

## Dress Right, Dress

### AFI 36-2203, Table 3.6.5

In public gatherings, such as sporting events, meetings, or when a salute would be inappropriate or impractical, salutes between individuals need not be rendered.

(Courtesy of the Spangdahlem AB First Sergeants Council)



## News Briefs

### Gate reminders

The contactor's gate is for exit only. No non-contractor entry is allowed. The old Main Gate near the AAFES gas station is for entry only (both lanes). The old main gate is currently only open from 6:30 a.m. through 1:30 p.m. due to Bundeswehr manning. People coming on-base from B-50 should make all attempts to use the old main gate so traffic can still get through to the Autobahn. Call Staff Sgt. Joseph Quevedo at 452-4886 for details.

### Blood drive

A base blood drive takes place Sept. 8 and runs from 9 a.m. to 3 p.m. at the Old Officers Club, building 42. To sign up, to donate or to volunteer, visit <http://intranet/misc/signup/blooddrive/>. For more information, call Tech. Sgt. Margaret Santamaria at 452-4263, or Senior Master Sgt. Joseph Santamaria at 452-6209. Donations can help cancer patients, accident victims, premature babies, surgery patients and burn patients. Donated blood is also being sent downrange to support Operation Iraqi Freedom.

### Family care plans

When going away on temporary duty or leave without a minor child, parents should determine whether to grant a special power of attorney for medical care to the person caring for the child. Typically when a child is left in the care of someone other than the parent or guardian, the parent should give the caregiver special power of attorney, granting them the authority to give consent for the child to receive medical and dental care and treatment. When parents are gone, a child cannot receive medical care without consent from the proper authority.

The special power of attorney must be drafted and signed prior to the parent going TDY or leave and given to the person responsible for the child. Special powers of attorney are available at the Spangdahlem AB legal office each Monday from 11 a.m. to 1 p.m.; each Tuesday and Thursday from 11 a.m. to 4 p.m. and each Wednesday and Friday from 8 a.m. to 1 p.m. For more information about family care plans, contact unit first sergeants or the base legal office at 452-6796.

### Premium class travel

A General Accounting Office audit of the Department of Defense travel program recently identified abuses of premium class travel (first or business class). In response to the GAO's recommendations, public law and defining Air Force regulations were changed, elevating the approval level to U.S. Air Forces in Europe headquarters for first or business class travel. Instructions for requesting premium class travel approval are in U.S. Air Forces in Europe Instructions 24-101. The travel management office is the focal point for guidance concerning the approved format and routing procedures; however, the traveler's organization is responsible for preparing and submitting the request. Call TMO at 452-6661 for details.

## Horseplay

Giddy-up to the medieval festival jousting match in Manderscheid.

Read "Medieval festival gallops to Manderscheid fortress," on Page 7.



# Eifel Times

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Spangdahlem Air Base, Germany

Aug. 20, 2004



Photos by Airman Stacy Moless

Gen. Michael C. Gould, 3rd Air Force commander, shakes hands with Chief Master Sgt. Greg Terry, 52nd Equipment Maintenance Squadron maintenance superintendent, as Maj. David Carlson, 52nd EMS commander, center, looks on. The general met with the Team Eifel members outside of the phase Hangar Wednesday. He also met senior leadership and Airmen at various 52nd Fighter Wing sites as part of a multiple-week 3rd AF installation tour.

## Spang wows 3rd AF commander

### Wing hits homerun with Gould through adaptability, readiness

By Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

As part of a multiple-week circuit of 3rd Air Force air bases, Maj. Gen. Michael C. Gould visited here Wednesday to tour the base, observe Rhein-Main Transition Program progress and laud wing involvement in current contingencies.

The general, who took command July 15, was accompanied by his wife, Ms. Paula Gould. The two met with a cross section of wing members, from senior leadership to flight line Airmen.

"I've been here twice now since I took command of the 3rd Air Force, and I really like what I see," General Gould said. "There are a lot of really good people working hard to overcome some pretty big obstacles, and they're doing a great job."

The general commended wing members for sustaining a high and productive operations tempo during such major events as the RMTP and the upcoming air and space expeditionary forces deployment.

"As Spangdahlem (AB) works through the Rhein-Main Transition, you'll have a lot of challenges on your hand," the general said in an Armed Forces Network interview.

"We took a tour at the new construction site yesterday, and the progress you all have made is incredible," he added in reference to the absorption of Rhein-Main Air Base, Germany, into Spangdahlem AB. "You've got about 13 months to get this completed and to start receiving aircraft. I know you'll make it because you've got a lot of people focused on this."



Pete Neukom, 52nd Fighter Wing Rhein-Main Transition Program manager, shows General Gould the construction of the new main ramp, sited for 11 C5-sized aircraft. The wing projects completion in 13 months.

General Gould also stated that focus now needs to be on how RMTP will change the nature of the 52nd Fighter Wing's mission.

"It won't change the core of what you do today, but we'll need to make sure you have the resources to continue base services with this added mission," he said.

As for mission readiness, the general said mobility effectiveness and the adjustment to 120-day deployments are challenges the wing stands ready to meet.

"Team Eifel members are putting their game faces on to handle longer deployments than what we've been used to," the general said. "But we have the right programs in place and certainly the right focus to make it work. We'll continue to revise this system to

where it gets better still."

The general pledged support to the wing and outlined his personal part in it.

"My goals are to do what I can to support the people of the 52nd and all other wings that come under the 3rd Air Force," General Gould said. "My mission is to give you all what you need to accomplish your mission through training, resourcing and organization."

Col. Thomas Groznik, 52nd FW vice commander, cited the combined effort of wing members in conveying wing hospitality and professionalism.

"Once again, wing members have shown their enthusiasm, dedication and most importantly, their adaptability as we posture ourselves to face challenges here and in the Global War on Terrorism," the colonel said.

# Combat Care

## USAFE program helps family members of deployed spouses; family support center says spouses group key to information

By Airman 1st Class Eydie Sakura  
52nd Fighter Wing Public Affairs Office

(Editor's note: The following is part one of a three-part "deployment" series covering Combat Care, Chapel services and family advocacy.)

The toddler tugging at your pant leg has just spilled his juice on the floor, and the baby crying for her favorite stuffed animal that is just out-of-reach can be heard through the stairwell of the on-base housing. An overwhelming feeling of anxiety wells up inside of you as your thoughts drift to your spouse, who is somewhere far away, at a forward deployed location, serving the mission.

Combat Care, one of the 14 U.S. Air Forces in Europe Combat and Special Interest Programs, can help that now single mother or father by providing a number of services and activities while a family member is deployed.

The Spangdahlem Air Base Family Support Center, in conjunction with several base organizations and projects, including Combat Care, provides a wealth of information and serves as a bridge between family members and the resources they are trying to access.

"My husband deployed in March, and I attended the Town Hall meeting conducted by his squadron commander," said Karen Williams, 52nd Medical Group, spouse of Master Sgt. Dan Williams, 52nd Logistics Readiness Squadron. "The Family Support Center helped us to prepare before he deployed, and it was very helpful to know about the resources available."

### Combat Care program

The Combat Care program is an integrated approach, taking care of the military members and their families before, during and after deployment.

"Combat Care is a partnership of all the helping agencies on base working through the Combat Care Working Group," said Ms. Janis Wood, 52nd Mission Support Squadron, Combat Care team member.

Agencies participating in Combat Care are the chapel, commissary, the Base Exchange, 52nd Services Squadron, Health and Wellness Center, family advocacy, educational and development intervention services, Department of Defense schools, first sergeants and key spouses groups.

These agencies work together to plan activities and support the families during all phases of deployment.

"Each month, I utilized the 'Give Parents a Break' program

because it gave me time to relax and unwind. My two boys and I attended the PhantaziaLand trip, and I attended the 'Spa Day' where we were pampered and cared for by the family support staff with breakfast, massages, yoga, beauty tips, makeovers and pedicures," said Mrs. Williams.

### Key spouses group

Staying in touch with fellow spouses is the key to maintaining a steady flow of information, said Ms. Williams.

"I can't emphasize enough the importance of getting to know your key spouse," said Ms. Wood. "These key spouses are the link to your squadron leadership. They can, in most cases, speed the flow of communication and get answers promptly."

### Combat Care buttons

Getting information in a timely manner is important when dealing with time-sensitive issues. A time saver is the combat Care buttons. Spouses who wear these buttons are granted privileges that save time and energy.

"The [Combat Care] programs allowed the spouses to meet, encourage each other and just laugh. We all loved the post office and commissary privileges," said Mrs. Williams.

"After a long day at work and having to go home to cook, just the small things like the special commissary parking spot eased some tension."

The Combat Care program helps bridge the gaps during a spouse's deployment.

"Combat Care focuses on preparing the military member, single or married, for being away for several months," said Tech. Sgt. Ryan Helfenstein, 52nd Mission Support Squadron, family readiness. "The military member attends a mandatory briefing presented by a family readiness staff member at the family support center for a review of issues that may affect personal/family readiness, such as wills, powers of attorney, car registration or insurance."

Spouses are highly encouraged to attend the briefing with the active duty members, since the spouses will be taking care of matters while the military members are gone.

"Once the active duty member has deployed, Combat Care focuses on ensuring families have the support they need," said Sergeant Helfenstein. "Combat Care's goals are to build resiliency in spouses and families of those members deployed and to create and maintain a sense of community among spouses and children who are experiencing prolonged family separation."



The CCWG organizes special activities for the spouses and families of deployed Airmen.

### Combat Care privileges

Once spouses receive their Combat Care buttons, they can participate in the programs offered. Here are just a few of the programs that are planned:

- ♦ Give Parents a Break certificate -- it is good for five hours of free childcare. It is now offered two Friday evenings, Oct. 15 and Dec. 17; and two Saturdays, Sept. 18 and Nov. 6; from 10 a.m. to 3 p.m. See your first sergeant, the chaplain's office or family support center for more information.

- ♦ Deployed spouses can shop early at both commissaries at 9 a.m. Monday through Friday, one hour prior to the regularly scheduled opening at 10 a.m.

- ♦ Top Three -- an organization of master sergeants, senior master sergeants and chief master sergeants -- has offered to wash cars in September, and the family support center will offer a Sweet Dreams While Away opportunity. Photos will be taken and ironed on a pillow case for the families to mail down range.

- ♦ Auto skills offers free minor maintenance and repairs -- changing flat tires, charging batteries and replacing light bulbs -- for deployed family members and 10 percent-off on labor for other repairs.

- ♦ Family Day, a day filled with free food, fun and games, at the Brick House is scheduled for Sept. 25, Oct. 30, Nov. 20 and Dec. 18 from 11 a.m. to 3 p.m. Each month is a different theme.

## Combat Care Programs

**Combat Care offers the following to military members slated to deploy:**

- ♦ Deferred payments and reduced interest rates on the Military Star Card for members with good credit; go to [www.aafes.com](http://www.aafes.com) and click on deployment link for further details.
- ♦ Deferment for club card dues; members must take a copy of their orders to the cashiers' cage at the club to activate.
- ♦ The Savings Deposit Plan allows members to deposit \$10,000 and earn 10 percent interest annually. Contact your deployed location finance center to enroll in the plan.
- ♦ A free \$20 calling card from the family support center.

# Spang receives TACEVAL debriefing

By Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

Team Eifel members attended the North Atlantic Treaty Organization Tactical Evaluation debriefing Friday to hear the much-anticipated results of the Aug. 5-13 wartime readiness inspection.

The main areas of force protection, logistics and operations were covered in the report with a number of graded subcategories in each of the main areas. The evaluation assessed how well the wing measures up in supporting its NATO partners in mission tasks.

Real-world taskings and Spangdahlem Air Base's high operations tempo required Team Eifel members to work diligently and consistently in achieving NATO standards. Many Airmen worked 12-hour shifts, often donning chemical warfare gear, to obtain favorable results.

The team chief had overall praise for

wing members' efforts during the inspection.

"You should be proud of yourselves for performing well under extraordinarily difficult circumstances and extended hours," said Wing Commander Gary Stapleton, Team Chief, AIRNORTH, UK.

Col. Dave Goldfein, 52nd Fighter Wing commander thanked the NATO Evaluation team for their hard look and honest evaluation.

In response to a majority of the ratings being deemed "satisfactory," he reminded wing members that the European grading scale differs greatly from that of the United States. Though wing members' performance excelled in several areas, most were graded satisfactory with a few areas needing our attention. He thanked wing members for their solid preparation, execution and hard work and then challenged the wing with the opportunity to focus on those few areas needing improvement.



Adj. Philippe Van Huyck

Airmen 1st Class Isaac Kasten, 52nd Security Forces member and M-203 grenadier, and Harvey Stewart, 52nd SFS member and M-60 gunner, set up offensive measures to defend the tactical area of operation during the North Atlantic Treaty Organization Tactical Evaluation last week. More than 100 TACEVAL inspectors visited the base last week to rate Spangdahlem Air Base's mission-capability.



Photo by Master Sgt. Steven Turner

## Top Saber Performer

**Name:** Staff Sgt. Jose Torres  
**Unit:** 52nd Contracting Squadron  
**Duty title:** Government Purchase Card Program Agency Program Coordinator  
**Hometown:** Orlando, Fla.  
**Years in Service:** Eight  
**Nominee's contributions to 52nd Fighter Wing mission success:** Sergeant Torres was the Government Purchase Card Program team leader during the recent unit compliant inspection. He made tremendous improvements to the program by re-engineering

the account monitoring program and file administration. Sergeant Torres personally saved more than \$5,000 for the wing in erroneous billing charges made against cards. He was also instrumental in conducting more than 60 surveillances on wing cardholders to ensure adherence to policy and readiness for Inspector General inspection.

**Off-duty volunteerism and professional development pursuits:** Sergeant Torres is a member of the National Contract Management Association.

**What's a fun thing you've done lately?** My family really enjoyed our recent trip to Belgium Six Flags.

**What do you like most about being stationed here?** I like the travel opportunities.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see improved customer service.

## Team Eifel appreciates Bundeswehr

By Senior Master Sgt. James Erwin  
 52nd Security Forces Squadron

It was approximately 4:15 p.m. Central European time when the second aircraft crashed into the World Trade Center Sept. 11, 2001.

People throughout the world were wondering if they would be the next victim of a terrorist suicide mission.

Spangdahlem Air Base 52nd Security Forces Squadron members quickly trained augmentees from other wing agencies. The use of these augmentees was the first step to building up security forces manning, thus ensuring Air Force assets were protected in order to deliver a lethal blow against terrorism, safe guard personnel who performed the task, and keep our families safe.

Due to the inability to use Army National Guard troops for an extended period of time, higher headquarters rolled up their sleeves and began negotiations for

support from the German military. The negotiations bore fruit as the Bundeswehr began working the installation entry control points and provided perimeter security at the Air Force bases in Germany in March 2003. The Bundeswehr eliminated a lot of the requirements of pulling augmentees from their regular Air Force duties, such as working on the flight line, working on vehicles or performing duties in their offices.

Today, the Bundeswehr controls all entry onto Spangdahlem Air Base. They've worked the schedule to maximize the number of forces available without degrading security. They also exercise random anti-terrorism measures with perimeter checks and vehicle searches. The Bundeswehr have become a German staple for the global war on terrorism and for Spangdahlem AB.

With their support, the Bundeswehr have provided the wing the versatility to fight the war on terrorism.



Courtesy photo

### Upgrades

Senior Airman Antony Ferrucci, 52nd Aircraft Maintenance Squadron and 22nd Aircraft Maintenance Unit assistant crew chief, recovers the last aircraft to return to Spangdahlem Air Base from the F-16 Common Configuration Implementation Program modification at the Ogden Air Logistics Center, Utah. All 46 of the 52nd Fighter Wing's assigned F-16 aircraft went through the largest ever upgrade to the jet's electronic systems. The maintainers of the 22nd AMU and the 23rd Aircraft Maintenance Unit worked for more than a year during the modification to keep the 22nd Fighter Squadron and 23rd Fighter Squadron pilots proficient with severely limited aircraft availability.

## Eifel Salutes

### 52nd Mission Support Group

Shooting stars were Tech. Sgt. John Badey, Staff Sgt. Seth Campbell and Staff Sgt. Scott Robertson, who ran a flawless "Chiefs vs. Eagles" shooting competition at the combat arms range recently. Staff Sgt. Gabe Gonzalez not only conducted ancillary training for his fellow 52nd Security Forces Squadron members and trained wing augmentees, but also took on the task of spearheading the inaugural 52nd SFS Combat Dining Out event. The Brady Bunch may have sung about it being time to "change," but it was never so good for Capt. Angel Lozada and Master Sgt. Roberta Dehn, who, as outstanding project officers in the recent 52nd Fighter Wing change of command, made the event a resounding success.

### 52nd Operations Group

He "rules" ... Capt. Dave Rogers prepared the squadron for the tactical evaluation by ensuring the "Fightin' Hawks" understood the Rules of Engagement and operational plans. Slide a salute to 1st Lt. Olen Freeman, Staff Sgt. Ashley Aronovitch and Airman 1st Class David Dixon, who prepared the tactical evaluation visual reconnaissance test and produced more than 321 slides covering every NATO and threat aircraft; radar; surface-to-air missile; tank and armored personnel carrier.

### 52nd Maintenance Group

The numbers are in ... Check out this week's career development course stars and their percentages: Staff Sgt. Clint Sickel, 94; Airman 1st Class Jason Mitchell, 94; Staff Sgt. James Smith, 92; Airman 1st Class Matthew Jones, 92; and Airman 1st Class Anne Connell, 90. He's holdin' the right kind of donut ... Staff Sgt. Chad McClure was the quality assurance honor roll recipient with a zero-defect evaluation on the critical engine system. Senior Airman Antony Ferrucci is

the crew chief to recover the last aircraft to return from CCIP depot modification.

### 38th Munitions Maintenance Group

Life's a picnic for Staff Sgt. Don Cota, Staff Sgt. Dawn Powers, Staff Sgt. Corey Upshaw and Mike Warner, who coordinated an unforgettable squadron picnic for the 702nd Munitions Support Squadron. More than 100 U.S. and German squadron members attended the event.

### 52nd Medical Group

Have medicine, will travel for Staff Sgt. La-Tonya Dease, Staff Sgt. Erika Peterson, Staff Sgt. Saquadrea Crosby and Airman 1st Class Teresa Booker, who worked long hours to ensure Team Eifel warriors are medically ready for their deployments. All in a day's work – literally – for Senior Airman



Melissa Bridges and Airman 1st Class Bridget Martinez, who saw an ambulance transfer and life flight, a patient transfer from flight medicine and a ground emergency with two hydrazine exposures in one day. A sparkling

worker is Sabine Betendorf, who demonstrated polished performance and quick computer learning skills.

**Kudos to all; Team Eifel salutes you!**  
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Photo by Master Sgt. Steven Turner

## Top Saber Team

**Unit name:** 52nd Contracting Squadron Plans and Programs Flight

**A brief description of unit responsibilities:** They are responsible for the daily operations of the wing's \$13 million Government Purchase Card program.

**Number of members:** Three: Staff Sgt. Jose Torres, Airman 1st Class Candida Keller and Karl Kaspari.

**How does the team fit into the 52nd Fighter Wing's mission?** The team serves as the primary point of contact for the wing on GPC matters and the servicing bank on all business associated with the installation. They are responsible for processing all GPC applications, conducting mandatory GPC training, surveillance and writing associated reports. They also serve as business advisors to their wing customers, ensuring they receive any required information or advice on purchasing matters.

**Team's other contributions through the year?** Hard work and leadership paid off. The team ensured the wing beat the U.S. Air Forces in Europe card utilization by 9 percent. A new GPC account monitoring program was also engineered, reducing the administrative paper flow by 75 percent. Surveillances were conducted throughout the year to audit the wing's purchase history and directly improved the program. Throughout the year, they partnered with US Bank, expeditiously resolving erroneous billing errors and saving thousands of dollars for the wing.

# Sexual harassment, drug use leads to Article 15 punishments

*(Editor's note: Article 15 of the Uniform Code of Military Justice does not specify particular punishments for any offense. Commanders considering nonjudicial punishment consider the nature of the offense; the record of the service member; the needs for good order and discipline; and the effect of nonjudicial punishment of the service member and the service member's record).*

During the month of July, 10 Spangdahlem Air Base Airmen received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice.

- ♦ A staff sergeant assigned to the 52nd Component Maintenance Squadron violated Article 92 by sexually harassing other military members, Article 92 by wrongfully using a government computer, Article 128 by committing an assault and battery and Article 134 by committing an indecent assault. The commander imposed a reduction to senior airman, a suspended forfeiture of \$500 pay per month for two months, 30 days extra duty and a reprimand.

- ♦ A senior airman assigned to the 52nd Dental Squadron violated Article 128 by assaulting another military member. The commander imposed a reduction to airman first class and a reprimand.

- ♦ An airman first class assigned to the 52nd DS violated Article 112a by wrongfully using marijuana. The commander imposed a reduction to airman basic.

- ♦ An airman first class assigned to the 52nd Equipment Maintenance Squadron violated Article 111 by drinking and driving. The commander imposed a reduction to airman, a suspended reduction to airman basic, restriction to base for 21 days, 21 days extra duty and a reprimand.

- ♦ An airman first class assigned to the 52nd EMS violated

Article 86 by absenting himself without authority from his place of duty. The commander imposed a reduction to airman, a suspended reduction to airman basic, restriction to the base for 45 days and 45 days extra duty.

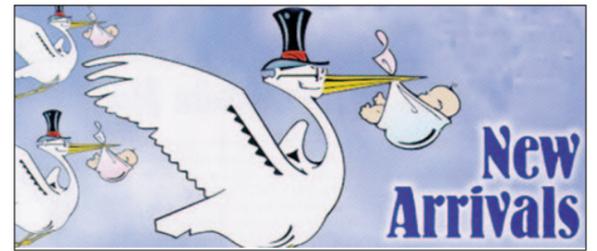
- ♦ An airman basic assigned to the 52nd EMS violated Article 86 by failing to go at the time prescribed to his place of duty, Article 91 by disobeying an order from a noncommissioned officer and Article 107 by making a false official statement. The commander imposed restriction to base for 45 days, 45 days extra duty and a reprimand.

- ♦ A staff sergeant assigned to the 52nd Logistics Readiness Squadron violated Article 90 by disobeying a lawful command from his superior commissioned officer and Article 92 by disobeying a lawful order from a noncommissioned officer. The commander imposed a reduction to senior airman, 30 days extra duty, 15 days extra duty (suspended) and a reprimand.

- ♦ A staff sergeant assigned to the 52nd LRS violated Article 92 by failing to prevent the non-official use of his Government Travel Card. The commander imposed a reduction to senior airman, 21 days extra duty, 24 days extra duty (suspended) and a reprimand.

- ♦ An airman basic assigned to the 52nd Medical Operations Squadron violated Article 86 by failing to go to her appointed place of duty at the prescribed time. The commander imposed a suspended forfeiture of \$100 pay per month for two months, restriction to base for 45 days, 30 days extra duty and a reprimand.

- ♦ A master sergeant assigned to the 52nd Operations Support Squadron violated Article 86 by failing to go to his appointed place of duty at the time prescribed. The commander imposed a reduction to technical sergeant, 45 days extra duty (suspended) and a reprimand.



By Edna Sugatan  
52nd Medical Support Squadron

**Noe Villanueva** was born at 12:46 a.m. July 1 to Staff Sgts. Carlos and Nichole Villanueva. She weighed 8 pounds 6 ounces and was 19 1/2 inches long. Sergeant Carlos Villanueva is assigned to the 52nd Equipment Maintenance Squadron, and Sergeant Nichole Villanueva is assigned to the 52nd Aircraft Maintenance Squadron.

**Miakoda Aubrielle Tibbitts** was born at 1:36 p.m. July 2 to Staff Sgt. Jeffrey and Daelene Tibbitts. She weighed 7 pounds 11 ounces and was 21 1/2 inches long. Sergeant Tibbitts is assigned to the 52nd EMS.

**Tyler Dominic Ferrara** was born at 9:04 a.m. July 3 to Staff Sgt. Joseph and Senior Airman Brandy Ferrara. He weighed 7 pounds 7 ounces and was 20 3/4 inches long. Sergeant Ferrara is assigned to the 52nd Civil Engineer Squadron, and Airman Ferrara is assigned to the 52nd Medical Operations Squadron.

**Genesea Reign Branham** was born at 8:43 a.m. July 8 to Master Sgt. Ronald and Cherie Branham. She weighed 7 pounds and was 19 1/2 inches long. Sergeant Branham is assigned to the 52nd Maintenance Operations Squadron, and Mrs. Branham works at the 52nd MDOS.

**Xavier Antonio Weithers** was born at 11:35 a.m. July 9 to Staff Sgt. Stephen and Stefanie Weithers. He weighed 8 pounds 15 ounces and was 20 inches long. Sergeant Weithers is assigned to the 52nd Comptroller Squadron.

**Lukas Alexander Stewart** was born at 5:51 p.m. July 10 to Staff Sgt. Michael and Sandra Stewart. He weighed 7 pounds 12 ounces and was 20 3/4 inches long. Sergeant Stewart is assigned to the 52nd MOS.

**Chloe Alyssa Horton** was born at 6:17 p.m. July 21 to Staff Sgt. Timothy and Shannon Horton. She weighed 5 pounds 7 ounces and was 18 3/4 inches long. Sergeant Horton is assigned to the 52nd CES.

**Jerrell Christian Boland** was born at 2:28 p.m. July 23 to Staff Sgt. Jeremy and Marites Boland. He weighed 5 pounds 15 ounces and was 20 inches long. Sergeant Boland is assigned to the 52nd Mission Support Group.

**Zachary Michael Bolls** was born at 1:19 p.m. July 24 to Airman 1st Class John and Jennifer Bolls. He weighed 7 pounds 1 ounce and was 20 1/2 inches long. Airman Bolls is assigned to the 52nd CES.

**Macy May Thoen** was born at 9:01 p.m. July 26 to Airman 1st Class Jacob and Cara Thoen. She weighed 8 pounds 6 ounces and was 20 7/8 inches long. Airman Thoen is assigned to the 52nd Logistics Readiness Squadron.

**Annika Marie Butterfield** was born at 6:54 p.m. July 28 to Tech. Sgt. Brent and Claudia Butterfield. She weighed 7 pounds 3 ounces and was 20 1/2 inches long. Sergeant Butterfield is assigned to the 52nd Maintenance Group.

**Kasina Marie Kelso** was born at 11:48 a.m. July 31 to Airman 1st Class Walter and Elizabeth Kelso. She weighed 6 pounds 7 ounces and was 19 1/2 inches long. Airman Kelso is assigned to the 52nd EMS.

## Team Eifel goes DUI free for two weeks, has 33 car accidents

By D. A. Barker  
52nd Security Forces Squadron

Team Eifel went two weeks without a DUI, but had 33 accidents. Four were classified as major.

The first major accident involved a senior airman who hit a truck head-on. The accident was caused by speeding and veering into the oncoming lane on the B-50. Both vehicles were disabled.

The second major accident also occurred on the B-50, next to the Aback Mule Hotel. An airman first class hit a small patch of water on the road and crashed into the guard rail.

The third major accident involved an airman first class who was speeding on A-60, near Wittlich. The Airman's car spun out after hydroplaning and smacked several guard rails before stopping. There were no injuries.

Team Eifel's fourth major accident occurred on the B-50, adjacent to Eifel Park. One of the drivers failed to yield and caused the accident. That driver had minor injuries, and a passenger in the car was transported to the Bitburg Krankenhaus.

There were 29 minor accidents the past two weeks. Three were for excessive speed, 10 from improper backing, nine from inattentive driving, one for following too closely and six were from others at fault.

A master sergeant passenger was injured during a two-vehicle wreck on the A-1 between Trier and Wittlich. The sergeant spent the next 24 hours in a German hospital for observation.



Master Sgt. Sean E. Cobb

**Airman 1st Class Sean Davis, 52nd Security Forces Squadron patrolman, loads up gear for a U.S. Central Command area of responsibility deployment Monday morning. About 60 security forces members left for the approximately 180-day deployment with Airman Davis, who is deploying for the first time. People deploying to the command travel in civilian attire to comply with the command's force protection guidelines.**

### Accident Safety Tips

People who have a vehicle accident, no matter how small, immediately contact 52nd Security Forces Squadron at 06565-61-6666 or the emergency Polizie number at 110. Fleeing the scene holds a 180-day suspension on your license.



Col. Dave Goldfein

**Accessing Direct Line**

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

**August Sortie Scoreboard**

Aircraft	Goal	Flown	Delta
F-16	434	163	-29
A-10	435	217	+6

\*Delta is contract vs. sorties flown to date.

Through Aug. 16

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Aug. 20, 2004

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## Teamwork

### Manpower chief shares strategies for leaders, members in team-building

By Capt. Shanna Corbett  
52nd Manpower Office Chief

Team leaders and members who focus on and understand the impact of team shortfalls, strengths and dynamics increase the probability of success and accomplishment.

Successful teams are created through careful consideration of individual and team characteristics.

I have been a team leader for several different teams including military, athletic and the civilian work force. In my experience, I consider these characteristics important while attempting to create an effective team. By no means are these all-inclusive.

**Characteristics of good team members and leaders:**

■ I try to encourage my team to take responsibility for their work as individuals as well as team members. I think when individuals feel accountable for a certain aspect of their jobs then the task will be accomplished more efficiently and effectively.

“ **Team building is a continuous process that requires constant re-evaluation of strengths, weaknesses and contributions from both the members and the leader.** ”

■ I promote an environment of integrity and confidence among team members because trust is integral to a team's success.

■ I encourage 360-degree communication among my team because everyone within the team needs to be aware of the tasks and responsibilities of their fellow members.

■ Conflict among my team members is inevitable, so I attempt to transform negative types of conflict into healthy task-related conflict that will help my team grow and perform well.

■ I encourage networking with agencies outside of the normal scope of operations because I feel the more useful contacts we have outside our organization the better our team will function.

■ I am visible to every member of the team throughout the day because I think face-to-face contact is vitally important to my team's success.

These are characteristics that I think contribute to a successful team. Team building is a continuous process that requires constant re-evaluation of strengths, weaknesses and contributions from both the members and the leader.

Through honest self-evaluation, a team will identify shortfalls, establish solutions and thus continue to grow and meet new challenges.

If each military member could evaluate themselves and their work place in areas they think are important and implement changes to help improve those areas, then our military team would be even stronger than it is today.

## Preparation

### Plan now for successful deployments later

By Col. Greg Augst  
66th Air Base Wing vice commander

**HANSCOM AIR FORCE BASE, Mass.** -- As you read this, some of your fellow Airmen are 6,000 miles from home defending our country on the front lines. Do you think they were prepared to go when they left? Would you be?

Many people have deployed or are preparing to deploy and serve the Air Force around the globe as part of air and space expeditionary forces. No matter where we are stationed, or what we do, deployments are a necessary way of life for Airmen.

We all know it's possible to deploy to remote locations on short notice, but are you ready if you get called today? As Airmen, we are required to be prepared to go, anytime, anywhere.

Deployments are a part of our lives, and now they are more important than ever. We are defending freedom around the globe, and we are called to support our fellow Airmen when our turn comes to replace them overseas.

Preparation is the key to having a successful deployment. I always found that if I was prepared from the outset, deployments were much easier, and I could help my commanders and subordinates achieve mission success when everyone was focused

100 percent on the job at hand.

Ensure that you and your family are ready for deployments. There is a lot of necessary training that you must complete before deploying to ensure that you are effectively prepared for operations away from home station.

Annual physicals guarantee that you are in the best possible condition before you deploy. Living and working in environments with poor sanitation, temperature variations and remote medical care requires that Airmen be physically prepared to handle adverse situations.

Combat arms training on an M-9 pistol or an M-16 rifle is essential when Airmen deploy to locations where they will need to know how to safely operate a weapon. Just because you aren't in the security forces, doesn't mean you won't be responsible for a weapon in a deployed location.

Mobility bags are a must for Airmen who deploy because austere locations do not come with a base

exchange or a Wal-Mart to replenish supplies. The lists of required equipment were compiled by many people who deploy regularly and know what items would be needed.

Think through what your deployment will mean for your family and how it will affect your finances while you are away. Get to know the family support center staff -- they are the experts in personal and family readiness. They always have good things to make your deployment easier; from calling cards to car care for a spouse, the center is your source for personal support.

The center's staff also can help you plan for the financial aspects of deployments. The bills will not stop just

because you're deployed, so make sure that you have a plan and the means of covering expenses, checkbooks and credit cards.

The experienced staff has spent time putting together great packets of information and advice on how to prepare yourself and your family, when you deploy.

Things like yard maintenance, pet care and bills need to be resolved before you deploy -- you can't be worrying about what is going on

thousands of miles away, when you've got an important job to do. Use the resources provided at home station to assist you; they will make life much easier when you're away.

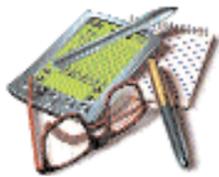
The legal office staff also will ensure that you are fully prepared for personal contingencies when you deploy. Be proactive; use their resources to draft wills and powers of attorney before a deployment.

Finally, life insurance and personal data forms are more important than ever while deployed. Take care of your loved ones and update these forms regularly. Significant life changes occur frequently, and we must update these important repositories of information to ensure correct data is reflected. If you're not around to ensure your wishes are respected, you must communicate these through Servicemen's Group Life Insurance and the record of emergency data.

Now is the time for each of us to assess our readiness. Waiting until you are tapped for a deployment is too late, prepare now.

We are the world's most lethal Air Force, and we are the best because of our first-rate training and readiness. Keep our Air Force strong and do your part to ensure a successful deployment.





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil).



Tech. Sgt. Joseph Springfield

### Can't do Sturgis

Tech. Sgt. Todd Crockett, 52nd Equipment Maintenance Squadron, starts up his Harley Davidson Softail Standard and performs a T-CLOCK inspection before the Poker Run at the Duty Calls! Can't do Sturgis Rally. The T-CLOCK inspection involves ensuring tires, controls, lights, oil, chassis and kickstand are all in proper working condition. The Poker Run is a card game played while riding from checkpoint to checkpoint along a designated route.

### 52nd CS spouses group

The 52nd Communications Squadron spouses group meets Aug. 31 at Peter's restaurant on Spangdahlem AB at 6:30 p.m. For more information, call or e-mail Nanette Dashiell at 06580-913794 or [catdog45th@bigfoot.com](mailto:catdog45th@bigfoot.com).

### Membership meetings

The Spangdahlem Spouses and Enlisted Members Club general membership meeting takes place Sept. 8 at the M and M's Lounge at 6 p.m. The membership drive barbecue kicks off at the base pavilion Sept. 18 at 2 p.m. For details, call Staff Sgt. Dwayne Turner at 452-7187.

### Training day change

The 52nd Medical Group personnel training day changed to Sept. 9 from 7:30 a.m. to 4:30 p.m. Anyone requiring urgent care on that day should go to the Bitburg Annex hospital emergency room for care. Call 1st Lt. Shaundra Williams at 452-3192 for more information.

### VAT relief program

The new VAT relief program kicks off Sept. 15. The program introduces a new fee structure and decreases costs, depending on rank. For more information, call Susan Brown at 452-6250 or visit the VAT office in the community center. The new rates for Germany are as follows:

- ♦ E-1 through E-4 and civilian equivalents, one form is \$2, 10 forms are \$15.
- ♦ E-5 and above and civilian equivalents, one form is \$3, 10 forms are \$25.

### Airmen's meal

The Airmen's Appreciation meal takes place Sept. 17 from 11 a.m. to 1 p.m. Subsistence-in-kind members can enjoy a free, first-rate meal. For details, call Staff Sgt. Brandi Ray at 452-6727.

### Tops in Blue

The Tops in Blue "Musicology" tour pulls into Spangdahlem AB Oct. 3 at 7 p.m. at the Spangdahlem AB fitness center. Call Denise Rossignol at 452-7260 for more information.

### POW luncheon

A prisoners of war and missing in action recognition ceremony takes place Sept. 14 at 9 a.m. at the Memorial Park just inside the main gates of Spangdahlem AB. A luncheon follows at 11:30 a.m. at Club Eifel. Dress code is uniform of the day. For more information, call Master Sgt. Ray Brown at 452-6584.

### Family support news

All classes meet in the Spangdahlem AB family support center, building 307, unless otherwise noted. Call 452-6422 for details.

- ♦ Monday, 9-10:30 a.m., pre-separation briefing, Bitburg Annex, building 2001; 11 a.m. - noon, European jobseekers, Bitburg Annex, building 2001
- ♦ Tuesday, 10 a.m. - noon, career profiling, Bitburg Annex, building 2001
- ♦ Wednesday, 8 a.m. - 5 p.m., pre-deployment briefings; 11:30 a.m. - 12:30 p.m., key spouse meeting, Bitburg Annex, building 2001
- ♦ Thursday, 8-9 a.m., German bills made easy

### Singles dinner

A free, Italian dinner for single Airmen and unaccompanied military members takes place Thursday at 7 p.m. at the Spangdahlem Air Base Chapel. Call Birgit Schuh at 452-6711/6281 for details.

### Chess tourney

A chess tournament takes place at the Brick House Aug. 28 from noon to 4 p.m. All are welcome, but registration must be completed by 11 a.m. Aug. 28. Registration is completed at the Eifel Community Center's front desk. Trophies will be awarded for the top three winners in adult and youth categories. For more information, call Tech. Sgt. Glenn Shelton at 452-6501.

### Puppy classes

The Pet Spa holds "Puppy Kindergarten" and dog obedience classes Sept. 7 at 6 p.m. and 7:30 p.m. respectively. The six-week courses are held each Tuesday, and sign-up can be completed by calling Melissa Edgell at the Pet Spa at 452-9362.

## Chapel Services

The following events take place through the 52nd Fighter Wing chapel services. For more information, call the chapel at 452-6711.



❑ **Labor Day single's hiking** takes place in Kandersteg, Switzerland, Sept. 3-6. Conference fee includes room and meals. Car pooling is available. For more information, call Bill Mason at 06565-944770 or e-mail [billanna.mason@t-online.de](mailto:billanna.mason@t-online.de).

❑ **A Christian weekend workshop** runs Sept. 3-6 in Altenstein, Germany. The four-day "Living in Focus Everyday" workshop cost is \$25 and includes room and three meals a day. For more information, call Tom Koenig at 06575-903877 or Kathy Doerr at 06563-962487.

❑ **The ALPHA group movie and meal night** takes place Sept. 7 at 6 p.m. in the Spangdahlem AB Coffee Mill, building 139, third floor. Call Joe and Deb Dohmann at 06571-954034 or 452-8148 for details.

❑ **A Sunday Night Live praise band worship** concert sounds off Sept. 11 at 2 p.m. at the Trier State garden show church garden. Admission prices range from 5-11 euro.

## Club Eifel Happenings

The following events take place at Club Eifel. Call 452-6090 for club updates.

### Too bad!

**Capt. Joshua Hughes** missed out on \$300 dollars, and **Jose Santiago** missed out on \$500 in the weekly Club Eifel drawing. Members must be present to win.

### Today

**Red Hot Fridays!** A DJ plays hop-hop music from 9 p.m. to 1 a.m.

**ECL:** Commander's social starts at 5 p.m.

### Monday

The All U Can Eat Spaghetti special takes place from 5-7 p.m.

### Tuesday

Tn'T Tuesdays -- Tacos and tequila specials, cost is \$1.95 for members and \$3.95 for non-members.

### Wednesday

Ladies Night featuring NiteLife Entertainment kicks off from 8 -11 p.m. Ladies get half-price beverages while grooving to a live DJ's tunes.

### Thursday

Peel n' eat shrimp, white fish fillet and grilled breast of chicken with all the fixings is served from 5-8 p.m. Cost for members is \$10.95, and children ages 6-12 is \$5. Cost for non-members is \$13.95 and for children ages 6-12, \$8.



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

## Movies

The following movie listings are for today through Aug. 26. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

## Spangdahlem Skyline

Today

*Anchorman (PG-13, 7 p.m.)*

An ambitious newswoman marches into the newsroom, refuses to settle for being eye candy and steps behind the news desk, with the lead anchorman, Ron. She and finds out it's more than a battle -- it's war.

*The Chronicles of Riddick (PG-13, 10 p.m.)*

Riddick is on the run and seeks refuge on the planet of Helion, only to discover he's walked into a world in chaos. Helion has been seized by the Lord Marshall who is determined to wipe out humanity throughout the universe.

Saturday

*The Stepford Wives (PG-13, 7 p.m.)*

Joanna and her husband move into the suburban community of Stepford, where she soon notices the local housewives seem oddly bland and too perfect.

*Anchorman (10 p.m.)*

Sunday

*Harry Potter and the Prisoner of Azkaban (PG, 4 p.m.)*

A dangerous mass murder, Sirius Black, has escaped Azkaban prison, and there's only one thing he wants -- Harry.

*The Chronicles of Riddick (7 p.m.)*

Monday

*Harry Potter and the Prisoner of Azkaban (7 p.m.)*

Tuesday

*The Stepford Wives (7 p.m.)*

Closed Wednesday and Thursday

## Bitburg Castle

Today

*Shrek 2 (PG, 4 p.m.)*

Shrek and Fiona return from their honeymoon, and Shrek now faces his greatest challenge -- the in-laws.

*Spider-Man 2 (PG-13, 7 p.m.)*

Peter faces new challenges as he struggles with "the gift and the curse." His life is about to become even more complicated as he encounters a formidable new foe, Dr. Octavius.

Saturday

*Shrek 2 (4 p.m.)**Spider-Man 2 (7 p.m.)*

Sunday

*The Day After Tomorrow (PG-13, 7 p.m.)*

In this special-effects packed movie, an abrupt climate change has cataclysmic consequences for the entire planet.

Closed Monday and Tuesday

Wednesday

*Raising Helen (PG-13, 4 p.m.)*

Helen is living the life she always dreamed of. Her career is on the rise; she spends her days at fashion shows and nights at the hottest clubs. But her carefree lifestyle comes to a screeching halt when her sister and brother-in-law are killed in a car crash, leaving her to care for their three children.

*The Day After Tomorrow (7 p.m.)*

Thursday

*Spider-Man 2 (7 p.m.)*

Where past meets present

# Medieval festival gallops to Manderscheid fortress

By Iris Reiff

52nd Fighter Wing Public Affairs Office

The ruins of two splendid fortresses will form an impressive background for a historical castle celebration Aug. 28-29 in Manderscheid, a touristy town, located in the heart of the Eifel.

At the Turnierweise, jousting meadow or training grounds, at the foot of the Niederburg, or lower castle, knights will create a jousting place, where, on the two days of the tournament, they will battle on horses with lances and swords, with bows and spears.

Minstrels and small singing groups will present songs and ballads from three centuries ago. They will accompany dances from the 15th and 16th centuries on historical instruments. A small village will be built on the jousting meadow to show what life was like in the Middle Ages.

A traditional handicraft market will be set up at the same time and will remain open on both days.

The festival officially kicks off at 11 a.m. Aug. 28, with announcements and musical entertainment by "Herold Holger der Helle und Gefolge."

Jugglers, stilt walkers, medieval singing performances and plays can be seen starting at noon in various locations surrounding the castle. Historical fighting scenes by the feudal knights are scheduled and games and plays will occur in the festival area throughout the afternoon. A giant fireworks display takes place at 10 p.m. Aug. 28 over the Niederburg castle. More entertainment and dancing will follow the fireworks display.

Activities continue with a church service at 10 a.m. Aug. 29. The market will re-open at 11 a.m. More middle age action kicks off at noon with historical fencing performances by the knights. Medieval games, fencing per-



Courtesy photo

Horsemen line up in formation before the start of a jousting match at the Manderscheid medieval festival. It takes place Aug. 28-29 at the historical castle in the touristy town of Manderscheid, in the heart of the Eifel.

formances, music, plays and singing will occur in the afternoon.

Entertainment continues on until about 10 p.m. Aug. 29, when this year's Manderscheid historical festival comes to an end with a concert.

The cost is seven euros for adults and four euros for children, ages 12-17. Children younger than age 11 are admitted free.

Americans are especially invited to join the celebrations of this unique festival. Artists are always present and performing their acts everywhere throughout the day. There is also plenty of entertainment for children.

Manderscheid's two castle ruins can be visited daily throughout the year. The Oberburg, upper castle, is the oldest and dates from the year 973. The Niederburg, was first recorded in 1173.

Manderscheid is located north of the Mosel River, directly north of Autobahn A-48. To get there, take a right outside the main gate and follow the signs to Manderscheid. As you get into

Manderscheid, stay on the main road until you get to the first main intersection. Take a right at this intersection, following the signs "Zu den Burgen," or to the castles.

Visitors may also consider parking in the center of town and taking the free shuttle bus to the castles.

## Jousting Fest with ITT

Information, Tickets and Tours offers a trip to the Manderscheid Jousting Festival Aug. 28. Space is still available. Cost is \$32 for adults; \$25 for children, ages 12-17 and \$20 for children, ages 3-11.

The bus departs the Bitburg Annex at 2 p.m. and Spangdahlem AB at 2:30 p.m. The bus returns around midnight. Call 452-6567 for details.



Gary Sakura

## Atomium

This structure is half-way between a sculpture and architecture, symbolizing a crystallised molecule of iron. It was built in 1958 for the International Exhibition of Brussels. The Information, Tickets and Tours trip, Brussels Express, visits the Atomium, as well as the Grand-Palace, Gothic Town Hall and famous Belgian statue called, "Manneken Pis." Space is still available for the Oct. 9 trip. Cost is \$45 for adults and \$40 for children, ages 3-12. Call the ITT office at 452-6567 for reservations and details.

## Out and About

(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)

♦ Enjoy seeing the "Rocky Horror Picture Show" today at 9 p.m. at the Trier Amphitheater.

♦ Visit flea markets Sunday at the Bitburg Stausee lake; the Trier hela market; the Uerzig festival grounds; the pig festival in Wittlich; along the Zeltingen Mosel shore; in front of the Mayen Hit market and the Kaiserslautern Messe hall.

♦ Trier's famous State Garden Show is now through Oct. 24. It features indoor and outdoor exhibitions, beautiful theme gardens, games, sports, a sound effects dome, music and entertainment. The cost is 11 euro for adults and six euro for children. For more details on the Landes garden show, go to [www.landesschauen-trier.de](http://www.landesschauen-trier.de).

# HAWC advises to push away the plate

Staff reports

The obesity epidemic is one of the most serious health problems facing America. If people are overweight, they have an increased risk of chronic diseases, like diabetes, heart disease and cancer. Approximately 14 percent of cancer deaths among men and 20 percent among women are related to excess weight.

The growth in food portions has long been considered one reason for the rising number of obese and overweight people. In 1955, a single order of French fries weighed 2.4 ounces. Today, an average single serving is 7.1 ounces -- nearly a 200 percent increase. Portions of other foods, like pasta, soft drinks, cereal, beer and coffee, have also increased dramatically in the last five years.

Until three years ago, health experts could only make educated guesses that portion size influenced weight gain. For example, in 1999, the American Institute for Cancer Research, or AICR, compared the size of American bagels, croissants and quesadillas to their native counterparts in Poland, France and Mexico. Alarmed, the AICR pointed out the American versions had ballooned in size, weight and calorie content.

## Bigger portions cause overeating

Now research results are rolling in. Bigger portion sizes

have been shown to encourage overeating by as much as 56 percent.

In one study, volunteers were served different-size submarine sandwiches on four different days: 6-inch, 8-inch, 10-inch and 12-inch. When served, the 12-inch sandwich compared to the 6-inch, women ate 31 percent more calories and men ate 56 percent more. People ate more because they had more to eat, not because they were hungrier.

Another study showed that a larger than usual snack does not prompt people to cut back later. When volunteers were served a larger bag of potato chips as an afternoon snack, women ate 18 percent more calories and men ate 37 percent more. When dinner was served several hours later, both women and men ate their usual amount.

## Downsize servings

To control their portion size and prevent overeating, people should eat only as much as their activity levels require. To do this, it may be help to see how regular portions compare to USDA standard servings.

People should pour out their regular portion of hot cereal into a bowl. Into another bowl, pour one-half cup. That is the USDA standard serving. Compare the two. If people jog four miles a day, they might need all the energy their regular portion supplies. But if they seldom exercise and are putting on weight, they should consider cutting back little by little. A list of USDA serving sizes can be found online at [www.aicr.org/publications/nap/napaids.lasso](http://www.aicr.org/publications/nap/napaids.lasso).

To control portion sizes at restaurants, order half-sizes or the smaller size, or share an entree. Another option is to place half of the meal into a doggie bag before you start eating and take it home.

For more information about reducing cancer risk through weight management, visit the obesity page at <http://www.aicr.org/Obesity/index.lasso>.

People whose weight has been slowly increasing should call the Health and Wellness Center at 452-9355 or stop the HAWC office at Spangdahlem Air Base, building 130, second floor for more information on programs and services.

*(Compiled by the Shape Your Future ... Your Weigh! website at <http://airforcemedicine.afms.mil/shapeyourfuture>)*



## The Health and Wellness Center offers programs year-round:

### The sensible weigh program

A comprehensive weight control program designed for anyone desiring to control their weight through healthy lifestyle changes, not dieting

### Cooking the healthy way

Watch mouth-watering, healthy dishes being prepared right before your eyes and sample the results. Cooking demonstrations are held monthly at the Health and Wellness Center.

### Prenatal nutrition

Be all you can be for your baby. This one-hour class will help women learn how to identify key nutrients needed during pregnancy and the steps needed to achieve a balanced diet.

### Cholesterol management

This one-hour class is designed to educate people on cholesterol levels.

### Stress management

The HAWC staff can come to work stations or

organizations to educate people on relieving stress through relaxation, realistic thinking, problem solving and assertiveness techniques.

### Tobacco cessation class

This class consists of six one-hour sessions coordinated by a trained health professional and facilitated by ex-smokers.

The supportive group setting and Nicotine Replacement Therapy will help people kick the habit for good.

### Relaxation room

Visit the HAWC and try out the Get-A-Way massage chair for an ultimate relaxation experience.

### Women and weights

In one hour, a woman can learn the basics of weight training and how to set-up a resistance training program specifically for women.

### Build a better body

In this one-hour class, people will learn the basic components of fitness, how to set goals and will develop a personal fitness program.

For more information on the HAWC, call 452-9355.



## Airman gored by bull calls it 'all in a days work'

Story and photo by 1st Lt. Nicole Walters  
90th Space Wing Public Affairs

F. E. WARREN AIR FORCE BASE, Wyo. -- The bull-fighter stands focused: four hooves, two 18-inch horns and 2,000 pounds of bull attempting to buck its rider is charging wildly toward him.

In this case, 1st Lt. Jeremy Sparks is the target. Unlike a Spanish version with a red cap and tights, the lieutenant is the western bullfighter responsible to protecting cowboys. Some may call them rodeo clowns, but to rodeo experts, they are bullfighters.

Lieutenant Sparks, who is a missileer assigned to the 90th Space Wing here, recently remembered why bullfighting is not the safest of sports regardless of the version. He was gored July 24 and kicked in the head July 28 during Cheyenne Frontier Days where he has been bullfighting for three years.

Because Lieutenant Sparks wears protective padding, the bull's efforts were in vain. He walked away with mere scratches.

Lieutenant Sparks believes safety is paramount: the bull-fighters and bull riders work together to minimize risks.

"We take all the precautions we can and are proud to protect the cowboys on the bulls," he said.

"I get to represent the Air Force in a unique way," said Lieutenant Sparks, who is the Air Force's only sponsored bullfighter.



**First Lt. Jeremy Sparks (right) moves in to protect a bull rider Aug. 1 at Cheyenne Frontier Days. The lieutenant helped protect more than 1,500 contestants during the world's largest outdoor rodeo. He is a missileer with the 90th Space Wing at F. E. Warren Air Force Base, Wyo.**

He said being a bullfighter is a lot like being in the Air Force. There is a job to be done, a mission to remain focused on and people to keep safe. He proudly wears the Air Force logo to always remind the crowd of the importance of the Air Force and its mission.

## Sports briefs

### Triathlon cancelled

The triathlon scheduled for Saturday at Meerfelder Maar near Manderscheid has been cancelled. For more information on the cancellation, call or e-mail De Shane Casillas at 452-6496 or [deshane.casillas@spangdahlem.af.mil](mailto:deshane.casillas@spangdahlem.af.mil).

### Sept. 11 remembrance run

A Sept. 11 remembrance half-marathon begins at 9 a.m., and a 5K fun run/walk starts at 9:30 a.m. at the Skelton Memorial Fitness Center Sept. 11. Registration begins Monday, and the cost is \$5. All proceeds will be donated to the American Red Cross. For more information, call De Shane Casillas at 452-6496.

### Twilight golf

Swing into the Eifel Mountain Golf Course for twilight golf Monday through Friday after 6 p.m. Club Eifel members get an additional \$2 off Twilight fees. Call the golf course at 452-4653 for details.

- E-4 and below is \$6
- E-5 and above is \$8
- junior golfers (15 and under) is \$5
- guests are \$18



### Martial arts

Kuk Sool Won is a martial arts system that covers Asian fighting techniques and body conditioning, as well as mental development and traditional weapons training. Classes take place each Monday and Wednesday from 7-9 p.m. and each Friday from 5-6:30 p.m. in the base fitness center. Cost is \$25 per month. Call Raymond Gills at 452-6540 or Sean Heard at 452-6193 to sign up.

### Class cancellation

Mommy and Me exercise classes have been cancelled. Call De Shane Casillas at 452-6251 for details.

### Intramural Golf

The following are the latest scores as of Aug. 18.

52 LRS West	6	606 ACS	0
52 CES	3	52 SFS West	3