



ALLOTIMES



March 24, 2006

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ALI TIMES

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Front Page photo

Staff Sgt. Erik Collins, a heavy equipment operator with the 407th Expeditionary Civil Engineer Squadron, uses a concrete saw to help tear away the road before the 407th Expeditionary Communications Squadron can lay down conduit. (Photo by Staff Sgt. Bradley Church)

Call it like you see it

By Chief Master Sgt. John Blair

407th Expeditionary Communications Squadron superintendent

“Airman Blair completes all assigned duties in a satisfactory manner, however he never hesitates to express his distaste for any particular assignment.” “Due to his lack of maturity, I do not recommend promotion at this time.”

Those are the opening and closing lines of my very first Airman Performance Report from 1983 and there were plenty of like lines in between the opening and closing just as good. (Enlisted Performance Reports replaced APR in 1991).

That’s right; I was a first-line supervisor’s worst nightmare. If there was trouble to get into, I probably found it my first year in the Air Force. In those days we didn’t have formal feedback sessions and you generally didn’t know where you stood until you read your APR.

I figured I was doing OK, hadn’t received any Article 15s, stayed out of jail downtown, and thought I was doing a pretty good job, but sometimes we don’t see ourselves like everyone else does — remember Johari’s window?

I’ll never forget the day I read those words for the first time. I was so embarrassed. It was one thing to hear my buck sergeant supervisor say I was “screwing up,” but it was altogether different seeing it on an official form with other higher ranking people endorsing and concurring with it, and now it was a part of my official record.

That moment in CBPO (now MPF) was the turning point in my career. I resolved right then and there, that I was going to be the best at what I did.

My supervisor did me and the Air Force a huge favor. He called it like it was. He had the integrity and the guts to write me the APR I earned and deserved.

As a chief, I’ve had many discussions with young NCOs, senior NCOs



Chief Master Sgt. John Blair

and officers. I hear a common theme when discussing performance reports. There is a fear that if they give them what they deserve, that it will have a negative impact on their career and could take away future chances for promotion.

It’s at that moment when I reach into my drawer and pull out that dogged-ear first report. Usually, they read it, look at my sleeve and no further discussion is necessary.

The day I was notified I’d been selected to the top enlisted rank, I looked up my first supervisor, Sgt. Timothy Cipolla, (retired as a technical sergeant in 1999) and contacted him. I had never been in touch with him since 1983. He was a little nervous when I called and asked him if he remembered me.

He said, “How can I forget.” He probably thought I was now seeking revenge for that APR he wrote. I then told him of my promotion to chief master sergeant (which he couldn’t believe) and then I simply said, “thank you for calling it like it was — it made all the difference.”

The next time you’re wrestling with what to do with one of your troops, have the guts to call it like it is — you might just be paving the way for an outstanding career.

CFACC shares vision for future force

By Staff Sgt. Melissa Koskovich

CENTAF-Fwd Public Affairs

SOUTHWEST ASIA – Lt. Gen. Gary L. North, 9th Air Force and U.S. Central Command Air Forces commander, shared his insight and vision for the future during an interview at the Combined Air Operations Center March 10.

During his first visit as CENTAF commander, General North discussed the CENTAF mission and the challenges facing Airmen and Coalition forces, while praising the work being done in the theater.

“Our Airmen and Coalition partners are the leveraging tool that allows success in the battlespace. They all play a critical role in fighting both today’s and tomorrow’s war,” said General North. “From our youngest Airman all the way up to senior leaders, they bring an understanding of the technologies that we are using and their ability to operate the way we train in the warfighting environment.”

The general was impressed by the enthusiasm and professionalism of deployed Airmen.

“They are exceptional in their understanding of the mission, the processes involved in day-to-day operations and the execution we use to support CENTCOM and the ground component commanders,” he said.

The general stressed the importance of joint and Coalition operations for mission success.

“We cannot fight these battles alone. It takes a tremendous combined effort that uses the capacity of each nation and service to succeed,” he said. “This allows us to have a collective understanding of air and space power, and enables us to produce hundreds of sorties each day.”

This collective understanding has also proven invaluable in our efforts to help the Iraqi Air Force rebuild.

“They (the Iraqi Air Force) are a proud force. They’re excited to be flying again and eager to grow to the capacity the Iraqi military will need in the future,” said General North. “We look forward to continuing to work with them toward our common goals.”

With the gates of Al Muthana Iraqi Air Force Base now open and all-Iraqi C-130 aircrews taking flight, General North said the Iraqi Air Force is definitely making progress.

“These steps, while significant, are the first of a thousand miles,” he said. “It will take some time before they are independently effective in the large mission they have.”



SOUTHWEST ASIA – Lt. Gen. Gary North speaks to Airmen at the Combined Air Operations Center during a recent visit. When asked what he thought about deployed Airmen, the general said “The enthusiasm with which they operate against a very determined foe is heartwarming, because they get it ... they understand the mission, they’re doing it 24/7, and nobody does it better.” (Photo by Senior Airman Rachel Walters)

With this in mind, the general said the deployment tempo for Airmen will likely remain very close to what it is today.

“We constantly look to how the battlespace is evolving and evaluate our deployment requirements in Iraq, Afghanistan and the Horn of Africa. We then shape our requirements to meet the needs of the ground force commander,” he said

These needs sometimes include Airmen serving in “in-lieu-of” roles ranging from convoy and patrol operations to specialized engineering and medical support.

“We’ve taken Airmen from across all domains, matched them with jobs and trained them to execute these ILO missions,” he said. “The feedback from the field is that our Airmen are doing exceptional jobs in these roles – I couldn’t be prouder of them.”

While praising Airmen for their courage and dedication, the general also challenged deployed Airmen who have mastered their primary duties to branch out and learn about someone else’s job.

“Doing this will allow Airmen to better understand how they fit into the bigger picture, and why integrated Coalition warfare is critical,” he said.

Acknowledging the many challenges deployed Airmen face, General North thanked them for

Continued on page 7:

CFACC

'Protect and Connect'

Maintainers repair Iraqi police station radio

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

For four members of the 407th Expeditionary Communications Squadron, their latest job was not a usual one.

Three ground radio maintainers and their flight commander responded to a request to fix a high frequency radio belonging to an Iraqi police station. The HF radio is important because of its long-range capabilities.

"The actual work we performed could have been done by one person," said Capt. Randy Witt, 407th Expeditionary Communications Squadron, mission systems flight commander "The problem was we didn't know why the equipment wasn't working. We

didn't receive a detailed report, but did get pictures of the equipment."

With pictures in hand, the maintainers were able to contact the radio manufacture and obtain the radio's manual. Having the manual allowed them to study the schematics and gather equipment they thought they might need to fix it.

"Not knowing what to expect we took a duffle bag full of tools and spare equipment, two cable reels and test equipment," said Captain Witt, who is deployed here from the 32nd Combat Communications Squadron at Tinker AFB, Okla. "When we arrived, we quickly discovered it was a simple power issue – a blown fuse.

"The guys took out the busted fuse only to find we didn't bring a fuse with a compatible rating," the captain said. "Fortunately, Staff Sgt. Kevin Newton discovered an extra fuse packed in the radio. We installed the new fuse and fired up the radio."

"Carrying \$15,000 worth of equipment expecting the worst and all we really needed was a 'Leatherman' and a flashlight," said Sergeant Newton, who is deployed here from the 366th CS from Mountain Home AFB, Idaho.

The satisfaction of fixing the radio wasn't the only thing these communications experts left with. They got an opportunity to experience a little bit of the Iraqi culture.

Once they were done, the Iraqis invited them to eat a meal of lamb and rice with them.

"The experience was something I'll never forget; the ability to help such a cause does not come along every day," said Staff Sgt. Chris Birdwell, who is deployed from the 22nd CS at McConnell AFB, Kan. "I'm just thankful that I was able to be directly involved in a project of such magnitude."

The visit made lasting impressions on the small group.

"I have honestly never met a group of people more respectful, friendly or eager to please," said Senior Airman Justin Betts, who is deployed from the 90th CS at F.E. Warren AFB, Wyo. "Over all of our cultural differences, I think these are qualities we as Americans sometimes overlook."



Staff Sgt. Chris Birdwell, 407th Expeditionary Communications Squadron, adjusts a high frequency antenna on top of an Iraqi police station. (Photo by Capt. Randy Witt)



New laundry facility going up in Bedrock

Left: Senior Master Sgt. Allen McCoy, 407th Expeditionary Civil Engineer Squadron, hammers a 2X4 board joining the walls of the new laundry facility in Bedrock. Above: Senior Airman Aaron Krieger and Senior Master Sgt. John Talcott, 407th ECES, raise one of the walls for the facility. Bottom: The 407th ECES team works on one of the walls. Three tents have served as the laundry facilities for the washers and dryers but their constant exposure to the environment cause constant break downs. The new facility will be one structure large enough to house all the washers and dryers and to keep them away from the dirt and dust. The new facility is located between the cadillacs on the east side of the coffee shop in Bedrock. (Photos by Senior Master Sgt. Jessica D'Aurizio)



407th AEG celebrates St. Patrick's Day



Left: Col. Kevin Kilb, 407 Air Expeditionary Group commander, reads a poem about the "Blarney Stone" at the kickoff of the group's St. Patrick's Day celebrations March 17. Above: Volunteers put up decorations in the Big Top before the celebrations. Right: Several events were held including volleyball and tug-of-war.



Above center: Ali Base members filled the Big Top to play bingo during the St. Patrick's Day celebrations. Right: The first sergeants and command chief took on the commander's during a tug-of-war contest. The commander's team won the match. Pictured in the photo are Master Sgt. David Bartley, 407th ECES, Master Sgt. Daryl Burley, 727th EACS, Chief Master Sgt. Charles Crisler, 407th AEG command chief, and Master Sgt. Vernice Belin, 407th ESVS. (Photos by Staff Sgt. Bradley Church)





New fuel station

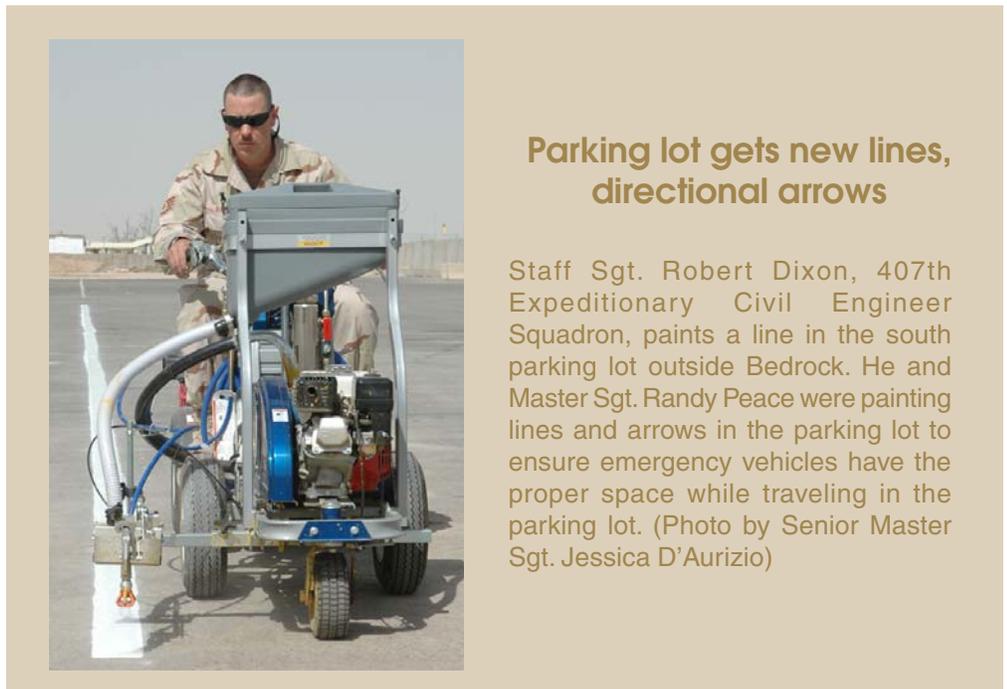
Staff Sgt. William Azbell, 407th Expeditionary Logistics Readiness Squadron, finishes securing a hose fitting to a 500-gallon fuel bladder at the new fuel service station. The station is open 24 hours and is self-serve. Mogas and diesel are available at the station located on 10th Avenue between Broadway and Airport Road. (Photo by Master Sgt. Jon Hanson)

CFACC

from page 3.....

raising the bar and serving their country in a difficult time.

“Our Airmen today are the finest that our AF has ever seen. We can never forget how important they are and how proud America is of what they’re doing,” he said. “Our Airmen understand their mission. The enthusiasm with which they operate against a very determined foe is heart-warming, because they get it. And that’s what’s most important about our Airmen today: they get the mission, they understand it, they’re doing it 24/7, and nobody does it better.”



Parking lot gets new lines, directional arrows

Staff Sgt. Robert Dixon, 407th Expeditionary Civil Engineer Squadron, paints a line in the south parking lot outside Bedrock. He and Master Sgt. Randy Peace were painting lines and arrows in the parking lot to ensure emergency vehicles have the proper space while traveling in the parking lot. (Photo by Senior Master Sgt. Jessica D’Aurizio)

Airman Battle Uniform finalized, ready for production

By Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON (AFPN) — The new Airman Battle Uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

Many factors were considered in developing the final uniform selection, with the concern for Airmen being at the top of the list, said Brig. Gen. Robert R. Allardice.

“We were looking for a uniform that would be easier to maintain,” he said. “We wanted to provide a uniform that the Airman wouldn’t need to spend a lot of out-of-pocket expenses to maintain.”

Also, Airmen’s feedback throughout the process was beneficial in adding new pockets on the uniform.

“We listened to the Airmen’s request where they wanted pockets to hold small tools and when they wear body armor the existing shirt pockets are not accessible or usable,” General Allardice said. “It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or cell phones.”

The new uniform design is a pixilated tiger stripe with four soft earth tones consisting of tan, grey, green and blue. The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.

Will the new ABU need to be starched and pressed?

“Absolutely not,” he said. “Our uniform requirement is we want a uniform that you wash, pull it out of the dryer, and wear it. This requirement meets the ease and cost effec-

tiveness needs in maintaining a uniform.”

He speaks from personal experience and added that in the long run it will save Airmen money on dry cleaning costs.

“I tested this uniform. I wash it, take it right out of the dryer and wear it,” General Allardice said. “We don’t want people putting an iron to it.”

The fit of the uniform was also a concern for Airmen.

“Were making them available in more sizes to fit the body better,” he said. “We’ve taken the time to produce more sizes and tailored them for men and women.”

Some other ABU accessory items:

- A tan T-shirt will be worn; Airmen will be required to maintain one tan T-shirt with an Air Force logo on the front and Air Force written on the back.

- Suede cowhide boots in matching green-gray color; like the desert boot these will be polish-free and available in men’s and women’s sizes.

- The word color for the name, U.S. Air Force, and rank is midnight blue; nametapes and rank insignia background will be tan and will be sewn on using a matching tan color thread.

- The ABU adopts the battle dress uniform hat style for primary use and the floppy hat design will be used in some deployed areas.

“This is the uniform of the future,” General Allardice said. “Eventually when enough of these uniforms are manufactured, we will phase out the BDU and desert combat uniforms.”

The current projected mandatory wear date for the new ABU is fiscal 2011

The only thing that needs to be determined is if patches will be worn and the Air Force chief of staff will make that determination soon, General Allardice said.



With hope we can endure much

What are you counting on to bring you happiness?

By Chaplain (Capt.) Carl Phillips

407th Air Expeditionary Group chaplain

As a young boy about 7 years old our family took a vacation. Since vacations were a rare event, this was a very special occasion.

We packed into the station wagon and off we went. As we drove I began to get sick and eventually my illness developed into the flu complete with a fever and nausea. I remember that my family talked it over and my father stopped the car to talk with me.

He said that if I really felt badly we could turn and go back home. I asked if we could take the trip later and he said "no." He then explained that my brother just got over the flu and that I could expect to be sick for two more days.

That was all I needed to hear. Though I felt miserable I had the hope of recovering in a couple of days and then would be able to enjoy the rest of our vacation. Why give up and go home when there is hope. We continued our vacation and I had a great time.

Hope is a very powerful motivator. In the movie "Shawshank Redemption" Ellis Boyd (Morgan Freeman) said, "hope is a dangerous thing." Hope that is uncertain can disappoint in a very painful way.

A person who hopes to resume his life with his spouse upon returning from a deployment may be crushed to discover that his spouse left and filed for a divorce. The couple that has a hope in a medical procedure to enable them to conceive a child may be devas-

tated to discover that the attempt was a failure.

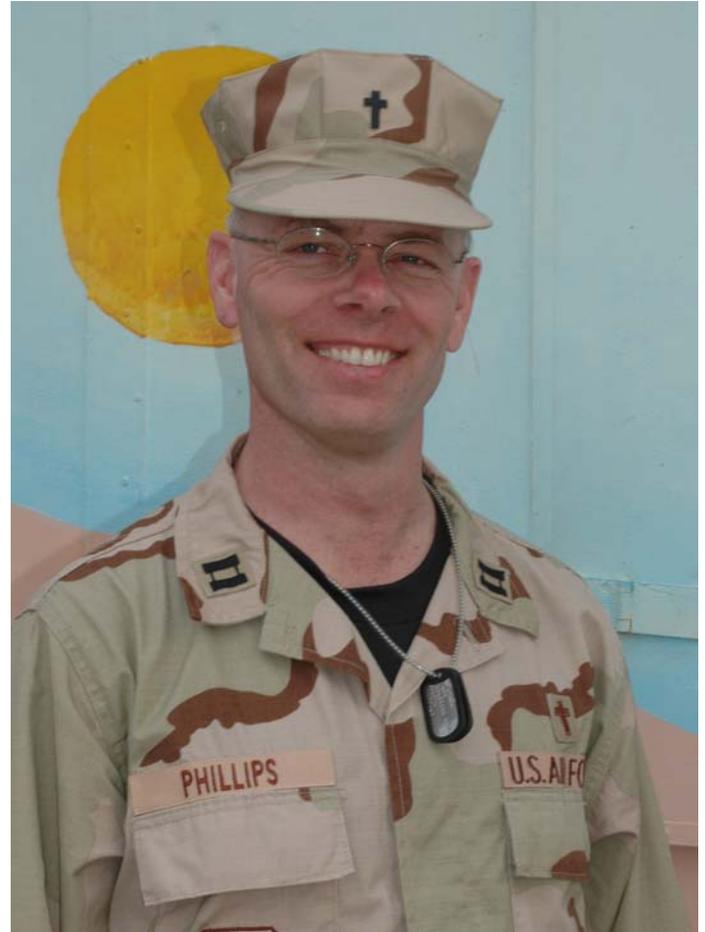
With hope, we can endure much pain and many inconveniences. When there is no hope, we have nothing to look forward to and can easily become despondent. A gloom can consume part if not all of our lives.

We at Ali Base have hope that we will return to our families. We have hope that some day military operations in Iraq will cease and we won't have to return. We have hope for the future that keeps us going. We realize that we often have hope in things and in people that are uncertain. We realize that our hope is sometimes misplaced.

The only sure foundation of hope that we can count on is our hope in God. We place our faith in someone that we know can be trusted.

We count on our god to care for us, to help us through the difficult challenges in life and even if we die, to provide a better life than the one we knew. Everyone needs hope to truly live. Hope that life will get better and not worse.

My friend who was suffering from bone cancer often said, "Re-



Chaplain (Capt.) Carl Phillips

member that the best days are always ahead of you." His faith in God gave him the hope that there was something better in store for him.

That hope enabled him to endure the pain and be content with his final days knowing God would take care of him and his family.

What is your hope in? What are you counting on in life to bring you happiness, to give you peace of mind, to give you strength when life gets rough? Now is the time to begin your search for a hope that won't disappoint.

Italians win, Air Force comes in second during volleyball tourney



Left: Senior Airman Courtney Gentry, 407th Expeditionary Communications Squadron, flies for the ball during the St. Patrick's Day volleyball tournament March 19 at Ali Base, Iraq.

Top: Airman 1st Class Nicholas Albright, 407th ECS, slides in below the ball as he attempts to keep it in play as Airman Gentry is poised for the attack. Above: The first place and runner-up teams pose after the championship game. The Italian team took first place while the 407th ECS team came in second.

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block **by noon Wednesday**.

The winner will receive a complimentary **phone card** from the 407th Air Expeditionary Group Chapel. There were 18 correct responses identifying the antenna for the March 10 Ali Times and the winning person was Senior Airman Justin Betts, 407th Expeditionary Communications Squadron. There were two correct responses identifying the stair stringer in the March 17 Ali Times. The winning person was Staff Sgt. Marc Ziegler, 407th Expeditionary Civil Engineer Squadron. Both of the winners received complimentary T-shirts from the 407th Air Expeditionary Group Public Affairs.



Ziggurat tours

The 407th Expeditionary Services Squadron conducts tours to the Ziggurat. Stop by the Hot Spot to sign up. They have a folder that contains schedules for the tour, base policy letter and a brief history of the site. (Photo by Master Sgt. Jon Hanson)

407th AEG

Warrior of the Week



Tech. Sgt. Darcy John Spence Jr.

Unit: 407th Expeditionary Civil Engineer Squadron

Duty title: Pavements and construction/equipment and vehicle control officer

Home station: 158th Civil Engineer Squadron, Vermont ANG

Why other warriors say he's a warrior: "Appointed as squadron vehicle control officer to manage a fleet of 120 vehicles that are assigned to the squadron. Brought the vehicle manning status up from 50 to 85 percent, organized and implemented a foreign object damage and control prevention program. Designed a vehicle service plan within the squadron to maintain and to prevent vehicle wear and tear.

- Master Sgt. Patrick Joseph O'Brien, superintendent, horizontal shop
Most memorable Air Force experience: "Helping out our own state with two different natural disasters. First, an ice storm took out the power to half of the state. We assisted in getting the power back and helped people get out of their homes that were stranded because of all the ice on the roads. The second was a flood. We got roads opened up and rebuilt them so people could get into town for food and water."

Hobbies: Hiking, camping, hunting, fishing, working on motors, cars and motorcycles, and snowshoeing.

Notes about my family: I have a wonderful wife, Mary, and three kids. I have a son, Mike, who is 17. My oldest daughter Becca, is 16, and my youngest Sierra, is 7. My wife has been my biggest inspiration in my life. She has supported every decision that I have made with my career throughout the time we have shared together.

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.

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
- CC = Camp Cedar

FRIDAY

- 1 p.m., Muslim prayer/ service: (TCN)
- 6 p.m., Roman Catholic Mass: Oasis
- 6:30 p.m., Jewish Service: ARAC
- 7:30 p.m., Gospel choir rehearsal: APC
- 8 p.m., Walking Stations of the Cross: Oasis (through April 7)
- 8:30 p.m., Ladies Fellowship: Oasis

SATURDAY

- 6 p.m., 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: CC
- 10:30 a.m., Church of Christ: ARAC
- 1 p.m., Gospel Service: APC
- 7 p.m., Contemporary Worship Service: Oasis

MONDAY

- 6 p.m., Roman Catholic Mass: Oasis

- 7:30 p.m., Discipleship Bible study: Oasis
- 7:30 p.m., Gospel choir Rehearsal: APC

TUESDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 7:30 p.m., Work of Faith Bible Study: APC
- 8 p.m., Catholic RCIA: Oasis Annex
- 8 p.m., Contemporary Worship Rehearsal: Oasis

WEDNESDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 7 p.m., Catholic choir Practice: Oasis
- 7 p.m., Spanish Bible Study: ARAC
- 7 p.m., Women's Bible Study: Army Hospital
- 7:30 p.m., Protestant Worship Service: APC

THURSDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 6:30 p.m., Ladies Bible Study: ARAC
- 7:30 p.m., Relationship Study: Oasis Annex
- 7:30 p.m., Mens Bible Study: APC

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

Amityville Horror (2005), 1 a.m., Ryan Reynolds, Melissa George, *horror*; **March of the Penguins** (2005), 3 a.m., *documentary*; **Five People You Meet in Heaven** (2005), 5 a.m., Jon Voight, Ellen Burstyn, *drama*; **Hitchhiker's Guide to the Galaxy** (2005), 7 a.m., Bill Bailey, Anna Chancellor, *action/comedy/sci-fi*; **Secret Window** (2005), 9 a.m., Johnny Depp, John Turturro, *drama, suspense/horror, thriller*; **Bewitched** (2005), 11 a.m., Nicole Kidman, Will Ferrell, *comedy/romance*; **Saint Ralph** (2005), 1 p.m., Campbell Scott, Jennifer Tilly, *art/foreign/comedy/drama*; **Death to Supermodels** (2005), 3 p.m., Jaime Pressly, Brooke Burns, *comedy*; **Willard** (2003), 5 p.m., Crispin Glover, Laura Elena Harring, *art/foreign/suspense/horror/thriller*; **Ocean's 12** (2004), 7 p.m., George Clooney, Brad Pitt, *action/adventure/thriller*; **Herbie Fully Loaded** (2005), 9 p.m., Lindsay Lohan, Michael Keaton, *comedy/action*; **Millions** (2005), 11 p.m., Alex Etel, Lewis McGibbon, *comedy/drama*; **Cursed** (2005), Christina Ricci, Joshua Jackson, *action/adventure/horror*; **Seven** (1995), Morgan Freeman, Brad Pitt, *drama/thriller/crime*

Saturday

- Seven 1 a.m.
- Cheaper by Dozen 2...3 a.m.
- Cursed.....5 a.m.
- Ocean's 12.....7 a.m.
- Willard 9 a.m.
- Millions 11 a.m.
- Five People ... Heaven 1 p.m.
- March of the Penguins 3 p.m.
- Secret Window 5 p.m.
- Death to Supermodels 7 p.m.
- Hitchhiker's Guide 9 p.m.
- Bewitched 11 p.m.

Sunday

- Saint Ralph 1 a.m.
- Herbie Fully Loaded .. 3 a.m.
- Amityville Horror 5 a.m.
- Millions 7 a.m.
- Death to Supermodels 9 a.m.
- Cheaper by Dozen 2 11 a.m.
- Hitchhiker's Guide 1 p.m.
- Bewitched 3 p.m.
- Ocean's 12 5 p.m.
- Cursed 7 p.m.
- Seven 9 p.m.
- Five People ... Heaven 11 p.m.

Monday

- Secret Window 1 a.m.
- Willard.....3 a.m.
- March of the Penguins 5 a.m.
- Death to Supermodels 7 a.m.
- Seven 9 a.m.
- Hitchhiker's Guide ... 11 a.m.
- Herbie Fully Loaded .. 1 p.m.
- Millions 3 p.m.
- Amityville Horror 5 p.m.
- Cheaper by Dozen 2.. 7 p.m.
- Bewitched 9 p.m.
- Cursed 11 p.m.

Tuesday

- Five People ... Heaven 1 a.m.
- Willard 3 a.m.
- Ocean's 12 5 a.m.
- Seven 7 a.m.
- Death to Supermodels 9 a.m.
- Cursed 11 a.m.
- Hitchhiker's Guide.. ... 1 p.m.
- March of the Penguins 3 p.m.
- Herbie Fully Loaded .. 5 p.m.
- Secret Window 7 p.m.
- Amityville Horror 9 p.m.
- Saint Ralph 11 p.m.

Wednesday

- Bewitched 1 a.m.
- Cheaper by Dozen 2.. 3 a.m.
- Millions 5 a.m.
- March of the Penguins 7 a.m.
- Herbie Fully Loaded .. 9 a.m.
- Willard 11 a.m.
- Amityville Horror 1 p.m.
- Saint Ralph 3 p.m.
- Cursed 5 p.m.
- Seven 7 p.m.
- Secret Window 9 p.m.
- Ocean's 12 11 p.m.

Thursday

- Herbie Fully Loaded .. 1 a.m.
- Saint Ralph 3 a.m.
- Cursed 5 a.m.
- Secret Window 7 a.m.
- Bewitched 9 a.m.
- Ocean's 12 11 a.m.
- March of the Penguins 1 p.m.
- Hitchhiker's Guide.....3 p.m.
- Cheaper by Dozen 2.. 5 p.m.
- Amityville Horror 7 p.m.
- Death to Supermodels 9 p.m.
- Five People ... Heaven 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

- 5 p.m., **Spin:** Muscle Beach (I)
- 7 p.m., **Dominoes:** ACC
- 7 p.m., **Toning:** HOP
- 7:30 p.m., **Step Aerobics:** Muscle Beach (I)
- 7:30 p.m., **Bingo:** Big Top
- 8 p.m., **Step Aerobics:** HOP
- 9 p.m., **Karate:** Muscle Beach (I)

Saturday

- 4 p.m., **4-on-4 basketball tournament:** Bedrock Courts
- 6 a.m., **Spin:** Muscle Beach (DVD)
- 2:30 p.m., **Yoga:** Muscle Beach (DVD)
- 6:30 p.m., **Spin:** HOP
- 7:30 p.m., **Karaoke (talent night):** Big Top
- 7:30 p.m., **Hip Hop:** ACC
- 8:30 p.m., **Absolute Abs:** Muscle Beach (I)

Sunday

- 8 a.m., **Tae-Bo:** Muscle Beach (DVD)
- 9:30 a.m., **Karate:** Muscle Beach (I)
- 10 a.m., **Spin:** HOP
- noon, **Squat competition:** Muscle Beach
- noon -11 p.m., **Movies and Games:** Big Top
- 2 p.m., **Texas Hold'em:** Big Top
- 7 p.m., **Spin:** HOP
- 7 p.m., **Darts:** ACC
- 7:30 p.m., **Total Body Workout:** Muscle Beach (DVD)
- 8 p.m., **Self Defense:** Muscle Beach (I)

Monday

- 4:30 p.m., **Circuit Training:** Basketball Courts (I)
- 5 p.m., **Spin:** Muscle Beach (I)
- 7 p.m., **Toning:** HOP
- 7 p.m., **Ping Pong:** ACC
- 7:30 p.m., **Step Aerobics:** Muscle Beach (I)

- 8 p.m., **Dead Lift competition:** Muscle Beach
- 8 p.m., **World Series of Poker:** Hot Spot
- 8 p.m., **Step Aerobics:** HOP

Tuesday

- 5 a.m., **Step Aerobics:** Muscle Beach (I)
- 6 a.m., **Spinning:** Muscle Beach (DVD)
- 8 a.m., **Straight Ball:** Big Top
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **9-Ball and Board Games:** ACC
- 7:30 p.m., **Total Body Workout:** Muscle Beach (DVD)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8:30 p.m., **Absolute Abs:** Muscle Beach (I)
- 8:30 p.m., **Salsa:** ACC
- 8:30 p.m., **Dominos:** Hot Spot

Wednesday

- 7 p.m., **Spades:** ACC
- 8 a.m., **Players choose the game:** Boardwalk/Hot Spot
- 5 p.m., **Spin:** Muscle Beach
- 7 p.m., **Toning:** HOP
- 7:30 p.m., **Step Aerobics:** Muscle Beach (I)
- 8 p.m., **Players choose the game:** Hot Spot
- 8 p.m., **Step Aerobics:** HOP

Thursday

- 5 a.m., **Step Aerobics:** Muscle Beach (I)
- 8 a.m., **8-Ball:** Hot Spot
- 4:30 p.m., **Circuit Training:** Basketball Courts (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **8/9-Ball:** ACC
- 7:30 p.m., **Total Body Workout:** Muscle Beach (DVD)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8:30 p.m., **Absolute Abs:** Muscle Beach (I)
- 8:30 p.m., **Halo Tourney:** Hot Spot
- 8:30 p.m., **Salsa:** HOP

(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.