

## Dress Right, Dress

AFI 36-2903

When wearing the uniform, all Air Force members will adhere to standards of neatness, cleanliness, safety and military image to provide the appearance of a disciplined servicemember. This paragraph also applies to Air Force retirees. (Courtesy of the Spangdahlem AB First Sergeants Council)



## News Briefs

### Use or lose leave

The Air Force has implemented the Special Leave Accrual, or SLA, program for the end of fiscal year 2004. Active-duty Airmen who were unable to use leave due to their support of contingency operations may be eligible for SLA. Military members affected can retain up to 120 days of leave until the end of fiscal year 2005. Also, members who were unable to take annual leave because they supported contingency operations from home station will be allowed to accumulate up to 90 days after the fiscal year ends. For details, call Master Sgt. Terry Wise at 452-6554 or e-mail him at terry.wise-02@spangdahlem.af.mil.

### Free packing materials

The United States Post Office offers free packing material to spouses and families of deployed military members. To take advantage of this service, call 1-800-610-8734 and press one for English and then press three for the operator. This service will send family members free boxes, packing materials, tape and mailing labels. These products are used only to mail care packages to servicemembers.

### Retiree Activities Office

The Retiree Activities Office is now open and located at the Bitburg Annex, building 2011, room 228. The office is open each Friday from 11 a.m. to 8:30 p.m. by appointment only. The office acts as a liaison between the U.S. Air Force and retired military members; helps active duty to transition to retired status; and solves retirees' problems and lobbying in Congress. RAO is also looking for volunteers. For more information, call Tech. Sgt. (ret.) Gary Hackl at 452-9424/9491, or e-mail him at Gary.Hackl@spangdahlem.af.mil.

### Veteran's Day

The 52nd Fighter Wing provides full honor guard details at two cemeteries where more than 20,000 American servicemembers are buried, in support of Veteran's Day/Armistice Day ceremonies at Meuse-Argonne and St. Mihiel Nov. 10-11. The company grade officers, First Sergeants Association and Chief Master Sergeant's Council are contributing members to staff the honor guard and color guard. There will be a de facto honor guard instructor who will hold practice sessions. The following volunteers are needed:

- ♦ one color guard of 10 members
- ♦ one honor guard comprised of 20 members
- ♦ one master of ceremonies
- ♦ one translator fluent in English and French

To sign-up or for more details, call 2nd Lt. Grisko Alfonso at 452-5829.

### Wall-to-walnuts

Find hundreds of items at vendor stands, all made with walnuts from the recent harvest

Read "Annual Vianden nut market attracts bushels of visitors," on Page 7



# Eifel Times

Vol. 38, Issue 37

Spangdahlem Air Base, Germany

Oct. 8, 2004



2nd Lt. Shannon Collins

### 'Top' billing

Airman 1st Class Aaron Davis, 52nd Civil Engineer Squadron firefighter, gets serenaded by the women of Tops In Blue, during their "Musicology" tour at the Skelton Memorial fitness center Oct. 3. The highly acclaimed Tops In Blue team blends an intricate mixture of the musical sounds of America, adding in a fun-filled, action-packed performance, showcasing hits with a very special spin. View more photos of the Tops In Blue performance on Pg. 4.

## Wing CC unveils Saber mission

### New mission statement sets vision for fiscal year '05

By Col. Dave Goldfein  
52nd Fighter Wing commander

Last month, the entire Saber senior staff and group chief master sergeants traveled to Bitburg Annex for an offsite to discuss the wing's priorities for the new training year. The result was a new mission statement and supporting goals designed to focus our training and refine our ability to project superior combat power. In fact, our new mission statement says just that:

#### SABERS -- CONSTANTLY READY TO PROJECT SUPERIOR COMBAT POWER

Simple, inclusive, easy to remember -- it defines who we are as part of a joint and a NATO team. Every Saber on Team Eifel plays a significant role in contributing to this mission. From the front gate to the flightline and everywhere in between, Sabers remain constantly ready to project superior combat power both in the air and on the ground, just as we are doing today in the skies over Afghanistan and on the desert in Iraq.

If you look closely at our wing patch, you will see the words "Seek," "Attack," and "Destroy." These have been part of our history for more than 51 years. Today they take on new meaning as we combine the wing motto with our core values.

- ♦ SEEK EXCELLENCE
- ♦ ATTACK CHALLENGES
- ♦ DESTROY ENEMIES OF THE U.S. AND NATO

These three sentences best define who we are as Sabers -- a wing of warriors who set high standards of excellence in all we do. From strafing enemy targets in support of troops under attack, to providing flightline security, to serving quality meals in the dining facility, Sabers constantly strive for excellence -- just as men and women in this wing have been doing for more than 51 years. It's in our blood!

In every challenge there is an imbedded opportunity that only a few can see. Our charge as Sabers is to approach every



1st Lt. Gerardo Gonzalez

Airmen 1st Class Philip Behneke and Jared Cripe, 52nd Aircraft Maintenance Squadron avionics technicians, service a panel and assist in launching an F-16CJ aircraft during the start of the recent NATO Tactical Evaluation here.

challenge as an opportunity and seize the moment. Whether working with local airspace or meeting air expeditionary force short-notice taskings, we must attack challenges with a vengeance. Some call it a "can do" attitude ... I prefer "will do."

Finally, as Sabers we must pride ourselves on placing bombs, missiles, and bullets precisely on target ... on time ... every time. All the hard work by literally hundreds of Sabers counts for squat if we miss the target when called upon.

When our nation or our alliance calls upon us for lethal force to destroy enemies, we must be *constantly ready* to answer the call.

See Wing CC, Page 2

Prepare to fight



Fight to win



Take care of each other

## Wing CC

Continued from Page 1

Everything else pales in significance. And when we do "shack the target," that missile has your Saber fingerprints all over it.

We are engaged today in the greatest conflict of our time. While the means and methods of fighting have changed over the years -- the reasons have not. We fight for freedom ... we fight for justice for all people ... and we fight to make the world a better place for our children. This is our calling. This is our time.

By focusing our training on remaining constantly ready to project superior combat power, we best ensure the Saber team is ready to answer the call. Thank you for your service, your patriotism, and your critical contribution to this honorable and worthy cause.

### Goals support new mission

Along with the new mission statement, the senior staff also developed supporting goals under three categories laid out by the wing commander in his change of command speech. "Prepare to Fight," "Fight to Win," and "Take Care of Each Other" have become familiar themes over the past two months. "In the end, everything we do falls into one of these categories," said Col. Dave Goldfein, 52nd Fighter Wing commander. "They provide a useful construct to layout our

#### Prepare to fight

- Plan and execute flying hour contract focused on Saber core competencies
- Focus Saber training program to produce expeditionary battlefield Airmen
- Ensure Sabers are individually ready to support worldwide air expeditionary taskings

goals for FY '05. This is where we will focus our finite resources and time as a wing." Every member of the Saber team is involved in the achievement of these goals.

Like the new mission statement, the new wing goals are

#### Fight to win

- Celebrate Saber history, diversity and excellence
- Prepare for and win during U.S. and NATO evaluations, exercises and deployments
- Embrace the fit-to-fight culture through aggressive commander-lead programs

designed to be simple, easy to remember, and inclusive of every member of Team Eifel. "The Saber mission statement and goals will direct our focus more on the details required to keep us at the 'tip of the spear,'" said Chief Master Sgt.

#### Take care of each other

- Lead U.S. Air Forces in Europe in supervisory involvement and mentoring at every level from E-1 to O-6
- Establish and maintain information superiority
- Provide world-class support to Saber families

Jimmy Kelly, 52nd FW Command Chief. "Our base leadership has created the vision in a detailed plan with achievable goals. It's up to all of us -- starting with wing supervisors -- to embrace the vision and execute the plan."



Airman 1st Class Eydie Sakura



2nd Lt. Shannon Collins

(Left) Two F-16 *Fighting Falcons* fly high above the Eifel valley in September, during a training exercise. This fiscal year, Team Eifel Sabers were assigned nearly 10,900 F-16 flying hours. Each flying hour is worth \$6,300 and is the main way the wing funds the resources to train its pilots and buy the parts, fuel and bullets to maintain the wing's aircraft. (Above) The A-10 *Warthog* flew about 8,000 hours this last fiscal year, and each flying hour is worth \$3,600.

## Sabers soar in 2004

# Team Eifel achieves flying hour goals

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

The Team Eifel Sabers of Spangdahlem Air Base achieved the entire allocation of hours in exactly the proper amount of sorties to meet the base's flying hour goal this year.

"This is a phenomenal accomplishment," said Col. Dave Goldfein, 52nd Fighter Wing commander. "This program requires a significant amount of effort and attention to detail. And this isn't just an operations and maintenance victory. From the front gate to the flightline and everyone in between, everyone had a play in accomplishing this flying hour program goal. When a bomb and a missile hit a target, everyone in this wing should take pride in that."

### Flying hour program

The wing derives its flying hour program from the presidential budget and is the main way the wing funds the resources to train its pilots and buy the spare parts, fuel, bombs and bullets to maintain the wing's aircraft, said Col. Chris Chambliss, 52nd Operations Group commander.

This fiscal year, the Air Force assigned Team Eifel 10,883 F-16 hours and 8,000 A-10 hours to fly. Each F-16 hour costs \$6,300, and each A-10 hour costs \$3,600, so the entire 52nd FW flying hour program is worth more than \$109 million, Colonel Chambliss said.

Building the flying hour program begins in July, when the wing is allocated flying hours. The 52nd OG and 52nd Maintenance Group Sabers calculate aircraft generation capability and flying day and pilot availability. Then, each and every .1 of an hour is allocated to the flying squadrons and put into a master program to ensure the Sabers both accomplish required training and fully use the entire allocation.

"Maintenance and operations account for every hour flown every day to make sure we fly our program completely," Colonel Chambliss said.

"The annual flying hour program is a tool we use to ensure our pilots have the number of hours and sorties required for them to successfully execute the wing mission -- 'constantly ready to project superior combat power,'" said Col. Mark Fluker, 52nd Aircraft Maintenance Squadron commander.

### Meeting goals

The commanders emphasized the importance of meeting this goal and said some U.S. Forces in Europe bases were as many as 3,000 hours from their goals.

"Not flying too many hours shows we are good stewards of the U.S. taxpayer's money," said Colonel Chambliss. "This means we accomplished all of our pilot training this year, keeping our pilots at peak readiness to perform wartime tasks. It also means we were able to do it all within the limits of constrained parts and experience levels."

### Meeting challenges

Throughout the fiscal year, both the maintainers and operations Sabers met many challenges. Some strain on the system came from having up to one half of the F-16s in depot at one time for upgrades; going through three major A-10 upgrades, including targeting pods; poor weather conditions and numerous deployments.

"Operations on the flightline are constantly changing," Colonel Fluker said. "Deployments change, priorities change, aircraft are being

upgraded, even the weather doesn't cooperate on many days. Keeping everyone on the same sheet of music is a huge challenge. Staying flexible is key."

The commanders credit Team Eifel's success to teamwork.

"The entire Saber team, particularly operations and maintenance, have shown an incredible amount of teamwork to make this happen," Colonel Chambliss said. "It is an absolutely outstanding accomplishment due to very hard work. Aircraft generation -- fueling, ammunition loading; aircraft maintenance -- fixing broken jets, scheduling aircraft for depot-level modifications; pilot training -- both air and ground; and the logistic support the entire base provides all have to work in concert to ensure our pilots and maintainers maintain the highest levels of training and readiness."

Colonel Fluker stated that the flying hour program is very important.

"This is the reason we exist," he said. "The wing flying hour program is probably the most important measure of our ability to perform the mission. The Sabers are ready."

Integrity



Service Before Self



Excellence in All We Do



Senior Airman Amaani Lyle

## Top Saber Performer

**Name:** Tech. Sgt. Jesse Merrill  
**Unit:** 52nd Equipment Maintenance Squadron Armament Flight  
**Duty title:** Aircraft Armament Shift Supervisor  
**Hometown:** Tamworth, N.H.  
**Years in service:** 16  
**Nominee's contributions to 52nd Fighter Wing mission success:** Sergeant Merrill demonstrated superior performance as shift supervisor by managing 18 people over 1,300 unscheduled and scheduled maintenance actions on 52nd FW aircraft armament equipment supporting the fighter squadrons. Further, he devised a flawless plan for completing a time compliance technical order on about

150 LAU-129 launchers. The task was completed with zero impact to wing flying and in less than 80 days. He also set the stage to double the F-16 weapons delivery capability by planning the acceptance inspection for the new BRU-57 smart multiple ejector racks. For his stellar performance, Sergeant Merrill was recognized as the 52nd EMS Lance P. Sijan Award winner.

**Off-duty volunteerism and professional development pursuits:** Sergeant Merrill is the scout master for 22 Troop 165 Spangdahlem Air Base young adults. He organized his troops' participation in eight major events throughout the year to include trips to the Czech Republic, Holland, Poland and France. As scout master, he also organized numerous local events to benefit the on- and off-base communities. He is also very active in a local church with the nursery, with running various children's programs and with teaching Sunday school.

**What's a fun thing you've done lately?** I took a week-long mission trip to the Elim Christian Retreat Center in Poland and Inner-Camp in Czech Republic  
**What do you like most about being stationed here?** I like the food and unlimited travel opportunities.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I would like to see any wing goal/down days line up with DODDs school off days.

## Wing salutes 'Locks of Love' donors

### Staff reports

The 52nd Fighter Wing recognizes the following individuals who donated their hair to the Locks of Love organization.

The organization creates hairpieces for children undergoing medical treatment who have subsequently suffered hair loss. Through the generosity of Team Eifel Sabers, more than 270 inches of hair were recently donated.

### Donors were:

Senior Airman Kimberly Correa, 52nd Logistics Readiness Squadron; civilian Linda Alexander; Senior Airman Joanna Jones, 52nd Equipment Maintenance Squadron; Staff Sgt. Nancy Decosta-Pieler, 52nd EMS; Staff Sgt. Heidi Butler, 52nd Maintenance Operations Squadron; Staff Sgt. Wendy Daugherty, 52nd MOS; Cristella Torres, Staff Sgt. Bobbie Scheider, 52nd LRS; Sheila Montgomery; Senior Airman Brandi Neighbor, 52nd Civil Engineer Squadron; Laura Crain; Staff Sgt. Gina Laux, 52nd MOS; Brianna Checkley;

Staff Sgt. Maria Darrow, 52nd EMS; Staff Sgt. Rebecca Hathaway, 52nd LRS; Shaylynn Harmon; Jay Grant and Tabitha Carty; Staff Sgt. Florida Taylor and Senior Airman Rickie Spans, 52nd CES.

### Sponsors were:

Master Sgt. Henry Cummings; Spangdahlem Air Base Chief's Group; Staff Sgt. Chris and Chanda Haney; Master Sgt. Christopher Howell; 2nd Lt. Brian Cooper; Senior Master Sgt. Alecia Chatham and Staff Sgt. Victoria Collins; Staff Sgts. Melissa Smith and Rafael Rosadorosa; Staff Sgt. Johnny and Michelle Hough; Maj. Jeffery and Elinda Alexander; 1st Lt. James Sabol; Mia Checkley; 1st Lt. Rebecca Wunschel; Airman 1st Class Adam and April Poston; Chief Master Sgt. Chris Kelley; Staff Sgt. Kevin Darrow and Tech. Sgt. Pan Fambro; Tech. Sgts. Michele Reynolds and Karen McDonald.

## Deployed Sabers receive awards, promotions

### Staff reports

506th Air Expeditionary Group members from Spangdahlem Air Base recently received awards and promotions:

Maj. James Neice,



52nd Logistics Readiness Squadron, promoted to lieutenant colonel; Staff Sgt. Donald Ward, 52nd Communications Squadron, promoted to technical sergeant; Master Sgt. Michael DiMarco, 52nd Security Forces Squadron, senior NCO of the month; and Airman 1st Class Megan Crusher, 52nd Services Squadron, promoted to senior airman below-the-zone.

## Eifel Salutes

### 52nd Mission Support Group

These Hidden Heroes can come out of hiding for a salute: Staff Sgts. Renea Merth, Lakeisha Williams, Jamie Amick, Frank Araujo, and Michelle McLain; Senior Airmen Micaela Jones, and Anwond Boykin; and Airmen 1st Class Nathan Beckwith, Andrew Boeck, Elizabeth Dean, and Shaun Reed; and civilians Angie Barber, Sarah Cosby, Sophia Cosby, Victoria Araujo, Eric Palk, Michelle Palk, Rose Davis, and Harold Muniz-Ruiz, who were all nominated by various organizations for their volunteer hours. Rita Merkes takes the blues out of traveling, with her stellar work, efficiency and customer care at the passport office. We'd all like to be like Mike ... Senior Airman Michael Kimmel tackled a number of tasks --from telephones, job orders, customer complaints and work center management -- to backfill at the Bitburg Annex customer service element during an unscheduled manpower shortfall.

### 38th Munitions Maintenance Group

It's no alarm to salute Tech. Sgt. Jeffery Vassar, who keeps the 701st Munitions Support Squadron running smoothly. He scored a 100 percent in both emergency actions and two-person control testing. He also performed a challenging console evaluation without error.

### 52nd Operations Group

She got their show on the road ... 1st Lt. Cheryl Johnston led the charge in helping Tops in Blue pack up recently. Only Porky Pig might hesitate to salute 1st Lt. Sean Penrod, who manned the grill as he cooked more than 230 pork steaks in appreciation of the 23rd Aircraft Maintenance Unit closing out the fly-



ing hours program.  
**52nd Maintenance Group**

Helping Eifel Sabers roll out were Staff Sgts. Glenn Besser, Andrea Paul, Pete Svetaka and Bill Garrett, who put forth time and effort to deploy more than 70 wing people

and 83 short tons of equipment to six locations in support of on-going deployments. It gets better and Yetter for Master Sgt. Michael Yetter, whose notifications and procedures logs were organized and recognized as exceeding the standard during the recent annual safety inspection. It was safe "Lane" changes for Tech. Sgt. Kevin Lane, whose effectiveness in mishap prevention and safety program management helped wow inspectors during a recent safety inspection. Staff Sgt. Everett Bisquera was also recognized as a superior performer during the same inspection. He's literally the "six million dollar man" ... Staff Sgt. James Mitchell exceptionally managed five aerospace ground equipment accounts and prevented the unnecessary shipment of 86 pieces of equipment, saving the Air Force more than \$6 million. Shoot a salute to Staff Sgt. Kristopher Kiger, whose technical knowledge earned two consecutive zero discrepancies on 30 millimeter gun system installations. This ensured the aircraft a timely return to fully mission-capable status.

### 52nd Medical Group

The bioenvironmental team "haz" the right material to earn a salute for their great work during a recent exercise. Lift a salute for Airman 1st Class Dawna Crain, who typed up a storm and kept the 52nd Dental Squadron records looking great.

*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 Equipment Maintenance Squadron Combat Armament Systems Flight  
**A brief description of unit responsibilities:** This team works day and night inspecting, maintaining and warehousing weapons systems equipment that support three fighter squadron's flying operations at Spangdahlem Air Base. With more than 1,700 equipment items worth in excess of \$49 million, it is the largest combat armament equipment account in U.S. Air Forces in Europe.

**Number of members:** 52

**How does the team fit into the 52nd Fighter Wing's mission?** The armament shop provides professional, reliable maintenance on all F-16 and A-10 weapons systems equipment to include bomb racks, missile launchers and gun systems. These systems are responsible for the friendly delivery and release of countless air-to-air missiles and air-to-ground munitions -- a vital link in putting bombs on target.

**Team's other contributions through the year?** The team integrated the new "Smart Rack," a bomb rack that doubles the wing's ability to deliver guided weapons on target. Armament Flight people completed modification on all assigned A-10 weapons pylons. This modification enables the 81st Fighter Squadron stand-alone capability to deploy precision guided munitions from home station and downrange without relying on other aircraft or ground troops to designate their targets.



2nd Lt. Shannon Collins

TIB dancers get in step during the "Studio 54" 70's and 80's dance portion of the program. Each TIB team begins their tour with a 45-day intense training period at Lackland Air Force Base, Texas.



Airman 1st Class Joshua E. Coleman

Staff Sgt. Kristina Robinson, 789th Communications Squadron, sings during the musical revue.



2nd Lt. Shannon Collins

52nd Fighter Wing honor guard members present the colors at the beginning of the performance.

# tops blue

**Celebrating 50 years of entertainment, Air Force's premiere musical team thrills audiences worldwide, visits Spang**



Airman 1st Class Joshua E. Coleman

Airman 1st Class David Weaver, 305th Comptroller Squadron financial manager, croons with Senior Airman Erin Holzapfel, 105th Medical Group medical technician at Tops In Blue "Musicology" musical revue Oct. 3. The world-renowned production is an all active duty U.S. Air Force special unit made up of talented amateur performers selected for their entertainment abilities. The highly competitive auditions result in an elite group composed of 30 of the most talented entertainers in the Air Force. Though the main purpose of TIB is to perform for military people and their families throughout the world, the team's popularity has made them goodwill ambassadors at every stop.

# Student Civil Air Patrol program takes flight

By Lynn Sabol  
52nd Fighter Wing Public Affairs Office volunteer

While some middle school kids spend their free time playing video games or watching television, a newly chartered organization at Spangdahlem Air Base is giving future airmen the opportunity to experience crossing into the blue as cadets of the Civil Air Patrol.

Unlike an ROTC program affiliated with a school, the CAP cadets' involvement is not graded as a part of their schoolwork. They volunteer their time and efforts to learn about aerospace. The group was officially chartered at Spangdahlem July 1.

Sergeant Kazimer, the CAP deputy commander of the cadet squadron here, leads 19 cadets in learning about flight, service and leadership. The cadets, ages 12-21, observe what goes on during flight among many other important skills such as knowing how aircraft are built and interpreting radio signals and frequency transmissions.

"Cadet orientation flights allow children to get hours towards their private pilot's license," said Staff Sgt. Karyn Kazimer, 606th Air Control Squadron satellite communications Reservist.

CAP experience helps prepare youth for an Air Force career.

"The cadets test and make rank just like in the Air Force," Sergeant Kazimer said. "In order to progress in rank, the cadets must pass an aerospace education test, leadership drill and ceremony and successfully pass a physical training test."

"My biggest goal is to give kids the avenue of discipline and teach values," said Sergeant Kazimer. "Overall, character enhancement is what I'm looking for."



2nd Lt. Shannon Collins

**Bobby Young, 12, son of Master Sgt. Ricardo Young, 52nd Operations Support Squadron, escorts Shelley Mueller, spouse of Maj. Wade Mueller, 52nd OSS, during the recent Tops In Blue program here Oct. 3. Accompanying her are her sons Mason, 7, and Devin, 8.**

Spangdahlem AB's cadet program officer, Senior Airman Shaun Reed, 52nd Equipment Maintenance Squadron, knows the benefits of the values learned through this cadet program.

"From a personal standpoint, it shaped my life in making better decisions when I was younger," Airman Reed said. "From the age of 14, I participated and made my decision to join the Air Force, along with other more mature decisions I made when I was young, reflecting lessons I learned while a cadet in the (CAP) program."

The national CAP hosts several activities for the cadets. Some of these opportunities include search-and-rescue mission schools, space school and a weeklong "Encampment" program, designed to give the cadets the opportunity to explore specialized areas of the CAP mission.

"The program gives kids a sense of accom-

plishment. It is so self-paced that what they put in to it is what they'll get out of it," Airman Reed said. "It's a chance to explore your own areas of interest that normal kids on the outside really can't do," Reed said.

The group had its first quarterly award ceremony on Sept. 30 and named Spangdahlem's first Cadet of the Quarter Will Biasotti, 17, and son of Tech. Sgt. William Biasotti, 52nd Aircraft Maintenance Squadron. The honor, awarded to the Spangdahlem High School senior, recognizes a combination of physical fitness and test scores, uniform inspections, attendance and any extra squadron activities. The final selection is conducted in front of board members.

Will balances a busy extracurricular activity schedule. He is also the deputy group commander of Junior ROTC, recently achieved rank of Eagle in the Boy Scouts and works part-time

in the commissary. However, above all, he is living a dream come true with his participation with CAP.

"I joined CAP because the commander said they learned to fly planes, do solos, it would look good on college applications and I wanted something else to do," Biasotti said. "All I've ever dreamed about is becoming a pilot since I was six. This is one step closer for me."

In July, the cadets took part in a ropes course aimed at improving teamwork. The outing enabled the children to apply their textbook lessons of teamwork into real-life action.

"At first they giggled but then they couldn't do it," Sergeant Kazimer said. "Towards the end of the day, they put aside their machismo and realized they had to help each other climb ropes or jump off into other cadets' arms."

Kazimer and her team have been hard at work providing opportunities for the children to get hands-on experience in the aviation industry. Other organizations on base have been supportive in their efforts to enhance the children's CAP experiences. Earlier this year, the cadets toured the air traffic control tower, experienced A-10 and F-16 simulators and received a Security Forces working dog demonstration.

"The kids love the organization. They like the discipline. It's something different than team sports," Kazimer said. "They get to wear a uniform; they are excited to be in (battle dress uniforms)."

Cadets excelling in the program can progress from Airman Basic to Master Sergeant, with additional benefits to high school teens. "It's good college-scholarship material," Kazimer said. "There is over \$200,000 in college scholarships awarded to CAP cadets annually."

For details on the CAP program, call Sergeant Kazimer at 06561-694882.

Col. Dave Goldfein.....Commander  
Capt. Thomas Crosson.....Public affairs chief  
1st Lt. Gerardo Gonzalez.....PA deputy  
Master Sgt. Sean E. Cobb.....PA superintendent  
2nd Lt. Shannon Collins.....Internal chief  
Senior Airman Amaani Lyle.....Editor  
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Iris Reiff.....Leisure writer

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**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
22FS	349	33	+7
23FS	377	22	-7
81FS	435	50	-4

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

Through Oct. 4

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

# Viewpoint

Oct. 8, 2004

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**Change is good**

## MSS commander reveals road ahead for military personnel flight's transformation

By Maj. James Costey  
52nd Mission Support Squadron commander

Big changes are ahead for the Air Force as it transforms to meet the challenges ahead in the Global War on Terrorism.

One way people are doing their part to help stressed career fields is by identifying manpower savings functions through investments in technology.

To date, subject matter experts (both inside and outside of personnel) have determined the greatest potential functions for "e-service" are assignments, awards and decorations, evaluations, records management, promotions, re-enlistments and extensions, and retirements and separations. Today, most of these functions are performed face-to-face in the military personnel flight.

To pay for the \$200 million capital investments required to transform those functions, the Air Force will turn in 1,500 MPF manpower positions worldwide. The net effect, as Lt. Gen. Roger Brady, Air Force deputy chief of staff for personnel, recently wrote, "...will be a 'transformed' MPF, populated with officers and mid-grade and senior NCOs focused on big picture, strategic issues to help commanders and supervisors optimize mission accomplishment."

The unit commander's support staff role will expand; CSS troops will become facilitators for personnel programs and Web applications, further enhancing their value to commanders.

This all means that many of the actions that are worked face-to-face in the MPF will soon be handled on-line through the virtual MPF or the Air Force Personnel Center at Randolph Air Force Base, Texas.

Instead of sacrificing a lunch hour searching for

parking at the MPF, people will be able to conduct personnel business 24 hours a day, in real-time, from home or at work. Team Eifel can save a number of trips to the MPF by using vMPF and by making the CSS their first stop for assistance.

Here's just a sample of what's available on vMPF:

◆ **Enlisted Promotion information:** Review the weighted promotion factors for the next promotion cycle, most recent weighted Airmen promotions score and previous WAPs notices.

◆ **Awards and Decorations:** Look at the awards and decorations you are authorized to wear.

◆ **Data verification brief:** Reflects updateable AFPC items such as e-mail addresses, home and mailing address, religious preference, and race and ethnic group. To correct official items e-mail the CSS or the AFPC at [contact.center@randolph.af.mil](mailto:contact.center@randolph.af.mil), or call DSN 665-5000.

◆ **Duty history information:** Review a chronological listing of duty history. If errors are discovered, gather supporting documentation and see the unit CSS staff.

◆ **Virtual Record of Emergency Data:** vRED is the official source of information in the event of becoming a casualty and for designating beneficiaries for certain benefits in the event of death. Keep this information current, and completion of this program is mandatory. If any of the information changes, the vRED should be updated as soon as possible. Delays in next of kin notification are most often associated with incomplete or outdated information.

◆ **Assignments and Date Eligible to Return from Overseas issues:** It provides information on a variety of subjects including setting up the initial outprocessing briefing and overseas returnee counseling. Learn

about or apply for humanitarian assignments, joint spouse, report-no-later-than date changes, as well as various other programs.

◆ **Re-enlistment:** You can get valuable information on re-enlistment topics including High Year of Tenure Requests and Best Interest of the Air Force Extensions.

◆ **Retirement:** For those getting ready to retire or thinking about retirement, get an on-line DD Form 214 worksheet, learn about entitlements, set up an initial retirement briefing and download a retirement pre-application worksheet.

◆ **Separation:** Get a DD Form 214 worksheet and a separation briefing, and there is great information on the Palace Chase program and voluntary separations.

◆ **Retraining:** Check vMPF for status of retraining applications.

The AFPC service desk is now staffed 24 hours a day, seven days a week, except federal holidays. If there are access problems, call or leave a voice mail with the service desk at DSN 665-3995.

The AFPC contact center is also staffed 24 hours a day by personnelists who can help with questions concerning information found in the vMPF. E-mail questions to [contact.center@randolph.af.mil](mailto:contact.center@randolph.af.mil) or call (210) 565-5000 or DSN 665-5000.

Personnel transformation continues to evolve in the future to meet the new challenges ahead in the GWOT by placing critical active duty resources in places where the warfighter needs them most while continuing to provide world-class personnel support to Air Force people. It won't be simple, and it won't be easy, but it will be exciting.

**Decisions**

## Downrange troop reminds deployed, overseas people to vote

By Army Spc. Nicole Welch  
Multi-National Corps-Iraq Public Affairs

**BAGHDAD, Iraq (AFPN)** -- Time is running out to make each vote count and help decide who leads the United States into the future.

The 2004 November general election is just around the corner, and U.S. service members deployed overseas are encouraged to exercise their right to vote through absentee balloting, which is part of the Uniformed and Overseas Citizens Absentee Voting Act.

Absentee ballots should be mailed no later than Oct. 15. In order to get an absentee ballot, troops can use the Federal Post Card Application or send a written request for a ballot to the county, city, town or parish clerk.

If the absentee ballot is not received in time to meet the Oct. 15 deadline, troops can also use a Federal Write-In Absentee ballot if they meet the three criteria.

First, the individual must be located overseas, second, he or she must have applied for a regular ballot early enough that the request is received by the local election official at least 30 days

before the election and finally, he or she must not have received the requested regular absentee ballot.

The deadline for submitting the FPCA varies from state to state, but registered voters are urged to submit it at least 30 days before the election.

Some states accept the online form of the FPCA, said Army 1st Lt. Phan Ton, voting assistance officer for the 555th Engineer Company deployed to Iraq from Fort Hood, Texas. She said troops should visit their voting assistance officer for additional information about the requirements for their state.

Deployed troops can research the issues and candidates they are voting for through newspapers, magazines, various Web sites and a hotline, Lieutenant Ton explained. Troops can call 1-800-438-VOTE and listen to recorded messages from candidates and information on the various ballot issues.

Servicemembers understand the significance of each vote.

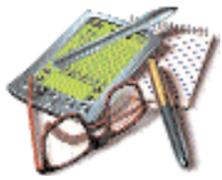
"While I didn't vote the last election, I plan to

vote this year," said Army Spc. Amanda Webb, of Crawfordsville, Ind., a mail clerk with Headquarters and Headquarters Company, III Corps out of Fort Hood, Texas. "I've had time to focus on what kind of country I was living in and how it was being run. I believe everyone in our country has the right to vote to make a choice to implement changes, and that's the only way this country will get any better."

Lieutenant Ton explained that from servicemembers she has encountered, most are interested in being involved in their military future, as well as their future as a U.S. citizen, and they are encouraging one another to vote.

"With the improvement in pushing for 100 percent contact of (servicemembers) to get a FPCA and a stronger, more prevalent VAO program, and a change in the military postal system, (servicemembers) are more confident that their vote will count for this year's election," Lieutenant Ton said.

For more information about voting in the upcoming election, visit [www.fvap.gov](http://www.fvap.gov), or contact your unit's voting assistance officer.



## Community Mailbox

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



### Education center news

The University of Maryland University College-Europe term two registration is Monday through Oct. 22. Students have the option to register online or through their local field representative, and can earn certificates, associate degrees, bachelor degrees and master's degrees, in a broad selection of disciplines. Term two classes run from Oct. 25 to Dec. 17. For more information, call the Base Education Center at 452-6063.

### AA meetings

Alcoholics Anonymous meetings take place each Tuesday and Friday at 7:30 p.m. in building 2015. The program is not affiliated with any base program and adheres to the principle of anonymity. For general inquiries, call 01803-224357 or 0175-749-3695.

### Al-Anon groups

Al-Anon family groups meet each Sunday at 6 p.m. in building 2015. Al-Anon is a self-help program for adults who have been affected by someone else's drinking. The program is not affiliated with any base program and adheres to the principle of anonymity. For more information, call 0175-749-3695.

### SSEMC news

- ♦ The Spangdahlem Spouses and Enlisted Members Club October meeting takes place Wednesday at 6 p.m. in HolzWurm, Grandsdorf. For more information on the general membership meeting, e-mail Allison Carnahan at [jnruss@cs.com](mailto:jnruss@cs.com) or call her at 06561-694145.

- ♦ The SSEMC hosts "Bunko" Oct. 16 at 2 p.m. in the SSEMC clubhouse, Spangdahlem AB housing building 425, B stairwell.

### Youth program survey

The Eifel Youth Program is conducting an annual youth program survey now until Oct. 15. People interested in doing the survey can fill out hard copies at the youth center, teen center or Bitburg Annex school age center. For convenience, visit the Internet at [http://ice.disa.mil/survey\\_library/](http://ice.disa.mil/survey_library/). For more information, call Deb Willey at 452-7868.



Senior Airman Amaani Lyle

### A helping hand

Col. Dave Goldfein, 52nd Fighter Wing commander, fills out the first Combined Federal Campaign - Overseas enrollment papers here Monday. The CFC-O supports and promotes philanthropy through an employee-focused, cost-efficient program that provides all Federal employees the opportunity to improve the quality of life for all. CFC-Overseas provides all federal government people serving overseas, military and civilian, a 100-percent informed opportunity to give to charitable organizations in a convenient and cost-effective way.

### 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. at Club Eifel. For more information, call Staff Sgt. Debra Jackson at 452-6015.

### European region conference

The European region company grade officers council hosts its annual conference Oct. 27-30. This year's theme is, "Leadership in an Expeditionary Environment." The conference is open to all company grade officers. For details, e-mail Capt. Jason Simmons at [jason.simmons@ramstein.af.mil](mailto:jason.simmons@ramstein.af.mil) or call him at 480-8761.

### American Red Cross

The Spangdahlem Air Base and Bitburg Annex clinics need volunteers each Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call Terrie Perino at 452-9440 or 06565-61-9440, or e-mail her at [Theresa.Perino@spangdahlem.af.mil](mailto:Theresa.Perino@spangdahlem.af.mil).

### CES spouses meetings

The Civil Engineer Squadron spouses meet weekly at 9:30 a.m. for coffee each first and third Thursday of the month at the Coffee Mill, located at Spangdahlem AB, building 139, third floor; and each second and fourth Thursday of the month at the Bitburg Community Center Annex, building 2012, the former Java Joint. For more information, call Scott Kokotajilo at 06575-901217.

### Boy Scouts

The Bitburg Boy Scouts and Cub Scouts are recruiting boys, ages 6-17, and their parents, who are looking for fun and adventure. The Scouts meet every Tuesday at 6:30 p.m. at the Bitburg Annex, building 2011. For details, call Senior Master Sgt. Rick Johnson at 452-8344 or Staff Sgt. Dwayne Turner at 452-7187.

### Holiday bazaar

Volunteers are needed for the 2004 Eifel holiday bazaar scheduled for Nov. 4-7 at Spangdahlem AB, Hangar 1 and 2. For more information, e-mail [spangvolunteer@msn.com](mailto:spangvolunteer@msn.com).

## Chapel Services

### Unity worship service

The Protestant community will unite for one "Unity Service" Sunday at 11 a.m. at the Spangdahlem AB chapel. This service is in lieu of all other Protestant services that day. A potluck dinner will follow the service; all are welcome and encouraged to attend. For more information, call the chapel office at 452-6711/6281.

### Thanksgiving family retreat

The Officers' Christian Fellowship/Christian Military Fellowship co-sponsors a European-theater family retreat Nov. 25-28 at the Hotel Sonnenhuegel, Bad Kissingen, Germany. This year's theme is "Lanterns Burning, Dressed for Service," focusing on topics relating to the stress of deployments. Registration deadline is Nov. 5. For details, call 2nd Lt. Rueben Amador at 452-6901 or e-mail him at [rueben.amador@spangdahlem.af.mil](mailto:rueben.amador@spangdahlem.af.mil).

## Club Eifel Happenings

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

### Too bad!

**Maj. Mike Young** missed out on \$425, and **Master Sgt. Chris Miller** lost his chance at winning \$650. Remember to stop by the Club Eifel cashiers' cage and pick up your free lunch coupon as a consolation prize.

### Today

Red Hot Fridays happens from 5 p.m. to 1 a.m. Stop by for the free burger burn from 5-7 p.m. It is free for club members.

**Stripes lounge:** A DJ plays salsa music from 9-11 p.m.

### Monday

Club Eifel is closed today in observance of Columbus Day.

### Thursday

Enjoy \$1 "Bitburger Stubies" from 6-10 p.m.; sing tunes at our famous karaoke night from 9 p.m. to 1 a.m.; and don't miss the opportunity to enjoy the prime rib feast from 5-8 p.m.

*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. 14. 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

*I, Robot (PG-13, 7 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.

*Harold and Kumar go to White Castle (R, 10 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

*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 (10 p.m.)*

Sunday

*Peter Pan (PG, 4 p.m.)*

The Darling family children receive a visit from Peter Pan, who takes them to Never Never Land, where an ongoing war with the evil Pirate Captain Hook is taking place.

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

Monday

*I, Robot (7 p.m.)*

Tuesday

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

Closed Wednesday and Thursday

## Bitburg Castle

Today

*Without a Paddle (PG-13, 7 p.m.)*

Three city-dwelling friends go on a camping trip with disastrous results.

*The Bourne Supremacy (PG-13, 9:30 p.m.)*

When Jason Bourne is framed for a botched CIA operation, he is forced to take up his former life as a trained assassin to survive.

Saturday

*Thunderbirds (PG, 7 p.m.)*

When The Hood finds and invades International Rescue's secret base and traps most of the Tracy family, only young Alan Tracy and his friends can save the day.

*Without a Paddle (9 p.m.)*

Sunday

*The Bourne Supremacy (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*Thunderbirds (7 p.m.)*

Thursday

*Without a Paddle (7 p.m.)*

Go nuts ...

## Annual Vianden nut market attracts bushels of visitors

By Iris Reiff

52nd Fighter Wing Public Affairs Office

This Sunday, the scenic town of Vianden will become the site for an extraordinary event. The ancient "Nessmoort," or famous nut fair, will attract some 15,000 visitors from Germany, Luxembourg and other parts of the world.

All products offered at this market will contain or be made from walnuts. More than 25 vendors will sell anything ranging from nut wine, nut liquor, nut sausage, nut cake, to nut art and more.

The idea for the event started many years ago when people had a large harvest of walnuts. Instead of throwing away or wasting them, they decided to have a market where they would sell the excess walnuts. People valued the health benefits that walnuts provide.

According to studies by the American Heart Association, walnuts are high in omega-3 fatty acids such as alpha-linolenic acid and may help people's arteries. The study also finds that the fats found in walnuts may help lower cholesterol levels.

But the nut fair wasn't just popular for its health affects. It gained popularity because the Vianden people became creative and made different products out of the nuts.

Today, throughout the streets of Vianden, which has about 2,000 inhabitants, an additional 15,000 people will celebrate a festival besides shopping for goods.

Shuttle busses will run back and forth to the event from designated park and ride areas outside the center.

Although most activities occur outdoors, there will be food, music and entertainment offered inside the local pubs and restaurants as well.

The famous Vianden castle will be open for visitors throughout the time of the market.

Vianden is a city with medieval flair, surrounded by the magnificent countryside of the Our valley. Many visitors from near and far come to Vianden year-round.

Vianden offers a number of museums and art exhibitions at the



Courtesy photo

Per tradition, Jean Heinen, a Vianden resident and a member of the local choral society, distributes walnuts wrapped in scarves during the Vianden nut festival.

Pumpspeicherwerk, or huge, ancient hydro-electric pumping works, once known as the most powerful pumping-station in Europe.

In 1871, the great French writer Victor Hugo, author of the "Hunchback of Notre Dame," spent his voluntary exile at Vianden. The romantic poet took refuge and meditated in Vianden's magnificent surroundings.

Vianden has become a famous tourist attraction for its 150-km walking trails, chairlift, heated outdoor swimming pool, a mini-golf course, fishing possibilities in the Our Lake, bicycles and mountain bike tours.

The winding, narrow and paved streets have preserved the medieval charm of this town.

Mr. Hugo's house at the bridge was arranged into the Victor Hugo Museum in 1935. On display are his manuscript letters, his furniture and personal documents, as well as reproductions of his drawings sketched during his stay. Rodin's famous bust of Hugo stands on the breastwork of the bridge.



## 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.)

♦ The Great Russian State Circus "and friends" debuts at 8 p.m. Wednesday and runs through Oct. 17 at the Trier Moselauen fairgrounds. The circus features acrobatic acts as well as animal performances. For details, visit [www.ruscircus.de](http://www.ruscircus.de). For tickets, visit [www.der-karten-vorverkauf.de](http://www.der-karten-vorverkauf.de) or call 01805-301070.

♦ The Speicher community holds its annual trade fair now through Thursday.

♦ Trier will sponsor its second Honkey Tonk Bar Hopping festival Oct. 16.

♦ Binsfeld Mayor Lothar Herres invites American Binsfeld residents to the annual Forest Walk Oct. 17. 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 allowed. The local music association performs at 11 a.m., and lunch is at 1 p.m.



Senior Airman Amaani Lyle

## Chain gang

Brian Lindsey, spouse of Staff Sgt. Jennifer Lindsey, 52nd Fighter Wing Public Affairs office, repairs a chain on one of Outdoor Recreation's rental bikes. ODR offers a variety of services including, but not limited to: ski and snowboard maintenance, rental equipment, a ropes course, fresh and salt water fishing, scuba diving instruction and various other trips. ODR offers specialized group trips, which are subject to minimum participation requirements. Winter hours of operation are each Monday through Friday from 10 a.m. to 6 p.m. The shop is closed holidays and weekends. Call 452-7170 or 452-7176 for more information.

# Airmen brace for new fitness test

By Master Sgt. Chuck Roberts  
Airman magazine

The Air Force chief of staff fired a shot across the bow in July 2003 that got the attention of Airmen everywhere.

Gen. John P. Jumper forewarned that a new fit-to-fight program would replace the cycle ergometry test and encouraged everyone to get ready.

Staff Sgt. Kurt Hartmann did not, and he paid the price. After narrowly squeaking by on the bike test in years past at Luke Air Force Base, Ariz., he finally peddled into the penalty zone.

Then he left for a remote tour in South Korea. He arrived just in time for a head-on collision with the demanding new fitness test, which includes running, abdominal-circumference measurement, push-ups and sit-ups.

He wiped out with a failing score of 56 that included 14 sit-ups, 25 push-ups and a 15-minute, 20-second time on his one-and-a-half-mile run. And he was not awarded any bonus points for sporting a 37-inch waist.

The total number of points earned on the fitness test places Airmen into one of four categories based on age and gender: Ninety or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal and less than 70 is poor. However, Sergeant Hartmann's poor marks served as a wake-up call for the 25-year-old who had not worked out in earnest since high school.

"I thought it was time to change something, literally, big time," said the maintenance training instructor assigned to the 8th Maintenance Operations Squadron at Kunsan Air Base. He did, and joined thousands of Airmen across the Air Force competing for space at fitness centers and running tracks.

Fit to fight also has been embraced by 52nd Comptroller Squadron Airmen at Spangdahlem Air Base. These finance troops have won bragging rights for earning the commander's iron flight unit fitness award three consecutive months.



Master Sgt. Keith Reed

**Staff Sgts. Rodolfo Reyes, 52nd Communication Squadron and Mary Anne Reyes, 52nd Comptroller Squadron, have made working out a family affair. Five-year-old Reanna shows her warrior spirit by doing push-ups with her mom during daily workouts at home.**

They have also done very well on the test individually. Out of 30 people Tech. Sgt. Cheryl Wiggins has tested, 29 scored good or excellent. It was not by coincidence. The comptrollers are out three days a week doing group physical training -- even in the snow. They take a practice test every Thursday, so when test time rolls around, there are few surprises.

Some grumbled in the beginning when they turned out for group training, but Sergeant Wiggins said a sense of camaraderie has developed over time.

It has also been a good way of getting the workaholics out of the office who would otherwise keep their noses to the grindstone, said Staff Sgt. Mary Anne Reyes, also of the comptroller squadron. But office work does not necessarily end when the workout begins, Major Harback said.

"Sometimes I get more business done on the two-mile run than the whole day," she said.

Physical training is serious business to Sergeant Reyes, who used to feel guilty about taking time out for the gym at lunchtime at her previous base where

she was the only one in her office who exercised. She was thrilled to see physical training become part of the workday, especially when her husband deployed for a remote tour to South Korea, leaving her behind to tend to their child.

"That was my lifesaver," she said. She has added workouts at home as well, where her daughter does push-ups and sit-ups with her. Her husband, Staff Sgt. Rodolfo Reyes, may feel more reluctant to join in. She scored 97.5 on her fitness test and can crank out 64 push-ups.

But he does not mind, she said, because he has learned that when his wife works out, she is happier, and therefore "nicer to him," she said.

## Fitness scores

To gauge your score,  
check out the fitness charts:

[www.af.mil/news/  
USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf)

# BHS Barons tennis team smash SHAPE Spartans with 9-0, 8-1 wins

By Coach Pete Vadney  
Bitburg High School tennis

Bitburg High School hosted the Supreme Headquarters Allied Powers Europe High School team Oct. 2.

The Baron tennis team rolled over the Spartans, demonstrating once again that they are the team to beat in Division II play, winning the men's match 9-0 and the ladies match 8-1.

Senior Erik Martz returned to play after sitting out the previous week's play and eventually rolled to a set victory of 6-3, 6-0. Senior Ashley Weston also sat out the previous week's play and found her return a bit more challenging as she lost 6-2, 6-3 to an inspired SHAPE number one, Valentina Baroni.

Other big winners of the day included Zack Heath and Ashley Fary, winning by spotless 8-0 scores. John Pendergrass and Andrew Kim brought home 8-1 victories.

Other singles winners for the day were Jose Tovar, Nora Fisher, Jackie Ventrice and Dani Goldfein.

In doubles play, Tovar and Pendergrass played in the number one spot as they played impressively together, winning 6-0, 6-0. The ladies number one team of Fary and Fisher have now made it four straight victories, winning 6-1, 6-0.

The number two doubles team of Martz and Raynor Buckley closed out the men's doubles play by also shutting out SHAPE 8-0. The number two ladies team of Weston and Ventrice were almost as impressive, winning 8-1.

Saturday, the Barons will be on the road for their first away match this season against the perennial tennis power International School of Brussels.

This team showcases the returning Department of Defense Dependant schools European Men's Singles champion and also the champion Women's Doubles team from last year's tournament.

Despite these players, the Baron tennis team beat ISB last year and are looking to turn the trick again on ISB's foreign courts this Saturday.



## 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" classes. The classes kick off at noon Wednesday and 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.

### Billiards league

Sign up for the Brick House 8 Ball Billiards League and pocket the competition. The league is open to anyone 18-years-old or older and consists of single players with a handicap system. The league tournaments take place October through March. Register at the Eifel Community Center at Spangdahlem AB, building 124, or call Kim McElfresh at 452-7381 for details.

### 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.

### 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.

## Basketball Fall Classic 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.

