



ALI TIMES

407th Air Expeditionary Group, Ali Base, Iraq

December 8, 2006

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Col James C. Moulton
Commander, 407 AEG

Lt Col Roy-Alan C. Agustin
Deputy Commander,
407 AEG

Capt James Kelley
Executive Officer, 407 AEG

CMSgt John Laforgia
Superintendent, 407 AEG

TSgt Ryan Mattox
Editor/Chief, Public Affairs

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Cover Photo

Master Sgt Kristian Andersen, 407th Expeditionary Civil Engineer Squadron Fire Protection Flight Assistant Chief of Training, demonstrates one way to spray water on a fire with his Iraqi counterpart at the Ali Base Fire Department. See Pages 4-5. (U.S. Air Force photo/Tech Sgt Ryan Mattox)

Teamwork, opportunities paying off

By Col James Moulton

407th Air Expeditionary Group Commander

First of all, on behalf of the 407th Air Expeditionary Group and all of Ali Base and LSA Adder, I want to welcome the newest members of the 407th. This past Wednesday 41 Security Forces professionals arrived. They've already stored their gear and begun their left seat/right seat transition. If you happen to run into one of them around the area, please be sure to welcome them and show them what Bedrock has to offer.

On Thursday morning I had the opportunity to give them the 407 AEG right start briefing. Don't know if you would remember from your own right start briefings back in September, but one of the items I stressed then — and have continued to stress — is that this deployment is an opportunity. It's an opportunity to improve yourself, and it's an opportunity to make a difference in the mission. With that in mind, I wanted to point out a couple of ways in which some of our airmen have made a difference here on Ali Base, and how some of them have taken advantage of the opportunities here.

For example, a couple of days ago Ali Base saw its third major rainstorm. However, what was remarkable was the difference in the impact this third storm had on the 407th: much less than the first one back in early October. That first storm just about flooded out Bedrock, and it took several days to recover. This time around, there was very little impact. Yes, there were some challenges, but they paled in comparison to the first time. And the reason for the change was the great work put in by so many of our airmen: The civil engineers — and especially the electricians and the 'dirt boys' — have done incredible work. We didn't suffer the power outages that came after the first storm, and none of our major facilities, such as the fitness center, flooded out. And the impact of this great work won't just be felt by the AEF 3/4 team...the Airmen rolling in for AEF 5/6 in Janu-



Col James Moulton

ary will come in to a living compound that is immeasurably better for CE's efforts.

Another example of taking advantage of the opportunities is found in our Security Forces Squadron. Many of you might have noticed how many of our young SF Airmen have been called forward during the end-of-month awards and promotion ceremony for outstanding scores on their CDCs. Well, just about every member of this unit has successfully completed his/her CDCs. The SF team could have chosen to just ride out their rotation, but instead they chose to make the most of their time here. This is a great testament to both the leadership and the young Airmen. Well done.

Finally, I wanted to highlight the performance of one of our young Airmen on this morning's Comm Squadron fun-run. One of AEF 3/4's incoming Airmen reported in somewhat less than stellar shape. This person had failed the Air Force fitness test a couple of times prior to coming to Ali Base. However, once that individual showed up, she decided to bear

Continued on page 3:

Teamwork

Being prepared improves survivability

By Capt DeNoah Bradley

407th Expeditionary Security Forces Squadron Commander

Ever heard the old saying if we fail to learn from history it repeats its self? On December 7, 1941, at approximately 7:55 a.m., the Imperial Japanese Navy launched a surprise aerial attack on military facilities at Pearl Harbor, Oahu, Hawaii, and installations on the other side of the island (including Hickam and Wheeler Field). Ninety minutes after it began, the attack was over. 2,403 American servicemen and 68 civilians had died, another 1,178 were wounded. Of eight American battleships in harbor that fateful day, the attack destroyed one, sunk two, capsized one, beached one and three were damaged but still afloat. The attack also severely damaged nine other warships and destroyed 188 aircraft; and 155 of those were hit on the ground. The next day on December 8, 1941, President Roosevelt addressed a joint session of Congress, calling December 7, 1941 "A date which will live in infamy."

As we remember those who gave the ultimate sacrifice that day please take the time to also remember a lesson from history...despite intelligence and some earlier warnings, we were unprepared: anti-aircraft weapons were not manned, ammunition was locked down, anti-submarine measures were not implemented, combat air patrols were not flying, scouting aircraft were not in the air, etc...We became complacent.

Although this current conflict and enemy is different than what our predecessors faced early one December morning many years ago, the lesson we take from that experience applies today. News around the United States continually reports attacks on our brothers and sisters all over Iraq. It's been quiet here at Ali by comparison, but don't be lulled into a false sense of security...be prepared. There is a real and constant threat here to our personnel and resources. The hard truth is people die in combat zones. By being prepared we dramatically improve our



Capt DeNoah Bradley

chances of survival, continuing the mission and eventually returning home with honor to our loved ones. Until your feet hit the ground at home your job here isn't over. Stay sharp and be vigilant; our lives depend on it!

Teamwork

From page 2.....

down and turn it around. For the past few months, with the help of many squadron mates, this person's worked extremely hard...and the work is paying off. This morning I had the honor of watching this person solidly

complete a three-mile run, something she could never have come close to accomplishing when she first showed up. Once again, this is a great testament — both to squadron teamwork and to the willpower of the Airman herself. I couldn't be more proud of this person. Again, well done

Across this group, there have

been countless other examples of people who've excelled and will come away from this rotation better off for it, and will leave this place better off for their efforts. I just wanted to thank all of you who make a difference every day. Keep up the great work, and don't lose the momentum.

Take care and God bless.



Master Sgt Kristian Andersen, 407th Expeditionary Civil Engineer Squadron Fire Protection Flight Assistant Chief of Training, demonstrates one way to spray water on a fire with his Iraqi counterpart at the Ali Base Fire Department. The firefighters spend an afternoon showing each other the ways they tackle various situations when it comes to fighting fires. (U.S. Air Force Photos/Tech Sgt Ryan Mattox)

Air Force, Iraqi firefighters to help each other

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

In August, firefighters from Ali Base and An Nasiriyah, Iraq, responded to a blaze at the hospital located on Camp Mitica.

As a result of this fire, it was discovered that both fire departments could benefit from working together, sharing knowledge of local firefighting techniques, and how to overcome equipment incompatibility issues and deficiencies noticed during the event.

So now firefighters from the 407th Expeditionary Civil Engineer Squadron Fire Protection Flight are building the foundation for a program to help create a better working relationship with their Iraqi counter parts.

"Although this program is in its infancy, I believe the program will have significant benefits

to both the Iraqi people and the United States military," said Master Sgt Tobias Shelley, 407 ECES Fire Protection Flight. "As we build trust through shared training with the Iraqis, I feel that we will not only be winning the hearts and minds of the Iraqis, we will be gaining a better understanding about how we can work together and better help the people of An Nasiriyah."

But first the firefighters needed to learn about what knowledge could be shared. The joint effort goals are to develop the Iraqi fire department by providing techniques and equipment the firefighters can safely use, and improve their living conditions at the firehouses.

In An Nasiriyah, there are 1,200 firefighters, manning 18 trucks in 17 firehouses. The typical

Continued on page 5:

Fire

Fire

From page 4.....



Master Sgt Kristian Andersen, 407th Expeditionary Civil Engineer Squadron Fire Protection Flight Assistant Chief of Training, explains to the Iraqi firefighters how the Air Force enters a burning building to look for people who may be trapped inside. The firefighters have been gathering frequently and sharing knowledge on how to handle various situations when fighting fires.

Iraqi firefighter makes an average \$250 a month. Their fire trucks are rationed 40 gallons of fuel per month to protect a city of nearly 600,000 people.

However, before firefighters at the Ali Base Fire Department could begin to win the hearts and minds of the Iraqis, a few hurdles need to be overcome. The first noticeable one is the language. Through the use of interpreters, the two fire departments were able to conduct several training sessions involving basic first aid skills, how to enter a building and retrieve a victim, and how to apply water on a fire.

The Iraqis are limited in equipment and lack proper training. They operate on a limited amount of fuel each month to run the fire trucks, and the hoses they have don't fit with American equipment, and they sleep in firehouse with no beds.

"We are in the middle of assessing where they stand in the level of expertise. The big picture is

building a working relationship with trust and confidence in each other's abilities," Sergeant Shelley said. "Besides training we also wanted to help with equipment issues. They fight fires without the proper type safety equipment that we use to protect us when we are fighting fires. They do this with a limited amount of fire fighting equipment and training."

Next, to improve the working and living conditions of the local fire department firehouses, the Ali Base Fire Department was able to gather excess mattresses, bed frames, wall lockers and other household furniture, portable water pumps, and generators that were no longer needed or were going to be thrown away and donated to the Iraqis.

But Ali base firefighters were not the only ones who wanted to help their fellow firefighting brothers, they have been receiving fire fighting gear donated by their local fire houses back home.

Tops in Blue provides 'Big Top' performance



Tops In Blue, the Air Force's premier entertainment showcase, brought their music, dance and comedy — all performed by men and women in blue — to Ali Base for 90 minutes of nonstop live entertainment to the Big Top in Bedrock Dec 3. Tops in Blue has featured more than 1,700 airmen in their shows during the past 50 years. (U.S. Air Force photos/Tech Sgt Al Petrie)



The theme for this year's version of Tops in Blue is, "What's Love?" Their stop here was part of an AOR-wide tour which started Nov 20 and ends Dec 10. Typically, Tops in Blue unloads and sets up more than 36,000 pounds of equipment per performance and has performed more than 7,000 shows since 1953.

Airfield procedures in place for your safety

The Air Traffic Control tower and Airfield Management have noticed several issues concerning radio usage. The 407th Expeditionary Operations Support Squadron wants to remind everyone who works on the airfield or has a need to contact the tower of the following guidance. This guidance is provided to eliminate potentially hazardous behavior before it becomes a problem.

■ **Airfield orientation** — It is imperative people know exactly where they are on the airfield at all times. By not knowing where you are could jeopardize your life, the lives of others, and do serious damage to an aircraft. The tower can not see everyone from their position. They have to rely on the information that you give to them. If you are entering the parking ramp with the helicopters on it and the Passenger Terminal near by, you are on the North Ramp. If there are two or three prop planes and not too many buildings nearby, then you are on the East Ramp. If you are used to seeing a bunch of helicopters sitting next to several large hangers, you are on the South Ramp. Know where you are at all times.

■ **Read back hold short instructions** — When you contact the tower you need to repeat everything that they tell you, word for word. This allows them to know you understand what they are telling you. You must also comply with everything that they tell you. If they tell you to hold short of Runway 30L, then repeat you understand you need to hold short of Runway 30L. If they tell you to report when off, then do so when you leave the runway or taxiway that you have requested permission to enter.

■ **Eliminate unnecessary verbiage** — The key to properly communicating with the tower is to use

the minimum number of words in order to safely conduct your business. Also, don't use words that are not standard radio terms (like Tango for thanks). We do not use the 10-series codes (like 10-4) and we do use the Phonetic Alphabet (A is Alpha, not Able; B is Bravo, not Baker; etc). By utilizing the correct terms you will eliminate possible confusion.

■ **Vehicle call-signs** — Make sure that you are using the correct call-sign for all communications with the tower. If you have a call-sign and your passenger has a different call-sign, use the first call-sign that is given to the tower. That, in effect, identifies the vehicle to the tower. Also, if you have multiple vehicles on the airfield use different call-signs for each.

■ **Basic radio procedures** — When calling the tower make sure that you are using the correct procedures to do so. Remember, you identify who you are calling then identify yourself (example: Tower, this is Airfield 4). Key the mike and hold it for a second before you start talking. It may take a second or two for the radios to synchronize before any words go over the air (this way your radio call isn't cut off).

■ **Know the active runway** — Make sure you know which runway is active before you try to enter it. If you don't know what the active is, call the tower and request the active runway. Better yet, confirm the active prior to going on the airfield. This will eliminate a lot of confusion. If you use the wrong runway and tower reads back a different one, read back whatever the tower says.

(Information provided by 407th Expeditionary Operations Support Squadron Airfield Management)

Battle uniform available to deploying Airmen this spring

WASHINGTON (AFPN) — The Airman Battle Uniform is on track for distribution this spring to Airmen deploying as part of Air Expeditionary Forces 7 and 8.

The new ABU started production Dec. 7 and uniforms are being warehoused.

The uniform will be ready for distribution to Airmen deploying as part of AEFs 7/8. Most Airmen will get two ABU sets and two Desert Combat Uniform sets for their deployment.

Battlefield Airmen with Air Force specialty codes for combat rescue, special tactics, pararescue jumper, combat control, tactical

air control Airmen, members of the special operations weather team, battlefield weather Airmen and explosive ordnance members will each receive four ABU sets.

By October 2007, the Air Force will begin issuing the ABU to Airmen in basic military training, and in June 2008, the uniform will be available for purchase by the rest of the Air Force in Army Air Force Exchange Service outlets.

The ABU boasts 236 different size options in both male and female sizes. Additionally, its permanent press finish means the uniform cannot be starched, pressed or dry-cleaned. Airmen

will be able to pull the ABU from the clothes dryer and wear it without further treatment. Any ironing could degrade the effectiveness of the uniform.

The cost for the uniform, pants and coat, runs about \$81. Additional items, such as socks, T-shirts, belts, and ABU-style hats will also need to be purchased. Airmen are authorized to wear DCU-style boots with the ABU until the newly designed green boots become readily available. The green boots are priced at \$100.

The expected mandatory wear date for the new ABU is October 2011.

Ali Sports Standings

Intramural Volleyball

Teams	Wins	Loses
EOSS	9	0
FIRE 1	8	2
ECES 1	6	1
FIRE 3	6	2
FIRE 2	6	2
ESFS	6	3
ELRS 1	5	3
ECS	4	4
ECES 2	4	4
PISTONS	4	4
HOT STICKS	2	7
ESVS	2	8
ELRS 2	1	8
ECES 3	1	9
STAFF 1	1	9

In the 1915 game: **ECES 2 (4-4)** won the third game 15-12, beating **ELRS 1 (6-3)** they split the first two games.

In the 2015 game: **FIRE 1 (8-2)** won in two straight games, beating **ESVS (2-8)** by the scores of 25-19 and 25-21.

In the 2115 game: **ESFS (6-3)** won in two straight games, beating **ECES 3 (1-9)** by the scores of 25-20 and 25-15.

The 2215 game between **EOSS** vs. **FIRE 2** was called due to bad weather and rescheduled.

The top eight teams make the playoffs.

Current as of Dec 7

Intramural Basketball

Teams	Wins	Loses
EOSS	7	0
ECS	5	1
ECES 1	5	2
ESFS	4	3
FIRE DEPT	4	3
ELRS	3	4
AEG/HC	3	4
HOT STICKS	1	6
ARMY (Dropped out)	0	**8

In the 1915 game: **FIRE DEPT (4-3)** won its game against **ECS (5-2)** 27-25.

In the 2015 game: **ECES 1 (5-2)** picked up a forfeit win over **HOT STICKS (1-6)** when they failed to show-up for the game.

The top four teams make the playoffs.

Current as of Dec 4



Fantasy Football League

Name	Week 13	Total
1 SSgt Simmons	120	1120
2 SSgt Weppel	99	1082
3 Amn Centeno	116	1044
4 MSgt Skeldon	102	1026
5 TSgt Pihlgren	122	1012
6 TSgt Goldammer	127	987
7 MSgt Nilo	123	974
8 SSgt Isarraraz	112	970
9 A1C Terrill	100	952
10 TSgt Holdredge	110	937
11 SrA Hudson	104	936
12 Amn Ko	88	874
13 Capt Swain	83	873
14 TSgt Gab	99	872
15 A1C Cabrera	90	859
16 SSgt Estrada	93	839
17 SSgt Orola	105	836
18 SrA Falch	99	777
19 SSgt Sharp	80	777
20 SSgt Britten	88	746
21 2nd Lt Hodgson	66	743
22 A1C Sprinz	67	735
23 A1C Valdez	30	726
24 TSgt Borden	71	699
25 A1C Oraha	86	693
26 MSgt Weymouth	112	690
27 SrA Rose	25	546
28 SSgt Lardino	16	544

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."

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



SrA Adam Munro

Deployed unit: 407th Air Expeditionary Group Financial Management

Job title at Ali: Customer Service Technician

Home unit and base: 92nd Comptroller Squadron/Fairchild Air Force Base, Wash.

Why other Airmen think he's a warrior: Airman Munro is an outstanding model of excellence. He consistently provides outstanding customer service, and always receives outstanding feedback on his service. He won CENTAF-FWD/A8 Rotational Performer of the Month for Financial Customer Service. Airman Munro refused to give up when not getting correct results dealing with Air National Guard base finance offices. His dedication resulted in ANG members being paid now instead of waiting until they returned home. He is focused on Fit to Fight, actively involved in Intramural sports.

Why did you join the Air Force? I joined the Air Force to assist in the struggle for freedom of those abroad and the security of our nation. I knew I couldn't save the world, but the small, important role I'd play, would make a tremendous impact on the mission.

What inspires you? I'm inspired by my wife. She is an amazing woman who has been so supportive throughout my military career. She is a first grade teacher in the State of Washington. She has shown me the true meaning of empathy and how important it is in everyday life.

What is your most memorable Air Force experience? I don't really have just one. My entire career has been memorable.

Hobbies: Fishing the Columbia River, hunting, and spending time with the family.

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

24 Season 3: Disc 1 (2003), 1 a.m., Keifer Sutherland, Carlos Bernard, action, drama; **V for Vendetta** (2006), 3 a.m., Natalie Portman, Hugo Weaving, action, drama; **The Longest Yard** (2005), 5 a.m., Adam Sandler, Chris Rock, comedy, sports; **Hotel Rwanda** (2004), 7 a.m., Don Cheadle, Sophie Okonedo, drama, politics; **Fever Pitch** (2005), 9 a.m., Drew Barrymore, Jimmy Fallon, romance, comedy; **Goonies** (1985), 11 a.m., Sean Astin, Josh Brolin, comedy, adventure; **Good Morning Vietnam** (1987), 1 p.m., Robin Williams, Forest Whitaker, drama, comedy; **Kangaroo Jack** (2003), 3 p.m., Jerry O'Connell, Anthony Anderson, comedy, adventure; **Two for the Money** (2005), 5 p.m., Al Pacino, Matthew McConaughey, drama, sports; **The Waterboy** (1998), 7 p.m., Adam Sandler, Kathy Bates, sports, comedy; **Mission Impossible 3** (2006), 9 p.m., Tom Cruise, Philip Seymour Hoffman, action, adventure; **Swim Fan** (2002), 11 p.m., Jesse Bradford, Erika Christensen, drama, thriller;

Saturday

24 Season 3: Disc 2.....1 a.m.
Kangaroo Jack.....3 a.m.
Two for the Money.....5 a.m.
The Waterboy.....7 a.m.
Mission Impossible 3.....9 a.m.
V for Vendetta.....11 a.m.
Fever Pitch.....1 p.m.
Good Morning Vietnam.....3 p.m.
The Longest Yard.....5 p.m.
Goonies.....7 p.m.
Hotel Rwanda.....9 p.m.
Swim Fan.....11 p.m.

Sunday

24 Season 3: Disc 3.....1 a.m.
Fever Pitch.....3 a.m.
The Longest Yard.....5 a.m.
Mission Impossible 3.....7:30 a.m.
Goonies.....9 a.m.
Hotel Rwanda.....11 a.m.
Kangaroo Jack.....1 p.m.
Swim Fan.....3 p.m.
The Waterboy.....5 p.m.
Two for the Money.....7 p.m.
NFL Football (Live).....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.
Swim Fan.....7:30 a.m.
V for Vendetta.....9 a.m.
Fever Pitch.....11 a.m.
Goonies.....1 p.m.
Kangaroo Jack.....3 p.m.
Two for the Money.....5 p.m.
Good Morning Vietnam.....7 p.m.
Hotel Rwanda.....9 p.m.
The Waterboy.....11 p.m.

Tuesday

Hotel Rwanda.....1 a.m.
Monday Night Football
(Live).....4:30 a.m.
Monday Night Football
(Live).....5 a.m.
24 Season 3: Disc 1.....7 a.m.
24 Season 3: Disc 2.....9 a.m.
24 Season 3: Disc 3.....11 a.m.
24 Season 3: Disc 4.....1 p.m.
Mission Impossible 3.....3 p.m.
Two for the Money.....5 p.m.
Kangaroo Jack.....7 p.m.
Good Morning Vietnam.....9 p.m.
Goonies.....11 p.m.

Wednesday

24 Season 3: Disc 5.....1 a.m.
Fever Pitch.....3 a.m.
The Longest Yard.....5 a.m.
Swim Fan.....7 a.m.
V for Vendetta.....9 a.m.
The Waterboy.....11 a.m.
Mission Impossible 3.....1 p.m.
Hotel Rwanda.....3 p.m.
Good Morning Vietnam.....5 p.m.
Two for the Money.....7 p.m.
Goonies.....9 p.m.
24 Season 3: Disc 1.....11 p.m.

Thursday

24 Season 3: Disc 2.....1 a.m.
24 Season 3: Disc 3.....3 a.m.
24 Season 3: Disc 4.....5 a.m.
Good Morning Vietnam.....7 a.m.
Goonies.....9 a.m.
Kangaroo Jack.....11 a.m.
Two for the Money.....1 p.m.
The Waterboy.....3 p.m.
V for Vendetta.....5 p.m.
Swim Fan.....7 p.m.
The Longest Yard.....9 p.m.
Fever Pitch.....11 p.m.



Bedrock and beyond...

Saturday

11 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
11 a.m. **Hapkido:** Muscle Beach
2 p.m. **Chess:** 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

6:20 a.m. **Spinning:** Muscle Beach (I)
10 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. **Spades:** Hot Spot
8 p.m. **Spinning:** Muscle Beach (I)
8 p.m. **Dodgeball:** Muscle Beach

Tuesday

6:20 a.m. **Spinning:** Muscle Beach (I)
5:30 p.m. **Sit-up/Push-up Competition:** Muscle Beach (I)
6 p.m. **Yoga:** Muscle Beach
7 p.m. **Abs Class:** 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

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. **8-Ball:** Hot Spot

Thursday

5:30 p.m. **Squat Competition:** Muscle Beach
7 p.m. **8/9-Ball:** ACC
7 p.m. **Abs Class:** 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

USO Show

Carrie Underwood, winner of American Idol for 2005, will perform at Adder Commons Dec 14 starting at 2000. She will also be available for autographs and photos at the Memorial Theater Dec 14 at 1500.

(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.