

## Dress Right, Dress

### AFI 36-2903, Table 2.2

Backpacks may now be worn over both shoulders. Black backpacks must be worn with the blue uniform. Black, olive drab or woodland camouflage are the authorized colors with battle dress uniforms. Backpacks must be solid in color. (Courtesy of the Spangdahlem AB First Sergeants Council)



## News Briefs

### Sept. 11 ceremony

A 9-11 Remembrance Day Ceremony takes place at 3:30 p.m. today at the building 23 Terrazzo (flag pole area). Team Eifel members are invited to attend this ceremony. Dress is uniform of the day. In case of inclement weather, the ceremony will be held at the Spangdahlem AB chapel. Call Master Sgt. Thomas Bathe at 452-6508 for details.

### Air Force Ball

Tickets are available for the 57th Anniversary Air Force Ball. The event takes place Sept. 18 at the Spangdahlem AB fitness center. Cost is \$18 for E-6/GS-6 and below and \$23 for E-7/GS-7 and above. Ticket representatives are as follows:

- ♦ 52nd Fighter Wing and tenant agency units: Capt. Olen Freeman, 452-6129
- ♦ 52nd Operations Group: 2nd Lt. Bryan Zollinger, 452-5914
- ♦ 52nd Maintenance Group: 2nd Lt. Paul Brighton, 452-6039
- ♦ 52nd Medical Group: Capt. Laine Wingler, 452-8238 or Capt. Marvin Redd, 452-8138
- ♦ 52nd Mission Support Group: Capt. Chad Martin, 452-6225

### Post office volunteers

The post office needs volunteers now through the new year to help with a manning shortage and for the upcoming holiday rush of mail. Call Senior Master Sgt. Mike Ruzza at 452-6038 or e-mail him at michael.ruzza@spangdahlem.af.mil for details.

### Gate reminders

The new contractor's gate, right off of L-46, is for contractor entry only. The old contractor gate, just past the new contractor gate, allows entry for everyone entering Spangdahlem AB; however, no visitor passes can be issued there. The old main gate near the AAFES gas station is for entry only (both lanes). The old main gate is currently only open from 6:30 a.m. through 1:30 p.m. People coming on base from B-50 should use the old main gate so traffic can still get through to the Autobahn. Call Staff Sgt. Joseph Quevedo at 452-4886 for details.

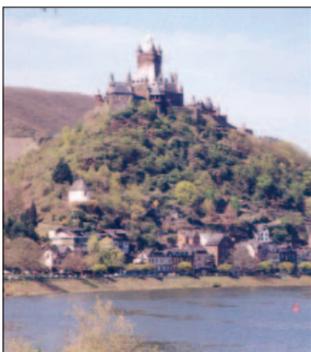
### Traffic update

Two-way traffic will resume from the Fairchild-Arnold intersection to the Maxwell-Mathers intersection. One-way traffic will flow on Maxwell from Mathers Avenue to Smith Avenue until the end of October. Flagmen will be posted to direct traffic around construction equipment. Parking in front of designated buildings will be restricted from 7 a.m. to 5 p.m. daily. Notices will be posted on affected buildings and cars two days prior. For more information, call the 52nd Civil Engineer Squadron construction management at 452-7214.

## Medieval mayhem

Get medieval this fall with a visit to this 1,000-year old castle rich in German culture.

Read "Step back in time with Cochem castle tour, medieval dinner," on Page 7



# Eifel Times

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Spangdahlem Air Base, Germany

Sept. 10, 2004



Senior Airman Amaani Lyle

### Young gun

Tech. Sgt. Robert Furtado, 606th Air Control Squadron radio communications craftsman, explains the mechanisms of a M-16 with an M-203 grenade launcher attachment to his son, Berat Furtado, 17. The static display of weaponry and equipment was part of the 606th ACS ribbon cutting ceremony that took place here Sept. 2. Wing senior leadership and Eifel-region distinguished visitors were on hand to celebrate the opening of the new \$15 million four-building complex.

## Investment enhancing program improves AF facilities, resources

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

Spurred by an increasing focus on improving operational efficiency, one self-sustaining Air Force program has generated savings of more than \$1.2 billion.

The investment program could mean more money in the near future for an increasing amount of Spangdahlem Air Base facilities.

The Product Enhancing Capital Investment Program, or PECI program, which provides funding for capital investments in more efficient equipment or modern facilities, helps conserve critical Air Force resources, enhance unit capability and improve combat readiness.

"This program is key because the Air Force can provide funds for money-saving projects when money is not available through the programmed budget," said Christine Schumacher, 52nd Fighter Wing Manpower and Organization and PECI analyst.

According to the program's Web site, the PECI program offers two types of capital investment funds: Fast Payback Capital Investment, or FASCAP, and the Productivity Investment Fund, or PIF. FASCAP funds projects up to \$200,000, and PIF is used for project exceeding \$200,000. Projects must generate sufficient savings directly related to the equipment purchased to repay all investment costs -- FASCAP within two years, PIF within four years.

The 52nd Component Maintenance Squadron Hydraulic Section will receive a new HCT-20 Hydraulic Test Stand in December because of the program, said Staff Sgt. Michael Whitney, 52nd CMS pneudraulic section and PECI project officer.

"With the new test capabilities, the 52nd CMS will only spend \$2,607 annually in repair costs as opposed to the \$431,153 in depot exchange costs," he said.

The program's impact spans beyond the gates of Spangdahlem Air Base to an Air Force-wide level increase in efficiency and effectiveness. Organizations that meet qualifications receive funds through monies awarded under the Air Force's Innovative Development through Employee Awareness, or IDEA, program.

Projects submitted for funding are evaluated on the basis of their ability to generate identifiable benefits and savings

### PECI in a nutshell

Fast Payback Capital Investment	Product Investment Fund
<ul style="list-style-type: none"> <li>• Projects cost under \$200,000</li> <li>• Produce savings to offset total investment costs in two years or less</li> <li>• Comply with AFPD 38-3 and AFI 38-301</li> </ul>	<ul style="list-style-type: none"> <li>• Projects cost \$200,000 or more</li> <li>• Produce sufficient savings to offset total investment costs in four years or less</li> <li>• Comply with AFPD 38-3 and AFI 38-301</li> </ul>

that offset total investment costs.

"Turnaround time for PECI project requests is very fast," Sergeant Whitney said. "Most projects are up and running within a few months of request approval."

Each year, PECI invests an average of \$20 million that will net an average life cycle savings of approximately \$235 million. These investments have funded a wide variety of productivity improvements -- from technology upgrades that increase administrative speed to major equipment purchases that increase base capabilities.

The 52nd Civil Engineer Squadron will also benefit from PECI improvements.

"Purchase of the pavement deicing unit will enhance speed and efficiency of snow and ice removal on airfield pavements, ramps and parking areas, and base and housing units," said Ralf Weinrebe, 52nd CES pavement and equipment project officer.

"This state-of-the-art deicer minimizes hazardous material and pollution," he said.

The program has met praise from numerous participants through its financial and resource management advantages.

"Utilizing the PECI program, agencies will not only help the Air Force save money, but it allows the Air Force the opportunity to redirect the saved funds to other Air Force assets and resources. This is a win/win situation," Sergeant Whitney said.

For details about the PECI program, call Christine Schumacher at 452-6468 or visit [https://www.dp.hq.af.mil/dpm/peci/aboutpeci\\_impact.html](https://www.dp.hq.af.mil/dpm/peci/aboutpeci_impact.html).

# Team Eifel officers enhance professional development through Project Connect

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

Expertise and knowledge is just a click or phone call away for Team Eifel officers through one U.S. Forces in Europe Combat and Special Interest Program.

Project Connect is designed to provide a forum for field grade and general officers to counsel and enhance the individual professional development of junior officers on a one-on-one basis.

"The goals are to provide company grade officers with personal and professional development, to give career guidance, to share the history and experiences of our senior leaders, to articulate the value of our CGOs, to internalize Air Force core values and to prepare CGOs for increased responsibility," said Lt. Col. Julie Collins, 52nd Dental Squadron, Spangdahlem Air Base Project Connect program manager.

The program is aimed at making the most of translating experience of the senior leaders down to those moving into leadership positions. This type of guidance is intended to enhance job satisfaction, promote goal-making and goal-achievement and in the end, may improve retention of these officers, said the colonel.

The key is "the entire relationship may be conducted by e-mail. There is no need for both mentor and mentee to be stationed at the same base," said Colonel Collins.

Accessories flight commander, 52nd Component Maintenance Squadron, 1st Lt. Thomas McCaleb, has been "connected" with his mentor, Col. Stephen Petters, 48th Munitions Maintenance Squadron commander, Royal Air Force Lakenheath, England, for two months.

"It's good to have a forum where junior officers can find mentors beyond the installation and outside their career fields," said the lieutenant. "My mentor has a wealth of experience and cares deeply about developing young officers in his squadron and elsewhere. We've discussed the most difficult challenge for a young officer -- 'How do I relate to my senior NCOs as a teammate, supervisor and pupil all at once?'"

Though the program gives lieutenants and captains a chance to talk to field-grade officers in their career fields at bases throughout the world, their supervisors are still considered the frontline mentors, said Capt. Walfrido Contreras, USAFE Project Connect program manager.

"This program capitalizes on existing resources and programs to augment each supervisor's efforts with developing Airmen to their full potential," he said.

1st Lt. Jenny Poisson, 52nd Civil Engineer Squadron, chose her former supervisor, Maj. Robert Ricker, former 52nd Operations Support Squadron director of operations, who is currently attending school at Maxwell Air Force Base, Ala., as her Project Connect mentor. She encourages people try the program out.

"The program is a great way to remind leaders of their important roles as mentors," she said. "I have been fortunate to have commanders, supervisors and functionals who provide me with their wisdom and guidance whether the program was in place or not. People just need to realize that mentoring is a two-way relationship."

Lieutenant McCaleb also recommends junior officers give the program a chance.

"Company graders should give the Web site a try; a good mentor is a valuable resource. Field graders should ensure they sign up as mentors for the right reason -- an honest commitment to grooming future leaders," he said.

Colonel Collins, a mentor herself, said the amount of benefit that can be gained from this program is unlimited.

"A person can match with one mentor for assistance in one area and then complete that relationship and move on to another for a completely different objective. The program isn't designed to take vast amounts of time. It's specifically intended to encourage early career evaluation and goal setting, and to improve job satisfaction, career guidance and even promotability," she said.

"You don't know when you need a mentor until an event rises. It's better to have control of your career by planning for the future than to deal with consequences if you don't," added the colonel.

Though Project Connect focuses on officer mentorship, Captain Contreras said in time it will evolve and incorporate the Total Force -- enlisted as well as the civilian force.

To sign up for the program, visit <http://www.3creekmentoring.com/USAirForce/>. There are links to getting started as a mentor/mentee that contain step-by-step information on logging onto the system, including the codes needed for USAFE. For more information on Project Connect, visit <https://wwwmil.usafe.af.mil/direct/cc/ccx/Combat/connect/> or call Colonel Collins at 452-3590 or e-mail her at [julie.collins@spangdahlem.af.mil](mailto:julie.collins@spangdahlem.af.mil).



# Air Force seeks enlisted aviators

WASHINGTON (AFP) -- Opportunities for Airmen to become enlisted aviators are taking off as nine aircrew specialties are opening up for retraining.

The Air Force's senior enlisted aviator said more than 360 training slots are available for enlisted Airmen in ranks senior airman through master sergeant.

Chief Master Sgt. Tim Steffen, enlisted aviator career field manager, said the service has been aggressively recruiting enlisted fliers through several avenues, including notices on monthly leave and earnings statements and "head hunters."

"Our recruitment drive has quickly gained momentum, and considering all the fantastic opportunities available, it's hard to believe so many positions remain unfilled," Chief Steffen said.

First-term Airmen assigned to units within the continental United States may not apply before the first duty day of the month in which they complete 35 months of their enlistment (59 months for six-year enlistees). They must apply before the last duty day of the 43rd month of the enlistment (67 months for six-year enlistees). Airmen stationed overseas may apply between the 15th and ninth month before the date they are eligible to return, providing they will enter the 35th month of service (59th for six-year enlistees) on or before their return date.

Many of the retraining slots became available with the release of the fiscal 2005 noncommissioned officer retraining program, the chief said.

"Flying duties are incredibly challenging and extremely rewarding," he said. "Along with the chance to fly all over the world, another great reason for becoming a CEA is the incentive pay."

CEAs are entitled to a monthly incentive pay based on the number of years of aviation service, not rank. Specifically, Airmen with four years or less of aviation service receive \$150 per month. Airmen with more than four years earn an extra \$225, and those with more than eight years earn \$350. Airmen with more than 14 years of aviation service collect \$400.

Positions are available for in-flight refueling specialists, flight engineers, loadmasters, airborne communications and electronics specialists, airborne battle management systems specialists, airborne mission systems specialists, flight attendants and airborne cryptologic linguists.

Contact the military personnel flight for more information or visit the dot-mil restricted CEA Web site at <https://www.xo.af.mil/xoo/xoot/xoota/CEA/cea.htm>.

# DUI, animal run-ins cause vehicle incidents

By D.A. Barker  
52nd Security Forces Squadron

Team Eifel had one DUI last week and eight collisions, four were classified as major. Only one major crash involved injuries this past week.

A staff sergeant from the 52nd Aircraft Maintenance Squadron, 81st Aircraft Maintenance Unit was arrested for driving-under-the-influence when he was stopped on his way to the on-base personal-owned vehicle gas station.

His reckless driving brought attention to his car, and he was tested for drunk driving.



♦ The first major accident was on the L-49, near Niersbach. A captain struck an adult wild boar. The captain's vehicle sustained front end damage. There were no human injuries.

♦ The second major accident involved a captain driving on the A-62 who also struck and ran over an animal. The vehicle was disabled.

♦ The third accident occurred on the A-1. This accident was a rear-end hit that occurred when a local national hit a family member. The accident was caused from inattentive driving.

♦ The last major accident was in Erdorf Neue. This all terrain vehicle and automobile accident was the result of driver negligence. The ATV rider and passenger were transported to the Bitburg Krankenhaus for injuries.

There were four minor accidents last week: one parking lot accident, one during backing, one from inattentive driving and one with others at fault.

## Drivers safety tip

Last week, there were a number of tickets involving speeding and seatbelt violations on Bitburg Annex. Remember all of Bitburg Annex is a housing area, and people need to remain aware of school children in the area.

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## Wanted: Hidden Heroes!

Call the Spangdahlem AB family support center at 452-6422 for volunteer opportunities.



Senior Airman Amaani Lyle

## Top Saber Performer

**Name:** Staff Sgt. William Atkinson  
**Unit:** 52nd Component Maintenance Squadron  
**Duty title:** Electronic Warfare Systems team leader  
**Hometown:** Genoa, Ill.  
**Years in Service:** Nine  
**Nominee's contributions to 52nd Fighter Wing mission success:** Sergeant Atkinson is a team leader in the Electronic Warfare Section, but he also had a stellar performance recently filling in as swing shift production supervisor. This is normally a technical sergeant position. He guided the implementation of an unclassified "real world" time-sensitive software upgrade. During the same night, he produced five serviceable Electronic Warfare pods. The

average is one per day. His commitment and work ethic are unparalleled.  
**Off-duty volunteerism:** Sergeant Atkinson is involved with the Asian Pacific Islander luncheon.  
**What do you do for fun?** I enjoy working on cars, computers and building models.  
**What do you like most about being stationed here?** I love the travel opportunities.  
**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see extended hours for shops on the local economy.



Airman 1st Class Jessica Struble

### Excalibur!

An F-16 from the 23rd Fighter Squadron here takes off from Royal Air Force Lakenheath, England, during the recent Excalibur Exercise. Spangdahlem Air Base placed second for the Top Wing Award, as well as the Top Flight Award. Excalibur is a bombing and gunnery competition, providing an outstanding opportunity for the U.S. and partner countries to learn to fly and fight together. The competition's objective is to promote esprit de corps between U.S. Air Forces in Europe and Royal Air Force aircrews as well as focus on basic surface attack missions.

## Congratulate Spang's newest enlisted leaders!

The senior NCO induction ceremony takes place Sept. 25 at 5:30 p.m. for cocktails, and 6:30 p.m. for dinner at the Spangdahlem AB fitness Center. The deadline to purchase tickets is Monday. Contact squadron First Shirts for tickets. The event honors all Spangdahlem AB and geographically-separated unit master sergeant selects who are formally inducted into the SNCO core.



## Eifel Salutes

### 52nd Mission Support Group

It's no wonder they call him Saving Airman Ryan ... **Airman 1st Class Ryan Rood** potentially saved lives with his great expertise and diligence when he helped identify and eliminate Giant African snails located at the Bitburg High School and in military family housing. His efforts eliminated the potential spread of meningitis for about 315 students, faculty and hundreds of housing residents. He also spearheaded a project to install more than 100 meters of bird spike wire along the roof of Hangar 4. This ambitious effort prevented pigeons from roosting and breeding in the facility and causing damage to aircraft.

### 52nd Maintenance Group

**Master Sgt. John Buskey, Staff Sgt. Bobbie Escobedo and Airman 1st Class Jermaine Anderson**, all from the 52nd Equipment Maintenance Squadron, kept their fellow squadron members ready, set and informed in support of air and space expeditionary force 1 and 2 deployments. Key spouses group members **Vicki Stotler, Denise Miller, Tanya Peck and Anne Pienda-Moore** have the lock on making deployments and other issues a cinch for 52nd EMS families. **Tech. Sgt. Ryan Helfenstein, Sue Breed and Janice Wood**, with the help of the Spangdahlem AB chapel, were all instrumental in the success of the AEF 2 pre-deployment briefing for all 52nd EMS deployers and their families. A salute is certainly in order for **Staff Sgt. Joshua Raveed**, who aced his annual technical order inspection on an account that maintains some 165 technical orders for his flight.



### 38th Munitions Maintenance Group

Hey Joe ... **Tech. Sgt. Joseph Kazimer III**, 702nd Munitions Support Squadron, Buechel Air Base, Germany, is U.S. Air Forces in Europe's nominee for this year's National

Public Service Award. Good luck at the Air Force level! All clear for **Staff Sgt. Tammy Genzinger**, of the 701st Munitions Support Squadron, Kleine Brogel Air Base, Belgium, who brilliantly performs as assistant training manager for the squadron command post. A whiz with flight personnel and initial training for new troops alike, she received two perfect scores on written tests given by USAFE during a recent staff assistant visit.

### 52nd Operations Group

**Senior Airman Jason Weiss** is the distinguished gentleman who took Distinguished Graduate nods during his recent Airman Leadership School class.

### 52nd Medical Group

He's "honor roll" ... **Staff Sgt. Ernesto Otero** gets a hearty salute for his hard work and long hours as a member of the base honor guard. An emergency salute goes to **Maj. Ann Burns** for her on-going support during a nurse shortage. Big thanks go to **Lt. Col. Kathleen Samuel** for her assistance during the most recent manning pinch. Viva las Vargas ... **Airman 1st Class Cynthia Vargas** provided outstanding assistance to the dental logistics NCOIC during the implementation of a new automated ordering system.

*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 Component Maintenance Squadron Maintenance Production Supervisors  
**A brief description of unit responsibilities:** The team leads more than 200 personnel in three maintenance flights, which are comprised of nine Air Force specialties. They also supervise pneudraulic, electrical-environmental, egress, fuels, avionics system maintenance and three engine models.  
**Number of members:** Four: Senior Master Sgt. Todd Boatright and Master Sgts. Roger Speckine, Kevin Lord and Donald Overfield.  
**How does the team fit into the 52nd Fighter Wing's mission?** The team orchestrates all on- and off-equipment maintenance on dozens of F-16C/D Block 50 and A/AO-10 aircraft, ALQ-131 Block II electronic countermeasure pods, about 25 laser target identification pave penny pods, F-16 avionics intermediate test stations and associated equipment worth \$518 million.  
**Team's other contributions through the year?** The team recently showcased how their stringent management style directly contributed to the 52nd FW's outstanding 8,001 sorties and approximate 14,000 flying hours. Their phenomenal sortie support enabled the wing to achieve a blistering five-day super surge totaling more than 360 sorties. The team also effectively standardized 48 F-16 Common Configuration Implementation Program pre- and post-inspections -- verifying 100 percent fuels and egress systems integrity and ensuring depot contractual compliance and punctual aircraft availability.

# USAFE school advisory board enjoys continued victories, accomplishments

By Jennifer Doran  
USAFE School Liaison Office

Little victories led to giant accomplishments for U.S. Air Forces in Europe School Advisory Boards during School Year 2003-04. USAFE SAB members and meeting attendees achieved unprecedented success at the local level.

Two issues commanded enough attention to result in high level policy changes.

In the Kaiserslautern Military Community, a parent questioned the fairness of the Department of Defense Education Activity policy for accepting weighted grades on student transcripts from high schools in other school systems.

The policy in question had a negative consequence on transfer students' GPA and class ranking. The issue was elevated through the school and military advisory council chains and resulted in a DoDEA policy change for the

transfer of weighted grades.

In the past, Royal Air Force Lakenheath, England, schools' attendance policy only required notification of parents after two days of continuous absence.

Effectively, a child could be absent and the parent might not know until the end of the day. Last spring, the RAF Lakenheath school advisory board championed the issue, and local commanders implemented a new policy.

Now parents notify their child's school of planned absences, and, in turn, the school notifies parents the morning of an unreported absence.

The policy is in the process of being implemented USAFE-wide and is under consideration at the U.S. European Command level.

The Aviano Air Base, Italy, SAB part-

nered with AAFES to provide a healthier school lunch menu after parents raised concerns.

The Eifel SAB provided input for a school consolidation proposal under consideration at Spangdahlem Air Base. The Incirlik Air Base, Turkey, SAB secured funds to refurbish the school's track to integrate USAFE Combat and Special Interest Programs into the school culture.

The Aviano SAB secured a safe site for parents to drop off their children away from the bus path, allowing children to move directly to the sidewalk without hindering bus flow.

As evidenced in the first issue discussed above, one person can engage a community to change dependent education policies.

For more information on becoming part of the USAFE SAB team, contact the Spangdahlem AB installation School Liaison Office at 452-6942.



## MAKE IT COUNT Don't forget to vote!

For more information on requesting a ballot, check out the following:

- ♦ visit the 52nd Fighter Wing Intranet and click on "voting assistance"
- ♦ go to [www.fvap.gov](http://www.fvap.gov)
- ♦ call Master Sgt. Jeff Barr, alternate voting assistance official, at 452-7410



By Edna Sugatan  
52nd Medical Support Squadron

**Rebecca Leslie Bavin** was born at 12:47 p.m. June 2 to Staff Sgt. Jacob and Ruth Bavin. She weighed 6 pounds 9.5 ounces and was 20 inches long. Sergeant Bavin is assigned to the 52nd Component Maintenance Squadron.

**Addison Monroe Meuth** was born at 10:48 a.m. June 11 to Staff Sgts. Jason and Jennifer Meuth. She weighed 6 pounds 11 ounces and was 18.11 inches long. Staff Sgt. Jason Meuth is assigned to the 52nd Aircraft Maintenance Squadron, and Staff Sgt. Jennifer Meuth is assigned to the 52nd Logistics Readiness Squadron.

**Dylan Carl Winship** was born at 12:05 p.m. June 20 to Senior Airman Arthur and Dawn Winship. He weighed 7 pounds 5.5 ounces and was 20 inches long. Airman Winship is assigned to the 52nd AMXS.

**Nayla Nyree Harris** was born at 8:04 p.m. July 2 to Airman 1st Class Rashad and Yolanda Harris. She weighed 5 pounds 13 ounces and was 18 inches long. Airman Harris is assigned to the 52nd Security Forces Squadron.

**Christopher James Pickering** was born at 9:37 a.m. July 27 to Staff Sgt. James and Marissa Pickering. He weighed 6 pounds and was 19 inches long. Sergeant Pickering is assigned to the 606th Air Control Squadron.

**Ashton Patrick Harden** was born at 6:56 a.m. Aug. 1 to Senior Airman Candice and Patrick Harden. He weighed 8 pounds 5 ounces and was 21.5 inches long. Airman Harden is assigned to the 52nd Civil Engineer Squadron.

**Aidan James Llamas** was born at 2:48 a.m. Aug. 2 to Senior Airman Alvin and Cynthia Llamas. He weighed 6 pounds 8 ounces and was 19 inches long. Airman Llamas is assigned to the 52nd CES.

**Lillian Tabitha McNair** was born at 7:45 a.m. Aug. 3 to Tech. Sgt. Scott and Staff Sgt. Rebecca McNair. She weighed 6 pounds 3 ounces and was 18.8 inches long. Tech. Sgt. Scott McNair is assigned to the 606th ACS, and Staff Sgt. Rebecca McNair is assigned to the Armed Forces Network, Detachment 9.

**Hayden Percy Lunsford** was born at 8:15 a.m. Aug. 3 to Staff Sgt. Percy and Naomi Lunsford. He weighed 9 pounds 6 ounces and was 21 inches long. Sergeant Percy is assigned to the 52nd AMXS.

**Kelvin Dane Duffy** was born at 9:26 a.m. Aug. 6 to Maj. Mark and Shannon Duffy. He weighed 6 pounds 3 ounces and was 19 inches long. Major Duffy is assigned to the 52nd Aerospace Medicine Squadron.

**Mia Elizabeth Vitruis** was born at 7:49 a.m. Aug. 7 to Senior Airman Jason and Alaina Vitruis. She weighed 7 pounds 8.5 ounces and was 20.5 inches long. Airman Vitruis is assigned to the 606th ACS.

**Mijun Janea Heard** was born at 12:30 a.m. Aug. 9 to Tech. Sgt. Sean and Miyoka Heard. She weighed 7 pounds 3 ounces and was 20 inches long. Sergeant Heard is assigned to the 52nd Equipment Maintenance Squadron.

**Piper Bain Helen Lotan** was born at 5:28 p.m. Aug. 12 to Staff Sgt. Jennifer and Iain Lotan. She weighed 8 pounds 3 ounces and was 20 inches long. Sergeant Lotan is assigned to the 52nd Medical Support Squadron.

**Emma Grace Smith** was born at 12:59 a.m. Aug. 13 to Tech. Sgt. Joey and Melissa Smith. She weighed 6 pounds 12 ounces and was 19 inches long. Sergeant Smith is assigned to the 52nd EMS.

**Rebekah Lynn Smith** was born at 1:06 a.m. Aug. 13 to Tech. Sgt. Joey and Melissa Smith. She weighed 5 pounds 12 ounces and was 20 inches long. Sergeant Smith is assigned to the 52nd EMS.

**Zackary John Christian** was born at 4:52 a.m. Aug. 14 to Senior Airman Kathy and Robert Christian. He weighed 8 pounds 10 ounces and was 21 inches long. Airman Christian is assigned to the 52nd Communications Squadron.

**Hailey Jeanette Trimnal** was born at 10:13 a.m. Aug. 14 to Staff Sgt. Jamie and Januari Trimnal. She weighed 7 pounds 11.2 ounces and was 20.75 inches long. Sergeant Trimnal is assigned to the 52nd EMS.

**Richard Phillip Reif** was born at 2:45 a.m. Aug. 15 to Staff Sgt. Richard and Stacey Reif. He weighed 8 pounds 10 ounces and was 21 inches long. Sergeant Reif is assigned to the 52nd AMXS.

**Gaven Alexander Ruiz** was born at 6:52 p.m. Aug. 16 to Senior Airman Alberto and Airman 1st Class Jennifer Ruiz. He weighed 8 pounds 4 ounces and was 20 inches long. Airman Alberto Ruiz is assigned to the 22nd Aircraft Maintenance Unit, and Airman Jennifer Ruiz is assigned to the 606th ACS.

**Ethan James Eichler** was born at 12:18 p.m. Aug. 16 to Tech. Sgts. Michael and Sasha Eichler. He weighed 8 pounds 5 ounces and was 21.5 inches long. Tech. Sgt. Michael Eichler is assigned to the 606th ACS, and Tech. Sgt. Sasha Eichler is assigned to the 52nd Medical Operations Squadron.

**Mya Nicole Manley** was born at 8:53 p.m. Aug. 16 to Tech. Sgt. Lee and Akiko Manley. She weighed 8 pounds 4

ounces and was 21 inches long. Sergeant Manley is assigned to the 52nd CES.

**Elijah Samuel Shields** was born at 8:13 p.m. Aug. 17 to Tech. Sgt. Robert and Jolynn Shields. He weighed 8 pounds 13 ounces and was 19.75 inches long. Sergeant Shields is assigned to the Armed Forces Network, Detachment 7, Incirlik Air Base, Turkey.

**Ashton Alan Harris** was born at 1:45 p.m. Aug. 17 to Senior Airman Thomas and Airman 1st Class Amanda Harris. He weighed 7 pounds 14 ounces and was 20.75 inches long. Airmen Harris are assigned to the 52nd Services Squadron.

**Mezani Bella Muniz** was born at 8:19 p.m. Aug. 18 to Senior Airmen Harold and Amber Muniz. She weighed 7 pounds 20 ounces and was 20 inches long. Airmen Muniz are assigned to the 52nd CES.

**Manuel Ethan Becker** was born at 12:19 a.m. Aug. 19 to Senior Airman Manuel and Margaret Becker. He weighed 7 pounds 2 ounces and was 21 inches long. Airman Becker is assigned to the 52nd LRS.

**Camryn Skye Yecpot Aguon** was born at 1:31 p.m. Aug. 19 to Staff Sgt. Larry and Evelyn Aguon. She weighed 9 pounds 7 ounces and was 20 inches long. Sergeant Aguon is assigned to the 606th ACS.

**Dayshaun Ismael Lewis** was born at 11:18 a.m. Aug. 23 to Staff Sgt. Damon and Marilyn Lewis. He weighed 7 pounds and was 20 inches long. Sergeant Lewis is assigned to the 52nd CMS.

**Amelia Brooke Leigh** was born at 1:22 p.m. Aug. 23 to Staff Sgt. Robert and Lisa Leigh. She weighed 7 pounds 6.8 ounces and was 20 inches long. Sergeant Leigh is assigned to the 52nd CES.

**Tyler Ray Wright** was born at 10:55 p.m. Aug. 25 to Senior Airman Lawrence and Tiffany Wright. He weighed 6 pounds 8 ounces and was 19.5 inches long. Airman Wright is assigned to the 52nd CES.

**Gracie Noel Bylow** was born at 5:03 p.m. Aug. 25 to 1st Lt. Jason and Gretchen Bylow. She weighed 8 pounds 12 ounces and was 20.5 inches long. Lieutenant Bylow is assigned to the 52nd SFS.

**Isaac Anthony Bolus** was born at 2:32 a.m. Aug. 27 to Staff Sgt. Anthony Bolus and Airman 1st Class Frances Loweree. He weighed 6 pounds 8 ounces and was 20 inches long. Sergeant Bolus is assigned to the 52nd AMXS, and Airman Loweree is assigned to the 606th ACS.

**Rhiannon Lily Allan** was born at 10:45 p.m. Aug. 29 to Tech. Sgt. David and Astrid Allan. She weighed 6 pounds 15 ounces and was 20 inches long. Sergeant Allan is assigned to the 52nd SFS.



**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

**September Sortie Scoreboard**

Aircraft	Goal	Flown	Delta
F-16	561	77	+8
A-10	281	36	+6

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

Through Sept. 7

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

# Viewpoint

Sept. 10, 2004

Page 5

**Reflection**

## We Pause to Remember

### Wing commander reflects on Sept. 11 tragedy, victims, heroes

By Col. Dave Goldfein  
52nd Fighter Wing commander

Today at 3:30 p.m., the 52nd Fighter Wing pauses to remember the heroes and the victims of 9/11 -- our nation's second day of infamy.

There are certain events that leave an indelible print on our lives forever. Many remember exactly where they were when President Kennedy was shot or when the Space Shuttle Columbia exploded. As such, none of us will forget the moment we learned our nation was under attack Sept. 11.

It was both our darkest and our brightest hour. For the thousands in our World Trade Center and Pentagon, it was a day that began like any other, with crystal clear blue skies and a light wind. It would end; however, in unforeseen and incomprehensible tragedy.

For the passengers aboard those airliners, the day promised travel to exciting destinations and a rendezvous with family and friends. It ended in a nightmare of fire and metal. For the victims of this attack, it is important that we pause and remember.

As the first calls went out from cellular phones at the World Trade Center, fire fighters, police and other first responders rushed to the scenes to offer aid. The stories of heroism are well documented -- firemen rushing up smoke-filled stairwells to save their fellow citizens even as the first tower collapsed and passengers taking on their attackers miles above the ground in Pennsylvania rather than allow their aircraft to be used for further destruction.

How appropriate that today we pause and remember those who sacrificed themselves for their fellow man.

On that fateful day, I just left the Pentagon on a bus to Rosslyn when we saw an American Airlines

“ It was both our darkest and our brightest hour. For the thousands in our World Trade Center and Pentagon, it was a day that began like any other with crystal clear blue skies and a light wind. ”

jet turn low over the building and bank toward the south side.

The terrorist at the controls lowered the landing gear and pushed the throttles up to full power just before he slammed into our Pentagon. As you might imagine, the first moments were chaotic. Smoke and fire billowed out of the gaping hole left in the side of the building.

Pentagon workers rushed to the scene and immediately began rendering first aid. Our Secretary of Defense, along with countless others, joined in to help free those still in the building. At the same time when firemen were rushing into the WTC Towers, Airmen, Soldiers, Sailors and Marines were rushing into the flames to rescue their fallen comrades. How appropriate that today we pause and remember that we never leave our fellow servicemen behind.

Hours after the attack at the Pentagon, relief agencies began arriving in New York City and Washington to offer assistance and expertise. At the Pentagon, we needed lighting to continue the rescue effort into the night.

Home Depot was there with two truckloads within minutes of the request. The rescue workers who had been at it all day were tired and in need of food and a place to rest. Our Red Cross and

Salvation Army were there with tents, grills, food and supplies. The first night, we served 5,000 meals.

The following morning, the trucks began arriving. McDonald's, Burger King, Outback Steakhouse -- "we're here to feed you," they said. Two semi-trucks arrived that had been driving all night from Alabama with a men's Christian group.

"We have a revival tent and cook great gumbo" they said. By midday, it was apparent we needed some organization for the many agencies showing up -- great Americans dropping everything to help their fellow citizens. By the end of the first full day after the attack, "Camp Unity" was born -- a miniature city at the south parking lot where workers could go for rest, relaxation and a good meal.

Three ladies who owned a barber shop closed down and brought all of their supplies to the camp on day three.

"We can cut hair," they said. How important that we pause today to remember how we as a nation come together to help each other in times of need.

We remember the loss of so many who did not deserve to die on that fateful day. We remember the many heroes who risked everything they held dear to help their fellow man. We remember the way we, as a nation, came together to help each other when help was needed.

As we continue to deploy our fellow Sabres downrange to contribute to the War on Terrorism, let us also remember why we fight. We fight for the freedom of all people. We fight for liberty. We fight for justice. And we fight to make our world a better place for our children.

Thank you for your service, your sacrifice and your patriotism. I am proud to serve beside you as we pause together ... to remember.

**Direct Line**

**Child Development Center fees**

**Comment:** I would like to know how the military can justify child care fees. The child development center first includes both spouses base pay, Basic Allowance for Subsistence and sponsor's Basic Allowance for Housing. They also include tips, disability benefits, pay for service in a combat zone and anything else of value, even if not taxable. Based on the total amount of these allowances, the CDC then places the member into an income category that determines our weekly, bi-weekly and monthly fees.

What I don't understand is the fact that my BAH is for my housing -- it is not money in my pocket. nor is my BAS, which is supplied to me, the Air Force member, only for food, not my family members. Also, because I am dual military, we get put into a higher fee category. Therefore, we pay more than an Airman 1st Class with a spouse who doesn't work. I then pay more every two weeks than an Airman 1st Class pays in a month. Why am I, as a dual military income family, being punished by paying more just because we make more? If all the children in the CDC get the same exact care, then why do I have to pay more for the same care? If I pay more, I expect my child to receive more care and attention.

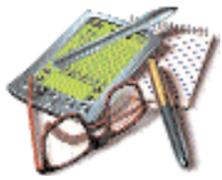
**Response:** Thank you for your feedback. This is a frequently asked question, and we're happy to attempt to set the record straight. First, the Department of Defense mandates that total family income be determined when calculating childcare fees. Your BAH and BAS are included because the DoD defines total family income as all earned income, including

quarters allowances, subsistence allowances and in-kind quarters and subsistence received by the military member.

Secondly, you are not being punished by paying more because you make more. While higher income families pay more in actual dollars for their childcare, they pay a lower percentage of their total family income for childcare. Congress dictates that childcare costs be a shared responsibility between the Air Force and parents. Therefore, the Federal Government subsidizes all Air Force child development centers. However, because you make more money, you are subsidized less than a lower income family, or in other words, you pay more. The reason is simple; those families with the lowest incomes are the most in need of assistance with their childcare expenses. Moreover, the Air Force goal is to provide the same high quality care for every child, regardless of family income.

Speaking of quality, let me explain why the fees may seem higher at Air Force facilities. Our child development centers provide world-class care for our children because Air Force leadership has set the highest standards for these centers.

All Air Force CDCs are accredited by the National Association for Education of Young Children. This is like putting the "Good Housekeeping" stamp of approval on our centers. The NAEYC periodically inspects each facility for safety, nutrition, staff qualifications and teacher and child interaction among other things. In addition, all care providers must complete 18 months of rigorous, college-level training to ensure they meet our high standards. Throughout this training, they are tested and observed before being certified. As a result, this level of quality and training drives higher salaries, and most of this cost is passed on to parents.



## Community Mailbox

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



### Family support news

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

- ♦ Monday, 10 a.m. - 2:30 p.m., welcome to Germany
- ♦ Wednesday, 6-8 p.m., home buying
- ♦ Thursday, 10-11 a.m., sponsor training; 2-4 p.m., resumé as a marketing tool
- ♦ Sept. 17, 9 a.m. - 5:30 p.m., train trip to Trier
- ♦ Sept. 22, 9:30-10:30 a.m., creative critters, Bitburg Annex, building 2001

### Artist association

The European Artist Association meets Monday from noon to 1:30 p.m. at the Eifel Bowling Lanes parking lot. Attendees should bring a sketch pad and art pencils. For more information, e-mail Kristin Sue Kim at [ksueart12@hotmail.com](mailto:ksueart12@hotmail.com).

### PMOC conference

The fall 2004 European Protestant Men of the Chapel conference takes place Oct. 15-17 at the Sauerland Stern Resort Hotel, Willingen, Germany. The reservation deadline is Tuesday, and the registration deadline is Sept. 27. For more information, call the U.S. Air Forces in Europe Chaplain's Office at 480-6961 or 06371-476961 or e-mail [usafe.hcx@ramstein.af.mil](mailto:usafe.hcx@ramstein.af.mil).

### VAT relief program

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

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

### Air Force birthday

Celebrate the Air Force's 57th birth-

day with a bang. Enjoy free food, a DJ, Air Force trivia, contests and lots of prizes, including the chance to win a new car. The celebration takes place at the Brick House Sept. 18 at 7 p.m. For more information, call Deb Willey at 452-7868.

### Veterinary treatment facility

The veterinary treatment facility, located near Bitburg at the Oberweis Annex, has limited bookings for people to bring in their pets for medical treatment. The VTF encourages Team Eifel members to become familiar with off-base veterinarians in the event of an emergency. For more information on the VTF hours and appointments, call 452-9388.

### Youth programs

The before and after school registration is going on now. Parents can sign-up their children for a variety of enrichment activities including power hour homework club, arts and crafts, music and drama, physical fitness, science and nature and more. Programs are for youth, ages 5-12. For details, call Jim Dugan at Spangdahlem AB at 452-7545 or Madalena Lovato at the Bitburg Annex at 452-9408.

### Airmen's meal

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

### Fiesta family day

Enjoy a free Latin fiesta family day at the Brick House from 11 a.m. to 3 p.m. Sept. 25 Listen to a live DJ, salsa across the dance floor, help children with crafts, whack the pinata and sample authentic Hispanic foods. For more information, call Kim McElfresh at 452-7381.

### Foggy Fields Bazaar

The American Women of Geilenkirchen hosts the annual Foggy Fields Bazaar in Hangar 4 on Geilenkirchen NATO Air Base. The event is open to all

NATO and U.S. identification card holders. There will be more than 100 booths filled with Polish pottery, Turkish rugs, hand-crafted items, jewelry, chocolate and more. The Bazaar runs Nov. 12 from 9 a.m. to 6 p.m., Nov. 13 from 10 a.m. to 5 p.m. and Nov. 14 from 11 a.m. to 4 p.m.

### Tops In Blue

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

### ITT air fare

Don't get cooked on outrageous air fares this holiday season. Information, Tickets and Tours can book flights back to the U.S. for great rates now. Call IIT at 06565-933010 for an appointment or stop by during the walk-in service hours from 10 a.m. to 2 p.m. daily.

### Catholic education classes

The Spangdahlem AB chapel has Catholic religious education classes starting Sept. 19 from 9:45-11 a.m. in building 139, second floor. Faith information classes are pre-kindergarten through eighth grade, ninth through 12th grade and adult courses. Register after all Masses Saturday and Sunday or during the week at the Spangdahlem AB chapel. Volunteers are needed to teach and assist in a variety of classes. For information and registration costs, call Joanna McCormack at 06575-901443 or the chapel at 452-6711/6281.

### Spouse tuition assistance

The spouse tuition assistance program pays up to 50 percent of the tuition of spouses of active duty Air Force members at Spangdahlem AB. The maximum payment is \$300 per term. STAP is limited to classes offered by the schools conducting programs at Spangdahlem AB. Term II STAP applications are available at the education center in building 192. Completed applications must be returned to the education center by Oct. 1 at 4 p.m. For details, call the education office at 452-6063.

## 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

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

### Too bad ...

There were no drawings last Friday because of family day. The pot continues to grow. Stop by the Club to enter the weekly drawing.

### Today

A DJ plays Salsa music from 9 p.m. to 1 a.m. **ECL:** Commander's social starts at 5 p.m.

### Wednesday

Ladies Night goes from 8-11 p.m., and beverages of choice are half price.

### Thursday

"Super Hero" family fun night is from 5-8 p.m. Adults and children who come dressed as their favorite super hero get \$1 off their meal. Come check out the kiddie disco, face painting, free balloons, a bouncy castle and two buffets. Cost is \$6.95 for adults and \$3.95 for children, ages 6-12, for members and \$9.95 for adults and \$5.95 for children, ages 6-12, for non-members.



## 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 Sept. 16. 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

*White Chicks (PG-13, 7 p.m.)*

Two disgraced FBI agents go way undercover in an effort to protect hotel heiresses, the Wilson Sisters, from a kidnapping plot.

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

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

Saturday

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

Behind every great love is a great story. The movie begins with an old man reading a story to an old woman in a nursing home.

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

Sunday

*Powerpuff Girls (PG, 1 p.m.)*

Three super-powered little girls constantly save the world (or at least the city of Townsville) from monsters, would-be conquerors and a few other gross things.

*The Lizzie McGuire Movie (PG, 3:30 p.m.)*

Lizzie McGuire graduates from middle school and takes a trip to Rome, Italy.

*Freaky Friday (PG, 6 p.m.)*

An overworked mother and her daughter do not get along. When they switch bodies, each is forced to adapt to the other's life for one freaky Friday.

Monday

*The Notebook (7 p.m.)*

Tuesday

*White Chicks (7 p.m.)*

Closed Wednesday and Thursday

### Bitburg Castle

Today

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

Twin tigers, one bold and one shy, are born in a city of ruins in French Indochina and are soon captured. They are then pitted against each other in a fighting match.

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

A shy woman inadvertently becomes a human guinea pig for an anti-aging product and has a new feline prowess.

Saturday

*E.T. The Extra-Terrestrial (PG, 7 p.m.)*

A group of Earth children help a stranded alien botanist return home.

*Dodgeball: A True Underdog Story (PG-13, 10 p.m.)*

The crew from locally owned Average Joe's enters a high-stakes dodgeball tournament to save their local gym.

Sunday

*Catwoman (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*Brother Bear (G, 7 p.m.)*

Thursday

*Catwoman (7 p.m.)*

When lords, ladies reign supreme ...

# Step back in time with Cochem castle tour, medieval dinner

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

Journey back to the time of chivalry, the time where minstrels sang about the gamut of emotions as lords and ladies feasted, during a Cochem castle medieval dinner and enjoy a tour of the eclectic castle.

Spangdahlem Air Base's Information, Tickets and Tours gives Team Eifel members a chance live the medieval experience with Cochem medieval dinner day trips throughout the season each year. The next trips are Sept. 25, Oct. 16 and Nov. 13.

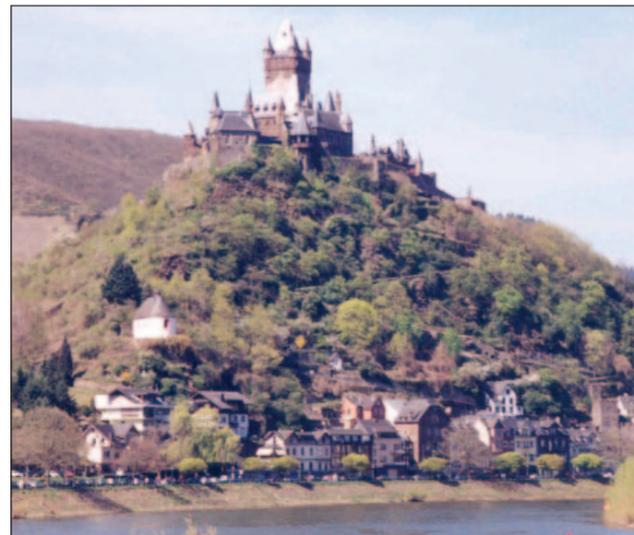
The castle sits upon a hill 330 feet above the town of the same name. The trip begins with free time to visit the many shops, cafes and pubs or to just take a stroll down the Mosel. Then visitors make their way up the winding streets and vineyards to the top of the hill to see a beautiful panoramic of the town. Sometimes visitors may even see a trainer sending his or her falcon or hawk above the castle and back.

The next leg of the trip is a tour of the castle. According to the medieval-clad guides, the castle is believed to have been built by Count Palatine Ezzo in about 1,000 A.D. For about 150 years, it was passed down through the count's successive generations until 1151, when King Kongrad III laid claim to the property and declared it an imperial fiefdom. From then on, the structure housed imperial ministers who ruled the town of Cochem with the title of "Lord of the Castle."

In 1294, King Adolf of Nassau pawned the castle and its surrounding villages to Boemund I of Trier to pay for his coronation as German emperor. It remained the property of successive archbishops of Trier until 1794. During this time, the castle had fallen into the hands of French troops in 1689, who had invaded the Rhine and Mosel areas in the war of the succession of the palatinate. Under the rule of King Louis XIV, the structure was set on fire, undermined and blown up.

The castle lay in ruin until 1868, when Berlin businessman Louis Ravene purchased the land and rebuilt the castle to resemble much of its former glory. Mr. Ravene's family used the castle as their summer home.

Today, the castle features the antique and custom-made fur-



Courtesy photo  
**Cochem castle, built around 1,000 A.D., is strategically placed on top of a hill with far-reaching views along the Mosel River.**

nishings the Ravene family decorated it with more than 130 years ago. Some of the rooms reflect different architectural eras such as Baroque and Gothic. Since 1978, the town of Cochem has owned the historical castle and its property.

After a tour of the castle, visitors walk down into a big cellar, where three people are chosen at random to dine in costume at the head table. Everyone enjoys wine in a keepsake cup and the chance to eat bread, soup and a turkey drumstick without silverware. Throughout the dinner, guests enjoy music sung by a minstrel, stories and games from medieval times. A crowd favorite is when one unlucky volunteered person is carried away in the stocks and when representatives from Spangdahlem AB and Ramstein Air Base compete in medieval games.

To journey back in time and enjoy medieval revelry, call ITT at 452-6567 or visit the ITT office in the base community activity center. Tickets cost \$70 per person. For more information about Cochem castle, visit [www.burg-cochem.de](http://www.burg-cochem.de).



## 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.)*

♦ A wine market and hand-craft farmers' market takes place **today** through **Sunday** in Traben-Trarbach.

♦ Attend the festivities at the 60th Anniversary of the liberation of d'Arlon, Luxembourg **Saturday** and **Sunday**. Arlon is a historical town which has been around since Roman times. It used to be a stopping point between the Cathedral towns of Reims (in France) and Trier. Highlights of the festival include food, 1940's jazz music and World War II equipment. For details, e-mail Bill Moran at [bmoran@namsa.nato.int](mailto:bmoran@namsa.nato.int).

♦ Have fun at the world famous Bad Duerkheim sausage festival **today** through **Tuesday** and **Sept. 17-20**. This is a highlight event in Germany, featuring a huge amusement area, large festival tents, music and fun. The festival has a

fireworks display at 9:30 p.m. **Saturday**.

♦ Malberg will open up its castle and town history to the public **Sunday**.

♦ Visit a flea market **Sunday** in front of the Kloster Machern cloister, located near the town of Zeltingen-Rachtig; at the Bernkastel-Kues Gueter hall; at the Trier Messe hall and in front of the Wiesbaden Wal-Mart market.

♦ Enjoy an early morning concert by the Trier-Tarforst music association at 11 a.m. **Sunday** in Trier's main market square.

♦ Listen to a concert at 4 p.m. **Sunday** at the Trier Brunnenhof courtyard, located near the Porta Nigra.

♦ Have fun at the small but fine street festival of Wolf **Sept. 17-19**.

♦ Enjoy a spectacular public wine probe **Sept. 17** in Zell.

♦ The annual wine and market festival of Fell takes place **Sept. 17-20** throughout the wine community. It features sales, music and a public wine probe.

♦ The famous Munich October festival, which takes place for the 171st time this year, will start off **Sept. 18** and continue through **Oct. 3** at Munich's "Wiesn" fairgrounds. It is the largest volksfestival in the world, attracting

more than six million people annually.

♦ The 23rd wine harvesting festival of Kroev is scheduled for **Sept. 24-26**.

♦ Attend the Trier Moselland exhibition, the largest industrial fair of the region, **Sept. 25** through **Oct. 3** at the Trier Moselauen fair grounds. This is a major event.

♦ The neighboring town of Oberkail holds a festival **Oct. 1-4**.

♦ Jazz at its best is the title for a musical performance **Oct. 1-2** in Wittlich.

♦ The Mosel town of Erden invites people to a vintners' wine and street festival **Oct. 1-3**.

♦ The Mosel town of Kroev invites people to their annual wine festival **Oct. 1-4**. It includes a vintners' parade **Oct. 5** and a market event **Oct. 5-6**.

♦ The annual Spangdahlem Music Festival offers music by a number of different music associations, food and entertainment. The event takes place **Oct. 2-3**.

♦ Enjoy Tango sounds and dances at 9 a.m. **Oct. 2** at the Trier Thermen, Roman Thermal baths, located at Viehmark.

♦ Shop at the annual Speicher Herbstmarkt, or fall market, **Oct. 7**.

## How much fat is enough?

Daily grams of fat\*

### Men

- ♦ Normal weight: 60-90 grams of fat per day
- ♦ Overweight: 40-60 grams of fat per day

### Women

- ♦ Normal weight: 40-70 grams of fat per day
- ♦ Overweight: 25-40 grams of fat per day

\*These ranges help people stick to a diet that has more than 20-30 percent of calories from fat



## Track that fat

- ♦ Read labels: If the label does not have calories from fat, multiply the grams of total fat by nine, because there are nine calories in a gram of fat.
- ♦ An easy rule of thumb is to most often choose foods that have no more than three grams of fat per 100 calories.

## Fast food

Fast food can mean "fat food." Stay away from french fries, breads, cheese and special sauces. Below are some good choices:

- ♦ Single broiled hamburger with mustard, tomato, lettuce and pickles
- ♦ Salad (avoid eggs, cheese, bacon bits, croutons and too much dressing)
- ♦ Turkey, lean roast beef or ham sandwich (with mustard instead of mayonnaise)

Information courtesy of the HAWC

## Congratulations to Spangdahlem AB men's varsity softball team

The men's varsity softball team was crowned the 2004 USAFE Large Units Softball Tournament champs and the Army/Air Force Softball Championship winners at the tournament held last week at Aviano Air Base, Italy

# Balancing fat intake, activity key to battle of the bulge

## Staff Reports

In a society filled with low-fat, low-carb foods, the battle to lose weight can be a never-ending struggle for some people. Fortunately, the Spangdahlem Air Base Health and Wellness Center is here for Team Eifel members.

Focusing on eating habits and making healthy lifestyle changes is a conscious decision that can make people look and feel their best. However, it is important to get regular exercise and to learn how to manage stress.

A heart-smart diet begins at the grocery store. Start by reading labels and choosing healthier options. Here are some tips to help with this process:

### Starches and grains

- ♦ Choose bagels with whole-grain breads.
- ♦ Compare the labels on similar products and choose the one with fewer high-fat ingredients and fewer grams of fat.
- ♦ Buy hard pretzels, flavored rice cakes and rye crisps for snacks.
- ♦ Stock up on dried beans and peas; they're low in fat and high in protein and fiber.

### Vegetables and fruits

- ♦ Buy them fresh or frozen and make sure they have not been fried or had butter added.
- ♦ If buying canned vegetables, choose the ones that are packed in water, not oils.
- ♦ Buy fewer olives, avocados and nuts. They are high in fat.

### Dairy

- ♦ Start by changing whole milk to two percent, or one percent to skim milk.

- ♦ Buy low-fat substitutes for butter and margarine.
- ♦ Choose dairy foods labeled "non-fat" or one percent fat.
- ♦ Try frozen juice bars, nonfat frozen yogurt or skim-milk pudding for dessert.
- ♦ Buy milk for coffee instead of cream; cream is loaded with fat.

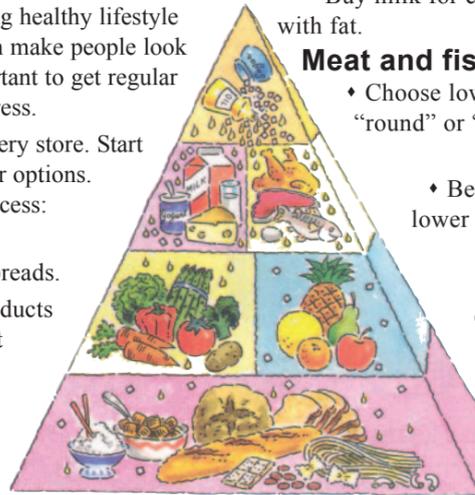
### Meat and fish

- ♦ Choose lower-fat beef cuts that have the words "round" or "loin" on the label, leg of lamb and skinless white-meat poultry.
- ♦ Beef cuts marked "select" are usually lower in fat than most marked "choice" or "prime."
  - ♦ Ask the butcher to trim off excess fat or remove the fat and skin.
  - ♦ Eat more fish; most fish and shellfish are low in fat. Oily fish, such as salmon and tuna, are higher in fat. However, they may protect against heart disease, stroke and some types of cancer.

### Food preparation

- ♦ Roast, bake and grill food instead of frying.
- ♦ Steam or microwave vegetables without adding oil, butter or margarine. Sauté vegetables in broth or juice using a nonstick pan.
- ♦ Use cooking spray instead of butter.
- ♦ Remove fat drippings before making gravy by letting the drippings cool and spoon off the fat that rises to the top.

(Compiled by Airman 1st Class Eydie Sakura, 52nd Fighter Wing Public Affairs Office)



## Scoreboard

The following is a list of the latest flag football standings as of Sept. 7.

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

Team	W	Team	L	Team	W	Team	L
52 CES	26	52 OSS	7	52 CES FD	7	52 MXG	0
52 AMXS	19	52 SFS	14	52 CES FD	26	52 SFS	0

## Sports briefs

### Football frenzy

It's time to tackle this year's football season with Club Eifel's Football Frenzy, held at the Brick House every Sunday and Tuesday. The kick-off party is today 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 more information, call Kim McElfresh at 452-7381.

### Sept. 11 remembrance run

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

### Youth gymnastics

Jump into gymnastics this September. Registration for youth beginner gymnastics classes, ages 5-years old and up, begin Saturday from 1-3 p.m. Children 20 months to 3-years old and preschoolers, ages 3-5, register from 3-5 p.m. If needed, level II, pre-team and team registrations take place Monday from 5-7 p.m. at the Spangdahlem AB Youth Center. Actual evaluation and registration is at the Bitburg Annex Gymnastics Loft, located above the BX furniture store. For details, call Sally Fuller at 452-7545.

### Iron flight competition

The Iron Flight Competition muscles into town Sept. 22 at noon at the Skelton Memorial Fitness Center. Competition focuses on the four aspects of the Combat Fitness standards: one minute push-ups, one minute sit-ups, one-and-a-half mile run and waist circumference. Flight teams must include 10 participants for each squadron; seven males and three females. For more information, call DeShane Casillas at 452-6596.

### Benchpress competition

The Combat Fitness Benchpress competition takes place Sept. 25 at the Skelton Memorial Fitness Center. There are categories for males and females, ages 18 and older, with light weight, middle weight and heavy weight classes. Prizes are awarded to first place winners in each weight class. Weigh-in and rules briefing begins at 11 a.m. with lifting starting at noon. Register before Sept. 25 at the fitness center. For more information, call Eric Lawlor at 452-6496.

### Running coaches needed

The Bitburg High School Cross Country team needs coaching volunteers and assistance at home meets Sept. 25 and Oct. 16. People interested in running and jogging should call BHS at 452-9202 or e-mail Heather Rodriguez at Heather\_Rodriguez@eu.odedodea.edu.



Airman 1st Class Joshua E. Coleman

### Wheel good shape

Staff Sgt. Ann Mitchell, 52nd Services Squadron, fitness specialist, teaches a spinning class as a part of the 52nd SVS weekly physical training Sept. 2. The Spangdahlem Air Base Fitness Center provides many fitness classes. For more information on the classes, call the fitness center at 452-6496.