

## Dress Right, Dress

### AFI 36-2903, Table 1.4

Men's sideburns will be neatly trimmed and tapered in the same manner as the haircut. They will be straight and even, not flared, and end in a clean-shaven horizontal line. They will not extend below the lowest part of the exterior ear opening. This does not apply to individuals with shaving waivers (Courtesy of the Spangdahlem AB First Sergeants Council).



## News Briefs

### Windows/XP upgrade

Spangdahlem AB and U.S. Air Forces in Europe designated the Windows XP operating system as the command standard integrated desktop. By Jan. 1, USAFE will fully implement the XP SID on all desktop computers running at the secret or unclassified level. This policy applies to all users, with the exception of computers running functional applications incompatible with the XP SID. Unit workgroup managers will contact all network users to replace the Windows 2000 operating system on their desktop computers with the XP SID. All users are requested to review their personal or official data saved on their desktop computers and ensure this data is stored. For details, call the 52nd Fighter Wing help desk at 452-6021.

### Snow parade

The 52nd Civil Engineer Squadron holds its fourth annual snow and ice parade Oct. 22 at 3:30 p.m., starting at the Spangdahlem Middle School. It then proceeds around the Spangdahlem AB housing loop at 4 p.m. The parade gives Team Eifel a familiarity with snow removal equipment used during winter months and helps ensure wing members give this equipment plenty of room to operate safely, especially if encountered on base streets and around parking lots. Drivers should stay at least 50 feet away from salt dispensing equipment to avoid possible paint or body damage to vehicles. A "Snow Marshall" will be present and Santa will toss out treats to the children. Children should stay off the road and be cautious of the equipment.

### Vaccine shortage

A flu vaccine shortage is expected due to the temporary closure of the London firm Chiron. The 52nd Medical Group will administer the flu vaccine in accordance with Department of Defense priority guidelines. This roll out should begin mid- to late October. Medically high risk beneficiaries will be notified by mail. Call the immunization clinic at 452-8382 or primary care managers at 452-8333 for more information.

### Thrift savings plan

Civilians and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" today through Dec. 31. The open season applies only to regular TSP contributions. It does not include TSP catch-up contributions. Military members can contribute up to 10 percent of their base pay, as long as the annual total of tax-deferred investment does not exceed \$14,000 for 2005. Airmen also have the ability to invest all or part of their bonuses or special pay. Those serving in tax-free combat zones are allowed up to \$41,000 in annual contributions. Military members can enroll through the Defense Finance and Accounting Service Web site at <http://www.dfas.mil/emss>. They can also enroll by filling out a form TSP-U-1 at the military personnel flight, the finance office or the family support center. Call the MPF at 452-6553 or the family support center at 452-6422 for details.

### From Russia, with love

The circus returns to Trier to thrill spectators.

Read "The Great Russian Circus entertains with acrobatics, music" on Page 7



# Eifel Times

Vol. 38, Issue 38

Spangdahlem Air Base, Germany

Oct. 15, 2004



Staff Sgt. Terence Zelek, 23rd Fighter Squadron life support technician, presents the new Joint Helmet Mounted Cueing System here Oct. 7. Though the 52nd Fighter Wing received the equipment about 16 months ago, Sergeant Zelek said previous versions of the technology have been around since the 1980s, with early usage in Russia and Israel.

## Helmet upgrades enhance air power

*State-of-the-art head gear communicates with jets through electronic interface system*

Story and photos by Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

Split seconds can mean the difference between life or death for a flyer at war.

Fortunately, new capabilities provided by the recent F-16 aircraft Common Configuration Implementation Program enhance a pilot's ability to look, lock and launch on an enemy target in the blink of an eye.

The 52nd Fighter Wing has recently adopted an advanced approach to high-tech man-machine interaction with the introduction of the Joint Helmet Mounted Cueing System. Even Buck Rogers might envy this 21st century gadget, now used in all of the wing's F-16 aircraft. The system builds on the old helmet design with an electronic interface that enables the helmet and jet to communicate and puts critical data less than three inches from a pilot's right eye.

"Spangdahlem (AB) is one of the first installations in the Air Force to have all of its fighter squadrons and F-16s using the new system," said Staff Sgt. Terence Zelek, 23rd Fighter Squadron life support technician and helmet fitter.

Human retinal nerve impulses and eye movement can be faster than 1/25 of a second. Sergeant Zelek said pilots quickly locate, track, identify and lock onto airborne and ground-based targets at longer ranges and safer altitudes -- all by simply looking at a target.

"By keeping their eyes pointed outside the cockpit, pilots will be better equipped to support the formation via visual lookout and avoid potential mid-air collisions in crowded airspace," said Lt. Col. David Youtsey, 52nd Operations Support Squadron director of operations.

Avoiding such collisions is part of what makes the price tag of nearly \$100,000 per system money well spent, said Colonel Youtsey.

"Compared to the cost of a trained pilot, the cost of the F-16CJ, or the cost of many weapons that are used only once, the price is not an issue," he said. "(With) more survivable air attack engagements or faster destruction of enemy ground forces during a close air support mission, the benefits are easily recognized."

Colonel Youtsey said the new system also pays dividends in training.

"Our young pilots will learn the skills and tactics necessary to transfer to more capable aircraft," he added. "The skills acquired via JHMCS will support the fielding decisions and employment tactics of those future stealthy platforms in an even more net-



Capt. Kevin Lord, 23rd Fighter Squadron F-16 pilot, demonstrates the JHMCS. Sergeant Zelek said each helmet custom fitting process takes anywhere from two to four hours, and helmets are thoroughly inspected before use.

worked and sensor-dense battle space."

One young pilot said the ease of the JHMCS makes the idea of returning to the "old fashioned" system unappealing, but he also recognizes the importance of meticulous training, fitting and assembly on the new system.

"Your head is connected to the end (of the cord) and inside the helmet," said Capt. Kevin Lord, 23rd FS life support officer and F-16 pilot. He added that, during an ejection or other mishap, "if the (JHMCS) is improperly connected, it could rip your head off."

Captain Lord said three dedicated rides with an instructor, coupled with a regular sortie schedule, should keep pilots proficient with the new equipment.

"When you know how to wear (the helmet) and it's properly fitted, it's awesome," Captain Lord said. "It's first look, first lock, first kill and now we can track altitude, speed and just about any information we need to keep the aircraft level and in our control."

# Spangdahlem AB Airmen receive Article 15 punishment

## Staff reports

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

- ♦ A staff sergeant assigned to the 52nd Aircraft Maintenance Squadron violated Article 111 by driving while intoxicated. The commander imposed a reduction to senior airman and 30 days of correctional custody.
- ♦ A senior airman assigned to the 52nd AMXS violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman first class, a suspended reduction to Airman and 30 days of correctional custody.
- ♦ A staff sergeant assigned to the 52nd Equipment Maintenance Squadron violated Article 128 by assaulting a civilian. The commander imposed a reduction to senior airman,

45 days extra duty and a reprimand.

- ♦ An airman first class assigned to the 52nd EMS violated Article 86 by failing to go at the prescribed time to his appointed place of duty. The commander imposed a suspended reduction to Airman, 14 days extra duty and a reprimand.
- ♦ An airman first class assigned to the 52nd EMS violated Article 134 by being drunk and disorderly. The commander imposed a reduction to Airman, 14 days restriction to base, 14 days of extra duty and a reprimand.
- ♦ A senior airman assigned to the 52nd Communications Squadron violated Article 86 by failing to go at the prescribed time to his appointed place of duty and Article 128 by assaulting a civilian. The commander imposed a reduction to airman first class, suspended forfeitures of \$792 pay per month for two months (conditioned upon successful completion of an anger

management course) and a reprimand.

- ♦ An airman first class assigned to the 52nd Medical Operations Squadron violated Article 86 by failing to go at the time prescribed to her appointed place of duty. The commander imposed a suspended reduction to airman, forfeitures of \$70 pay per month for two months and a reprimand.
- ♦ An airman first class assigned to the 52nd MDOS violated Article 111 by driving while intoxicated and Article 134 by being drunk and disorderly. The commander imposed a reduction to Airman, a suspended reduction to airman basic, 30 days extra duty and a reprimand.
- ♦ A staff sergeant assigned to the 606th Air Control Squadron violated Article 111 by driving while intoxicated. The commander imposed a reduction to senior airman, 45 days extra duty, suspended forfeitures of \$500 pay and a reprimand.

## Family advocacy discusses domestic violence treatment, prevention, stresses mandatory reporting by Saber community

By Michele Linnen  
Family advocacy outreach manager

In October, the Air Force community gives special attention to the prevention of domestic abuse. During our especially stressful times, it is important to reflect on our personal and family relationships. The increased activity of daily life, deployments or life transitions such as having a child can challenge even the most loving relationships.

Across the United States and in the Air Force, community individuals and organizations increase public awareness about domestic violence. Individually and as a community, people can help prevent domestic violence by becoming aware of it and helping those in need to seek help. Team Eifel can also increase understanding about creating and nurturing respectful, secure and loving relationships.

Domestic violence does not discriminate against military rank, social, economic, religious, cultural or ethnic status. The victim and perpetrator can be either gender. Abuse is about

control and power due to the perpetrator's own low self-esteem. The victim typically also suffers from feelings of low self worth. Too often, abusive relationships are generational. That is, if a child is brought up in an abusive home, as an adult, that individual has a greater chance of repeating the same way of interacting with her or his own partner.

The children from this partnership are also vulnerable to modeling their own way of relating in any future romantic relationship after their parents' own destructive forms of behavior.

The good news is that humans have some control of their own destiny. People do not have to repeat unhealthy patterns in relationships. Often; however, people need help to gain greater awareness about unhealthy relationship interaction and to learn new ways of thinking,

behaving and interacting with their partner.

Family advocacy and the life skills center staffs offer educational literature and classes, programs and counseling for individuals, couples and families who seek to strengthen their relationships.



The Air Force recognizes that an individual, couple or family may experience stressful times. Therefore, it encourages members to obtain help as soon as possible to avoid escalating problems. The Eifel community offers many agencies and programs for those families who need help, guidance and support.

To further encourage military people to seek preventive help, AF policy states that when obtaining preventive counseling such as pre-marital or marital counseling, there will be no medical records documentation. Of course, family situations that have been substantiated as maltreatment are reported in medical records.

Therefore, it is crucial for the couple and for the Air Force mission that small conflicts are addressed promptly. Seeking help is never a sign of weakness, but strength.

Mandatory reporting of suspected domestic abuse is everyone's responsibility. Wing members in a violent relationship are urged to seek help. Those who know someone who is struggling with a violent relationship must encourage them to seek help. Reporting is mandatory when abuse is suspected. Reports can be made anonymously, and reported abuse cases are addressed with sensitivity for all parties involved.

Simple acts of kindness to partners and neighbors can reduce feelings of isolation and encourage a community of caring behavior. Getting to know neighbors, learning to listen and communicate needs with partners and clarifying family values are just a few ways people can create secure and loving relationships. For more information about family advocacy's support for individuals, couples or families, call 452-8279.



### Freedom -- You Can Take it to the Bank!

Throughout the years Americans have demonstrated unwavering dedication to certain principles that have made our country one of the greatest nations in the world. Our commitment to the principle of freedom has been the backbone of our success. In fact, we depend so heavily on freedom we say you can take it to the bank!

Freedom is the foundation on which America was built and has cost the lives of many of our brave men and women over the years. We place a high value on our freedom because it gives us the ability to shape our own future and to make our own destiny. Our freedom guarantees our equality under the law and means we are constrained only by our abilities. The American flag quickly comes to mind as the symbol of our nation's freedom. From our earliest conflicts as a young nation to our current operations, the American flag has proudly flown in recognition of our freedom. The flag also represents the courage of the many Americans who bravely sacrificed their lives for the freedom of America and other nations.

This leads to another thing you can take to the bank -- there will always be those who oppose freedom. When

terrorists attacked the World Trade Centers and the Pentagon, they didn't just attack physical buildings, they attacked freedom itself. They oppose us because we are free -- free to worship any God we want or none at all, free to speak our minds, free to read what we want, free to obtain an education and free to pursue happiness. So we fight to defend our freedom and preserve our way of life now and for future generations. We will not pass the buck, but will face those who oppose freedom today, so our grandchildren will live in freedom tomorrow.

This brings us to the underlying reasons we'll succeed in defending freedom -- our courage and our unity. Last month we wrote about the meaning of "Bring Your Courage." Even though we say it's the most undernourished core value, when our freedom is on the line our courage emerges. We will succeed against those opposing our freedom because of the courage and unity of Americans. The terrorist attacks against America did not divide us as the terrorists hoped, but rather united us in our fight for freedom. America is composed of many different races, religions and beliefs, but make no doubt about it, when our freedom is attacked, America will always unite against the threat and secure our freedom.

Freedom and those who oppose it are two things you can take to the bank. We will succeed because of the courage and unity displayed by Americans today -- the same courage and unity that make us the most inspirational and respected Air Force in the world!

## Spang AB reduces DUIs, major crashes

By Iain Lotan  
52nd Security Forces Squadron

Team Eifel members were involved in 23 car crashes and accidents over the last two weeks. One was classified as a major accident. Wing members have gone two consecutive weeks without DUIs.

The sole major accident occurred on B-50 at the traffic circle near the contractor's gate. A senior airman observed another vehicle heading directly toward his car, so he pulled into the intersection to avoid a head on collision. Both vehicles; however, slammed into each other. The senior airman had neck and back pain and was transported to the Spangdahlem Air Base clinic for further medical evaluation.

There were 22 minor accidents over the last two weeks. Three were from speeding, three were from improper backing, 11 were from inattentive driving, one was from tailgating and four others were from other at fault.





Senior Airman Amaani Lyle

## Top Saber Performer

**Name:** Brandie Tubb-Hall  
**Unit:** 52nd Services Squadron, Outdoor Recreation  
**Duty Title:** Recreation assistant  
**Hometown:** Amory, Miss.  
**Years in Service:** Two  
**Nominee's contributions to 52nd Fighter Wing mission success:** Ms. Tubb-Hall has contributed to the wing in various functions. In the past year, she worked at two different facilities, the Brick House and Outdoor Recreation. While at the Brick House, she created a spreadsheet to help track nightly waste that aided in inventory. She also learned how to operate and program the computer checkout system at the Brick House without any formal training. While at

Outdoor Recreation, she has created various spreadsheets to track both non-appropriated and appropriated funds and equipment inventory. She assists with rentals, retail sales, programs and trips. Ms. Tubb-Hall coordinates with wing and base squadrons for "free issue" equipment and reservations of base pavilions for official functions.

**Off duty volunteerism and professional development pursuits:** She volunteers with U.S. Air Forces in Europe teen camps and volunteered with Airmen Against Drunk Driving. She currently performs self-study on Excel and Microsoft Word. She will soon attend college to complete her bachelor's degree.

**What do you do for fun?** I enjoy going out with friends, traveling, watching movies and reading.

**What do you like the most about being stationed here?** I like the opportunities that the area provides. Being stationed at Spangdahlem AB provides me with the opportunity to travel and live in another culture.

**What's one thing you'd like to see changed or improved at Spangdahlem AB?** I would like to see more parking available on the base.

## EMS troops ace recent exercise

### Staff reports

The 52nd Equipment Maintenance Squadron lauds the following individuals for their outstanding performance and stellar ratings received during the recent NATO Tactical Evaluation.

The response to the simulated loss of three key troops had no adverse affect on the mission. Overall, the weapon delivery organization consistently delivered the correct munitions on time to the correct locations.

Recognized troops are:

**Capt. Raymond Handrich; Senior Master Sgts. Joseph Ohl and Patrick Adams; Master Sgt. Jeffery Short; Tech. Sgts. Samuel Escandon, Dorman Varnado, Jonathan Crain and Matthew Johnston; Staff Sgts. Brian Bock, Joshua Brewster, Tommy Carnes, Thomas Danley, Nancy De**

**Costa-Peiler, Stephani Folts, Glenda Hoffman, Margot Hubbard, Lou Johnson, Michele McClain, Michael Pieters, Jonathan Price, Jessica Rasley and Toby Roach; and Senior Airmen Alton Bearden, Matthew Blank, David Cameron, Joshua Hampton, Ryan Heidbrier, John Mazur, Ryan Mutter, Terrance Townsend and Kyle Westfall; and Airmen 1st Class Rodman Blazvick, Jason Bonnette, Heather Firth, Lucas Holloway, Kenneth Jackson, Arthur Lecesse, Jacalyn Lawler, Timothy Miller, Michael Sweeny, Joshua Talbot, Jamaal Thomas, Clinton Williams and Chris Yancy.**

Inspectors were: Staff Sgts. Zachary Daugherty and Randy Houghton.

## Eifel Salutes

### 52nd Mission Support Group

We have no reservations about saluting **Senior Airman Nick Conley**, whose attitude and professionalism in billeting stood out recently. A U.S. Air Forces in Europe headquarters staffer lauded Airman Conley's quick reaction and efforts and credited that for the pilot's ability to get much needed flight training in with the 22nd Fighter Squadron. Taking Team Eifel higher is **Master Sgt. Janeen Polen**, who provided outstanding support of wing leadership as they prepare for officer and enlisted promotion boards. From building packages to scrubbing lists, wing members' promotions are in good hands! Bravo to the cast and crew of Act Eifel's play "Terminal Bar" for competing in the Air Force and Army One-Act Play Festival in Heidelberg recently. And the winner is ... **Marie Lusher**, who won second place for best actress in a leading role in the play. Terminal Bar was directed by **Airman 1st Class Christy Byers** and stage managed by her husband, **Jason Byers. Rachel Sumja** and **Airman 1st Class Christopher Sanchez** completed the cast. Eifel Times staffer **Airman 1st Class Eydie Sakura** operated the lighting board. **Gary Sakura, Tim Sumja** and **LeRoyce Bratsveen** were also voice talents within the context of the dark comedy. Spangdahlem Air Base was well represented by the talents of these Eifel community members. As if shedding light on the play wasn't enough, **Airman 1st Class Eydie Sakura** was at it again; she scored a 91 percent on her career development course test. For that, she receives a three-day pass, and her supervisor, **2nd Lt. Shannon Collins**, receives a one-day pass.

### 52nd Maintenance Group

All systems are a go for the **52nd Maintenance Operations Squadron maintenance data systems analysis Sabers** and the **plans, scheduling and documentation section's Sabers**, who each did a phenomenal job finalizing the flying hour and capabilities model. The two sections compiled, scrutinized

and presented to wing leadership despite a very short deadline. Tow be or not tow be, but there's no question as to whether or not they deserve a salute ... **Tech. Sgts. Fenton Fukushima and Eric Atchley; Staff Sgt. Eric Shreiner; Senior Airmen Thomas Innis and Samuel Redden; and Airmen 1st Class Garrett Porter and Andrew Rogers** pulled their weight to help with the placement of the F-16 aircraft for the recent successful Hometown Holiday Greetings video event. A very special thanks also goes to **Staff Sgt. Chris Feldhaus**, who ensured there were no hang-ups at Hangar 3 during the video event.

### 52nd Operations Group

Time to salute **Capt. Chris Perkins** for his awesome work in creating what's been called the first perfect schedule. He also spruced up the squadron car and executed stellar flying wingman contracts.

### 38th Munitions Support Group

Exemplifying service before self is **Tech. Sgt. Joseph Kazimer**, who won the Air Force-level national public service award. Well done, Eldon! **Tech. Sgt. Eldon Fletcher** adapted and overcame the challenge presented in scheduling and shepherding 135 geographically-separated units troops through code of conduct training, ensuring 92 percent of all unit people were completely trained inside of three weeks.

### 52nd Medical Group

Give a hand to **Airman 1st Class Caudell Claude** and **Tyann David**, who offered support with their Helping Hands Meeting. They came to the rescue at the last minute and volunteered with the children while parents attended the meeting. Raising spirits and bucks were **Cindy Davis, Staff Sgt. Vanessa Evans** and **Airman 1st Class Brenda McCoy**, as well as the many other 52nd Aerospace Medicine Squadron spouses who made boosters and fundraisers a success.

*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 Services Squadron Readiness Plans and Force Management Office  
**A brief description of unit responsibilities:** The Services Readiness Office Sabers provide and maintain readiness training for more than 50 services troops. They manage the base mortuary affairs program, spanning 20 geographically-separated units in four countries. The team provides training and oversight for the base search and recovery team, summary court officers and family liaison officers, as well as the Spangdahlem Air Base Honor Guard.

**Number of members:** Three: Tech. Sgt. Darryl White, 2nd Lt. Regie Tolentino and Tech. Sgt. Joseph Bates, who is currently deployed.

**How does the team fit into the 52nd Fighter Wing's mission?** The SRO Sabers train and equip troops in food service, field mortuary, fitness and recreation and field lodging for worldwide contingencies. The office staff administers the mortuary affairs program and provides management and training of a 56-member search and recovery team in the event of a major mishap.

**Team's other contributions throughout the year:** During the year, the SRO Sabers have deployed more than 95 percent of the squadron in support of Operations Iraqi Freedom and Enduring Freedom. The office staff also provided beddown support for more than 1,200 German Army and Navy Bundeswehr in 52nd SVS contingency dorms in support of base force protection. They also administered and conducted 10 mortuary entitlement briefings for grieving families. The wing's honor guard conducted more than 70 special events and functions, to include three funeral details.



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## Smart choices

# Energy efficiency key to cutting costs, use

Staff reports

October is Energy Awareness Month, and this year's theme is "Smart Energy Choices: Helping to support our economy, protect our environment and increase energy independence."

By Presidential Executive Order 13123, all government facilities must reduce their energy consumption 35 percent by 2010, compared to what was used in 1985.

In fiscal year 2004, Spangdahlem Air Base spent more than \$6.8 million in utility bills. Past experience shows public energy awareness can save at least two percent of this cost -- a whopping \$136,000.

The objective of Energy Awareness Month is to heighten public awareness on ways Team Eifel Sabers can save energy by changing their personal habits.

As stewards of government resources, be it at work or in base housing, it is every Airman's responsibility to maximize assets by making efficiency a cultural activity.

### Ways to save energy:

- ♦ Make a habit of turning off unnecessary lighting when leaving an area
- ♦ Use "Sleep" mode instead of monitor

screen savers; it reduces the electric load 93 percent

- ♦ Turn the monitor off when not at a work station; it can save \$36 annually
- ♦ For similar quality, laser printers use 300 watts; inkjets use only 10 watts
- ♦ For three copies or less, use the printer; for more, use the copier
- ♦ Use the "stand-by" button on the copy machine; it will lighten the energy load 70 percent
- ♦ When left on, coffee makers use the same amount of power as 15 standard light bulbs
- ♦ Wear more clothes like sweaters and thermals, and then turn down the heat to 68 and use a fan to circulate the warm air in the room instead of using a space heater
- ♦ Rather than driving, walk to get the mail or when running other errands
- ♦ Burn carbohydrates not hydrocarbons: ride a bike or walk to work
- ♦ Relax and take mass transit or carpool; it uses 25 times less energy

By spending less hard-earned money on utility bills, Team Eifel Sabers could pocket a few extra dollars. Continuing toward reducing energy consumption as a whole, each person doing their part can make a big difference.

## Breast cancer awareness reminds Team Eifel importance of self-exams

By Staff Sgt. Christina Haupt  
52nd Medical Support Squadron

October is Breast Cancer Awareness Month and according to the National Breast Cancer Foundation, 211,000 women will be diagnosed with breast cancer this year -- that is one in eight in a lifetime.

Surprisingly, 1,600 men will also be diagnosed this year, and their rates are on the rise. The incidence of the disease has increased significantly in men in the last 25 years from .86 to 1.08 cases per 100,000 men. Once diagnosed, the survival rates between men and women are no different.

### Steps to help with early detection:

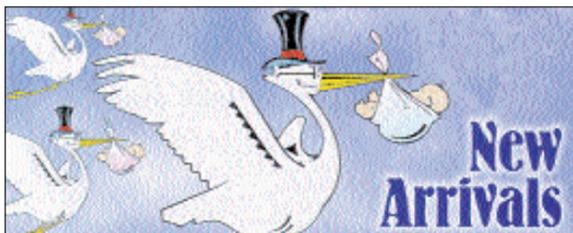
- ♦ Perform monthly self breast exams -- 70 percent of all breast cancers are found this way
- ♦ Receive a clinical exam by a health care provider every three years between the ages of 20-39 and annually after the age of 40
- ♦ Women should have a baseline mammogram annually at age 40 -- 35 if people have a strong family history after 40.
- ♦ If people find a change such as nipple discharge, nipple inversion and peau d'orange (skin thickening and/or dimpling of the breast) or new lump in the breast, be sure to have it evaluated by your primary care manager.

Early detection is the key to survival. When a breast cancer is found early, the five year survival rate is 96 percent.

The 52nd Medical Group mammography department is accredited by the Food and Drug Administration and the American College of Radiology. According to the Mammography Quality Standards Act, these accreditations are mandatory. The Act was implemented by Congress in 1992 to ensure all mammography facilities meet the same high standards of care.

Some informative Web sites to view are [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org), [www.komen.org](http://www.komen.org), and [www.health.edu](http://www.health.edu).

For more information, call the 52nd MDSS mammography department at 452-3480.



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. He weighed 8 pounds 6 ounces and was 19.5 inches long. Staff Sgt. Carlos Villanueva is assigned to the 52nd Equipment Maintenance Squadron, and Staff Sgt. Nichole Villanueva is assigned to the 52nd Aircraft Maintenance Squadron.

**Tate Michael Martin** was born at 11:24 p.m. Aug. 13 to Staff Sgt. Robert and Harmony Martin. He weighed 6 pounds 5 ounces and was 19.75 inches long. Sergeant Martin is assigned to the 52nd AMXS.

**Kaleb Ian Wooten** was born at 2:36 p.m. Aug. 28 to Staff Sgts. Bradley Wooten and Dawn Robb. He weighed 6 pounds 7.2 ounces and was 18.5 inches long. Staff Sgt. Bradley Wooten is assigned to the 731st AMS, Osan Air Base, Korea, and Staff Sgt. Dawn Robb is assigned to the 52nd Medical Support Squadron.

**Ethan Riley Cumming** was born at 6:19 p.m. Aug. 31 to Kenneth and Cindy Cumming. He weighed 8 pounds 2.5 ounces and was 20.5 inches long. Kenneth Cumming is assigned to the Department of Defense, and Cindy Cumming is assigned to the 52nd Services Squadron.

**Evan Reed Butterfield** was born at 11:47 a.m. Sept. 1 to Staff Sgt. Cristina and Senior Airman Louis Butterfield. He weighed 7 pounds 10 ounces and was 20.5 inches long. Sergeant Butterfield is assigned to the 52nd Operations Support Squadron, and Airman Butterfield is assigned to the 606th Air Control Squadron.

**Chase Scott Beltz** was born at 7:31 p.m. Sept. 1 to

Senior Airman Nicholas and Alicia Beltz. He weighed 7 pounds 9 ounces and was 18.75 inches long. Airman Beltz is assigned to the 52nd Equipment Maintenance Squadron.

**Claire Louise Taranta** was born at 11:25 a.m. Sept. 2 to Tech. Sgt. Christian and Rebecca Taranta. She weighed 7 pounds 2 ounces and was 19.5 inches long. Sergeant Taranta is assigned to the 52nd Security Forces Squadron.

**Melanie Maria Gray** was born at 5:54 a.m. Sept. 3 to Staff Sgt. Dennis and Denia Gray. She weighed 6 pounds 10 ounces and was 20 inches long. Sergeant Gray is assigned to the 606th ACS.

**Katerina Maria Fradet** was born at 12:25 p.m. Sept. 3 to Airman Shawn and Kseniya Fradet. She weighed 7 pounds 6 ounces and was 20.5 inches long. Airman Fradet is assigned to the 52nd AMXS.

**Aidan Alexander Forrest** was born at 12:58 p.m. Sept. 5 to Capt. Christopher and Brandy Forrest. He weighed 6 pounds 8 ounces and was 19.5 inches long. Captain Forrest is assigned to the 81st Fighter Squadron.

**Ashley Elisabeth Arnold** was born at 6:47 p.m. Sept. 6 to Staff Sgt. Jonathan and Heather Arnold. She weighed 8 pounds 6 ounces and was 21.25 inches long. Sergeant Arnold is assigned to the 52nd AMXS.

**Baylan Knight Dickon** was born at 9:07 a.m. Sept. 7 to Staff Sgt. Michael and Rebecca Dickon. He weighed 7 pounds 11.4 ounces and was 20 inches long. Sergeant Dickon is assigned to the 52nd Logistics Readiness Squadron.

**Bjorn Onvie Bray** was born at 7:12 p.m. Sept. 7 to Staff Sgt. Pauline and Allen Bray. He weighed 6 pounds 9.6 ounces and was 18.5 inches long. Sergeant Bray is assigned to the 52nd LRS.

**Gabriel Saul Fiedler** was born at 2:15 p.m. Sept. 9 to Airman 1st Class Samuel and Emerald Fiedler. He weighed 7 pounds 6.9 ounces and was 21 inches long. Airman Fiedler is assigned to the 52nd Component Maintenance Squadron.

**Amya Destiny Marie Tucci** was born at 12:44 a.m. Sept. 10 to Senior Airman Odis and Brandy Tucci. She weighed 6 pounds 9 ounces and was 20 inches long.

Airman Tucci is assigned to the 52nd EMS.

**Simeon DeLuane Crosby II** was born at 4:40 p.m. Sept. 13 to Staff Sgt. Saquadrea and Simeon Crosby. He weighed 5 pounds 12 ounces and was 19.5 inches long. Sergeant Crosby is assigned to the 52nd Medical Group.

**Ella Jolie Hale** was born at 8:12 a.m. Sept. 14 to Staff Sgt. Robert and Rachel Hale. She weighed 7 pounds 10 ounces and was 20 inches long. Sergeant Hale is assigned to the 52nd CMS.

**Samuel Ephron Alford** was born at 8 p.m. Sept. 15 to Capt. Scott and Stacy Alford. He weighed 9 pounds 2 ounces and was 22 inches long. Captain Alford is assigned to the 52nd OSS.

**Adriana Romero-Soto** was born at 9:22 a.m. Sept. 16 to Senior Airman Rolando Romero and Nilda Soto. She weighed 7 pounds 3 ounces and was 20 inches long. Airman Romero is assigned to the 606th ACS.

**Tristan Alexander Moses** was born at 12:40 p.m. Sept. 22 to Staff Sgt. Christopher and Anna Liza Moses. He weighed 8 pounds 4.1 ounces and was 20.25 inches long. Sergeant Moses is assigned to the 52nd CMS.

**Daniel Robert Andrews** was born at 5:01 p.m. Sept. 22 to Tech. Sgt. Robert and Tammy Andrews. He weighed 7 pounds and was 20.5 inches long. Sergeant Andrews is assigned to the 52nd Maintenance Operations Squadron.

**Jack Schottler Foutch** was born at 12:18 p.m. Sept. 23 to Capt. Michael and Jennifer Foutch. He weighed 8 pounds 9 ounces and was 21 inches long. Captain Foutch is assigned to the 52nd MDSS.

**Eve Rebecca Boatright** was born at 7:48 a.m. Sept. 28 to Senior Master Sgt. Todd and Nicola Boatright. She weighed 7 pounds 5 ounces and was 21 inches long. Sergeant Boatright is assigned to the 52nd CMS.

**Matthew Luccius Anderson** was born at 6:21 p.m. Sept. 28 to Staff Sgt. Kathleen and Daniel Anderson. He weighed 9 pounds 1.6 ounces and was 22 inches long. Sergeant Anderson is assigned to the 52nd EMS.

Prepare to fight



Fight to win



Take care of each other



**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.



Col. Dave Goldfein

**October Sortie Scoreboard**

Aircraft	Goal	Flown	Delta
22 FS	349	132	+12
23 FS	377	126	-2
81 FS	435	190	+34

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

Through Oct. 12

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

# Viewpoint

Oct. 15, 2004

Page 5

*From the top*

## CMSAF offers special thanks to Airmen

By Chief Master Sgt. Gerald R. Murray  
Chief Master Sergeant of the Air Force

It is hard to believe it has been more than two years now since General Jumper awarded me the privilege of representing the greatest Airmen in the world as the 14th Chief Master Sergeant of the Air Force.

This time has brought Sherry and me even more excitement and pride in our service. We are especially proud as we watch you perform so magnificently during this time of war and increased sacrifice. Like you, we have experienced some very sad days, mourning the loss of our fellow Airmen, Soldiers, Sailors, Marines and Coastguardsmen, as the evils of war will always bring. Yet the pride and honor of service to our nation is one aspect that never waivers.

You are America's Air Force -- Airmen serving our nation with dedication and determination. I've had the pleasure of shaking hands and talking face-to-face with many of you. Your candid feedback has been a tremendous asset in making decisions that will carry our Air Force into the 21st century.

Over the course of these two years, I've visited more than 120 installations and each time the hospi-

tality and professionalism of people, military and civilian alike, have shone through. I recognize any visit by a senior leader creates a great deal of work for a base, some visible and much more behind the scenes. I want everyone to understand how much I appreciate your efforts.

The commanders, command chiefs, protocol staff, honor guard and transportation specialists are a few of the folks who go out of their way to accommodate schedule changes and ambitious agendas. Please know that all the extra hours and attention to detail don't go unnoticed.

There certainly are a number of others involved in making my visits successful. From the thoroughly prepared briefers to baggage details, you always put your best foot forward. So many people go the extra mile.

On a recent trip my agenda was very tight and didn't allow time for breakfast before the return flight. Earlier in the trip I shared a story with one of the commanders about a great little restaurant I'd discovered. A young technical sergeant, assigned to help out with our visit, overheard this conversation. Completely unexpected, he showed up

the next morning with breakfast from this very restaurant. To my surprise and appreciation, he had left home early and made an extensive detour to ensure we had breakfast on the plane.

Please note, I do not expect anyone to feel they need to go out of their way, but it is just one example of the treatment you've given me since I've been in this position.

Unfortunately, it is very easy for my schedule to overtake my good intentions of writing personal thank you notes. Please accept now my heartfelt thanks for the support you've given me, and your continued commitment to our Air Force. These two years have been the best in my career and that's because of you -- the outstanding Airmen I serve with.

As I look ahead, I remain resolute and optimistic about continuing to represent your interests to our senior leaders, Congress and the American public. This is a historic time to be serving in our Air Force. We are facing many challenges, yet together we will not only meet these challenges, but we will succeed as a team -- a world-class team in the world's greatest Air Force.

### Direct Line

**Drivers, pedestrians**

**C**oncerns: *I have noticed and experienced the lack of regard that a number of people exhibit toward pedestrians in the crosswalk. I have stood at the curb or stepped into a crosswalk as people continue to drive by. Most times, I am pushing a double stroller.*

*People need to slow down as they drive through parking lots at the base exchange and commissary. Many of us have small children, and as much as parents try to corral their children while loading and unloading the vehicle, the inevitable happens, and we are quickly running to prevent our children from entering the middle of the street. I'm sure a lot of Airmen, not having had children yet, are not thinking of this as they are leaving or entering the premises. I am very concerned for the safety of the children in parking lots.*

**R**esponse: Thank you for your concern. Pedestrians entering crosswalks have the right-of-way, and the speed limit for all parking lots on base is 10 miles per hour, or 16 kilometers per hour. Likewise, excessive speed in parking lots is only one of the many hazards our children face. The constant flow of vehicles in different directions is also a major safety concern.

Moreover, drivers backing out of parking spaces can't always see a little one who gets behind the vehicle. Commanders and supervisors at all levels must make traffic safety, including parking lots and crosswalks, a continuous focal point for commander's calls and safety briefings.

Safety is everyone's responsibility, especially when children are present. Our security forces Sabers regularly monitor the speed of vehicle traffic on both Spangdahlem Air Base and Bitburg Annex using radar guns and issue citations for drivers exceeding the speed limit. Areas which are often targeted are those where children are frequently present such as schools, family housing and playgrounds.

If you observe a driver who is acting in an unsafe manner, such as failing to stop for a pedestrian, tailgating, or passing where prohibited, take down their license plate and file a complaint in person at the law enforcement desk, located in building 215, near the Spangdahlem AB main gate. The complaint will be reviewed and forwarded to the vehicle owner's first sergeant for possible administrative action. If you observe a motorist who is intoxicated, leaves the scene of an accident or drives in an erratic and extremely dangerous manner, immediately call the law enforcement desk at 452-6666 or 0656561-6666 to report it.

## Good discipline equals key to successful career

By Maj. David Carlson  
52nd Equipment Maintenance Squadron commander

Shortly after coming on active duty, I attended a commander's call in which one of the guest speakers was a legal officer. I still remember the opening line of his briefing. He said, "There are four things that get Airmen in trouble more than any other, they are: checks, sex, drugs and alcohol, and failure to go."

His message was simple and clear. Exercise discipline, and you'll have a better chance at a successful career and happier life. In my 13 years of military service, I've seen numerous Airmen fall victim to these "pitfalls," and lack of discipline, usually off-duty, is to blame every time. Let's elaborate on each of the "pitfalls" above.

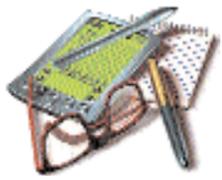
The first, "checks," refers to financial irresponsibility. Thirteen years ago, most of us paid for things using checks because debit cards didn't exist. If a check bounced for insufficient funds, the first sergeant usually got a call. Today, misuse of government travel card, not paying bills on-time and excessive debt would constitute financial irresponsibility. Exercise fiscal discipline by sticking to a budget and financial goals, and you'll have savings for emergencies, investments for retirement and more.

The second, "sex," obviously refers to inappropriate relationships or fraternization that often involve liaisons that aren't of a sexual nature at all. Being overly friendly or the perception of favoritism between higher and younger ranking individuals can lead to problems and can erode a unit's good order and discipline. Those of us in uniform must constantly ensure that we maintain professional relationships among the ranks both on and off duty.

The third, "drugs and alcohol," is probably the most notorious of the four. Those who use drugs have no place in the military. And I've seen the irresponsible consumption of alcohol ruin more careers, break-up more families and waste more man hours than any of the other "pitfalls." All of us have paid the price for a comrade's irresponsible drinking, usually in the form of a DUI. We've all lost goal days, time to be with our friends and families, because of another's carelessness.

The fourth, "failure to go," refers to people's inability to be where they are supposed to be on time. We all should understand the mission impact of being late to work or missing a medical, dental, chemical warfare or other appointment. Lack of discipline in this area negatively effects mission readiness and can lead to an exit from the Air Force.

Bottom line: Discipline is everyone's responsibility. It is critical to mission readiness and at the heart of a unit's morale. Exercise discipline both on and off duty; this will lead to a successful career and much happier life.



## Community Mailbox

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



### Movie tickets

The AAFES Europe Reel Time Theater ticket prices increased today. Admission prices have gone up 50 cents for adults and 25-cents for children. The new prices are as follows: First run, \$4 for adults, \$2 for children; Regular release, \$3.50 for adults, \$1.75 for children; Revival/repeat release, \$3 for adults, \$1.50 for children.

### Single parent support

The new single parents support group meets each third Tuesday every month at the Spangdahlem AB Family Support Center, building 307, from 11:30 a.m. to 1 p.m. Lunch is provided. For more information, call Lynn Luria at 452-6422.

### Massage therapy

Gary Nicks, at the Eifel Arms Inn, offers massage therapy. Appointments are being taken now, with services starting Monday. For more information, call Mr. Nicks at 0715-163-5758.

### X-Faction dance act

Come to the Brick House Monday at 8 p.m. for a free evening of hip hop as the group, X-Faction, kicks off its dance act. For details, call Kim McElfresh at 452-7381.

### Family advocacy news

All classes meet at Spangdahlem AB, building 161, third floor, unless otherwise noted. Call 452-8279 for details.

- ♦ Art of Relationship: A Couple's Communications Workshop, Thursday and Nov. 2 and 9, from 2:30-4:30 p.m., Bitburg Annex, building 67, third floor

- ♦ Caring for Children Through Divorce, each second Tuesday of the month, from 1-2:30 p.m.

- ♦ Anger Management, each Tuesday from 9-10:30 a.m.

- ♦ Passport to Parenthood, Oct. 27 from 2-4 p.m., Bitburg Annex, building 67, third floor

- ♦ Family advocacy play groups; open to all parents with children, ages infant to five-years-old; each Tuesday from 10 a.m. to noon, Spangdahlem AB housing, build-



2nd Lt. Shannon Collins

### Candid camera

Chris Grogan, Army and Air Force Hometown News Service, San Antonio, Texas, counts down as Senior Airman Thomas Rascon, 52nd Logistics Readiness Squadron; his wife, Diana; daughters, Destiny and Sierra, 3; and son, Myles, 9 months old; prepare to send a hometown holiday greeting Friday in Hangar 3. Team Eifel Sabers sent out 378 greetings, more than any other base in U.S. Air Forces in Europe, Thursday and Friday to their family members in the states and downrange.

ing 409-C, lower level; each Thursday from 10 a.m. to noon, Bitburg Annex, community center playhouse and family room, building 2012.

### Family support news

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

- ♦ Monday, Welcome to Germany, 10 a.m. to 2 p.m.

- ♦ Wednesday, Creative Critters, 10-11 a.m., Bitburg Annex, building 2001

- ♦ Thursday, German Bills Made Easy, 8-9 a.m.; Sponsor Training, 10-11 a.m., Basic Mutual Funds, 6-8 p.m.

- ♦ Friday, Train Trip to Trier, 9 a.m. to 5:30 p.m.

### Teen center events

The 52nd Services Squadron and the Bitburg Annex Teen Center has plans for every teenager this October. For more information on the upcoming events, call Ann Ernst at 452-9206.

- ♦ The teen center holds a throw-away-the-key party Oct. 22-23 from 9 p.m. to 7 a.m. The cost is \$20 for members and \$25 for non-members, and sign-up is now through Tuesday. A parental permission slip and pre-payment are required.

- ♦ The Halloween Bash screams into Bitburg Oct. 30 from 8 p.m. to midnight. The cost is \$5 for members and \$8 for non-members.

### Quarterly awards luncheon

Purchase tickets to the quarterly awards luncheon now through Oct. 22 through squadron First Shirts. The luncheon is Oct. 29 at 11 a.m. in Club Eifel. For more information, call Staff Sgt. Debra Jackson at 452-6015.

### BookMark survey

The BookMark, located at the Spangdahlem AB BXtra, is conducting a survey in the AAFES facilities, aimed at Eifel team members, to find out people's favorite author and novel. For details, e-mail Christopher Boylan at [boylanc@afes.com](mailto:boylanc@afes.com).

## 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 chapel at 452-6711.



## Club Eifel Happenings

### Congratulations ...

**Leroy Thomas** won \$675 last week at the weekly club member drawing.

### Too bad ...

**Lt. Col. Robert Hunkeler** missed out on his claim to \$450.

### Sunday

Champagne Brunch from 10:30 a.m. to 1:30 p.m. The cost is \$12 for members.

### Monday

Experience the "Tower of Power," 100 ounces of Bitburger for \$10.95 in the new table-top tap system. Towers are \$2 off on Mondays.

### Thursday

The new "Boy It's Good" buffet is here. Enjoy a "B.I.G.," three cuisine feast. The cost is \$5.95 for members.

Eat at the Shrimp Feast Buffet from 5-8 p.m.

The cost is \$11.95 for members and children, ages 6-12, \$5. Children under five-years-old eat free.

**Remember: M&M's Garage is now open evenings from 5-9 p.m., each Wednesday through Friday.**



## 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 Oct. 21. 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

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

A celebrity decides to make a persistent photographer pay for almost causing a personal tragedy.

*The Manchurian Candidate* (R, 10 p.m.)

In the midst of the Gulf War, soldiers are kidnapped and brainwashed for sinister purposes.

Saturday

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

M. Night Shyamalan's latest installment is a tale of an isolated town confronting the astonishing truth that lies just outside its borders.

*The Manchurian Candidate* (10 p.m.)

Sunday

*Return to Neverland* (G, 4 p.m.)

In London during World War II, Wendy's daughter, Jane, is kidnapped by Captain Hook, and Peter Pan must come to the rescue.

*Paparazzi* (7 p.m.)

Monday

*The Village* (7 p.m.)

Tuesday

*Paparazzi* (7 p.m.)

Closed Wednesday and Thursday

## Bitburg Castle

Today

*Anacondas: The Hunt for the Blood Orchid* (PG-13, 7 p.m.)

A scientific expedition sets out for Borneo to seek a flower called the Blood Orchid, which could grant longer life. Meanwhile, they run afoul of snakes and each other.

*Harold and Kumar go to White Castle* (R, 9:30 p.m.)

Two twenty-something roommates -- one a Korean American investment banker; the other an Indian American medical school candidate -- go through a life-changing journey as they spend a night roaming the state of New Jersey in search of White Castle hamburgers.

Saturday

*I, Robot* (PG-13, 4 p.m.)

In the year 2035, a techno-phobic cop investigates a crime that may have been perpetrated by a robot, which leads to a larger threat to humanity.

*Anacondas: The Hunt for the Blood Orchid* (7 p.m.)

Sunday

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

What does it take to become a Stepford wife, a woman perfect beyond belief? Ask the Stepford husbands, who have created this high-tech, terrifying little town, in a very modern comedy-thriller.

Closed Monday and Tuesday

Wednesday

*Two Brothers* (PG, 7 p.m.)

Two tigers are separated as cubs and taken into captivity, only to be reunited years later as enemies by an explorer who inadvertently forces them to fight each other.

Thursday

*Anacondas: The Hunt for the Blood Orchid* (7 p.m.)

No clowning around

# The Great Russian State Circus entertains with acrobatics, music

By Iris Reiff

52nd Fighter Wing Public Affairs Office

The Great Russian State Circus tours Germany under their new motto, "and friends."

The circus is presently performing shows at the Trier Moselauen and Messepark fair grounds. Traditional circus flair, first-class speed juggling acts, horse and wild animal performances, stunt men acts and much more is scheduled today through Sunday.

Shows take place today at 4 and 8 p.m., and Saturday at 2 and 8 p.m. The final shows will be Sunday at 2 and 6 p.m.

"We are looking forward to welcoming people from the Eifel as well as Americans who are stationed in the area to our new show," said Mr. Lothar Weber, the Russian State Circus spokesman. "The circus staff are extremely happy to be touring Germany again, especially under their new motto, 'and friends,' to demonstrate their ties and friendship among different cultures."

The world-famous artist, Alex Ramien, and his motorcycle team will demonstrate a record performance on the "Globe of death" wheel.

"Contortion Act" features two Chinese artists, who demonstrate the extreme flexibility of their muscles and bodies, while juggling candles on their heads, hands and feet at the same time.

Another highlight of the circus will be a show by seven acrobats, who will perform brave acts on Arabian horses.

A group of Russian clowns and "Spiderwoman" will provide humor and excitement.

"Stairway to Heaven" features Pei Yangang and Li Mengru, two Chinese acrobats, who will build a stairwell with chairs, at the same time performing acts on the stair towers.



*Courtesy photo*  
The Great Russian State Circus attracts young and old with world record performances to its spectacular "big top" in downtown Trier.

The Oksana Volkova ballet from Russia will perform dancing acts. Music will be provided by the Bolschoj Circus Orchestra with six musicians performing on a saxophone, trumpet, bass guitar, lead guitar, keyboard and drums.

"It's a lot of fun, and it will be enjoyable to the guests," Mr. Weber said.

All presentations are accompanied by music as well as light affects. In addition, the unique costumes the performers wear, add to the spectacle.

More than half a million visitors

witnessed the last tour of the Great Russian State Circus under the motto "Maestro."



*Courtesy photo*  
Clowns, acrobats and animals entertain visitors at the Great Russian State Circus in Trier. A variety of music and lighting effects heighten the drama and acrobatic performances.

## Tickets

The cost ranges from 12 to 32 euros. Tickets can be purchased on the Internet at [www.der-kartenvorverkauf.de](http://www.der-kartenvorverkauf.de) or by calling the circus' ticket box office at 0170-3208501.



Christian Gerard

### Mini-planes

Christian Gerard, a local journalist and aircraft modeler will display his latest model, a Spangdahlem Air Base A-10A at a local scale modeling exhibition, Sunday, at the Bernkastel-Kues Jugendheim Kues or Kues Youth House, located on Jugendheimstrasse. The exhibition is open from 10 a.m. to 5 p.m. It took Mr. Gerard 500 hours to complete the A-10 model. He has been participating in numerous competitive exhibitions and will be part of a major European Modeling Competition Nov. 6 at the Nieuwegein Business Center, near Utrecht, Holland. More information about this exhibition can be obtained by visiting [www.ipms.nl](http://www.ipms.nl).

## Out and About

(Editor's note: Event dates and times are subject to change.)

♦ Binsfeld Mayor Lothar Herres invites American Binsfeld residents to the annual Forest Walk Sunday. A free soup luncheon follows at the Binsfeld community hall. People will meet at 9:30 a.m. at the Binsfeld Peter von Binsfeld Strasse street. Pets are welcome. The local music association performs at 11 a.m., and lunch is at 1 p.m.

♦ Visit a flea market Sunday at the Trier Parkhaus, located near the Bahnhof or central train station; at the Uerzig festival grounds; along the Zeltingen Mosel shore and at the Pruem Mehrzweck hall.

♦ The 3rd Long Bar Hopping Night of Gerolstein takes place Oct. 22.

♦ Trier invites people to the annual Mosel-Saar-Ruwer wine forum Nov. 5-7.

♦ Cochem invites people to the festival of the first new wine Nov. 12-13.

♦ See the world-famous opera "Nabucco," in German, Dec. 26 at the Trier Arena. Ticket prices range from 35,60 to 68 euros. Reserve a ticket now at 0651-9941188.

♦ Equi-Macig is the name of a magic horse gala show, Jan. 1, at the Trier Arena. The cost of tickets range from 23 to 57 euros. Reserve a ticket now at 0651-9941188.

# Nutrition: Diet therapy experts see fad diets, miracle pills as unhealthy lifestyles

By Airman 1st Class Christie Putz  
92nd Air Refueling Wing Public Affairs Office

**FAIRCHILD AIR FORCE BASE, Wash.** -- The low-carb diet. The low-fat diet. The cabbage soup diet. The grapefruit diet. The shake diet.

There are "miracle" pills that claim weight loss without ever stepping foot in a gym. And there are all the herbal supplements for the Earth- and body-conscious consumers.

It is enough to drive a person wanting to shed a couple pounds crazy. So what is true and what is false?

"If you hear somebody say you can lose 30 pounds in a month healthily, they lied to you," said Staff Sgt. Rebecca Caldwell, NCOIC of diet therapy for the 92nd Aeromedical Dental Squadron.

In reality, healthy weight loss averages one-half to two pounds a week.

"If you're losing any more than that, then you're not losing fat; instead, you're losing muscle mass," she said.

Losing weight is not an overnight process, Sergeant Caldwell said. The only way someone can safely lose weight and truly keep it off is to change his or her current eating habits for the better.

The staff at health and wellness cen-

ters promotes a nutrition plan that most people have been familiar with since childhood: the food pyramid.

While most people think they are familiar with the pyramid and what it teaches, many people either forget or do not know about one of its main teachings.

"In today's society, everything is oversized," Sergeant Caldwell said. "A lot of people just don't understand what a normal portion size is."

For example, six to eleven servings of breads and grains does not necessarily mean six to eleven bowls of pasta or cereal. A bowl of pasta may equate to two or three servings.

This lack of knowledge, coupled with unhealthy food choices, is the quickest way to pack on pounds.

It is all of the things most people have had driven into their minds since grade school, but many times, adults forget. That is where Sergeant Caldwell and her co-workers come in.

Besides classes on proper nutrition, the centers have a registered dietician on staff to help people.

The dietician can sit down with clients and help work out a plan that

works with their lifestyle and helps them meet their goals.

Also, besides traditional dietary advice, dieticians counsel people on proper nutrition for diabetics, expectant mothers, those with high cholesterol and just about any other condition.

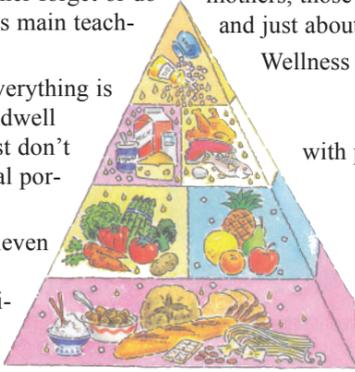
Wellness center visitors can get books full of healthy recipes, tools to help with portion or calorie counting and handfuls of literature explaining the effects of a healthy lifestyle.

"The body is like a car, and food is our fuel," Sergeant Caldwell said. "You wouldn't put dirty gas into a car, so why put unhealthy food into your body?"

Like a fine-tuned machine, the human body and automobiles share several likenesses. The better they are taken care of, the longer they are going to last and the better they are going to perform.

The body also needs routine maintenance in the form of cholesterol and blood-pressure checks.

However, the main difference between the two is that people are only given one body; there is no trading it in or getting a new one.



# Team Eifel finds wellness in chaos

Staff Reports

Feeling over-extended, stressed and tired? Gaining weight when stressed? During high-stress and fast-paced times in life, it is important to take the time to take care of one's self.

Exercise has been proven to be an excellent form of stress relief. Physiologically, when people are stressed, their bodies are tense, their breathing is shallow and their minds tighten. During these chaotic times, people also tend to either overeat or make unhealthy food choices (excess caffeine, chips or candy).

This results in blockage of the energy flow as well as unwanted weight gain. When people exercise, they breathe deeper and more rhythmically, their minds relax and energy flow is restored. They also tend to make healthier food choices and take better overall care of themselves, thus restoring their wellness cycle.

It leaves people with a feeling of peace. Physical activity seems to be the first thing people skip when they are stressed. The reasons many people use are the exact things that physical activity will help combat -- too tired, depressed or busy.

The best type of exercise to combat stress depends on how people process stress. Some people enjoy a long bicycle ride or walk to calm them. Others enjoy the intensity of kickboxing or resistance training. Whatever activity it is that you enjoy is the

activity that you should participate in when experiencing an increase in stress.

Six tips to feel fit from the inside out:

- ♦ Positive thinking about one's self will boost self-confidence
- ♦ De-stress through deep breathing three to five times a day
- ♦ Enhance wellness by getting regular sleep, physical activity and examinations with your primary care provider
- ♦ Eat at least three meals a day; include a variety of food groups and closely monitor portion sizes to ensure healthy eating and prevention of weight gain



- ♦ Enjoy the outdoors
- ♦ Participate in regular flexibility and strengthening exercises

It is important to remain active and stay healthy during chaotic times. People who need assistance in starting a fitness program, balancing their nutrition or managing their stress, can call the Health and Wellness Center at 452-9355 for an appointment, or stop by Spangdahlem Air Base, building 130, second floor, for more information on programs and services.

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

## Sports briefs

### Picking running shoes

Learn what type of shoe to wear for the 1.5 mile run at "Choosing the Correct Running Shoe for You" class. The class kicks off at noon Oct. 29 at the Health and Wellness Center, building 130, second floor. For more information, call Mandy Baerman at 452-6995.

### New cardio class

The new Movin' and Groovin' cardio class takes place each Monday from 4-5 p.m. at the Bitburg Annex fitness center. This fun, new choreographed cardio class slowly adds in one step at a time to give participants a full-body workout. For more information, call De Shane Casillas at 452-6496.

### Women's basketball

The Spangdahlem AB women's varsity basketball team seeks women who are interested in playing the '04/'05 season. The team meets each Tuesday and Thursday at 6 p.m. at the base fitness center. For more information, call Staff Sgt. Sean Balance at 452-6291 or Staff Sgt. Naquesha Johnson at 452-7248.

### Fit To Be Yourself

A three-part class designed for parents and children to instill the value of a healthier lifestyle at a younger age takes place Oct. 26 at 5 p.m. at the Health and Wellness Center, building 130, second floor. The class features cooking demos, healthy snack alternatives and fitness demos geared toward school-aged children. For details, call Mandy Baerman at 452-6995.

### Howl-O-Ween 5K

Get ready to howl at the moon at the Howl-O-Ween 5K Fun Run Oct. 29 at 3:30 p.m. at the base fitness center. Costumes are optional, but running like mad is required. For more information, call De Shane Casillas at 452-6496.

### Football frenzy

It's time to tackle this year's football season with Club Eifel's Football Frenzy, held at the Brick House each Sunday from 4 p.m. to midnight and each Tuesday at 7 p.m., until the Superbowl. Watch teams square off on three 100-inch screen TVs with surround sound. Enjoy comfy lounge chairs, snacks and drinks. Register to win prizes such as football tickets, plasma TVs, gaming systems and more. For details, call Kim McElfresh at 452-7381.

### Basketball tournament

Get a team together and compete head-to-head with other Army and Air Force teams at Spangdahlem AB's Basketball Fall Classic Tournament Nov. 19-21. The tournament is open to all varsity teams. The cost is \$250 per team. Sign-up at the Skelton Memorial Fitness Center or call them at 452-6496 or 06565-61-6496.

### Yoga

Yoga classes are back at the Health and Wellness Center each Monday and Wednesday at 8:30 a.m., building 130, second floor in the exercise room. No need to sign-up -- just show up. For more information, call the HAWC at 452-6995.

### Wanted: basketball officials

Become a basketball official for the upcoming basketball season. For more information, call Dustie Gonzales or Tech. Sgt. Clifford Gonzales at 06565-933572.

### Combat Cheer basketball

Dunk the blues with a game of basketball at the Combat Cheer Basketball Games Nov. 13 and Dec. 4 at 8 a.m. at the Skelton Memorial Fitness Center. Play is open to all Team Eifel Sabers, who are at least 18-years-old and not in school. There will be both male and female categories. For more details, call Staff Sgts. Brian Sneed and Foster Gilbert or Mark Warner at 452-6634.

### Health and Wellness Center important numbers and information

- ♦ Tobacco Cessation coordinator, 452-9355
- ♦ Exercise Physiology, 452-6995
- ♦ Nutritionist, 452-9355
- ♦ Fitness Center, 452-6496
- ♦ 52nd MDG appointment line, 452-8333
- ♦ Commercial line, 06565-61xxxx

## Scoreboard

The following is a list of the latest standings as of Oct. 8.

For more information on intramural sports, call the fitness center at 452-6496.

### Flag football

Team	W	L
52 EMS	10	0
470 ABS/GK	10	1
52 SFS	9	4
52 OSS	7	3

Team	W	L
52 CES FD	6	3
52 CES	6	4
52 LRS	5	4
702 MUNSS	3	4
52 SVS	4	7
52 CMS	4	7
52 MDG	2	7
52 AMXS	2	10