KAISERSLAUTERN AMERICAN

NOVEMBER 11, 2011 HAVE YOU READ YOUR KA TODAY? VOLUME 35, NUMBER 45

86th AW delivers on LCAP inspection

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

The 86th Airlift Wing successfully completed a difficult Logistics Compliance Assessment Program inspection held at Ramstein from Oct. 31 through Nov. 4.

The inspection is used to test the knowledge and skills of Airmen in the 86th Logistics Readiness Group and 86th Maintenance Group.

"The LCAP is a grueling inspection and I couldn't be prouder of our teams who earned two outstanding, five excellent and three high satisfactory unit ratings," said Brig. Gen. C.K. Hyde, 86th AW commander. "The new grading process is very difficult. Satisfactory ratings are the new norm and our units did extremely well — just missing an overall wing rating of excel-

See INSPECTION, Page 3

Photo by Airman 1st Class Brea Miller

Air Force Logistics Compliance Assessment Program inspectors and 86th Logistics Readiness Squadron service members examine individual protective equipment to ensure serviceability during a LCAP inspection Nov. 2 on Ramstein. The biannual inspections determine overall readiness and safety compliance within logistic and maintenance squadrons.

Sembach residents to see increase in services

by Dijon Rolle
U.S. Army Garrison Baden-Württemberg Public Affairs

It's the newest "gem" in U.S. Army Garrison Kaiserslautern's crown of Army installations. Last October, Installation Management Command officially acquired Sembach Kaserne, formerly known as Sembach Annex, from the U.S. Air Force, which had occupied it since the early 1950s.

Prior to the turnover, many of Sembach's facilities had fallen into disrepair as the future of the small installation nestled in the rural farm hills northeast of Ramstein remained unclear.

As a result, anyone who has stepped foot onto Sembach recently has noticed this jewel is in need of polishing, and members of both the USAG Baden-Württemberg and Kaiserslautern garrisons are working to bring back this base's luster.

"We're fortunate to have Sembach Kaserne as part of our garrison. We have been working over the past year to prepare Sembach to receive our first tenant organizations, and recently the 18th Military Police (Brigade) became the first large organization to be stationed out in Sembach," said USAG-K Commander Lt. Col. Lars Zetterstrom. "Our goal is to continue to integrate Sembach into the Kaiserslautern community. It's not a separate community. It's a kaserne that is part of USAG Kaiserslautern and the overall Kaiserslautern military community."

Members of the USAG Kaiserslautern Family and Morale, Welfare and Recreation and Directorate of Public Works have taken on the bulk of the multifaceted

See SEMBACH, Page 14

TIP OF THE WEEK

Seatbelt Safety: "P" is for "park" right? It should stand for "protect." Protect yourself and your passengers before moving out of "P." Remember to always buckle up!

Be Safe! Arrive Alive!

NEWS

Roofing projects save big bucks, Page 6

LIFESTYLES

Introducing the KMC's newest residents, Page 26

TEAM RAMSTEIN
WE ENABLE COMBAT POWER
TOTAL DEPLOYED FROM 86TH AW 587
TOTAL DEPLOYED FROM TEAM RAMSTEIN 899
As of Nov. 7

Commentary

WHAT'S YOUR LEGACY?

by Chief Master Sgt. Lola McLeod
86th Medical Group superintendent

My husband and I were at dinner a few weeks ago and we were discussing my retirement. He asked me, "What's your legacy?" As I get ready to retire after 30 years in the Air Force, I started reflecting.

Legacy is defined as "anything handed down from the past, as from an ancestor or predecessor: the legacy of ancient Rome." Legacy is something you enjoy creating now with those around you, then leave it behind knowing it will continue to benefit the lives of others.

Looking back on my life, I saw legacy leavers everywhere, starting with my parents, who taught me that integrity, hard work and perseverance will take me far in life. They left me with instructions on how to live.

I joined the military in 1977 at age 18. As I progressed through my career, there were many people before me whose legacy was apparent in my day-to-day actions as well as many people around me.

As I sit here and continue to think about my legacy, I begin to think about the foundation I was given as an Airman. I was an outspoken Airman who felt everything was about me and what I wanted to do versus what my supervisor needed me to do. This is where I learned about the importance of service before self. This way of thinking changed when my supervisor sat me down and provided me with a feedback session that I believe changed my career. I could continue to be self-centered or be a part of the Air Force mission. I chose the mission.

As an NCO, my foundation grew stronger. I knew I had a voice and could make a difference when the people around me not only heard me but actually listened to what I had to say. I also had supervisors who challenged me with more responsibility and saw great potential in me. The question is simple: "Where do you see unrealized potential in your Airmen, and how do you unleash it?"

Everyday you are leaving your legacy — both by your actions and words. Make sure you lead by example, not only by what you say, but also with what you do. Remember to share the lessons that have meant the most to you.

As my life has evolved and changed over the years, I believe I've helped others with my experiences and knowledge in an "each one teach one" way.

As I approach the end of my military career and continue with my journey in life, my legacy will stand. Will yours?

Air Force leaders issue Veterans Day message

WASHINGTON — Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force James Roy send the following Veterans Day message to the Airmen of the U.S. Air Force:

America is built upon the achievements and the sacrifices of veterans. On Veterans Day, we express appreciation and thanks to more than 22 million American veterans, including 4 million veterans of the U.S. Air Force.

We especially honor and remember those who lost their lives to help defend our Nation, and we give thanks to the families whose support made their loved ones' service possible. Collectively, our nation owes our veterans and their families a debt that can never be fully repaid.

Following in the footsteps of previous generations, you — today's Airmen — continue to answer the nation's call. In all of your missions, whether serving in overseas contingency operations, providing disaster relief at home and abroad, or protecting the skies above the U.S., your commitment and professionalism reflects our veterans' proud legacy of devoted service. You, too, have earned our nation's thanks.

Our duty obliges us to ensure that each generation understands and appreciates the sacrifices that have been made, often at very heavy cost, by the men and women who have fought to preserve our freedom. On this Veterans Day, please take time to reflect on our veterans' contributions, and thank those in your family and your community who have served America so selflessly.

Obama, Panetta praise military veterans' service

by Donna Miles
American Forces Press Service

WASHINGTON — Defense Secretary Leon E. Panetta today joined President Barack Obama in recognizing the contributions veterans have made throughout U.S. history and the sacrifices U.S. military members continue to make in defending its freedoms.

"On my first Veterans Day as secretary of defense, I want to extend my deepest thanks to all of you serving this country in uniform," Panetta said in a video to the force being aired worldwide on the Pentagon Channel and Armed Forces Network.

"In traveling to the front lines, in visiting with wounded warriors, I have been inspired by the patriotism and dedication of our service members," he continued. "Over the past 10 years of war, you have done all that was asked of you and more."

The president, in a proclamation released earlier this week, noted the sterling example veterans have shown throughout history.

"In times of war and peace alike, our veterans have served with courage and distinction in the face of tremendous adversity, demonstrating an unfaltering commitment to America and our people," Obama said. "Many have made the ultimate sacrifice to preserve the country they loved."

The president noted that many veterans, after leaving military service, have continued to serve as leaders in their communities and workplaces.

The selflessness of military members and veterans is "unmatched," Obama said, noting veterans provide a reminder that "there are few things more fundamentally American than doing our utmost to make a difference in the lives of others."

In return, the U.S. has a moral obligation to ensure veterans receive support "for as long as they live as proud veterans of the United States armed forces," the president said. He pledged to honor troops performing missions in Iraq and Afghanistan, as well as all others who serve or have served in uniform "by working tirelessly to give them the care, the benefits, and the opportunities they have earned."

(For the full story, visit the KA online at www.kaiserslauternamerican.com.)

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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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INSPECTION, from Page 1

lent by .73 percent."

After a recent change to AFI 20-111 LCAP, the baseline for rating, the inspection criteria has become more in depth and difficult. At 89.27 percent, the wing earned an overall rating of "satisfactory."

The LCAP provided leadership with the evaluation of the units' ability to perform key logistics processes in a safe, standardized, repeatable and technically compliant manner. The inspection is based on a graded assessment with percentage scores and uses a five-tier rating scale: outstanding, excellent, satisfactory, marginal and unsatisfactory. Each group was graded at squadron level; scores were then combined for an overall wing rating.

"The inspectors looked for things like technical procedures and how aircraft and vehicles are maintained," said Lt. Col. Jeremy Eldred, 86th AW inspections and readiness chief. "In addition to the evaluation process, the LCAP inspectors evaluated quality assurance programs as well."

The assessment teams were made up of 48 Airmen from Air Mobility Command and U.S. Air Forces in Europe.

"Our Airmen are vital for mission success," said Col. David Haase, 86th LRG commander. "The LCAP inspectors spent a week digging into hundreds of complex programs and processes; they simply validated what we already knew. I would say we have an experienced and competent logistics workforce that delivers mission capability in a precise, compliant and reliable manner each and every day."

Unlike an Operational Readiness Inspection, Airmen evaluated were not placed in simulated scenarios.

"Members of both groups should be very proud of themselves," said Lt. Col. Richard Gibbs, 86th MXG deputy commander. "They do this every day. We were participating in real-world operations while all of this was going on. I am very honored to work with the Airmen of the 86th MXG and the 86th LRS -- it's impressive, what they've done and continue to do."

While the inspection created a larger workload for the Airmen, their attitudes about their work remained the same.

"I am proud of the positive attitude, enthusiasm and professionalism displayed by our Airmen," said Hyde. "The teams (MXG/LRG) knocked it out of the park. Everyone pulled together and performed exceptionally. I appreciate everyone's commitment to excellence."

Photo by Airman 1st Class Caitlin O'Neil-McKeown

Benedict Choates, 86th Maintenance Group, fits a screw while Staff Sgt. Jon Bradley and Airman 1st Class Vyacheslav Agarkov, 86th Aircraft Maintenance Squadron, look on during routine maintenance on the flightline Nov. 2 on Ramstein.

LOGISTICS COMPLIANCE ASSESSMENT PROGRAM INSPECTION

UNIT RATINGS

86th QA — *Outstanding*
86th AMXS — *Satisfactory*
86th MXS — *Excellent*
86th MOS — *Excellent*
86th MMS — *Satisfactory*
86th MUNS — *Outstanding*
86th VRS — *Excellent*
86th LRS — *Satisfactory*

Overall 86th MXG — *Excellent*

Overall 86th LRG — *Excellent*

86th Airlift Wing Overall — *Satisfactory*

Air Force mobile app takes off

RANDOLPH AIR FORCE BASE, Texas — The Air Force Recruiting Service's first Smartphone app, Make-it-Fly, hit the Apple app store recently.

This free app challenges users by allowing them to build and fly their own aircraft.

To complete the series of nine mission objectives, users must choose from different fuselages, wings, engines and weapons to create the right plane for the job.

"This is the first app intended to inspire an association of science, technology, engineering and math disciplines with the Air Force," said Brig. Gen. Balan Ayyar, the AFRS commander. "Part of our recruiting strategy is viewing the social media realm as a recruiting space and developing applications, such as Make-it-Fly, that will play an increasingly important role in our efforts to connect with future Airmen."

Current AFRS initiatives, besides the Smartphone app, include enhancing the interactive AIRFORCE.com website and equipping recruiters with high tech tools for processing applicants.

The Make-it-Fly mobile app is currently available for download from the Air Force's new mobile site or AIRFORCE.com.

The app is also available for download from iTunes and Droid markets in early November.

(Courtesy of the Air Force Recruiting Service)

KMC BLOTTER

COMPILED BY THE 569TH USFPS

NOV. 1

11:10 a.m.: A major traffic accident with injuries was reported in Kaiserslautern. The investigation revealed a pedestrian attempted to cross the road and failed to yield to oncoming traffic. Upon contact, Polizei detected the odor of alcohol coming from the pedestrian.

NOV. 2

4:05 p.m.: A theft was reported at the KMCC. Investigation revealed someone stole items by concealing them in their pocket and backpack.

NOV. 3

6 a.m.: Theft from a motor vehicle was reported in Oskar-Schlemmer-Ring in Kaiserslautern.

NOV. 4

7:28 a.m.: A theft of AAFES property at the Pulaski Barracks Shoppette was reported. Investigation revealed an Army captain left the shoppette without paying.

NOV. 5

12 p.m.: A break-in and theft was reported in Landstuhl.

NOV. 6

11:10 a.m.: Fraud was reported at the Community Bank ATM. Investigation revealed the suspect withdrew an unknown amount from the ATM and later discovered additional charges to his credit card in the amount of $495.

NOV. 7

10:30 a.m.: Shoplifting was reported at the KMCC on Ramstein. Investigation revealed the suspect removed the property without rendering proper payment.

AADD STATS

Nov. 4 — 21 calls, 28 volunteers, 39 lives potentially saved.

No statistics were available for Nov. 5.

Reported Larcenies

NOVEMBER 1

» **Ramstein-KMCC:** one box of Legos and one box of trading cards.

NOVEMBER 3

» **Kaiserslautern, Oskar-Schlemmer-Ring:** three TVs, one iPod4, one pair of Chanel glasses and one pair of Versace glasses.

NOVEMBER 4

» **Pulaski Barracks Shoppette:** 54.24 liters super unleaded gasoline valued at $120.20.

NOVEMBER 5

» **Landstuhl:** one X-Box 360, one Toshiba laptop, one Samsung cell P phone and one designer watch.

NOVEMBER 6

» **Ramstein-KMCC:** one 50 milliliter Prada spray perfume and one walnut brown make-up.

Take Note

KMC-wide exercise

The 86th Airlift Wing and 435th Air Ground Operations Wing will host a KMC-wide exercise Tuesday to Thursday. 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 base services and gate and road closures on and off base. Call Ramstein Inspections & Readiness at 480-5441 for questions.

Diabetes health fair

The 86th Medical Group will sponsor a diabetes health fair from noon to 4 p.m. Monday at the KMCC food court. There will be free health screenings from FHC (blood pressure, weight/height); labs (glucose screening) HAWC (diet/smoking cessation); dental (diabetes and oral care — free tooth brush); DM (risk assessment and patient education information session); and optometry (free eye exams).

Closures

» The KMC Housing offices will be closed today for an American holiday. Offices will also be closed Nov. 24 and 25.

» The Furnishings Management offices on Einsiedlerhof and Ramstein will close at 11 a.m. Nov. 18 for an organizational function.

» The international law section at the Ramstein Law Center is closed Monday to Nov. 18 for annual mandatory training.

» The Military Personnel Section in Bldg. 2106 will undergo flooring renovations on the first floor entryway. To accommodate the construction, the Ramstein School Liaison Office and ID Cards and Passports offices will be closed Nov. 23 to 27. If you require immediate CAC/ID Card or SOFA card assistance, you may visit the Kleber ID Cards and Passports Office in Bldg. 3245. Call 483-7662/7072 or 0631-411-7662/7072 for more information. For emergencies, call the Command Post at 480-2121. For school liaison assistance, call the KMC School Liaison Office at 489-6771 or visit them in Bldg. 2787, Suite 300 on Kapaun. During normal hours of operation, to schedule CAC or ID card appointments, call 480-6599. For questions concerning passports or visas, send an e-mail to 786fss.passports@ramstein.af.mil or visit the office during customer service hours, from 9 a.m. to 3 p.m. Monday through Friday.

Off limits list

U.S. forces personnel are prohibited from entering establishments or conducting business with the below firms, individuals and organizations, except as required by official business. Military members who violate this prohibition are subject to punishment under the Uniform Code of Military Justice. Civilians are cautioned that these establishments have been declared off-limits because the commander has determined they threaten the health, safety, morale or welfare of service members.

» Tuncay Altay (Black Sounds Club), Raiffeisenstrasse 19, Landstuhl

» Marco Banf (MBT and BTM moving company), Kirchdell 16, Kaiserslautern

» Axel Burghammer (car sales), Im Bachgraben 11, Landstuhl

» Ramona Fröhlich (day care), Hebelstrasse 12, Katzweiler

» Mohammad Koohi (Arya Club), Steinstrasse 56, Kaiserslautern

» Martin Massa (cleaning business), Turnerstrasse 70, Kaiserslautern

» James Brown (cleaning business), Obergasse 20, Weilerbach

» Gisela Smith and Herbert Sator (dog sellers), Steinwendener Strasse 23a, Kottweiler

» Angelika Picker (AP Bausysteme/construction), Kaiserstrasse 15, Pirmasens

» Brigitte Weinand (day care), Weberstrasse 21, Kindsbach

Faces of the garden fair

The Kaiserslautern Garden Fair is again looking for people who would like to help promote the park and become a "face of the garden fair for 2012." From March until October, official posters with these faces will be placed in more than 50 locations in Kaiserslautern and the region. Organizers plan to have seven different motifs, and posters are supposed to change every four to five weeks. Anybody who likes the garden fair can send in their application with their photo and a short sentence explaining what special relationship they have with the Gartenschau. Applicants should be between 6 and 100 years old and have time for a photo shoot at the end of November. Those being elected by a jury will receive a free family season ticket. Send in the application with photo, age and address to: Gartenschau, An der Kalause 9, 67659 Kaiserslautern, or e-mail it to info@gartenschau-kl.de. For details, call 0631-71007-13.

Season's greetings

AFN Europe's Regional News Bureau on Ramstein will once again host this year's "Season's Greetings" to deployed service members stationed downrange. Airmen and units (no more than 10 people in one group) are invited to the studio in Bldg. 2124 (right next to the VAT Office, and adjacent from Anthony's Pizza/Lucky's Doners) to send their holiday greetings. Times to stop by are from 10 a.m. to 6 p.m. Nov. 28 and 29 (reserved for distinguished visitors) and 10 a.m. to 6 p.m. Nov. 30 to Dec. 9 (weekdays only). To make an appointment, call Staff Sgt. John Archiquette or Tech. Sgt. Burt Traynor at 480-6445.

MOU with DOD

Effective January, the Department of Defense will require all academic institutions participating in the Military Tuition Assistance program to have a memorandum of understanding with the DOD. The policy applies to all institutions, accredited by an agency recognized by the U.S. Department of Education and enrolling active-duty military members, using DOD military TA dollars, to assist in the payment of their education. This includes schools operating on and off military bases and institutions delivering courses through various modalities to include classroom instruction and distance education. For details, call the Ramstein Education Center at 480-2032.

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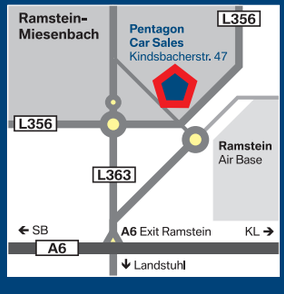

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Roofing projects save big bucks

You may have noticed roofing construction around your KMC installation within the last year or heard that your own office building is getting a new roof in the near future.

Though these projects are not glamorous, buildings are significantly affected by the characteristics of their "envelope."

A building envelope is the physical separation between the interior and exterior, basically the foundation, roof, walls, doors and windows. An effective envelope provides protection from weather and climate, ensures indoor air quality, is durable, protects against moisture, insulates, and is energy efficient.

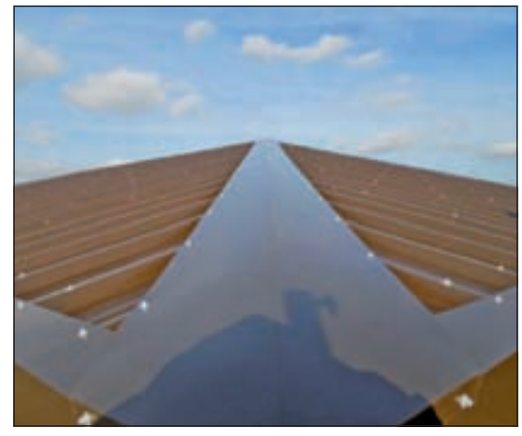
Two ways a roof can affect energy efficiency are through reflectivity and insulation. The new roofs in the KMC address these energy efficiency opportunities while also replacing roofs that are near the end of their useful life. A roof with the right reflectivity will help to keep a building cool in the summer, and proper insulation holds in heat in the winter.

Six new roofs were constructed last year on Ramstein. Fourteen new roofing projects will begin this fall and are expected to be completed before next summer.

Together, these projects are expected to save more than $500,000 and 12,400 MBtu per year in utility costs. An additional 19 roofs are planned through 2014 within the KMC.

The potential future savings add up to approximately $835,000 and 19,000 MBtu. The dollar savings for these projects cover the cost of the new roof within the first five to 10 years depending on the building.

Over the remaining lifetime of the roofs, pure dollar savings are realized. Additionally, these upgrades result in reduction of greenhouse gasses through the cutback in heat (MBtu) used to regulate temperature in the buildings.



Courtesy photos

Before and after photos of the roof of Bldg. 2120. Installation of the new roof was completed in October.

Upgrading to the latest energy efficiency technologies and ensuring modern materials and construction methods are used can make a big difference. But, technology can only go so far.

Human behavior is the most important factor in resource saving efforts. A study was completed in the fall of 2008 on Fort Belvoir, Va., where four homes with varying energy conservation measures were erected and monitored.

It turns out that the military families living in the homes had an even greater effect on the energy efficiency than the technology.

So, that means putting into action all of the energy saving tips out there can make a huge difference.

Besides things like turning off lights and conserving water, there are even ways people can help to optimize their home or office envelope during the summer and winter.

When you are trying to stay cool in the summer, close the curtains, blinds or rollladen to block the sun. Adjust throughout the day to follow the sun's path, and take advantage of lower nighttime temperatures to ventilate.

In the winter season, do the opposite. Allow the sunlight in during daytime hours, and then close window coverings in the evenings to trap the warmth.

Close off rarely used rooms in order to keep the heat where it is needed most.

Keep an eye out for continued energy efficiency projects from your civil engineer squadron. If we make wise decisions about energy usage, we will have a warm winter and avoid unnecessary waste as well.

(Courtesy of the 86th Civil Engineer Squadron)

Northside Post Office resumes operations Monday in new Bldg

by Tech. Sgt. Itzia Caban
86th Communications Squadron

After operating for more than four months at the old BX on Ramstein, the Northside Post Office will resume operations Monday at its primary location in Bldg. 426 (next to the Woodlawn Golf Course).

The move will require the physical relocation of more than 10,000 mail receptacles, hundreds of parcels and all postal equipment.

The entire move will take approximately three days, at which time customers will be unable to access their mailboxes.

The old BX doors were locked Thursday, and will re-open for business in Bldg. 426 at 10 a.m. Monday. Until then, all services will be suspended for Northside Post Office patrons; however, customers will still have the option of mailing packages on Saturday by utilizing the Kapaun Post Office or Army postal finance sections, located on Landstuhl, Rhine Ordnance Barracks and Kleber Kaserne. Customers with mailboxes at the Southside or Kapaun post offices are not affected by this move.

For updates and more details, check out the Ramstein Facebook page or visit www.ramstein.af.mil.

German Polizei Corner

Polizeipräsidium Westpfalz

WHEN TO USE WINTER TIRES

A German federal law that went into effect Dec. 3, 2010, specifically mandates the use of winter tires when conditions are icy.

Winter tires have two kinds of markings: A snowflake for snow tires or the "M+S" sign for tires designed to work in "Matsch und Schnee" (mud and snow). All-season or all-weather tires may also have the "M+S" marking and are acceptable for winter driving.

The law also applies to motorbikes, trucks and buses, regardless of whether the driver is the owner or renting the vehicle.

To know when to put snow tires on a vehicle, German motorists use the saying, "von O bis O," which is short for "von Oktober bis Ostern" (October to Easter). This means, motorists should change from regular tires to snow tires in October and leave them on until Easter. Furthermore, check out these facts about winter tires:

» Only snow tires without spikes or studs are allowed in Germany.

» Tires designed for snow function better than multi-purpose tires.

» All tires should have at least 1.6 millimeters of tread depth, but for maximum safety, tires with less than 4 millimeters should be replaced.

» Winter tires offer better protection than all-season models, and it's best if all four tires match.

The German automobile club, ADAC, recommends using tires that carry the "three peak mountain" seal.

Motorists caught driving in winter conditions without "M+S" tires will be fined €40 and given a point against their license. Motorists who are involved in an accident or who block traffic in icy conditions without "M+S" tires will be fined €80 and awarded a point against their license.

In addition, some insurance companies may deny coverage to motorists driving with summer tires on winter roads.

786th CES keeps runways clear in winter months

by Senior Airman Katherine Holt
86th Airlift Wing Public Affairs

In what was called one of the worst winters, 2010 saw more than 38 inches of snow — and no airfield closures here.

Members of the 786th Civil Engineer Squadron heavy repair team kept the airfield clear of ice and snow the entire winter, without a single aircraft being grounded for airfield conditions.

"Our objective is to keep the runway clear and dry for aircraft to take off and land," said Staff Sgt. John Scherstuhl, 786th CES heavy repair. "We won't lose a runway."

For the past two years, Ramstein has been the only runway in the area that did not close due to winter weather conditions, Scherstuhl said.

"We have taken divert aircraft from many different bases in Germany, including Spangdahlem," she said.

Keeping up with 24-hour snow-season operations is not an easy task. To alleviate the toll on personnel, the heavy repair team enlists the help of 40 augmentees throughout the 786th CES. Augmentees are required to attend an 80-hour snow school to qualify them on the equipment used to de-ice runways.

"These guys are not heavy equipment operators," said Master Sgt. John Platz, 786th CES heavy repair superintendent. "Each year we have to put different augmentees through the school to have them certified on all the equipment they will come in contact with."

Augmentees are put into a 24-hour rotation on a stand-by basis until winter is in full swing and they are needed. The heavy repair team is equipped with three de-icers. The newest deicer is a massive 70-foot machine capable of making one pass on the entire runway.

"Having multiple deicers is crucial to keeping the runways open," said Tech. Sgt. E.J. Jones, 786th CES heavy repair section chief. "If we lose one or two, we still have one left to get the job done."

Clearing the runway of ice and snow is not a one-time-a-day task. Members and augmentees of the heavy repair team are constantly on the runway ensuring aircraft are able to get on and off the runway as needed.

"We are always on the go. Our engine is rarely off," Scherstuhl said. "Sometimes it feels like ice is forming as you are removing it."

Though the winter months can be grueling and nonstop, they all agree that in the end having an open runway is worth it.

"Knowing that we haven't closed a runway in two years keeps all our spirits high," Scherstuhl said. "We have bragging rights. No base in the area has been able to accomplish what we have."

American Red Cross needs volunteers

by Senior Airman Katherine Holt
86th Airlift Wing Public Affairs

"The American Red Cross would not be here if it weren't for volunteers," said Kim Charomicz, Ramstein American Red Cross chairwoman of volunteers.

In fact, 96 percent of all personnel working for the American Red Cross are volunteers.

"We have a million things to do," Charomicz said. "We rely on our volunteers."

With the holidays quickly approaching, the Red Cross is in need of volunteers more than ever. For the last five years, volunteers ensured the delivery of 3.5 million holiday greeting cards from the American public with the "Holiday Mail for Heroes" program.

The Red Cross partnered with Pitney Bowes, a mail stream technology company, to collect and distribute holiday cards to American service members, veterans and their families in the U.S. and around the world.

"This year, we received hundreds of greeting cards that need to be sorted," Charomicz said. "In the past, we have had a good amount of people helping and we are going to need the same for this year."

Though the holidays bring a special need for volunteers, the Red Cross offers opportunities all year round.

"We offer opportunities that capitalize on our volunteer's assets," said Cynthia Reuter, reserve senior station manager.

One of the most popular programs is the dental assistant volunteer program. Volunteers get their certification and spend time at the Ramstein Dental Clinic. From there, they can take their certificates and work at any dental office.

"We have had great feedback from volunteers that participated in the dental assistant program," Reuter said.

Opportunities like the dental assistant program wouldn't be possible without agencies opening positions for volunteers to fill.

"We have volunteers that are able to give a good amount of time to help out different offices," Charomicz said. "Agencies just need to contact us to let us know there is a need."

Whether volunteering full time or helping out during events throughout the year, the Ramstein Amercian Red Cross can always use an extra hand.

To volunteer, call the Ramstein American Red Cross at 06371-47-2171.

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Exchange bakery now part of US Army Garrison Kaiserslautern

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

GRÜNSTADT, Germany — Most breads and pastries Americans buy on post are baked at Grünstadt Depot — a recent addition to U.S. Army Garrison Kaiserslautern's growing list of installations.

Garrison commander Lt. Col. Lars Zetterstrom and key garrison leaders recently toured the depot, meeting staff at the Exchange bakery and Culligan bottled water plant. Zetterstrom was impressed with Grünstadt's operations, he said.

"It's pretty amazing. They produce hundreds of product lines and are able to push those out each day to customers across Europe," Zetterstrom said. "It's a tremendous operation and we're happy to now be partners with them."

Situated a few miles north of Bad Dürkheim, just east of the Palatinate Forest along German Autobahn 6, the depot has been a U.S. Army post since the early 1950s. In the past, workers there produced ice cream, packaged meat and photo prints. The bakery opened in the early 1980s. In 1996, the depot began producing bottled water.

In May, when U.S. Army Garrison Mannheim deactivated, the depot briefly fell under Heidelberg-based U.S. Army Garrison Baden-Württemberg, which is also due to inactivate. On Oct. 1, U.S. Army Garrison Kaiserslautern became responsible for the depot.

Last year, U.S. Army Garrison Kaiserslautern also assumed responsibility of Sembach Kaserne, previously a U.S. Air Force installation. Next year, the garrison assumes responsibility of Germersheim Army Depot.

"Our garrison is growing," Zetterstrom said. "This is just the continuation of the transformation of the Army in Europe."

Mathias Baum, bakery manager at Grünstadt Depot, explains to Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern, about the wide variety of breads and pastries the depot produces.

Kaiserslautern is more convenient than driving into Heidelberg, said Klaus Schlosser, a bakery production manager who worked at the depot for the past 25 years.

"Heidelberg is too far. When I need an installation card, it takes a half day," Schlosser said. "It's easier to go to Kaiserslautern. That's closer to our facility. So, I can save two to three hours."

The depot visit offered Zetterstrom and his staff a closer look at the depot's structures. The garrison now oversees maintenance and repair for roughly 20 buildings, plus security and safety for depot employees, he said.

"It's a new location for us. We have to figure out their issues, understand their concerns and come up a plan to address them," Zetterstrom said. "It's a great partnership we are developing. We look forward to providing great services to employees."

Residents reminded to be fire safe this Thanksgiving

As Thanksgiving approaches, many families and friends will sit down to a delicious turkey dinner. Be sure to follow fire safety precautions to help ensure that tragedy does not come between you and your Thanksgiving celebration.

Keep your family and overnight guests safe with plenty of working smoke alarms. You should have one on every level in your home, one in every bedroom, and one in the halls outside any bedroom.

Test smoke alarms monthly and replace batteries at least annually. Instruct overnight guests on your family fire escape plan and designated outside meeting place.

Start holiday cooking with a clean stove by removing any buildup of grease that may be on the surface of the appliance. When cooking, use the back burners whenever possible, and keep pot handles turned in so they do not extend over the stove where they can be easily bumped. Every home should have a minimum of one ABC-rated fire extinguisher. Keep it near the cooking area on the exit side of the room.

Candles are often part of holiday decorations; special care should be taken when using them. Candles should never be left burning when you are away from home or after going to bed. Make sure candles are located where children will not be tempted to play with them and where guests will not accidentally brush against them.

Photo courtesy of www.shutterstock.com

Turkey Fryer Fire Safety

• Place the turkey fryer on a level surface in an open area away from homes, fences, sheds, and other structures that are combustible.

• Never place the fryer on a wooden deck or porch or in a garage or carport.

• Leave at least 2 feet between the fryer and the propane tank.

• Keep the fryer in full view at all times.

• Keep children and pets away from the fryer.

• Check the oil temperature often. If you see smoke coming from the oil, turn off the gas right away.

• Completely thaw and dry the turkey before frying. Adding a partially frozen or wet turkey to the pot makes the oil splatter a lot, causing a fire or explosion hazard.

• Cover bare skin before adding or removing food from the fryer.

• Raise and lower food slowly to avoid splattering or spilling oil.

• Use the right amount of oil.

Turkey Fryer Fire Facts

• Cooking fires peak on Thanksgiving Day.

• Most fires from turkey fryers occur while the oil is being heated, before the turkey is added.

• Contact with hot oil can cause serious burns.

If the fryer catches fire, call 112 right away. Do not try to put it out with water as this will only spread the fire.

Using a Class K type extinguisher is best on fryer fires due to the amount of oil being used.

(Courtesy of 86th Civil Engineer Group)

AF announces civilian workforce restructuring

from Air Force News Service

WASHINGTON — Air Force officials announced several adjustments to the civilian workforce. In response to direction from the Secretary of Defense for the Department of Defense to stop civilian growth above fiscal year 2010 levels and the need to add 5,900 positions against the Air Force's top priorities, the Air Force eliminated approximately 9,000 positions.

These adjustments reflect several initiatives designed to align limited resources based on Air Forces priorities. This process is an ongoing effort to increase efficiencies, reduce overhead and eliminate redundancy.

"We can't be successful without our talented and experienced civilian workforce," said Michael B. Donley, Secretary of the Air Force. "We are making difficult choices about how to deliberately restructure and posture the force and will continue to look for new ways of accomplishing the mission," said Donley. "We can't afford business as usual."

Upon receiving the secretary of defense's 2010 memo directing that civilian manpower costs stay within fiscal year 2010 levels, the Air Force began a comprehensive strategic review of the entire AF civilian workforce to determine whether or not civilian authorizations were in the right places to meet mission priorities.

The strategic review revealed several imbalances. Some high priority areas needed to grow, while some management and overhead functions needed streamlining.

These imbalances led to a variety of initiatives focused on realigning scarce manpower resources with the most critical missions.

In particular, the Air Force will grow by approximately 5,900 positions in acquisition, the nuclear enterprise, and intelligence, surveillance and reconnaissance and other key areas while reducing approximately 9,000 positions in management, staff, and support areas.

Beginning in May, the Air Force implemented a series of hiring controls and voluntary separation programs designed to reduce overall manpower costs, but these hiring controls did not provide the results required to operate within our fiscal constraints.

As details become final, Air Force officials will release information on the next set of initiatives.

Local leaders will be sharing the results of the civilian manpower adjustments with their workforces over the next several days. A reduction of civilian positions does not directly equate to the involuntary loss of people. Some of the positions designated to be cut are currently empty or will be reallocated.

"We will continue to improve our processes and seek opportunities to streamline operations so we remain the world's dominant Air Force," said Brig. Gen. C.K. Hyde, 86th Airlift Wing commander. "As we shape the force of the future, we will continue to provide the essential support our civilian Airmen need and minimize the impact on our people."

At the local level, Ramstein's civilian personnel office remains a focal point for support.

"We're working within the parameters set by the Air Force to lessen the impact on the work force," said Christine Murray, Civilian Personnel Human Resources flight chief. "We will continue to share information as it becomes available."

The Ramstein civilian personnel office can be reached at 480-4208.

(Information for this article was compiled by 86th Airlift Wing Public Affairs)

An outbreak of graffiti has occurred in the KMC since students have returned to school from summer break, according to 86th Security Forces Squadron Investigations. Graffiti destructs nature and is expensive to repair. Vandals should be reported.

GRAFFITI FACTS:

» Graffiti is one of the most costly property crimes.

» Graffiti dramatically reduces property values and accelerates neighborhood decay.

WHERE DOES GRAFFITI COME FROM?

» While street gangs use graffiti as a form of communication and a tool for the marking of territory, the vast majority of graffiti is placed by graffiti vandals, or "taggers." These taggers often form groups called "tag crews."

» The primary motivation of graffiti vandals is "fame," or recognition for placing graffiti by other vandals. This is accomplished by placing large amounts of destructive graffiti, often in difficult locations that are highly visible.

» Graffiti is a "gateway crime." Involvement in graffiti often leads to involvement in other types of crime.

» Though spray paint is the most popular method of placing graffiti, graffiti vandals also use markers, etching tools and acid.

» The attitude of most graffiti vandals is that they want to destroy as much property as possible. Many vandals claim to be addicted and unable to stop themselves from continuing to place graffiti.

WHAT CAN YOU DO?

» If you see someone placing graffiti, call 112. This is a crime in progress and security forces will be dispatched. Do not approach the vandal; the individual may be violent. Stopping a graffiti vandal is never worth jeopardizing your safety. Always call security forces.

» If you wish to report a graffiti vandal and prefer to remain anonymous, you may call the 86th Security Forces Squadron Base Defense Operation Center at 480-2050.

(Courtesy of 86th Security Forces Squadron)

Spotlight

Find us on Facebook

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

November 11-17 2011 • 06371-47-5757 • DSN 480-5757 • www.86fss.com

Aquatic Center

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

•Fitness Lunch:
Tuesday - Thursday 12 p.m.-1 p.m.
•Water Aerobics: Tuesday & Thursday, 6-7 p.m.

Arts & Crafts

Ramstein • Bldg 552 • 06371-47-6534

•Kids Crafts: Variety of projects: $5
•Framing & Matting, Pottery, Cake Decorating, Intro to Drawing and Kid Crafts Classes: Call for more details

Bowling Center

Ramstein • Bldg 2139 • 06371-47-5547

•Thanksgiving Special: 23 Nov.,11 a.m.-Close $1 games and $1 shoe rental.

Vogelweh • Bldg 2060 • 0631-536-6543

•Thanksgiving Turkey Shoot: 1-18 Nov. Win a turkey by bowling a strike in frames 3,6 and 9 in any of your 3 games durning league play. Pay $3 in advance to participate. One turkey per person only. Pick up turkeys on 21 or 22 Nov. $3 per try.
•King of the Hill : 12 Nov., sign up at Noon; Bowl at 1 p.m. $300 guaranteed to first place with 20 or more bowlers. Bowl 4 games. Eliminate 1/2 of the field. Bowl 2 more games. Eliminate 1/2 of the field. The remaining bowlers roll off in step ladder.

Community Center

Ramstein • Bldg 412 • 06371-47-6600

•Flea Market: Every 2nd and 4th Saturday, 10 a.m.-2 p.m.
•Kinect Dance Challenge Finals: 15 Nov., 6 p.m.
•Silpada Bingo: 18 Nov., Doors Open at 5:30p.m. Bingo Starts at 6 p.m.

Vogelweh • Bldg 2059• 0631-536-7626

•Kinect Dance Challenge Finals: 16 Nov. 6:30
Sade Concert Run:Tickets on sale now!
•Sade: 16 Nov.,Tickets are on sale NOW!

Enlisted Club

Ramstein • Bldg 2140 • 06371-47-5421

•TGIF: Fridays, 5-8 p.m.
•Karaoke: Saturdays, 9p.m.-2 a.m.
•Football Frenzy: Sundays, 6 p.m.

Kaiserslautern Rod & Gun Club

Vogelweh • Bldg 2960 • 0631-536-7274

•Archery Course: Fridays, $50, 5-7 p.m.
•Pull-Shoot-Fetch
•Archery for Moms

Officers' Club

Ramstein • Bldg 302 • 06371-47-282

•Sunday Brunch: 10 a.m.-1:30 p.m.
•Thanksgiving Brunch: 24 Nov., 10:30-1:30

Outdoor Recreation

KMC Center • 06371-47-5705

•Heidelberg Urban Hike: 12 Nov., 8 a.m., $60
•Dutch oven Class: 13 Nov., 1 p.m. $20

RTT Travel

KMC Center • 06371-47-6330

•Prague & Karlovy Vary: 11-13 Nov.
•Bavarian Higlights #1: 11 Nov.
•Mystical Medieval Bruges: 13 Nov.
•Castles on the Rhine River: 17 Nov.

Youth Center

Ramstein • Bldg 428 • 06371-47-6444

•Bring Your Teddy Bear Day: 16 Nov. Bring your favorite Teddy Bear and enjoy a sweet treat witha a friend

Vogelweh • Bldg 1057 • 0631-536-6504

•Deployed Kids' Night Out: 18 Nov., 6:30-9:30 p.m. $15 SNLT 16 Nov. Free with deployment papers.

Teen Center

Ramstein • Bldg 411 • 06371-47-3099

•Learn How To Use the Fitness Center: 15 Nov.

Vogelweh • Bldg 1057 • 0631-536-6504

•No School Teen Swimming Monte Mare: 10 Nov., 2-7 p.m., $15

Did you Know

The FCC

office has moved to Bldg 849 rm 312
DSN: 478-7420
CIV: 06371-405-7420

FORCE SUPPORT SQUADRON

Photo by Chuck Roberts

AROUND THE KMC

Gloria Gaynor visits wounded warriors

Singer Gloria Gaynor meets a wounded warrior during her Nov. 6 visit with staff and patients at Landstuhl Regional Medical Center. Afterward, Gaynor sang her classic hit "I Will Survive" for troops at the United Service Organizations.

Photo by 1st Lt. Jessica Bull

Haunted Trail on Sembach

Pfc. Bridget Leal, a supply clerk, and Spc. Natascha Rushing, a human resource specialist, both of Headquarters and Headquarters Company,18th Military Police Brigade, startle Donovan and Sydney Quintanilla, children of Marlene Quintanilla, the Family Readiness Support assistant for the 18th MP Bde., on the Haunted Trail Oct. 28 on Sembach Kaserne.

Photo by the Ramstein Airman & Family Readiness Center

Air Force family of the week

Chief Master Sgt. Ted Hebert, his wife CarrieAnn, and their children Chance, 14, BryceAnn, 11, Tanner, 6, Brayden, 3 and Remmy, 5 months, arrive at Ramstein from Scott Air Force Base, Ill. Hebert is assigned to the 435th Contingency Response Group. The family is looking forward to sightseeing.

Photo by Airman 1st Class Kendra Alba

Words of wisdom

Brig. Gen. C.K. Hyde, 86th Airlift Wing commander, and Chief Master Sgt. Zefrem Smith, 86th AW command chief, speak with Airmen attending the Airmen Leadership School during Commandant Hour Nov. 2 on Kapaun Air Station in Kaiserslautern. Hyde and Smith used Commandant Hour to give insight on what is expected of a first-line supervisor and offer words of wisdom.

Photo by Pfc. Iesha Howard

21st TSC recognizes logistics hero

Brig. Gen. Aundre Piggee, commanding general of the 21st Theater Sustainment Command, presents the Logistics Hero Award to Pfc. Dustin Myers, a logistics specialist with the 66th Transportation Company in Kaiserslautern, Oct. 27. Myers' performance as an equipment and parts specialist resulted in his section turning in more than $780,000 of excess equipment, which enhanced his unit's ability to conduct a more thorough inventory in a timely manner.

Youth Sports impacting KMC K.I.D.S.

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

KMC Youth Sports created KMC Kids In Developmental Sports, a developmentally appropriate sports program for children ages 5 to 15 with special needs, with support from the Exceptional Family Member Program.

KMC K.I.D.S. is a new program and unique to the KMC because no other Air Force base offers a program that provides families with special needs a way to play and learn sports together.

The family support function of the Exceptional Family Member Program is designed to provide support to military family members with special needs, in the form of information and referrals, support groups and recreational events.

Photo by Nancy Hoehn

Staff Sgt. Erick Cruz and his son, Yariel Caban, practice soccer skills together.

"The KMC K.I.D.S. program is designed to provide another opportunity for children with special needs not playing in the mainstream sports program to come out and have some fun," said Paula Scott, KMC K.I.D.S. program coordinator.

KMC K.I.D.S. kicked off with a successful soccer season and was developed to be informative and fun, so parents and children with special needs will have a positive sports and fitness experience. Parent participation is mandatory at each session.

This program is open to any ID cardholder whose child has special needs. In the spring, KMC K.I.D.S will have a baseball program concurrent with the youth sports spring baseball season.

"The KMC K.I.D.S. sports program is a great way for children and parents to play and develop skills together in a non-competitive environment," said Nancy Hoehn, EFMP-FS coordinator.

Ramstein EFMP-FS will be bridging the KMC K.I.D.S. fall and spring sports programs with an adaptive arts and crafts program over the winter at the Ramstein Arts and Crafts Center. For its first project, families with will work together to create their own unique keep-sake Christmas ornaments in two after-school sessions Nov. 29 and Dec. 6.

To register your child for the KMC K.I.D.S. program, call Ramstein Youth Sports at 480-5660 or 06371-47-5600, or visit www.86fss.com/KMC-Sports.html.

For more information on the Ramstein Exceptional Family Member Program, call 480-1742 or 06371-47-1742. You may also find them on Facebook by searching for "Ramstein EFMP."

Vogelweh elementary opens up 'Wall of Honor'

Story and photo by Mark Heeter
U.S. Army Garrison Kaiserslautern

The walls of the Vogelweh Elementary School gymnasium transformed into a monument of students' colorful collages, dedicated to veterans and all those who are serving and have served.

During the week of Veteran's Day, the school hosted two celebrations for the "Wall of Honor," which included veterans and KMC leaders offering thoughts on the meaning of being a veteran and why they have served.

"Whatever you do in life, you should do it in service, " whether to the country or simply to other people, said Lt. Col. Lars Zetterstrom, U.S. Army Garrison Kaiserslautern commander, guest speaker at the event held Tuesday.

Zetterstrom, whose parents enrolled him in the U.S. Military Academy at the 17, noted that he has been in uniform for more than half his life.

"I love serving our country," he said. "Would I do it over? Absolutely. In a heartbeat."

U.S. Army Garrison Kaiserslautern Command Sgt. Maj. Gene Canada, who grew up with the military and attended DODDS schools, thanked the school officials who hosted the event and thanked them – and the packed audience — for their contributions to the military. And he had a special message for the many children in the crowd.

"I've deployed a couple times. And I had the honor of working with Iraqis and interacting with children there. They want to learn, just like you," Canada said.

Army Sgt. Nicholas Meurer, 95th Military Police Battalion, holding his son, Corey, admires the "Wall of Honor" recently at Vogelweh Elementary School.

"I love America. I love our country. I love where we come from," Canada said, on his reasons for continuing in his father's footsteps. "Selfless service is part of being a veteran."

A third veteran, George Robert Meachem Sr., who served two tours in Vietnam with a stint in Germany in between, was joined by Canada and fellow Third Infantry Division veteran Zetterstrom, for a rendition of the division song, "Dog Face Soldier."

"I didn't want to go (to Vietnam)," Meachem said. "But I went, because I believed in the cause for which we fought."

Holiday traveling with children

by Stephany Pippin
86th Airlift Wing Public Affairs

Traveling around Europe can be intimidating with small children. Actually, it can be downright scary.

With holidays fast approaching, planning and preparation is key when it comes to vacationing with the family.

Jeanie Veith, Ramstein Travel and Tours group travel supervisor, encourages parents to choose trips that are age appropriate for their children.

"If possible, try to involve your children from the beginning," Veith said. "This will allow them to be more involved with the trip and gain something from it. Preparing them in advance will make the trip easier and more enjoyable. It's important to provide something for them to do that's fun and to make adjustments for different age groups when choosing a trip for your family."

Photo courtesy of www.shutterstock.com

Traveling with children can be scary, so officials suggest planning trips that are age-appropriate for children.

There are many different modes of transportation when deciding on how to get where you want to go.

One thing for parents to consider when choosing the right transportation is to include proper seating arrangements. Most buses and airplanes only have lap belts where you will need the base to a rear-facing car seat to securely fasten in an infant.

To simplify packing, there are many pointers you can follow. In most places, there may not be a laundry facility readily available and hand washing is very time consuming. In most cases, children will need three to four times the outfits, playwear, sleepwear and accessories.

Among packing essentials, like plenty of diapers and wet wipes, there are some things everyone may not think to bring.

"A night light is something everyone may not think to bring for the bathroom," Veith said.

Creating games your children don't usually play can be fun and exciting.

"Rebuild the trip by looking at the memories — photographs, souvenirs and artifacts. (It) makes the trip really come alive for the children," Veith said. "Another thing to remember: passports need to have a six-month validity period for traveling."

Language barriers can also play a role in your travel plans. For example, in England if you ask for a "crib" you will receive a "cradle." A "cot" is the term used for "crib."

"I always recommend parents go to the website www.travel.state.gov because they have the countries listed and any requirements for documentation and immunizations can be found there," Veith said.

Traveling for the holidays can be a rewarding experience for the entire family. With the proper planning and preparation, the world is at your fingertips.

SEMBACH, from Page 1

mission to restore and revitalize the installation.

Sembach currently houses a commissary, post office, bowling alley (with a Warrior Zone inside), fitness center, gas station, fire station, exchange shoppette TKS concessionaire, an elementary and middle school (with plans for a new K-8 school sometime in fiscal year 2016), a Community Bank, vehicle registration office, theater, community center, chapel, sports fields and Soldiers' barracks.

Several community members have voiced concerns about conditions on the base, specifically the lack of FMWR facilities, base services, limited facility operating hours and family housing.

"We're in the process of making Sembach a great place, and we ask that people be patient with us because its takes a lot of time. We received the mission first and the time and money afterwards," said Steven Pelletier, FMWR USAG Kaiserslautern director.

The services are coming, he added.

"They are on their way but it will take us time to get there," he said.

Some of the major projects underway include renovations to the fitness center and other existing facilities.

"We are doing a $2 million renovation of the hull of the building, replacing the roof, windows and some renovations to the inside of the facility. We're also realigning the locker rooms and shower rooms, creating laundry spaces, correcting some deficiencies in the floors and taking down walls to give ourselves more programming space," Pelletier said. The facility will remain open during the improvements.

Repairs are also being made to the community club, which will provide a meeting place for community members, family readiness groups and unit functions. A Java Cafe is also being constructed, which will feature Starbucks coffee, sandwich wraps, salads and other grab-and-go items. Both are scheduled to open next summer.

Pelletier also said the exchange is planning to build a Subway sandwich shop in the existing shoppette.

"There is a plan to increase more food options. DeCA, AAFES and I are doing an assessment to actually figure out how many eating facilities are right for the population that we will have at Sembach at the end of the day," he said. "Right now, people can eat the grab-and-go food at the shoppette and they can dine at the bowling center, or Wednesday through Sunday they can dine at the deli at the commissary."

The commissary is also looking at extending its hours to support the anticipated increase in the base population. Currently, the facility is open Wednesday through Sunday. However, there are still no plans to add a base dining facility.

In regards to housing concerns, there are newly renovated single Soldier barracks available, but according to IMCOM-Europe officials, there are currently no plans to provide on-post family housing for Soldiers stationed on Sembach. In 2007, the Air Force declared the numerous rows of vacant housing condemned and there are no plans to try and renovate the units.

Families will instead report to the Ramstein Housing Office to be assigned on-post housing if available or receive assistance in locating off post rentals.

"I love Sembach, it's a great place and it will be a beautiful installation and work area when it's done," said Bill Holz, deputy director of the Directorate of Public Works for USAG Kaiserslautern. "It's a gem, but like any gem it needs some polishing and IMCOM is investing significantly in Sembach."

In fact, IMCOM-Europe headquarters is scheduled to relocate to Sembach next year.

Holz and his staff are responsible for handling the day to day maintenance issues on the installation. DPW extended its maintenance contract in the garrison to include an on post work center. The work center is responsible for grass cutting, snow and ice removal, and performing routine service requirements.

Photo by Rick Scavetta

During a recent visit to Sembach Kaserne, Col. B.J. Constantine, commander of U.S. Army NATO (left), discusses the Summer 2012 move of his brigade headquarters from U.S. Army Garrison Baden-Württemberg to U.S. Army Garrison Kaiserslautern with Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern.

The German waste disposal company, Jakob Becker, is contracted to collect trash, but Holz urged tenants and residents to contact DPW directly if there are problems.

DPW just received funding to renovate the pavilion and picnic areas, but Holz said they don't have a definite deadline for when the work will begin. No decision has been made on the future of the sports fields.

Holz added that the library and base health clinics will not be reopened but instead will be used for office space and the Tiger Theater will become a meeting place for units and residents.

"It will be a little while before you begin to see a lot of these projects come online, but they will be coming. These are multi-million dollar projects and it takes time to actually sign the contract, do a design and get the work started," he said.

Holz said another major project on the horizon is the 5th Signal and AT&T upgrade of the base's fiber optic network.

Although it will take some time, Holz and others involved in the collective effort to restore the base agree that Sembach Kaserne is well on its way to becoming a premier installation.

"Sembach is a beautiful location and anyone who has not been will be really amazed by its natural beauty. It's also a rural and scenic location," Zetterstrom said. "If you are there now, just know that you are being integrated in the community and we are going to work hard to ensure that Sembach is a place that people know is important. It's a critical new addition to our Kaserne portfolio and to the garrison."

The Sembach service work order desk can be reached at 483-7135 or 0631-411-7135.

• • •

USAG Kaiserslautern and the 21st Theater Sustainment Command will host a community town hall from 10 to 11:30 a.m. Dec. 7 in the Sembach Elementary School Auditorium, Bldg. 17.

EVERYONE IS A SECURITY MONITOR. WE STAY SAFE TOGETHER.

Report suspicious activity ~ Write down license plate, make/model/color of suspicious vehicles ~ Get descriptions of occupants and take photos if it can be done discreetly ~ Report suspicious video/photography or unusual requests ~ Report unattended bags or objects ~ Report suspicious mail or packages to officials immediately and isolate the item if possible

AT ALL TIMES...

Know phone numbers for emergency services and reporting suspicious activity ~ Program these numbers into cell phones:

Police: 110 **Ambulance:** 112 **Fire :** 112 **Eagle Eyes:** 06371-47-2050

Know how to use the local phone system and carry payphone change ~ Vary restaurants ~ Alternate shopping locations ~ Do not establish any sort of pattern ~ Dress inconspicuously and try to blend in ~ Avoid crowded areas ~ Be especially alert exiting bars, restaurants, etc. ~ Know location and contact information of US Embassy and other safe locations where you can find refuge or assistance

FROM HOME TO WORK

Alternate parking places ~ Lock car when unattended ~ Look for tampering ~ Look under your auto ~ Be alert when opening door ~ Keep gas tank at least half full ~ Keep money on your fuel card ~ If possible, alter routes and avoid choke points ~ Plan "escape" routes as you drive ~ Watch out for mopeds/cycles ~ Do not pick up hitchhikers ~ Drive with windows up and doors locked

AT THE BUS STOP

Be aware of surroundings ~ Be aware of unfamiliar people at the bus stop ~ Immediately report any and all suspicious activity or threatening behavior encountered

AT FESTIVALS

Travel in small groups and vary your movements (never travel alone) ~ Always inform someone of your destination and departure/arrival/return times ~ Have a plan for safe arrival and return home ~ Try to be inconspicuous ~ Be aware of your surroundings ~ Avoid speaking loudly or drawing attention to yourself ~ Know potential safe areas ~ Carry a cell phone if possible, with emergency numbers pre-programmed ~ Ensure your vehicle is in good working order and the fuel tank full ~ Notify your command of incidents as soon as possible ~ Monitor AFN for updated information while traveling

AT DEMONSTRATIONS

Be aware of your surroundings ~ Avoid demonstrations ~ Stay away from high risk places (*Department of State website has info on high risk places in each country*) ~ If you come upon a demonstration, remain calm and disengage from the situation ~ Try to be inconspicuous ~ Try not to draw attention to yourself

AT AIRPORTS

Use concealed bag tags ~ Travel with nondescriptive luggage ~ Spend as little time as possible in airports ~ Pass through the airport security checks quickly ~ Once through security, proceed to a lounge or other open area away from baggage lockers ~ If possible, sit with your back against a wall with the public space in full view ~ Remain alert ~ Be a "people watcher"

AT HOTELS

Do not give room number to strangers ~ Choose an inside hotel room ~ Sleep away from street-side windows ~ Leave lights on when room is vacant ~ Pull curtains ~ Arrange knock signals ~ Answer telephone, "hello" ~ Do not use name and rank ~ Lock the room door before you exit ~ If confronted, have a plan of action ready ~ Occasionally exit/enter through the rear entrance ~ Keep your room key in your possession at all times

REMEMBER ... ALWAYS STAY ALERT TO YOUR SURROUNDINGS.
REPORT SUSPICIOUS ACTIVITIES IMMEDIATELY.

GAIWC, KHS students visit European parliament

On Oct. 25, Gudrun Westing, the German American International Women's Club youth chairwoman, and American club president Rachel Riegel took students from Kaiserslautern High School's Model United Nations program and Heinrich-Heine-Gymnasium Kaiserslautern on a day trip to Strasbourg, France, where they visited the European Parliament.

On arrival, the group visited the Liebfrauen Cathedral and the historic old town. After lunch, they traveled by boat directly to the European Parliament.

The architecture of the buildings impressed the group because the complex, completed in 1999, creates an "unfinished" impression and thus indicates the unfinished nature of Europe. On the way to the plenary session, the group saw former German Chancellor Gerhard Schröder hurry past, which caused excitement, especially among the German students.

Then, the students visited a live session and listened on headphones as the debate was simultaneously translated into the EU's 23 official languages. Afterward, the students had the opportunity to meet with Member of European Parliament Kurt Lechner to discuss European policy.

The trip was fun and informative for all participants. It also further strengthened the club goal: "Establish, Maintain and Promote German-American friendship."

The club wishes to thank KHS principal Dr. Jennifer Beckwith and teacher Mitch Tobias who helped make this trip possible.

The GAIWC is planning further joint activities with young people of both nations.

Courtesy photo

Member of European Parliament Kurt Lechner poses for a photo with the students from Kaiserslautern High School and Heinrich-Heine-Gymnasium.

For more information, e-mail Gudrun Westing at gudrun.westing@t-online.de. General club information can also be found online at www.GAIWC.com.

(Courtesy of GAIWC)

Why Veterans Day is important

Photo courtesy of www.shutterstock.com

The poppy flower is a symbol of Veterans Day. The bright red flower is known for its ability to thrive in areas that have been disturbed by war.

by Hayley Thompson
Ramstein High School

Every year, Veterans Day is celebrated on Nov. 11 in remembrance of all the veterans who have dedicated their lives in the service of the U.S. Armed Forces.

Originally known as Armistice Day, this holiday was created in 1918 to honor the 16 million lives lost in World War II. Today, we remember all of our service members, both living and dead. The name was officially changed to Veterans Day in 1954.

Veterans Day is a chance for Americans to pay homage to veterans of all conflicts and to reflect on the fact that millions have offered their lives in the service of liberty, equality and human dignity. Today, we still fight for those same principles. Air Force veterans have honored a legacy of valor for more than a century. Airmen today are confident they can bring a new era of peace and stability to the American people.

Veterans Day celebrations reflect on the past and present. Every year at precisely 11 a.m., a color guard is assembled at the Tomb of the Unknown Soldier in the Arlington National Cemetery. The color guard is made up of all branches of the military. This tradition is held to pay respect to veterans of all branches of the Armed Forces. The president or a representative is usually in attendance and will lay a wreath upon the grave.

One significant Veterans Day symbol is the poppy flower.

Poppy flowers are known for their bright red coloring and their ability of thriving in areas that have been disturbed by war. People all over America wear poppy flowers as a sign of gratitude for those who have fought, and are still fighting, for the freedom of the U.S.

Today, Americans everywhere will be paying their respects to military service members. This is a day for remembering the sacrifice that these individuals have made in the past, are making now and will make in the future. Veterans Day is not just a day of remembrance, but a day of thanks and gratitude.

School Notes

Books on Demand

Is there a book you want to read that's not currently at the library? If so, just order it. The U.S. Air Forces in Europe Library Service Center, located on Ramstein, recently started the program "Books on Demand." Choices can range from print books, e-books, educational DVDs, audio products, children's books and more. The program was originally designed for deployed troops and personnel at remote and isolated locations. But, due to the economic purchasing wisdom of "just-in-time" and not "just-in-case," the program has been extended to military and family members at main operating bases. The program is administered through the website www.usafelibraries.org and is available to all Air Force personnel assigned to USAFE.

RMS awards assembly

Ramstein Middle School will hold the eighth-grade honor awards assembly Tuesday, the seventh-grade awards assembly Wednesday, and the sixth-grade ceremony Thursday. All the ceremonies will take place at 2 p.m. in Armstrong Hall.

PTA meeting

Ramstein Intermediate School's PTA will hold a membership meeting at 3 p.m. Thursday in the teacher's lounge next to the front office. Current and new members are welcome to attend the meeting.

Lunch and Learn

The Vogelweh Elementary School Academic Support Team invites parents of third, fourth and fifth grade students to the next "Lunch and Learn" from 11 a.m. to noon Nov. 18 in the school library. The focus of this month's "Lunch and Learn" will be the school's problem solving goal and the new EnVision math series. Parents may bring a bag lunch. Light desserts will be served.

Home alone workshops

Make sure you are comfortable with leaving your child home alone. The Home alone workshop will teach youth how to deal with conflict, handle emergency situations, be safe in the kitchen and more. The parent workshop takes place from 5 to 6:30 p.m. Monday at the Landstuhl Youth Center, Bldg. 3819. The youth workshop takes place from 5:30 to 7 p.m. Tuesday to Nov. 23 at the Landstuhl Youth Center, Bldg. 3819. Parents must attend the workshop prior to youth attending the program. Youth must be registered with Army CYS. To register, contact Parent Central Services at Pulaski Barracks, Bldg. 2898, or One Stop Shop, Landstuhl Library, Bldg. 3810.

KMC scholarship

The Kaiserslautern Armed Forces Communications and Electronics Association Chapter is soliciting nominations for its Scholarship Awards Program. This program offers awards up to $400 for civilian and military members. Applicants must be active-duty junior officers, enlisted, currently employed civil service in the KMC, or family members in the KMC. Applicants must also be pursuing a degree in the technical sciences, such as communications, electronics, engineering, computer science, mathematics, physics, information systems, etc. Apply online at www.kmcafcea.org/kmcscholarship.

Photo by Amanda Mehrtens

Ramstein sixth-grade awareness project winners receive certificates and Save Our Resources Team gear for their efforts. The winners of the energy conservation project in Johnette Scott's sixth-grade science class at Ramstein Middle School were: (front row, from left) Peyton Siville, Michael Fisher, Kaylee White, Anotonia Lopez, (second row) Andrew Porter, Albert Franke, Jay Jernigan, Anna Knott, Caroline Tucker, (back row) Soloman Rickman, Skyler Schmidt, Jonathon Harris and Kaylei Howard.

Ramstein students teach energy awareness

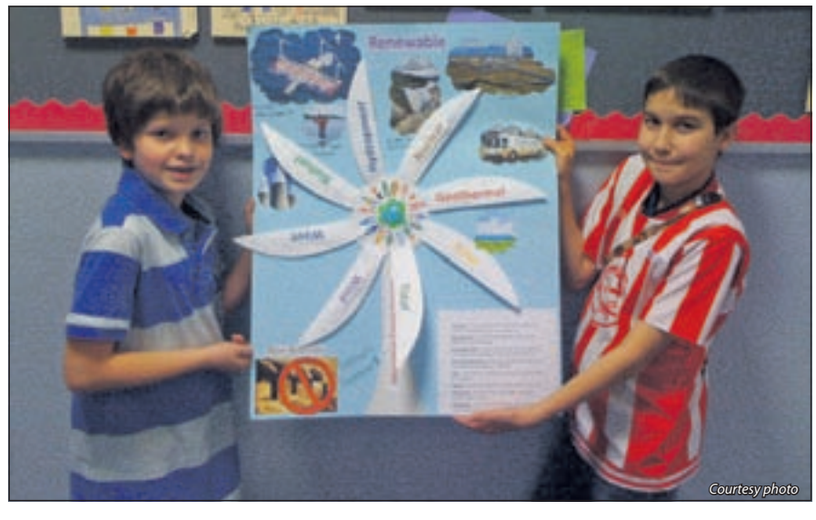
Courtesy photo

Ramstein Middle School sixth-grader Brooke Davey shows off her project, which is part poster/part spin wheel game that encourages others to commit to make a change.

Courtesy photo

Ramstein Middle School seventh-grader Katherine Kysar posts an energy awareness reminder on a printer at the school.

Ramstein Middle School sixth-grader Michael Fischer presents his renewable energy poster with the help of his friend Jay Jerniganj. Ramstein sixth-graders prepared posters, brochures and presentations on energy sources, focusing on renewable energy, to promote awareness at their school.



Courtesy photo

Courtesy photo

Ramstein seventh-grader Darien Lindsey sticks a sign on a computer he found at an unoccupied desk with the monitor running. The sign was meant to remind his teacher to turn the monitor off after use. Ramstein seventh-graders went around the school posting signs on equipment to encourage energy savings.

Dental squadron announces Little Teeth, Big Smiles

A child's primary teeth, sometimes called "baby teeth," are as important as the permanent adult teeth. Primary teeth typically begin to appear when a baby is between 6 months and 1 year old. Primary teeth help children chew and speak. They also hold space in the jaws for permanent teeth that are growing under the gums.

The American Dental Association recommends a dentist examines a child within six months after the first tooth comes in and no later than the first birthday. A dental visit at an early age is a "well-baby checkup" for the teeth. Besides checking for tooth decay and other problems, the dentist can show you how to clean the child's teeth properly and how to evaluate any adverse habits such as thumb sucking.

If you'd like to know more about how to care for your child's teeth, join us for a free walk-in clinic, open to all ID cardholders, from 8 a.m. to noon Nov. 19 in Bldg. 301. The Ramstein Dental Clinic will be offering well-baby exams, cleanings and dental radiographs for children up to 10 years old. Appointments are filled on a first-come, first-served basis. For more information, call Tech. Sgt. Lisan Burney or Staff Sgt. Halima Burton at 479-2210 or 2279.

(Courtesy of the ADA and the 86th Dental Squadron)

Full speed ahead for Project Rudolph preparations

by Laura Rutkowski
Ramstein High School

People of all ages gathered Nov. 4 at the Kaiserslautern Military Community Center to offer their help at a letter writing event for Project Rudolph.

Project Rudolph is an organization devoted to giving gift bags to deployed and deploying service members who will be away from home during the holidays. Forget elves at the North Pole, elves are hard at work in our very own community to spread festive cheer at a time when it is needed most.

Tawny Campbell, the founder of Project Rudolph, first started the organization when her husband, Sgt. Joe Campbell, deployed during the holidays. Campbell said she and her daughter Ceilidha were "alone on Christmas, and when you're alone, you don't want other people to be alone either." This is how the idea of Project Rudolph was born.

Gift bags consist of a decorated brown lunch bag; two letters (one from an adult and one from a child); a drawing; a poem; a flat, non-breakable Christmas ornament; and an assortment of German and American candy. Erin Kaberline, involved with public relations for Project Rudolph, said there are a lot of Soldiers downrange who don't receive anything during the holidays, so imagine what a treat the gift bags must be to receive.

"We want the service members to know we care about them," she said.

In addition, Campbell said the most satisfying aspect of being involved is "seeing the people's faces when you give them the bag, (knowing) that what you did made a difference to that one person."

This year, Project Rudolph hopes to collect 5,000 bags in Germany and 10,000 stateside. Drop-off boxes will be located at every Service Credit Union in Germany, including the one located at the KMCC. Community centers will also provide drop-off locations.

There are plenty of chances coming up to be involved with Project Rudolph.

"The organization is in need of adult letters, letters of substance, something that makes the reader feel love and support," Campbell said. Guidelines for writing letters can be found on the Project Rudolph website at projectrudolph.org.

A letter writing drive and mini bag assembly will be held from 9 a.m. to 2 p.m. Nov. 19 in the KMCC food court. The main bag assembly day is scheduled from 9 a.m. to 3 p.m. Dec. 3 at the Rhine Ordnance Barracks Special Events Center.

If you would like to volunteer for upcoming events, e-mail projectrudolphkmc@gmail.com.

If you have an address for a deployed service member and would like them to receive a gift bag, e-mail tawnycampbell@gmail.com.

The Project Rudolph Facebook page can be accessed by searching for "Project Rudolph Germany."

Photos by Laura Rutkowski

ABOVE: ***A child's letter for Project Rudolph will bring joy to a service member this holiday season.***

LEFT: ***Tawny Campbell, founder of Project Rudolph, and daughter Ceilidha, 8, write letters to service members.***

Photo by Amanda Mehrtens

SCHOOLS AROUND THE KMC

Water usage awareness

Ramstein Elementary School second-graders and their teacher Yvonne Engels ask questions about filtration Oct. 27 at the Ramstein water plant. The visit was scheduled after the students designed and conducted at-home experiments to evaluate water usage of different activities (such as showering, brushing teeth, etc.) in their own homes. After their evaluations and calculations, they brainstormed and shared ideas on ways to save water.

Photo by Gabriele Arseneault

Photo by Susi Gibbins

Courtesy photo

Photo by Holly Freeman

Photo by Holly Freeman

Photos clockwise from bottom left:

Harvest Moon Night

TaiSheena Cunningham and her husband Damien read to families during Harvest Moon Night at Vogelweh Elementary School. The VES PTSA sponsored the reading night where guests read to children in costumes. Each child left with a free book.

Red Ribbon Week at KES

Kaiserslautern Elementary School fifth-graders turn their backs on drugs during Red Ribbon Week at the school. During Red Ribbon Week, KES students took a stand against drugs and alcohol by showing their spirit with a variety of activities, including wearing shirts backwards during Turn Your Back on Drugs Day and wearing their favorite cap on Put a Cap on Drugs Day. The week ended with students wearing red and pinning on red ribbons.

LEMS students take part in Volksmarch

Landstuhl Elementary/Middle School kindergartners, including students Wiley Lake, Cassidie Steger, Kellen Bell, Ainsley Jajack, Jaden Love, Gabrielle Stewart and Ethan Jennings, take part in a Volksmarch Oct. 27.

Experimenting at RHS

Ramstein High School juniors C.J. Bunao and Shaquille Brooks, students in Dennis Edwards' physics class, conduct an experiment using Vernier probes. Edwards held the elevator doors open while C.J. and Shaquille set up for the experiment. Students used the probes and a scale to demonstrate weight variability as a result of acceleration in an elevator.

RHS students take part in medical exercise

Kelcie MacKenzie and Jessica McAdams practice moving a gurney in and out of an elevator with Bianca Surdilla onboard. Ramstein High School seniors in Maureen Husum's Allied Health II class got the opportunity to practice using a variety of medical aid equipment, such as crutches, gurneys and wheelchairs. The purpose of the exercise was to give students experience using this equipment as both a patient and medical professional.

Bryan Smith takes in the breathtaking view at the top of the Zugspitze May 30 in Garmisch-Partenkirchen, Germany. The Zugspitze is the highest mountain in Germany.

Photo by Erlinda Smith

Photo by Jamie Clark

From left, Eddy Palacios (2:2:23), Daniel Clark (2:2:09), Kelvin Bell (2:5:00), Andre Bradley (2:2:35) and Paul Perez (2:11:13) strike a pose prior to running a half marathon Oct. 16 in Amsterdam, the Netherlands.

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. Make sure all photos are high resolution. Write "Destinations" in the e-mail subject line. E-mail to: editor@kaiserslauternamerican.com.

Photo by Charlotte Lewis

Rick Lewis takes a short rest during a tour of the Dole Pineapple Plantation Tropical Gardens Sept. 15 on the North Shore Island of Oahu, Hawaii.

Artists present works, skills in Ramstein

by Petra Lessoing
86th Airlift Wing Public Affairs

The traditional pre-Christmas arts and crafts exhibition at the Ramstein-Miesenbach culture and convention center, the Haus des Bürgers, will take place from 1 to 6 p.m. Saturday and Sunday.

More than 50 hobby artists and crafters will present their creative works and their techniques.

"We'll have exhibitors from our region, the Saarland, Hessen and even one artist from France," said organizer Marita Altherr. "We welcome a new artist making wooden lanterns and another one creating everyday life sceneries with horseshoe nails."

A variety of handcrafted items are on display Saturday and Sunday at the Haus des Bürgers.

Artists will demonstrate at their tables how they work and handle different materials. They will knit, sew and do other handicrafts. Items made of stone or ceramics might turn into the right accessories for somebody's house or backyard.

A turner and a goldsmith will demonstrate their skills, and two women will show visitors how to spin wool.

The traditional and modern floristry on display will create a Christmas atmosphere. Decoration items made of glass, porcelain, wood and other material will be available for sale.

Shoppers might find the right Christmas present, such as jewelry made of precious metal and pearls, or works made of paper.

Other items will be soaps, oils, candles, beekeeper products, pillows, bags, paintings, bears and dolls.

"This year, the exhibition will be on two floors," Altherr said. "Children can do (hand crafts) and learn how to work with different materials."

Proceeds of a raffle will go to the Ramstein-Miesenbach Hospice Aid.

"We again made sure that our exhibitors will offer some real valuable handicraft," Altherr said. "We want to display special items."

Courtesy photos

Christmas decoration items can be found at the arts and crafts exhibition Saturday and Sunday.

Visitors can take breaks in the cafeteria and taste fresh cinnamon waffles and a big variety of homemade cakes.

"We are still looking for American artists who would like to present their works," Altherr said. "If interested, they can see me at the event. We would like to establish a forum for interested artists and discuss ideas and workshops."

For more information, call Altherr at 06371-52680 or e-mail altherrmarita@arcor.de.

November 2011

Mark Your Calendar

» **The local American Legion Post GR01 has requested local Scouts** to assist in placing flags on the local veteran graves in nearby cemeteries. Troop 156 has done this for a few years, and occasionally Pack 232 and Pack 156 have assisted. John Mol can advise fellow Scoutmasters on the service and benefits. This is not a council or district event, so please come as Scouting families, parents and siblings. Flag placement should begin about 11 a.m. and completed by noon.

» **The KMC 1st Four will host the Black and White Affair** from 9 p.m. to 2 a.m. Nov. 18 at the Ramstein Enlisted Club. There will be a dance floor, drink specials and Ramstein's disc jockey, DJ Flipmatic. Admission will be two to three canned goods to support local soup kitchens. Dress to impress.

» **Find exquisite European treasures like paintings,** jewelry, clothing, purses and more from 9 a.m. to 6 p.m. Dec. 5 to 8 at Heaton Hall, inside Landstuhl Regional Medical Center. For questions, call 493-4184 or 0631-3406-4184.

» **Single Soldiers can enjoy a free Thanksgiving Day meal** and free bowling while watching football on big screen televisions from 2 to 10 p.m. Nov. 24 at the Sembach Bowling Center, Bldg. 104. Soldiers can sign up the day of to participate in X-Box Madden 11, pool and Texas hold 'em tournaments. Free trips and prizes for winners. To attend, RSVP through your unit BOSS representative or call the BOSS office at 493-4469 or 0631-3406-4469.

» **Watch "Miracle on 34th Street"** while snacking on free popcorn from 2:30 to 6:30 p.m. Nov. 27 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Adults and children can take pleasure in the $1 meal specials and buy one get one free virtual bowling game. Free snack bags will be available for children 12 and under. For more information, call 0631-536-6000.

» **The Ramstein Roadrunners host its 27th annual Thanksgiving Volksmarch** Nov. 24, starting at the Mehrzweckhalle Miesenbach, Am Kiefernkopf 22, 66877 Ramstein-Miesenbach. There will be walking trails of 5 and 10 km. Start cards can be purchased from 8 a.m. to 1 p.m. and the event will end at 3. Prizes will be awarded.

» **Teacher Appreciation Holiday Soup Luncheon** will take place Dec. 14. The luncheon will take place in the Media Center/Library at the school. The luncheon is a great way to say "thank you" to the 80 staff members at RMS. The PTSA is looking for donations of soup, bread items and dessert. Please contact rams.ptsa@googlemail.com

» **Command the stage by displaying your talent at Tuesday Night Expressions** from 7 to 10 p.m. every Tuesday at the Landstuhl Community Club, Bldg. 3780 on Landstuhl Post. Instrumental, voice, variety — you name it! Children can participate until 8 p.m. with parental supervision. Bring your own props, instruments and equipment. There is a $5 entry fee for performers and spectators. Open to U.S. ID cardholders.

» **Watch your favorite football team** on our big screen TV at Sunday Night Football, held from 7 to 10 p.m. every Sunday at Armstrong's Club, Bldg. 1036 on Vogelweh Family Housing. For more information, call 0631-536-6000.

» **The KMC Voter Assistance Office** is located in Bldg. 2108, sharing the same waiting area as the Ramstein Housing Office. The office hours are from 11 a.m. to 3 p.m. Monday through Friday. To schedule an appointment, call 480-VOTE (8683) or 06371-47-8683 or e-mail vote@ramstein.af.mil. Our representatives are ready to help you register to vote for federal, state and local elections. We also have a self service desk with voting registration forms and easy-to-read instructions.

PROJECT RUDOLPH

Support Our Troops

Help us send 15,000 holiday bags to our service members during this holiday season! We need American and German candy, Christmas ornaments and **most importantly**, hand written letters from adults and children!

Upcoming Events:

- Saturday, November 19 from 9 a.m. until 2 p.m.: Letter drive and mini-bag assembly day, KMCC food court
- Friday, December 2 from 5 p.m. until 8 p.m.: Assembly bag set up day, Special Events Center on Rhine Ordinance Barracks
- Saturday, December 3 from 9 a.m. until 3 p.m.: Assembly Bag Day, Special Events Center on Rhine Ordinance Barracks

www.projectrudolph.org • projectrudolphkmc@googlemail.com

Meetings

» **The KMC Adoption Support Group** meets at 7 p.m. Tuesday at the Landstuhl Health and Wellness Center, Bldg. 3722. The group meets the needs of adoptive parents, adopting parents and adoptive children through education and research to resolve adoption issues. Inquiries about adoption are welcome through the group's website at www.usadopteurope.com.

» **The Ramstein Roadrunners Volksmarching Club hosts a monthly general membership meeting** at 7 p.m. Tuesday at the Unnerhaus Bodega, Ludwigstrasse 2, 66849 Landstuhl. Social hour begins at 6 and the meeting begins at 7. Go online and visit www.ava.org/clubs/ramsteinroadrunners/ for more information or to see any last minute changes.

» **The KMC 5/6 holds a monthly general membership meeting** at 11:30 a.m. every first Thursday of the month. We also host a social/network gathering at 3 p.m. every third Thursday of the month. Both meetings are held at the Ramstein Enlisted Club. All E-5s and E-6s from all branches are invited, including E-5 selects. For more information, visit our Facebook page by searching KMC 5/6, or visit https://ice.usafe.af.mil/sites/kmc5_6/default.aspx to visit our sharepoint.

» **Attention active duty, Guard/Reserve, and former or retired commissioned and warrant officers** of the uniformed services. The First European Chapter of the Military Officers Association of America invites you to its annual meeting of the membership between 11:30 a.m. and 1:30 p.m. Nov. 19 at the Restaurant Barbarossahof in Eselsfürth. Stop by for lunch, check out membership benefits, and meet the members of the chapter. To RSVP, contact alanjolsen@gmail.com.

» **HUGS (Help Us Grow Securely)** is an interactional and educational playgroup designed to develop parenting skills, socialization and educational activities. Starting today, HUGS playgroup will move from the Kid's Zone to the Vogelweh Community Center. HUGS playgroup meets from 10 to 11:30 a.m. and 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.

» **Take Off Pounds Sensibly** meets from 5:15 to 6:30 p.m. every Tuesday (except U.S. federal holidays) in Bldg. 2919 on Pulaski Barracks, across from the Kid's Zone. For more information, call Rita at 0170-8007205 or Linda at 06303-807708.

» **Overcome your fear of public speaking at Toastmasters,** which takes place at noon the first and third Tuesdays of the month in the Ramstein Northside Chapel conference room. This is a "learn by doing" public speaking club where members hone their speaking, listening, evaluating and presenting skills in a friendly, comfortable atmosphere. E-mail ramsteintoastmasters@gmail.com for more information.

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

» **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.

Eating well in the workplace

by Lt. Col. Twyla Leigh
U.S. Army Public Health Command

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name — STOP!

The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if eaten on most work days, will create a weight gain of a jumbo 25 pounds per year.

Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or "goodies" to the office, or what about that desktop candy jar?

These office hazards add to inevitable weight gain that most of us blame on aging, heredity and/or metabolism. We are not doomed to work in "obesifying" office conditions and can make positive changes to manage our health and weight.

Be prepared for office pitfalls (even if you work from home) and plan ahead.

Here is a list of strategies to consider for a healthier work environment:

Courtesy of www.shutterstock.com

Eat breakfast — Breakfast skippers start the day at a disadvantage and may start grazing early and feel they have no will power or resistance to sugary and fatty foods they might otherwise avoid.

Bring healthy (and portion-controlled) snacks — Prepare snacks the night before, portioned in snack bags. Some examples of healthy snacks include roasted almonds; low-fat cheese wedges (non-refrigerated, like Laughing Cow); fresh seasonal fruit like apples, grapes, cherries or berries; fresh cut vegetables like celery, cucumbers, bell peppers, grape tomatoes, baby carrots, with or without low-fat dressing, or maybe a couple of olives or pickle slices; 100-calorie prepackaged snacks; low-fat popcorn if a microwave is available; hard-boiled egg; or low-fat, low-sugar yogurt.

Eat mindfully — No matter what you are eating, focus on the smell, taste and crunch. Don't eat and work or watch the screen at the same time. This type of "multi-tasking" doesn't allow you to realize that you are satisfied with your snack and you may be tempted to keep "grazing."

Think thirsty, not hungry — Have lots of cool water on hand to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids.

Read labels — Look at the content of the vending machine. Ask the person who works with the vending company to add lower calorie, lower fat and higher protein snacks to the mix.

Move more — Take a walk. Stand up and stretch.

Identify supportive co-workers — Share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.

Change the office culture — Model good eating. If you bring in a snack to share, make it healthy — fresh fruit, whole grains and lower fat recipes. Suggest non-food rewards and celebrations.

Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

Classes And Training

» **All active-duty Army personnel receive their initial housing briefing** at 8 a.m. Mondays and 1 p.m. Wednesdays at Kleber Kaserne, Bldg. 3245, Room 006, except on American or German holidays. Call the central processing facility at 483-7372/8342 to schedule an appointment to attend the brief. For questions, call Vogelweh Housing (Bldg. 1001) at 489-6671 or the Ramstein satellite office (Bldg. 2108) at 480-3140.

» **Be comfortable leaving your child home alone after taking the Home Alone Workshop,** where youth are taught how to deal with conflict, handle emergency situations and be safe in the kitchen, among other things. The parent workshop takes place from 5 to 6:30 p.m. Monday at the Landstuhl Youth Center, Bldg. 3819. The youth workshop takes place from 5:30 to 7 p.m. Tuesday to Nov. 23 at the youth center.

» **Have you walked into an establishment and found yourself in a pickle because you couldn't figure out how to order something to eat or buy a pair of shoes?** Register for this class that teaches the "street smart" version of basic German. Now, with two days and times to choose from, learning Germany never got easier. Take a lunch or evening class on Tuesdays. Stop by Bldg. 2891 on Pulaski Barracks or call 493-4023 or 0631-3406-4023 for details or to register.

» **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 details or to register, call 493-4332 or 0631-3406-4332.

» **For all those dads-to-be or new fathers:** get ready for this boot camp that will prepare you to tackle one of life's most valued treasures – raising a child. Register now for this free class, which takes place at 11 a.m. Monday in Bldg. 2917 on Pulaski Barracks. Call 493-4203 or 0631-3406-4203 for more information.

Support Groups

» **The Adoption Support Group hosts a play time** from 1 to 2:30 p.m. Nov. 19 at the Vogelweh Bowling Center. The play time is for adopted children of all ages. Parents are also invited. For more about the event, visit www.usadopteurope.com. For more information, e-mail Shari Dietzel at sharidietzel@t-online.de.

» **The Incest/Sexual Abuse/Assault Survivors Peer Support Group** meets at 6 p.m. every Wednesday in the Yellow Ribbon Room, Bldg. 2926 on Pulaski Barracks. For details, contact Joanie Ralston at 0160-979-78785 or isas_crossingover@ymail.com.

» **Beginning with the immediate recovery period following childbirth,** the Basic Training for New Parents class provides new parents with knowledge on such topics as basic baby care, bonding and attachment, what to expect after you bring your baby home, and how to comfort a crying baby. This class meets from 10 a.m. to 5 p.m. the third Monday of each month in Bldg. 2917 on Pulaski Barracks. For details, call 0631-3406-4058.

» **The Mom2Mom breast-feeding Support Group** strives to help new mothers in the KMC achieve their breast-feeding goals by connecting them with experienced breast-feeding mothers. The group meets from 9:30 to 11 a.m. every third Wednesday of the month at the Northside Chapel. For play dates or details, check the group's website at www.m2mofkmc.blogspot.com/.

Chapel News

» **Catholic Women of the Chapel host a daytime Bible study** from 9:30 to 11:30 a.m. every Tuesday in the Ramstein North Chapel Conference Room. Children are welcome. Evening Bible studies take place from 6 to 8 p.m. every Thursday at the Ramstein Southside Chapel.

» **Jewish chaplain Capt. Gary Davidson hosts Sabbath services** at 7 p.m. Fridays at the South Chapel Synagogue. A potluck with refreshments and socializing follows the services. For more information about the Jewish program, call Davidson at 480-5753 or 06371-47-5753.

» **The Catholic Women of the Chapel meet** from 6 to 8 p.m. the first Monday of each month at the Ramstein North Chapel. Events offered to stay involved include Bible studies, retreat, wounded warriors and more. Child care is provided. For details, e-mail kmcgermanycwoc@googlemail.com.

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

Pfalztheater Kaiserslautern:

• "Ein Festival der Liebe," renowned German songs performed by Günther Fingerle, 8 p.m. today, Nov. 20 and 25.

• "Der Prozess," a play by Franz Kafka, in German, 8 p.m. Saturday and Nov. 19.

• "Ein Maskenball," an opera by Guiseppe Verdi, 7:30 p.m. Sunday and Wednesday.

• "Hello Dolly," a musical by Jerry Herman, in German, 7:30 p.m. Thursday and Nov. 18.

• Madama Butterfly," an operetta by Giacomo Puccini, 7:30 p.m. Nov. 19.

• The Pfalztheater Orchestra presents its 1st symphony concert with works by Schostakowitch, Gubaidulina and Leyendecker, 8 p.m. Nov. 25.

• "Nathan der Weise," a play by Gotthold Ephraim Lessing, in German, 7:30 p.m. Nov. 26 and 30.

• "Alice in Wonderland," a ballet by Stefano Giannetti, 7:30 p.m. Dec. 2.

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

Kammgarn Kaiserslautern:

• The band Emil Bulls presents rock, alternative and electronic, 8 p.m. today. Tickets cost €18.

• The German band Phrasenmäher presents electro pop, 8 p.m. Saturday. Tickets cost €12.

• The band Monster of Liedermaching presents rock in German, 8 p.m. Tuesday. Tickets cost €16.

• The Lily Dahab Quartet from Argentina presents tango, bossa, bolero and jazz, 8 p.m. Thursday. Tickets cost €15.

• The band Zebrahead from California presents punk, rock and rap, 8 p.m. Nov. 25. Tickets cost €16.

• No music in K-town: The Maja Project presents blues and rock; The Torpedo Molecules performs funk; Samsonia presents post grunge, 8 p.m. Nov. 26.

• German singer and songwriter Klaus Lage presents rock, blues, jazz and pop, 8 p.m. Nov. 30. Tickets cost €24.

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

• Midnight Mover and star guest Rolf Stahlhofen, 8:30 p.m. Monday in Cotton Club. For details, visit www.midnightmover.de.

Fruchthalle, Kaiserslautern:

• The Spirit of Klezmer presented by Giora Feidman Trio, 8 p.m. Thursday. Tickets cost €12 to €20.

• The Pfalztheater Orchestra presents a concert "Hidden Portraits," 8 p.m. Nov. 25. Tickets cost €14 to €21.

For details, stop at the Kaiserslautern Tourist Office, Fruchthallstrasse14, visit www.fruchthalle.de or call the office of arts at 0631-365-1410.

JUZ (Youth Center), Steinstrassse 47, Kaiserslautern:

• Ivory Night with heavy metal, Pegazus with rock, p.m. and newcomers All Lies Died, 8 p.m. today. Tickets cost €6.50. For details, visit www.juz-kl.de.

Landstuhl, Stadthalle:

• "The Original USA Gospel Singers & Band present a gospel show, 8 p.m. Nov. 29. Tickets cost €19.50 to €28.

For more information, visit www.stadthalle-landstuhl.de.

Haus des Bürgers, Ramstein-Miesenbach:

• "The Beauty and the Beast," a musical, in German, 8 p.m. Nov. 23. Tickets cost €29.50 to €38.50.

• GlasBlasSingQuintett presents a concert on glass bottles featuring blues, rock, rumba and classical music, 8 p.m. Nov. 26. Tickets cost €17 to €23.

• David Serebrjanik presents "Impromptu in blue," an homage to Franz Schubert with piano and synthesizer, 5 p.m. Nov. 27. Tickets cost €12.

For more information, visit www.hausdesbuergers.de.

Eulenbis, Bürgerhaus:

• Choir concert with several regional choirs and Mr. Mo, 7 p.m. Saturday. Admission is free.

English Theatre, Frankfurt:

• "The Who's Tommy," a rock musical, 7:30 p.m. Saturday, Tuesday to Nov. 18, and 6 p.m. Sunday. For more information, visit www.english-theatre.org.

Saarbrücken, Saarländisches Staatstheater, Schillerplatz 1:

• The Rocky Horror Show, a musical by Richard O'Brien, 7:30 p.m. Saturday, Wednesday and Nov. 23.

• The American Drama Group presents "A Christmas Carol," by Charles Dickens, in English, 8 p.m. Nov. 28.

For details, visit www.theater-saarbruecken.de or call 0681-3092-486.

Nationaltheater Mannheim:

• "I'm with the Band," a ballet by Kevin O'Day with music by John King, 7 p.m. Saturday and Nov. 24.

• "Romeo und Julia," a ballet by Kevin O'Day, 7:30 p.m. Nov. 19 and 26. For more information, visit www.nationaltheater-mannheim.de.

Courtesy photo

USA Gospel Singers in Landstuhl

The Stadthalle Landstuhl presents The Original USA Gospel Singers & Band at 8 p.m. Nov. 29. The musicians present gospels in a light and stage show and bring across the gospel culture and its history. Tickets cost from €19.50 to €28. For more information, visit www.stadthalle-landstuhl.de.

Miscellaneous

• Ramstein-Miesenbach, Catholic church, St. Martin's parade, 6 p.m. today.

• Kaiserslautern, St. Martin's Church (bottom of Steinstrasse), St. Martin's parade leads to city hall, 6 p.m. today. Martin's play and bonfire will follow.

• Kaiserslautern, Fruchthalle, International Year series highlights United States, 6 p.m. Wednesday (see article on Page 26)

• Landstuhl, Stadthalle, annual exhibition of Friends of Painting, Saturday and Sunday.

• Ramstein-Miesenbach, Haus des Bürgers, pre-Christmas arts and crafts exhibition, 1 to 6 p.m. Saturday and Sunday.

• Wallhalben, Martini market, Saturday.

• St. Martin (north of Edenkoben), Martinus wine fest, today and Saturday.

• Kaiserslautern, Pfalzgalerie Museum, two new exhibitions: "LINEscapes," paintings by Nicole Heinzel; and "Medium Exzenter Andrew Kennedy," drawings on nylon, to Jan. 15. Hours are 11 a.m. to 8 p.m. Tuesdays; 10 a.m. to 5 p.m. Wednesdays to Sundays; Mondays closed. For details, visit www.mpk.de.

Flea markets

• Kaiserslautern, Opel factory parking lot, 8 a.m. to 3 p.m. Saturday.

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

• Kaiserslautern, C+C Lautertal store, Flickerstal 11 (exit KL-Ost), 2 to 8 p.m. Saturday.

• Kaiserslautern, Toom Baumarkt, Hoheneckerstrasse, Fridays and Saturdays.

• Ramstein, Edeka Aktiv Markt, Thursdays.

• Grünstadt, Kaufland, Sunday.

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

• Saarbrücken, Franz-Josef-Röder Strasse, Saturday.

• Trier, Messeparkhalle, Saturday.

Antique markets

• Köln-Mülheim, Stadthalle, Sunday.

• Karlsruhe, Post Galerie, Sunday.

For more information, visit www.troedlerundsammeln.de.

OUT & ABOUT

FUN THINGS TO DO WITH YOUR FAMILY

FRI, NOV 11 – FRI, NOV 25

EVENTS

Film festival

Thu, Nov 10 – Fri, Nov 20
Mannheim-Heidelberg
This event is regarded as on of the top film festivals in the world. It is hosted by the City of Mannheim and the City of Heidelberg and will feature 15 films in the "International Competition" section and 10 films in "International Discoveries."
For more information:
iffmh.de/en

Farmers market

Sat, Nov 12
Kaiserslautern
This market offers a variety of fresh produce, including cheese, fruits, vegetables and flowers. Bring a basket and get ready to shop.
For more information:
www.kaiseslautern.de

St. Martin's Walk

Sat, Nov 12
St. Martin
All children who participate in this walk will receive a certificate and a St. Martin's pretzel. The three fastest walkers will receive a certificate and voucher for a St. Martin's goose dinner.
For more information:
www.tus-sanktmartin.de

Circus

Sun, Nov 13
SAP Arena, Mannheim
This circus is a dramatic mix of circus art and street entertainment.
For more information and tickets:
www.cirquedusoleil.com/en/welcome.aspx

Stadium guided tour

Sun, Nov 13
Fritz-Walter-Stadion, Kaiserslautern
Ever want to experience what it feels like to walk through the players' tunnel or wonder what the VIP section looks like or wonder where the press conferences are held? Look no further. Today is that day.
For more information and tickets:
http://www.kaiserslautern.de/service/veranstaltungen/04722/index.html?lang=de&vid=8-2-8-556-35826-1

Ice skating show

Fri, Nov 18
Gartenschau Kaiserslautern
This is an event for young and old. "Ice Age" is the theme and will be loads of fun.
For more information:
www.wir-im-landkreis.de/index.php?id=19

Eat N Style - food fair

Fri, Nov 18 – Sun, Nov 20
Stuttgart
This is one of the greatest promotional platforms for the food and beverage industry in Germany. This three-day event attracts thousands of visitors from all over the world.
For more information:
www.eatnstyle.de/stuttgart

CONCERTS

Don Airey

Thu, Nov 11
Musiktheater REX, Lorsch
Keyboard player for Deep Purple, Ozzy Osbourne, Gary Moore and Rainbow. Are you an Ozzy Osbourne fan? Or maybe a Deep Purple or Gary Moore fan? Look no further. Here you will be able to experience these great artists all under one roof.
For more information:
eventful.com/events/don-airey-keyboardplayer-deep-purple-ozzy-osbourne-gary-moo-/E0-001-039484430-6

Sade

Wed, Nov 11
SAP Arena, Mannheim
Sade has a touch of smooth jazz soul and soft rock that will ease your mind. Get ready for a night of relaxation.
For more information:
www.eventim.de

Evanescence

Thu, Nov 17
Stadthalle Offenbach
This American rock band with a whole new twist will bring you to a whole new level.
For more information:
eventful.com/frankfurt/events/categories/music/pick-dates?t=2011110400-2011111823&page_number=2

Madama Butterfly

Sat, Nov 19
Pfalztheater, Kaiserslautern
"Madama Butterfly" is a short story by an American writer, based on the recollection of Long's sister, Jennie Correll, who had been to Japan with her husband.
For more information and tickets:
www.pfalztheater.de

Frida Gold

Fri, Nov 25
Congress Hall, Heidelberg
Most people will surely remember Frida Gold singing the anthem for the women's FIFA World Cup soccer tournament in 2011. If you liked that performance, you should most definitely come hear the rest of her repertoire.
For more information:
www.fridagold.com

Lord of the Dance

Fri, Nov 25
Saarlandhalle Saarbrücken
"Lord of the Dance" is a famous Irish musical and dance production that was created by an Irish-American dancer named Michael Flatley. The "Lord of the Dance" defeats the dark lord's invasion with help from a little spirit.

SPORTS

Basketball

Fri, Nov 11
Sportzentrum Erbach, Homburg
Check out the Braves vs. Crailsheim basketball game in the German 2.Bundesliga. Let's take it to the hoop because we are going to cash it in. Enjoy a great game and cheer on your favorite team.
For more information and tickets:
www.saar-pfalz-braves.net

National league soccer

Fri, Nov 18
Fritz Walter Stadion Kaiserslautern
Don't miss the match up between 1. FCK and northern rivals Bayer Leverkusen. Don't forget to bring your cheering voice with you, and enjoy a spectacular game.
For more information and tickets:
eventful.com/events/categories/sports?geo=city_id:1728597

Ice hockey

Sun, Nov 20
SAP Arena, Mannheim
Mannheim vs. Iserlohn Rooseters Ice hockey. Get ready for a game full of excitement.
For more information:
www.saparena.de

Handball

Wed, Nov 23
SAP Arena, Mannheim
Rhein-Neckar Löwen vs. Hildesheim. Hear the lions roar as they glide across the ice against Hildesheim.
For more information:
www.saparena.de

NIGHTLIFE

Paradox

Fri, Nov 11
Ramstein
Cocktail nights with us are on Thursdays. Order one and get one free.
For more information:
www.paradoxramstein.de

Markthalle

Fri, Nov 11
Kaiserslautern
Enjoy a night of dance hall and reggae. Swing your hips or nod your head, our beat is guaranteed to get you moving.
For more information:
www.markthalle-kl.de

The Dubliner, Irish Pub

Sat, Nov 12
Ramstein
Our live DJ will bring music to your ears. Come in and meet new people and have a good ol´ Irish drink.
For more information:
www.dubliner-ramstein.com/index.html

Brauhaus am Markt

Fri, Nov 18
Kaiserslautern
We are the only brewery in K-Town that offers the best typical German food in town. We also take reservations by phone. Enjoy a night out with great friends and great food.
For more information:
brauhausammarkt.jimdo.com/lrk-gastro-gmbh/brauhaus-am-markt

Send us your feedback and ideas to info@advantipro.de

Introducing the KMC's newest residents

Macer Kale Allen

Born at 9:42 a.m. Sept. 22 at St. Johannis Krankenhaus in Landstuhl. Macer was 8 pounds, 2 ounces and 21.5 inches long. Proud parents are Staff Sgt. Macer Van Allen and Erin Allen from St. Louis, Mo. Macer also joins big brother Gunnar Van Allen. The family is stationed on Ramstein.

Maliyah Asjoyle Christina Collymore

Born at 6:58 p.m. Sept. 15 at Landstuhl Regional Medical Center. Maliyah was 7 pounds and 19 inches long. Proud parents are Staff Sgt. Elizabeth and Wendell Collymore. Maliyah also joins big brothers Malik and Malcolm and big sister Myanna. The Collymores are stationed on Ramstein.

Evelyn Hayden Panciera

Born at 1:48 p.m. Sept. 9 at Landstuhl Regional Medical Center. Evelyn was 6 pounds, 5 ounces and 18.25 inches long. Proud parents are Staff Sgt. Ronald Panciera III and Danielle Panciera from La Plata, Md. The family is stationed on Ramstein.

Patrick Liam Lohouse

Born at 3 a.m. Sept. 6 at Westpfalz Klinikum in Kaiserslautern. Patrick was 7 pounds, 13 ounces and 21 inches long. Proud parents are Master Sgt. David and Martina Lohouse. Patrick also joins big brothers Jackson, 7, Samuel, 4, and Vincent, 3. The family is stationed on Ramstein.

welcome home ● welcome home ● welcome home

Mason Nathaniel Lormand

Born at 9 p.m. Aug. 19 at Homburg University Hospital. Mason was 6 pounds, 11 ounces and 19 inches long. Proud parents are Tech. Sgt. Daniel and Nina Lormand from Greenville, Texas. Mason also joins big sister Sarah Audrey. The Lormands are stationed on Ramstein.

Jaxon Robert Eberly

Born at 12:16 p.m. Aug. 7 at Landstuhl Regional Medical Center. Jaxon was 8 pounds and 20.5 inches long. Proud parents are Staff Sgt. Anthony and Vanessa Eberly. The family is stationed on Ramstein.

Diego Antonio Reynosa

Born at 2 p.m. July 19 at St. Johannis Krankenhaus in Landstuhl. Diego was 8 pounds and 20.9 inches long. Proud parents are Staff Sgt. Victor Reynosa from Corsicana, Texas, and Alexis Reynosa from Berlin. The Reynosas are stationed on Ramstein.

Sakura Sky Furman

Born at 5:23 a.m. July 11 at Landstuhl Regional Medical Center. Sakura was 7 pounds, 6 ounces and 20.5 inches long. Proud parents are Frank and Mayumi Furman. Sakura also joins big sister Koyuki. The family is stationed on Ramstein.

CRAWL INTO THE SPOTLIGHT

Share your new bundle of joy with the community.

Send your baby's first photo to the Kaiserslautern American and it could be published in the Baby Photos section. Perfect for scrapbooks, as keepsakes or to send to friends and family.

Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo.

Put "Birth Announcement" in the subject line and send your information to: editor@kaiserslauternamerican.com

Kaiserslautern HAPPENINGS

UPCOMING FALL FUN FOR EVERYONE

ARMSTRONG'S CLUB

House Party

Nov. 11, 9 p.m.-2 a.m.

Grab your friends and come dance to top hits!

Salsa Night

Nov. 12, 9 p.m.-2 a.m.

Spice up your night! Free salsa lessons from 9:30-10:30 p.m.

Sunday Night Football

Sundays, 7-10 p.m.

Watch football with your buddies on big screen televisions.

Holiday Cinema Sunday

Miracle on 34th Street

Nov. 27, 2:30-3:30 p.m.

Free popcorn for all! Children 12 and under receive snack bags. $1 food specials throughout the movie.

Irish Pub at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Questions? Call: 0631-354-9986.

KLEBER VAT OFFICE

Kleber Value Added Tax (VAT) Office is located at Bldg. 3205, 3rd floor. Hours of operation are Mon. - Fri., 8 a.m. - 3:30 p.m. U.S. military and authorized civilian members of the U.S. can sign up for the Utility Tax Avoidance Program(UTAP). This program can save 19% tax on electricity,gas and 7% on water. For further information, call 483-1780 or 0631-411-1780.

Find us on Facebook

MWR KAISERSLAUTERN

Combined Federal Campaign

The Combined Federal Campaign (CFC) is an annual fund-raising campaign to improve Family Support and Youth Programs (FSYP) in the Kaiserslautern community.

The Weekly CFC Campaign Thermometer displays the current level of donations within the KMC. To contribute to the **CFC FSYP** campaign, visit **www.cfcoverseas.org.**

SPORTS & FITNESS

Preggie Power

Fridays, 10-11 a.m.

Exercise during pregnancy can improve your overall health, relieve tension, and combat fatigue. Suitable for all stages of pregnancy. *Important: Be sure to get your doctor's approval before starting any exercise plan while pregnant. $4 per class, $6 with child, Landstuhl Post, Bldg. 3720.

Free Zumba Class thru November

Tuesdays & Thursdays, 8:30-9:30 a.m.

Sembach Physical Fitness Center, Bldg. 105. Hypnotic Latin rhythms, hip-hop, and easy-to-follow aerobic moves create a high energy, fat-burning "dance" in these fitness classes that will blow you away!

KAZABRA CLUB

Top 40 Fridays

9 p.m.-1 a.m.

Dance to top rock, pop, soul and country hits. Requests are welcome! While there, pay to ride "Tornado" the mechanical bull. Kazabra Club is recognized as the best club in Army Europe. So, bring some friends and come out for a great time. Kazabra Club, Bldg. 2057, Vogelweh, 489-72-61 or 0631-536-7261.

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

ARMY OUTDOOR RECREATION

Rental Items

Mon.-Fri., 9a.m.-6p.m.

Sat. 9 a.m.-2p.m.

Did you just move here and realize you don't want to buy expensive gear for the winter season? If so, rent skis, snowboards,. boots, helmets, snowsuits, and more! Drop by Bldg. 2905, Pulaski Barracks.

LANDSTUHL COMMUNITY CLUB

Room Rental & Catering

Planning a special event or conference? Landstuhl Community Club rents a ballroom for both formal and informal functions. Consider our facility when planning your conference, Change of Command reception, Promotion Party, Hail and Farewell or wedding. Please give us a call - we'd love to help plan your special event! Bldg. 3780, Landstuhl Post, 486-6107 or 06371-86-7244.

CHILD DEVELOPMENT CENTERS

New Hours!

6 a.m.-6p.m.

To better service our patrons, CYSS is standardizing all CDC operating hours. The goal is to provide families with the same level of service no matter what facility used. Consistency and predictability are important for childcare and that is why U.S. Army Child, Youth and School Services has adjusted Kleber and Miesau CDC's hours of operation to be consistent with the other CDC facilities. On Nov. 1, Kleber began implementing the new hours 6 a.m.-6p.m., Mon.-Fri. Miesau will implement the same hours on Dec. 1, 2011. Landstuhl CDC1 & CDC2 currently have these hours.

KMC ONSTAGE

A Christmas Carol

Dec. 1-4 & 8-11

Thurs.-Sat., 7:30 p.m., Sun., 3 p.m.

Dicken's beloved holiday story, adapted by John Mortimer will be performed by volunteers with KMC Onstage. Tickets are $14 adults, $12 for students/seniors and $10 children up to 1st grade. To purchase call, One Stop Shop, 486-8943 or 06371-843.

MWRGERMANY.COM

Kaiserslautern celebrates International Year with Americans

by Petra Lessoing
86th Airlift Wing Public Affairs

"International Year 2011 — Integration through Knowledge" is the theme of a series of lectures and events sponsored by the City of Kaiserslautern. The U.S. will be highlighted from 5:30 to 8 p.m. Wednesday at the Fruchthalle in Kaiserslautern.

Five nations — Turkey, China, the Commonwealth of Independent States CIS, India and Africa — already had the opportunity to present their country and personal integration stories in public shows.

"The United States will close out this series under the motto 'USA: Partner – Fellow Citizens – Friends.' It is an infotainment show featuring U.S.-oriented music, dancing, sports, interviews, business information on local American companies and food sampling," said Andrea Oliver from SWK, the City Works Kaiserslautern, who helped organize the event.

Michael Geib, director of the Ramstein docu-center, will give a short lecture on Americans and their influence on the region.

Courtesy photo

Kaiserslautern will sponsor the last event of the International Year series by highlighting the U.S. from 5 to 8 p.m. Wednesday at the Fruchthalle.

The first interview partner on stage will be Lt. Gen. Frank Gorenc, 3rd Air Force and KMC commander.

"We also invited members of German-American clubs, Fisher House, USO and business people for interviews and performers to take care of the entertaining elements of the event," Oliver said.

U.S. Air Forces in Europe's band Wings of Dixie will present a repertory as well as Waymond Harding, a renowned American singer who lives in the local area. The Pikes, a Kaiserslautern football team, and their cheerleaders will entertain the audience with their skills. There will be a square dance and a rope skipping demonstration.

Local American companies, offices and institutions will have information booths. Ground floor exhibits will highlight a student project by the German American and International Women's Club, projects by Terese Sarno from Department of Defense Dependents Schools and the Opel factory.

"The Army is in charge of decorating Fruchthalle with American flags so visitors right away will see that is our American night," Oliver said.

Doors will open at 5 p.m., and a pre-show with a film of America presented by the U.S. Consulate will begin at 5:30. The stage show will start at 6 p.m. There will be no admission fee.

"Kaiserslautern wants to foster integration, make encounters possible, promote dialogues and truly live internationality in our International Year," said Lord Mayor Dr. Klaus Weichel in his official invitation. "I wish all of our visitors interesting, impressing and exciting hours."

Ramstein battles Wiesbaden in championship

Photos by Master Sgt. Wayne Clark

ABOVE: *Ramstein Royals player Zachery Boswell runs for some yards during the Super Six Division I Championship game against the Wiesbaden Warriors Nov. 5 at Baumholder Army Garrison. The Warriors came out on top with a final score of 25-23.*

LEFT: *Wiesbaden Warrior player Gary Miskovsky pushes a Ramstein Royal defender away while running a play during the Super Six Division I Championship game at Baumholder Army Garrison.*

Ramstein tops SHAPE in D-I volleyball championship

by Senior Airman Katherine Holt
86th Airlift Wing Public Affairs

Playing at home did not seem to be the advantage for the Ramstein Royals volleyball team. The packed Southside Fitness Center gym was on the side of the Royals' opponent: the SHAPE Spartans.

However, in a hard fought five-set game, the Royals got the last word against the Spartans during the Department of Defense Dependents Schools' Division I Volleyball championships held Nov. 5 on Ramstein.

With each set going back and forth, the final set and the game was decided by Ramstein junior Kelsey Freeman when she spiked the ball unreturned by anyone on SHAPE's side of the net.

Both teams scrapped in each set virtually touching the ball every time it went over the net.

"I try to touch every ball that comes my way," said Ramstein sophomore Sade Upshaw. "I always make sure that I am being aggressive."

Aggressive was the name of the game in the Nov. 5 matchup. Upshaw had 47 digs and seven aces while sophomore Ashley Seiler led the Spartans with 17 kills (unreturned attacks), seven blocks and four aces.

With every hit the Spartans dished, there were two Royals waiting to block on the other side of the net. Royals junior Sarah Szybist had six blocks.

"We proved to ourselves that we had what it takes to win it all," Szybist said.

"We are a very young team we have pushed through thick and thin," said Erin Markus, Royals coach. "We had a lot going against us and we overcame hurdles all season."

Photo by Senior Airman Brittany Perry

Shannon Guffey, No. 3, spikes a ball during the Division 1 Volleyball Championship game against Belgium SHAPE Nov. 5 on Ramstein. The Royals walked out with a victory, winning three sets out of five.

Kingfish secure another victory, off to a great start

Few sports are so stratified or have so rigid a hierarchy where a few hundredths of a second can make all the difference. Shave a tenth of a second off your time, and you qualify. Have an off day that gains some time back, and you're back down again — or maybe out.

For swimmers competing on the European Forces Swim League's Kaiserslautern Kingfish swim team, the hope is to one day be considered a performer on the world's most prestigious stages.

This year is off to an incredible start. On Oct. 15, head coach Robert Clinton praised his team's success as his squad would secure its fifth consecutive victory.

Rounding out the team competition, the Kingfish claimed first place with 1,018 points, the Heidelberg Sea Lions took second place with 392 points, the Eifel Sharks third with 157 points and the Vilseck Vipers fourth with 114 points.

The Kingfish were led by four first-place finishes and two record-setting performances in the 400 meter individual medley (5:53.57) and 200 meter freestyle (2:24.02) by Danielle Davis, 12. Her strong performance encouraged her teammates and the competition to push harder as the meet progressed.

It didn't take long for other teammates to follow as 30 different Kingfish swimmers qualified for EFSL champs competition.

Elizabeth Gorske, 11, contributed to Kingfish success, delivering a first-place finish and record-setting performance in the 11-year-old girls 400-meter Individual Medley, finishing with a time of 6:53.25.

Amy Roth, 14, Holly Roth, 15, Andrew Hokaj, 14, and Penelope Washington, 10, finished the day with four first place finishes. Connor Davis, 17, Lexy Meints, 15, Peter Cummin, 15, Ian Hokaj, 12, and Kathleen Nicholson, 8, all had three first place finishes, helping secure the Kingfish win.

The Kaiserslautern Kingfish will take their winning ways south of the Alps Saturday and Sunday to compete at the Long Distance Championships held in Longare, Italy. After that event, the Kingfish will be guest to the Wiesbaden Wahoos on Nov. 19 and round out the month by hosting the Heidelberg Sea Lions and the Vilseck-Grafenwöhr Vipers on Nov. 26 at the Ramstein Aquatic Center.

(by Julio Quinones)

Courtesy photo

The Kaiserslautern Kingfish swim team are off to a great start this year and will take their winning streak to the Alps Saturday and Sunday, where they will compete at the Long Distance Championships held in Longare, Italy.

Live healthier through humor

by Chaplain (Lt. Col.) Scott Weichl
U.S. Army Public Health Command

Most have heard the saying, "Laughter is the best medicine." Many times, medicines can improve our illness, but addressing the whole person calls for something more.

There is an increasing interest in studying how humor and laughter can lead to increased health and better immune function.

Humor is both a mental activity and behavioral action. Everyone has the potential to be humorous and appreciate humor, but one's humor level and type of humor appreciated differs among each of us.

Ever noticed that just the right sense of humor in a stressful situation can reduce that tension? Reducing the stress level brings us closer together, offers a way to take a breath and approach the issue in another way. Communication through humor can reduce anxiety and fear, which is brought about through insecurity. Humor helps build good working relationships and improves morale in the workplace. Humor can be something that stimulates us, much like the emotional response from laughter. Humor can be used to express true concerns and disappointments in a non-confrontational way.

Humor can also help improve your health through:

***Hearty laughter* —** Laughing from your core can help reduce muscle tension and exercise your heart. It also helps to increase endorphins and enriches your blood. Yes, laughter actually helps to improve overall health. So don't feel awkward the next time you burst forth with a full-bodied laugh. You are simply improving your health!

***Expressing positive emotions* —** Anything that can create positive thoughts serves the same purpose as humor. Feelings like love or success can help bring about a similar expression of these positive ways of living life. Humor easily creates positive thoughts, almost as easily as not being able to be angry while you whistle. Try it.

***Reducing stress* —** Who doesn't have stress? Here is another way of improving your health. Stress causes unhealthy effects on our bodies. It increases our risk of various infections, diseases and illnesses. Since humor can reduce stress, it can counteract against this unhealthy lifestyle.

***Social acceptance* —** Want more friends? Not only does humor increase our health, but this sincere, honest sense of humor makes one more socially desirable. This leads to a larger support system that is satisfying and helps maintain resilience during those difficult times.

Studies continue to examine the benefits of humor on health — both mental and physical. Humor is a positive expression when used in good taste and at the right moments.

It is quite possible that humor makes living a little easier by putting life into perspective. As Mel Brooks once said, "Humor is just another defense against the universe." So, go ahead. Laugh a little!

For more information on the benefits of humor, visit the following sites:

» Carolina Health and Humor Association, www.carolinahealthandhumor.org/

» University of Maryland Medical Center, www.umm.edu/features/laughter.htm

» Mayo Clinic, www.mayoclinic.com/health/stress-relief/SR00034

Soccer clinics registration

Register today for the youth soccer clinics, which will be held Nov. 28 to Dec. 19 at Miesau Fitness Center, Bldg. 1220. The clinics will be taught by a professional soccer coach and is for children ages 3 to 15. All clinics are co-ed. To find out more or to enroll, contact FMWR One Stop Shop, Bldg. 3810 on Landstuhl Post, or Parent Central Services, Bldg. 2898 Pulaski Barracks, 493-4516/4122 or 0631-3406-4516/4122.

Sembach invitational

The 18th Military Police Brigade has just arrived on Sembach Kaserne and is sponsoring its first Sembach Invitational Flag Football Tournament at 4 p.m. Nov. 19 on the Sembach Sports Field. The tournament starts at 7:45 a.m. with opening remarks. The championship game is scheduled for 4 p.m.

Saar-Pfalz Braves game

The regional Saar-Pfalz Braves will face off against the Crailsheim Merlins at 7:30 p.m. today in the Sportzentrum Homburg-Erbach arena, Steinbachstrasse 111 (15 miles west of Ramstein). Tickets cost between €7 and €14 for adults, €2 for children 6 to 12 years old, and free for children under 6. Family tickets are also available. For more information, visit their homepage at www.saar-pfalz-braves.de (English version available).

Pikes hold open practice

The Kaiserslautern Pikes American Football Club will hold an open practice from 10 a.m. to 3 p.m. Saturday at the Kaiserslautern University-Unihalle, Paul-Ehrlich-Straße 20. Registration begins at 9 a.m. This will be a indoor practice. Bring workout clothes and gym shoes.

Pikes need coaches

The Kaiserslautern Pikes American Football Club needs coaches for the 2012 season as well as additional organization staffing. If interested in either opportunity, contact head coach Jason Nowlin at nowlin.jason@gmail.com.

Instructor needed

An instructor is needed to teach self defense to teens ages 13 to 18. Must have certifications. For more information, contact Shay Berchtold, Child, Youth & School Services, at 486-5412 or 06371-86-5412 or by e-mail at jennifer.shay.bercht@eur.army.mil.

Winter sports registration

Registration is available for basketball and cheerleading. It will be open to ages 5 to 15 at Landstuhl and Sembach. Wrestling is open to ages 6 to 14 at Landstuhl. All participants must have sports physicals on file with CYSS. To find out more or to enroll, contact FMWR One Stop Shop, Bldg. 3810 on Landstuhl Post, or Parent Central Services, Bldg. 2898 on Pulaski Barracks, at 493-4516/4122 or 0631-3406-4516/4122.

Flag football sign up

U.S. Air Forces in Europe Flag Football is scheduled for Thursday to Sunday at Camp Darby, Italy. To sign up, call Michael Deckard at 478-2301 or e-mail michael.deckard@ramstein.af.mil.

Unit-level basketball

Games begin at 6 p.m. Nov. 22 at the Kleber Gym, Bldg. 3235 on Kleber Kaserne. For questions or more information, call 483-7610 or 0631-411-7610 or e-mail Irvin.siplin@eur.army.mil.

Free class! Yoga Sculpt

Learn how to use yoga and innovative resistance exercises with the use of weights for increased muscle endurance at Yoga Sculpt from 9:30 to 10:30 a.m. Tuesdays and Thursdays at Landstuhl Post, Bldg. 3720. For more information, call 486-7172 or 06371-86-7172.

Basketball LOIs

Basketball letters of intent are now being accepted for the 2011/2012 intramural basketball and over 30 seasons. All letters must be turned in at the Southside Fitness Center no later than Thursday. The coaches meeting will be held at 3 p.m. Tuesday at the Southside Fitness Center in the bleachers on the basketball court.

New! Binkies & Babes

Moms and babies ages 6 weeks to 2 years old workout together during this infant stimulation class. Bring baby's favorite blanket and toy. Binkies & Babes takes place from 9 to 10 a.m. Thursdays at the Landstuhl Fitness Center, Bldg. 3720. Cost is $6 per class. For more information, call 486-7172 or 0631-86-7172.

New! Preggie Power

Preggie Power is a one hour, low impact, high energy, cardio and strength training circuit class. Suitable for all stages of pregnancy. This class is child friendly. A doctor's note is required to participate in this class. This class is held from 10 to 11 a.m. Thursdays at the Landstuhl Fitness Center, Bldg. 3720. Cost is $4 per class or $6 per class with child. For more information, call 486-7172 or 0631-86-7172.

NOW SHOWING

Gateway Cineplex (Ramstein)

TODAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m.
	Warrior (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.
SATURDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m., 10:30 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.
	Apollo 18 (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m.
	Warrior (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.
	Bucky Larson: Born to be a Star (R) 9:30 p.m.
SUNDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Warrior (PG-13) 11 a.m., 2 p.m., 7 p.m.
MONDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Warrior (PG-13) 2 p.m., 7 p.m.
	Mr. Popper's Penguins (PG) 11:15 a.m.
TUESDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Warrior (PG-13) 11 a.m., 2 p.m., 7 p.m.
	Mr. Popper's Penguins (PG) 11:15 a.m.
WEDNESDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Warrior (PG-13) 11 a.m., 2 p.m., 7 p.m.
	Mr. Popper's Penguins (PG) 11:15 a.m.
THURSDAY -	**Puss in Boots (PG)** 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.
	Tower Heist (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
	Apollo 18 (PG-13) 11:15 a.m., 1:30 p.m.
	Warrior (PG-13) 4 p.m., 7:15 p.m.

Galaxy Theater (Vogelweh)

TODAY -	**In Time (PG-13)** 7 p.m.
SATURDAY -	**The Smurfs (PG)** 4 p.m.
	Fright Night (R) 7 p.m.
SUNDAY -	**The Smurfs (PG)** 4 p.m.

Galaxy Theater will be closed Monday through Thursday.

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.

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FRI NOV 11 - WED NOV 16

In Digital 3D: Immortals (R)-Fri15:45, 20:30, Sat & Sun 18:00, 20:15, Mon 15:45, 20:30, Tue & Wed 20:30

In Digital 3D: Puss in Boots (PG)-Fri 15:45, 19:00, Sat & Sun 13:30, 15:30, 18:45, Mon 15:45, 19:00, Tue & Wed 16:00, 19:00

In Digital 3D: The Adventures of Tintin (PG)- Sat & Sun 15:45, Tue & Wed 16:00

In 2D: The Adventures of Tintin (PG) Fri 17:00, Sat & Sun 13:30, Mon - Wed 17:00

The Help (PG13)- Sat & Sun 13:30

Tower Heist (PG13)-Fri 15:45, 20:15, 22:30, Sat 13:30, 15:45, 20:15, 22:30, Sun 13:30, 15:45, 20:15, Mon 15:45, 20:30, Tue & Wed 16:00, 20:30

Paranomal Activity (R)-Fri 19:00, 22:30, Sat 18:00, 22:30, Sun 18:00, Mon - Wed 19:00

Starts Fri, NOV 18:
Twilight: Breaking Dawn Part 1 (PG13)- Fri 16:00, 18:00, 20:15, 22:30, Sat 13:30, 15:45, 18:00, 20:15, 22:30, Sun 13:30, 15:45, 18:00, 20:15, Mon - Wed 16:00, 18:00, 20:30

For Showtimes of Thur NOV 17, call 06371-937 037 or see www.broadwaykino.com/kmc

At The Movies

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

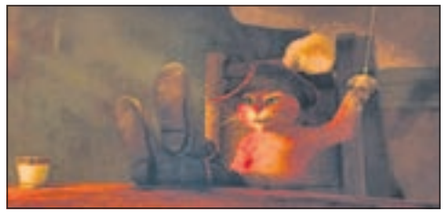
Apollo 18 (PG-13) — Officially, Apollo 17, launched Dec. 17, 1972, was the last manned mission to the moon. But a year later, in December 1973, two American astronauts were sent on a secret mission to the moon funded by the U.S. Department of Defense.

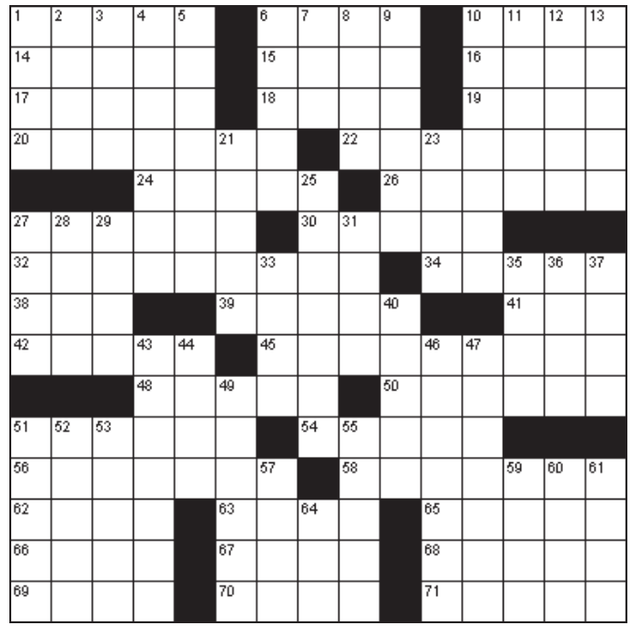
What you are about to see is the actual footage the astronauts captured on that mission. While NASA denies its authenticity, others say it's the real reason we've never gone back to the moon.

Starring Warren Christie and Lloyd Owen.

Puss in Boots (PG) — Way before Puss ever met Shrek, our suave and furry feline hero went on a swashbuckling ride, teaming up with mastermind Humpty Dumpty and the street-savvy Kitty to steal the famed goose that lays the golden eggs.

Starring Antonio Banderas and Salma Hayek.





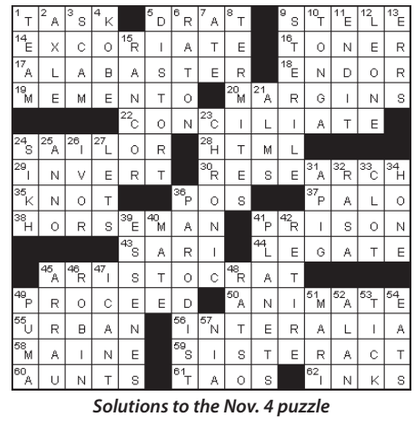
Puzzle courtesy of http://thinks.com/

ACROSS

1 Disgrace
6 Taj Mahal site
10 Track
14 Superhero of pulp fiction
15 Singer Joan
16 "I cannot tell __"
17 Woodwind instruments
18 Russian refusal
19 Bowling targets
20 Monk's haircut
22 Picks up
24 Rows of seats
26 Parmesan, e.g.
27 Finds out
30 Unexpected defeat
32 Overbearing pride
34 Below, in poesy
38 ___ Lanka
39 Joins the team?
41 Roman 52
42 Russian emperors
45 Starting out
48 Western
50 Abounded
51 Existentialist author
54 Huckster's confederate
56 Dying down
58 Here, not in heaven
62 Observe
63 Willie Wonka creator
65 Animator Tex
66 At any time
67 "Desire Under the ___"
68 Allied
69 1981 Warren Beatty film
70 Musical pause
71 Bring to mind

DOWN

1 Highlander, perhaps
2 Freight car hopper
3 Author unknown: Abbr.
4 Eminent conductor
5 Following
6 Daisy Mae's man
7 Blithe
8 Riverside plant
9 Montezuma's people
10 Chief town of Tahiti
11 Lewis Carroll heroine
12 Shades
13 "The Glass-Bead Game" author
21 Iterate
23 At that time
25 Dupes
27 Hindmost
28 Goes wrong
29 Covent Garden solo
31 Tiny sound
33 Joint point
35 Astringent substance
36 Become weary
37 Hastened
40 Smooth glossy fabric
43 Cads
44 Indian attire
46 Deliverance
47 Mideast metropolis
49 "___ is the Night"
51 More rational
52 Overhead
53 Evaluated
55 "The Planets" composer
57 Air force?
59 Perform anew
60 Arduous journey
61 Fictional alter ego
64 "___ Pinafore"



Solutions to the Nov. 4 puzzle

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Apartment 10 mins from Ramstein, 100sqm, 2 bed, 1.5 bath, BIK, garage, 660 euros + ut. KKA Immobilien, ask for Melinda, Tel 0172/ 6855976 or melindakka@aol.com

Apt in Hohenecken, 88sqm, big livrm, 1BR, 1dinrm, BIK, bath, €400 +util 0631-50116

Apt Otterberg, 50sqm, furn, bath, livr w/kitch, 520 € +heat & electr or short term 06301-5956 e-mail: gaestehaus-wilhelm@kabelmail.de

Apt Ramstein 90sqm fully furn 2BR liv/din, big bath w/ shower & tub, new BIK balc ideal for 1pers €500 +utl 06371-58142

Apts for rent, reduced fee! Weilerbach, 3bedr, garage, €790 +util; Hauptstuhl, 3bedr, garage, €890 +util Real Estate Metzler 0176-61721186

Einsiedlerhof, near WPC, Apt, 2BR lg kitch, livrm & pantry, bath, balc, garage, basem, non-smkr, no pets 0631-58796

Hueffler 8 km to the Autobahn 104qm, 2Bedroom, Living-dinning, Kitchen, Bathroom, 2 Balconies. €500; 01718021648

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Mackenbach, quiet area, avail now, 4Rms, kitchen, bath, balc, garage, 840€ incl. util, electricity extra, no pets Ph. 06374-991660

Martinshöhe: 3 bedrm. apartment, living-diningrm., built-in-kit., 2 ½ bath, balcony, basement, garage, 930,-- € +util, no finders fee www.AGRA-Immobilien.de 06371/57656

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Otterberg, 10min to RAB, new house 1Apt, 2rms BIK bath 110sqm balc cellar parking Av now €720+utl 06301-5956

Queidersbach: new 2bm 105sqm apartnt, yard, patio, garage, E830 all included exc electric, ImmoT.016096096498

Ramstein near base, Apt. for rent, 1bedr., 1livingr., 1built. kitchen, 1bathr. incl. all utilities. €600 call: 06371/71176 or 0176/74558473

Ramstein: 2 bedroom apartment, b.i.k., bathroom, balcony 450,- € + util KD-Baubetreuung 06371-619033

Ramstein: Apartment, 110sqm, 3BR/2BA, 2 garages €750 06371/943311-16 www.GermaWild-Immobilien.de

Ramstein-Miesenbach: nice 3BM apartment, balcony, E 775, ImmoT. 016096096498

Siegelbach: 110sqm apartment, 3BM, garage, yard, nice bik, E780, ImmoT.016096096498

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10 min Sembach No. 2, 2 nice house, 3-4 BDR rent € 1200, ZIAI Immobilien 06371 57888

10 min, Kaiserslautern No. 3, 3 nice houses 3-5 BDR, rent €1000-1200, ZIAI Immobilien 06371 57888

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12min to RAB, nice cozy house, 66914 Waldmohr, Nordfeldstrasse 1, open house Sat 12 & Sun 13Nov 1-3pm €800 0151-21510093

Hermersberg: 5Bm, 230sqm freestand house, garage. basement, E1590, ImmoT.016096096498

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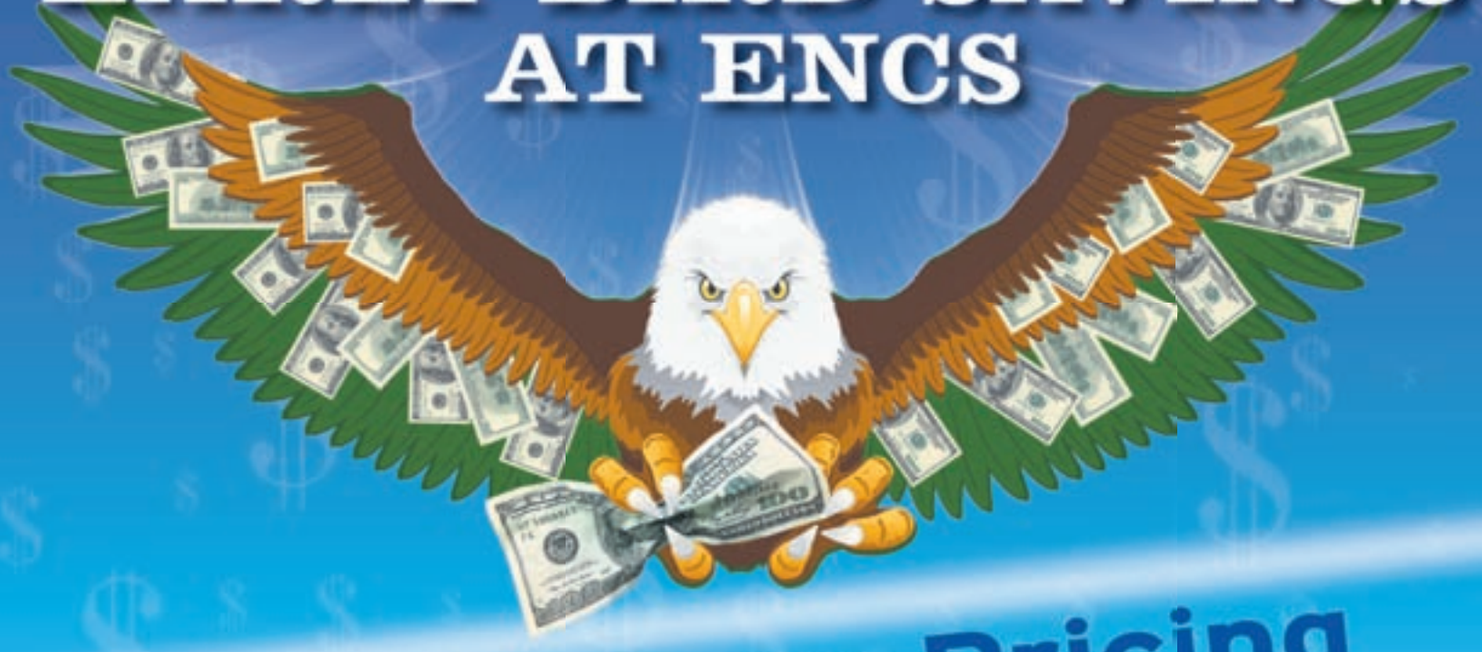

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15 min LS, RAB or VO, 156 sqm duplex, 5 BRM, 1,5 bath, 50 sqm patio, carport, storage, built-in kitchen, € 1100 + utl., no findersfee, no pets. 0160 9158 6094 / JUMSBorchardt@web.de

15 min Vogelweh No.1, 3 nice houses, 4-7 BDR, rent €1400 - 2500, ZIAI Immobilien 06371 57888

1mile to Steinwenden, FSH, 3bdrm, 1.5 bath, 1bar, billiardrm, basem, garage, garden, €1500+util No Realtor Call: 0157-84261797

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Airbase 15 min, FSH 250 sqm, 6 BDR, 2 baths, garages, rent € 1800, ZIAI Immobilien 06371 57888

Airbase: 20 min, great, freest house: Hermersberg: freest brand new house 3 br, storage, gar, yard 1560,- E; Huetschenhausen: freest. 4 br, 2 bath yard, gar 1650,-E, Kindsbach: 3 br, floorh, yard, gar E 1000,-; JR REALTY - reduced fee- ph: 01703159692 or jrrealtykmc@yahoo.com

Bann: Duplex, 151sqm, 3BR/1,5BA, balcony, terrace, yard, carport, € 1.100,- + util 06371/943315-16 www.GermaWild-Immobilien.de

Brand new Rowendhouse Kaiserslautern approx. 6BR, 4 parking spots, sm garden, 3baths, lrg liv/dinrm, BIK, approx. 184sqm, 1335€ +util. ImmoCenter & Co. Tel: 0631-342766210 or 0176-84007071 or s.messner@immocenter-bolich.de

Fst House 160sqm KL-Erfenbach, 7Rms, BIK, 1 +3/4bath, basem, parking, €1150 +util +dep Call: 06374-6814 or -6252

Charming house! Between Zweibrücken and Pirmasens! 4BR/2BA, G-Toilet, Basement, Laundry-rm, open firepl, yard, patio, wood floor, more info: call: 06339/331 or 0160/93914435 $900

Duplex-Half; 217 m2; 18 km to Sembach; 3 BR; BIK; Liv/Din-Room; 1 Bath; Heated conservatory / winter garden; Garage; Pets allowed; Rent: 1,560.00 Euro + utilities+ 40.00 Euro garage; Avail.: November 15, 2011; For more info please call: GI Bill Pay Service & Real Estate, Tel.: 06371-465407 or 0160-1065196

Enjoy the comfort of this freestanding, spacious 400 m² home; close to RAB; School district Ramstein; Spa area w. indoor pool + sauna; 6 BR; 2,5 Bath; BIK; Liv/Din-Room; Open fire place; Balcony; Terrace; Winter garden / Conservatory; Bar; Party room; Storage; Fenced in yard; Double garage; Pets welcome; Rent: 2,800.00 Euro + utilities; Avail.: November 15, 2011; Reduced fee; For more info please call: GI Bill Pay Service & Real Estate, Tel.: 06371-465407 or 0160-1065196

Freestanding house, Kaiserslautern area, 260 sqm, 5 bed, 3 bath, double garage, yard, € 1900 + ut. KKA Immobilien, ask for Melinda, Tel 0172/ 6855976 or: melindakka@aol.com

Queidersbach: nice 3Bm house, 2 baths, bik, patio, yard, carport, E 1110, ImmoT. 016096096498

FSH; 240 m2; 15 km to Ramstein; School-District Ramstein; 4 BR; BIK; Liv/Din-Room; Loft; Storage; Garage; Small garden; Pets negotiable; Rent: 1,700.00 Euro + util.; Avail.: Now; For more info please call: GI Bill Pay Service & Real Estate, Tel.: 06371-465407 or 0160-1065196

FSH; 250 m2; 17 km to US-Hospital; 20 km to RAB; School-District Vogelweh; 5 BR; 2,5 Bath; 2 BIK; 2 Liv/Din-Room; Basement; Garage; Yard; Laundry-Room; Oil-Floor-Heating; Pets negotiable; Rent: 1,680.00 Euro incl. garage + util.; Avail.: Now; For more info please call: GI Bill Pay Service Real Estate; Tel.: 06371-465407 or 0160-1065196

FSH; 250 m2; Mediterranean style; 25 km to RAB; 5 BR; 3 Bath; BIK; Liv/Din-Room w. fireplace; Double-Garage + carport; Sauna; Garden with pond; Pets negotiable; Rent: 1,700.00 Euro + util.; Avail.: December 15, 2011; For more info please call: GI Bill Pay Service & Real Estate, Tel.: 06371-465407 or 0160-1065196

Glan-Münchweiler, 4-5 bedr., 3 badthr., Living, Dining, BiK, 2 Garages, 2 open fire places, large yard available Nov. 15th € 1.800,-- RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, 06371/6129262 or0170 685 0060 ask for Wolfgang, email wolfgang.wiedmann@remax.de

Heartwarming and unique home for rent; low energy house with floor heating; 178sqm; 20 min to RAB; 15 min to Landstuhl; 2 BR; 2 Bath; Liv/Din-Room w/fireplace; BIK; Large yard; Double-Carport; Pets negotiable; For more info please call: GI Bill Pay Service Real Estate; Tel.: 06371-465407 or 0160-1065196

Homburg-Bruchhof: 20 min to RAB, beautiful freest. house, 5 br, yard, gar. 1645,-E. JR REALTY - reduced fee- ph: 01703159692 or jrrealtykmc@yahoo.com

Hütschenhausen: nice duplex 4 bedr., 2 bath, living-diningrm., open fire-place, patio, yard, garage, 1500,--+ util www.AGRA-Immobilien.de 06371/57656

Kaiserslautern/Morlautern: freestanding 5bedr., 2 ½ bath, livingroom, diningroom, built-in-kit., patio, yard, outdoor pool, 2 garages, Sauna, basement, 1.700,-- + util www.agra-immobilien.de 06371/57656

Kaiserslautern: exclusive freest. 305 sqm house, property 1200 sqm, 3-4 bedrooms, 2,5 bathrooms, sauna, doublegarage, big nice yard with pond 2900,- € + util KD-Baubetreuung, Tel: 06371-619033

Kaiserslautern: freestanding House, 300qm Living space, Living and Dining room, 5BR/2,5 BA, Gallery, BIK, Patio, Garage, nice Yard with Pool. Rent 3000€ + util. RE/MAX Real Estate Center ask for Michaela Gheribi 0631/41408880 or 0176/32391664

Kindsbach FSH 190sqm, good interior, 1250€, Hefersweiler 180sqm, 4br, excl. inter. 1050€, a must see. Realtor Erika 016096697945 florida0001@gmx.de

Kindsbach, Rent: 1.230,00EUR + util., 5 BR/3BA, living-/dining-area with a wood stove, BIK, Terrace and garden, Carport, Call Mike Münchschwander, RE/MAX Real Estate Center Kaiserslautern, 0631/4140888-0 or 0176/32367432

Kindsbach: 4 bdr Duplex, Bik, livingr, Terrace, balcony, basement, garage € 1.200,-- RE/MAX Dreamhomes 4 U, Landstuhl, Kaiserstr. 4, 06371/6129262 or 0170 685 0060 ask for Wolfgang, email wolfgang.wiedmann@remax.de

Kindsbach: Duplex, 175sqm, 5BR/2,5BA, balcony, terrace, yard, garage, € 1300.- + util 06371/943315-16 www.GermaWild-Immobilien.de

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66862 Kindsbach

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, 11:00 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, 9:00 a.m. and 5 p.m.
Confessions, 4 to 4:45 p.m. Sunday
Daily Mass, 11:30 a.m. Mon through Fri

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

• *Daenner Chapel*
Sunday Confessions 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 Christian

Confession by appointment
Divine Liturgy
- Kapaun Chapel Sun, 9:00 a.m.
For more information call: 489-2496

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

Denominational Services

Episcopal (St. Albans)
Kapaun Chapel Sun, 10:30 a.m.

Korean Service
South Chapel Sun, 1 p.m.

Unitarian Universalist
Kapaun Annex 2nd & 4th Sun, 1.30 p.m.

Wiccan
North Chapel
Conference Room 1st & 3rd Sat, 7 p.m.

Confessional Lutheran (WELS)
South Chapel 2nd & 4th Sun, 4 p.m.

Confessional Lutheran (LCMS)
South Chapel 1st, 3rd & 5th Sun, 4 p.m.

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Schedule of Services

Sundays	Bible Classes (all ages)	10:00 a.m.
	Worship	11:00 a.m. & 6:00 p.m.
Wednesdays	Devo. & Bible Study	7:00 p.m.

Contact Information
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Web: www.ktowncoc.org • E-mail: info@ktowncoc.org
Herb Doyle 0 63 71 - 46 75 16 • John Phillis 01 60 - 6 42 79 95
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Wednesday 7 p.m.
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www.ramst-churchofchrist.com

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07 p.m. PROPHETIC POWER-NIGHT SERVICE
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HOUSES FOR RENT

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Kollweiler: Duplex, 297sqm, 5BR/ 2,5BA, balcony, terrace, yard, carport, € 2.020,- + util 06371/ 943315-16 www.GermaWild-Immobilien.de

Kusel: nice renovated freestanding house 3 bedr., 2 bath, living-diningrm., laundryrm., basement, patio, yard, garage, 1.200,-- +util www.AGRA-Immobilien.de 06371/ 57656

Landstuhl 10 min, brandnew FSH, 300 sqm, 4 BDR + studio, 3 baths, floorheat, double garage, rent € 2500 Ziai Immobilien 0637157888

Landstuhl-Atzel: Duplex, 4BR/ 1,5BA, basement, € 900,- + util 06371/943311-16 www.Germa Wild-Immobilien.de

Landstuhl-Melkerei, 220sqm, 5bed, 3 bath, BIK, garage, small yard, 1560 euros + ut. KKA Immobilien, call Melinda 0172/6855976 or melindakka@aol.com

Living with horses on Bremerhof in Kaiserslautern! Lovely renov farm house, av 13 November, 6BR, kitch w/din area, bath, balc, wooden flrs, 225sqm €1460 +utl, gorgeous & secluded area in south of K-town Tel. 0631-99991 or 0171-3136996

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Mackenbach: duplex 4bedr., 2 ½ bath, living-diningrm., laundryrm., patio, yard, carport, 1.510,-- + util www.AGRA-Immobilien.de 06371/ 57656

Mehlbach (Kaiserslautern School): Very modern House, hughe living/dining area, 270sqm, 4BR/3BA, 2 toilets, open-fireplace, garage, yard € 2.200,- + util 06371/943311-16 www.Germa Wild-Immobilien.de

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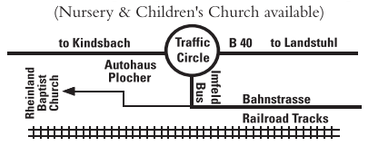
Bahnstrasse 124a
Landstuhl

Gib Wood, Pastor
Phone: 06371-16148 (Ofc.) • 06383-5597 (Home)

Schedule of Services
Sunday School 9:45am, Morning Worship 11:00am
Evening Worship 6:00pm, Wednesday Service 7:00pm
(Nursery & Children's Church available)



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HOUSES FOR RENT

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Nice, modern Bruchmühlbach-House, 4 BR, 2 baths, bik, liv/din rm, yard, garage, €1,000. Spacious Steinwenden House, 4 BR, 2.5 baths, bik, liv/din rm; yard, storage, balconies, €1,280. Very nice Gries House, 4 BR, 2.5 baths, nice bik, liv/din rm; yard, double garage, €1,950. Large Kaiserslautern House, 5 BR, 3 baths, nice bik, liv/din rm; fire place, double garage, nice yard, storage, balconies, €2,050. Very nice Nanzdietschweiler House, 5 BR, 2 baths, bik, liv/din rm; yard, grarage, carport, storage, €2,200. Reduced fees, call 0631-22328 or 0177-5522-328 or 0162-4131-878.

Queidersbach: nice 5BM duplex, garage, 2,5 baths, bik, patio, E 1350, ImmoT.016096096498

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Oberarnbach: freestanding, 7br, renovated house, storage, garage, yard E 2050,-; No Realtor fee, ph: 01703159692 or jrrealtykmc@yahoo.com

Otterberg, Rent: 1.200,00EUR + util., 5 BR/2,5BA, living-/dining-area, BIK, Terrace, Garage, Call Mike Münchschwander, RE/MAX Real Estate Center Kaiserslautern, 0631/4140888-0 or 0176/32367432

Queidersbach: freestnd. House, 140 sqm. 4 bdrm, liv/dinrm. BIK, 2 baths, storage, park. space, mtl. rent 1.000,00 + util. Hartmann Realty 06371-912591

Ramstein 15 min No. 4, 4 houses, 4 - 7 BDR, rent €1100 - 2000, ZIAI Immobilien 06371 57888

Ramstein 15min. frestanding house, 300sqm, 6bedr., livr., bik, 2bath, yard, garage, €1500.- +util Roth Immobilien 06374-994776 or 0171-1950606

Ramstein village, FSH, 210 sqm, 5 BDR, 2 baths, garage, rent € 1500, ZIAI Immobilien 06371 57888

Ramstein, best quality new home, 220sqm, 4 bed, 3 bath, BIK, basement, attic, yard, 1600 euros + utilities, call Melinda 0172 6855976 or melindakka@aol.com

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Ramstein: Freest house, 5BR/2BA, yard, terrce, balcony, garage, basement € 1.350,- + util 06371/943311-16 www.GermaWild-Immobilien.de

Ramstein-Miesenbach: 170 sqm big 4 bedroom apartment w. living-diningroom, 1,5 b.i.k., 2 bathrooms 1120,- € + util KD-Baubetreuung 06371-619033

Reichenbach, nice new cosy 4 bedr, freest, 175sqm, nice bik, pantry, lrg liv rm, 1.5bath, patio, nice yard, nice location, dbl carport, 1 pet ok 1290.-€ Oberstaufenbach, nice spacious 5 bedr house, 203 sqm, lrg new bik, lrg liv rm, 2 balcony, 2 bath, storage, nice yard, garage, 1315,-€; Horbach, beautiful, lrg 6 bedr freest., 270sqm, bik, lrg livrm, 2 balcony, 3 bath, storage, carport, nice view, nice yard, pets ok, 1636.-€ Reduced Fees Real Estate Sabine Leppla please call: 0179-2267905

Rodenbach: Rowendhouse, 226sqm, 5BR/2,5BA, terrace, no yard, carport for 2 cars, € 1525.- + util 06371/943315-16 www.GermaWild-Immobilien.de

RS-school district: FSH, 4 bedr., 2 bath, 2 garages, fenced yard, € 1.060,-- + util., Kindsbach: Duplex, 5 bedr., 3 bath, Carport, € 1.260,-- + util., Weilerbach: Duplex, 4 bedr., 2 bath, garage, granite floors, € 1.430,-- + util., I.B.u. Immobilienservice Thomas Souriß eaux 06374 995 694 Thomas.sx@t-online.de

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Herschberg: almost new freestanding house with double garage, built 2000, about 754 sqm property, about 220 sqm livingspace, 260.000,-- € www.agra-immobilien.de 06371-57656

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Spesbach: freest. 180 sqm house, property 487 sqm, livingroom, diningroom, kitchen w. b.i.k., 3,5 bedrooms, 2 bathrooms, basement, garage, yard. Price 245.000,-€ KD-Baubetreuung 06371-619033, e-mail: kd-baubetreuung@t-online.de

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Weilerbach: freestanding house, 140sqm, 4bedr., livr., kitchen, bath, terrace, yard, €128.000.- Roth Immobilien 06374-994776 or 0171-1950606

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Weilerbach (new project): freest. house w. 320 sqm, Living-diningroom, kitchen w. b.i.k., 1 big bedroom w. closedroom a. bathroom, 3 bedrooms, 1,5 bathrooms, sauna, loggia, garage a. yard. Price 410.000,- €KD- Baubetreuung 06371-619033, e-mail: kdbaubetreuung@t-online.de

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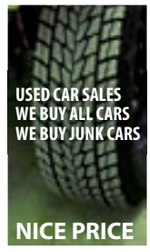

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English speaking meetings of Alcoholics Anonymous available in the Kaiserslautern/Vogelweh Area. Our contact information is: AA Hotline-01803-224-357, www.aa-europe.net/countries/germany.htm

Free Advice on having your baby off base. Please e-mail your questions to: american.geburts.team@googlemail.com

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

Hochspeyer American Social Club. Meet your fellow neighbors from Hochspeyer & neighboring towns. Info on FB or email: hasc2009@googlemail.com

Interested in having a Water Birth? For more information and free advice please e-mail: american.geburts.team@google mail.com

Ivy & Ice Holiday Ball will be held at PHV, Village Pavilion, Heidelberg, GE Dec 10th 6pm - 12am. Food, Music, Formal Attire, Adults Only Henry, 071120708111 or Angela 01622744731

www.class-world.eu
The ads you post online will also appear in print (first come-first served)!

Just found out your pregnant? Want to develop a relationship with one doctor for the term of your pregnancy? Considering having your baby off-base? american.geburts.team@google.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

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FOR SALE -- MISC

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

! ! Swarovski Crystal - Attention collectors! All pieces over 20years old! Prices greatly reduced! Great gift for Christmas or any other special occasion! Private collection! Retired pieces. Penguin mother & baby, koala bear mother and baby, Panda mother & baby, turtle. Call for info: 06332-41560 between 2pm to 9pm. Can deliver to RAB!

1 yr old Droid X locked to verizon phone is free and clear but will need unlocked to be used overseas perfect condition will trade for 32g itouch $250 sm77854@gmail.com

2 Decoder for AFN TV. Scientific Atlantic D9835. 110-240v and free TV and 3 extra transformers $300 rosario_vo@yahoo.com

3-speaker system, Philips 220v 29W power output. Ideal for PC, Notbook, TV, MP3 & CD player. Like new in box with instructions. $25 jhersh@attglobal.net or 06306991388 after 5PM

A beautiful chest of drawers to sell handmade €300 sachs.reifendienst@yahoo.de / 01776066781

AFN Power Vu Decoder Model D9835 .Like New. If nobody home please leave message €180; 06371-43174

Air Mattress for sale. Intex full size inflatable air mattress. 220v pump to inflat and deflat. Carry bag included. $15 06374-801933

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

Bassett Sofa, Loveseat and oversized chair. Style name is "Natalie" currently being sold at Ramstein BX. 2yrs. old, payed 2500$. Receipt available. $800 claudiamrichmond@gmail.com

Beautiful wall unit wooden shrunk. Measures about 6 1/2 feet tall and 13 feet wide. Too big and heavy for this house. Email for best communication. $350; 063759945929 / koreangreenwood@gmail.com

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Bestecke Solingen 23/24K Gold Plated Flatware Set. Modell 1280L. New only two piece have very light surface scratches. €460 azierke@gmx.de

Big tents, 2, white, excellent condition, each: 114ft. length, 59ft., width, 28ft. hight, for sports or shows or exhibitions, made in 1993 - like new 0152-25194313 (David Frank)

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

Bought blue 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

Bowflex Ultimate home gym. Like new all accessories included. $700 williammace@me.com / 01627253666

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

Child's Table w/2 Chairs. Suitable for up to age 6. Table top & chair seats are maple; legs white. $40; 0631-310-389-34 ellhohgra@gmail.com

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Couch, all around leather (paid extra for back) Brown L shaped-2 sec, w/pullout bed. 2 years old - great condition. Asking $975 or Best Offer!!! 06374 991656

Decoder for AFN TV. Scientific Atlantic D9835. 110-240v. Like new in box with instructions. $200 jhersh@attglobal.net Available mid-Nov. or 06306991388 after 5PM

German Washer and Dryer with connectors -Good condition- call 0160-806-0553 $250 rosario_vo@yahoo.com

Designer living room lamp, murano glass, designed by italian factory AV Mazegga, stained light-green up to clear, four leaved, height35, diameter 70cm €150 radl.sylvia@googlemail.com

Dining room set, solid oak, seats 6, matching cabinet, table extends, 1 yr. old from Dänisches Bettenlager, payed 1200 Euro. Model "Royal Oak" Receipt av claudiamrichmond@gmail.com

Dining room table 90 cm X 180 cm with 6 chairs; A bar (H 140 cm, l 130 cm), A hutch (H 140 cm, L 250 cm) €1000 herbrou@gmail.com

Early American pine oak bedroom set with 3 dressers, cherry stained extendable dining table, IKEA desk, 2 twin beds, miscellaneous rugs, 2 cartons of blue-grey rustical stoneware. Prices are negotiable. Call Jeri 0631-270641

Food preparation center, Braun, White, Combimax 650, 220v Like new in box with instructions. $75 jhersh@attglobal.net or 06306991388 after 5PM

Free Cleveland Browns fans are invited to join the Browns Backers Worldwide chapter in Kaiserslautern hosting watch parties every gameday in Otterbach Live!! AJ 0151-40417872 brownsbackersinktown@yahoo.com

Free! 52 inch HDTV. 120v 60Hz, 3 component inputs. No HDMI connection. Dimensions: H51.5", W48.75", D24". Works perfect, we need the space 06313-1090454 / sergepalin2@hotmail.com

German bed, solid oak, 1,40x2,00m. purchased at Dänisches Bettenlager, 1yr.old, Model "Monja" w/spring and new mattress. Receipt available €650 claudiamrichmond@gmail.com

Juicer, Braun model 4161, white, 220 v. jhersh@attglobal.net $10; 06306991388 after 5PM

German Handmade! Oculti Cultus Secreti 2nd Military Intelligence Battalion Unit Insignia Wood Picture Inlay. Pair 37x25 cm. €120 sweilacher@t-online.de

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

Iron, Rowenta-DM510, 1900Watts. 220v. Like new, in box with instructions. $10 jhersh@attglobal.net or 06306991388 after 5PM

Italian desk lamp, murano glass, clear, belongs to living room lamp, designed by AV Mazegga factory €50; radl.sylvia@googlemail.com

Kids adidas soccer shoes, US size 1, EU 32, black & red, worn a few times. Non marking. $35. 0176-22987498, pics on class-world

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

Lady's fur coat, black lamb with silver fox trimming, Euro size 36, top condition €850 fuhrmannh@yahoo.com

Large Antique Dark solid wood. 3 pull out draws, 3 cabinets above and below to store goods in. 7 feet tall. Price: $2900 017622987498. class-world.eu pics

Living Room Schrank, 3m W by 2.2m H and 60cm D. One extra section 60cm W by 2.2m H, Bot - tom section w/drawers, middle section with glas doors. €280; 0631-52760 herbert.mancheno@web.de

Marble table top with matching chairs. $200 Call: 0151-40448624

Modern Art- Floral Design, orange Tulips 88 x 88 cm. Very pretty must see. €95; 06371-43174

Lots of Free Items & Giveaways! Other items at Thrift Shop Pices!! PCSin in September!! Lots of antique furniture, all household items & furniture. Dining rm table, bedrm floor lamps & ceiling lamps, freezer, Panasonic TV, Princess type writer & Panasonic electric type writer, Super 8 movie camera & Projector 35mm slight projector as well as transformer, 750 Watts, Panasonic stereo system, laser video player Pioneer! Laser video movie collection, Dean Martin, Diana Ross, Tora! Tora! Tora!, Airforce One, & many more, collection of autographs & signature photos from old Hollywood stars & Presidents! Call: 0160-920-22726

Micro hi-fi system with 2 blond wood veneer speakers. LG LX-U150. USB port, headphone compat.clock, radio. $25 jhersh@attglobal.net 06306991388 after 5PM

Mixer, Braun Multimix M810, 350 Watts, white. 220v. Like new in box with instructions. $25 jhersh@attglobal.net or 06306991388 after 5PM

Modern Art paintings 110 x 110 cm, large green apple on blue background, for 195.- Euro! Floral arrangement orange Tulips 88 x 88 cm, for 95.- Euro. 06371-43174

Montana State vs University of Montana Cat Griz satellite party! Nov 18th in the Ramstein area. Come watch the game! maggiebigelow@yahoo.com

Motorcycle jackets, leather black, M & L. Call: 0152-29505388 or 06371-613354

Nordic Track treadmill, 220 volt. Like new, paid $1200 in Sep 09. $700; 01627253666 / williammace@me.com

Ms. Corona@serendipityart will move to landstuhl and needs to sale a few things. Love seat sofa and chair fireplace, curtains, large ornate mirror, table and chairs, motor bike, please call 0631-17258 or 01776036101

Older Grundig TV w/SAT receiver (no flat screen) works great €80 for both obo Call: 06386-6711

Orient carpets, Mir Indien red. Very beautiful handmade pieces. size: 1x170x122 1x180x122, 1x260 round about 30 years old. professional washed. €1200 azierke@gmx.de

Outdoor grill, Weber, on wheels with cleaning device. 3 feet tall. $15 jhersh@attglobal.net 06306991388 after 5PM

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

sleeper sofa, loveseat and recliner. all for one price. 120 dollars and they are yours. in good condition, just need to make room for new stuff. $120 0631 340 5820 or email at rd2@hotmail.com

Sofa and two matching chairs. Moving soon and these probably won't be coming with us. Email for best communication. $100; 063759945929 / koreangreenwood@gmail.com

Sony Trinitron 25" TV, traditional (not flat screen), 7 yrs old, kept in spare office, barely used, $325 OBO, Call 0163-330-5535, Lv Msg

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The Swarovski Pierrot mesasures 8". This is the first edition of "Masquerade" series. Retired in 1999. Pics on www.class-world.eu isabell_1_98@yahoo.com

TV, Sony FD Trinitron KV-27FS120, silver, 27 inch, 110v. In box with instuctions. Available mid-Nov. $50; jhersh@attglobal.net 06306991388 after 5PM

USA and CSA documents, coins of Germany and China, private collection, for sale piece by piece. Call between 4-7pm 0152-25194313 (David Frank)

Wall unit (Schrank) in walnut 79" wide, $110; lt brown leather recliner, $120; glass-top table and three chairs, $95; 3 country-scene oil paintings by Glaserl, $125 each. Call 06374-1277.

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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German Navy (Deutsche Marine)

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United States Naval Forces Europe (NAVEUR)

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United States Air Forces in Europe (USAFE)

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United States Coast Guard

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WANTED

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

I am looking for an apartment to rent for no more than the price listed below. The closer to base or public transportation, the better. €350 Call: 016091782603 or luiza@familymartin.org

Kenya! Does anyone know anyone who might know someone with a relative in or near Nairobi who can be my driver / assistant this February? Will pay! shelleythemermaid@gmail.com

Looking for 1971-72 & 72-73 KAJHS yearbooks. be willing to accept copies. might try school. $50 cfrizzell03@comcast.net

Looking for a large (2800+ sqft) newer house in RAB Schools, Small dog allowed, move in before mid Dec? Can pay 2500 Euro + Util. Family of 4 + dog! €2500; 015227037005

Need Handyman to do home repairs. Must speak english. Call: 0162-2766420

New Challenge for Baseball / Softball Coaches!! The River Bandits Baseball and Softball Team, located in Saarbrücken (A6, 30min from KL) is looking for coaches for both teams and also players. Please contact: ste fan.frantz@sfr-consult.de or call 0171-8634083

Teacher, foreign languages buying dictionaries all languages and foreign language guides. Call 0152-25194313 or 0160-69439449

Wanted - Searching for outdoor freestanding full-size portable basketball hoop for our driveway. Please call 06374-4323

Wanted please: gently-used items to Donate! to the Landstuhl Thrift Shop (proceeds go to Wounded Warrior Program, USO etc). Will pick up. Thank you! tweetandmore@gmail.com

Wanted: Santa - Do you make a great Santa? Need Santa for 1-2 hrs Dec 9 for Holiday Party near Ramstein. Apprx 20 children. Will Pay! 06374-944-249 / kmlook1@googlemail.com

PROFESSIONAL SERVICES

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

Professional Services are offered by registered businesses as well as private people. To ensure a satisfactory service experience, please always ask for credentials and deny payments up front. For cleaning services, arrange for payments after a final walk-through and inspection of the clean house.

!!!!!!!!!!AB FM Home Cleaners PCS carpet regular trash haul yard work painting &all other duties as required. Guarantee to pass Landlord &Housing authorities insp 0174-5971347

!!!Helga´s Cake Service 9am-5pm 0631-51601 Fax: 0631-3508720 after 5pm + weekends 06357-7386

Certified translations. Reasonable rates. Call 06374-4113 or 0179-531-0274.

Cheap cleaning service/garden maintenance. Trash removal PCS 0176-58629247 / 0151-43434851

Computer Service - support, consulting & education at your house! All Windows systems, ISDN, DSL, network, security, and more! MH Computer Service 0171-6561773

For 4 you. We do the best and most efficient house cleaning in an hour! 06371-976660.

Guitar Lessons for Beginner, Intermediate, and Advanced. Lessons are tailored to the student. Call Skeeter 0175-8702507

H & I Service: You need help around your house, we do all work personally and perfect. PCS-cleaning, house-cleaning, yard-work, painting and repairs, trash hauling, carpet cleaning Call 0179-7418078

Home & Maintenace Service. PCS, regular & carpet cleaning w/ ref., painting, repair, trash removal, bulk & yard waste 06383-927372 or 0172-6693714

Overseas-TV.com is the best & easiest way to watch Netflix on any internet device on your home network. Try It Free Now! netflix@osewalt.com

Professional lessons in guitar & piano. No contracts. 1st try-out lesson is free. Tel 0175-4754238

Translations-certified. Divorces, medical, school certificates, etc. KL., near Vogelweh. Reasonable rates. Call: 0631-54440

JOBS

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

German speaking secretary 06371 57888

www.class-world.eu
The ads you post online will also appear in print (first come-first served)!

KLSA seeking experienced bookkeeper to maintain financial records for Thrift Shop accounts. Part time position with flexible hours. Knowledge of Quick-books preferred. Please email resume to KLSA1stvp@hotmail.com. Visit our website at KLSAgrapevine.org

Mercedes Benz Ramstein is looking for a administrative part-time position. ID card preferred. Self motivated & enthusiastic! Contact Jeanette jeanette@torpedomilitarysales.com or call 0176-61285420

Office needs a very part time handyman 06371 57888

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JOBS

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We are looking for a Teacher Assistant for our Montessori School. The candidate must have early childhood experience and be flexible. 06371/611809 or ckchouse@t-online.de

LOST & FOUND

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

Lost - Black male Yorshire Terrier 'Snoop' has white spot on his neck - ran away in Kindsbach at dog training class He is neutered but ill! If found please call: 0162-4263132 Reward!!!

My daughter (4) lost her Woody doll on the playground at Ramstein Elementary. She Loves!! her Woody doll. Please help him find his way home! henneman@ymail.com 06371-802-2556

BUY - SELL - TRADE your personal stuff at: www.class-world.eu

Lost anniversary crossover yellow/white gold ring. Lost in vicinity of Landstuhl Thrift store on Thursday Nov 3. 200$ reward for return. Ph. 0172-6813727

PERSONAL

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

Looking for my "Angel"!! Singlewoman, 46 looking for an American (caucasian) my age, who can speak a bit of German because my English is not so great! See you. 0160/6737687(SMS)

www.finditguide.de

My "Simple Man" I'm amazed by your talent & I thank you for the late night serenades. Happy 18th! Now take me to Fire Lake! Love you Always-Touch! XO-M

Seeking female! Single caucasian handsome male, 50years, business owner w/ masters degree, 5.9ft and 165lbs, fluent in english, lived in the USA for nearly 3years and tired of being alone. I love to travel, the beach, good music, good food, and I am a great cook. I am not here to play games, I want somebody to build a relationship with. I do not smoke and drink socially only. Must be stationed in Germany! Serious inquiries only. Please e-mail with picture: tomiba2000@yahoo.de

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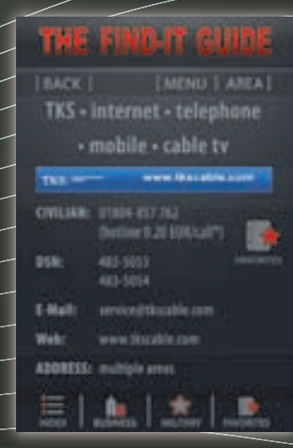

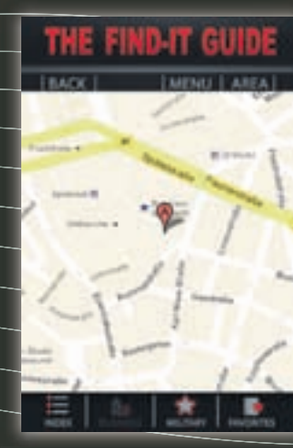

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