



ALI TIMES

407th Air Expeditionary Group, Ali Base, Iraq

December 1, 2006

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Vol. 4, Issue 44
Dec 1, 2006

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Cover Photo

A 25K Next Generation Small Loader gives a few spectators a lift during the CGOC Coalition Forces Vehicles Show Nov 25. See Page 5. (U.S. Air Force photo/ Tech Sgt Al Petrie)

Stay alert, focused on mission

By Col James Moulton

407th Air Expeditionary Group Commander

For all, I wanted to start off by thanking everyone for the outstanding support of the 407th's Sports Competition. During a 2-day period, more than 700 Airmen competed in the series of events, which is remarkable. I think it was a great post-Thanksgiving initiative, and I want to extend my thanks to the Services Squadron pros who worked so hard to make the competition run so smoothly.

I also wanted to extend my best wishes to our outgoing military police Airmen. This 48-person team, led by Capt Pat Byrom, 1st Lt Ryan Bodge, and SMSgt David Lamm, is completing an extremely successful rotation serving as the MP force for the entire 9,000+ person contingent here at LSA Adder/Ali Base. They've done an outstanding job both in taking care of the entire community and in representing the Air Force in front of our joint and coalition partners. I wish them God speed as they return home to their loved ones.

In many respects, it's been a quiet November. Although sectarian violence continues to rage further to the north, the Dhi Qar region has been relatively stable. But do not let complacency slip in: My admonition to all of you is to not let your guard down. Never forget that we serve a nation (the United States) that is at war, and that we are serving in a nation (Iraq) which is at war. Every day demands your full concentration, your complete attention to the job at hand. Stay alert, stay focused. As



Col James Moulton

we head into the heart of the Christmas season, it is more important than ever to stay on-track. I was extremely proud of how well all of you handled Thanksgiving...now is the time to repeat that performance.

Finally, this past week we lost an Airman in combat. I'd ask that you remember him and his family in your prayers. This young man, his family, and the sacrifice he made for our country mattered. Every one of you matters as well...you matter, your families matter, and the work you are accomplishing here matters. Take pride in that knowledge, take care of yourselves, and God bless.

Munitions forecasting

The munitions forecast cycle has begun. Units having valid munitions requirements and who would like to forecast their fiscal year 2008 to fiscal year 2012 requirements should call the 407 ELRS Munitions Flight at 445-2802 by Dec 13.

Is fitness training ‘weighing’ you down?

By Maj James Hoskins

407th Expeditionary Communications Squadron Commander

I often hear Airmen complain about PT. I always ask these individuals why they think personnel in the Air Force are required to PT? Nine times out of ten, the response I hear is “because we have to get ready for the fitness test”. While it is true the Air Force “makes” all personnel take an annual fitness test and perform unit sponsored PT, it is imperative that we as Airmen understand the real reason AF personnel must be “fit-to-fight.”

As we all know, being in good physical condition is great for the immune system, physical appearance, and aerobic endurance both physical and mental. However, some Airmen are not interested in these benefits and feel that meeting the AF minimums for fitness is all they should strive for. However, what many fail to consider is that their fitness level not only affects them, but also affects their fellow Airmen and co-workers.

Former Chief Master Sergeant of the Air Force Gerald R. Murray explained “we Airmen need to PT and be “fit to fight”. To maintain the edge on battlefields of the future, it’s imperative that each member of our team is “fit to fight” — mentally, physically and spiritually.”

When our wing commander visited us earlier this month, he stressed this very important point. He noted that during AEF 1-2, Balad Air Base went to Alert Condition 3 and had to wear IBA for several hours in 110+ degree heat. A staggering 18 people had to be relieved from duty and taken to the hospital for heat related illnesses. Do you know what all of those individuals had in common? They all had poor or failing PT test scores!

Not only did those individuals put themselves at risk of serious injury due to being in poor physical condition, but they jeopardized the safety of their fellow Airmen, who had to pick up the slack during their absence. So, the next time you feel like skipping a workout at squadron PT or the



Maj James Hoskins

gym, keep in mind that you are not only staying “fit-to-fight” for yourself, but more importantly for your co-workers and fellow Airmen.

As former Chief of Staff of the Air Force General Jumper stated when he reinvigorated the AF PT program, “We all need to focus on being professionally and physically fit to fight to support our expeditionary force in providing global vigilance, reach and power...America is depending on us!” See you at PT!

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**

Coalition forces display heavy metal

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

On Saturday, the Company Grade Officers Council sponsored a Coalition Forces Vehicle Show in the south parking lot of Bedrock.

The show consisted of 15 vehicles and more than 200 civilians and servicemembers from the Army, Australia, Romania, Air Force, and Italy.

This event was an opportunity for all servicemembers stationed at Ali Base to have an up-close demonstration of the state-of-the-art weaponry, machinery and equipment that makes the Coalition Forces a winning team. This show was a sequel to a similar demonstration in August 2006 during which many of the Army and most of the Air Force were not present to enjoy.

“The Company Grade Officers Council’s goals were to provide an event to foster camaraderie amongst the coalition forces as well as to allow Ali Base residents an opportunity to witness up-close some of the state-of-the-art vehicles and weaponry that is assisting the coalition to fight this war,” said Capt Troy Fate, CGOC Director of Events. “I feel strongly that the CGOC accomplished both goals. The event went very smoothly.”

The event featured the Army’s ASV and M1114, up-armored humvee with turret. The Romanians brought their personnel carrier (truck) and a BDRM (armored vehicle). The Australians trucked in a Bushmaster, AS-LAV PC, two AS-LAV Gunner, and a fuel truck. The Air Force displayed a fire tanker, Ambulance, RAMs humvee, three EOD robots, up-armored humvee, 60,000 pound loader and a M-113.



Master Sgt Steve Kim, 407th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal, demonstrates how he operates a robot as Tech Sgts Waverly Johnson and David Vice from the 407th Expeditionary Communications Squadron. (U.S. Air Force photos/Tech Sgt Al Petrie)



(Above) On display at the Coalition Forces Vehicle Show is the Army’s ASV and M1114. (Left) The Australian’s showcase their ASLAV Gunner and their personnel carrier called the Bushmaster.



Insurance companies to pay back GIs for deception

By Elaine Wilson

American Forces Press Service

FORT SAM HOUSTON, Texas (AFPN) — Life insurance companies are being held accountable for their improper sales practices to military members.

Four companies in the past three months have agreed to a multi-state settlement agreement after Texas Department of Insurance investigators uncovered a pattern of deception to young troops.

Under the agreements, the companies will refund more than \$70 million to more than 93,000 consumers, including about 71,000 servicemembers, according to Texas Department of Insurance news releases.

The first settlement, reached Aug. 3, came after a 20-month investigation by Texas and Georgia, together with the U.S. Department of Justice and the U.S. Securities and Exchange Commission, into the sales practices of three Waco, Texas-based companies: American-Amicable Life Insurance Company of Texas, Pioneer American Insurance Company and Pioneer Security Life Insurance Company.

State regulators and federal agencies claim the life insurance companies “targeted young recruits and misled them into believing they were buying an investment product.” The servicemembers were actually purchasing an expensive term-life product that was coupled with a side fund and called the “Wealth

Builder” or “Horizon Life,” according to the release.

The second settlement, reached Oct. 17, involves the Boston Mutual Life Insurance Company.

In 2004, TDI investigators learned several Boston Mutual agents were soliciting and selling life insurance to low-ranking Soldiers in the Fort Hood, Texas, area by misrepresenting the insurance as a savings or investment plan, said Jim Hurley, TDI spokesman. The activity led to the multi-state examination of the company’s sales to military members.

The company will refund a total of \$427,529.57 to 1,784 military members who bought life insurance policies between Jan. 1, 2002, and April 30, 2005.

“Servicemembers need to be skeptical and shop around if interested in purchasing life insurance,” said Tim Haight, acting chief of the client services division at the Fort Sam Houston Legal Assistance Office. “Educate yourself. The best place to start when considering investments or additional insurance is to get sound advice from a certified financial planner.”

The companies are notifying servicemembers with current or lapsed policies affected by the agreements, Mr. Hurley said. Consumers who feel they are affected but have not received notification can call the companies’ consumer service center at 800-736-7311.

November Promotions and Awards

Promoted to Chief Master Sergeant

CMSgt Taru Taylor, 407 ELRS

Promoted to Master Sergeant

MSgt Kevin Stuebs, 407 ECES

Promoted to Tech Sergeant

TSgt Michael Murphy, 407 ESFS

Promoted to Staff Sergeant

SSgt Kevin Thompson, 407 ECES

SSgt Patrick Ross, 407 ELRS

SSgt Terry Williams, 407 ECS

Promoted to Senior Airman

SrA Gary Connor, 407 ELRS

SrA Leon Rosa, 407 ESFS

SrA Ernesto Cabrera, 407 ESVS

Promoted to Airman 1st Class

A1C Charles Villenas, 407 ESFS

A1C Ryan Rocker, 407 ELRS

A1C Alma Centeno, 407 ESVS

A1C Ronald Studer, 407 ESFS

Airman of the Month

SrA Ashley Swadley, 407 ECS

NCO of the Month

TSgt Ryan Edwards, 407 EOSS

SNCO of the Month

MSgt Janet Draper, 407 ECS

CGO of the Month

Capt Phillip Wheeler, 407 ELRS

Sharp Saber Team

407 ECES/Electrical Shop

Honor Guard Member

SSgt Juan Valle, 407 ESVS

Ali Airmen battle in Sports Day competition

Compiled from staff reports

The 407th Expeditionary Civil Engineer Squadron claimed the title of Sports Day Champion, placing first in two events and 2nd in two events, giving them a total of 100 points. The 407th Expeditionary Logistics Readiness Squadron was a distant second, scoring 70 points and placing first in one event and second in two other events. The 407th Expeditionary Security Forces Squadron, 407th Expeditionary Operations Support Squadron, and the Ali Base Fire Department finished with a three-way tie for third each scoring 40 points and closing out activities for Sports Day Nov 27-28.

Basketball winners: 407 ELRS

SSgt Donna Ansani, SrA Daniel Floyd, SrA Eric Thornton, SrA Jacob Boisselle, A1C Jeremiah Ulu, and Amn Jerry Estrada

Dodgeball winners: 407 ECES

Lt Col Richard Edwards, Maj Peter Keegan, TSgt Ryan Groves, SSgt Carlos Morales, SrA Joshua Ferguson, and A1C Haven Cherry

Flag Football winners: 407 ESFS/PMO

MSgt Bryan Richmond, SSgt Louis Borrayo, SSgt Michael Murphy, SrA Franklin Shumpert, A1C Matthew Emswiler, A1C Fernando Sanchez, and A1C Leon Rosa

Tug of War winners: 407 ECES

Maj Donald Groff, SMSgt Peter Nestor, SMSgt Robert Burrell, MSgt Steve Kim, MSgt Thomas O'Rourke, TSgt Wesley Brobeck, SSgt John Huff, SrA Luke Ryder, SrA Pha Vang, and SrA Christopher Mills

Volleyball winners: Fire Department

MSgt Kenneth Moisan, SSgt Jason Moore, SSgt Erik Roddy, SSgt Kevin Thompson, SrA Kraig Shelton, SrA Christopher Menge, SrA Joshua Ferguson, and SrA Timothy Grover

Basketball results

Eight games played with 80 total participants and 15-minute time limits for games.

First Place: 30 Points, 407 ELRS

Second Place: 20 Points, 407 ECES

Third Place: 10 Points, 407 EOSS

The 407 EOSS beat 407 ESFS/PMO Team 1, 9-5, to capture third place. The 407 ELRS beat 407 ECES, 9-8, to take first place.

Dodgeball results

24 games played with 288 participants.

First Place: 30 points, 407 ECES

Second Place: 20 points, 407 ELRS

Third Place: 10 points, 407 ESFS

The 407 ECES beat 407 ESFS, 2 - 0, taking



SrA Eric Thornton, 407th Expeditionary Logistics Readiness Squadron, steals a pass in the championship game between 407 ELRS and 407 ECES on Monday during Sports Day. 407 ELRS beat 407 ECES 9-8. (U.S. Air Force photo/Tech Sgt Ryan Mattox)

third place. The 407 ECES beat 407 ELRS, 2 - 1, taking first place.

Flag football results

Six games played with 84 participants.

First Place: 30 points, 407 ESFS/PMO

Second Place: 20 points, 407 EOSS

Third Place: 10 points, 407 ESFS and Fire Department

In the championship game, 407 ESFS/PMO beat 407 EOSS, 7-6.

Tug of War results

Six games played with 120 participants.

First Place: 30 points, 407 ECES

Second Place: 20 points, 407 ELRS

Third Place: 10 points, 407 ESFS

In the third place match, 407 ESFS beat the Fire Department. In the championship match, 407 ECES beat 407 ELRS.

Volleyball results

11 games played with 132 participants.

First Place: 30 points, Fire Department

Second Place: 20 points, 407 ECES

Third Place: 10 points, 407 EOSS

In the championship the Fire Department defeated 407 ECES 6-15, 18-16, 15-10.

Ali Sports Standings

Intramural Volleyball

| Teams | Wins | Loses |
|-------------------|----------|----------|
| EOSS | 8 | 0 |
| FIRE 1 | 7 | 2 |
| ECES 1 | 6 | 1 |
| FIRE 3 | 6 | 2 |
| FIRE 2 | 6 | 2 |
| ELRS 1 | 5 | 2 |
| ESFS | 5 | 3 |
| ECS | 4 | 4 |
| ECES 2 | 3 | 3 |
| PISTONS | 3 | 4 |
| ESVS | 2 | 7 |
| ELRS 2 | 1 | 7 |
| ECES 3 | 1 | 7 |
| HOT STICKS | 1 | 7 |
| STAFF 1 | 1 | 8 |

In the 1915 game: **ESFS (5-3)** won the third game 15-9, beating **FIRE 2 (6-2)** they split the first two games.

In the 2015 game: **ECES 1 (6-1)** won the rubber match 15-10, beating **ECS (4-4)** they split the first two games.

In the 2115 game: **STAFF 1 (1-8)** won its first game of the season, beating **ESVS (2-7)** in two straight games 25-18 and 25-23.

In the 2215 game: **FIRE 1 (7-2)** won in two straight games, beating **FIRE 3 (6-2)** 25-10 and 25-11.

The top eight teams make the playoffs.

Current as of Nov 30

Intramural Basketball

| Teams | Wins | Loses |
|---------------------------|----------|------------|
| EOSS | 7 | 0 |
| ECS | 5 | 1 |
| ECES 1 | 4 | 2 |
| AEG/HC | 3 | 3 |
| ESFS | 3 | 3 |
| FIRE DEPT | 3 | 3 |
| ELRS | 2 | 4 |
| HOT STICKS | 1 | 5 |
| ARMY (Dropped out) | 0 | **8 |

In the 1915 game: **EOSS (7-0)** are the first team to qualify for the playoffs, winning its game against **ECS (5-1)** 48-24.

In the 2015 game: **Fire Dept (3-3)** won its game against **Hot Sticks (1-5)** 30-9.

The top four teams make the playoffs.

Current as of Nov 27



Fantasy Football League

| Name | Week 12 Total | |
|--------------------------|---------------|-------------|
| 1 SSgt Simmons | 103 | 1000 |
| 2 SSgt Weppel | 115 | 984 |
| 3 Amn Centeno | 102 | 928 |
| 4 MSgt Skeldon | 122 | 924 |
| 5 TSgt Pihlgren | 112 | 890 |
| 6 TSgt Goldammer | 77 | 861 |
| 7 SSgt Isarraraz | 96 | 858 |
| 8 MSgt Nilo | 89 | 851 |
| 9 A1C Terrill | 101 | 851 |
| 10 SrA Hudson | 130 | 833 |
| 11 TSgt Holdredge | 99 | 827 |
| 12 Capt Swain | 87 | 790 |
| 13 Amn Ko | 77 | 785 |
| 14 TSgt Gab | 103 | 780 |
| 15 A1C Cabrera | 100 | 769 |
| 16 SSgt Estrada | 78 | 746 |
| 17 SSgt Orola | 75 | 732 |
| 18 SSgt Sharp | 58 | 697 |
| 19 A1C Valdez | 89 | 696 |
| 20 SrA Falch | 73 | 678 |
| 21 2nd Lt Hodgson | 100 | 677 |
| 22 A1C Sprinz | 103 | 669 |
| 23 SSgt Britten | 85 | 658 |
| 24 TSgt Borden | 53 | 628 |
| 25 A1C Orah | 75 | 608 |
| 26 MSgt Weymouth | 87 | 577 |
| 27 SSgt Lardino | 46 | 527 |
| 28 SrA Rose | 62 | 520 |

The 407th Air Expeditionary Group CGOC Essay Contest

The 407th Air Expeditionary Group Company Grade Officers Council is hosting an essay contest. Deadline is Dec 15.

The first place winner will receive \$150 cash and publication of their essay in the Ali Times. Second place winner will receive \$100 cash and the third place winner will receive \$50 cash. Five additional Airmen will receive honorable mention awards, consisting of a \$10 gift certificate to AAFES.

All winners will be notified through their Squadron Commanders no later than Dec 23.

Objective: The CGOC's goal in sponsoring this contest is to encourage Airmen to reflect on their actions with respect to their environment. By responding to a challenging essay question, we hope that Airmen will learn something new regarding their situational awareness, specifically: Deepen their understanding of duty.

Airmen (E-1 to E-4) may choose one question from the following to generate a meaningful purpose for their essay.

- What do you think is the most important core value and why?
- What training have you received has been the most beneficial to you in the AOR?
- What important factors influence you the most to continue service in the Air Force?
- What is the most important characteristic in a first line supervisor and why?
- How does your job fit into the Air Force mission?

CONTEST DETAILS AND GUIDELINES

Guidelines: Airmen (E-1 to E-4) are allowed to enter only one essay. Essays should be between 500 and 750 words in length. They must be typewritten, double-spaced and pages numbered. The paper will have 1 inch margins all around, font size 12 and Times New Roman. Each submission must have a cover page with name, rank, unit, and following statement with submitter's signature:

"I certify this submission is solely of my own work. I agree, if awarded 1st prize, my essay may be published in the Ali Times or any other Air Force publication."

Send any questions you have regarding the guidelines to: amy.harshner@tlab.centaf.af.mil

All questions must be received by Dec 8. No questions will be answered after the submission deadline.

Submission Requirements:

Airmen (E-1 to E-4) are encouraged to submit their essays by email to: amy.harshner@tlab.centaf.af.mil

Submissions must be received by noon, Dec 15, with "CGOC Essay Contest" in the subject line. Essays shall be submitted as an attachment to the email and document titled with your first and last name.

Judging Guidelines:

Essays submitted will be judged by a CGOC panel based on a total possible score of 100 percent based on compliance with the guidelines (10% of score); writing proficiency (30% of score); and quality of thesis and thought process (60% of score).

407 AEG

Warrior of the Week



MSgt Tobias Shelley

Deployed unit: 407th Expeditionary Civil Engineer Squadron

Job title at Ali: Assistant fire chief B-shift

Home unit and base: 174th Fighter Wing/Syracuse, N.Y.

Why other Airmen think he's a warrior: Master Sgt Shelley has put time and enthusiasm into the Iraqi fire fighter training program that he established. He overcame several roadblocks to this program, the main one being the language barrier. He made arrangements for an Arabic tutor to come to the fire department to help him and the other fire fighters understand both the language and culture. He truly cares about the impact that both he and his fellow fire fighters have on the local Iraqi fire department.

Why did you join the Air Force? I was some what predestined after four years of ROTC in high school, but at 17 years old, the Air Force seemed like a great opportunity to live, learn, and travel-the world, opportunity has not ended yet.

What inspires you? People-past and present; patriotism-to the ideals, principles, and inspirations of Americans; honor-with my actions towards all types of people.

What is your most memorable Air Force experience? After 22 years it is difficult to pick just one, but a deployment to Israel a few years ago was both memorable and inspirational.

Hobbies: I am in the National Guard, my full-time job is a police officer, which in some ways is like paid entertainment if viewed in a certain light, and this entertainment is like a hobby to me. I also run a 100 acre farm in my off time which is a hobby because there is no money in it. In my off time I enjoy old cars, Harley Davidson motorcycles, and time at the Masonic Lodge.

Family: Married

Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group **Oasis of Peace** chapel, and at the Army Post Chapel. The *Oasis* is open 24 hours a day for prayer and reflection. The Buddhist Prayer Alcove is open 24 hours a day.

For details on worship opportunities, or directions to worship locations, please call 445-2006.

Oasis = Air Force Chapel/Bedrock

OA = Oasis Annex

ARAC = Army Religious Activity Center

APC = Army Post Chapel

TCN = Third Country Nationals living area by DFAC

FRIDAY

7 a.m., Roman Catholic
Mass: Oasis
1 p.m., Muslim prayer/
service: (TCN)
6:30 p.m., Jewish Service:
ARAC
7:30 p.m., Gospel Choir
Rehearsal: APC

SATURDAY

8 p.m., Roman Catholic Vigil
Mass: Oasis

SUNDAY

7:30 a.m., Traditional
Protestant Service: APC
8 a.m., Roman Catholic
Mass: Oasis
9:30 a.m., Traditional
Protestant Service: Oasis
10 a.m., Latter Day Saints
Service: ARAC
10:30 a.m., Roman Catholic
Mass: Camp Cedar
1 p.m., Gospel Service:
APC
7 p.m., Contemporary
Worship Service:
Oasis

MONDAY

7 a.m., Roman Catholic
Mass: Oasis
7:30 p.m., Gospel Choir
Rehearsal: APC

TUESDAY

7 a.m., Roman Catholic
Mass: Oasis
7:30 p.m., Word of Faith
Bible Study: APC

WEDNESDAY

7 a.m., Roman Catholic
Mass: Oasis
7 p.m., Iraq in the Bible
Study: OA
7 p.m., Spanish Bible Study:
ARAC
7 p.m., Women's Bible
Study: Army Hospital
7:30 p.m., Protestant
Worship Service/Bible
Study: APC
7:30 p.m., Iraq in the Bible
study: Oasis

THURSDAY

7 a.m., Roman Catholic
Mass: Oasis
6:30 p.m., Ladies Bible
Study: 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

The Unit: Disc 1 (2005), 1 a.m., Dennis Haysbert, Regina Taylor, action, drama; **Ladder 49** (2004), 3 a.m., Joaquin Phoenix, John Travolta, action, drama; **Exit wounds** (2001), 8 a.m., Steven Segal, Earl Simmons, action, adventure; **Groundhog Day** (1993), 8 a.m., Bill Murray, Andie MacDowell, comedy, adventure; **8 mile** (2002), 8 a.m., Eminem, Kim Basinger, drama, musical; **How To Lose a Guy in 10 Days** (2003), 11 a.m., Kate Hudson, Matthew McConaughey, comedy, romance; **Air America** (1990), 1 p.m., Mel Gibson, Robert Downey Jr., action, adventure; **Behind Enemy Lines** (2001), 3 p.m., Owen Wilson, Gene Hackman, action, adventure; **Firewall** (2006), 5 p.m., Harrison Ford, Paul Bettany, action, adventure; **Kiss of The Dragon** (2001), 7 p.m., Jet Li, Bridget Fonda, action, adventure; **Inside Man** (2006), 9 p.m., Denzel Washington, Clive Owen, drama, thriller;

Saturday

| | | | |
|-------------------------|---------|-------------------------|-----------|
| Groundhog Day..... | 1 a.m. | American Wedding..... | 1 a.m. |
| 8 Mile..... | 3 a.m. | Monday Night Football | |
| Behind Enemy Lines..... | 5 a.m. | (Live)..... | 4:30 a.m. |
| Firewall..... | 7 a.m. | Monday Night Football | |
| Kiss of the Dragon..... | 9 a.m. | (Live)..... | 5 a.m. |
| Air America..... | 11 a.m. | Behind Enemy Lines..... | 7 a.m. |
| Exit Wounds..... | 1 p.m. | How to Lose a Guy in | |
| Ladder 49..... | 3 p.m. | 10 Days..... | 9 a.m. |
| How To Lose a Guy in | | Firewall..... | 11 a.m. |
| 10 Days..... | 5 p.m. | Air America..... | 1 p.m. |
| Inside Man..... | 7 p.m. | Exit Wounds..... | 3 p.m. |
| The Unit: Disc 2..... | 9 p.m. | 8 mile..... | 5 p.m. |
| RV..... | 11 p.m. | Ladder 49..... | 7 p.m. |
| | | The Unit: Disc 4..... | 9 p.m. |
| | | Groundhog Day..... | 11 p.m. |

Sunday

| | | | |
|--------------------------|-----------|-------------------------|---------|
| Exit Wounds..... | 1 a.m. | Wednesday | |
| Kiss of the Dragon..... | 3 a.m. | How to Lose a Guy in | |
| Inside Man..... | 5 a.m. | 10 Days..... | 1 a.m. |
| Ladder 49..... | 7:30 a.m. | Air America..... | 3 a.m. |
| Firewall..... | 9 a.m. | Behind Enemy Lines..... | 5 a.m. |
| 8 Mile..... | 11 a.m. | Inside Man..... | 7 a.m. |
| Behind Enemy Lines..... | 1 p.m. | RV..... | 9 a.m. |
| How to Lose a Guy in | | Exit Wounds..... | 11 a.m. |
| 10 Days..... | 3 p.m. | Ladder 49..... | 1 p.m. |
| Groundhog Day..... | 5 p.m. | The Unit: Disc 1..... | 3 p.m. |
| The Unit: Disc 3..... | 7 p.m. | Kiss of the Dragon..... | 5 p.m. |
| NFL Football (Live)..... | 9 p.m. | 8 Mile..... | 7 p.m. |
| NFL Football (Live)..... | 11 p.m. | Groundhog Day..... | 9 p.m. |
| | | Ladder 49..... | 11 p.m. |

Monday

| | | | |
|---------------------------|-----------|----------------------------|---------|
| NFL Football (Live)..... | 1 a.m. | Thursday | |
| NFL Sunday Night Football | | Firewall..... | 1 a.m. |
| (Live)..... | 3 a.m. | How to lose a Guy in | |
| NFL Sunday Night Football | | 10 Days..... | 3 a.m. |
| (Live)..... | 5 a.m. | Air America..... | 5 a.m. |
| Air America..... | 7:30 a.m. | 8 Mile..... | 7 a.m. |
| RV..... | 9 a.m. | Kiss of the Dragon..... | 9 a.m. |
| Ladder 49..... | 11 a.m. | Behind of Enemy Lines..... | 11 a.m. |
| Groundhog Day..... | 1 p.m. | Groundhog Day..... | 1 p.m. |
| 8 Mile..... | 3 p.m. | The Unit: Disc 2..... | 3 p.m. |
| Firewall..... | 5 p.m. | Equilibrium..... | 5 p.m. |
| Kiss of the Dragon..... | 7 p.m. | RV..... | 7 p.m. |
| The Unit: Disc 3..... | 9 p.m. | Ladder 49..... | 9 p.m. |
| Inside Man..... | 11 p.m. | Inside Man..... | 11 p.m. |

Tuesday

Bedrock and beyond...

Saturday

11 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. **DJ Music Night:** Big Top
7:30 p.m. **Basketball Intramurals:** Muscle Beach

Sunday

10 a.m. **Spinning:** HOP
11 a.m. **Hapkido:** Muscle Beach
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

1:30 a.m. **Yoga:** Muscle Beach
7 p.m. **Hapkido:** Muscle Beach
7 p.m. **Toning:** HOP
7 p.m. **Ping Pong:** ACC
8 p.m. **501 Double in/Double out:** Hot Spot
8 p.m. **Spinning:** Muscle Beach (I)
8 p.m. **Arm Wrestling Competition:** Muscle Beach

Tuesday

4:30 p.m. **Yoga:** Muscle Beach
7 p.m. **Abs Class:** Muscle Beach
7:30 p.m. **Tae Kwon Do:** HOP
7:30 p.m. **Bench Press Competition:** Muscle Beach (I)
8 p.m. **Tae Kwon Do:** Muscle Beach (I)
8 p.m. **Texas Hold'em:** Big Top
8:30 p.m. **Salsa:** ACC

Wednesday

7 p.m. **Hapkido:** 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. **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
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.