

# the Gateway

The Gateway to Europe

Vol. 61, No. 22, Nov. 7, 2003, Rhein-Main AB, Germany

## News Briefs

### ALS Graduates

Congratulations to the following airmen who graduated from Airman Leadership School Class 04-1 Thursday at Ramstein Air Base.

From the 726th Air Mobility Squadron: **Senior Airman Jon Young, Senior Airman Duane Fish and Senior Airman Peter Bishop.**

From the 469th Air Base Group: **Senior Airman Javier Torres** from the communications flight.

### Holiday Party

The 86th Airlift Wing Holiday Party takes place Dec. 5 at the 6 p.m. at the Ramstein Officers' Club.

The prices are as follows:

- \$13 for E1 - E4 and GS1 - GS6
- \$15 for E5 - E6 and GS7 - GS8
- \$19 for E7 - O3 and GS9 - GS11

- \$23 for O4 - up and GS12 - up Club members can take \$3 off.

For more information call 330-6330.

### Holiday Hours

The following are Post Office hours for the holiday season:

- Finance (mailing out packages) 10 a.m.- 4:30 p.m. Mondays - Fridays. The finance window closes at 3 p.m. on Thursdays

- Parcel pickup window: 10 a.m.-5:30 p.m. Mondays - Fridays. Closed at 3 p.m. on Thursdays.

Please plan ahead and mail packages early in order to make sure your packages arrive on time.

For more information call 330-6384.



Photo by Staff Sgt. Matt Summers

### Some gave all

*White marble crosses mark the graves of more than 5,000 American servicemen, including Gen. George S. Patton, Jr., buried at the Luxembourg American Cemetery and Memorial in Hamm. The USO sponsors a trip to Bastogne, Belgium, on Tuesday. The bus departs Rhein-Main at 6 a.m. and the cost is \$45 each. Call 330-6424 for more details.*

## In the shadow of great airmen

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

**RAMSTEIN AIR BASE** – At 11 a.m. every Nov. 11, a combined color guard representing all military services executes "Present Arms" at the Tomb of the Unknown Soldier in Washington, D.C. The nation's tribute to those who have committed their lives toward the defense of our freedoms is symbolized by the laying of a presidential wreath.

The bugler plays "Taps" and the President of the United States urges all Americans to honor the commitment of our military veterans.

I have incredible respect and great admiration for all our veterans; our livelihood is enabled by airmen, soldiers, sailors, Marines and coast guardsmen who have answered our nation's call for generations.

Although the Air Force is a young mili-

tary service, over the past few years we have proven we're the world's most respected, all-purpose expeditionary air and space force. We continue to build on the legacy that our veterans created.

World-class U.S. Air Forces in Europe members continue to promote an enduring peace in the European and African area of responsibility. As the world saw in Operation Iraqi Freedom, our Air Force continues to be a quarterback on an all-star team.

As we honor our veterans' service and dedication, it is with a deep sense of gratitude that I am thankful daily for their commitment and service, for without them, we wouldn't have the freedoms we often take for granted.

Thank you, the men and women of USAFE, for continuing the legacy of excellence through your readiness, responsiveness and commitment to service for our nation and the ideals America represents globally.

## Rhein-Main:

## Why are we here?

By Master Sgt. Steve Felderman  
469th ABG Airfield Operations

Why are we here? What's my part in all of this? Have you ever asked yourself these questions? If you are assigned to Rhein-Main, as a military member (active duty, reservist, national guard, permanent party or TDY), a civilian contractor, a local national, a Nonappropriated Funds employee, etc., there is a very good chance that your purpose is to support the operation of the Air Force.

Chances are, everything you do is geared toward putting planes in the air and bringing them home safely.

Nowhere on the base is that more prevalent than on the flightline. The flightline is where "the rubber meets the road." It's where we gauge our success. It's where we do business.

The flightline is where Airfield Operations calls home. It's our "office." Like your office, there are rules that apply that help to make operations safer, run more smoothly and efficiently.

If your job requires you to work on the flightline, these rules also apply to you. Here are a few of the rules:

1) Speed limits – The normal speed limit on the flightline is 15 mph/24 kph. When driving within 25 feet of an aircraft, vehicle speed should be reduced to 5 mph/8 kph.

Speeds may have to be decreased during periods of darkness, inclement weather, when airfield surfaces are wet or if snow/ice is present.

2) Right of way – Except for vehicles responding to emergencies,

aircraft ALWAYS have right-of-way.

3) Safe distances. Never get closer than 25 feet in front of or 200 feet behind an aircraft with its engines running.

4) Hats – The flightline is a "No Hat Area." With the exception of ear protection and radio headphones required to accomplish the mission, remove all headgear when on the flightline.

5) Smoking – The flightline is a "No Smoking Area," period. There are no exceptions.

6) Electronic equipment – The use of music devices (radios, CD players, etc) is strictly prohibited while on the flightline. The use of cell phones on the flightline is authorized, but when in a vehicle and driving, the vehicle must be stopped prior to using the cell phone.

7) Foreign Object Damage (FOD) – Typically, we think of FOD as rocks, nuts, bolts, stones and trash, etc., but FOD is any foreign object that could cause damage to an aircraft, equipment, or personnel.

Prior to driving on the flightline, all vehicles/tires must be inspected for FOD. While on the flightline, if you see FOD, pick it up. If there is too much to pick up, contact Airfield Operations. We will dispatch a Pacific Architects and Engineers sweeper to the location. FOD is everyone's responsibility.

8) Most importantly, to drive on the flightline, you must be properly trained, certified by your unit vehicle control officer and have an AF Form 483, Certification of Competency, over stamped with "Rhein-Main AB authorized".

*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](mailto: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](mailto:Hotline@rheinmain.af.mil).*

**Col. Bradley Denison**  
Commander, 469th Air Base Group

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**330-7779**

If you would like to know more about flightline operations or if you would just like to get a tour of the flightline, please contact Airfield Operations, at 330-6636/6637/6519. We would be more than happy to give you a closer look at the reason Rhein-Main is here.

# Galeway

## Editorial Staff

Col. Bradley Denison.....Commander  
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Senior Airman Andrew Rouleau.....Editor  
Monika Salfelder.....Public affairs specialist

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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](mailto: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 Nov. 21  
edition of the Gateway is  
4 p.m., Nov. 13.*

## Pitching in

*Master Sgt. Trina Douglas, 469th Air Base Group Finance, holds a bag while Senior Master Sgt. Timothy Bolon, 469th ABG First Sergeant, fills it with leaves. The two took part in the annual Fall Base Clean-up Tuesday. This year's event was also a part of the U.S. Air Forces in Europe Combat Proud initiative. Servicemembers spent most of the day raking leaves and cleaning up around their work areas. Community members also helped clean up Gateway Gardens housing area on Thursday.*



Photo by Senior Airman Andrew Rouleau

# Chinook tragedy won't deter R&R

By Gerry Glimore  
American Forces Press Service

**WASHINGTON** – The downing of a U.S. military helicopter Sunday that was flying troops en route to stateside leave won't affect a recently expanded rest and recuperation leave program, according to U.S. Central Command.

“The (R&R) program remains ac-

tive,” declared CENTCOM spokesperson Air Force Maj. Mike Escudie, who added, “Flights are leaving Kuwait daily.”

In fact, Escudie noted, the R&R program for service members supporting operations in Iraq was expanded Sunday to handle 470 troops a day headed for two weeks' stateside leave from a previous daily limit of 270 service members.

The Dallas-Fort Worth, Texas, and Atlanta airports were added as stateside destination points for troops in the expanded program, according to a CENTCOM news release, joining the original Baltimore-Washington airport hub.

An insurgent using a hand-held surface-to-air missile, according to defense officials, apparently had shot down the American Chinook helicopter.

Sunday's attack occurred near the Iraqi village of Amiryah, which is

close to Fallujah, a recognized stronghold of support for deposed Iraqi dictator Saddam Hussein.

The Chinook, U.S. officials said, was en route to Baghdad when it was shot down, killing 16 and injuring 20 soldiers.

U.S. defense officials have acknowledged that insurgents have become bolder in recent attacks on U.S., coalition, and allied-Iraqi targets in post-Saddam Iraq. Officials agreed that insurgents in Iraq seem to be employing weaponry of increasing sophistication.

Defense Secretary Donald Rumsfeld himself said Sunday on “ABC's This Week With George Stephanopoulos” that there were “enormous numbers” of shoulder-held surface-to-air missiles in Iraq.

Rumsfeld has often pointed out that the anti-terrorism war must be taken to the enemy and that Iraq is on the front line of that conflict.

“We can win this war. We will win this war,” Rumsfeld declared on “This Week,” noting President Bush “has every intention of staying after terrorists and the countries that harbor terrorists until we have won this war.”



Photo by Staff Sgt. Matt Summers

*Soldiers fill one of the passenger terminal gates at Rhein-Main enroute to the United States for R&R leave. The first R&R flight arrived on base Sept. 26 and recently increased to two each day, one headed for Baltimore and another for Atlanta and Dallas.*

## Warriors of the Week



Capt. Jack Spencer

**Unit:** Legal**Time in service:** Almost 5 years**Duty Title:** Chief of civil law and claims**Hometown:** Moore, Okla.**Hobbies:** His family and sports**What has been your best AF experience?**

Deploying to Bosnia



Staff Sgt. Kimberly Tyson

**Unit:** Legal**Time in service:** Fifteen years**Duty Title:** NCOIC of claims**Hometown:** Dublin, Ga.**Hobbies:** Reading, traveling, music and her kids**What has been your best AF experience?**

Working within the military justice system

# DECA scholarship program begins

By Donna Miles

American Forces Press Service

WASHINGTON — The application period for the children of active-duty, retired, Guard and Reserve members to apply for \$1,500 academic scholarships kicks off Nov. 4.

The application window for the 2004 Scholarships for Military Children pro-

gram extends through Feb. 18.

In four years, the Defense Commissary Agency program has awarded nearly \$2.5 million in scholarships to about 1,500 children of U.S. servicemembers and retirees.

The goal is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding, said Kay Kennedy, chief of corporate communications for the agency.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, Kennedy said. The



Fisher House Foundation is also underwriting the program's administrative costs.

The general public can also contribute to the program through the Fisher House Foundation and the Armed Forces Foundation.

Last year, 550 scholarship recipients were selected from 6,500 applicants.

For more information about the scholarship program and application procedures, visit the program's Web site at [www.militaryscholar.org](http://www.militaryscholar.org).

## Holiday hours

The commissary will be closed :  
Nov. 11 for Veterans Day and  
Nov. 27 for Thanksgiving.

The commissary will be open:  
Nov. 25 and Nov. 28

# Waist size reflects overall health

By Staff Sgt. C. Todd Lopez  
Air Force Print News

**WASHINGTON** — The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor.

The measurement is taken the same way

for both males and females. Air Force officials use two tables for measuring waists, one for males and one for females, Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said. "As you get taller, it isn't as if you grow out as well," Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Schmidt said.

"When you look at the fitness score, it is a composite score," Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For airmen who have measured their

waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program.

While it may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of the evaluation, Schmidt said.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all interrelated. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score. The expectation is not for most airmen to achieve a perfect score.

The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.

## Customs pamphlet eases holiday mail rush

Help is at hand for U.S. personnel facing international mail regulations during the holiday mail rush. Mailing packages stateside from abroad involves many prohibitions, restrictions and import duty rules. Avoid the pitfalls by getting the "International Mail Imports" pamphlet from a military customs office.

"Many people do not know that Customs and Border Protection may fine you at least \$100 if you mail meat or any meat products to the States," said Michael Burkert, director of the USEUCOM Customs and Border Protection Agency.

Banned products include canned meats, paté, salami, sausage and soup mixes containing meat. It is also illegal to mail handguns, alcoholic beverages and a whole list of other items to the USA. Other articles not on the banned list may

be restricted and need special import permits.

A customs declaration must be fixed to every parcel going to the States and falsifying it is a federal crime.

"People must also realize that foreign-made goods sent to the USA are subject to the payment of duty," Burkert cautioned. "Even if you mail foreign items to yourself or buy them in a military exchange, the recipient may still have to pay duty and the customs user fee," he explained. U.S. residents may receive up to \$100 worth of foreign-made goods per day but have to pay duty on the total value of gifts exceeding that amount.

For more information go to the Internet at [www.customs.gov/xp/cgov/travel/](http://www.customs.gov/xp/cgov/travel/).

*Courtesy of the Rhein-Main Post Office*

# Subsidy to lower child-care rates

*Costs will drop from \$42 to \$124 per week per child in new AF program*

By Staff Sgt. Melanie Streeter  
Air Force Print News

**WASHINGTON** — A new Air Force Services family member program initiative will change how some family child-care rates are set.

The family child-care subsidy program will help working parents find high-quality and affordable child care, said Kim Jackson, Air Force family member programs specialist.

Parents seeking full-time child care may soon pay the same rates in FCC homes as they would at an Air Force child development center. Those seeking care often face long waiting lists at installation centers and are forced to pay higher rates elsewhere.

Under the new subsidy program, fees for full-time care in FCC homes will be set in one of six categories based on the family's annual income, Jackson said. This mirrors the way Air Force child development centers and school age programs determine rates.

For most FCC customers, this will significantly reduce the child-care fees currently paid to home providers, Jackson said. Fees for care in FCC homes now range from \$80 to \$185 per week, per child. Costs to parents will drop \$42 to \$124 per week, per child, under the subsidy program. Air Force family member program officials will pay the home providers the difference.

"Providing quality, affordable child care for working parents is a priority for Air Force Services," said Toni Koppen, family member programs chief. "This new program is yet another way to help installations meet their mission requirements, while improving the quality of life for our active-duty members and (Department of Defense) civilians."

Home providers will also see an incentive in the program, Jackson said. Many FCC homes are not operating at full capacity. Under the new program, more parents will be able to afford high-quality care in a home environment.

"The parents will receive a high-quality product at a reasonable cost," Koppen said. "The providers will receive a worthy wage for their services, and the installations will benefit from the affordable child care made available so mem-

## Test bases

Bolling Air Force Base, D.C.; Andrews AFB, Md.; Randolph AFB, Texas; and Langley AFB, Va. will test this program in November.

Another 47 installations will implement the program in the following months.

At press time it was not known if the program will take place at Rhein-Main.

For more information, call the 469th Air Base Group Family Member Programs Office at 330-6667 or the Child Development Center at 330-7775.

bers can focus on their duties."

Initially, families eligible for the subsidy include those with children younger than 3 years old, children with special needs, and children needing care during swing and midnight shifts at installations with waiting lists for CDC care, Jackson said.

As additional funds become available and waiting lists continue at installation centers, other age groups will be added.

## From the top

*Retired Chief Master Sgt. of the Air Force Sam Parish, spoke at an enlisted call Oct. 29 at the base theater. Parish was the Air Force's top enlisted airmen from August 1983 to June 1986. The chief touched on the role of the enlisted force in today's Air Force and the responsibilities of noncommissioned officers.*



Photo by Senior Airman Andrew Rouleau

## Quarterly assignment listing available

The enlisted quarterly assignment listing for airmen returning from overseas July through September 2004 is now available.

Airmen need to work through their military personnel flights to update their preferences by Nov. 20. Airmen will be notified of their selection by mid-December.

EQUAL advertises upcoming assignment requirements by Air Force specialty and rank. Airmen should review, prioritize and update their assignment preferences based on the list.

People can view the lists at the AFPC Web site at [www.afpc.randolph.af.mil/enlisted/default.htm](http://www.afpc.randolph.af.mil/enlisted/default.htm) or at the military personnel flight. (Courtesy of AFPC)

# Officer development

Mandatory online form replaces preference worksheet; key to guiding careers

By Maj. John Thomas  
AFPC Public Affairs

**RANDOLPH AIR FORCE BASE, Texas** — Force development becomes more tangible for all officers, lieutenant colonel and below, who face assignments next year as they must complete an online Officer Development Plan, which is replacing the old preference worksheet.

A "transitional" version of the form will be available on the Air Force Personnel Center Web site this week, officials said.

Under the plan, those up for permanent changes of station in calendar 2004 will have to fill out the form by logging on to the personnel center's assignment management system.

It marks the launch of the revamped online assignment preference portion of the new force development concept. Filling out the form starts the force development review for each officer.

"It's their way into the process," said Col. Kathleen Grabowski, chief of assignments programs and procedures here.

An officer's plan is then reviewed by the appropriate people in the chain of command and in that officer's career field, the colonel said.

"Ultimately, it's what the development teams will use to validate career goals and recommend the best next type of assignment for each officer," Grabowski said.

That recommendation will then be used by assignment teams at the personnel center to best match Air Force requirements with each officer's expressed career goals.

"The bottom line is still Air Force needs," Grabowski said. "That hasn't changed."

Filling out the form is similar to accomplishing the old 'preference worksheet,' officials said. But there are different blanks to fill in and some new questions to answer that will give career field leaders more of the information they need to put the right person in the right job at the right time.

Officers will be asked questions about career plans, goals and duty preferences. There is also room for airmen to enter comments they think are important for reviewers to know.

Reviewers will also have an area where they can record additional recommendations to the development teams. Officers will be able to update the form as often as they and their reviewer think is needed, officials said.

"The more information we can get up front on the ODP about an officer's plans and the needs of his or her career field, the better the development team can guide an officer's career," said Col. Christopher Miller, director of assignments here.

Unlike with the preference worksheet, officers will get feedback — or a 'development team vector' — recorded on the form itself once their development team reviews it, officials said.

"The development team will evaluate an officer's preferences and reviewer recommendations, and then (they will) give feedback to the individual and the reviewer about a reasonable development path," Miller said. "We also hope to realize an overall time savings for both of-

ficers and their commanders by bringing the factors that affect these decisions into finer focus right off the bat."

"These are big changes everyone should take note of because this form will be very

important to their careers," Grabowski said. "Development teams need to know as much about an officer as possible to guide careers, and the ODP will be the repository for a lot of that information," she said. "We're using this 'transitional' form because force development is moving ahead and we're not going to slow the process to wait for the 100-percent solution on this form," Miller said. "The transitional ODP will do the job for us until the full-fledged (version) is ready to go."

The format of the development plan's online form will be honed further when it drops its 'transitional' label and a final version of the ODP is fielded sometime next year, officials said.

***"These are big changes everyone should take note of because this form will be very important to their careers."***

**Col. Kathleen Grabowski**  
Air Force Personnel Center  
Chief of Assignments and Procedures

## Automatic continuation rules change

**WASHINGTON** — Regular and Air Force Reserve captains on the active-duty list who are not selected for promotion to major two or more times should not count on automatic continuation said personnel officials.

The new policy will affect captains meeting the Dec. 8 major promotion board.

Only a limited number of people in specific career fields who are not selected for promotion for the second time during the CY03B major board will be offered continuation.

"Although the complete list of eligible career fields is still being reviewed, we believe it's best to get the word out about the change

to continuation policy sooner rather than later," said Maj. Gen. John Speigel, director for personnel policy and deputy chief of staff for personnel. "People need as much time as possible to prepare for their future, whether that entails separation or further opportunities to serve their country."

The general also emphasized the importance of this process. "We must ensure the Air Force retains its most eligible, fully qualified officers in career fields that are critically understaffed," Speigel said. The Air Force will not extend continuation offers to officers in overage career fields.

(Courtesy Air Force Print News)



# Happy Halloween

There were many Halloween activities that took place at Rhein-Main. There was a Halloween Party at the youth center which included a costume contest, games and other activities; the Keystone Club sponsored a haunted house at the teen center; and traditional trick-or-treating took place in Gateway Gardens Halloween evening.



*A monster in the Keystone Club Haunted House, jumps out from behind a curtain to scare viewers.*



*A ghoul awaits for some unsuspecting victims in a corner of the haunted house.*



*A mummy and a witch receive some candy while they make the rounds in Gateway.*



*A young Snow White carries her Halloween candy.*

**Photos by Senior Airman Andrew Rouleau**



Photos by Staff Sgt. Matt Summers

## Season tip-off

*(Left) Mack Smith, 469th Air Base Group, clears the glass during the Rhein-Main intramural pre-season basketball tournament Monday. (Above) A 64th Replacement Company forward scores a layup against the American Consulate team. The championship game is set for 6 p.m. Nov. 17 at the fitness center.*

## Sports Briefs

### Youth Sports

– The Junior soccer team, which was 5-1-1, took third place overall in the 104th ASG Junior Soccer Championship. The team lost to Weisbaden 1, Saturday, after a tied overtime period and penalty kicks. Giessen ultimately took first place and is got to Vincenza for the Armed Forces Tournament Nov. 7-9.

– The Bantam soccer team, which was 6-1, took runner up in the West Division ASG Soccer Playoff here last Saturday and Sunday. The team now goes to Hanau Saturday for the 104th ASG Bantam Soccer Championship.

– The Rhein-Main Wildcats flag football team beat Weisbaden II 34-7 Saturday to end their season 4-4. They will go to the 104th ASG Flag Football Championship in Giessen on Saturday.

### Varsity Basketball

The Rhein-Main Rockets Varsity Basketball Team beat K-Town Saturday 78-72 at the base fitness center here. Forward Eddie Lawler led the Rockets with 25 points, guard Mark Cave added 14.

The Rockets' next game is Saturday against Weisbaden. Tip off is 3 p.m.

### Intramural Basketball

The Rhein-Main Intramural Basketball Preseason Tournament began Monday and continues next week.

The scores from games completed in the tournament so far are as follows:

- 469th Air Base Group 46 - 726th Air Mobility Squadron 21
- Consulate 38 - 64th Replacement Company 30
- 469th Air Base Group 56 - Armed Forces Network 35

### Fitness Center

The Rhein-Main Fitness Center, Bldg. 273, has recently added four new treadmills and a new racquetball court. The fitness center is open from 5 a.m. - 10 p.m. Mondays - Thursdays, 5 a.m. - 8 p.m. Fridays and 9 a.m. - 5 p.m. Saturdays, Sundays and holidays.

The fitness center also offer free bike spinning classes at the following times:

- 6 - 7 p.m. Mondays, Thursdays and Fridays

## Sign me up

*Staff Sgt. Viviana Van Hassel, 469th Air Base Group clinic, hands a ribbon to a Halvorsen-Tunner student during a "Red Ribbon" assembly at the school Oct. 23. An event that emphasizes drug prevention, Red Ribbon Week started in honor of Enrique Camarena, a former Marine and police officer who was killed while working undercover for the Drug Enforcement Agency in Mexico. Van Hassel, along with the family support center, organized events at Rhein-Main for Red Ribbon Week including putting on skits and speaking with the children at school and having booths at the job and information fair and at the Youth Center Halloween Party.*



Photo by Senior Airman Andrew Rouleau

## Prepare for a safe winter season

Winter is just around the corner which means cold and icy weather. This can present both mission and personal challenges. Personnel need to be prepared and vigilant to changes in the environment, especially while operating motor vehicles. Using risk management will help everyone stay safe.

Before the first winter snow arrives, people should check their snow removal supplies, tools and equipment. Snow-covered sidewalks, walkways and steps will present hazards. Everyone should make sure to stock up on supplies such as salt, sand and deicing fluid. Make sure snow removal tools such as shovels and ice scrapers are serviceable.

Portable heating devices increase the potential for office and home fires. Always inspect heating appliances before use to ensure cords and safety features are intact. Plug space heaters and electric blankets directly into electrical outlets. Always leave at least three feet of space around heaters. People should not leave space heaters unattended. Always make sure the heaters are unplugged

when not in use. Fireplaces and chimneys should be inspected before use to ensure their proper operation.

Everyone should know the symptoms of carbon monoxide poisoning: headache, fatigue, dizziness and shortness of breath. If anyone experiences any of these symptoms they should get fresh air immediately and seek medical attention.

One of the biggest dangers in winter is vehicle operation — safe vehicle operation starts with a properly prepared vehicle. Everyone should have their vehicles tuned-up and inspected before the winter season. Faulty wiring and worn spark plugs, among many other things, can lead to difficulty in starting the car.

The cooling system and antifreeze levels should be inspected to ensure the vehicle will be able to handle the expected temperatures. If the vehicle battery is several years old, people should have it tested or consider replacing it.

The vehicle defroster, heater and wiper blades should all be inspected. Wiper fluid should be replaced with a winter mixture to avoid freezing. In case of emergencies,

everyone should have a "winter survival kit" which should include jumper cables, a flashlight, and a lightweight shovel.

Everyone should make sure they check their tire treads, having good tires is vital to safe-winter driving. People should also make a habit of keeping a lot of gas in their car tanks. This minimizes condensation, which could cause gas line freezing.

The condition of a person's vehicle is only a part of the equation, the biggest factor is driver attitude. Driving during adverse road conditions demands caution and practice.

Freezing rain, snow, ice and extreme cold can make driving very dangerous. When driving in adverse conditions, everyone should allow for more time to get to their destinations so they won't feel pressured to drive too fast.

Risk management needs to be taken seriously. Drivers should not take unnecessary risks that may jeopardize their health, or the mission.

*(Courtesy of 3rd Air Force Safety Office)*

## Community Awareness Notice

Base residents should be aware there has been witnessed criminal activity in the Schwanheim Forest, located between the rear entrance to Gateway Gardens and the town of Schwanheim.

All Rhein-Main personnel should use caution when jogging or walking in this area. Use the buddy system when possible and avoid the area during hours of darkness.

## Scrapbooking

Scrapbooking takes place Tuesday at Our House from 6 - 10 p.m. Come crop til you drop.

Anyone who doesn't know how will be taught. Bring albums and photos, everything else is provided.

Childcare is provided from 6 - 8 p.m.

## Family Night

Family night takes place at the Zeppelinhaus Wednesday from 5 - 8 p.m. A special buffet table will be set up with kids favorites, as well as a Southern buffet for adults.

Simply Shonna the Clown will entertain with puppets and there will be a puppet-making project for kids.

Children 11 and under eat free, children

## Chapel Worship

The following worship opportunities are offered by the Rhein-Main Chapel:

- Catholic worship:

Sunday Mass takes place at 9 a.m. every Sunday. CCD classes are offered every Sunday at 10:30 a.m.

Daily Masses are offered Mondays, Tuesdays, Thursdays and Fridays at 11:30 a.m.

Penance - 0800-0830 Sunday or by appointment

- Protestant worship:

Sunday School is offered every Sunday at 9 a.m.

Worship and Kids Own Church take place every Sunday at 10:30 a.m.

For more information please call the chapel at 330-7501

12 - 17 eat for \$4.50 and adults eat for \$7.

## Asian Cooking

Our House holds an Asian Cooking Class Wednesday from 6 - 8 p.m. Come learn how to prepare an authentic Asian dish.

## Book Fair

The Halvorsen-Tunner Book Fair takes place Thursday and Friday from 9 a.m. - 3:30 p.m. Stop in during parent/teacher conferences.

A children's preview day takes place on Wednesday.

## Finance Class

A basic financial management class takes place Thursday at 9 a.m. in the family support center classroom in Bldg. 347.

The class provides an overview of credit and budgeting and shows how to pay off debts without causing financial hardship.

The class is mandatory for newly arrived E4s and below.

## AFSA

The next Air Force Sergeants Association meeting takes place Thursday at 7:30 a.m. at the Zeppelinhaus.

For more information call 330-8499.

## German Cooking

A German Cooking class takes place Nov. 17 at Our House from 3 - 5 p.m. Come learn how to prepare a delicious German meal.

This class will be offered the fourth Monday of every month.

## CCAF Graduation

The Team Rhein-Main Community College of the Air Force Graduation takes place Nov. 18 at 2 p.m. at the Zeppelinhaus.

The guest speaker will be Col. Bradley Denison.

The base populace is welcome to attend. There will be a reception following the ceremony.

## Orientation

Newcomers orientation takes place Nov. 18 at 8 a.m. in the family support

center classroom in Bldg. 347.

Attendance is mandatory for personnel PCSing to Rhein-Main. After the morning session, a briefing will be held at the base clinic.

Spouses are welcome to attend.

## Conflict Management

A Conflict Management for Kids Class takes place Nov. 19 at Our House from 3 - 4 p.m.

Since people come from a variety of backgrounds, have different experiences and live according to different beliefs and values, conflicts are bound to happen.

This class is a great opportunity for children ages 9 - 14 to learn how to successfully handle conflict.

## SAC Meeting

A Student Advisory Council Meeting takes place Nov. 20 at 4 p.m. at the Halvorsen-Tunner School Library. Come and learn about school issues and become active in the council.

## ADHD Support Class

An Attention Deficit Hyperactivity Disorder Support Group takes place Nov. 20 at Our House from 6 - 8 p.m.

Come meet other parents, share ideas and learn new ways to help your child succeed.

## Mongolian BBQ

The Zeppelinhaus holds a membership appreciation/Mongolian BBQ Night Nov. 20 from 5 - 8 p.m. A \$5 discount will be given to all club members on their food purchases.

Prizes will be raffled off for existing members.

New members who sign up will be entered into a separate drawing.

## Thrift Shop

Check out the great deals on winter clothes and household items. The thrift shop is located in Bldg. 340.

Hours are as follows:

- 9 a.m. - 2 p.m. Tuesdays and Thursdays; noon - 6 p.m. the 2nd Thursday of every month and 9 a.m. - 2 p.m. the last Saturday of every month. The store will be closed on Nov. 27 and 29.

# Winter sports heat up Frankfurt nights

By Staff Sgt. Matt Summers  
Public Affairs

For those starting to get the winter blues with five more months of gray skies to go, there's some 'hot' action only a few miles from the base.

Sports fans can catch German professional ice hockey and basketball action within minutes and at prices more reasonable than at stateside venues.

The Frankfurt Lions, who play in the Frankfurter Eisssporthalle on the east side of the city, are one of 14 teams in Germany's Elite Hockey League. At press time they were in first place after 19



games of their 52-game schedule.

There's a large North American presence on the team, as nine Canadians and two Americans hit the ice in Lions' uniforms. American Peter Ratchuk is among the team's leading scorers.

The stadium seats more than 6,900 and tickets are available on-line at [www.frankfurt-ticket.de](http://www.frankfurt-ticket.de) or at the Eisssporthalle before each game.

Prices range from 13 Euro for the standing area to 36 Euro for the most expensive seats. Discounts are available for children under 16, students under 25 and seniors.

For those die-hard basketball fans who can't get enough of the National



Courtesy photo

*The Opel Skyliners feature two American players, Tyrone Ellis and Chris Williams, and stand in third place in the 16-team German Professional Basketball League.*

Basketball Association on the American Forces Network the Opel Skyliners should fit the bill.

The Skyliners, who play in the German Basketball Bundesliga, were 6-2 at press time and were in third place in the 16-team league. The team features two American stars, Tyrone Ellis and Chris Williams.

The team plays in the Frankfurter Ballsportthalle. Tickets are available by calling the Frankfurt Ticket Hotline at 069-1340400 or by e-mail at [ticket@skyliners.de](mailto:ticket@skyliners.de).

Prices range from 10 to 20 Euros and are discounted up to 50 percent for students and children under 18.

## Catch all the action of the Frankfurt Lions and Opel Skyliners

The Frankfurt Lions play their home games at the Eisssporthalle Frankfurt on the east side of town.

To get there, take A-3 toward Wuerzburg and switch to the 661 in the direction of Oberursel/Bad Homburg immediately after crossing the Main River bridge, take the first exit and proceed straight through the intersection toward Riederwald.

Continue around the curve to the left and at the second street the Eisssporthalle will be on your right-hand side approximately 2 kilometers after passing the first intersection.

Following is the Lions' schedule of upcoming home games:

- Nov. 14 vs. Krefeld Pinguine 7:30 p.m.
- Nov. 23 vs. Augsburg Panther 7:30 p.m.
- Nov. 25 vs. Hamburg Freezers 7:30 p.m.
- Nov. 29 vs. Eisbaren Berlin 8 p.m.
- Dec. 4 vs. Hannover Scorpions 7:30 p.m.
- Dec. 12 vs. Nurnberg Ice Tiger 7:30 p.m.
- Dec. 23 vs. DEG Metrostars 7:30 p.m.

The Opel Skyliners play their home games at the Frankfurter Ballsportthalle near the Main Taunus Zentrum shopping mall.

To get there take the A-5 toward Kassel and take the 66 towards Wiesbaden/Hoechst. After passing the Main Taunus Zentrum look for the Jahrhunderthalle signs. Take the Jahrhunderthalle exit and you will come to the Ballsportthalle before reaching the Jahrhunderthalle.

Following is the Skyliners' schedule of upcoming home games:

- Nov. 9 vs. Telekom Baskets Bonn 3 p.m.
- Nov. 18 vs. PBC Lukoil Academics Sofia 7:30 p.m.
- Nov. 30 vs. TSK Wuerzburg 3 p.m.
- Dec. 2 vs. Pippo Milano 7:30 p.m.
- Dec. 16 vs. Ricoh Astronauts Amsterdam 7:30 p.m.
- Dec. 27 vs. ALBA Berlin 6 p.m.
- Jan. 4 vs. RheinEnergie Koln 3 p.m.
- Jan. 13 vs. Real Madrid 7:30 p.m.