



ALITIMES

March 31, 2006

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Uniform Disposal

There is only one approved method of disposal for uniform items that you don't want to carry home: The Uniform Disposal Drop-off Box at the Hot Spot





ALI TIMES

Vol. 4, Issue 13
March 31, 2006

Col.

Kevin J. Kilb

Commander, 407th AEG

Lt. Col.

Elizabeth B. Borelli

Deputy Commander,
407th AEG

Master Sgt.

Jon Hanson

Editor/Chief, Public Affairs

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Front Page photo

Master Sgt. Reggie Hill, 407th Expeditionary Civil Engineer Squadron power production, connects a fuel line to a temporary generator for the 407th Air Expeditionary Group. The project to repair the existing generator was completed by MSgt. Michael Bauer, Staff Sgt. Brian Behning, and Senior Airmen Gabriel Hoggarth and Robert Dill. (Photo by Master Sgt. Jon Hanson)

Air National Guard 101

Lt. Col. Joel Clark

407th Expeditionary Civil Engineer Squadron commander

When someone talks with you about total force what does it mean? Do you know the total force breakdown of the 9/10 rotation here at Ali? Our team is made up of 68 percent active duty, 27 percent Air National Guard, 3 percent Air Force Reserve and 2 percent civilian.

My squadron is 80 percent Guardsmen and 20 percent active duty. As a member of the Vermont Air National Guard I am part of the 27 percent.

The first discussion item is the Air National Guard mission. The Air National Guard was created in 1946 under Title 32 of the U.S. Code. Title 32 gives the Guard the authority to train. During peacetime the Air and Army Guard units of each state report to the governor. He is our “commander in chief.”

The governor can use the Air and Army National Guard for state emergencies such as natural disasters and riot control. During times of national need, units of the Guard can be activated and perform a federal role under Title 10 of the U.S. Code.

Guard members must be in Title 10 status when they are overseas and filling active duty positions. The pilots sitting alert in the states are in a Title 32 status with self activating orders that put them in Title 10 status if they are actually flying an alert mission. The Army Guard members we eat with at the DFAC are involuntarily activated to Title 10 while most of Air National Guard are voluntarily activated to Title 10.

In most states, the governor appoints the head of the Guard. This position is known as the adjutant general. In Vermont and one other state the legislature actually elects the adjutant general.

The adjutant general is an admin-



Lt. Col. Joel Clark

istrative position and never deploys. Each Air National Guard unit is aligned to an active duty major command. In Vermont we have F-16s and we are gained by Air Combat Command when we are activated.

Unlike the single personnel system of the active duty, the Guard has three different systems. For those that work full time we have two. The first is Active Guard Reserves, commonly known as AGRs. The AGRs have the same pay and benefits as their active duty counterparts.

The other full-time Guard members are known as technicians. They are actually paid using federal pay scales, either WG (wage grade), WS (wage scale) or GS (general scale). The technicians are not on active duty but must hold a position in the Guard in order to maintain their job. Technicians must wear their military uniform to work and render all the customs and courtesies of active duty.

For the fighter base in Vermont we have approximate 330 full-time Guard members with 90 being AGRs and 240 being technicians. Unless a Guard member is serving in a Title 10 status, they are not subject to the Uniform Code of Military Justice. AGRs are subject to the state’s own version of

Continued on page 5:

ANG 101

407th AEG/CC gives thanks at commander's call

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

Members of the 407th Air Expeditionary Group packed the Big Top during two commander's calls March 24 to hear Col. Kevin Kilb, 407th AEG commander, start off by thanking them for everything they are doing.

"You are going to hear this a lot today – thank you!" said the colonel during the morning commander's call. "I am proud of what you have accomplished so far this rotation."



Col. Kevin Kilb

After opening up the CC call, Colonel Kilb turned it over to 407th AEG Ground Safety Manager Tech. Sgt. John Hale for a safety briefing.

"As the temperature rise into the 90s and 100s in the next few weeks it is important to

drink lots of water throughout the day," Sergeant Hale said. "I carry a water bottle with me wherever I go. I would recommend having water available in the work center, in your vehicle and at the job site." "Keep an eye out for your wingman by watching for

signs of heat stress," Sergeant Hale said. "If one of your fellow Airmen is acting confused, has loss of coordination, is sweating profusely then you need to get them to take a break to cool down. Recognize that they might not realize they are overheating so you may need to insist that they take a break."

Next to speak was Chief Master Sgt. John Leslie, with the 407th Expeditionary Civil Engineer Squadron's Emergency Management section. He reminded everyone to make sure they inspect their gas masks every week and ensure their gear was ready if they ever needed it.

He also talked about work-rest cycles and ensuring supervisors monitor the conditions.

Throughout his briefing he talked about the Airman's Manual, AFMAN 10-100.

"This book is everything you need to know. So carry it with you — it is a great resource."

After the briefings, the colonel talked about rumors regarding an upcoming exercise and his opinion of the future of Ali Base.

Each commander's call ended with a video presentation of people at work and play during the first part of AEF 9/10.

"If there is any doubt about how well we are doing, this video should clear that up," Colonel Kilb said. "This is you at Ali. We are Airmen. We are proud of the fact we are Airmen. You guys are magnificent!"



Colonel Kilb speaks during one of two commander's call March 24. (Photos by Staff Sgt. Valerie Smith)



Getting lights

Left: Staff Sgt. Phillip Allan, 407th Expeditionary Civil Engineer Squadron, connects electrical wires for the lights in the new laundry facility in Bedrock.

Above: Master Sgt. Rich Utecht, 407th ECES, runs conduit from a junction box to a florescent light in the facility.

The new laundry facility is now open for use. Please do not use the old tent facilities. Officials remind users to remain in the area while doing laundry -- this eliminates theft and people taking your laundry out when it isn't done. (Photos by Master Sgt. Jon Hanson)

Safety office provides tips for dealing with hot weather

Tech. Sgt. John Hale

407th Air Expeditionary Group Ground Safety Manager

Here are some tips to take when the temperature rises and when out in the sun.

- If you can, avoid working out in the sun between 10 a.m. to 3 p.m. Supervisors should try to schedule work for earlier in the morning.

- Use sunscreen SPF 15 or higher on all exposed skin.

- Use a floppy hat to protect your ears and neck from the sun especially if you have fair skin.

- The long sleeve DCU top protects your arms and you can actually get hotter by taking the DCU top off and exposing your skin to the direct sunlight.

- Take regular breaks. Supervisors need to be familiar with the work-rest cycles and fluid replace-

ment guidelines.

- As it will be getting hotter over the next few weeks it is important to drink lots of water throughout the day. Carry a water bottle with you wherever you go, as well as have water available in the work center, in your vehicle, and at the job site.

- Keep an eye out for your wingman. Watch for signs of heat stress. If one of the members of your crew is acting confused, has loss of coordination, is sweating profusely then you need to get them to take a break to cool down. Recognize they might not realize that they are overheating so you may need to insist that they take a break.

- Over the next few weeks and months the temperatures will rise into the 90s and 100s and even hit 110 degrees or more so be prepared to deal with heat stress and protect your skin from the sun's rays.



ANG 101

From page 3.....

the UCMJ and the technicians are subject to personnel regulations administered by the state military department's human resources office.

The third personnel system is that of the traditional guardsmen. These are the members of the Guard that hold civilian jobs and come to unit training assemblies (UTAs) one weekend a month and perform 15 days of active duty a year.

With the implementation of the AEF construct, many traditional guardsmen do much more than 15 days a year on active duty. Times have changed and it takes more than a weekend a month and 15 active duty days for a guardsman to be ready for deployment.

In Vermont my CES squadron is a 99 person UTC. Only 12 are full time with four being AGRs and eight being technicians. Eighty-seven members are traditional guardsmen. I was very fortunate to have 45 members of the squadron volunteer to come here for AEF 9/10.

Most put their civilian employment on hold for 120 days. My squadron also has a lot of ground to cover in a short time to be ready for UCIs and ORIs. We are inspected by the ACC Inspector General and subject to the same criteria as our active duty counterparts.

The Airmen of the Guard at-

tend the same basic military training and technical schools as the active duty. Most of the professional military training is the same with a few of the courses being provided by the Guard's schoolhouse in Knoxville, Tenn.

The Airmen have the same CDCs to complete and maintain a

“Guardsmen can stay members until they reach their 60th birthday,”

Lt. Col. Joel Clark

407th Expeditionary Civil Engineer Squadron commander

623 to document their training. A fully qualified Airman of the Air National Guard is as technically qualified as their active duty counterpart.

Promotions are different in the Air National Guard. We promote on a vacancy basis at the unit level. If you are a promotable staff sergeant and there are no technical sergeant positions available, you cannot get promoted.

Guardsmen can stay members until they reach their 60th birthday. Unless your squadron or flight has a lot of positions you can be blocked from a promotion for a long time.

This can be very frustrating for the member. Some choose to cross train to another career field that has more advancement opportunity.

For AEF participation, almost all the lines are filled by volun-

teers. Short of a national crisis such as Operation Enduring Freedom or Operation Iraqi Freedom, we can not make a Guard member participate in AEF.

This can present a leadership challenge, especially for the operations and maintenance group as they are required to send a certain number of planes and personnel each AEF cycle. They often “rainbow” the 120-day requirement and join with two other Guard units and do 40-day rotations.

The duration for the expeditionary combat support (ECS) slots varies. Security forces have to deploy for 179 days. All CES slots in the AOR have to be 120 days. Others such as logistics readiness, personnel and services can be 30, 60 or 120 days.

As I wrote this article I began to realize it is a lot of information for those of you unfamiliar with the Guard. I do feel it is good information to know when 27 percent of the DCUs here are being worn by members of the Air National Guard. I hope I haven't totally confused you with the basics.

If there is one good take away, it is that in the new way of doing business in the world of the Expeditionary Air Force, the Guard has to be a player.

It is truly a total force effort. One Team, One Fight! For me it has been a total pleasure coming to Iraq and to serve with the active duty.

Help women, children in Baghdad

The violence in downtown Baghdad has tragically left behind many widows who

must struggle to support their children. To help these families, the folks at the 447th Expeditionary Operations Support Squadron at Baghdad International Airport are asking you to send (free via MPS) pretty much anything you don't need to the address below. Suggested items include soap,

shampoo, hand sanitizer, care packages, plain clothing that does not have typical American markings, new T-shirts and socks, toothpaste ... whatever can be spared. Send packages to: Lt. Col. R. Babski, 447 AEG/447 EOSS Commander, APO, AE 09321.

My testimony on how to be debt free

By Tech. Sgt. Nicole Nixon

407th Air Expeditionary Group Chapel

The following words of encouragement are mainly for enlisted Airmen.

I was asked to give my testimony on how can I (a married enlisted member, with one income and four children), be basically debt free?

How can I have all of my material desires, a husband paying cash for school, two vehicles without a car note, beautiful fully-furnished house, how did I do it without debt? It's not a secret and I love to share, so this is my testimony.

If you don't read any further ... bottom line is ... you too can be debt free by **timing** and **preparation**. By timing I mean picking the right choice at the right time. Life is too short to waste by hanging with the Jones', who by the way are likely in debt.

What is the right choice? For example, do I want a big screen TV? Well of course my husband and I want the best this world has to offer. Why not? We love nice things and a 25-inch TV is not that nice. Yes, we understand that when we die, the material things stay behind.

But, here's the key in making choices, if having a big screen will result in owing some company \$1,500 plus interest, I don't think I want it at this time. I would

rather take the time to save and pay cash, than to owe someone \$1,700 for a \$1,500 item.

Good timing. I would rather eat peanut butter and jelly for lunch rather than pay \$10-15 per person at a restaurant using a credit card. A good use of time is simple -- use cash if you have it and say no to "bill me later" (procrastination is a thief of time).

For all of the Airmen out here ... I beg you ... I'll even dare you to use your time and money wisely. The least you can do is try to save.

This takes preparation in the form of a budget. You have to have a plan, a vision or dream. I'm reminded of the poem by Langston Hughes asking, "What Happens to a Dream Deferred?"

When we were little children we used to say, "When I grow up I'm going to do this or be a___."

What happened to our dreams? I've watched my parents and siblings struggle to pay college tuition, bills and manage a family. It is not easy. When I was small my dream was simply, "When I grow up, I'm not going to have bills and be stressed out with debt. I will not have my credit



Tech. Sgt. Nicole Nixon

cards maxed to the limit, with no money in the bank, paying one bill with another bill's money. I'm going to be debt free."

I had to have a plan. You have to have a plan. If you have not made preparations, you are destined for failure.

I encourage you to use this time to learn how to profit and develop a plan. Find out about the TSP (Thrift Savings Plan), or try saving each pay raise and bonus. Take the time to prepare.

There may not be financial planners in theater, but we have all graduated high school and understand the concept of reading and comprehending. We spend so much time watching movies, playing solitaire or Googling things online. Try Googling "financial plan," or "money matters."

I dare you all to be debt free.



Clocks spring forward Saturday

Daylight Savings Time starts April 1 in Iraq. Turn your clocks forward one hour at 3 a.m. local time. In the United States clocks are moved one hour ahead April 2 at 2 a.m.

Does karaoke bring out the best in people?



Above: Master Sgt. Benjamin Goss, 407th Expeditionary Logistics Readiness Squadron First Sergeant; Senior Airman Stephanie Canfield, 407th Expeditionary Services Squadron; and Chief Master Sgt. Charles Crisler, 407th Air Expeditionary Group Command Chief; judge the participants in the March 25 Karaoke competition.

The Winners:

- 1st – Staff Sgt. Joey Anderson -- *Shameless* by Garth Brooks
- 2nd – Master Sgt. Chuck Schubert -- *Sweet Caroline* by CCR
- 3rd – Staff Sgt. Bob Yocom -- *American Trilogy* by Elvis Presley



Left: Master Sgt. Chuck Schubert, 407th Expeditionary Communications Squadron, sings *Sweet Caroline*. Center: Staff Sgt. Jennifer Simmons with the 407th Expeditionary Security Forces Squadron, sings *Wild One* by Faith Hill.

Photos by Staff Sgt. Bradley C. Church



Above: Staff Sgt. Jamie Gannon, 407th ESFS, participates in the Karaoke competition. Right: Senior Airman Narjis Stabile, 407th ESVS, gives it her all during the competition.

Ali Base holds March Madness 4-on-4 tourney



Senior Airman Anthony White from ESFS goes up for the easy two against Powerhouse.



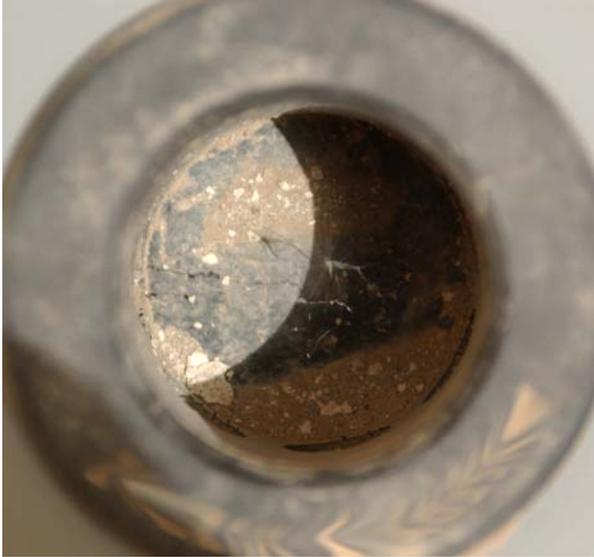
Left: Airman 1st Class Alexis Rice, ESFS team, gets air during his shot against the Army's 485th team. ESFS won the game. Above: Powerhouse's Staff Sgt. Alexander Ridenoure tries to take away the ball from ESFS' Airman Rice. ESFS defeated Powerhouse 12-9 to take the championship.



Above: SSgt. James Avery, PAC team, battles A1C Lee Davis, Powerhouse team, for the rebound. Powerhouse won to get to the championship. Right: Powerhouse's A1C Nicholas Albright rejects ESFS' SSgt. David Rogers Jr. (Photos by Master Sgt. Jon Hanson)

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@t1ab.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 12 correct responses identifying the pin on a fire extinguisher for the March 24 Ali Times and the winning person drawn was **Senior Airman Brian Rautanen**, 407th Expeditionary Civil Engineer Squadron.



"Happy 1st Birthday Adrilynn Mimms!

*Your mommy misses you very much."
(Tech. Sgt. Adrienne Mimms)*

407th AEG

Warrior of the Week



Tech. Sgt. Nicole Nixon

Unit: 407th Air Expeditionary Group Chapel

Duty title: Chaplain Assistant

Home station: 90th Space Wing, F.E. Warren AFB, Wyo.

Why other warriors say he's a warrior: "Outstanding job for week-long visit of AOR Muslim chaplain and assistant: secured flights in/out, lodging, advertising, appointments, liason with Army for worship space, provided Muslim supplies for Friday worship, got to and from terminal. Her Ali Times article published in USAF Chaplain Service's 'Leading Edge' newsletter."

- Chaplain (Maj.) James L. Bailey, 407th AEG Chaplain

Most memorable Air Force experience: "I enjoy helping chaplains as they encourage Airmen to get closer to God. What's even more enjoyable is helping prior to a crisis. I have had the honor of assisting thousands of troops with a point in a positive direction and/or a simple word of encouragement. Just to show that there is always hope is most memorable."

Hobbies: "Spending time with 1. God, 2. Family, 3. Church.... I try to stay away from crowds so on the DL (down low). I also enjoy bowling, volleyball, board games and scrap booking."

Notes about my family: "I have the BEST family in the world. My husband has endured numerous deployments and cared for me and our four children with ease. WHAT A MAN! We are blessed to have Neah (2), Nikki (7), Naomi (9), and Nicolas (12) to love and care for. Together and apart WE are Family!"

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

The Order (2003), 1 a.m., Heath Ledger, Shannyn Sossamon, Peter Weller, drama/horror/thriller; **Alfie** (2004), 3 a.m., Jude Law, Nia Long, Susan Sarandon, *comedy/drama*; **Raise Your Voice** (2004), 5 a.m., Hilary Duff, Jason Ritter, *drama/romance/teen*; **War of the Worlds** (2005), 7 a.m., Tom Cruise, Dakota Fanning, *fantasy/sci-fi*; **Kangaroo Jack** (2003), 9 a.m., Jerry O'Connell, Anthony Anderson, *action/adventure/comedy*; **Eulogy** (2004), 11 a.m., Debra Winger, Ray Romano, *comedy*; **Collateral** (2004), 1 p.m., Tom Cruise, Jamie Foxx, Jada Pinkett-Smith, *action/adventure/drama*; **The Haunted Mansion** (2003), 3 p.m., Eddie Murphy, Terence Stamp, *action/adventure/comedy*; **Kill Bill Vol. 2** (2004), 5 p.m., Uma Thurman, David Carradine, *action/adventure/comedy*; **Scary Movie 3.5** (2003), 7 p.m., Anna Faris, Anthony Anderson, *comedy/sci-fi/fantasy*; **Lost in Space** (1998), 9 p.m., William Hurt, Mimi Rogers, *sci-fi/action*; **Rebound** (2005), Martin Lawrence, Patrick Warburton, *comedy/sports/teen*; **Stealth** (2005), Josh Lucas, Jessica Biel, *action/adventure/drama*; **King Kong** (2005), Naomi Watts, Jack Black, *action/adventure/thriller*

Saturday

- Eulogy 1 a.m.
- The Haunted Mansion 3 a.m.
- Collateral 5 a.m.
- Scary Movie 3.5.....7 a.m.
- The Bone Collector 9 a.m.
- Lost in Space 11 a.m.
- Rebound 1 p.m.
- Stealth 3 p.m.
- Alfie 5 p.m.
- War of the Worlds 7 p.m.
- Kill Bill Vol. 2 9 p.m.
- The Order 11 p.m.

Sunday

- Alfie 1 a.m.
- Collateral 3 a.m.
- Scary Movie 3.5.....5 a.m.
- Eulogy 7 a.m.
- The Haunted Mansion 9 a.m.
- The Order 11 a.m.
- War of the Worlds 1 p.m.
- Raise Your Voice 3 p.m.
- Kill Bill Vol. 2 5 p.m.
- The Bone Collector 7 p.m.
- Kangaroo Jack 9 p.m.
- Lost in Space 11 p.m.

Monday

- Kangaroo Jack 1 a.m.
- Stealth 3 a.m.
- Rebound 5 a.m.
- The Haunted Mansion 7 a.m.
- Collateral 9 a.m.
- The Bone Collector .. 11 a.m.
- Scary Movie 3.5.....1 p.m.
- Lost in Space 3 p.m.
- The Order 5 p.m.
- Eulogy 7 p.m.
- War of the Worlds 9 p.m.

- Kill Bill Vol. 2 11 p.m.

Tuesday

- Raise Your Voice 1 a.m.
- Eulogy 3 a.m.
- The Bone Collector 5 a.m.
- King Kong 7 a.m.
- Scary Movie 3.5 .. 10:30 a.m.
- Kill Bill Vol. 2 12:30 p.m.
- Chronicles Narnia . 2:30 p.m.
- Collateral 5 p.m.
- Lost in Space 7 p.m.
- Kangaroo Jack 9 p.m.
- War of the Worlds 11 p.m.

Wednesday

- The Bone Collector 1 a.m.
- Collateral 3 a.m.
- Alfie 5 a.m.
- Lost in Space 7 a.m.
- Separate Lies 9 a.m.
- Rebound 11 a.m.
- Stealth 1 p.m.
- War of the Worlds 3 p.m.
- Scary Movie 3.5.....5 p.m.
- The Order 7 p.m.
- Aquamarine 9 p.m.
- Eulogy 11 p.m.

Thursday

- Chronicles of Narnia .. 1 a.m.
- Kill Bill Vol. 2 3:30 a.m.
- War of the Worlds . 5:30 a.m.
- Collateral 7:30 a.m.
- The Order 9:30 a.m.
- King Kong 11:30 a.m.
- The Haunted Mansion 3 p.m.
- Lost in Space 5 p.m.
- Alfie 7 p.m.
- Eulogy 9 p.m.
- The Bone Collector .. 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

- 5 p.m., **Spin:** Muscle Beach (I)
- 5 p.m., **Flex your Wings Competition:** Muscle Beach
- 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

- 2:30 p.m., **Yoga:** Muscle Beach (DVD)
- 4 p.m., **Horseshoes:** Horseshoe Pit
- 5 p.m., **Dodgeball Tournament:** Bedrock Courts
- 6:30 p.m., **Spin:** HOP
- 7:30 p.m., **Karaoke (open mic):** Big Top
- 7 p.m., **Absolute Abs:** Muscle Beach (I)
- 7:30 p.m., **Hip Hop:** ACC

Sunday

- 8 a.m., **Tae-Bo:** Muscle Beach (DVD)
- 10 a.m., **Spin:** HOP
- 1 p.m., **Quarterback Challenge:** Bedrock Courts
- 12 p.m., **Texas Hold'em:** Big Top
- 2 p.m., **Spin:** Muscle Beach (DVD)
- 7 p.m., **Spin:** HOP
- 7 p.m., **Darts:** ACC

Monday

- 8 a.m., **Hearts:** Hot Spot
- 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., **Total Body Workout:** Muscle Beach (DVD)

- 8 a.m., **Foosball:** Big Top
- 8 p.m., **Step Aerobics:** HOP

Tuesday

- 5 a.m., **Step Aerobics:** Muscle Beach (I)
- 2 p.m., **Tae Bo:** Muscle Beach (DVD)
- 6 p.m., **Squat Competition:** Muscle Beach
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **Absolute Abs:** Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Texas Hold'em:** Big Top

- 8 p.m., **Ping-pong:** Hot Spot

- 8:30 p.m., **Salsa:** ACC

Wednesday

- 7 a.m., **Karate:** Muscle Beach (I)
- 5 p.m., **Spin:** Muscle Beach
- 7 p.m., **Toning:** HOP
- 7 p.m., **Spades:** ACC
- 7:30 p.m., **Total Body Workout:** Muscle Beach (DVD)
- 8 p.m., **X-Box NBA Live 06:** Hot Spot
- 8 p.m., **Step Aerobics:** HOP
- 8:30 p.m., **9-Ball:** Big Top

Thursday

- 5 a.m., **Step Aerobics:** Muscle Beach (I)
- 4:30 p.m., **Circuit Training:** Basketball Courts (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **8/9-Ball:** ACC
- 7 p.m., **Absolute Abs:** Muscle Beach (I)
- 7:30 p.m., **Pull-up Competition:** Muscle Beach
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Chess:** Hot Spot
- 8 p.m., **Texas Hold'em:** Big Top
- 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.