

SABER E-HERALD

SPANGDAHLEM AB

NEWSLETTER OF THE 52ND FIGHTER WING

JAN. 18, 2013

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Fiscal cliff legislation affects military, civilian paychecks

Coffee Mill trains new baristas

2012 Spangdahlem Annual Awards Banquet
"A Night with the Stars of Saber Nation"

Where Bitburg Stadthall
Date March 1, 2013
Time Social Hour 18:00
Banquet 19:00

Military Attire
Mess Dress/Semi-Formal
Civilian Attire
Semi-Formal

For more information contact:
Victoria Wilson: Call 432-9818 or Email victoria.wilson.38bus.af.mil
Irene Edwards: Call 432-9455 or Email irene.edwards@us.af.mil

Tickets go on sale February 1st.



3RD AF COMMANDER INSPIRES AIRMEN

U.S. Air Force Lt. Gen. Craig A. Franklin, 3rd Air Force commander, speaks with Airmen from the Pitsenbarger Airman Leadership School and First Term Airmen Center during a visit to Spangdahlem, Jan. 10, 2013. Franklin encouraged the Airmen to become future leaders of the Air Force and reminded them that they are all responsible for the future of the force. (U.S. Air Force photo by Airman 1st Class Dillon Davis/Released)

AF manpower, personnel chief discusses way ahead

Staff Reports
52nd Fighter Wing Public Affairs

Lt. Gen. Darrell D. Jones, U.S. Air Force Deputy Chief of Staff for Manpower, Personnel and Services, paid a visit to Spangdahlem Air Base to present the 2012 Air Force Inn Keeper Award (small facility) to the Eifel Arms Inn.

Jones took the time to say thank you to all who made this award a reality.

"It is a great honor for me to present this award," he said to members of the 52nd Force Support Squadron. "I wanted to take the opportunity to say thank you. This is not my first trip to Spangdahlem, but you can see the excitement and commitment is strong between the whole Saber team and our German friends."

During Jones' time on base, not only did he present the award, he spoke to an audience of more than 250 people about the road ahead for Airmen.

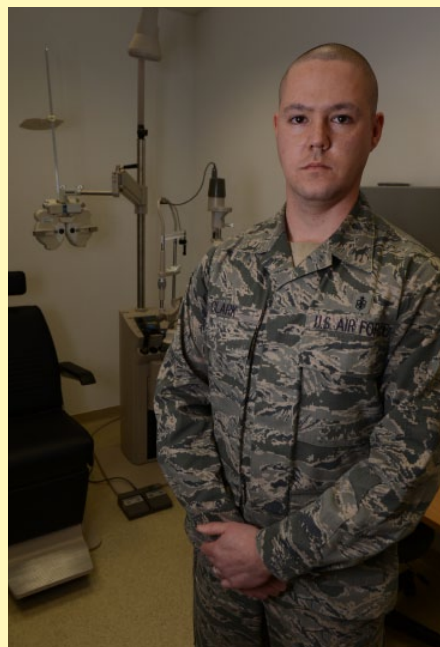
"The future is really coming together...It's



Lt. Gen. Darrell D. Jones, U.S. Air Force Deputy Chief of Staff for Manpower, Personnel and Services, along with 52nd Fighter Wing leadership, present the 2012 Air Force Innkeeper small facility award to the 52nd Force Support Squadron Eifel Arms Inn during a visit to Spangdahlem Jan. 11, 2013. The award recognizes lodging facilities that provide the most outstanding hotel-type lodging and customer service to Air Force travelers. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

going to be tough," he said. "It's going to require some hard work by some great innovative Airmen in all career fields to make sure the future is secure and we come out the other end leaner and better at what we're doing."

Read the entire article and view more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123332828>.



SUPER SABER PERFORMER

Staff Sgt. Peadar F. Clark 52nd Aerospace Medicine Squadron NCO in charge of the optometry clinic, is the Super Saber Performer for the week of Jan. 17-23. View more at <http://www.spangdahlem.af.mil/news/story.asp?id=123332841>. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)



606th ACS preps for Red Flag

Senior Airman Kodie Hinz, 606th Air Control Squadron data maintenance technician from Goodman, Mo., tests a circuit at the 606th ACS before a live air control mission Jan. 8, 2013. It is crucial to follow checklists and conduct tests to verify that equipment is working properly before each mission.



(Left) U.S. Air Force Senior Airman Kodie Hinz, 606th Air Control Squadron data maintenance technician from Goodman, Mo., tests a circuit at the 606th ACS before a live air control mission Jan. 8, 2013. It is crucial to follow checklists and conduct tests to verify that equipment is working properly before each mission.

(Above) Airmen from the 606th Air Control Squadron prepare for a training mission during a group briefing, Jan. 8, 2013. (U.S. Air Force photos by Airman 1st Class Dillon Davis/Released)

Airman 1st Class Dillon Davis
52nd Fighter Wing Public Affairs

The 606th Air Control Squadron is participating in Red Flag 13-2 at Nellis Air Force Base, Nev. Jan. 18 – Feb. 4.

U.S. Air Force Tech. Sgt. Keenan Modica, 606th Air Control Squadron NCO in charge of plans and exercises from Richmond, Calif., said, “the exercise enables us to execute tactical and strategic operations with allied and partner forces.”

Red Flag tests pilot’s aerial combat skills and supporting squadron personnel’s capabilities to deliver world class combat support by maintaining a ready and capable combat force.

The 606th ACS is a rapidly-deploying and self-sustaining combat air control unit attached to the 52nd Fighter Wing. The squadron’s Airmen will support flying operations at Red Flag 13-2 by providing air control to all participating aircraft.

See more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123332160>.

Tour teaches healthy shopping

**Senior Airman
Natasha Stannard
52nd Fighter Wing
Public Affairs**

The Health and Wellness Center hosted its first commissary tour Jan. 10, 2013.

The tour covered how to quickly identify the healthiest food options available, what to look for on, and how to read nutrition and ingredient labels, and how to efficiently navigate through the commissary.

"I went over the different options available, so people don't feel tempted to purchase unhealthy items just because they're on sale, or better yet are disguised as being healthy," said Staff Sgt. LaTara Wilkins, 52nd Aerospace Medicine Squadron diet therapy technician from Pualup, Wash. "It's okay to

purchase things like chips in moderation as long as it's not in place of healthy items like apples. For example, if I had to give up Oreos and peanut butter I would be really upset - it's my favorite, but I eat it in moderation so I don't have to worry about giving it up."

As patrons went through the aisles, Wilkins had them pick the items they would normally consider purchasing or the items they thought were healthiest and showed them how to compare them side-by-side looking at ingredients, servings and nutritional value. She also shared healthier alternatives that contain less sodium, fat, sugar and cholesterol, and warned that just because an item says its healthy doesn't necessarily mean it is.

"It's important to thoroughly read nutrition



WINTERIZING THE FLEET

Senior Airman Craig Fox, a 726th Air Mobility Squadron hydraulics technician from Glen Burnie, Md., reads a technical order on his laptop prior to working on a C-17 Globemaster III cargo aircraft Jan. 15, 2013. Maintainers from the 726th prepared the cargo aircraft on the flightline for winter conditions that hit the base during the next 24 hours. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

labels and ingredients," she emphasized. "Usually when a box says something like lower in sugar, fat or carbohydrates, those nutrients are being replaced by something else, which isn't necessarily a good something else. When something is lower in sugar those sugars may

be replaced by fats or carbohydrates."

Wilkins said that her goal with the tour was to educate people so they can make the right decisions for themselves and their families based on individual dietary needs.

"It all depends on the life style you lead," she

explained. "If you really know what you have at your finger tips, how many healthy options you have to make quick meals and snacks, and you use it, it will..."

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123332539>.



A large number of visitors, including school students and many families with small children, enjoy skating at the Bitburg ice rink throughout the winter months. The Bitburg rink was opened to the public in 1982. The rink is now open for the 2013 season and will remain open until April when the facility is converted into a summer fun park. (U.S. Air Force photo by Iris Reiff)

Ice skate into shape

**Iris Reiff
52nd Fighter Wing
Public Affairs**

Ice skating is fun for many reasons. Not only is it a good workout, but to many people it's a wonderful feeling to gently glide over the ice. In Germany and the Eifel region, ice-skating continues to be a popular sport during the winter months. It's a fun way to stay in shape and spend time with friends and family.

The Bitburg rink is the closest ice skating rink Sabers can enjoy. It will remain open until April 2013 when the facility is converted into a summer fun park.

Bitburg's rink is open 8:30 a.m.-12:30 p.m., Monday through Friday; 8:30 a.m.-12:30 p.m.,

2-10 p.m., Tuesday and Thursday; 2-6 p.m., Wednesday and Friday; 2-10 p.m., Saturday; and 10 a.m.-6 p.m., Sunday.

Groups may reserve the rink Monday afternoons.

Entry cost is 4 Euro for adults and 3 Euro for children up to age 18. The cost for groups of

10 people or more is 3.50 Euro per adult and 2.50 Euro for children up to age 18. Multiple ticket books are also available at reduced cost.

School groups typically skate 8:30 a.m.-12:30 p.m., Monday through Friday. Ice hockey sticks and pucks are provided free of charge for school classes.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123332544>.

What's happening?

Was ist los?

Irish dance group performance

The Irish dance group, Rhythm of the Dance, will perform a show 8 p.m., Jan. 19 at the Trier Europahalle hall, located on Kaiserstrasse 29, 54290 Trier. Ticket prices range between 39.95 and 49.95 Euro and are available now at <http://www.eventim.de/rhythm-of-the-dance-Tickets.html>.

New York Gospel Stars

See the original New York Gospel Stars on tour performing songs to include 'Oh Happy Day,' 'Walk in Jerusalem,' 'Amazing Grace' and others 8 p.m., Feb. 1 at the Trier Saint Maximin church, located on Maximinstraße, 54292 Trier. Tickets are 24.90 Euro and can be purchased now at 0234-9471940 or at <http://www.LB-EVENTS.de>. The doors will open at 7 p.m.

The 12 Tenors

Reserve your tickets now to a concert by "The 12 Tenors" singers 8 p.m., March 8 at the Bitburg Stadthalle, or City

hall, located on Roemermauer 4, 54634 Bitburg. Tickets are 35.95 Euros and can be obtained now at 0651-9790777 or via <http://www.ticket-regional.de>.

Theater performances

See the Evita musical by Andrew Lloyd Webber and Tim Rice 8 p.m., Jan. 18; 8 p.m., Feb. 8; or 4 p.m., Feb. 24 at Trier's Stadttheater, or city theater, located at Am Augustinerhof, 54290 Trier. The two-hour musical will be performed by the Trier Philharmonischen Orchester as well as the music theater and dance theater ensemble of the Trier city theater. Ticket prices range between 13 and 40 Euro. Few tickets to the performances Feb. 8 and Feb. 24 can still be reserved now by calling 0651-7181818.

Art show

An art exhibition with the theme "People Meeting" is now through May 31, 2013, at the area administration's city hall in Manderscheid. Most art is done in either oil or acrylic color.

Call of Duty tournament

Two Call of Duty tournaments take place Jan. 18 at the Brick House. The first tournament for people up to age 17 is from 5-6 p.m. The second tournament for people more than 18 years old begins at 6:30 p.m. For more information, call DSN 452-7260 or 06565-61-7260.

Free bowling

Celebrate Martin Luther King Jr. Day by bowling for free at Eifel Lanes Bowling Center Jan. 21. For more information, call DSN 452-2695 or 06565-61-2695.

New Year, New You

A New Year, New You information and job fair takes place 10:30 a.m. - 2 p.m., Jan. 23 at Club Eifel. Free breakout sessions take place every half hour. For more information, call DSN 452-6422 or 06565-61-6422.

Family movie night

A free family movie night takes place 6-7:30 p.m., Jan. 24 at the Brick House. The featured movie is Spy Kids 4. For more information, call DSN 452-7260 or 06565-61-7260

Country night

Learn country dance moves from an instructor for free 8:30-9:30 p.m., Jan. 24 at the Saber Sports Lounge. For more information, call DSN 452-4633 or 06565-61-4633.

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