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NEWSLETTER OF THE 52ND FIGHTER WING

JULY 26, 2013

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harmed by steep cuts

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effort saves
government money

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action against
sexual assault

SERE instructors teach water survival skills



U.S. Air Force Lt. Col. Steve Horton, 52nd Operations Group deputy commander from Sunrise Beach, Texas, stays afloat while being dragged by a parachute harness during water survival training July 19, 2013. Pilots must learn how to disengage from a parachute while being dragged across open water by the wind to ensure their safety in real-world situations. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

Dempsey arrives in Poland following Afghan meetings

by Jim Garamone
American Forces Press Service

Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, arrived here today following a successful trip to Afghanistan.

Army Lt. Gen. Mieczyslaw Gocul, the chief of the General Staff of the Polish Armed Forces, met Dempsey at the plane.

Dempsey will meet with Polish leaders today and will visit with American airmen training with Poland's armed forces tomorrow.

The chairman presented Gocul with a photo taken yesterday, when he met with Polish members of the International Security Assistance Force in the Afghan capital of Kabul.

In Kabul, Dempsey met with Afghan President Hamid Karzai, with whom he discussed the bilateral security agreement between the United States and Afghanistan. The talks were productive, with the Af-

ghan president's office issuing a statement following the meeting. "Afghans are ready to sign a security pact with the U.S., on the condition that it leads to peace and stability in the country, the strengthening of Afghan forces, and a united and sovereign Afghanistan," the statement said.

Karzai had broken off talks with the United States on the issue.

Dempsey told a media roundtable at ISAF headquarters that he would like to see the pact signed before October. NATO and partner nations then will negotiate a similar pact with the Afghans. The agreement will govern how the U.S. operates in Afghanistan once the ISAF mandate expires at the end of 2014.

The follow-on agreement would continue the development of Afghan security forces. Dempsey called those forces

Read the entire story at <http://www.spangdahlem.af.mil/news/story.asp?id=123357239>



SUPER SABER PERFORMER

U.S. Air Force Airman 1st Class Tessa Boyea, 52nd Contracting Squadron contract specialist, is the Super Saber Performer for the week of July 25 – July 31. Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123357245>. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)



A British service member Army cheers on his comrades as he marches past spectators during the International Four Days Marches July 16, 2013 in Nijmegen, the Netherlands. Service members from various countries and branches participated in the march. (U.S. Air Force photo by Senior Airman Natasha Stannard/Released)

International Four Days Marches: 4 Days to ruck 100 miles

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

Sweltering heat, direct sunlight, crowds, body aches and blisters.

Eleven Sabers willingly chose to face these elements.

They sought to battle them four days in a row for about 12 hours each day while marching with 20 pounds on their backs.

The 11 members of the 52nd Logistics Readiness Squadron did all this to represent a U.S. Air Force team in the International Four Days Marches in Nijmegen, the Netherlands, July 15.

The annual march is the largest of its kind. People have suffered injuries, heatstrokes and even death in previous years, but that didn't stop the 43,000 participants from around the world from attempting to earn a "Golden Cross." The award is given to those who finish all four days of the 100-mile march within the allotted daily time limit of 12 hours.

Because of the known difficulty of this race, the 52nd LRS team began training early.

"We started training in February by filling our rucksacks with the required

20 pound we'll have to march with at the event, and marching about 20 miles," said Staff Sgt. Jason Ermish.

But all that training didn't prepare everyone for the grueling 12-hour days of marching in 90-degree heat as four members got disqualified for various reasons.

On the first day of the march, Tech. Sgt. Joshua Sharp made it to the finish line, but by the time he got there, he knew something was wrong.

"I knew about a mile before the finish line that I was in trouble; I could tell I was dehydrated, but I decided to push through to try and make the deadline so I could compete the next day," said Sharp. "I went to the medical tent and I was standing in line. I fell toward a guy, and he grabbed hold of me along with a couple of medics. It turns out I had a heatstroke. I couldn't react, I couldn't talk, I couldn't do anything but shake."

The medics got Sharp back to a stable condition. He said he's going to try and compete again next year and plans to do more training to prepare his body for the conditions.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123356743>



A Golden Cross medal rests on the foot of a 52nd Logistic Readiness Squadron team member during the International Four Days Marches July 19, 2013. The 52nd LRS team started with 11 members, and four members completed the 100-mile march. (U.S. Air Force photo by Senior Airman Natasha Stannard/Released)

Sweating excellence



U.S. Air Force Airmen call out cadences during a run July 19, 2013. The event was the first base-wide jody run and was put on by the First Four private military organization. (U.S. Air Force photo by Airman 1st Class Kyle Gese/Released)

Fake energy: A high short lived

by Maj. Anne Staley
52nd Medical Operations
Squadron

Energy or fatigue? Why are we so addicted to caffeine for a jolt? What are the potential consequences from ingesting too much of your favorite energy drinks?

These are only some of the questions that should be in the forefront of your brain every time you consume these types of products.

Energy drinks have become popular despite growing healthcare trends. Some teenagers are mixing energy and sports drinks together to give themselves an extra caffeine-driven kick during social and sports events. They are consuming these drinks in conjunction with caffeinated gum and candy. Some college students are us-

ing energy drinks as a social mixer with alcohol.

In addition, a variety of energy products have become a mainstay in everyday life as a go-to for an occasional pick-me-up or as a substitute for getting a good night's sleep or a healthy diet.

Caffeine is a dangerous drug addiction that has become socially acceptable. So, why are we so tired to the point where we cannot function without the ever-present caffeine?

Simple.

One answer is lack of quality sleep. Work, school, play and late-night entertainment can be exhausting. This leads to decreased energy levels.

Second, using caffeinated energy drinks Read the entire story at <http://www.spangdahlem.af.mil/news/story.asp?id=123356883>



Col. David Julazadeh, 52nd Fighter Wing commander, congratulates Tech. Sgt. Nick Worthington, 52nd Civil Engineer Squadron explosive ordnance and disposal technician, for his selection as the U.S. Air Forces in Europe and Africa NCO of the year. This award makes him a U.S. Air Force Airman of the year nominee. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

What's happening?

events in the Saber community

The Circus Roncalli

The Circus Roncalli is coming to Trier, July 19- August 4. Tickets can be reserved in advance at 0221-466-894-260. Reserved tickets must be picked up no later than one hour before the start of the circus checkout. For more information on dates and prices, see www.roncalli.de.

National Parents Day Bowling

A Free bowling event takes place 8 a.m.- 4 p.m., July 28 in celebration of National Parents Day. For more information, call DSN 452-2695 or 06565-61-2695.

Dorm Cooking Class

A chef will demonstrate fine cooking techniques to dorm residents Aug. 3. The class is free and will teach Airmen how to prepare a meal from start to finish in their own kitchen. The class is open to 10 participants. For more information, call DSN 452-7260 or 06565-61-7260

Marrow Donor Registry

Registration into the National Marrow Donor Program takes place Aug. 8 at the Skelton Fitness Center, 7:30-9a.m., 11 a.m.-

1 p.m., and 3-5 p.m. and Aug. 16 at the base track, 12p.m.- 12 a.m. Oral swabs will be used to test potential donors. For more information, call DSN 452-8338 or 06565-61-8338.

Karting at St. Vith

A trip to the track takes place Aug. 10. The cost is \$20 per person and includes 35 minutes on the karts, laser tag, sumo wrestling or fun-boxing, one game of bowling, 7Di Cinema, rodeo and two soft drinks. For more information, call DSN 452-7170 or 06565-61-7170.

Dorm Wars

The battle of the dorms begins Aug. 17. The event is free and participants can engage in games of strength, speed and skill in the battle to the top. Winners will be rewarded prizes, glory, and legendary status. The final event closes out with the annual Block Party. More details to come.

Basic Car Care Maintenance Course

A basic car care maintenance course takes place Aug. 24. The cost is \$20 per person and includes instruction from a trained mechanic, oil and a filter. The class requires a minimum participation of four people. For more information, call DSN 452-

6842 or 06565-61-6842.

Winter Bowling League

Sign-ups for the winter bowling league have begun. The season starts at the end of August and includes No Tap Monday for 18 and older, Tuesday scratch league, Wednesday Base Intramural, and Saturday Youth Bowling. For more information, call DSN 452-2695 or 06565-61-2695.

Was Ist Los?

Vianden Festival Medieval

A medieval festival takes place in Vianden at 10 a.m., July 27- Aug. 4. For more information, go to www.castle-vianden.lu

Wittlich Pig Fest

The Wittlich pig fest begins at 5 p.m., Aug. 16 and ends 1 a.m., Aug. 19. The opening event is on Friday and live bands will be present at three different stages.

Bernkastel Winefest

The largest wine festival at the Mosel valley takes place 30 Aug.-1 September. Highlights include fireworks on Saturday and a parade on Sunday afternoon.

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