

KAISERSLAUTERN AMERICAN

MAY 17, 2013

HAVE YOU READ YOUR **KA** TODAY?

VOLUME 37, NUMBER 19

86th MDG campus goes tobacco-free

Compiled from staff reports
86th Airlift Wing Public Affairs

The 86th Medical Group commander, Col. Christine Taylor, will deem the medical campuses on Ramstein smoke free in accordance with Air Force Instruction 40-102, Tobacco Use in the Air Force.

The AFI necessitates MDG commanders protect the health and welfare of patients, employees and visitors by establishing tobacco-free areas throughout all facilities, parking areas and open spaces near the medical clinics or hospitals on Air Force installations.

Tobacco use includes, but is not limited to, cigars, cigarettes, electronic cigarettes, stem pipes, water pipes, hookahs and smokeless products that are chewed, dipped or sniffed.

“This initiative targets tobacco’s adverse impact on readiness, overall health and health care costs,” Taylor said regarding her intent to make the mandate come to fruition for Team Ramstein. “Our goal is to establish a tobacco-free medical campus by May 31. This policy is important because tobacco use is inconsistent with the medical group’s role as disease prevention champions for Team Ramstein.”

The goal of the initiative is to change the Air Force culture and eventually eliminate tobacco use in the Air Force entirely.

“We have some medical functions that, for space reasons, are located outside the boundaries of the MDG campus,” said Lt. Col. Ann McCain, 86th Medical Support

See TOBACCO, Page 3



Photo by Airman 1st Class Jordan Castelan

Let’s get ready to rumble

A boxer makes his entrance to the ring May 11 in Wiesbaden, Germany. U.S. Army Garrison Wiesbaden hosted the 2013 Installation Management Command-U.S. Forces Boxing Championship. For more on this story, see Page 30.

Garrison hosts annual summer safety day

Story and photos by Dijon Rolle
U.S. Army Garrison Kaiserslautern Public Affairs

Rising temperatures, backyard barbecues and longer days can all signal the start of summer. Safety officials from U.S. Army Garrison Kaiserslautern want to ensure community members remain safe amid all the sunshine and are able to enjoy a little fun and sun the right way.

Members of the garrison’s safety office and supporting agencies like the Army and Air Force Exchange Service, German automobile club, ADAC, the USO, Edelweiss Lodge and Resort, and the Defense Commissary Agency hosted the garrison’s annual summer safety day May 7 on Rhine Ordnance Barracks in Kaiserslautern.

Service members, civilians and community members took turns visiting a variety of booths, tables and safety simulators covering the floor of the ROB Special Events

See SUMMER SAFETY, Page 7



Alexander Jung (right) and Steffen Rothlander, members of the German Red Cross, conduct CPR training during the garrison’s annual summer safety day May 7 on Rhine Ordnance Barracks in Kaiserslautern.

Tip of the Week

Official passports are not valid for personal trips. Get a personal passport.

FEATURES



Space-A travel bettering quality of life, Page 22

SPORTS



HIIT improves fitness in no time, Page 28

TEAM RAMSTEIN

WE ENABLE COMBAT POWER

TOTAL DEPLOYED FROM 86TH AW

353

TOTAL DEPLOYED FROM TEAM RAMSTEIN

588

As of May 14

To tape or not to tape

Abdominal measurement brings questions to fitness assessment

by **Michael Bates**

*Ramstein Health and Wellness
Center exercise physiologist*

That is the question, right? Whether the abdominal circumference measurement should be included in the Air Force fitness assessment is a highly debated topic. It is such a hot-button issue that Chief Master Sgt. of the Air Force James Cody spoke on the topic when he visited Ramstein in March. He mentioned the Air Force "has appointed a team of experts to evaluate whether or not the waist measurement should be tied to the fitness test."

I'm sure everyone has their own opinion about the topic; allow me to offer my perspective as both a prior enlisted active-duty member and a current civilian exercise physiologist.

In the early years of my six-year

enlistment, I relied primarily on youthful ignorance. I didn't work out specifically, but I enjoyed playing sports and that was enough for me to maintain some sort of conditioning to pass the fitness assessment.

Then, on a deployment, something happened. I started working out with a friend. I saw positive changes in my body, mood and attitude. The endorphins were flooding my body daily. I was hooked. Addicted. I have maintained an active lifestyle ever since. So, what does this have to do with the AC measurement? Let me explain what I believe to be the intent of the current fitness standards.

As we all know, fitness testing has been around for a long time, at least since the great wars. Only recently has the Air Force stepped up its fitness standards. Currently, the fitness assessment

involves a cardiovascular component, strength component and a body composition component. I think the current standards are fair. However, people who are unhappy with the current standards argue an individual can pass both the cardiovascular and strength component but fail the waist measurement and consequently bust the whole test. I've heard arguments the waist measurement is a measure of health and should be addressed during the annual physical health assessment with a medical provider. That leaves the cardiovascular and strength components to measure physical performance, which some believe is the intent of the fitness assessment. If you are physically capable of passing the cardiovascular and strength components, should the size of your waist matter?

Call me naive, but I believe the

Air Force has Airmen's best interests in mind when deciding the policy for the fitness standards. How many times have you seen someone start working out for a month or so prior to their test? I saw it all too often amongst my friends and co-workers. This may be effective for the cardiovascular and strength components, but you can't significantly change your abdominal circumference in a month. The waist measurement highlights those individuals who don't lead a healthy lifestyle. They aren't conscientious about what they eat and over time they start to add inches to their waist.

The Air Force wants its members to be physically fit and healthy. The military lifestyle is demanding, both physically and mentally. Having an active lifestyle will help you cope with the daily stresses that come from being in the military.

SPONSORING OUR AIRMEN

by **Master Sgt. Stephen Scofield**

86th Munitions Squadron first sergeant

Service members make significant sacrifices on a daily basis. Like no other profession in the world, our volunteer members sacrifice their freedoms. Members of our military are on call 24 hours a day, seven days a week.

The phone rings and our Airmen are called to the fight. As Air Force members, it is imperative we take care of our Airmen and their families.

Unit first sergeants make the sponsorship program a top priority, because it encompasses our duty to help improve the health, morale and welfare of our Airmen. Sponsoring inbound

members is one of the most important responsibilities our Airmen overseas bestow. As everyone knows, a sponsor is the first impression our inbound personnel and families have of the installation and unit of assignment.

It begins by assigning sponsors who are as close to the inbound member's rank and marital status as possible. The sponsor should contact the inbound member when the gaining unit is first notified. He or she must be in constant communication online and over the telephone before their arrival, answering any and all questions, from what schools the children will attend to what duties they will perform in their new unit.

This is when the sponsor needs to reserve lodging and secure a post office box and send

the sponsor package that includes a welcome letter from the unit commander.

It is the sponsor's responsibility to flood the newcomers with as much information as possible. According to the Airman & Family Readiness Center, the biggest pitfalls for sponsors are a lack of communication with inbound personnel prior to arrival, lack of sponsors for spouses and lack of practical transportation arranged by sponsors.

Once the member arrives in Germany, they should be greeted by a sponsor who is positive, motivated and experienced with in-processing on the base and in the unit.

Typically, the new member should be taken

See SPONSORSHIP, Page 5

COMMENTARY

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Breedlove assumes top command in Europe



Air Force Gen. Philip M. Breedlove (right) salutes Navy Adm. James G. Stavridis, signifying the change of command May 10 at U.S. European Command Headquarters at Patch Barracks.

Story and photo by Rick Scavetta
U.S. European Command

STUTTGART, Germany — A soft drizzle didn't dampen spirits as U.S. European Command welcomed its new commander, Air Force Gen. Philip M. Breedlove, and bid farewell to Navy Adm. James G. Stavridis, who is retiring.

Hundreds of military members and European dignitaries gathered May 10 at Washington Square on Patch Barracks for the mid-morning ceremony, presided over by Ashton Carter, deputy secretary of defense.

"Today, we transfer command responsibility from one outstanding leader to another and recognize the accomplishments of the men and women of U.S. European Command over the past four years," Carter said.

During his remarks, Carter praised Breedlove for his previous leadership accomplishments, to include his most recent assignment commanding U.S. Air Forces in Europe and Air Forces Africa at Ramstein. Breedlove will now also serve as supreme allied commander, Europe.

"I have every confidence that he will represent the Air Force, EUCOM and soon NATO with honor, distinction and the highest standards of professionalism," Carter said.

Ceremonial artillery fire marked the occasion with a 19-gun salute, punctuating the notes of Sousa's "Stars and Stripes Forever." Afterward, the battery commander presented Stavridis with a ceremonial artillery shell.

Stavridis, a 1976 U.S. Naval Academy graduate, made his career as a surface warfare officer, spending 10 years at sea. He's led EUCOM

and Supreme Headquarters Allied Powers, Europe since summer 2009.

As sunlight illuminated high clouds, a light mist fell. Stravidis, a Florida-native, said where he's from, that's called "liquid sunshine." He turned to his successor with word of encouragement.

"You've had a lot of great seats in your life, in your high performance aircraft and on your Harley," Stavridis told Breedlove. "You're about to sit at Eisenhower's desk, in the seat of a lifetime. You will be superb, and I'm proud to turn this command over to you."

With that, Fleet Master Chief Roy Maddocks Jr., who served as Stavridis' senior enlisted adviser, cased the admiral's flag and uncased Breedlove's flag.

See **COMMAND**, Page 8

TOBACCO, from Page 1

Squadron commander. "However, our plan is to use a phase-in approach with the ultimate goal of a tobacco-free installation."

In the interim, designated tobacco areas remain the only authorized locations for tobacco use, both smokeless and smoked. The AFI sets specific standards for designated tobacco areas, and the installation commander, Brig. Gen. C.K. Hyde, also the 86th Airlift Wing commander, is the approval authority for these areas.

"Ideally, DTAs shall be away from common points of any facility entry and not in front of buildings or air intake ducts," McCain said.

Additionally, DTAs will be established 50 feet or more from facilities. Signs and maps will be provided to define the boundaries of the MDG campus and indicate the nearest DTA.

The policy is based on an industry standard among medical facilities worldwide.

"Today, more than 3,400 civilian medical centers have established smoke-free campus policies," said Col. John Oh, the Air Force Medical Support Agency chief of health promotion in December 2012. "Smoke-free policies have emerged as the social norm at medical centers. These poli-

cies increase worker productivity, help tobacco users to quit, and protect the health of others, including vulnerable populations. The use of tobacco products decrease productivity and physical endurance and contributes to muscle weakness, among other symptoms."

The step is a natural progression for the medical industry and a transition based on society's understanding of the negative health effects of tobacco use. This is even more vital in the military environment, where a service member may be called upon at a moment's notice to deploy.

"The 86th MDG strives to provide premier patient-centered health care while supporting readiness through care and preventative services. Implementing this initiative is a step toward our longstanding tradition of outstanding care for America's heroes and their families," said Col. Frederick Grantham, 86th MDG deputy commander.

In addition to requiring medical campuses to eliminate smoking areas, the instruction, released in March 2012, expands tobacco-free environments, clarifies tobacco use restrictions in training environments and prohibits tobacco sales in some Air Force establishments.

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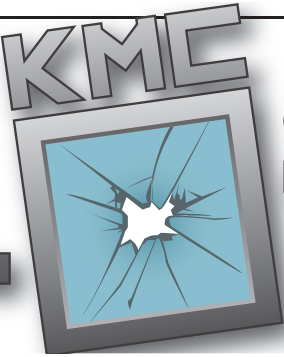
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B L T T E R

COMPILED BY THE 569TH USFPS



MAY 7

7:30 a.m.: A minor traffic accident and fleeing the scene were reported in Kaiserslautern.

12:35 p.m.: Theft from a motor vehicle was reported in Kaiserslautern.

2 p.m.: An assault was reported in Bann.

2:03 p.m.: Assault on a minor and communication of a threat were reported on Ramstein.

3:14 p.m.: Larceny of government and private property was reported at Vogelweh High School.

9:32 p.m.: An aircraft lasing incident was reported in the Kaiserslautern area.

MAY 8

12:33 p.m.: A major traffic accident with injuries was reported in Herschweiler-Pettersheim.

1:21 p.m.: A major traffic accident with injuries was reported in Kaiserslautern.

3:20 p.m.: A major traffic accident with injuries was reported on Kapaun.

MAY 9

6:36 a.m.: A major traffic accident was reported in Landstuhl.

11:30 a.m.: An Article 92, operating an unregistered vehicle, was reported on Pulaski Barracks.

4:57 p.m.: An Article 92, operating a motor vehicle without U.S. Army Europe plates, was reported near the Vogelweh Commissary.

MAY 10

3:31 a.m.: An Article 111, drunken driving, was reported in Kaiserslautern.

3:44 a.m.: An Article 128, assault, and Article 134, disorderly conduct and drunkenness, were reported in Kaiserslautern.

MAY 11

1:19 p.m.: Theft from a motor vehicle and larceny of private and government property were reported in Otterberg.

3:03 p.m.: Larceny of private property was reported at Armstrong's Club.

4:52 p.m.: Damage to private property and breaking and entering were reported in Mackenbach.

9:40 p.m.: An Eagle Eyes/suspicious activity was reported in Ramstein-Miesenbach.

MAY 12

1:32 a.m.: An Article 128, assault, was reported in Kaiserslautern.

10:13 a.m.: Breaking and entering and damage to government property were reported on Kapaun.

1:11 p.m.: A major traffic accident with injuries was reported in Kaiserslautern.

2:42 p.m.: An Article 92, failure to obey a lawful order, was reported on Ramstein.

8:08 p.m.: A major traffic accident was reported in Ramstein-Miesenbach.

Reported Larcenies

MAY 7

» **Kaiserslautern:** One workout bag, one makeup bag with assorted brushes, one black sports bra, one navy shirt, one pink towel, one disposable razor, one can of shaving cream, one pair of shower shoes and one pair of black gym shorts.

» **Vogelweh High School:** One backpack, one shirt, one pair of pants, unknown number of notebooks and one laptop.

MAY 11

» **Otterberg:** One wallet, €50, one iPod case, one Illinois driver's license, one U.S. Army Europe driver's license, one iPod Touch, one military ID card, one government travel card, four name tapes, four unit patches and two pairs of sunglasses.

» **Armstrong's Club:** One black iPhone.

MAY 13

10:50 a.m.: Accidental damage to government property was reported on Rhine Ordnance barracks.

1:03 p.m.: A major traffic accident with injuries was reported in Queidersbach.

2:11 p.m.: Grand theft auto was reported in Kaiserslautern.

6:58 p.m.: A major traffic accident and fleeing the scene were reported in Kaiserslautern.

AADD STATS

May 10 — 10 volunteers, 25 lives potentially saved.

Closures

• All Military Personnel Flight customer service offices will be closed for Wing Resiliency Day today. The Kapaun and Ramstein northside and southside post offices will also be closed until noon.

• The KMC Housing offices will be closed May 27 and 30.

Minimal manning

All military dining facilities, Vogelweh Fitness Center, Ramstein south and north fitness centers, and Air Force Lodging will be under minimal manning with normal business hours for Wing Resiliency Day today.

Police Week

Security forces will honor and represent fallen officers during Police Week, until Saturday. From 11 a.m. to 4 p.m. Saturday, defenders will set up displays for combat arms, MRAPS, emergency vehicles, AADD and demonstrate use of baton, stun-guns and military working dogs every 15 minutes in the Kaiserslautern Military Community Center.

Horse show

The annual 60th Miesau Horse Show will take place Saturday through Monday across from the pool in Miesau. More than 600 horses will participate in 38 dressage and jumping contests. The torch light jumping will be held at 9:30 p.m. Saturday.

Memorial cleanup

In preparation of celebrating the 65th anniversary of the end of the Berlin Airlift, the KMC 5/6 will clean and paint two vintage World War II era C47 and C54 aircraft at the Berlin Airlift Memorial in Frankfurt. Dates for the cleanup are tentatively scheduled for Saturday and May 25 (with more info to follow). Col. Gail Halvorsen, the "Candy Bomber," will attend the celebration June 26. For details and to sign up, contact Staff Sgt. Jesus DeLeon at 480-5664 or jesus.deleon.3@us.af.mil.

Briefings

With the summer travel rush coming, the 721st Aerial Port Squadron (AMC) will host three town-hall, space available and PCS travel briefings. The next briefing will take place at 11 a.m. Tuesday at Hercules Theater on Ramstein. The briefing will be followed by a question and answer session. There will be a limited amount of time in the theater, so if travelers would like to have specific topics addressed they can identify those on the Ramstein Passenger Terminal Facebook page by starting the question with "Topic for town hall briefing."

Health, fitness fair

The Ramstein Community Center presents the KMC Health and Fitness Fair from 5 to 8 p.m. May 29. Representatives from the Health and Wellness Center and the Ramstein Southside Fitness Center will provide information relat-

ing to exercise, functional wear, nutrition and an active lifestyle. For more information, call the RCC at 480-6600.

New installation badges

Due to the installation access system change-over, beginning June 3, personnel with U.S. Army Garrison-issued installation badges for Vogelweh Family Housing (approximately 200 personnel) will need to have their passes re-accomplished at the Ramstein Visitor Control Center. All personnel will have until July 3 to accomplish the re-issue prior to being denied access. For more information, call Tech. Sgt. Tim Streets, 569th U.S. Forces Police Squadron, at 489-7059.

Elimination of captain boards

The secretary of the Air Force approved a change to the current promotion procedure for the captain central selection board. The Air Force will no longer have a central selection board for captains and return to the promotion process using a "fully qualified" 100 percent promotion opportunity. This is effective immediately, and the 2013 captain CSB currently scheduled for July 15 to 26 will not convene. All those eligible for promotion in CY13 will be considered for promotion in June. Starting in CY2014, those eligible for promotion will be considered on a quarterly basis using this same process (as was done from 2003 to 2010).

AFSO21 improves mission capabilities

by Airman 1st Class Dymekre Allen
86th Airlift Wing Public Affairs

Air Force Smart Operations for the 21st Century focuses on improving mission capabilities to become more efficient across the Air Force.

The program enables Airmen to change their day-to-day operations by playing beneficial roles in improving and maintaining the advantages and capabilities the Air Force provides for air, space and cyberspace.

“The most important aspect is increasing combat readiness,” said Randy Glick, 86th Airlift Wing AFSO21 facilitator. “It’s about giving combatant commanders the resources they need to be effective on missions.”

AFSO21 is applicable across organizational and functional boundaries with the primary objective of improving combat capability.

It establishes a continuous process of development in an environment where Airmen are actively eliminating the waste of resources.

“It’s removing the diminishing resources and meeting mission requirements,” Glick said. “We need to get rid of non-value adding steps in the pro-



Airmen receive a briefing on Air Force Smart Operations for the 21st Century May 10 on Ramstein. AFSO21 focuses on improving mission capabilities to become more efficient across the Air Force.

Photo by Senior Airman Caitlin O’Neil-Mckeown

cess of improvement.”

AFSO21 incorporates an eight-step improvement process that aligns with Air Force priorities by generating efficiencies and savings.

The first two steps fall under “observe”

Step one: Clarify and validate the problem.

Step two: Break down the problem and identify performance gaps.

The next two, “orient”

Step three: Target improvements.

Step four: Determine root causes as soon as possible.

Then, “decide”

Step five: Develop countermeasures to prevent making similar mistakes.

And, finally, “act”

Step six: See countermeasures through to completion.

Step seven: Confirm results and process. Step eight: Standardize successful processes.

These steps can be applied to lean projects focused on immediate improvements as well as to larger business process re-engineering efforts that involve much more time and many more actions to implement and sustain improvements.

The Air Force must continue to use the right tools and techniques to improve upon mission capabilities across the Air Force.

“The program’s aim is simple: to support the wing’s strategic plan,” said Tara Mercado, 86th Force Support Squadron manpower and organization chief. “By eliminating non-value added activities in our major processes, we create a sustainable improvement culture in our Airmen.”

SPONSORSHIP, from Page 2

to lodging for much needed rest before their introduction to the KMC.

Every supervisor, first sergeant, superintendent and commander should greet their new members and provide them a newcomer’s basket. The baskets should be stocked with basic necessities, such as laundry detergent, microwavable meals, snacks and a current “The Find-It Guide.” If possible, every unit should also give their new members a temporary prepaid cell phone with an international plan. The phone should be pre-loaded with the telephone numbers of all key squadron members and useful base phone numbers.

The most impacting unit sponsor programs have total buy-in by all members. A spouses group working alongside military members can ensure exceptional results. They can provide that additional perspective and experience of moving overseas, enrolling children into new schools and simply outfitting the home for 220-volt appliances.

The goal is to enhance the mission by being there for our spouses and families. This can be accomplished by asking the spouses group to be involved in your unit’s program. Most of those stationed here are away from their extended families and separated by an ocean. The Airmen and the mission deserve our full attention to make this assignment a great one.

To improve your unit’s intro and sponsorship program, refer to Air Force Instruction 36-2103 or call the A&FRC at 480-5100. The A&FRC offers monthly training for sponsors and spouse’s sponsors and will provide you with any additional information you may require.



Assumption of command

Brig. Gen. C.K Hyde, 86th Airlift Wing commander, passes the Mission Support Group guidon to Col. Troy Dunn, the new 86th MSG commander, Wednesday on Ramstein. The 86th MSG provides military and civilian personnel, morale, welfare and recreation, force protection, contracting, postal and communication services to Team Ramstein.

Photo by Airman 1st Class Dymekre Allen

Keeping a tradition of honor through proper protocol

by Airman 1st Class Hailey Haux
86th Airlift Wing Public Affairs

Customs and courtesies aren't just about being polite and keeping Air Force traditions going. There are many facets and guidelines to follow while proudly wearing the Air Force uniform.

"Customs and courtesies start with the simple act of respect and courtesy, yet stretch across from the professionalism we display while in uniform to the way we carry ourselves out of uniform," said Staff Sgt. Israel Revuelta, 86th Airlift Wing protocol NCO.

Etiquette is defined as a common, everyday courtesy. Minding your p's and q's, showing up on time and presenting yourself in a professional manner are some ways to maintain customs and courtesies.

"Customs and courtesies are the building blocks to the level of professionalism we display on a daily basis. They are the characteristics that distinguish us as professionals to not only our nation, but the many countries we work hand-in-hand with," Revuelta said.

Today, customs and courtesies ensure a solid foundation of self-discipline in all ranks, from airman basic to general.

"Our customs and courtesies reflect the unique nature of our profession and guide significant aspects of our behavior. They emphasize our strong bond with other military members, committed to the profession of arms, reinforce good order and discipline, and promote loyalty to the chain of command — both up and down," said Chief Master Sgt. James Morris, 86th AW command chief. "Customs and courtesies play an important role in our daily life and culture, enabling us to be the effective Air Force we are today."

As the weather gets warmer and the days get longer, expect to hear the familiar tunes of the American and German national anthems being played for all to hear as the colors are retired for retreat.

A few things to keep in mind while in uniform when hearing the music bellowing over the loud speaker: Stand at attention and salute on the first note of the music and hold until the last note.

If driving, safely pull over and remain seated in silence. All sporting or physical training activities, unless it's an official physical training

test, halt with proper honors to the flag.

"The respects that are shown to our flag demonstrates the commitment we have to our nation and what it stands for, to include the display of homage for those who have served, continue to serve and have fallen to keep the flag raised," Revuelta said.

Showing respect for all military members is as much a part of courtesies as paying respects to our nation's flag.

A hand salute is a form of greeting exchanged between those in the armed forces. If in uniform, it is required that you salute when you encounter any person or situation entitled to the salute.

"Not only is it showing respect for the person standing in front of you, it's showing respect to all those who came before that person," said Master Sgt. William Sanders, 86th Comptroller Squadron flight chief.

Sometimes, all people need is a little reminder of why it's important to be respectful of the uniform we wear. Keeping up with customs and courtesies can make a world of difference in the work place; it showcases a sense of professionalism to those around us.

Retreat

Retreat is a traditional ceremony that ends the official duty day and allows a time to stop and pay respect. There are certain protocols to acknowledge:

Retreat:

Beginning May 27, retreat will signal the end of the official duty day and sound daily at 5 p.m. Monday through Thursday. Every Friday at 4:30 p.m., there will be a formal retreat ceremony with the lowering of both the German and American flags in front of Bldg 2201. Exception: German holidays.

What to do when retreat is played:

If you are outdoors in uniform while retreat

is sounding, stop and face the flag, or face the direction of the music if the flag is not visible. Stand at attention and salute at the first note of the German national anthem and hold the salute until the last note of the U.S. national anthem is played. Members of the armed forces and veterans who are present, but not in uniform, may render the military salute. All others should remove their hat with their right hand and hold the headdress at the left shoulder, the hand being over the heart.

(AFI 34-1201 2.17.3; 2.17.1)

What to do in a vehicle during retreat:

When retreat sounds, safely move to the side of the road and stop the vehicle. You

should turn off the radio, and all occupants should sit quietly until the last note of the anthem is played.

(AFI 34-1201 8.1.6.2)

What to do when outside in Air Force physical training gear during retreat:

When outside during retreat in PT gear, proper military customs and courtesies honoring the flag will apply. You should stand at attention and render a proper salute during the playing of retreat.

(AFI 36-2903 7.1.15)

** Reference AFI 34-1201 for more information about retreat**

Hagel announces fewer furlough days for DOD employees

by Nick Simeone and
Karen Parrish

American Forces Press Service

WASHINGTON — After weeks of review, Defense Secretary Chuck Hagel has concluded budget cuts will require most of the department's civilian employees to be furloughed beginning in July, but because of other efforts to deal with the shortfall, only half of the 22 days originally envisioned as temporary layoffs will now be necessary.

During a town hall meeting Tuesday at the Mark Center in Alexandria, Va., Hagel told Defense Department employees that most will be required to take 11 furlough days beginning July 8, one per week, through the end of the fiscal year, Sept. 30.

Hagel noted that when he took the oath of office less than three months ago, post-sequester plans called for 22 furlough days. Congress allowed the department to shift or reprogram some funds in March that cut that number to 14. Now, he said, as maintenance, training, flying hours and ship deployments are increasingly affected, he had no choice but to authorize the furloughs.

"We kept going back. And finally, we got to a point where I could not responsibly go any deeper into cutting or jeopardizing our formations, our readiness and training," he said.

In a memo to senior department leaders, Hagel said he had "very reluctantly" concluded that major budgetary shortfalls triggered by a \$37 billion cut in defense spending for fiscal year 2013 forced a decision he

said he deeply regrets, and one that he acknowledged will disrupt lives and impact DOD operations.

However, he credited congressional passage of a defense appropriation bill in March in part for helping to reduce the number of days civilians would be temporarily laid off by half.

It may be possible later in the year to "knock that back" to an even lower number, the secretary said, but he emphasized that he could not promise such an outcome.

"I won't promise that," Hagel said. "You deserve fair, honest, direct conversation about this, and I'm not going to be cute with you at all. This is where we are. We'll continue to look at it, (and) we'll continue to do everything we can."

Hagel said the furloughs will affect

every military department and almost every agency, with limited exceptions.

"We will except civilians deployed to combat zones and civilians necessary to protect life and property," he wrote in his memo, adding that others will be excepted if forcing them to stay off the job would not free up money for other needs.

Employees set to be furloughed will begin receiving written notification June 5.

In March, defense officials had told civilian employees to expect as many as 22 furlough days during the current fiscal year, part of department-wide efforts to slash spending in response to across-the-board budget cuts known as sequestration.

(For the full story, visit www.ramstein.af.mil.)

SUMMER SAFETY, from Page 1

Center. Participants provided information to a steady stream of visitors on topics like water safety, sexually transmitted diseases, forest safety and chainsaw operations, drunken driving, motorcycle safety, physical fitness and more.

"We have to keep not only ourselves safe, but the Soldiers and the people we work with safe," said Sgt. 1st Class LaWanda Hadnot, HHD 212th Combat Support Hospital in Miesau. Hadnot also attended the safety day last year and after 18 years in uniform, Hadnot has seen more than her fair share of safety days.

After attending this latest one, the Jersey City native said her main focus was applying the information she learned.

"We can't become complacent when we are working. We can apply these tools from today by doing things the right way and not taking short cuts," she said. "It's about doing things by the book and keeping each other safe."

Short training group sessions on topics like drug and alcohol abuse and suicide prevention were also held throughout the day, and members of the German Red Cross and the Air Force's 886th Civil Engineer Squadron fire department came out to show their support for the event.

"It's interesting for us to see the other organizations here and see some of the things they are training on to keep everyone safe," said Karl-Heinz Webel, 886th Civil Engineer Squadron fire department. Webel has more than 20 years of experience fighting fires.

"In our job as firefighters, safety is our No. 1 priority and (it's) always in everything we do," he said. "This type



Crystal Malloy, Employee Assistance Program, poses with Sparky the Fire Dog.

of event helps us because we see the other organizations, and we know the faces when we are out. We also see new techniques and new training materials."

Overseeing much of the day's action was garrison safety and health manager Manuel Azcarraga.

"We are trying to make the Soldiers, civilians and local nationals aware of safety so that we can reduce the amount of accidents and have a garrison that is free of injuries," Azcarraga said. "Right now, we are emphasizing motorcycle and automobile safety. We don't have that many injuries that are work related, but we do have falls."

Before coming here, Azacarraga was a compliance officer for the U.S. Department of Labor's Occupational Safety and Health Administration.

"Safety to me is very important. My job as an OSHA compliance officer was to investigate fatalities and injuries," he said. "I found that most of the fatalities and injuries were due to lack of training. So I want to make sure that everyone here is aware of safety and properly trained."

For more information on attending or scheduling safety training, units or organizations can call the garrison's safety office at 493-4056.

Innovator of the Month

The Innovator of the Month award recognizes an individual or team in the 86th Airlift Wing who has improved our ability to accomplish the mission by making an improvement within their workspace.

Submit your nominee now! If you know of an Airman or team who has changed a process for the better or created Air Force savings, submit five lines to your chain of command to have that Airman or team recognized!

SIMPLY DESCRIBE:

- Innovation
- Savings (time, manning or money)
- Impact (how does innovation impact squadron, group, wing, Air Force)
- Identify action, results, impact and applicability to other organizations

CHIEF'S CORNER

Go along to get along? Not in our Air Force

by **Chief Master Sgt. David J. Martin**
Headquarters U.S. Air Forces in Europe
and Air Forces Africa
safety functional manager

We have all heard the phrase “Sometimes you have to go along to get along.” Some of us may have even used the phrase ourselves.

We have also all heard the Air Force core values of integrity first, service before self and excellence in all we do.

But let me introduce you to another phrase: “We don’t have a choice!”

As an Airman, NCO, senior NCO, officer or civilian leader, we don’t have a choice about sharing the truth or having integrity when it comes to informing our leadership. We do not have to go along to get along. Our leadership expects us to inform them on all the facts as we have them. It is our responsibility to inform our commander, the decision maker, at every level of all the facts. The commander will gather all of the pertinent information they need and make decisions, sometimes life and death decisions, based on the information we provide them. We do our commanders a disservice when we choose to “go along to get along.”

I have been a chief master sergeant for more than a year now. I think every chief will tell you, your Air Force career, as you know it, changes when you sew on chief. People treat chiefs differently — I get that. One of my greatest challenges, however, is to get people to tell me how things are really going. We should all work to get everyone we work with to bring the facts to the table as we find them. The Airmen we reach out to might have the information we need to affect positive change in our unit, wing, Major Command or even the Air Force as a whole.

Will we get yelled at? Yep. Will we get kicked out of offices? I have. Will we silence a conference room in a second? Yep. Will the boss storm out of the meeting? Sometimes. Will the commander have all the facts? As we know them. Will the commander be able to make an informed decision? Most definitely.

We are currently facing some of the most difficult changes our Air Force has seen in more than 25 years. We must provide as much information to our commanders and senior AF leaders as possible. We do not have the choice of going along to get along. We must have the courage to live with integrity and inform our leadership with important information so they can make decisions that are best for the Air Force.

Go along to get along? Not in our Air Force. Not anymore!

COMMAND, from Page 3

Breedlove, a native of Forest Park, Ga., highlighted the importance of cooperation with partners and allies in Europe.

“I will endeavor to continue the tremendous

work of Admiral Stavridis to foster and strengthen partnerships both locally and across the region,” Breedlove said.

Afterward, in a discussion with reporters, Breedlove emphasized the role of family in military life overseas,

using the analogy of a triangle — the mission is at the top, but the family is at the base.

“If we take care of our families and give them the things they need, it allows the (service members) to go forth and do their missions without

worrying about what’s going on at home,” Breedlove said. “That’s the way I thought about every command I’ve had.”

To see more images from the event, visit www.eucom.mil/media-library/photos.

6 Airmen share their stories with KMC

by **Airman 1st Class Trevor Rhynes**
86th Airlift Wing Public Affairs

Airmen from across Ramstein shared their stories with members of the KMC May 10.

Organized by the Total Force Development Council, six Airmen, ranging from airman 1st class to captain, shared events that made them the people they are today in front of more than 200 members of the community.

“The whole point of storytellers was to play off of General Welsh’s (chief of staff of the Air Force) ‘every Airman has a story’ theme,” said Tech. Sgt. Tabitha Bennett, one of two event coordinators. “This event is a reminder that we have to get to know our people, because that’s the right thing to do.”

The Airmen selected had stories ranging from homelessness to domestic abuse to dealing with suicide.

“Speakers were chosen because their stories contained resiliency, warrior ethos, a challenge they had to overcome, or because they were inspirational,” said Master Sgt. Lisa Harelson, one of two event coordinators. “We had quite a few people interested in sharing their story, but we had to narrow it down to the six we had today.”

Hearing the Airmen during practices gave Harelson

a sense of humility, she said.

“Every time we had a practice, I realized that this is very humbling for them,” Harelson said. “I also got a sense of pride to be serving with them because of some of the things they’ve lived through. It just gives me a sense of pride knowing I’m serving with people like them.”

Some of these stories really hit home, Harelson said. It’s important for everyone to know their people and know where they came from, because it’s not certain who out there has a story like this.

“Coming to this event made me realize that anyone could come from some type of hardship,” said Senior Airman Ashley Corkins, American Forces Network broadcaster. “I learned that you can’t tell just by looking at them, but you have to ask questions and take time to learn who they really are.”

At the end of one speaker’s story, she thanked the audience for simply listening to her share events that made her who she is today.

“I don’t even think my story comes close to those of the other storytellers. We’ve had some trauma and horrible things in our lives,” said Capt. Melissa Buzbee Stiles, 86th Aeromedical Evacuation Squadron flight nurse. “If my story can touch one person’s life, then this was worth all the nervousness of speaking in front of you.”

Hagel orders retraining of recruiters, sexual assault responders

WASHINGTON — Amid a spate of allegations of criminal behavior by military recruiters and service members involved in the Defense Department’s efforts to prevent sexual assaults and help victims, Defense Secretary Chuck Hagel has ordered the services to retrain, re-credential and rescreen all sexual assault prevention and response personnel and military recruiters.

In a statement, Pentagon Press Secretary George Little said Hagel was informed yesterday about allegations of criminal behavior against an Army sergeant first class who was a sexual assault prevention and response coordinator at Fort Hood, Texas.

“I cannot convey strongly enough his frustration, anger and disappointment over these troubling allegations and the breakdown in discipline and standards they imply,” Little said.

Hagel met with Army Secretary John M. McHugh and directed him to fully investigate the matter rapidly, to discover the extent of the allegations, and to ensure all of those who might be involved are dealt with appropriately, the press secretary added.

Little said Hagel directed the retraining, re-credentialing and rescreening to address the broader concerns that have arisen out of these allegations and other recent events.

“Sexual assault is a crime and will be treated as such,” the press secretary said. “The safety, integrity, and well-being of every service member and the success of our mission hang in the balance. Secretary Hagel is looking urgently at every course of action to stamp out this deplorable conduct and ensure that those individuals up and down the chain of command who tolerate or

engage in this behavior are appropriately held accountable.”

Army officials announced yesterday that the Army Criminal Investigation Command is investigating the Fort Hood Soldier for pandering, abusive sexual contact, assault and maltreatment of subordinates.

In a statement, Defense Department officials said the soldier had been assigned as an equal opportunity adviser and sexual harassment and sexual assault response and prevention program coordinator with a 3rd Corps battalion at Fort Hood when the allegations surfaced. The Soldier was immediately suspended from all duties by the chain of command once the allegations were brought to the command’s attention, officials said, adding that charges had so far not been filed or preferred.

(Courtesy of American Forces Press Service)

409th CSB hosts first European contracting board

by Rachel Clark
409th Contracting
Support Brigade

The 409th Contracting Support Brigade hosted the first European contracting coordination board March 29 in Wiesbaden, Germany.

The board was established by direction of Kim Denver, former deputy assistant secretary of the Army (procurement), in an effort to synchronize contracting support, leverage organizational expertise and to resolve common issues across the European theater.

More than 30 attendees representing 13 different acquisition and contracting organizations in the medical, finance, logistics and engineering communities attended.

Col. William Bailey,

409th CSB commander, said the board set the framework for strategic collaboration on contracting business across Europe.

“We can accomplish so much more as a collective in regards to coordination, resources and support,” Bailey said. “We need to be talking to each other, and this is a great step in the right direction.”

Each organization presented its mission, structure and capabilities, which increased everyone’s situational awareness.

“With the current fiscal limitations, this board provides the opportunity to identify and eliminate redundancies. The response was overwhelmingly positive about the need for and the opportunity provided by this forum for value-added change,” Bailey said.



U.S. Army photo

Pete Lichtenburg, U.S. Army Europe’s deputy of logistics, talks with his peers about contracting and logistics at the European Contracting Coordination Board March 29 in Wiesbaden, Germany.

Check your OPSEC; Enemies are watching

by Airman 1st Class
Hailey Haux
86th Airlift Wing
Public Affairs

Operational security is something all military, civilian and dependents should be aware of, especially when it’s so easy to share information in today’s technological world.

OPSEC is the process of keeping unclassified, critical and sensitive information protected from possible adversaries.

If people aren’t paying attention to possible OPSEC violations, who is there to catch those errors? Does the Air Force have someone watching for possible threats and violations?

The answer is yes. Airmen from the 352nd Network Warfare Squadron Detachment 1 keep a close eye on communications that happen while using government resources. Email and phone calls made on direct service network lines or social networking tools, such as Facebook, used on government computers are all mon-

itored for possible OPSEC violations.

“Our job is unique in the fact that we’re one of three units in the Air Force,” said 1st Lt. Cheri Fairman, 352nd NWS Detachment 1 operations flight commander. “We deny enemies’ access to sensitive data from friendly telecommunications. It gives us a chance to impact OPSEC across the Air Force.”

Airmen at the 352nd NWS Detachment 1 have equipment that flags communications containing information that may pose a risk to OPSEC. An analyst then scrutinizes the message to determine what the impact would be if it fell into the wrong hands.

“What we look for varies but could deal with ongoing operations, exercises, personally identifiable information, classified information and any information commanders feel is worth protecting,” said Airman 1st Class Nathan Crossey, 352nd NWS Detachment 1 cyberspace operations analyst.

As intelligence professionals, cyberspace opera-

tions Airmen go through six months of training at technical school. There, they focus on critical thinking and are taught to recognize threats to strategic, operational and tactical missions and assets.

“We’re here to report vulnerabilities to commanders so they can train their personnel on using better OPSEC practices,” said Tech. Sgt. Marcus Anderson, 352nd NWS Detachment 1 cyberspace mission director. “We’re not the bad guys here to get people in trouble.”

The KMC is a large military community with more than 50,000 people. Service members, civilians and dependents who live and work here provide support to the local area and downrange. This also means there are many more opportunities for OPSEC violations to happen.

“For one particular mission, we usually see about 3,000 messages a day, and it could be a hit or miss on finding anything,” Crossey said. “We may find five disclosures in one day or zero. Zero is not bad; it just means people are

paying attention to OPSEC.”

Watching what one posts on social media sites and being aware of what is sent in an email or said over the phone can save lives.

“We want everyone to

understand that we need to protect our sensitive, unclassified and personal information just like we do our classified,” Anderson said. “Times are different, and our enemies are getting smarter.”





SPOTLIGHT

06371-47-9983

May 17, 2013

www.86fss.com

FAMILY

Ramstein Community Center • Bldg. 412 • 06371-47-6600

- Dinosaur Family Night: 20 May from 1730-1900. Make your very own dinosaur crafts, dig for dinosaurs in the sand pit, and remember to bring a camera to take photos with the extremely large prehistoric dinosaurs. Cost: \$3 for children 3 and older, FREE for children with a deployed family member.

Vogelweh Community Center • Bldg. 2059 • 0631-536-7626

- Family Nerf Wars: 25 May & 20 July at 1930, meet at VCC at 1830. \$20 per couple and \$10 for additional family members, ages 8 and up only. Transportation is included, sign up in advance! (Please bring your own Nerf brand guns).

FOOD

Ramstein Officers' Club • Bldg. 302 • 06371-47-2824

- Mongolian Night: Create your own mouth watering meal on 23 May, 1700-2000. The menu will include beef, chicken, and pork with an assortment of seasonal vegetables. Cost is \$1.50 per ounce.

TRAVEL AND ADVENTURE

Outdoor Recreation • KMCC • 06371-47-5705

- Trout Fishing: 19 May
- After Work Mountain Bike Ride: 21 May

RTT • KMCC • 06371-46360

- Heidelberg: 23 May
- King Ludwig's Castle: 25 May

FITNESS

Southside Fitness Center • Bldg. 2117 • 06371-47-0295

- FREE! Total Fit: Wednesdays at 1715, experience 20 min. of cardio step, 20 min. of body sculpting and 20 min. of core training, all in one class!

Vogelweh Teen Center • Bldg. 2059 • 0631-536-6155

- Teen CLUBS: Get Movin' Club, 20 May from 1630-1730. This club provides teens with fun alternative exercise to increase their physical activity through games that involve: dance, sports, imagination and flexibility.
- Stop by the Teen Center for Open Recreation night every Friday from 1500-2100.

ENTERTAINMENT

Ramstein Aquatic Center • Bldg. 422 • 06371-405-7665

- Battle of the Battleships! Stop by the Ramstein Aquatic Center today at noon to witness a host of hand-made battleships battle to the end. Food and drinks from Pizza Gallerie and the Flying Pig will be available for purchase.

OTHER FSS NEWS!

Family BINGO Night: Backyard Fun, 24 May, doors open at 1730, games start at 1800. Win prizes geared for summer fun! Bingo in the coverall game and win the Progressive Prize. Cost: \$5 per card, \$1 for U-Pick-Em game. Minimum of 2 cards must be purchased. Contact the Ramstein Community Center at 06371-47-6600 for more information.





Photo by Airman 1st Class Dymekre Allen

Coming home

An Airman from the 86th Security Forces Squadron is welcomed home by his family May 11 on Ramstein. Airmen are met at the passenger terminal by family and friends after returning from a deployment to Bagram Airfield, Afghanistan.



U.S. Army photo

Climbing for Road Warrior Challenge

A Soldier with the 21st Theater Sustainment Command's 709th Military Police Battalion, 18th Military Police Brigade climbs a rope during a modified physical fitness test May 3 during the Police Centric Road Warrior Challenge.



Photo by Airman 1st Class Jordan Castelan

Improving fitness

Capt. James Burke, 37th Airlift Squadron chief of training and scheduling, lifts weights May 9 at the Ramstein Southside Fitness Center. Burke frequents the gym to improve his overall fitness.



Photo by Senior Airman Caitlin O'Neil-McKeown

Medical group training

Members of the 86th Medical Group build a decontamination tent at the medical clinic during monthly training May 10 on Ramstein. During the training, medical Airmen learned to respond to a variety of scenarios and emergency procedures.



Photo by Sgt. 1st Class Matthew Chlosta

7th CSC Soldiers train with 720th EOD at Baumholder

Explosive ordnance disposal technicians Spc. Mike Smith (left) and team leader Staff Sgt. Sean Ripley, both assigned to the 21st Theater Sustainment Command's 720th Explosive Ordnance Disposal Company of the 16th Sustainment Brigade, search for improvised explosive devices May 8 during a combined training mission with the 7th Civil Support Command's 773rd Civil Support Team in a simulated chemical lab that was littered with suspected unexploded ordnance.

21st TSC German attorney wins Bar Association award

**Story and photo by
Staff Sgt. Warren W. Wright Jr.**
21st Theater Sustainment Command
Public Affairs

A German attorney with the 21st Theater Sustainment Command's Office of the Staff Judge Advocate is being recognized for his exceptional achievements and outstanding service in support of the military legal assistance effort.

Joerg Modellmog, the senior German attorney-adviser for the Kaiserslautern Legal Services Center, and a native of Clueversborstel, Germany, has been awarded the American Bar Association's Legal Assistance for Military Personnel Distinguished Service Award for 2012.

According to the narrative for his award, Modellmog won because of his "extraordinary work ethic, prodigious publishing of preventive law handouts and articles, highly effective teaching and mentoring, and exemplary efforts to protect American service members and Department of Defense civilian employees from host nation taxation of their salaries, which set him apart from his contemporaries. No other attorney has done more to help legal assistance practitioners throughout the armed forces advise their clients on how matters are handled under German or European law."

"It was certainly a big surprise and a tremendous honor," Modellmog said. "It's wonderful to even get recognized for a job that you love to do."

"The major accomplishment here, in terms of this award, which is a very prestigious award, is that this is the first time ever that someone who is not a U.S. citizen has won this award," said Stephen W. Smith, the senior civilian attorney for the 21st TSC. "It really reflects great credit on not only Mr.



Joerg Modellmog, the senior German attorney-adviser for the Kaiserslautern Legal Services Center, studies a German law book while working in his office May 10 on Kleber Kaserne. Modellmog has been awarded the American Bar Association's Legal Assistance for Military Personnel award for 2012 for his exceptional achievements and exceptional service in support of the military legal assistance effort.

Modellmog, but upon the kind of work that all of our host nation attorneys do."

"I didn't even know a non-U.S. citizen would qualify," Modellmog said.

Modellmog's dedication to helping Soldiers and their families understand the complexities of German laws is something that makes him stand out among his peers.

"Mr. Modellmog draws on his extraordinary linguistic skills and first-hand experience of American culture to make complicated German legal concepts easy for Americans to comprehend," Smith said.

"Clients from as far away as Stuttgart and Bamberg have driven hundreds of kilometers to seek his counsel and representation."

"When Soldiers come to a foreign country, they don't understand the law. There's a language barrier, and they just want to know how things work," Modellmog said. "I try to do my job as best as I can by working at different levels with different approaches. I like helping Soldiers."

Modellmog is expected to be recognized for his achievements during a ceremony later this summer.

Inter-Nation Sports Championship games



Photos by Senior Airman Jerilyn Quintanilla

Airmen from the U.S. Air Forces in Europe men's and women's basketball teams pose for a group photo during their last training day May 9 at the gymnasium on Royal Air Force Lakenheath, England. The teams were comprised of both officers and enlisted Airmen from various bases in USAFE, chosen to represent the command in this year's Inter-Nation Sports Championship games. Both teams were undefeated in the tournament against five other nations and won the championship title May 12.

Kindergaves keep children's memories alive

The annual Kindergaves memorial ceremony will take place Saturday at the Kaiserslautern main cemetery (Waldfriedhof).

From 1952 to 1971, American infants who died at birth or shortly after birth at the American military hospital at Landstuhl or at nearby civilian hospitals were buried in the Kaiserslautern main cemetery in an area designated as the "American Kindergaves."

The Kindergaves serve as the final resting place for 451 American children of service men and women serving in Europe during the Cold War.

Since 1961, members of the German-American and International Women's Club and the Ramstein Area Chiefs' Group maintain the gravesites. Parents, siblings and other family members have been coming to Kaiserslautern to visit the memorial site ever since.

During Saturday's ceremony, KMC officials will offer speeches and lay wreaths.

Attendees will meet at 9:45 a.m. at Daenner Chapel on Mannheimer Strasse in Kaiserslautern.

The Air Force JROTC Color



File photo

Each year, wreaths are placed at the Kindergaves at Kaiserslautern's cemetery during the annual Kindergaves memorial ceremony.

Guard will lead the procession to the gravesite where floral wreaths will be placed at the front monument. A candle lighting ceremony will also be held in memory of the children.

The memorial ceremony is a public event open to the entire community.

After the ceremony, there will be a reception in the chapel.

For more information regarding

the ceremony and the history of the Kaiserslautern Kindergaves, visit <http://Kaiserslautern-kindergaves.org>.

(Courtesy of Ramstein Area Chief's Group)

Corps of engineers waives recreation site fees for military

WASHINGTON — Service members assigned to the KMC who are planning stateside moves or vacations this summer have free use of U.S. Army Corps of Engineers-managed recreation sites. The corps recently announced it will continue to accept the America the Beautiful Federal Recreation Pass Program's Interagency Annual Pass for Military (military pass) at its more than 2,500 locations nationwide.

Initiated last year, service men and women — Army, Navy, Air Force, Marines, Coast Guard, and activated National Guard and Reserves — and their dependents who present the Interagency Military Pass will receive a fee waiver to USACE-managed day-use areas (boat launches and swimming areas).

The Military Pass, which is free, may be obtained in person at U.S. Forest Service, National Park Service, Bureau of Reclamation, Bureau of Land Management and U.S. Fish and Wildlife Service facilities.

Additional information on the Federal Recreation Pass Program is available at <http://store.usgs.gov/pass/annual.html>.

Military members and their dependents may also



Courtesy photo

Service members vacationing in the states can use U.S. Army Corps of Engineers-managed recreation sites without charge.

present a Department of Defense identification card or Common Access Card to receive the day-use fee waiver at USACE-managed day-use areas.

In a separate effort, USACE will continue to waive camping fees for active-duty military members and their dependents on mid- or post-deployment leave from duty in a hostile fire zone, including Operation Enduring Freedom, Operation Iraqi Freedom, and other deployments in support of over-

seas contingency operations.

To qualify for a camping fee waiver at a USACE-managed campground, a member or dependent must present the Interagency Military Pass or CAC and a copy of their mid- or post-deployment (reintegration) leave orders.

Camping fees are waived on a walk-up and space available basis, as well as for reservations made through the National Recreation Reservation Service call center at 1-877-444-6777. However, fees will not be waived for online reservations made through the online www.recreation.gov website.

Acceptance of USACE fee waivers is encouraged, but not required, at the more than 1,800 nationwide recreation areas managed by other entities on USACE lands.

"Our military service members and their families sacrifice so much for our country. The waiver of day-use fees at USACE lakes and recreation areas will make it easier and more affordable for them to get to the great outdoors with their families and relax," said Maj. Gen. Michael J. Walsh, USACE deputy commanding general for civil and emergency operations.

(Courtesy of USACE)

KMC celebrates Asian-Pacific American Heritage Month

by Senior Airman
Aaron-Forrest Wainwright
86th Airlift Wing
Public Affairs

The KMC celebrates Asian-Pacific American heritage in May. Throughout the month, there will be educational expos, interactive demonstrations and a celebration to close out APAHM.

The 2013 APAHM com-

mittee, made up of different private organizations, service members and family members, has a diverse cultural connection to Asia and the Pacific islands.

APAHM originated on Oct. 5, 1978, when President Jimmy Carter signed a joint resolution designating the annual celebration. Twelve years later, President George H.W. Bush signed an exten-

sion making the weeklong celebration a monthlong celebration.

"Our agenda is primarily for the service and education of our community, our family atmosphere and to the nation-building and patriotism of the Asian-Pacific American community," said Master Sgt. Pepito Ambos, 76th Airlift Squadron standards

and evaluation director.

The APAHM committee is dedicated to instilling Asian-American and Pacific Islander pride in the KMC by demonstrating different Asian and Pacific-islander cultures.

"As we participate and visit different locations throughout the month of May, we will bring a 'did you know' fact book and discuss some

unique and fun attributes of our diverse cultures," said Master Sgt. Michael Vansant, co-chairman of the APAHM committee. "We will visit school assemblies, USO, Fisher House, Airman's Attic and occasionally military associations with a personnel development brief on Asian-Pacific Americans in the U.S. armed forces."

The power of prevention

Story and photo by Dijon Rolle
U.S. Army Garrison Kaiserslautern
Public Affairs

Lt. Col. George Brown is a man on a mission, and if he's successful, it's one that could put both him and his staff out of a job.

"When people think about emergency services, they normally think about us after an event has already started. It can be any type of bad incident like a fire, assault or robbery, and we respond," said Brown, the director of emergency services for U.S. Army Garrison Kaiserslautern. "However, just like the Army, as a whole we like to try and work ourselves out of a job. It would be great if the world didn't need an Army. It would also be great if the world didn't need police. The only way to do that is to not just respond to incidences, but to try and prevent them before they even happen."

Brown and his staff have loaned their time and talents to a series of community projects, or "good news" stories as Brown likes to call them, that are designed to help more community members become proactive in preventing incidents. One of the major areas the team is focused on is fire prevention.

"We started on a lot of projects on

a lot of different levels, from having elementary kids come over to the fire station and giving them a little training on what to do in an emergency, all the way to the supervisors who are the fire marshals for their organizations, and ensuring that they know what they're supposed to be doing to keep everyone safe and everything else in between," Brown said.

Members of the DES have always participated in outreach efforts. Some of their most recent events include supporting Month of the Military Child activities in Miesau and Kaiserslautern, fire truck drivers' training at Sembach, youth fire brigade fire extinguisher training at the Germersheim Army Depot Fire Department, Feuerwehr May Day in Morlautern and hosting the first official fire station captains' meeting in Miesau.

"This is normal for us. It's one of those things that's kind of behind the scenes. Most of the things that make the news are bad. It's bad news, not good news. That's why I've kind of said, these are the good news stories, and here's what we're doing to keep the bad things from happening."

His accomplice in these efforts is Jürgen Stegner, the garrison's fire chief.

"We are very proud of our educa-



Lt. Col. George Brown, U.S. Army Garrison Kaiserslautern's director of emergency services, and Garrison Fire Chief Jürgen Stegner look at art work from local school children May 7 hung in the hallways of the DES headquarters building on Rhine Ordnance Barracks in Kaiserslautern. Brown sent a request to the children to provide drawings to decorate the area.

tional program, because our belief is that when you start with them early, they will have good behavior," Stegner said. The chief oversees seven different fire departments located in Heidelberg, Mannheim, Sembach, Miesau, Germersheim, Kaiserslautern-East and Baumholder.

"Our focus is our customers. We are out here 24/7 to help our customers and to keep our Americans, our local nationals and civilians fire safe. We protect them 365 days a year," Stegner said.

Brown has also enlisted the help of German and Air Force firefighters to participate in the ongoing projects. He described the relation-

ship as "absolutely critical."

"It's a beautiful blend between us, a trifecta if you will. We support each other without any hesitation. It's completely seamless," he said. "I can tell you that often times people talk about the brotherhood or sisterhood of firemen within a certain town in the U.S. That translates over here, too. When you see an American or German firefighter, they are all the same people, and they relate to that brotherhood."

"Our goal is to work ourselves out of a job," Brown continued. "So, no matter how good we may be at responding to any type of emergency, we're going to do everything we can to ensure that emergency never happens."

Call **PUBLIC AFFAIRS** 480-2458

BEFORE YOU TALK TO THE MEDIA...

If approached by the news media and there is no Public Affairs rep, remember the following tips to keep you from becoming the next headline:

- don't discuss matters for which you are not a subject-matter expert
- don't speculate
- don't share personal opinions while in uniform; doing so makes you a spokesperson for the U.S. Air Force
- when sharing your opinion in civilian clothes, emphasize it is YOUR opinion
- don't provide "off the record" comments
- if you don't want to see it in print or broadcast on television, don't say it!

21st TSC hosts logistics event

Story and photo by
Staff Sgt.

Warren W. Wright Jr.
21st Theater Sustainment
Command Public Affairs

The 21st Theater Sustainment Command hosted a logistics professional military education event May 2 in the KMC for sustainers stationed throughout Europe.

Logisticians from the 21st TSC's area of responsibility were in attendance at the PME, either in person or by video teleconference, in order to enhance their leadership skills, develop professionally, share ideas, and discuss the future of sustainment and logistical operations.

In the past, sustainers were able to meet with their respective branch managers and regimental commanders in various forums; however, this was the first time Soldiers from the five logistical branches within the 21st TSC were able to meet at the same time, said Maj. Richard Reeves, the special projects officer for the PME.

"We were able to get everyone in the same place, at the same time, and get it all in one fell swoop," Reeves said. "We gathered everybody in and the regimental headquarters and (Human Resource Command) branch managers from the five branches came online to tell us about current and future



Soldiers with the 21st Theater Sustainment Command discuss their experiences in logistical operations while taking a break during the 21st TSC's logistical professional military education gathering May 2 on Daenner Kaserne. Logisticians from the 21st TSC's area of responsibility attended the PME in order to enhance their leadership skills, develop professionally, share ideas, and discuss the future of sustainment and logistical operations.

trends, as well as career progression for everyone involved."

With nearly all sustainers in the 21st TSC participating in the PME at once, Soldiers were afforded the opportunity to engage the leadership of their career fields and address the issues important to them.

"It was good to hear from HRC and to see an overview of where we stand as a corps," said Capt. Lina Perez, the officer in charge of personnel for

tion hit we had to adjust," Reeves said. "Instead of bringing subject matter experts in from the states, we found ways to cut costs by organizing a whole bunch of (video teleconferences) throughout the Kaiserslautern Military Community."

Reeves said this was a well received event.

"I think the Soldiers enjoyed it and benefited greatly from it, and I certainly hope they will continue it," he said.

the 21st TSC's Special Troops Battalion. "It puts things into perspective, and it gives me a better understanding as an (adjutant general) officer and my role in a sustainment command."

"I hope the Soldiers heard something that was relevant, specifically to their pay grade and to their branch," Reeves said. "And, because we were doing this via (video teleconference), they were able to stand up and ask questions directly to their branch or regimental commander and get their personal questions answered."

With the current financial strain on the military, the initial plans for the PME had to be adjusted to meet the realities of conducting a large event with a constrained budget.

"It was envisioned as a big event, but when sequestration

Baumholder EXPO a one-stop info shop with a kick

by Ignacio "Igg" Rubalcava
U.S. Army Garrison Baumholder
Public Affairs

The 2013 Baumholder Expo is a community event that provides information to Soldiers, civilians and family members about all resources, agencies, organizations and businesses of the U.S. Army Garrison Baumholder and of the surrounding German community. This one-stop "get smart" even is scheduled from 3 to 7 p.m. Thursday in and around the Hall of Champions.

But EXPO is more than just tables with flyers. Event organizers have given this traditionally sedate activity a shot of adrenalin and created a community event that gives new meaning to the information gathering process.

Highlighting the day is a performance by the U.S. Army in Europe

"Rock Band." USO will be there as well, giving out free food to anyone with an appetite, and the Red Cross will be hosting a blood drive in the nearby VFW facility — the basement of the Wagon Wheel Theater.

U.S. Army Garrison Baumholder's Safety Stand Down Day will be held in conjunction with EXPO. Numerous safety-related displays and demonstrations are planned inside and outside the Hall of Champions.

Organizers have cranked up the event another notch by inviting numerous German merchants to attend and display their products. Administrations from four communities have also signed up to participate, so the cities of Baumholder, Nohfelden, Freisen and Herrstein will also be represented at EXPO.

"We will have a variety of information and resources as well as interactive activities, games, food and prizes for all ages," said EXPO orga-

nizer William Luna. "The event is focused on the total Army family, which includes single Soldiers, married Soldiers, families and civilians."

AFN will be doing a live radio broadcast throughout the event.

If you start to get thirsty at EXPO, stop by the ASAP table and receive a free drink. There will also be food and beverages for sale at various other locations.

At the CID station, you'll receive free, hands-on crime scene equipment experience. You can get a free dental kit at the dental clinic table, and you can test your driving skills at the Directorate of Emergency Services area.

At the Rolling Hills Golf Course area, you can "putt" your skills to the test. Hall of Champions staff will also be conducting fitness equipment demonstrations.

If you need to de-stress, step outside and hammer out your frustrations

on someone's old clunker at the auto bash site.

The Joint Multinational Training Command, one of Baumholder's tenant organizations, will provide training simulators for people to get some hands-on experience with their equipment.

Bring your MP3 player and learn what rocking out with public health is all about, or visit the library table and get a free book.

There will also be a tailgate party, information from the aquatics facility, an "Amazing Race" sponsored by ACS, as well as demonstrations and equipment from EOD.

Visitors will be able to obtain everything from in and out processing information to Java Cafe smoothies. The latest members of Baumholder's military community, the 16th Sustainment Brigade and the 421st Multifunctional Medical Battalion, will also be represented.



Photo by Airman 1st Class Dymekre Allen

Police tape marks the holding area for those "arrested" at the Jail and Bail police week event Tuesday. Police week is a way to pay tribute to local, state and federal law enforcement officers.

Police Week honors security forces members

by Airman 1st Class Hailey Haux
86th Airlift Wing Public Affairs

The 86th Security Forces Squadron kicked off Police Week on Ramstein Monday through Friday with events and displays to honor fallen security forces members.

Security forces members risk their lives every day to safe-guard the base, resources and those who live and work here.

"Peace Officers Memorial Day became a national event when President John F. Kennedy signed a bill in 1962, proposed by Congress, to honor peace officers into law. Peace Officers Memorial Day takes place on May 15, and Police Week occurs the week in which the Memorial Day falls," said Staff Sgt. Nealon Joseph, 86th Security Forces Squadron NCOIC police services. "The two events pay tribute to local, state and federal law enforcement officers who protect our nation at home and abroad."

What began as a gathering at Senate Park in Washington, D.C., with 120 survivors and supporters of law enforcement has grown into something much bigger, attracting thousands of participants nationwide to the D.C. area each year.

In order to honor our defenders here at Ramstein, there were many events held to show everyone the different aspects of being a security forces member.

One particular event was hosted in the Kaiserslautern Military Community Center food court, called Jail and Bail. Members of the community were able to pay to have someone "arrested" for a fake crime. The person being "arrested" either paid the bail immediately or spent time in "jail" in the KMCC food court.

"The proceeds for the event will go to supporting the National Law Enforcement Officers Memorial Fund," Joseph said. "The fund supports the upkeep of the National Law Enforcement Officers Memorial in Washington, D.C."

Along with the Jail and Bail event, there were displays set up outside the KMCC for everyone to see. There were security forces vehicles and equip-

ment and demonstrations every 15 minutes with K-9 units, Tasers and ASP batons.

Finally, a retreat and final guard mount will be held today to honor security forces members who have died in the line of duty.

With troops standing in formation, the flight chief will begin to take roll call at the final guard mount. As each name is called, there will be a reply of, "Here sir," or, "Here sergeant." The flight chief will then call another name — no answer. The name will be called again, and once more there will be no answer. For a third time, the person's rank and full name will be called, and for a third time, there will be no answer.

At that moment, the flight chief will then read the biography of the person who was killed in the line of duty. After the biography is read, the flight chief will then continue to take roll.

(For more Police Week photos, visit www.ramstein.af.mil.)



Photo by Airman 1st Class Dymekre Allen

Senior Airman Marvin Wigfall, 86th Airlift Wing Public Affairs broadcaster, is escorted to the holding area.



Photo by Staff Sgt. Tyrone Lawson

Tech. Sgt. Kyle Richards, 86th Security Forces Squadron military working dog handler, stands with MWD Omega as the security forces prayer is recited during Police Week May 13, 2011, on Ramstein. A retreat and final mount guard will be held today.

KMC NEIGHBORHOOD WATCH



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The first step is knowing what to look for

Always keep an **Eagle Eye** out for these suspicious behaviors:

- Surveillance**
- Elicitation**
- Tests of Security**
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- Acquiring Supplies**
- Dry Run**
- Deploying Assets**

Ways to Report Tips to AFOSI

"AFOSI" Tip line: 0171-745-5382

Submit a tip online: <http://www.osi.af.mil>.

Contact Security Forces at Ramstein: 06371-47-2050
or Vogelweh: 0631-536-6060



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Welcome to the Living Wax Museum

Ramstein Middle School students, parents, staff and special guests interacted with individuals from the past and present at the Living Wax Museum.

As part of their study about biographies and autobiographies, students in language arts classes at the school chose an individual who made a significant contribution to history or overcame adversity.

When exhibits were activated, students "came to life" with short presentations informing the audience about the person, their achievements and interesting events in their lives. Additionally, these sixth-grade students completed research papers and created challenging scavenger hunts for the student visitors to do as they traveled through the museum.

"It was an amazing experience for my students," said Sequinn Lee, a language arts teacher at RMS. "Stepping into the shoes of the person they selected and presenting it to an audience made events and information come to life."

(Courtesy of Ramstein Middle School)



Photos by Jacob Shapiro

LEFT: Kaitlyn Booth, playing the role of Gen. George Armstrong Custer, presents information about the life and times of the famous military figure to student visitors at the Living Wax Museum. **TOP RIGHT:** Madame Marie Curie (played by Addison Borchelt), famous for her research in radioactivity, tells visitors about her life and work as a scientist. **BELOW RIGHT:** From left, Pocahontas (Aneesa Coomer), Catherine the Great (Elena Shideler), Cleopatra (Sierra Linza) and Amelia Earhart (Kiersten Bise) await visitors at the Living Wax Museum.

School Notes

KHS PTSO

Kaiserslautern High School's PTSO hosts a public meeting from 5 to 6 p.m. Tuesday in Room 160 at the school. Fundraising and upcoming events will be discussed. To become a member or get more involved in the 2013-2014 school years, you should attend this meeting. To volunteer, email khspto.goraiders@gmail.com. For more information, search "KHS PTSO" on Facebook.

'Grant us Peace' concert

The Rheinland-Pfalz International Choir presents "Grant us Peace," a concert with the Ramstein Intermediate School Singers, at 6:30 p.m. Tuesday at the Ramstein North Chapel. Free and open to everyone with base access.

KMS celebrates APHM

Kaiserslautern Middle School celebrates Asian-Pacific Heritage Month. May is designated to commemorate and bring together communities of different Asian cultures and traditions. This year's theme is "ImaginASIAN." The celebration brings opportunities to recognize the diversity of Asian Americans and to honor the accomplishments and contributions they have made. KMS will showcase different Asian and Pacific dances. A PowerPoint of the contributions and accomplishments of some famous Asians will be shown as part of the program. The celebration will showcase the dances in three performances on Thursday. The performances will be at 9 a.m., noon and 6 p.m. in the school auditorium. Everyone is welcome.



Photo by Holly Freeman

Lectures on war at RHS

Col. Hagen Volke lectures Suzanne Volke's AP European history class at Ramstein High School about the Bosnian War. Volke, who served three tours during the war, was able to provide first-hand details about the events that took place.

'School is Out' barbecue

Families from all services enrolled in the Exceptional Family Member Program in the KMC are invited to the "School is Out" barbecue from 4 to 7 p.m. May 30 at Pulaski Park. Professionals who work with EFMs are also invited to celebrate. Enjoy free food, games, face painting and more. To RSVP, call 493-4091/4094 or 0631-3406-4091/4094.

Story time

Join the Kaiserslautern Main Library for story time at 10:30 a.m. every Wednesday in Bldg. 3810 on Landstuhl. For more information, call 486-7322 or 06371-86-7322.

Free youth after school program

Child, Youth and School Services at the

Landstuhl Youth Center offers a free after school program for youth in sixth to 12th grades. This program features food, homework assistance and tutoring, special events, and more. Register at a One-Stop Shop or Parent Central Services.

Paws & Pals

Join the Kaiserslautern Main Library for Paws & Pals at 3 p.m. every third Wednesday of the month in Bldg. 3810 on Landstuhl. The Paws & Pals program helps children improve their literacy skills by teaming them up with a dog to read books. The dogs are registered volunteer animals that have been trained and are great listeners. To reserve a spot, sign up at the circulation desk. For more information, call 486-7322 or 06371-86-7322.

Brain Gain camps: smarter fun in the summer

With the weather getting warmer, everyone's mind is turning to summer and the great opportunities for travel, food and family fun. While it is great to have time away from work and school, this break in learning often makes a huge impact on our youth in summer learning loss.

The average American student loses at least one month's worth of learning, and many children lose far more, especially in the areas of math and reading. This means our children return to school in the fall without the skills and knowledge they need to succeed.

This summer learning slide stacks up from year to year, making it difficult for youth to enjoy school and learning because they are struggling to meet grade level expectations and take longer to complete homework. Ultimately, this may endanger their high school graduation.

To help families combat summer learning loss, Ramstein Youth Programs is committed to making this summer a season of learning. They were selected as one of only four military sites to pilot a new program from the Boys & Girls Clubs of America: Summer Brain Gain camps.

"Our programs have always provided learning experiences in the summer through fun and interactive camps that the kids enjoy," said Josie Cordova, chief of Airman & Family Services Flight. "This program really takes things to a higher level, and we



Courtesy photo

To help families combat summer learning loss, Ramstein Youth Programs is committed to making this summer a season of learning by piloting a new program from the Boys & Girls Clubs of America: Summer Brain Gain camps.

are excited to be able to bring these opportunities to the community."

Campers will spend the summer on missions of fun and learning, where they work together to solve challenges and develop hands-on projects along the way. Children will enjoy adventures that include conducting science experiments, cooking fresh meals, creating sculpture gardens and testing new inventions. Each camp provides reinforcement of skills in math, reading, science and critical thinking while the children are enjoying themselves.

Summer Brain Gain camps are a fun way to keep

children busy and learning, but they are also a great compliment to the Department of Defense Education Activity Summer Enrichment Program.

"We are so committed to supporting academic success and providing high quality summer programs, and this program will enable us to reach even more kids," said Kaure Whittaker, assistant director for Ramstein Youth Programs.

Because the camp curriculum is focused on school grades rather than ages, there will be camps for high school students, middle school students and intermediate school children. The Brain Gain camps will be available to youth who have completed second grade and are entering third grade in fall 2013, even if they are not yet age 9.

"We are really excited to be able to offer these special opportunities to some of the younger kids," Whittaker said. "It will give them a great summer and encourage them to be a part of our Clubs R Us program when they turn 9 this fall."

Summer camp registration will open at 9 a.m. Monday. Families can visit the 86th Force Support Squadron's website at www.86fss.com and look under the "Families" tab for youth programs. Just click on "Youth Registration" and you are on your way to smarter fun this summer.

For more information, call 06371-47-6444. (Courtesy of 86th Force Support Squadron)

KMC Child Supervision Policy Matrix

This matrix provides standards for the supervision of children within the KMC. Parents are ultimately responsible for the welfare and actions of their children, and failure to exercise those parental responsibilities may constitute child neglect. Parents must use good judgment and consider the physical, emotional and psychological maturity of their child when determining the level of supervision required. Children with a history of ADHD, ADD, Developmental Delay, behavior problems, impulsivity, psychiatric problems or other impairments should not be given the degree of self-management/responsibility indicated in this policy.

PARENTS ARE ULTIMATELY RESPONSIBLE FOR THE SAFETY AND SUPERVISION OF THEIR CHILDREN.

Age of Child	Unattended ¹ in yard or playground?	Walk unattended ¹ to school or bus?	Left unattended ¹ in quarters?	Baby-sit others?
Under 5	No	No	No (Will NOT be left unattended in a parked car - per RABI 2005 31-204 CHP.4.1.21)	No
Age 5 - 6	No	No	No (Will NOT be left unattended in a parked car - per RABI 2005 31-204 CHP.4.1.21)	No
Age 7 - 9	Yes. During daylight hours with access to adult.	Yes, but not across busy streets or more than 1 mile.	No (Will NOT be left unattended in a parked car - per RABI 2005 31-204 CHP.4.1.21)	No
Age 10 - 11	Yes. With access to an adult.	Yes	Yes ² . Up to 3 hours with access to an adult.	No
Age 12 - 13	Yes	Yes	Yes ² . Not over night.	Yes. Not over night.
Age 14 - 15	Yes	Yes	Yes ² . Not to exceed 24 hours.	Yes. Not over night.
Age 16 - 17	Yes	Yes	Yes ² . Not to exceed 3 consecutive days. Must have periodic checks by adult.	Yes. Not to exceed 24 hours.

¹ A child is considered to be "attended" when in the presence of, or under the protection of (within sight or hearing), an appropriate caregiver. Completion of Red Cross Baby-sitting class and Infant/Child CPR is strongly recommended for every teen before caring for other children.

² When left unattended in quarters, children must have access to an adult - parent's phone number, neighbor, etc. Parents must designate a responsible adult to periodically check in on the children. If left overnight, a medical power of attorney is strongly recommended.

Motorcycle mentorship revs up KMC

Story and photo by
Airman 1st Class Jordan Castelan
86th Airlift Wing Public Affairs

Engines rev, clutches engage and gears change as the wind whirls around the motorcycle. With the riding season just around the curve, motorcyclists prepare to saddle up once again.

Coinciding with the beginning of riding season is Ramstein's mentorship rides. Mentorship rides are a way for the new, experienced and all riders in between to get out and become more comfortable on their bikes and enjoy the twists and turns of German roads.

"These rides are for riders to have fun, meet the other riders and to hopefully learn a new skill or technique," said Master Sgt. Travis Madden, 86th Airlift Wing motorcycle safety representative.

Madden and Master Sgt. Jeremy Smith, 86th AW motorcycle safety representative, plan on leading the group through a two-and-half



Airman 1st Class Alanna Britton, 86th Airlift Wing military justice paralegal, rides her motorcycle May 8 on Ramstein. Britton has been riding motorcycles since high school.

hour ride. Riders can expect a variety of different roads and minimal amounts of time spent on the autobahn.

"On these rides, more experienced riders can give pointers, help newcomers understand local laws, and possibly circumvent future mishaps

by pulling back on the reins of someone that might be a little overzealous on their motorcycle," said Tech. Sgt. Ryan Armour, 435th Air Ground Operations Wing mishap prevention NCOIC.

They all agree that mentorship rides are a way for riders to enjoy

their time on the road and for riders to increase their overall levels of safety.

Wing safety aims to have enough support for a second mentorship ride this season and expects positive turn outs for all of them.

Last year, U.S. Air Forces in Europe and Air Forces Africa held a single mentorship ride that had 20 riders covering much of the local German countryside.

"It's great fun (riding)," Madden said. "You can feel the road; you can hear and smell all the things around you. Riding a motorcycle gives you a feeling of freedom. You become part of an exclusive group."

Freedom that's achieved by saddling up is on par with learning how to bicycle for the first time without training wheels, Madden said. It's about the journeys and accomplishments.

For more information on how to begin riding and mentorship rides, contact your unit's motorcycle representative or the wing safety office.

MOTORCYCLE SAFETY DAY 2013

9 a.m. to 5 p.m. June 1

KMC MSF Course,
Kapaun Air Station, Bldg. 2816



- Safety Day participants must:**
- Wear USAFE/USAREUR required Personal Protective Equipment (PPE)
 - Must have a valid U.S. Forces Certificate of License with Class 1 authorization
 - Active Duty must have proof of a valid MSF course completion



Free event open to all ID Card holders



Photo by Maj. Karin Chelluri



Mock trial at KHS

Members of the 21st Theater Sustainment Command's legal services center host a mock trial for Kaiserslautern High School students, like junior Kelly Marshall (pictured), April 26 on Kleber Kaserne. The event was part of a series of activities to commemorate Law Day. Law Day was established in 1958 by President Dwight D. Eisenhower as a celebration for the cultivation of the respect for law that is vital to the democratic way of life. In 1961, Congress designated May 1 as Law Day. The 21st TSC lawyers have been assisting students across the KMC in celebrating Law Day for more than 16 years. This year's theme was "Realizing the Dream: Equality for All." Before the trial, 21st TSC lawyers gave students classes on opening and closing statements, criminal law and investigations, direct and cross examinations, introducing exhibits, court reporter duties, rules of evidence, and prosecutions and defense strategies to help them prepare.



Photo by Holly Freeman

Honor society donates to Chaplain's Closet

Not even the rain could stop Ramstein High School National Honor Society members from delivering \$1,000 of supplies to the Chaplain's Closet. NHS sponsor Betty Slusny said the Chaplain's Closet is a worthy cause because it provides toiletries and other basic necessities for military members who are injured during their service overseas.



Photo by Holly Freeman

Women as Leaders

Col. Barbara R. Holcomb speaks to Ramstein High School students about the challenges she has overcome, the individuals who assisted her and the skills she needed to become a successful female leader in the Army during a Women as Leaders presentation at the school.



Courtesy photo

LEMS students donate clothing

Landstuhl Elementary/Middle School fifth-graders move boxes to prepare them to be loaded onto busses after collecting used clothing to be donated to the Elim House in Poland. The students collected, sorted, boxed and packed 37 boxes of clothing to complete a service project.



Courtesy photo

Volksmarching at LEMS

Students, staff and family members at Landstuhl Elementary/Middle School enjoy their annual spring Volksmarch around Landstuhl. Everyone appreciated getting out and walking, either two or three miles, along the trails around the hospital. LEMS has a wellness goal to increase awareness and promote the overall health of the school community.

Space-A travel bettering quality of life

by Airman 1st Class Dymekre Allen
86th Airlift Wing Public Affairs

Each year, active duty and Reserve service members, as well as retirees and dependents, use Space Available as a viable option to commercial travel.

“Space Available travel is one of the best programs the military offers for its members,” said Airman 1st Class Robert Storey, 721st Aerial Port Squadron passenger service agent.

Space-A travel is a specific program for travel authorized by the Department of Defense allowing authorized passengers to occupy an aircraft seat. Some trips come without cost, but most are within an affordable price.

For instance, if you are selected for a flight on one of the passenger rotators heading from Ramstein to Baltimore-Washington International Airport, the only cost is a head tax to enter the U.S.

Due to lack of space on these flights, Space-A passengers travel only after all duty cargo and passengers have been accommodated. All available seats are released, but there are no guarantees.

“There’s not a lot of space after all the mandatory items and people are on board, but we still try and help dependents save a whole lot of money by boarding,” said Cody Campbell, 721st APS passenger service agent.

In order to maintain the equity and integrity of the Space-A system, seats may not be taken or used at en route stops along mission routes.



Photo by Tech. Sgt. Chad Thompson

A retiree sits and waits for a Space-A flight May 10 in the Ramstein Passenger Terminal.

For many service members in Europe, Space-A is the only way for them to return stateside and visit friends and family.

“We try to ensure that families at least have the opportunity to board one of our flights,” Storey said. “At times, it can seem frustrating, however, if you become familiar with the system and plan ahead to

cover any problems that may arise, Space-A can and will save you and your family thousands of dollars per trip.”

Prospective travelers through Ramstein looking for Space-A travel information can also check www.ramstein.af.mil or call the 721st APS at 314-479-4440.

Airmen take time to build resiliency

by Senior Airman
Caitlin O’Neil-McKeown
86th Airlift Wing Public Affairs

Life is full of many types of stress, some good and some bad. The Air Force recognizes the importance of keeping its Airmen fit to fight and twice a year hosts a resiliency day.

“Learning about and attaining comprehensive Airman fitness skills doesn’t mean you won’t experience adversity,” said Master Sgt. Jessie Batchelor, Airman &

“What resiliency means to me is that no matter what adversity I face or how hard situations and times get, I know my sunshine will come.”

— Mary Devitt, 86th Airlift Wing communication support coordinator

Family Readiness Center resiliency trainer. “CAF gives you the tools to buffer the adverse effects of stressful life events. By using a broader range of coping strategies, we experience less distress from stressful life events.”

This day is set apart in order to underline skill development that is important to keep Airmen mentally and emotionally fit. It focuses on the importance of the four pillars of wellness and potential challenges and changes that are likely to occur. It also works to reduce or eliminate common concerns of military life.

“What resiliency means to me is that no matter what adversity I face or how hard situations and times get, I know my sunshine will come,” said Mary Devitt, 86th Airlift Wing communication support coordinator. “It’s a belief in hope.”

The challenge is to both be aware of the problems and to draw upon the strengths of the person to help solve

the issue, as well as to sincerely communicate the belief that one can overcome any problem.

“Everyone has good times and hard times,” Devitt said. “But how we handle our troubles is what makes us resilient. You have to believe in hope, believe that the future is going to be better. Today can be horrible, but by tomorrow, what happened yesterday is gone.”

People who are positively bonded to other people do better in life. This fact has been documented extensively by psychological and medical research. Reaching out to connect with someone or a group that is positive is another strategy to cope with adversity.

“This resiliency program is great, because in order to form a cohesive team, a supervisor needs to know their people, and people have to know each other,” Devitt said. “Even if you have a few isolators, these resiliency days help to build those avenues for conversation.”

“As a classmate of mine once said, ‘Whether subordinate, peer, friend or family, would you rather talk someone off the ledge or give them the skills to prevent them from going out there?’”

— Master Sgt. Jessie Batchelor, Airman & Family Readiness Center resiliency trainer

Building a strong team not only affects one person but the whole group. Like a pyramid, one stone may depend on another, if one falls they all fall.

“As a classmate of mine once said, ‘Whether subordinate, peer, friend or family, would you rather talk someone off the ledge or give them the skills to prevent them from going out there?’” Batchelor said. “Resiliency day gives a moment to stop, share and practice skills for everyday life.”

SAPR training raises awareness for high school students

Story and photo by Airman 1st Class Trevor Rhynes
86th Airlift Wing Public Affairs

More than 300 students from Kaiserslautern and Ramstein high schools received sexual assault prevention and response training May 10 on Ramstein.

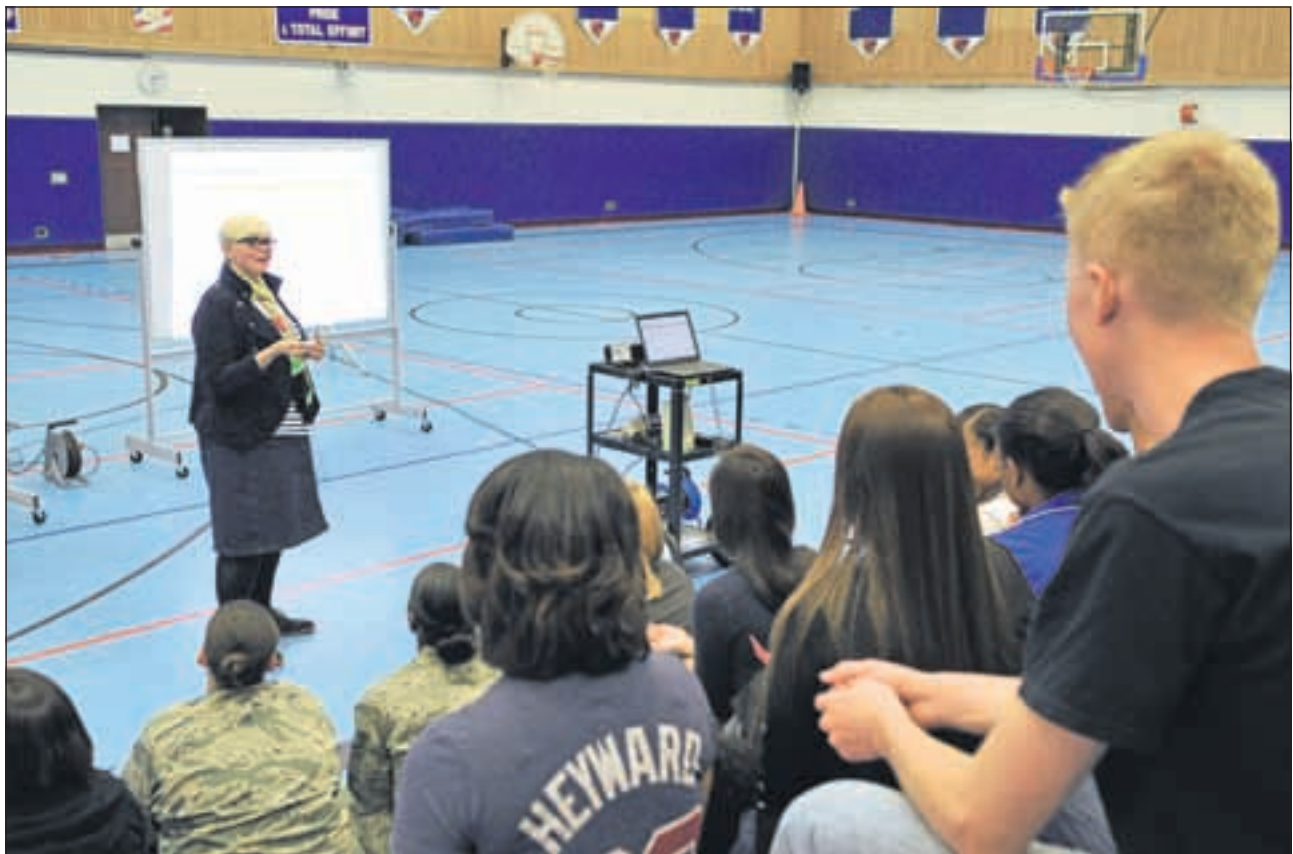
Members from the civilian-run productions team who performed "Sex Signals" designed another production as a follow-up or standalone program that teaches many of the same lessons on sexual assault and bystander intervention.

"The Hook-Up/Afterburner" is focused on teaching the myths surrounding sexual violence, understanding what consent is, and understanding the role alcohol plays in sexual assault. The production team was brought to Ramstein to help reinforce those standards in youths.

"We wanted to make sure students were educated on sexual assault prevention," said Tech. Sgt. Flor Schatt, U.S. Air Forces in Europe and Air Forces Africa NCOIC of the sexual assault and prevention program. "We wanted to make sure they understood what sexual assault was and make sure they understand the difference between wanted and unwanted sexual contact."

The team hosts the training multiple times a week at various locations around the world.

"The SAPR training is held frequently throughout the U.S. and at military bases throughout the world," said Heather Imrie, director of program development for the production team. "We've found through research that there are different myths preventing people from intervening and



Heather Imrie, director of program development for a civilian-run production team, teaches Ramstein High School students about sexual assault and prevention May 10 on Ramstein. The training focused on explaining common misconceptions about sexual assault, harassment and bystander intervention.

allowing perpetrators to get away with their acts."

By doing this training, those myths get diffused, allowing potential bystanders to intervene.

"Giving a clear definition of what sexual assault or harassment is gives bystanders the knowledge they need to intervene," she said. "I hope after this training these students start to look out for each other."

Schatt said she thought the training was successful. The students were participating throughout and left good feedback.

"I think this training was successful. We got a good turnout and received positive feedback from those who attended," Schatt said. "You could see it throughout the training. They were engaged, asking questions and responding to the conversation."

The SAPR program reinforces the Air Force's commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability. The Air Force promotes sensitive care and confidential reporting for victims of

sexual assault and accountability for those who commit these crimes.

Sexual assault is criminal conduct. It falls well short of the standards America expects of its men and women in uniform. Specifically, it violates Air Force core values. Inherent in these core values of integrity first, service before self and excellence in all we do is respect — self-respect, mutual respect and respect for the Air Force as an institution.

For more information, call the SAPR office at 480-5597 or email Ramstein.SARC@us.af.mil.

Germans observe Pentecost Sunday, Monday

by Petra Lessoing
86th Airlift Wing Public Affairs

On Sunday and Monday, Germans observe "Pfingsten," or Pentecost. Pentecost a religious festival, and Monday is considered an official holiday in Germany. Stores, banks and official institutions will be closed.

Pentecost comes from the Greek word "pentekoste," which means 50th. Christians celebrate Pentecost, also called Whitsun, the 50th day after Easter, as the day God sent down His Holy Spirit.

After receiving the Holy Spirit, the apostles started spreading the new Gospel to the world. For this reason, the festival is also meant to celebrate the foundations of church.

In Old Testament times, the fest had the character of a harvest fest, and in late Judaism,

Pentecost was the day to commemorate the foundation of the Israelites in the Sinai, 50 days after the exodus from Egyptian oppression.

Some areas in Germany observe specific Pentecostal customs. In Bavaria, people dress in the national costumes of their region, walk in processions to church and pray for a good harvest. In Franconia, horsemen perform the annual Pentecostal ride. Led by priests, they carry church banners and crosses to church.

In the KMC, the towns of Schmalenberg and Schopp stick to some Pentecostal traditions.

In Schmalenberg, the boys and men cut branches from pines, birches and brooms and create three skirts, which the so-called



Courtesy photo

The most recently married couple brings a billy-goat from Lambrecht to the traditional auction between 5:45 and 6 p.m. Tuesday in Deidesheim.

2013

Mark Your Calendar

» **Party over here! Get down at Armstrong's Club's House Party** from 9 p.m. to 2 a.m. today and May 24 in Bldg. 1036 on Vogelweh Housing. Kick it with dance music delivered straight to you from a live DJ. No cover charge. For more information, call 0631-354-9986.

» **The Kindergraves Memorial Ceremony** will be held at 10 a.m. Saturday at the Daenner Chapel. This is an annual ceremony to pay respect to veterans who made it home safely, but left their children behind at the U.S. Kindergraves. The Kindergraves became the final resting place for 451 American children of service men and women serving in Europe during the buildup of the Cold War. For more information regarding the memorial or the history of the Kaiserslautern Kindergraves Memorial Foundation, visit <http://kaiserslautern-kindergraves.org>. For details, read the story on Page 14.

» **Enjoy cocktails while dancing the night away** to some of the best Latin music at Latin Night in Armstrong's Club ballroom May 25. Show off your dancing expertise with salsa, bachata, merengue and the rumba

being played by a live DJ. Open to all ID cardholders 18 and over. There is plenty of room to dance on this spacious ballroom dance floor. No cover charge. Armstrong's Club is located in Bldg. 1036 on Vogelweh Housing.

» **The German-American and International Women's Club Kaiserslautern** invites families to join their parent-child group outing to the Roman museum in Eisenberg May 26. For more information or to sign up, contact Marlein Auge at 0631-3506901 or Katie Pelletier at president@gaiwc.com. The GAIWC youth group invites teens ages 12 to 16 to join their tour to BASF Ludwigshafen June 1, the world's leading chemical company. Sign up by Thursday by contacting Ulrike Näumann at 0170-9662583 or youthchair@gaiwc.com. The GAIWC toddler playgroup meets again June 3. For more information, visit www.gaiwc.com.

» **KMC Onstage presents Monty Python's "Spamalot"** Saturday and Sunday, May 31, and June 1, 2, 7, 8 and 9. Showtimes are at 7:30 p.m. Fridays and Saturdays, and 3 p.m. Sundays. Tickets cost \$14 for adults and \$12 for students and seniors. KMC On-

stage is located in Bldg. 3232 on Kleber Kaserne. Recommended for mature audiences, children under 5 years old are not permitted to any performances. For more information, call 483-6626 or 0631-411-6626.

» **U.S. Army Garrison Kaiserslautern's Family and Morale, Welfare and Recreation is holding a sealed vehicle auction.** Bidding for the NAF Vehicle Auction is open until Wednesday. Vehicles will be staged at the Pulaski Barracks lemon lot, adjacent to the Pulaski Express/gas station. Submit bids at Pulaski Auto Skills Center during opening hours. Visit www.kaiserslautern.armymwr.com to view vehicles and download a bid form. All bidders and purchasers must be in possession of a valid U.S. Army Europe driver's license and valid ID card. Vehicles are sold as is. No warranties or guarantees are included. Bids below the minimum asking price will not be considered. Winners do not need to be present to win and will be notified after Wednesday. Bids will not be accepted online, over the phone or via email. Pulaski Auto Skills Center is located in Bldg. 2859 on Pulaski Barracks. For details, call 493-4167 or 0631-3406-4167.

AFCEA now accepting scholarship program applications

• The Kaiserslautern Armed Forces Communication and Electronics Association is now accepting applications for its KMC Summer Session Scholarship program.

These \$300 scholarships are awarded to applicants pursuing a degree in the technical sciences (communications, electronics, engineering, computer science, mathematics, physics, information systems, etc.).

Applicants must be active-duty junior officers, enlisted, currently employed civil service in the KMC and/or family members in the KMC. Scholarships can be accessed via the Internet at www.kmcafce.org/kmcscholarship and should be sent by email to scholarships@kmcafce.org.

• The AFCEA is accepting applications for its KMC High School Scholarship program. These \$1,000 to \$5,000 scholarships are awarded to graduating high school senior applicants majoring in a degree in the technical sciences (communications, electronics, engineering, computer science, mathematics, physics, information systems, etc.). Applicants have until May 24 to submit, and may do so via the Internet at www.kmcafce.org/content/high-school-scholarship or by emailing scholarships@kmcafce.org. Students may also see their high school counselor for more information.

» **The Summer Bazaar**, a giant, weekend-long bazaar with more than 90 vendors from around the world, will be held from June 7 to 9 in Bldg. 237 on Rhine Ordnance Barracks. The bazaar will take place from 10 a.m. to 7 p.m. Friday, 10 a.m. to 6 p.m. Saturday, and 11 a.m. to 5 p.m. Sunday. This bazaar is for ID cardholders only. Strollers are welcome. Food and beverages will be provided.

Meetings

» **The Multicultural Spouses Club** meets at noon May 31 in Bldg. 2926, Yellow Ribbon Room, on Pulaski Barracks. This club is designed to bring people together from different backgrounds. It is always more fun with food involved, so bring a dish that is an old family favorite that embodies your heritage. This is a great opportunity to meet friends and have a good time. For more information, call 0631-3406-4203.

» **The KMC 1st Four** meets from 11:30 a.m. to 12:30 p.m. the first Wednesday of every month at the Ramstein Enlisted Club. The meeting for all service members ranks E1-E4 will discuss career development and progression, volunteer opportunities and education opportunities in the local area. Free lunch will be provided. For more information, contact 1st Four President Airman 1st Class Nicholas Goldstein at Nicholas.Goldstein@ramstein.af.mil or search "KMC 1st Four" on Facebook.

ramstein.af.mil or search "KMC 1st Four" on Facebook.

» **The King David Military Lodge No. 87**, Free and Accepted Masons, Prince Hall Affiliation, meet at 7 p.m. the first and third Friday of every month on Ramstein, Bldg. 1004. The next meeting will be held today. For details, call Clifford Jackson II at 0162-265-8741.

» **The Rhineland Breast Cancer Coalition**, a group of breast cancer survivors in the KMC, are celebrating life and supporting and encouraging other breast cancer patients and survivors in the area. This group meets at 6:30 p.m. the second Tuesday of each month at Bambus Garden, outside Pulaski Gate by Vogelweh. For details, email RBCCgroup@yahoo.com.

Support Groups

» **This month, the New Parent Support Program** is hosting a series of workshops for parents and their babies, ages 10 weeks to 12 months old. In the infant massage workshop, held from 6 to 7 p.m. Monday in the Kaiserslautern Main Library, Bldg. 3810 on Landstuhl, learn the calming and powerful techniques of massage and how this will aid in the development and nurturing of your baby. You must register in advance. To register or for more information, call 0631-3406-4006/4203.



Courtesy photo

Denim Day

Soldiers and civilians from the U.S. Army NATO Brigade show their support for sexual assault prevention by wearing denim clothing on Denim Day. The day has become an international symbol of protest against erroneous and destructive attitudes surrounding sexual assault.

Community CORNER

Airman & Family Readiness Center

Monday

» Ramstein spouses orientation: 8:30 a.m. to 2:30 p.m., A&FRC

Tuesday

» Reintegration brief: 9 a.m. to 1 p.m., IDRC
 » USO downtown KL tour: 8:45 a.m. to 2:45 p.m.
 » Pre-deployment brief: 1 to 4 p.m., IDRC

Wednesday

» Base INTRO: 7:30 a.m. to 12:45 p.m., Hercules Theater
 » One-on-one VA appointments: 8 a.m. to noon, A&FRC

Thursday

» Pre-separation brief: 9 a.m. to noon, A&FRC
 » Fighting Filth on the Furlough — homemade cleaners: noon to 1 p.m., KMCC classroom (next to the food court)
 » Understanding TSP: 1:30 to 3 p.m., A&FRC
 » Deployed family event — open house: 5 to 7 p.m., HAWC

May 24

» No classes

Child/Youth

» Today, 3:40 to 8:45 p.m., and Saturday, 8:30 a.m. to 6:35 p.m.: 2013 gymnastics exhibition to see future stars in action, Bldg. 2013.

» Fridays: Calling all youth ages 9 to 12 to join Clubs R Us Program, a fun after school program that provides speciality clubs in a variety of interest areas, snack bar and lots of friends and fun at either Ramstein or Vogelweh Youth Programs. Stop by for free Friday to try out the fun before you join

for the rest of the week — YP After 3 — the place to be!
 » Monday, 9 a.m., summer camp registration will begin through www.86fss.com under the families tab. From outdoor adventure to science, homemade desserts and cooking around the world, science and art, or dance and gymnastics.

Health and Wellness Center

Monday

» BOD POD assessments: 8 to 10 a.m.
 » Healthy eating: 10 to 11 a.m.
 » Back 2 Basics: 10 to 11 a.m.
 » Shoe station: noon to 1 p.m.

Tuesday

» Deep water running: 10 to 11 a.m.
 » Kneehab: 1 to 2 p.m.

Wednesday

» Back 2 Basics: 10 to 11 a.m.
 » Shoe station: noon to 2 p.m.

Thursday

» Running clinic: 9 to 10:30 a.m.
 » Deep water running: 10 to 11 a.m.
 » Kneehab: 1:00 to 2:00 p.m.
 » Shoe station: 1:30 to 2:30 p.m.
 » R&R night: 5 to 7 p.m. This deployed family event includes massages, relaxation techniques, healthy eating, shoe fittings, etc.

May 24

» BOD POD assessments: 8 to 9 a.m.
 » Call 06371-47-HAWC (4292) or 480-4292.

Medical Group

» June 8: 8 a.m. to 3:45 p.m., school and sports physical

clinic, Ramstein Clinic. This program is for youth ages 6 to 18 enrolled to the Ramstein Clinic and by appointment only. Remember, this event is for school, sports and camp physicals only and will not address other health care issues. Annual health screening physicals are required for students who wish to participate in school, sports and camp programs. If your child wears glasses, bring them to the appointment. For more information and to schedule physicals, call the appointment line at 479-2273 (06371-46-2273) starting Monday.

» Self-initiated care kit classes are held twice a month. Call 479CARE to schedule.

Family Advocacy

» June 5, 12, 19 and 26: stress management (four sessions), 11:30 a.m. to 1 p.m.

» July 10: Avoid Falling in Love with a Jerk or Jerkette (one session), 5 to 7 p.m., HAWC

» July 9, 16, 23 and 30, and Aug. 6 and 13: Teen Club: Girls Group (six sessions), 4 to 6 p.m., Ramstein Teen Center.

For details and to register, call 479-2370 or 06371-46-2370.

Sexual Assault Response Coordinator

» Mondays: Sexual Assault Prevention and Response Annual Training, 8:30 and 10 a.m., Hercules Theater

» May 28 to June 3: Victim Advocate Course
 Submit inquiries to Ramstein.sarc@us.af.mil.

For more information, call Capt. Scott Simoneaux at 480-5597.

Jobs

» **The Ramstein Chapel is accepting bids** for the contract position of Ramstein Contemporary Service parish facilitator, who will work in coordination with the RCS chaplain and many service ministries. The chapel will be accepting bids until 4 p.m. today. The statement of work and bid documents can be picked up from the Ramstein North Chapel, Monday through Friday. Bidders are invited to attend the bid opening at 10 a.m. May 28 at the Ramstein North Chapel, Bldg. 1201. For more information, call Petra Rausch at 480-2499 or 06371-47-2499.

Classes And Training

» **123 Parenting is Magic**, a class that addresses the topic of disciplining children, takes place at 6 p.m. Monday in Bldg. 2917 on Pulaski Barracks. To register or for details, call ACS at 0631-3406-4203.

» **A class for those taking English as a second language** will be held at noon Monday in Bldg. 2926, Yellow Ribbon Room, on Pulaski Barracks.

» **Expectant parent orientation** takes place from 8 to 11 a.m. Tuesday in the Landstuhl Regional Medical Center Chapel, Bldg. 3773. In collaboration with Army New Parent Support Program, Air Force New Parent Support Program and LRMC

Maternal Child Team, this brand new program will provide important information to all expectant parents in the KMC at any stage of pregnancy. Presenters include birth registration and passport services, Tricare, LRMC labor and delivery, and nutrition departments, as well as NPSP presentations about attachment to your newborn and facts about pregnancy.

» **Are you new to the KMC?** Join Army Community Service for Culture College, a free class that covers an overview of Kaiserslautern, Rheinland-Pfalz, and German customs and culture. The class takes place at 9 a.m. Thursday and May 24 in Bldg. 2891 on Pulaski Barracks. To register or for details, call 0631-3406-4203.

» **Family resiliency training** will be held at 9:30 a.m. Thursday in Bldg. 2891 on Pulaski Barracks. To register or for details, call 0631-3406-4203.

» **Couples communication classes** take place from 5:30 to 7:30 p.m. every first and second Thursday of the month in Bldg. 2917 on Pulaski Barracks. In this class, learn the keys to better communication, effective listening and understanding. To register or for more information, call 0631-3406-4203.

Baumholder Events

» **The Hilltop Theater presents "Into**

the Woods," a musical that intertwines the plots of several Brothers Grimm fairy tales, today to Sunday. Shows take place at 7 p.m. Fridays and Saturdays, and 3 p.m. Sundays. Call the box office for reservations or purchase tickets at the door. For details, call 485-7244 or 06783-6-7244.

» **The Fallen Soldier Memorial Run** will be held at 9 a.m. today at the Hall of Champions Fitness Center in Baumholder. Categories are male, female and youth under 18. For details, call 485-7176 or 06783-6-7176.

» **The Baumholder Warrior Zone holds its grand opening ceremony** Thursday. The new and improved Warrior Zone is bigger and better, with more equipment for Soldiers to enjoy. There is a range of gaming consoles including Wii, X-box and PS3. Also, enjoy a pool table and an air hockey table. Free cake and coffee will be available, along with guided tours through the Warrior Zone given by employees and Better Opportunities for Single Soldiers members. Command leadership will take part in a ribbon cutting at 3:15 p.m. in Bldg. 8106 on Smith Barracks.

» **The Baumholder Aquatics Facility** will be closed Thursday in support of the Baumholder EXPO. Normal business hours will resume May 24.

» **Auditions for Baumholder Idol** will be held at 6 p.m. June 1 at the Hilltop Theater. No registration is required. Contestants will be notified on the spot based on the decision of judges and a live audience. There will be three categories of contestants: youth, ages 6 to 12; teens, ages 13 to 17; and adults, ages 18 and older. The competition rounds will take place June 15, 22 and 29 at Hilltop Theater, allowing judges and audience members to vote on performances and move their favorite contestants toward the finale. The finale will be held at the Fourth of July festival at 6 p.m. in the festival tent. There will be one winner from each category, with the winner being 100 percent based on audience vote. For more information on the audition process, event location or how to be a part of the viewing audience, call Jacqui Haggerty at 485-6970 or 06783-6-6970.

» **Welcome to "The Rock"** is a spouses' mini brief introducing new families to the community. Learn what you can expect now that you are in Baumholder, including where the facilities are, what we offer, how you can get involved and who you can contact if you have questions. This event takes place at 10:30 a.m. every Thursday in the breakfast room at Lagerhof Inn in Bldg. 8076 on Smith Barracks in Baumholder.

Was ist Los?

KMC Cultural Highlights

by **Petra Lessing**

86th Airlift Wing Public Affairs

The following is a list of performances and events happening in the KMC and nearby. Dates are subject to change.

Performing arts

Pfalztheater Kaiserslautern:

- "Aida," a musical by Elton John and Tim Rice, 7:30 p.m. today, May 28, June 1, 5, 8, 19 and 28, and 6 p.m. June 9 and 30.

- Pfalztheater ensembles present their work and performs at Gartenschau Kaiserslautern, 2 to 6 p.m. Monday (German holiday).

- "Dornröschen," Sleeping Beauty, a ballet by Stefano Giannetti, 7:30 p.m. May 25.

- Fifth chamber concert with Monnier-Sextett Plus, 11 a.m. May 26.

- "Cosi fan tutte," an opera by Wolfgang Amadeus Mozart, 7:30 p.m. May 29.

- "The Black Rider: The Casting of the Magic Bullets," a rock musical by Tom Waits, William S. Burroughs and Robert Wilson, in German, 7:30 p.m. June 13 (last performance).

For details, call 0631-3675-209 or visit www.pfalztheater.de.

Kammgarn Kaiserslautern:

- The band Killerpilze presents pop and rock, 8 p.m. Saturday. Tickets cost €18.

- Edgar Wasser presents hip hop, 8 p.m. May 24. Tickets cost €12.

- The Scottish singer and song writer Jim Kroft performs 8 p.m. May 25. Tickets cost €17.

- Crematory presents Gothic metal, 8 p.m. May 31. Tickets cost €18.

- "German-American Big Band Summit with Rittersberg Big Band and Jazz Limited, Ramstein High School, 7:30 p.m. June 1. Admission is free.

For details and advance tickets, visit www.kammgarn.de or call 0631-365-2607.

Fruchthalle, Kaiserslautern:

- The German State Philharmonics Rheinland-Pfalz and ZDF television present "Richard Wagner 200," an orchestra concert with film projections, 8 p.m. May 24. Tickets cost €17 to €25. For more information and tickets, call 0631-365-3452.

JUZ (Youth Center), Steinstrasse 47, Kaiserslautern:

- Fused "unplugged," presents rock music, 8 p.m. today. Tickets cost €6.50. For more information, visit www.juz-kl.de.

Stadthalle Landstuhl:

- Concert with Renato Borghetti, Porte Alegre, Brazil, 8 p.m. May 24. Tickets cost €8 to 12. For more information, visit www.stadthalle-landstuhl.de or call 06371-9234-44.

English Theatre, Gallusanlage 7, Frankfurt:

- "Good People," a play by Pulitzer Prize winner David Lindsay-Abaire, to July 5. Performances are 7:30 p.m. Tuesdays to Saturdays, and 6 p.m. Sundays. For more information, visit www.english-theatre.org.

Nationaltheater Mannheim, am Goetheplatz:

- "Der kleine Prinz," a ballet by Dominique Dumais, based on the book by Antoine de Saint-Exupéry, 4 p.m. Saturday, 7:30 p.m. May 29, and 8 p.m. May 31.

- "Othello," a ballet by Kevin O'Day based on William Shakespeare's play, 7:30 p.m. May 29. For more information, visit www.nationaltheater-mannheim.de.

Miscellaneous

- Kaiserslautern, Gartenschau, open to Oct. 31. Hours are 10 a.m. to 7 p.m. Special events: Flower show, "Light — Dark," in flower hall, to Monday. Nostalgia exhibition and art forum in exhibition hall. Sunday: Church service, 11 a.m. in willow church. Monday: Day of Pfalztheater with presentations, 2 to 6 p.m. For more information, visit www.gartenschau-kl.de.

- Kaiserslautern, Japanese Garden open daily 10 a.m. to 7 p.m., through Oct. 31. For more information, visit www.japanischergarten.de.

- Siegelbach, Zoo, family day with kids' activities, falconer show, Sunday and Monday.



Photo by City of Kaiserslautern

Concerts in Volkspark

The annual concert season in Kaiserslautern's Volkspark starts Sunday with symphonic sounds by the Winnweiler Music Club. From 11 a.m. to 1 p.m. every other Sunday, bands and music associations will perform in a blue pavilion next to the duck pond. A bistro will serve snacks and beverages. An adventure playground is located near the area. The next concert with three music groups is scheduled for June 2. Volkspark is located on the corner of Donnersberger and Entersweiler Strasse (next to the public swimming pool, Warmfreibad).

- Trippstadt, Schlosspark, French Night with French food specialties and music by French Touch starts 5 p.m. Saturday.

- Enkenbach-Alsenborn, Skate and Music, 6 p.m. Sunday.

- Eulenberg, Eulenkopf tower, hill fest, Sunday and Monday.

- Miesau (across from pool), 60th horse show with 600 horses, Saturday to Monday; torch light jumping 9:30 p.m. Saturday.

- Bildhaus Music Club, Hahnbacherhof (near 67701 Schallodenbach), From da Soul Acoustic Lounge, 8:30 p.m. Saturday. Painting exhibition, cake and coffee, 11 a.m. to 7 p.m. the first and third Sunday of each month, through Oct. 16. Visit www.christiankrueger.privat.t-online.de for more information.

- Schmalenberg, Pentecost village fest, Monday.

- Rhodt unter Rietburg, blossom fest, today to Monday.

- Neustadt-Gimmeldingen, wine fest, today to Tuesday.

- Dudenhofen, culinary asparagus hike, 11 a.m. to 8 p.m. Saturday and Sunday. Visit www.vg-dudenhofen.de for more information.

- Bellheim, Park, flower and garden days, Saturday to Monday. For more information, visit www.bellheimer-gartentage.de.

- Tritenheim/Mosel, wine and bridge fest, today to Sunday.

- Bernkastel-Kues/Mosel, days of open wine cellars, today to Monday.

- Konz to Merzig, car-free adventure day "Saar-Pedal," Sunday.

Flea markets

- Kaiserslautern, Pfalzcenter (across from Daenner Kaserne), Saturdays.

- Kaiserslautern, Merkurstrasse, behind BMW dealer, 9 a.m. to 3 p.m. Wednesdays.

- Kaiserslautern, Opel, Portal 4, 8 a.m. to 3 p.m. Saturday.

- Bad Dürkheim, Saline (salt-works), 9 a.m. to 4 p.m. Saturday and 4 to 8 p.m. Thursday.

- Mannheim-Sandhofen, real Markt, 8 a.m. to 4 p.m. Saturdays.



Courtesy photo

Children's fest

The City of Kaiserslautern and the advertising association "Kaiser in Lautern" sponsor their annual children's festival from 10 a.m. to 4 p.m. Saturday in the city center. Children can ride carts on a special race track, test their skills in ball games and rope skipping, do handicrafts, participate in cookie baking and dancing, and have their faces painted. The Ramstein fire station will show off a fire truck and security forces will display a police car.

USAG KAISERSLAUTERN

Family and MWR

MAY 17, 2013

HAPPENINGS

NAF Vehicle Auction

USAG Kaiserslautern Family and MWR is holding a sealed auction. Bidding for the NAF Vehicle Auction is open May 1-22. Vehicles will be staged at Pulaski Barracks Lemon Lot, the parking lot adjacent to the Pulaski Express/ Gas Station. Submit bids at Pulaski Auto Skills Center during opening hours. Log on to kaiserslautern.armymwr.com to view vehicles and download a bid form. All bidders and purchasers must be in possession of a valid USAREUR driver's license and valid ID card. Vehicles are sold as is. No warranties or guarantees are included. Bids below the minimum asking price will not be considered. Winners do not need to be present to win and will be notified after May 22. Bids will not be accepted online, over the phone or via email. Pulaski Auto Skills Center, Pulaski Brks., Bldg. 2859, 493-4167 or 0631-3406-4167.

Book an Adventure with Army Outdoor Recreation

Outdoor Recreation's travel schedules for May and June are available! Enjoy various sun and beach trips, visit Prague, Paris, go on a trip to Europa Park or Disneyland Paris, and more! Outdoor Recreation has a variety of thrilling excursions for you and your friends! For more information call 493-4117 or 0631-3406-4117 or visit us online at kaiserslautern.armymwr.com.

**Kaiserslautern FMWR****KMC Onstage presents: Monty Python's Spamalot**

Lovingly ripped off from the classic-film comedy Monty Python and the Holy Grail, SPAMALOT is a musical guaranteed to make you laugh and have fun while watching the creative performances of your fellow community members. You are invited to watch KMC Onstage bring this wonderful musical to life! Show dates and times: May 18-19 and 31 and June 1-2 and 7-9. Fridays and Saturdays, 7:30 p.m. Sundays, 3 p.m. Tickets: Adults, \$14, Students and Seniors: \$12. Reserve your tickets now! KMC Onstage, Kleber Kaserne, Bldg. 3232. 483-6626 or 0631-411-6626. Recommended for mature audiences, children under 5 years old are not permitted to any performances.

USA Jobs

Want to learn more about finding a government job? Take part in this Army Community Service class, May 17 at 10 a.m., Bldg. 2917, Pulaski Brks. to learn more about finding and applying for jobs. Get the one-up on competition with hands-on instruction and assistance from our Employment Readiness expert! For more information or to make an appointment with Employment Readiness, call 0631-3406-4029.

Family Resilience Training

Join Army Community Service, May 23, at 9:30 a.m., Bldg. 2891, Pulaski Brks. for a free seminar designed specifically for family members to help build a stronger family unit by teaching the skills to increase resiliency and core competencies, including optimism, mental agility, self-actualization and character strengths. To register for the next seminar call 0631-3406-4203.

Kaiserslautern Arts & Cultural Center

The new Arts & Cultural Center is now open at the Kaiserslautern Community Activity Center (KCAC) on Daenner Kaserne, Bldg. 3109. The Arts & Cultural Center offers fabric, art supplies, classes, kids' crafts, quilting, custom framing, printing services, photography, ceramics, and more. Please call 483-6509 or 0631-411-6509 for more information.

House Party

Get down at the House Party on May 17 & 24, 9 p.m.-2 a.m. Kick it with dance music delivered straight to you from a live DJ. Bring a friend, grab a drink, and meet new folks while hearing tunes with a new flavor each time. Enjoy House, Contemporary, and music by request, along with music videos. No cover charge. Armstrong's Club, Bldg. 1036, Vogelweh Housing. For more information call 0631-354-9986.

USAG Kaiserslautern | www.kaiserslautern.armymwr.com
Rhine Ordnance Barracks | Special Events Center, Bldg. 237

Summer Bazaar

June 7-9

New Hours!
Friday
10am - 7pm
Saturday
10am - 6pm
Sunday
11am - 5pm

Get your shop on!

From A4 take Kaiserslautern West exit. Follow Opel signs, exit round-about at Rhine Ordnance Barracks. Follow event signs.
Questions? Call: 493-4184/4105 ; 0631-3406-4184/4105

Mercedes-Benz | Military Fuel Station | Starbucks | STARS & STRIPES | MWR

The US Army does not endorse sponsors or their products.

PENTECOST, from Page 23

“Quack” has to wear from his neck down during the parade through town. He also wears a hat made of thin rods. On Sunday afternoon, children go from house to house and collect flowers, which are fastened to the hat as well. The men spend the night in a barn, watch the green costume and from time to time they go through town singing the traditional “Quack” song. At 9 a.m. Monday, the parade with the costumed “Quack” and children carrying colored Pentecost rods proceed through Schmalenberg, led by a colorfully decorated horse. The children sell the collected flowers after the parade and go from house to house and ask people for eggs, bacon and money. A village fest will begin after the ride.

In Schopp, the Pentecostal ride through the village usually starts at 5 a.m. Monday.

The biggest traditional Pentecost event in the vicinity is the historical auction of a billy goat in Deidesheim every Tuesday after Pentecost.

According to a document from 1404 by King Ruprecht, residents of Lambrecht, which is a neighboring town of Deidesheim, had the right to use the Deidesheim forests as pastureland. Contracts between the former monastery of Lambrecht and the town of Deidesheim mention that people in Lambrecht had to pay with a good-looking billy goat for the use of the forests. The youngest citizen of Lambrecht had to take the billy goat to Deidesheim and tie it to the town hall before sunrise the Tuesday after Pentecost. He then received a bottle of wine and a cheese sandwich. In the late afternoon, the billy goat was put up for auction to fill the town’s cash-box.

Throughout the years, there was a lot of arguing about the shape and the condition of the billy goat.

In 1808, Napoleon even got involved and signed an edict saying the pasture rights would be granted for a “well horned and capable billy goat.” Between 1851 and 1857, billy goats were not accepted. The case had to be taken to the Zweibrücken court, which decided that in 1858 eight billy goats had to be delivered.

Today, it’s up to the most recently married couple to deliver the billy goat. Together, with the mayor of Lambrecht and other officials, they walk to the Deidesheim town hall. According to new regulations, they don’t have to arrive before 10 a.m. Tuesday. Here, the Deidesheim city council, school children and groups in national costumes greet the Lambrecht group.

A fest with music, folks group dancing, drinking and eating starts in the afternoon. The traditional auction is from 5:45 to 6 p.m. The prices paid for the billy goat reflect the people’s economical situation. In good years, people paid up to €4,500 for the billy-goat. Last year, €2,600 was paid for the goat.

Deidesheim is located on the German Wine Street between Bad Dürkheim and Neustadt.



Photo by Cesar Alvarez

Sarah Clum, Ramstein Health and Wellness Center health and fitness specialist, performs sled training as high intensity interval training.

HIIT improves fitness in no time

by Sarah Clum

Ramstein Health and Wellness Center
health and fitness specialist

Would you like to intensify your workouts? Have you reached a plateau and don’t know what to try next? Would you like to get the benefits of an hour-long cardio workout in a fraction of the time?

If any of these raised an eyebrow, high intensity interval training, or HIIT, may be for you.

HIIT, involves alternating bursts of high-intensity effort, reaching close to 90 percent maximum heart rate, with lower intensity recovery periods to achieve improved fitness in a shorter amount of time than through steady-state training. It works by combining anaerobic and aerobic fitness, getting the most of both types of training.

Benefits of HIIT include a metabolism boost, increased calorie consumption both during the exercise session and post-workout, faster building of lean muscle and maintenance of lean muscle throughout weight loss.

Using a professionally designed plan isn’t necessary, but it can be a great start if you are new to HIIT. Sticking to a plan helps track progress, motivates you while training and pushes you to improve. It is best for beginners to start slow and gradually build on their current fitness level. One to two interval sessions a week on nonconsecutive days allow the body to heal and replenish energy stores depleted from training.

When incorporating HIIT into your current exercise routine, you can increase the intensity in various ways, including speed, load (such as wearing a weighted vest), adding incline to a run or sprint, or decreasing the recovery time between intervals. Keep in mind it is best to increase the intensity in only one area at a time. So, focus on one specific area before moving to the next.

Whether your intervals involve running, biking or

another form of exercise, it is imperative you maintain good form. Sacrificing form to complete an interval — especially at this high intensity — is a recipe for exercise-related injury.

The training plan isn’t designed to be executed for an extended amount of time. It is a great way to spice up a mundane exercise regimen, but it isn’t for the faint of heart. HIIT provides many benefits, but by doing so it is taxing on the body.

Ensure you have plenty of recovery time between workouts and pay attention to your body’s signals. Avoid an injury by decreasing the intensity of the workout or by taking time off from the high intensity training if you feel significant pain other than the average muscle soreness.

HIIT is designed for those interested in increasing cardiovascular fitness and fat loss while maintaining their lean body mass. An active warm up is an important step in the exercise program, as well as a post-interval cool down.

The high intensity intervals are designed to push you to your limits, so you should be striving to reach a point where you cross from an aerobic zone, where your body is still using oxygen for energy, to the anaerobic zone, where your body’s oxygen needs exceed its supply of oxygen and it draws from energy stored in the muscles. The energy stored is used quickly in this zone, so the body becomes exhausted quickly after entering the anaerobic zone. This is the end of the high intensity interval where you’ll transition to an active recovery interval.

If you are interested in starting HIIT, there are many resources available. You can use a program like Tabata or design one on your own. The Ramstein Health and Wellness Center is also available to give you more information about starting a training plan. You can reach the HAWC at 86amds.hawc@us.af.mil or call 480-HAWC (4292).



military

IN GERMANY

EVENT

International May festival

Thu, May 9 – Fri, May 31

Wiesbaden, Hessisches Staatstheater

Enjoy Germany's second oldest festival for acting, music, ballets and opera ensembles starting with a ceremonial opening on April 27 at the Hessisches Staatstheater at 6.30 pm. The most famous stars of these genres will be visiting Wiesbaden during the event which was first held in 1896. April 28 to May 5 is Junge Woche (young week), a week during which young people will perform their many talents. Tickets are available at the Hessisches Staatstheater and www.maifestspiele.de

Late night shopping

Fri, May 17

Freinsheim, City Center

On May 17 all shops in Freinsheim's city center will be open until 10 pm. Enjoy shopping at small boutiques, jeweller's shops, specialty shops. Additionally, you can find a huge variety of typical Palatinate meals and wines in various restaurants, live music and fire shows in the historic alleys.

For more information in German see www.freinsheim-vontorzutor.de.

Wine festival

Sat, May 18 – Mon, May 20

Hambach, Domblick

The wine festival 'CuliVino' will take place at the Domblick, a famous viewpoint near Hambach (on the Wine Road), starting at 3 pm on Saturday. Set between the Palatinate Forest and Hambach's vineyards you can taste selected wines from four local wineries together with a variety of cheese and chocolate specialties. On Whitsunday and Monday the event starts at 11 am. For more information in German see www.culivino.de.

Schlachtfest

Sat, May 18

Falkenstein, Falkensteiner Hof

Experience a typical German Schlachtfest (butcher's festival) starting at 11 am at the restaurant Falkensteiner Hof. Specialties like Kesselfleisch (boiled pork belly) or a Schlachtplatte (a dish with different meat types) will be provided. After your lunch you have the chance to enjoy

the beautiful landscape of the village of Falkenstein with its old castle ruin.

For more info in German see www.falkensteiner-hof.com

Wine cruise on the Rhine

Sun, May 19

Ludwigshafen, Tourist Information Bureau

Experience a special wine tasting on a cruise on the river Rhine starting at 7 pm, meeting point is the Tourist Information Bureau Ludwigshafen. During the two hour tour you will have the chance to get to know some of the regional wine princesses, taste a variety of wines and delicious snacks will be served also. At the end a walk to the Rhein-Galerie, a huge shopping center, is planned. Admission is €29. Registration is required at the Tourist Information Bureau Ludwigshafen, 0621-512035.

Castle Illumination

Mon, May 20

Heidelberg, Castle

One of three castle illuminations in Heidelberg will take place on May 20 at 10.15 pm. First, Bengal lights will illuminate the castle to show what it would have looked like in 1689 and 1693 when King Ludwig XIV gave the command to destroy it by burning it down. Next a big fireworks display will be shown to symbolize the marriage of the elector Friedrich V. to Princess Elisabeth Stuart, 400 years ago. You will have the best view from the bank of the Neckar. For more information see www.heidelberg-marketing.de

May market

Fri, May 24 – Mon, Jun 3

Kaiserslautern, Messeplatz

This year's May market in Kaiserslautern will take place from May 24 to June 3 at the Messeplatz. Enjoy a huge variety of rides, raffles and shooting galleries at the fairground. The event ends with a big firework on Monday night. For more information in German see www.kaiserslautern.de

Farmer's market

Sun, May 26

Weilerbach, City Center

The village Weilerbach will host the 13th farmer's market on May 26 from 10 am to 6 pm. More than 100 vendors will present typical regional meals, arts and

**Fun things to do
with your family**
Fri, May 17 – Fri, May 31

crafts and much more. Additionally, all shops will be open and a flea market will take place from 10 am to 4 pm.

Car market and two-wheeler show

Sun, May 26

Eisenberg, Marktplatz

On May 26 the annual car market will take place at the Marktplatz (marketplace) and the pedestrian zone in Eisenberg from 1 pm to 6 pm. 30 exhibitors will show vehicle innovations, vintage cars, tractors and recreational vehicles such as Audi, BMW, Mercedes, Suzuki and many more. A carousel for children will be available as well as food and drink stalls. Furthermore, all shops in the city will be open. No admission.

Sunday Shopping

Sun, May 26

Kaiserslautern, City center and industrial area

Sunday shopping will take place on May 26 from 1 pm to 6 pm. On this day all shops in the city center and the industrial area will be open. Check out the latest trends from the world of fashion and technology.

130 years Lautertal railway

Sun, May 26

Kaiserslautern, Railway station west

Celebrate the 130th anniversary of the historic Lautertal railway at different stops between Kaiserslautern and Lauterecken-Grumbach, from 10 am to 6 pm. Along the railway, villages will provide entertaining programs for young and old. Also check out the modern trains and a diesel railcar from the 1950s. For the entire program, timetables and more information in German see www.der-takt.de

Beer week

Fri, May 31 – Sun, Jun 2

Kirchheimbolanden, Fairground Herrengarten

This year's beer week takes place at the Festplatz (fairground) Herrengarten from May 31 to June 2. More than 20 breweries will be serving more than 50 different German beers over three days. A program for children and adults is planned for the duration of the event and a ceremonial parade will be held on June 2 at 2 pm. Local Restaurants and food stands will provide typical meals and drinks for visitors.

Festival of colors

Sun, May 31

Kaiserslautern, Magnat club

Experience the craziest day of your life at the Farbgeföhle Festival on May 31 in Kaiserslautern at the outdoor area of the Magnat club from 2 pm to 10 pm. The traditional Indian spring welcome party was brought to Germany in 2012. Since then it is all about a colorful battle, DJ acts and cheerfulness. For more information and tickets see www.farbgefuehle-festival.de

CONCERTS

Maifeld Derby music festival

Fri, May 31 – Sun, Jun 2

Mannheim, Maimarktgelände

Enjoy the special Maifeld Derby music festival in Mannheim from May 31 to June 2, doors will open at 3.30 pm. Expect to see more than 60 international newcomer musicians such as Wallis Bird, Efterklang, Thees Uhlmann and many more. You can also watch short movies and readings will be held. The festival was already nominated for a special price because of its green thinking. For tickets, timetable and more info in German see www.maifeld-derby.de

SPORTS

American football match

Sat, May 18

Kaiserslautern, Schulzentrum Süd

See the first home game of the Pikes senior football team for this season, starting at 3.30 pm at their home field at the Schulzentrum Süd, Kaiserslautern. The match of the second league in the South will be against the Kirchdorf Wildcats. For more information in German see www.pikesnet.de

'Wildsau' run

Fri, May 31

Kaiserslautern-Mölschbach, Turnhalle

Take part in the annual 'Wildsau' (wild boar) run in Mölschbach. This event hosts three categories: the main run (10km) which will start at 7 pm, the walking route (10km) will start at 7.05 pm and the youth run (1km) will start at 6.30 pm. Entry fee will be 3€ for the children or 5€ for adults. A winner's cup and non-cash prizes will be provided for the three first in every category. Visit www.sv-moelschbach.de for more info.

For more to do in Germany, visit www.militaryingermany.com

US forces top boxers brawl it out in Europe

Story and photo by
Airman 1st Class Jordan Castelan
86th Airlift Wing Public Affairs

With lights overhead shining bright, the crowd roaring for action and the referee yelling fight, brave men and women slugged it out to be named champion in their respective weight class.

Some of the top armed forces boxers in Europe fought in Wiesbaden to compete for the Installation Management Command-U.S. Forces Boxing Championship. The event attracted more than 40 boxers and 1,200 spectators this year. A few boxers travelled from as far as Vicenza, Italy, to compete.

“The most difficult task that a competitor must accomplish is learning how to relax and stay focused on their game plan throughout the fight,” said Army Sgt. 1st Class Adam Martinez, U.S. Army Garrison Wiesbaden boxing instructor. “This is why sports like boxing are paramount for (the armed forces). Everything we do in training is for the fight.”

Martinez said that men are not the only ones who possess a will to fight. Wiesbaden Boxing Club currently has two female fighters ready to size up the competition from other bases.

“Our two female, 125-pound boxers are in complete animal mode right now,” Martinez said. “They have had to fight one another the last two bouts, (and) are eager to get in there with another (fighter).”

Aside from naming the top boxers in Europe, the tournament signified



Marine 1st Lt. Daniel Kim, boxer, receives a left jab to the face May 11 in Wiesbaden. U.S. Army Garrison Wiesbaden hosted the 2013 Installation Management Command-U.S. Forces Boxing Championship.

the end of the season and underscored the hard work and dedication these men and women put forth.

“As a novice, this fight is very important,” said Air Force Staff Sgt. Darren Hinds-Webbster, a boxer. “Having an opportunity to compete at this level while just starting out is a big step.”

Army Spc. Jeremy Bates, another boxer, had the fortunate opportunity to compete.

“It’s a rush. While you’re in there,

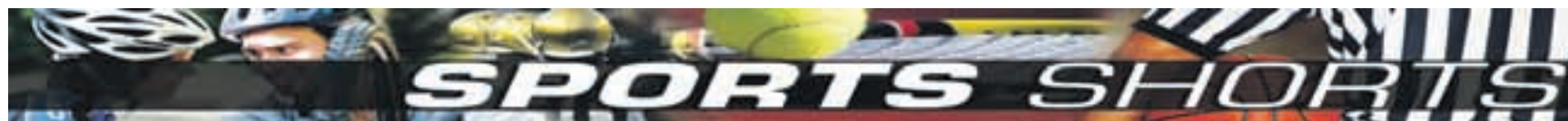
the only thing you can hear is your coach and your opponents breathing,” Bates said. “It’s almost as if the crowd disappears and a chess match between you and the person in front of you begins.”

Bates said it was a stroke of luck that he even began boxing. He said he was approached by a few boxers after he had finished a run around base and couldn’t resist the opportunity to find out more. After only a month of training, he had proven himself ready for the ring.

“What’s funny is that I’m a Soldier in a combat arms role and a boxer, but I would label myself a pacifist,” Bates said. “I actually hate fighting. Somehow, through all of this, I found boxing to put me at ease.”

Bates went on to win his bout in a third round technical knockout, clinching the championship in his weight division.

For more information about upcoming sports and activities, contact your unit sports manager or your local gym.



Bodybuilding, Figure Invitational

The K-Town Bodybuilding and Figure Invitational will be held at 3 p.m. Saturday in the Kaiserslautern High School auditorium. The invitational will feature more than 30 athletes from the KMC, Stuttgart, Wiesbaden, Spangdahlem and other surrounding communities. This free event is open to everyone. The event is sponsored by the Kaiserslautern Landstuhl Spouses’ Association and Landstuhl Regional Medical Center Bravo Company Tier III. For details, visit www.sandigriffin.com or www.facebook.com/teamlandstuhl.

Clinic sports physicals

The 86th Medical Group will be conducting sports physicals by appointment only June 8 for youth ages 6 to 18 enrolled at the Ramstein Clinic. The physicals will be performed from 8 a.m. to 3:45 p.m. at the Ramstein Clinic, Bldg. 2114 (main clinic) and

are valid for one year. Appointments can now be made by calling 479-CARE (2273) or 06371-46-2273. The appointments clerks will assist you in finding appointment that works for your children. The MDG will provide all necessary paperwork for this examination. Annual health screening physicals are required for students who wish to participate in sports. Families need to arrive 30 minutes prior to the scheduled appointment to complete paperwork and the necessary pre-examination testing. If a child wears glasses, please bring them to the appointment and have your children wear comfortable clothing, such as a T-shirt and a pair of shorts.

Football conditioning

The Child, Youth and School Services EDGE! program is offering two football conditioning classes for children and youth in first to 12 grade. Classes take place from 10 a.m. to 5 p.m. June 17 to 21 at the Landstuhl track field and June 24 to 28 at the

Sembach track field. For more information and to register, contact Parent Central Services, Bldg. 2898 on Pulaski Barracks, at 493-4516/4122 or 0631-3406-4516/4122; the Landstuhl One Stop Shop, Bldg. 3810, at 486-8943 or 06371-86-8943; or the Sembach Community Activity Center, Bldg. 220, Room 117, at 496-5175 or 06302-67-5175.

Rock climbing

The Child, Youth and School Services EDGE! program is offering a rock climbing course for children and youth, every Tuesday and Thursday from June 4 to 27 and Aug. 6 to 29 at Ramstein Outdoor Recreation inside the Kaiserslautern Military Community Center. Lessons will be offered in 30-minute increments at 5, 5:30, 6 and 6:30 p.m. Classes cost \$20. For more information and to register contact Parent Central Services, Bldg. 2898 on Pulaski Barracks, at 493-4516/4122 or 0631-3406-4516/4122.

NOW SHOWING

Gateway Cineplex (Ramstein)

TODAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 11 a.m., 2 p.m., 5 p.m., 7:45 p.m.
Evil Dead (R) 10 p.m.

SATURDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Escape from Planet Earth 3D (PG) 11:15 a.m., 2 p.m.
Evil Dead (R) 10 p.m.
42 (PG-13) 5 p.m., 7:45 p.m.

SUNDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 2 p.m., 7:45 p.m.
Evil Dead (R) 11 a.m., 5 p.m.

MONDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 2 p.m., 7:45 p.m.
Evil Dead (R) 11 a.m., 5 p.m.

TUESDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 2 p.m., 7:45 p.m.
Evil Dead (R) 11 a.m., 5 p.m.

WEDNESDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 2 p.m., 7:45 p.m.
Evil Dead (R) 11 a.m., 5 p.m.

THURSDAY - Tyler Perry's Peeples (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.
The Great Gatsby 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
Jurassic Park 3D (PG-13) 11:30 a.m., 3:15 p.m., 7 p.m.
42 (PG-13) 2 p.m., 7:45 p.m.
Evil Dead (R) 11 a.m., 5 p.m.

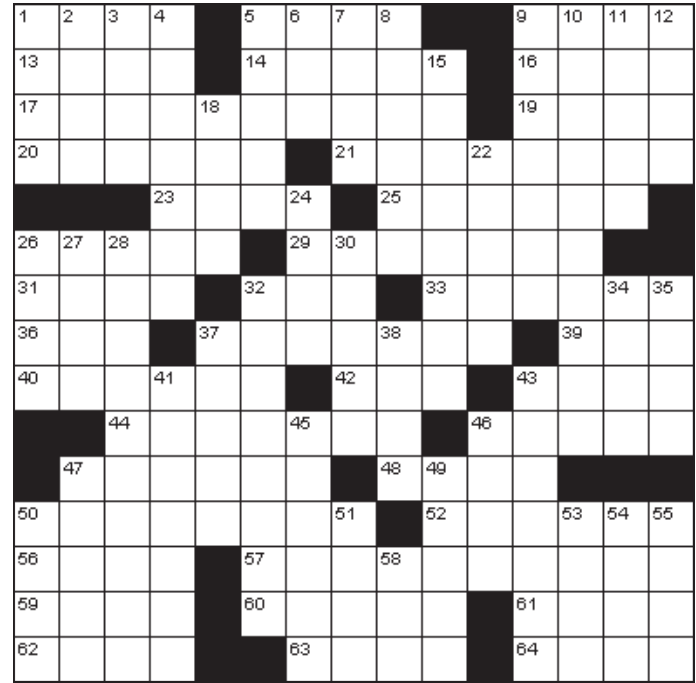
Galaxy Theater (Vogelweh)

TODAY - The Call (PG-13) 7 p.m.
SATURDAY - The Incredible Burt Wonderstone (PG-13) 4 p.m.
Iron Man 3 (PG-13) 7 p.m.
SUNDAY - Dead Man Down (PG-13) 4 p.m.

BROADWAY KINO MOVIE MAGIC
 Digital 3D
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 www.broadwaykino.com
 For Reservations & Informations call 06371-937037
 Next to Autobahn A6, Exit 13 (Landstuhl)
 Merkurstraße 9, 66877 Ramstein-Miesenbach
 6 THEATRES, THX, EX and all Digital Sound Systems
FRI MAY 17 - WED MAY 22
In Digital 3D: Iron Man 3 (PG13)- Sat & Sun 13:30
In Digital 3D: Star Trek: Into Darkness (PG13)- Sat & Sun 13:30
Fast & Furious 6 (PG13)- Mon 14:00, 17:00, 20:00, Tue & Wed 17:45, 20:15
The Great Gatsby (PG13)- Fri 16:00, 17:00, 22:00, Sat 14:00, 17:00, 22:00, Sun 14:00, 17:00, Mon 17:00, Tue & Wed 17:30
In 2D: Iron Man 3 (PG13)- Fri 17:00, 19:30, 22:00, Sat 14:30, 17:00, 19:30, 22:00, Sun 14:30, 17:00, 19:30, Mon - Wed 17:30
In 2D: Star Trek: Into Darkness (PG13)- Fri 17:00, 19:30, 22:00, Sat 14:30, 17:00, 19:30, 22:00, Sun 14:30, 17:00, 19:30, Mon 17:30, 20:15, Tue & Wed 17:45, 20:15
Coming soon: Epic & Hangover 3
 For Showtimes of Thur MAY 23 call 06371-937037 or see www.broadwaykino.com/kmc



Editor's note: Schedules and synopses are provided by the Army and Air Force Exchange Service. Movie times and dates are subject to change by the individual theaters. Please check with the theater to ensure accuracy.



Puzzle courtesy of <http://thinks.com/>

ACROSS

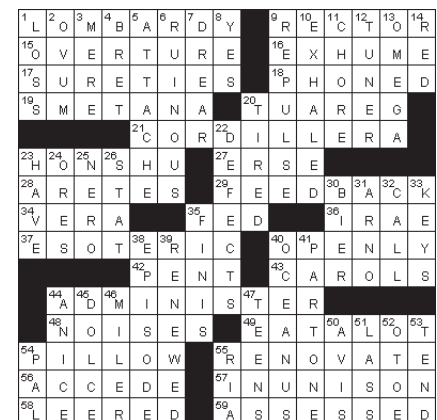
- 1 Charged particles
- 5 Birthright seller, in Genesis
- 9 Twilight
- 13 Big Apple stadium
- 14 Earth
- 16 Ancient Peruvian
- 17 Pass out
- 19 “__ Named Sue”
- 20 Idea
- 21 The 51st Psalm
- 23 Aquatic organism
- 25 Average
- 26 Struck, old-style
- 29 Stock up on again
- 31 Dwell
- 32 Not neg.
- 33 Countenance
- 36 French article
- 37 Wailing spirit
- 39 Powerful snake
- 40 Actress Candice
- 42 Assistance
- 43 Woeful cry
- 44 Sharpshooter
- 46 Glacial ridge
- 47 Worked hard
- 48 Aperture
- 50 Keep
- 52 Iroquois League tribe
- 56 Foolhardy
- 57 Primitive hearing aid
- 59 Charles Lamb's pen name
- 60 Cut and __
- 61 Capri, e.g.
- 62 Butter portions
- 63 Bears' lairs
- 64 “O __ Mio”

DOWN

- 9 Daily records
- 10 Intolerable
- 11 Contempt
- 12 Funnyman Danny
- 15 Merited
- 18 Auditioner's goal
- 22 Dog on “Frasier”
- 24 Presley's middle name
- 26 Soft lump in yarn
- 27 Ore source
- 28 Tries a bit too hard
- 30 Writing assignment
- 32 Catered basely
- 34 Billy or Nanny
- 35 Comfort
- 37 Memphis street
- 38 Goes quickly
- 41 Honshu hostesses
- 43 Apollo's twin sister
- 45 Composer Grieg
- 46 Japanese aborigine
- 47 Carefree song syllables
- 49 Noblemen
- 50 Get-ready work
- 51 A Great Lake
- 53 __ facto
- 54 Big name in computers
- 55 Suit to __
- 58 Countdown starter

DOWN

- 1 Phone line abbr.
- 2 Buckeye State
- 3 Arboreal abode
- 4 Surfeit
- 5 “Dallas” family name
- 6 Have a bawl
- 7 Calla lily family
- 8 Last month



Solutions to the May 10 puzzle

At The Movies

Visit www.kaiserslauternamerican.com/movies.php for details

The Call (PG-13) — In order to save a young girl's life, an emergency operator must confront a killer from her past.

Starring Halle Berry and Abigail Breslin.



Gatsby's circle, becoming a witness to obsession and tragedy.

Starring Leonardo DiCaprio and Tobey Maguire.

The Great Gatsby (PG-13) — Nick Carraway, a Midwesterner now living on Long Island, finds himself fascinated by the mysterious past and lavish lifestyle of his neighbor, Jay Gatsby. He is drawn into

13 — Two strangers' mutual desire for revenge draws them together and triggers an escalating trail of mayhem.

Starring Colin Farrell and Noomi Rapace.



MOTORCYCLE SAFETY DAY

PLAN.PRACTICE.RIDE

SATURDAY **JUNE 1**, 2013

KMC MSF course
Kapaun Air Station
0900-1700 hrs

- For the novice through experienced rider
- gain useful practice and tips for safe riding in Europe
 - Rider Safety Equipment Display & Demo
 - Braking Demo & Rider Braking Exercise
 - Road Obstacle Avoidance Demo & Rider Exercise
 - Slow Speed Riding/Handling Demo & Rider Exercise
 - Instructor Led Group Rides
 - Participate and enhance your riding skills
 - Bring your own bike or use one of ours
 - Drawing at 1650 – 1700 hrs,
- win some great prizes – must be present to win



**FREE
EVENT!**

Safety Day participants must:

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Apt close to RAB, LRMC & Vogelw 120sqm in quiet house, 2BR floor-heat liv/din rm, new BIK dishwasher laundry, brand new bath, storage, park-spot, cable TV & SAT. No pets! Avail now! 0179-8123086

Attention: Kaiserslautern city center, 3rm, bath, bik, garage, storagerm, terrace, separate basement bar, avail now, 100sqm, €680 + util Call: 0177-3458974

Attention-Luxury 2BR, BIK, 89spm apartment, big green terrace-balcony, K'town-Downtown. SAT-Dish, High-Speed. cable-ready. 690 Eur.+Util. Call 0176-63053459 LSTRITZINGER@gmail.com

Furn nice quiet Apt, + dish, AFN, carpt, garden, housing appr. €660, 06308-1346

Attention-Luxury fully furnished apartment, BIK (fully equipped), over 60spm apartment. K'town-Downtown. SAT-Dish., WIFI Internet possible. Call for rental price - Call 0176-630 53 459 €50 LSTRITZINGER@gmail.com

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Big nice Apt.in a quiet Area, 3Bedrm., Liv-Dinrm.1.5Bath, BIK, 2 Pantries, Balc, AFN, DSL-Internet, 130sqm, no Finders fee €480 063847067 or 01638150865 - mi chaelx-xbraun@web.de

Mackebach, 3 bedroom, 2.5 bathrm Apt, quiet area 5 min from RAB, Tel: 06374-994590 or 06374-9957115

Hohenecken Lg Apt 3BR liv/din BIK 1.5bath balc laundry stor cpks 2 basm new renov quiet no pets €650+utl 06301-9263 / -1812 or 0176-96720310

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Ramstein: 2BR Apt, liv rm, BIK, bath, guest bath, storage rm, balc, 95sqm, parking spot, best location in Ramstein, avail 1 June, 2013 €550 + util.Tel: 0151-19167416

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Friday 7 June 2013
Shotgun start at 1300hrs (Briefing at 1215hrs)
This will be a "scramble" tournament
Fees, including cart, bucket of balls for driving range and a STEAK DINNER: AGBC Members €70; Non-Members €80
 (Includes a donation to the Kaiserslautern AGBC Scholarship fund)
NOTE: Carts are required for the "Shotgun" start tournaments
Prizes will be awarded for longest drive, closest to the pin, best team and for other achievements (will be announced at the briefing at 1215hrs).
RSVP's required by 24 May 2013
 Please email this form with all info to Tom Shaver, at rhinotom.shaver06@gmail.com
 If you do not have email, please snail-mail this form to Tom Shaver, at Selberg Strasse 13, in 67753 Rothselberg.
Directions to Ramstein Air Base and hotel info will be sent to those who RSVP

TEAM MEMBER: _____ MEMBER: _____
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Transfer Fees to: Stadtparkasse Kaiserslautern, BLZ: 540 501 10
Konto # 1100 272 40
 Write "AGBC GOLF" & the names of players on the transfer.
Funds to be received NLT 30 May.

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APTS FOR RENT

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Very nice Apt in Hohenecken, 3bedr, livrm, kitchen w/kitchenette, bath, balc, 100sqm, €625, Tel:0631/470116/0163/7720095

Wonderful fully furnished apartment near RAB, 100 sqm, Balcony, Garden, Rent only 650 € + Util. + Finder's Fee. Nice apartment near Kaiserslautern-East, 107 sqm, 3 bedrooms, cats ok, balcony, garden.garage Rent 600 €+ Util., + Finder's fee. Immobilien Sunny Ray 0157-87016817

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1 townhouse, Rodenbach, 4 bedr, 1 1/2 bath, bik, garden, basement, carport, €930 + util. Fee only €750, Real Estate Metzger, 0176-62121927

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 Evening Worship 6:00pm, Wednesday Service 7:00pm
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Air Force and Army Chapel Schedule

Protestant Services
• Daenner Chapel
 Saturday Seventh-Day Adventist Sabbath School 9:30 a.m.
 Worship service 11 a.m.
 Sunday Chapel Next Service 10:00 a.m.
 POC USAG-K Chaplains Office 493-4098, Civ. 0631-3406-4098, BLDG 3150
• Landstuhl Chapel
 Sunday Protestant Worship and Kid's Church 11:00 a.m.
 POC USAG-K Chaplains Office 493-4098, Civ 0631-3406-4098
• Ramstein North Chapel (480-6148)
 Contemporary Service, 11:00 a.m. Sunday
• Ramstein South Chapel (480-5753)
 Liturgical Services, 9 a.m. Sunday
 Liturgical Sunday School, 11:00 a.m. Sunday
 Traditional Service, 11:00 a.m. Sunday
• Vogelweh Chapel (489-6859)
 Gospel Service, 11:00 a.m. Sunday
 Protestant Education Classes are available for all ages at Vogelweh, Ramstein, Landstuhl and Daenner, For more information, call 480-2499 or 489-6743.
Jewish Religious Services
• Ramstein South Chapel Synagogue (480-5753)
 Shabbat Evening Service, Friday, 7 p.m.
Catholic Services
• Ramstein North Chapel (480-6148)
 Sunday Mass, 9:00 a.m. and 5 p.m.
 Confessions, 4 to 4:45 p.m. Sunday
 Daily Mass, 11:30 a.m. Mon through Fri
• Vogelweh Chapel (489-6859)
 Confessions, 4 to 4:45 p.m.
 Saturday Mass, 5 p.m. Saturday
• Daenner Chapel
 Sunday Confessions 11:45 a.m.
 Sunday Mass 12:30 p.m.
 Daily Mass 11:45 a.m. Tue – Fri
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• Landstuhl Chapel
 Sunday Mass 9 a.m.
 Daily Mass noon Mon – Fri
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Islamic Services
• Ramstein South Chapel Mosque (480-5753),
 Jumu'ah Prayer, 1:30 p.m.
 For Religious Education and Daily Prayers check Prayer Schedule
Orthodox Christian
 Confession by appointment
 Divine Liturgy
 - Kapaun Chapel Sun, 9:00 a.m.
 For more information call: 489-2496
Youth Group
Middle School Youth Group, "Plugged-In" for Landstuhl, Kaiserslautern and Sembach meets on Sundays from 2 to 4 p.m. at the Pulaski Religious Youth Center.
High School Youth Group, "The Rock" meets on Sundays from 6 to 8 p.m. at the Pulaski Religious Youth Center.
Dinner for Students and their Families, "Cafe" meets on Sundays from 430 to 530 p.m. at the Pulaski Religious Youth Center. For details and other events, call Anthony Amor at 0151-2411-2619 or visit www.kmcyouth.com.
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 Kapaun Chapel Sun, 10:30 a.m.
Korean Service
 South Chapel Sun, 1 p.m.
Unitarian Universalist Service
 Kapaun Chapel
 2nd & 4th Sun, 1.30 p.m. (Sep through May)
Wiccan
 Kapaun Annex 1st & 3rd Sat, 7 p.m.
Confessional Lutheran (WELS)
 South Chapel 2nd & 4th Sun, 4 p.m.

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Apt close to RAB, LRMC & Vogelw 120sqm in quiet house, 2BR floor-heat liv/din rm, new BIK dishwasher laundry, brand new bath, storage, park-spot, cable TV & SAT. No pets! Avail now! 0179-8123086

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FSH Thalichtenberg, build 1985, 260sqm, 4BR, 5 bath w/ shower&tub, guest toilet, liv/dinrm, BIK, loggia, 2 terraces, garage, garden, basement, oil heating, view castle view, avail 15 May, €1800 + util, Call: 0176-67263115 Herr Pertel

FSH w/ In-Law-Suite 225sqm in Otterbach, 6 km to K'Lautern, 4 BR, 3 Baths, 2 Living-Room, Dining-Room, 2 BIK, 1 Carport, Yard, Laundry-Room, Storage, Pets allowed, Rent: 1700 Euro + util., Avail: May 15, 2013. For more information please contact G.I. Bill Pay Service & Real Estate: 06371-465407 or 0160-1065196 or ramstein@gibillpay.com

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Near RAB, freestanding house, 160sqm., 3 bedrms., 2 baths., b.i.k., office, basement, fenced yard, garage, 1.250 Euro + util Anne S. Neumann Immobilien4you Tel: 06372-803641 or 0173-8317162

New big house with Garage and lrg property in 66919 Weselberg, 15 min from RAB, 260qm livrm, dinrm, office, 5BR, dressingrm, hobbyrm, storagerm, utilityrm, firheating, electr rolladen, electr garage dr, lrg terrace, DSL + Sate-lite, Tel: 06333-63510 or 0151-56616011

New house in Spesbach 220sqm 5 BR BIK din/liv rm studio 2 balconies terrace yard garage €1611 avail 1 July 06372-61289/0178-3492565

Nice cozy townhouse in Nanzdietschweiler, 3 BR, 2 baths, large bik with many cabinets, liv/din room, grilling hut in the yard, close to Ramstein, carport, €820. Call 0162 4131 878 or email: gpre sidences@gmx.net.

Nice FSH 256 m² in K'Lautern Einsiedlerhof, 4 BR, 2.5 Baths, BIK, Liv/Din, Storage, Family-Room in Basement w. fireplace, Yard, Garage, Pets neg., Rent: 1895 Euro + util., Avail: May 1, 2013. For more information please contact G.I. Bill Pay Service & Real Estate: 06371-465407 or 0160-1065196 or ramstein@gibill pay.com

No fee, freestanding house in Weilerbach 6 bdr, 2 full bath, eat in Kitchen, 1200 € + extras. Call Hanns 06374 - 1576 Hanns-Josef@t-online.de will send more pics + informations

No fee, New freestanding house, floorheat, 200sqm, 3BR/2BR, yard , carport, 15 min base, Steinbach am Glan Im Trisch 27 €1500 0160 96284596 or 06386/9979075

Otterbach: nice 3 bm duplex, 170sqm, garage, patio, private yard, E 1100, Immo T. 016096096498

Otterberg: brand new 280sqm house, 5 bm, open bik, low energy, nice yard, garage, E2160, Immo T. 016096096498

Queidersbach: Freestanding 4 bedr., living-diningrm., 2 ½ bath, built-in-kit., basement, yard, garage, carport, 1.280,- € + util www.agra-immobilien.de 06371-57656

Rab school, 190sqm., 3 bedrms., 2 baths., laundry room, big yard, garage 1.250 Euro + util Anne S. Neumann Immobilien4you Tel: 06372-803641 or 0173-8317162

Ramstein village, FSH, 170 sqm 5 BDR, 2,5 baths, rent € 1200, Reduced Fee ZIAl DZ Immobilien, 01726823232

Ramstein: 2 bedr. 2 bath, living-diningrm., built-in-kit., patio, yard, garage, 890,-€ + util www.AGRA-Immobilien.de 06371/57656

Ramstein-Miesenbach: 4-5 bedr., 3 bath, living-dingrm., built-in-kit., garage, basement, yard, 1.500,-€ + util www.agra-immobilien.de 06371-57656

Ramstein-village: huge house, 6 bedr, 2 bathr, built in kitchen, small yard, garage free now € 1.800,-RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, . 01704116990 Info-landstuhl@re max.de

Representable Fam house 9BR w/ AC whirlpool open firepl 2WC 2baths garage for 3cars 2BIK lrg fenced lot 300sqm liv space Pets OK in Patersbach 15min to RAB avail 15 Jun €1980+utl Call: 0163/7719743, gaby.bode@yahoo.de

RS-school: FSH, 6 bedr., 2 bath, big open living/dining/kitchen, fire place, garage, carport, € 1.534,-+ util., I.B.u.Immobilienservice Thomas Souribeaux 06374 995 694 Thomas.sx@t-online.de

Schwedelbach, 180 sqm., 4 bedrms., 2 baths., b.i.k., yard, carport 1.280 Euro + util Anne S. Neumann Immobilien4you Tel: 06372-803641 or 0173-8317162

Schwedelbach: freestanding 1 family house, living, dining, kitchen, 4 bedr 2 bathr, large patio, basement avail. June € 1.380,-RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, Tel. 01704116990 Info-landstuhl@re max.de

Schwedelbach: nice freestanding house, 3bedr., 1.5bath, livr, bik, storage, €900+ util. Roth Immobilien 06374-994776 or 0171-1950606

Spesbach (5 min. RAB): Duplex, 4 bedr., 2 bath, carport, € 1.400,-+ util., I.B.u.Immobilienservice Thomas Souribeaux 06374 995 694 Thomas.sx@t-online.de

Spesbach, Langgewanne 12a, 1Fam House, built 2001, 240sqm, 6Rms, BIK, 2bath, firepl. stor, garage, lrg studio & property 1805€ +util, 06386-7871

Spesbach: townhouse 4 bedr., 1 ½ bath, living-diningrm., patio, balcony, yard, 1.150,-€ + util www.AGRA-Immobilien.de 06371/57656

Weilerbach-Erzenhausen. Exclusive duplex 245qm, 4bedr., livr., bik, dining room, 2bath, studio, floor heating, yard, €1550+util. Roth Immobilien 06374-994776 or 0171-1950606

Wonderful house 10 Min to Rab in Rab school, 300 sqm., 5 bedrms., b.i.k., studio, 2 baths., sauna, fenced yard, carport, 1.980 Euro + util Anne S. Neumann Immobilien4you Tel: 06372-803641 or 0173-8317162

Wonderful, brand new house in Weilerbach, 10 min RAB, modern BIK, big dining/living room, 233 sqm, 3 bedrooms + big studio, 1,5 bath. Rent 1800 € + Util, + Finder's fee. Immobilien Sunny Ray, 0157-87016817

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8 Min to RAB, Ramstein School Distr., about 400 m² living space, 7 bedr, huge family room, livingr, diningr, excl. kitchen, pantry, 3 bathr, Sauna, 2 Garages very quiet living area, € 449.000.-- RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, 01704116990 or 01706850060, email wolf gang.wiedmann@remax.de

Bann, nice 160 sqm duplex, 5bm, separate aprtmt, build 1999, yard, E 239000, Immo. T. 016096096498

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Bruchmühlbach, wonderful country house, freestanding, 10 min from RAB, 200sqm living space, 3 bedrs., 2 baths, basement, studio, office, pantry, new kitchen, 2 garages €290000 015229571868 or an.ikkert@t-online.de

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Kaiserslautern - Hohenecken: Great house, fantastic view to the castle, 4 bedr. 3 bathr, Large Sauna, gym room, large living and sunroom, kitchen, open fireplace - room, 2 car garage, and available now 100 % financing € 419.000.--RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, Tel 01706850060 or 01704116990, email wolfgang.wiedmann@remax.de

Kindsbach: nice duplex with garage build 2006, 145sqm, 4bm, 2 baths, E200000, Immo T. 016096096498

Steinwenden: older house, 5 bedr, livingr dining area, kitchen balcony avail now €135.000.-- RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, Tel. 01706850060 or 01704116990, email wolfgang.wiedmann@remax.de

Otterberg: very nice Duplex, big dining and livingroom with fire place, BIK, 6 BR/2,5 BA, terrace, Garden with a nice view. Price 245000€ RE/MAX Real Estate Center 0631/41408880 or 0176/61265403

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BMW X3, 2012, 3.5ix. 17.5k miles. Brown Metallic, cream leather, one owner, pristine condition. Auto, sun roof, nav. Extra interior trim. \$39,500 atlantis_2000_us@yahoo.com

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AUTOS

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Seats 5 Comfortably, comes with BMW floor mats, iPod connector, jumper cables, and misc. car supplies. You may also contact me on my cell 015223450555. I will be moving to lodging Friday 25 Apr 2013, also if needed I can show the vehicle on base.

US Spec 2008 Smart for 2, original owner, 55K miles, 42-44+ mpg. Automatic, sunroof, air bags, ABS, power windows, power locks, key remote, AC & more. 01751108920/betswar89@gmail.com

Opel Astra, 2003, 1.6L with only 82tms, A/C, 4door, hatchback, darkblue, 5-speed, pwr. locks/windows/steering, great condition, runs fine, new tune up/parts €3300 obo 016092225627/saskia2205@aol.com

Mercedes C 220, automatic, Build year 95, 180,000Kilo, good condition, key less entry and electric moon roof, Radio/cassette, cruise control, inspection guarantee, €1800 Call: 0176-63316091 or 06306-991108

Set of 4 used Alloy Wheels (Rims) with summer tires 235/40R 18, 2 Continental & 2 Cooper Zeon 2XS tires. 500 EU. Wiesbaden. sergela na@gmail.com \$650 0176-69350-983

VW Passat GT, €1300 0152-06786080 - stefandsanya@gmail.com

Silver 2010 Audi A3 S-Line (US Spec). New OEM Tires & Windshield. Recently Serviced by Dealership. Very Clean Car with 54,000 Miles. \$16,000 mzucco2@yahoo.com

Toda high power N2 Camshafts, K20a 295in12.5 and K20a 285ex12.0, asking for both \$700. Call: 017622987498

Toda K20A Valve Spring Set. Original price \$400. Toda racing parts. Never used Asking \$275 Ph.017622987498 / isabell_1_98@yahoo.com

Nissan Almera Tino Di 2.2, 2002, AC, Airb.102.000 miles, manuel, 114 HP, clean, family car, private. \$3850 0152-06786080 - stefandsanya@gmail.com

Used 17" Alloy Wheel Rims, blue painted. For more details pls call or email gabriellas21@hotmail.com \$400 015221914969

VW Golf IV 1.6, 1999, only 68kmiles, red, manual, euro, sunroof, 2-door, aircondition, inspection guarenteed €2400 017625364765

VW Golf, 4DR, 75ps, 5speed, first owner, new inspec, central lock, glass moon roof, new winter tires, 0152-06786080 €1350

Was new 1000 euros was from my Ford Mustang. \$470 0152-06786080 - stefandsanya@gmail.com

We buy cars / all makes! Accident, broken down, Honda, Toyota - great prices! Open Mon-Sun call until 10pm 0173-4201553 or 0631-3579286 or E-Mail: mario_ib@yahoo.de

Tires for Sale. 4 Pirelli M&S Tires with rims, for Nissan NX 100; Size: 185/60 R 14. Call between 6 and 8 pm €100 06374 - 9958445

MOTORCYCLES

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Caution: Some KA Classified ads have become a target for scams. Please be cautious if potential buyers offer you payment methods other than cash.

2008 BMW F800ST, US specs, factory lowered suspension, ABS brakes, Tire Pressure monitor, on board computer, heated handgrips, low mileage-2390 miles. \$8300 015144521669

2008 Harley Road Glide. One of a kind custom. Bike is in Europe on a tour and can be delivered. Email for pic's and info. \$17000 bill@theroofco.com

2012 Harley 1200 Sportster Custom - A great bike w/only 245 miles! Under warranty w/unlimited mileage til Dec 2015. Call Chuck at 015152543991 \$9800 chuck10293@gmail.com

ANNOUNCEMENTS

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Alpha Phi Alpha Fraternity, Inc., Theta Theta Lambda Alumni Chapter celebrates 50 years in Germany. On May 18, 2013 Theta Theta Lambda celebrates its annual Black and Gold Scholarship Banquet at the Kurhaus, Wiesbaden, Germany and Scholarship Benefit Concert. We cordially invite all educators, private organizations, community leaders, and our local German national friends and colleagues to honor these proud and deserving young people as we honor them and their accomplishments. Theta Theta Lambda has provided more than \$225,000 in scholarships to qualified Department of Defense Dependent Schools seniors and continuing education scholarships circa 1985. Scholarship recipients historically come from the surrounding military communities to include, Ansbach, Bamberg, Bitburg, Heidelburg, Hoehnfels, Kaiserslautern, Schweinfurt, Spangdahlem, Stuttgart, and Wiesbaden. For ticket information or questions please visit www.alphaeurope.org or follow us at twitter@ttl50th and view the banquet commercial at <http://youtu.be/0Uifj5ncLqE>

Dog Tag Dads and Kids will be at Ramstein Bowling Alley every Monday 11:30am. So come join us. More info: Facebook. dogtagdads@gmail.com

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ANNOUNCEMENTS
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Dedications for Breast Cancer Survivors in support of Rally For The Cure. More info at <http://ramsteinwwga.weebly.com/host-a-hole.html> RFTCramstein@hotmail.com

Rally For The Cure Golf Tournament, Sat 1 June Woodlawn Golf Course, Ramstein AB. Info at <http://ramsteinwwga.weebly.com/rally.html> RFTCramstein@hotmail.com

Thank you, St. Jude! K. C.

The African American Heritage Committee meets from 11:00 a.m. to 12:00 p.m. on the second Thursday of each month at the Ramstein Enlisted Club in the second floor conference room. The meeting is open to all cultural backgrounds. Attendees will meet to discuss planning for informational events throughout the year that highlight cultural diversity. For more information, contact kmcaahc@yahoo.com or search Kaiserslautern AAHC on Facebook.

CHILD CARE
All ads & pics can be viewed @ www.class-world.eu

Child care provider very experienced (engl spk) has openings for all ages, very flex. 7min RAB Call 0163-2943479 or 0151-61206793

Certified day care mother in Landstuhl has openings for ages 0-4 years old. Call Ursula: 06371/612977

ELECTRONICS
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110 vol Transformer with spare fuse €20.00 retta7799@googlemail.com

AFN Satellite Receiver/Decoder model Scientific Atlanta #9835 with a remote. \$140.00 01714905428/cable2bk@aol.com

Cisco HD High Definition Model 9865 AFN Satellite Receiver/Decoder with remote \$270.00 01714905428/cable2bk@aol.com

German Items: 1 Toaster Oven; 1 Toaster, 3 Swivel Table Top Fans, Multiple Extension Cords and adapters. \$5-10 retta7799@googlemail.com

JVC Mini Stereo with CD player in excellent condition. \$50.00 017684658955_email_spvendedor@gmail.com

Samsung Galaxy S II in new condition. With screen & cell protector. SIMs Lockfree. €210.00 017684658955_email_spvendedor@gmail.com

Transformer-300 watt \$20 06383 5676

FOR SALE -- MISC
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1920's German Art Deco china cabinet. Has a lot of storage space! €580 saraeperalta@yahoo.com

4 summer tires, Ford Mustang, Hancock, 245/45z/R17, 2 years old, also new, driven one summer season. 01723564442

7-Up glasses (6) \$15 06383 5676
A large variety of boys clothing. Pick out five either pants or shirt or both for only \$20. Age 2 to 7, 017622987498

An adjustable full-size bassinet allows you to keep baby closer longer. Diaper changing table with wipe clean fabrics that resist mess during changes. Easily converts to a portable playard. Signature Graco® push-button fold makes closing your playard quick and hassle-free. Airy mesh on all sides for maximum ventilation. Convenient carrying bag for no-fuss travel and storage. New price: 129.99, selling for \$95, 06374-944368 or 0176-55247077 or email Doris.Koenig@gmx.de

Antique 100 year old German china cabinet, matching dining table with 4 chairs. Contact Eric and Mia. €1000 06375-994-2934

Antique bench with cushion seat, storage space, and wheels. Contact Eric and Mia. €800 06375-994-2934

Antique French Armoire with mirror doors. Louis IV style. Contact Eric and Mia. €1000 06375-994-2934

Blender, 220 volt, Black €8, 017622987498

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Ramstein, Flurstr. 4
Tel. 0163-1 90 57 17

Antique French buffet. 1890 Henry II style. Contact Eric and Mia. €1200 06375-994-2934

Antique Tin Pot - very old - passed down from my grandfather. \$40. See pictures at www.class-world.eu E-mail s.vogl75@web.de

Art Nouveau furniture over 100 years old. A variety of items, grandfather clock (Harmonium), crystal glasses, Murano glasses, Meisner porcelain figurines, 200 years old, coffee and Tea set. Call: 0177-5211480

Assorted boys 12mo-3T clothing items and shoes. Jackets, long & short sleeve shirts, jeans, sweat-suits, pants & pajamas. Prices range from \$1-10. Boys Clothes sizes 12mo-3T retta7799@googlemail.com

Basketball hoop for children, black and red, approx 3feet tall, \$10, Call: 017622987498

Beautiful Polish tea service still w/ authentic labels. I bought when I was in Poland. Call: 0177-6036101

Bike Rack-Thule lockable upright bike carrier 59, MTB Pro, for 2 bikes \$50 06383-5676

Brand New 100% authentic hand-crafted Polish pottery from the Boleslawiec region of Poland. GAT 1 rated quality. Best prices in Germany!! 0170-774-3726/ BCpolishpottery@gmail.com

Child's project activity table. About 116cm by 86cm (49cm high). Border prevents pieces from falling off the table. Includes two small drawers. Free paul@francis.com

Childrens plastic table, blue with chair, \$10, Call 017622987198

Coffee set 12 pieces, roses: 12 cups, 12 saucers, 5 cake plates (1 is missing), 1 coffee pot, 1 milk jug, 1 sugar dispenser €129, 06303-807227

Cute Girl's Bike \$15 retta7799@googlemail.com

Dolls Made in Germany with Bavarian costumes. \$20 06383-5676

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Darda kids race car set. Complete (maybe one or two pieces missing). Not in original box. See <http://www.darda.com/Dardasets/TwinTwist/11139.pdf>. paul@francis.com

Designer Hand bag. George Gina and Lucy. Used twice. Paid 160 euros for the bag. €100 017622987498

Dress shoes for boys, size 13, Perfect for church or special occasions. \$10. 017622987498

Ergometer (Bike) for sale and pick up in the K-town area. The price is negotiable. Please call between 6-8 pm. €100 06374 - 9958445

Exercise Stepper for sale and pick-up in the K-town area. Price is negotiable. Please call between 6-8 pm. €100 06374-9958445

Fender type Telecaster electric guitar. Masterbuilt, professional instrument. Excellent sound spectrum and tonal qualities. Must see and try! Tom at 0172 35 64442

Fine English table-ware set with 1 coffee pot, 1 milk jug, 1 sugar bowl, 1 soup tureen, 1 sauce tureen, serving platter, each 6 pieces of messkit. €249 06303/807227

German Electric Weed-eater x 2 \$10 each retta7799@google mail.com

Harley Davidson Beer-6 pack \$40 06383 5676

Frank C. McCarthy - Under Attack-Limited Edition-John Wayne, in his movie role as Hondo Lane, is shown leading civilian settlers and a cavalry escort \$550 0152-06786080 - stefandsanya@gmail.com

Giant Antique Warehouse Sale, Sat, 18 May, Sun 19 May, 10am-3pm Schneeweiderhof 11, 67754 Essweiler Map: www.schoolhouse-antiques.com

Golf equipment for sale with 12 rackets some are new for right-handed men €60 mail@dagi67.de

Green suede handbag. With three compartments. Zipper top. \$20 0176-22987498 please leave a message if I do not answer.

I am selling a Sunbed from Dr. Kern Modell NGR 241. The light tubes were exchanged and ran for approx. 300 hours. Also have avail 300 hours light tubes. (The new tubes run up to 600 hours.) I am selling the sunbed for someone. The light tubes can be bought at ebay or directly from Dr. Kern. One or two tubes are possibly defect and need to be replaced. Bought for 3500 to 4000 DM. If you are interested please contact us, the sunbed is located in Kaiserslautern, Tel: 0176-55 24 70 77 06374-944368 (Doris)

Inline Skates, K2, Men's size 9, with knee and elbow pads, wrist guards, bag. Like new. \$60 06383 5676

Inline Skates, Rollerblade, Women's size 8 with knee pads, wrist guards and bag. \$40 06383 5676

Insence Smoker-Made in Germany, original Erzgebirgische Volkskunst. Clown, 10" tall. \$40 06383-5676

Kings of Leon concert in Berlin! Two tickets available. Waldbuehne, 27 June 2013, €72 nussloch4@yahoo.de

Kookai dress, size 40, \$30, chiffon material, purple, pink, and beige, worn once, 017622987498, see class world for pictures.

Lace dress, eggshell/offwhite, size 6, never worn. For wedding/prom/summer night out. \$50; 017622987498 or isabell_1_98@yahoo.com Pic on www.class-world.eu does not do justice. Beautiful dress.

Lots of fashion jewelry for sale, earrings, bracelets, necklaces, from €1 to €5, see class world for pictures, 017622987498

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Mens leather shoe, size 10 1/2, Worn twice. Call: 0176-22987498

Multi-Family Yard Sale/Garage sale May 18, 2013, 8:00-14:00 Rain or Shine, kids & adult clothes, toys, girl bike, storage rack, shoes, etc Hirtenpfad 77a, 66862 Kindsbach

Nice stone lamp - \$38 0152-06786080 - stefandsanya@gmail.com

Oil Panting-from Richter-Beautiful oil panting. One of the most romantic places in Alps Bavaria Germany is Ramsau. Size 67x53 cm from circa 1952. \$399 0152-06786080 - stefandsanya@gmail.com

Oil Panting-Huber-Beautiful oil panting from Huber. One of the most romantic places in Alps Bavaria Germany. Size 77x52 cm from circa 1948. \$499 0152-06786080 - stefandsanya@gmail.com

Pfaff sewing machine from round about 1950's, furniture wooden case, good condition \$100, 06308994465

Pink and white snake skin purse, not real. pics on www.class-world.eu isabell_1_98@yahoo.com

Porcelain dolls, over 100 to choose from, all dressed. Price Obo Call: 0176-90796039

Printer's drawer. \$100 06383 5676

Prom dress or for weddings, green pastel color, size 36/38. Back of dress is open with two straps held by a gem. Call: 017622987498

Queen-size platform bed with six drawers. paul@francis.com

Rossignol 3G Skis, size 207, Marker M46 bindings. With bag. Like new, perfect condition. \$70 girlpilot79@hotmail.com

Selling two Fender Stratocaster electric guitars. Never left the house, top condition. One is a collector's item. Serious offers and details at 01723564442

Shiatsu electric (220) massager. For use on neck and back in a chair. \$75 06383 5676

Size 52-57. Multi color childrens bike helmet, for boys. \$20 017622987498

Skis, K2, 172cm with Look XR9 bindings. \$50 06383 5676

Small German Electric Lawnmower \$50 retta7799@google mail.com

Sunbeam Table Top BBQ portable Grill used once \$10. Can deliver to RAB Call: 06332-41560

Solingen cutlery 23/24K Gold Plated Flatware Set. Modell 1280L with 72 piece. New, only two piece have very light surface scratches. azierke@gmx.de €280 06303/807227

Swarovski Crystal - Attention collectors! All retired pieces reduced to half their value, All pieces over 20years old! Prices greatly reduced! Great gift for any special occasion! Private collection! Retired pieces., whale, turtle. Call for info: 06332-41560 between 2pm to 9pm. Can deliver to RAB!

Swarovski, silver, crystal, trilogy masquerade, 1999-2001, w/crystal signs & displays, 899€ obo Call: 0162-2762421

Sweet mocca set: 6 cups, 6 saucers, 1 coffee pot, 1 sugar dispenser, 1 milk jug €59, 06303/807227

The Swarovski Pierrot measures 8". This is the first edition of "Masquerade" series. Retired in 1999. Pics on www.class-world.eu isabell_1_98@yahoo.com

To sale washing machine AEG model 54849. Excellent state (used 2 years). Dollars accepted €200 015152112197

Documents for Sale! USA and CSA documents, coins of Germany and China, private collection, for sale piece by piece. Call between 4-7pm 0152-25194313 (David Frank)

Vintage Avon School Desk Decanter. \$4 06383-5676

Vintage Dutch Cookie Mold, 19" X 5 3/4 " \$40 06383 5676

Wanted. Singer for Heavy Metal Band. No experience needed. Stage presence needed. email jose.l.rodriguez-1@ou.edu 06221-6486156

Wedding dress & matching veil - Gorgeous snow-white, sleeveless, classy. Size 6-8-10 (36-38-40). sergelana@gmail.com \$250 in Wiesbaden 0176-69350-983

Wine Rack/Holder, holds six bottles, attractive metal finish, fits perfectly in a small, narrow space. \$10; 0163-330-5535 or john@advantipro.de

Winter boots for boys, size 30, \$20, Call: 017622987498

Yamaha upright piano with cushioned bench. Contact Eric and Mia. €850 06375-994-2934

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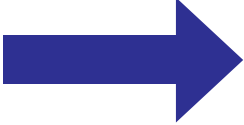
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FURNITURE
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\$500, couch and love seat, navy blue, soft suede imitation, like new and a recliner, cement color, same material, also like new. Cash, carry. 06783-66166 (during the day) or 0160-6451414
2 bar stools. Very good condition with chrome stand and black synthetic leather seats. They come apart and are put together very easily. Located in HD. \$50 015142307062 / montgomery_eva@hotmail.com
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 - Take A60 to LÜTTICH (Belgium)
 - Take exit nr. 14 (St.Vith Nord)

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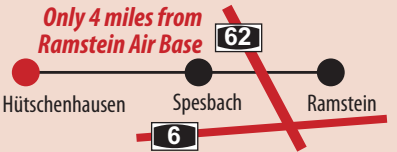
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Multi-family Yardsale on Saturday, May 18 from 0800-1400! Location: 1069B Maine Circle, Ramstein Air Base. What? Antique & modern furniture; men's, women's, junior's clothes; shoes; electronics; house decor; & more! Questions? Call: 016091346777 or e-mail: nat_castillo_94@hotmail.com. Hope to see you there!

Ramstein middle school: PTSA/Teacher flea market, Saturday May 18. Multipurpose hall at middle school, building 994. 8am to 1pm. Come out and find some great bargain!

JOBS
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Wanted: Experienced Registered Dental Hygienist for busy American practice in Ramstein. If interested please email resume to: ramsteindental@gmail.com, Attn: Office Manager

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SWF 43 seeks fellow Americans 4 friendship only. In Germany alone, not associated with military & miss mingling with Americans cowngirlspirit6@live.com

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Lost! Softball glove at Ramstein HS girl's SB field on Thu pm (2 May). Louisville Slugger, black & grey leather, right-handed. Please return if found! Amy 0151-53219555 or amy.rammel@ya.hoo.com

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