435th AGOW celebrates 70th anniversary Monday

by Daniel Phoenix
435th Air Ground Operations Wing historian

The 435th Air Ground Operations Wing celebrates the 70th anniversary of the 435th Troop Carrier Group Monday. The 435th was created as part of the Army Air Force’s new tactical airlift force, one of many groups flying a vast armada of unarmed C-47 Skytrains and gliders.

The 435th entered World War II on D-Day, June 6, 1944. The group commander, Col. Frank J. MacNees, personally piloted Maj. Gen. Maxwell Taylor onto his drop zone in Normandy, France, to lead the airborne assault on Fortress Europe. From D-Day onward, the 435th was involved in every major troop carrier mission in the European theater: operations Dragoon, over Southern France; Market, over the Netherlands; and Varsity, the final Allied crossing of the Rhine River. The 435th also led the aerial resupply of Bastogne, Belgium, during the Battle of the Bulge. After the war’s end, the 435th cased its colors on Nov. 15, 1945.

The 435th returned to service in 1947, flying C-46 Commandos from Palm Beach, Fla., for the Air Force Reserve. Two years later, the group

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A historical photo depicts members of the 435th Troop Carrier Wing posing with a C-46 Commando. The 435th TCW eventually became the 435th Air Ground Operations Wing, which will celebrate its 70th anniversary Monday.
Take care of what we have — our installations

by Lt. Col. Jarrett Purdue and Senior Master Sgt. Tyron Gagnon
86th Civil Engineer Squadron commander and 86th CES superintendent

Many of you are familiar with the Rifleman’s Creed, “This is my rifle. There are many like it, but this one is mine.”

In the Air Force, our rifles are our aircraft and space systems that give us unrivaled speed, range and flexibility to deter, monitor and hold at risk any target on earth at all times. Unlike the surface combat forces of the Army, Navy and Marine Corps, our weapons systems require one asset to begin and end all missions: the air base.

Airmen fight from our bases, which makes them critical to the successful defense of our country and our allies. Therefore, remember to take care of what you have.

Currently, we operate 1,300 Air Force facilities worth about $9 billion across the KMC — our weapons platform — which supports our various missions. Take a look around your facility. Is it ready for the mission? Are you using the space you have efficiently or are you wasting energy and ever-decreasing maintenance resources by holding on to more than you need? Is it clean and orderly. Are paint and insulation materials in good repair? Are doors being blocked open? Are you keeping the carpets clean so they last as long as possible?

The list goes on and on, but without your facility your mission will be impacted, and if enough facilities are deteriorated the mission will eventually fail.

If your facility houses a critical mission, you may have a backup generator. When did you test it last? Did you operate all your critical systems while on generator power and run it for a sufficient length of time to ensure everything is working properly?

A recurring problem we have is units turning away the engineers when they come to perform generator checks. This happens because they are disruptive, but if your facility’s systems are set up properly, it should be seamless. In some cases you will never know a particular system will fail during a power outage because you’ve never tested it. That’s not a risk worth taking.

We also maintain 2,000 military family housing units in the KMC and 16 Air Force dormitories comprising nearly 1,500 rooms. For both accompanied and unaccompanied housing we are sometimes surprised and saddened at how our residents treat their neighborhoods and living areas.

We always say times have changed and that our members don’t have the same respect as an older generation had, but this is perhaps more urban legend than truth.

Our Airmen and Soldiers today are amazing professionals. However, a mindset that base facilities are here to be used and “someone else” will take care of things for us still prevails. This mindset plagues our force and is a reason we walk into dormitory rooms and can’t see the floor underneath all the dirty clothes and trash, or in our family housing where one family recently decided to allow their pets to urinate and defecate on the floors of the house, or when people dump their trash on the ground waiting for “someone else” to come by and pick it up for them.

This is a culture that requires attention from all levels of leadership, and one that requires discipline for members that disregard policies and procedures when no one is looking. Sometimes our sense of pride in the appearance of our facilities and homes gets put under pressure when we are overwhelmed with current duties, but a team that takes care of what they have will come together to ensure the team continues to win.

Despite having such a large quantity of base housing, about 75 percent of our military population, and of course all of our U.S. civilian employees and their families, live off base. We track approximately 13,000 rental units scattered throughout 300 villages within a 20-mile radius of Ramstein and Kaiserslautern.

My squadron is dedicated to supporting the German-American partnership that exists to supply houses for our members, as without it our mission would fail.

We are also dedicated to supporting you and your families, and we recently made available another resource by publishing a summary of the German Landlord-Tenant Code to our housing Web page www.ramstein.af.mil. This code is vital to our off-base residents’ understanding of the German legal system.

Just like when you lived in the U.S., the Air Force has no legal authority over your rights or responsibilities as an off-base tenant. A housing lease is a private contract between a tenant and a landlord that is governed by German law. The housing office is here to assist members in finding a home, ensure your housing allowance entitlement is correct, and provide landlord-tenant conflict mediation when necessary. To maintain this critical capability we ask that you take care of what you have by being a good neighbor, cleaning up after yourself and helping others when in need, German or American.

The Rifleman’s Creed closes with, “My rifle and myself are the defenders of my country.” The Air Force’s rifles depend on the base infrastructure and the facilities to launch and operate. Without effective, capable facilities from our airfield to our command centers to our homes, our mission will fail.

We must take care of what we have to uphold the Air Force’s proud tradition of ensuring global security.
Is your ID registered in IACS? It should be!

The Installation Access Control System used at the installation gates greatly enhances security for the community by providing an effective layer of security above the traditional manual methods.

One advantage of IACS is the standardization of access documents throughout European Command.

Many of the delays at the installation gates occur because people do not take the time to register their ID in IACS. This may cause people to be turned around at the gates and directed to the visitor control center, located outside the Ramstein West Gate, to register their ID in IACS.

When vehicles are turned around at the gates, especially during rush hour traffic, it brings traffic to a complete stand still and causes traffic backup and entry delays.

Once turned away, visitors may have to wait in additional long lines to register their ID card.

All personnel requiring recurring and unescorted access to EUCOM installations (dependents included) must register their ID card at their installation IACS office or expect to be denied entry and turned away at the gates if not registered.

Register your ID card in IACS so the rest of us do not have to wait in line while people who haven’t registered are stopped and turned around at the base gates.

Remember, this is not only your obligation while assigned to EUCOM, but also a courtesy to the rest of the community.

You may also register your ID card in IACS at the following locations in the KMC:

- Smith Barracks, Bldg. 8742 (DOD ID card only — closed for lunch from noon to 1 p.m.), 8 a.m. to 5 p.m. Mondays to Fridays.
- Kleber Kaserne, Bldg. 3245 (DOD ID card only — closed for lunch from noon to 1 p.m.), 7:30 a.m. to 4:30 p.m. Mondays, Tuesdays, Wednesdays; and 7:30 a.m. to 4 p.m. Thursdays.
- Pulaski Barracks, Bldg. 2974, 8 a.m. to 4 p.m. Mondays to Thursdays; and 8 a.m. to noon Fridays.
- Baumholder, Bldg. 8783 (closed for lunch from noon to 1 p.m.), 8 a.m. to 4:30 p.m. Mondays to Fridays.

(Courtesy of 86th Security Forces Squadron)

2012 climate survey shows satisfaction with jobs, leaders

by Debbie Gildea
Air Force Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — More than 163,000 Airmen voiced their opinions in the online Air Force Climate Survey conducted May 11 to June 22, 2012, with results indicating Airmen are satisfied with unit performance and trust their leaders, Air Force Personnel Center officials said today.

Conducted every two years, the climate survey is designed to measure attitudes toward the work environment, with questions organized within factors such as satisfaction, trust, unit performance and resources.

Participants include active duty, Air Force Reserve and Air National Guard members, and appropriated and non-appropriated fund civilian employees.

“This survey is one of the most valuable tools we have as leaders. Airmen cannot focus on mission-critical tasks in an unhealthy environment, so we use survey results to identify areas that need attention,” said Secretary of the Air Force Michael Donley. “Thanks to the many Airmen who took the time to communicate with us on these issues so we may better focus our efforts where they will do the most good.”

Leaders at every level use the survey results to “tap the pulse” of the organization, said Nicole Gomez, AFPC manpower directorate.

At the total force level, this year’s results held steady, with small increases or decreases in different areas.

More than 80 percent of survey respondents say they are satisfied with their jobs and 95 percent believe their unit is successfully accomplishing its mission.

“Overall satisfaction numbers are similar to last year, which is good news. On the down side, our Airmen indicate they’re working hard, but resources continue to be an issue,” Gamez said.

Along with resources, recognition continues to be one of the lowest rated areas across the total force.

“Morale is affected by the ongoing struggle for limited resources. It is my challenge — every Air Force leader’s challenge — to find innovative ways to accomplish the mission, in spite of resource challenges, without overburdening our people,” Donley said. “Morale is also affected by recognition, or lack of it, and that is an area where every Airmen can have a positive impact.”

A confidential outlet where Airmen can express their concerns, the survey provides leaders with information specific to their area of responsibility.

“Leaders who don’t know ___ See SURVEY, Page 8

Kaiserslautern American
**Reported Larcenies**

**FEB. 12**
- 11:58 a.m.: Suspicious activity was reported on Ramstein.
- 2:31 p.m.: A minor traffic accident and fleeing the scene was reported in Kaiserslautern.
- 7:03 p.m.: A housing break-in/trespassing and larceny of private property was reported in Enkenbach.

**FEB. 13**
- 12:42 a.m.: An assault was reported in Landstuhl.
- 5:10 a.m.: An Article 134, failure to pay a debt, was reported in Ramstein-Miesenbach.

**FEB. 14**
- 7:18 a.m.: A major traffic accident with no injuries was reported on the autobahn in Landstuhl.
- 9:50 a.m.: A minor traffic accident and fleeing the scene was reported in Wetzlar.
- 11:41 a.m.: Larceny of Army and Air Force Exchange Service property was reported at the Pulaski Shopette.
- 12:17 p.m.: Damage to private property was reported in Bruchmühlbach.
- 1:01 p.m.: A major traffic accident with no injuries was reported in Hochspeyer.
- 2:15 p.m.: Communication of a threat was reported at the Vogelweh Commissary.
- 5:52 p.m.: An operation of a U.S. Army Europe-plated vehicle without a USAREUR license was reported in Einsfelderhof.

**FEB. 15**
- 6:55 a.m.: A drunken driver was reported in Kaiserslautern.
- 7:31 a.m.: A major traffic accident with no injuries was reported on the autobahn near Kaiserslautern.
- 9:45 a.m.: A major traffic accident with no injuries was reported near Rodenbach.
- 10:16 a.m.: A simple assault was reported in Eulenbis.
- 11:29 a.m.: A major traffic accident with no injuries was reported in Obermohr.
- 1:46 p.m.: An Article 117, provoking speeches and gestures, and an Article 134, disorderly conduct/drunkenness, were reported in Kaiserslautern.

**FEB. 16**
- 3:34 a.m.: A failure to obey an order or regulation was reported in Kaiserslautern.

**FEB. 17**
- 4:35 a.m.: An Article 128, assault, and Article 134, disorderly conduct/drunkenness, were reported in Kaiserslautern.
- 9:09 a.m.: An Article 109, damage to private property, and Article 134, disorderly conduct and drunkenness, were reported in Kaiserslautern.
- 12:27 p.m.: An Article 109, damage to private property, and Article 134, disorderly conduct/drunkenness/unlawful entry, were reported in Landstuhl.

**FEB. 18**
- 10:12 a.m.: Theft from a motor vehicle and larceny of private/government property was reported in Kaiserslautern.
- 1:54 p.m.: A minor traffic accident and fleeing the scene was reported in Saarbrücken.

**AADD STATS**
- *Feb. 15* — 33 volunteers, 22 calls, 30 lives potentially saved.
- *Feb. 16* — 18 volunteers, 13 calls, 18 lives potentially saved.

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**Black History Month events**
- The Kaiserslautern Army EO working group presents the 2013 African-American/Black History Month observance from 1 to 2 p.m. today at the Kaiserslautern Community Activity Center on Daenner Kaserne in Kaiserslautern. The guest speaker will be Dr. Cynthia Jackson.
- The Black History Month Committee will sponsor a library reading at 10 a.m. Thursday at the Ramstein Library. There will be book readings and craft interaction with children up to 4 years old. For details, call Melanie McKinney at 480-2847.

**Military Saves Week**
- In conjunction with Military Saves Week, a financial fair kick-off event will take place from 10 a.m. to 2 p.m. Monday at the Kaiserslautern Military Community Center food court. A joint service proclamation signing will be held at 1 p.m. For details, call the Ramstein Airman & Family Readiness Center at 480-5900.

**Bulk trash pickup**
- A bulk trash pickup on Ramstein is scheduled for Monday. Residents should place items such as furniture, grills and mattresses on the sidewalk near the underground dumpsters after 6 p.m. Sunday. Pickup will take place the second and last Monday of the month until May. Then, from May to September, it will take place every Monday. For more information, call the civil engineer customer service line at 489-7703 or the Ramstein Recycling Center at 480-4191.

**Closures**
- Beginning March 1, the Baumholder Library will be closed on all German holidays in addition to the current closures on American holidays. The library is located in Bldg. 8332 on Smith Barracks.
- The 86th Munitions Squadron will be closed for a 100 percent inventory March 25 to 29. The squadron will be unable to process any transactions during this time unless it is an emergency request signed by the respective group commander. Contact Munitions Operations at 480-5715/5725 with any questions, concerns or emergencies.

**CCAF graduation cutoff date**
- The cutoff date for the Community College of the Air Force April 2013 class is March 1. To be considered for graduation in the April class, CCAF must receive all documentation (i.e, transcripts, CLEP scores) for degree candidate submissions on or before this date. Call the Ramstein Education Office at 4480-2032 for more information.

**Community town hall**
- A community town hall meeting will be held from 4 to 5:30 p.m. March 27 at the Wagon Wheel Theater in Baumholder. This meeting is your chance to ask the Garrison commander and other garrison leadership questions about the community. Issues and questions can be submitted in advance through the garrison Web page, www.baumholder.army.mil, by clicking the “town hall” link.

**Estate claims**
- Anybody having claims or obligations against the estate of Tech. Sgt. Thomas Edison Clifford, 4 years old. For details, call Melanie McKinney at 480-2847.

**Tax assistance**
- The Ramstein Tax Center is open until June 15 in the Ramstein Legal Office, Bldg. 2137, across from the Southside Gym. Hours are 9 a.m. to 3 p.m. Mondays and Tuesdays, 9 a.m. to 6 p.m. Wednesdays, 9 a.m. to noon Thursdays, and 9 a.m. to 4 p.m. Fridays. Taxes are due April 15. Automatic extension will be until June 15.

**Rao test email**
- Retirees who did not receive the test email sent out by the Retirees Activities Office Feb. 14 should send their correct email address to RAO at 86AW.rao@ramstein.af.mil.
moved to Miami International Airport, assigned under the newly created 435th Troop Carrier Wing. With the Korean War raging, the 435th was called to active service from March 1951 until November 1952, training Pacific-bound crews in the twin-tailed C-119 Flying Boxcar. When the wing relocated to Homestead Air Force Base in 1960, the 435th adopted its first nickname, the Flamingo Wing. From 1961 until 1963, the wing operated two squadrons of C-124 Globemaster II cargo planes. On Dec. 1, 1965, the two squadrons of C-124s relocated to Homestead Air Force Base in Miami. When the wing moved to Europe’s busiest air terminal, stationed in England, the 435th began flying airlift and aeromedical evacuation missions in the C-130 Hercules and the C-9 Nightingale. The wing also took over as the host unit for, and really became synonymous with, Rhein-Main AB. In April 1980, the wing recovered injured personnel from Operation Eagle Claw, a disastrous attempt to rescue hostages held in Iran. Nine months later, the 435th repatriated the hostages themselves from Algeria to Germany. In 1983, the wing evacuated casualties from the terrorist bombing of the U.S. Marine Barracks in Beirut, including the bodies of 241 personnel who were killed. During operations Desert Shield and Desert Storm, elements of the wing deployed to the United Arab Emirates while much of the wing remained at Rhein-Main to manage the flow of 240,000 allied personnel to the war zone.

On April 1, 1992, the 435th relinquished control over Rhein-Main’s air terminal and theater airlift support duties and was redesignated the 435th Airlift Wing. Within three months, the wing took up a huge new mission, Operation Provide Promise. In its three-year run, the operation airlifted 176,000 tons of supplies to Bosnia. For two years, the 435th AW controlled the entire airlift and airdrop effort.

Even before Provide Promise ended, the 435th began the drawdown of Rhein-Main AB. By October 1994, the 435th’s flying squadrons had been transferred to other organizations. The 435th AW inactivated on April 1, 1995.

In 2004, the 435th returned to active service in Germany as an air base wing, with host duties for Ramstein AB and the KMC. In 2005, formal command of the base returned to the 86th Airlift Wing commander, and the 435th became a tenant unit at Ramstein.

In 2009, the wing’s main base support functions were returned to the 86th AW, unifying flying operations and base support under a single commander. In their stead, the 435th received a unique mix of battlefield and theater support Airmen. With its new mission, the wing adopted a new nickname, the Thunderbolts.

Today, the mission of the 435th AGOW touches on many of the wing’s historic support missions: training, theater and tactical communications, and responsive civil engineering. Most especially, bringing 70 years of history full circle, the 435th works in close cooperation with airborne and ground forces in a true joint environment. Although the 435th doesn’t fly planes anymore, it opens airfields that bring airpower to bear, it directs joint fires that deliver air support to ground troops in contact with the enemy, it provides the communication nets that make airpower flexible, and it forecasts the weather to protect American Airmen and endanger America’s enemies. Without a doubt, the 435th continues to live up to its motto coined in 1952: Citus et Certus; swift and sure!
Chief’s Corner
A call to leadership
by Chief Master Sgt. David J. Martin
Headquarters U.S. Air Forces in Europe/Air Forces Africa ground safety functional manager

Recently, I had the distinct pleasure of being on the Headquarters U.S. Air Forces in Europe/Air Forces Africa Senior Noncommissioned Officer of the Year board.

One of the questions asked by a board member was, “If you were in my seat and had to ask the nominees one question, what would you ask and why?” One senior NCO replied, “I would ask each nominee, ‘What are you doing to develop your Airmen, junior NCOs and officers?’” The senior NCO continued, “I think we have failed, as a senior NCO corps to take every opportunity to look in the eyes of our fellow Airmen and ask them how they are doing and what we can do to help develop them.”

What courage! I agree with the sentiment and I would like to make a call to leadership because of it. I challenge every Airman and civilian to be the leader their Airmen deserve. A great place to start is with courage.

Imagine the amount of courage it took for that master sergeant to look at four major command chief master sergeants and say, “Chiefs, you need to be chiefs.”

That very statement made me conduct a self evaluation of my performance as a leader/servant. I had to ask myself several difficult questions: Do I know the people I work with? Do I know the name of their spouse and how many children they have? Do I know what they hope to gain from this assignment and what they want to give to this assignment and the Air Force? Have I given them every opportunity to excel or do I accept mediocrity as their norm? Am I willing to throw it all on the line when they tried their best and came up short? Am I willing to jump in front of the onslaught before it gets to my co-workers? Do I have a mantra that goes something like this, “All the success we enjoy in our shop is because of the hard work my co-workers do and all the failure is because of my poor management skill?”

This is not a call for perfection, but it is a call for leadership that looks beyond everyone’s imperfections and works to improve everyone.

Leadership doesn’t start when you become a chief master sergeant, colonel or SES, and it doesn’t stop because you promote to these higher grades. Leadership starts right now, where you are, regardless of your grade or position.

You can start to answer this call to leadership by conducting your own self evaluation. After that, do the performance feedback you owe your personnel, lead your unit in physical fitness by exercising regularly, sit in with a few co-workers as they process conflict resolution, care to champion an idea someone has to affect positive change, and so on. Have the courage to ask the people you work with how you are doing and have the courage to listen to them.

Finally, strive from this point forward to be a leader and servant!

What should you do after a traffic accident?

Road conditions and weather fluctuate daily, and although drivers take extra precautions to reduce the risk of being in a traffic accident, the best made plans cannot guarantee you a safe journey.

The 569th U.S. Forces Police Squadron receives approximately five to 10 traffic accident reports within a 24-hour period. Along with these traffic accidents, we’ve seen more “failure to report” and “fleeing the scene” cases over the last six months.

To help educate our U.S. Army Europe-licensed drivers so they do not find themselves being charged with “failure to report” and “fleeing the scene” of a traffic accident, let’s take a look directly at the regulation that governs the local traffic codes.

Army in Europe Regulation 190-1 applies to all members of the U.S. Forces (Army, Navy, Air Force) and the civilian component (including family members) who are assigned to or employed within the geographic boundaries of Germany and who are authorized a U.S. forces certificate of license. It prescribes policy and procedures for licensing of drivers of privately owned vehicles, inspecting and registering POVs, operating POVs and other wheeled recreational equipment for U.S. forces in Germany. Now that you know who this regulation applies to let’s look at what is stated regarding traffic accident reporting.

**AE 190-1, chapters 4-7. Action in case of an accident**

A. Germany has a good samaritan law that requires everyone, in case of an accident or common danger or distress, to render the appropriate aid expected under the circumstances. Failure to render aid can result in a fine or imprisonment.

B. POV drivers will immediately notify the military police or security forces of accidents on U.S. installations. If the accident occurs off a U.S. installation, drivers will

» Notify the German police immediately. German police may, however, not respond to accidents if no injuries are involved.

» Report the accident to the MP or SF within 72 hours. This will help drivers if they have to appear in court and when insurance companies need information.

C. Review AE Form 190-1Y received from your local Field Registration Stations (Sembach, Kaiserslautern American)

See ACCIDENTS, Page 9

German Polizei Corner

Traffic violations

When a motor vehicle is caught speeding, tailgating or running red lights by radar on a German official traffic road, two types of documents may be sent to the registered owner of the vehicle.

Warning (Verwarnung) — sent when the fine is less than €40.

Questionnaire (Anhörung) — sent when the fine is €40 or more or when there are unpaid warning tickets.

If you pay the fine for a warning, further steps are not required. Unpaid warnings will convert to penalty orders. With the questionnaire, you get the chance to make a statement concerning the alleged traffic violation. It is required that you provide the German authorities with the requested information.

If you were not the driver of the offending vehicle, add the name, address, date and place of birth (if available) of the driver and sign the form.

Note: Whenever a vehicle is moving in a public traffic area, the driver (not the owner) is ultimately responsible for any traffic violations committed and subsequently faces the consequences. These consequences include paying the fine, getting points assessed to the driver’s license and a suspension of the driver’s license.

After the questionnaire is filled out by the driver admitting fault for the violation, the penalty order will be served by the appropriate office (legal office for Air Force, unit commander for Army).

If, after a certain time, you do nothing or the responsible person does not agree they were the driver, the Polizei will continue with further investigations.

Police checks

After receiving an increased number of complaints by Steinwenden residents, German Polizei is conducting traffic controls on the field path between the Weltersbach cemetery and the Autokino Ramstein-Miesenbach. Apparently, as a shortcut, motorists keep using this path although it is forbidden. On Tuesday, Polizei fined 11 cars, two quads and one motor scooter. Visitors of the cemetery and walkers don’t understand why motorists are using the field path instead of the regular county road.
Movement control team cases colors, deploys to Afghanistan

by 1st Lt. Chaz Deering
39th Movement Control Battalion
Public Affairs

Soldiers and family members of the 635th Movement Control Team of the 39th Transportation Battalion, 21st Theater Sustainment Command’s 16th Sustainment Brigade, gathered to witness the unit’s casing ceremony Jan. 28 at Rhine Ordnance Barracks.

“The Soldiers are settled in, accomplishing the mission, and spirits are high,” Deines said. “They are sustaining the force here in Afghanistan and making sure that Soldiers and other service members have what they need when they need it.”

The Soldiers from the “Keep it Moving” team will remain in Afghanistan for a nine-month tour. They will see the most air movement coming in and out of Afghanistan to include passengers deploying and redeploying, equipment coming in for support or moving out for retrograde operations.

The 635th MCT has deployed five times in support of both operations Enduring and Iraqi Freedom. Their most recent deployment from 2010 to 2011 was in support of Operation New Dawn. “The ‘Keep it Moving’ team will be here, and we will accomplish our mission,” said Capt. Raymond Beard, 635th MCT commander. “Our Soldiers are trained and prepared to perform the vital sustainment mission which they have been tasked with.”

Capt. Raymond Beard (left), commander of the 635th Movement Control Team, and Sgt. 1st Class Easter Dingle, detachment first sergeant, prepare to case their unit’s colors Jan. 28 on Rhine Ordnance Barracks.

Garrison marks 2013 National Prayer Breakfast

Story and photo by
Sgt. 1st Class
John S. Wollaston
U.S. Army NATO Brigade

Soldiers at U.S. Army Garrison Kaiserslautern commemorated the 60th Anniversary of the National Prayer Breakfast this year at Vogelweh’s Armstrong’s Club.

U.S. units in the KMC regularly hold such events in early February. Guest speaker for this year’s event was Chaplain (Col.) Christopher Wisdom, chaplain for Installation Management Command, Europe.

Wisdom recalled how 70 years ago the troop ship USS Dorchester was sunk. Four U.S. Army chaplains gave away their life preservers to others and died with their arms linked in prayer as the ship sank.

“These are the kinds of people we gather to celebrate today,” Wisdom said. “They were praying people.”

In 1953, President Dwight D. Eisenhower attended the first event — what would become known by 1970 as the National Prayer Breakfast. Since then, national state and municipal organizations hold breakfasts, designed as forums for political, social and business leaders to gather together.

During his talk, Wisdom asked the crowd, “Is prayer as necessary as the breath of life to you? Or, is it something that only comes hard and in hard times?”

Wisdom spoke of 1st Lt. Louis Zamperini, a former Olympic runner whose B-24 Liberator was shot down in 1943 over the Pacific. He survived the crash and a Japanese prison camp, where he was beaten daily. After World War II, Zamperini returned to Japan to forgive his former captors. In 1988, before the winter Olympics, he carried the Olympic torch past Nagano, where he was imprisoned.

Zamperini credited prayers, his own and his mother’s, for his safe return and for getting him through very dark and troubling times when everyone else had given him up for dead, Wisdom said.

“What he found out, what his mother found out, is that prayer can strengthen you, prayer can assist you and prayer can help you,” Wisdom said.

Wisdom said, “What he found out, what his mother found out, is that prayer can strengthen you, prayer can assist you and prayer can help you.”

Faith and prayer can also help Soldiers maintain Army values and find strength in adverse conditions.

“The time comes, as it has for many of us, when selfless service must give way to personal courage and loyalty,” Wisdom said. “You and I do not have the power to maintain those values perfectly, perpetually and permanently. We need prayer.”
Airman Leadership School is a five-week program designed to develop senior Airmen into first-line supervisors. Congratulations to the Air Force’s latest group of supervisors.

SrA Joseph Andre
SrA Savannah Andrews
SrA Joshua Archer
SrA Kristie Lynn Aubuchon
SrA Arvin Bada
SrA Brent Baggett
SSgt Christopher Barrow — Academic & Distinguished Graduate Award Winner
SrA Linford Bastian
SrA Brian Bessler
SrA Gabriel Bjorkman
SrA Matt Branstetter
SrA Michael Fitzgibbons
SrA Linford Bastian — Distinguished Graduate Award Winner
SrA Jace Dehner
SrA Zachary Dorris
SrA Curtis Edwards
SrA Joseph Elsberry
SrA Richard Farnsworth
SrA Joseph Elsberry
SrA Alysia Ford — Distinguished Graduate Award Winner
SrA Sean Foster — Distinguished Graduate Award Winner
SrA Jacob Garcia
SrA Vincent Gill
SrA James Gilreath
SrA Clayton Gordon
SrA Alexander Grilho
SrA Nickolas Hall
SrA Scott Hall
SrA Keisha Haynes
SrA Jean Pierre Hernandez
SrA Dezarac Herring
SrA Robert Hockenhull — Levitow Award Winner
SrA Miranda Houchins
SrA Philip Ingram — Distinguished Graduate Award Winner
SrA Faraj James
SrA Miles Jennings
SrA Steven Johnson
SrA Eddie Jones
SrA Antonino Juralbar
SrA Adam Kealy
SrA Saleiza Lampkin
SrA Kelly Lasko
SrA Donald Lehman
SrA Chad Lewis
SrA Stephanie Lockwood
SrA Joshua Loomis
SrA Matthew Mans
SrA Jacob Masters
SrA Jerico Nichols
SrA Benjamin Oehlerke
SrA Adriel Orozco
SrA Cody Pass
SSgt Jeffrey Pena — Leadership Award Winner
SrA Miles Jennings
SrA Steven Johnson
SrA Eddie Jones
SrA Antonino Juralbar
SrA Adam Kealy
SrA Saleiza Lampkin
SrA Kelly Lasko
SrA Donald Lehman
SrA Cameron Roybal
SrA Todd Scarbrough
SrA David Shaver
SrA Deeeris Shepherd
SrA Kenneth Smith
SrA Jarrod Strohkirch
SrA Christopher Tate
SrA Jennifer Thaxton
SrA Dillon Trueman
SrA Emerald Twiggs
SrA Andrew Walker
SrA Randall Watson
SrA Juliette White
SrA Lejon Wilcher
SrA Robert Wood
SrA Vanessa Wyatt

about problems can’t fix them. The survey results include candid feedback from members about what needs improvement within the unit, as well as a guide to help leaders act on the information,’’ said Col. Kent White, AFPC director of manpower. “Analysts here in the manpower directorate provide reports to each squadron, group, and wing with 10 or more participants so leaders get information pertinent to their units.”

When leaders act to improve the climate they simultaneously send a message to their people that their feedback is critical and Airmen come first.

In addition to improving working conditions, that positively affects morale and helps increase participation in future climate surveys, White said.

This year, 28 percent of the total force participated, but that number doesn’t tell the whole story.

“ That participation rate is actually strong at the aggregate Air Force level considering external factors, like operations tempo and workload,” Gamez said. “Still, the primary purpose of this survey is to provide actionable feedback at the unit level. The more people who respond, the more results we can provide, so we’re already thinking about the 2014 survey and how to get more Airmen involved.”

Once leaders have their unit reports, they’ll have time to review and digest the information, but are expected to brief the results to their units within 30 days.

“One way we support Airmen is by communicating openly with them about problems and solutions. Results from previous surveys indicate members whose commanders used the previous survey results positively had substantially higher levels of agreement across the board,” White said.

Commander’s calls and unit briefings offer leaders the perfect opportunity to open the floor for suggestions to overcome challenges and improve recognition.

“You have the smartest Airmen in our history working for you right now,” Donley said. “Take advantage of their experience, creativity and innovative spirit.”

Survey results from the 2012 CSAF Climate survey, as well as the 2008 and 2010 results, are available on the Air Force Portal Web page.

To see them, log into the Portal at www.my.af.mil, and enter “Air Force Survey Office” in the search window.

Once at the survey office page, mouse over the AF Climate Survey link on the left side of the page and select the 2012 survey.

For more information about other personnel issues, visit the myPers website at https://mypers.af.mil.
Mission remains priority during budget cuts

Interview by 2nd Lt. Kay M. Nissen
86th Airlift Wing Public Affairs

Due to the current fiscal environment of our nation, the Department of Defense is facing sequestration, or automatic budget cuts, which threaten the capability of our armed forces. In the event there is no resolution, the Air Force will face a $12.4 billion shortfall for fiscal year 2013.

In an interview with Maj. Erik Dunn, 86th Comptroller Squadron commander, he discussed the current fiscal environment and proposed actions that the 86th Airlift Wing will take in the event of sequestration.

KMN: Sir, can you please explain the scope of budgets for which the 86th Comptroller Squadron is responsible.

END: The 86th CPTS manages the budget for the 86th Airlift Wing as well as the 435th Air Ground Operations Wing.

KMN: How much time have you and your office spent planning for the possible sequester on March 1?

END: We started really actively planning about mid-January, and I would say our financial analysis flight has spent the majority of every day since then doing some type of action whether it be running a funding drill, managing the funding authority that we’re operating under to working with units on purchases trying to curb spending, trying to come up with ideas on how the wing can curb spending and still obviously meet our mission requirements. It’s been pretty substantial.

KMN: Dr. Jamie Morin, the acting undersecretary of the Air Force has said, “Those cuts from sequestration, as has been said over and over again, are going to be devastating; they’re going to be dangerous.” How will these cuts devastate the wings and units here and why is this dangerous?

END: It is going to be devastating in a few ways.

The first is we are under a civilian hiring freeze and so that slows down the hiring process. It creates more appropriated funds civilian vacancies in the unit. So it means that we have essentially fewer Airmen to do the mission.

The reductions in our travel budget are cutting pretty deep. It’s going to reduce our ability to conduct training. We will always fulfill our combatant commander mission requirements, but it’s going to have a huge impact on training across the board. It’s causing us to constrict in areas such as utilities. It’ll cause us to not, will make sure we apply resources to fulfill that combat airlift mission. Budget constraints could affect some services on the base itself. If we, for example, do not have enough funding to pay for work orders with civil engineering, that could force certain facilities to close down. If we don’t get enough sustainment dollars to help our facilities, there could be an impact. We will always make sure we protect our Airmen’s safety and their health so if it’s an emergency type of project, we’ll make sure the resources are there to take care of it.

KMN: What specific programs here are expected to be affected by sequestration?

END: Sequestration is going to affect everything. The nature of the cut is it’s applied across every program. Every unit that is assigned to the 86th AW, as well as the 435th AGOW, will be affected in some way. We have had a tremendous cut to our supply, equipment and travel dollars, so every unit must find a way to deal with that.

KMN: What programs are planning to be protected from budget cuts?

END: Since our wing’s No. 1 priority is readiness, readiness will be protected to the fullest extent possible. Our support to our combatant commanders will absolutely be supported; we will do everything we can to not allow failure in those areas and not allow those mission areas to degrade.

KMN: When you look at the news and read statements from Air Force leadership, at times it feels like these challenges facing the Air Force are out of the hands of the Airmen. Is this true? While sequestration will affect all areas of government, what, if any, actions can Airmen take to help in this fiscally constrained environment?

END: Some of it is true; there are definitely things that the average Airmen cannot influence. However, there are a lot of things that they can. Utilities, for example, something as simple as turning off the lights as soon as you leave the office, making sure we have our heaters tuned to a reasonable level and adjust them when we leave for the day … Being as efficient and smart as possible in what we do and avoiding waste.

It’s important to remember that our Airmen use office supplies. For example, it helps to not print everything we want to read and instead just read on the computer. Any way we can reduce the amount of supplies we’re using can save money in the long run.

There’s also making good decisions for TDYs, such as trying to stay on base and saving versus staying off base where we’re paying large hotel fees.

Most of all, Airmen can bring up their ideas. If they have an idea on how to reduce spending or be more efficient, now is definitely the time to bring that up.

KMN: Is there anything you’d like to add on the topic?

END: I would just say we are going to accomplish our mission. Our job in the 86th Comptroller Squadron is to resource units. We’re going to make sure we come up with the best plan in coordination with wing leaders in applying our resources to accomplish the mission and protecting the priorities of both wings.

The 86th AW and 435th AGOW will continue to be responsive to the needs of combatant commanders and ready to meet emerging challenges, accomplish the mission and ensure the security of the nation. Wing leadership continues to plan extensively for current and long-term budget risks.

For more information on Air Force financial management and comptrollers, visit www.saffm.hq.af.mil.
USAG Kaiserslautern
Family and MWR
HAPPENINGS

Kazobra Club
Located on Vogelweh, Bldg. 2057
Zumba Tues & Thu, 6-7 p.m.
K-Town Coverall Bingo & Twin-10 Bingo Wednesdays,
7 p.m., Fridays,
8 p.m. and Sundays, 3 p.m. Play progressive bingo to win a
$5,000 jackpot or $1,000 prizes!
Latin Night Thursday, 7-10 p.m. Free Salsa lessons,
7-8:30 p.m.
Open Dart Night Thursdays, 7 p.m.-midnight.
Top 40 Fridays, 9 p.m.-1 a.m.
Country Nights Saturdays, 8 p.m.-1 a.m. Germany's largest
country party.

Landstuhl Community Club:
Super Saturday Texas Hold 'Em Saturdays,
registration 6 p.m., first deal 7 p.m.
Bruno's Pasta & Sandwich Bar Open Daily!
Lunch is open Mon. – Fri., 11 a.m.-2 p.m. Dinner is
available Mon.-Sat., 5-10 p.m. For carry out, call
486-6107 or 06371-86-6107.

Kaiserslautern Arts & Cultural Center
The new Arts & Cultural Center will open in
Kaiserslautern on Mar. 1, 2013. The Center will close
its activities in Heidelberg to move to the
Kaiserslautern Community Activity Center (KCAC)
on Daenner Kaserne, Building 3109.
Grand Opening celebration will be March 15 & 16.

Sembach Community Activity Center
Come in and enjoy a beverage at the Manhattan Lounge
or relax in the Warrior Zone. If you are looking for a
venue for your celebration or ceremony, consider our
newly renovated facility. Restaurant, catering, and
One Stop Shop with VAT services also available.
Call: 496-5180 or 06302-47-5180 for more information.

Armstrong's Club
Located on Vogelweh Housing, Bldg. 1036
House Party Feb 22, 9 p.m.-2 a.m.,
Live DJ, no cover charge!
Call Armstrong’s Club at: 0631-354-9986

Java Café
Facilities on Landstuhl, R.O.B., Kleber,
and Sembach
Monthly Special: Black Forest Latte - Semi-sweet
dark chocolate and black cherry syrup with
whipped cream. Indulge in this decadent coffee treat!

Find out more online: kaiserslautern.armymwr.com
Meeting time

Airmen from the 37th Airlift Squadron attend a daily meeting within their squadron Feb. 11 on Ramstein. During the meeting, they discussed different situations that may arise and how to navigate through those challenges.

Group building

Airman 1st Class Alexander Turner, 86th Dental Squadron dental assistant, leads his team during a group building exercise as part of the Airmen Professional Development Seminar Feb. 14 on Ramstein. The APDS is a program run quarterly to foster growth and improve the quality of life of Ramstein’s Airmen.

USAREUR CSM visits 409th Contracting Support Brigade

U.S. Army Europe Command Sgt. Maj. David Davenport Sr. (center) meets with NCOs from the 409th Contracting Support Brigade-Europe Feb. 12 in Kaiserslautern. Davenport visited to discuss his mission and vision for USAREUR’s NCOs.

Being creative

Second Lt. Jocelyn McCrumb, Landstuhl Regional Medical Center staff nurse, sketches designs into pottery Tuesday on Ramstein. The arts and crafts center allows military members to learn how to be creative while also allowing them to pay attention to detail, which plays a large role in the mission.

Manual control

An Airman from 721st Aircraft Maintenance Squadron participates in an exercise to manually control a loading ramp on a C-17 Globemaster III Feb. 6 on Ramstein. The exercise was to prepare operators from damaging the airframe in the event of an automatic loading ramp malfunction.
Clean aircraft vital to flying mission

by Senior Airman Whitney Stork
86th Airlift Wing
Public Affairs

Maintenance Airmen from around base join together several times a month to complete a mission essential task that takes days to complete. Airmen from some Ramstein maintenance squadrons are tasked more than twice a month to wash C-130J Super Hercules to ensure there is no corrosion developing on the aircraft.

“One flight is asked to cover a shift a month,” said Staff Sgt. Rozilynn Breedlove-Stone, Precision Measurement Equipment Lab flight administration. “It’s a 12-hour shift for each aircraft they’re called out to wash.” Each wash takes a total of 48 hours from start to finish with a team of 10 Airmen per shift.

“We get a safety brief, wash suit, face mask and double eye protection to ensure safety during the wash,” said Senior Airman Todd-Henri Rath, PMEL technician. “Each person is assigned a different section of the plane to wash.” Aircraft washing is a vital part of the flying mission. If the aircraft were not washed they would begin to corrode and cause damage yielding it unsafe to operate.

“Corrosion control,” said Tech. Sgt. Seneca Williams, 86th Maintenance Squadron C-130J Super Hercules inspection maintenance coordinator. “Bugs, dirt, anything that’s not paint on the plane can cause corrosion. You want to make the plane last to keep a good product in the air.”

In fiscal year 2012, there were 30 aircraft that had to be washed taking more than 1,400 hours of manpower to complete. For each tasking, the squadrons try to use different Airmen so everyone can get the experience and understanding of how much work goes into each aircraft.

“It gives you a sense of appreciation for your job,” said Staff Sgt. Brian Kisylo, 86th Maintenance Squadron crew chief. “Some squadrons don’t ever get to see or touch the planes so it’s a good opportunity for them to go out and see the way the rest of the maintenance squadron’s work.”

WIC helps military mission by supporting families

Story and photo by Airman 1st Class Holly Cook
86th Airlift Wing Public Affairs

Servicing the largest military community in Europe, the Ramstein Women, Infants and Children Overseas program is helping military members who qualify for the chance to meet all their children’s nutrition needs.

“We offer nutrition education to educate participants about healthier eating habits, drafts to buy these foods and referrals to outside resources that may help them get any further assistance that they might need,” said Beth Danowsky, 86th Medical Group regional manager for WIC overseas and registered dietician.

These services are available to active-duty service members, Department of Defense civilian employees, DOD contractors and their families.

“Participants who may qualify include: expectant mothers, post-partum and breast-feeding mothers, infants and children until the end of the month in which they turn age 5,” Danowsky said.

Expectant mothers qualify throughout pregnancy and during the first six weeks after giving birth. Mothers, after giving birth, are qualified until the infant is 6 months old if bottle-feeding or 1 year old if breast-feeding.

“The qualification also depends on their household income and size of family,” Danowsky said.

If the participant qualifies to be enrolled into the WIC Overseas program, all benefits will be explained in full detail during their first appointment. Information on all healthy foods that can be purchased with the drafts and nutrition education will be offered to qualifying members will be given at the initial appointment.

“One of the classes that we are offering is a monthly breast-feeding class,” Danowsky said. This class is held from 10:30 a.m. to noon the first Wednesday of every month in Bldg. 2118 in the third floor conference room. The class is great for new mothers who want to learn more about breast-feeding their baby.

Since 2001, the Ramstein WIC office has been servicing the largest military community in Europe. “We are here to (support) military members and support the military mission by providing these benefits,” Danowsky said.

For more about the WIC program and the benefits they provide, call 480-4466 or 06371-47-4466. For those outside the KMC, visit www.tricare.mil/wic to locate the nearest WIC overseas office.
21st TSC hosts French cadets for leadership training

by Staff Sgt. Alexander A. Burnett
21st Theater Sustainment Command Public Affairs

Partnership with foreign militaries is something that brings unique challenges, capabilities and opportunities for service members stationed in Europe.

Platoon leaders of several 21st Theater Sustainment Command subordinate brigades were given the chance to train French lieutenants as the command hosted five French lieutenants for cadet troop leadership training Jan. 22 to Feb. 12.

Two cadets were assigned to the 16th Sustainment Brigade, two to the 18th Engineer Brigade and one to the 18th Military Police Brigade.

“This exchange is a great opportunity for our two militaries to learn a little bit about each other,” said 1st Lt. James Vidal, a platoon leader with 902nd Vertical Engineering Company, 15th Engineer Battalion, 18th Eng. Bde. “I think this visit will strengthen the relationships between NATO officers and immerse our French partners in U.S. Army culture and leadership.”

The French officers are affiliated with a French Army School equivalent to U.S. Army officer candidate school. The exchange is comparable to the cadet troop leadership training required at most military academies.

During their visit, the French officers shadowed, observed, learned from and assumed some officer duties from their U.S. counterparts, said 1st Lt. Peter Orilio, a 500th Engineer Company, 15th Eng. Bn., 18th Eng. Bde.

“I observed him (Orilio) as he led his platoon,” said French Army 2nd Lt. Romaan Juan, a student at the French Ecole Spéciale Militaire de Saint-Cyr (the French combined arms school) in Brittany, France. “I now understand Army leadership a little better and I know the roles of noncommissioned officers and officers in the platoon.”

Several of the exchange officers met up with their host lieutenants in the field during various training exercises. This afforded them the opportunity to take advantage of U.S. weapons training, including qualifying with the M-4 carbine and firing the 240B 7.62 mm and M2 .50-caliber machine guns. The French officers also helped manage some weapons ranges by tracking firing, tracking qualification scores and distributing ammunition.

One French officer participated in a two-week field problem with his U.S. Army host. During the exercise he engaged in a six-day unstabilized platform gunnery, which involved firing the M249 and M2 weapon systems from the back of a gun truck. The exchange officer ran through several courses, using various firing points to engage targets at multiple distances.

“In addition to doing the gunnery and field exercise with us, 2nd Lt. Thomas Chappelet acted as an evaluator for a three-day situational training exercise,” Vidal said. “He evaluated squad leaders on their reaction to indirect fire, reaction to fire, evaluating a casualty and movement under fire.”

At the conclusion of the exchange, each French officer had to prepare a presentation for their school about their time with the U.S. Army. They also prepared presentations for officer professional development about their training in the French Army.

“I really enjoyed getting to know Second Lieutenant Juan,” Orilio said. “We are fairly similar people with similar military experiences. It was great learning a little bit of French, helping him improve his English and exchanging information on our two great military organizations.”

Story and photo by
1st Lt. Timothy Conroy
54th Engineer Battalion Public Affairs, 21st Theater Sustainment Command

LAHTI, Finland — Seven Soldiers from the 54th Engineer Battalion of the 21st Theater Sustainment Command’s 18th Engineer Brigade attended winter combat training with the Finnish Defensive Forces here Jan. 29 to Feb. 5 in order to train on arctic survival and combat techniques.

Phase one of the three-phase event began with two days focused on movement techniques with Nordic skis along with ruck sacks, survival equipment, personal weapons and a squad sled.

Soldiers trained on cold weather injuries, cold weather injury treatments and how to construct a winter shelter.

The second phase focused on training Soldiers on Finnish communications equipment, casualty treatment and extraction techniques, fire construction, anti-tank and anti personnel mines, shoulder fired anti-tank rocket systems and weapon marksmanship.

During the third phase, Soldiers conducted a 24-hour foot patrol consisting of a tactical movement to a predetermined assembly area, preparing a shelter, and executing a hasty ambush on an armored tracked vehicle.

“Over the course of a week we built new friendships, learned important winter survival skills, trained on winter combat scenarios, and got the chance to see how our brethren in arms live and work,” said 1st Lt. Michael Chigbrow, executive officer, Headquarters and Headquarters Company, 54th Engineer Bn. “I believe that we could use portions of their training to help build more responsive and self sufficient platoons and squads.”

For the 54th Engineer Soldiers, this was a unique partnership opportunity to learn foreign doctrine under conditions not typically trained in.

“We learned an invaluable skill by further understanding hit and run tactics at the small unit level,” said Sgt. Nicholas Riviera, public affairs noncommissioned officer, HHC, 54th Engineer Bn., 18th Engineer Bde.
VRS keeps Ramstein’s vehicle fleet ready

Vehicle problems can quickly turn into nightmares. Luckily, Ramstein comes equipped with the only vehicle readiness squadron in the Air Force and they prepare for such problems.

The 86th VRS, normally flight sized on other bases, stands ready to repair the largest fleet in the Air Force. Responsible for more than 1,800 vehicles, this unit is unique to the Air Force.

Their goal is to keep as many vehicles in working condition as possible, however accidents happen.

“Government vehicles need to be treated as government property,” said Master Sgt. Jason DeLucy, 86th VRS vehicle management superintendent. “All the funding for repairing (vehicle) abuse and incidents come from Air Force funds.”

He said having confidence in his troops to fix any problem is a priority.

“Our mechanics are trained to the same standard as civilians,” said DeLucy. “Many of our mechanics have trained and received the Automotive Service Excellence Association certificate.”

Even with the most experienced vehicle maintainer, safety is a primary concern.

“Making sure the job is done safely is the most important part,” said Staff Sgt. Daniel Miranda, 86th VRS vehicle maintenance journeyman. “Making sure we deliver safe and serviceable vehicles to all the units part words to something more secure.”

Another part of the job includes scanning all the computers on the network for vulnerabilities.

“The file with the results from this scan is huge and cumbersome to look at and wade through in order to find the relevant information,” McAfee said. “I taught myself a scripting language, and wrote some scripts that would break down the data into something more technician friendly. With the improved data views we were able to reduce the number of vulnerabilities by 46 percent.”

Not only proficient in his career field, he also strives to improve himself and the processes in which jobs are completed.

“What makes McAfee stand out among his peers is his initiative to improve his skills in cyber defense and offense,” said Tech. Sgt. Scott Zabel, 1st ACOS intelligence systems cyber defense supervisor. “He has a passion for stopping the cyber threats that put our Air Force networks at risk and works hard to secure our top secret systems in U.S. Air Forces in Europe.”

As a unit of the 435th AGOW, the 1st ACOS assists in carrying out the mission of rapidly established expeditionary airfield operations and communications, integrates joint fires and weather across the full spectrum of conflict, and provides theater-wide combat support and training.

“I’m grateful to work with a lot of great people. It feels good to be recognized for doing a good job,” McAfee said.

McAfee and the 1st ACOS stand ready to serve Team Ramstein and the mission of providing the Air Force with a premier installation to enable and assure strategic capabilities.
Heart disease: No. 1 killer of men, women

by Lt. Col. (Dr.) Julie Remo
Landstuhl Regional Medical Center staff cardiologist

During February’s Heart Health Month observance, it’s important to recognize that cardiovascular disease remains the No. 1 killer of Americans despite advances in detection and treatment.

Previously thought to be a “man’s disease,” heart disease also plagues women. In fact, according to an American Heart Association 2011 update on heart disease and stroke statistics, CVD causes more deaths in women than cancer, lung disease, Alzheimer disease and accidents combined. Heart disease is the No. 1 killer of both women and men.

There are some distinct gender differences in the way heart disease affects women compared to men.

Heart attacks, known as myocardial infarctions, are a result of blockage of a blood vessel that feeds the heart muscle. The most common symptom of a heart attack is pain in the chest. In women, this is not necessarily the case.

**Women may experience:**
- Neck, shoulder, back or abdominal discomfort
- Shortness of breath
- Nausea or vomiting
- Sweating
- Lightheadedness
- Unusual fatigue

Because these symptoms are not “classic,” they may not be recognized as symptoms of a heart attack, which may cause delay in getting to the hospital for evaluation.

A recent AHA national survey showed that only 53 percent of women said they would immediately call 911 if they thought they were having a heart attack. Health care providers seeing these women may also under-recognize the symptoms. This can lead to delays and withholding of appropriate diagnostic tests or therapeutic procedures. This can lead to increased damage to the heart. The longer an artery is blocked, the more heart muscle that dies.

Women presenting to the emergency department with chest pain are less likely than men to:
- Receive an electrocardiogram, cardiac monitoring or cardiac enzyme measurements
- Receive a cardiology consult
- Be admitted to a coronary care unit
- Since CVD is the No. 1 killer of women, and the CVD death rate in women aged 35 to 54 years is growing, it is important to understand what causes CVD and how to prevent it.

Examples of CVD risk factors for women include:
- Age older than 55
- Abnormal cholesterol (low HDL, high LDL, high triglycerides) – In women low HDL may be more predictive of risk than high HDL. The opposite is true for men.
- Family history of premature CVD — more commonly found in women with CVD than in men.
- Diabetes mellitus — a stronger risk factor for women than men.
- Smoking — associated with half of CVD events in women. Rapid rise in female smokers has led to higher risk of CVD in women. A recent report by Dr. John C. Warden from the National Cancer Institute estimates that tobacco kills 160,000 women each year. More than 70 percent of female smokers quit trying to quit.

Like most competitive events, the element of time comes into play and the culinary fair was no exception. Teams had one hour to prepare three meals. Each meal included one portion for display and one for the judges to taste.

“We’ve been practicing the time limit so actually we’re pretty used to it. In the beginning it was a little scary because we didn’t think that we could complete three meals in an hour. But in the end we found out that it’s not that hard and if we work together as a team we could really pull it off,” Toussaint said.

Julian Buckner, a chef and instructor at Ramstein High School, said this event involves more than the ability to cook.

“You have to get the commitment from the students first,” Buckner said. “To me, it’s not the best cooks that I have in my class but it’s the ones that can get along with the team because then I can teach them what they need to cook for these types of competitions.”

Chef Andy Dager, culinary arts instructor at Kaiserslautern High School, pointed out that students have been busy gearing up for this event for some time now.

“These guys have been getting ready for just over a month. When they come here they have about an hour to cook and they have to prepare a menu of three items. Over the last month they have worked to finish what their menus were going to be, practiced making them and prepared for that time table to come here and execute it today,” Dager said.

For students, their dedication to the culinary arts curriculum is a win-win situation, regardless of how they fare in the competition. Students who successfully complete Culinary I, Culinary II, or both, receive a certificate from the Pro Start curriculum, which is recognized throughout industry in the states and at many culinary arts institutes. Students also have the opportunity to hone their skills and make themselves more marketable by working 500 hours in the industry during their senior year, for which they can also receive certification.

“It is really a very intense program and the students come out with some very salable skills,” Batey said.
School employee retires after 40-year career

by Patty Norton
Ramstein Middle School
Public Affairs

Ramstein Middle School bid farewell to longtime employee Angelika Lessmeister who retired Jan. 31.

Lessmeister began her 40-year career with the school in 1972.

“My English was lousy and I was panic-stricken when I answered the phone,” she said.

Working at the middle school is the only job Lessmeister has ever held; funny, since she didn’t like school as a child, faking illness at

ments in the front office, and after several years moved to the school library. Twenty-five years ago, she became the supply technician, where she spent the bulk of her career.

“There were no computers; everything was done by hand,” she said.

Lessmeister has worked at the school longer than any other employee. She estimates she has seen 28,000 children pass through the halls over the years.

She became much more than a supply tech to those she worked with, providing gardening advice, translating services and organizing trips to see local sites.

Her beach-themed office always had an open door for coworkers to stop by or vent their frustrations.

As for what the future holds, Lessmeister plans to work in her more than 40-square-foot garden. Her garden has been featured on a television show and named one of the top 10 in southwest Germany. She also plans to travel, take care of her health and spend time with her husband.

“You are in charge of your life, nobody else is,” Lessmeister said. “I want to leave while I can still walk and not be carried out. I want to enjoy some of the things life has to offer.”

School Notes

Boy Scouts luau

The Boy Scouts of America will conduct a Barbarossa District Luau Recognition Dinner at 5:30 p.m. Sunday at the Ramstein Community Center. Activities will include a 2012 class of Eagles and class of Venturing Silvers, awarding of the Gold Level Journey to Excellence, Barbarossa recognition of chartering organizations, civic appreciations, Scouting Adult Leaders of the Year, and awarding of the District Award of Merit. There will also be opportunities to meet with Scouters and civic leaders, hula lessons, a tiki bar with nonalcoholic beverages and an authentic luau dinner buffet. For details, email BarbarossaSEventSignup@gmail.com. For details or to join, email BarbarossaScouts@gmail.com.

Lunch and Learn

Parents of students at Vogelweh Elementary School are invited to the next Lunch and Learn from 11 a.m. to noon Thursday in the school library. Parents will learn about the assessments their children take at school and how the data is used to help determine instruction. Some of the assessments include SRI, BAS, DRA2 and TerraNova. The Academic Support Team and school counselors will be available to help translate some confusing “school jargon.” Parents may bring a bag lunch, and light desserts will be provided.

Asian, antique auction

The Ramstein Elementary School PTA is sponsoring an Asian & Antique Furniture Auction March 2 in the school gym. A silent auction of approximately 100 different items will kick off this unique event at 10 a.m. Bidding will begin on the other 200 items at 11 and run until everything is sold. This event is open to all ID cardholders. For safety purposes, this is an adult only event. Items for auction include Asian furniture, porcelain, Tiffany lamps, hand tied rugs, and an assortment of decorative pieces from Hong Kong and Tibet. All payment must be made in U.S. dollars, checks, money orders or credit cards. The proceeds will go to the PTA to support school activities and enrichment programs.

Celebrating Dr. Seuss

Join CYS Services and libraries from 10 a.m. to 2 p.m. March 2 as they celebrate the many works of Dr. Seuss. Events will include a “Horton Hears a Who” puppet show, story time, make-and-take to all ID cardholders. For details, visit the Kaiserslautern Main Library, Bldg. 3810 on Landstuhl, or call 493-7322 or 06371-86-7322.

Dr. Seuss cookie contest

Show off your best Seussian cookie creation, March 2 at the Dr. Seuss cookie contest. Cookie submissions take place from 10 to 11 a.m. Judging will be held at 12:30 p.m. For details, call 493-7322 or 06371-86-7322.

After school program

The CYS Services Landstuhl Youth Center offers a free after school program for youth in sixth to 12th grades. The program features food, homework assistance and tutoring, special events, and more. For details or to register, visit a One Stop Shop or Parent Central Services.

Teens: Make a difference this summer!

Summer is right around the corner. Do you know what you plan on doing yet?

Do you feel like meeting people from all over the globe, seeing new places and taking part in activities, sports and theater, all in English? If so, Pueblo Inglés for Teens is right for you.

Pueblo Inglés for Teens is a summer camp for Spaniards and native English-speaking teens.

According to the official website www.diverbo.com, to volunteer at the camp, you must be a native English speaker between the ages of 13 and 17, have a friendly, outgoing nature, and be willing to help Spanish-speaking students practice their English.

If you sign up as a teen volunteer, you will have a blast at one of our rural hotel complexes, tucked away in a beautiful natural setting, away from big cities, where you can play sports, swim and go on excursions — after all, that’s what summer is all about! There are programs in the Spanish provinces of Castilla y Leon, Extremadura and Andalusia, areas that are full of history and tradition.

Programs last two weeks and run throughout the month of July. Transportation from Madrid to and from the venues, accommodation, all meals and all the materials needed to participate in activities are covered. The only costs for the volunteer is the flight to Madrid and the hotel on the first night.

“I had great expectations but never thought I would get more form the experience than the Spaniards,” said Patricia Corcoran, a volunteer from Jenkintown, Pa. “I had an amazing week with amazing people. I can’t wait to do it again.”

For more information and to sign up, visit www.diverbo.com/teens.

(Courtesy of Pueblo Inglés for Teens)

Teens take part in Pueblo Inglés for Teens, a summer camp for native English-speaking teens who mingle with Spanish speaking teens at the camp, teaching them English.
KHS moving for a cause

by Chris Putnam
Kaiserslautern High School teacher and event participant

If you were to drive east from Kaiserslautern for 4,909 miles, you would have traveled as far as a group of teachers and staff from Kaiserslautern High School.

But these teachers and staff weren’t driving — they were walking, running, biking or skiing!

And if you were wondering, driving 4,909 miles east of Kaiserslautern would land you smack in the middle of Mongolia.

In December and January, these 30 teachers and staff members formed into six different groups and started tracking how far they moved each week. The Ramstein Health and Wellness Center provided the groups pedometers to help them keep track of their movements.

For the challenge, each participant contributed a small entrance fee and each group chose a charity to sponsor. The entrance fees were then donated to the charity of the winning group.

After several weeks of competition, Team We Rock amassed more than 1,500 miles (that is almost the distance from Kaiserslautern to the far side of Ukraine!) and $510 was donated to their sponsored charity, the Juvenile Diabetes Research Fund.

Although Team We Rock accumulated the most mileage during the event, many other participants also accumulated more than 100 miles per week.
**Mark Your Calendar**

- **Get down at Armstrong’s Club’s House Party.** From 9 p.m. to 2 a.m. today in Bldg. 1036 on Vogelweh Housing. For details, call 0631-354-9986.
- **The Sembach Commissary** will celebrate Black History Month with gospel time featuring the Vogelweh Gospel Choir at 3 p.m. Sunday.
- **KMC Onstage presents “A Streetcar Named Desire.”** Performances will take place today Sunday and March 1 to 3. Show times 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 Onstage is located in Bldg. 3232 on Kleber Karemen. For details, call 483-6626 or 0631-411-6626.
- In conjunction with Military Saves Week, a financial fair kick-off event will take place from 10 a.m. to 2 p.m. Monday at the Kaiserslautern Military Community Center food court. A joint service proclamation signing will be held at 1 p.m. For details, call the Ramstein Airmen & Family Readiness Center at 480-5900.
- **Visit the Spring Bazaar** from March 1 to 3. There will be more than 100 vendors from around the world at this giant bazaar, located in the Special Events Warehouse, Bldg. 237 on Rhine Ordnance Barracks. Bazaar times are: 10 a.m. to 8 p.m. March 1, 10 a.m. to 7 p.m. March 2, and 10 a.m. to 5 p.m. March 3.
- **The new Art & Cultural Center** in Kaiserslautern will open March 1. The center will close its activities in Heidelberg to move to the Kaiserslautern Community Activity Center in Bldg. 3109 on Danner Kaserne. The grand opening celebration will be held March 15 and 16.
- **Bruno’s Pasta Bar**, located inside of the Landstuhl Community Club, is now closed on Sundays. The Landstuhl Community Club will open on Sunday if a reservation is made. Call 486-6107 to coordinate events. The Landstuhl Community Club is located in Bldg. 3780. For more information, call 486-7244 or 01371-96-7244.
- **During the month of February**, collect your check-out receipts from U.S. Army Garrison Kaiserslautern libraries. Patrons with the most check-outs can enter to win a $200 Outdoor Recreation trip! Stop by your local USAG library for more information. The Kaiserslautern Main Library is located in Bldg. 3810 on Landstuhl (call 486-7322 or 06371-86-7322). The Kleber Branch Library is located in Bldg. 3205 (call 483-1740 or 0631-411-1740).
- **Come boot, scoot and boogie** with everyone else at Kazabra Club’s Country Nights from 8 p.m. to 4 a.m. every Saturday in Bldg. 2057 on Vogelweh. Call 489-7261 for details.
- **Command the stage by displaying your talent at Tuesday Night Expressions.** From 7 to 10 p.m. every Tuesday at the Landstuhl Community Club, Bldg. 3780 on Landstuhl Post. Children can participate until 8 p.m. with parental supervision. Bring your own props, instruments and equipment. It’s free for performers. Open to U.S. ID cardholders.
- **Dance the night away at Armstrong’s Club’s R&B Night** from 9 p.m. to 2 a.m. every Saturday in Bldg. 1036 on Vogelweh. For details, call 0631-354-9986.
- **The Sembach Community Activity Center Warrior Zone hosts Texas Hold ’em on Saturday nights. Registration is at 6 p.m. and the tournament starts at 7. Finger food will be provided. There is a $25 buy-in. For more information, call 496-5172 or 06302-67-5171.

**Meetings**

- **The Rheinland-Pfalz International Choir** is getting set to begin its second half program and new members are needed. If you love music and love to sing, consider visiting to see if RPIC is a good fit for you. The choir meets Tuesday evenings in Kaiserslautern-Erzhausen, and new members are welcome through February. For details, visit www.ring-rpic.de (available in both German and English). There you will find directions, performance samples, repertoire, photos and contact information.
- **Rheinland Pfalz Quilt Guild** membership meetings will be held the third Thursday of each month. Night meetings are held the fourth Thursday of each month. Visit www.rpgg.eu for the meeting location.
- **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 on Vogelweh. For more information, email info@rheinlandbreastcancer.com.
- **The Kaiserslautern chapter of the Sergeant Morales Club** meets from 11:30 a.m. to 12:30 p.m. the first Monday of every month at the Rhine Ordnance Barracks DFAC. This meeting is open to all Sergeant Morales members, Sergeant Audie Murphy members and to any NCO who would like to join.
- **HUGS playgroup** meets from 10 to 11.30 a.m. the first and third Friday of the month at the Vogelweh Community Center. This group is for parents and children ages 0 to 4. Play groups offer benefits for both parents and their children. Parents can make new friends and enjoy some grown up conversation while their children develop social skills and enjoy educational activities. This is especially valuable for moms who worked full time prior to the baby’s birth and are feeling isolated at home alone all day long. For more information, call Army Community Service at 493-4203 or 0631-3406-4203.

**American Red Cross classes now available**

American Red Cross classes are now available at the Ramstein Red Cross office. CPR/first aid/AED classes will take place from 8:30 a.m. to 3:30 p.m. Saturday and March 1 and 23. Cat and dog first aid will be held from 9 a.m. to 12:30 p.m. March 6. A babysitter’s training with pediatric CPR and first aid will be taught from 8:30 a.m. to 6 p.m. Sunday.

For costs and registration, visit https://classes.redcross.org/SABA/WebMain or call 06371-47-2171 or 480-2171. Also, give blood and save a life by joining the American Red Cross Youth/313 E OSS Volunteers, who are sponsoring a blood drive from 10 a.m. to 2 p.m. March 1 at the Ramstein Southside Gym.

**Baumholder Events**

- **Check out “Bat Boy: The Musical,”** a family and horror show about a half human, half bat creature and the trials he faces while attempting to live a normal life. Showings take place at 7 p.m. today, Saturday and Thursday, and March 1 and 2 at Baumholder’s Hilltop Theater, Bldg. 8218 on Smith Barracks. Tickets cost $8 for adults, $5 for children, students or Soldiers E-5 and below, and $25 for a family of four or more. Tickets can be purchased at the door or in advance by contacting the Hilltop Theater’s box office. For more information, call 485-7244 or 06783-6-7244.

- **A unit-level intramural basketball tournament** will take place at 6 p.m. Monday to Thursday. This tournament is open to all military units assigned to Baumholder, males and females over 18. Units will compete at The Hall of Champions to see which teams will advance to the regional championships. For more information, call 485-6303 or 06783-6-6303.

- **Check out the “Little Mermaid,”** an all-youth musical production of the classic tale, at 7 p.m. March 15, 16, 22 and 23 and 3 p.m. March 17 and 24 at Hilltop Theater, Bldg. 8218 on Smith Barracks in Baumholder. Tickets cost $8 for adults, $5 for children, students or Soldiers E-5 and below, and $25 for a family of four or more. Tickets can be purchased at the door or in advance by contacting the Hilltop Theater box office. For details, visit Hilltop Theater’s Facebook page or call 485-7244 or 06783-6-7244.

- **The U.S. Army Garrison Baumholder Creative Arts Center offers a balloon delivery service** on Smith Barracks, Wetzel Barracks and Hospital Kaserne. Come place your order during opening hours, from 11 a.m. to 6 p.m. Tuesdays to Fridays and noon to 5 p.m. Saturdays. There is a $5 delivery fee due at the time of your order. Delivery times are from 11 a.m. to 5 p.m. Tuesdays to Fridays. The Creative Arts Center is located in Bldg. 8104 on Smith Barracks. For more information, call 485-6687 or 06783-6-6687.

- **SKIES Unlimited hosts introductory karate classes** at 5 p.m. Mondays and Wednesdays at the SKIES Academy, Bldg. 8046 on Smith Barracks. Classes are taught by certified instructors who are qualified, dedicated and imaginative in creating a valuable experience for your child. Cost is $50, which includes eight classes. This class is for children and youth ages 10 to 18. For more information, call 485-6969/7003 or 06783-6-6969/7003.
Keep your smile — wear a mouthguard

by Airman 1st Class
Alexander Turner
86th Dental Squadron
dental assistant

The first rule when it comes to the sports is safety. An athlete is 60 percent more likely to receive an injury by not wearing the appropriate safety gear. Dental injuries are the most common type of orofacial injury sustained during participation in sports and most are preventable.

The American Dental Association estimates 2 million teeth are knocked out every year while mouthguards help prevent more than 200,000 injuries annually.

A mouthguard is a soft, plastic, oral appliance that when worn protects the teeth, mouth, cheeks, tongue and jaw during sporting activities. It should be worn when participating in football, wrestling and basketball and also for sports like skateboarding and martial arts — any sport in which there could be a potential injury to the mouth.

Mouthguards are recommended for both male and female athletes as well as children. For athletes under orthodontic care, it’s extremely important to wear a mouthguard to prevent cuts in the soft tissues.

There are several types of mouthguards that are available for use. Thermoplastic (“boil and bite”) mouthguards are made of a material that can be softened in hot water and form fitted to the teeth at home. These mouthguards are inexpensive and effective but can be bulky and sometimes fit loosely. The best option for most serious athletes is a custom-fitted mouthguard made by a dentist. This involves taking dental impressions and the laboratory fabrication of the mouthguard on stone models of the athlete’s teeth.

Custom-fitted mouthguards are the best all-around option for comfort, fit and protection.

Caring for your mouthguard
Clean your mouthguard with cool, soapy water and store it in a well-ventilated container allowing it to dry. Keep your mouthguard away from heat. Heat may cause it to distort and adversely affect the fit.

If you play sports, a mouthguard may be an important safety consideration to maintain a healthy smile. Ask your dentist at your next visit about mouthguards and what options are the best for you.

For more information, call the 86th Dental Squadron at 479-2210.

Classes And Training

» Ramstein Family Advocacy offers the following winter classes: Active Parenting of Teens, 11:30 a.m. to 1 p.m. Tuesday at Family Advocacy, Bldg. 2121, third floor; and Stress Management, 11:30 a.m. to 1 p.m. March 5, 12, 19 and 26 at Family Advocacy. For details and to register, call 479-2370 or 06371-46-2370.

» The following free music workshops for children with two to three years of experience will be offered: a classical workshop for piano players, 11 a.m. Saturday; and a workshop for brass instruments (trumpet, baritone, trombone), 11 a.m. March 9. Classes will take place at Erfurter Strasse 95, Kaiserslautern. For more information and to register, call Karl Graef at 0157-74236887.

» Couples Communication is a two-part series course being offered through Family Advocacy. In this class, learn the keys to better communication, effective listening and understanding taught in a fun learning atmosphere. Take the stress out of your relationship by enrolling today. 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. To register or for more information, call 0631-3406-4203.

» Did you know that anger is directly related to symptoms associated with survival instincts? Learn about how anger is triggered, ways to monitor and associate patterns of anger with thought processes and, most importantly, how to control anger in Anger Management Class, a three-part educational learning experience. Join the ACS Anger Management Class by registering for a session, offered from 11:30 a.m. to 12:30 p.m. every Wednesday in Bldg. 2917 on Pulaski Barracks. For more information about this class, call 493-4062 or 0631-3406-4062.

» Stress Management class takes place from 11:30 a.m. to 12:30 p.m. the first and second Tuesday of the month in Bldg. 2917 on Pulaski Barracks. For more information about this class, call 493-4062 or 0631-3406-4062.

Chapel News
» A Unitarian Universalist worship service and fellowship hour will be held from 1:30 to 3:30 p.m. the second and fourth Sundays until May at the Kapaun Chapel.
**EVENTS**

**Medici - Exhibition**
Sun, Feb 17 – Sun, Jul 28
Reiss-Engelhorn-Museum, Mannheim C5
This exhibition presents one of the most famous families in history with writings, art, garments and even results of forensic and bioarcheological investigations. All these exhibits are provided by various museums in Italy. Opening hours: Tuesday-Sun: 11 a.m. – 6 p.m.
For more information on this exhibition, visit: www.remn-mannheim.de.

**35 years of ‘Star Wars’**
Mon, Feb 18 – Fri, Mar 15
Technik Museum, Speyer
Check out the Speyer Technik Museum from 9 a.m. to 6 p.m. daily, now until March 15 for this special exhibition for “Star Wars” fans young and old. There is plenty to explore, even if (gasp!) you’re not a “Star Wars” fan. Learn more at: www.speyer.technik-museum.de/en.

**Bryan Adams photography**
Mon, Feb 18 – Wed, May 22
Duesseldorf
Bryan Adams is well known for his musical skills; however, he is also a talented photographer. His passion for photography is now on exhibit at the NRW-Forum in Düsseldorf through May 22. About 150 works of art will be on display. Bryan Adams’ photography includes portraits of injured soldiers returning from duty, British service members who served in Iraq and Afghanistan, and famous artists, such as Amy Winehouse, Victoria Beckham and Mickey Rourke. Tickets: €7.80 for adults. Opening hours: 11 a.m. – 8 p.m. Tue – Sun and 11 a.m. – midnight Fri. For more information, visit www.nrw-forum.de.

**History of ice hockey**
Wed, Feb 20
Museum Weltkulturen, Mannheim
To celebrate the 75th anniversary of the Ice- and the Roller Sports Club, the Museum Weltkulturen shows pictures from the beginning of the club until today. Tickets: €5.50 (reduced €4.50)
Opens 2:30 p.m. Tickets are limited. To register, call 0621 - 293 3771 or email reiss-engelhorn-museum@mannheim.de.

**Turkish night**
Sat, Feb 23
Europäische Akademie Otzenhausen
Experience a night like never before with a typical Turkish buffet and a belly dancer as entertainment. This will be a night you will remember forever.

**Torch hike**
Sat, Feb 23
Bremerhof 1, 67663 Kaiserslautern
A fantastic view over the city is worth climbing up the Humberg Tower. The tower was built in 1899/1900. The guided hike starts at the parking lot of the restaurant Bremerhof at 5:30 p.m. Torches are available at Bremerhof and at Humberg Tower. A brass band will welcome hikers to the tower. Food and beverages will be offered. The aerial fireworks at the tower will be the final highlight of the hike.

**Wine tasting**
Sat, Mar 2 - Sun, Mar 3
Schloss Janson, Schlossweg 8, 67278 Bockenheim
This event is for wine and animal lovers alike. Enjoy a weekend of wine tasting with the best of the best for your four- or two-legged friends. Dedicated to the four-legged members of the Janson family, a series of wine was created to depict each one of their animals. On March 2 at 6 p.m., Schloss Janson will host a six-course food and wine pairing of the regional cuisine paired with the six “animal” wines. The organizer will donate 50 cents of each bottle sold from the “animal” wines to the local animal welfare club. Seating is limited, so make your reservation by Feb. 23. Price: €55 (including water and wine) Sat, Mar 2, 1-6 p.m., Sun, Mar 3, 11 a.m.-6 p.m.
For more info: www.schloss-janson.de.

**Hochheimer whisky tasting**
Sun, Mar 3
Hochheimer Weinbaumuseum
Come and try some Whisky presented by Frank Idstein and Dirk Krams (The Whisky Brothers). Furthermore, they will show pictures about the production of whisky and give some background information.
Tickets cost €25 and are available at the book shop Eulenspiegel (Weilerstrasse 16, 65239 Hochheim am Main).
Start: 6 p.m.

**World War II air crashes**
Wed, Mar 6 – Sat, May 25
Pfalzbibliothek, Kaiserslautern
The Pfalzbibliothek (library) will host the exhibition “Air crashes during the Second World War.” Free entry.
Address: Bismarckstrasse 17, Kaiserslautern, 67655
Opening hours: Mon-Fri: 9 a.m. – 4 p.m. Sat: 10 a.m. – 2 p.m.

**Celtic night**
Sat, Mar 9
Bürgerhaus, Weilerbach
Enjoy the mix of traditional Irish music and acoustic pop by the band More Mois. The Sometimes-scarey lyrics and the different instruments, like whistles and accordion, create a special atmosphere.
Start: 8 p.m. For tickets, call 07158-931911.

**Intermoto**
Sat, Mar 9 – Sun, Mar 10
Messegelände, Saarbrücken
The 21st Intermoto at the Messegelände Saarbrücken will again provide a mix of action, show and a classic exhibition for motorcyclists. Big brands like BMW, Harley Davidson and Ducati, as well as the niche manufacturers, will present new cruisers, choppers, scooters and other recent products. Furthermore, visitors can have a look at a variety of accessories and clothing. Even individual motorcycle tours, e.g. at the Route 66, can be booked at the Intermoto.
Opening hours: Sat: 10 a.m. – 7 p.m., Sun: 10 a.m. – 6 p.m.
Tickets: Adults: €16. Children (6-14 years): €6

**Night of the Musicals**
Fri, Feb 22
Stadththeater, Idar-Oberstein
Enjoy a night of musicals at this concert in Idar Oberstein. “Sister Act,” “Tarzan,” “The Lion King” and “Mama Mia,” among other musicals, will be tapped for this entertaining concert!
Start: 8 p.m. at Stadththeater, Wilhelmstrasse 22, 55743 Idar-Oberstein.
For further information please visit www.idar-oberstein.de/de/kultur/kultur-veranstaltungen/stadtheater/

**CONCERTS**

**Fun things to do with your family**

**Fri, Feb 22 – Fri, Mar 8**

**ABBA The Show**
Sat, Feb 23
Aren Triër
This tribute show brings back the biggest hits of Sweden’s most popular band of the last century. Start: 8 p.m. at the Aren Triër, Fort-Worth-Platz 1, 54292 Trier.
For tickets, see www.eventim.de.

**Running Event at Donnersberg**
Sat, Feb 23
Steinbach
This annual running event is hosted by the sports club LC Donnersberg. Starting point is the Bügerhaus (community center) in Steinbach at 3 p.m. From there, the 4.5-mile trail leads uphill, finishing at the Ludwigsturm viewing tower at the summit of Donnersberg mountain. To enroll, contact Roland Schreiber 06357-975281. Cost to participate: €5 adults, €3 teenagers

**Harlem Globetrotters**
Fri, Mar 15
Porsche-Arena, Stuttgart
Get tickets for the Harlem Globetrotters in Stuttgart on March 15. For tickets, visit www.eventim.de.

**UPCOMING EVENTS**

**Quick Byte**

For more to do in Germany, visit www.militaryingermany.com
The largest and most popular exhibits are from ancient region or ancient civilization they originated from. ancient Parthenon sculptures.

London has a variety of incredible museums that are free. The British Museum, a well-known history museum, has everything from the Rosetta Stone to ancient Parthenon sculptures.

Museum artifact exhibits are categorized by what region or ancient civilization they originated from. The largest and most popular exhibits are from ancient Egypt, Greece and Rome, and the Middle East. Mummies, sarcophaguses and limestone slabs of hieroglyphics are on display in the Egyptian section. Most of the Greek and Roman portion of the museum is filled with sculptures and vases. The Middle Eastern section has huge stone sculptures of Assyrian gods and lions that once guarded their ancient cities. Different Islamic artifacts can be found as well in this section.

Another museum popular with tourists is the Victoria and Albert Museum, which houses a variety of artwork and design projects.

Many museums cater specifically to children. Natural History Museum and Science Museum have hands-on, interactive exhibits that make learning fun for children.

Some attractions are free and fun to explore. Big Ben, the iconic clock tower named for its biggest bell, is near the Parliament building. Though it is not possible to go inside, it is fantastic to photograph and look at.

At Buckingham Palace in February, Changing of the Guard ceremonies are held every odd numbered day. Wearing traditional uniforms, the old and new guards switch duties.

Many activities and sights can be enjoyed for free. For Beatles fans, visiting the famous Abbey Road is a fantastic idea. Art lovers can visit the National Gallery or National Portrait Gallery and see the newest portrait of Kate Middleton, Duchess of Cambridge.

London has plays ranging from comedies to dramas to musicals. Catch a show either in the afternoon, before dinner or later in the evening. Most shows can be seen throughout the week but often do not run on Sundays.

The most popular musicals at the moment are “Wicked,” “We Will Rock You,” “The Lion King,” “Les Misérables” and “Shrek.” Shows coming up in the next few months include “Macbeth,” “The Book of Mormon,” “The Audience” and “A Chorus Line.”

Tickets can be purchased online, at theater box offices, or through ticket agencies such as Encore Tickets. Never buy tickets from scalpers because the tickets are often stolen, forged or very expensive.

Traditional British cuisine consists of hearty meats and vegetables, stews, pies, puddings and fish. Today, curry dishes have also become very popular.

In British pubs and restaurants, visitors can find steak and kidney pudding, crüt laid made of suet (beef or mutton fat) and flour with minced beef and kidney; Toad in the Hole, a Yorkshire pudding with sausages; fish and chips; shepherd’s pie, a pie crust filled with minced lamb; roasted chicken; and green pea soup.

Between 4 and 7 p.m., the British have their afternoon tea and it is customary to indulge in a cup of tea and finger foods. The glitzy, expensive hotels in London, such as The Ritz or The Savoy, often hold afternoon tea services. However, they must be booked in advance. In many cases, there is a dress code for those attending.

At tea services, the British often serve cucumber sandwiches, coronation chicken sandwiches, scones, pastries, macaroons and cakes, among other things.

(For the full version of this story, visit www.kaiserslauternamerican.com.)
‘A Streetcar Named Desire’

Tennessee Williams classic comes to life at Kleber Kaserne

by Nathan Records
U.S. Army Garrison Kaiserslautern

A gritty neighborhood in New Orleans’ French Quarter is the setting for Tennessee Williams’ “A Streetcar Named Desire” — KMC Onstage’s current production.

The play, which won the 1948 Pulitzer Prize for drama, is the first of two KMC Onstage entries into the 2013 IMCOM-Europe Tournament of Plays. Opening night is today.

“A Streetcar Named Desire” is a story of Blanche Dubois, a disgraced school teacher and former southern belle, who is forced to move into a tiny apartment rented by her sister, Stella.

“The hardest thing about playing Blanche is the roller coaster of emotions that Blanche goes through,” said Liz Jackson, who plays Blanche.

The story involves Stella, played by Hannah McKinney, and Blanche’s brother-in-law Stanley Kowalski, played by J. Lee Sweet.

Blanche and Stanley, who have never met, butt heads at the end of the first scene when Stanley learns that Stella and Blanche’s childhood home, the plantation Belle Reve, has been lost to mortgage distress.

When a drunken Stanley lashes out at Stella late that night, Blanche questions Stella’s judgment in marrying him. However, Blanche is running from her own sordid past.

Other characters include the upstairs landlords, Steve and Eunice, played by David Schwab and Cindy Krewson, and a love interest, Harold “Mitch” Mitchell, played by Army Spc. Aaron Woodall.

Other cast members include Oscar Adams, Nick Seri and Lt. Cmdr. Fred Gilbreth.

“A Streetcar Named Desire” runs from today to Sunday and March 1 to 3. Show times are at 7:30 p.m. on Fridays and Saturdays, and 3 p.m. Sundays.

Tickets cost $14 for adults and $12 for students and seniors.

KMC Onstage is located in Bldg. 3232 on Kleber Kaserne.

For more information on the production, call 0631-411-6626.

HEART DISEASE, from Page 15

decrease in risk with smoking cessation. Within three years of quitting, risk returns to that of a non-smoker.

• Hypertension (high blood pressure)
• Personal history of peripheral arterial disease (carotid arteries, leg arteries, aortic disease)
• Obesity — four times increase risk in CVD related death. Obesity prevalence in women is rising with 2 out of 3 women older than 20 years old being overweight or obese. Obesity can lead to hypertension and diabetes mellitus.

• Metabolic syndrome
• Waist circumference larger than 35 inches
• Elevated triglycerides
• Low HDL cholesterol
• Blood pressure over 130/85
• Fasting blood sugar over 110 mg/dL
• Diet high in saturated fat and/or trans fat
• Sedentary lifestyle
• Depression
• Chronic kidney disease
• Autoimmune collagen-vascular disease (lupus or rheumatoid arthritis)

The more risk factors a woman has, the greater her risk of developing CVD.

The best way to treat CVD is to prevent it. Prevention involves eliminating or treating the risk factors listed previously. The American College of Cardiology recommends:

• Quit smoking
• Eat a healthy diet rich in fruits and vegetables, whole-grain, high fiber foods, and oily fish two times a week. Limit saturated fat, cholesterol intake, alcohol, sodium and sugar and avoid trans-fats.
• Do 30 minutes of aerobic (cardio) exercise daily most days of the week.
• Maintain a healthy weight. Goal BMI 20 to 25 kg/m2; goal waist circumference should be under 35 inches.
• Treat high blood pressure: BP goal under 120/80
• Treat high cholesterol: LDL goal under 100, HDL goal great than 50, Triglyceride goal under 150
• Good blood sugar control in diabetics: HbA1c goal under 7 percent.
• Consider aspirin: only for high risk women or women over 65 years old with good BP control.
Everyone has weaknesses, especially in regard to physical fitness. With the new year starting and people everywhere working on resolutions to get in shape, injury prevention should also be a priority.

What people don’t know is that their current training regimen could actually be holding back their performance. Even worse, it could be making them more susceptible to injury. The Ramstein Health and Wellness Center now offers a solution to this problem: Functional Movement Screen. The FMS can pinpoint any weak links based on different movement patterns that test stability and mobility.

The terms “stability” and “mobility” are often misunderstood, but they are the fundamental building blocks of all athletic performance. Mobility is the combination of muscle elasticity, joint range of motion and the body’s freedom of movement. Stability, on the other hand, is our ability to maintain posture and/or control our body’s motion. For example, runners may develop hip stiffness because of so many miles of training and repetitive motions. When the hips become stiff in the end ranges of flexion, extension and adduction, the lower back muscle have to sacrifice their stability to achieve greater mobility in compensation for the hips’ limitations.

Specifically, excessive flexion, extension and rotation occur in the lower back in an attempt to compensate for a relatively decrease stride length during running caused by the stiffness in the hips. These imbalances decrease running efficiency and increase the chances of hip or back injury.

The FMS consists of seven basic movement patterns that challenge the stability and mobility of our bodies. During each movement, a score is given based on the quality of the movement. At the end of the assessment your score is tallied up and out of a total of 21 points, those who score below 14 could have muscular imbalances or asymmetries that degrade stability, mobility or both. Corrective flexibility and strength training exercises will be prescribed. When this is accomplished, you will have greater movement efficiency, which will lead to improved performance and hopefully a decrease in injury potential.

Without a doubt, physical fitness plays a big role in today’s Air Force and all branches of the military. Everyone who participates in physical activity has a certain goal in mind, such as getting stronger, faster, improving a skill set or overall health. However, due to the nature of training, sometimes we develop poor movement patterns, train around a pre-existing problem, or simply do not train our weaknesses. FMS can assist you with these issues. The HAWC offers FMS screening weekly; see our calendar on our Facebook page (search “Ramstein HAWC”) or call and set up an appointment. What are you waiting for? Come by and let us show how you can maximize your performance and reduce your risk of injury.

Postal patrons in Germany receive many products in the mail that are sent from family, friends and online retail companies in the U.S. The majority of the mail patrons receive are processed and made available to customers without interruption. However, there are some items that are prohibited in the mail in Germany and could result in your mail being seized and detained by German customs officials.

Prescription and over-the-counter medicines, including vitamins and body building nutritional supplements when mailed directly to individuals are prohibited in the mail and cannot be imported into Germany. If these items are discovered during random host nation customs inspections at military postal facilities in Germany, customs officials will confiscate and detain your mail.

Customers will be provided a notice and instructed to report to the local German (Zoll) office to account for their mail. Patrons may be faced with fines, storage fees and possible legal action by the host nation when an import violation is substantiated.

For more information on what is prohibited in German mail, visit www1.zoll.de/english_version/a0_passenger_traffic/c0_sub/g0_medicines/priv_imports/index.html. Postal patrons can also pick up a copy of the USEUCOM Notice 8704.01-R, Prohibited Import Items, dated Nov. 1, 2012, which is available at the Ramstein Northside, Southside and Kapaun post offices.

(Courtesy of Joshua Keenan)
Was ist Los?

KMC Cultural Highlights

by Petra Lessoing
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:
- “Nabucco,” an opera by Guiseppe Verdi, 7:30 p.m. today, March 13, 17 and 30.
- “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. Saturday, March 1 and 9.
- “Engelslieder,” ballets by Stefano Giannetti, 8 p.m. Sunday.
- “Wozzek,” an opera by Alban Berg, 7:30 p.m. March 2, 6, 22 and 26.
- “Dornröschen,” Sleeping Beauty, a ballet by Stefano Giannetti, 7:30 p.m. March 8.

For more information, call 0631-365-209 or visit www.pfalztheater.de.

Kammgarn Kaiserslautern:
- Corvus Corax performs medieval music, 8 p.m. today. Tickets cost €18.
- Alexander Marcus presents electrolore, 8 p.m. Saturday. Tickets cost €25.
- Singer and song writer Mark Forster performs 8 p.m. March 1. Tickets cost €19.
- The band Die Orsos presents German rap, 8 p.m. March 2. Tickets cost €20.
- The band Heisskalt presents German alternative rock, 8 p.m. March 8. Tickets cost €13.
- The duet Schneewitchen presents Gothic pop, 8 p.m. March 9. Tickets cost €14.
- Visit www.kammgarn.de or call 0631-365-2607 for more information.

Fruchthalle, Kaiserslautern:
- The German Radio Philharmonics Saarbrücken Kaiserslautern presents “Titanen,” with pianist Barnabás Kelemen performing works by Wolfgang Amadeus Mozart and Anton Bruckner, 8 p.m. today. Tickets cost €17 to €25.
- Children’s and family concert: “Guiseppe Verdi,” 3 p.m. Sunday. Tickets cost €6. Canceled!
- The German Radio Philharmonics Saarbrücken Kaiserslautern presents “Cinema Paradiso,” with music from French, Italian and American movies, 1 p.m. March 7. Lunch is served at noon. Tickets with lunch cost €21; tickets without lunch are €12.
- For more information, visit www.fruchthalle.de or call the tourist office at 0631-365-2316.

JUZ (Youth Center), Steinstrasse 47, Kaiserslautern:
- The bands Celtic Frust and Warfield present death and trash metal, 8 p.m. March 8. Tickets cost €6.50.
- For more information, visit www.juz-kl.de.

Haus des Bürgers, Ramstein-Miesenbach:
- Chamber concert with Romanian Giessing and Frank Kersting presenting works by Mendelssohn Bartholdy, Beethoven and Brahms, 5 p.m. Sunday. Tickets cost €12.
- “The Little Mermaid,” a family musical in German, 5 p.m. Thursday.

Tickets cost €5 to €7 for children, and €7 to €11 for adults.

For more information, visit www.hausdesbuergers.de.

Stadthalle Landstuhl:
- Orchestra and soloists presenting “The Big Johann Strauss Gala” featuring polka, waltz and Vienna charme, 8 p.m. Saturday. Tickets cost €19.50 to €28.
- “Baby Talk,” a musical featuring the relationship of a couple, in German, 8 p.m. March 1. Tickets cost €19.50 to €28.
- For more information, visit www.stadthalle-landstuhl.de.

Abbey Church Otterberg:
- Oratory Choir Pirmasens, Choir of Versöhnungskirche Kaiserslautern and members of the German Radio Philharmonics Saarbrücken Kaiserslautern present “Elías,” an oratory by Felix Mendelssohn-Bartholdy, 5 p.m. Sunday.
- Display with paintings of Elías is open 9 a.m. to 5 p.m. daily, to March 3.

Burgherrenhalle Kaiserslautern:
- The Central Musical Company presents “Das Phantom der Oper,” in German, 8 p.m. today.
- For tickets or more information, visit www.phantomderoper.com.

Eulenbis, Bürgerhaus, Hauptsstrasse 8:
- Festive concert gala with Don Kosaken Chor, 8 p.m. March 1. Advance tickets cost €15 at the Weilberach Tourist Office, phone 06374-922131; tickets at the door are €17.
- English Theatre, Gallusanlage 7, Frankfurt:
- “Master Class,” a play by Terrence McNally, starts March 1. Performances are 7:30 p.m. Tuesdays to Saturdays, and 6 p.m. Sundays.

For more information, visit www.english-theatre.org.

International Magic Tenors

The Haus des Bürgers in Ramstein-Miesenbach presents “The International Magic Tenors,” at 8 p.m. March 10. Eight tenors will perform the best of pop and classical music. Tickets cost from €31.90 to €39.60. For details and advance tickets, go online and visit www.hausdesbuergers.de.

Miscellaneous

- Museum Pfalzgalerie, Kaiserslautern, exhibition “Lines and Movements,” with 60 works by American artist Linda Karshan, through April 7. Exhibition “Good vibrations — Arts and Physics,” by different artists, to April 7. Hours are 11 a.m. to 8 p.m. Tuesdays; 10 a.m. to 5 p.m. Wednesdays to Sundays; Mondays closed.

For more information, visit www.mpk.de.

Kaiserslautern, Bremerhof parking lot, torch hike up to Humberg tower, 5:30 p.m. Saturday. Humberturm Club sells torches. After hike through forest, there will be a fireworks display, musical entertainment, food.

Flea markets

- Kaiserslautern, Pfälzcenter (across from Daenner Kaserne), Saturdays.
- Bad Dürkheim, Saline (salt-works), 9 a.m. to 4 p.m. Saturday and March 2.
- Deidesheim, Stadthalle, antique market, 11 a.m. to 5 p.m. Sunday.
- Ludwigshafen, Hauptbahnhof (train station, behind pavilion), Saturday.
- Heidelberg, Messplatz, Saturday. For more information, visit www.troedlerundsammeln.de.
FAMILY

Ramstein Community Center • Bldg. 412 • 06371-47-6600
- Tech Gadget Bingo: 22 Feb, Doors open at 1730, games start at 1800. Win neat tech gadgets!
- Flea Market: 23 Feb, 1000-1400. Buy or sell gently used items at our flea market. Cost is $15 per table, set-up at 0830.
- Dr. Seuss Family Night: 25 Feb, 1730-1900. Get your photo taken with Dr. Seuss from 1800-1845, $3 for children 3 and older. FREE to families with a deployed family member.

FITNESS

Southside Fitness Center • Bldg. 2117 • 06371-47-0295
- Total Core Training: Wed & Fri from 0830-0930. 30 minutes of choreographed core and strength training with 30 minutes of total body conditioning and cardio for a full hour of isolating and integrating various muscle groups.
- Step Mania: Every Monday at 1200. A high-energy, free-flowing step class that shapes & tones legs while providing continuous cardiovascular training.

ENTERTAINMENT!

J.R. Rockers • Bldg. 2140 • 06371-47-2333

Ramstein Bowling Center • Bldg 2140 • 06371-802-0400
- FREE Single Airman Bowling Night: 22 Feb, 1900-Midnight. Food specials will be offered, all 30 lanes will be available with FREE shoe rental.

FOOD

J.R. Rockers • Bldg. 2140 • 06371-47-2333
- Trivia Tuesdays: Get your team of up to 5 and compete for 1st and 2nd place prizes. Appetizer and drink specials available, 1900.

Rheinland Inn Dining Facility • Bldg. 2107 • 06371-47-3416
- Mongolian BBQ: 26 Feb, 1030-1300. Choose from chicken, beef, or shrimp with a fresh selection of vegetables and savory sauces.

TRAVEL AND ADVENTURE

Your Adventure Awaits...Find it with FSS!

Outdoor Recreation • KMCC • 06371-47-5705
- Slacklining: 25 Feb, 1600-1930.
- Climbing Wall Basics: 27 Feb, 1645

RTT • KMCC • 06371-46360
- Amsterdam As You Like It: 2 March
- Heidelberg: 3 March

OTHER FSS NEWS!

Make the right decision, get rewarded with the Air Force Clubs Membership program. Contact the Ramstein Officers’ or Enlisted Club for more information.

Remember to visit www.86fss.com for a full list of activities and events.
Half marathon takes place March 24 in Kaiserslautern

by Petra Lessoing
86th Airlift Wing Public Affairs

The running division of the sports club TSG 1861 Kaiserslautern will sponsor a half marathon run March 24 in Kaiserslautern.

“The Kaiserslautern Half Marathon Run has a long tradition and is celebrating its 32nd anniversary this year,” said Angelika Hausser, one of the sports club’s organizers. “In earlier years, the run was conducted with the KMC and was called German-American Half Marathon, but after 9/11, cooperation ended. I took over the organization of the run last year and right away started to include American participants again.”

The 13.1 mile course is free of traffic and leads through the scenic surroundings of Kaiserslautern. It is almost totally paved and has slight differences in elevation to make it suitable for all runners — beginners, whose key objective is to complete the course, and regular, long-distance runners, who strive to beat their personal best time.

The start and finish area will be the Bertha-von-Suttner Schule (Schulzentrum Süd), Im Stadtwald, 67663 Kaiserslautern. Follow the signs “Stadion” and “Halbmarathon” to get there.

Start will be at 9:30 a.m. and finish will be around noon.

Registrations can be made from 7:30 to 9 a.m. in the school lobby. Advance online registration can be made by visiting www.tsg-kl.de and clicking on “Laufabteilung” and “TSG Halbmarathon.” Online registration will end March 20. Registration fee is €10.

Participants will be able to change and take showers in the school’s gym.

The award ceremony will take place at 1 p.m. in the dining hall (Mensa) of the school. There will be prizes for the overall female and male winner for each age group (male and female), for the fastest team (male and female), and for the three biggest starter groups.

“Last year, a total of 357 runners, of which more than 70 were Americans, took part in the half marathon,” Hausser said. “The overall winner ran a time of 1:14:08, and second best was a U.S. service member with a time of 1:15.”

The track record for males is at 1:08:10 (from 1991) and for females at 1:21:05 (from 2005).

“This year, the run belongs to the Laufladen Cup Westpfalz with a series of 10 runs total,” Hausser said. “We expect a total of 450 to 500 runners and hope to be able to again welcome many American runners, joggers and just-for-fun athletes.”

For more information, contact Hausser at 06301-1422 or laufen@tsg-kl.de.

Volunteer track coaches needed

Ramstein High School is seeking volunteer assistant coaches for the track and field season, which starts March 4. Share your experience in a variety of events like shot put, discus, hurdles, long jump, triple jump, high jump, sprints, middle and long distance running.

For more information, contact Coach Buckley at william.buckley@eu.dodea.edu or call 0151-52556697.

Youth spring sports registration

CYS Services youth spring sports registration has begun! Register your child or youth for track and field, tennis, T-ball, coach pitch, baseball and softball. Sign up by March 4 at a Family and Morale, Welfare and Recreation One Stop Shop, Parent Central Services or on WEBTRAC. The sports season begins April 1. For more information, contact Parent Central Services, Bldg. 2898 on Pulaski Barracks, at 493-4516 or 0631-3406-4516.

Shamrock Shuffle 5K run/walk

Wear green and participate in the Shamrock Shuffle 5K run/walk on March 16. This is a family friendly, dog friendly, free fun run! Register on the day of the run from 8 to 9:30 a.m. The run begins at 10 a.m. Open to all ages and U.S. ID cardholders.

Dogs should be on a leash. The course is stroller/bike friendly. For details, call 493-2086 or 0631-3406-2086.

NCAA March Madness

View the NCAA March Madness 2013 Final Four basketball games from March 19 to April 8 at the Sembach Community Activity Center, Bldg. 220 on Sembach Kaserne. Games begin at 8 p.m. Come cheer on your favorite team! For details, call 493-67-5170.

Free fitness classes on Sembach

The Sembach Fitness Center is offering free fitness classes during the month of February. Yoga will take place from noon to 12:45 p.m. Tuesdays, Total Body Conditioning from noon to 12:45 p.m. Wednesdays, and Pump Iron from noon to 12:45 p.m. Thursdays. The fitness center is located in Bldg. 105. Call 496-7530 or 06302-26-7530 for details.

Intro to karate

Take an introduction to karate at 5 p.m. Mondays and Wednesdays at SKIES Academy, Bldg. 8046 on Smith Barrack in Baumholder. Teach your children body balance, confidence, perseverance, patience, self-mastery sparring and forms. Classes are taught by certified instructors who are qualified, dedicated and imaginative in creating a valuable experience for your child. Cost is $50 fee, which includes eight classes. For more information, contact Parent Central Services at 485-7003 or 06783-6-7003, or the SKIES office at 485-6969 or 06783-6-6969.
At The Movies
Visit www.kaiserslauternamerican.com/movies.php for details

**Gateway Cineplex (Ramstein)**

**TODAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m., 10:30 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m.
- Skyfall (PG-13) 7:45 p.m.

**SATURDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m., 10:30 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
- Hotel Transylvania (PG) 11 a.m.
- Skyfall (PG-13) 7:45 p.m.

**SUNDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
- Skyfall (PG-13) 7:45 p.m.

**MONDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
- Skyfall (PG-13) 7:30 p.m.
- Playing for Keeps (PG-13) 11:15 a.m., 2 p.m., 5 p.m.

**TUESDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
- Skyfall (PG-13) 7:30 p.m.
- Playing for Keeps (PG-13) 11:15 a.m., 2 p.m., 5 p.m.

**WEDNESDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
- Escape from Planet Earth (PG) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
- Skyfall (PG-13) 7:30 p.m.
- Playing for Keeps (PG-13) 11:15 a.m., 2 p.m., 5 p.m.

**THURSDAY** -
- Beautiful Creatures (PG-13) 11 a.m., 1:45 p.m.
- A Good Day to Die Hard (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
- Escape from Planet Earth (PG) 5 p.m., 8 p.m.
- Skyfall (PG-13) 7:30 p.m.
- Playing for Keeps (PG-13) 11:15 a.m., 2 p.m., 5 p.m.

**Galaxy Theater (Vogelweh)**

**TODAY** -
- Identity Thief (R) 7 p.m.

**SATURDAY** -
- Playing for Keeps (PG-13) 4 p.m.
- Flight (R) 7 p.m.

**SUNDAY** -
- Red Dawn (R) 4 p.m.

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.

**At The Movies**

Beautiful Creatures (PG-13) — Ethan longs to escape his small Southern town. He meets a mysterious new girl, Lena. Together, they uncover dark secrets about their respective families, their history and their town.

*Starring Emmy Rossum and Jeremy Irons.*

A Good Day to Die Hard (R) — Bruce Willis returns in his most iconic role as John McClane — the real hero with the skills and attitude to always be the last man standing. This time, the take-no-prisoners cop is really in the wrong place at the wrong time after traveling to Moscow to help his estranged son, Jack. With the Russian underworld in pursuit, and battling a countdown to war, the two McClanes discover that their opposing methods make them unstoppable heroes.

*Starring Bruce Willis and Jai Courtney.*
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Questions? Please call AdvantiPro at 0631 - 30 33 55 31

(Available for inspection or responsibility or eligibility information for any of the products and services advertised in the Kaiserslautern American. Readers are responsible for checking the prices, qualifications, availability and any other factor that might affect your decision to do business with an individual or company advertising herein.)
Apts for Rent

Ramstein village, older style apartment, 2 bedrooms, partly furnished, available now, 600 euros + ut. KKA Immobilien, 0172/685976 or melindikak@aol.com

Siegelbach, 180sqm, 3 bedroom apartment, 1, Gar. E 1200, Imm. T. 01602960948

Well maintained, comp. Furn, 100sqm Apt avail now, fast cable internet, Long/short term in Kindsbach, Tel: 06371-2209

You like horses? We have the place for you! Exclusive high standard apt 20min to RAB 136sqm 2bed rm 1bath w/shower & tub bik w/din area, attic terrace €900 + €200util + €1300 deposit Call: 0175-5665569 or 06363-994981 or lindenhof-kl@gmx.de

Houses for Rent

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

Farmhouse anno 1999, stylistically renovated, exclusive wood floors, 3 bedrooms + guestroom, 2.5 baths, big liv rm with fireplace, modern style. Tel: 06374 – 9951770

You have the place of your dreams - High standard apartament, 120m², 3 bedrooms + guestroom, 2.5 baths, garage, rent €1200 + util 06305-1600

2 min to Ramstein, Hütschenhauen, FSH, 230sqm, large LR, 3 BDR, 2.5 baths, garage, rent €1800, No Finders fee, but service from my office, ZIAI DZ Immobilien 0172-3451777

2 1/2 bedrooms, 2WC, 2 garages, €1590.- real estate agency, Tel: 06371-5940059

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Mon-Sat: Variety of Mexican and American reduced price Lunch Dishes

Mon-Fri: Free refills on Soft Drinks (lunch time only)

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Seasonal beer

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**MOTORCYCLES**

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

2008 BMW F800ST, US specs, factory lowered suspension, ABS brakes. Tire Pressure monitor, on-board computer, heated hand-grips, low mileage. $9200, peanut58@gmail.com

2008 HD Super Glide with 14,000 miles. Bike is beautiful/garage kept since new. It is ready to ride when the good weather finally arrives. $9000 gilligian.skipper@gmail.com 016099084709

**ANNOUNCEMENTS**

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

Curtains, Beautiful Japanese dishes set of dishes from Pier One import; Many unique items; Buddha call for appointment please. All must sell ASAP, Moving sale. $1.00 - $150.00, Pirmasens 06331-1495135 or imagine_peace@t-online.de

European Financial Management Ball, 29 March 2013 Armstrong Club in Kaiserslautern, Germany 1730 to 2200 Military: Military Dress Uniform E7/GS09 and Above: $55.00 Citizen: Formal Attire $314-485-7119 abeth.lopez13@us.army.mil, DSN, please consider visiting to see if RPIC is a good fit for you! We meet Tuesday evenings in Kaiserslautern-Erzhuetten, and new members are welcome through February. Please visit our website at www.sing-ric.de (available in both German and English). There you will find directions, performance samples, music repertoire, photos, and contact information. We look forward to meeting some new members from the Kaiserslautern area!

**Vegan/Vegetarian Meetup**

Looking for other (Raw) Vegans/Vegitarians in the area. Want to share information, ideas, recipes etc! Email for more info. Free veganramstein@gmail.com

**CHILD CARE**

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

Advertisers living on base/ post and offering child care services are on the approved list of Family Child Care (FCC) providers. Those living off base/post offering these services in the newspaper are not screened by FCC. Use good judgement when choosing off base/post child care services. Qualifications should be checked and references requested before placing any child in the custody of child care providers who have not been screened.***Anyone providing more than 10 hours of care per week, on a regular basis, MUST be licensed by the FCC office. If you do not have a license and provide care, you could possibly lose your base housing privileges.***

**2008 HD Super Glide**

If you love to dance, come to the 2-Salsa Tropical Night in Hochspleyer, Jan 12th. Social dancing @ 8pm. Info: https://www.face book.com/groups/SalsaKL/

Moving sale: many 220 appliances, convertors, adapters, exension cords, chairs, furniture, 06371468882 after 6PM and weekends 06371468882 / hail.laln@hotmail.com

Pots; dishes, rugs, washer, refrigerator, crystal glasses, Asian/ African Art and decor, ladies sandals; shoes 8 1/2 handbags; Must sell now, moving home USA, Moving sale. $1.00 ~ $150.00, Pirmasens 06331-1495135 or imagine_peace@t-online.de

The Rheinland-Pfalz Internatio- nal Choir is getting set to begin its second half program, and we are seeking new members. If you love music and love to sing, please consider visiting to see if RPIC is a good fit for you! We meet Tuesday evenings in Kaiserslautern-Erzhuetten, and new members are welcome through February. Please visit our website at www.sing-ric.de (available in both German and English). There you will find directions, performance samples, music repertoire, photos, and contact information. We look forward to meeting some new members from the Kaiserslautern area!

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Looking for two strong men to help me move on the 1st of March for a little apt from Homburg to Ramstein. Price neg. Call: 0176-776869130

MRE (Meal Ready to Eat) Wanted. 0170-1910484

Looking to rent a bright, well maintained, 2 bedroom, large balcony, apartment beginning 1 June in KL. Mature, non smoking lady, no pets. €760 incl. utilities 58, callaghanrl@gmail.com

New Challenge for Baseball / Softball Coaches!! The River Band-dits Baseball and Softball Team, located in Saarbrücken (A6, 30min from KL) is looking for coaches for both teams and also players. Please contact: ste.rodriquez-1@ou.edu or call 0171-8634083

Looking for a Heavy Metal Band. No experience needed. Must love all genres of Heavy Metal. Email jo.rudriquez-1@ou.edu $/a 06221-6486156

Wanted: Vinyl record albums, turntables record players reel to reel decks and tapes!!! Will pick up. Call or email Scott powersweep@yahoo.com, Cash paid 051142463712

Wanted: Singer to be part of a Heavy Metal Band. No experience is ok! Must love Heavy Metal. $/a Heavy Metal Singer, jo.rudriquez-1@ou.edu

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Buying dictionaries all languages and foreign language guides. Call 0152-29154933 or 0160-69439449

Double bass drums preferable but not necessary. No experience needed. Must love Heavy Metal. $/Drummer for Heavy Metal Band jose.rodriguez-1@ou.edu

German-american couple with elderly, quiet dog and cat looking for freestanding single-family house in the Landstuhl area. €1600 0151-44335988

Lead guitar for a Heavy Metal Band. No experience needed. Must love all genres of Heavy Metal. Email jose.rodriguez-1@ou.edu $/a 06221-6486156

Looking for a cleaning position in the KMCC area, 0176-776869130

Looking for a singer to be part of a Heavy Metal Band. No experience is ok! Must love Heavy Metal $/a Heavy Metal Singer, jo.rudriquez-1@ou.edu

Looking for a transbus transport for moving large items, i.e. King size bed, couch and boxes. Possibly with a small van/truck, (2 men) the 1 March. From Homburg to Ramstein. Call: 0176-776869130

Wanted 2 bedr. apartment or house for massage therapist and child, k-town area or Enkenbach, no pets, max 600 cold rent. Move in June 1st $/a 0157-30986984

Wanted: Vinyl record albums, turntables record players reel to reel decks and tapes!!! Will pick up. Call or email Scott powersweep@yahoo.com, Cash paid 051142463712

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Wanted: Vinyl record albums, turntables record players reel to reel decks and tapes!!! Will pick up. Call or email Scott powersweep@yahoo.com, Cash paid 051142463712

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- **Extended warranty:** only € 50,-

**SONY HDR-CX 200 FULL-HD-CAMCORDER**
- 5.3 m pixel, 25 x optical zoom, memory: SD, SDHC, memory stick, Item no.: 150 7827/24
- **Extended warranty:** only € 50,-

**ASUS EE PC R11CX NETBOOK**
- Intel Atom N2600 Processor (2 x 1.66 GHz), 1024 MB DDR III internal memory, 320 GB S-ATA hard drive, low-noise (no fan), operating system Microsoft Windows 7 Starter 32 Bits OEM (product activation if change in system components or new installation required). Item no.: 153 0016
- **Extended warranty:** only € 50,-

**S3-391-33214G52ADD I3-3217U NOTEBOOK**
- Intel Core i3-3217 (2 x 1.8 GHz), 4096 MB DDR III RAM, 500 GB S-ATA + 20 GB SSD internal memory, up to 5 hrs battery life, Microsoft Windows 8 64 Bits OEM operating system (product activation after change of components or new installation required). Item no.: 163 6408
- **Extended warranty:** only € 90,-

**2 RL 938 G LCD (LED) TV**
- 32" screen, 1.920 x 1.080 pixel resolution, 100 Hz, remote control via smartphone, WLAN edge LED, Skype-ready, integration into home network, USB connection, HbbTV, energy consumption: 34 Watt, stand-by 0.3 Watt, depth: 2.25", Item no.: 162 1911
- **Energy Efficiency:** A+
- **Extended warranty:** only € 70,-

**LC 40 LE 630 E LCD(LED) TV**
- 40" screen, 1.920 x 1.080 pixel, 100 Hz, DVB-T, DVB-C, USB/WLAN-ready, edge LED, energy consumption: 48 Watt, stand-by 0.15 Watt, depth: 1.2" (4cm), Item no.: 142 5143
- **Energy Efficiency:** A+
- **Extended warranty:** only € 70,-

**OK DT 200 CONDENSER DRYER**
- 7kg drum, 11 programs, humidity sensor display, 754 kWh energy consumption p.a., energy class A+. Item no.: 140 7445
- **Extended warranty:** only € 50,-

**WM 14 W 441 WASHING MACHINE**
- 1kg drum, 11 programs, display, end-time pre-select function, displays over-dosage, 174 IAW electricity and 8,140 liters water. Item no.: 144 4868
- **Energy Efficiency:** A+++ 
- **Extended warranty:** only € 70,-

**lac 102 cm (40")**
- **1400 U/min**
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- **Extended warranty:** only € 70,-

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<table>
<thead>
<tr>
<th>Year</th>
<th>Model</th>
<th>Type</th>
<th>Color</th>
<th>USMSRP</th>
<th>Military Sales Price</th>
<th>Super Saver Price</th>
<th>Total Super Savings</th>
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<tr>
<td>1</td>
<td>2012</td>
<td>328i xDrive Coupe</td>
<td>Stock</td>
<td>Liquid Blue</td>
<td>$ 45,975</td>
<td>$ 40,190</td>
<td>$ 35,995</td>
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<td>2013</td>
<td>128i Coupe</td>
<td>Demo</td>
<td>Le Mans Blue</td>
<td>$ 43,150</td>
<td>$ 38,945</td>
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<td>2012</td>
<td>328i Coupe</td>
<td>Demo</td>
<td>Deep Sea Blue</td>
<td>$ 47,145</td>
<td>$ 41,640</td>
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<td>2013</td>
<td>335i xDrive Sedan</td>
<td>Demo</td>
<td>Sapphire Black</td>
<td>$ 58,245</td>
<td>$ 52,440</td>
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<td>Stock</td>
<td>Crimson Red</td>
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<td>128i Cabriolet</td>
<td>Demo</td>
<td>Vermilion Red</td>
<td>$ 46,195</td>
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<td>X5 xDrive 35d</td>
<td>Demo</td>
<td>Deep Sea Blue</td>
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<td>$ 45,205</td>
<td>$ 52,290</td>
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<td>8</td>
<td>2013</td>
<td>X3 35i</td>
<td>Demo</td>
<td>Deep Sea Blue</td>
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<td>$ 56,145</td>
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<td>2013</td>
<td>640i Gran Coupe</td>
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<td>Carbon Black</td>
<td>$ 84,575</td>
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<td>328i xDrive Coupe</td>
<td>Stock</td>
<td>Mineral White</td>
<td>$ 52,095</td>
<td>$ 46,190</td>
<td>$ 42,440</td>
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