

the **Gateway**

The Gateway to Europe

Vol. 61, No. 19, Sept. 26, 2003, Rhein-Main AB, Germany

News Briefs

Award Winner

Congratulations to Airman 1st Class Michael Nix for receiving the Bronze Congressional Award. The award is given for the completion of 100 hours of volunteer public service, 50 hours of personal development, 50 hours of physical fitness and one overnight expedition and exploration.

The security forces member volunteered extensively at the Rhein-Main Youth Center and with the Deutschland Young Marines.

NCO Graduates

Congratulations to Tech. Sgt. Victor Odom, 469th Air Base Group and Tech. Sgt. Christopher Miller, 726th Air Mobility Squadron, for their recent graduation from Class 2003-6 at the Kisling NCO Academy.

Contest Winners

The following Rhein-Main youths were recently announced as winners in the Extreme Summer 2003 program:

Leah Bolon won the Walt Disney World Trip in the youth category; Alessandra Riddle won an X-Box in the teen category and Rachael Monfardini won a mountain bike in the youth category.

Trespass Notice

The 469th Air Base Group Combat Arms Training and Maintenance Small Arms Range is located on Rhein-Main. This range is off limits to everyone except those scheduled for training. Trespassing is prohibited. Call 330-6827 for more info.



Photo By Staff Sgt. Matt Summers

A STEP up

Brig. Gen. Erwin Lessel (left), 86th Airlift Wing Commander, presents Master Sgt. stripes to Tech. Sgt. Chris Hernandez. Lessel promoted Hernandez through the Stripes for Exceptional Performers Program during a commanders call Sept. 23 at the Zeppelinhaus.

Take pride in your job, yourself

By Gen. Robert "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE — I'm proud to be from the greatest nation on the face of the planet. I'm proud to wear the uniform of the most *respected* and *feared* Air Force in the world. I'm proud to be a West Virginia University Mountaineer. I'm proud of flying 480 knots. And, I'm proud that I know how to use a slide rule! We are a blessed nation and have a lot to be proud of: our homes, our families and our favorite sports teams.

Now being too proud can get you into trouble — you don't want to be arrogant. But if you're proud of something you want to show it off. It's waxing your car, getting

spruced-up for a date or taking care of your front yard. Having pride means you care. It's wearing a crisp uniform with shined shoes. It means being on time and keeping your promises. It means taking care of yourself and your things.

Having pride in what you do and who you are translates into tangible results. You can see it in yourself and so can others. It's contagious. It's a mindset. But, it requires some effort. I challenge each of you to apply these five PRIDE traits in all you do both professionally and personally: Preparation, Respect, Integrity, Discipline and Enthusiasm.

Preparation. You've all heard practice makes perfect. You have to plan for suc-

See *Pride*, Page 4

Rental responsibilities

By Staff Sgt. Mark Cave
Legal Office

Skreet! Skreet! You've just touched down in Germany, all you can think about is getting some shut eye before you see what Germany has to offer. But before you lower the flaps and crash in billeting you have to obtain some wheels.

Your orders authorize you a rental car for the duration of your TDY, so you head over to the rental counter to see what they have to offer. You and your coworkers decide to take one for the team and rent the Mercedes.

You've heard there are plenty of things to see and if you don't take advantage, it would be a lost opportunity. You've made it through the jet lag and the first week of work is behind you; two words -- road trip. You swing by the Esso station, pick up a map and hit the autobahn to see how fast the Benz will go.

After being in Germany for only one week, you're already on your way to violating the Joint Federal Travel Regulation (JFTR).

If you've been TDY in the past, you're probably aware of certain aspects of the JFTR. For instance, it displays the amount of per diem and allowances you may receive while TDY. It also provides rules and regulations on other TDY issues including appropriate use of a government vehicle.

When you're strolling through the rental car lot deciding on what vehicle to rent, you should imagine that the lot is full of olive drab color station wagons with a license plate 87B035, because that is essentially what you are driving.

You're driving a vehicle that was procured by a contract established by the military. Regardless if you have a German

plated vehicle or not, the same rules apply regarding where you may travel with that vehicle. The JFTR states official purposes are to and from duty sites, lodging, dining facilities etc.

You're authorized to grab something to eat in Sachsenhausen, however, you can't swing by the club afterwards. You can't go to the mall to buy souvenirs for your children. *The entire voyage must be for official travel only.*

The driving factor behind this is that when you rent a vehicle, the agreement provides for full comprehensive and collision insurance coverage, so long as the vehicle is used for official business. If it is determined your operation was not for official business and the vehicle is damaged, you would be responsible for the cost of the repairs.

If, by chance, you rent a car for official business from an agency that isn't part of the government's rental agreement and you get in an accident, you may still be covered; presuming you rented the vehicle with your government VISA card.

However, to be effective you must report the damage not later than twenty days after the accident occurs. You can contact security forces or the legal office, but it is paramount to report the accident immediately.

If the vehicle isn't rented under the government's agreement and VISA coverage doesn't apply, then you may still be covered, presuming you were using the vehicle for official purposes.

The damage to the rental vehicle is paid as a miscellaneous travel expense—i.e. from the same funds used to fund your TDY.

There generally is no limit on the amount of liability for the rental car, so if you total the silver bullet, you could set your

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

unit back \$50,000.

Take advantage of your time in Europe, go sight seeing and experience the culture, just don't use your government rental vehicle or your government travel card to do it. If you have any questions about renting cars while TDY or you would like a definition of "official use", please feel free to call DSN 330-7275/6541.

the
Gateway

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*The deadline for the Oct. 10
edition of the Gateway is
4 p.m., Oct. 2.*

Lest we forget

Staff Sgt. Anthony Trevino, 726th Air Mobility Squadron sits inside a tiger cage in front of the BX Sept. 18 in honor of POW/MIA Day. The Air Force Sergeants Association had two tiger cages set up, along with POW information. AFSA also sponsored a ceremony at the Zeppelinhaus where Ernst Floeter, a former POW in World War II, served as guest speaker. The day ended with a formal retreat ceremony at 4:30 p.m. in front of Bldg. 347.



Photo By Senior Airman Andrew Rouleau

AF climate survey launches Oct. 1

Survey to inform leadership of needed changes in work environment

By Richard Salomon

Air Force Manpower and innovation
Agency Public Affairs

RANDOLPH AIR FORCE BASE, Texas – Air Force people will soon be able to share their viewpoints on how their leaders and organizations are doing by participating in the 2003 Air Force Climate Survey.

The online survey, which kicks off Oct. 1 and runs through Nov. 23, is one of the best ways for Air Force government employees to share their concerns about their organizational climate and participation in the survey is critical, said senior leaders.

“Leadership must be made aware of what’s really going on out there,” said Secretary of the Air Force Dr. James G. Roche.

“By taking a few brief moments to fill out this survey, you can help your leaders understand your concerns and, ultimately, better serve you and our nation’s interests,” he added.

Previous surveys included active-duty airmen and appropriated-fund civilians. This year, the survey also will include the Reserve, Guard, non-appropriated fund civilians and students in a tem-

porary-duty status.

“The survey allows people to share their personal views on areas for improvement at the organizational, command and Air Force levels,” said Capt. Amy Moore, U.S. Air Forces in Europe Manpower Performance Management section chief and USAFE primary point of contact for the survey.

“It’s an opportunity for leadership to check the temperature of their organizations,” Moore said.

“You’re voice equals change,” she continued. “... and to make positive changes, leaders must be provided with the perceived strengths and weaknesses of their organizations. This enables them to target problems that may not have been identified through normal channels and create improvements.”

Because Air Force leaders ask for direct and candid feedback, the survey team has taken extraordinary measures to ensure privacy by using advanced information-masking software.

Anonymity continues to be a key factor of the survey, officials said.

The 2003 survey will cover 13 factors that measure work experience: job, resources, core values, leadership, supervi-

sion, training and development, teamwork, participation and involvement, recognition, unit flexibility, general satisfaction, unit performance outcomes and job enhancement.

Survey participation has climbed from 39 percent in 1997 and 36 percent in 1999 to more than 65 percent of active-duty airmen and civilians in the 2002 survey.

“Speak today to shape tomorrow,” Moore said. “Although participation is not mandatory, this survey is provided as a way to voice concerns and target areas for improvement. With everyone’s help, together we can enhance our work environments.”

The survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period.

The Web address is not dot-mil restricted.

Every USAFE wing and directorate has a designated survey point of contact.

For more information about the survey, individuals can contact their assigned POC, or the USAFE POC at DSN 480-6070.

Survey results will be released early in 2004.



Photo By Gillie Zamora

Swinging away

A youngster takes his cuts at a pinata during a block party hosted by the Rhein-Main Hispanic Heritage Club, Sept. 19 in the shoppette parking lot. The block party included a jalapeno eating contest, pinata breaking and free authentic food. The hispanic heritage club also sponsored a cooking class and a kids' night out in recognition of Hispanic Heritage Month. For more information on the Rhein-main Hispanic Heritage Club call 330-4205.

Pride, from Page 1

cess — very little happens by accident. You don't ever want to jump into something unprepared. One of the reasons we were so successful in combat in Afghanistan and Iraq was because we had a good, well-developed plan of action. Whether it's a test, an interview, a deployment or a sortie, you have to lay the groundwork beforehand. If you take pride in what you do, you'll prepare ahead of time.

Respect. Give yourself credit. Nine times out of ten you'll meet your own level of expectations — both high and low. You've got to think enough of yourself to know you can accomplish anything you set your mind to. Setting high standards for yourself is about self-respect. Similarly, treating others the way you want to be treated is about mutual respect. We don't do much in life without help from others. You're part of a team — treat your teammates right. If you take pride in what you do, you'll respect yourself and those around you.

Integrity. You are only as good as your word. Protect it. Have the courage to say what you mean and mean what you say. You're the one who has to look in the mirror. Make sure what you do can stand up in daylight. There's nothing worth losing the trust others have placed in you. If you take pride in what you do, your integrity will be rock solid.

Discipline. A good plan is useless unless you execute it — you have to follow through. You've got to be willing to put in the hard work that translates your vision into reality. Most of us make a list of New Year's resolutions, but few of us actually stick to them. It's determination that's the difference between what you say and what you do. If you take pride in what you do, you'll have the discipline to stay on course.

Enthusiasm. You've got to be excited about what you do! If you're not, then you probably ought to find something else to do. The way you approach a task determines the outcome. Now you've got to be smart and pace yourself. Full speed ahead isn't always appropriate — we don't need all speed and no vector. I know we spend a lot of time away from home and family, but if you keep

your chin up and maintain a positive attitude, you'll be happier, healthier and more productive. If you take pride in what you do, you'll tackle every job with enthusiasm and high energy.

These five PRIDE traits are not only good for us individually, but should also drive what we do collectively in the command. Together we can showcase the PRIDE we have in U. S. Air Forces in Europe. One of the most visible signals of that pride is the appearance of our bases.

There's a theory in law enforcement that says if you replace the broken windows in high crime neighborhoods, then the crime rates drop. I'm told it's been put to the test and worked in big cities like New York, N.Y. and Los Angeles, Calif. It suggests that people react to the outward appearance of a place and adjust their behavior and expectations accordingly.

That makes sense to me. If things look good on the outside, they'll look good on the inside. For good or bad, you usually can judge a book by its cover. For us, outward appearance is a window to the inner workings of our units' organizational efficiency and attention to detail. Pride in appearance spills over into pride in work, mission accomplishment, esprit-de-corps and customer satisfaction. We're going to put that theory to work for us.

COMBAT PROUD is our initiative in USAFE to make sure our bases look the way they should. This is a command issue — commanders and supervisors are being asked to be "hands on"; ensuring their areas meet our standards. We're also working with the base civil engineers, but they're not solely responsible — everyone has a role to play. You can help by working with Self-Help, partnering with your local CE, and taking some ownership. That means you have to get out and police up your buildings. You may find yourself on a weekend detail putting up a new fence, planting new shrubs, picking up trash or painting new parking stripes. Your base leadership will be right there with you.

Look with a sharp eye and you'll see what needs fixing. Don't forget, these are our homes away from home. Let's give our bases the attention they deserve — we owe it to ourselves, to our teammates and to the Air Force — that's how we'll get the PRIDE results!

Warriors of the Week



JoAnn Haggard

Unit: Department of Defense Dependent Schools Teacher
Time in Dodds: 32 years, 15 at Halvorsen-Tunner
Duty Title: Kindergarten teacher
Hometown: Chattanooga, Tenn.
Hobbies: Walking, reading and collecting children's books
What has been your best experience in Dodds?
 Being able to work with the military children

DoDDs



Jan Pepelnjak

Unit: Department of Defense Dependent Schools Teacher
Time in Dodds: 29 years, 8 at Halvorsen-Tunner
Duty Title: Kindergarten teacher
Hometown: Virginia, Minn.
Hobbies: Sleeping, singing and harassing kids
What has been your best experience in Dodds?
 Experiencing new things and meeting new people.

2003 CFC campaign begins Oct. 1

By 2nd Lt. Uriah Orland
 Public Affairs

The 2003 Combined Federal Campaign-Overseas kicks off October 1 and will run for 10 weeks through December 10. The CFC-O theme, *Make a World of Difference*, illustrates that members have the power through their collective contributions to make a difference in their own communities and in the world.

Contributors can help support over 1,400 organizations this year, including military family support and youth programs that will go directly back to

the Rhein-Main community.

Last year, people donated \$237 million worldwide, second only to the 2001 post-Sept. 11 campaign.

The Rhein-Main community contributed \$30,452 in 2002, which added into Ramstein's total of \$859,971.

This equates to a \$205.00 average donation per person.

Ramstein had the highest contribution rate in US Air Forces Europe with 39 percent of members contributing.

On average, one in four federal employees or their family members will benefit from the CFC charities this year alone, according to officials.

Donors may designate which charity or charities receives their money by filling out a pledge card. Contributions can be made in cash, by check or by payroll deduction. The campaign was established in 1961 and is the larg-

est workplace-charity campaign in the country.

This annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to thousands of local and national nonprofit organizations.

The CFC mission "To support and promote philanthropy through a program that is employee-focused, cost-efficient and effective in providing all Federal employees the quality of life for all" stresses the importance of providing everyone the opportunity to donate to a charity of their choice.

Rhein-Main has the goal of 100 percent contact between all sections and their CFC representatives.

Everyone should be contacted by their section coordinator in the near future.

If someone does not hear from their section representative, they should contact one of the base representatives.

The base coordinators are 2nd Lt. Uriah Orland and Staff Sgt. Matt Summers.

For more information call 330-7804/7805.



Playing it safe

Safety tips to keep in mind during Fire Prevention Week 2003

By Doug Bankston

Rhein-Main Fire Department

The Rhein-Main Air Base Fire Department is reaching out to residents this fall with a Fire Prevention Week campaign designed to save lives and prevent injuries by teaching important information about having smoke alarms and fire escape drills.

Fire Prevention Week takes place October 5-11, 2003, and is the basis for public fire safety awareness activities in fire departments and elementary schools across United States Air

Forces in Europe. The 2003 Fire Prevention Week theme, "When Fire Strikes: Get Out! Stay Out!" is a lifesaving reminder to leave right away when the smoke alarm goes off, and to stay out until firefighters say it is safe to go back inside.

"This Fire Prevention Week, we are

concentrating our efforts on making sure residents of Rhein-Main understand that they need working smoke alarms on every level of their home, and they should plan ahead on how they would get out if fire strikes, and practice that plan regularly," says Clifford Lewis, Chief, Fire Protection, of the Rhein-Main Fire Department. "Having early warning of a fire, and following a well-practiced escape plan to get out quickly — and stay out — can make the

difference between surviving a fire and dying in one."

To reach residents with these lifesaving messages, the fire department

is joining forces with the National Fire Protection Association, the official sponsor of Fire Prevention Week for more than 80 years. According to NFPA, half of all fatal home fires occur in the small number of homes that have no smoke alarms.

Judy Comoletti, NFPA assistant vice

president for public education, says many people overestimate the amount of time they may have to get out of a fire. "A fire can become deadly in only moments, making every second count. That's why we're working with groups like the Rhein-Main Fire Department to raise awareness of the importance of installing smoke alarms and planning and practicing fire drills."

The Fire Prevention Week 2003 advice is simple:

- Install working smoke alarms on each level of the home, and test them monthly to ensure they are working; replace batteries at least annually
- Develop a thorough fire escape plan and practice it by holding fire drills twice a year~ make sure you know two ways out of every room
- Teach everyone in your household that once they are out, they must stay out until firefighters say it is safe to go back inside; get out first, then call the fire department

For more information contact the Rhein-Main Fire Prevention representative at DSN 330-7663/7117.

WHEN FIRE STRIKES:



**GET OUT!
STAY OUT!**

Fire Prevention Week OCTOBER 2003



Final Preparations

Airman Gabriel Villanueva, 469th Fire Department, practices the Forcible Entry and Victim Rescue events of the Firefighter Combat Challenge. Members of the Rhein-Main Fire Department have been practicing for the regional FCC which takes place at Ramstein Air Base Saturday. Competitors for each individual category will try to qualify for the World Challenge, a five-day event that takes place in Ottawa, Canada, Nov. 4-8.

Photos By Senior Airman Andrew Rouleau

Rhein-Main blotter

compiled by Staff Sgt. Patrick Gaudet



Sept. 5 — A noncommissioned officer assigned to the 64th Replacement Company entered the security forces control center escorting a soldier who had been in deserter status since July 2002. The soldier left Germany on leave and failed to return to his duty section. Earlier in the month U.S. law enforcement officials detained the soldier and released him to local Army Military Police. The soldier was released to his unit for further processing.

Sept. 9 — A civilian employed by the Department of Defense Dependent Schools entered the security forces control center relaying

her purse had been stolen at the Frankfurt International School. She further relayed her DoD Identification card and U.S. Army in Europe ration card were among the contents within her purse. The individual was instructed to report to the orderly room to receive a new identification card.

Sept. 9 — A soldier approached a security guard at the main gate relaying he wanted to turn himself in for being absent without leave. Security forces contacted the Darmstadt Military Police station and confirmed the individual was placed in AWOL status on Sept. 2. Security forces released the soldier to the 64th Replacement Com-

pany for further processing.

Sept. 15 — An airman transiting the base entered the security forces control center relaying his roommate had assaulted him earlier in the day. The airman relayed he had been talking on the phone while his roommate, a noncommissioned officer also transiting the base, entered the room and suggested they go out and have some drinks. The individual refused and continued talking on the phone. The NCO began swinging the telephone around, striking the airman in the head. Contact was made with the NCO who was transported to the SFCC for processing.

The most powerful place on base

Base library a storehouse of knowledge, understanding

By Staff Sgt. Matt Summers
Public Affairs

Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life. Libraries change lives for the better. **Author Sidney Sheldon**

It's tucked away behind the base elementary and middle school. The exterior matches that of the other offices in Bldg. 610 – nondescript. But what is behind the plain brown façade is like few other places in the world.

In its collection of more than 26,000 items, the Rhein-Main Base Library offers the community access to a gold mine of information. And as a member of the interlibrary loan system, library director Alice Gorshenin says patrons have countless resources at their fingertips.

Gorshenin, who holds a master's degree of library and information science, has studied on three continents and worked in libraries since 1973. She began

working for the American government in 1983 and among other posts, was the school librarian at West Point.

She came to Rhein-Main in 1995 and played a key role in the transformation of the base library into its current form.

Prior to 1995 the library was not automated and to look up a book or item customers were referred to the card catalogue, essentially a paper inventory of library items. Customers can now browse for items on one of three dedicated computers.

"One of the best features of the system is the ability to search by keywords," said Gorshenin. "We have people who can only remember one or two key words of a title and in the past it was nearly impossible to find what they were looking for."

The library also offers six computers with Internet access. While the service is open to children, parents must sign an Internet Access Agreement before a child under the age of 18 will be allowed to use the service. There is also a computer for playing educational games geared toward pre-teens.

Another change in technology is the addition of DVDs, CDs and VHS items. Much of the DVD collection was built through donations from the library's biggest benefactor, the Rhein-Main Community Spouses Club.

Gorshenin looks forward to donations to offset ever-decreasing funding.

The type of donation the library could use above all others is time.

The staff of three, who serve an average of 150 people a day and up to 300 on a busy day, sometimes find it difficult to keep up with the administration of the library. An enormous task currently underway, and something volunteers could easily accomplish, is a complete inventory.

"We can use whatever time people have to give," said Gorshenin.

Volunteers could also help to offset the increased hours of operation recently implemented by the library.

The library is open from noon to 7 p.m. Tuesday - Friday and noon to 5 p.m. Saturdays.

For more details, call 330-6494.



Photo by 2nd Lt. Uriah Orland

Lost baggage?

Members of Team Rhein-Main listen during a tour of the FRAPORT's Baggage Handling System. The system handles 18,000 pieces of luggage per hour and up to 100,000 pieces per day. The tour was part of a growing partnership between Rhein-Main and the FRAPORT.

USAFE stresses vehicle safety

Random vehicle checks at gates to deter airmen from drinking and driving

By Col. Eugene Kirschbaum
USAFE Staff Judge Advocate Office

(Editors note: In the near future, security forces personnel at U.S. Air Forces in Europe main operating bases will be conducting random vehicle checks intended to demonstrate USAFE's serious commitment to reducing the number of DUI incidents occurring within the command. This fictitious, yet realistic, scenario is presented to help educate USAFE professionals on a military commander's right to perform random vehicle inspections on military installations for the greater safety of its personnel, and to help in the deterrence of senseless DUI incidents.)

RAMSTEIN AIR BASE — Rolling down the window, I spoke as calmly as possible to the young woman wearing the M-16 and the beret "Hmmm . . . good evening officer, is there something wrong?"

Standing somewhat rigidly, the security forces member responded, "No, sir, nothing wrong; you've just been tagged to participate in our anti-DUI campaign—every fifth car gets pulled over. Please step out of the car so we can administer the field sobriety test."

Remaining seated for just a moment, I innocently inquired, "Does it make a difference that I told my son, Jake, I would be picking him up exactly at 6:30 p.m., so we can watch Terminator at the theater?" Hopefully, she is a fan of Arnold Schwarzenegger . . .

Unmoving, Staff Sgt. Smith replied,

"Yes, it makes a difference; now please step out of the car."

Sensing a contradiction, and hoping for the slightest tremor of waiver, I gestured with the palm of my left hand and pleaded, "Wait a moment, I heard you just say that Jake makes a difference . . . can I go now?"

With a rather convincing absence of waiver, she spoke, "Sir, your son makes a difference. Now please step out of the car and I will attempt to quickly conduct the field sobriety test. This usually takes less than one minute."

It was a hot day. After mowing and raking the lawn, I really deserved those two cold German beers while catching some shade on the porch. There is simply no justice if I get slammed for mowing and raking and then relaxing a little bit. Hey, I took American History in school; I know a little bit about justice . . .

"Staff Sgt. Smith, do you know that under the Fourth Amendment to the Constitution of the United States, we are protected against unreasonable searches and seizures?"

With surprising patience and clarity, Smith replied, "Glad that you mentioned the Fourth Amendment . . . we discussed that at guard mount today in preparation for this detail. As it turns out, the United States Supreme Court in a Michigan case (*Michigan State Police v. Sitz*, 496 U.S. 444, 1990) ruled that sobriety checkpoints are not unreasonable seizures since we have such a strong public interest in reducing the number of alcohol related deaths. Now,

please dismount your vehicle so we can conduct the test. We don't want to keep Jake waiting."

Jeez, what could be worse than a courteous, knowledgeable and efficient security forces member? And where does this, *dismount your vehicle* language come from? Did she enlist in the cavalry? Anyway, this is not Michigan, this is the military.

Summoning my deepest, most persuasive voice, I replied, "Staff Sgt. Smith, if this were Michigan, I would certainly agree with you. However, we are in the U.S. Air Force and we have entirely different rules under the Uniform Code of Military Justice."

Displaying far more serenity than I could have mustered, she quickly replied, "You are correct, our military justice system does differ in some respects from the civilian system. The military can make rules that are more restrictive on law enforcement activities than those imposed in the civilian community. But we haven't done that in this case. In fact, military commanders are charged with the additional obligation to provide for security on their installations and, as a result, there are special provisions specifically permitting inspections and gate searches." (See *United States v. Harris*, 5 M.J. 44; *United States v. Jones*, 24 M.J. 294; and *Military Rules of Evidence*, Rule 313(b)).

"Sergeant Smith, prior to conducting the field sobriety test, do you mind if I call Jake on my handy? I suspect he will be walking home tonight."

Get fit for the run

Ways to prepare for the Air Force's new one-and-a-half mile run

By 2nd Lt. Uriah Orland
Public Affairs

Do you feel like the kid on the AFN commercial who gets tired when cheering because you beat your favorite Play Station game? Well, here's a way to get fit for the Air Force one and a half mile run.

Many airmen haven't run for a long time because they've concentrated on the bike test. Now that they have to run many don't know where to start. There are several factors that one should consider when starting to run.

Shoes: Shoes are key! A good pair of shoes will help stop shin splints, knee problems and other pains of running. Shoes range greatly from stability to cushion. Each runner is different and likes a different shoe. Just remember to get a new pair. Don't run in that pair that you've had since college.

Motivation: Lucky for us the Air Force provided this when they changed their fitness standards. It's either pass the test or

face a regimented workout plan every day of the week.

Training Plan: There are a lot of training plans out there but each requires the same thing...determination. The most important aspect of your plan is to keep at it and start slow. Injuries occur when people think they are still in their running prime after taking the last ten years off.

Here is one plan that works in about 10 weeks with four days of running. It combines running and walking to get you into shape for an easy three mile run.

*Before starting the 10-week cycle take about two weeks and walk. Start by walking 20 minutes four days the first week then 30 minutes the second week. This will get your legs ready for a little more activity than carrying the groceries up to the apartment.

For the program, work out every Monday, Wednesday, Friday and Saturday. Take Tuesday, Thursday and Sunday as rest days.

Week 1: Run 2 Minutes, Walk 4 minutes, repeat 5 times, 30 minutes total

Week 2: Run 3 Minutes, Walk 3 min-

utes, repeat 5 times, 30 minutes total

Week 3: Run 5 Minutes, Walk 2.5 minutes, repeat 4 times, 30 minutes total

Week 4: Run 7 Minutes, Walk 3 minutes, repeat 3 times, 30 minutes total

Week 5: Run 8 Minutes, Walk 2 minutes, repeat 3 times, 30 minutes total

Week 6: Run 9 Minutes, Walk 2 minutes, repeat 2 times, then run 8 minutes, 30 minutes total

Week 7: Run 9 Minutes, Walk 1 minutes, repeat 3 times, 30 minutes total

Week 8: Run 13 Minutes, Walk 2 minutes, repeat 2 times, 30 minutes total

Week 9: Run 14 Minutes, Walk 1 minutes, repeat 2 times, 30 minutes total (After completing week 9, if you feel tired, repeat this week of training before moving on to week 10).

Week 10: Run 30 minutes

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Photo by Senior Airman Andrew Rouleau

A straight shooter

Mark Cave, 469th Air Base Group, shoots a jumpshot over a defender during the Rhein-Main Rockets Varsity Basketball try-outs. Head coach Don Reynolds held two try-out sessions last week to determine who would make this years varsity team. The team is now preparing for a basketball tournament during Columbus Day weekend.

Down

- 1. acid level
- 2. reverence
- 3. floor covering
- 4. passage money
- 5. is 16 times better than a cure
- 6. in the same place
- 7. bow
- 8. should do this to your hands often
- 10. wizard's home
- 13. ballad
- 14. stiff
- 17. that is
- 18. Arizona
- 21. utmost
- 22. cold Territory
- 23. iniquity
- 24. nix
- 25. talking horse
- 26. type of viral infection
- 29. good source of vitamin C
- 31. horse sounds
- 33. overdose
- 37. common way we catch colds
- 39. sprite
- 40. emmet

- 41. deity
- 44. garret
- 45. ___ polloi
- 48. achieve
- 50. Charlie Brown's favorite expression
- 54. opposite of
- 55. confront
- 56. sop
- 58. select
- 61. child
- 63. proceed
- 64. Northeast
- 65. conjunction

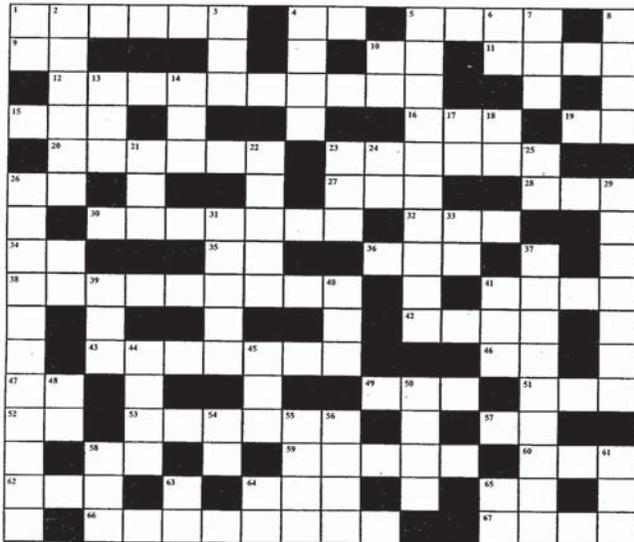
Across

- 1. see a doctor if this contains blood
- 4. iron (abbr.)
- 5. ache
- 9. Saint Nick's exclamation
- 10. Oregon
- 11. hand weapon
- 12. do this to the air
- 15. scamp
- 16. by way of
- 19. ouch

"Cold and Flu"
Crossword Puzzle



- 20. how you should blow your nose
- 23. aspiration
- 26. concerning
- 27. particle
- 28. dyad
- 30. soup for colds and flu
- 32. digit
- 34. yes
- 35. "___ and behold"
- 36. offer
- 38. much worse than a cold
- 41. accrual
- 42. meridian
- 43. should get one if you are a senior citizen (two words)
- 46. Doctor of Divinity
- 47. endorsement
- 49. short blouse
- 51. summons
- 52. as far as
- 53. put plenty of these in your body
- 57. Ohio
- 58. extra work
- 59. tube
- 60. scene
- 62. whack
- 64. firearm group
- 65. fine
- 66. see a doctor if your cold lasts longer than this (two words)
- 67. get plenty of this



**Take
the 469th
Air Base
Group
safety
challenge!**

In an effort to increase safety awareness at Rhein-Main the safety office created the safety challenge. The challenge runs once a month in *the Gateway*.

The first member of Team Rhein-Main to correctly complete the crossword puzzle and return it during normal duty hours to a member of the 469th ABG safety office, room 132, Bldg. 347, will win a random prize. The answers and the name of the winner will be published in the Oct. 10 newspaper.

Sign Policy:

Displaying signs, posters, banners and other informational notices on Rhein-Main Air Base and in Gateway Gardens is strictly controlled. Signs will not be affixed to any fence, gate, bridge, building, signposts, trees or other structures.

Signs posted in buildings will not be affixed to windows, doors, walls or other places. All notices must

be placed on the provided bulletin boards.

All signs may be posted no sooner than two weeks prior to the event and must be removed within 24-hours of completion.

With the exception of yard sales authorized by the 469th Air Base Group Housing Office, no commercial activity will be advertised.

Questions regarding this policy can be directed to the base civil engineering flight at 330-6139/6812.

Drinking Water Quality Report

The 2003 Rhein-Main Drinking Water Quality Report was recently published and is available at the following website: <http://www.rheinmain.af.mil>.

This report provides a wealth of information on our water supply. Topics include: local groundwater sources; water treatment and distribution; system maintenance; monitoring; analysis; performance standards; compliance status; public notification; general health information; and points of contact.

For more information, contact Staff Sgt. Sonia Mercado at the 469th Air Base Group Medical Flight, Bioenvironmental Engineering Office at 330-4266.

Tops in Blue

TOPS IN BLUE performs a free show tonight at 7 p.m. in Hangar 425.

Doors open at 6:30 p.m.

WIC

The Women, Infants, and Children Program has a new home at Rhein-Main. A ribbon-cutting ceremony takes place Wednesday in Bldg. 627 B-4 (just above the family support center annex) at 10:30 a.m.

Refreshments will be served.

Dachau Trip

A trip to the former Dachau Concentration Camp, the first concentration camp in Germany, takes place Oct. 4.

Participants will meet in front of the shoppette at 6 a.m. Transportation will be provided through the Air Force Sergeants Association.

Participants will be responsible for all other expenses.

For more information call 330-8117, 330-7256 or 330-6202.

Educational Playgroups

Parents interested in getting their 3, 4 or 5-year-olds into educational playgroups should attend an introductory meeting that takes place Oct. 7 from 5-6 p.m. at Time for Tots in Bldg. 627 B-1.

These groups will be completely par-

ent run, suggested activities will be provided.

For more information call 330-7992.

Zoo Trip

Time for Tots sponsors a zoo field trip Oct. 8. The group will leave the shoppette at 8:45 a.m. and return to Rhein-Main around 2 p.m.

The family support center will pay for transportation and admission. Participants should bring Euros for lunch or pack their own. Call 330-7992 to sign up.

Warner Bros. Trip

The youth center sponsors a Warner Bros. Halloween Trip Oct. 11 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.

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, registration begins Oct. 14.

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

Maryland Classes

The University of Maryland University College hold 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.

Oktoberfest

An Oktoberfest celebration takes place in the shoppette parking lot Oct. 17 at 5 p.m. There will be German food, beer and music.

Comedy After Dark

The Rocket Sports Lounge hosts Com-

Movies Rhein-Main

Tonight - "The League of Extraordinary Gentlemen," (PG-13), 7 p.m.

Saturday - "Johnny English," (PG), 5 p.m., and "Marci X," (R), 7:30 p.m.

Sunday - "How To Deal," (PG-13), 7 p.m.

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

Oct. 3 - "Bad Boys II," (R), 7 p.m.

Oct. 4 - "Pokemon Heroes," (G), 5 p.m., and "Jeepers Creepers 2," (R), 7:30 p.m.

Oct. 5 - "Bruce Almighty," (PG-13), 7 p.m.

Oct. 8 - "Secondhand Lions," (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

edy After Dark Oct. 22 at 8 p.m.

Admission is free.

Library Hours

The Rhein-Main Library has new hours of operation. The library is open Tuesdays through Fridays from noon - 7 p.m., and from noon - 5 p.m. on Saturdays.

The library is closed on Sundays and Mondays. For more information call 330-6494.

AFSA

The Rhein-Main Chapter of the Air Force Sergeants Association meets the second Thursday of every month at 7:30 a.m. at the Zeppelinhaus.

For more information call 330-8499.

Help Wanted

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



Game on!

(Right) A Frankfurt Eintracht striker drives the ball through a wall of Kaiserslautern defenders during Eintracht's 3-1 loss Sunday at the Waldstadion in Frankfurt. Eintracht is in the top division of the German professional football league, the Erste Bundesliga, and plays its games at the stadium only minutes from the base. The next home game is 3:30 p.m. Oct. 4 vs. Borussia Dortmund. For more details about attending an Eintracht game, call the public affairs office at 330-7804.



Photos by Staff Sgt. Matt Summers

Our German Friends...

In each edition of *the Gateway*, the public affairs staff answers questions from the Rhein-Main community concerning the German culture. If you have a question, send an e-mail to pa@rheinmain.af.mil or call 330-7805. For this edition:

Q: I heard there is a German-American Friendship Week each year. Is this true?

A: Yes, you're right. Since the 1980s, early October has been designated as German-American Friendship Week in Germany and the United States celebrates German-American Day Oct. 6.

The celebration is designed to further enhance ties between the two countries. Throughout the year there are German-American clubs in nearly all cities where there are Americans living. The closest German-American Club to Rhein-Main is the German-American Friendship Club in Buchschlag.

The club meets the first Tuesday of each month at 7 p.m. in the Haus Falltorweg. To get to the meeting, go out the main gate, travel across the railroad tracks in Dreieich-Buchschlag (approx. 7 km). Take the first left-hand turn after the tracks and then turn left again. When you can go no further, turn right and look for the Haus Falltorweg on the right hand side on the second block.

Club members can exchange interests, customs and cultures.

Membership is free. For more information, call Hans-Peter Muentz at 06103-68738.

This year Americans of German descent celebrate the 320th anniversary of their ancestors' arrival in Philadelphia Harbor. Back in 1683 a group of immigrants from Krefeld couldn't know that they would be followed by several millions of Germans who would afterwards give rise to the largest ethnic group in America.

During the three centuries of living in the United States German descendants contributed a lot to its culture and history. To express the appreciation and honor to this contribution, President Reagan proclaimed Oct. 6 as German-American Day.

It happened in 1983. Later on, as German-speaking Americans with their innate love of traditions sought to get them recognized by the whole American population and started a nationwide campaign.

The suggested resolutions were approved by Congress in August, 1987, and the old tradition of annual celebration of German heritage was revived.

Nowadays, German-American Day is a widely celebrated holiday accompanied by Steuben Parades, concerts, exhibitions, Oktoberfests and other special events.

(Information courtesy of www.germanculture.com)