

the Gateway

The Gateway to Europe

Vol. 61, No. 20, Oct. 10, 2003, Rhein-Main AB, Germany

News Briefs

Oktoberfest

An Oktoberfest celebration takes place in the shoppette parking lot Oct. 17 at 5 p.m.

Come and celebrate a great German tradition. Authentic German food, beer and music will be available for your enjoyment.

ALS Grad

Congratulations to Senior Airman (Staff Sgt. select) Stacia Manuel who recently graduated from Airman Leadership School Class 03-8 at Ramstein.

Columbus Day

A reminder to all personnel that Monday is a holiday, several organizations on base will be closed for business.

Safety Inspection

Due to a recent joint Safety and PA&E inspection and assessment of playground equipment in the housing area, several pieces of outdated and potentially hazardous equipment will be removed.

It was also determined by our National Playground Safety Institute certified inspector that some swings will also be removed or relocated due to improper/outdated installation.

The new infant swing seats that are affected by this playground removal effort will be appropriately redistributed and swapped out with some existing youth swings throughout the housing area. The safety of our children utilizing the play equipment is the driving force behind these changes.



Photo By Staff Sgt. Matt Summers

Love at first sight

Sp. Mark Setser, a 1st Armored Division soldier stationed in Buedingen, Germany, holds his 7-week-old daughter Ashley Mary for the first time upon his arrival at Rhein-Main while his wife Reni looks on. Setser was one of the first 80 Europe-based soldiers enjoying 15 days of rest and recuperation leave. The first aircraft carrying more than 260 R and R soldiers arrived at the base at 12:30 a.m. Sept. 26. U.S. Army in Europe officials have established a program for reception at Rhein-Main.

New program benefits families

By Carole Beasley
Family Support Center

The Special Supplemental Nutritional Program for Women, Infants and Children has finally arrived at Rhein Main Air Base. WIC, as it is commonly referred to, is a federally funded program designed to ensure expectant/nursing mothers and children under the age of five receive proper nutritional care during critical growth periods. In addition to providing free food items, the program also offers valuable nutritional education to provide participants with the

knowledge to make healthful food choices and develop nutritional habits that lead to a lifetime of good health.

Good nutrition is essential to good health. By following a balanced diet, the body receives the nutrition required to grow, repair and maintain cells and body tissues. Good nutrition is especially important to the developing fetus and for cognitive and linguistic development during infancy and early childhood years.

See WIC, Page 4

Freedom Fighters

Remembering military contributions of Hispanics

By Col. Jose Aragon
Pacific Air Forces
Financial Analysis Division

HICKAM AIR FORCE BASE, Hawaii — Many Hispanic Americans have been drawn to military service for myriad of reasons — to seek opportunities for education, growth, advancement, skills and professional success. Other factors include a sense of patriotism, love of country and hunger to serve. Hispanic Americans have contributed gallantly to the defense of our nation. We have 40 Medal of Honor recipients, more than any other demographic segment.

Indeed, the military and civilian contributions of Hispanic Americans reflect a deep commitment to the principles of freedom and democracy. From the American Revolution to our latest conflict, the global war on terrorism, Hispanic Americans have risked and sacrificed their lives to defend freedom.

Here are just a few achievements of some of those individuals:

In Silvas, Ill., just west of Chicago, is a street named Hero Street, formerly known as Second Street. It is just one and a half blocks long in a predominantly Hispanic neighborhood. Joe Gomez, Pete Macias, Johnny Munoz, Tony Pompa, Frank Sandoval, Joe Sandoval, William Sandoval and Claro Soliz grew up together in this small street in a very close-knit community, working for the railroad, just as their fathers before them had done. They went to war in World War II without hesitation and never came back.

As it turns out, 84 men from the 22 families who resided on this street partici-

pated in WWII, Korea and Vietnam. This street has contributed more men to military service than any other place of comparable size in the United States. Hero Street, U.S.A, has a remarkable story of personal sacrifice and patriotism.

In 2001, America lost a Latino patriot who was diligent in the defense of his country and who protected American lives many times over.

His code name, Tango – Mike – Mike, stood for “That Mean Mexican.” This patriot, who was also a Medal of Honor recipient, was Army Master Sgt. Roy Benavidez.

In his book “Medal of Honor: One Man’s Journey from Poverty to Prejudice,” He wrote these memorable words: “I believe that there is no greater calling for a man or woman to serve in the military of a free nation. I believe that it is a calling that transcends all others because embedded deep within the soul of every free man or woman is the knowledge that every freedom we have earned for us by our ancestors, who paid some price for that freedom.

“Each and every generation must relearn those lessons, and they are best learned by doing. The strength of every free nation depends on this transfer of knowledge. Only through the transfer of knowledge from generation to generation will free men survive.”

Each day, we have an extraordinary opportunity, an opportunity to be better than we were yesterday. We must all strive to improve ourselves to be the best we can be. That’s how we can honor the memory of those who have given their lives to fight and defeat terrorism and ensure their sacri-

Commander's Action Line

The Action Line is one way for me to keep my finger on the pulse of the Rhein-Main community and is used as an avenue for communication.

The main objective of the Commander’s Action Line is finding solutions to problems or providing explanations for processes.

If you experience problems at Rhein-Main, you should always try to resolve problems at the lowest level by contacting the unit or agency managers. In almost every case, your chain of command is the best solution. I strongly encourage everyone to use that route first. When normal channels haven’t been able to resolve your issues, feel free to send an e-mail to Hotline@rheinmain.af.mil or call 330-7779. Please include your name and contact information along with your concern.

Action Lines are forwarded to the appropriate agency for action and response. They should contact you within 24 hours. Once an Action Line is started, the agency must provide a complete answer to me within 10 days.

The 469th Air Base Group Public Affairs Office is responsible for managing the Action Line program on my behalf.

If you have any questions, call the 469th ABG/PA office at 330-7804 or e-mail at Hotline@rheinmain.af.mil.

Col. Bradley Denison
Commander, 469th Air Base Group

330-7779

fices are not in vain. When opportunity knocks, we must be ready to answer the door.

Opportunity, combined with education, is a key to success; and the military is a great place to seek it, find it and achieve success from it. (Courtesy of Pacific Air Forces News Service)

the Gateway

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The editorial content is edited, prepared and provided by the public affairs office, Rhein-Main AB, Germany. Printing service is provided by ABC Druck, Liederbach. People may submit articles for publication to the public affairs office, Bldg. 347, Room 139, or email them to pa@rheinmain.af.mil. Submission

by deadline does not guarantee publication, however, all articles will be considered. The staff may be reached by calling 330-7804. All photos are property of the U.S. Air Force unless otherwise noted.

The deadline for the Oct. 24 edition of the Gateway is 4 p.m., Oct. 16.

Making a contribution

Col. Bradley Denison, 469th Air Base Group Commander, fills in his Combined Federal Campaign form. The program began Oct. 1 and runs through Dec. 10. The 2003 campaign allows all federal employees to donate to their choice of more than 1,400 charities. Employees will be contacted by their unit CFC representatives.



Photo By 2nd Lt. Uriah Orland

Airmen attain mission success at Liberia

RAMSTEIN AIR BASE -- More than 300 people from U.S. Air Forces in Europe returned from supporting a safe and effective operation for Joint Task Force Liberia recently.

USAFE members were called to be a part of a joint team July 13 that was forged to stem violence and allow food to be distributed after fighting flared up among groups vying for power in Liberia, Africa.

Gen. Robert "Doc" Foglesong, USAFE commander, reflected on the selfless sacrifice and dedication of USAFE airmen during the past three months in JTF-Liberia.

"Our airmen demonstrated courage, leadership and the agility to get the mission done," he said. "I am very proud to be associated with everyone who made this operation succeed. For those who deployed—and their families—thanks for your commitment and service."

Although not specifically directed at American citizens or interests, the violence around the capitol city of Monrovia threatened to spill over onto U.S. Embassy grounds.

USAFE's role was extensive according to Col. Bob Steel, USAFE Theater Air and Space Center commander.

"Nothing would be possible without the talents of our expeditionary units," he said. "On short notice they deployed more than 3,500 miles and set up two forward bases."

Once in place, USAFE's airmen quickly saw action. HH-60 helicopters and personnel deployed from Naval Air Station, Keflavik, Iceland, along with support from



Photo By Tech. Sgt. Justin Pyle

Marines prepare to board an Air Force HH-60G Pave Hawk helicopter in Lungi, Sierra Leone July 21. The Marines were part of an antiterrorism security team augmenting security at the U.S. Embassy in Monrovia, Liberia as part of Joint Task Force Liberia.

the 786th Security Forces Squadron, Sembach Air Base, Germany, provided tactical airlift reinforcing the U.S. Embassy with U.S. European Command's Assessment Team and U.S. Marines who augmented the security forces in country, he said.

"During those initial sorties, our aircrews withstood volleys of AK-47 fire and mortar rounds bursting within a football field's distance of the compound's walls," Steel said. "We also had one of our medical teams live in the embassy. This team's skills were needed, but fortunately not too often."

In addition, USAFE's airfield experts helped re-open the main airport in Liberia and made sure it was safe for U.S. Air Force and other aircraft, he said. Moreover, when a surprising illness afflicted 40 plus Marines, USAFE airmen rapidly provided the

medical evacuation and treatment needed for them to be transported to hospitals.

Other Air Force professionals on site included security forces, theater air mobility and rescue forces, communications experts, civil engineers and finance personnel. There were many others who supported the operation from Northern European bases, he added.

"In addition to their role within the Joint Task Force, USAFE's deployed airmen provided a face on our nation's commitment to our partners in this part of the world," Steel said.

By September, military forces from African nations had deployed to Monrovia and a degree of stability returned. As of Oct. 1, the United Nations assumed the lead for peace operations in Liberia.

(This story was provided by USAFE News Service)

May I take your coat sir?

Airman 1st Class Josh Hosack, Rhein-Main Fire Department, assists Michael Ham, a 3rd grader at Halvorsen-Tunner Elementary School, with putting on a set of fire fighter gear while Sparky looks on. Students from Halvorsen-Tunner took tours of the Rhein-Main Fire Department this week as part of Fire Prevention Week. The students got to see how fire fighter equipment functions, along with watching a movie and getting a look at the fire trucks.



Photo By Senior Airman Andrew Rouleau

Airmen can review records online

RANDOLPH AIR FORCE BASE, Texas — The Air Force has started a new program allowing airmen to complete record reviews online through the virtual military personnel flight.

Airmen will soon begin receiving email notifications around their birthday each year advising them to review

their electronic personnel records maintained in the military personnel data system.

"After the customer logs on to vMPF and accomplishes his or her record review, a hard copy should be printed for the member's personal records," said Master Sgt. Don Taylor.

He is the superintendent of customer support operations at the Air Force Personnel Center here. "If all of the information is correct, no further action is required un-

til the next annual review."

In some areas where airmen may find errors, they can make the needed changes through the links provided. They should make the corrections as soon as they discover them, Taylor said.

Other errors not yet updateable online can be corrected by the airman's MPF or commander's support staff.

For more information, contact the mission support flight at 330-7448. (Courtesy of AFPC News Service)

WIC, from Page 1

The target population for WIC is expectant and new mothers, and children under the age of five. Eligibility into the program is based upon income and family size (upon confirmation of pregnancy, family size is increased).

According to the published income eligibility guidelines, a family of four with an annual income under \$41,500 would qualify. Once qualified, each eligible family member is evaluated and provided vouchers for free supplemental food items based upon their individual nutritional needs.

Vouchers can be redeemed at any participating commissary in the local area, including Rhein-Main. WIC foods include iron-fortified infant formula, infant cereal, peanut butter, cheese, milk, eggs, iron-fortified adult cereal, dried beans or peas, vitamin C-rich fruit and/or vegetable juice, and tuna fish.

The new WIC Office is located above "Our House," the FSC annex in Gateway Gardens, Bldg. 627B-4. Families may call the Wiesbaden WIC Office at 0611-380-7366 or for more information, call the family support center at 069-699-7992.



Photo By Senior Airman Andrew Rouleau

Col. Bradley Denison, 469th Air Base Group Commander, and 1st Lt. James Rigby (center), a WIC volunteer, cut the ribbon to open the Rhein-Main WIC office Oct. 1.

Warriors of the Week



Muriel Anderson

Unit: Finance

Time in service: 28 years, 5 1/2 at Rhein-Main

Duty Title: Non-appropriated funds financial analyst

Hometown: Minneapolis, Minn.

Hobbies: Making photo matted albums, working with stained glass arts and crafts, and talking to her grandson on the phone

What has been your best work experience?

Working at Rhein-Main



Staff Sgt. Christopher Tillet

Unit: Finance

Time in Air Force: 14 years, 5 years at Rhein-Main

Duty Title: Quality Assurance Manager

Hometown: Colorado Springs, Col.

Hobbies: F1 Racing, and collecting antique watches

What has been your best Air Force experience?

Being stationed at Lindsay Air Station

Young Iraqis arrive at Ramstein AB

By Capt. Kristi Beckman
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE — Eighteen Iraqi children are now receiving long-awaited medical care from the state of Rheinland-Pfalz, Germany, thanks to the help of the U. S. Air Force.

The children, ages 6 months to 16 years, arrived here Monday on a C-141 Starlifter from McGuire Air Force Base, N.J., out of Baghdad International Airport.

Most of the children suffer from congenital, acquired or traumatic conditions; two of them have injuries resulting from the armed conflict. The Air Force provided transportation to the children and their attendants free of charge.

Col. Frederick Gerber, chief of operations for the coalition provisional authority ministry of health, said there is a well-established program in Iraq for families and children who need health care. Patients are evaluated daily and most of them can be cared for within Iraqi hospitals.

"There are only very special cases that a country like Iraq might have to evacuate

a patient for," Gerber said. "There is a three- to five-day process where it's decided whether the patient can be treated inside Iraq or go on a waiting list to be treated outside of the country."

These children were identified and clinically evaluated as requiring specialized medical treatment outside of Iraq.

"Germany made an offer of \$500,000 worth of health care,"

Gerber said. "All (the Air Force) needed to do was get them here."

"It was a very successful operation and we couldn't have done it without the Air Force," he said.

"At the worker level, the airmen, crewchiefs, loadmasters and terminal operators were just outstanding. They really made it happen."

Brig. Gen. Erwin Lessel III, 86th Airlift Wing commander, greeted the Iraqi families.

"We know you'll receive excellent medical care here in Germany, and once your treatment is complete, we can provide assistance with getting you back home to



Photo By Airman Steve Cryz

Brig. Gen. Erwin Lessel III, 86th Airlift Wing commander, hands a snack to one of 18 Iraqi children who arrived at Ramstein Monday. The children were flown in from Baghdad International Airport to receive medical care from hospitals throughout Rheinland-Pfalz, Germany.

your families in Iraq," he said.

For many years now, the United States has been highly committed to humanitarian assistance worldwide, Lessel said. "We are grateful that we have the opportunity to work closely with the Germans to provide assistance ... to the children of Iraq," he said.



Staff Sgt. Charles Cook Jr., portrays a military drill instructor during the Tops in Blue 2003 performance Sept. 26 in Hangar 425. The entertainment group, made up entirely of active-duty military members, are scheduled to perform their final show at Rhein-Main in 2004.

*Photos by
Staff Sgt. Marie Cassetty*

tops

More than 700 Team Rhein Main members and local dignitaries enjoyed the Tops in Blue 2003 show Sept. 26 in Hangar 425.

The Tops in Blue cast, made up of active duty airmen, performed a free, 90-minute show and took audience members on a musical journey celebrating 50 years of Air Force entertainment and 100 years of powered flight.

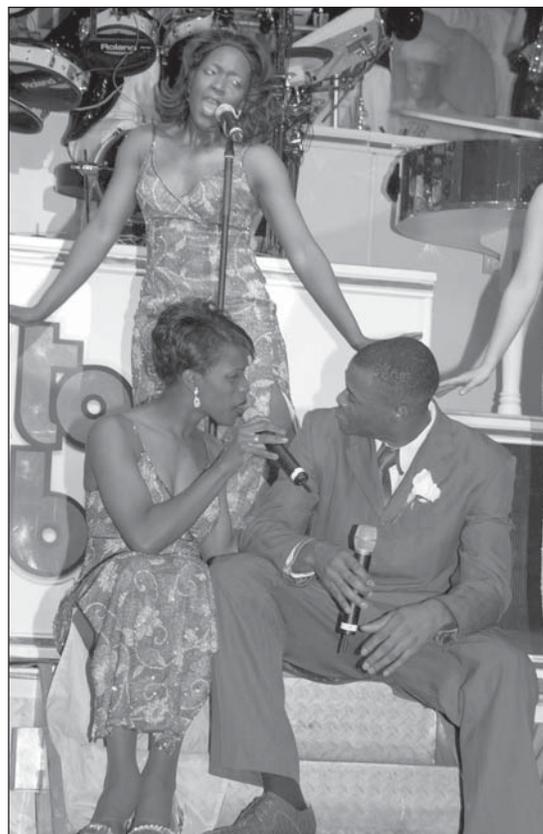
The show, “*Soaring With Eagles*,” was a musical celebration of Tops In Blue’s proud entertainment history.

The singers and musicians put everyone “In The Mood” for an evening of celebration as they revisited favorite songs from the past five decades. The ‘60s and ‘70s came alive with some oldies but goodies from the Supremes, Tina Turner’s “Proud Mary”, and the Village People’s ever-popular



Tops in Blue singers portray the hip 70s band, The Village People. The group performed songs from throughout the show.

blue



*(Above) **Tops in Blue 2003** is made up of 35 active duty airmen who will travel to 22 countries and perform more than 150 shows. (Left) Staff Sgt. Amber Grimes (top) sings back-up for Staff Sgt. La-Kee Williams (left) and Staff Sgt. Charles Cook Jr. (Below) **Big Bird** and **Shrek** were just two of the popular characters to entertain youngsters at **Tops in Blue**.*



“YMCA.” Favorite hits from Gloria Estafan, MC Hammer, BOYZ II MEN, Ricky Martin and Marky Mark were also heard.

Known as the Air Force’s Expeditionary Entertainers, this year’s team of 35 active duty military members will travel to 22 countries and perform over 150 shows.

“They are indeed a reflection of the ‘best of the best’,” according to Tom Edwards, the show’s producer and director of Air Force Entertainment. “As this year’s team continues the tradition of worldwide ambassadors, this group of talented young Air Force men and women displays the pride, patriotism, and dedication felt by all Air Force personnel around the world.”

(Staff report)



Village People, and their cult classic “YMCA.” last 50 years of American history.

Fire dogs place third in USAFE challenge

By Senior Airman Andrew Rouleau
Public Affairs

For the first time in years the Rhein-Main Fire Department participated in the U. S. Air Forces in Europe Fire Fighter Combat Challenge, which took place Sept. 27 at Ramstein Air Base. Rhein-Main put on an impressive show with the team finishing 3rd overall, 2nd in the relay and Airman 1st Class Brandon Cunningham setting a new USAFE record in the individual competition.

The Rhein-Main Team totaled six people: Staff Sgt. Rudy Pacheco, Senior Airman Scott Brady, Airman 1st Class Josh Hosack, Airman 1st Class Brandon Cunningham, Airman 1st Class Christopher Sumner and Airman Gabriel Villanueva.

A fact that made their performance all the more impressive was that only one participant for Rhein-Main, Pacheco, had prior experience participating in the event, while the other teams competing, Royal Air Force Mildenhall, the overall team champions, Aviano AB Base, RAF Lakenheath and Spangdahlem AB all had more experience.

"It was a great team effort," said Cliff Lewis, Rhein-Main Fire Chief. "They showed how well they support one another. This is a great tribute to their working relationship as a whole."

Rhein-Main finished the relay competition with a time of 1:33.63 less than five seconds behind RAF Mildenhall. During the relay Rhein-Main had two penalties which added on six seconds to their times.

"We would have taken 1st in the relay if it wasn't for the penalties," said Cunningham. "But we put forth our best effort and we still got 2nd place."

Cunningham finished the individuals with a time of 1:41.95, beating the old USAFE record by six seconds.

"That's really crushing the old record," Pacheco said. "Six seconds in an event like that is a lifetime."

Cunningham, while pleased he set a record, was left feeling like he could do even better.

"This was the first time we got to use the real course," Cunningham said. "We have a course set up on base, but it is not like the



Photo By Senior Airman Scott Brady

Airman Gabriel Villanueva, of the Rhein-Main Fire Department, shoots water at a target during the hose advance event at the U. S. Air Forces in Europe Firefighter Combat Challenge Sept. 27 at Ramstein Air Base. The Rhein-Main team finished third in the overall standings, 2nd in the relay, and Airman 1st Class Brandon Cunningham finished 1st in the individuals while setting a new USAFE record.

one at Ramstein. We had C-5 stairs set up on our course, but the official courses have three flights of stairs, so it was hard to gauge how much energy I would have left."

"They did extremely well for the amount of time they had to prepare and the equipment they practiced with," Lewis said. "I'd like to thank the 726th AMS for providing us with the C-5 stairs." Without the stairs the team would have had no way of simulating the High Rise Pack Carry and Hose Hoist events in practice.

Limitations aside, Rhein-Main did a stellar job that surprised a lot of the other teams.

"I thought we earned respect," Pacheco said. "We proved we can compete with the top teams in USAFE."

Many factors contributed to Rhein-Main's success, one of which was the crowd.

"We had, by far, the most people there supporting us, and I would like to thank them" Cunningham said. "They did a great job of motivating us to do well."

Another factor of success was the dedication of the team members.

"These guys worked hard," Lewis said. "They all came in on their off days to practice. They sacrificed a lot of personal time."

In late October Pacheco, Cunningham and Staff Sgt. Clifton Garner will go to Ottawa, Canada, where Pacheco and Cunningham will compete in the 12th Annual On-Target Fire Fighter Combat Challenge which takes place Nov. 5-8.

Due to subtle differences in the USAFE Course and the Ottawa Course, they will have to "re-qualify" during the first two days of the event.

"The entire team qualified for this event, but due to our manpower, we are not able to send the entire team," Lewis said.

In fact, it took the support of the entire fire department to even allow for Rhein-Main to compete in the USAFE event.

"I was willing to let them compete as long as we had department support," Lewis said. "While only six people were on the team, the whole department contributed through extended duty times and scheduling changes. The whole department put forth a great team effort."



Courtesy photo

Elizabeth Rodriguez (middle), 469th Air Base Group, and Michael Polhemus (right), 726th Air Mobility Squadron, stop at a water stand while competing in the Loch Ness Marathon in Scotland Sept. 28. Three other Rhein-Main members completed the Berlin Marathon the same day. A marathon is equal to 26.2 miles.

Crazy legs

Five Rhein-Main members complete marathons

By 2nd Lt. Uriah Orland
Public Affairs

Some people think driving 26.2 miles is a long way to go, but for some it isn't far enough to run. On September 28, five members of the Rhein-Main community ran a marathon. Michael Polhemus and Elizabeth Rodriguez ran in the Loch Ness Marathon in Scotland and Jack Spencer, Angie Hansen and I ran the Berlin Marathon.

For those of us at Berlin, it was our first ever. We certainly didn't run with the leader who set a world record at 2:04:55, but we gave it all we had. And for it being our first time, we were all satisfied with the results—sort of.

Hansen ran the best time of the group running a 3:58:25, and although Spencer's time was not the best, he worked the hardest for his time. At the six-kilometer marker his knee started to hurt but he kept going and fought through the rest of the 36 kilometers and finished.

Before training for the marathon I had never run over 13 miles. In college I ran the 3,000-meter steeplechase and I liked the shorter distances. But last year Spencer and I set the goal to run a marathon and I'm

glad he set it with me because I never would have trained for it. I had a belief that anyone could run a marathon if they had enough intestinal fortitude. I found out the hard way that will only takes you so far. We trained for 16 weeks and were ready to go by race time.

The atmosphere of the race was incredible. There were 35,000 people lined up between the Brandenburg Gate and the Siegesäule (or victory column) all ready to run. Once the race started there were people along the entire course cheering you on.

The only downside to it... running for four hours or more. I got to the halfway point and thought, "I'm only half way!" It was a little discouraging but I kept going. With six kilometers left it hurt more to walk than run so I kept trudging along.

After I finished in 4:31:14 I told a fellow racer that I would never do another marathon. He told me to wait two weeks and I'd change my mind. I think he was right because I'm already looking for a race next year.

Spencer is also looking to run another one. "I'm just mad that I couldn't finish on my terms," Spencer said. "If I was out of shape that would be one thing." We'll both be running again.

Sports Shorts

Tournament

The Rhein-Main Rockets Varsity Basketball Team plays its first game of the year at 2 p.m. today against Mannheim in the Darmstadt Columbus Day Tournament.

Pump it up

The U.S. Forces Europe Bodybuilding Championships are set for Nov. 1 at the Darmstadt Performing Arts Center. Opening ceremonies begin at noon and the final judging takes place at 6:30 p.m. For more information, call 370-7994.

Turkey Day Biathlon

The Dexheim Sports and Fitness Center sponsors a Turkey Trot Biathlon at 10 a.m. Nov. 22 on Anderson Barracks.

Registration for the 20K bike race and 10K run begins at 8 a.m. and finishes 15 minutes before the race.

The first and second place finishers in each category will receive awards. The cost is \$20 or Euros to compete for awards.

For additional information, call 334-5746 or 06133-69746, or email: 221sports&fitness@104asg.mwr.army.mil.

Indoor rock climbing

Join Wiesbaden Outdoor Recreation's indoor rock climbing trips each Tuesday. The cost is \$20 or Euros per person for transportation, instruction, entrance fee and equipment.

Learn basic rock climbing skills at the Frankfurt T-hall or Nieder Olm. The cost is also \$20 or Euros. The trips are suitable for beginners and experts.

For more information or to sign up call 337-5760.

Holiday greeting service begins Oct. 1

SAN ANTONIO — The Army and Air Force Hometown News Service is offering its free print holiday greeting program to servicemembers worldwide.

The program, now in its fourth year, is open for submissions through Nov. 25. An important change for this year's program is open access to the program by individual servicemembers.

The print greeting program is a fully electronic Internet program that allows any servicemember to send a formatted holiday greeting to relatives through the Hometown News Service here. After processing, the HNS staff e-mails the greetings to newspapers serving the relatives' community. The

program is free to both the servicemember and their community newspaper.

"We have more than 1,000 hometown newspapers signed up for newspaper holiday greetings, and they each cover several ZIP code areas," said Gerry Proctor, HNS chief of marketing. "Each form can generate several releases. The greetings are distributed according to ZIP codes and state. When the servicemember puts in their ZIP code ... the computer ... distributes a release for every subscribing newspaper covering that area."

"Complete and correct information is vital." Proctor said. "Submissions without a

ZIP code or with an incorrect ZIP code go nowhere."

Besides having several releases generated from each form, the servicemember can input multiple forms as well.

"Each person can submit as many greetings as (he or she wants)," Proctor said. "You can send holiday greetings to your parents, in-laws, brothers, sisters, aunts, uncles and anyone who is a relative as long as you have their city, state and ZIP code." Program information and forms are accessible on HometownLink at <http://hn.afnews.af.mil> from any government computer system.

(Courtesy of Air Force Print News)

The 469th Air Base Group safety challenge!

Following are the answers from the Sept. 26 "cold and flu" crossword puzzle:

In an effort to increase safety awareness at Rhein-Main the safety office created the safety challenge. The following answers are from the Sept. 26 safety challenge.



Winners receive prizes courtesy of the Army and Air Force Exchange Service base exchange, shoppette and food court and the 469th ABG Services Flight.

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Ways to fight off the cold and flu

The following cold and flu tips were provided by the base safety office:

- Drink eight to ten glasses of water or other nonalcoholic liquids a day. Warm drinks may be more soothing than cold.
- Don't suppress a cough that produces phlegm or sputum, it helps rid the respiratory tract of mucus. (Avoid cough suppressant medicines.)
- Wash your hands frequently, especially after blowing your nose and before handling food. (This also helps avoid the spreading of the flu virus.)
- To soothe a throat, suck on hard candy or

gargle with warm salt water. These remedies are better than most cough drops, which may cause an upset stomach when used too often.

- Try chicken soup. Researchers have finally confirmed what mothers have long observed -- chicken stock really does alleviate some cold and flu symptoms. In addition, breathing in the hot steam from the soup soothes the throat.
- Increase your intake of vitamin C. However, check with your doctor before taking vitamins in large quantities. Alternatively, drink extra orange juice, which is high in vitamin C.

Warner Bros. Trip

The youth center sponsors a Warner Bros. Halloween Trip tomorrow from 10 a.m. - 10 p.m. The trip is for youth center members who are 12 and over.

The cost is \$20 per person. For more information call 330-7125.

Career Counseling Seminar

86th Airlift Wing Career Counseling Seminars take place Tuesday and Wednesday at the Zeppelinhaus. There are two seminars a per day -- one from 9 - 11 a.m. and one from 1 - 3 p.m.

Participants will learn about retention, retraining, special duties, reenlistments and more.

To sign up call 330-7303.

Walking Tour

The next Frankfurt Walking Tour takes place Wednesday. Participants should meet in front of the shoppette at 7:45 a.m.

Learn about public transportation, downtown shopping centers and much more. This will be the last walking tour of the year.

For more information or to sign up, stop by the family support center in Bldg. 347 or call 330/699-7992.

Aviation Education

Representatives from Embry-Riddle Aeronautical University are on Rhein-Main to offer on-post programs in Associate and Bachelor degrees in Professional Aeronautics and Bachelors of Science in Management of Technical Operations.

The representatives are located at the Rhein-Main Education Center in Bldg. 347, room 253. They are present every Thursday from 1 - 4:30 p.m.

The first course for Term II begins Oct. 27, with registration beginning Tuesday.

To register for class call DSN: 322-7753. or email Hanau.Center@erau.edu.

Maryland Classes

The University of Maryland University College holds Term II registration Oct. 14 - 24. To view the schedule, please

visit the UMUC Web Site at: www.ED.UMUC.EDU.

For more information call 330/699-7434.

Newcomer's Briefing

A newcomer's briefing takes place Oct. 21 from 8 a.m. - 4:30 p.m. at the Zeppelinhaus and base clinic.

Participants will learn about working on Rhein-Main and living in Germany. There will be speakers from many different base agencies. Seating is limited.

Childcare reimbursement is available. For more information call 330/699-7992.

Comedy After Dark

The Rocket Sports Lounge hosts Comedy After Dark Oct. 22 at 8 p.m. Admission is free.

Financial Management Class

The next Basic Financial Management class takes place from 9 a.m. - noon Oct. 23 in the family support center classroom in Bldg. 347.

This course is mandatory for all E-4s and below, but is open to anyone who wants to review the basics of good money management.

For more information or to sign up call 330/699-7992.

Give Parents A Break

The next Give Parents A Break takes place Oct. 24. The last day to sign up is Oct. 22.

Those interested should contact their first sergeant or stop by the family support center in Bldg. 347.

Call 330/699-7992 for more information.

Help Wanted

The family support center needs parent-leaders for Time for Tots.

TFT is a parent-led play group that meets in Gateway Gardens. Groups can meet in the morning, afternoon or evening at a set time each week.

For more information, call 330/699-7992.

Movies Rhein-Main

Tonight - "Pirates of the Caribbean," (PG-13), 7 p.m.

Saturday - "The League of Extraordinary Gentlemen," (PG-13), 5 p.m., and "The Order," (R), 7:30 p.m.

Sunday - "Laura Croft: Tomb Raider II," (PG-13), 7 p.m.

Wednesday - "The Rundown," (PG-13), 7 p.m.

Oct. 17 - "The Italian Job," (PG-13), 7 p.m.

Oct. 18 - "Finding Nemo," (G), 2 p.m., "Gigli," (R), 5 p.m., and "American Wedding," (R), 7:30 p.m.

Oct. 19 - "Matchstick Men," (PG-13), 7 p.m.

Oct. 22 - "Out of Time," (R), 7 p.m.

Movies and times are subject to change.

Movie schedules for local communities can be found at www.aafes.com/ems/default.asp

Thrift Shop

Interested in making a Halloween costume or sewing for this year's Christmas Pageant? Then come to the Rhein-Main Thrift Shop where you can find an ample array of different fabrics.

The thrift shop hours are as follows: 9 a.m. - 2 p.m. Tuesdays and Thursdays; Noon - 6 p.m. the 2nd Thursday of the month and 9 a.m. - 2 p.m. the last Saturday of the month.

For more information call 330-7095.

Volunteers

Rhein-Main is looking for volunteers to assist with Halloween Night. The community needs to have people out in full force to walk around Gateway Gardens ensuring a safe night for the children of Rhein-Main. Anyone who has questions or would like to volunteer should call 330-7177.

School Websites

Have school questions? If so, then check out these great websites:

- <http://www.odedodea.edu> is the DoDEA web address

- www.fran-ems.eu.odedodea.edu is the Halvorsen-Tunner School Website

- www.wies-hs.ed.odedodea.edu is the website for H. H. Arnold High School



(Above) From the canals to the Berliner Dom, there is enough to see in Berlin for any taste. (Below) The Marien Kirche and Fernsehturm are two highlights in the former Soviet sector.

Berlin -- a city for all

Learn more about Germany's once divided capital city

Story and photos by
2nd Lt. Uriah Orland
Public Affairs

The city of Berlin has been there since 1244 but the history many of us know is only the last 50 years. After WWII the city became the focal point for Cold War tensions. From the Berlin Airlift to the Berlin Wall it symbolized the struggle between West and East.

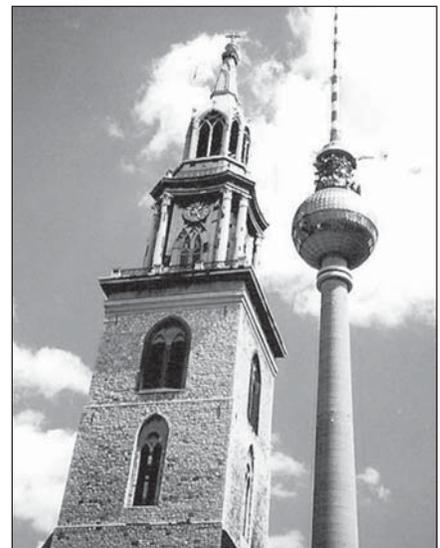
Today the city is one of Europe's most modern cities and offers a little for everyone. For those who enjoy historical venues there is the Brandenburg Gate built in 1791, the Reichstag built in 1894, the Berliner Dom (Berlin Cathedral) and Schloß Charlottenburg. There are also numerous museums centered at

Museumsinsel (Museum Island) including the Pergamon Museum, which houses the Hellenistic Pergamon altar.

Remnants of the Cold War are visible at Checkpoint Charlie and the Eastside Gallery, a 1,316-meter long portion of the Berlin Wall.

Modern European architecture was the basis for Potsdamer Platz. This section of city was built at the widest area of the Berlin Wall. Today it houses the Sony Center with a 3D IMAX theater, several hotels, a casino and a three-story mall.

You can reach Berlin by car in about five hours if traffic is good. Trains run direct from Frankfurt to Berlin and take just over four hours. The public transportation in Berlin is excellent and is recommended.



Our German Friends...

In each edition of the Gateway, the public affairs staff answers questions from the Rhein-Main community concerning the German culture.

Q: I've heard Germans love to drink Gluehwein when it's cold out. How do you make Gluehwein?

A: Making Gluehwein (mulled or hot-spiced wine) is easy and only takes about 30 minutes.

Here's how:

- 1) Place 1/2 cup water in a large saucepan with a piece of cinnamon, ginger, orange zest, eight cloves and 3/8 cups of sugar;
- 2) Bring to a boil and simmer to a thick syrup;
- 3) Pour in three cups of red wine;
- 4) Heat to just below the boiling point;
- 5) Pour the wine into individual glasses.

If you wish, you can add a cinnamon stick and orange slice to each glass. Serve hot.