KAISERSLAUTERN AMERICAN

April 29, 2011 HAVE YOU READ YOUR KA TODAY? Volume 35, number 17

Photo by Airman 1st Class Desiree Esposito

Four-legged defenders

Members of the 86th Security Forces Squadron K-9 section work with 4-year-old Remco, a military working dog, on the proper attack and release commands when biting a suspect during a training event recently on Ramstein. The training was designed to teach the MWDs controlled aggression by simulating a fleeing suspect for the dog to restrain. The MWD and handler teams serve an integral role in security operations here in the KMC, on the front lines deployed and outside the wire

Ramstein's JMPC open for business

by Airman 1st Class Ciara M. Travis
86th Airlift Wing Public Affairs

After final completion in December 2010, the new and improved Joint Mobility Processing Center and Installation Deployment Readiness Center has opened offering a more efficient deployment process for the entire KMC.

In honor of the new state-of-the-art facility, the 86th Logistics Readiness Squadron is scheduled to host a ribbon cutting ceremony at 11 a.m. today.

After consolidating seven Air Force work centers, the JMPC has started deploying and redeploying servicemembers throughout the KMC. It is now acting as a main hub for overseas and stateside deployers.

"Our new JMPC gives our Airmen and Soldiers a great tool to execute their critical mission," said Brig. Gen. Mark Dillon, 86th Airlift Wing commander. "It also provides an exceptional platform to present forces in support of U.S. European Command, U.S. Africa Command and U.S. Central Command operations. I'm excited to cut the ribbon and officially open this world-class facility."

The new facility has made joint operations easier in processing both cargo and passengers by combining war readiness, the weapons vault, logistics plans, personal readiness, small port operations, support agreements, traffic management function and passenger booking.

"Keeping security and deployment package integrity by processing, holding and moving passengers and cargo all through the same facility, ver-

See JMPC, Page 20

Ugandan Peoples Defense Forces soldiers attach a wing to a copter box aerial delivery system April 14 at Soroti Airfield during Atlas Drop 11.

Atlas Drop 11

Story and photos by Sgt. 1st Class Brock Jones
128th MPAD, UTARNG

SOROTI, Uganda — U.S Army parachute riggers assigned to the 5th Quartermaster Detachment, 21st Special Troops Battalion, 21st Theater Sustainment Command out of Kaiserslautern and the Utah National Guard's 197th Special Troops Company recently trained in Soroti, Uganda, with the Ugandan People's Defense Forces in support of Atlas Drop 11.

Atlas Drop 11, an annual joint aerial delivery exercise sponsored by U.S. Army Africa, brought together U.S. service members with counterparts from the Ugandan People's Defense Forces and was designed to enhance the readiness of both countries' resupply and logistical capabilities. The two-week training from April 11 to 21

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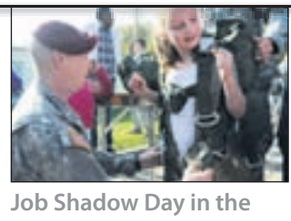
SCHOOLS



Job Shadow Day in the KMC, Pages 14 & 15

LIFESTYLES

Witches Night comes to the KMC, Page 18

Ramstein Honor Guard - Honor, dignity, pride!

by Brig. Gen. Mark Dillon
86th Airlift Wing commander

Ramstein Honor Guard — what an impressive team. These great Airmen bring honor, dignity and pride to every event they attend.

Here at Ramstein, 27 Airmen serve our honor guard on a purely voluntary basis. They practice until they are picture perfect — in the afternoons, in the evenings, on the weekends and on their own time. They practice in order to flawlessly execute more than 250 ceremonies a year. And the majority of these ceremonies are the most difficult — funerals for those who have honorably served our great country.

The Ramstein Honor Guard supports all units in the KMC and have an area of responsibility across three countries. Beyond funeral services, they post the colors at changes of command and provide saber and rifle cordons for weddings and distinguished visitor events. But our Ramstein Honor Guard isn't resting on their laurels. They are out recruiting new members and recently added a drill team as well. Just last week the Ramstein Honor Guard Drill Team showcased their first performance at U.S. Air Forces in Europe's Outstanding Airmen of the Year banquet. If you weren't there, you missed an amazing performance.

> The Ramstein Honor Guard supports all units in the KMC and have an area of responsibility across three countries.

All 27 Airmen of our great honor guard deserve our thanks and recognition, but I'd like to take a moment to talk about three outstanding members.

Senior Airman Kristi Browning, a personnel actions technician from the USAFE Headquarters Orderly Room, volunteers with the honor guard nine hours a week. She serves as a trainer for all procedures, is a

See HONOR, Page 13

Photo by Airman Kendra Alba

Tech. Sgt. Brian Prentice (center), Staff Sgt. Gabriel Rosa (left) and other members of the Ramstein Honor Guard Drill Team practice a drill to sharpen their skills Feb. 9. The primary mission of the Ramstein Honor Guard is to provide military funeral honors for active-duty members, retirees and veterans who served honorably in the Air Force. They also provide honors and ceremonies for distinguished people, change of command ceremonies, civilian programs, parades and celebrations.

Commentary

Proper supervision ensures child safety

by Capt. Erika Best
Ramstein Family Advocacy Program

According to Safe Kids USA, March 8 marked the first child-related vehicular tragedy of the year when a mother came out of work only to realize she had left her 6-year-old daughter in the car.

There were 49 similar deaths recorded in 2010, and 494 on record since 1998, most occurring with children under the age of 3. In 30 percent of these cases, the child was playing in the vehicle, unattended. In another 17 percent of these cases, the child was intentionally left unattended by the caregiver.

The KMC Child Supervision Matrix states that children under the age of 10 are never to be left unattended in a vehicle because of the obvious dangers associated with doing so.

One of the risks that caused the 49 deaths from last year is heat stroke. But what is important to note is that these tragic incidents can occur on days with relatively mild temperatures. In just 10 minutes, a vehicle's interior temperature can increase by 19 degrees, and in one or two hours, it can rise 45 to 50 degrees.

Unfortunately, some parents continue to leave their children unattended despite the risks and written guidance provided, even in the KMC.

During the 2010 fiscal year, nearly 70 percent of child maltreatment referrals processed by the Ramstein Family Advocacy Program were for acts of neglect — many for lack of supervision like this.

Remember, heat stroke related deaths are all preventable.

In honor of Child Abuse Prevention Month, let's all do our part to protect children. Consider the following suggestions:

- Never leave children unattended in a car. Even with the window open.
- Place something valuable (telephone, ID card, purse, etc.) on the floor, near the child's seat so that the child is in sight when reaching for belongings.
- Teach children not to play in cars.
- Keep car doors and trunk secured when the vehicle is not in use.

For more information on child safety topics, call the Family Advocacy Program at 06371-462370 or visit the Safe Kids USA website at www.safekids.org.

For your own copy of the KMC Child Supervision Policy, go to the Ramstein Newcomer's websiteat www.ramstein.af.mil/newcomersinfo.

AdvantiPro

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Editorial content is based on news releases, features, editorials and reports prepared by Department of Defense, Air Force and Army agencies, KMC military units and geographically separated units.

AdvantiPro staff reserves the right to edit all submitted material.

Deadlines:

- News, feature, school articles and photos – noon Thursday for the following week's edition
- Sports articles and photos – noon Monday for that same week's edition
- Free (space available) Classifieds – noon Tuesday for that same week's KA

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AD11 riggers prep chutes, train with Ugandans

RIGGER, from Page 1

consisted of classroom instruction and a field training exercise. AD11 increased the capability of both UPDF and U.S. forces to resupply Soldiers operating in remote areas.

Soldiers are known for being outstanding improvisers, doing their jobs well even under less-than-perfect conditions. Making a mission happen no matter the resources available is a badge of honor for Soldiers of all specialties.

This group of riggers took the spirit of improvisation to heart in preparing parachutes for upcoming aerial resupply missions.

During the two-week exercise the riggers' main role was to train with their Ugandan counterparts on various aerial delivery systems, more specifically, the low-cost, low-altitude copter box and free-drop box systems. Not only did they learn about the systems, they also had to devise ways to effectively rig parachutes to the systems and ensure the contents inside remained safe upon landing.

With all the proper equipment — tables, tension devices, weights — rigging parachutes is a rigorous task. Prepping chutes in a dusty aircraft hangar in eastern Uganda on old desks and cardboard proved challenging for even the most experienced riggers.

This is where the spirit of improvisation came into play. They used whatever was there to ensure the successful completion of the mission. In the end, the chutes were packed on a makeshift packing table made of old desks with a concrete pillar there to stabilize the desks and act as a tie off to ensure proper tension. Others used the pillars and cardboard. But in the end, all chutes were packed.

"Basically, what we had to do today was improvise," said Sgt. Roger Montanez, a parachute rigger assigned to the 197th STC, UTARNG. "We had no packing tables; we had no packing weights. So we had to improvise to accomplish the mission. We set up cardboard to maintain parachute integrity, so we don't compromise the parachute in any way."

Sergeant Montanez, who has been rigging parachutes for 11 years, said that regardless of circumstances, a Soldier with a job to do has to get it done.

"We did everything we could to accomplish the mission the proper way, the safe way and the right way with what we have," he said.

In addition, as is the case with all training opportunities, the riggers of AD 11 learned valuable lessons by having to pack parachutes in conditions they are not accustomed to.

"It's an experience that betters me as a parachute rigger," said Spc. Jordan Parr, a rigger assigned to the 197th STC.

Spc. Winston Cartier III, a parachute rigger with 5th Quartermaster Detachment, 21st Special Troops Battalion, 21st Theater Sustainment Command, packs a T-10 parachute April 12 in a hangar on Soroti Airfield during Atlas Drop 11.

In their first full day together as a team, the 19 riggers of AD11 — 11 Soldiers from Germany, seven from Utah and one from 3rd Squadron, 108th Cavalry Regiment, Georgia National Guard — packed 36 T-10 parachutes for use during upcoming LCLA practice drops.

After a day of packing chutes, the riggers began training with their Ugandan People's Defense Forces counterparts on how to prepare the aerial delivery systems. These resupply systems provide the UPDF and U.S. Army with the ability to resupply units operating far from usual resupply routes and means.

"Everyone's absorbing the knowledge really well," said Sgt. Aaron DeHaven a rigger assigned to the 5th QM Det. "But for me personally, training with the UPDF has been very rewarding. I've learned a lot."

Whether rigging under the most difficult working conditions or training with UPDF soldiers, the AD11 riggers have lived up to the motto they learn at rigger school: "I will be sure always." Next week, when the cargo is kicked from the open doors of planes and helicopters above drop zones north of Soroti, and the cargo drifts safely to ground, everyone will know just how sure they were.

Photo by Staff Sgt. Lynne Lantin

General McQuistion visits battalion field kitchen site

Maj. Gen. Patricia McQuistion, 21st Theater Sustainment Command commanding general, speaks with Staff Sgt. Jason Coy of the 16th Special Troops Battalion, 16th Sustainment Brigade along with other members of the 16th STB while visiting the battalion's field kitchen site during the Philip A. Connelly Active Army Field Kitchen Competition April 14 on Warner Barracks in Bamberg, Germany.

KMC Blotter

COMPILED BY THE **569TH USFPS**

April 19

5:47 p.m.: An Airman reported a major traffic accident after the Airman was forced off the road by an unknown driver who was driving in the middle of the road. Damage was done to the Airman's vehicle but there were no reported injuries.

April 20

8:50 p.m.: An Airman reported the odor of a controlled substance coming from an individual's dorm room. A sweep was conducted of the room and two bags containing a controlled substance were found outside the individual's window on the grass. The individual was detained for use and possession of a controlled substance and advised of his legal rights.

April 22

1:05 a.m.: A local national notified Polizei of a vehicle parked off the road in a grassy area. Upon contact, Polizei detected the smell of alcohol emitting from the operator's breath. The operator had been driving his vehicle when he lost control. The operator was transported to LRMC for further evaluation.

12:15 p.m.: A Soldier reported larceny of private property after someone stole five laptops from her secured vehicle. There are no known suspects or witnesses.

April 23

5:30 a.m.: A Soldier was observed by Polizei operating his vehicle in an erratic manner. Upon contact, Polizei detected the odor of alcohol emitting from his breath. The Soldier was advised of his legal rights.

7:17 p.m.: Two Airmen reported an assault and burglary after two Airmen entered their rooms while they were sleeping and struck them in the face with a pillowcase full of flour. The two Airmen who committed the offense were advised of their legal rights.

April 24

3:35 a.m.: Polizei reported five Soldiers had damaged private property. Investigation revealed the Soldiers were drunk and disorderly when they damaged nine vehicles. The Soldiers were all advised of their legal rights.

7:20 a.m.: A physical altercation occurred between two Airmen after one Airman spit on the other and struck him in the eye with a closed fist. In turn, the other Airman then struck back two times to the face. Medical attention was declined and both individuals were advised of their legal rights.

April 25

2 a.m.: An Airman reported credit fraud after the Airman left a debit card at an ATM and later found charges were made to his account that he did not make.

10 p.m.: A dependent reported an assault after two children were involved in a verbal altercation that turned physical when one child started choking the other. Further investigation is pending.

Reported Larcenies

April 21

» **Landstuhl Post:** two Garmin Nuevi 370 navigation systems.

April 22

» **Landstuhl:** five CDs and one car phone charger.

» **France:** one iPad, one Compaq Presario and three laptops.

Article 15 Actions

» The 86th Aircraft Maintenance Squadron commander administered non-judicial punishment under Article 15, UCMJ, to a senior Airman for violation of Article 107, false official statement. The commander imposed punishment of reduction to Airman first class, 45 days extra duty and a reprimand.

» The 86th Operations Support Squadron commander administered non-judicial punishment under Article 15, UCMJ, to an Airman first class for violation of Article 113, drunken or reckless operation of a vehicle. The commander imposed punishment of reduction to Airman, forfeiture of $822 pay for one month and a reprimand.

» The 721st Aerial Port Squadron commander administered non-judicial punishment under Article 15, UCMJ, to a staff sergeant for violation of Article 92, dereliction of duty. The commander imposed punishment of suspended reduction to senior Airman and a reprimand.

» The 37th Airlift Squadron commander administered non-judicial punishment under Article 15, UCMJ, to a senior Airman for violation of Article 128, simple assault, and Article 134, drunk and disorderly conduct. The commander imposed punishment of reduction to Airman first class with a suspended reduction to Airman, forfeiture of $919 pay for one month, 30 days restriction to base, and a reprimand.

AADD Statistics

April 15 — 48 volunteers, no other stats were documented.

April 16 — 23 volunteers, 18 calls, 34 lives potentially saved.

April 22 — 38 volunteers, 15 calls, 28 lives potentially saved.

April 23 — Number of volunteers unknown, 10 calls, 20 lives potentially saved.

Take Note

Ramstein Voter Assistance Office

The Ramstein Voter Assistance Office is now open in Bldg. 2108 on Ramstein, sharing the same waiting area as the Ramstein Housing Office. Hours of operation are from 11 a.m. to 3 p.m. weekdays. Schedule an appointment with representatives to help you register to vote for federal, state and local elections. For more information, e-mail vote@ramstein.af.mil or call 480-VOTE (8683) or 06371-47-8683.

Closures

The KMC Housing Office will be closed from 7:30 to 10 a.m. May 10 for training. Customer service hours will resume at 10.

Change of command

Col. Ramona Dolson, 86th Mission Support Group commander, will relinquish command to Col. Michael Monson at 10 a.m. May 11 in Ramstein's Hangar 1.

KMC-wide exercise

The 86th Airlift Wing and 435th Air Ground Operations Wing will host a KMC-wide exercise May 16 to 19. This exercise will include Air Force, Army and host nation emergency response participants at locations across the KMC with a focus on Ramstein. There will be major disruptions in service and gate and road closures on and off base. Call Ramstein Inspections & Readiness at 480-5520 for questions. Anyone planning visits to the base is asked to avoid these days.

New hours of operation

» Effective Sunday, the Outbound, Retirements and Separations (Relocations) Office will start new hours of operation in order to facilitate one-on-one customer attention. Appointments are only from 9 a.m. to 1 p.m. and walk-in hours from 1 to 3 p.m. Monday to Thursday, and 1 to 3 p.m. Friday. Mass final outs are accomplished two days prior to your port call and are held at 9 a.m. Mondays, Wednesdays and Fridays. To schedule your final out appointment or make a relocations appointment, call 480-9898. This line is for appointments only. If you do not wish to make an appointment and have any questions or concerns, you may utilize the new walk-in hours from 1 to 4 p.m.

» The German–American Community Office will observe new opening hours from Sunday to May 31. The GACO staff will be available from 9 a.m. to 1 p.m. Mondays, Tuesdays, Wednesdays and Fridays, and from 2 to 6 p.m. Thursdays. During operating hours, GACO can be reached by calling 0631-363-3010 or via e-mail at info@gaco-kl.de.

For general information on German-American related topics, visit www.gaco-kl.de.

Little Teeth, Big Smiles

The 86th Dental Squadron will host its "Little Teeth, Big Smiles" walk in clinic for children up to age 10 from 8 a.m. to noon Saturday at the Ramstein Dental Clinic, Bldg. 301. Services will include well-baby exams (up to age 4), dental examinations and cleaning (ages 5 to 10) and custom mouth guards for contact sports. Oral hygiene education stations will also be set up. Appointments are on a first come, first served basis. For details, call Master Sgt. Eric Anderson at 479-2210 or 06371-46-2210.

Motorcycle Safety Day

The 21st Theater Sustainment Command hosts a Motorcycle Safety Day from 9 a.m. to 3 p.m. May 6 on Kapaun. Riders will have their motorcycles inspected and their equipment and riding apparel checked before they complete a motorcycle obstacle course. Riders will then conduct a 35-kilometer safety ride from Kapaun to Bann and Landstuhl.

Food and refreshments will be served courtesy of the KMC Sergeants Major Association. Brig. Gen. Jimmie Jay Wells, 21st TSC deputy commanding general, will be the guest speaker.

For more information or to sign up, call the 21st TSC safety office at 484-8446.

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7th CSC street dedication ceremony honors one of its own

Story and photos by Lt. Col. Michele R. Sutak
7th Civil Support Command Public Affairs

A Soldier's name will now live on, and not just in spirit, thanks to the 7th Civil Support Command who honored the life of Lt. Col. Douglas Yocum, a native of Burlington County, N.J., at a street dedication ceremony April 2 on Daenner Kaserne.

Soldiers, friends and families gathered on Yocum Way in front of the 7th CSC headquarters as everyone paid tribute to Colonel Yocum, who died Feb. 4, 2010, in a Philadelphia hospital following an illness.

Colonel Yocum, who lived to be 45 years old, was born into a military family, and it was the family that he came to embrace. The Army family would become the defining point of his career and life. Colonel Yocum is a third generation military lawyer. His grandfather was an Army judge advocate during and after World War II, and his father was an Air Force judge advocate.

As an Army Reserve Soldier, he served in a variety of positions with the 7th Army Reserve Command and the 154th Legal Service Office in Schwetzingen, Germany; the Southern European Task Force Augmentation Unit in Longare, Italy; and the 7th CSC in Kaiserslautern. In his civilian capacity, he served as a senior civilian attorney for the SETAF office of the staff judge advocate in Vicenza, Italy.

"We have long wished to find a fitting way to recognize Doug's service and the tremendous impact he had on this unit and the United States Army," said Brig. Gen. Jimmie Jaye Wells, commanding general of the 7th CSC and presiding officer of the ceremony.

"This street that runs in front of our headquarters will be forever called Yocum Way," General Wells said. "Doug will always be with us, and we will be reminded of him and the selfless service he rendered to his country."

Colonel Yocum was diagnosed with an illness, and it took a turn for the worse. The command immediately mobilized Reserve Soldiers on three continents to medically retire him and ensure his family obtained the benefits of his 19 years of service to the Army. This process normally takes months and was complete in less than 48 hours.

"From the onset of Doug's illness right up through today, there has been no obstacle Doug's Army family hasn't been able to overcome, no service they wouldn't render, no support they haven't provided," said his brother, Air Force Col. Jeffrey Yocum, the vice commander of the 501st Combat Support Wing, Royal Air Force, Alconbury, England. "No matter the request, the only answer we've ever received is 'Yes,' and then some team of professionals has gone about the business of getting it done as quickly as possible."

ABOVE: *Yumiko Yocum, the wife of the late Lt. Col. Douglas Yocum, and their daughter Naomi and son Tyler, unveil the street sign memorializing Colonel Yocum at the street dedication ceremony April 2 on Daenner Kaserne.* **BELOW:** *Air Force Col. Jeffrey Yocum, the vice commander of the 501st Combat Support Wing, Royal Air Force, Alconbury, England, addresses the audience during the street sign dedication ceremony for his brother, Lt. Col. Douglas Yocum.*

This is what the Army's motto of "Army Strong" is all about, General Wells said.

"We dedicate Yocum Way not in sadness that such a man died, but rather, to celebrate that such a man lived," he said.

Colonel Yocum is survived by his wife, Yumiko; a daughter, Naomi; a son, Tyler; his mother, Phyllis; a sister, Jocelyn DiChiara; and two brothers, Jeffrey and Steven Yocum.

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MILITARY Matters

Housing Corner

Spring cleanup

Beginning at 9 a.m. May 6, the annual spring cleanup for all family housing residents will commence. In the past, participation for town house residents has been limited, but this year, all residents are expected to participate. Stairwell residents can expect their assignment to be provided by their building leader. Town house residents will receive an instructional letter in their housing unit mailbox.

Not only will we be sprucing up playgrounds and walkways, but we'll also be removing trash and debris from wooded areas within and around the housing areas. Additional trash containers will be provided.

Town house residents will also be asked to remove and dispose of the tree and shrub supports remaining around their assigned unit.

Civil Engineers' Corner

Positions available

The 86th Civil Engineers Squadron has E-5 and E-7 vacancies in unaccompanied housing. We are seeking highly motivated individuals interested in a unique experience that will develop their leadership, mentoring and management abilities and broaden their talents.

These positions are highly visible and require working with all levels of leadership. Interested individuals should contact Senior Master Sgt. Laura Salazar at the Dormitory Reception Center, Bldg. 2413, or call 480-3676 (DORM).

Traffic circle construction

From Tuesday to May 24, construction of a permanent traffic circle at the intersection of Lincoln Boulevard and Jefferson Avenue will be accomplished.

The intersection will be completely blocked during this period.

Traffic going north from the intersection will be routed via New York Avenue, Illinois Boulevard and California Avenue. Detour signs will be installed.

Traffic going east from the intersection shall use NATO Circle, Wilson Boulevard and Jefferson Avenue.

All surrounding facilities will be accessible. Please adhere to the 20 kph speed limit on New York Avenue, Illinois Boulevard and California Avenue. For details, call the 86th CES at 480-9043.

Chief's Corner:

Tell me and I forget. Show me and I remember. Involve me and I understand.

by Chief Master Sgt. Robert Hughes
86th Logistics Readiness Squadron

I was out on the baseball field the other day watching some players go through batting practice, when one of the players took a swing at a ball. Clearly it was high and out of the strike zone. Immediately, the coach corrected the batter by ordering, "Don't swing at high balls!"

At the time, it sounded like pretty good, straightforward advice. But then I started to think about what had transpired and realized it wasn't advice at all. The problem with the statement, "Don't swing at high balls," is it reaffirms a desired end state without informing the batter how to achieve it. And this worried me because I couldn't help but wonder how many times a day we as supervisors instruct our Airmen the same way.

Sometimes, it is appropriate to give orders. In the military, there are times when a leader has to give orders. When you tell a squad to "charge that hill," you don't want them to think about it — you just want it done. However, even in the military, leaders don't give orders unless they have to. Instead of giving orders and telling someone what to do, good managers give instructions. Instead of telling people what to do, you tell people what you want done and how to go about doing it.

Henry Ford once said, "If you want people to perform at the highest level, then you, as a manager, must provide adequate instructions so time is not lost doing things that will have to be corrected again and again."

And this is what we as Air Force coaches must do if we are to help others achieve their highest level of performance and potential.

All too often, in the interest of time, we as Air Force leaders order people "not to swing at the high ball" without giving them instructions on how to get there. When a person is given instructions instead of an order, they have to think. They can't just do what they were told and say they were following orders. They have to think of ways to get the job done. They have to decide what the best way is. They have to invest a little of themselves in the solution. And in doing so, they will become involved in the process.

So the next time you start to give an order, give instructions instead. Provide people guidance and direction that relays clearly what you want done and how they can go about achieving success. Then with your guidance and direction, let them figure out how to do it. It is a better solution for both of you. And in the end, you as a coach will have buy-in, support and the end state goal you desired.

Photo by 1st Lt. Adam Gregory

Lt. Col. June Oldman, the mission director for the MEDLITE 11 exercise, speaks with local members of the media after the opening ceremony April 25. The 17th Air Force (Air Forces Africa) MEDLITE 11 is a joint medical exercise focused on aeromedical evacuation to improve the readiness of U.S. Air Force and DRC personnel.

Total force brings aeromedical evacuation training to the DRC

by Tech. Sgt. Todd Wivell
17th Air Force Public Affairs

KINSHASA, Democratic Republic of the Congo — A two-week medical exercise, in partnership with the Armed Forces of the Democratic Republic of the Congo and U.S. Air Forces Africa, focusing on aeromedical evacuation kicked off today at the Centre Superior Militaire Academy here.

MEDLITE 11 is an exercise that will improve the readiness of both countries' medical personnel and will consist of classroom instruction, an aeromedical evacuation training scenario and a one-day mass casualty exercise Wednesday.

"Our months of planning are now culminating in this mission and exercise as we build on lessons learned from MEDFLAG 2010," said Lt. Col. June Oldman, mission director, MEDLITE 11, from the Oklahoma Air National Guard's 137th Aeromedical Evacuation Squadron. "We look forward to the opportunity to learn from each other. The more we work together with our partners in Africa, the better we understand each other."

Colonel Oldman said the purpose of this joint exercise is to focus on five key points: reinforcing the training of the Armed Forces of the DRC Medical Immediate Response Unit, enhancing the capabilities of the U.S. and Armed Forces of the DRC to respond to medical emergencies, sharing our training and experiences with the Medical Rapid Intervention Unit, building a partnership and relationship with the Congolese military and cultivating a professional Armed Forces of the DRC as part of the U.S. government's efforts to support peace and stability in the DRC.

"What an in depth broad relationship we have here with the DRC," said James Entwistle, U.S. ambassador to the Democratic Republic of the Congo. "Not only did we have the DRC and the U.S. forces here today at the opening ceremonies, but we were able to get representatives from Rwanda to attend as well.

"We are hoping to increase the capabilities between the Congolese military and the U.S. military and to eventually learn more than we teach," he continued.

Approximately 60 U.S. Air Force active-duty, National Guard and Reserve military personnel and 150 Congolese military personnel will participate in MEDLITE 11, which started April 25 and ends Thursday.

"I came here to teach aeromedical evacuation to the Congolese," said Senior Master Sgt. Julie Swearingin, an aeromedical evacuation technician with the Wyoming ANG's 187th AES. "My hopes are the things I teach them will one day help save lives and provide them a more increased chance of survivability for their military members."

"A great opportunity presented itself to me with this exercise," said Staff Sgt. Amber Weaver, an aeromedical evacuation technician also with the Wyoming ANG's, 187th AES. "I'm hoping to help the Congolese military medical personnel with helping their own wounded, while at the same time learning a great deal from them."

The start of MEDLITE 11 signifies the latest in a series of exercises that were initiated in 1987 as a now U.S. Africa Command-sponsored, bilateral medical exercise to facilitate an exchange of medical information and techniques with militaries in Africa.

"This mission is truly a total force effort," Colonel Oldman said. "It is a key element in a series of military to military activities that demonstrate the strong partnership and cooperation between the U.S. and Congolese militaries."

Afghan-bound Chinooks fielded through efforts of 21st TSC

by Capt. Greg Jones
21st TSC Public Affairs

At 26 tons, with two turbine engines, and with the capability of hauling 12 tons of payload, the CH-47F Chinook heavy transport helicopter is one of the heaviest rotary wing aircraft in the U.S. military. A dozen of these heavy haulers were delivered to the 12th Combat Aviation Brigade April 14 through the combined efforts of the 21st Theater Sustainment Command, U.S. Army Europe Headquarters, 405th Army Field Support Brigade, 598th Transportation Brigade, 12th Combat Aviation Brigade, Department of the Army and other organizations.

The CH-47 helicopters recently delivered to the 12th CAB are of the "F" variety, the latest in a series of Chinook helicopters, which have been in service since the beginning of the Vietnam War. This version of the Chinook offers numerous improvements, including its avionics and navigational package, which give the crew increased situational awareness, said Maj. Shane Morris with the aviation branch of the Program Executive Office (a department of the Army organization that organizes fielding of new equipment).

Moving these new Chinooks through theater is not necessarily a new mission for the various logisticians, transporters and aviation experts who were involved in this operation, which is just one of many major shipments of aviation equipment the Theater Aviation Sustainment Manager-Europe supports, but these operations are never easy, as some sort of challenge always seems to arise

"This organization has been involved with the incoming and outgoing of all rotary wing aircraft since World War II," said Lt. Col. Kye Allen, the commander of TASM-E. "Whether it is via strategic airlift, line haul or sea-going vessel, the TASM-E has 'touched' all aircraft movements in the theater and without incident or accident."

The helicopters were moved via a combination of heavy land transport, sea-going vessel, river vessel and even being towed on their own wheels down a four-lane divided German highway at just a little bit faster than jogging speed.

Their journey began at the Boeing Factory in Philadelphia, where these helicopters are manufactured. They moved from there to the Port of Baltimore by land transport. In Baltimore they were loaded onto a large sea-going cargo ship where they spent a three-week voyage across the Atlantic, alongside service members' cars and other military and non-military cargo.

After the sea voyage, the helicopters were offloaded from the sea vessel and transferred to a river barge. The helicopters were so large they had to be moved in two shipments of six. Upon arriving in Lampertsheim, Germany, after a 2 1/2-day journey down the Rhine River, the helicopters were offloaded at a barge site regularly used by the 598th Transportation Brigade.

At about $30 million each, these helicopters, though not delicate, are quite valuable cargo, and care is taken in every aspect of their movement. Major Morris, a veteran Chinook pilot, was sent by PEO to help ensure effective delivery to the customer unit, the 12th CAB. Acting as a sort of customer service representative and subject matter expert, Major Morris observed all of the stages of the shipment and coordinated directly with the receiving unit to make sure the end-user got what they were expecting. For Major Morris, the mission took on a nearly personal importance as he helped facilitate the delivery of these helicopters to his fellow aviators.

"It's a great feeling seeing those aircraft floating down the Rhine River knowing they are going to Soldiers giving them the latest technology," said Major Morris, referring to the river vessel that carried the helicopters from Antwerp to Coleman barracks.

The helicopters, now delivered to the 12th CAB in Ansbach, will soon see combat service during the brigade's upcoming deployment to Afghanistan — a deployment now enabled with brand new CH-47 Chinooks through the combined efforts of the 21st TSC and its various partner organizations.

(Visit www.kaiserslauternamerican.com to see photos)

Photo by Senior Airman Caleb Pierce

USAFE officials name seven outstanding Airmen

The annual award winners pose for a photo with Gen. Mark A. Welsh III (far left), U.S. Air Forces in Europe commander, and Chief Master Sgt. Dave Williamson (far right), USAFE command chief master sergeant. The winners pictured are: Eren Ersoy, 39th Air Base Wing, Incirlik Air Base, Turkey; Capt. Gilbert Wyche, Master Sgt. Kathleen Ross and Tech. Sgt. Dustin Goodwin, 48th Fighter Wing, Royal Air Force Lakenheath, U.K.; and Theresa Vannier, 3rd Air Force and Senior Airman Johnny Nguyen, 86th Airlift Wing, Ramstein. Senior Master Sgt. Charles S. Miller, 52nd Fighter Wing, Spangdahlem Air Base, Germany, is not pictured due to a current deployment.

U.S. Air Forces in Europe officials announced the 2010 Outstanding Airmen of the Year winners April 21.

The winners are:

AIRMAN: Senior Airman Johnny Nguyen, 86th Airlift Wing, Ramstein

NCO: Tech. Sgt. Dustin Goodwin, 48th Fighter Wing, Royal Air Force Lakenheath, U.K.

SENIOR NCO: Senior Master Sgt. Charles S. Miller, 52nd FW, Spangdahlem

FIRST SERGEANT: Master Sgt. Kathleen Ross, 48th FW, RAF Lakenheath

COMPANY GRADE OFFICER: Capt. Gilbert Wyche, 48th FW, RAF Lakenheath

CIVILIAN CAT I: Eren Ersoy, 39th Air Base Wing, Incirlik Air Base, Turkey

CIVILIAN CAT II: Theresa Vannier, 3rd Air Force, Ramstein

Airmen's family health care gets a facelift

Story and photo by
Josh Aycock
86th Airlift Wing
Public Affairs

Airmen here will begin seeing a change in the way their family's medical care is administered as the 86th Medical Operations Squadron implements the Family Health Initiative.

The FHI is an Air Force-wide initiative that takes a patient-oriented approach to family medicine. This approach allows Airmen to see the same provider on a more consistent basis.

"We want to get away from patients seeing different providers for the same issues," said Lt. Col. Gabriel Zimmerer, 86th MDOS medical director. "The Family Health Initiative will allow providers to really get to know their patients both in and out of the clinic."

In the past, Airmen could find themselves explaining the same symptoms to a host of different providers. Under the FHI, this scenario should be greatly reduced as Airmen will more consistently be assigned to someone within their primary care management team.

These teams will consist of two primary care practitioners (a physician, a physician's assistant or nurse practitioner), a nurse and five medical technicians. These teams can provide care for up to 2,500 patients.

"It's not only good for the patient because they get to see the same provider more regularly, but it's also good for the primary care management teams as we get to work together more often," said Capt. Dale Harrell, a family nurse practitioner at the 86th MDOS. "As team members we learn each other's strengths, which enhances the care of the patient."

Furthering the commitment to really "knowing their patients," the 86th MDOS has assigned one of the 12 PCM teams to every unit on base. The team will provide care for every Airman and their family in that unit.

Commanders also benefit by having a single point of contact for questions regarding the medical readiness of Airmen under their command.

Airmen may start to notice some familiar faces as the 86th Medical Operations Squadron implements the Family Health Initiative. The Air Force-wide initiative aims to have Airmen see the same medical provider on a more consistent basis.

In a recent sit down with the 86th Logistics Readiness Squadron commander, Captain Harrell introduced the concept of the initiative and the PCM team that will be responsible for the care of LRS Airmen.

"There's no amount of frustration that goes into getting a profile form in an e-mail that says such and such person is unavailable for work without an explanation or a prognosis for success," said Lt. Col. Joel Gartner, 86th LRS commander. "Under the team based approach, it's good to know that there will be a relationship between the commander and the health care provider so that it's as simple as picking up a phone, knowing who the provider is and working with them to make the best possible decision for the Airman and the unit."

Captain Harrell said PCM teams will have the ability to track various things within the squadron — tobacco usage rates, obesity level, vaccination currencies, etc. — and can work with organizations around base, like the HAWC or mental health, to bring a tailored program to the squadron.

With the squadron as their focus, the PCM team will have a better understanding of the types of jobs their patients have, which can help with more accurate diagnoses.

"Since I take care of the fuel systems personnel I'm going to know what their job involves," Captain Harrell said. "For example, if someone from LRS comes into the clinic with back pain from carrying around heavy equipment, I know what their job involves and it will give me a better understanding of what I should restrict him from doing until his health improves."

The Air Force-wide initiative began in 2008 and has progressively rolled out to bases worldwide with staggering results. At Scott Air Force Base, Ill., one of the early adopters of FHI, patients were only seen by the same provider approximately 35 percent of the time. Two years after the implementation, patients are seen by their assigned provider close to 75 percent of the time and by a provider on the same team about 85 percent of the time.

"This is our way of bringing the spotlight back onto the patient and provide the proactive care they need," Colonel Zimmerer said.

Since it is still early in the execution phase here at Ramstein, no immediate impact results are available. However, as the initiative continues to rollout the base will monitor, or "grade," the initiative on four key aspects of patient care: patient satisfaction, outcome measures, patient continuity and patient urgent care visits.

"We need to keep an eye on these things to make sure the patient is getting what they need from their provider and that we are gaining some effects from those efforts," Colonel Zimmerer said. "The early indication from Airmen and their families is that they are really enjoying seeing the same providers and the same is true of the providers being happy seeing the same patients."

Practitioners are also finding efficiencies by seeing the same patients.

"Take for example an Airmen that comes in with an acute issue like a sprained knee," Colonel Zimmerer said. "I don't just treat the sprained knee, I look at their entire history and notice that they are late on their cholesterol labs. Before I would have to tell them to set up an appointment with their provider, now I am their provider and can take care of this."

Many patients may not notice this monumental change since the initiative will be a seamless integration into the way the 86th MDOS does business. Also, it won't affect anyone who is currently assigned to a provider outside of their squadron's PCM team. Airmen will soon, however, begin to notice that when they do visit a provider, it is "their" provider.

DOD authorizes medal for Pakistan relief efforts

RANDOLPH AIR FORCE BASE, Texas — Department of Defense officials have approved the Humanitarian Service Medal for service members who participated in humanitarian assistance and disaster relief operations in Pakistan following the flooding in Swat Valley on July 31, 2010.

Military members must have provided at least one day of humanitarian assistance between July 31 and Dec. 15, 2010, in the immediate area of operation.

Aircrews landing in the areas of operation during this period are also eligible.

Members must provide source documents confirming HSM entitlement to their unit commander or designated representative.

Source documents include temporary duty orders, travel vouchers, decoration citations, performance reports, etc.

Documents must show the operation being supported, along with the location and duration of service in the qualifying area.

For more information, visit the Air Force Personnel Services website or call the Total Force Service Center at 800-525-0102.

(Courtesy of Air Force Personnel, Services and Manpower Public Affairs)

Spotlight

86th FORCE SUPPORT SQUADRON

April 29-May 5, 2011 • 06371-47-5757 • DSN 480-5757 • www.86fss.com

Aquatic Center

Ramstein • *Bldg 422* • *06371-405-7665*

•Closed 2-31 May for facility maintenance.

Arts & Crafts

Ramstein • Bldg 552 • 06371-47-6534

•Kids Crafts: Variety of projects: $5

•Jewelry, Framing & Matting, Pottery and Kid Crafts Classes: Call for more details

Bowling Center

Ramstein • Bldg 2139 • 06371-47-5547

King of the Hill: 7 May

Vogelweh • Bldg 2060 • 0631-536-6543

•Family Cosmic: 1 May, 6-9 p.m., $2 per game.

•May Challenge: 1-27 May, Come in any time and bowl for high score.

Community Center

Ramstein • Bldg 412 • 06371-47-6600

•Flea Market: Every 2nd and 4th Saturday, 10 a.m.-2 p.m.

•Improv Comedy Show: 7 May, 8-10 p.m. a night of improve comedy-adult theme, must be 18 years and older to attend. $8 general admission/E4 and below $5

Vogelweh • Bldg 2059• 0631-536-7626

•Designer Mixed Bag Bingo: 6 May, Games begin at 6 p.m.

Enlisted Club

Ramstein • Bldg 2140 • 06371-47-5421

•TGIF: Fridays, 5-8 p.m.

•Mother's Day Brunch: 8 May, 9 a.m.-1:30 p.m.

Kaiserslautern Rod & Gun Club

Vogelweh • Bldg 2960 • 0631-536-7274

•Archery Course: Fridays, $50, 5-7 p.m.

•Pull-Shoot-Fetch

Officers' Club

Ramstein • Bldg 302 • 06371-47-282

•Mother's Day Brunch: Reservations required, 10:30 a.m.-2:30 p.m.

Outdoor Recreation

KMC Center • 06371-47-5705

RTT Travel

KMC Center • 06371-47-6330

•Rhine River: 1 May

•Rhine River: 4 May

•Dachau & Munich: 5 May

Youth Center

Ramstein • Bldg 428 • 06371-47-6444

•Sign up for after school clubs

Vogelweh • Bldg 1057 • 0631-536-6504

•Sign up for after school clubs

•Kids Night Out: 13 May, 6 p.m.

Teen Center

Ramstein • Bldg 411 • 06371-47-3099

•Sign up for after school clubs

Vogelweh • Bldg 1057 • 0631-536-6504

•Karaoke Night: 6 May, 6 p.m.,

•Ping Pong Tournament: 7 May, 6 p.m.

•Max Teen Lock-In: 13 May, FREE 6:30-9:30 p.m. SNLT 11 May, $15

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Vogelweh Bowling Center
Arts & Crafts Center
Enlisted Club
Ramstein Fitness & Sports
Ramstein Community Center
Woodland Golf Course
Vogelweh Community Center
Outdoor Recreation

AROUND THE KMC

Photo by Airman 1st Class Desiree Esposito

Month of the Military Child

Jalin Settles, 7, son of Alisa Settles, admires his face painting April 22, which was completed by Tina Kambar from 100% Fun on Ramstein. "Shake Your Booty Not Your Baby" was a dance to educate military families of the dangerous effects of shaking an infant. The effects usually occur in children less than 1 year old and result in severe and permanent brain injury, spinal cord injuries, bleeding in the eyes and even death.

AF Family of the Week

Maj. Mark Ashman and his wife Sabrina recently arrived on Ramstein from Moody Air Force Base, Ga. Major Ashman is the new 86th Maintenance Operations Squadron commander. Major Ashman said he is looking forward to the mission and taking care of his Airmen.

Photo by the Ramstein Airman & Family Readiness Center

Photo by Airman 1st Class Desiree Esposito

Enhancing force protection with STAR

Airman 1st Class Jack Riley, 86th Aircraft Maintenance Squadron apprentice, simulates apprehending a suspect during a Selectively Trained And Ready augmentee program April 15 on Ramstein. The STAR program was created by the 86th Airlift Wing to enhance force protection within the KMC by instilling general security forces knowledge.

Photo by Staff Sgt. Tramel S. Garrett

5th QM Det. holds blood drive

Spc. Dennis Willoughby, a parachute rigger with the 5th Quartermaster Detachment, holds still as Heather Youngblood, a phlebotomist with the Landstuhl Blood Donor Center, preps his arm to draw blood during a 5th QM blood drive held April 15 on Rhine Ordnance Barracks in Kaiserslautern. The blood drive has become a quarterly event for the unit.

Photo by Staff Sgt. Tramel S. Garrett

21st TSC receives Presidents Volunteer Service Award

Volunteers from the 21st Theater Sustainment Command receive the Presidents Volunteer Service Award during a ceremony April 15 at the Kaiserslautern Community Activities Center on Daenner Kaserne. The 21st TSC earned the award for its Adopt-A-School program, where Kaiserslautern High School students are mentored by 21st TSC Soldiers.

Kaiserslautern public works director earns top award

Story and photo by
Rick Scavetta
U.S. Army Garrison
Kaiserslautern

U.S. Army Installation Management Command selected Willimore Mack, director of U.S. Army Garrison Kaiserslautern's public works, for this year's William C. Gribble Jr. DPW Executive of the Year Award.

Walk across any Army post in Kaiserslautern and you'll see the accomplishments of Willimore Mack, director of U.S. Army Garrison Kaiserslautern's public works.

Construction and maintenance, repairs and renovations, land care and environmental improvements — thankless tasks that fall under the watchful eye of an Army civilian who has dedicated much of his life to improving the quality of life for Soldiers, civilians and family members.

For his efforts, the U.S. Army Installation Management Command selected Mr. Mack for this year's William C. Gribble Jr. DPW Executive of the Year Award.

"Whatever success that I've had in my organization has been due to our team and to the commanders allowing us to do things we need to do," said Mr. Mack, who has led the garrison DPW's staff for nearly six years.

Each year, IMCOM recognizes superior performance and outstanding contributions of Army public works employees and organizations. Lt. Col. Kevin Hutchison, commander of U.S. Army Garrison Kaiserslautern, recommended Mr. Mack, citing Mr. Mack's knowledge of DPW operations, maintenance, sustainment, finance, resource allocation and environmental stewardship.

"His exceptional management of personnel and resources, his leadership, drive, and common sense approach make him unique," Colonel Hutchison wrote in Mr. Mack's recommendation. "He is exceptional at what he does."

Raised in Brooklyn, N.Y., Mr. Mack, 66, served in the Reserve Officer Training Corps while studying architecture in college. Graduating in 1967, Mr. Mack was commissioned as an Army lieutenant and served tours in Vietnam, Korea and Germany. In 1975, during a force reduction, Mr. Mack hung up his Army captain's uniform, but remained in Germany to work as a government civilian in Zweibrücken. By 1992, he moved to Kaiserslautern and has been working within DPW ever since.

On April 7, Col. William Butcher, commander of U.S. Army Garrison Baden-Wuerttemberg, notified Mr. Mack of his selection, saying he was proud of his accomplishments and thanking him for his support of the KMC.

William Holz, the DPW's deputy director, said his boss is a "go-to guy" who takes a "hands-on approach" to projects and works tirelessly to get things accomplished.

"There is no one more deserving of this award," Mr. Holz said.

However, Mr. Mack humbly credits the people working in the DPW for his recent recognition. Accomplishments are due to "good people, good team work and good commanders," he said.

As director, Mr. Mack oversees Army public within the largest U.S. military community in Europe. That includes maintenance of 14 million square feet of building space, a budget of more than $100 million, 80 employees, plus 290 contracted personnel.

The garrison DPW provides base operations support to 15 Army installations in the KMC, including kasernes in Kaiserslautern, Landstuhl, Miesau and Pirmasens. They maintain 2,670 facilities, 7,750 acres of land, 18 miles of rail lines, 143 miles of paved roads and 60 miles of unpaved roads.

The DPW team is always looking forward to see how to make improvements in the community, Mr. Mack said.

"We anticipate things," he said. "We have the attitude that we can always execute."

Last year, the DPW logged 14,000 service orders. Many work requests were part of the Army's transformation in Europe, with many more units moving or planning to move to Kaiserslautern. Quick turnarounds on work requests have led to high customer satisfaction, Mr. Holz said.

"The DPW is service organization," Mr. Mack said. "We exist to provide a service to our Soldiers and civilians. And that's what we do."

Passport outreach Day takes place at Hercules Theater

The U.S. Consulate in Frankfurt and the Ramstein Passport Office will host a Passport Outreach Day from 9:30 a.m. to 2 p.m. Thursday at the Hercules Theater on Ramstein. This event serves as an outreach to provide the military community with expedited service for passport applications prior to the summer transfer and tourist travel seasons.

Consulate representatives will be on site to accept tourist passport applications and consular report of birth abroad (unfortunately, staff will not be able to process no-fee baby passports, only tourist passports).

In addition, consulate representatives from Social Security, the Federal Benefits Unit, U.S. Citizenship and Immigrations Services and homeland security will be available to answer questions related to immigration, naturalization, visas, citizenship, social security and veterans' benefits.

The passport office has placed detailed checklists for tourist passports and reports of birth abroad on the Ramstein newcomer website at www.ramstein.af.mil to ensure smooth processing of applications. The fee for a report of birth and tourist passport for a child is $205. A tourist passport renewal for an adult is $110 and a tourist passport renewal for a minor under 16 is $105. Anyone over the age of 16 applying for the first time will pay $135. Payment is due with the application and must be paid by money order only.

All services will be available on a walk-in basis. First come, first served. In order to process applications quickly, clients are asked to come prepared with all original documents in order and with the required photocopies and money order(s). On-site passport photo support will be available from MOMS at the cost of $7 for six photos on Outreach Day. Money orders can be purchased by military ID cardholders at the Ramstein Northside Post Office (cash or debit card only) or at the client's servicing on-base banking facility prior to or on Outreach Day (on-site service will not be possible).

Please be aware that Kleber Kaserne and the Frankfurt Consulate will host another Outreach Day May 26 in Bldg. 235 on Rhine Ordnance Barracks to provide passport services primarily to the Army community. More information will be released by the Kleber Kaserne Passports Office.

(Courtesy of 786th Force Support Squadron)

LRMC salutes nurses

All across the U.S., registered nurses are being saluted.

On May 6, Landstuhl Regional Medical Center will begin celebrating National Nurses Week, which is held May 6 to 12 every year.

The purpose of the weeklong celebration is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

In honor of the dedication, commitment and tireless effort of the nearly 3.1 million registered nurses nationwide, who promote and maintain the health of this nation, LRMC is proud to recognize registered nurses everywhere on this particular day for the quality work they provide seven days a week, 365 days a year.

Events during the week include a "M*A*S*H*" themed fun run, Nurse/Tech Olympics, brown bag CEU offerings and a spaghetti dinner for the night shift. The week will culminate with a Nurse Recognition Awards potluck luncheon May 13.

Don't miss your chance to come out and meet and greet our dedicated, committed nurses working at LRMC who provide selfless service daily to our wounded warriors, their families and members of the KMC.

(Courtesy of Landstuhl Regional Medical Center)

High school senior assignment deferment program automated

by Capt. Lesley N. Lilly
Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas — In an effort to better serve military families, Air Force personnel officials have automated the High School Senior Assignment Deferment program application. The program increases stability for military family members entering their senior year of high school.

Active-duty officers, lieutenant colonel and below, and enlisted members, senior master sergeant and below, stationed in continental U.S. locations can apply.

Members who meet eligibility requirements can defer an assignment for up to one year. Approval is not automatic. Air Force needs will still dictate approval or disapproval of individual requests.

Airmen can complete the application on the Virtual Military Personnel Flight website where it will be automatically routed to their squadron commander and to the appropriate assignment team at the Air Force Personnel Center here.

Senior Master Sgt. Dennis Carlson, AFPC's assignment procedures superintendent, said automating the HSSAD application process gives Airmen the convenience of applying for the deferment without having to manually route the application through their squadron commander and local military personnel section.

"Online applications allow individuals to complete personnel actions from any computer," Sergeant Carlson said. "They can be deployed, at home or on leave and still take care of a number of personnel actions on their own."

Air Force officials are consolidating and modernizing many business processes, and transforming online personnel services was one initiative to help accomplish service goals.

"The Air Force is committed to ensuring that all active-duty Airmen are given the tools and resources to perform personnel services online," said Col. David Slade, AFPC's assignments director.

For more information about the HSSAD, visit the Air Force Personnel Services website and search for "HSSAD" or call the Total Force Service Center at 800-525-0102 or 665-5000.

HONOR, from Page 2

member of the drill team and is the NCOIC for funeral and wedding ceremonies. From Vacaville, Calif., Airman Browning is a serious weight lifter, and she says the honor guard is the best thing she's ever done. She's never felt so much pride as when she's performing her duties in a ceremony.

Staff Sgt. Gabriel Rosa, a communication focal point technician for the 1st Combat Communications Squadron, gives seven hours a week as the primary trainer for the honor guard. He trains the colors team, saber and rifle cordons, firing parties, pall bearer duties, retreat ceremonies and flag folding for retirements and funerals. Sergeant Rosa is the Ramstein 2010 Honor Guardsman of the Year, and he says it's not about the coins or the awards, it's all about honoring our fallen comrades with dignity.

Tech. Sgt. Brian Prentice, a maintenance qualification training program avionics instructor with the 86th Maintenance Squadron, donates 10 hours a week to the honor guard. Sergeant Prentice had quite an undertaking creating the drill team last fall and now serves as the drill team NCOIC.

Sergeant Prentice said the honor guard is all about finding the right people, and because of deployments and PCS cycles, they're always looking for sharp Airmen to help share the load.

Thank you to Airman Browning, Sergeant Rosa, Sergeant Prentice and your 24 team mates. I am in awe of your service. And thank you for adding the drill team to your already impressive portfolio. Every one of you are faithful to our proud heritage, honor our traditions, and continue our great Air Force legacy.

The Ramstein Honor Guard is a tremendous volunteer opportunity open to anyone, but it's not for everyone. They do need more outstanding Airmen like Sergeant Prentice, Sergeant Rosa, Airman Browning and other 86th Airlift Wing members.

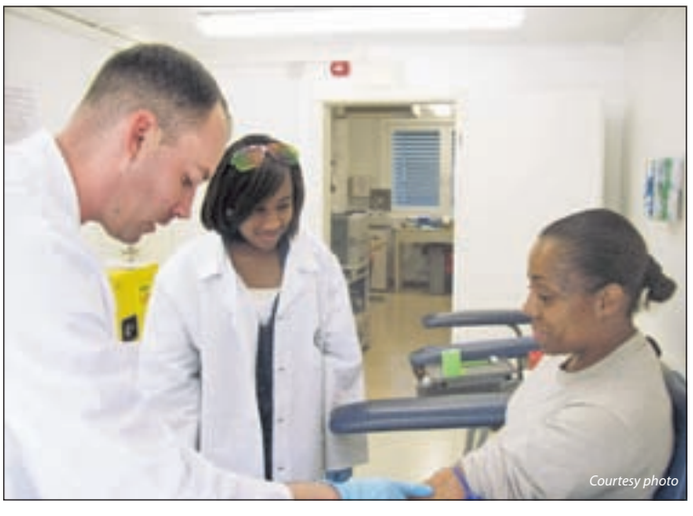
To learn more about volunteering for the Ramstein Honor Guard, call Tech. Sgt. Melanie Deumeland at 480-5968.

Photo by Airman 1st Class Desiree Esposito

First Lt. Nicholas Haiar, 76th Airlift Squadron C-21 Learjet pilot, explains flight controls to Erin Cox, 10, daughter of Lt. Col. Bruce Cox, 3rd Air Force legal adviser, during Job Shadow Day April 19 on Ramstein. Job Shadow Day in the KMC is an annual event when children have the opportunity to shadow their sponsor or a workplace mentor, completing a half-day on the job in an effort to introduce the young people to the working community through participation.

Job Shadow Day in the KMC

Photo by Lea Scavetta



Courtesy photo

Photo by Lea Scavetta

PHOTOS CLOCKWISE FROM FAR LEFT: *Max and Sara Christensen learn how to repair skis from technician Jay Proctor April 19 during U.S. Army Garrison Kaiserslautern's Job Shadow Day. Job Shadow Day also included work demonstrations at Outdoor Recreation.*

Kaiserslautern Middle School seventh-grader Danayla Odom-West shadows her aunt, Maj. Lawanda D. Warthen, commander at the U.S. Army Health Clinic Kaiserslautern, while she gets her blood drawn April 19 by Spc. Eric Haller.

Dr. Kristen Voehl (left), a veterinarian at the Kaiserslautern Veterinary Clinic, is shadowed by a friend's daughter, Christina Winesette, 10, during Job Shadow Day. Christina (right), a Vogelweh Elementary School student, got to help examine Staff Sgt. Angela Lowe's 5-month-old German Sheppard Addison.

Photo by Staff Sgt Michael J. Taylor

Jaclyan Fencl, 10, waits with excitement as her father, Spc. Joshua Fencl, a parachute rigger with the 5th Quartermaster Detachment, helps her don an MC1-B parachute during the 21st Theater Sustainment Command's Job Shadow Day on Panzer Kaserne in Kaiserslautern. More than 100 children showed up to participate in Job Shadow Day with their parents.

Photo by Patricia Boswell

Family members of the 7th Civil Support Command, Europe's only Army Reserve unit, tour the dining facility on Kleber Kaserne during Job Shadow Day. The event provided the children with an opportunity to see other career fields within the military that they might be interested in for future jobs.

Photo by Airman 1st Class Desiree Esposito

Maj. Renee Vincent, 86th Medical Group pediatrics, explains an X-ray to her children Hannah, 12, and Ethan, 10, during Job Shadow Day on Ramstein.

Photo by Airman 1st Class Desiree Esposito

From left, Zachary, 16, Bailey, 11, and Jessica, 18, dependents of Tech. Sgt. Kevin Jones, 86th Vehicle Readiness Squadron, mark clearance items in the Kaiserslautern Military Community Center.

Photo by Sgt. 1st Class Michelle Conrad

Belen Simpson (left) and Michael Martinez talk about their experiences during a Job Shadow Day luncheon April 19 at the Kleber Dining Facility on Kleber Kaserne.

EDUCATION NOTES:

RMS barbecue

The eighth-grade barbecue at Ramstein Middle School will be held June 14. Parents are encouraged to volunteer and attend this last celebration for our future high-schoolers.

To volunteer, e-mail rams.ptsa@googlemail.com.

RMS NJHS

The Ramstein Middle School NJHS will be hosting an end of the year dance today in the MPH.

Admission is $5 in advance and $8 at the door. The NJHS is looking for chaperons for this last dance of the year.

If you are looking for a volunteer opportunity, e-mail guy.moore@eu.dodea.edu.

Yearbooks

There are less than 100 copies left of Ramstein Middle School's 2010-2011 yearbook.

Last year the school ran out of yearbooks because families waited until they arrived to purchase them. The last day to order is May 10.

For more information, check out Ramstein Middle School's official PTSA homepage on Facebook.

Girl Scouts day camp

The KMC Girl Scouts will be holding a weeklong day camp from 8 a.m. to 5 p.m. June 20 to 24 at Camp Kachina near the Rod And Gun Club on Vogelweh. The cost is $100.

E-mail kmccgsdaycamp@gmail.com for a registration form and for more information.

Big Band Jazz Plus Dessert

Ramstein High School presents "Big Band Jazz for Dessert" at 7 p.m. May 12 in the RHS great hall.

The evening will include Jazz Limited and guest artist from the U.S. Air Forces in Europe Band Staff, Sgt. David Fatek on tenor saxophone. Admission is free and the public is invited.

Celebration of Spring

Ramstein High School presents the spring concert "Celebration of Spring" at 7 p.m. May 17 in the RHS gym. The concert will feature Concert Winds and Chamber Ensembles. There will be music from composers such as Saucedo, Grundman, Mozart, Khatchaturian and Balmages.

The concert is free and the public is invited.

2011 April

Mark Your Calendar

» **The Kappa Alpha Psi Fraternity Inc. will hold its annual Krimson and Kreme Scholarship Ball** Saturday at the Penta Hotel in Wiesbaden. Entry is €40. All proceeds will go toward scholarships for DODDS seniors. For details, call Mr. Kellem at 0151-576-19261 or Mr. Yearwood at 0170-328-6843.

» **A Month of the Military Child celebration** takes place from 11 a.m. to 3 p.m. Saturday at Pulaski Park. There will be free hot dogs, chips and beverages. For more information, call Claudia at 486-8915 or 06371-86-8915.

» **An art competition** for the best work expressing Air Force enlisted heritage (history) started Monday. Pieces must be submitted with contact information and a small description of the work. Once completed, sign up and turn in your work to the local Ramstein community centers or the Lindberg Hof Dining Facility. Entries will be taken until May 6. The contest will be held at 7 p.m. May 13 at the dining facility. Top five winners will receive a special art set, services bucks and a copy of their work displayed for the public. For details or for any questions, call Airman 1st Class Serbin Elyse L. at 0152-244-86334 or 0631-53-66580 or e-mail elyse.serbin@ramstein.af.mil.

» **Are you PCSing and looking to lighten your load?** Are you new here or searching for unique things to fill you home? Visit the Indoor Flea Market now through October for exciting deals on interesting treasures. Looking to sell? We can help you with that, too. For more information, call Army Outdoor Recreation at 493-4117 or 0631-3406-4117 or visit www.mwrgermany.com. The flea market takes place from 8 a.m. to 2 p.m. May 21, June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

» **The U.S. Army Garrison Kaiserslautern Morale, Welfare and Recreation** and the Enkenbach-Alsenborn Police Academy will team up again this year to bring you the 2011 Special Olympics Deutschland Thursday at the Enkenbach-Alsenborn Police Academy. The event will take place from 9 a.m. to 3 p.m. For more information, call public affairs at 493-4241 or 0631-3406-4241 or e-mail usagkpa@eur.army.mil.

» **The 28th annual U.S. Army Soldier Show** will be held at 7 p.m. June 8 at the Vogelweh Fitness Center, Bldg. 2050. This free family show will feature today's top songs along with well loved classics, with a high energy, hard driving MTV style production that will have you dancing in the aisles. Support our troops as they bring you the Army's greatest talent. This free event will be open to all ID cardholders. For details, call 483-6252 or 0631-411-6252.

» **Family Bingo** takes place from 3 to 6 p.m. Sunday at the Kazabra Club, Bldg. 2057. Kids can enjoy free hot dogs, soft drinks, and special games and prizes. For details, call 489-7261 or 0631-536-7261.

Meetings

» **Cards For A Cause Club** will meet from 11 a.m. to 4:30 p.m. Monday at Woodlawn Golf Course on Ramstein to make blank cards and small projects for wounded warriors and traveling Soldiers to send out to family and friends. In May, the service project will feature specially designed blank cards to benefit breast cancer survivors. There is a $5 materials fee. There is open membership for all ID cardholders, but children under 18 must be accompanied by an adult. Mark your calendar for future dates: June 6. For more information, e-mail Phyllis Jachowski at pejachowski@juno.com.

» **The Mom2Mom Breast-feeding Support Group** meets from 9:30 to 11 a.m. the second Wednesday of every month at Java Cafe on Rhine Ordnance Barracks. Mom2Mom in Combat Boots (for active-duty mothers) is held from 5 to 7 p.m. the first Thursday of every month in the Kaiserslautern Military Community Center party room. A light dinner will be served. Play dates take place from 9:30 to 11 a.m. the first and third Wednesday of every month at the Ramstein North Chapel. Mom2Mom strives to help new mothers in the KMC achieve their breast-feeding goals by connecting them with experienced breast-feeding mothers. For details, visit www.m2mofkmc.blogspot.com/.

» **Alcoholics Anonymous meetings** are held in English in several cities in Germany. For current contact numbers or meeting schedules, call the AA Help Hotline at 01803-224-357, 486-8766 or 0637-86-8766, or the ASAP Clinic at 486-1710 or 06371-86-1710.

» **Rheinland-Pfalz Quilt Guild meetings** are held at 9:30 a.m. the third Thursday of every month in the Ramstein North Chapel. Night meetings are held at 6 p.m. the fourth Thursday of every month in the Kaiserslautern Landstuhl Spouses Association building on Pulaski Barracks. Stitch 'n' Gab is held from 10 a.m. to 6 p.m. Fridays at the Kapaun Chapel Annex, Bldg. 2782.

» **HUGS (Help Us Grow Securely)** is an interactional and educational play-group that is designed to develop parenting skills, socialization and educational activities. HUGS playgroup meets from 10 to 11:30 a.m. every Thursday at the Kid's Zone on Pulaski Barracks. The group is for children up to 3 years old. For more information, call Army Community Service at 493-4203 or 0631-3406-4203 or visit www.mwrgermany.com.

» **If you like to knit** then stop by the Kaiserslautern or Kleber Library and join the Knitting Club. Meetings are held from 5 to 7 p.m. Thursdays. All levels are welcome. For details, call the Kaiserslautern Library, Bldg. 3810 on Landstuhl, at 486-7322 or 06374-86-7322, or the Kleber Library, Bldg. 3205, at 483-1740 or 0631-411-1740.

KMC holds big spring cleanup

Cleaning of our work areas and residences is sometimes neglected due to the busy operational tempo of the KMC. Designating time specifically for the upkeep of our facilities helps to remind us that a clean work and living area improves the working environment and the appearance of our on-base housing. This is why the 86th Civil Engineer Group is coordinating a Springtime Cleanup event for Thursday and May 6 and is encouraging all KMC facility managers and Military Family Housing residents to participate.

On Thursday, facility managers and building occupants should clean administrative and industrial facilities, grounds and common areas across the KMC. Objectives include litter collecting, weed pulling, trimming overgrown shrubs, tidying plant beds, removing tree limbs and pine cones, and raking and bagging leaves. Interior suggestions include cleaning stairwells, entries and carpets, cleaning out storage rooms, purging old files, washing windows, and perhaps even doing some minor touch-up painting. Remember the standard areas of responsibility extend 100 feet in all directions from buildings, including nearby parking lots and sidewalks.

The 786th Civil Engineer Squadron will pick up tree limbs, bagged leaves and weeds at curbside for later composting. Those taking park should separate tree branches and shrubs into two piles at curbside: one for small wood stems up to 4 inches in diameter, and another for larger material. Place weeds and leaves in biodegradable bags at curbside for CES pickup, but well away from dumpsters. Non biodegradable items should be bagged and disposed of in garbage dumpsters. Items like batteries, glass, bulk paper and metal should be taken to the nearest recycling center (Bldg. 5146 on Ramstein and Bldg. 2820 on Kapaun).

"The KMC Self-Help Store has a variety of equipment, tools and materials available to assist in this spring cleanup," said Holger Graf, KMC Self-Help Store manager. "We can provide grass seed for bare lawn areas and we also have biodegradable bags for your weeds and leaves. Facility managers may check-out many types of hand/power tools, weed eaters, hedge trimmers, power washers, rakes, shovels, etc. that can help facility managers get this work done."

The KMC Self-Help store is located in Bldg. 510. Call 480-5034 for deatils.

May 6 will focus on cleaning military family housing exteriors. Dorm occupants are also included. Objectives include weeding, trimming, raking, bagging, etc.

"Take the time to attend to your communities, including common areas like playgrounds, walkways and areas around the underground trash containers," said Benjamin Hizon, KMC Housing Office deputy director. "Though participation is mandatory for housing residents, this is a great opportunity to team with your neighbors to foster community pride in the areas where you live and play and model responsibility to your children."

U-fix-It stores are in Bldg. 859 on Ramstein, (06371-46-39520), Bldg. 1049 on Vogelweh (0631-357-90915) and Bldg. 3748 on Landstuhl (06371-46-39510).

(Courtesy of 786th CES)

DOD launches sexual assault response helpline

Defense Department officials launched the Pentagon's newest initiative April 15 to support victims of sexual assault. The DOD Safe Helpline allows service members to click, call or text for victim support services for themselves or others.

The resource is free, anonymous and confidential. Those who need the service will connect with live sexual assault support professionals. It is live 24 hours a day, every day.

In addition to improving victim care, officials designed the Safe Helpline to be secure and confidential to encourage victims to come forward when they might not otherwise.

"The under reporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, the undersecretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DOD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information and receive care."

"The under reporting of sexual assault poses a serious challenge to military readiness. e believe the Safe Help line will provide DOD sexual assault victims with a variety of support outlets…"

— **Clifford L. Stanley,** undersecretary of defense for personnel and readiness

The Safe Helpline offers three access options designed for service members. Users can go to http://SafeHelpline.org to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff also can transfer callers to installation-based sexual assault response coordinators, on-call victim advocates, civilian rape crisis centers or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the U.S. or 202-470-5546 outside of the U.S. to receive automated contact information for the sexual assault response coordinator at their installation or base.

For more information on the Defense Department's sexual assault prevention and response office, go to http://www.sapr.mil.

(Courtesy of American Forces Press Service)

Classes And Training

» **Free German classes** are held from noon to 1 p.m. Tuesdays at the Landstuhl and Miesau libraries. No sign-up is required. Come learn and practice your German. For details, call the Landstuhl Library (Bldg. 3810) at 486-7322 or 06371-86-7322/8390 or the Miesau Library (Bldg. 1324) at 481-3755 or 06372-842-4355. Classes are also held on Fridays at the Kleber Library (Bldg. 3205. Call 483-1740 or 06371-411-1740 for details.

» **The Ramstein Airman & Family Readiness Center holds Spouses Orientation** every Monday. The expanded orientation now includes medical right start, helpful information on German culture and customs, recycling, shopping tips and how to save on the economy. The class is held from 8:30 a.m. to 2 p.m. Mondays at the A&FRC, Bldg. 2120 on Ramstein. To sign up, call the AFRC at 480-5100 or 06371-47-5100.

» **Every relationship at some point or another has difficulty communicating.** Why not freshen up on basic interaction skills in an intimate and confidential setting by registering you and your significant other for a couple's communication session? Sessions take place at 5 p.m. every Thursday in Bldg. 2917 Pulaski Barracks. For more information or to register, call 493-4332 or 0631-3406-4332.

» **The Kaiserslautern Military Community Sergeants Major Association** holds a monthly meeting at 8 a.m. every second Tuesday of the month at the Kleber Dining Facility on Kleber Kaserne. All active duty and retired Army E9s are invited to attend. The association's primary mission is to promote the well being and welfare of the Soldiers and families within the KMC. Events and agencies the association supports on a continued basis include Better Opportunities for Single Soldiers, Landstuhl Fisher House, Army Emergency Relief fund, KMC Special Olympics, KMC Toy Drive, KMC Safety Day, KMC Holiday Food Basket program and more. For more information, call 484-7548/7538 or 0631-413-7548/7538.

» **IMCOM-Europe is proud to announce the availability of a comprehensive driver's education program** for teens in Europe. It is made possible through a collaborative effort and contract with the German National Federation of Driving Instructors. The course is taught by Army-approved driving schools in Germany. Sign-up now through June 17. Call Parent Central Services at 493-4122 or 0631-3406-4122 for more information.

Chapel News

» **The Vogelweh Gospel Service Liturgical Dance Ministry will hold its annual dance ministry concert** from 5 to 8 p.m. May 21 at the Hercules Theater on Ramstein, Bldg. 2101. Come and be blessed as members from various liturgical dance groups in the KMC come together through expressions of dance and mime. All local churches with liturgical dance groups are welcome to participate. To participate, contact Willette Odom or Lawanda Warthen at VGSdanceministry@yahoo.com.

» **Tres Dias of Germany,** a weekend for women, takes place until Sunday. The men's weekend takes place from May 12 to 15. Both weekends will be held at the Hochspeyer youth hostel near Kaiserslautern. Tres Dias is an ecumenical Christian movement that was formulated as a method for experiencing personal renewal and a living understanding of God's basic Christian truths. It is similar to Cursillo, Walk to Emmaus or Via d'Cristo. Contact Bill or Sharon Greene at billgreene@t-online.de or 06374-805796 for more information and an application.

» **The Ramstein Chapel is accepting bids for the contract position of Ramstein Contemporary Service religious education director,** who will serve as the director, coordinator, resource person, teacher, facilitator and organizer of the RCS religious education program. This person also consults and coordinates with and is monitored by the RCS chaplain. The program is multi-faceted and requires a high degree of coordination and cooperation with military and civilian activities and authorities. The chapel will be accepting bids until 4 p.m. today. The statement of work for these positions can be picked up Monday through Friday from the Ramstein North Chapel. For more information about the position, call Petra Rausch at 480-5753 or 06371-47-5753.

» **The Ramstein Chapel is accepting bids** for the contract position of Ramstein traditional worship service parish facilitator. The facilitator will administrate and coordinate resources supporting worship and services to approximately 190 parishioners on a weekly basis, provide a weekly religious education program to 40 children and handle special/seasonal programs associated with the traditional service. The facilitator will also assist the chaplain in day to day operations, including program administration, calendar development, budget development and implementation, and information management. This person will also coordinate publicity to both the traditional service and broader community. The chapel will be accepting bids until 4 p.m. May 13. The Statement of Work for this position can be picked up Monday through Friday from the Ramstein North Chapel. For more information about the position, call Petra Rausch at 480-5753 or 06371-47-5753.

A&FRC needs help at Caring for People Forum

The Ramstein Integrated Delivery System team is planning the 2011 Caring for People Forum and they need help to make it a success.

The team is looking for military members, civilians, spouses, teens and retirees to join discussion groups organized to hear important issues or concerns.

If you have an idea on a policy item that could be changed or a quality of life service that could be improved upon either on Ramstein or in the Air Force in general, this is your opportunity to share.

The forum will consist of 10 different working groups: family support, deployment support, schools support, single Airman support, special needs support, Guard support, Reserve support, housing, health and wellness, and spouse communications.

Each group will meet simultaneously, so you may only participate in one working group.

Forum working groups will be facilitated by trained facilitators.

Discussions will be open and you are encouraged to bring your ideas about improving Air Force quality of life programs and activities for all Airmen and their family members.

The Ramstein Caring for People Forum will be held from 9 a.m. to 1 p.m. Wednesday.

All participants will meet at the Ramstein Enlisted Club for opening remarks at 9 a.m.

Register for the Caring for People Forum by calling the Airman & Family Readiness Center at 06371-47-5100 or 480-5100.

Be prepared to select your primary and secondary preferences for the working group you would like to attend. Deadline to register is today.

(Courtesy of the Ramstein A&FRC)

Witches Night comes to the KMC

by Petra Lessoing
86th Airlift Wing Public Affairs

Germans observe their Labor Day on Sunday. May 1 is a day to welcome spring and chase away the demons of winter.

The night of April 30 is known as "Hexennacht," or witches night. On this night, people living off base must keep a watchful eye on their houses and vehicles. Customarily, children and teenagers play tricks on neighbors. On this night, children often ring doorbells and run away, put mustard on door handles, hide floor mats and trash cans, remove garden gates, and wrap cars in toilet paper.

To be on the safe side, residents should take some precautionary measures, such as parking their cars in the garage and putting belongings like doormats and flower pots inside.

Sometimes, older children or adults do destructive things like lifting drainage covers in the middle of the road or moving traffic signs. So, drivers are asked to be very careful at night or the following morning, because these actions create safety hazards and result in property damage. German police will patrol the neighborhoods Saturday night and take appropriate action if necessary.

Legend says that during Hexennacht, evil ghosts represented by cold weather, snow and darkness meet with witches and demons at Blocksberg hill in the Harz mountains. Here, they get into mischief before they take off on broomsticks, pitchforks and billy goats at midnight.

The origin of witches night goes back to pagan times, when people believed that evil ghosts tried to prevent the "Queen of Spring" from entering the country. Witches and demons were masters of people and things, so people did a lot to protect themselves. They hid billy goats and broomsticks so witches would not be able to ride on them through the night and do evil things. It was an unwritten law that children must not get beaten with a broomstick, because it could be a witch's tool.

Also, socks were put cross-shaped on children's beds, pentagrams were put over house entrances, or sacred salt was scattered over the threshold. Residents used several herbs known to ban witches to smoke out houses and stables. Herbs included rue, St. John's wort and juniper.

Men made a lot of noise with whips and gun shots and lit fires to scare away demons. Cattle were driven through fire to secure their fertility for the following year, and young couples jumped over the fire to make sure their love would last forever.

Witches night is also called "Walpurgis" night. Walpurga was an English saint who worked as a missionary in Germany in the eighth century. In 761, she became the abbess of a monastery in Heidenheim, which was founded by her two brothers, Willibald and Wunibald, who also were saints. She was known for exorcising demons from the bodies of the sick. Walpurga died in 779, and on May 1, 871, her body was transported to Eischstäett to be reburied next to her brothers.

In several villages of the KMC, the May tree will be put up the evening of April 30 or in the morning of May 1. Sometimes this ceremony is combined with a village fest.

The May tree usually is a fir with the lower branches stripped and only the treetop untouched. The pole is decorated with colorful ribbons and craftsmen's trade ornaments like sausages for the butchers, pretzels for the bakers, or carved wooden figures. May poles symbolize the beginning of spring and hope for a good harvest.

The legal holiday of Labor Day commemorates May 1, 1890, when the day was proclaimed as the day of the working class by the first international workers' congress in Paris. It was a day to fight for an eight-hour workday and other working class rights. Trade unions and workers meet for assemblies, demonstrations and political speeches.

Landstuhl May Market lures visitors this weekend

Landstuhl will hold its annual Sickingen May market today through Monday.

Traditionally, the Landstuhl Brass Orchestra will open the event at 4 p.m. with a concert at Neuen Markt. Afterward, city mayor Klaus Grumer will officially welcome all visitors at 4:30 p.m.

At 10 p.m. today, an opening fireworks display will be lit from Nanstein Castle. A local group called Heimatfreunde Landstuhl, with support of the market vendors and ride owners, will be responsible for the fireworks.

The annual balloon contest, sponsored by the city of Landstuhl and Heimatfreunde Landstuhl, will begin at 11 a.m. at the German elementary school (Grundschule "in der Au").

The May market will offer a diversified entertaining program. Rides of all kinds, raffles, snack stands offering a variety of culinary specialties, and a vendors' market in front of Stadthalle will be available to lure visitors.

Monday will be Family Day with reduced ticket prices on rides and other special offers.

On all market days, Sickingen-Bus, a bus shuttle transporting people within Landstuhl, will start service at 5 a.m. today and Monday, at 8 a.m. Saturday and 10 a.m. Sunday. The last trip each day will be offered at 11 p.m.

May market hours will be from 4 to 10 p.m. today, noon to 11 p.m. Saturday and Sunday, and noon to 10 p.m. Monday.

(Courtesy of the Landstuhl Union Community administration office)

Courtesy photo

Visitors of the Sickingen carnival in Landstuhl enjoy rides, food and a vendors' market. This year's market takes place from today through Monday.

Courtesy photo

Second Lt. Jesse Beinhower, his wife Master Sgt. Kallie Beinhower and their sons Merrick, Rex and Ethan stand on Main Street with Sleeping Beauty's Castle in the background April 12 during a trip to Disneyland Paris.

Courtesy photo

Yuliya and Clifton Edwards enjoy a wonderful day in the most beautiful spring garden April 16 at Keukenhof Gardens in the Netherlands. Keukenhof Gardens is also known as the Garden of Europe.

Photo by Pam Beatty

Maj. Ray, Chris, Emily and Catie Vincent pose for a photo April 6 with one of the many statues in Vigeland Park in Oslo, Norway. The park, which displays more than 200 sculptures by artist Gustav Vigeland, covers about 80 acres.

Photo by Victoria Hanson

From left, Henry Hanson, Daniel Hanson, Andrew Hokaj, Victoria Hanson and Ian Hokaj take part in the Rosenmontag Fasching parade March 7 in Mainz.

Send us your VACATION photos

Your submission must include the name of the photographer, the date of the photo, first and last names of those in the photo and location. Please make sure all photos are high resolution. Write "Destinations" in the e-mail subject line. E-mail to: editor@kaiserslauternamerican.com.

Photo by Tom Bommelje

Bill Butler, his wife Jennifer, and their daughters Julia and Sophie pose for a photo in front of Château de Vincennes April 13 just outside of Paris, France. Mr. Butler is an Air Force historian at Headquarters U.S. Air Forces in Europe.

Soldiers compete in grueling race

by Spc. Glenn Anderson
221st Public Affairs Detachment

NÜRBURGRING, Germany — Two Army Reserve Soldiers from the 7th Civil Support Command, which is headquartered on Daenner Kaserne in Kaiserslautern, were among the 9,000 participants competing in the fifth annual Fisherman's Friend Strongmanrun here April 17.

After the firing of the cannon commenced the start of the race, Maj. Daniel J. Meyers, the civil military operations chief for Bravo Company, 457th Civil Affairs Battalion out of Bamberg, Germany, and Capt. Patrick Considine, the commander of Delta Company for the 457th CA Battalion, 361st Civil Affairs Brigade, 7th CSC, starting running, speeding across the starting line that took 20 minutes for all the runners in the race to cross.

The 18 kilometer total course length equaled the size of 600 soccer fields and was littered with numerous obstacles with names like "Double Trouble," "Alcatraz" and "Stairway to Heaven." The course, combined with the obstacles, pushed even the fittest Soldiers to their physical limits.

Courtesy photo

Participants start the fifth annual Fisherman's Friend Strongmanrun April 17 in Nürburgring, Germany.

"I know obstacles are what you see when you take your eyes off the goal, but those were some really tough obstacles," Major Meyers said. "I just wanted to get over the next obstacle and head for the one after that."

Major Meyers and Captain Considine ran alongside competitors from 41 different countries with everyone having the goal in mind of completing the Strongmanrun within the three hour and 30 minute time limit.

Capt. Bradley Stubblefield, the assistant plans officer for the 18th Engineer Brigade, 21st Theater Sustainment Command, came for the experience and the challenge.

"I came here for the excitement and adventure. (The race) was very crowded and very challenging, but it was fun," Captain Stubblefield said. "Pace yourself, it's a long run."

The 21st TSC Soldiers were not the only Americans who participated in the competition. There were 60 other competitors, including two at the age of 71 who listed their nationality as the United States of America on the roster.

According to a Strongmanrun sponsor, 10,940 competitors signed up to run, however, only 8,890 runners actually started the race. Only 8,547 runners actually finished the race and 7,316 runners finished in less than three hours and 30 minutes.

Both 7th CSC Soldiers finished the race in less than three hours and 45 minutes and already have decided to return in 2012 to take on the next Strongmanrun.

"We trained for several months, but it looks like we could have trained a little more," Captain Considine said. "I can't wait until next year to try it again"

Photo by Airman Kendra Alba

Airman 1st Class Mark Rapala directs Senior Airman Zachary Davis, both from the 86th Logistics Readiness Squadron, as he moves a pallet March 24 at the Joint Mobility Processing Center in support of Joint Task Force Odyssey Dawn.

JMPC, from Page 1

sus several different facilities, is a major benefit to combining all of these work centers," said Capt. Matthew P. Wallaart, 86th LRS fuels management flight commander.

The JMPC was able to test the facilities for the first time with deployments supporting Operation Odyssey Dawn, processing more than 200 Airmen and nearly 1,000 tons of cargo in just over two weeks.

"On average, we can expect to process about 20 tons of equipment and nearly 100 Air Expeditionary Force and off site training taskings per week," said Master Sgt. Michael R. Morgan, 86th LRS and IDRC section chief.

What makes this deployment processing center unique is that it's a fully functioning joint operation, allowing the Air Force to work with their sister services.

"This facility is truly a joint effort, as Soldiers from the 39th Movement Control Team are also permanently assigned to process U.S. Army movements," General Dillon said. "Not to mention, our Air Mobility Command partners are poised to provide critical air transportation expertise for the safe and effective presentation of cargo and passengers to in-bound and out-bound airlift missions."

Although the construction for the new operation cost nearly $29 million in construction, the facility is expected to pay for itself in savings and efficiency.

"In the long run, we will be saving money by reducing the amount of time it takes to process contingency deployment packages, the amount of people needed to man each facility, wear and tear on government vehicles, and maintaining multiple facilities," Captain Wallaart said.

The combined facilities promise to put Airmen in the fight more efficiently.

"At the end of the day, our job is simply to ensure the Air Force is presenting fully trained and equipped personnel as war-fighters, along with fully functional equipment, ready to contribute to the mission downrange, wherever and whenever needed," Sergeant Morgan said.

Photo by Spc. Glenn Anderson

7th CSC Soldiers compete for German Proficiency Badge

Sgt. Daniel Friedberg, a print journalist with the 221st Public Affairs Detachment, 209th Army Liaison Team, fires a round downrange while participating in the German Proficiency Badge competition April 15 to 17. Sergeant Friedberg, along with the rest of his co-workers headquartered on Daenner Kaserne in Kaiserslautern, set out to earn the gold badge by participating in several events, including swimming, track events and a 12K ruck march. The three-day competition gave the Soldiers a chance to earn the host country's badge to wear on their uniform. Sergeant Friedberg earned the gold German Proficiency Badge, which is the highest award, during the competition.

KLSA donates to local organizations

by Mary Cook
KLSA publicity chairwoman

The Kaiserslautern Landstuhl Spouses Association closed out its 2010-2011 year with a bang April 19 during a luncheon held at the Landstuhl Community Club. The club has been in existence for more than 45 years and May 31 will mark another successful year.

The KLSA was honored to host six Kaiserslautern organization representatives at the luncheon where they were awarded $52,000 in donations (accumulative). The organizations included the United Service Organizations, the Red Cross, Army Community Services and the Chaplain's office, who each received $10,000. The Landstuhl Fisher House received $5,000, and Morale Welfare and Recreation received a $7,000 donation on behalf of the U.S. Army Garrison Special Olympics for their event this year.

"The KLSA is proud and privileged to be able to give such a tremendous monetary donation back to the community," said Crystal Curran, the KLSA president.

Funding is generated through donations and consignments that are processed through the Pulaski and Landstuhl thrift shops. These profits have allowed the KLSA to donate more than $150,000 this year and more than $100,000 (yearly) in the past two years.

"It is exciting for those of us who work in the thrift shops to see just how generous the community can be with their donations. By utilizing our consignment and donation programs instead of a purely for profit approach like yard sale websites, our organization continues to thrive," said Catherine Messer, the manager of the Landsthul Thrift Shop. "Our customers are aware that our profits generate funds that will go back to the community to benefit programs, like the Red Cross, USO and KMC Scholarship Fund that sustain our community at large."

Ms. Messer has been with the organization for almost two years and enjoys working and witnessing firsthand the impact that she and all the thrift shop employees and volunteers have on the community.

The KLSA continues to encourage its members and newcomers to volunteer at the thrift shops and community events. The organization offers a unique opportunity to get involved with many aspects of the community.

"With PCS season upon us, we have storage sheds that are full of donations and we can't get them out fast enough. Bring a friend by the Pulaski Thrift Shop and help us process all these great donations, so we have more profit to give back!" said Gloria Gutfleish, the co-manager of the Pulaski Thrift Shop.

Another way the KLSA gives back to the community is through the Welfare Disbursement Program. The KLSA Welfare Committee is made up of executive and club members with oversight support from valued advisers Leif Johnson and Laura Spencer. The club encourages all organization members to participate in this process.

"It is one of the most fulfilling aspects of our association. We have our standard areas of giving (line items) and we are always looking for new ways to contribute, every request will be considered," said April Kirby, the KLSA welfare chairwoman.

The KLSA Welfare Committee also awards monetary scholarship grants in collaboration with the Ramstein Officers' Spouses Club and the Ramstein Enlisted Spouses Association to qualified recipients. The beneficiaries of these awards are high school students, area spouses and college-age dependents of service members stationed in the USAG-K and Ramstein areas. Of the $150,000 distributed this year by KLSA, $30,000 went directly to college scholarships (KMC Scholarship Fund). In addition to the KMC Scholarship fund, a significant portion of their budget each year is set aside for special requests from Department of Defense Dependent Schools-Europe. The KLSA is fully aware that their scholastic programs could always use additional subsidies and the association encourages teachers and school administrators to send in their requests.

Another program that has proven over the years to be one of the most beneficial to the community is the Bright Eyes Program, which provides eye glasses to qualified children in the community. This program will upgrade to offer a package deal ($89.95 up from the current package of $49.95). It is offered through the KMC Optical Shop and is partially subsidized by funds from ROSC. For more information, visit the Bright Eyes website at www.klsagrapvine.org.

As the KLSA transitions this year, they invite you to check out their website and inquire if you have a special talent or have a desire to volunteer and give back to your community.

"It's a great organization with plenty of opportunities to meet new people and participate in fun social events while contributing to the community," said Mary Cook, the KLSA publicity chairwoman. "When I got here, I didn't know very many people and was invited to a KLSA function by a friend of mine. Right away, I felt welcomed and as though I could contribute to the KMC through this organization."

The KLSA is the only organization that welcomes spouses of all sister services and rank, as well as DOD civilians, contractors, retirees and teachers. The KLSA takes enormous pride in its diversity which contributes to the social aspect of the club. This year they sponsored exciting monthly social events including the annual Oktoberfest event as well as the St. Patrick's Day event, which featured a local Irish dance troupe.

Recently, Ms. Curran was recognized as a recipient of the U.S. Army Europe Phenomenal Woman Scroll of Impact award for the Kaiserslautern community. She was recognized for the countless hours spent working to improve the business operations of the thrift stores and has succeeded in doubling profits over the past two years, which doubled donations back to the community.

Ms. Curran will be moving this summer with her husband Bob and their blue and gold macaw Rollie to Jamestown, R.I.

"I am confident with the dynamic board that is stepping up to lead our great organization. We will continue to contribute and make a positive impact on the community," she said.

To request further information regarding the KLSA, visit their website at www.klsagrapvine.org. Whether you are a currently a member or an interested newcomer, you are welcome to join them at their final luncheon to say goodbye to the current board members and welcome the new. The luncheon will be held at 11:30 a.m. May 24 at the Landstuhl Community Club (RSVP is required through the website).

Photo by Lt. Col. Anna Friederich

The Kaiserslautern Landstuhl Spouses Association closes out its 2010-2011 year by donating $52,000 to six local organizations during a luncheon April 19 at the Landstuhl Community Club. Among the recipients were the United Service Organizations, Red Cross, Army Community Services and the Chaplain's office, who each received $10,000.

Was ist Los?

KMC cultural highlights

Compiled 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

Kammgarn Kaiserslautern:

• The bands Frittenbude, Egotronic and Supershirt present rap, electro pop, punk, techno, pop and hip hop festival, 8 p.m. today. Tickets cost €18.

• The band Fotos performs pop, electronic, alternative, Brit-pop influenced, 8 p.m. Saturday. Tickets cost €14.

• The Kammgarn International Jazz Festival features Sweet Soul Music Revue, 8 p.m. Thursday; Panzerballet, 8 p.m. May 6, Nina Hagen, 9:30 p.m. May 6, and Willow Garden, 11 p.m. May 6; Enrico Rava and Stefano Bollani, 8 p.m. May 7, Klaus Doldinger and Passport, 9:30 p.m. May 7, and Favari, 11 p.m. May 7. The festival ticket costs €50.

• Pic, the world's most famous clown, presents his pantomime show 8 p.m. May 12. Tickets cost €17.

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

• Classic Soul Night with the Midnight Mover family and friends, 8:30 p.m. Mondays in the Kammgarn Cotton Club. For details, visit www.midnightmover.de.

Pfalztheater Kaiserslautern:

• "Kasimir und Karoline," a play in German by Ödön von Horváth, 7:30 p.m. Saturday, Wednesday, May 10, 14, 22 and 28.

• "Der Goldene Drache," a German play by Roland Schimmelpfennig, 7:30 p.m. Thursday, May 15 and 26.

• "Das schlaue Füchslein," an opera by Leoš Janácek, in German, 7:30 p.m. May 6.

• "Eine Nacht in Venedig," an operetta by Johann Strauss, 7:30 p.m. May 7 and 8.

• "Gaslicht," a play by Patrick Hamilton, in German, 8 p.m. May 7, 21 and 26.

• "Alice in Wonderland," a ballet by Stefano Giannetti, 7:30 p.m. May 13 and 20.

• "Die letzten fünf Jahre," the last five years, a musical by Jason Robert Brown, in German, 8 p.m. May 14 and 25.

• "Hamlet," a play by William Shakespeare, in German, 7:30 p.m. May 29. For details, call 0631-3675-209 or visit www.pfalztheater.de.

Fruchthalle Kaiserslautern:

• "Jazz stage meets Finland," 8 p.m. May 6. Tickets cost €12.

• Chamber concert: Pianist Herbert Schuck presents works by Franz Schubert and Franz Liszt, 8 p.m. May 12. Tickets cost €12 to €20. For details, call the Tourist Information Office at 0631-265-2317.

Stiftskirche Kaiserslautern:

• Laudate, the choir from the Riga Cathedrale, Letvia, presents a concert with sacred works and Letvian folk music, 7 p.m. Monday. Admission is free.

Youth Center, Steinstrasse 48, Kaiserslautern:

• The bands Mystic Hour, Out of Decay and Emproad present metal, 8 p.m. May 6. Tickets cost €6.50. For details visit www.juz-kl.de.

Stadthalle, Landstuhl:

• "Jesus Christ Superstar," a musical by Tim Rice and Andrew Lloyd Webber, 8 p.m. May 7. Tickets cost €19.50 to €28.

For details, call 06371-923444 or visit www.stadthalle-landstuhl.de.

Ramstein-Miesenbach, Haus des Bürgers:

• The Kaiserslautern Symphony Orchestra presents a classical concert, 5 p.m. May 8. Tickets cost €10.

For details, call 06371-592-220 or visit www.hausdesbuergers.de.

Kindsbach, Mehrzweckhalle am Bahnhof:

• Country Night with band Renegade and special guest Lisa B., 8:30 p.m. Saturday.

Saarbrücken, Saarländisches Staatstheater, Schillerplatz 1:

• "La Cenerentola," an opera by Gioacchino Rossini, in Italian, with German subtitles, 7:30 p.m. today, May 5, 7 and 15.For details, visit www.theater-saarbruecken.de or call 0681-3092-486.

Miscellaneous

• Kaiserslautern, Gartenschau, through Oct. 31. Special events: Saturday and Sunday: Medieval market features medieval camp, jugglers, knights, minstrel singers, games, medieval food, vendors. Saturday: Medieval fire show is 10 p.m. Sunday: Crafting and painting for kids, 1 to 5 p.m. in tent in Neumühlepark. May 6: Spring fest, 5 p.m. in flower hall. Opening hours are 9 a.m. to 7 p.m. Tickets cost €6 fo adults and €3 for children. Season family ticket costs €39 for two adults and all of their children. For details, visit www.gartenschau-kl.de.

• Kaiserslautern, Japanese Garden, through Oct. 31. Hours are 10 a.m. to 6 p.m. For details, visit www.japanischergarten.de.

• Kaiserslauten, Theodor-Zink-Museum, Steinstrasse 48, exhibition by Rumpf family displaying sculptures, drawings, design works, to July 31. Hours are 10 a.m. to 5 p.m. Wednesday to Friday; 11 a.m. to 6 p.m. Saturday and Sunday. For details, visit www.theodor-zink-museum.de.

• Landstuhl, carnival and vendors, today through Monday.

• Schwedelbach, Dorfplatz, May fest, 6 p.m. Saturday.

• Reichenbach-Steegen, Kerweplatz, May fest, 10:30 a.m. Sunday.

• Zell/Zellertal, Hauptstrasse 2, olive oil fest, 11 a.m. to 6 p.m. Saturday and Sunday.

• Rockenhausen, May market and service show, 10 a.m. to 6 p.m. Saturday and Sunday.

• Steinbach (Donnersberg hill), Celtic village hosts Beltane Night with Irish unplugged folk by Shannon Taylor's Twin, 6 p.m. Saturday. Presentation of Celtic craftsmanship, 11 a.m. to 5 p.m. Saturday and Sunday. Village is open 11 a.m. to 5 p.m. Saturdays, and 10 a.m. to 5 p.m. Sundays. For details, visit www.keltendorf-steinbach.de.

• Imsbach, Weisse Grube, mining world offers guided tours in English, 10 a.m. to 5 p.m. Sunday. Tickets cost €4 for adults and €2 for children. for details, visit www.bergbauerlebniswelt-imsbach.de.

• Pirmasens, May carnival, today to May 8; vendors' market Wednesday and Thursday.

Flea markets

• Kaiserslautern, Opel factory parking lot, 7 a.m. to 3 p.m. Saturdays.

• Kaiserslautern, real store parking lot (across from Daenner Kaserne), Saturdays.

• Kaiserslautern, Toom Baumarkt, Hoheneckerstrasse, Thursdays.

• Ramstein, E-Aktivmarkt, today.

• Bad Dürkheim, Saline (salt-works), 8 a.m. to 3 p.m. Saturdays.

Antique markets

• Grosskarlbach, Bürgerhaus, 10 a.m. to 5 p.m. Saturday and Sunday. For more information, visit www.troedlerundsammeln.de.

Courtesy photo

Medieval fest, English-guided tours

The Gartenschau Kaiserslautern sponsors a medieval spring fest featuring a medieval market, a camp with knights, jugglers and minstrel singers, games, food, and vendors Saturday and Sunday. A medieval fire show is scheduled for 10 p.m. Saturday. For details, visit www.gartenschau-kl.de. English-guided tours of the park for groups of five to 30 people are available. For reservations and fees, call 0631-710070.

Kaiserslautern HAPPENINGS

UPCOMING FUN FOR EVERYONE

JAVA CAFE
Trivia Night
Wednesdays, 6-8 p.m.
Enjoy an evening of fun trivia and great prizes. Rhine Ordnance Barracks, Bldg. 273.

FMWR ONE STOP
Landstuhl Post, Bldg. 3810
Sign up for classes or CYS Services. Purchase VAT forms and event tickets. Make an appointment for an oil change for the car or reserve a conference room at a Family and MWR club, or community center. Call 486-8943/8146 or 06371-86-8943/8146 for more information.

OUTDOOR RECREATION
May Trip Schedules
USAG Kaiserslautern Outdoor Recreation's has trips scheduled for May! Go skydiving, take an express trip to Paris or relax during a wine tasting. Outdoor recreation is sure to have the perfect excursion for you! For more information contact: Outdoor Recreation, DSN 493-4117 or Civ. 0631-3406-4117 or go online to www.mwrgermany.com.

KIDS' ZONE
Spring Special: Taco Pizza
Start the season off right with a hot taco pizza. Made with a crispy crust, delicious meat, cheese and all the spices that make you want to salsa! For more information call 493-4125 or 0631-3406-4125.

CHILD, YOUTH & SCHOOL SERVICES
Youth Tackle Football Camp
Registration for tackle football camp is now until May 1 for ages 9-18 years old. Interested participants must currently be enrolled with CYS Services. Register by appointment at Parent Central Services, Bldg. 2898, Pulaski Barracks. For more information call 493-4516 or 0631-3406-4516. Registration can also be done online at https://webtrac.mwr.army.mil. Camp will be held June 22-25.

ROB FITNESS CENTER
Tai-Chi
Center your mind and bring awareness to your body with Tai-Chi, Tuesdays & Thursdays, 6-7 p.m. Classes are only $8 each or $40 for a book of 8. For more information, call the fitness center at 493-2241 or 0631-3406-2241.

KAISERSLAUTERN MAIN LIBRARY
Children's Book Week
Celebrate Children's Book Week by dropping by for craft and story time. May 3, 3:30 p.m., at Kaiserslautern Main Library on Landstuhl, Bldg. 3810. Call 486-7322 or 06371-86-7322/8390 for more information.

NAF EMPLOYMENT
Looking for a job? Family MWR wants you! Visit www.mwrgermany.com and click on NAF Employment to find the job you've been searching for.

Find us on Facebook

For questions regarding FMWR events and programs listed on this page, call Marketing at 493-4128 or 0631-3406-4128.

MWRGERMANY.COM

Talk to your children about traumatic events

by Maj Alicia Matteson
86th Medical Operations Squadron clinical psychologist

Terrorism, tsunamis, war. Given recent real-world events, many parents are understandably concerned about how these events are impacting their children and how to best discuss these events with them.

Parents struggle daily with balancing the need for their children to be alert and informed with their desire to 'de-stress' their children's environments and help them feel safe. Although children are remarkably resilient, many will display temporary signs and behaviors that suggest they may be experiencing some level of stress.

These signs and behaviors are most evident during times of heightened parental and family stress, such as increased operational and work tempo, awareness of security alerts, or the occurrence of natural disasters. Children are often sensitive to the stress around them and may express their worries in various ways. This will of course depend upon their developmental stage and unique personalities. It is recommended that parents pay close attention to changes in their children's behaviors as children often do not know how to verbalize what they are feeling.

The table below highlights general guidelines to assist parents/caregivers in recognizing stress in children per developmental age.

WHAT YOU CAN DO TO HELP YOUR CHILD

• ***Role model healthy coping:*** One of the most important things a parent can do to help their child is to take care of themselves. Engage in basic self-care — such as exercise, healthy eating, regular sleep, and recreational and social activities. Think about how you would like for your child to manage stress and make sure you are "walking the walk." Take care of your own emotional needs through appropriate avenues, such as your friends, adult family members, chaplains and counselors. Talk with other adults about the details of your concerns and fears. Try not to add to your children's fears or burden them with your emotional needs.

• ***Provide a sense of security and routine:*** This is a time for extra hugs, cuddles and reassurance. Using age-appropriate language, tell your child that you will always do everything you can to keep them and yourself safe. Maintain family routines as much as possible. If there will be disruptions to schedules, give your child as much warning as possible to foster a sense of predictability to their daily routine.

• ***Minimize exposure to sensationalized news:*** As adults, watching repetitive news coverage of disasters and other traumatic events can be upsetting. It can be even more so for a child. Monitor the age-appropriateness of the media your child is exposed to and limit the amount of time the news is broadcast in your home. You also have the right to know what your child is being exposed to at school. Start a dialogue with your child's teacher regarding if and how disasters and traumatic events are being addressed in the classroom.

• ***Encourage expressions of emotions:*** If your child asks you how you are feeling about recent events, be honest ("I feel sad that so many people died in Japan") but do not overwhelm your children with the responsibility of feeling as though they must take care of your emotional needs. Be a positive role model for them on constructive ways to manage emotions, such as drawing or writing about feelings, talking with each other, praying or other forms of your family's expressions and beliefs. Do not minimize how they are feeling, and at the same time, reassure them that as their parent, you will do what you can to keep them safe.

• ***Promote involvement:*** Encourage involvement in relief efforts, such as donating clothes or their allowance money to humanitarian organizations, participating in fundraisers for disaster relief, or writing letters to deployed service members who are engaged in humanitarian operations. Teach your children that as military family members, they are doing their part to help others. During uncertain times, our children can feel proud that they are an important part of a system created to safeguard others.

• ***Be patient:*** Children who are verbal may ask many questions about traumatic events, which can frustrate parents. Try not to minimize their concerns, and be prepared to repeat your answers and your reassurances. The behavioral signs that a child is under stress (whining/clinginess, poor academic performance, refusal to do chores) are also often frustrating for parents. Increase your patience by understanding that such behaviors are expressions of stress, and that children do not choose to be stressed. If you feel that you need help increasing your patience with your children, please utilize the many helping programs that exist for military parents.

FOR MORE INFORMATION OR HELP, CONTACT

AF Family Advocacy: 479-2370
Airman & Family Readiness Center: 480-5100
Army Family Advocacy: 486-8366 or 493-4332
Army Community Services: 493-4203
Ramstein Chaplain's Office: 480-6148
Your child's school

HELPFUL WEBSITES

» www.MilitaryOneSource.com (All branches of the service, active duty, Guard, Reserves, and all family members)
» www.zerotothree.org/military (National Center for Infants, Toddlers, and Families)
» www.samhsa.com (Substance Abuse and Mental Health Services Administration)
» www.NCTSN.org (National Child Traumatic Stress Network)
» www.fema.gov (Federal Emergency Management Agency- Information on preparing for and recovering from emergencies)
» www.ready.gov (Prepare your "Family Emergency Kit/Disaster Plan")
» www.redcross.org (Preparation, training, information on current events)

PRESCHOOL (ages 1-5)	ELEMENTARY SCHOOL (ages 5-11)	ADOLESCENCE (ages 12-18)
Changes in sleeping and eating habits	May have similar behavioral changes as younger children	Difficulty focusing
Regression to early stages of development such as thumb sucking or bedwetting	Academic performance decline	Academic performance decline test
Clinginess to caregivers	Complain of unexplainable physical aches and pains	Difficulty managing responsibilities they previously handled (chores/school work)
Develop new fears such as fear of the dark or strangers	School avoidance/ School avoidance	Compete for attention from parents using both positive and negative behaviors
Speech difficulties	Lack of motivation in extra-curricular activities	Withdraw from people and activities they used to enjoy
Behavior changes such as aggressiveness or withdrawal	Fear of being alone in their rooms	Increased irritability/ Disruptive behaviors
	Compete for attention from their caregivers	Experiment with high-risk behaviors (alcohol/drugs)

How the Sports Lounge got its groove back

by Marissa-Ellen Patterson
86th Force Support Squadron marketing assistant

Photos by Julie Rich

Karri Ridgeway, a Sports Lounge employee serves a customer favorite, the pulled pork sandwich. The Sports Lounge, which is located in the Kaiserslautern Military Community Center, is now managed by the 86th Force Support Squadron.

The 86th Force Support Squadron recently took over management of the Sports Lounge located in the Kaiserslautern Military Community Center.

For those of you who were hesitant to visit the Sports Lounge, it's time you tried their new menu. Within three weeks of new management, the Sports Lounge is providing more efficient service, better quality of food and a more enjoyable atmosphere.

It's a great place to socialize after work, on the weekends or for hanging out with friends while enjoying a burger, beer and, of course, the game on one of their 16 televisions.

The most popular item on the menu is the fresh (never frozen) handcrafted burgers. The burgers are paired well with sides like shoestring french fries, coleslaw, potato salad or Jack Daniels baked beans.

"The burger was yummy, service was friendly and timely, and the atmosphere was good. I would definitely eat here again," said customer Bridget Driver.

If you are craving something besides burgers, try their chicken wings. Topped with sauces, these variations include mild, hot, barbecue and southern fried chicken wings.

"I was greeted by a staff member right away, who was very nice. The quarter pounder and pulled pork sandwich were very good. The barbecue sauce on the sandwich was wonderful and I love the coleslaw," said customer Dee Dee Trigilio.

The Sports Lounge is the perfect place to enjoy German or American beer on tap while lounging in one of their comfy couches.

Enjoy watching sports games such as football, basketball, baseball, local soccer and even racing? Here, you will feel as if you're in the comfort of your own home.

The spacious bar is a great place to grab a quick bite to eat and cold drink during lunch or after work with friends.

Patio seating is available and is recommended for a scenic view of the flight line. The sports-themed atmosphere makes the Sports Lounge a fun place to be. Diners can also enjoy shooting pool while watching sports or just relaxing with friends.

Further enhancements for the Sports Lounge include transitioning to a European pub theme with a new name, further expansion of the menu, and the addition of live entertainment.

The 86th FSS will be soliciting feedback from customers on possible names for the operation and other menu items they would like to see added.

The Sports Lounge is open from 11 a.m. to 11 p.m. Sunday to Thursday, and 11 a.m. to midnight Friday and Saturday.

The bar is open from 11 a.m. to midnight Sunday to Thursday, and 11 a.m. to 1 a.m. Friday and Saturday.

To make large party reservations at the Sports Lounge, call 478-1587 or visit www.86fss.com.

SHARE YOUR ADVENTURES

Your submission must include the name of the photographer, the date of the photo, first and last names of those in the photo and location.

*Write **"Destinations"** in the e-mail subject line.*

***E-mail your photos to** editor@kaiserslauternamerican.com*

To volunteer or not to volunteer?

by Airman 1st Class
Ciara M. Travis
86th Airlift Wing Public Affairs

Selfless. Honorable. Respectable. These are just a few words that are often used when describing a volunteer.

Kathleen Butler, American Red Cross senior station manager, said volunteering has been noted as one of the most rewarding things a person can do. Luckily, the organizations of the KMC offer hundreds of opportunities to get involved and give back to the community.

Dozens of organizations cover a wide range of services, providing anything from blood donations that support local hospitals as well as service members downrange, to offering travel opportunities to see some of the history-rich country that surrounds the KMC.

One thing in common between these organizations is they are fueled by volunteer efforts of service members and their families. Without volunteers, many organizations would have to cut their offered services or they would cease to exist.

"Volunteering seems to be an American phenomenon," Ms. Butler said. "I have noticed that people from other countries seem to think we as Americans are a little crazy because we work for free. I take pride in that curiosity because as Americans, no matter how tough the economic times, have a spirit which moves us to help others in need."

Although this month is designated for volunteer work and recognition, volunteering year-round provides the satisfaction of knowing that hard work spent is helping somebody else in time of need.

"Volunteering year-round helps keep continuity in our community," said Elizabeth Kennedy, Airman and Family Readiness Center community readiness technician. "When people identify your face as a 'helping individual,' it creates a positive outcome for everyone."

Getting involved in the volunteering community may seem intimidating, but once introduced, it can be fun.

"The neat thing about volunteering is that it's fun and it's free," Ms. Kennedy said. "Volunteering in the KMC is great because there are so many volunteer opportunities around here. Not to mention — volunteering really gives you the chance to get to know your community and possibly even get an employment opportunity out of it. All ages are welcome and getting started is easy."

Below Is A List of Organizations In The KMC That Accept Volunteers:

86th Youth Sports Program
86th Youth Community Program
Air Force Education Office
Air Force Junior ROTC
Air Force Sergeants Association
Airman and Family Readiness Center
Armed Forces Against Drunk Driving
American Red Cross
Blood Bank
Boy Scouts
Ramstein Chapel (North side)
Civil Air Patrol
Community Centers
Fisher House
German American and International Women's Club
Girl Scouts
Ramstein Health and Wellness Center
Hospitalized Veterans at Kleber Clinic
Honor Guard
Mission: Serving Our Wounded
Kaiserslautern High School
Kaiserslautern Crisis Pregnancy Center
Kaiserslautern Elementary School
Kaiserslautern Middle School
Key Spouse
Kindergraves Memorial Foundation
Kaiserslautern 5/6 Counsel
Kaiserslautern Schools Liaison Office
Landstuhl Elementary/Middle School
Landstuhl School Age Services
Landstuhl Youth Sports
Libraries
Mom 2 Mom
Mothers of Preschoolers (MOPS)
Outdoor Recreation
Postal Service Center
Ramstein Airman's Attic
Ramstein Elementary School
Ramstein Enlisted Spouses' Association (RESA)
Ramstein High School
Ramstein Intermediate School
Ramstein Middle School
Ramstein Officer's Spouses' Club (ROSC)
Ramstein Youth Sports
Sembach Enlisted Spouses Association (SESA)
Sembach Officer's Spouses' Association (SOSA)
Sembach Youth Programs
USO
Veterans of Foreign Wars (POST 10614)

If interested in volunteering, call the A&FRC at 480-5100 or 06371-47-5100.

READY COMPANIES... GET SET – GO!

On Thursday, May 26th, at 6 pm, get ready, once again, for the biggest and most sporting office party in the Palatinate region, right in the center of Kaiserslautern, at Stiftsplatz. Last year, about 7,185 corporate joggers from 428 companies laced their running shoes. And it's a fact: there'll be even more participants this year! "This running spectacle is already firmly established in the sports agenda of our city. Once you've been hooked on this corporate challenge, you will not only come back – most of the runners bring more colleagues! This year, we expect about 8,500 participants from 500 companies", says Dr. Klaus Weichel, mayor of Kaiserslautern. The runners can start the five-kilometer course at Spittelstrasse. Afterwards the runners do a lap through the center of the city of Kaiserslautern. The finish line is located in the Karl-Marx-Strasse. As in the third edition of Gründel's fresh Firmenlauf Pfalz the organizers adapted to the growing number of runners by making modifications this year as well, such as making a larger finishing corridor.

Moreover there will be a second party area! The huge After-Run Party will be extended from Stiftsplatz to Stiftskirche again, like last year. "This doesn't only create more space for celebrations, now we can also offer more corporate tents. Apart from being a meeting place for colleagues or a private party area, such a tent is also a sustainable way of company representation", explains Ralf Niedermeier, manager of the organizing agency niedermeier+ Marketing PR Events.

The variety of colors and imaginative disguises has shown that this is a corporate challenge where fun is to the fore. Therefore, it's not a hunt for seconds or minutes – there won't be any timekeeping at all. The fastest will not be the victors! Awards will be given to the biggest running teams, and also there will be an "Azubi Superstar" award for the company which can motivate the most trainees for the run. Furthermore, there will be awards for the biggest teams from craft enterprises and for the most original t-shirt, the "Creativity Award". Application pictures for this award have to be sent to the agency niedermeier+ prior to the running event. The highlight will be an attractive special prize raffled off among all applicants. The slogan of the event remains the same: Run & Fun! As usual, the corporate showdown is topped off by a colorful supporting program. Prepare for a huge After-Run Party with a live performance by "Elliot" and the DJs from RPR1. Furthermore there's another highlight at the Gründel's fresh Firmenlauf Pfalz: a veritable band contest. All those who want to cheer for the runners passing by while standing on a stage next to the course, please apply to the agency niedermeier+ prior to the event.

"The Gründel's fresh Firmenlauf Pfalz isn't only a sports event – it's also a great social experience. Furthermore, it's good for fitness and a motivating factor for the everyday challenges at work. It is safe to say that the image of Kaiserslautern as a sports city was considerably enhanced by this corporate challenge", Dr. Weichel praisingly comments on the running event which seems to match perfectly with the spirit of the time.

The starting fee is 12 euros, just like last year. It includes free journey to and from the corporate challenge with the Verkehrsverbund Rhein-Neckar. Furthermore, each participant gets a finisher medal and a voucher for monte mare in Kaiserslautern. And, traditionally, 1 euro of each runner's starting fee will be donated to charity. There's no limitation to the number of participants per company. Important: Each company assigns a Team Captain who registers and takes care of the team. Showers, changing rooms and provisions along the course will be provided. Registrations are accepted as of now, until May 10th at the latest. The runners have about eight weeks, from April 2011, to prepare for the challenge. "All of them should get some practice. For this reason, 1.FC Kaiserslautern Running once more offers different training groups this year", Ralf Niedermeier explains, "because everybody knows that running in a group is easier!"

Further information can be found on www.firmenlauf-pfalz.de, or just call 0681/968538-13.

The 4th Gründel's fresh Firmenlauf Pfalz is brought to you by: Karlsberg Gründel's fresh, Die Rheinpfalz, DAK, Autohandelsgesellschaft Rittersbacher, VRN, monte mare, RPR1, Advanti Pro, Globus Kaiserslautern, die gasanstalt/Technische Werke Kaiserslautern, quix, Der Laufladen, Lotto Rheinland Pfalz und Sportbund Pfalz.

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May Regional Running Review

See you at the races!

by Maj. Ryan Coyne
Contributing writer

Every running enthusiast has a specific regimen for becoming a better runner. "Better" for some runners might be a faster 5 or 10K while others might equate improved running to logging more miles in a training week.

For some, consistent running dates back to high school track, occasionally transitioning to college if fast enough. I can remember my running coaches constantly discussing the virtues of interval training, tempo runs and the very important long slow run. They were all right; all these training protocols can vastly improve your running.

Most of the top U.S. runners like Kara Goucher and Ryan Hall probably include this type of training diversity into their intense regimens. Obviously the difference between them and the majority of us is they get paid to run and win; it's their job. Anytime we try to get too deep into the science of running its starts to be work, then it ceases to be fun, leading the recreational runner to seek out reasons not to run.

What makes a recreational runner a consistently better runner is competition. Whether you aspire to win the local races, you're a mid-packer, or you're just beginning to exercise, running with peers helps make you accountable to your inner athlete.

Lt. Col. Patrick Kennerly, the 86th Logistics Readiness Group deputy recently said it best: "I'm the fastest guy in my neighborhood (at) 4:30 in the morning. There is nobody else out running."

Conversely, some of us have been participating in the Ramstein cross-country season and although the courses have been varied, many participants are enjoying times much faster than in their training. Unlike the local host-nation running scene, the entire race is made up of our military peers. Bragging rights are at stake. This winning combination makes as all want to run a little faster.

Cross-country isn't the only opportunity to race, however. Earlier this month I participated in the TSG Kaiserslautern/Der Laufladen Half Marathon. I had suggested this race in the March review so I didn't want to miss it. Since it was a local race it was good to see a few familiar faces from the KMC.

If you ran it I'm sure you'll agree it was an excellent event. The atmosphere, venue, course support and weather were unmatched. There were probably a few personal bests achieved during this race due to the mostly downhill course. My compliments to the race director for an A+ event. It will definitely be on my race calendar for next year.

May is quickly tracking to be an even better month for local racing. Although early in the season, the following race suggestions might just be the competition you need to tick a few seconds off your distance of choice. Starting this weekend, I suggest checking out the Globus-St. Wendel Half and Full Marathon at 11 a.m. It's advertised as a flat and fast course through the city and is only located about 45 kilometers west of Ramstein.

If this event is a little more than you want to tackle you can wait a couple of weeks, try your luck at the Univillawaldlauf (UVL) 13K May 21 in Kaiserslautern. This slightly sloping downhill race will start at 3 p.m. and take runners through the Palatinate Forest.

Finally, May will come to a close with another popular local race: the Rheinpfalz Firmenlauf 5K, also in Kaiserslautern. It's scheduled for 6 p.m. May 26, and if last year's participation numbers are any indication, you could be racing with more than 7,000 other runners.

More information on all of the above races can be easily accessed online. The St. Wendel and Rheinpfalz races have English versions of their websites for ease of research.

The subtle benefits of racing cannot be discounted; a slight nod, encouraging word, or maybe the slight pressure of being overtaken by a fellow competitor is all that is needed to push your potential to a level not realized during training.

See you at the races.

Soccer season draws to a close

BELOW: ***1. Fussball Club Kaiserslautern team captain Srdjan Lakic cuts in front of FC Nürnberg defender Philipp Wollscheid to take possession of the ball near midfield April 16 in Kaiserslautern's Fritz Walter Stadium. Nürnberg went on to win the game, 2-0.***

RIGHT: ***1. Fussball Club Nürnberg goalkeeper Rafael Schäfer breaks up FC Kaiserslautern team captain Srdjan Lakic's attempt to score with a header over defender Per Nilsson.***

Photos by John Ross

April Showers Bring May...FITNESS

by Tech. Sgt. Jocelyn L. Rich
86th Airlift Wing Public Affairs

While the month of May brings flowers, Maypoles and barbecues, for the last 28 years it has also been recognized as National Physical Fitness and Sports Month. This enterprise was started by the National Presidential Council Initiative. The Air Force adopted and started celebrating this unique month shortly after its inception.

This May the KMC is hosting several events to start the season off right. Whether you want to begin a fitness routine or move your existing regimen into high-gear, there is going to be something available for everyone.

Ramstein is poised and ready to join this month's recognition with vigor. The month of events will kick off with a Spring-into-May-Fitness 5K Fun-Run/Walk at 9 a.m. Saturday at the Southside Fitness Center.

"The run is open to all ID cardholders, families are highly encouraged to participate, and the route is stroller friendly," said Rachel Miller, Ramstein Southside Fitness Center programming specialist.

Events throughout the month also include a spin-a-thon, fitness classes such as Delicious Abs, Yoga Sculpt, Combat Kick, an aerob-a-thon and many more. These events are designed for people to enjoy regardless of their fitness level. All events are free and refreshments will be available. For more information, call or visit your local fitness center.

In addition to many one-time classes and events, there are ongoing programs such as Strong man/woman, the Road Runner, Walking Warriors and Wheels of Steel challenges that are offered at the North and Southside fitness centers on Ramstein as well as at the Vogelweh Fitness Center.

Ms. Miller said fitness isn't something that should be addressed one month out of the year. Studies have shown time and again that having a regular fitness routine leads to better and longer health and more productivity.

"(Fitness) is absolutely imperative to a healthy happy lifestyle," Ms. Miller said. "Everywhere you look research has shown that leading a healthy lifestyle, eating right and staying physically fit leads to a longer and happier life."

As military members, we are all too aware of how our careers rely on maintaining a standard of fitness.

"As far as I'm concerned, we have one of the most important missions in the Air Force — to make sure everybody passes their PT test," said Master Sgt. Carlo Ramirez, NCO in charge of the Vogelweh Fitness Center.

Sergeant Ramirez has been in the fitness field for eight years and knows how important it is to the military members in our community.

"I would like folks to be aware of all the programs we offer to help them achieve their fitness goals all year-round, not just during May's fitness month," he said.

The Air Force mission is also affected by its members' health and physical condition — from manning issues in individual duty sections to placing a strain on medical providers.

"Fitness and good health affects every part of the Air Force mission," Ms. Miller said. "Without a healthy lifestyle, members are more susceptible to illness, causing possible manning shortages in an already stressed military."

Taking the plunge this May, and taking advantage of the weather, organized programs and events will make the transition to a healthier lifestyle a little easier.

"I would like everyone to know that we are here for them to help them achieve their goals whether it is passing their PT test, losing weight or feeling good about themselves," Sergeant Ramirez said.

Softball tournament

The Ramstein men's varsity softball team will sponsor a softball tournament for all intramural unit level teams May 13 to 15 on the Ramstein Southside and Kapaun Air Station fields. Entry fee is $150. There are T-shirts and team trophies for first and second place. For details, e-mail Christopher.tipton@ramstein.af.mil or greg.sartain@ramstein.af.mil.

5K run

The KMC 1st Four will host a 5K run at 5:30 p.m. May 12 to provide relief to Japan. The run will be held at the 86th Construction and Training Squadron compound. Donations are completely voluntary, however runners can donate $5 for a T-shirt while supplies last. Donations of more than $5 are welcome. All proceeds will go to the Red Cross to help those in need in Japan. Participants can wear civilian attire, but no PT gear is allowed. For more information, contact Senior Airman Jeffery Golson, Airman 1st Class Marlon Lampkin or Senior Airman Savannah Andrews.

Come pick up your T-shirts

Those people who participated in the third annual Lovesweet Memorial Run, which was hosted by the Women's History Month Committee March 19, should come to the Ramstein Southside Fitness Center between 10 and 11:30 a.m. Monday and Tuesday to verify their name on the list and get their T-shirt. The shirts got lost in the mail and the company that printed the shirts made a donation to the LOVESWEET.org fund to make up for the delay.

Free running shoe clinic

In celebration of May being National Fitness Month, the Ramstein Health and Wellness Center and Physical Therapy Clinic will conduct a Running Shoe Clinic Tuesday. Sign-ups will be from 1 to 2 p.m. at the HAWC, Bldg. 2117 (next to Southside Gym Annex). Dress appropriately in gym attire and bring your running shoes. For details, call the Ramstein PT Clinic at 480-1559.

Soccer players needed

The Ramstein soccer club FV Olympia Ramstein is looking for players for their girls' and women's team. The girls (ages 12 to 16) practice from 7 to 8:30 p.m. Wednesdays and 5 to 7:30 p.m. Fridays. The women (16 years and older) practice from 7 to 8:30 p.m. Mondays and Wednesdays. For more information, call 0176-6000-2986.

Courtesy photo

Ramstein's Kuk Sool Won takes part in tournament

Members of the Kuk Sool Won martial arts school in Ramstein attend a tournament in Barcelona, Spain. During the tournament, there were Kuk Sool Won schools from England, Scotland, Italy, Spain, Germany and the Netherlands also participating. The Ramstein school came away with many individual medals, and second degree blackbelt/senior instructor Mike Grimes won Senior Grand Champion. During a special ceremony, Col. Andy Uribe was also promoted to first degree blackbelt.

NOW SHOWING

Gateway Cineplex (Ramstein)

TODAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
SATURDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
SUNDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
MONDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
TUESDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
WEDNESDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
THURSDAY -	**Water for Elephants (PG-13)** 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.
	Gnomeo & Juliet (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.
	J.B. Never Say Never (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.

Galaxy Theater (Vogelweh)

TODAY -	**Rio (PG)** 7 p.m.
SATURDAY -	**Gnomeo & Juliet (G)** 4 p.m.
	J.B. Never Say Never (G) 7 p.m.
SUNDAY -	**Gnomeo & Juliet (G)** 4 p.m.

Galaxy Theater will be closed Monday through Thursday.

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Fast Five (PG13)- Fri 15:30, 17:45, 20:00, 22:30, Sat 14:45, 17:30, 20:00, 22:30, Sun 14:45, 17:30, 20:00, Mon - Wed 16:00, 18:15, 20:30

HOP (PG)- Sat 13:30

Scream 4 (R)- Fri & Sat 22:30, Sun 13:30, Mon 18:30, Tue 16:00

Water for Elephants (PG13)- Fri 18:00, Sat 13:30, 18:00, Sun 18:00, Mon - Wed 18:15

Winnie The Pooh (G)- Fri 16:45, Sat & Sun 13:30

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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

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

Gnomeo & Juliet (G) — Shakespeare's revered tale gets a comical, off-the-wall makeover in "Gnomeo & Juliet."

Two garden gnomes, Gnomeo and Juliet, try to avoid tragedy and find a happy ending to their star-crossed love affair when they are caught up in a feud between neighbors.

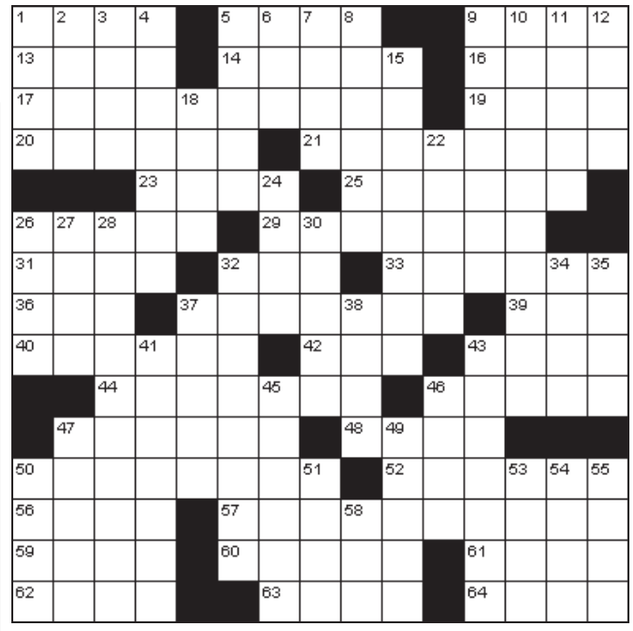
Starring James McAvoy and Emily Blunt.

Water for Elephants (PG-13) — Based on the acclaimed best seller, "Water for Elephants" presents an unexpected romance in a uniquely compelling setting. Veterinary school student Jacob meets and falls in love with Marlena, a star performer in a circus of a bygone era.

Jacob and Marlena discover beauty amidst the world of the Big Top and come together through their compassion for a special elephant.

Against all odds, including the wrath of Marlena's charismatic but dangerous husband, August, Jacob and Marlena find lifelong love.

Starring Reese Witherspoon and Robert Pattinson.



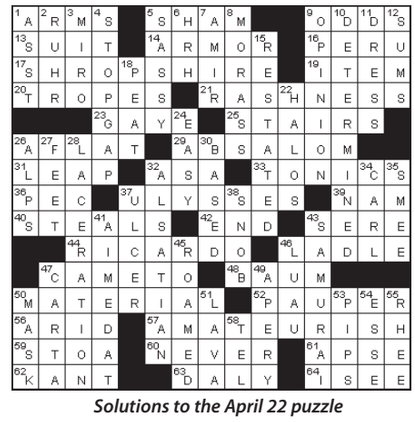
Puzzle courtesy of http://thinks.com/

ACROSS

1 Esteemed teacher
5 Beat
9 Close to closed
13 Assn. with many Gulf members
14 Spoke wildly
16 100%
17 Italian composer
19 Get off the road
20 Truly
21 Forsaken
23 Meadows
25 Mischievous one
26 Barker's partner
29 Shreds
31 Man in Milan
32 Storage container
33 Stonecutters
36 Hard wood
37 Jailer
39 Carpenter's tool
40 Fanatic
42 German connector
43 Hospital supplies
44 1982 Hoffman movie
46 Villain, slangily
47 Soldier on guard
48 Cordial
50 Doglike goblin of folklore
52 Saudi royal name
56 Irish Rose lover
57 Tall and well-proportioned
59 Bikini tops
60 Balkan natives
61 "Jane ___"
62 Common condiment
63 Military meal
64 Bismarck's state: Abbr.

DOWN

1 Mongolian desert
2 "Once ___ a time ..."
3 In-basket stamp: Abbr.
4 15th century Italian painter
5 "Band of Gold" singer Payne
6 Roman household god
7 "The Art of Love" poet
8 Equus and others
9 Quick impressions
10 Put side by side
11 "The Tempest" spirit
12 No longer active: Abbr.
15 Charmed
18 Achilles' weak point
22 Emerson work
24 Ado
26 Mideast canal
27 Golfer's goal
28 Not pertinent
30 Lassitude
32 Support
34 Aromatic ointment
35 Move to and fro
37 Molar, e.g.
38 Had no doubts
41 "The ___ Time" (Billy Joel hit)
43 Japanese stringed instrument
45 Procedure
46 Scottish hillside
47 Native-born Israeli
49 Kick up ___
50 Barbara, to friends
51 Biblical weed
53 Area meas.
54 Enveloping glow
55 Welsh emblem
58 Recipe amt.



Solutions to the April 22 puzzle

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Kaiserslautern, nice apt. 100sqm, 2 BDR, bath, parking place, rent € 700 , ZIAI Immobilien 06371 57888

Kaiserslautern-Apt over 2 floors, 2bedr, lrg liv/din w/kitchen area, bath, sep guest toil., garden. 565€ +230€ util +elec., water, trash TWK/ASK. Call 0631-34100900 or kinderspielundspassfabrik@t-online.de

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Landstuhl

Gib Wood, Pastor
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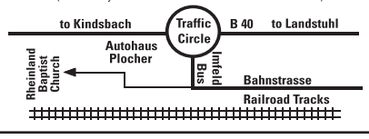

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Ramstein: 2BM apartmt, bik, balcony, E660, ImmobilenT. 016096096498

Weilerbach, Apt 4Rms, avail. 01 June 2011, kitchen, bath, balcony 104sqm Call: 06385-5029 or 0171-7726262

Ramstein: Very nice apt, 140sqm, 2BR/1BA, balcony, € 990,- (incl. heating) + util 06371/943311-16 www.GermaWild-Immobilien.de

Ramstein-Kottweiler: Beautif. sgl APT 2BR livrm dinrm BIK bath balc yard basem-laundry sep entry non-smoker partly furn €850 incl. util +electr. Call Fam Gibs 06371-50700

Studio-Apartment in K'Lautern; 5 km to Vogelweh; 80 m2; perfect for single person; Avail.: 5/1/2011; Rent: 450.00 Eur + util.; For more info please call: GI Bill Pay Service Real Estate; Tel: 06371-465407 or 0160-1065196

Weltersbach (Ramstein-3km): Brightly apartment in a nice area, 120sqm, 3BR/1BA, balcony, terrace, garage € 710,- + util, 0162/1800500

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HOUSES FOR RENT

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3BR House in Miesenbach, 140sqm, 2 Bath, BIK, balcony, Garage and parking lot. In very nice and quiet neighbourhood. EU 1080 / month + util, hbluegel@allstar.de, 01718295912

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HOUSES FOR SALE

Near Ramstein, approx. 12 km, freestnd home in quiet location with nice view, 4 bedrms, 2 baths, big liv/din rm, bik, garage, approx. 220/560 sqm € 210.000

Rothselberg, approx. 11 km to Ramstein Air Base, freestnd house in best condition, 6 bedrms, 3 baths, garage, double carport, approx. 265/660 sqm € 220.000

Lambsborn, freest. home with wonderful view, 6 bedrms, 2 baths, bik, liv/din rm with open fireplace, double garage, approx. 210/810 sqm € 220.000

Kindsbach, near train station, nice 1 fam house, 4 bedrms, 2 baths, big liv/din rm with stove and wooden floors, big covered terrace, 3 garages, approx. 220/440 sqm € 235.000

Waldfischbach, modern country style home, built in 2001, 5 bedrms, 2 baths, big liv/din rm with tiled stove, bik, double garage, approx. 171/750 sqm € 249.000

Mackenbach, modern duplex, built in 05, 5 bedrms, bik, big liv/din rm with tiled stove, 3 baths, garage, 2 carparks, approx. 220/350 sqm € 315.000

Near Landstuhl, wonderful country-style home with marvellous view, 4-5 bedrms, 3,5 baths, bik, big liv/din rm with open fireplace, family rm with tiled stove, sauna, nice summer house, big double garage, 4 car places, approx. 250/1170 sqm € 315.000

Waldmohr, modern freestnd. 1 fam house, built in 2003, 4 bedrms, big liv/din rm, modern bik, approx. 200/520 sqm € 320.000

Bruchmühlbach, modern freest. home, built in 2007, 5 bedrms., 3 baths, big liv/din rm, big familyroom, garage, floorheating, approx. 260/660 sqm, €325.000

Approx. 15 min. to Vogelweh, nice low-energy house, built in 2006, 5 bedrms, 2 baths., big liv/din rm approx. 53 sqm, modern bik, approx. 204/800 sqm, €325.000

Landstuhl school district, nice freestnd home in quiet location, near A6, built in 1996, 6 bedrms, big liv/din rm with open fireplace, 3 baths, bik, tiled and parquet floors, garage, approx. 250/700 sqm € 329.000

Approx. 10 km to Ramstein Air-Base, new built repr. 1-fam.-house, 5 bedrms., big liv/din rm with tiled stove, bik, 3 bathrooms, floorheating, double garage, approx. 260/900 sqm € 330.000

Near Otterbach, freestnd. home in marvelous region, nice view, built in 1987, 6 bedrms, big liv/din rm, 2 baths, open fireplace, bik, tiled and parquet floors, double garage, approx. 220/850 sqm € 330.000

Near Kaiserslautern, repr. freest. 1 fam house in wonderful location, near the woods, 3 bedrms, 2.5 baths, big liv/din rm with open fireplace, partyroom, floorheating, double garage, approx. 180/1800 sqm, € 330.000

Near Weilerbach, modern freest. low-energy-house, built in 2009, exclusive equipment, big liv/din rm, open luxurious kitchen, 3 bedrms, 2 baths, garage, big terrace with wonderful view, floor heating, approx. 150/620 sqm € 339.000

Kaiserslautern, freest. home in nice, quiet location, 5 bedrms, 3 baths, big liv/din rm, approx. 66 sqm, big family rm, approx 42 sqm,double-garage, approx. 220/870sqm, € 349.000

Waldmohr, nice freestnd. home in wonderful location, built in 1988, 5 bedrms, 2.5 baths, big liv/din rm, wintergarden, tiled stove, sauna, garage, approx. 180/780 sqm € 350.000

Near Altenglan, luxurious villa in best condition, 5-6 bedrms, huge liv/din rm approx. 82 sqm with open fireplace, wintergarden approx. 30 sqm with fireplace, gallery, marvelous bik, inside pool, luxurious bath, double garage, approx. 350 sqm liv space, property 2.500 sqm € 375.000

Ramstein, modern 1-fam.-house in best, quiet location, built in 03, 4 bedrms., 3 baths, bik, big liv/din rm with tiled stove, good insulation, garage, approx. 200/850 sqm € 370.000

Near Landstuhl, approx. 15 min. to Ramstein Air-Base, modern house with wonderful view, built in 2003, 6-7 bedrms, 2.5 baths, tiled stove, floorheating, solar cells, bik, approx. 275/875 sqm, €385.000

Homburg, great modern country style home, built in 00, low-energy house, 5 bedrms, spacious bik, repr. liv rm with open fireplace, sep big din rm, sauna, 2.5 baths, double garage, approx. 260/625 sqm € 395.000

Ramstein-Miesenbach, representative home, bavarian style, in wonderful location, built in 1989, 5 bedrms, 3 baths, 2 guest-toilets, big partyroom, open fireplace, garage, carport, approx. 253/662 sqm, 410.000,-- €

Near Landstuhl, great repr. home, county style, super location, built 1990, 6 bedrms, 3.5 baths, big liv/din rm with tiled stove, gallery, sep. building with swimming pool and sauna, big double garage, approx. 400/1900 sqm € 495.000

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Air Force and Army Chapel Schedule

Protestant Services

• *Daenner Chapel*
Saturday Seventh-Day Adventist
Sabbath School 9:30 a.m.
Worship service 11 a.m.
Sunday Protestant Worship
and Kids' Church10:00 a.m.
POC USAG-K Chaplains Office 493-4098,
Civ. 0631-3406-4098, BLDG 3150

• *Landstuhl Chapel*
Sunday Protestant Worship
and Kids' Church 11:00 a.m.
POC USAG-K Chaplains Office 493-4098,
Civ 0631-3406-4098

• *Miesau Chapel*
Wednesday WOW (Worship on Wednesday) 7:00 p.m.
POC USAG-K Chaplains Office 493-4098,
Civ 0631-3406-4098

• *Ramstein North Chapel* (480-6148)
Contemporary Service, 10:30 a.m. Sunday

• *Ramstein South Chapel* (480-5753)
Liturgical, 9 a.m. Sunday
Traditional Service, 11:00 a.m. Sunday

• *Vogelweh Chapel* (489-6859)
Gospel Service, 11:00 a.m. Sunday
Protestant Education Classes are available for all ages at Vogelweh, Ramstein, Landstuhl and Daenner, For more information, call 480-2499 or 489-6743.

Jewish Religious Services

• *Ramstein South Chapel Synagogue* (480-5753),
Shabbat Evening Service,
Nov-Mar, Fridays, 6 p.m.
Apr-Oct, Fridays, 7 p.m.
Shabbat Afternoon Service, 5 p.m., Saturdays

Catholic Services

• *Ramstein North Chapel* (480-6148)
Sunday Mass, 8:30 a.m., 12:30 and 5 p.m.
Confessions, 4 to 4:45 p.m. Sunday
Daily Mass, 11:30 a.m. Mon through Fri

• *Vogelweh Chapel* (489-6859)
Confessions, 4 to 4:45 p.m.
Saturday mass, 5 p.m. Saturday

• *Daenner Chapel*
Sunday Confessions 10:45 a.m.
Sunday Mass 11:30 a.m.
Daily Mass 11:45 a.m. Tue – Fri
POC USAG-K Chaplains Office 493-4098,
Civ 0631-3406-4098

• *Landstuhl Chapel*
Sunday Mass 9 a.m. & 12:30 p.m.
Daily Mass noon Mon – Fri
POC USAG-K Chaplains Office 493-4098,
Civ 0631-3406-4098

Islamic Services

• *Ramstein South Chapel Mosque* (480-5753),
Jumu'ah Prayer, Apr – Oct, Fri: 1:30 p.m.
Nov – Mar, Fri: 12:30 p.m.
For Religious Education and Daily Prayers check Prayer Schedule

Orthodox Services

Please contact 0162-182-5396 for more information.

Pulaski Youth Center

Monday "Genesis" Dance Night (grades 6–12)
Tuesday Musician's Night (grades 6–12)
Saturday "The Rock" (grades 9–12)
Small Groups "Plugged-In" (grades 6–8)
For more info call USAG K – Chaplain's office at 493-4098, Civ 0631-3406-4098

HOUSES FOR RENT

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5 Bedrm House, 1250€ plus util. Doris Drewlow Immobilien, Tel: 06371-5940059

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Visit: www.advantipro.de

Airbase 15min.: Weselberg area: great freest. house 290 sqm, 6br, 3 bath, 3 gar , E 2180,-; Hauptstuhl: 5br dplx, gar, yard E 2100,-; Neumuehle, nice 4br, firepl. yard, gar, avail. May, E 1200,-; JR REALTY, reduced fee - , ph: 0177-5522-328 or 0162-4131-878 or jrrealtykmc@yahoo.com

Airbase: 10min: Ramstein-Miesenbach very nice duplx, 3br, studio, yard, E 1200,- JR REALTY - reduced fee- ph: 01775522328, 01624131878 or jrrealtykmc@yahoo.com

Altenglan, cosy house, nice view, 2floors, 180sqm, 4 BDR, 2 baths, rent € 1300 ZIAI Immobilien 06371 57888

Bann - Single House, 4 Bedrm, Dbl Garage 1130€ plus util, Doris Drewlow Immobilien, Tel: 06371-5940059

Bann: 4BM duplex, 2,5baths, patio, yard, garage, E1150, ImmmobilienT 016096096498

Herschberg, 10min to hospital, 3BM house, 2 garages, big yard, E1030, Immobilien T 016096096498

Biedershausen, 66917, 7Bdrm, 3 Baths, 280 m², Garden, Gar €2100 + util. 30 min to AB, 20 min to Landst. Immobilien Hauschild Tel. 06373-505600

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Glan-Münchweiler: Freest. House with a wonderful view, 3BR/3BA, 160sqm, open-fire-place, terrace, yard, garage € 1.200,- + util 06371/943311-16 www.GermaWild-Immobilien.de

Herschberg, 10min to hospital: 130sqm house, 2bm, loft, big yard, patio, 2 garages, E1060, Immobilien T.016096096498

Herschberg-Landstuhl-SD: freestanding, 3-4 bedr., living-diningrm., built-in-kit., 1 ½ bath, patio, yard, double garage, 1.550,-- € + util www.AGRA-Immobilien.de 06371/57656

Hochspeyer: 4BM 150sqm house, 2,5baths, patio, built-in-furniture, yard, garage, E1175, ImmobilienT 016096096498

Höheinöd: 10 min to hospital, new renovated house, 150sq, big yard, E960, Immobilien T.016096096498

Horbach, 10min to Vogelweh, 4BM, 2baths, garage, E1000, Immmobilien T 016096096498

Horbach, nice 4bm house, garage, patio, E1020, Immobilien T.016096096498

Kaiserslautern 10min, FSH , 4 BDR , 2 baths , garage , rent € 1830 ZIAI Immobilien 06371 57888

Kaiserslautern East, FSH 160sqm, 3 BDR, 1 bath, nice yard rent € 1100, ZIAI Immobilien 06371 57888

KL-Otterberg: Amazing and comfortable house with 200sqmrs livingspace, 4bedrooms, fireplace, bik, double-garage and yard for 1660,00 €+util. Call: 0174 - 3185641 (Sascha K./Realtor)

Kottweiler: freest. 216sqm, 6 bedroom house, 2,5 bathrooms, carport a. yard 1470,- € + util KD-Baubetreuung 06371-619033, e-mail: kd-baubetreuung@t-online.de

Krickenbach: doublex, 3bedr., living-diningrm., built-in-kit., 1 ½ bath, patio, yard, garage, 1.040,-- € + util www.AGRA-Immobilien.de 06371/57656

Kusel 5min, new FSH, 5 BDR, 3,5 baths, 2 carports, wounderfull view , rent € 1910, ZIAI Immobilien 06371 57888

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Landstuhl, 5min., FSH 240sqm, 6 BDR, 2,5 baths, garage, rent € 1700 , ZIAI Immobilien 06371 57888

Landstuhl, nice duplex, 150sqm, 3 BDR, garage, rent € 1007, ZIAI Immobilien 06371 57888

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Mehlbach , lux. FSH, nice view, 220 sqm, 5 BDR, partyrooom, 5 baths, double garage, rent € 1800, ZIAI Immobilien 06371 57888

Mehlbach , nice house , 140sqm , 4 BDR , 2 baths , 1 garage , rent € 950 ZIAI Immobilien 06371 57888

Mehlingen-Baalborn: nice renovated 3 bm house, garage, patio, open-fire-pl, floor heat, E 1700, Immobilien T.016096096498

Near LRMC, new duplex, 2 bedrm, totally furn & equ. 1400€ incl util. Doris Drewlow Immobilien, Tel: 06371-5940059

Near Spesbach: Comfortable House, 230sqm, 6BR/2BA, 2 balconies, big terrace, big garage, 2 carports € 1.640,- + util, 06371/943311-16, www.GermaWild-Immobilien.de

Nice, newer Ramstein House, 4 BR, 2 baths, good bik, liv/din rm, storage, patio, garage, €1,150. Great Vogelbach House, 4 BR, 2 baths, nice bik, liv rm, dining rm, storage, garage, €950. Large Bruchmühlbach House, 5 BR, 2 baths, bik, liv/din rm, garage, patio, €1,550. Reduced fees. Call 0631-22328 or 0177-5522-328 or 0162-4131-878.

Niedermohr (4min to Ramst. Air-Base): 4-5 bedroom house, living-diningroom, 2,5 bathrooms, small yard, no pets 1110,- € + util

Ramstein, FSH, 260sqm, 7 BDR, 3 baths, rent € 1850, ZIAI Immobilien 06371 57888

Obermohr: Freest. House, 6BR/2BA, yard, terrace, garage € 1.300,- + util 06371/943311-16 www.GermaWild-Immobilien.de

Olsbrücken (near Weilerbach): freest. 4 bedroom house, 1,5 bathrooms, garage and yard 1300,- € + util KD-Baubetreuung Tel: 06371-619033

Queidersbach, 200sqm duplex, 4BM, 2 baths, garage, patio, E1400, avail. 1.June, Immobilien T.016096096498

Queidersbach, 3BM, 135sqm duplex, garage, yard, patio, 2 baths, E 1020, ImmobilienT. 016096096498

Rammelsbach (Near Baumholder): Duplex, 165sqm, 5BR/2BA, balcony, garage € 1.050,- + util 06371/943311-16 www.GermaWild-Immobilien.de

Ramstein: doublex, 2bedr., living-diningrm., built-in-kit., 1 bath, basement, garage, 670,-- € + util www.AGRA-Immobilien.de 06371/57656

Ramstein-school district: free standing house (see picture), 4 bedr., 2 bath, carport, nice view, € 1.350, – + util., Mackenbach: duplex, 4 bedr., 2 bath, carport, € 1.129, – + util. Otterberg: free standing house, 3 bedr., 1,5 bath, garage, full basement, € 1.000, – + util., Siegelbach, duplex, 4 bedr., 2 bath, carport, fenced yard, € 1.253, – + util., I.B.u. Immobilienservice Thomas Souri-ßeaux 06374 995 694 Thomas.SX@t-online.de

Schmalenberg, 15min to Vogelweh: 4,5 BM, 230sqm free-stand house, garage, open-fire-place, floor-heat, fenced yard, E 1700; immobilien T.016096096498

Schopp, nice house, 200sqm, 3 BDR, 2.5 baths, rent € 1400, ZIAI Immobilien 06371 5788

Siegelbach: 4BM house, 200sqm, garage, yard, available 1.June, E 1170, Immobilien T.016096096498

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HOUSES FOR RENT

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Rehweiler, nice new 5 bedr. freest., 196 sqm, nice bik, lrg liv rm, balcony, 3 bath, nice yard, garage, shed, 1405,-€Hütschenhausen, nice new 5 bedr. freest., 208 sqm, nice bik , lrg liv rm, 2.5 bath, nice yard, garage, 1605,-€Bedesbach, nice cosy 4 bedr. freest., 110 sqm, new bik, liv rm, lrg balcony, 1.5 bath, nice yard, storage, garage, 716,-€Horbach, beautiful 6 bedr. freest, 270 sqm, bik, lrg liv rm, 2 balcony, family rm, 3 bath, carport, nice view, 1636,-€Kusel, nice new 4 bedr. 2 storie apt, 150 sqm, bik, lrg liv rm, balcony, 1.5 bath, parking, 950,-€ Reduced Fees Real Estate Sabine Leppla please call: 0179-2267905

Spesbach, nice duplex, 140sqm, 4 BDR, carport, rent € 1050, ZIAI Immobilien 06371 57888

Vogelweh, 15min, FSH, 260sqm, 6 BDR 2 baths, 4 garages, rent € 1860 , ZIAI Immobilien 06371 57888

Wallhalben, 10 min to landstuhl hospital: brand new 190sq, 3BM house, garage, E1450, Immobilien T.016096096498

HOUSES / APTS FOR SALE

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3 Bedrm Bungalow RAB School Distr 259000€ Doris Drewlow Immobilien, Tel: 06371-5940059

66892 Miesau, Theodor- Zink-Str. 1, new freest. house 200sqm / 600sqm, no fee, more info: www.weberimmoservice.de Tel: 0176-22758734 (I´m only speaking german), €325000

Bann - Single House 276sqm, 581sqm lot, 2 garages, 139000€ Doris Drewlow Immobilien, Tel: 06371-5940059

Hochspeyer: Investment, Townhouse for sale: Price 290000,--Euro, 360qm living space, 4 appartments, completely rented to Americans, All Completely renovated in 2010, All with built in Kitchen, 4 Carports, 1 Garage, 2 Patio, Small garden. 27630€ Rent per Year. RE/MAX Real Estate Center Kaiserslautern call Michaela 0631/41 40 8880 or 0176 32361664

Kaiserslautern City: Investment, Townhouse for sale, Price 350.000 Euro, 7 appartments, 400qm living space, Completely Rented, 27630 Euro Rent per Year. RE/MAX Real Estate Center Kaiserslautern call Michaela 0631/41 40 8880 or 0176 32361664

LQA/OHA can be used to rent or to buy. Buying a home in Germany is not complicated at all, we will walk you through the entire process. Doris Drewlow Immobilien, Tel: 06371-5940059 doris@dorisd-realty.com

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Open House- Sat 30 Apr 1500 - 1700 hrs, Single House, 66894 Bechhofen, Kastanienweg 3. Doris Drewlow Immobilien, Tel: 06371-5940059

Open House- Sun 1 May 1500 - 1600 hrs, 66978 Clausen, Am Dietersberg 15. Doris Drewlow Immobilien, Tel: 06371-5940059

Queidersbach, nice 130sqm duplex, carport, built 2000, E 160000, Immobilien T.016096096498

Queidersbach: nice 4BM duplex, 200 sqm, garage, built 2000, E 248000, Immobilien T. 016096096498

Ramstein: 4 bedroom house, property 350sqm, living-diningroom, 1,5 bathrooms, double garage, yard Price 280.000,- € KD-Baubetreuung 06371-619033, e-mail: kd-baubetreuung@t-online.de

Schrollbach: almost new, exclusive freestanding house, fenced yard, about 980sqm property, 5-6 bedrm., living-diningrm., fireplace, exclusive built-in-kit., 2 ½ bath., about 205sqm livingspace, 398.000,--€ www.agra-immobilien.de 06371-57656

Single House K`town 300sqm Liv Sp, 1024sqm lot 270000€ Doris Drewlow Immobilien, Tel: 0631-5940059

Single House, 5Bedrm, RAB School District, 125000€ Doris Drewlow Immobililen, Tel: 06371-5940059

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Villa, close to the Autobahn A 62, see photos under www.immobilien-helga-stenschke.de, 250.000,-- € 0171/4783904

Weselberg, nice 200sqm duplex built 2000, E208000, ImmobilienT. 016096096498

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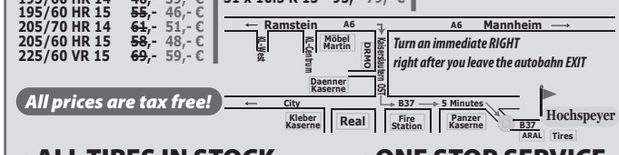

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2010 Ford Mustang, Black, V6 Pony Package, Auto, 14,600 miles; Pirelli all-season tires, Michelin snow tires, alarm, wheel locks, $22500 Call: 016098522772. or sjmcdermid@gmail.com

2010 Mini Clubman S Blue/wht stripes, ALL options, wtr & sum tires, blk lthr/pw/pl, dual roofs, many extras, immacualte, org owner, warranty, $25499, 016093887693, beach_n4me@yahoo.com

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626 Mazda exclusive 2000 63Tkm dealer maint. alloy AC very good cond german INSP until April 2012 €5200 obo Call: 06371-62154

90 Honda civic Just passed insp. good, reliable car, always maintained well, alway runs, call: 06374-9946959, €1000

91 BMW 318i 162K km runs great, great shape, panasonic stereo, winter tires incl, e-mail chad_baumler@yahoo.com for info or more pics $2000 chad_baumler@yahoo.com

94 Opel Vectra. Front wheel drive, automatic, German Spec. Inspection good until Oct. Great commuter car. Asking $2,000 OBO. Call 06374915912

97 BMW 316i M series. 5 spd. Heated seats. Black. Black/red interior. Runs great. GPS included. 210k km. $3000 janenesl@yahoo.com

98 VW Polo very reliable, Guaranteed to pass inspection, low KM's, second owner. Great car, $2500, danielrossetti22@yahoo.com

BMW model 523i, 2000, 2.5ltr., 170HPS, 220Tkm, many extras, good cond, €4300 obo Call: 0176-96841664

Audi 1994 A80 (German Specs), Miles 173292 km (107K miles), Winter/Summer Tires, extra 4 Tires with rims, New Battery, asking $2300 or obo, (W) 06151-397-5160 or (C) 0160-806-0553

BMW 318. 5 speed manual trans, power windows & doors, cassette player, FM/AM radio, dual climate control & AC system. Owners are non-smokers. 269k km, €2650, 0160-782-9118

BMW 318i Automatic, Mod 94, pwr sunroof and windows, dark green, very good cond. clean inside and outside, euro spec until 2012. Call:0163-3683159, €1950, lea2900@gmx.de

BMW M5 E39 1999 Metallic Black. 290k km. 13,000 Eur 400hp, Black and blue leather etc. Good Condition. Located in the Mannheim area. 13,000 EURO garry_f@hotmail.com

BMW, 530i, V8, 219 HP, only 147000km, Alu.Wheels, new Tires, Germann Tüv8/2012, Inside like new, lackdamage on trunk, more pictures, 3300$/ €2350, gkollitz@t-online.de

Chevrolet Alero, 1999, 39.000km, 177hp, leather, 8 wheels, green metallic, automatic, driven by old lady, Frankfurt. €3300 0151 56620251, ks@ps-webhosting.de

EU spec BMW 316 manual trans, 4 New tires, New brakes, recent service, passed inspection 18 April. $2400. Call 01717730326. kwright253@hotmail.com

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Honda Civic 95 autom good running cond ready for INSP $2500 obo Call: 0160-92866150

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LTB a Porsche. Please give me a email thanks. Iam from Ramstein. tim01011@gmx.de 1

Marathon Bass Car Speakers High Thermal Capacity Voice Coil, 400 Watt, Marathon Bass Car Speakers. $25. Call 0162-270-8615. timoandcyndi@hotmail.com

Mazda 6i Sport Val.Ed. 2007 US Model, 2.3L, 16V, Automatic, 6x Airb., A/C, grey metal., ABS, 36Tmiles, 146hp, 17inch alloy wheels, € 10900 Call 0174/9685115

Mini Cooper Convertible '06, $16,750, US Specs, 24K easy miles; Excellent Condition; manual trans; English Racing Green, black power top; Harmon Kardon CD-stereo; new front tires; Chrome package & Climate package, heated seats; 06371-8020-103; 0151-2130-9917; cjhebner@yahoo.com

Nissan 350Z 37,000 miles year: 2007 color: atomic orange please call for more information. $18500 0151-25274389 / visoljah24@hotmail.com

OBO - 2008 Hundai, Tuscon GLS 26, 171 miles, excellent condition, Light grey/grey interior, Moving Must Sell! Sony stereo w/HD, blue tooth and USB, $15999

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Porsche 911 Cabrio 90 Carrera2, 250HP, 3,2 l, d.blue, Spoiler, Pwr strg, pwr wind., AC, CD-radio, new tires, leather/heat. seats, central lock. €29500 01578-2512818

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Scoda '95 red 4dr radio 5spd $1200 Call: 0152-28222169

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Tires (2) Quatrac. Size is 195/60R15 88H M+S. All Weather. Never used. Price is for two. $160. Call 0162-270-8615. timoandcyndi@hotmail.com

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

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VW Golf IV 1.6 great condition, 40 000 km, 101 PS, silver, air cond. automatic, radio, 09-99 summer- a. winter tires, near Ramstein, the price is firm €6500, Call 01577-4603200

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MOTORCYCLES

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2007 Sportster Custom 883 Great bike! 5000 miles! Garage kept. Great riding bike, you want be disappointed! $6000 063156000813

2010 Honda Fury Chopper. VTX1300CX. See photos. Adult owned. Garage kept. Minor scratches. Only 3320 miles since new. Landstuhl. $9495, markpowe@yahoo.com 0176-3214-0529

Vietnam Vets/Legacy Vets MC - Active duty, retired, veterans, www.redandblack-germany.de, call 0157-75984414

Harley Davidson Fatboy 2008 - like new! - flat black - windshield - sissybar - 2500 miles - 01709335830 - $13500 - freddyvermeir@hotmail.com

ANNOUNCEMENTS

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Announcing a new blog dedicated to military spouses. Share your comments or initiate topics. Say what's on your mind. Please visit http://blog.spouseclubs.com/ . We look forward to getting to know you.

Congratulations to Nicholas and Jessica Lee on the birth of their baby girl Anabel Rose Lee, 19 April 2011.

English speaking meetings of Alcoholics Anonymous available in the Kaiserslautern/Vogelweh Area. Our contact information is: AA Hotline-01803-224-357, www.aa-europe.net/countries/germany.htm

Indoor Fleamarket Pirmasens, every Saturday 10am -16pm, Corner Simter-Schillerstr., hugh selection Antiques, furniture usw.

Kinder Surprise Eggs are illegal in the United States. Help us change the law by signing our petition at www.freetheegg.com freetheegg@gmail.com

Quit Smoking Today! The Army Public Health Nursing is offering Tobacco Cessation Classes for civilian and military personnel in the Kaiserslautern Military Community Area. Classes will begin the 2nd of March 2011 from 1130 -1230 hours. The classes will be held at the Kleber DFAC, Back Dining Room Bldg. 3206. New classes begin on the first Wednesday of every month and last for four weeks. Advance registration is required. To register or for more information call Army Public Health Nursing at DSN: 486-7002 or CIV: 06371-86-7002

Reiki: Interested in forming a Reiki Share Group? Please contact Jerry or Lorraine @ jerlor@t-online.de

CHILD CARE

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KA 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 KA 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.*****

Certified german in-home daycare provider has openings full- or parttime, every age is welcome. Call Dagmar 06385/993240 or DagmarStegner65@gmx.de

Child Care / Nanny (engl spk) w/ experience has openings for ages 2-10, very flex. 7min RAB. Pls call 0163-2943479

FOR SALE -- MISC

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3x Free Monitor 17 inch. 220 volt. Call 0631-30335530

"Antique look" dinning room table and chairs (4) In very good condition, must be picked up. more info http://taylorsimpson.weebly.com/index.html $500 pkapareliotis@netscape.net

10 inch home tower speakers with sub, like new barely used, $200, danielrossetti22@yahoo.com

1972 Olympic Games Munich! Historic Beer Stein / Mug! Very rare! To include the -Hofbräuhaus-, -Olympia Tower-, and the historic -Frauenkirche- Has been passed down in the family. Asking $80. See pictures at www.class-world.eu E-mail: s.vogl75@web.de

2 ginger jar table lamps in great condition, 220v, color: light grey. Pick up in Miesenbach at our garage sale Apr. 30, 9am - noon. Email for address. $24 suncity1991@aol.com

20" Boys Magnum bike, like new condition, hand brakes, 10 gears, asking $80. Please call 0151-41410231 if interested. chad_baumler@yahoo.com

2009 Bugaboo Red Frog Stroller in EUC. Includes bassinet, toddler seat, sun hood, bug net, rain cover and maintaining kit. Reasonable offers accepted. $400 jgb1180@yahoo.com

27 Suspense Thriller Books 'T. Hoag', 'O. Shaughnessy', 'L. Jackson', J. Pattison', S. Brown', 'Reichs' etc. $50 Call: 0170-4019648

2x 220V Brother electric type writers - only been used twice. Best offer accepted - Can deliver to RAB Call: 06332-41560

4 months Belgain Leather Livingroom Set. All seats receline. Recliner rocks & swivel 360 degrees. PCS and it to big for our new place. $2200, LanetteW77@yahoo.com

5x embroidered tablecloth with ducks. Gr. 26 cm was made from 100% cotton, never opened. For sale. sweilacher@t-online.de €12

6 Bookmarks photographed Picture from Germany for Sale.sweilacher@t-online.de €6

A yard sale not to miss! Selling 7 years of collecting lots of things. Antiques, IKEA furn, Polish pottery. 30 Apr. Pferchstrasse 23, Sulzbachtal 7-12, persephonespomegranate8@google.com

AFN / PowerVu Receiver - American forces Network HI - I am looking for a PowerVu receiver with valid subscription ptech@gmx.co.uk or icq 430974952

Budget electric sanding machine, well-used, works OK, $25, starshipstudios@aol.com

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Agate Silver Pendant - Chinese Luck 925 silver pendant with black agate. Length - 3.50 inch width - ca, 1.60 cm. sweilacher@t-online.de €18

Air conditioners. Portable, stand alone. Like new! Barely used, less than a year old. Comes with instructions, parts and remote control. 220V. $240, 0631-5600-1146 or cjbromen@yahoo.com.

Antique Beer Mug - Gerzit- very old - has been passed down in the family from my great grandfather. Asking $40 E-Mail: s.vogl75@web.de

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

As new size 38 woman blouse embroidered black never worn! embroidered blouse size 38 / 77% polyester + 23% Cotton. sweilacher@t-online.de €22

Baby gates (fit 85cm gap), set of 4. Nearly €200 to buy new when we moved here. Well-made (metal), easy for adult to open/close without removing. $100 ronaldswells@hotmail.com

Beam me up Scotty! Put a figure inside and watch him dissapear! Makes actual beaming noises. $5 isabell_1_98@yahoo.com

Bicycle Huffy 20 inch BMX bike with Mongoose seat and pedals. Some rust. $20. Call 0162-270-8615. timoandcyndi@hotmail.com

Bicycle Pacific Quick Silver 21 inch Shimano equipped 21 speed all terrain. $50. Call 0162-270-8615. timoandcyndi@hotmail.com

Bicycle Roadmaster 20 inch Ultra Terrain Extreme 6 speed. $35. Call 01162-270-8615. timoandcyndi@hotmail.com

Blue & Yellow curtains for bedroom/livingroom. Satin like material. $15 See www.class-world.eu for pics. 017622987498/ isabell_1_98@yahoo.com

Bosch ASM30 electric lawn mower 220v second hand, great for smaller lawns, lightweight & quiet, free delivery within KMC possible! $65. starshipstudios@aol.com

Bought chair 4 my son but he is too big for it. I purchased this chair from Bed Bath and Beyond. Asking $80 paid $99, Still in box. 06374944804

Boys Step 2 Race Car Bed w/side cart. It will fit toddler or twin mattress. $250, LanetteW77@yahoo.com

Brand New Alienware Mx17 Laptop. Dell Sold me 2 identical laptops and I am looking to recoup my money for 1 purchased. $1519 Firm. Brand new! bekanichrobert@msn.com

Cabinet for TV, Bassett (Pine), 65" Ht, 30" Wd, 20" Dp, Exc Cond, TV also for sale (see Sony Trinitron 25"), $165 OBO, Call 0163-330-5535, Lv Msg

Chest of Drawers. White wood chest of 5 drawers. Stands 3 ft 10 in high, 2 ft 8.5 in wide and 1 ft 5 in deep. $35. Call 0162-270-8615. timoandcyndi@hotmail.com

Chrome Pedelen hanging light, glass. 29 1/2 inches wide. Only used one month. €30 classicer48@yahoo.com

Coffee Mill Wood for sale. sweilacher@t-online.de €10

Coffee Table Butcher Block Style Wood. 3 ft 6 in square stands 13.5 inches high. $50. Call 0162-270-8615. timoandcyndi@hotmail.com

Coffee, Espresso, Cappuccino Machine by DeLonghi. Hardly used. In box with manual. $50. Call 0162-270-8615. timoandcyndi@hotmail.com

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Collectors Cup and Plant from Kunst Kronach Germany for sale. sweilacher@t-online.de €12

Color multisystem Tv. Works great. From Hitachi. Call 017622987498 $20

Color TV Hitachi 20", multi-system (NTSC, PAL, SECAM), auto-voltage, stereo, rear panel A/V input jacks, no remote control, instructions manual, $30, Call 0162-2708615. timoandcyndi@hotmail.com

Color TV Hitachi 25", multi-system, auto-voltage, stereo, front and rear panel A/V input jacks, remote control, instructions manual, $50, Call 0162-2708615. timoandcyndi@hotmail.com

Color TV LG 20", auto-voltage, NTSC, with remote control, no manual, $15, Call 0162-270-8615. timoandcyndi@hotmail.com

Color TV Samsung 28", multi-system, auto-voltage, stereo, rear panel A/V input jacks, remote control, $40, Call 0162-2708615. timoandcyndi@hotmail.com

Color TV Sanyo 19", 110V, stereo, front panel A/V input jacks, remote control, instructions manual, $20, Call 0162-2708615. timoandcyndi@hotmail.com

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Dragon Oil Burner. Blue in Color. Stands 5.5 inches tall and 7 inches long. Burns normal lamp oil. Never used. $15. Call 0162-270-8615. timoandcyndi@hotmail.com

DVD Player AVoL, auto-volt, code free (plays NTSC, PAL, etc), plays most formats (DVD, CD-R, CD-RW, MP3-CD, Kodak Picture CD), remote control, maunual, $30, Call 0162-2708615, timoandcyndi@hotmail.com

Each. 3 Chairs. Blue wood with straw seats. $10. Call 0162-270-8615. timoandcyndi@hotmail.com

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Eagle Figure by Andrea. Hand painted, of bisque porcelain. Stands 13.5 in tall and 5 in at the base. $55. Call 0162-270-8615. timoandcyndi@hotmail.com

MAC monitor 17 inch 220 volt. €20 call 0631-30335530

End Tables Bamboo with Storage Compartments and Glass Tops. Lid opens like a trunk. Measures 18.5 inches square. $50. Call 0162-270-8615. timoandcyndi@hotmail.com

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Marble Table, Black w/white traces, 47" diameter, really nice, octagonal, comes w/ext leaf and 6 chairs, $600 OBO (paid €1,500), Call 0163-330-5535, Lv Msg

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Mr. T Flavorwave halogen heat / infrared wave oven - as seen on TV! Model 3835 paid new $120 a year ago - hardly been used, incl. original invoice and remaining warranty! Will sell for $75 obo E-Mail: s.vogl75@web.de

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Old German Ashtray from Thomas for sale. sweilacher@t-online.de €5

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Woman Alba Moda cardigan knitted pink jacket 38/40 Wool, Angora, Poli, Gr. 38/40 Alba modes with beadwork. Back length 58 cm. sweilacher@t-online.de €22

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Wood frame picture. From Ashfield Arts. Made in the UK. Paid $500. see class-world.eu for pics. email.isabell_1_98@yahoo.com

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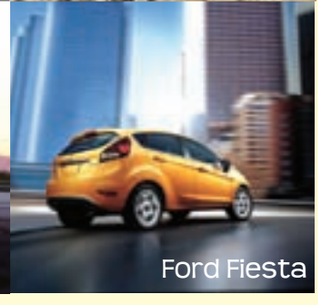
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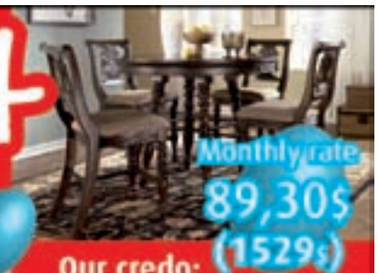

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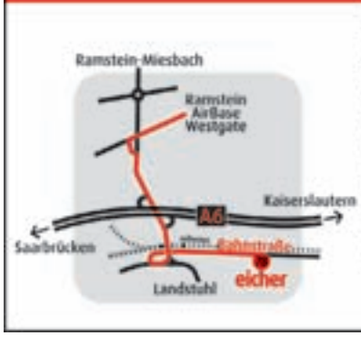

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From Ramstein Airbase over the bridge follow the direction Landstuhl. At the first traffic light turn to the right and on the next traffic light you must turn a second time to the right. After + 2 km you will find our store on the right side.

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... and here are The Easter Egg Hunt Contest Winners!

Thanks to everyone who participated in the Special Edition Contest. Close to 600 people entered to locate the **25 Easter Eggs** hidden throughout the paper. Keep reading the KA for more ways to win great prizes!

WINNER: Larry James
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WINNER: Michele Kirkpatrick
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WINNER: Bonnie Kirkham
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WINNER: Kathy Mihm
MÖBEL MARTIN
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WINNER: Annete Boston
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WINNER: Shadonna Gordon
DESIGNER OUTLET CENTER ZW
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