

# HeraldPOST

Serving the communities in U.S. Army Garrison Baden-Württemberg

## Fighting flames



Robert Hoerner

Members of the Lampertheim Volunteer Fire Department and the Coleman Army Airfield Fire Department respond to a blaze at the Lampertheim Heide, a large restaurant in the forest near the Army's Lampertheim Training Area, just before midnight Feb. 2. The building burned completely and the water supply was problematic due to the suburban location. Several adjacent buildings were also endangered. The Coleman Army Airfield Fire Department assisted the German fire department with four firefighters, the aerial ladder truck and a pumper. In addition a crash truck was used to carry water from the nearest hydrant to the fire scene. The U.S. firefighters fought the fire in the western part of the main building. The fire was out at approximately 5 a.m. the next morning. With the cooperative effort of 90 firefighters from Lampertheim, Hofheim, Huettendorf, Viernheim and the U.S. Army Garrison Mannheim Fire Department, the fire was confined to the main structure, and adjacent buildings were saved. The Heide was completely destroyed, but no one was injured. Initial estimates of the damage amount to several hundred thousand euro. The cause of the fire is unknown.

## Brigade is 10 months into Iraq deployment

By Capt. Stephen Barker  
18TH ENGINEER BRIGADE

KIRKUK, Iraq – The 18th Engineer Brigade headquarters is on the move again, this time to Ninewa Province to focus on Mosul and engage provincial and city leaders regarding future reconstruction projects.

The unit will be fully moved to Forward Operating Base Marez by the end of the month as the 2nd Brigade Combat Team, 1st Cavalry Division relieves the see **18TH ENGINEERS** page 16

## Local Soldiers sweep competition

ERMC Public Affairs

The candidates from the Heidelberg Health Center swept the 2009 Europe Regional Medical Command NCO and Soldier "Best Warrior" competition that ended with an awards ceremony Jan. 30 on Nachrichten Kaserne in Heidelberg.

Sgt. Marlon M. Derecho, a medical equipment specialist, and Spc. Ted U. Rowe, a pharmacy specialist, beat out candidates from three other ERMCA major units. They will represent ERMCA at an Army-wide Medical Command competition scheduled this spring at Fort Lewis, Wash. Winners from there will advance to Army-level competitions this summer, sponsored by the sergeant major of the Army.

Both warriors thanked their families and their leadership for helping them through hours of practice and study on the tasks that faced them during a week-long competition. Derecho, however, had another person to thank.



ERMC Public Affairs

Spc. Ted U. Rowe tries to pin an opponent in the combatives event during the 2009 Europe Regional Medical Command Best Warrior competition. Rowe took honors as the Soldier Best Warrior of the Year.

"I want to thank Capt. Daniel Eggers, a friend of mine," Derecho said. "He died in Afghanistan in 2004. He was the one who got me into the Army, when I was leaning toward going into the Navy."

see **BEST WARRIOR** page 16

**HP THURSDAY**  
Feb. 12, 2009

### Speed Read

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#### SWIM CHAMPIONSHIPS

More than 90 swimmers from Kaiserslautern and Heidelberg competed in the European Forces Swim League Championships in Berlin over the weekend. 21

### Defense Details

#### BUDGET DECISIONS

Discussions within the administration about the fiscal 2010 defense budget have been cordial and productive, Defense Secretary Robert M. Gates said Tuesday, but department leaders are prepared to make tough choices. Gates also spoke about the White House-ordered Afghanistan strategic review. Office of Management and Budget officials said the Defense Department budget's "top line" will be released in the next few weeks, with the complete request coming in April.

Army news: [www.army.mil](http://www.army.mil)  
Defense news: [www.defenselink.mil](http://www.defenselink.mil)

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## COMMAND MESSAGE

## 18th Engineers welcome VIPs, move to Mosul

By Col. Matthew Russell  
18TH ENGINEER BRIGADE COMMANDER

KIRKUK, Iraq – January was a busy month for the Crusher Brigade.

I hope all our families are doing well and in good spirits. We kicked the New Year off with a bang. Vice President Joe Biden (VP-elect at the time) paid us a visit and brought Senator Lindsey Graham with him.

Around 50 of our 18th Engineer Brigade Soldiers got the opportunity to meet and shake his hand, which made for great photo opportunities. Our Soldiers had a great time meeting and speaking to Biden – one I know they will not soon forget.

Just after Biden left, we got word to prepare to move to Mosul. Our Soldiers did a fantastic job enhancing the stability, economy and governance of the Kirkuk Province.

We now hand over this task to a much larger 2nd Brigade Combat Team, 1st Cavalry Division to undertake. With this transition, we have begun looking at ways to facilitate

fixing and improving the daily lives of the people in the Ninewa Province and the city of Mosul. This mission involves helping a city overcome years of continual war – war which still echoes in its streets even today.

This mission is a perfect fit for the 18th Engineer Brigade as the city of Mosul is desperate for change and enhancement of the essential services – sewage, water, electricity, academics, trash and medical security – stripped from it years ago.

The 18th's Soldiers will lead the efforts to synchronize and coordinate efforts to rebuild the city of Mosul, and cities that lay within the borders of the Ninewa Province.

We'll do this with support from Provincial Reconstruction Teams, United States Army Corps of Engineers, USAID, private non-governmental organizations and the United Nations. We are building a strong team with each of these agencies, a copy of the team we assembled in Kirkuk, a team that made great changes in the lives of those living in

the Kirkuk Province.

I'm glad to report that we have folks in Mosul where they are overseeing the construction of our third tactical operations center. The construction of our new operation center is progressing extremely well. Our new motor pool and living area facilities are complete, and I'll send additional Soldiers to occupy them once adequate office space is constructed.

In February, I plan to meet with Task Force Sapper and the family readiness groups to discuss the exciting activities the Soldiers of the brigade have been involved in and will be completing in the near future. I also intend to talk to key leaders in Heidelberg to go over the future of the 18th Engineer Brigade in Heidelberg and elsewhere.

Many of the Soldiers within the brigade have made that big decision to remain in the Army and have enlisted. My hat's off to them as they are the reason our Army is the best in the world.

## Letter to the Editor

Dear Editor,

Mike Mowrer, former Herald Post editor, is very sick, and I'm sure that many who haven't heard yet about his condition would like to know and contact him. Mike wasn't only the editor of the Herald Post, he was also a great friend to many and a big organizer of special events – wine tastings, buses to special fests, community volleyball coach, just to name a few. He was missed when he left his old home – Heidelberg.



MOWRER

Mike was diagnosed in October with a malignant brain tumor and had surgery performed at the Virginia Mason Hospital in Seattle. A biopsy was done on a lesion on his right lung and blood clots were also removed followed by six weeks of daily radiation. His condition is improving every day, but he has a long way to go.

Hearing from friends and former coworkers would for sure help in his recovery! The family has created a way to reach Mike on the Caring Bridge Web site. It also enables folks to check on his progress, post messages to Mike, etc. Visit [www.caringbridge.org/visit/michaelmowrer](http://www.caringbridge.org/visit/michaelmowrer). He is now at the Sunrise of Mercer Island, 2959 76th Avenue SE, Mercer Island, WA 98040.

-Elke Glavan, Heidelberg

## COMMENTARY

## Celebrating Valentine's Day with 'someone' or 'something'

By Heather Robinson

KAISERSLAUTERN EMPLOYEE ASSISTANCE COORDINATOR



February brings to mind relationships, love and valued relationships. But how do we know it qualifies as a relationship? Ask the following questions:

- Am I identified as being linked with someone?
- Do I identify myself as linked with someone?
- Am I preoccupied at times with thoughts of someone?
- Is my free time spent with that someone?
- When I spend time with others do I attempt to ensure that I still have quality time with my special someone?
- If you took my special someone away, would I feel the impact of that loss?
- Do I make sacrifices for that someone?
- Can I predict the level of support I will get from that someone?

If I am able to replace the word "someone" with my alcohol or drug of choice, then it is possible I have entered into a relationship with that substance.

- Do I emotionally rely on that someone?
  - Does that someone bring out the wild side of me and make me crazy?
- If the answer to these questions is "yes" and we are talking about an actual person, then I say "congratulations and happy Valentine's Day."

Now, please take a minute with that special someone and go back to the questions. If I am able to replace the word "someone" with my alcohol or drug of choice, then it is possible I have entered into a relationship with that substance.

The National Institute on Alcohol Abuse and Alcoholism reports the following:

"One of the clearest demonstrations of how alcohol use negatively impacts the family is the widely documented association between alcohol use and

interpersonal violence. Family problems that are likely to co-occur with alcohol problems include violence, marital conflict, infidelity, jealousy, economic insecurity, divorce and fetal alcohol effect.

"Drinking problems may negatively alter marital and family functioning, but there also is evidence that they can increase as a consequence of marital and family problems. Thus, drinking and family functioning are strongly and reciprocally linked. Not surprisingly, alcohol problems are common in couples going to marital therapy, and marital problems are common in drinkers who present for alcohol treatment."

For information or training on how alcohol or drug use may impact your relationships, call DSN 486-1710 or e-mail [heather.a.robinson1@us.army.mil](mailto:heather.a.robinson1@us.army.mil).



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

MANNHEIM

## Clinic focuses on men's health

Heidelberg MEDDAC

The Mannheim Army Health Clinic will host Men's Health Awareness Week Feb. 23-27 for men ages 15 and older.

"This is a unique opportunity for the health clinic to align our resources specifically toward the health and welfare of the men of Mannheim," said Lt. Col. Ivan D. Speights, Mannheim clinic commander. "Our focus is to ensure participants get the best value for their time."

During the week, men can privately see providers who specialize in men's health as well as learn about the effects of energy drinks, enhancement drugs or sexually-transmitted diseases.

"Be it male pattern baldness, erectile dysfunction, cancer or even mental health concerns, this is the opportunity to get the attention that you deserve," Speights said.

Not only will current health issues be addressed with each of the male patients, but future health concerns will also be addressed in the form of education.

"We tried to target some of the things a lot of men don't know about," said Maj. Conreau L. Williams, Mannheim Clinic's chief public health nurse. "They don't realize there are things that need to be checked on a monthly or yearly basis."

For example, just as women are encouraged to perform monthly breast exams, men are encouraged to perform monthly testicular exams.

"A major killer of healthy males, ages 20-40, is testicular cancer. Males over the age of 40 have an increased risk for heart attacks, prostate cancer and colon cancer," Speights said. "Each of these can be identified at early stages and either resolved or managed."

"But the first steps are to get checked out and learn the signs and symptoms that could save your life."

The clinic is encouraging males 15 and older to schedule appointments, even if they think they are in the best shape of their life or too young to have health problems.

"Why should a 20-year-old come out? So he won't be one of the statistics," Speights said. "You have to confirm the inner you is just as good, if not better, than the outer you."

Men unable to attend Men's Health Awareness Week may be able to get briefed at their own unit.

We're going out to the units, getting a feel for what they want to learn about, and putting together briefings, Williams said. We're already doing a class on testicular cancer and exams, sexually-transmitted diseases and steps for a healthier heart.

"An essential part of the clinic's campaign is reminding men that their health is not just their own personal concern. Their families and fellow Soldiers may also be affected by their health, good or bad," Speights said.

Men interested in scheduling an appointment during Men's Health Awareness Week should call Mannheim Clinic's central appointment line at DSN 385-2273, civ. 0621-730-2273. Units interested in having a sexually-transmitted diseases health briefing, should contact Maj. Conreau Williams at DSN 380-9306.

## 4-star visit



Jason L. Austin

Drayden Price, 4, shows U.S. Army Europe Commander Gen. Carter F. Ham the classroom hamsters at the Patrick Henry Village Child Development Center Monday. Ham toured the Heidelberg military community to find out where he can help improve the quality of life for Soldiers, civilian employees and family members. His morning started with 18 high school students where he heard a different perspective on life in Heidelberg. He also met with family readiness group leaders, visited the Warrior Transition Unit, toured family housing, the PHV CDC, the PHV Recycling Center and ended his tour at the PHV Plaza, where he learned about the ongoing renovations there.

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## USAREUR salutes its top journalists of 2008

### USAREUR Public Affairs

U.S. Army Europe honored its outstanding print and broadcast journalists with the Feb. 3 announcement of winners in the USAREUR level of the Army's 2008 Maj. Gen. Keith L. Ware Journalism Awards Competition.

The competition salutes excellence among the Soldiers and civilian employees throughout USAREUR who produce print and broadcast programming, articles, photographs, graphic art and Web-based products to inform and entertain the Army audience.

The annual contest is named for a World War II Medal of Honor recipient and former Army chief of information who was killed in action in Vietnam.

First-place winners in each category of the USAREUR competition move forward to compete at Army level, and may later vie for Department of Defense-wide honors.

This year's big winner in the broadcast categories is Sgt. Jonathan Pruett of the 21st Theater Sustainment Command Public Affairs Office, who earned first-place awards in the radio and television spot production categories.

Christian Marquardt of the Joint Multinational Training Command earned two awards as well – a first place in the television information program category, and a second place for television spot production (produced at Visual Information Service Europe).

The second-place award for radio spot production went to VISE's Robert A. Kramer, while Nate Allen of VISE took third-place honors in the television spot production category.

Pruett, Allen and VISE's Don Finlay earned honorable mentions in the television spot production category.

In the print categories, the 5th Signal Command PAO took top honors for the Echo, which was named USAREUR's best magazine for the second consecutive year.

A duo of command information products produced by the Mannheim, Germany-based command also earned first and second places in the special achievement in print media category.

Angelika Lantz of the 21st TSC PAO earned first-place honors in the print news article category. Spc. Crystal Abbott of Italy's Southern European Task Force PAO took second place for news, and hon-

orable mention went to Sgt. Fay Conroy of the 21st TSC.

In the feature articles category, Capt. Stephen Barker of the 18th Engineer Brigade earned an honorable mention.

Another 5th Signal Command member, Sgt. Brandon Spragins, and Conroy, earned honorable mentions for their entries in the single or stand-alone photograph category.

SETAF PAO Soldiers won top honors in the photojournalism category, with Staff Sgt. David Hopkins taking first place and Spc. Crystal Abbott earning second place.

Spragins was awarded first place in the published art or graphics category.

Staff Sgt. Tyrone Basnight of the 21st TSC PAO earned first place in the category for photographs provided to a publication by a stringer. 21st TSC PAO also earned first place in the Web-based publications category.

The winners were selected over a four-day judging period by a panel of six experienced military and civilian print and broadcast journalists from Army public affairs and news organizations across Europe.



# Black History Month

*CSM recalls significant leaders; garrison to host local observance*

By **Kristen Marquez**  
HERALD POST STAFF

Coming from a rural area with “no stop lights in the whole county,” Command Sgt. Maj. Annette Weber has risen through the ranks and now serves as a sort of “mayor” for the Heidelberg military community.

She originally planned to join the Army through the buddy program with a friend from high school, but when that friend changed her mind, Weber decided to go ahead with it anyway.

That was in 1982, in Havelock, N.C. Now, she’s been on the job as the U.S. Army Garrison Heidelberg command sergeant major since August and says it is an enjoyable job.

“It’s basically like being a mayor, where you kind of run your own city,” she said. “So I’m that individual that advises the commander on running our small town.”

So far, just like many Soldiers, Weber has served in posts all over the world, beginning in Korea and traversing such places as Hawaii, Texas and South Carolina, before coming to her current job here. She met her husband, Sgt. Maj. Brad Weber, on a tour in Korea.

“My favorite part of my job here is the smile on the customer’s face when we’ve been successful,” she said. “Taking care of families, Soldiers and civilians, and just making Heidelberg the best community I think that we have in the Army.”

With February being African-American/Black History Month, Weber said she looks up to many of the African-American military leaders who have come before her. Those leaders include William H. Carney, the first black recipient of the Medal of Honor, Benjamin O. Davis, who became the first African-American general in the Air Force, and Edward Crook, a 1960 Olympic gold medalist in boxing.

Being a role model is something Weber says comes with the territory of the career she has chosen.

“Any (noncommissioned officer) or any leader in the Army, regardless of whether you want to be a role model or not, you are definitely put in a position where you are a role model,” she said. “We definitely have to lead by example in everything that we do or say.”

Weber will be helping with the Heidelberg African American/Black



U.S. Army Garrison Heidelberg Command Sgt. Maj. Annette Weber helps a student at the Engisches Institut in Heidelberg during a community relations project in November.

History Month celebration, scheduled for noon-1 p.m. Feb. 19 at the Patrick Henry Village Chapel.

The guest speaker at the event is Dr. Harriet Hunter-Boykin, assistant superintendent for the Heidelberg district of the Department of Defense Dependents Schools-Europe.

The celebration will include performances by students in the Junior Association for the Advancement of Minorities from Heidelberg High School, as well as an inspirational dance by community members. After the event, there will be a sampling of traditional cultural foods in the chapel’s fellowship area.

“The African American/Black History Month Observance is a chance for different ethnic groups and cultures to interact with each other and learn about the African American / black culture, as well as some of their traditions, values and beliefs,” said Sgt. 1st Class David G. Green, USAG Baden-Württemberg Equal Opportunity advisor.

Observances such as this one are for everyone and provide an opportunity to learn about and celebrate different cultures, according to Green.

“Observances are conducted to recognize the continuous achievements of all Americans,” he said. “Observances are not designed to knock one ethnic group or gender group against another, but purely designed to educate and to increase awareness, mutual respect, and understanding. The theme of this year’s celebration is ‘The Quest for Black Citizenship in the Americas.’”

The Army is a very diverse place, Weber said. “Although the Army is very diverse, depending on where you grew up, you may not know the diversity that exists in our nation. So I think it’s always important, not just for our Soldiers, but our family members and our host nation, to see how diverse our

## Heidelberg to reduce shuttle bus hours

USAG Baden-Württemberg DOL

The operating hours for the shuttle bus that supports the Heidelberg military community will be reduced starting Monday.

The weekday shuttle runs will begin at 6:30 a.m., just as it currently does. Under the new schedule, the shuttle runs will terminate one hour early each day at 5:58 p.m.

The weekend and holiday hours of operation have been reduced by one and a half hours each day to end at 2:28 p.m. These changes will be updated at all on-post shuttle bus stops. Additionally bus schedules are available at the Army Community Service, the Central In-processing Facility, and on each shuttle bus.

The shuttle bus provides a valued service to its customers, but the bus often makes its rounds with no riders on board.

“To find out when the buses were getting their most use, we conducted a ridership survey to determine what changes were necessary to improve the efficiency of the service,” said Jeffery Green, acting transportation officer, U.S. Army Garrison Baden-Württemberg. “We encourage customers to use the shuttle buses as much as possible in order to justify the operating costs,” Green said.

As an example, if only 12 people ride on any given weekend day, it costs the garrison \$28.75 per passenger to operate.

Data from the ridership survey showed that the buses often ran without passengers for the last hour of each day and had very low ridership on weekends. The minor adjustments to the schedule were recommended to eliminate the zero ridership hours and routes, while continuing to support the core hours of operation.

While the changes may seem small, it allows continued shuttle bus support to the community while doing business a little smarter by not operating empty buses.

Additionally, the efficiencies will save fuel and vehicle wear and tear by limiting the shuttle to those hours used by the majority of the military community. The USAG Baden-Württemberg Directorate of Logistics Transportation Division will continue to review the service for possible adjustments, Green said.

### Test Your Knowledge

- In which year did Carter G. Woodson propose a ‘Negro History Week’?
  - 1968
  - 1900
  - 1915
  - 1975
- Martin Luther King Jr. won the Nobel Peace Prize on Dec. 10 of which year?
  - 1971
  - 1964
  - 1975
  - 1959
- On Dec. 1, 1955, what was Rosa Parks arrested for doing?
  - Drinking from a ‘white-only’ water fountain
  - Refusing to give her bus seat to a white passenger
  - Marching to Selma
  - Rioting in Montgomery
- Frederick Douglas was a leader of which movement during the Civil War?
  - Suffrage
  - Slavery
  - Confederate
  - Abolitionist
- What was the informal system that helped slaves escape to the North during the mid-1800s?
  - Highway to Heaven
  - Northern Roads
  - Underground Railroad
  - Midnight Express

SOURCE: www.factmonster.com

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Army is and what we do and how we do it, and to put on things to enhance our knowledge.”

Green said event organizers are still in need of more volunteers to prepare food for the food sampling portion of the event. Anyone interested should call Green at DSN 373-7955, civ. 06221-17-7955.

## Schweinfurt prepares for 7th Signal Brigade

### Renovations underway for Mannheim unit's relocation

By Mark Heeter  
USAG SCHWEINFURT PUBLIC AFFAIRS

SCHWEINFURT – While improvements, renovations and upgrades have defined the landscape on Schweinfurt military installations for the past several years, one group of current projects marks something new on the horizon.

In 2008 the Army announced that the Mannheim-based 7th Signal Brigade and its subordinate 44th Expeditionary Signal Battalion are scheduled to relocate here this year, and the dust and signs of renovation on Ledward Barracks mean the community is putting out the welcome mat for the units.

"We're trying to make it home for them. We're trying to improve the facilities to make them comfortable when they get here," said Robin Fisher, deputy director of the U.S. Army Garrison Schweinfurt Direc-

torate of Public Works.

When the Army announced the relocation, plans for moving a battalion headquarters into Building 215 on Ledward Barracks hit the brakes and shifted to the design and creation of a brigade headquarters instead.

"Before we knew these units were coming, we had a project on the books to fix that building," said Fisher, who added that such maneuvering is common with planning and utilizing installation space.

"It's a complete renovation. You wouldn't recognize the building," Fisher said of the future brigade headquarters.

Just down the road on Ledward Barracks, the 44th ESB will be the third – and likely final – unit to hang its hat in Building 213 in a year.

"The buildings that they're moving into are going to be strictly

dedicated to them, and they will stay there. That will be their home," Fisher said.

"We want to have it ready for them as soon as they get here" in the spring, Fisher said, adding that he is pleased with the project's progress.

While motor pools and maintenance bays are also being tailored to fit the incoming units, workers are putting the finishing touches on three Soldiers' barracks buildings across the street from the battalion headquarters.

The DPW housing office is prepared to offer options to Soldiers who are bringing families, according to Sharan Dockery, housing office manager.

"We've got a couple options" for providing housing, Dockery said.

"As soon as we can assign housing to them, we're going to let them have it," the housing office manager added.



Mark Heeter  
Carpenters work on renovations to the future headquarters of the 7th Signal Brigade on Ledward Barracks in Schweinfurt.

## Pride, leadership prominent among monthly Year of the NCO themes

By Tom Saunders  
IMCOM-EUROPE PUBLIC AFFAIRS

The Army recently announced monthly themes as part of the initiative to recognize 2009 as the "Year of the Noncommissioned Officer."

Twelve months and 12 topics. Well, actually no. There are nine topics. Pride in service is suggested as a monthly theme three times throughout 2009, and leadership is mentioned twice.

That makes perfect sense, according to Installation Management Command-Europe Command Sgt. Maj. Tracey Anbiya, who said pride and leadership are two of the most important attributes of an NCO and both provide many avenues for discussions when talking about NCOs.

"Look at it this way: Pride in service, pride history, pride uniform, pride leadership, pride in accomplishments of NCO who walked before us on the battlefield, and pride in those who currently walk the battlefields," Anbiya said. "I could do this all day."

"Pride is a very important part of being an NCO. An NCO with pride is someone I look at and think, 'That NCO gets it.'"

The pride theme is scheduled for the months of June, July and November. Leadership is scheduled as a theme for May and Oc-

**"Leadership is another cornerstone of NCOs. The legacy of NCOs is one of dedication to duty and of successfully leading teams of Soldiers to achieve feats of patriotism and valor often performed in the difficult circumstances."**

-IMCOM-Europe Command Sgt. Maj. Tracey Anbiya

tober.

"Leadership is another cornerstone of NCOs. The legacy of NCOs is one of dedication to duty and of successfully leading teams of Soldiers to achieve feats of patriotism and valor often performed in the difficult circumstances," Anbiya said. "It's important that leadership be talked about: what leadership is, what roles leaders play, and what leaders do."

"An NCO out there doing PT with a Soldier to help that person pass or do better on their PT test... that's part of it. Counseling Soldiers about military careers, that's part of it. Ensuring Soldiers are ready when their turn in the sand comes up... that's a part of it."

In addition to pride and leadership, Army officials suggested the following monthly themes:

- ◆ February - What do NCOs do
- ◆ March - Focus on physical fitness
- ◆ April - Diversity
- ◆ May - Leadership

- ◆ August - Education
- ◆ September - Mental fitness
- ◆ December - Wrap up of the year and the way ahead for NCOs.

"The Army guidance provides a good list of focus points as leaders throughout Europe and the Army pay tribute to NCOs during 2009," Anbiya said. "NCOs are often more than willing to carry the heavy load, and then stand in the background when kudos are handed out. I think this initiative is a way for the Army to demonstrate its appreciation to the NCOs and to say thank you without the NCO having to step into the spotlight, so to speak."

Highlights of Year of the NCO events and related information will be posted on the IMCOM-Europe Web site, [www.imcom-europe.army.mil](http://www.imcom-europe.army.mil), and the U.S. Army Europe Web site, [www.hqsareur.army.mil](http://www.hqsareur.army.mil).

The Year of the NCO Web site can be found at [www4.army.mil/yearofthenco](http://www4.army.mil/yearofthenco).

## JAGCNET Web site available for legal help

By R. Charles Collica II  
WARRIOR TRANSITION BATTALION – EUROPE

Soldiers, family members, and retirees may believe they need to go to the local legal assistance office to answer all their legal questions.

In most cases, a stop by the office is appropriate. In other instances, a Web site called JAGCNET provides a wealth of legal information to inform people about personal legal matters and preventive law.

The U.S. Army Judge Advocate General Corps has such a Web site at <https://www.jagcnet.army.mil/legal>.

While it is not a substitute for actual legal advice, the information answers many commonly asked questions.

The site contains information about consumer and contract matters, housing and real estate, mobilization and deployment, estate planning, immigration, insurance, family law and taxes. Also covered are topics like the Service members' Civil Relief Act and the Uniformed Services Employment and Reemployment Act.

The site also offers a legal assistance office locator so people can find the legal assistance office nearest them.

The site provides a link to the Judge Advocate General Corps' Office of Soldiers' Counsel Web site, where Soldiers can get information on the Army's Physical Disability Evaluation System and find out how they can acquire legal counsel throughout the Medical Evaluation Board and Physical Evaluation Board process.

It is an invaluable site, especially for warriors in transition who need advice and counsel during the formulation of their specific goals of either being found fit for duty or ensuring that the Army appropriately rates their disabilities.

# Aircraft movement by sea

## TASM-E ships helicopters from Rota, Spain, to United States

By Jennifer L. King  
405TH AFSB PUBLIC AFFAIRS

ROTA, Spain – The ship looms in the pre-dawn grayness like a hulking monster, its ramp leading up to a yawning mouth. As the first aircraft rolls up, the steel ramp creaks and groans as if waking from a deep slumber.

One mission is complete as members of the 159th Combat Aviation Brigade (Air Assault) depart Afghanistan and return to Fort Campbell, Ky. Another mission is just beginning as the Theater Aviation Sustainment Manager-Europe, headquartered at Coleman Barracks in Mannheim, begins the long process of moving the unit's aircraft back to the States.

Dozens of UH-60 Black Hawks, AH-64 Apaches and CH-47 Chinooks have to be moved halfway around the world, and it's a difficult journey. The aircraft are loaded onto C-17s in Afghanistan and flown to the airfield at the U.S. Naval Station in Rota, Spain. From there, the aircraft are trucked to the port where they are loaded onto a ship before crossing the Atlantic Ocean and being unloaded in Jacksonville, Fla.

Then the aircraft are flown to U.S. Army Materiel Command depots in the United States for reset and maintenance before being returned to the unit at Fort Campbell. The task isn't easy, but as the organization responsible for the transportation of aircraft in and out of the European theater of operations, it's all in a day's work for TASM-E.

"We have been executing boat loads and transportation missions in Spain for four years," explained Dave Strotheide, DynCorp crew lead for the mission. "The mission has become more well-defined over the years, and we've pretty much got the entire process down to a science."

In addition to aircraft transportation, the TASM-E also handles some maintenance on the aircraft prior to loading them onto the ship.



Jennifer L. King

Crew from the Theater Aviation Sustainment Manager-Europe, headquartered at Coleman Barracks in Mannheim, begins loading a U.S. Navy ship in Rota, Spain, with a helicopter bound for Fort Campbell, Ky. Dozens of UH-60 Black Hawks, AH-64 Apaches and CH-47 Chinooks were flown on C-17s from Afghanistan to Rota. They will be taken by ship back to the United States for reset.

"We have to do some maintenance in order to prepare the aircraft for shipment," Strotheide said. "Particularly with the UH-60 Black Hawks, we have to make sure that the tires are at the proper pressure and the struts are at the correct height. We only do light maintenance here in Spain – just enough to ensure they can be loaded and transported without suffering damage. The heavy maintenance is done back at the home station."

Loading the aircraft onto the ship is akin to piecing together a giant jigsaw puzzle. The boat's deck is sprawling and spacious, but it's filled with ramps, stairwells and steel support columns and beams. The aircraft have to be towed up the boat's ramp with a tractor, all while the driver is backing up the ramp looking over his shoulder.

Once inside, the aircraft have to be maneuvered around the columns and into position, again while being dragged by a tractor. Once the tractor has gone as far as it can onto the ship's deck, the rest of the placement is accomplished with sheer muscle power. The team pushes the aircraft into place by hand, leaving only inches between the aircraft as they are moved into their final positions and strapped down for the transatlantic journey.

Caution is key – any bump

to the aircraft could result in thousands of dollars in damage. The TASM-E crew loaded all of the aircraft onto the ship without a single incident of damage to any of the aircraft.

While the U.S. Army has the lead for the aviation transportation missions in Spain, the operation is truly a joint and international endeavor. The boat is a U.S. flagged carrier under contract with the Surface Deployment and Distribution Command, which is allowed into the port in cooperation with the U.S. Navy.

Additionally, the U.S. Navy provides support for purchase requests for the Army team on the ground through its fleet support program and assists the Army by providing fire crew support, an important element considering that the aircraft can become overheated during ground movement. The U.S. Air Force is involved as well, providing C-17s for strategic air missions in support of aviation transportation as required by the Army.

The base itself is a Spanish military base on which the U.S. Navy is a tenant, and Spanish personnel assist the Army with the movement of the aircraft.

"We simply could not accomplish this mission without the support of our fellow services and our Spanish allies," said Lt. Col. Kye Allen, chief

of the TASM-E. "In addition to supporting our operations in Rota, the Spanish assist us with the actual aircraft movement by towing the aircraft to and from the airfield and the port."

SDDC is also an integral player in accomplishing the mission. "They provide us with boats, trucks and ramps – anything we need to load aircraft safely onto the boat," said Dave Storts, a Department of the Army civilian responsible for the oversight of TASM-E operations in Spain. "Their presence is an integral part of our operations, and frankly, we couldn't do this without them."

Every mission has its challenges, and this boat load was no exception.

"Two of the aircraft got warm during the tow from the airfield to the port," Strotheide said. "Fortunately, one of the Spanish drivers noticed the issue immediately, and the Navy fire crew was right there with us on the ground, so we were able to address the problem quickly and continue with the operations."

"One of the CH-47 Chinooks got a flat tire during the tow. A UH-60 Black Hawk had a strut that was stuck, and we had to fix that before we could load it onto the boat, but we're used to dealing with these kinds of issues, so they

didn't even slow us down."

While the process may sound less than effective – moving aircraft by plane from Afghanistan and then by boat from Europe to the U.S., it's actually an incredibly cost-effective plan, saving the U.S. Army millions of dollars.

"They provide us our military operations in Afghanistan is in Pakistan," Strotheide explained. "Because of the distance, strategic air movement of the aircraft from Afghanistan back to the U.S. is simply too expensive. By using a combination of strategic air transport out of theater into Europe and then using a ship from Europe to the U.S., we saved the military thousands of dollars last year alone in transportation costs."

Even more than saving the military money, the TASM-E prides itself on taking care of its customers – the Army unit and the Soldiers.

"This is the second time that I've worked with the TASM-E team in Europe," said Lt. Col. Chris Wolfe, commander of Task Force Troubleshooter. "I'm incredibly impressed by their efficiency, their work ethic and their skill at maneuvering aircraft onto a ship."

"It's a difficult job, but they do it very, very well, and I am never concerned when my aircraft are being handled by a TASM-E crew."





1st Sgt. John T. Kibbler



U.S. Army photo

(Above) Soldiers with Company A, 1st Battalion, 27th Infantry Regiment, currently attached to 3rd Brigade Combat Team, 82nd Airborne Division, Multi-National Division - Baghdad, board a UH-60 Black Hawk helicopter after completing Operation Gunslinger Bonzai XXX Feb. 3 in Hussaniyah Nahia. The combined air assault operation was conducted with members of the 2nd Brigade, 1st Iraqi national police division.

(Left) Soldiers from the 103rd Brigade Support Battalion cut down trees beside roadways to prevent further damage from an ice storm in Kentucky Jan. 28. More than 500 Soldiers from the Kentucky Army National Guard were mobilized in response to the storm to assist in clearing roadways, transporting supplies, and securing shelters throughout the state.

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Sgt. 1st Class Dave Thompson

Staff Sgt. Danielle Kunz, right, an animal care specialist along with Staff Sgt. Christopher Mease, a veterinary food inspector from the 949th Medical Detachment, U.S. Army Reserve Veterinary Corps, treat a cat's wound during a Medical Readiness Training Exercise in Canita, Panama, Feb. 2.



Ralph Nordenhold



Martin Greeson

(Far left) Col. Jimmie Keenan, chief of staff, Army Medical Action Plan, Army Medical Department, Office of the Surgeon General, listens as Capt. Fayette Frahm, former company commander of a hospital in Iraq, voices concern for warriors in transition.

(Left) Soldiers from the 554th Military Police Company, fire M16 weapons during weapons qualification, at the range complex, in Stuttgart Jan 23. The Soldiers are preparing for deployment.

# Working toward the future

*High school students spend class time with local agencies through work study program*

By Colleen Mattingly  
HERALD POST INTERN

High school students have been roaming around the Heidelberg community during school hours – and no, they're not skipping.

These students are part of the Heidelberg High School Career Practicum Work Study Program and serve as interns at various locations throughout the community.

The Heidelberg Health Center hosts eight students, including Kevin Beerman and Chris Wilhelm, who work as physical therapy assistants.

"We get out the equipment, observe therapy programs, and learn the therapy exercises," said Beerman, 17, who is a senior this year.

The two agreed they enjoy their time at the Health Center. "There isn't a lot of stress, and it's very easy to learn," said Wilhelm, also a senior.

Beerman said it has helped to prepare him for his future. "This is what I want to study in college. This job has been a great experience, and I would recommend it to younger students."

Beerman and Wilhelm's supervisor, Maj. Jason Silvernail, chief of physical therapy, said he was excited to take part in the program. "There is a lot of student interest in this field, and if they are willing to learn, I am happy to teach," Silvernail said.

One tricky part of the career practicum program can be the grading. "I grade the kids on

their ability to absorb the information, and their interest in the field," Silvernail said.

Amanda Huffmyer, a senior, is an assistant in the Same-Day Surgery Unit. Huffmyer's day is full of experiences foreign to many who don't have medical degrees. "I spend a lot of time observing the different surgeries and procedures, and taking people's vitals, I don't plan on studying this in college, but I still think it's very interesting."

Capt. Priesto Corujo Yurena, a resident nurse at the Health Center, is Huffmyer's supervisor. "The career practicum program has gone on for a long time here," Yurena said. "It's my first year doing it, and I would be happy to continue doing it as long as the program is offered."

Capt. "PC" finds that it is sometimes hard to give the kids things to do because there are many parts of the job on that the kids cannot handle, "but we still teach them as much as we can about doing charts and taking vitals," she said.

Mary Alice Clark, senior, who plans to study medicine in the future, is an assistant in the Pediatrics Unit. "I tend to follow the doctors around and watch them diagnose the patients. This has given me a real look into what my job would be like."

These are all non-paid internships, but the pay comes in the experience the students are given in the different careers in which they are interested.

This program is created for seniors and juniors, but with



Colleen Mattingly

Kevin Beerman, a senior at Heidelberg High School, listens to Richard Simmons, a physical therapist at Heidelberg Health Center, as he explains therapy options to a patient. Beerman works at the health center as a physical therapy assistant as part of the Career Practicum Work Study Program.

the many seniors wanting to participate, not many juniors are included in the program. If students attending Heidelberg High School want to be part of this program when they are a senior, they should take required courses early, to have free periods their senior year. Juniors who have taken courses in middle school will also have this option junior year. It's easy to find a job.

Students should keep their eyes open in the community, and when they find something interesting, keep it in mind for career practicum, said Emily Gourdine, Career Practicum coordinator, who works to place students in all positions.

Gourdine runs the program, which has been around for 16 years. Heidelberg has the second largest program in Europe with 65 students.

"I was a guidance counselor

for 25 years, and I wanted a change. That's why I wanted to coordinate this program, and I will continue to do it as long as I'm still enjoying it," she said.

Gourdine's job may seem easy, because when the kids are gone at their work site she has no students, but this definitely is not the case. Gourdine coordinates the students' transportation to and from their jobs, goes to the work sites and observes the students, and monitors the kids' time cards.

Some parents wonder about the importance of career practicum and how colleges view its value. "I believe this class is important because it really prepares the students for their future jobs," Gourdine said. "If the students find out that they don't like the job, or that they want to continue in that area, the program has been successful for them."

"Colleges view this program in a very good light," according to Gourdine. "Most consider it as a volunteer experience and a practical working experience or an internship, which look great on college applications."

The career practicum students are prepared for their jobs by taking classes related to their job sites during high school. Before picking job sites at the beginning of the year, students learn how to dress for their jobs, develop resumes, and be a great interviewee.

The Health Center is only one option for the career practicum program. Others include the veterinary clinic, the dining facilities, elementary schools and more. Other locations will be featured in the coming weeks.

Colleen Mattingly works at the Herald Post as part of the Career Practicum Work Study Program.

## Preventing mold build up

By Trecia Wilson  
USAG BAMBERG PUBLIC AFFAIRS

Every year as winter sets in, homeowners begin struggling with keeping mold growth to a minimum. The damp conditions that come with the season make it prime growing season for spores that cause mold growth.

Molds reproduce by means of tiny spores, which are invisible to the na-

ked eye and float through outdoor and indoor air.

Although not usually a major problem indoors, mold has the potential to cause health problems if left untreated.

The usual causes of growth are leaky roofs and pipes which can be repaired – and begins when spores land on wet surfaces.

Molds produce allergens (substanc-

es that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins).

Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals.

Mold loves poorly ventilated rooms, leaky pipes, roofs and humidity above 60 percent.

And it hates well ventilated rooms and dry air below 60 percent.

According to the U.S. Army Garrison Bamberg Department of Public Works, there are steps you can take to

prevent mold buildup in your home.

They include:

- ♦ Air out your bathroom thoroughly after taking showers/baths;
- ♦ Air out your apartment thoroughly at least twice a day for 10 minutes (windows need to be opened completely, not just slanted);
- ♦ Use your ventilation system when cooking; use your ventilation system when taking showers/baths;
- ♦ Report leaking pipes to prevent water damage to the environmental or housing office.



## First batch of students 'graduate' from driver education classes

By Tom Saunders  
IMCOM-EUROPE PUBLIC AFFAIRS

European-based Army high school students received the first batch of certificates after successfully completing the inaugural driver theory classes at U.S. Army Garrisons at Wiesbaden, Germany, and SHAPE, the Benelux, recently.

Driver's education theory classes are being offered as part of the Installation Management Command-Europe's SKIES (Schools of Knowledge, Inspiration, Exploration, and Skills) programs at nine army locations throughout Europe, according to Cherri Verschraegen, IMCOM-Europe's chief of Child Youth and School Services.

"As part of being the 'Army's home,' we believe providing our youth with the similar types of privileges they would have in the U.S. is important," Verschraegen said. "This effort began a number of years ago based on comments during European Teens Panel and Army Family Action Plan meetings. This program is proof that we heard the teens and the families, and we are delivering the services they said they needed."

IMCOM-Europe CYSS and the Department of Defense Dependent Schools-Europe partnered to begin offering European-based high school students the driver education theory classes this year.

USAG Wiesbaden and USAG SHAPE began the inaugural classes in September. Other garrisons in Europe offering classes will be Grafenwöhr, Baumholder, Stuttgart, Bamberg, Mannheim and Kaiserslautern in Germany, and USAG Vicenza in Italy.

Additionally, Army students attending school at Ramstein Air Base may contact the base's Air Force Morale, Welfare and Recreation office for more information about its driver theory program.

IMCOM-Europe officials emphasize that this is classroom training only for which students receive a DoDDS driver education certificate – not a driver license, said Brenda Coffield, IMCOM-Europe school transition specialist.

"The driver education does not result in a student obtaining a driver license, however, the training fulfills the 50-hour classroom requirement and is recognized and accepted by most driving certification agencies in the U.S.," Coffield said.

The nine locations in Germany, Italy and the Benelux received driver simulators earlier this year as part of a \$430,000 initiative funded by IMCOM-Europe and supported by the DoDDS to provide qualifying students with driver education, Coffield said.

Coffield explained that there are a couple alternatives for students from garrisons that do not have simulators. Students may enroll at a garrison offering the program by contacting their garrison's CYSS coordinator. Also, officials are currently working toward providing summer classes.

Registration for students is through respective garrison SKIES offices on a first-come, first-served basis. The space-available classes are to be held at each location's CYSS site. Class and simulator are co-located in the CYSS facility.

The driver education course is designed to focus on the responsibilities inherent in the task of driving. Course content includes the study of visual perceptual development, risk assessment, decision making, and other areas related to the driving task.

People with questions about enrollment, class dates, eligibility or other facets of the driver theory classes should contact their local garrison CYSS coordinator.

## Mentors offer Soldiers, civilians formal, informal career guidance

By Jason L. Austin  
HERALD POST STAFF

Often as Soldiers and civilian employees move up in rank, they look up to senior officers, NCOs or supervisors who nudge them along their career path in an informal relationship.

The mentorship relationships become formal under programs such as the Sergeant Morale Club, Installation Management Command's Civilian Mentoring Program, and the ARMY Mentorship Program.

U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Yolanda Lomax stresses that mentorship is voluntary, and that it is between two people with differing levels of experience.

"When I take time out to read to children at the library," Lomax said, "I fulfill a commitment that will benefit the youth."

Her volunteer work with children who have less experience reading is just one example of how she demonstrates mentorship.

She sets an example for others, gets outside her comfort zone and passes on to the children what she calls "one of the most important gifts" – the gift of her time.

### NCO Corps

Giving of one's time applies equally to mentoring junior Soldiers, Lomax said.

"You have to devote time," she said, "you have to become his shadow and be with that Soldier daily."

"It's not about you, it's about the organization. What have we done to better the Army as a whole?"

Lomax remembers two people who devoted their time to mentor her and help her grow into the leader she is today, Command Sgt. Maj. Ezell Wills, and Command Sgt. Maj. Joseph Allen.

Lomax knew Allen when she was a sergeant first class at Fort Benning, Ga. He taught her to be candid with others.

"Corrective criticism makes us better at what we're supposed to do," she said.

Wills, who she knew as a first sergeant at Fort Jackson, S.C., taught her to really get to know those she serves with – what makes them tick, what motivates them.

**"You have to devote time. You have to become his shadow and be with that Soldier daily. It's not about you, it's about the organization. What have we done to better the Army as a whole?"**

-Command Sgt. Maj. Yolanda Lomax, USAG Baden-Württemberg

Others have helped Lomax become the Soldier she is today, but she quickly singles out the one greatest mentor in her life – her grandmother, Susie Jones.

"Everything I do is attributed to her and how she brought us up," Lomax said.

She struggled through the early 1920s and kept the family together through tough times. She taught Lomax that the world doesn't owe her anything; she has to work for it.

One example of how Lomax has mentored others to work toward their career goals is a young staff sergeant she worked with in Korea. Lomax helped the Soldier learn how to respect leaders and others and how to prepare for the next three levels of leadership or civilian life through education.

Lomax said mentors should push their Soldiers to better themselves in training, physical ability, mental capability and schools, all areas stressed by the Year of the NCO announcement.

"Every day an NCO should look in the mirror," Lomax said, "and ask themselves, 'did I do the best I could have done yesterday? If not, what can I do today to make it better?'"

### DA Civilian

It was that type of NCO mentorship that Mitchell Lee, assistant garrison manager at the Germersheim Army Depot, said he felt was missing when he became a Department of the Army civilian after retiring from the Army in 2005.

Near the end of his 22-year career, Lee said he became a member of the Sergeant Morale Club, a NCO organization which promotes integrity, professionalism and leadership for the enlisted force serving in Europe.

As a detachment first sergeant, Lee said the U.S. Army Europe Command Sgt. Maj. David Lady and Command Sgt. Maj. Michael L. Gravens held him to the standard.

In effort to seek out mentors in the civil service and to help

him achieve his long-term career goals, Lee applied for the IMCOM Civilian Mentoring Program.

His application was accepted in October and his mentor/mentee relationship with JoAnn Chambers, IMCOM-Europe chief of staff, began.

Since then, Lee said Chambers has prescribed an individual development plan, which stresses both the Civilian Education Program as well as a civilian education leading to a master's degree.

Lee said he's had stretch assignments and shadow assignments along the way as well. Stretch assignments challenged his abilities and forced him to work outside his comfort zone.

Shadow assignments allowed him to spend time with Chambers as she performs her routine duties. "During my shadow assignment," Lee said, "I learned more in one day than in 22 years (in the Army)."

The IMCOM mentorship program pairs the mentee with someone who works at an equivalent level of where the mentee has set his goal.

For Lee, his goal is to become a deputy garrison commander.

"I went into this thinking, 'Yes, I could be a deputy garrison commander today,'" Lee said.

After spending a day with Chambers, he said he realized he has a long way to go. He was particularly impressed with the level of responsibility and the diversity of her job.

"It was a total eye opener," he said.

As part of his career development, Lee said he has applied for the Developmental Assignment Program, and hopes to be accepted so he can diversify his work experience, and he's confident the mentorship program has allowed him to reach the next level in his career.

For more information on formal mentorship programs, go to [www.armyg1.army.mil/hr/mentorship](http://www.armyg1.army.mil/hr/mentorship), or [www.imcom.army.mil/site/hr/workforce.asp](http://www.imcom.army.mil/site/hr/workforce.asp).

## Kaiserslautern hosts event for parents, their 'shadows'

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Don Breton, U.S. Army Garrison Kaiserslautern's Pulaski Auto Skills manager, lives for National Groundhog Job Shadow Day, which was held this year throughout the Department of Defense Dependents Schools – Europe communities Feb. 5.

"I can take the time to show them what to look for and how to care for their cars before they even start to drive," said Breton, who initiated the Job Shadow Day tours last year. "I like having them here because they learn and that will make them smart and safe drivers (in the future)."

Other garrison's Family Morale, Welfare and Recreation facilities that took part in Job Shadow Day activities were Kaiserslautern Outdoor Recreation, Rhine Ordnance Barracks fitness center and Landstuhl Library.

Breton held two tours for students and their parents, which is more than double the participation at last year's Job Shadow Day.

He talked to the groups about the importance of maintaining their vehicles while showing them the engine and even going underneath an automobile.

He made it a point to show both groups the yellow levers that are scattered throughout a car's engine.

"These are all fluids, which are very important to keep your car running and keep you safe (on the road)," he told both groups, adding how often they should check their oil, window washer, anti-freeze, transmission and brake fluids.



Don Breton, U.S. Army Garrison Kaiserslautern's Pulaski Auto Skills manager, explains the underside of a car to students Lindsey Breton, 11, Ray Martin, 10, Autumn June, 10, and Alexcia Dunn, 10, Feb. 5 during National Groundhog Job Shadow Day.

Vogelweh Elementary School fifth grader, Alexcia Dunn, 10, even asked Breton about the sound her mom's car makes. He suggested she tell her mom to get her brakes checked.

"I think it was an excellent experience (for her) that she was able to see so many different jobs and experience so many different agencies here in the area," said Alexcia's mother, Conchita Dunn, the 21st Theater Sustainment Command Legal Office lead court reporter, talking about all the garrison's events. "She even told me what was wrong with my car."

Staff at the ROB Fitness Center gave an hour tour for parents and children showing them the importance of fit-

great customer service.

Maintenance staff at the Kaiserslautern Outdoor Recreation demonstrated how and explained why wax is placed on skis. This was the first year that the outdoor recreation staff set up an event for Job Shadow Day.

Only a group of three students showed up for the demonstration, so they were able to get on-hands experience on how to wax skis.

"You have to start at one end of the ski and make sure you go in one direction," explained Alexcia, who is one of the three students.

Although not one of the official Job Shadow Day activities, the garrison Chaplain's Office hosted a National Prayer Breakfast on the same day, and Ray Martin, 10, a Vogelweh Elementary School fourth grader, was able to "shadow" his mom, Lt. Col. Mechelle Hale, who is the garrison's commander. He was able to assist her with welcoming remarks at the event.

"By participating (in Job Shadow Day), our children are able to correlate what they do in school to what they will do in the workforce," Hale said. "And, it's important for the garrison to participate in the job-shadow experience because it reinforces the importance of education and how education prepares them for the workforce."

Sometimes dubbed as "a world of opportunity in a day of work," Job Shadow Day is a nationwide effort to introduce young people to the workforce.

Lynn Rice, the garrison's school liaison officer, said, "Hopefully, Job Shadow Day can answer the question: 'Why do I have to learn this?'"

## Army-level AFAP helps increase support for families

By Rob McIlvaine  
FMWRC PUBLIC AFFAIRS

ALEXANDRIA, Va. – Arriving from garrisons as far away as Korea, 117 delegates came together at the end of January to discuss issues, listen to subject matter experts provide background information on new and old issues, and ultimately make the Army a better place for families to call home through a process called the Army Family Action Plan.

The U.S. Army has been celebrating the 25th anniversary of the creation of AFAP since Aug. 15. On that date in 1983, U.S. Army Chief of Staff Gen. John A. Wickham wrote a ground-breaking white paper titled "The Army Family," which identified the need for the Army to increase support

to its families.

Wickham and his staff asserted that a healthy family environment allows Soldiers to concentrate more fully on their mission.

In 1983, the Army was transforming from an organization of conscripted and short-term enlistees comprised of mostly unmarried military members (with a 10 percent re-enlistment rate) to an all-volunteer, professional force consisting of more than 50 percent married personnel.

"We've come a long way from a time when the Army said, 'If you're married, you can't join. If you get married while in the Army, you can't re-enlist,'" said Secretary of the Army Pete Geren to the AFAP delegates made up of Soldiers, family members, wounded warriors, retirees

and delegates representing Army families.

"The all-volunteer force required us to think very differently about many aspects of the Army and certainly family support," Geren said.

At the first AFAP symposium, the attendees identified 65 issues. Over the past 25 years, AFAP has dealt with a total of 633 issues.

The work groups deliberated on issues last week under the headings of Benefits and Entitlements, Facilities and Housing, Employment, Force Support, Family Support, and Medical and Dental.

The Family Support, Medical and Dental work groups were divided into two work groups each because of the volume of issues they were discussing.

More than 90 percent of

AFAP issues are resolved at the local level, with more than 61 percent of the active issues impacting all sister services. Since 1983, AFAP has resulted in 107 changes to national legislation, 154 revised Department of Defense or Army regulations and policies, and 173 improvements to programs and services.

Currently, according to Tricia Brooks, the HQDA AFAP issue manager, there are 435 issues completed, with 118 unattainable, 75 still active, and five issues combined.

"Leaders trust and support AFAP because the members provide real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guide policy formation," Brooks said.

"The average length to re-

solve an issue is three years," Brooks said. "Last week, eight workshops discussed 64 new issues and two were picked at each workshop after deliberation."

"This means 16 new issues will enter into the Department of Army AFAP process and will be assigned to members of Army staff, who will develop an Action Plan and ultimately resolve the issue."

On Jan. 30, following the conclusion of the conference, the Army's vice chief of staff posted a summary of the meeting at Army OneSource, on the AFAP page.

Heidelberg's Army Family Action Plan conference began Wednesday and is ongoing through today. Information on the issues will be available in next week's edition of the Herald Post.

## Serving up sardines



Kelly Schroter

Dr. Russ Claus, Patrick Henry Elementary School principal, serves sardines to students for a school project. Once the students had the opportunity to "expand their culinary palettes," the school-wide results were collected and charted. The electronic version of the graph is being used on Smartboards in classrooms so the students can analyze the results.

## BEST WARRIOR

continued from page 1

Derecho, the NCO Warrior of the Year, hails from Ladson, S.C., where his parents, Nestor and Polly, live. His father is retired from the Navy. Derecho is accompanied on this tour by his wife, Kelen.

He had advice for others who may go before military boards. "I went in detached, like I wasn't worried if I won or lost," he said. "It may sound bad, saying you don't care if you win or lose, but it helped me focus, and I wasn't as nervous as I had been at other boards. Winning is all about being comfortable and confident."

Confidence also helped Rowe win the Soldier Warrior of the Year.

"I think you really have to prepare for the board," Rowe said. "If you focus on what you think you might need improvement on, you don't have to worry about your weaknesses when the competition begins."

Rowe is from Dania, Fla., and is a graduate of South Broward High School. His parents, Lailes and Randy Rowe, still live there. Rowe's wife, Jennifer, and children Makhyia, 5, Lily, 17 months, and Jaiden, 4 months, are with him in Heidelberg.

The competition took place across the European theater, with each of the three of the four major participating units hosting some of the events. The ERMHC Headquarters staff hosted the event and staged the formal board appearances. The Bavaria Medical Department Activity in Vilseck, Germany, ran the Army Physical Fitness Test, written exam and essay contest.

There were day and night orienteering lanes and warrior skills lanes that took place at the Landstuhl Regional Medical Center at mid-week, operated by LRMC and the 30th Medical Command, respectively.

The Heidelberg Medical Department Activity NCOs ran the weapons qualification range and the combatives event.

## 18TH ENGINEERS

continued from page 1

18th in Kirkuk Province.

The 18th will use its engineer expertise in design, survey and project management to enhance the capacity of Mosul city leaders as they plan, fund and initiate projects in the war-torn city.

"We're going up there as the focus turns to Mosul as the last stand for the insurgents," 1st Sgt. Christopher D. Tipton said.

Mosul is the third stop for the unit during this 15-month Iraq deployment. After arriving at Contingency Operating Base Speicher in Tikrit in May to command the two engineer battalions in northern Iraq, the 18th Engineer Brigade moved to Kirkuk Province in October to focus on non-lethal engagements with the provincial government to facilitate the political situation there.

As for the next move, Brigade Commander Col. Matthew H. Russell said his unit is ready. "Our time in Kirkuk has prepared us perfectly for our new mission in Mosul," he said.

Sgt. Larry N. Soto, a senior local area network manager for the brigade headquarters, also is confident the move will go well.

"We'll do better this time because we've done this before," said Soto, adding that he and the rest of his communications section, or S-6, feel the heat when trying to set up the headquarters' computers and phone lines each time the unit moves to a new location.



Capt. Stephen Barker

Sgt. Caleb Cherish, machine gunner and driver in the Personal Security Detachment, Headquarters and Headquarters Company, 18th Engineer Brigade, pulls security Jan. 13 on the grounds of Kirkuk's Northern Oil Company during a visit there by the brigade commander to re-enlist a Soldier.

Tipton said the troops were not very excited about moving again when they first got the order, "but then they realized that we're getting closer to going home, and it would make the deployment go by faster."

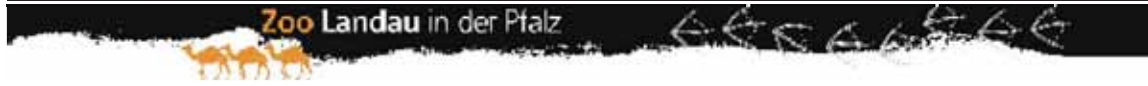
The unit has five months left in Iraq.

"Don't hesitate to send care packages because we still enjoy receiving mail," Tipton said. "It gives us something to look forward to."

Currently the 18th provides command and control to the 84th Construction Effects Battalion and the 65th

Combat Engineer Battalion — both based out of Hawaii. The 18th has also visited frequently with its 54th Engineer Battalion (Combat) from Bamberg, which has operated in central and southern Iraq under the 555th Engineer Brigade since June.





# Landau Zoo close, geared toward children, research, conservation

Located an hour or less from each of the communities in U.S. Army Garrison Baden-Württemberg, the Zoo Landau in der Pfalz makes for a good day trip for the young and young at heart.

The zoo staff is offering an guided English tour of the zoo beginning at 2 p.m. Sunday.

The almost 10-acre zoo houses nearly 700 animals from 121 mainly exotic species all housed in near-natural enclosures.

The zoo's mission is the implementation of the objectives of the World Zoo Conservation Strategy with a strong dedication to education, in situ conservation and research.

More than 15,000 children attend the Zoo School Landau each year, which stresses learning through playing, acting and experiencing topics like the protection of the environment, species and animal welfare.

Besides the lessons at zoo school and various other educational events for children and teenagers during the school holidays, Landau zoo offers,

on demand, guided tours for adults and special guided tours for senior citizens and challenged persons.

The zoo, founded in 1904, offers a great variety of botanically interesting trees, shrubs and other plants that make the area look like a romantic garden, along with accessible aviaries and enclosures, zoo architecture with free sight to the animals.

Among the special attractions for children are a petting zoo, a playground and numerous special events such as zoo school-organized birthday parties for children.

Landau zoo considers itself as partner in the worldwide protection of nature and species.

Landau zoo participates in 26 coordinated breeding programs for endangered species (EEP: ESB, ISB) and supports five in-situ conservation projects all over the world (Chile, West-Africa, Dschibuti, Madagascar, Philippines).

For more information, visit to [www.zoo-landau.de/en](http://www.zoo-landau.de/en), civ. 06341-898229.

### Admission prices

Adults	€ 6
Children (4-12 years)	€ 3
Pensioners	€ 5
Reduced price	€ 4
(children 13-18 years, students etc.)	
Dogs allowed	€ 2,50
Special group and family arrangements	

### Opening times

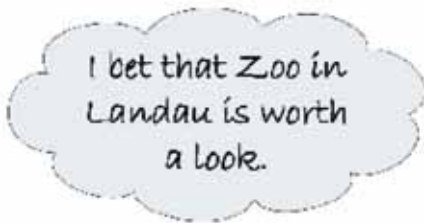
March – October, 9 a.m. - 6 p.m.  
 November – February, 9 a.m.-4 p.m.  
 The zoo is closed one hour after closing of the cashpoint.  
 Changes of opening times in spring and autumn are possible.

### Address

Zoo Landau in der Pfalz  
 Hindenburgstrasse 12 -14  
 76829 Landau

### Upcoming events

- March 22, 2 p.m. - Carnivore day: information and action for kids around our carnivores
- April 13, 11 a.m. - Easter party at Landau Zoo
- June 1, 10 a.m. - Whit Monday "Morning pint": Music, barbecue, action for kids
- June 21, 11 a.m. - "Teddybear picnic" for kids with their teddy bears at Landau Zoo
- June 28, 11 a.m. - "Penguin Party": information and actions around protection efforts for the endangered Humboldt-Penguin, [www.sphenisa.org](http://www.sphenisa.org)
- July 24, 6 p.m. - Evening ambiance: the zoo is open for visitors in the evening



## GERMAN TRADITION

### Carnival season

Thought there were only four seasons in a year? Think again. It might last just six days, but Carnival is considered a fifth.

In Germany, it's called the Nürsische Saison, or foolish season, and Germans revel in the chance to snip off their ties and cut loose.

The exact date of Carnival always depends on Easter. This year, the party begins Feb. 19 and goes until Shrove Tuesday Feb. 24.

Most scholars trace Carnival back to the first century Roman period when the festival of Saturnus began to take place. Saturn was the Roman God of Peace and Plenty, and the festival marked a time when order was turned upside down. Men dressed as women, and masters waited on their slaves.

If it did originate from this obscure historical reference is anyone's guess. Today Carnival goes by many names, depending on where you choose to celebrate.

Whether it's Karneval in Cologne, Fasching in Munich, Mardi Gras in New Orleans or the Swabian Fasnacht, every region celebrates this season a little bit differently. But rest assured that all festivals have one goal in mind: To live it up before Lent.

Known as Schmutziger Donnerstag, or Fat Thursday, Feb. 19 is the official kickoff to the party. The day ushers in this period of friendly disorder. In Cologne, for instance, women take control, chopping off the ties of their male colleagues.

In the south, parade revelers are called Narren, or fools. They dress in fanciful costumes, act silly, and wear elaborate wooden masks in the image of witches and grotesque animals. Don't be surprised if one of these Narren walk up to you and either ruffle your hair or drop you a piece of candy.

Cologne's Rosenmontag (Rose Monday) parade is so large it's even broadcast on German television, similar to the Macy's Thanksgiving parade in New York. The parade, the largest in Europe, stretches to a length of nearly seven kilometers.

For more local parades, you can head to Ziegelhausen at 2:11 p.m. Feb. 22; Ketsch at 2:01 p.m. Feb. 22; Stuttgart at 1 p.m. Feb. 24 starting at the Schlossplatz; Weinheim at 2:12 p.m. Feb. 24 starting at the Festplatz; Mannheim at 2:11 p.m. Feb. 24 starting at the Rosengarten; Heidelberg at 2:11 p.m. Feb. 24 on Bergheimer Strasse and Hauptstrasse; and Schwetzingen at 3 p.m. Feb. 24 in the pedestrian zone.

If you find you slept through the parties, there's still a chance to enjoy Carnival even after Ash Wednesday. The Swiss city of Basel celebrates its Fastnet for three days starting Feb. 24.

SOURCE: USAG Stuttgart Public Affairs

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



Vicki Johnson is military spouse and a clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com).

#### Dear Ms. Vicki,

I feel like I'm competing with my step children for the affection of my husband. It's like they don't want us to spend any time together. They also try their hardest to find ways to make my husband available to their mother. My husband's ex-wife even attended his homecoming when he redeployed.

I was very upset, but I tried to stay calm for my husband and his children. I really want my relationship to work, and I want to get along with my step children, too. I want us to be one big happy family.

However, it's difficult because I think his children are old enough to know they are being manipulative and sabotaging, too.

I don't talk to my husband about this because I don't want to appear to be the bad guy. Sometimes I feel like it is getting worse. When they come for the weekend, they want him to prepare the meals, and they won't touch anything I make. They only want him to take them on outings and don't want me to come, too.

I'm telling you they want to spend time with him only. I want them to understand that I need his time, too, and weekends and holidays are for all of us to spend together. Am I over exaggerating, or do I have nothing to be worried about?

From: Happy Family

#### Dear Family,

I want nothing but the best for you and your family. I think your feelings are quite normal given the situation. I'm happy to know that you are trying to stay away from power struggles with your step children. I know your step children would like to spend time alone with their father, too. This is also normal and needed.

However, for the relationship to improve, you have to invest in

personal time, energy and commitment to create a loving and supportive family unit. I want to encourage you and help you to recognize that attaining family accord and positive relationships will take time, effort and patience.

To be honest, I think you could use the professional help of a clinician who specializes in family therapy. Check with your Social Work Services on base and ask if they have services available or contact Military OneSource to be connected with a counselor in your local community. Even if your family can't come, I would still encourage you to attend individually to be given strategies and support.

If you feel comfortable doing so, hold family meetings where open and honest discussion of individual feelings are encouraged. It's important to use only "I" statement i.e. "I need," "I feel," etc. Stay away from pointing fingers and blaming i.e. "you this," "you that."

Accept that a range of feelings and emotions are a normal part of this fine-tuning to change. I know there is more to be said on this subject. I would be happy to give more advice in the future. Stay in touch and let me know how you are doing.

## Making every day Mom's Day

By Kevin L. Robinson  
DECA PUBLIC AFFAIRS

FORT LEE, Va. — Every day in commissaries around the world, mothers are shopping for their families. They often pay attention to everyone but themselves.

The Defense Commissary Agency would like to lavish some well-deserved attention on the military mom for a change.

"Moms are the heartbeat of our military families, whether they are holding down the home front or in uniform themselves deployed down range," said Philip E. Sakowitz Jr., DeCA director and chief executive officer. "From January through Mother's Day in May, we want to focus special attention on our military moms and show them how much they mean to us."

With its "Every Day is Mom's Day at Your Commissary" initiative, DeCA wants to pamper mom with a variety of specially priced health and beauty care products set aside just for them.

It's the commissary's way of saying "thank you" to a customer demographic that represents about 80 percent of daily commissary shoppers.

Beginning in early January, commissaries stateside and overseas rolled out their "red carpets" for mothers who populate all segments of the military community. Each store is highlighting a special shopping area for military moms, a place where mothers can purchase discounted products to treat themselves or where their husbands and children also can do the



honors.

"The military mom is the person who typically runs the household and routinely puts herself at the end of a long list of family obligations," Sakowitz said. "Every Day is Mom's Day" seeks to put our military moms first, honoring all the sacrifices they make each and every day."

Commissary customers can expect to see banners, posters and shelf signs that point the way toward product displays designed especially for mom.

They also will see product giveaways and demonstrations as well as an emphasis on women's health articles posted on the DeCA Web site, [www.commissaries.com](http://www.commissaries.com), in the Ask the Dietitian forum.

For specific activities at each location, visit your local commissary.

# GET OUT!

area events

## February 12

**Interactive Star Wars All-Nighters** – Mannheim's The Cove will host its first Interactive Star Wars All-Nighters 6 p.m.–6 a.m. Feb. 12 and 4 p.m.–6 a.m. Feb. 15. Star Wars fans, this is the night for you! Enjoy the interactive fun and laser show; Watch episodes 1-3 Feb. 12 and episodes 4-6 Feb. 15. Free entry for anyone dressed in costume; regular entry fee is \$3. DSN 385-2884, civ. 0172-655-0151.

## February 13

**Black Forest Farm Overnight** – Travel by carpool to the Black Forest and stay overnight at a farm. The cost is €21 per person, and children younger than 8 are half price. DSN 387-3296, civ. 06202-18071.

**Tropical Islands** – Explore the world's largest indoor rain forest, and then slip into the warm water of the Bali Lagoon. Or simply play on a sandy beach in the South Seas village. At the Tropical Village, choosing between the barbecue or the tasty crepes may be the hardest thing you'll do all day. Swimsuit and changes of light clothing are all that you'll need to feel in the mood. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**Carnival in Venice Overnight with stop-over in Verona** – Day 1: Travel through the night, stopping for breakfast before taking the train into the center of town. The sightseeing tour includes the Bridge of Sighs, the Rialto Bridge, the Bell Tower and St. Mark's Square and Cathedral. After the day in Venice, travel to Vicenza overnight. Day 2: Breakfast at the hotel, on the return home, stop over in Verona home to the most famous lovers of all time Romeo and Juliet. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**Bowling Tournament** – Bowl with your sweetheart in the Scotch Doubles Bowling Tournament at the Heidelberg Bowling Center. The first ball is rolled by the lady and the spare is picked up by the gentleman. The cost is \$20 per couple, and the entry fee will be returned to the prize pot. DSN 388-9040.

**Valentine's Dinner** – Enjoy a candlelight dinner for two at the Village Pavilion Valentine's Dinner 6-10 p.m. Dinner includes champagne and a three-course meal. Cost is \$55 per couple. Seating is limited and reservations are recommended: DSN 388-9098, [villagepavilion@mwgermany.com](mailto:villagepavilion@mwgermany.com).

**Prague Weekend** – Head to the Czech Republic with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Comedy After Dark** – Mannheim's Top Hat Club will host its Comedy After Dark and After Party at 9 p.m. Don't miss stateside professional comedian Jay Deep who has appeared on BET ComicView and HBO's Bad Boys of Comedy. The band Encore will open up the evening. Patrons must be 18 and older. Tickets: \$15 in advance or \$18 at the door. DSN 380-9370, civ. 0621-730-9370.

**King of Karaoke** – O'Reilly's King of Karaoke competition will run every Friday for the next four weeks in each of the O'Reilly's; Dusseldorf, Frankfurt, Heidelberg, Amsterdam, Brussels and in Waxy's Irish Pub, Frankfurt. There is €5000 in prizes to

## Winger's Grill and Bar is open for lunch

- ◆ Special express lunch menu available for fast service
- ◆ Call ahead so your order is ready when you arrive
- ◆ Reserve seating for a group or special party
- ◆ Pick-up and take home or back to the office

Open Daily 11 a.m.-10 p.m., Heidelberg, Patrick Henry Village, DSN 388-9455, civ. 06221-338-9455, [www.mwgermany.com](http://www.mwgermany.com)

be won on the night of the final. This is the trial run for the Summer King of Karaoke in which the winner will go forward to the Karaoke World Championships in Finland in September. A winner will be chosen on each of the nights and will go through to the regional final in each of the locations March 13. Then the first and second-place contestants will go through to the grand final March 14 in O'Reilly's Irish Pub, Frankfurt to coincide with the St. Patrick's weekend celebrations. [michael@oreillys.com](mailto:michael@oreillys.com), [www.oreillys.com](http://www.oreillys.com).

## February 14

**Valentine Overnight in a Castle** – Spend the night with your loved one at Hirschhorn Castle high above the Neckar River with a wonderful view of the valley. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**The Grandeur of Paris** – Spend Presidents' Day weekend in Paris visiting beautiful museums, the Arc de Triumphant, and the Left Bank, all in this brand new USO tour, which places you in the center of the history of Paris and France. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**Find Your Valentine** – The Cove in Mannheim will help you find your Valentine by having mini-dates at the speed dating party, participating in the singles auctions, and adding your photo to the singles' wall. The party starts at 9 p.m. DSN 385-2884, civ. 0621-730-2884 or 0172-655-0151.

**25th International Guggenmusik Festival** – Head to Schwäbisch Gmünd, the mecca of Guggenmusik through Feb. 15. The carnival procession begins at 11 a.m. Saturday, and a monster concert will be held at 6 p.m. On Sunday, the music begins in the sports hall at 11 a.m. Civ. 07171-603-4250, [www.schwaebisch-gmuend.de](http://www.schwaebisch-gmuend.de).

**February 19**

**Endingen Carnival** – Six wild days of celebration starting "Fat Thursday." The climax

of the Fasnet (carnival) is after the Fasnet awakening with 3,000 Hemdglunker fools dressed in white nightshirts on Thursday. The procession of the Jokili, the Endingen Fasnet figure, is on Monday. Around 800 people cheerfully hop and skip through the alleys and nobody is safe from the pigs bladders. Experience it for yourself through Feb. 24 in Endingen. Civ. 07642-689990, [www.endingen.de](http://www.endingen.de).

**Traditional Grand Devils Procession** – Head to Triberg in the Black Forest to see 350 devils run through the street with torches at 7 p.m. as part of the Carnival celebration. Civ. 07722-866490, [www.triberg.de](http://www.triberg.de).

## February 20

**Bucky Covington Concert** – See former American Idol contestant and current country star Bucky Covington in a free concert at 8 p.m. Feb. 20 at the Kazabra Club in Kaiserslautern. The show is brought to you by FMWR, USO and the USO Worldwide Strategic Partners. DSN 489-7261, civ. 0631-536-7261 or [www.mwgermany.com](http://www.mwgermany.com).

## February 21

**Vampire Ball** – This year's Vampire Ball in Heidelberg is celebrating 35 years of music and excitement. Guests dress as vampires or other ghoulish creatures. Tickets are €29. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**Black Forest Fun Race** – Head to Feldberg for the race of original sleds. It makes no difference whether it's a converted bath tub, a Mad-Max mobile or the Eiffel tower, it only matters who comes down the "Schrofenbuckel" hill the quickest. In Neuglashütten on the B500. Civ. 07655-932086, [www.feldberg-schwarzvald.de](http://www.feldberg-schwarzvald.de).

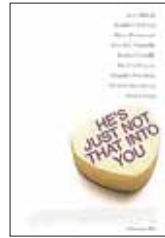
## February 26

**The Ten Tenors** – The Ten Tenors (also known as TTT) are an Australian musical ensemble, with a strong live touring profile in Europe, and the United States and a burgeoning recording career. Their current tour, Nostalgica, features a mix of opera arias and pop classics. They will appear at the Rosengarten in Mannheim at 8 p.m. Tickets are available at local outlets or from BB Promotions at [www.bb-promotion.com](http://www.bb-promotion.com).

## coming to THEATERS

### He's Just Not That Into You

(Drew Barrymore, Jennifer Aniston) A group of 20- and 30-somethings navigate their various relationships from the shallow end of the dating pool through the deep waters of married life, trying to read the signs of the opposite sex and hoping to be the exceptions to the "no-exceptions" rule. If you've ever sat by the phone wondering why he said he would call, but didn't, or why your relationship just isn't going to the next level, he (or she) is just not that into you. Rated PG-13 (sexual content, strong language) 121 minutes



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Feb. 12 - TAKEN (PG-13) 7 p.m.  
 Feb. 13 - HE'S JUST NOT THAT INTO YOU (PG-13) 6:30 p.m.; THE DAY THE EARTH STOOD STILL (PG-13) 9:30 p.m.  
 Feb. 14 - FOUR CHRISTMASSES (PG-13) 2 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 5 p.m.; THE DAY THE EARTH STOOD STILL (PG-13) 9:30 p.m.  
 Feb. 15 - NOTHING LIKE THE HOLIDAYS (PG-13) 2 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 5 p.m.  
 Feb. 16 - FOUR CHRISTMASSES (PG-13) 7 p.m.  
 Feb. 17 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.  
 Feb. 18 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.  
 Feb. 19 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.

#### Mannheim, Schuh

Feb. 12 - PAUL BLART: MALL COP (PG) 7 p.m.  
 Feb. 13 - TAKEN (PG-13) 7 p.m.; FOUR CHRISTMASSES (PG-13) 9:30 p.m.  
 Feb. 14 - THE DAY THE EARTH STOOD STILL (PG-13) 2 p.m.; TAKEN (PG-13) 5 p.m.; NOTHING LIKE THE HOLIDAYS (PG-13) 7:30 p.m.  
 Feb. 15 - TAKEN (PG-13) 2 p.m.; FOUR CHRISTMASSES (PG-13) 4:30 p.m.  
 Feb. 16 - TAKEN (PG-13) 7 p.m.  
 Feb. 17 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.  
 Feb. 18 - FOUR CHRISTMASSES (PG-13) 7 p.m.  
 Feb. 19 - TAKEN (PG-13) 7 p.m.

#### Vogelweh, Galaxy

Feb. 12 - THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.  
 Feb. 13 - NOTHING LIKE THE HOLIDAYS (PG-13) 3:30 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m., 10:30 p.m.  
 Feb. 14 - THE DAY THE EARTH STOOD STILL (PG-13) 3 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m., 10:30 p.m.  
 Feb. 15 - FOUR CHRISTMASSES (PG-13) 3 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.  
 Feb. 16 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.  
 Feb. 17 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.  
 Feb. 18 - TAKEN (PG-13) 7 p.m.  
 Feb. 19 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.

#### Ramstein, Hercules

Feb. 12 - PAUL BLART: MALL COP (PG) 7 p.m.  
 Feb. 13 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.  
 Feb. 14 - FOUR CHRISTMASSES (PG-13) 7 p.m.  
 Feb. 15 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.  
 Feb. 19 - TAKEN (PG-13) 7 p.m.

#### Ramstein, Nightingale

Feb. 12 - AUSTRALIA (PG-13) 7 p.m.  
 Feb. 13 - FOUR CHRISTMASSES (PG-13) 3:30 p.m.; TAKEN (PG-13) 7 p.m., 10:30 p.m.  
 Feb. 14 - NOTHING LIKE THE HOLIDAYS (PG-13) 3 p.m.; TAKEN (PG-13) 7 p.m., 10:30 p.m.  
 Feb. 15 - THE DAY THE EARTH STOOD STILL (PG-13) 3 p.m.; TAKEN (PG-13) 7 p.m.  
 Feb. 16 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.  
 Feb. 17 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.  
 Feb. 18 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.  
 Feb. 19 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Schuh Theater, Mannheim, 0621-730-1790  
 Galaxy Theater, Vogelweh, 0631-50017  
 Hercules, Ramstein, 06371-47-5550  
 Nightingale, Ramstein, 06371-47-6147

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions



## community HIGHLIGHTS

### Shopping Center Gate Change

On Feb. 16, the Sixt Car Rental entrance will become the exit gate for the Heidelberg Community Shopping Center for one week while construction takes place on the normal exit. During this time, there will be no pedestrian traffic through the current exit gate which is being upgraded. All pedestrians must enter the installation through the temporary exit at the Sixt Car Rental gate. On Feb. 23, all construction will be complete, and patrons will be able to use the normal entrance and exit gates.

### Scholarships for Military Children

The 2009 Scholarships for Military Children program, sponsored by the Defense Commissary Agency and the Fisher House Foundation, comes to a close this month. Applications for the \$1,500 scholarships must be received in commissaries around the world no later than close of business Feb. 18. Visit [www.commissaries.com](http://www.commissaries.com) or [www.militaryscholar.org](http://www.militaryscholar.org) for complete details.

### Pre-Retirement Briefing

If you are within five years of CSRS retirement eligibility, now is the time to attend the upcoming one-day CSRS or FERS Pre-Retirement workshops. Experts from the Department of Army, Army Benefits Center will be coming to Germany to teach both CSRS and FERS Pre-Retirement workshops. CSRS for IMCOM employees is March 2 and FERS for IMCOM employees is March 3. All employees within five years of eligibility to retire in either system should attend this important training. Registration is via the CHRTAS Application System at <https://www.atrrs.army.mil/channels/chrtas/default.asp?page=main.asp>.

### Advanced Driver's Course

The mandatory Army Traffic Safety Training Program Advanced Driver's Course is designed to reaffirm and build on the principles taught in the Intermediate Driver's Training Course while exploring the consequences of decisions, and the practice of personal risk assessment. Soldiers under 26 years of age are required to complete the training, preferably within 12-18 months of completing the IDC. The course is held 1-2 p.m. every other Thursday in the Heidelberg Shopping Center, Bldg. 3850, Room 141.

## local EMPLOYMENT

### Mannheim Bowling Centers

Coleman and Benjamin Franklin Village Bowling Centers are now hiring food service workers, custodial workers, cashiers and bartenders. All interested persons must be U.S. ID card holders and able to work all shifts. DSN 385-3834, civ. 0621-730-3834.

### Substitute Teachers

Mannheim Middle School, grades 6-8, is currently hiring substitute teachers. DSN 380-9181, civ. 0621-730-9181, or visit the main office at the school.

### SKIESUnlimited Instructors

Heidelberg SKIESUnlimited instructional class program seeks piano, guitar, and German language instructors for youth. DSN 388-9399, civ. 06221-338-9399.

## KAISERSLAUTERN

### Education

• **ACS Classes and Events** – Anger Management, 10 a.m. Feb. 16 and 3 p.m. Feb. 19; Managing your Assets, 9:30 a.m. Feb. 17; Army Family Team Building Level 1, 9:30 a.m. Feb. 17-18; Basic Training for Parents, 10 a.m. Feb. 17; Resumix, 1 p.m. Feb. 17 and 9:30 a.m. Feb. 19; Newcomer's Orientation, 9:30 a.m. Feb. 18-19; HUGS Playgroup at Kids' Zone, 10 a.m. Feb. 19; Stress Management, 4 p.m. Feb. 19; Couples' Communication, 6 p.m. Feb. 19. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Substance Abuse Training** – Employee Assistance Program Substance Abuse Training for all Army civilians is 10-11 a.m. Feb. 19 at the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 486-1710, [heather.a.robinson1@us.army.mil](mailto:heather.a.robinson1@us.army.mil).

• **Conversational German Classes** – Morning classes at Rhine Ordnance Barracks Education Center, levels 1-3, begin March 9. At Landstuhl Army Education Center, evening classes in Levels one through three begin March 9. Classes last 10 weeks. Civ. 0631-72255.

• **CSB Training** – The Transition Center hosts a briefing on Career Status Bonus Feb. 18 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0631-411-7071.

### Community

• **Tax Centers** – The 21st Theater Sustainment Command's tax centers at Kleber Kaserne and Landstuhl Regional Medical Center are open for customers. Both centers take walk-ins or appointments.

• **Seafood Road Shows** – The DeCA Europe Seafood Road Shows conducted in 2008 were such a hit with our customers that we're bringing 'em back again and going to more commissaries than ever before. Just in time for that special Valentine's Day dinner, Feb. 13-14 at the Ramstein Commissary will kick off the "salty" event from 10 a.m. to 4 p.m. on both days.

• **Black History Month Celebration** – Celebrate Black History Month 11:30 a.m.-1 p.m. Feb. 17 at the Kaiserslautern Community Activities Center. DSN 493-4130, civ. 0631-3406-4130.

• **American Legion Meeting** – American Legion Post GR01 will hold post meetings at 6:30 p.m. Feb. 18 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or [wardtrans@yahoo.com](mailto:wardtrans@yahoo.com). Visit the Post GR01 Web site at [www.ktownamericanlegion.org](http://www.ktownamericanlegion.org).

• **BOSS Meeting** – Better Opportunities for Single Service members

meeting 1 p.m. Feb. 19 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **AGBC Meeting** – The Kaiserslautern American German Business Club annual membership meeting and dinner is 6:30 p.m. Feb. 19, at Dingo's Italian Restaurant in Hohenneck. Reservations e-mail to [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

• **OCS Board** – The next Officer Candidate School board is March 3-6. Enrollment packets must be turned in by Feb. 15 by appointment only to the garrison's Directorate of Human Resources, Room 102 in Bldg. 2933 on Pulaski Barracks. [https://www.hrc.army.mil/site/active/opdstacc/ocs/ocs\\_appl.htm](https://www.hrc.army.mil/site/active/opdstacc/ocs/ocs_appl.htm) or [michah.holtzman@eur.army.mil](mailto:michah.holtzman@eur.army.mil).

## HEIDELBERG

### Education

• **ACS Classes and Events** – Resumix, 9 a.m.-noon Feb. 17; Reintegration, 9 a.m. Feb. 17; PCS Briefing 12:30-3 p.m. Feb. 17; FRG/FRL/FRSA Training, 6-7:30 p.m. Feb. 17; English as a Second Language is offered at various times and locations throughout the week. DSN 370-6883, civ. 06221-57-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **LN Supervisory Course** – CPAC offer a Local National Supervisory Development Course 8 a.m.-4 p.m. Feb. 17-18. Open to supervisors of local national employees. To register, visit <https://www.atrrs.army.mil/channels/chrtas/default.asp> and register for course code LNSDCT class number 002.

• **ADAPT Training** – ASAP will provide Alcohol and Drug Abuse Prevention Training Feb. 23-24. Training covers substance abuse, impaired driving, readiness and behavioral assessment. DSN 370-1710.

• **Beginner's German** – A daytime beginner's German class will be offered at the Patton Education Center, Mondays through Thursdays, 9-11:30 a.m. Feb. 23-March 12. Registration is by appointment only. DSN 373-6176, civ. 06221-176176.

• **POSH Training** – Prevention of Sexual Harassment class 1-3 p.m. Feb. 18, Patton Barracks, in the Community Training Center (NATO Room) above the shopette. Call to reserve a seat. DSN 373-5494.

• **On-site Graduate Degree Program** – The University of Phoenix is currently enrolling students for Master of Business Administration classes; class starts Feb. 23 and March 30. DSN 373-7650, civ. 06221-588-0492.

### Community

• **HCS Scholarships** – Heidelberg Community and Spouses Club scholarships available for members in the community. Application: [www.hcsc-heidelberg.com](http://www.hcsc-heidelberg.com). Deadline is Feb. 18.

• **Heidelberg International Ski**

Club – The HISC is hosting a Mardi Gras party at 7 p.m. Feb. 18 at the Hotel Zagreb in Schwezingen. [www.heidelbergski.com](http://www.heidelbergski.com).

• **HCS Welfare Block 2 Grant Request** – For money to be used April-July, the deadline for grant requests is Feb. 18. Organizations and groups are encouraged to apply. DSN 373-5218, civ. 06221-17-5218, [janabarsingher@eur.army.mil](mailto:janabarsingher@eur.army.mil), [www.hcsc-heidelberg.com/welfare.html](http://www.hcsc-heidelberg.com/welfare.html).

• **Black History Month Celebration** – Celebrate African American / Black History Month noon-1 p.m. Feb. 19 at the Patrick Henry Village Chapel. Guest speaker will be Dr. Harriet Hunter-Boykin. Volunteers are needed to provide food for sampling. DSN 373-7955.

• **Sunday Brunch at the VP** – Head to the Village Pavilion 10 a.m.-2 p.m. Feb. 22 for a German/American style brunch including a breakfast buffet, a carving station with three meats, a variety of fish, a chocolate fountain and a dessert buffet. Reservations recommended. DSN 388-9098, civ. 06221-338-9098.

• **Real World** – "Real World ... what are you doing?" session 4-6 p.m. Feb. 22, at Heidelberg Middle School for students in grades 7-12 and their parents. DSN 388-9377, civ. 06221-338-9377, [Barbara.Abeje@eur.army.mil](mailto:Barbara.Abeje@eur.army.mil).

• **BOSS Meetings** – Find out about trips and travelers, volunteer, discuss quality of life and well-being issues, and meet great people. If you are a single, unaccompanied or single-parent Soldier, BOSS wants you. Meetings are 4-5 p.m. every first and third Wednesday of the month, on Patton Barracks, Bldg. 104 (across from AAFES Shopette). [www.mwgermany.com](http://www.mwgermany.com).

• **International Wandering Club** – Join the HWC at the following volksmarches: Darnsheim and Volkheim, Feb. 14 and 15; Wiesental, Feb. 21 and 22; monthly membership meeting Feb. 9 at the SG Guesthouse in Oftersheim. [www.hiwc.de](http://www.hiwc.de) or [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **Open Auditions** – Auditions for the Roadside Theater's production of "The Sound of Music" will take place 7 p.m. Feb. 23 (ages 17 and older) and Feb. 24 (ages 5-16). DSN 373-5020.

• **Bilingual Mass** – Mass will be held 5 p.m. Feb. 21 at Mark Twain Village Chapel. Choir practice is at 3:30 p.m. Join us for dinner after mass. Civ. 06221-751859, evening; day 0177-6748-775.

• **Rod and Gun Club Events** – Spring Hunters' Course registration ends Feb. 23; Fishermens' Stammtisch, 7 p.m. Feb. 25. Civ. 06202-51193.

• **Military History Circle** – The Military History Circle will meet at 7

p.m. Feb. 26 at the Rod and Gun Club. [sissonwe@sp.gds.net](mailto:sissonwe@sp.gds.net).

## MANNHEIM

### Education

• **ACS Classes** – Employment Readiness Program, 10-11 a.m. Feb. 13 and 20; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Feb. 13 and 18; English as a Second Language, 6-7:30 p.m. Feb. 17 and 19 and 9-11 a.m. Feb. 13, 18 and 20; School Age Parenting, 9-10 a.m. Feb. 17; Levy and Out-processing Briefing, 1-2:45 p.m. Feb. 17; Personal Finance for first term Soldiers, 9 a.m.-4:30 p.m. Feb. 17; Hearts Apart Support Group, 11:30 a.m.-1 p.m. Feb. 18; Sponsorship Training for Leaders, 3-4 p.m. Feb. 18; Healthy Relationships, 2-4 p.m. Feb. 19; Family Readiness Group Key Caller and POC Training, 5:30-7:30 p.m. Feb. 20; Army Family Team Building Level II, 9 a.m.-2 p.m. Feb. 23, 24 and 25; Investing, by appointment; FRG Leader 101, Stress Management, Anger Management and Communication Class, call for date and time. DSN 385-3101, civ. 0621-730-3101.

### Community

• **Tax Center** – The Mannheim Tax Center is now open. No appointment is necessary for most taxpayers. Accepting walk-in clients 9 a.m.-4 p.m. Mondays through Fridays. There is also a "Soldier Self-Help" station for those clients who want to electronically file their own taxes using free commercial software. DSN 381-7978, civ. 0621-730-7978.

• **Protestant Women of the Chapel** – Meet at Ben Franklin Village Chapel 9-11:30 a.m. Thursday mornings and 6:30-8:30 p.m. Tuesdays. [Mannheimpwcc@yahoo.com](mailto:Mannheimpwcc@yahoo.com).

• **MES PTA Events** – The Mannheim Elementary School Parent Teacher Association hosts Family Bingo Night, Time TBA Feb. 26.

• **New SKIESUnlimited Classes** – Youth Technology, or Fischertechnik; Arts and Crafts for ages 3-18; Cooking and Baking for ages 3-18; individual or group voice lessons for ages 4-18. DSN 385-2353, civ. 0621-730-2353.

• **Sullivan Library** – Anime Club, 4-5:30 p.m. Feb. 18; Film Screening, 4-5:30 p.m. Feb. 22; Financial Education for the New Generation class, 4-4:45 p.m. Feb. 25; Story Hour, 11 a.m.-noon Thursdays; Scrapbook Club, noon-3 p.m. Sundays, Teen Advisory Board, 4-5 p.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

• **Youth Services** – 4-H Club, 5-6 p.m. Feb. 13; Special Event: Friendship Dance, 7-11 p.m. Feb. 13; Project Learn, 4-5 p.m. Feb. 17; Ultimate Journey, 5-6 p.m. Feb. 17; Dragon Fly Quest, 5-6 p.m. Feb. 24; Keystone Club, 4-5 p.m. Feb. 26. DSN 380-4864, civ. 0621-730-9997.

# EFSL Championships



Photos by Wray Holan

The Heidelberg Sea Lions enter the swimming complex at Europa Sportpark in Berlin for the European Forces Swim League Championships during the opening ceremony Saturday.

## Sea Lions, Kingfish join 500 swimmers from 18 communities for annual competition in Berlin

More than 90 swimmers from the Kaiserslautern Kingfish and the Heidelberg Sea Lions joined the more than 500 swimmers from 18 military communities for the European Forces Swim League Championships in Berlin Saturday and Sunday.

For the second year in a row, the competition was held at Europa Sportpark's Olympic-sized pool. But that wasn't the only thing Olympic about the event. The winners received their medals from 1972 Olympic gold medalist (4x200-meter freestyle relay) Steve Genter.

Each swimmer could enter up to three events per day along with the two relay events held Sunday.

For Kaiserslautern, 16-year-old Stephen Tarnowski took home a high-point trophy for his six total victories. For each individual event won, the swimmer earned 20 points, with fewer points being awarded for second through sixth place. The high scorer in each gender's age group was awarded the trophy.

For Heidelberg, three swimmers brought home the gold medal – Andrew Simmons, 14, in the 100-meter fly; Hannah Gunsch, 8, in the 50-meter back stroke; and Ethan Christiansen, 8, in the 50-meter back stroke.

SOURCES: Stars and Stripes and Heidelberg Sea Lions

**More Photos Online**  
[www.flickr.com/photos/heraldpost](http://www.flickr.com/photos/heraldpost)



Nathan Holan competes in the boys (17-19) 100-meter freestyle race in Berlin Sunday. Holan was one of more than 30 swimmers from the Heidelberg Sea Lions who competed in the European Forces Swim League Championships 2009.

### staying ACTIVE

#### Heidelberg Unit-Level Basketball

**Standings as of Feb. 9:** V Corps, 11-0; NATO, 6-5; 529th MPs, 6-6; MEDDAC, 5-7; 43rd Signal, 5-7; 302nd MI, 2-10.

**Games at Patton Fitness Center Feb. 12:** V Corps vs. 529th MPs, 6 p.m.; NATO vs. 302nd MI, 7 p.m.; MEDDAC vs. 43rd Signal, 8 p.m.

**Unit-Level Championships:** Feb. 23-March 2.

#### Ballet Classes

Certified instructor Tamara Gibson will be teaching children 3-8 years old the art of ballet. Sign up at either Mannheim or Heidelberg USO locations. Classes meet in the Sullivan Gym aerobics room. Cost is \$35 per month. DSN 385-2082.

#### Horseback Riding Lessons

Kaiserslautern's SKIESUnlimited brings you an all new learning opportunity for children and teens ages 4-18. Lessons are offered in classic riding, dressage and vaulting. Satisfaction is guaranteed with a money back policy on the first lesson. The stables are located just 15 minutes from Landstuhl. DSN 493-4516, civ. 0631-3406-4122.

#### Ice Hockey Players Wanted

A few good players are needed to compete on the Heidelberg ice hockey team. Heidelberg will compete in the 2009 U.S. Forces-Europe tournament hosted at Garmisch Feb. 13-15 at the Olympia Eissport-Zentrum. Last year Heidelberg won the eight-team tournament and is hoping to compete in the finals this year. Civ. 0172-6263642, ken.robinson@eu.dodea.edu, www.badenbruins.com.

#### Spintastic!

A new spinning class, Spintastic!, began Wednesday at the Landstuhl Fitness Center. Certified instructors will lead classes every Wednesday, noon-1 p.m. and 5:15-6:15 p.m. Space is limited, RSVP. DSN 486-7172, civ. 06371-86-7172, www.mvrgermany.com.

#### Dance Classes

Kaiserslautern's SKIESUnlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for children and youth. Classes are held on Wednesdays and Thursdays and offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. DSN 493-4516, civ. 0631-3406-4516, www.mvrgermany.com.

#### Youth Sports Coaches

Youth Sports in Kaiserslautern is seeking volunteer coaches for winter sports – basketball, cheerleading and wrestling. Enjoy discounts for your own children and participate in training opportunities. DSN 493-4112, civ. 0631-3406-4112.

#### One-Day Ski Trips

**Mannheim Outdoor Recreation** – Spend the day skiing in Feldberg, Germany, Feb. 16 and 28, and March 14 and 28 or head to Engelberg, Switzerland, Feb. 28, March 7 and 21, and April 4 and 11. DSN 381-7323, civ. 0621-739-251.

**Kaiserslautern Outdoor Recreation** – Head to Feldberg in Germany's Black Forest March 15 for Family Day on the Slopes. Online coupon available at [www.mvrgermany.com/kl/odr/odr.htm](http://www.mvrgermany.com/kl/odr/odr.htm). DSN 493-4117, civ. 0631-3406-4117.