

SABER E-HERALD

SPANGDAHLEM AB

NEWSLETTER OF THE 52ND FIGHTER WING

MAY 2, 2013

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FITNESS MONTH: AIRMEN CELEBRATE, STAY FIT YEAR-ROUND

U.S. Air Force Senior Airman Laura Poppie from Kewaunee, Wis., does pull-ups at the Spangdahlem Combat Fitness Center before a Cross-Fit workout class April 25, 2013. May is Fitness Month, but Poppie celebrates fitness every month. She also consistently scores 90 or more points on her Air Force physical training assessments. She works out five days a week alternating between Cross-Fit exercises and weight lifting. (U.S. Air Force photo illustration by Senior Airman Natasha Stannard/Released)

Spangdahlem tests drunk, drowsy drivers

Senior Airman Natasha Stannard
52nd Fighter Wing Public Affairs

Free alcohol and a ride home was more than enough for participants to volunteer for the Safe Driving initiative at Spangdahlem AB April 26, 2013.

But, these participants gained something that lasts a little longer than a buzz from a few drinks - perspective.

The initiative tested two control groups' reactions to field sobriety tests and driving simulators in a controlled environment. Each person arrived with a blood alcohol level of zero, which security forces verified with breathalyzer tests at the door.

Event coordinators separated the Airmen into two groups: one that would ingest alcohol and one deprived of sleep. Each group was tested several times throughout the evening. Group A, the drinking group, consumed one-to-two drinks per hour as the night progressed. After each hour, the groups went through a series of tests to check reactions and sobriety.

The first round of alcohol included one German beer consumed within 15 minutes, Group A found themselves behind the wheel of the driving simulator an hour later. Some participants ran into animals crossing the road, some ran off the road and some crashed their vehicles.

These results were not what the "drunk" drivers expected.

"I'm not feeling anything," said Airman 1st Class Christian Valenzuela from San Diego, after his first beer. "I'm pretty confident I'm going to pass all the tests, because that one beer didn't do a thing."

About 10 minutes later, Valenzuela returned from completing the driving simulator and field sobriety tests.

"Turns out my reaction time has gone down a little bit," he said after hitting three deer on the simulator. "The deer came at me, and I didn't react in time to stop the car even though I did slam on the breaks ... but it's my fault because I saw the deer late."

He also said he thought he did great...

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123346427>.



SUPER SABER PERFORMER

Airman 1st Class Kyrlys Sierra-Arenas, 52nd Dental Squadron dental assistant, is the Super Saber Performer for the week of May 2-8. Read the entire story at <http://www.spangdahlem.af.mil/news/story.asp?id=123346772>. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

Life in combat Training

Story and photos by Airman 1st Class Kyle Gese
52nd Fighter Wing Public Affairs



U.S. Air Force Tech. Sgt. Travis Butler, 606th Air Control Squadron NCO in charge of vehicle management from Payton, Utah, looks through binoculars during combat readiness training April 20, 2013. During the training, the Airmen learned how to communicate under duress and provide proper battlefield reports.



Airmen from the 606th Air Control Squadron search opposing forces (OPFOR) during a combat readiness training course April 20, 2013. The searches are invasive in nature to all a thorough search of a detainee for any weapons or explosives.

I joined the Air Force July 2012. I never thought I would be going through combat readiness training so early. I didn't really know what to expect.

But I had a feeling it was going to suck.

I mean, I went through something similar in basic training called Beast Week, which tested our combat skills. My technical training school went through a day of combat camera training, so I thought this was going to be like a mixture of that.

I thought I would go camping for a week without being able to have a real shower and eat nothing but pre-packaged meals. These meals — known throughout the military as MREs — could likely survive a zombie apocalypse, and, no, they unfortunately do not include Twinkies. I also thought I was going to just do my job and take photos.

I was wrong.

The entries below detail a day-by-day account of what actually occurred at the 606th Air Control Squadron's combat readiness training.

Day one

We arrived at our site and began setting up our tents and building defensive fighting positions, which took us most of the morning. DFPs are sand-bag barricades used to help defend a base. It took a little bit longer than was expected due to a few tents breaking, but that didn't hold us back. By the end of the day, we set everything up, but it felt like it took forever.

After, we were visited by friendly groups of people. They asked us about a goat they lost. They posed no threat to us so we just prevented them from entering...

View more photos and read the entire commentary at <http://www.spangdahlem.af.mil/news/story.asp?id=123346276>. Also, view an additional photo story about the training at <http://www.spangdahlem.af.mil/news/story.asp?id=123346037>.



U.S. Air Force Staff Sgt. Tyler O'Mally, 606th Air Control Squadron vehicular maintenance technician from Huston searches an opposing forces member for any weapons or explosives during a combat readiness training course April 19, 2013.

Right of way

how to tell who has it

The Main gate has three lanes of operation. The main lane of traffic comes from the round-a-bout adjacent to the gate. The L-46 route and Visitor's Center entry and exit leading towards the main gate have Yield signs in place to ensure vehicles yield to the right of way of incoming vehicles coming off the traffic circle. This creates a bottleneck to the flow of incoming traffic to ensuring 100% accountability of Sabers trying to gain access to the base. The other two lanes are also used for peak traffic hours; yield signs also apply to these two lanes.



BHS students visit German school

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

Editor's note: This is part two 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 second exchange held at St.-Willibrord-Gymnasium.

More than 20 Bitburg High School students visited St.-Willibrord-Gymnasium, a local German school, for an exchange program April 22, 2013.

This was the second phase of the program, with the first being a few months ago when the German students visited the Americans.

The program, which had been in existence in the past, has just been re-initiated to bring American and German students together for an intercultural exchange.



Sven Mehlhorn, St.-Willibrord-Gymnasium Biology and Chemistry teacher, instructs both American and German students participating in a school exchange program April 22, 2013. American students attended German classes to interact and learn in the foreign environment. (U.S. Air For photo by Airman 1st Class Gustavo Castillo/Released)

"The program was created not only to expose the students to a foreign language, but a cultural experience," said Birgit Nicholson, a Bitburg High School teacher who grew up in Germany.

The students got to see the interac-

tion and see how teaching takes place in a German classroom, and were able to weigh the similarities and differences between American and German teaching methods.

American students sat in on everyday high school classes that were

taught in a language that they may not understand completely.

"There was definitely a large language barrier," said ninth-grader Shawn Robinson, who attends Bitburg High School. "But all of the material was the same."

Along with learning together, students used free time to get to know their counterparts.

"I knew about the Americans and that they were close by," said 11th-grader Miriam Arens from St.-Willibrord-Gymnasium. "But I didn't actually know the people. After getting to know them, I realized they are really open-minded, and I like that."

This was the last curriculum-based visit of the program for the rest of the school year. However, students and teachers involved in the program hope the interaction will continue.

"We hope the students take it outside of the classroom," Nicholson said.

Read the entire story and view more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123346282>.

What's happening?

events in the Saber community

Summer Strike bowling

A summer strike bowling event takes place from May 1 - Aug. 15 at the base bowling center. People can play for just \$1 certain nights of the week and be entered to win prizes. The grand prize includes tickets to the NFL games in London, and the other prizes include winning up to \$1,000. For more information, call DSN 452-6217 or 06565-61-6217.

Paintball Blast

A paintball tournament takes place 11 a.m. - 4 p.m., May 3 at the south side of the club. The cost is \$10 for all day play, \$10 for paint and \$5 for a mask, hopper and marker. The minimum age to play is 16 with a waiver. Liability statements must be signed to play. For more information, call DSN 452-7170 or 06565-61-7170.

Brussels Express

A trip to Brussels takes place May 4. The cost is 68 Euros per person, 61 Euros per child ages 12-17, and 58 Euros for children ages 6-11. The bus leaves Spangdahlem at 6:30 a.m. For more information, call DSN 452-6567 or 06565-61-6567.

Standard First Aid and CPR AED

A standard first aid, CPR and defibrillator course takes place 9 a.m. - 5 p.m., May 4 at Bldg. 319. The cost is \$55 per person and includes adult, child and in-

fant CPR. To sign up, go to <https://classes.redcross.org/Saba/Web/Main>.

Best of Paris 1 overnight

An overnight trip to Paris takes place May 4-5. The cost is 189 Euros per person, 61 Euros per child age 12-11, and 269 Euros per single bedroom. The bus departs Spangdahlem at 2:30 a.m. Passports are required. For more information, call DSN 452-6567 or 06565-61-6567.

Rhein in Flames

A trip to Bonn takes place May 4 to see fireworks over the Rhein River. The price is 98 Euros per person. The bus departs from Spangdahlem at 2:30 p.m. For more information, call DSN 452-6567 or 06565-61-6567.

Bitburg High School Play

The Bitburg high school spring play takes place at 7 p.m., May 10 and 11. The cost is \$7 for adults, \$5 for students and \$3 for children five and younger.

Homemade Craft Fair

A craft fair takes place 10 a.m. - 4 p.m., May 11 at the Brick House. The event is free to attend. For more information or to reserve a table, call DSN 452-6841 or 06565-61-6841.

Amsterdam trip

A trip to Amsterdam takes place May 11. The cost is 55 Euros per person. The bus departs at 4:30

a.m. For more information, call DSN 452-6567 or 06565-61-6567.

Mother's day in Keukenhof

A Mother's Day trip to Keukenhof takes place May 11. The cost is 69 Euros per person and 59 Euros per child. The trip includes a stop at a cheese and shoe factory. The bus departs from Spangdahlem at 3:30 a.m. For more information, call DSN 452-6567 or 06565-61-6567.

Bernkastel dinner, wine tasting

A dinner and wine tasting event takes place May 11 in Bernkastel-Keus. The cost is 50 Euros per person. The bus departs Spangdahlem at 1 p.m. For more information, call DSN 452-6567 or 06565-61-6567.

Women's Recreational Softball

The deadline for submitting squadron participation notification letter of intent for the women's recreational softball program is 3 p.m., May 13. Coaches or sports representatives can email the team's LOI to Clara.Sanderson@us.af.mil.

Harry Potter Family Fun Night

A free Harry potter themed family fun night takes place 5:30-7:30 p.m., May 14 at the Club Eifel. The event is open to members only. Reservations can be made May 1-10. For more information, call DSN 452-4639 or 06565-61-4639.

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