

# SABER E-HERALD

SPANGDAHLEM AB

NEWSLETTER OF THE 52ND FIGHTER WING

MARCH 8, 2013

Click titles below to view stories

## MilPDS upgrade begins

## New issue of Airman magazine hits newsstand

## President nominates 1st female Air Force Academy superintendent



BITBURG, Germany – American and German students watch a video in a German language class during a school exchange program at Bitburg High School Feb. 25, 2013. A total of 22 German students attended the exchange. (U.S. Air Force photos by Airman 1st Class Gustavo Castillo/Released)

## BHS hosts school exchange

**Airman 1st Class Gustavo Castillo  
52nd Fighter Wing Public Affairs**

*Editor's note: This is part one of a three part series highlighting a school exchange program with Bitburg High School and a local German Gymnasium. This part of the series features the first exchange held at Bitburg High School.*

Twenty-two students from St.-Willibrord-Gymnasium, a local German school, visited Bitburg High School for an exchange program Feb. 25, 2013.

The aim of this program is to better acquaint the students and foster partnerships between the BHS students and their host nation neighbors. Both schools are located in Bitburg, Germany, so it is likely that these high school students have crossed paths in town before not knowing anything about each other.

The program began in January, when students from each school wrote letters and e-mails to one another and became pen pals. This gave the students a chance to introduce themselves get to know each other before meeting in person at the first exchange.

When German students arrived at BHS, they met up with their pen pals and accompanied them for the day to see what life is like in the shoes of an American high school student.

"We hope this personal time spent learning about each other can bridge intercultural gaps," said Susanne Debal, training teacher from St.-Willibrord-Gymnasium.

St.-Willibrord-Gymnasium students saw how a typical American classroom was taught. They also experienced social time during a traditional American lunch.

Read more at <http://www.spangdahlem.af.mil/news/story.asp?id=123338681>



### SUPER SABER PERFORMER

Staff Sgt. Chad Locke, 702nd Munitions Support Squadron command post controller, is the Super Saber Performer for the week of March 6 - 12. Read more at <http://www.spangdahlem.af.mil/news/story.asp?id=123339071>. (U.S. Air Force courtesy photo/Released)



## Check it Out!

See community photos from the Annual Awards banquet March 1. See the photo story [here](#).

# SFS Memorial:

*Remembering more than pictures, names*



For the story, [click here](#)



## Changing to healthy lifestyle

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

Winter is cold and dark, and people often feel tired and without energy. Many share these thoughts and feelings on grey winter days. A good way to overcome this state of mind is to make a change toward a healthier lifestyle to feel fit again.

The Spangdahlem fitness center along with the health and wellness center offer programs to help people reach healthy lifestyle goals.

One program in particular is the serious weight loss clinic, which covers healthy lifestyle practices. This clinic takes place at various times Monday, Wednesday and Friday. People can

schedule to participate in a class by calling the fitness center at DSN 452-6634 or 06565-61-6634.

The clinic teaches the first step to a healthier lifestyle is to review eating and nutrition habits, and incorporate a fitness schedule.

The base fitness center offers several fitness programs to include personal trainers, who can help people lose those extra pounds, gained over the winter months while providing guidance for a healthier lifestyle.

According to Jen Cherry, a personal fitness trainer and serious weight-loss clinic instructor...

Read more at  
<http://www.spangdahlem.af.mil/news/story.asp?id=123339075>.



## CMSAF Gaylor visits Spangdahlem

Retired Chief Master Sgt. of the Air Force Robert Gaylor looks at one of his personal Air Force service dress uniforms displayed in the Pittsenbarger Airman Leadership School Feb. 28, 2013. Gaylor was the fifth CMSAF, from 1977 - 1999. See more photos from his visit at <http://www.flickr.com/photos/spangdahlemairbase/sets/72157632911281867/>. (U.S. Air Force photo by Staff Sgt. Nathanael Callon/Released)

## Airmen test engine power



*For more photos, [click here](#)*



# What's happening?

## events in the Saber community

### Was ist los?

#### The 12 Tenors

Reserve your tickets to a concert by "The 12 Tenors" singers 8 p.m., March 8 at the Bitburg Stadthalle, located on Roemer-mauer 4, 54634 Bitburg. Tickets are 35.95 Euros and can be purchased now at 0651-9790777 or via <http://www.ticket-regional.de>.

#### Easter market

An Easter market takes place 10 a.m.-7 p.m. March 8-10 at the Trier Hauptmarkt. Stores will also be open 1-6 p.m., Sunday.

#### Beda Market

A market takes place 10 a.m. - 6 p.m., March 15-17 in Bitburg. Stores will also be open 1-6 p.m., Sunday.

#### Medieval market

A medieval market takes place 11 a.m.-10 p.m. March 23-24 in Trier Messepark.

#### Bitburg Bierfest

A beer festival takes place April 6-27 in Bitburg.

#### Photo Editing 101

Learn basic photo editing skills 6-9p.m., March 20 by signing up with outdoor recreation now. The cost is \$25 per person. Students must bring a laptop with an editing program. For more information, call DSN 452-7170 or 06565-61-7170.

#### 360 fit boot camp

Sign up now for 360 fitness boot camp that takes place March 4-29 at the fitness center and youth programs gym. The class takes place 6 a.m., 9 a.m. and 4 p.m.; Monday, Wednesday and Friday. The cost is \$135. For more information, call DSN 452-6893 or 06565-61-6893.

#### Tole painting

You can learn the art of tole painting 5:30-8:30 p.m., March 12 and 19 at Bldg 189. The cost is \$25 and you must sign up 10 days in advance. For more information, call DSN 452-6841 or 06565-61-6841.

#### Photo composition

Learn how to maximize the visual appeal of your photos 6-9 p.m., March 8 by signing up for this course with outdoor rec. The cost is \$25 per person. Students should bring their own camera and three of their own photos to discuss. For more information, call DSN 452-7170 or 06565-61-7170.

#### Switzerland Express

A trip to Lucerne, Switzerland,

takes place Mar. 9th. The cost is 78 Euro per Adult and 68 Euro for children from age 3-17. The bus departs from Spangdahlem at 2:30 a.m. Passports are required. For more information, call DSN 452-6567 or 06565-61-6567.

#### Children's dental health month

March is national children's dental health month. In correspondence with this month, the dental clinic will host a children's walk-in dental clinic 7:30 a.m. March 22. The dental squadron recommends parents bring their children in for dental care by the child's first birthday. They also recommend people avoid sugary foods and juices, brush and floss their teeth at least twice a day, drink water with fluoride when possible and seek regular dental visits. For more information, call DSN 452-8193 or 06565-61-8193.

#### Belly and African tribal dancing

Sign up now for women only beginner and advanced belly dancing classes, and all adult African tribal dancing classes that take place every Tuesday in March. The beginner's class is 12-1 p.m. and 5-6p.m., the advanced class is 6-7 p.m., the African tribal dancing is 1-2 p.m. and 7-8 p.m. The cost per course is \$60. For more information, call DSN 452-7260 or 06565-61-7260.

**Click here to submit content, subscribe to a weekly Saber E-Herald email and find out what your local Public Affairs office can do for you.**

**Click here  
for more news**

**Click here  
for movies**

**Click here  
for more events**