

October 10 , 2003

DESERT EAGLE

379th Air Expeditionary Wing

Serving Al Udeid Air Base

Vol. 3, Issue 41

Road ready and rolling

Pages 5-6

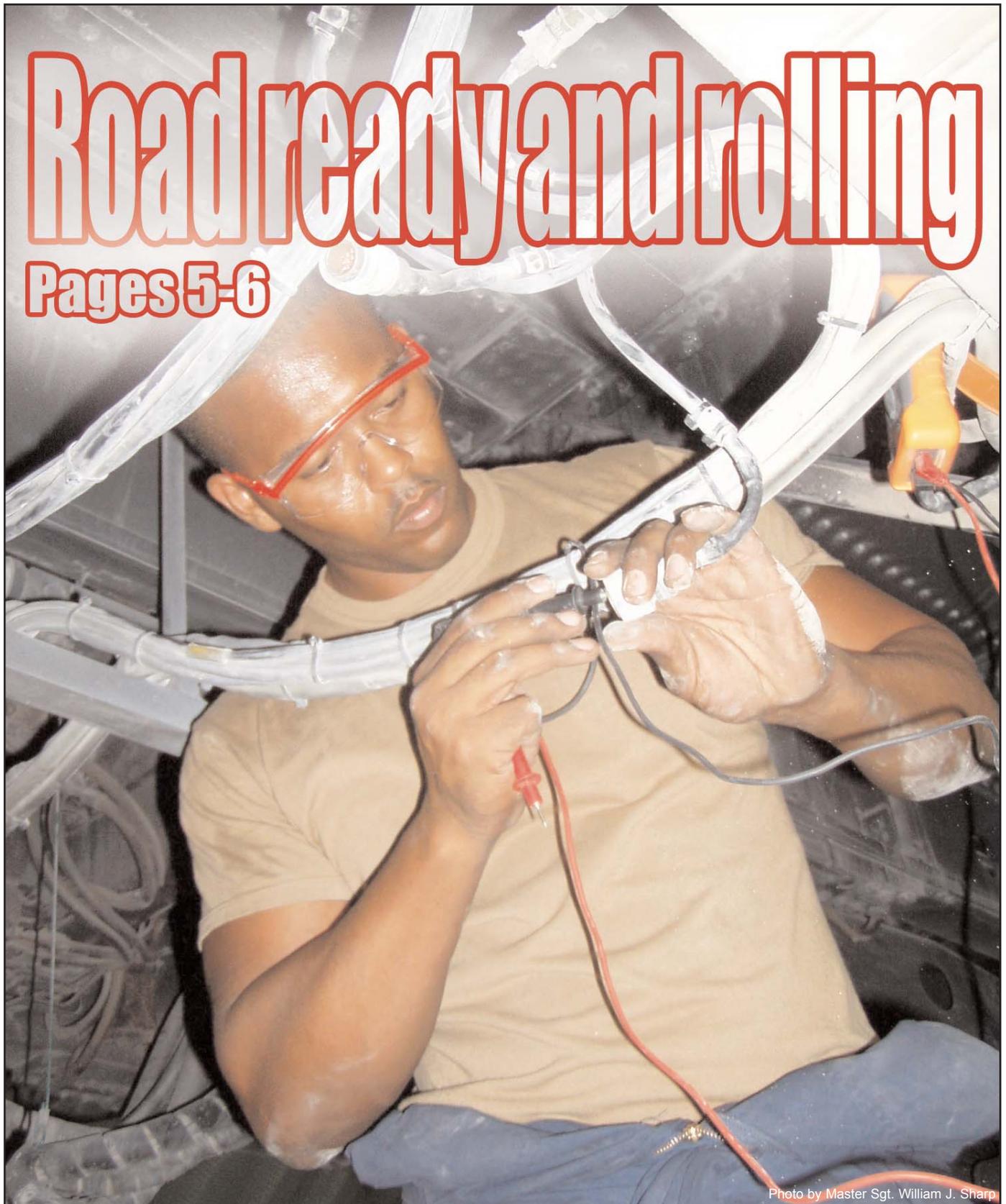


Photo by Master Sgt. William J. Sharp

IN BRIEF



EAGLE'S PERSPECTIVE

Al Udeid -- History in the making

by Col. Jack Egginton
379th AEW commander

We are making history here at Al Udeid. From constructing what will eventually be the region's premier air base to daily flying to Afghanistan, Iraq and the Horn of Africa in support of the war on terrorism, we are accomplishing the mission we were sent here to perform.

While we haven't had to unleash our weapons on terrorists recently, our wing's "friggin' force" is in full motion, as we provide constant close air support to ground forces, conduct theater wide intelligence/surveillance/reconnaissance missions, and deliver tons of supplies to those on the ground who are engaging the enemy eye to eye. It's those on the ground that rely on us not only for bringing in supplies and reinforcements, but for the confidence that comes from knowing we'll be there to help them out if they are under attack,

and pull them out to a safe destination if they are wounded. Our mission protects the ground combatants, sustains their operations, and is prepared to apply force whenever necessary.

Our cause is just and our efforts are not in vain. We are returning a country to its people, and are helping rebuild Iraq to make it much stronger in the future. We and our coalition partners didn't come here for our own gain, but to share the declaration of inalienable rights to the people of Iraq and Afghanistan. As President Bush has said, "freedom has come under attack in every generation, and now is the time for you and I to step up and defend it."

As I go about looking at the great things our wing is accomplishing, I am amazed at how smoothly operations are running as the mission gets done. This doesn't just happen. Our wing runs smoothly because people have the "can

Just friggin' force

do" attitude that overcomes obstacles and refuses to fail or let others on the base down. That "watch out for your wingman" mentality translates to success.

With all the career fields and specialties that make this place run, I realize some people may feel distant from the action.

But I want to reassure you what you are doing is vital to achieving our national objective of bringing peace and democracy to the region. And what you are doing, what everyone on base is doing, is being a part of the team that is applying some serious "Friggin' Force" against the terrorists who have made themselves the enemy of our nations and values. What you are doing is making history.

DESERT EAGLE

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The **DESERT EAGLE** accepts stories, photographs and commentaries, which may be submitted to the PA staff at their "Wagon Wheel" location in tent city or can be e-mailed to andrea.thacker@auab.af.mil

Submission deadline is 5 p.m. Friday the week before publication. All submissions are edited for content and Air Force journalistic style.

For more information, call the PA Office at 471-2731.

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CHAPEL CORNER



Maj. Kalman Dubov

What do you do at Al Udeid? I'm the only Jewish chaplain in the AOR.

What is your home base? Offutt Air Force Base, Neb.

What do you hope to accomplish as a Chaplain Service member during your deployment to Al Udeid?:

I have been tasked with being deployed to Al Udeid and using this base as a hub and center while traveling throughout the AOR meeting members of the Jewish faith. I plan to have extensive lay leader training at each base in the AOR so that I can be a resource for these personnel. In this manner, I will be a "force multiplier" by teaching and training those who can lead at each respective base.

For chapel events and studies, call 471-2811 or visit the updated Web site on Al Udeid intranet site.

NEWS

In Briefs

AF Climate Survey

The 2003 Air Force Climate Survey began Oct. 1 to help leaders determine which areas need attention. The survey provides everyone an opportunity to speak out about strengths and areas for improvement in their organization. Leaders at all levels use the survey to create positive changes within organizations. The survey is available online at <http://afclimatesurvey.af.mil>. Since the 379th is not one of the choices you will need to select 363rd and check the "closest to unit" button.

Kudos page

The Desert Eagle now has a monthly Kudos page, which runs the last Friday of the month. Please send all submissions to the 379th Public Affairs Office no later than the third Friday of each month. Submissions can be sent to desert.eagle@auab.aorcentaf.af.mil, or for more information call 471-2702.

IDs and reflective belts

All Udeid ID card holders must be worn at all times when outside in civilian clothing. Reflective belts must be worn at all times from dusk until dawn, whether you're in uniform or in civilian clothing.

Sun outages

American Forces Network viewers and listeners may experience brief programming interruptions from Oct. 2-11, as the fall "sun outage" period occurs. These seasonal outages, which take place each spring and fall, affect all satellite communications.

Red Cross

The Al Udeid American Red Cross has Quality of Life items for servicemembers to enjoy. They also have VHS movies, books and CDs that can be checked out. For more information, call 471-2879.

Outgoing mail

The base post office must now inspect all out-going packages. Please do not seal packages until they have been inspected.



Photo by Master Sgt. William J. Sharp

Teamwork

Master Sgt. Scott A. Lemak, left, motions to a transport vehicle operator as he and Senior Airman Nicholas E. Surita, center, and Staff Sgt. Maurice Williams remove an M-61A1 gun off an F-15E. The periodic inspection work took place Sept. 24.

DFAS caution against look-alikes

ARLINGTON, Va. -- Officials here caution the 2 million military and civilian users of MyPay to use only the official Web site when accessing pay account information.

"Personal information is valuable and should be safeguarded," said Claudia L. Bogard, director of corporate communications for the Defense Finance and Accounting Service. "Don't provide your personal information to any Web site unless you know it can be trusted."

Look-alike sites have recently frus-

trated myPay customers who have been confused by accidentally finding their way to a commercial site that is in no way affiliated with DFAS or the Department of Defense.

MyPay is a secure, DFAS-operated Web site that lets active-duty, National Guard and Reserve servicemembers, civilian employees, and military retirees and annuitants take charge of their pay accounts online. The DFAS myPay Web site is found at <https://mypay.dfas.mil>.

(Courtesy of AFPN)

Briefing for AFR, ANG members

A briefing discussing ARC and ANG issues and addressing questions will be held in the base theater Tuesday, from 10 to 11 a.m. and 10 to 11 p.m. and Thursday, from 10 to 11 a.m.

Air Force Reserve and Air National Guard members serving in CENTAF may have special questions unique to their deployment. The Air Reserve Component Liaison Office is here to help answer those questions.

Sending an e-mail is an excellent way to reach the office. You need to include your full name, rank, home station and please indicate if you are ANG or Air Force Reserve. For more information please call the ARC office at (318) 436-4009. E-mail centaf.arc@auab.aorcentaf.af.mil or centaf.arc@auab.aorcentaf.af.smil.mil

FROM THE HIP

Commentary: The Zen of Deployments

by 1st Lt. Andy Lonas
379th Expeditionary Maintenance Group

We all share something in common here at Al Udeid: teamwork. Our individual names or home units are not that important; you see the same thing everywhere all around this desert base. Your workload is often harder and heavier here and the conditions are undoubtedly hellacious. The salt from your sweat is stinging your eyes, again. As you hustle about trying to get your tasks done to launch the mission, you almost forget that you are sweating. But you are on your sixth bottle of water after only four hours of work, and you are reassured that you are still sweating by the darker shade of tan covering your undershirt. By the 12 hour mark you are glad the shift is winding down and you start wiping the layer of salt off your face. That's when you get the call that one of your jets is coming back with a problem that needs to be fixed before its scheduled flight the next day.

This may sound like the worst job

in the world, but anyone who can share a similar experience will probably agree that they have the best job in the Air Force, if not the world, because of their job satisfaction. When you are on a deployment like this it is a test of all the training you have done at home station. The true fulfillment, though, comes from something deeper.

Slightly expand your scope and you'll bring into focus the co-workers around you. One of the guys does something purposefully stupid just to get the others to laugh. And there are those people, who don't have to be out in the heat, but are there just to lend a hand. Some of them you know like family, and others are from a different base completely, but it doesn't even take a week of working with them to know that they are willing to do whatever it takes to get the mission done. It's the "Band of Brothers" syndrome and the tougher things get, the stronger the bond becomes. All the discriminating factors that separate us from

one another fall away except for one factor, teamwork. If you can pull your own weight and help out with others, you are part of the team. Even if you think you are the weakest link but still show the effort to do and learn whatever you can, you are part of that band of brothers and the reward and fulfillment are immeasurable.

If you find yourself in a situation like this, pause. Realize the accomplishments and contributions you are making, and then press on with a pride that can't be taken away. If you find you are not in a situation like this, take action! It is up to you to take the lead and make the team effort become a reality; you can do it. Make your job fun when it sucks the most, get your teammates to laugh as they are filling those sandbags or clearing those mile high in-baskets. Stay the course and motivate each other. We are all we have.

(Inspired by the RC-135 Aircraft Maintenance Unit.)

ACTION LINE

471-2702

action.line@auab.aorcentaf.af.mil

The 379th AEW Action Line is your avenue to communicate questions, comments, concerns and kudos directly to the wing commander. Anyone opting to use the action line should first try to resolve their issue through their chain of command.



Wagon Wheel Hours not conducive for night shifters

Q -- I work at the post office; we work nights 4a.m./4p.m.. Just wondering about why the wheel closes for the night shifters. Some days we want to just relax and enjoy our little morale we have over here, and now we can't do that. Some days we get lucky and we don't have a lot of mail; therefore, we can go at slow times. And I realize that the wheel isn't as busy during the night hours. But I don't think we should be punished for that. Just wanted to express the way some of us feel at the post office.

Thanks for your time.

A -- The Wagon Wheel is open almost 24 hours a day. The Fitness Center is open 24/7, the Learning Resource Center/Media Center are only closed from 3 to 4:30 a.m and 3 to 4:30 p.m. for cleaning, the Rec Center is closed only from 6 to 7 a.m. and 6 to 7 p.m. for cleaning, and the Rock Island Club is open from 9 a.m. to 2 a.m. So, there's plenty of time and places to relax and enjoy your "down time" at the Wagon Wheel. If your real concern was just getting a brew at the Rock Island Club, then I suggest you discuss this with your supervisor/commander and possibly shift your work cycles to align more equitably with the operating hours. *(Answered by Col. Craig Hoffman, vice commander, because the wing commander was unavailable.)*

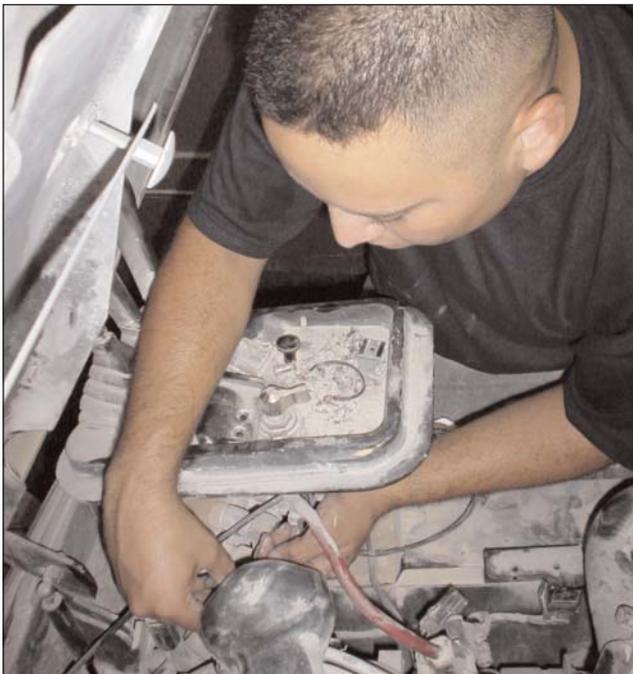
FEATURE



Staff Sgt. Cunard D. Smith, special purpose vehicle journeyman, 379th ELRS replaces a pitman steering arm Sept. 30 on a Humvee.

Photos by Master Sgt. William J. Sharp

Vehicle maintainers keep 'Deid in drive gear



On the cover - Staff Sgt. Tyronne Williams, special purpose mechanic, 379th Expeditionary Logistics Readiness Squadron, troubleshoots a cab external plug on an aircraft loader.

Above - Senior Airman Samuel J. Rios, 379th ELRS special purpose mechanic, replaces a forklift throttle cable inside a vehicle maintenance shop

by Master Sgt. William J. Sharp
379th AEW Public Affairs office

Blood, sweat, and muscle power keep hundreds of mission essential vehicles here road ready and rolling daily, and maintainers with the 379th Expeditionary Logistics Readiness Squadron here are the reason why.

Forklifts, bomb loaders, Humvees, passenger transporters – you name it, they fix it. Recently, the squadron received additional tools and vehicles from the closed Prince Sultan Air Base, Saudi Arabia. Additional vehicles mean additional work, but it's a challenge for which maintainers are prepared.

"Our mission is to provide safe and serviceable vehicles for the base," said Master Sgt. Brett A. Beckler, vehicle maintenance superintendent. "That work includes any vehicle that direct-

ly impacts flight or base operations (such as cargo loaders and fire trucks). When one of these vehicles goes down, it's our job to get it up and running as soon as possible."

Aircraft generators, tow, special purpose and heavy equipment are some of the many other vehicle types serviced by VM. While the actual count of vehicles here is in the hundreds, the estimated number, for maintenance purposes, is in the thousands. That's because total vehicle count is driven by the complexity of repairs and the total people needed to work on each vehicle type.

'Routine' maintenance includes tire changes, brake repair, hydraulic and electrical work, light welding, and complete engine overhauls.

"We're turning out more than 100 vehicles per month,

See Vehicle page 6

Feature

Vehicle from page 5

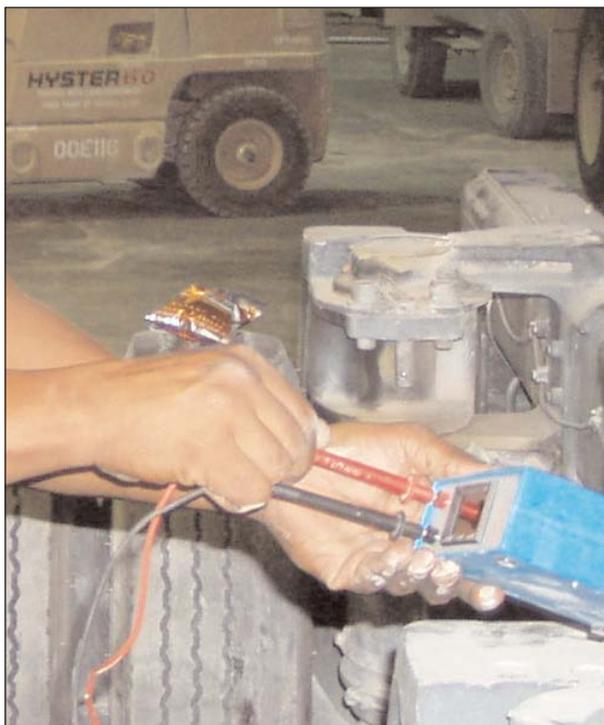


Photos by Master Sgt. William J. Sharp

which keeps us pretty busy, and it's getting busier. We recently received a couple hundred more vehicles from closing bases in the region," which are being inventoried and inspected, said Tech. Sgt. Ricky L. Tootle, non-commissioned officer in charge, vehicle maintenance control and analysis.

Beckler said the VM machine stays well-oiled and tuned through the efforts of Tech. Sgts. George E. Davis, Tommy Johnson, and David W. Edwards, NCOICs for general purpose, special purpose, and flight-line equipment vehicles, respectively.

"The work environment can be tough here. We may not have all the luxuries of some of the shops back home, but our maintainers have high standards and do excellent work. When vehicles leave here, they're 100 percent ready," Beckler said. "(Our mechanics) put in a lot of long hours, take pride in their work, and they do it without getting much recognition in return. They're the heart of the fleet going and I can't say enough good things about them."



Top - Staff Sgt. James M. Mann organizes tools received, which will be added to 379th Expeditionary Logistics Readiness Squadron assets.

Above - Senior Airman Richard A. Pinsker, a general purpose mechanic with the 379th ELRS, conducts periodic brake maintenance on a 4x4 truck to help keep the base's fleet ready.

Left - Staff Sgt. Tyronne Williams, special purpose mechanic, 379th ELRS, troubleshoots a decklift decoder on an aircraft loader.

Feature

Cemetery finds new burial place at Al Udeid

by Master Sgt. William J. Sharp
379th AEW Public Affairs office

Prince Sultan's cemetery has gotten the boot.

For the second time in 11 years, the military's version of Tombstone, Arizona's famous Boot Hill Cemetery, has been exhumed, this time from the closed Prince Sultan Air Base, Saudi Arabia, to its new resting place here. The official opening is today.

Cemetery builders chose a small, unclaimed parcel of land behind the 379th Expeditionary Logistics Readiness Squadron fuels' maintenance area.

The cemetery is primarily for worn out work boots, but petroleum, oils, and lubricants team members, the cemetery's caretakers, have also dispatched unserviceable jet fuel bladders, uniform items, and other miscellaneous memorabilia. Only unserviceable items are welcome at Boot Hill and only POL members or honorary members may contribute to the collection.

"PSAB wanted to keep the Boot Hill tradition going, so they boxed up the cemetery and sent it here before closing," said Chief Master Sgt. Thomas D. Buchanan, fuels manager here. "We've got some motivated people here who took on the project to resurrect Boot Hill."

Boot Hill began in 1992 when 4404th Wing Fuels Management Flight members built it in Dhahran. When the wing moved to PSAB after the Khobar



Towers explosion, Boot Hill moved with it. Burials have taken place at Boot Hill ever since. Legend has it that if a troop 'buries' boots there, he or she will never have to return to the base provided he or she performs all aspects of the ritualistic ceremony correctly. The key is to not look back at the ceremony's conclusion. If one turns back, all bets are off.

PSAB's cemetery had a Halloween look to it with a rickety picket fence, small rocks, old fuel hoses, elaborate markers, a plywood chapel, and more than 200 boots. Many markers in the cemetery had inscriptions – reminders of people who had served before, tributes to spouses who endured long deployments, and poems.

"Walking through the PSAB cemetery, you could easily see the names of people you might know on various boots. It's like walking through history,"

Buchanan said. He credits the entire fuels flight for bringing Boot Hill to life, especially the creative talents of Staff Sgts. John F. Eaton, resource controller, and Eric E. Peterson, day shift leader, and Airman 1st Class Camilo A. Romero, distribution operator.

Does Boot Hill really work? No one can really say for sure or perhaps fear of jinx keeps lips sealed. The fact is some have managed to escape redeployment altogether, some have redeployed to the same base or another in the region and others, like Buchanan, have returned to Southwest Asia several times.

"We'd like to think that as long as POL members get deployed, there will always be a Boot Hill in the region for us," Buchanan said.

The cemetery can be viewed by base members most any time, but visitors may need a POL escort.

“Don't be a yuck mouth – clean your Camelbak!”

Courtesy of Public Health

With this summer's heat wave upon us, we have all been diligent about maintaining adequate hydration. I applaud your continued efforts to support the mission but wonder if you have stopped to think about how your Camelbak might be holding up. With daily use in humid conditions, your Camelbak has little time to rest and dry out. Unfortunately, this may increase the chance that mold or bacteria may set up shop in your Camelbak and have a fiesta (nausea, abdominal cramps, vomiting and diarrhea). Well, here are a few tips to keep your little drinking buddy in tip-top shape:

— Always empty any remaining liquid and rinse your Camelbak with bottled water after each use. Sports drinks and

flavored drinks or juices tend to increase the likelihood of bacterial growth.

— Store your Camelbak in a cool, dry place with the drinking hose detached to promote drying.

— Clean your Camelbak every 7-10 days by filling it full with two teaspoons of bleach and bottled water. Ensure that the solution enters the hose and mouthpiece. Store your Camelbak overnight and rinse thoroughly in the morning.

— If there is visible debris or residue inside your Camelbak bladder, it must be removed. A cleaning kit that includes a brush for the reservoir and drinking tube is made by Camelbak (NSN 4610-01-495-6630). More information on cleaning products is available at http://www.camelbak.com/mil/acc_clean.cfm.

Feature

Bodybuilding, more than a hobby

Photography is her day job, but once the work day ends Finniss is off to the gym

by Master Sgt. William J. Sharp
379th AEW Public Affairs office

Dawn E. Finniss tucks her Nikon D1X digital camera, composed of lightweight magnesium metal, into a 40-pound bag filled with lenses and accessories.

Daily, the visual information photographer documents the 379th Air Expeditionary Wing's mission here, one photo at a time.

After work, iron weights replace the magnesium. The gym is her sanctuary, her desert oasis where, amongst the blood, sweat, and tears, she quietly pursues hopes of becoming a professional natural bodybuilder.

The 28-year-old, 5-foot 4-inch tall Air National Guard member was raised mostly in the northeastern United States with three older brothers, who currently reside in Hampton, N.H. She's the daughter of Clark and Pat Finniss. Once an eighth grade beauty contest winner and an all-state field hockey goalie at Kennett High School, the staff sergeant dreamed of gymnastics and one day making the women's Olympic team.

"I wanted to be Mary Lou Retton," the 1984 U.S. women's gold medalist, said Finniss. "Everybody did back then."

Then, the unfortunate happened. Her dad, a carpenter, was injured on the job. Money, already scarce, became even tighter, and Finniss' dream faded. The brown hair, brown eyed Finniss joined the active-duty Air Force and worked in services units at Hanscom Air Force Base, Mass., and Aviano Air Base, Italy. She also worked at Hanscom's fitness center where she received personal training certification.

By the time she reached Aviano 18 months later, she had competed in three bodybuilding competitions. She started working at the flightline kitchen as a culinary chef and shift leader and moved over to the fitness center where she ran intramural sports programs, bodybuilding and powerlifting meets, and personally trained over 500 people.

In 1996, when she started training, "I thought women bodybuilders looked disgusting. I just wanted to be a little tighter and toned," she said. "I assumed

all women who trained with weights were as big as the ones I saw in the muscle magazines, which is a fallacy. The women you see in those magazines for the most part are taking 'enhancers' to get that big."

One day she walked into a nutrition store and asked the clerk for fat burners that "magically" trim fat.

He just laughed and said, "There's no such thing. You've just got to hit it hard and eat right; there's no easy way to getting in really good shape." As it turned out, the clerk was a personal trainer who needed a place to train and Finniss had access to Hanscom's gym. The pair formed an alliance.

"Within the first two months, I lost 30 pounds and had totally reshaped my body," said Finniss. "That's when I decided I wanted to do a show."

She first competed in the ANBC – All Natural Bodybuilding Conference – in Massachusetts, where she gained invaluable experience.

She learned prejudging – the part which focuses on muscular symmetry, vascularity, and density – is the most critical part of the judging process. She also learned women's body fat should be between 5 and 9 percent. Although she finished in the bottom half of contestants in Massachusetts, she wasn't discouraged.

"I was nervous, but I felt the most incredible rush of my entire life!" she said. "I was happy just to be able to get up there. For months, you make so many sacrifices with dieting, workouts, and your social life." An added pressure was her family's disapproval of her hobby.

"At first my family thought I was a wacko," she said. "They were like, 'You are crazy, girl. Women shouldn't get muscles!' But I stuck to it and now I am qualified for the ANBC nationals. My family is proud of me now and they show my photos to everyone."

Finniss has competed in New Hampshire, Massachusetts, Germany, Saudi Arabia, and Italy. There are many bodybuilding categories – height and weight, for example. A natural bodybuilder who normally competes in the short division, Finniss said natural body-

builders must be steroid free, either for life or a certain time frame.

Bodybuilders adhere to strict nutritional and workout programs. When training, Finniss eats 1,300 to 1,400 calories per day under the strict watch of her personal trainer, Kevin Topka. Topka is also certified in sports nutrition and conditioning.

Each calorie in Finniss' diet needs to be counted, food weighed and supplements carefully balanced to create the "perfect" physique for her genetic potential. Her diet consists of six meals of chicken, sweet potatoes, and asparagus, three-to-four ounces per serving, one meal every two hours. Her normal weight is about 150 pounds but, over a four to five month period, she might slim to 120 pounds for competition. Her trainer allows her one "cheat" meal per week when she can pretty much eat whatever she likes.

"Bodybuilding is not for everybody. The diet is monotonous. But I accept it as part of the price of competition," she said.

Bodybuilding can be expensive. Sunless tanning products can run \$40 a bottle. Ideally, her diet includes herbs, whey protein, and other natural supplements, which cost about \$300 per month. Her personal trainer constantly evaluates her nutrition and workout programs and Finniss spends about \$150 a month for this expertise. Finally, competition entrance fees run \$25 to \$50 each and bodybuilder suits, which run up to \$100, must regularly be replaced.

Bodybuilding can also be demanding mentally and physically. Off-season training consists of heavy weights with minimal cardiovascular work and basic exercises for building mass – squats, dead lifts, pull-ups, heavy bench press – four days a week. In competition training, workouts are daily, shorter, and more intense. It's not about maximum lifts but about controlled lifting and isolated movements. A typical workout includes a variety of slow sets in 6 to 8 second repetitions. In between sets, bodybuilders often pose in front of mirrors. This is where

See Finniss page 11

Services Happenings

Tops in Blues

October 13 at 8 p.m.
in front of the Big
Apple dining facility

Food Services

BIG

APPLE

Lunch - 11 a.m. to 2 p.m.

Dinner - 5 to 8 p.m.

LIBERTY

and

MANHATTAN

HEIGHTS

Breakfast - 5 to 8 a.m.

Lunch - 11 a.m. to 2 p.m.

Dinner - 5 to 8 p.m.

Midnight - 11 p.m. - 2 a.m.

For the menu visit,

[www.intranet.auab.aorcentaf.af.mil/](http://www.intranet.auab.aorcentaf.af.mil/SVS/Food%20Service%20Info)

[SVS/Food%20Service%20Info](http://www.intranet.auab.aorcentaf.af.mil/SVS/Food%20Service%20Info)

(Menu subject to change)

Today

7 a.m. - Aerobics/Pilates
8 a.m. - Hearts Tournament
9 a.m. - Martial Arts Class
9:30 a.m. - Bar Bingo
1:30 p.m. - Ping Pong Tournament
5:30 p.m. - Martial Arts Class
5:30 p.m. - Bar Bingo
7:30 p.m. - Fabulous Abs
8 p.m. - Uno Tournament
8 p.m. - Ultimate Fighting Championship

Saturday

7 a.m. - Aerobics/Yoga
8 a.m. - Spades Tournament
9:30 a.m. - Bar Bingo
1:30 p.m. - Rummy Tournament
5:30 p.m. - Bar Bingo
6:30 p.m. - Combat Aerobics
8 p.m. - Billiards Teams Tournament
8 p.m. - Karaoke

Sunday

8 a.m. - Chess Tourney
9:30 a.m. - Bar Bingo
1:30 p.m. - Spades Tournament
5:30 p.m. - Bar Bingo
7:30 p.m. - Fabulous Abs
8 p.m. - Ping Pong Tournament
8 p.m. - Outdoor Movie

Monday

7 a.m. - Aerobics/Pilates
8 a.m. - Billiards Tournament
9 a.m. - Martial Arts Class
9:30 a.m. - Bar Bingo
1:30 p.m. - Madden Football
5:30 p.m. - Martial Arts
5:30 p.m. - Bar Bingo
8 p.m. - Tops in Blue show

Wednesday

7 a.m. - Aerobics/Pilates
8 a.m. - Phase-10 Tournament
9 a.m. - Martial Arts Class
9:30 a.m. - Bar Bingo
1:30 p.m. - Hearts Tournament
5:30 p.m. - Martial Arts Class
5:30 p.m. - Bar Bingo
7:30 p.m. - Fabulous Abs
8 p.m. - Chess Tournament
8 p.m. - Outdoor Movie

Thursday

7 a.m. - Aerobics/ Yoga
8 a.m. - Checkers Tournament
9:30 a.m. - Bar Bingo
1:30 p.m. - Rummy Tournament
5:30 p.m. - Bar Bingo
6:30 p.m. - Combat Aerobics
8 p.m. - Big-Time Bingo

All 379th Services programs and events are subject to change without notice.

Short Serves

Equipment checkout

Equipment checkout is at the Recreation Center. Their hours of operation are seven days a week 22 hours a day. (Closed daily from 6 a.m. to 7 a.m. and 6 p.m. to 7 p.m.)

Media Resource Center

The Media Resource Center has a variety of CLEP and DANTES study material available for check-out. Contact Staff Sgt. Jose Martinez at 471-2839 for details. Language and audio book CDs are also available for checkout. Don't forget to browse paperbacks and other material. For convenience the media center has 26 computers, two of which are dedicated to educational and research purposes. Sixteen morale phones are available for use every day. Phones are disconnected Monday through Saturday from 3 to 9 p.m. The media center has more than 2,500 DVDs and 500 VHS tapes available for checkout. The Media Resource Center closes daily from 3 to 4:30 a.m. and from 3 to 4:30 p.m. for cleanup.

ESVS Volunteer program

The 379th Expeditionary Services Squadron is seeking volunteers for activities. For details, contact a facility manager.

Rock Island Club

The Rock Island Club's new hours of operation are from 9 a.m. to 2 a.m. Bar Bingo is offered every day (except Tuesday) at 9:30 a.m. and 5:30 p.m. Karaoke is every Saturday starting at 8 p.m.

Lodging

The lodging office is in Tent I-12 directly across from Persco. The number is 471-2765.

Dining Facility

For Squadron picnics, visit the AUAB Intranet site under food services info for the BBQ request sheet.

Adopt the Wheel

Adopt the Wheel is a new program allowing organizations to clean the Wagon Wheel for a week at a time. For more information, call 471-2763.

Long Island (9-1)

Long Island dining facility is available for meetings. For more information, call Tech. Sgt. James Haller at 471-2839.

INSIDE THE WIRE

Weekly Wagon Wheeler

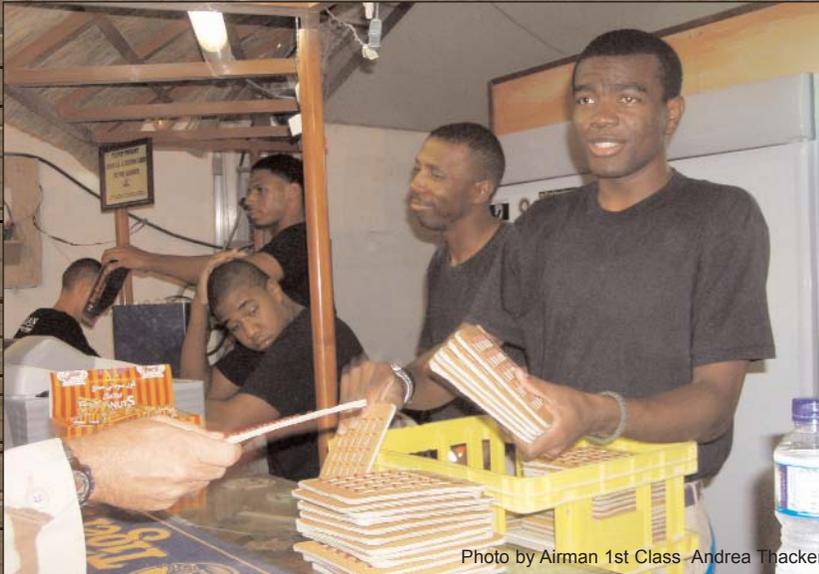


Photo by Airman 1st Class -Andrea Thacker

Bar Bingo

Airman 1st Class Jeff Williams, 379th ESVS, collects bingo cards after the 5:30 p.m. game of Bar Bingo.

At the Movies



Today
7:30 p.m.
The Order



Monday
7:30 p.m.
Old School



Wednesday
7:30 p.m.
The Order



Saturday
4 p.m.
The Hunted



Tuesday
7:30 p.m.
Hollywood
Homicide



Thursday
7:30 p.m.
The League of
Extraordinary
Gentlemen

Feature

Who's responsibility is it? Yours, mine, ours

by Master Sgt. Rick L. Bunch
379th EMXG

Every edition of this paper seems to come with at least one article about standards, be it proper wear of the uniform or civilian clothes, or enforcement of driving and safety standards. This article stems from my personal feeling that many of us are failing to live up to the standards of "Good Order and Discipline." We do this by accepting deviations from standards and displacing the responsibility for making corrections to someone else.

Recently I asked for input from different people, in various settings, and these are the concerns that most frequently came up:

- **Cleaning up behind oneself-Cadillac's, around tents, Wagon Wheel and other common areas**
- **Misuse of bunkers - Smoking, trash, and "answering nature's call"**
- **Smoking too close to tents, while walking, or in undesignated tobacco use areas.**
- **Noncompliance with dress and appearance standards, both in civilian clothes and in uniform**
- **Not wearing shirts to Cadillac's or when jogging (males)**
- **Wearing shirts and shorts or trousers that expose the midriff (males and females)**
- **Improper wear of headgear (hats, caps) or, worse yet, not wearing headgear at all**
- **Excessive vehicle speeds in and around Camp Andy**
- **Use of undesignated and unauthorized parking locations within Camp Andy**

Each one of these deviations from standards has its own seriousness ranging

from offensive in nature to safety and health related concerns to simple noncompliance with fundamental customs and courtesies. When left uncorrected, these seemingly minor problems can balloon into major discipline issues or, unthinkably, even lost lives.

We must all ask ourselves, "What am I doing to correct these issues?" Hopefully the response is not, "Waiting for the first sergeant, chief, commander, or someone from security forces, services, or CE to take care of the situation." If that's our response, then we've become part of the problem...and not part of the solution. The correct approach is for each and every one of us to take responsibility for making "on-the-spot" corrections.

The quickest results come from immediate, face-to-face contact with the individual(s). Conduct yourself professionally and address the issue. If someone leaves trash lying around in the Cadillac, ask him or her to take care of it. If you see someone parking in an area that is not designated parking, remind him or her that it is not authorized. If you spot personnel improperly wearing (or not wearing) civilian clothes or uniforms remind them of the proper method.

What if they disregard what you are saying or, worse yet, become combative? If there is a vehicle involved, take down the plate number and time of occurrence. If the person is in uniform, take down their last name and unit, if a patch is worn. If they go into a tent, annotate that number and the time of the incident. All of this information can help identify those that choose to ignore policies that were established for our bene-

fit and safety. The bottom line is to address the issue in a professional manner. If the person gets nasty, report it to your supervision, first sergeant, or commander and let them up channel it. Don't walk away feeling intimidated! Recognize that you made the right choice—to make a difference.

Foremost, we as service-members, are directed to follow all standards of conduct. Not some of them, not the ones that are convenient to us, but all standards. Regardless of our rank, we are accountable! It is everyone's responsibility to make on-the-spot corrections. Finally, no matter what our rank or position, none of us are above the standards.

If you are not following proper standards and you are corrected, by all means be a professional, be an adult, and do the right thing -- take action. It is irrelevant if the person is your same rank, a lower rank, or a higher rank. Likewise, if you are addressing a concern, be a professional, be an adult. It goes without saying that we all have a responsibility to follow all standards, act like mature adults, and behave with courtesy and respect towards others, regardless of rank or status. Take pride in who you are, where you are, and what you're doing here at Al Udeid.

As Al Udeid transitions to a steady-state operation, one of our most important objectives is to steer away from the "wild, wild west" mentality and navigate towards the "good order and discipline" guidelines that serve our military society so well. While we may have expeditionary living areas, expeditionary work areas, and expeditionary recreation areas...we do not have expeditionary standards.

Finniss

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bodybuilders often get bad reputations.

"Posing is not conceitedness," she said. "Bodybuilders pose to help strengthen and develop muscles. On stage, you have to hold some poses for periods of time and some competitors who haven't strengthened their poses may start to shake. Judges deduct points for displays of inexperience like shaking."

Now, she said, the only confusing part of bodybuilding is the judging itself.

"Judging can be very subjective. Once I was told I wasn't dark enough, which was ridiculous but, in general, judges are looking for bodybuilders who have the right experience, symmetry, proportion in physique, skin tone, makeup, strength, and more – the total package."

Finniss has competed nearly a dozen times so far. Last year, she won ANBC's Granite State Challenge in New Hampshire, which qualified her for the junior nationals in Boston. At the junior nationals, she placed first in her division and missed the overall title by a couple points. The nationals take place in

November and the timing of her deployment here has put that dream on hold.

With each competition, she improves but preparation is a constant battle. Specifically, she said, she's focused training on her legs because she feels better leg definition will help her win nationals. For now, she's preparing for two or three competitions in 2004 and keeps her eyes peeled to see when bodybuilding becomes an Olympic sport.

Until then, one event that might persuade Finniss she's arrived in the sport will be "the day I get my [ANBC] pro card," she said.