....3 a.m. Sleeper Cell: Disc 1.....3 a.m.  
The Secret Life of Dentists.....5 a.m. Sleeper Cell: Disc 2.....5 a.m.  
Sudden Impact.....7 a.m. Sleeper Cell: Disc 3.....7 a.m.  
The Godfather.....9 a.m. The Secret Life of Dentists.....9 a.m.  
The Godfather: Part II Disc 1.....11 a.m. Sudden Impact.....11 a.m.  
The Godfather: Part II Disc 2.....1 p.m. The Godfather.....1 p.m.  
The Godfather: Part III.....3 p.m. The Godfather: Part II Disc 1.....3 p.m.  
Monster House.....5 p.m. The Godfather: Part II Disc 2.....5 p.m.  
Over the Hedge.....7 p.m. The Godfather: Part III.....7 p.m.  
NFL Football (Live).....9 p.m. Monster House.....9 p.m.  
NFL Football (Live).....11 p.m. Over the Hedge.....11 p.m.

### Monday

NFL Football (Live).....1 a.m. Garfield: A Tail of Two Kitties.....1 a.m.  
NFL Football (Live).....3 a.m. Rush Hour 2.....3 a.m.  
NFL Football (Live).....5 a.m. Signs.....5 a.m.  
Garfield: A Tail of Two Kitties.....7 a.m. My Big Fat Greek Wedding.....7 a.m.  
Rush Hour 2.....9 a.m. Sleeper Cell: Disc 1.....9 a.m.  
Signs.....11 a.m. Sleeper Cell: Disc 2.....11 a.m.  
My Big Fat Greek Wedding.....1 p.m. Sleeper Cell: Disc 3.....1 p.m.  
Sleeper Cell: Disc 1.....3 p.m. The Secret Life of Dentists.....3 p.m.  
Sleeper Cell: Disc 2.....5 p.m. Sudden Impact.....5 p.m.  
Sleeper Cell: Disc 3.....7 p.m. Friends: Season 9: Disc 3.....7 p.m.  
The Secret Life of Dentists.....9 p.m. Friends: Season 9: Disc 4.....9 p.m.  
Sudden Impact.....11 p.m. The Godfather.....11 p.m.

### Tuesday

The Godfather.....1 a.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. **Karaoke:** 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  
 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

10 a.m. **Yoga:** Muscle Beach  
 7 p.m. **Hapkido:** Muscle Beach  
 7 p.m. **Toning:** HOP  
 7 p.m. **Ping Pong:** ACC  
 7:30 p.m. **Ping Pong:** Hot Spot  
 7:30 p.m. **Dodgeball:** Muscle Beach  
 8 p.m. **Spinning:** Muscle Beach (I)

## Tuesday

1:30 a.m. **Yoga:** Muscle Beach  
 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 p.m. **Texas Hold'em:** Big Top  
 8:30 p.m. **Salsa:** ACC

## Wednesday

4:30 p.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 Doubles:** 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

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.