



## Classic Cafe

daily from 11 a.m. to 1 p.m.  
Classic rock favorites everyday

## Eifel 105 Drive

daily from 4-6 p.m.

## News Briefs

### Road construction

♦ The Repair Fairchild Ave and Maxwell Blvd. project began July 1 and lasts through the end of October. The project will replace the road surface, the sidewalks on both sides and new street lights from building 120 all the way up to the intersection by the Chapel, building 135.

♦ As of July 1, traffic flow will be one-way in direction up to the Burger King intersection. Starting Sept. 5, the one-way traffic flow will change and start at the Burger King intersection up to the Chapel intersection until the end of October. Flagmen will be posted to direct traffic around the construction equipment.

♦ Parking in front of designated buildings will be restricted from 7 a.m. to 5 p.m. daily. Notices will be posted on affected buildings and cars two days prior. While all efforts will be made to contact the owner of a vehicle prior to towing, failure to have a vehicle moved as scheduled will result in the vehicle being towed.

♦ Drivers are encouraged to use caution when driving near the construction site and to obey the temporarily implemented speed limits and detour/traffic patterns signs. Dates shown for the work are subject to change.

Contact 52nd Civil Engineer Squadron construction management at 452-7214 for more information.

### Suicide prevention

For those who could not attend the mandatory briefings, additional Suicide Prevention and Violence Awareness briefings take place Aug. 10 at 8 a.m., 1 and 4 p.m. in the base theater.

### Pass and Registration

Pass and registration will open from 9:30 a.m. to 5 p.m. July 15. It will be closed July 26 for wing training and July 30 for an end-of-month inventory. Call Airman 1st Class Diana Esposito at 452-6695 for more information.

### No trespassing

Trespassing in and around the Combat Arms Firing Range is not only illegal, but hazardous due to gunfire. The Combat Arms ranges, building 604 and 605, are located on perimeter road by the Hazmat Pharmacy. Call Tech. Sgt. John Badey at 452-6287 for more information.

### Voting registration deadline

The overseas voting program registration deadline to register and receive ballots is Aug. 15. Each assigned unit has a voting representative who can assist with voting needs. For details, call Master Sgt. Jeff Barr at 452-7410.

## Java

## Junction

Free espresso, coffee  
for Airmen seeking  
alcohol-free hangout



Read "Friendships, relaxation brews at the Coffee Mill," on Page 4

# Eifel Times

Vol. 38, Issue 24

Spangdahlem Air Base, Germany

July 9, 2004



2nd Lt. Shannon Collins

Airman 1st Class Siliatu Lealifano, 52nd Civil Engineer Squadron, paints a fire hydrant in Spangdahlem Air Base's government-leased housing June 29. Throughout the week, base civil engineers tackled odds and ends repair tasks, such as painting all chipped and cracked utility boxes, signs and fire hydrants, as part of Combat Proud. The Combat Proud competition began Thursday at Ramstein and continues here today.

# Team Eifel vies for Combat Proud prize

2nd Lt. Shannon Collins  
52nd Fighter Wing Public Affairs

Team Eifel vies for the chance to win \$100,000 as the U.S. Forces in Europe Combat Proud competition continues here today.

If Spangdahlem Air Base wins the first prize of \$100,000, the runner-up of \$50,000 or "most improved" prize of \$50,000, the money will be divided evenly between the base groups for quality-of-life improvements. The 52nd Medical Group hopes to purchase a pavillion for one of its squadrons with its share of the money, said Master Sgt. Malik Sultan, 52d Civil Engineer Squadron, Combat Proud program manager.

Combat Proud is a USAFE commander special interest program aimed at improving the appearance of USAFE bases, fostering pride, productivity and presenting a professional way of life. The program has been implemented throughout the command and includes all on-base facilities, housing, government leased housing and geographically separated units, said Sergeant Sultan.

Col. Thomas Groznik, 52nd Fighter Wing vice commander, is proud of Team Eifel's effort.

"Our community is proud of its mission. It's no surprise they are also proud of where they work and live. Combat Proud results in a force multiplier and makes everyone a part of the many missions we perform," said Colonel Groznik. "Many thanks to all because it takes everyone of us to accomplish the mission."

Sergeant Sultan said keeping the base beautiful is part of the normal mission.

"It's nothing different then what's been expected. We're expected to live at a higher standard. We're expected to keep our homes and workcenters neat and presentable. This is just a system of checks and balances to keep us on our toes," said Sergeant Sultan.

"Everyone here puts in the best effort I've ever seen in my career," he added.

The goal of Combat Proud is to improve overall base appearance throughout USAFE; to establish guidelines that assure consistency, architectural compatibility and high standards for base



Airman 1st Class Joshua Coleman

Staff Sgt. Mark Jurek, 52nd CES, changes a light bulb on a utility pole in support of Combat Proud at Spangdahlem AB June 25.

facilities; and to promote a common level of knowledge of these guidelines for installation-relevant decision making and implementation.

Spangdahlem AB was Combat Proud long before the program's name or idea was conceived, said Lt. Col. Gregory Hoffman, 52d Maintenance Group deputy commander. The 52nd MXG, consisting of four squadrons and more than 1,000 people, removed outdated sheds, implemented hardened aircraft shelter refurbishment and improved flight line landscaping to create a safer maintenance complex.

Also, the 52nd Logistics Readiness Squadron team moved more than 50 conexes to storage lots, located at the Defense Reutilization and Marketing Office, and the 52nd CES team converted a temporary storage facility into a parking lot within one week, said Sergeant Sultan.

"The wing has always been in the Combat Proud mindset," said Sergeant Sultan. "We were already in the process of building dumpster enclosures, had five-year plans for pavements, painting and roofing. We were also conducting wing [foreign object damage] walks."

## Uniform board releases results -- changes from cell phones to scarves

By Staff Sgt. Melanie Streeter  
Air Force Print News

WASHINGTON-- Air Force officials recently released the results of the 96th Air Force Uniform Board held June 18 and 19.

The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- ♦ Establish a standardized Air Force physical training uniform.
- ♦ Redesign the female lightweight blue jacket.
- ♦ Authorize the lightweight blue jacket to be worn indoors.
- ♦ Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.
- ♦ Offer the A-line skirt as an optional item.
- ♦ Redesign and revise maternity uniforms.
- ♦ Authorize the black scarf only with all Air Force uniforms, eliminating white, gray and olive drab options.
- ♦ Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.
- ♦ Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.
- ♦ Allow females to wear small, black spherical earrings when in uniform.
- ♦ Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.
- ♦ Remove the requirement to wear a tie or tab with short-sleeved shirt or blouse while traveling on a commercial airline.
- ♦ Authorize wear of a backpack over both shoulders.
- ♦ Authorize only a solid-color black backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.
- ♦ Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.
- ♦ Allow males to cleanly shave their heads or have military high-and-tight haircuts

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer.

## AEF cycles increased to better support war on terrorism, mission

By Tech. Sgt. Orville Desjarlais Jr.  
Airman Magazine

SAN ANTONIO -- Nothing much stands out at the Air and Space Expeditionary Force Center at Langley Air Force Base, Va.

The rooms upon rooms of cubicles are standard for a work center. A snack room provides lunch for those too busy to leave, and a larger parking lot would make people happier.

Everything appears normal, except for the inordinate amount of white boards. The boards are standard in meeting rooms, but in every other cubicle?

Ideas, as everyone knows, are fleeting. Here, ideas are jotted down quickly before they evaporate. One can actually read the writing on the wall. Nearly every white board has an expeditionary process spelled out with arrows, acronyms, sources, potential advantages and disadvantages, all just steps away from becoming future Air Force policy.

"Our mission is to take the Air Force's most valuable resource, its people, and provide lethal combat power," said Brig. Gen. Anthony F. Przybyslawski, the center's commander. "We're not dealing with inanimate objects here like on a factory assembly line. We're dealing with people's lives and providing combat capable forces to the warfighter. When we (began supporting the war on terror), we went from deploying 8,000 people to 100,000 people in a couple months. It was truly amazing."

The operations in Iraq and Afghanistan put the Air Force into full afterburner, forcing a 1,250-percent increase in deployments. The conflicts also battle-tested the AEF concept of operations. In the beginning, AEF goals were straightforward: Provide combatant commanders with the right force at the right time, reduce the deployment tempo and take full advantage of the Guard, Reserve and civil-service capabilities.



Tech. Sgt. Keith Brown  
**Senior Airman Salamasina Nickel gives radio clearance for traffic crossing the taxiway at a forward deployed location April 28. Airman Nickel is an air traffic controller deployed with the 332nd Air Expeditionary Operations Support Squadron.**

It is a work in progress, designed to be flexible. It will continue to react to mission requirements, service needs and the national military strategy while executing the Air Force battle rhythm to deliver versatile and responsive air and space power to meet the warfighter's global security requirements.

For every action the center is a part of, there is a reaction -- be it caused by wars, manpower shortages or readiness issues. The center's charter is to keep everything on an even keel. Once its concept solidified, Airmen were organized into 10 AEF "pairs" that deployed, ideally, for three months on 15-month cycles. This system became a way of life for most Airmen and allowed for unit training, adequate reconstitution, and personal as well as professional development while providing stability and predictability in Airmen's lives. On Sept. 11, 2001, that changed.

"It was like turning on a fire hose," said Master Sgt. Roger Heath of the center's operations division, who arrived

there two weeks before the attack on the United States. And it was not just Sept. 11. Whenever he watched television news, he witnessed the fruits of his labor. "Haiti, Africa, the winter Olympics, homeland security, even the fires in California -- whenever I'd see our people landing there, we did that."

General Przybyslawski instills the human aspect in the center.

That personal care can be extended to the 20,000 people deployed on any given AEF rotation, or even focused on a single person -- that is, if that person is being extended. By his own rule, the general must review every extension.

"I found religion when General [John P.] Jumper [Air Force chief of staff] asked me who authorized extensions -- who ultimately made the decision. I said (functional area managers) do. Ever since, I review every extension out there and investigate every action possible so we minimize extensions."

## Article 15 punishments: DUIs, drug use, indecent assault to blame for reprimands

*(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 June, six Spangdahlem Air Base Airmen received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice.

♦ An airman first class assigned to the 52nd Civil Engineer Squadron violated Article 92 by possessing weapons and other unauthorized items

in his dormitory room. The commander imposed a suspended reduction to airman, 30 days extra duty and a reprimand.

♦ An airman basic assigned to the 52nd Equipment Maintenance Squadron violated Article 86 by failing to go at the prescribed time to his place of duty and Article 92 by violating a lawful general regulation. The commander imposed a suspended forfeiture of \$552 pay per month for two months, restriction to base for 30 days and 30 days extra duty.

♦ An airman first class assigned to the 52nd Equipment Maintenance Squadron violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman, 14 days restriction to base, 14 days extra duty and a reprimand.

♦ A senior airman assigned to the 52nd Security Forces Squadron violated Article 134 by committing an indecent assault. The commander imposed a reduction to airman first class and a reprimand.

♦ An airman first class from the 606th Air Control Squadron violated Article 112 by wrongfully using marijuana. The commander imposed a reduction to airman basic, a suspended forfeiture of \$500 pay, 14 days extra duty and a reprimand.

♦ A senior airman from the 606th ACS violated Article 107 by making two false official statements and Article 112 by wrongfully using marijuana. The commander imposed a reduction to airman, a suspended forfeiture of \$500 pay, 14 days extra duty and a reprimand.

## Team Eifel DUI free, coffee mug causes crash

By Iain Lotan  
52nd Security Forces Squadron

Team Eifel members were involved in 20 car crashes last week. One was classified as a major accident; however, Team Eifel was DUI free last week.

Inattentive driving caused the only major accident last week.

The major crash occurred on L-46 at the traffic circle. A technical sergeant totaled his car when he went to put his coffee mug back down. After putting the cup down, the technical sergeant realized how close he was to the traffic circle and was unable to avoid slamming into the center of the circle. The technical sergeant was transported to the Bitburg Annex emergency room for evaluation.

There were 19 minor accidents last week. Three were for speeding too fast, four from improper backing up, one in a parking lot, eight from inattentive driving, one from wildlife and two from failure to yield.





Courtesy photo

## Top Saber Performer

**Name:** Senior Airman Melissa Bridges  
**Unit:** 52nd Medical Operations Squadron

**Duty title:** Aerospace medical technician

**Hometown:** Columbus, Miss.

**Years in Service:** Two

**Nominee's contributions to 52nd Fighter Wing mission success:** As a medical technician in the emergency department, Airman Bridges has distinguished herself as a key player in keeping wing members "fit to fight." She was among the first to respond to provide life-saving care for two critically-ill patients over the last six weeks. She is always seeking ways to improve the care of patients. She is an integral part and sole enlisted member of the 52nd MDOS quality improvement committee. Her keen attention to detail has facilitated the emergency

department's administrative processes and streamlined the high-profile personal reliability program notification pathway. Airman Bridges is a dedicated patient advocate and as a member of the patient education committee, she spearheaded the implementation of patient information bulletin boards. Sharp, compassionate, quick-thinking and a pleasure to work with, Airman Bridges is a stand-out Airman.

**Off-duty volunteerism and professional development pursuits:**

She is a member of the 52nd Medical Group softball team and is pursuing a bachelor's degree in secondary English education.

**What do you do for fun?** I like to write poetry, dine out with friends and shop.

**What do you like most about being stationed here?** Meeting new people, traveling and trying different and exotic foods

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I would like to see exceptional customer service and accountability with personnel at this base because it would help things run more smoothly.

## Airmen earn Achievement Medal

### Staff reports

By direction of the Secretary of the Air Force, and with the approval of Col. William Greenough, 52nd Mission Support Group commander, each of the following Spangdahlem Air Base Airmen have been awarded the Air Force achievement medal for meritorious service. The effective date of the decoration coincides

with the termination date of the period of service cited. **Staff Sgt. Thomas Dantin**, 52nd Communications Squadron, 2001-4; **Staff Sgt. Latasha Johnson**, 52nd Logistics Readiness Squadron, 2002-4; **Senior Airman April Burnett**, 52nd MSG, 2002-4; **Senior Airman Adam Peyrouse**, 52nd CS, 2002-4; and **Airman 1st Class Chad Sells**, 52nd CS, 2002-4.



1st Lt. Gerardo Gonzalez

### Halt!

**Staff Sgt. Jeremy Baldwin**, 52nd Aircraft Maintenance Squadron crew chief, marshals in **Capt. Tim Sumja**, 81st Fighter Squadron pilot, in an A-10 Thunderbolt II jet fighter after a training mission over Malacky Air Base, Slovakia, June 28. The 81st FS and support troops spent nearly three weeks at the Slovakian base as part of a live-fire weapons training deployment.

## Eifel Salutes

### 52nd Mission Support Group

Thanks for their support! Hats off to **Maj. Steven Johnson** for winning the Air Force Mission Support awards board for base-level senior manager. **Capt. Jessica Pinto** also won as unit-level personnel manager. A class act is **Senior Airman Anna Encalada**, who stayed three

hours past closing at the military personnel flight to ensure a short-notice tech training class got filled at the last minute. The 52nd Security Forces Squadron thanks her for great customer service! **Mark Polen** made sure only the books, not the library staff or customers, ended up in a "bind" during a recent computer upgrade. He coordinated the physical upgrade of the servers and put in long hours, re-installing the software to improve the facilities. A sharp troop is **2nd Lt. Brian Cooper**, who, with the rest of the 52nd Fighter Wing Honor Guard, exhibited true professionalism during the wing's Memorial Day Ceremony, ongoing change-of-command ceremonies and retirement events. The **52nd Logistics Readiness Squadron** pulled off an exceptional exodus on a few occasions. The vehicle operations element provided customer support to transport 560 passengers returning from downrange while simultaneously moving 533 passengers and 5,500 pounds of cargo during the recent Phase I exercise.

### 52nd Operations Group

Less is "Mooring" ... **Airman Aleasha Mooring** of the 52nd Mission Support Squadron has been invaluable to the 52nd OG with her help in getting more decorations processed in a lot less time. Her assistance was critical to the 100-percent "Pin 'Em Where



You Win 'Em" rate. We're peppering **1st Lt. Olen Freeman** and **Airman David Dixon** with salutes for their dedication during the Local Salty Nation exercise. Their preparation of the deployed debriefing facility was key to the flying operations of the 23rd Fighter Squadron.

### 52nd Maintenance Group

Play it again, Sam!

**Staff Sgt. Sam Peele** was a key player in supplying equipment for 38 sorties flown at Chateaudun, France, June 1-6. The event included two four-ship A-10 fly-bys for 17 heads-of-state and President George W. Bush. Networkin' it is **Senior Airman Jessica Smith**, who keeps A-10s in the skies by ensuring data flies through the network. She manages 31 computers and accounts for more than 200 computers. A quick draw is **Staff Sgt. David Hatch**, who took lead technician duties and performed a weapons release modification to 20 A-10 aircraft in just 22 days. The modification was scheduled for 90 days originally, but his planning ensured pilots were in newly modified jets just three days after work began.

### 52nd Medical Group

Scapel ... suture ... salute! A cut above the rest are **Staff Sgt. Christopher Pogozelski**, **Senior Airman Kevin Martin** and **Airman 1st Class Tasha Gerard**, who provide "sharp" assistance to surgeons with skilled precision and control. On the "cuspid" of greatness is **Senior Airman Keisha McDuffie**, who does a picture perfect job in dental x-ray.

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



Senior Airman Amaani Lyle

## Top Saber Team

**Unit name:** 52nd Dental Squadron general dentistry section

**A brief description of unit responsibilities:** The team ensures global readiness, promotes oral health and provides preventive dental care.

**Number of members:** 20

**Team's latest contributions to 52nd Fighter Wing mission:** This section provides a wide range of outstanding dental care to include examinations, teeth fillings, root canals, sick-call evaluations and treatment and mobility screenings to more than 1,300 beneficiaries monthly. The general dentistry section keeps Team Eifel "dentally" ready and worldwide deployable.

**Team's other contributions throughout the year:** This element provides "one-stop" exam and cleaning appointments to Team Eifel members, saving countless hours away from their duty sections. They also offer athletic mouth guards to all Department of Defense personnel participating in youth and adult sports. They "put the bite in the fight."



Airmen listen to a volunteer manager during a Wednesday night Bible study at 7 p.m. at the Coffee Mill. The Coffee Mill is geared toward single Airmen in their 20s and early 30s and specializes in free espresso and coffee drinks, as well as free snacks, for an Airmen seeking an alcohol-free alternative. The Officer's Christian Fellowship also meets at the Coffee Mill every Thursday at 6:30 p.m. for officers interested in learning leadership through scripture.

# Friendships, relaxation brews at the Coffee Mill

## Free espresso, coffee for Airmen seeking alcohol-free hangout

Story and photos by Airman 1st Class Eydie Sakura  
52nd Fighter Wing Public Affairs Office

The hoots and hollers from players at the foosball table engulfs the hissing sounds of the cappuccino machine while an Airman froths the milk for a double-shot mocha for a thirsty customer.

This is a normal night at the Coffee Mill, a place started in 1997 for single Airmen to come and hangout in an alcohol-free environment, said Mr. Vernon Salter, volunteer manager of the Coffee Mill.

"I have been at Spangdahlem Air Base for three months and go to the Coffee Mill every Friday night," said Airman Jacob McCarty, 52nd Civil Engineer Squadron. "I like the free coffee, but I mostly like the atmosphere — it's low-key and a nice place to go and relax after a crazy week at work."

In 2003, the Coffee Mill underwent major renovations to better meet the needs of more Airmen. This meant taking out the Christian music and creating an environment that serves everyone, explained Mr. Salter. The purpose of the Coffee Mill is to provide a place that encourages relaxation and building friendships, all in a non-alcoholic environment.

"I enjoy the atmosphere, the people and the free coffee drinks. It's a nice place to unwind, and there are no loud, obnoxious people and blaring music. You can actually hold a good conversation," said Staff Sgt. Matthew Luedtke, 52nd Communications Squadron. "I have made most of my friends through the Coffee Mill and the Wednesday night Bible studies."

The Coffee Mill is geared toward single Airmen in their 20s and early 30s, but does not discourage young couples from coming out to sample the assortment of coffee drinks; however, no children are allowed, and visitors must be 18-years old or out of high school, said Mr. Salter.

"The important thing about the Coffee Mill is that it's about people. It's about making you feel like you have a place to hang, and you are welcome to just be you," said Mr. Salter. "We want people to come in, bring a friend, sit down with a cup of coffee and just unwind — good music, good friends, and it's all free."

Since the remodel, the Coffee Mill features three rooms: a quiet room for conversations and reading, a game room with a pool table and dart boards, and the main room that features the coffee bar, small stage, foosball table, big-screen TV and many places for visitors to sit and relax, said Sergeant Palubin.

"We pride ourselves on having a wider selection of both coffee drinks and soda than any other place on base," said Mr. Salter. "We carry 12 different coffee syrups, and we make iced cappuccinos, Chai tea, hot tea and carry bottled water. We also serve snacks, such as nuts, chips, cookies and pizza."

"We usually average about 15 people in the evening," said Staff Sgt. Scott Palubin, 52nd CS, who has volunteered at the Coffee Mill for two years. "It depends on the time of year and what's going on with the military operations."

The Coffee Mill received its renovation funds from the Combat Cheer program, but it is primarily sponsored and financed by the Chapel communities of Spangdahlem Air Base and the Bitburg Annex, said Mr. Salter.

"We have heard of three other bases with something similar, but none of them are supported at the level the Coffee Mill is," said Mr. Salter. "When I say supported, I am referring to both the Chapel funding and the renovation funds that were provided by Col. Stephen Mueller, 52nd Fighter Wing commander."

Of the more than \$42,000 in renovations, the wing commander contributed nearly \$18,000 over and above from the installation excellence award money, said Capt. Ted Wahoske, 52nd Comptroller Squadron.

"The Coffee Mill is completely volunteer-manned and managed," said Mr. Salter. "Anyone is welcome to come and join the staff."

For people interested in volunteering or forming a steel tip dart league, contact Mr. Salter at [nav.salter@t-online.de](mailto:nav.salter@t-online.de) or stop by Spangdahlem AB, building 139, third floor, during the hours of operation each Friday and Saturday from 7-11 p.m.



Staff Sgt. Scott Palubin, 52nd Communications Squadron, makes an extra foamy cappuccino for an Airman at the Coffee Mill. Sergeant Palubin has volunteered at the Coffee Mill for two years.

## What's Happening at The Coffee Mill...

- pool table
  - foosball table
  - Steel tip darts boards
  - Big screen TV w/ VCR and DVD
  - Five chess sets
  - Reading room with book swap shelf
  - Many, many board games
  - Free coffee drinks, sodas, snacks
  - Wanted: Steel tip darts league – interested?
- Contact Vernon Salter at [nav.salter@t-online.de](mailto:nav.salter@t-online.de)



Col. Stephen Mueller

**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.

**July Sortie Scoreboard**

Aircraft	Goal	Flown	Delta
F-16	694	67	+3
A-10	333	20	+2

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

Through Mo. July 6

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

# Viewpoint

July 9, 2004

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## Communication

### Senior NCO focuses on communication; people key to solving puzzle, process

By Senior Master Sgt. Olester Shipp  
52nd Medical Operations Squadron

In this day and age, most people in positions of leadership understand the importance of communication. For any organization to function efficiently, information must pass smoothly between all echelons.

We realize that communication processes must be timely, accurate and coherent to allow individuals to effectively accomplish their jobs. To this end, leaders seek to leverage every available means to pass often massive amounts of information to their people.

They establish mechanism within their organizations that allow upward and lateral flow of feedback. Our organizations are buzzing with initiatives that should facilitate the practice of clear communication.

Unfortunately, in the midst of all our efforts to ensure the flow of information, we often focus too much on the process and forget the most important and most complicated part of the communication puzzle -- people.

“ We often focus too much on the process and forget the most important and most complicated part of the communication puzzle -- people. ”

It's easy to lose sight that each individual takes in information and views ideas in his or her own way. We all have an individual perspective that ultimately shapes our world.

It is forgetting or not understanding the importance of individual perspective that often leads to communication problems in organizations.

It must be made clear that the problem is not that we view things differently. In fact, this is one of the greatest strengths of humankind.

The problem is that we fail to respect the fact that other people may view something differently than we do. And when we are faced with a view-

point in opposition to ours, instead of re-evaluating the situation to take into account the validity of the contrasting view, we often allow confrontational attitudes to get in the way.

Once this happens, the legitimacy and importance of the message is completely lost, and communication shuts down. This negates all our heroic and time consuming efforts to facilitate the communication process.

As leaders and followers, we must always respect individual perspective and set the proper example when dealing with conflicting views. We are never completely wrong in our individual perspectives, but if we never accept and integrate the perspectives of others into our thoughts, actions and communications, we will never be completely correct, either.

Be the solution to communication problems, not an addition to them. Acknowledge that each of us holds a relevant piece of the communication puzzle. Always step back, take a deep breath and look at things through the other person's eyes. You'll be surprised how much clearer the picture will become.

## Air Force Pride

### Airmen should put 'best foot forward'

By Staff Sgt. Elaine Aviles  
39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey -- My friend was taking a walk on the beach last weekend when a sunbather called out to her. Thinking she knew him, she stopped for a moment.

The man proceeded to tell her she was "too fat to wear a bathing suit" and resembled a "side of beef."

When she told me about her weekend, I was sickened and angered by the unnecessary cruelty of these remarks.

I asked her if it was a child who had taunted her. She said, "no, it was an Airman from Incirlik."

I've recently heard other, equally disturbing stories -- Airmen who urinated off balconies, started drunken brawls or deliberately disrespected our host country laws.

I am confused by this kind of behavior. While many Airmen are young and fresh out of high school, they are not children who are unable to discern right from wrong. Many are responsible for billions of dollars worth of equipment; others protect assets that can tilt the balance of power during a war. That's an incredible responsibility for an 18- or 20-year old who still vividly recalls his high school prom night.

We need to show the same maturity and responsibility off duty as we do when in uniform. It's tempting to "let loose" when we're far from supervisors and commanders, but a night of seemingly innocent fun could land someone in jail. In fact, according to the Area

Defense Counsel here, a charge like indecent exposure can carry some weighty penalties, such as a bad conduct discharge and a six-month confinement.

We've heard countless times that, as Airmen in a foreign country, we are informal U.S. ambassadors. We need to take this calling to heart.

What do our host nation friends and neighbors think of Americans when they see someone exposed on a hotel balcony urinating on their ground or starting a fight at a nightclub? What does my civilian friend think of Airmen when she can't even walk down a beach without being subjected to cruelty?

Whether in or out of uniform, people look to us and form judgments about the military and Americans through the example each one of us presents.

There are, of course, countless Airmen who are exemplary models to the community. They volunteer in orphanages and chapels and take time out of busy schedules and weekends to help others. These Airmen are an example to our host nation friends and to the Air Force.

Hopefully, a few Airmen won't detract from their selfless accomplishments and sway people to think their behavior is reflective of all military people.

When we take off the uniform at the end of each duty day, let's not also remove what it represents -- a symbol of pride and freedom. Whether people recognize we're in the military or not, let's put our best foot forward and show them what we're all about.

## Direct Line

### Punishments

**Q**uestion: Why is it that individuals who do the same crime receive different punishments? I know that the type of punishment an individual receives is left at the discretion of the squadron commander, but is it fair for the two punishments to be different, especially when one is more severe than the other? What happened to the separate, but equal doctrine? So, how can two individuals who commit the same exact infraction receive totally different punishments? Military punishment should be uniform. If people perform better at their job than others, they don't get more pay, so why should punishment be any different?

**A**nswer: Thank you for your question. I work to ensure that members throughout the wing receive fair and consistent punishment for offenses. However, "fair and consistent punishment" does not mean "identical punishment." The military justice system was established to give commanders control over the appropriate treatment of crimes committed by members in their units. Though two different individuals who commit the same offense(s) generally receive similar punishments, you correctly perceive that they do not always receive the same punishment. The Uniform Code of Military Justice, like all American criminal codes, gives a range of acceptable punishments for each offense. First, the circumstances surrounding each crime are always different. For example, theft of \$10 from a friend is not the same as theft of \$10,000 from a friend, but the offense is still "larceny." Second, each offender's personal circumstances dictate different punishments. For example, depending on the offense, an offender with no prior misconduct would likely be treated differently than an offender with a thick Unfavorable Information File. I host regular meetings attended by all squadron commanders, first sergeants and the Staff Judge Advocate to discuss discipline throughout the wing. I will continue to monitor discipline to ensure it is fair and consistent.



## Community Mailbox

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



### Genealogy

A Genealogy class takes place Monday at 6 p.m. The one-hour class covers family research. Call the Spangdahlem AB library at 452-6203 or the Bitburg Annex library at 452-9055 to sign up.

### Day camp

The Cub Scout day camp takes place Aug. 16-20 from 8 a.m. to 3 p.m. at the Preist Sportplatz. All boys in grades one through five can attend. Cost is \$55 until Thursday for the application deadline. Otherwise, the cost is \$65 until Aug. 1. Call or e-mail Larisa Kennedy at 06562-931258 or [thenewmaaris@yahoo.com](mailto:thenewmaaris@yahoo.com).

### Technology expo

The Spangdahlem AB Technology Exposition takes place July 22 from 10 a.m. to 2 p.m. at Club Eifel. There will be 35 exhibitors on hand to demonstrate the latest computer hardware, software and services. Complimentary refreshments and free giveaways will be available. The event is free. E-mail Sarah Hill at [hill@ncsievents.com](mailto:hill@ncsievents.com) for details.

### Family support news

All classes meet at Spangdahlem AB, building 307, unless otherwise noted. Call 452-6422 for details.

- ♦ Monday, 8 a.m. to 4:30 p.m., Transition Assistance Program, Bitburg Annex, building 2001; 10 a.m. to 2:30 p.m., Welcome to Germany
- ♦ Tuesday, 8 a.m. to 4:30 p.m., TAP, Bitburg Annex, building 2001
- ♦ Wednesday, 8 a.m. to 4:30 p.m., TAP, Bitburg Annex, building 2001; 8 a.m. to 5 p.m., pre-deployment briefings; 1-2:30 p.m., smooth move
- ♦ Thursday, 8 a.m. to 4:30 p.m., TAP, Bitburg Annex, building 2001; 10-11 a.m., sponsor training; 2-4 p.m., resume as a marketing tool

### Hidden Heroes

The thrift shop, located in the old barber shop building across from Burger King, needs volunteers for each Tuesday and Thursday. Call Lynn Luria at 452-6422 for more information.



Staff Sgt. Karen Silcott

### He shoots, he scores!

Lawrence Wright, 52nd Civil Engineer Squadron, gets some help from his son Connor, while playing the ball toss to win a prize at the Big Annual Summer Happening (BASH) on Bitburg French Kaserne Monday.

### Al-Anon family groups

Al-Anon weekly meetings begin Aug. 1 at Spangdahlem AB, building 2015. Al-Anon offers a self-help recovery program for families and friends of alcoholics. Members give and receive comfort and understanding through mutual exchange of experiences, strength and hope. Call Mary Marchand at 06561-946479 or e-mail her at [This2shallpass@gmarchand.com](mailto:This2shallpass@gmarchand.com).

### AA meeting

Alcoholics Anonymous meetings take place every Tuesday and Friday at 7:30 p.m. at Spangdahlem AB, building 2015. AA is a fellowship of men and women who share their experience, strength and hope to help others recover from alcoholism. Call Mary

Marchand at 06561-946479 or e-mail her at [This2shallpass@gmarchand.com](mailto:This2shallpass@gmarchand.com).

### Shuttle service

The Host Nation Council sponsors a free bus shuttle service from Spangdahlem AB to the annual Bitburg Folk Festival Saturday and Sunday for base members. The bus departs Saturday at 7 p.m. from the Housing Office, located inside the military family housing area, and at 7:05 p.m. from the Commissary.

The bus departs Sunday at 1 p.m. from the Housing Office and 1:05 p.m. from the Commissary for the Bitburg Folk Festival Parade. The bus returns to the base around midnight Saturday and about 7 p.m. Sunday.

## Chapel Services

### Spangdahlem AB

#### Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Thursday, 11:45 a.m.

#### Protestant

- ♦ Sunday, 9:30 a.m., Pre-school through sixth grade (building 139); 10:30 a.m., traditional service; 1 p.m., Korean; 5 p.m., Sunday Night Live

#### Jewish

- ♦ Every second and fourth Friday of every month, 5 p.m., Shabbat Services

### Bitburg Annex

#### Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 9:15 a.m.

#### Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 11:30 a.m., Sunday School (building 2001); 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the base chapel at 452-6711.



## Club Eifel Happenings

The following events take place in Club Eifel. Call 452-6090 for more information.

### Too bad!

2nd Lt. Daniel Foster lost his claim to \$125 last week at the weekly club member drawing. Tech. Sgt. John Muniz missed out on \$350. Drawing winners who weren't present can stop by the Club Eifel cashier's cage and pick up free lunch coupons as a consolation prize. Rand Singleton was Club Eifel's Hot Food n' Cold Cash winner last Friday.

### Today

- Malibu Madness is from 5 p.m. - 1 a.m.
- ECL: Commander's social, 5 p.m.

### Sunday

- Champagne brunch, 10:30 a.m. and 12:30 p.m., children under five eat free.



## 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 July 15. 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.afees.com/ems/default.asp](http://www.afees.com/ems/default.asp).

### Bitburg Castle

Today

*Shrek 2* (PG, 7 p.m.)

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

*Hellboy* (PG-13, 9:30 p.m.)

When Rasputin returns to plan the destruction of mankind, it's up to the demon, Hellboy, and his friends to stop him.

Saturday

*Shrek 2* (7 p.m.)

*The Girl Next Door* (9:30 p.m.)

Matthew is an over-achiever who falls for his new neighbor. When he discovers the "girl next door" is a one-time adult movie star, his sheltered existence spins out of control.

Sunday

*Shrek 2* (4 p.m.)

*Walking Tall* (7 p.m.)

After returning from serving his country overseas, Chris finds out his high school rival, Jay, has infested his hometown with drugs and crime. Chris is elected sheriff and shuts down Jay's operations.

Closed Monday and Tuesday

Wednesday

*Shrek 2* (4 p.m.)

*Hellboy* (7 p.m.)

Thursday

*Walking Tall* (7 p.m.)

### Spangdahlem Skyline

Today

*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.

*The Punisher* (R, 10 p.m.)

FBI agent, Castle, moves into a desk job, but his family is executed after witnessing a mafia hit, and he seeks revenge.

Saturday

*Connie and Carla* (PG-13, 7 p.m.)

Two Chicago dinner theater performers witness a mafia hit, go on the run and go undercover as drag queens.

*The Punisher* (10 p.m.)

Sunday

*Day After Tomorrow* (4 p.m.)

*Connie and Carla* (7 p.m.)

Monday

*Johnson Family Vacation* (PG-13, 7 p.m.)

Nate's family heads to Missouri for a big family reunion, but getting there is just short of a nightmare.

Tuesday

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

Closed Wednesday and Thursday

## Highway, road safety

# ADAC assists motorists with accidents, breakdowns

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Some American motorists are not aware of a safety net that assists its members 24 hours a day, offering road assistance in case of a breakdown or accident.

This safety net is ADAC, the German equivalent to the American automobile club, and people, age 18 and older, are eligible to sign up to become members.

In case your vehicle is not operating, ADAC provides a mechanic who will come and check out the problem. If the problem cannot be fixed on the spot, the club will tow the vehicle to the nearest suitable garage free of charge. In Germany, towing is very expensive — this is reason enough for many German people to become ADAC members.

The ADAC automobile club offers many services. If people need to request a rapid air transport aid for the recovery of casualties, they can call the ADAC emergency helicopter by dialing 110 or 112. For members, the club covers the deductible for damage caused by domestic or wild animals. The amount of compensation depends on the membership time.

In addition to a regular membership, ADAC offers a comprehensive protection package, called ADAC Membership Plus. It covers the whole family. The package covers costs for medical repatriation and medication, hospital visits, escort service for children, the cost for an alternative driver, an interpreter, premature return from a journey due to an emergency (in Europe), accommodation, replacement of documents, replacement of a car, car key services, spare parts service, transportation and more.

Once a year, members can select their annual "loyal membership gift," a road map or book, available through a local ADAC office.

ADAC will also help people plan their trips by providing a computer print out of the most convenient and closest routes for their destinations.

In addition to road and emergency services, the automobile club offers traffic safety classes and information for adults and children, as well as bicycle tournaments for youngsters. Special safety programs are also available for senior citizens.

The closest ADAC office is located on Fahrstrasse 3, Trier, in the pedestrian zone, not far from the Europhalle. The phone number is 0651- 9 94 10 33. There, people can find anything from travel information to books, maps and magazines. Although most of the information might be in German, the country and region maps are helpful, offering an



Airman 1st Class Heather Forrest

Thomas Steininger, 52nd Security Forces Squadron, slides his Toyota pickup truck across a slick wet surface, simulating an icy road. The driver slammed into the fountain obstacle in the 52nd Fighter Wing funded defensive drivers course designed to help drivers learn the limitations of their vehicles in a safe, controlled environment March 11, in Koblenz, Germany. ADAC courses are conducted every Thursday by a certified wing ADAC instructor. To sign-up, people should coordinate with their unit ground safety managers or unit leadership.

overview of larger geographic regions.

Membership fees run between 38 euro for the basic fee and 71 euro for a Plus membership, which includes a partner on the membership plan. In addition, there is a four euro sign-up fee.

ADAC also offers their own home page (in German) at <http://www.adac.de>. Their 24-hour emergency service number is 01805-101112.

To become a member, if you have a friend who is already a member, have him or her sign you up. For finding a new member, that person will receive a reward. People can also sign up at the on-base banks.

If people wish to sign up themselves, they may stop by a local ADAC office or sign up through the home page and Internet. A bill will be sent to them in the mail. Once payment has been made, they are eligible to benefit from the many ADAC services. They will receive a membership card in the mail. Always keep this in a vehicle or wallet.

Upon request, people must present the card and membership number in order to receive services from ADAC.

For more information available in English, call the Trier ADAC office at 0651-9941033.



## 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 the annual "Europe a la Carte" Traben-Trarbach Mosel wine festival today through Monday.

♦ Enjoy the famous European Folk Festival of Bitburg today through Monday at the town's Beda Platz. About 50 groups from 15 different countries will visit Bitburg and participate in the events. A parade through the center of town is scheduled for Tuesday. This is a highlight event in the area.

♦ The Kesten wine and sports festival takes place today through Monday.

♦ Trier will celebrate its annual Zurlauben Mosel Festival with a giant fireworks display, food and entertainment along the Mosel shore today through Monday. This is a highlight event.

♦ The Trier "Spee Choir" sponsor an open singing concert at 3 p.m., Sunday at the Trier Brunnenhof, located on Simeonstrasse.

♦ The town of Konz invites everyone to its annual town and wine festival July 16-19.

♦ The Valwig Riesling wine festival takes place July 16-19.

♦ Visit the Schleich wine and street festival July 17-18.

♦ Enjoy wine sampling at the Enkirch vintners festival July 17-18.

♦ Listen to Celtic music and see Celtic dances by the Rambling Rovers at 7:30 p.m. July 17 at the Trier Brunnenhof, located near the Porta Nigra.

♦ Enjoy a concert by the Trier Polizei choir at 3 p.m. July 18 at the Trier Brunnenhof courtyard, located on Simeonstrasse 60.

♦ Participate in the 44th International Volksmarch of Neuerburg July 18.

♦ The town of Manderscheid sponsors its annual Burgen, or medieval castle festival, Aug. 28-29 at the lower Manderscheid Castle and at the tournament grounds. Entertainment features medieval knights jousting on horses, medieval plays, entertainment, food and music.

## Spang men's varsity soccer teams kick it into high gear

By Dale Davis  
52nd Services Squadron

The Spangdahlem Sabres men's soccer team was untouchable during the U.S. Air Forces in Europe soccer tournament held in Alconbury, England, June 18-23.

Led by Max VanAusdal, 52nd Security Forces Squadron, with three goals in the competition, the team scored 14 goals and conceded one as it stormed through the tourney to repeat as USAFE soccer champions.

"Four months ago, I didn't think we had a chance of repeating because we lost many talented players from last season, but this group of players came together by putting in the time and effort to become a championship team," said Richard Graham, 52nd Mission Support Squadron.

Steve Haro, 52nd Operations Support Squadron, kicked off the scoring in the championship match with a superb left-footed shot from 18 yards to give the Sabres an early first half goal against bitter rival Ramstein.

Throughout the first 45 minutes of

play, Ramstein and Spangdahlem entertained the crowd with beautiful passing and creative individual play. Spangdahlem led 1-0 at halftime.

The second half of play was dominated by Spangdahlem as the Sabres blasted in four goals to win the match 5-0.

Daniel Grooters, 52nd Equipment Maintenance Squadron, guided the ball into the goal from three yards out, scoring his first career goal and increasing the score to 2-0. Dale Davis and Juan Martinez, both 52nd SVS, and Graham added the final touches to a brilliant display of teamwork to finish off Ramstein.

"The win against Ramstein was one of the most satisfying I've had in over 20 years of playing soccer," said Graham.

In the group stage of play, Spangdahlem defeated Incirlik 2-0 and Lakenheath 5-1, finishing as the top team in group A. Travis Ruhl, 22nd Fighter Squadron, volleyed in a corner kick against Incirlik to seal the opening match of the tournament for the Sabres.

Against Lakenheath, Javier Graham scored a sensational goal from 20 yards out off a pass from VanAusdal.

As top team out of Group A, Spangdahlem faced the number two team in Group B, RAF Mildenhall in the semi-final match. The Sabres won a hard-fought match 2-0 to advance to their second final in many years.

Goalkeeper Nathaniel Montminy, 52nd EMS, repelled a furious attack in the second half to keep Mildenhall scoreless. Montminy was selected to the tournament All-Star team for his leadership,

sportsmanship and outstanding performances throughout the competition.

During the course of the tournament, nine different players scored for Spangdahlem, making it difficult

for the opposition to shut down any one player. Perparim Uka, 52nd Logistics Readiness Squadron, produced several key performances throughout the week, and his two assists early in the second half of the final against Ramstein were key in wrapping up the victory.



## Sports Briefs

### Cheerleading clinic

A one-day cheerleading clinic takes place at the Spangdahlem AB soccer field, behind the fitness center, Tuesday. The Seattle Seahawk cheerleaders will host two sessions:

- ♦ Session one is for youth, ages 6-12; check-in time is 8:45 a.m., and the clinic is from 9-11 a.m.

- ♦ Session two is for youth, ages 13-18; check-in time is 12:15 p.m., and the clinic is from 12:30-2:30 p.m.

The cost is \$5 per person, and the registration deadline is July 12 at either the Bitburg Annex or Spangdahlem AB youth and teen centers. Call Jake Jacobs at 452-7381 for more information.

### Operation Stay Fit

Run a 5k, bike a 30k, then run another 5k during the Operation Stay Fit Duathlon starting at noon July 16, at the Skelton Memorial Fitness Center. Registration is now through event day. The event is free for Team Eifel members. Call De Shane Casillas at 452-6251 for details.



### Softball tournament

The 2nd annual Spangquintin Inmates softball tournament takes place at the Spangdahlem AB ballfields July 16-18. Cost is \$100 for a round robin with a double elimination format. The first 10 teams to register will play. Cash prizes will be awarded to the top three teams. Call Greg Barnes at 452-7073 for more information.

### Running club

The running club at Spangdahlem AB holds a 5k race every Tuesday at 5:45 p.m. The cost is \$25 for a team of five, and teams must be signed up before 5:30 p.m. Call De Shane Casillas at 452-6496 or e-mail him at [deshane.casillas@spangdahlem.af.mil](mailto:deshane.casillas@spangdahlem.af.mil) for details.

### Exercise class

Mommy and Me exercise classes are each Tuesday and Thursday from 10-11:30 a.m. until Aug. 19 at the base fitness center. These free, interactive classes are for parents and their children, ages 5-12. Call De Shane Casillas at 452-6496 for more information.

### 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. Contact Raymond Gills at 452-6540 or Sean Heard at 452-6193 to sign up.

### Tennis camp

A tennis camp takes place July 19-23 from 9 a.m. to noon at the Bitburg Annex S.A.P. building for children ages 10-15. It covers the fundamental skills needed to play the game. Tennis rackets and balls are provided, but children can bring their own equipment.



### Mountain biking

A mountain biking camp spins into gear July 19-23 from 2-5 p.m. at Spangdahlem AB for children ages 10-15. The camp covers biking safety, upkeep and repair, and includes daily rides through the local area. Students must provide their own bike and helmet.

### Basketball camp

A basketball camp for children ages 8-12 runs July 26-30 from 9 a.m. to noon at Spangdahlem AB at the new sports pavilion. It covers various facets of soccer, including a variety of skills, conditioning games and exercises and play calling.



All classes meet at Spangdahlem AB, building 130, unless otherwise noted. Call 452-6995 for details.

- ♦ Today, commissary tour, 7:45 p.m.
- ♦ Monday, cholesterol education, 9 a.m.; hypertension education, 1 p.m.
- ♦ Tuesday, prenatal education, 9 a.m.; healthy living workshop, 1 p.m.
- ♦ Wednesday, fitness improvement program and body composition improvement program, 1 p.m.
- ♦ Thursday, cooking demo, 11 a.m.
- ♦ July 21, body composition improvement program, 9 a.m.; tobacco cessation, noon; healthy living workshop, 1 p.m.
- ♦ July 22, sports nutrition, 9 a.m.; fitness improvement program and body composition improvement program, 1 p.m.
- ♦ July 23, commissary tour, 1 p.m.

*July fitness tip: Exercise three to five days a week, 30 to 60 minutes, at 60 to 90 percent of your maximum heart rate. Your maximum heart rate is (220 minus your age).*



Airman 1st Class Eydie Sakura

### Take five

Staff Sgt. Jessica Ruiz, 52nd Communications Squadron, works up a sweat during the Skelton Memorial Fitness Center's 5 for 2 class. The class, instructed by Tech. Sgt. John Rivera, 52nd Fighter Wing Manpower Office, takes place each Monday, Wednesday and Friday from 11:30 a.m. to 12:30 p.m. The class focuses on cardiovascular fitness, concentrating on sculpting the body, specifically below the waist, by using step aerobics and free-weights. Call the Fitness Center at 452-6496 for details.