

# GANCI GAZETTE

Vol. 3, No. 40

376<sup>th</sup> Air Expeditionary Wing, Manas Air Base, Kyrgyz Republic

Oct. 15, 2004



Photo by Staff Sgt. Chuck Marsh

Airman 1st Class Mike Erdman, 376 ELRS fuels flight, takes a sample of fuel from a delivery truck. The fuel is filtered three times before finally being uploaded to aircraft.

## They've got gas!

*POL members keep Manas flying, driving, warm at night*

By **STAFF SGT. CHUCK MARSH**  
376 AEW PUBLIC AFFAIRS

Heaters are no longer warming buildings, generators have stopped supplying power, vehicles are at a standstill and aircraft merely pose as they sit on the flightline. This hasn't happened, but without the 35 members of the 376th Expeditionary Logistics Readiness Squadron's fuels management flight, nearly all operations at Manas Air Base would come to a standstill.

"Plain and simply, we literally fuel the fight against terrorism," said Chief Master Sgt. Demetris Threatt. "Not only do we fuel the

tankers to support flights over Afghanistan, we supply fuel for our coalition partners as well, to include the Spanish and Dutch as well as commercial rotator aircraft passing thru Manas AB.

"We also provide a military service station for fuel, liquid oxygen and ground fuel for the entire base to keep the wing moving and keep the wheels turning," said the chief.

If this sounds like a pretty big mission, that's because it is. In September alone, the POL (petroleum, oil and lubricants) specialists (deployed from Moody and Robins Air Force Bases in Georgia and Altus AFB, Okla.) moved

See **POL**, page 5

## IN BRIEF

► The Fire Emergency Services Flight will conduct tent inspections from Monday to Oct. 22. Inspections will be conducted by unit to allow first sergeants the opportunity to accompany inspectors. Times will be sent to units prior to the inspections.

For more information, consult 376 AEWI 32-2001, *Fire Protection and Fire Prevention Program*, under the "Command Links," "Policy Letters" tabs on the base Intranet or contact the FES flight at 476-0143.

► Effective immediately: wear of reflective belts during times of darkness in uniform or PT gear is required of all members. The Manas Air Base Standards located on the base Intranet will be updated soon.

► The Manas Air Base Post Office is open the following days and hours:

**Monday to Friday:** 8 a.m. to 5 p.m.

**Saturday:** Noon to 5 p.m.

**Sundays:** Closed

For more information, visit <http://intranet/comm-web/postal/postal.html>.

► The 2004 Combined Federal Campaign began Oct. 3 and runs until Dec. 3.

For more information, contact the following:

**EMDG:** Maj. Kirsten Benford, 476-0650

**EOG:** Staff Sgt. Margit Howard, 476-0804

**EMSG:** Chief Master Sgt. Demetris Threatt, 476-0905

**EMXG:** Tech. Sgt. Lisa Stearly, 476-0850

**Wing Staff:** Staff Sgt. Quintell Lewis, 476-0719

# Leaders inspire those around them

By COL. RONALD PRATT  
376 EMDG COMMANDER

Leadership can be defined as the process of influencing team members to work hard towards, and be committed to, team goals. Leaders must possess the qualities they are trying to incorporate into their team, such as confidence, self-control and discipline.

One of the most powerful things you can do as a leader is lead by example. You must serve as an influential role model for your team because everything you do will be watched.

Famous football coach Vince Lombardi once said, "Leaders are made, they are not born, and they are made just like anything else in this country—by hard work."

Leadership of today's Air Force team is taking new form. Simply outranking someone does not make one a leader. I am not suggesting that subordinates challenge their leaders. Instead, I suggest that every officer or enlisted member can be as influential a leader as the highest-ranking officer or senior

NCO. This junior leadership should be identified and encouraged regularly.

It has been said that negativity is infectious, however, the same holds true for a positive attitude. It is glaringly obvious that poor leadership actions, even at the lowest levels, can severely undermine the senior leader's goals. We must encourage team members to do the right thing every time, even when no one is watching.

A senior leader's confidence is empowering and can give team members encouragement to produce extraordinary results. Leaders at every level should strive to utilize and expose the strengths of others around them. The end goal is to encourage the entire team to work to its fullest potential.

The demands that are placed on the Air Force are stronger than ever before. Leaders

at all levels face new and complex challenges that are laden with risk, change and uncertainty. Strong senior leadership is irrelevant if team members are disinterested in the overall goals of the mission. A good senior leader should guide the team, not rule it. Junior leaders should guide their peers and subordinates.

Subordinates should take ownership of the task at hand to motivate themselves and others around them. The key is to get people to do things because they

want to, not because they have to.

Today's Air Force requires participation and action much more than rigor of grade or position.

We need leaders at every level with courage and vision. I believe by encouraging this sort of 'rankless leadership,' you will quickly see a team reach its fullest potential.

**"Leaders at every level should strive to utilize and expose the strengths of others around them."**

~ Col. Ronald Pratt  
376 EMDG commander

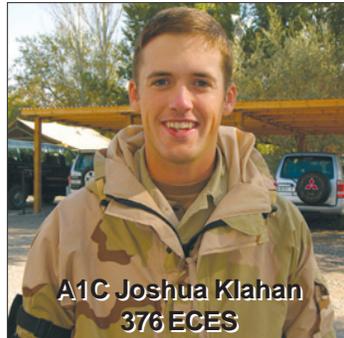
## Are you prepared for the cold weather?



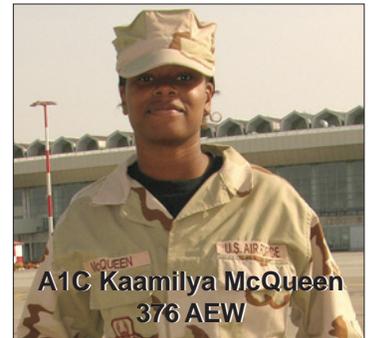
**Staff Sgt. Edward Falls**  
376 EAMXS  
*"This isn't cold weather. I'm deployed here from Grand Forks (AFB, N.D.)!"*



**SrA Vickie Yldefonso**  
376 ECES  
*"Yes. I brought all my cold-weather gear and I'm from Fairchild (AFB, Wash.) where we get a lot of snow. I know winter here will be a new experience, hopefully not too difficult though."*



**A1C Joshua Klahan**  
376 ECES  
*"I didn't know what to expect, but it's been cold and this is just a taste of winter from what I've been told. If it's getting a lot colder, than I'm not yet prepared."*



**A1C Kaamilya McQueen**  
376 AEW  
*"Yes. I deployed with enough cold weather gear from my home station."*

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Have a story idea? Call us at 476-0176/0170 or e-mail: [ganci.gazette@maab.aorcentaf.af.mil](mailto:ganci.gazette@maab.aorcentaf.af.mil)

### GANCI GAZETTE

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- Capt. Alisen Iversen.....Public Affairs chief
- Staff Sgt. Chuck Marsh.....NCOIC/Editor
- Aigul Karymshakova.....Interpreter
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## Members warned of winter driving

By **TECH. SGT. DAVID CASE**  
376 AEW GROUND SAFETY MANAGER

It gets pretty cold here and cold weather requires more cautious driving.

Although the fastest speed we are allowed to travel is 15 mph on the flightline, there is still the increased chance of an accident due to slippery roads. Being from Elmendorf Air Force Base, Alaska, myself, I've seen quite bit of ice-related accidents. Here are a few tips to remember when the roads get slippery:

- **Slow down and increase following distances**
- **Traction:** Losing traction on ice will give you a helpless and panicky feeling. Here are some helpful hints:
  - **Reduce speed slowly:** Take your foot off of the accelerator and do not touch the brake.
  - **Direction:** Make changes in direction gradually.
  - **Do not slam on your breaks:** Apply steady pressure.
  - **Skidding:** If you start to skid, keep your foot off both the brake and accelerator. Steer in the direction of the skid. Keep calm and hold on to the steering wheel with both hands.

Areas around stop signs or gates are notoriously known for being extra slippery. When snow melts off a warm vehicle, it deposits on the ground and refreezes. This leaves the next person a nice sheet of ice.

If you find yourself committed to going into a ditch, it is best to ease into it with the front of the vehicle. Overcorrecting and sliding broadside into the ditch increase the chances of flipping over your vehicle.

Please remember to take it easy out there; you don't have to be going very fast to lose traction.



Photo by Capt. Alisen Iversen



### Meet the new Vice Wing Commander

#### Colonel George W. "Bill" Bereza

**Home position and unit:** Headquarters Air Force Reserve Command assistant director for communications and information at Robins Air Force Base, Ga.

**Family:** Wife, Lee, and four children: Samuel, Sarah, Stephen and Seth

**Brief career history:** Colonel Bereza began his career in 1974 as a FB-111A navigator bombardier at Pease AFB, N. H. He joined the AF Reserves in 1978 as a C-130 navigator. In 1985 he became an Air Reserve Technician serving as an evaluator navigator. He has also served in the Air Force Reserve Command as a chief of navigation, air operations officer, operations group commander and deputy inspector general. Colonel Bereza has more than 6,200 flying hours in the FB-111A and the C-130A, B, E, H and H2.

**What do you think of the base so far?:** Its great. Superb personnel focused on the mission.

**From Col. Bradley Pray, 376AEW commander:** Col. Bereza is filling some pretty big shoes in this position, but I know he is up to the task. He has a significant operations background and is a great addition to the team.

## Warrior of the Week

**Staff Sgt. Jere Lazard**

**376th Expeditionary Communications Squadron**

**Home station:** Ramstein Air Base, Germany

**Primary duties:** 376 AEW Webmaster

**First thing to do after returning home:** Go to San Antonio to marry my fiancée and visit both my family and new in-laws.

**Outstanding attributes:** "Staff Sgt. Lazard possesses spectacular customer service skills and ensures every facet of her job is accomplished with professionalism. She is also active in the Manas community: 5/6 Council, Children's Heart Patient Fund Focus Group, MABOS and the Base Advisory Council," said her supervisor, Master Sgt. Kelvin Hill.

**Contributions to the Manas AB mission:** Maintains the Intranet, SIPRNET, and Internet sites. Since arriving to Manas, she has completed over 300 Web page updates and 10 Web page restructures. She ensures the base has access to the most current information that ranges from the Ala Too View Dining Facility's Menu to the latest rotator schedules.



Photo by Staff Sgt. Chuck Marsh



Photo by Capt. Charles Fletcher

Crews work to tear apart the Foxtrot ramp where the Dutch and Spanish forces are located. Wing leadership and the civil engineer squadron currently have more than \$28 million worth of construction projects ongoing at Manas Air Base.

# Manas Makeover

*Construction projects aim to improve air base*

BY STAFF SGT. CHUCK MARSH  
376 AEW PUBLIC AFFAIRS

Manas Air Base has been undergoing changes since coalition members first arrived nearly three years ago, with the initial beddown and the basics first met, then with subtle comforts being added. Now the base continues to make improvements for mission enhancement as well as quality of life.

Currently there are 12 projects taking place around the base that have either been underway or have begun today.

“Some of the projects are moving more rapidly than others, but overall the projects are progressing quite well,” said Capt. Charles Fletcher, 376th Expeditionary Civil Engineer Squadron chief of design and construction management.

“For the most part, the projects are on schedule; however there are a couple of projects where schedules have been delayed due to unforeseen circumstances,” he added.

The projects have been awarded to local contractors, but the base civil engineer squadron helped with a lot of the work.

“The bulk of work is being performed by local contractors,” said Captain Fletcher, who’s been at Manas since Sept. 2.

“The (Temporary Cantonment Area) project site work is being performed by local contractors; however the facilities are being fabricated in Turkey. Moreover, the prime contractor is an American company under

contract through the U.S. Army Corps of Engineers. We in the 376 ECES oversee the effort in close coordination with (U.S. Air Forces, U.S. Central Command) and (Air Combat Command).

“I would hasten to add there isn’t one contracted project that goes on here that doesn’t require the support from CE shops,” added Captain Fletcher. “Our CE in-house forces are a major part of the success of the construction program.”

The main focus for the civil engineers during AEFs 1/2 is the constructions of hard billets. Base leadership is optimistic about the construction projects underway as well.

“The most significant project we have going on is the billeting project,” said Col. Mark Glibbery, 376th Air Expeditionary Wing vice commander. “That not only is a quality of life initiative, but it improves force protection and safety from fire hazards. The



Photo by Staff Sgt. Chuck Marsh

**Capt. Charles Fletcher, left, speaks with escorts, Staff Sgt. Erik Kuhlman and Airman 1st Class Rachael Dellapenna about the road construction project going on behind them.**

new hard billets will also be a lot cleaner than the tents.

“In all, this is actually a pretty nice place, but we continue to strive to make it better,” said the colonel.”

Project	Start	Est. End	Cost
Temporary Cantonment Area.....	Aug. 15, 04.....	Dec. 22, 04.....	\$22.5M
Repair Foxtrot Ramp.....	Sept. 20, 04.....	Nov. 5, 04.....	\$2.1M
Vehicle Wash Rack.....	Aug. 15, 04.....	Oct. 15, 04.....	\$51K
N. Access Rd. to Tent City.....	Sept. 20, 04.....	Oct. 20, 04.....	\$230K
Base Support Facility.....	Oct. 15, 04.....	Feb. 5, 05.....	\$511K
Bunkhouse, Fire Station 2.....	Sept. 1, 04.....	Jan. 1, 05.....	\$362.3K
LRS Facility.....	Oct. 15, 04.....	Feb. 15, 05.....	\$250K
MXG Facility.....	Oct. 15, 04.....	Feb. 15, 05.....	\$667.9K
AAFES Facility.....	Oct. 15, 04.....	Feb. 5, 05.....	\$603.7K
Base Civil Engineer Facility.....	Oct. 15, 04.....	Jan. 15, 05.....	\$597.7K
OSI Facility.....	Oct. 15, 04.....	Feb. 5, 05.....	\$255.3K
Communication Facility.....	Oct. 15, 04.....	Feb. 5, 05.....	\$520K

**POL**, from page 1



*Photos by Staff Sgt. Chuck Marsh*

**Left, Dutch Sgt. 1st Class Theo Tiemessen, checks the connection of the fuel line to the Dutch KDC-10 refueler. Above, Dutch Cpl. Ron Cuijpers, the other of the two Dutch fuels members, keeps an eye on the aircraft while squeezing the nozzle allowing fuel to flow from the R-11 truck. Insert, Senior Airman Raymond Osterling checks the gauges on the R-11 to ensure fuel is flowing properly.**

about six million gallons of fuel.

“We set a one-day Manas AB record during the spike in missions due to Ramstein Air Base, Germany’s, runway closure and all the C-17 activity—the most fuel offloaded in one day, and to make up for it, the next day was the most fuel we received.”

Refilling the supply of fuel is done two ways; via commercial delivery trucks and via pipeline. Either way it comes to Manas as Russian grade TS-1 jet fuel which, when combined with additives, converts to JP-8, or Air Force jet fuel standards.

Once the fuel is brought in, it goes through a system of pipes where the additives are combined and it is filtered twice before making its way to one of several 210,000 gallon fuel bladders.

“The workload is sporadic—we’re either busy or we have time to work on upgrading the area,” said Staff Sgt. Chris Zavislak. “This is definitely a lot more workload than back at Robins (AFB, Ga.) where I work with a lot of civilians.

“This is great though because it is a lot more mission orientated and I feel like I’m actually participating in the overall effort—doing my part,”

said Sergeant Zavislak.

Everyone does their part when the call comes in and the fuel needs to be uploaded to an aircraft.

Fuel is pumped from a bladder into one of a dozen or so R-11 refueling tanker trucks and then trucked to the aircraft. Unlike many stateside bases, there is no hydrant system or pipeline that runs under the flightline with connections at each parking spot to refuel aircraft from the ground rather than by truck.

This is where another part of the refueling team comes into play—the refueling truck maintainers.

“The refueling truck maintenance team we have does a great job of keeping the fleet up for us. Without the fleet, we can’t get the fuel onto the aircraft.”

But the aircraft aren’t the only machines at Manas AB that require fuel to operate.

“Heaters and generators get their fuel from us as well. We provide the diesel for them to run, which is about 36,000 gallons per month, as well

as keep the vehicle fuel pumps full and operational,” said the chief.

“We also have lab personnel who sample the fuel and liquid oxygen to make sure it is as pure as we can get it. Our night shift members are charged with accounting for each gallon of fuel and LOX,” he added.

So, the act of fueling an aircraft, vehicle, heater or generator may sound like a simple one at first, but a lot of effort goes into getting that fuel on the plane or to the pumps or into keeping folks warm at night.

“There’s a lot of work involved to make sure our aircraft fly a good sortie with quality fuel and the base is kept running—from accounting for the fuel to combining it with the right additives,” said the chief.

“I’m lucky to have such a great crew who came over with the mindset to get here, work hard, then go home. I like that.”

## Manas prepares for winter

**BY CAPT. ALISEN IVERSEN**  
376 AEW PUBLIC AFFAIRS CHIEF

Winterfest 2004 hits Tent City at 8:30 a.m. on Sunday, Oct. 17. The day will be spent cleaning and preparing for the upcoming severe weather.

“The purpose is two thrust. First is to clean up from previous rotations and second to winterize the tents,” said Lt. Col. Margaret MacMackin, 376th Expeditionary Mission Support Group vice commander and Tent City mayor.

“Each tent should have eight wall lockers, foot lockers and beds. If there is extra it should be taken to the end of that tent row and placed by the road for services to pick up,” said the Tent City mayor.

“Trash and unwanted self-help project furniture should be taken to one of

the (civil engineer) refuse locations,” she added.

There are three refuse drop-off locations. Two between Echo Three and the Tent City Fire Department and the third near the entrance to the CE compound.

Members of the CE squadron will also be distributing snow rakes, sandbags and replacement ropes and stakes.

Participation is expected from all members, unless they are night shift workers or on crew rest.

“Even if you don’t think you have anything to get rid of you need to get out and help your neighbor,” said Colonel MacMackin.

The colonel stressed that the 24/7 quiet hour rule needs to be enforced though, since people will still be sleeping during the clean up. She also added that unwanted furniture should not be removed from the tents before 7:30 a.m. on Sunday. For more information, contact unit first sergeants or log on to the Manas Intranet. A map of drop-off locations is also posted on the Intranet.

# New 'Father' joins Manas team

"The Air Force wants its chaplains to take special care of our young people. They are the greatest national asset we have," said Father (Maj.) Timothy Butler.

At the same time, all Air Force chaplains must be deployable. So, Father Butler finds himself here at Manas Air Base.

"Job number one for the chaplain service is supporting our troops involved in the war on terrorism and other peacekeeping missions," he said.

Father Butler is currently assigned to Keesler Air Force Base, Miss. He is the chief of the student ministry branch which provides ministry to more than 30,000 young technical training students each year.

Father Butler has been an active-duty chaplain for 12 years and a priest ordained for the Archdiocese of Boston for 16 years.

He describes his call to the priesthood as an evolutionary one.

"When I was a very young altar server, I found great peace and comfort in the Church," he recalled.

The summer before Father Butler went to Boston College to study computer science in 1978, he backpacked around Europe.

"In Italy, I came into contact with the roots of the Catholic faith," he said. "It made me ponder what God really wanted from me. It was there I felt a profound and personal call to the priesthood."

During his seminary studies, Father Butler heard from many of his peers about the great experiences and opportunities for ministry in the Air Force.

"The Archdiocese of Boston has a long history of support for the military chaplaincy



Photo by Capt. Alisen Iversen

**Father (Maj.) Timothy Butler, 376th Air Expeditionary Wing Catholic priest, conducts Mass Saturday night at the Manas Air Base Chapel.**

in all branches of the service," he explains.

While Father Butler was in seminary, he was commissioned a second lieutenant and joined the Chaplain Candidate program. Then, upon completion of his seminary training in 1988, he was ordained and went to serve at St. Elizabeth of Hungary parish in Acton, Mass. Soon after he was promoted to first lieutenant and became a reserve chaplain serving one day a month and two weeks each summer at nearby Hanscom Air Force Base, Mass.

Five years passed and Father Butler felt a second call.

"I saw God calling me to a vocation within a vocation," he explains. "I was called to serve people on active duty and their families, to take care of their needs wherever they are."

Cardinal Law released him to serve as an

active-duty Air Force chaplain in 1993.

During Father Butler's first active-duty assignment at Lackland Air Force Base, Texas, he was deployed to Saudi Arabia with the airmen who were enforcing the no-fly zone in Iraq after the first Gulf War.

Father Butler acknowledges deployments are difficult.

"Members are separated from their families and there are stresses in the field and back at home," he said.

"Ministry when you're deployed can become more intense," he explained. "In addition to saying Mass, offering sacraments, and providing religious education, I also have to be a listening ear, available to just let people share their fears, thoughts and hopes."

(Courtesy of Archdiocese for the Military Services, USA.)

## Saturday

Confession - Prior to Mass; Catholic Mass - 5 p.m.

## Sunday

Catholic Mass - 9 a.m.; Traditional Protestant Worship - 10:30 a.m.; Church of Christ - 1 p.m.

CE Conference Room:

LDS Service - 12:30 p.m.; Contemporary Protestant Worship - 7 p.m.

## Wednesday

Bible Study - 9 a.m.; Alpha Class - 7 p.m.

## Thursday

General Bible Study - 7 p.m.

For information on Jewish and Muslim worship or to see a priest for Confession by appointment, call the Chapel at 476-0602. All services are at the Chapel, unless otherwise noted.

**"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much."**

~ Mother Teresa (1910-1997)

"Trust ... it's so important! But to know that God trusts us to do difficult and seemingly impossible tasks is both gratifying and overwhelming. We can resonate with Mother Teresa and wish we were less-trusted agents for doing God's will in the world! Be assured, whatever our daily challenges may be, God will give us the wisdom and strength to handle anything that comes our way."

~ Ch. (Lt. Col.) Terry Larson, 376 AEW head chaplain



# At the movies

## Pete's Place

### Tonight

The Chronicles of Riddick, 9 a.m., 8 p.m.

### Saturday

Space Cowboys, 8 a.m.  
Windtalkers, noon

### Sunday

XXX, 8 a.m.

Driven, noon

### Monday

50 First Dates, 8 a.m.

Crazy in Alabama, noon

### Tuesday

King of New York, 9 a.m.

Action Jackson, 1 p.m.

Spy Games, 5 p.m.

Fight Club, 9 p.m.

### Wednesday

Head of State, 8 a.m.

Mr. Deeds, noon

### Thursday

Liar Liar, 8 a.m.

Dumb and Dumber, noon

## Shooters

Shooters movies run every two hours except from 4 a.m. to 6 a.m. and 2 p.m. to 4 p.m. while it is closed for cleaning. All movies and times are subject to change.



**Scott Martin, 376 ECES**

*Punk'd 1st season DVD set*

**April Skonieczny, 376 AEW**

*Wolf blanket*

**Penelope Brooks, 22 EARS**

*Portable CD player*

**John Smithhart, 376 ESFS**

*North Face bag*

**Alex O'Donnell, 376 EAMXS**

*SVS hat and Football frenzy T-shirt*

**Thomas Large, 376 EAMXS**

*Portable stereo*

**Brian Sonnier, 376 ECONS**

*Digital camera*

## What's on

Events with "P" are at Pete's Place, events with "S" are at Shooters.

### ►TONIGHT

Ping pong tourney, 8 a.m. "S"

Basketball: 6:30 p.m., ESVS vs. ELRS; 7:30 p.m., ECES vs. ESFS; 8:30 p.m., F.D. vs. EAMXS

### ►SATURDAY

Checkers tourney, 8 a.m. "S"

4-on-4 (plus goalies) Floor Hockey tourney at 10 a.m. Sign up at the fitness center.

Comedy Express show, 8 p.m. "P"

BINGO, 7 p.m. "P"

### ►SATURDAY

Hearts tourney, 9 a.m. "S"

Dominoes, 9 a.m. "P"

### ►MONDAY

Madden 2004 tourney, 8 p.m. "S"

Ping pong, 7 p.m. "P"

Basketball: 6:30 p.m., ECES vs. EMDG; 7:30 p.m., AEW vs. ESFS; 8:30 p.m., ESVS vs. EAMXS

### ►TUESDAY

Darts tourney, 8 p.m. "S"

Dodgeball: 6 p.m., ECES1 vs. ESVS; 6:30 p.m., ECES3 vs. ECES2; 7 p.m., Escorts vs. F.D.; 7:30 p.m., 135s vs. EAMXS1; 8 p.m., EAMXS2 vs. ESFS

### ►WEDNESDAY

The **Comedy Express** is stopping at Manas Saturday at 7 p.m. at

**Pete's Place.**

Feature comedians:

**Jeff Peters**

**Lawrence Hardy**

**Steven Mazan**

**Kenneth Lane**

**Lee Levine**

Tiger Woods Golf tourney, 7:30 a.m. "S"

Karaoke, 7:30 p.m. "P"

Basketball: 6:30 p.m., Escorts vs. ELRS; 7:30 p.m., F.D. vs. EOPS; 8:30 p.m., EMDG vs. EAMXS

### ►THURSDAY

Spades tourney, 9 a.m. "S"

Country Music night, 8 p.m. "P"

Dodgeball: 6 p.m., EAMXS3 vs. ELRS; 6:30 p.m., EMDG vs. ESFS; 7 p.m., 22 EARS vs. ECES2; 7:30 p.m., ECES1 vs. F.D.; 8 p.m., ECES3 vs. Escorts

► Men's and Women's groups meet in tent 1315. Men's group meet Sundays at 10 a.m. and 2 p.m. Women's groups meet Saturdays at 10 a.m. and 2 p.m.

For more information, contact life skills at 476-0527 or 0528.

► **PIGSKIN PICKS:** Tech. Sgt. Brent Wood, 376 EAMXS picked 12 of 14 games. He won a \$15 gift certificate and a SVS T-shirt.

## What's cookin'

*Lunch and dinner menus for the Ala-Too View Dining Facility*

### Today

**Lunch:** Pasta with meat sauce, beef & broccoli stir fry, lemon baked fish

**Dinner:** Grilled ham steaks, steak with onions, pineapple chicken

### Saturday

**Lunch:** Chicken parmesan, salisbury steak, baked stuffed pork chops

**Dinner:** Sweet & sour chicken, yankee pot roast, Italian sausage

### Sunday

**Lunch:** Tuna & noodles, roast beef, fried chicken

**Dinner:** Pepper steak, fried shrimp, orange glazed chicken

### Monday

**Lunch:** Lasagna, baked fish, chicken fajita

**Dinner:** Roast pork loin, beef enchiladas, baked turkey & noodles

### Tuesday

**Lunch:** Teriyaki chicken, veal parmesan, grilled liver & onions

**Dinner:** Turkey a la king, meatloaf, pita pizza

### Wednesday

**Lunch:** Baked ham steaks, beef ball stroganof, gingered-BBQ chicken

**Dinner:** Fried catfish, BBQ spare ribs, szechwan chicken

### Thursday

**Lunch:** Baked fish, herbed baked chicken, braised beef & noodles

**Dinner:** Stir fry chicken, Jaegerschnitzel, baked chicken

*Menus subject to change.*

# Services nails a winner with dodgeball

The Intramural Dodgeball season has officially kicked off and is in full swing. The league's 14 teams compete Tuesdays and Thursdays at 6, 6:30, 7, 7:30 and 8 p.m. Each team is made up of six to 10 players. Teams play the best of five games. Fans are encouraged to go to the fitness center and support their teams.



Photos by Staff Sgt. Chuck Marsh



## Bench press champions

The fitness center held a bench press competition Sunday. The overall winner, by weight averages, was Ramon Mestas, 376 ELRS, who lifted 325 pounds. The member who put up the most weight was Benjamin Wilkinson, 376 EOSS, putting up an awesome 420 pounds.

