Eifel Times

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Dress Right, Dress

AFI 36-2903, Table 2.2

Hoods of parkas, field jackets and outergarments are not considered headgear. When the hood is being used, appropriate headgear must be worn under the hood. (Courtesy of the Spangdahlem AB First Sergeants Council)

News Briefs

Housing allowance survey

Service members who receive an Overseas Housing Allowance are encouraged to complete the 2003 OHA and Move-in Housing Allowance expenses survey. The online survey measures initial and recurring expenses incurred by uniformed service members stationed overseas who reside in private housing. Maximum participation enables the Department of Defense to determine accurate housing entitlements commensurate with the recurring expenses when they update them in the spring. The survey is available through Feb. 13 and can be completed by visiting www.drc-instantaccess.com/g3051/htm/default.htm. Call Capt. Lyle Swapp at 452-5980 for details.

Post-deployment processing

Personnel returning from a deployment must complete a post-deployment health questionnaire, see a provider for a face-to-face assessment and give a blood sample. The requirements will be completed no later than the second duty day upon returning to their duty section from Commander Authorized Days. Public health conducts the processing Tuesday-Thursday from 3-4:30 p.m. at the medical clinic, building 137. For more information call Maj. Mark Duffy at 452-8314.

Awards banquet

The 52nd Fighter Wing annual awards banquet takes place Feb. 20 at 6 p.m. at the base fitness center. Tickets are available for purchase through Tuesday from unit first sergeants. Club member cost is $20 for E-1 through E-4 and $25 for E-5 and up. Non-member cost is $1 more.

Security clearances

Air Force active duty members who are U.S. citizens are required to obtain and maintain a security clearance at the level required, either secret or top secret. People may submit the required paperwork six months prior to the expiration date of their clearance. For more information call Security Forces at 452-7848.

Crunch time!

Spang gets into good shape in 2004.

Read "Spangdahlem's fitness program makes 'firm believers' out of Team Eifel warriors," on Page 4

Col. Stephen Mueller, 52nd Fighter Wing commander, presents the wing coin as a memento to retired Chief Master Sergeant of the Air Force James Binnicker. A guest of Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, the ninth CMSAF visited Spangdahlem AB to hear about the quality-of-life improvements on base including Combat CHEER and the Brick House. Colonel Mueller also discussed the expansion of the base as part of the Rhein-Main transition project, which is scheduled for completion December 2005.

Commander gives wing 'all-access' with two-day look behind-the-scenes

Active colonel lets public affairs staffer 'tag along,' get inside scoop on Spang

Story and photo by Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

(Editor's note: The following is part one of a three-part "All-access" series covering two of the commander's duty days in recent weeks.)

One thing's for sure. It's very hard to keep up with Col. Stephen Mueller, 52nd Fighter Wing commander.

Consider the irony of a man who's flying call sign is "Maggot" moving so fast on a daily basis. Between appointments, briefings, speeches and community relations involvement, it's mind-boggling to add the roles of pilot and father to the commander's responsibilities.

To say running Spangdahlem AB and its geographically separated units is "demanding" is a colossal understatement. Being the wing commander is a round-the-clock operation that likely leaves many wondering if "all the time" is even enough.

The brigadier general select, who entered the Air Force in May 1979, graciously agreed to let a public affairs staff member shadow his every move for a couple of days to see what it takes to keep Team Eifel well-managed, well-informed and most importantly, mission-capable.

Wednesday 9 a.m. -- Meeting of the minds

Ambient chatter and the mild scents of cologne and coffee fill the room as Col. Richard Naughton, 52nd FW director of staff, steps in to announce the arrival of the wing commander. At once all meeting participants rise and stand at rigid attention. Stripes are few and far between in the wing conference room; this meeting of the minds is primarily for group and squadron commanders and other senior leadership who'll develop a solid game plan for the week and beyond.

Colonel Mueller takes his seat at the head of the long table, puts the room "at ease" and gets down to brass tacks. The first order of business is classified: Colonel Mueller and Col. Thomas Groznik, 52nd FW vice commander, listen intently as an intelligence troop alerts them to potential force protection threats facing Air Force operations.

See **MUELLER,** Page 2

USAFE command chief: troop recognition goes a long way

By Chief Master Sgt. Gary G. Coleman
USAFE Command Chief Master Sergeant

Special from USAFE

RAMSTEIN AIR BASE, Germany (USAFENS) - Regardless of rank or time in the Air Force, recognizing a member for outstanding performance plays a huge part in individual and unit morale. Most of us simply want to know that what we do is appreciated.

Whether recognizing someone informally with a simple pat on the back, or through more formal channels like the quarterly and annual awards programs, acknowledging a member's hard work is an outstanding motivational tool that builds confidence, fosters growth and encourages the learning process. It also helps the subordinate to see the big picture -- how their job contributes to the success of the organization and the overall unit mission -- laying the path for future success.

In addition, providing outward and sincere recognition inspires others to do well. It creates an exponential effect with other members' setting higher goals so that they too can be recognized. And, great performers enhance unit effectiveness.

All Air Force leaders are responsible for creating a work environment that inspires trust, teamwork, quality and pride. While there are many different levels and aspects to this responsibility, providing encouragement through recognition is the foundational building block. It's a duty that seems so simple, yet is often forgotten.

Every U.S. Air Forces in Europe member plays a vital role in our overall mission. Supervisors, take the time to recognize the hard work of your subordinates. Get involved. Know your people and their accomplishments, and when warranted, reward their efforts.

Highlighting a job well done today will produce better leaders tomorrow -- it's our responsibility.

EDIS shares expertise in Romania

Wing youth psychiatrist gains new perspective

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs

A team of U.S. Air Forces in Europe team of Educational and Developmental Intervention Services specialists traveled to Romania Jan. 10-18 to lecture on medical breakthroughs. Maj. Bryan Vyverberg, 52nd Medical Group, joined the team to share his expertise in children's mental health care. In return, the Spangdahlem AB youth psychiatrist gained a new perspective on life.

The USAFE team, which included occupational, physical and speech therapists, an early childhood special educator, developmental pediatrician, child psychologist, social worker, and youth psychiatrist, embarked on this first EDIS missionary medical TDY. The mission was to share advances in in the world of educational and developmental sciences. The challenge was keeping the information practical for healthcare professionals in a country with an annual per capita income of $7,600, compared to that of the United States at $36,300, according to the CIA Worldbook.

"We had to keep in mind that this was a very impovershed country with limited medical supplies, facilities, and medications," said Maj. Vyvergerg. "Things like proper hand washing and children's nutrition were very different from our concepts."

The USAFE team coached about 75 Romanian medical professionals, the major said.

"They had many boys who were never toilet trained, so I spoke about enuresis (bed-wetting) and how to train them," he said. "The care workers there had many questions about the role of faith in raising children and I also taught specific behavioral techniques for children with some eating disorders and specific phobias."

The USAFE EDIS team wasn't only teaching while deployed, but also learned about the Romanian people and the country's troubled past, which has resulted in a painful future for many.

"The reason that there are so many orphans is that in the 1980s the previous dictator had a policy that every woman was compelled to have five children and was paid a year's stipend for each child," said the major. "This was to build the population up, so they would have a ready fighting force."

Seeing the state of some of the children in the government orphanages was the toughest challenge the youth psychiatrist faced in Romania.

"I saw the worst case of hydrocephalus in my whole career. There were two boys at the psychiatric orphanage that had such severe violent reactions, that they were in physical restraints 24 hours a day."

The team also experienced some high points during its visit. In addition to medical information, it brought toys, clothes and medicine to share with the orphanages and children's hospital visited.

"The trip really put a whole new perspective on things," said the major. "I brought back memories that will help me both as a physician and as an officer. I saw it as a real privilege that I was able to serve these children."

Frank Loosli

Maj. Bryan Vyverberg, 52nd Medical Group Educational and Developmental Intervention Services, talks with a young Romanian child in a state orphanage in January. Many of the children sought out human touch, which is very limited because of an overwhelmed system, said the major.

Project SMART focuses brainpower on risk management

By Col. Scott Adams
U.S. Air Forces in Europe safety director

Project SMART "Smartly Managing Awareness, Risk, and Threats" is one of the newest Combat and Special Interest Programs. The goals of Project SMART are to help people emphasize and incorporate a "smart" way of doing things into their lives and emphasize risk management and reduction at the personal and organizational level. These goals are consistent with current safety programs.

Project SMART will allow commanders to reinvigorate already strong safety programs and remind individuals to use the question, "Is this the right way to do this?" Leaders at all levels must judiciously apply Operational Risk Management principles, even in routine tasks. They must also make sure their people know how to use ORM in day-to-day operations, on and off duty, 24/7, 365 days a year. Bottom line -- everyone must act when they see something that needs to be fixed.

Project SMART emphasizes U.S. Air Forces in Europe's focus on safety that starts with everyone being smart about everything we do and doing everything the right way. In one of his first policy letters, Gen. Robert H. "Doc" Foglesong, USAFE commander, challenged everyone in the command to "take a fresh look at the way they do business and see if there are not smarter and safer ways to work." USAFE's emphasis on safety has traditionally been strong, but watch for Project SMART to really focus that emphasis on safety beginning in February.

February's emphasis will be on fire safety, Fire Smart. Examine your daily routine to minimize unplanned fires in whatever you burn. USAFE recently suffered two facility fires, one resulted in a total loss of a building and an important community-eating establishment. Lt. Col. Brian Mullin, a former USAFE Flight safety officer, recently received an Airman's Medal for risking injury while putting out flames on a person who didn't consider the risk while filling plastic gas cans in his pick-up truck bed. Be smart about fire -- once there are flames, it's usually too late.

Project SMART: Be smart enough to know what's right and do what's right. Safely manage your awareness of risk and actively combat the threats you face.

Slow down here, arrive alive there

Speeding causes crashes, drivers urged to ease pace

By Iain Lotan
52nd Security Forces Squadron

Team Eifel members were involved in 27 vehicle crashes this past week, four were major . Driving at speeds too fast for conditions caused the major crashes.

The life of a Spangdahlem Air Base German national employee was saved at Ramstein Air Base, Germany. The driver was cited for inattentive driving and further investigation revealed he had been drinking. Landstuhl Polizei handled the DUI testing and report processing.

The first major crash occurred on B-50. A senior airman lost control of his vehicle after hitting a patch of ice. The vehicle was totaled and there were no injuries. Speeding caused the crash.

The second crash happened near the Frankfurt Airport. An airman first class was speeding, lost control of her vehicle and slammed into a guardrail. The vehicle was totaled and there were no injuries.

A third smash took place on A-60. A first lieutenant lost control of his vehicle, slid off the road and slammed into a ditch. No injuries resulted.

The fourth crash occurred on B-257. A technical sergeant lost control of his vehicle, crossed the oncoming lane and went down an embankment hitting a post. The cause of the accident was speeding. There were no injuries.

Twenty-three minor crashes resulted from driving at speeds too fast for conditions, two from backing, seven from inattentive driving, one from tailgaiting and another resulted from a wildlife encounter.

Mueller

Continued from Page 1

The group discussion then turns to calendar events, goal days and ethics training. The commander is familiar with a spectrum of wing issues: whether about the Department of Defense Dependents Schools restructuring or the upcoming AEF 7/8-deployment rotation. He wants to be in on meetings, if not give the briefings himself. He doesn't like to pass the buck. Through base bulletins, the commander's access channel and staff meetings, Colonel Mueller ensures the wing truly embodies "Information Superiority" by not getting tethered solely to e-mail.

The meetings are adjourned, Colonel Mueller exits and in one fluid motion glides down the headquarters hallway to his office. A few meeting-goers scramble after him to get off-the-cuff reattacks and ask afterthought questions, others appear from doorways in the hallway with still more questions. He doesn't break his stride, but seems to give solid concise answers to every query. Those who are sitting stand up as he passes. His confidence is infectious.

Wednesday, 11:12 a.m. -- Chiefs' chat

While waiting to enter the colonel's office, the commander can be heard accepting a speakerphone call from former 52nd FW command chief Chief Master Sgt. Ken McQuiston, now 18th Air Force command chief at Scott Air Force Base, Ill. For the first time this morning Colonel Mueller, without so much as a 'hello' raises his voice: "What happened to Phillie?!"

"They shouldn't have even been there!" the command chief exclaimed in reference to the Philadelphia Eagles' third straight NFC championship 14-3 loss Jan. 18 to the Carolina Panthers. Those in the reception area giggled at the "heated" conversation. It's evident that football and friendship are just a couple of factors that enabled the former command chief and the colonel to work so well together. After a chat with Chief McQuiston, it's time for another chief. Colonel Mueller's first visitor of the day: retired Chief Master Sgt. of the Air Force James Binnicker, the ninth chief master sergeant appointed to the position in which he served from 1986 to 1990.

Mr. Binnicker, at the invitation of Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, came to visit Spangdahlem AB and see the wing carry out its mission. Colonel Mueller and the retired chief sat on the green leather furniture and the reflection of the commander's smiling guest was visible on the chrome coffee pot as the two discussed Combat CHEER and the Brick House.

"You get lucky sometimes," the colonel said. "You have a lot of ideas about what you want on a base, but the failure rate can be bigger than most start up businesses," the commander said. "Our Brick House is different in that it's not false or faddish. We let the airmen advertise it, tell us what they wanted to see in it and really make it their own. Eddy Mentzer (52nd Services Squadron activities coordinator) and his team got the support in spades," he said.

Mr. Binnicker and Colonel Mueller wrapped up the meeting after sharing their common vision on airman morale and wing pride. Among Mr. Binnicker's final words to the commander: "Because of the attitude of the people here, this has always been one of my favorite bases to visit. I hope I get snowed in!"

Stay tuned for part two of the "All-access" series. Next week, Colonel Mueller gets a visit from his colleague Chaplain Brig. Gen. Charles Baldwin, Air Force Chaplain Service Headquarters deputy chief. The two discuss the successful National Prayer Luncheon in January and affirm 50 years of harmony between the base and the local community.

Airman 1st Class Joshua E. Coleman

Master Sgt. Tom Koenig, 52nd Fighter Wing Military Equal Opportunity NCOIC, is this week's Top Saber Performer.

Top Saber Performer

Name: Master Sgt. Tom Koenig
Unit: 52nd Fighter Wing Military Equal Opportunity Office
Duty Title: MEO NCOIC
Hometown: Statesville, N.C.
Years in Service: 18
Nominee's contributions to 52nd FW mission success:
Recently, Sergeant Koenig spearheaded two "over and above" accomplishments, which included a geographically separated unit MEO representative training conference and a right-wing extremism seminar. The training conference he organized provided the GSU representatives with a comprehensive program providing them with the necessary tools to fulfill their duties and responsibilities at each of their locations. He compiled an MEO "guide" for all the participants to use during the training, which they took back to their units to use as a resource for their additional duty.
Off-duty volunteerism and professional development pursuits: Recently completed his bachelor's degree in human resource administration from Florida's St. Leo University. He is a spokesperson for the base's 8:15 Protestant Service and a member of the base chapel Protestant Advisory Counsel. Selected to serve as the director of the four-day Army/Air Force sponsored "Living In Focus Everyday" Christian retreat program in Altenstein, Germany, in August 2003. He's also a member of the German-American Friendship Club. Directed a 20-member "Bastogne Pilgrimage," educating Spangdahlem members on Bastogne, Belgium's history, WWII battles and a city tour.
What do you do for fun? Or, What's a fun thing you've done lately?
My passion is being active in the church with my wife Mary and flying hang gliders over the Mosel River valley near Piesport.
What do you like most about being stationed here?
The culture, travel, scenery, people, food, and most of all, the history.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Establishment of a bike trail from the front gate to the Herforst traffic circle, which would allow some Team Eifel members a safer bike ride to work.

Wing members garner awards

Spangdahlem Air Base officials recently recognized the following wing-level winners for their outstanding achievements in the 4th quarter 2003.

Airman: **Senior Airman Amanda Witt**, Operations Support Squadron; NCO: **Tech. Sgt. Eric Nollmann**, 52nd Fighter Wing/Command Post; SNCO: **Senior Master Sgt. David Scott**, 52nd Communications Squadron; CGO: **Capt. Elton Sledge**, 52nd Civil Engineer Squadron; junior-level civilian: **Sue Panfil**, 52nd Operations Group; mid-level civilian: **Pieter Oliviera**, 470th Air Base Squadron; senior-level civilian: **Fred McKenney**, 52nd Services Squadron; 52nd FW volunteer: **Jacqueline Bitting**; honor guard member: **Airman 1st Class Eric G. Lawlor**, 52nd Equipment Maintenance Squadron; foreign object disposal fighter: **Airman 1st Class Joseph C. Lucsok**; Red Cross volunteer: **Thomas Rosales**; resource manager: **Tech. Sgt. Corey Walters**, 52nd Munitions Support Squadron (Compiled from staff reports)

Goal day scorecard

Bolded items = missed goals

Factor	Goal percentage	Actual
Active duty driving-under-influence rate	**Cut by 35% for Jan-Oct.**	**0**
Sortie goal	within +/- 3%	+1.2%
Articles 15 served in 20 days from offer	90% served within 20	96%
Air Force fitness standard pass rate	**75% pass (USAF standards)**	**59%**
New arrivals assigned sponsor	> 92%	92%
Class A or B mishaps	0%	0%
First time Career Dev. Course pass-rate	> 96%	98%
Performance reports closed out within 30 days	**85% due 30 days after close out**	**68%**
Preventative health assessment and individual medical readiness reqs.	> 75% (USAF standard)	75%

(Editor's note: As directed by Col. Stephen Mueller, 52nd Fighter Wing commander, nine factors are measured during a two-month period to determine if the wing earns a goal day. This is similar to the U.S. Air Forces in Europe goal day earning plan. The next possible goal day is April 12 and will be based on data from February/March performance)

Eifel Salutes

52nd Operations Group

We're "Combat Proud" to salute the members of the **22nd Fighter Squadron**, who supported this program and got the squadron cleaned up by turning in old items to DRMO, supply and recycling centers.

52nd Maintenance Group

"Euro"utstanding ... **Michelle Jolliff** provides the friendly cashier service that enables members at geographically separated units with no U.S. banking facility a way to cash checks and exchange currency. She regularly adjusts her schedule to ensure that personnel have access to the services regardless of holidays or down days.

52nd Mission Support Group

Open the curtains and raise a salute for **Lateasha Davis** and **Rainer Schneider** -- their unfailing flexibility and dedication during preparations for the recent Curtin Team visit was a blinding success. **Airman 1st Class Cortez Strong** is in the spotlight for fixing a lighting problem in the military personnel flight building on the spot -- the quick service is a hallmark of his unit's excellence in service! **Airman 1st Class John Logue** "calls" the shots when it comes to speedy telephone repair for the Public Affairs office.

52nd Medical Group

Chief Master Sgt. Jeffrey Richardson, **Senior Master Sgts. Olester Shipp** and **Kent McCormack** and **Master Sgt. Erick Anderson** prescribe fun for the med group. Take two yuk-yuks and call me in the morning! We're made in the shade with **Staff Sgt. Shane Palm**, who does a superb job of motivating and briefing the squadron on the new Air Force fitness program. A pat on the back and a pat of butter for **Maj. Chris Williston**, **Capt. Jeffrey Autrey**, **Master Sgts. John Zgonina**, **Donna Walle**, **Tech. Sgt. Edith Fields**, **Staff Sgts. Hermann Schieder**, **Erin Yancey-Gardner**, **Airman 1st Class Melissa King**, **Christine Bright** and **Dawn Smith**, who got up with the chickens to cook and deliver pancakes for the morale committee fundraiser. Everyone's clucking about **Dawn Smith** and **Tech. Sgt. Evelyn Serafica**, who took special "mother hen" care of **Tech. Sgt. Lorena Woolard**.

Eifel community

Hooray for **Daniel Jackson**, a home-schooled senior who was named one of the candidates in the 2004 Presidential Scholars Program. The candidates were selected from nearly 2.8 million students expected to graduate from U.S. high schools in 2004. The 2,600 candidates were selected for their exceptional performance on either college board SAT or ACT assessment, with further consideration based on essays and school transcripts.

Kudos to all; Team Eifel salutes you!
(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

Tech. Sgt. Joseph Springfield

Members of the 52nd Fighter Wing Military Equal Opportunity Office are this week's Top Saber Team.

Top Saber Team

Unit name: 52 Fighter Wing Military Equal Opportunity office
A brief description of unit responsibilities: Improve mission effectiveness and combat capability by promoting an environment free from unlawful discrimination based on race, color, religion, national origin, and sex that prevent Team Eifel members from performing at their maximum potential. The 52 FW MEO Office provides assistance to commanders, assigned personnel and their families regarding unlawful discrimination or sexual harassment issues.
Number of members: Four
How does the team fit into the 52nd Fighter Wing's mission? Conducts human relations education for all Team Eifel members upon arrival to Spangdahlem, through first duty station classes or overseas orientation classes for military members and Department of Defense civilians. The team also conducts unit climate assessments for commanders to help them identify positive and negative human relations factors within their units. MEO performs "out and about" visits, which assist units and staff agencies in gathering information regarding the equal opportunity and treatment and quality of life issues within their organizations. MEO also provides teambuilding sessions; informal assistance; referral service; formal complaint clarification; informal complaint and commander-directed investigation assistance, briefing requests and mediation.
Team's other contributions through the year? The team assists and advises all special observance committees with events to celebrate the variety of observances occurring throughout the year. MEO also visits 52nd FW geographically separated units to offer assistance with human relations issues. The office provides continuing education events relating to MEO such as the Air Force special operations command cross-cultural communications course, attending equal opportunity related conferences such as the annual National Association for the Advancement of Colored People conference and discussing cross-training opportunities for enlisted personnel interested in becoming MEO technicians.

Spangdahlem's new Combat Fitness program makes 'firm believers' of Team Eifel warriors

By Mark Geairn
52nd Services Squadron Skelton Memorial Fitness Center director

Combat Fitness involves everyone from airmen to wing leadership. Col. Stephen Mueller, 52nd Fighter Wing commander, is setting the example by leading base quarterly wing formation runs and supporting fitness center Combat Fitness programs. In addition, the fitness center staff and the health and wellness center have come up with creative and exciting new programs to help Team Eifel get into shape and have a good time.

Circuit training classes are very popular and are offered in the Spangdahlem AB fitness center Monday, Wednesday, and Friday at 3:30 p.m. Classes are designed to improve members' cardiovascular and strength fitness levels. It may looks easy. The center has also incorporated two special events per quarter as part of our Combat Fitness program. The Iron Flight competition and Fitness Factor are examples of these programs. To suggest a new program or idea that may be helpful and fun for the Eifel community, contact one of the fitness center staff. Offering fun, effective, and competitive events is one way Team Eifel is meeting the challenge of Combat Fitness.

Staff Sgt. Jennifer Lindsey

Peggy Mickelson concentrates on completing her next set of abdominal crunches at the Spangdahlem Air Base fitness center universal weights room. Personal fitness trainer DeShane Casillas coaches the Spangdahlem Elementary School first grade teacher on maintaining proper form and breathing techniques. Team Eifel members can hire personal fitness trainers who provide customized exercise programs, fitness assessments and one-on-one coaching. Prices vary. Call 52nd Services Squadron contracted trainers "DeShane" at 06575-903592 or "Melissa" at 06565-955610 for more information.

The Spangdahlem FitLinxx Web site is up and running. For more information on FitLinxx call the fitness center at 452-6634. Kiosks are on their way so personnel can start logging their workout sessions. Customers should wait to input information online until the kiosks are available at the fitness center to ensure all workout information is saved.

Units now have Physical Training Leaders. Unit PT leaders are trained and certified by the base health and wellness center. PT leaders conduct safe and effective group exercise activities and must maintain good or excellent fitness levels to keep individuals motivated. They also oversee and administer the unit fitness assessments.

The HAWC offers many great programs to assist members in improving overall fitness and providing early intervention. Healthy Living Workshop consists of three educational components: behavioral change, nutrition and exercise. Behavioral change focuses on successful strategies to ensure program success. The nutrition component focuses on nutrition education and the fitness component focuses on general fitness and exercise education.

There's a lot going on at the fitness center with the combat fitness initiative. The program provides valuable tools for total conditioning regardless of fitness level or personal fitness goals.

Vice president: new generation faces new kind of war

By Jim Garamone
American Forces Press Service

WASHINGTON -- A new generation of American service members has picked up the gauntlet thrown by terrorists and has accepted new responsibilities in the world, Vice President Dick Cheney said at Aviano Air Base, Italy, Jan. 26.

"Today's generation of our military has been called to fight in the first war of the 21st century - a war that began on September 11th, 2001, when enemies struck the United States and murdered thousands of our fellow citizens," Vice President Cheney said to assembled airmen, their families and their Italian allies.

He explained that Sept. 11 changed everything, and in that day of violence and grief, America got a glimpse of the even greater harm terrorists want to inflict on America. "The terrorists hate our country and everything we stand for in the world," the vice president said. "They seek even deadlier weapons, and they would use them against us. In the face of this danger, we have only one option, and that's to take the fight to the enemy."

The coalition against terrorism is breaking up cells and disrupting plots. America and its allies are tracking al Qaeda operatives around the world, Vice President Cheney said. "Many skilled and determined military personnel are on a manhunt," he noted, "and one by one, we will bring the terrorists to justice."

And the United States is prepared to hold liable rogue regimes that support terrorists, provide them havens and provide them with weapons of mass destruction. "That's why we went into Afghanistan, and took down the regime, and shut down the al Qaeda camps," he said.

"In Iraq, where a dictator cultivated ties to terror and sought to arm himself with deadly weapons, America led a mission to make the world safer, and liberate the Iraqi people," the vice president said. "Saddam Hussein defied the demands of the civilized world and he has experienced the consequences."

At the start of 2003, Saddam controlled the lives of 25 million people. "Now at the beginning of 2004, he's in jail," Vice President Cheney said. "He will never again brutalize his people, never again threaten the United States of America."

Senior Airman Priscilla Robinson

Vice President of the United States, Dick Cheney, walks past the 31st Fighter Wing Honor Guard and Italian Honor Guard after arriving at Aviano Air Base, Italy, Jan. 26. The Vice President stopped by Aviano AB as part of his visit to Italy. During his visit he spoke to a gathering of military and dependents at Hanger One.

The vice president said recent combat operations in Afghanistan and Iraq showed the great power and precision of America's modern military. U.S. military units were able to strike at military targets and spare civilian resources, he said.

"We will invest in these and other capabilities in the years ahead," the vice president noted. "To carry out any mission that may come, you deserve the very best, in terms of weapons, equipment, and training and support. And you will have them."

Vice President Cheney said operations continue in Iraq and Afghanistan. U.S. military personnel are working with coalition partners from around the world to "establish free and stable societies in a troubled region of the world."

That effort still has enemies, he said, and those enemies have adopted terror tactics to confront the United States. "They hope to intimidate us, but they won't succeed," Vice President Cheney declared. "We will confront and defeat them at the heart and the center of their power, so we do not have to face them on the streets of our own cities." (DOD News Service)

Wanted -- Hidden Heroes!

Volunteers needed at Spangdahlem AB and Bitburg Annex schools, offices and support facilities!
Call the family support center at 452-9491 for details.

Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

Club Happenings

Blew it! 2nd Lt. Chad Martin and Eric Clayburn each missed out on pocketing the $750 Club Eifel membership drawing this past Friday because they weren't in the Expeditionary Cockpit Lounge, Stripes Lounge or ballroom to win. Tonight's drawing takes place between 6-8 p.m. and is worth $775 each to an officer and an enlisted member.

"Couplehood" seminar

A seminar on dating and marriage begins Feb. 18 at 9 a.m. in Spangdahlem AB building 139. The event sponsored by the 52nd Fighter Wing Chaplain Service meets each Wednesday for several weeks. Call Master Sgt. Marc Peck at 452-7963 or 06561-947573 for more information.

Bank schedules

♦ Service Credit Union is closed Feb. 16 for President's Day.

♦ The Bitburg Annex Community Bank branch office is open from 10 a.m. to noon Feb. 19 and the Spangdahlem AB branch is open 9 a.m. to 12:30 p.m.

Legal Wills

The 52nd Fighter Wing Staff Judge Advocate Office offers free legal Will services for wing members. The office provides handouts that outline how to create a Will. Members should first read the handout and complete the worksheet available on the legal office Web page at www.52fwja.law.af.mil. Members should bring the completed document to the office in Spangdahlem AB building 129 Tuesday or Thursday from 1:30-3 p.m., or Wednesday or Friday from 8-10 a.m. Call 452-6796 for more information.

Book drive

A book drive for local schools continues through Feb. 27. Drop off book donations in boxes located in the base post offices and libraries. The Black Cultural Awareness Association will divide and distribute the books to the appropriate on-base grade schools.

MSS spouses

The 52nd Mission Support Squadron Spouses Group meets Tuesday at 6 p.m. in Spangdahlem AB building 151 third floor conference room. Activities include food and games.

Civil Air Patrol

A Civil Air Patrol meeting takes place Feb. 17 at 6:30 p.m. in the Bitburg High School Junior ROTC classroom. Guest speaker CAP Maj. Mary Lane, Ramstein Charter commander speaks about forming a Spangdahlem AB Civil Air Patrol Charter. Call Karyn Kazimer at 452-6344 for details. People can also visit the CAP Website at www.cap.gov for more information.

Attention food vendors

The Spangdahlem Spouses and Enlisted Members Club seeks food vendor applications for the 2004 Eifel Spring Bazaar taking place April 16-18. Only the first 14 signed and paid applications received by March 23 will be accepted. Call Craig Sweeney at 06575-901785 or e-mail craig.Sweeney @spangdahlem.af.mil.

Childfind screenings

Screenings take place Wednesday by appointment at Bitburg Elementary School. Childfind helps identify children ages 3-5 with developmental delays in cognitive, communication, motor, social and emotional, or adaptive skills. Call Tracy Fowl at 452-9215 to schedule.

Family support

The following workshops take place at the Bitburg Annex Family Support Center, building 2001. Call 452-9491 for details.

♦ Career profiling, Tuesday from 1-3 p.m.

♦ Creative critters for preschoolers, Wednesday from 10-11 a.m.

♦ Great expectations for parents to-be, Wednesday from 2-4 p.m.

♦ Resume writing, Thursday from 9-11 a.m.

The following workshops take place at the Spangdahlem FSC, building 307.

♦ Predeployment briefing for active-duty and family members, Tuesday from 1:30-2 p.m.

♦ Home buying tips, Tuesday from 6-8 p.m.

♦ Individual Retirement Account basics, Thursday from 6-8 p.m.

Tax center opens

The Tax Center offers free income tax return preparation for Team Eifel members. Office hours are Monday-Friday from 8 a.m. to 4 p.m. and Saturday from 9 a.m. to noon. Each Monday is reserved for appointments; all other days are for walk-in service. Tax preparation volunteers provide walk-in service on a first-come, first-served basis. Call the center at 452-6572 for more information.

AVID meeting

Advancement Via Individual Determination, a group for parents of middle and high school students, meets Feb. 18 at 5:30 p.m. in the Bitburg High School cafeteria. Call Valerie McCamish at 452-9202 for more information.

Protestant luncheons

PMOC and PWOC meet for free weekly luncheons in the base chapels. Call 452-6711 for more information.

♦ Protestant Men of the Church meet each Tuesday at noon in the base chapel.

♦ Protestant Women of the Church meet Thursday at 6 p.m. in the Bitburg Annex Chapel. Call for additional PWOC luncheon dates.

AF Reserve recruiting

An Air Force Reserve recruiter from Ramstein Air Base visits Spangdahlem AB each Tuesday in building 131, Room 213 to share information about joining the Reserves. Call Master Sgt. Victor Bradford at 480-2326 for details.

American Red Cross

The ARC offers the following workshops in Bitburg building 2001. Call Terrie Perino at 452-9440 for more information or to schedule.

♦ ARC Youth, a community involvement activity for ages 10-18, meet Tuesday from 3:30-5 p.m.

♦ ARC volunteer orientation, Feb. 19 from 10 a.m. to noon.

♦ Community first aid, Feb. 21 from 8 a.m. to 5 p.m. Students learn how to recognize and respond to emergencies, and provide proper care for infants, children and adults.

Brick House party

The following activities take place at the Brick House located in the Spangdahlem AB Community Activity Center. Brick House offers free activities for single Team Eifel members ages 16 and older. It's open daily from 4-8 p.m. for all ages, 4 to midnight Sunday-Thursday for ages 18 and older, and 4 p.m. to 2 a.m. Friday-Saturday.

Friday

♦ Live DJ plays hit requests.

Saturday

♦ John Madden X-Box tournament at 7 p.m.
Live music at 9 p.m.

Sunday

♦ First season of "CSI" on big-screen TV at 4 p.m.

Monday

♦ Original "Shaft" at 6 p.m., "Shaft" remake at 8 p.m. Event features Dress like Shaft contest and free popcorn.

Tuesday

♦ Foosball tourney at 6 p.m. Entry costs $3, winner wins entry fees.

Wednesday

♦ Spang Idol contest first round entry at 6 p.m. Two best performers compete in the finals.

Thursday

♦ Trivia night for prizes at 5 p.m.

Many of the programs listed above are sponsored by Project CHEER (Creating Hope, Energy, Enthusiasm and Recreation), a U.S. Air Forces in Europe program.

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, a minimum of **10 days before the desired date of publication**. Ads can also be e-mailed to 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.

JAM! at Carnevale!

Just Airmen!
trip to Venice, Italy,
for Carnevale Feb. 13-15.
Cost is $185 per seat.
Transportation departs
Spang AB at 10 p.m.
Call 452-6561
for more information
or to register.

Eifel Times

www.spangdahlem.af.mil

Spangdahlem Air Base, Germany

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Col. Stephen Mueller

Accessing Direct Line

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

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

■DirectLine@spangdahlem.af.mil

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

■To PA in building 23.

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

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

February Sortie Scoreboard

	Goal	Flown	Delta
52 OG	40	55	+15

*Delta is contract vs. sorties flown to date.

Through Feb. 3

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

Viewpoint

Fitness finesse

Eating well key to slimmer waist

By Maj. Christian Ruefer
52nd Contracting Squadron

By now we're all well aware (perhaps painfully so) of the major changes sweeping across the Air Force in regards to physical fitness. We've all but said goodbye to the ergometry test and the old weight management program for the one and one-half mile run, crunches, push-ups, and the dreaded abdominal measurement.

As a result, many have increased their physical training regimes or are starting one for the first time. Fitness center business is booming -- just ask the staff!

Whether or not you're an exercise routine newcomer or a "gym rat," I applaud your efforts and encourage you to push yourself. Above all, however, we should remain committed to a consistent and challenging exercise regimen.

Unfortunately, there's another critical factor to overall fitness that none of us can afford to ignore -- what and how much we eat.

As a guy whose body type resembles those stick figures children commonly draw, I have some reservations about even writing this article. However, the "thirty-somethings" are a great equalizer.

About three years ago I noticed that whereas my weight had not increased much over the years, it had definitely shifted-right to the critical spot on that new abdominal measurement diagram. A regular at the gym for years, I realized my exercise-so-I-can-eat-whatever-I-want philosophy was failing me. Despite a consistent and fairly demanding exercise routine, my waistline was going in the wrong direction.

How could this be? The answer, is "in the math."

For example, you have to burn roughly 3,500 calories to reduce body fat by one pound. A reasonable rule-of-thumb says running one mile burns about 100 calories. That means you need to run 35 miles to burn off one pound of fat. Yikes!

Now don't get the idea I'm pooh-poohing exercise -- I'm definitely not. What I'm trying to say is, to really beat the abdominal circumference blues, we can't forget about the food. You can achieve significant aerobic fitness and lose some weight from exercise alone, but to really "score" when it come to fitness, virtually all of us will have to watch what we eat.

Here are a few related tips that have stood the test of time:

♦ Replace refined carbohydrates with whole-wheat types. Trust me, it is possible. Whole wheat bread and pasta can taste every bit as good as the white stuff.

♦ Use your fist and palm to gauge serving sizes. For example, a pork chop the size of your palm and a potato the size of your fist should be just about right.

♦ Don't ruin a nice serving of lean protein (pork, chicken or fish) with a fatty cream or sauce.

♦ Consider eating "right" six days a week and save one day for whatever proportion of carbs, protein and fat you like. For me, chocolate-chip pancakes, bacon, pizza, Pop-Tarts and ice-cream are a typical part of every Saturday. The rest of the week is a different story.

So, as you consider how to meet, exceed or stay steady at the new Air Force fitness requirements, go forth and exercise ... but don't forget the food.

Prevent 'starvation'

Robbing the body of necessary fuel and nutrients can make the body panic. Then it tries to hold onto its precious fat stores -- the very thing you're trying to lose. Keep these tips in mind:

♦ **Don't skip meals**: Eating more often but in lesser amounts keeps your metabolism active and out of starvation-prevention mode.

♦ **Eat a balanced diet**: No food or food type is "bad for you," just the wrong amounts of any one type. We need carbohydrates, protein and some fat for a healthy diet. A 40-30-30 proportion works well for many people.

Voice of experience

Training: Knowing what to do, why and how can keep you out of 'porcelain pickle'

By Master Sgt. Rob Brooks
65th Mission Support Group

LAJES FIELD, Azores -- My wife and I have started doing some things in our home we never saw mentioned in the "Parenting for Dummy's" handbook.

For starters we have begun keeping track of things coming out of our mouths that one would think never need be spoken. For instance, just last week I heard myself say, in a confident if not matter-of-fact voice "Jamison-put the pickle back into the toilet." I wonder now if those exact words have ever been spoken in that order before?

Most disconcerting? In that moment, I held no regard for why the pickle may have been toiletized -- or why I would actually want it returned. As they say, hindsight is 20-20. Unfortunately, we don't often have the benefit knowing the outcome before having to respond to a given input.

Recently I had the opportunity to attend a conference at Ramstein Air Base, Germany. One of the guest speakers was the U.S. Air Forces in Europe Command Chief, Chief Master Sgt. Gary Coleman. In reference to himself and Gen. Robert H. "Doc" Foglesong, Coleman said, "We are not five-year guys, we are five-minute guys."

The comment was indicative of the fact that the collective "we" must make decisions on the fly or suffer the consequences of inaction. We often don't have the good fortune of deliberating in depth before making the tough call.

Parenthood not withstanding, as leaders regardless of rank we face challenges every day that were not in the "handbook." They may test us in ways we never expect and may not have been trained.

Without question, we are better able to make the right decision by knowing our business before hand and knowing whom the experts are in order to obtain accurate data and timely advice. This requires a realization that "I" may not be the expert. Our core values are a good starting point in the process of negotiating everyday matters of leadership, but when all is said and done, sound judgment carries the day.

A wise old colonel once told me, "It isn't the right decision unless it's the right thing at the right time for the right reason." The point being, if one of the three elements are missing the other two don't matter. I don't know that I took this advice to heart at the time, but I have since come to appreciate it and apply it with some degree of success.

As a first sergeant, I see some silly stuff in a day, not far removed from the porcelain pickle incident or the hyper-extended Pampers pull-up catastrophe of 2003 -- but that's a story for a different day. Regardless, whether serving in a military or our civil capacity, we are often faced with situations for which we have not been prepared. Allow me to coin my own phrase: "readiness is key to adlib."

Train appropriately, know your business and know your people before it becomes necessity, most often the right choice will reveal itself. I submit also, you are better able to negotiate uncharted waters if you have sound guiding principles that remain relatively unchanged. Consider your mentors, what guided them? Arguably most important, act in confidence and expect the occasional failure.

Your people are good. Trust they've got your six!

Movies

The following movie listings are for Feb. 6-12. Times and movies are subject to change. For more information, call 452-9441 or 06565-61-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

The Lord of the Rings: Return of the King (PG-13, 7 p.m.)

Hobbits Frodo, Sam and Gollum push farther into the land of Mordor to destroy the ring of power.

Saturday

Looney Tunes: Back in Action (PG, 4 p.m.)

Bobby, Bugs Bunny, Daffy, Tweety, and Taz leave Hollywood to search for the mythical Blue Diamond.

The Lord of the Rings: Return of the King (7 p.m.)

Sunday

The Lord of the Rings: Return of the King (7 p.m.)

Closed Monday and Tuesday

Wednesday

Love Actually (R, 7 p.m.)

Lives and loves collide and mingle on Christmas Eve.

Thursday

Radio (PG, 7 p.m.)

The true story of how the friendship of a white football coach and a mentally challenged African-American changes a South Carolina school.

Spangdahlem Skyline

Today

Peter Pan (PG, 7 p.m.)

London siblings meet a strange flying boy who invites them to soar with him to Neverland.

Master and Commander: The Far Side of the World (PG-13, 10 p.m.)

During the Napoleonic Wars, Lucky Jack Aubrey sets sail across two oceans to capture his ship's foe.

Saturday

Dr. Suess: The Cat in the Hat (PG, 7 p.m.)

Sally and brother are left home on a rainy day and are rowdily entertained by a mysterious man-size cat.

The Missing (PG-13, 10 p.m.)

When one of Maggie's daughters is kidnapped, she must turn to her father for help.

Sunday

Peter Pan (4 p.m.)

The Missing (7 p.m.)

Monday

Master and Commander: The Far Side of the World (7 p.m.)

Tuesday

Peter Pan (7 p.m.)

Closed Wednesday and Thursday

Local shops show off 'Silly Season' disguises

Fasching fashions on sale now

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Sequined gowns, feathered masks and jester's hats typically dress up local department store windows during this time of season in Europe. However, American window shoppers who aren't familiar with local holiday customs may wonder why merchants are selling Halloween costumes so far from October.

Within the next few weeks local Europeans will celebrate Fasching, a holiday in which people enjoy secular frivolity before the lean and somber times of Lent. Costumes are a way for people to "hide" their identity while they let go of their inhibitions.

Costumes are now available for purchase at local German stores. Some stores sell only exclusive Fasching fashions. One of these stores can be found in Bergweiler, near Wittlich. There's another costume boutique in Wittlich, near the Neukauf store.

Outfits range from simple plastic clown noses and funny looking hats to expensive and glamorous prince or princess regalia. Animal and clown costumes are always popular. Children can be seen in the traditional cowboy or Indian costume complete with feather headdresses and 10-gallon hats. Children also commonly dress as firefighters, nurses and soldiers.

Homemade costumes are also popular. Many Germans who plan to participate in a Fasching parade or ball purchase fabric and sew their own costumes. For instance, if someone wanted to dress as Pippi Longstocking, they could wear a bright yellow tee shirt, two pairs of brightly colored mismatched socks and a pair of old, worn black boots. Other accessories, such as a long, braided wig can be found in a costume shop.

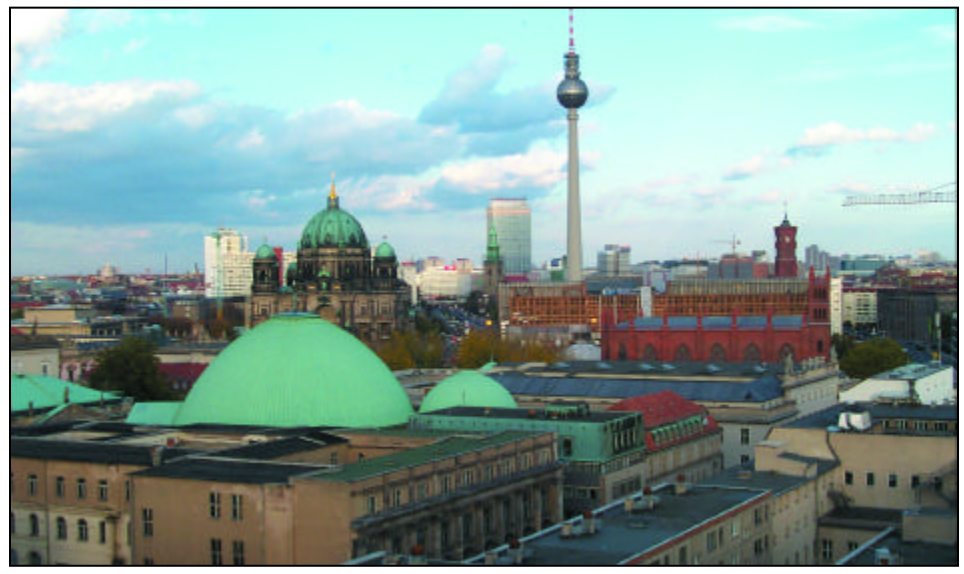
File photo by Iris Reiff

Paraders march through Trier with a sunny outlook on Fasching upcoming celebrations. Germany's Silly Season kicks off locally Feb. 19 with Ladies Day.

Even though they're used only once a year, Fasching costumes aren't always cheap. Costume prices range from 50 to 200 euro and or 5 to 50 euro for accessories.

In Southern Germany, the costumes differ from those worn in the Rheinland-Pfalz region. There, people wear huge handcrafted wooden heads, often resembling witches or other ugly-looking creatures.

Locally, public Fasching celebrations kick off Feb. 19 with Ladies Day. From that day on until midnight Feb. 24, people take part in special dinners, parades, dances and parties dressed up to "let their hair down," even if it's just a wig!



Berlin or bust

The 52nd Services Squadron Information Tickets and Tours office offers a "payless tour" to Germany's capital city Feb. 27-28 for $65 per seat. "People love the payless tours because they offer more personal free time to do whatever you want to do for the day rather being stuck with a tour group," said Brandy Christenson, ITT office assistant director. The ITT drop-off point is Alexanderplatz Square, a pedestrian zone from where visitors can see former east Germany's showcase buildings.

File photo by Iris Reiff

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.)

• Flea markets take place Sunday at the Kroev Weinbrunnen hall; in front of the Trier Euro-Spar market; at the Trier Messeplatz area and hall; along the Zeltingen-Mosel shore; at the Idar-Oberstein Vollmersbach festival area; at the Koblenz Alte Viehmarkt hall; in front of the Wiesbaden Wal Mart, located on Mainzer Strasse; at the Kaiserslautern Real/Toys industrial area; at the Ramstein Flohmarkt hall and in front of the Saarbruecken Hela Center.

• Germany's winter clearance sales continue through Saturday. Shoppers can find discounts on clothes, shoes, towels, curtains and carpets.

• Reserve tickets for "Master of Shaolin Kung Fu" showing Feb. 28 in Trier Europa Halle.

• The Eifel Wanderers walk throughout historic Rothenburg Feb. 28. Transportation departs Bitburg Annex at 3 a.m. and Spangdahlem AB at 3:30 a.m. Cost is $30 for adult members, $15 for children. Cost for non-members is $40 for adults, $25 for children. Registration deadline is Feb. 13. E-mail Ann William son at amillwill@yahoo.com to reserve seats.

• The Eifelverein Ortsgruppe Speicher marching association offers volksmarches March 14 through the Naurath, Forst Foehren and Foehrenbach areas; March 28 from Eisenschmitt to Korneshuette and April 12 through the Speicher, Schaalfelder Hof area. For more information, call Klaus Thiel at 06562-2119.

• Costume shops show off their best in Fasching wear. Germany's silly season, takes place Feb. 19-24, featuring parties and parades.

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Call the 52nd Services Squadron Information, Tickets and Tours Office at 452-6567 to reserve tickets for the following tours. Children's prices are for ages 3-12. Customers should reserve tickets at least two weeks in advance.

• Karlsbad crystal shopping and Czech Republic flea market express, Feb. 27-28. Cost is $59 per seat.

• Florence express, March 6-7. Cost is $119 for adults, $114 for children.

• Poland shopping express, March 6-7. Cost is $69 per seat.

Sports Shorts

Intramural sports news

Games take place at the base fitness center. Call 452-6634 for more information.

Basketball

Jan. 27 scores: SFS-A vs. MDG, 57-42; COM vs. CMS, 65-56; LRS vs. 606 ACS, 47-42

Jan. 29: SVS vs. OSS, 62-49; CMS vs. MDG, 48-37; LRS vs. COM, 2-0

Jan. 30: SFS-A vs. 606 ACS, 33-27; CES-B vs. LRS-B, 74-42; 852 MUNSS vs. SFS-B, 41-19; MOS vs. EMS, 62-56

Runners' news

- The Spangdahlem AB fitness center running workshop takes place Feb. 12 and Feb. 24 at 4:30 p.m. A professional track coach offers advice on proper running form, how to improve times, and prevent injuries. Call Airman 1st Class Amanda Stutz at 452-6496 for details or to register.
- A Valentine's Day Fun Run begins Feb. 14 at 10 a.m. at the base fitness center. Runners are encouraged to wear red, white and hearts. Call Ann Mitchell at 452-6496 for details.

Golf news

Free golf lessons for senior airmen and below, March 1, 3 and 5. Registration deadline is Feb. 15. Call the Pro Shop at 452-6821 for details.

Yoga classes

The following yoga classes take place through February. Call the base fitness center at 452-6634 for more information.

Tuesday at noon in the 52nd Aerospace Medicine Squadron Health and Wellness Center, building 130. Also, at 4:30 p.m. in the Bitburg Annex fitness center.

Wednesday at 12:30 p.m. in the Spangdahlem AB fitness center.

Thursday at noon in the HAWC. Also, at 4:30 p.m. in the Bitburg Annex fitness center.

Fitness classes

The following February fitness classes take place in the Spangdahlem AB fitness center, unless otherwise specified. Class times and availability are subject to change. Call the center at 452-6634 for more information.

Monday: Legs, arms and butt, 9 a.m.; 5-for-2, 11:30 a.m.; circuit training, 3:30 p.m.; kickboxing, 5 p.m.

Tuesday: Sculpting, noon; LAB, 5 p.m.

Wednesday: LAB, 9 a.m.; 5-for-2, 11:30 a.m.; yoga, 12:30 p.m.; circuit training, 3:30 and 5 p.m.

Thursday: Sculpting, noon; LAB, 5 p.m.

Friday: 5-for-2, 11:30 a.m.; circuit training, 3:30 p.m.

Spinning classes

The following February Spinning classes take place in the Spangdahlem AB fitness center. Times and availability are subject to change. Call the center at 452-6634 for details.

Monday: Strength and interval, 6 a.m.; strength and endurance, 11:30 a.m.; endurance and interval, 6 p.m.

Tuesday: Beginner, 6 and 9 a.m.; endurance, 11:30 a.m.; strength and interval, 5:30 p.m.

Wednesday: Strength and interval, 6 a.m. and 5:30 p.m.; strength and endurance, 11:30 a.m.

Thursday: Beginner, 6 and 9 a.m.; endurance, 11:30 a.m. and 5:30 p.m.

Friday: Strength and interval, 6 a.m.

Keeping fit

The 52nd Aerospace Medicine Squadron Health and Wellness Center offers the following classes in Spangdahlem AB building 130. Call 452-9355 for details or to register.

- Cholesterol education, Monday at 9 a.m.
- Hypertension education, Tuesday at 1 p.m.
- The sensible weigh adult nutrition, Wednesday 2:30 p.m.
- Prenatal nutrition, Thursday at 1 p.m.

Left, Bitburg High School Barons Junior Jonas Jensen, blue uniform No. 12, sinks a basket at the bottom of the fourth quarter Saturday. The score tied the game 29-29 with only seconds left on the clock. A Barons foul shot earned BHS the game 30-29. Above, Junior Trey Wilson powers the ball down the court despite a tight Black Forest Academy defense in the third quarter.

Photos by Staff Sgt. Jennifer Lindsey

Ladies score four on Falcons, Barons four wins hard fought

Lady Barons

The Bitburg High School girls varsity team ruled the court this past weekend with a four-game winning streak against Black Forest Academy. The varsity team won 46-10 Friday and 40-17 Saturday, boosting its season record to eight wins, two losses. Junior varsity won 24-10 Friday and 24-14 Saturday to remain undefeated with ten wins.

The Lady Barons were red-hot Friday night as the team outscored its opponent 17-0 in the first quarter. Center Nadia Parker led the offensive attack, hitting 13 of her game high 23 points in that first fifteen minutes. The Lady Barons' second team played in the second quarter and they too outscored the Lady Falcons 10-3.

Leading 27-3 at the half, the Barons substituted freely throughout the second half. Second team players sophomores Monica Bintz and Jazmine Winn demonstrated strong offensive skills, each adding seven and six points respectively to the winning score.

Saturday, BHS started off slowly, leading 10-4 at the end of the first quarter. Parker once again led in the scoring department with 21 points. The center received impressive assists from guards Melodie Duperval, Erica Winters and Chelsea Gavagan. Senior Andrea Drake, who filled in for injured Carletta Hernandez, played a strong defense and worked hard at gaining the rebounds. Freshman Rebecca Wepner hit two-for-two at the free throw line and hit one from the field for four points. She also pulled down four rebounds.

Junior varsity play

The junior varsity team demonstrated a strong defensive attack, holding their opponents to less than 15 points in each game.

Wepner led the team scoring with 24 points. She also earned five steals and three assists. Winn scored six, pulled down eight rebounds and nabbed nine steals. Freshman Alexandra Bintz scored eight and nabbed eleven rebounds. Guards Daniya Nixon and Monica Bintz led the storming defense and ran the offense well. Rachel McCormack, Rachel Neice and Sascha Davidson each contributed two points to the victories. (Contributed by Coach Denny Lemmon, Bitburg High School basketball)

Barons

The Bitburg Barons gave the hometown crowd the excitement they wanted this past weekend. Varsity won both its games by one point apiece, which kept everyone's heart throbbing in suspense.

The Barons were on fire Friday night and started the game in full tilt. Senior Alyx Walks hit two three's as the Baron's racked up 12 points on Black Forest Academy in the first quarter. After that, the lead changed over fifteen times before the game ended. Freshman Nick Brown added five points and four rebounds. Junior Trey Wilson contributed five points.

With less than 10 seconds on the clock, Walks was fouled while chasing a loose ball, which put him on the line for a one-on-one. He hit the first free-throw, which gave the Barons the lead. Then Walks rebounded his own missed free-throw and the Baron's ran out the clock, winning the contest. Ryan Dumas played a tight defense, aiding the Baron's in the victory.

Barons varsity vs. Falcons, 36-35

Barons JV vs. Falcons, 36-16

High scorers: Mike Romero, 10; Bobby Hernandez, 8; Brandon Morales,6

Giving everything in the Friday games stalled the Barons' performance Saturday. Both teams started flat, scoring a total of 15 points in the first half.

After halftime, the Barons came alive, closing the point spread and finally taking the lead again with less than 10 second remaining.

Junior Hernandez was fouled while bringing the ball up court and went to the line, sinking his first of two shots. This gave the Baron's a one-point lead. Missing his second free-throw gave the Falcons the chance to win the game.

Black Forest received the ball at half court. The Barons put Brown in to get it back and the team ran out the clock.

Barons varsity vs. Falcons, 30-29

Barons JV vs. Falcons, 31-20

High scorer: Wilson, 15; Hernandez, 13; Walks, 5

(Contributed by Coach Lin Hairstone, BHS basketball)

Next up in BHS basketball

Barons vs. Hanau Panthers

This is the game of the season for the Lady Barons. The Lady Panthers took second place to BHS in the championship game this past year.

All games take place in the Bitburg Middle School gymnasium.

Friday

Lady Barons junior varsity at 4 p.m.;
Barons JV at 5:30 p.m.;
LB varsity at 7 p.m.;
Barons varsity at 8:30 p.m.

Saturday

LB JV at 10 a.m.;
Barons JV at 11:30 a.m.;
LB varsity at 1 p.m.;
Barons varsity at 2:30 p.m.

Get ready for the next 52nd Fighter Wing Run March 1 at at the Spangdahlem AB fitness center