

HeraldPOST

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

HP THURSDAY
Feb. 19, 2009

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TRANSFORMATION

More troops will be needed to adapt to U.S. Army Europe's evolving missions, the top Army officer in Europe said during a Pentagon news conference Tuesday. The command, based in Heidelberg, once comprised 300,000 Soldiers. Today, the command has about 42,000 Soldiers, and its primary mission is to provide properly trained and equipped forces for global operations, Army Gen. Carter F. Ham, commander of U.S. Army Europe and 7th Army, said.

TROOPS TO AFGHANISTAN

President Barack Obama has ordered a Marine expeditionary brigade and an Army Stryker brigade combat team -- totaling 12,000 Soldiers and Marines -- to Afghanistan. Defense Secretary Robert M. Gates signed the orders Tuesday. The Soldiers are part of the 2nd Infantry Division's 5th Stryker Brigade Combat Team based at Fort Lewis, Wash., and the Marines serve with the 2nd Marine Expeditionary Brigade from Camp Lejeune, N.C.

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Heidelberg conference tackles local issues

By Kristen Marquez
HERALD POST STAFF

The Heidelberg Army Family Action Plan conference was held at the Patrick Henry Village Pavilion Feb. 11-12 to give community members an opportunity to discuss pertinent issues with

the leadership.

Fifty-nine delegates joined together for the AFAP conference to work through 57 issues that were submitted to AFAP prior to the conference, according to Sandra Robbins, Heidelberg's AFAP manager.

The issues were divided

amongst four workgroups in which the delegates discussed the issues, brainstormed on possible solutions and then prioritized the top issues in their respective workgroups.

Alexia Russey was the workgroup manager for the military life group. She said this was her first time vol-

unteering at the AFAP, and during the process said her group did a great job working through everything.

"We have a bright group," she said. "We have eight Soldiers, retired Soldiers, family members and civilians. We are talking about military life see AFAP page 12

Valentine's surprise



Kristen Marquez

U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Yolanda Lomax sorts through Valentine's Day cards Feb. 11 in Heidelberg, as command sergeants major and other Soldiers from Heidelberg, Mannheim and Kaiserslautern choose the cards they want to take back to Soldiers in their communities.

Nebraska school sends nearly 1,000 cards to local troops

By Kristen Marquez
HERALD POST STAFF

School children from Crete, Neb., recently provided a sweet surprise for some Soldiers, and they didn't even have to cross the ocean to do it.

The fourth through eighth-graders hand-made nearly 1,000 Valentine's Day cards to be distributed among the Heidelberg, Kaiserslautern and Mannheim military communities.

The command sergeants major from those communities met with

leaders and representatives from tenant units to sort the cards and plan the distribution Feb. 11.

"As a Soldier, it's always a personal gratification I get when we receive anything from students, whether they are elementary or high school," said U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Yolanda Lomax. "To receive anything from a child is always a gift -- a gift well received."

The card project was coordinated through TeamMates Mentoring program, a one-to-one mentoring pro-

gram matching caring adults in the community with school students in the sixth through 12th grades, according to Zoe White, the program coordinator for the Crete school system.

"I believe students love to help and encourage other people, if they are given the opportunity," White said. "In so doing, these students learn the value of service to country, along with thinking of others. Teaching kids to 'pay it forward' plays an important role, something I hope they see VALENTINES page 12

COMMAND MESSAGE

Personal finances are component of readiness

By Lt. Col. Robert L. White
USAG HEIDELBERG COMMANDER

In response to the lowest savings rates in the United States since the Depression in 2006, the Consumer Federation of America, a nonprofit organization, established America Saves as a social marketing campaign to influence Americans to reduce debt and save. The Departments of Defense and Army have adopted these principles and instituted an effort to better educate our Army Family on being financially ready.

"Recent concerns about insurance, investments and lending practices have reiterated the importance of preparing service members to use their resources wisely to protect their families and maintain their personal readiness," according to Dr. David Chu, undersecretary of defense for personnel and readiness.

Financial readiness is considered a unit readiness issue. "Military Saves 2009" is an opportunity to encourage, motivate and educate the Army Family to increase personal savings, decrease debt, and develop financial fitness habits that lead to improved personal financial stability and ultimately to mission readiness.

No doubt many of you have heard of the Military Saves Campaign with its motto, "build wealth, not debt." This year, in support of the Military Saves Campaign,

the Heidelberg military community will host a DoD approved FINRA Investor Education Foundation seminar at the Patrick Henry Village AAFES Movie Theater 1-4 p.m. March 9.

The FINRA Investor Education Foundation's mission is to provide investors with high-quality, easily accessible information and tools to better understand the markets and the basic principles of saving and investing. To further this mission, the foundation awards grants to fund educational programs and research aimed at segments of the investing public who could benefit from additional resources. Most importantly, FINRA and the FINRA Investor Education Foundation do not sell investment products, promote products or firms, or offer specific investment advice.

This seminar is open to the entire community at no cost to you. For leaders the benefits are obvious: increased desire of Soldiers and their families to obtain financial education and counseling available at Army Community Service, increase in the financial health of assigned personnel, and potentially fewer family and disciplinary problems associated with personal finances.

For more information, check out the Military Saves Web site at www.militarysaves.org, or contact Barbara Bäck at the Heidelberg ACS at DSN 370-8014/6975 or e-mail barbara.baeck@eur.army.mil.

Military Saves Week Proclamation

Whereas, personal and household savings is fundamental to America's stability and vitality; and
Whereas, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

Whereas, personal financial security of service members is a crucial aspect of military readiness; and
Whereas, Military Saves is a national marketing campaign to persuade, encourage, and motivate service members and their families to take financial action in building wealth through saving money and reducing debt;

Whereas, the Heidelberg military community is a partner in the Military Saves campaign and is committed to helping its Army Family, including Soldiers, family members, retirees and civil servants take immediate financial action to build wealth, not debt;
Now, therefore, I, Lt. Col. Robert L. White, commander, United States Army Garrison Heidelberg, do hereby proclaim the week of Feb. 22 - March 1 as Military Saves Week.

I hereby call upon all members of our community to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during Military Saves Week, and pledge to sustain that action during the following year.

COMMENTARY

Fifth-grader recalls day in her journalist-mother's shadow

By Autumn June
KAISERSLAUTERN ELEMENTARY SCHOOL FIFTH-GRADER

My friends are always telling me how lucky I am for National Groundhog Job Shadow Day because I get to "shadow" my mom. She is the reporter for the U.S. Army Garrison Kaiserslautern, and on Job Shadow Day, I get to see other jobs and meet a lot of nice people because my mom has to write a story for the Herald Post.

This year's Job Shadow Day was Feb. 5. I invited two of my friends - Alexcia Dunn and Ray Martin, to come with me, and we followed my mom - Christine June. We got to see six different types of professions, including my mom's job.

First, we got to see a little bit of what military chaplains and their assistants

do because we attended the garrison's National Prayer Breakfast. Yes, we got to eat breakfast. Oh man, I was hungry, too, and I got a meal fit for a king - scrambled eggs, potatoes, sausages and my favorite, bacon.

My mom said that the National Prayer Breakfast is a yearly event usually held on the first Thursday of February. It's a chance for world leaders to get to know each other so we can all get along better. That sounds pretty good to me. I think they should have breakfast together every morning.

Ray helped his mom - Lt. Col. Mechelle Hale - welcome everyone to the event. He was learning about his mom's job as the garrison's commander. I asked him if he was nervous talking in front of all those people, and he said, "No, I've been in plays."

Then, we went with my mom to the American Forces Network on Vogelweh to be on the radio. I've been on the radio before - no sweat for me.

Demarrio Spence - the morning show deejay - is very nice. He had a "shadow" too - his son, Nicholas.

After AFN, we saw a military working dog demonstration by the 230th Military Police Company on Vogelweh. We - all the children who were there - got to hide the scent stuff - training aids - for the dogs to find.

While talking to the MPs, I found out that this was the first time they held the demonstration for Job Shadow Day. At this event, we also got to go in a police car and High Mobility Multipurpose Wheeled Vehicle, or Humvee, thanks to the 569th U.S. Forces Police Squadron. And, that's always fun.

Now, we were a little bit behind our schedule, and we literally ran to the Pulaski Auto Skills. Don Breton, who is a very nice man, is the Pulaski Auto Skills manager. He showed us a car's engine and that all the bright yellow levers means it's a fluid important for

maintenance. We used my mommy's car, and luckily, all the fluids were at the right levels.

We were really late now, but my mom had promised the people who work at the garrison's Kaiserslautern Outdoor Recreation on Pulaski Barracks that we would come. I'm sure glad we did. This was my favorite job.

Dennis Read, who is a recreation assistant, showed us the difference between a waxed ski and one that wasn't waxed. And, we also got to wax a ski. You have to start at one of the ends and make sure you go in one direction.

This was the sixth year I "shadowed" my mom, but this was the first time I tried doing her job. I did interviews - lots of them. It took me most of the weekend to write this story, and writing for a newspaper is way different from the stories I write in school.

My mom's job wasn't my least favorite of the day, but it sure was my least favorite of the weekend.



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AFN Kaiserslautern named best in Europe

By George A. Smith
AFN EUROPE

"This is not your average military Web site," is what many people think when they first click on the AFN Kaiserslautern site at *afneurope.net* and vote on the top songs playing on AFN The Eagle radio, participate in contests to win prizes, or play a game of hangman.

The site also features AFN Europe TV news stories you can download, as well as the day's exchange rate and weather information. When the weather gets bad, the site has all the latest in community delays and closures.

The station's Web site is one of the reasons AFN Kaiserslautern was selected as the top AFN Europe station out of five in 2008. The geek brain behind the web magic is Tech. Sgt. Jeramie Brown, who is a few semester hours away from getting his Bachelor of Science degree in computer information science. He programs and he plays. Brown's current favorite game is "Warhammer on Line." He takes his experiences and puts it into a weekly "Virtual World News" computer gaming feature airing Europe-wide on AFN The Eagle.

The Air Force sergeant, who still sometimes slips into a limp from leg wounds suffered during a mortar attack in Iraq in 2007, is one of 13 people who contributed to the station winning station of the year for overall excellence in broadcasting, engineering, logistics and personnel.

Station Commander Master Sgt. Shiela Flinders says the key to the Kaiserslautern win was "each person displaying initiative, motivation and teamwork."

Many individuals accomplished a lot at AFN Kaiserslautern, with each achievement contributing to the station's overall success. While the individual achievements indicate a cohesive, competent team, AFN Europe competition judges felt it was most important that the station was succeeding in broadcasting quality command information and clients felt those messages effectively achieved their goals.

"The biggest thing we hear back from our clients is they know they will get results by advertising with us - whether it's participation for a blood drive or asking the community to donate to holiday programs for military families," Flinders said. "We consider many of our clients more as our partners in getting the word out about important events and information. It's a cooperative effort to be successful."

Since the messages AFN Europe puts on the air are free, stations rely on clients telling the station how well the broadcast publicity worked. Defense Commissary Agency-Europe Public Affairs Officer Gerri Young said AFN Kaiserslautern's last-minute publicity for the Vogelweh commissary's Seafood Roadshow, the sixth location for the sale, "busted all records for the others by a long shot."

Assistant Superintendent of Lorraine American Cemetery Walter Benjamin credits AFN Kaiserslautern's promotion with doubling the participation for Memorial Day at Lorraine Cemetery from 400 people in 2007 to 800 in 2008.

The measurable comparative results of AFN Kaiserslautern's support of the Memorial Day event helped the station win an AFN Europe broadcast excellence award. The station also won honors for its morning DJ show with Demario Spence as well as radio and TV spots produced by Ops Manager Jerry Cormier.

AFN Europe Commander Col. Scott Malcom felt the station's accomplishments resulted from a common attribute.

"What set apart AFN Kaiserslautern from their sister stations this year was the attitude of initiative that each and every team member there exudes every day," Malcom said. "The many contests they sponsor to connect members of the K-town community with their key information clients are all the result of their good ideas and their collective ability and energy to implement them. In short, the relationships that they have with their supported communities are exceptional. I couldn't be prouder of them."

FRANCE

Paratrooper cross-training



Photos by Sgt. Frank Sanchez III

Adjutant Loic Neveu, a French parachute instructor at the French Parachute School, exits from the back tailgate of an Air Force C-130 Hercules cargo plane during a combined airborne operation at the French Parachute School Feb. 3 in Pau, France.

5th Quartermaster Soldiers train in France

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

PAU, France - A group of paratroopers from the 5th Quartermaster Company cross-trained and conducted combined airborne training operations with French paratroopers Feb. 1-4 in Pau in order to strengthen ties and relationships with the French airborne forces.

The exercise took place at the French Parachute School, which is located in southwestern France.

Airborne units from various nations around the world have trained there, and the training is considered some of the most detailed and challenging in the world.

"The school was very accommodating. Their (noncommissioned officers) and officers were very professional and all in all it was very informative," said Chief Warrant Officer David Fabunan, the officer in charge of the combined operation.

Fabunan said that it took more than three months of planning in order to coordinate the event.

"Our Soldiers got a lot out of this. Most of our Soldiers are parachute riggers, and it gave them a better opportunity to see another country's equipment," Fabunan said.

"It is a wonderful opportunity to jump with our foreign allies and see their equipment versus the U.S. equipment," said Spc. Irene Lenge, a parachute rigger with the Kaiserslautern-based 5th Quartermaster Company.

During the combined airborne operations, U.S. jumpmasters from the 5th Quartermaster trained 40 French paratroopers using U.S. parachute equipment.

The joint training culminated with a jump from the rear tailgate of an Air Force C-130 Hercules cargo plane. The U.S. paratroopers



Staff Sgt. David W. Beville, a jumpmaster with the 5th Quartermaster Company, does a jumpmaster's performance inspection on a French paratrooper at the French Parachute School Feb. 2 in Pau, France. Forty French paratroopers were awarded U.S. jump wings upon the completion of their training.

were also trained by French jumpmasters using French parachute equipment. The 5th Quartermaster Soldiers conducted two successful jumps from a French air force C-160 cargo plane using the plane's rear exit doors.

Ten U.S. paratroopers earned French jump wings and 40 French paratroopers earned the U.S. Airborne wings during a joint ceremony held on the last day.

The paratroopers from the 5th Quartermaster were then given a guided tour of a French paratrooper museum where they were further exposed to the history of the French airborne forces.

The U.S. Soldiers who attended the trip to Pau, France, agreed that the experience left a positive, lasting impression, and Soldiers from both countries said they hope there will be opportunities for more combined airborne training operations between American and French airborne forces in the future.

New club hosts dance 'to give back'

By Christine June
UAG KAISERSLAUTERN PUBLIC AFFAIRS

Kalli Warwick, 11, a Ramstein Intermediate School fifth grader, was excited for a whole week because she was going to her first dance – a Valentine's Day Dance held Saturday at the Vogelweh Community Center.

"We brought her a new dress and shoes, and her first pair of pantyhose," said Kalli's mother, Mari Warwick, a Ramstein Elementary School multi-age teacher. "There's not a whole lot for youths in this age group to do, and this (dance) is a nice way to break them in for their first dance experience."

This dance was also the first fundraiser for a new chapter of the Order of the Eastern Star in the Kaiserslautern military community – the Lone Star Chapter #60. Eastern Star is a non-profit, social order or fraternal organization comprised of persons with non-denominational spiritual values, but it is not a religious club, said Tefferra Atkinson, the Lone Star Chapter #60 president, who added that it is similar to the Masons.



Youth scramble to find a place to sit during a game of musical chairs at the Valentine's Day Dance held at the Vogelweh Community Center. The Lone Star Chapter #60 hosted the event.

"Our sole purpose is to hold fundraisers and give back to the community," Atkinson said. "This dance is to raise money so we can give baby baskets for the (neonatal intensive care unit) at Landstuhl Regional Medical Center."

The goal was to raise enough money for 10 baby baskets. The baskets will contain socks, booties, nail clippers, diapers and "anything for a newborn."

Close to 30 youths, ages 11 to 16, enjoyed dancing games and contests, and food and refreshments for three hours.

"I want to try to do fundraisers like this that offer something for

the children so their parents can have some time for themselves," said Atkinson, who thought up this dance event to give parents a chance to have dinner together for Valentine's Day. She added that she wants to hold events like this dance around holidays.

The Lone Star Chapter #60 falls under the Texas jurisdiction for the Order of the Eastern Star. Atkinson said there are three more state jurisdictions in the KMC: Maryland, Oklahoma and Washington. The Texas chapter meets the first Friday of the month on Miseum Army Depot. For more information, call Atkinson at civ. 0160-5550629.

German traffic fines increase significantly

By Robert Szostek
USAREUR PROVOST MARSHAL PUBLIC AFFAIRS

Fines for many traffic violations in Germany increased significantly Feb. 1.

Fines for speeding, reckless driving and tailgating all have gone up, said U.S. Army Europe Office of the Provost Marshal officials, while fines for dangerous overtaking, right-of-way violations and driving under the influence of drugs or alcohol were doubled. Failure to stop at a red traffic light now costs between €90 and €360, compared to the "old fine" of €50 to €200, OPM officials said.

According to information on the German Transport Ministry Web site, the increase in fines aims to improve road safety, but there was no intent to increase all fines. For example, fines for parking offenses were not increased.

"Up to now, the fines in Germany were rather low compared with other European countries," said Lt. Col. Lon Walker, the OPM's chief of law enforcement operations. Great Britain and countries such as the Netherlands and Sweden, all of which are highly rated for road safety performance, had fines for dangerous driving offenses considerably higher than those in Germany.

OPM officials said German highway police have a large fleet of fast unmarked vehicles with video cameras discreetly mounted front and back to follow and film reckless drivers and speeders.

A complete list of new fines, in English, can be found at the German Transport Ministry Web site at www.bm-vbs.de/en/artikel-,1872.970156/Schedule-of-Fines.htm.

21st TSC conducts pre-deployment training on Panzer

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command held its first rotation of Theater Specific Individual Readiness Training on Panzer Kaserne Feb. 8-12.

Normally the TSIRT training is held at the Joint Military Training Center in Hohenfels, but because of a high influx of Soldiers needing the training, supplemental training facilities were needed – and the 21st TSC was there to assist.

One advantage associated with the 21st TSC hosting the TSIRT training on Panzer Kaserne readily comes to the mind of instructors and participants alike. "There are 41 Soldiers from different units here this week, and everyone is getting a lot of individual attention," said Capt. Major Robinson, commander of the 7th Civil Support Command's 1177th Movement Control Team.

"Having the training here is working out very well for us," said Sgt. Leif Durham, a TSIRT instructor with the 21st TSC. "We are small. We can solicit and listen to feedback to improve our training content and techniques. Even more important, we can give feedback to every individual participating in this training and hopefully make a crucial difference."



Soldiers practice reflexive firing techniques during Theater Specific Individual Readiness Training on Panzer Kaserne Feb. 12. The 21st Theater Sustainment Command held its first rotation of TSIRT training at Panzer to assist the Joint Military Training Center in Hohenfels, Germany, with a higher than normal influx of Soldiers needing pre-deployment training.

Size notwithstanding, the training components at the 21st TSC are the same as those being taught at JMTC in Hohenfels. Moreover, just like at the Hohenfels facility, the Soldiers stay in tents, eat meals-ready-to-eat and train as they would fight.

"This is their pre-deployment training," said Sgt. 1st Class Joseph Afu-haamago, another 21st TSC instructor

at the TSIRT training. "The Soldiers train at a skills level that is more advanced than basic training here, but the most important thing is for the Soldiers to have as much training as possible. If you don't use it, you lose it."

The training covered procedures for critical elements like medical, weapons and communications – specifically what is most needed at the loca-

tions where the Soldiers will deploy. Training sessions included search and detaining techniques, clearing and securing buildings, escalation of force, urban movement, marksmanship, medical excavation, improvised explosive devices and more.

Additionally, the Soldiers used the Engagement Skills Trainer, a digital marksmanship training tool with mission and theater specific training scenarios and the Humvee Egress Assistance Trainer on Panzer Kaserne. The HEAT is a training device resembling an up-armored humvee that simulates rollovers.

"This training is all about building confidence and team work," said Staff Sgt. Juan Johnson, a 21st TSC instructor at the TSIRT training. "The more you practice, the more familiar you become with certain techniques and procedures. Like with the HEAT, once you have been in some simulated rollovers you know how easy it is to get confused. With training and familiarity, instead of panic, hopefully training will kick-in and (the Soldiers) will keep their cool."

Familiarity was emphasized again when during the Soldiers Training Exercise Lane, the individual lessons of the previous days were combined and worked into a theater specific training scenario at the end of the training.

AAFES honors employees who have served downrange

By Ina Stiewitz
USAG MANNHEIM PUBLIC AFFAIRS

"The best experience was to see the Soldiers' smiling faces, when they came back from patrol and we could give them a piece of home," said Michael Harris, who volunteered to support service members by working for the Army and Air Force Exchange Service in Iraq and several other duty stations.

The Department of Defense established the Global War on Terrorism Civilian Service Medal to recognize the contributions and accomplishments of Department of Defense civilian employees such as Harris.

He and 15 civilian associates were honored with the GWOT medal during a ceremony at the Mannheim Main Exchange on Benjamin Franklin Village Feb. 4.

"Most of the people do not know that you have volunteered to do this job," said Col. Chuck Salvo, AAFES Europe and Southwest Asia Region commander.

"It's important and it's absolutely right to recognize what you have done."

The GWOT Civilian Service Medal, which closely reflects the GWOT Expeditionary Medal presented to military members, recognizes DoD civilian employees, "who on or after Sept. 11, 2001, to a date

to be determined, participate abroad in direct support of a U.S. military GWOT operation in a location designated as a combat zone."

Being located in a combat area bears many risks and does not only entail the best experiences.

Harris, who volunteered for several times, once has been informed by a phone call that the Exchange store he used to work in had been bombed and destroyed.

"I have lost my home," he said.

"It has been dangerous there, but we go downrange to support our troops to come through," said Edward "Joey" Murphy, who volunteered in

Mosul, Iraq, for six months. "Negatives do not count."

Murphy worked as the store manager and spent his time unloading trucks, stocking the shelves or fixing the generator, which was always going down.

By working seven days a week, 12 hours a day, the ambition is to "give the Soldiers a taste of home," Murphy said.

"We had only a capacity of goods, but they knew our schedule of delivery and stood in line in front of our shop," he said.

"It was awesome to see their reaction on our support. It's one of the most feeling experiences I had in my life."

With about 450 AAFES asso-

ciates from all over the world, there will always be a need for volunteers downrange to support deployed troops. As for Harris and Murphy, they would serve for their military members again.

"I was there setting everything up – sure, I would go again," Harris said.

In addition to Harris and Murphy, the following AAFES associates also received the medal: Kenneth Barrett, James Carrow III, Terry Cox, Kristopher Edkin, Tamasamoa Fita, Terral Johnson, Robert Koch, David Mullett, Frank Niccoll, Robert Schmidt, Herman Taylor, Anthony Williams, Lawrence Williams and Jerry Turner.

Mannheim hosts 27th annual Pfennig Bazaar

By Ina Stiewitz
USAG MANNHEIM PUBLIC AFFAIRS

The Variohalle of the Mannheim Rosengarten represented a colorful variety of all kinds of second-hand clothing for adults and children, household items, books, German-style curtains, electrical items and much more, when the German-American Women's Club, or DAFAK, opened the doors to its 27th Pfennig Bazaar Feb. 5.

Before the last unpacking, sorting of items, or storing of drinking water in preparation for the waiting crowd was complete, Brig. Gen. Jeffrey G. Smith, commander of the 5th Signal Command, and Dr. Peter Kurz, Mannheim's lord mayor, welcomed the guests and thanked the volunteers for their support. Smith especially recognized Sascha and Richard Grimminger from the Grimminger bakery for sponsoring baked goods during the setup and selling over the past 27 years.

Suzanne Smith and Inge Gau, presidents of the DAFAK, recognized the work of Phyllis Buffum, Helgard Wagner, Christine Mueller and their teams for perfectly planning and organizing one of the largest indoor flea markets anywhere.

Smith also commemorated Ingeborg Hohagen, who organized the first Pfennig Bazaar 27 years ago. "Without her effort, the Pfennig Bazaar wouldn't exist today," she said about the departed Pfennig Bazaar founder.

As soon as the doors were open for the public, the Variohalle was crowded with people and more than 100 members of the DAFAK were busy with selling their collected second-hand goods.



Daniela Franz, wife of Mannheim Lord Mayor Dr. Peter Kurz, sells second-hand items at the 27th Pfennig Bazaar in the Variohalle of the Mannheim Rosengarten Feb. 5.

Uncasing of the colors



Staff Sgt. Jonathon M. Gray

Capt. Jeffrey Byrd, commander of Company C, 44th Expeditionary Signal Battalion, salutes during the uncasing ceremony held at the Benjamin Franklin Village Sports Arena Feb. 12. The uncasing of the colors signifies the battalion's official arrival from its 15-month deployment in support of Operation Iraqi Freedom. The uncasing ceremony was followed by the homecoming celebration at the Ben Franklin Village Bowling Alley and BFV Community Center.

44th ESB marks official arrival home after 15-month deployment to Iraq

By Staff Sgt. Jonathon M. Gray
5TH SIGNAL COMMAND PUBLIC AFFAIRS

The 44th Expeditionary Signal Battalion held an uncasing ceremony at the Benjamin Franklin Village Sports Arena Feb. 12 to signify its official return from a 15-month-long deployment to Iraq.

The unit, as part of 11th Signal Brigade's Task Force Thunderbird, deployed last October and provided communications support to the warfighters and coalition forces.

"We know that you endured much during

your 15 long months serving in support of Operation Iraqi Freedom," said Brig. Gen. Jeffrey G. Smith Jr., commander, 5th Signal Command, to the gathered Soldiers, civilian employees and family members of the 'Outstanding' Battalion. "The missions and responsibilities you shouldered are a testament to the flexibility, efficiency and great capabilities of the Army and the Signal Corps."

The uncasing ceremony was followed by a homecoming celebration at the BFV Bowling Alley and BFV Community Center in Mannheim.

21st TSC honors civilians

21st TSC Public Affairs

His is an extraordinary achievement. Paul Zedalis has spent the past five decades serving his nation. After serving in the Army for 29 years, he spent another 21 years in civilian government positions.

Zedalis was one of 61 civilian employees honored at the 21st Theater Sustainment Command's Civilian Length of Service Ceremony at the Kaiserslautern Community Activity Center Feb. 10 on Daenner Kaserne. Fifty-one of the employees were honored for 25 or more years of service each.

Zedalis, who joined the Army as a 20-year-old private in April of 1958, served in all the combat arms fields and with the Military Police Corps. He retired as a first sergeant in August of 1987 and immediately went to work at the 7th Army Combined Arms Training Center in Vilseck. There he was a senior instructor of physical security for Central Texas College.

Then, in 1988 he entered the U.S. Civil Service as a Department of the Army security specialist. For the next seven years, Zedalis worked at the office of security, plans and operations in Nuremberg.

He joined the 21st Theater Sustainment Command in 1995, where he still serves as the command's security manager with the intelligence and security division.

Yet even looking back at more than five decades, Zedalis has no problems singling out the highlight of his career.

"Being the first sergeant was incredible," he said. "It's the most challenging and rewarding position a noncommissioned officer can hold. You are the trainer, mentor, father and mother of the company. You can't feel any more important than that."

Nonetheless, civilian employment has had its moments as well. "I enjoyed going to work every single day, and I really will miss my colleagues and friends. They are like family," he said.

Zedalis will retire in June and move back to the United States. Having lived in Germany since 1981, he expects a bit of a culture shock. "It will be a little like going to a foreign country. But we will be back for visits, since this is where my wife is from and where her family lives," he said.

"We would not be able to complete our mission without you," said 21st TSC Commander Maj. Gen. Yves J. Fontaine said to the employees at the ceremony who collectively account for more than 1,700 years of service. "Nothing happens without you."

21st TSC Length of Service Awards

50 Years of Service

Paul Zedalis

40 Years of Service

Rolf Cappel, Yvonne Carle-Schweitzer, James Jenkins, Heinz Walter, Schneider,

Patrick Stubblefield

35 Years of Service

Norbert Boettcher, Wallace Benton, Holger Cordier, Michael Watson, John

Lantz, William Sanders, Irene Schneider, Howard Solis Jr., Harald Kehrein

30 Years of Service

Francis William Bannister, John Burns, Petra Detzen-Ernich, Christa Dozier,

Marianne Ehligger, Agnes Faulk, Eric Gordon-Jones, Sonja Hochreither, Ursula

Leonhardt, Floyd McQueen, Gisela Müller, Karin Müller, Ursula Papke-Glasper

Peter Salmins, Alfred Taylor, Gerhard Wittenmeier, Kenneth Wynn

25 Years of Service

Bertram Becker, Sieglinde Beekhuis, Denise Downey, Carrie Hill, Marvin

Jackson, William Stokes, Manfred Kloos, John Nordrum, Anthony Paskvan,

Heike Reinheimer, Corinne Salinas-Jörg, Stephen Smith, Georgia Harville

Hummel, Keith Stahl, Wolfgang Stegmiller, Robert Stern,

Melissa Laycock, Marion Thome, Reinhard Wolsiffer

20 Years of Service

Petra Fini, Sibylle Groll, Brian Hapner, Klaus Ittner, Rüdiger Ziegler

15 Years of Service

Crystal Ann Ortiz

10 Years of Service

Timothy Scott

5 Years of Service

Jay Bevard, Ulrich Vaekenstedt, Jennifer Spencer



Sgt. Jason G. Weber

Pfc. Pricilla G. Ellington, 172nd Support Battalion, Schweinfurt, Germany, is visited by Lt. Gen. Jack C. Stultz, center, chief of the Army Reserve and Command Sgt. Maj. of the Army Reserve, Leon Caffie at Landstuhl Regional Medical Center Feb. 7. Stultz and Caffie wanted to thank the service members for the patriotism and tell them how much they appreciate what they have done.

Army Reserve chief visits 7th CSC

By Sgt. Phillip H. Valentine
7TH CRC PUBLIC AFFAIRS

Lt. Gen. Jack C. Stultz, chief of the Army Reserve, and Command Sgt. Maj. Leon Caffie, Stultz's senior enlisted advisor, visited the Army's first and only civil support command in Kaiserslautern Feb. 7-8.

The primary reason of the visit was to talk to Army Reserve Soldiers in Europe, inform them on the state of the Army Reserve and check on the status of the command's transformation.

The commander of the 7th Civil Support Command, Brig. Gen. Jon J. Miller, and Command Sgt. Maj. David S. Stading, hosted the visit.

"I think it is a very exciting period to be in the Army Reserve and the Army Reserve here in Europe in particular," said Miller, "because we are more relevant than ever before, and it is great to have your own mission and the awards associated with that."

The 7th CSC is undergoing a transformation that brings civil affairs and consequence management assets to the U.S. European Command's area of responsibility.

Miller said he was impressed with the progress of the transformation and believes Stading and all the Soldiers of the 7th CSC have done a phenomenal job.

"I think the transition is ahead of schedule," Stultz said. "Next we'll be flowing the equipment in and mak-

ing it a viable headquarters as part of U.S. Army Europe and 7th Army's overall operational plan."

Stultz and Caffie spent Saturday afternoon at Landstuhl Regional Medical Center talking to service members who are currently being treated at the hospital; they also sat down and visited service members at the Wounded Warriors Center and the United Service Organizations. The USO has delivered morale and recreational services to the military for more than 67 years.

"It's kind of nice, them coming around, saying hi to everyone," said Sgt. John E. Mack, Company C, 2nd Battalion, 112th Infantry Regiment of the Pennsylvania Army National Guard, a unit that is currently deployed to Camp Liberty, Iraq. "It shows they care about what is going on with you."

"It is always important to go by and tell them how much we appreciate what they've done," said Stultz, while visiting wounded warriors at the hospital. "There is never enough thanks to those wounded Soldiers, whether they were wounded in action or wounded here training, getting ready for action."

He also said he wanted to thank the staff for the outstanding job they are doing for each individual Soldier, their families and for the overall effort to the nation.

Stultz and Caffie visited Soldiers of the 7th CSC Feb.

8, and observed training at the Daenner Kaserne parade field. The Soldiers set up the tactical operations center and provided basic power and communications lines. The main focus of the training was to learn the basics of setting up the equipment and making sure it was mission capable.

Stultz addressed the Soldiers at a troop talk about Army Reserve transformation and how the 7th CSC fits into the future. He let them know what is going on in the Army Reserve and thanked them for what they are doing, serving their nation and representing the Army Reserves.

The 7th CSC formerly was known as the 7th Army Reserve Command, which was an administrative headquarters located in Schwetzingen, Germany. Now, the 7th CSC is an operational force with an expeditionary capability.

The 7th CSC is comprised of 15 Army Reserve units located in Germany and Italy. With more than 800 European-based Army Reserve Soldiers, the 7th CSC provides foreign consequence management and civil affairs capabilities to USAREUR and 7th Army.

The 7th CSC's unique command alignment under the 21st Theater Sustainment Command, USAREUR and 7th Army and its new mission capabilities make it a model for active and reserve component teamwork and partnership.



1Lt. Leyla Law

Soldiers practice firing their weapons at the Udari Multi Purpose Range Complex in the northern Kuwaiti desert Feb 13. The Soldiers, assigned to the 1st Cavalry Division's 1st Brigade Special Troops Battalion, 1st Brigade Combat Team, are spending about two weeks at Camp Buehring in Kuwait before heading north into Iraq.



Senior Airman Eric Harris

Ruby, a military working dog, detains Sgt. Tyler Barriere, of the 2nd Special Troops Battalion, 2nd Brigade Combat Team, 4th Infantry Division, as part of a demonstration to Iraqi police basic trainees at the Diwaniyah Police Academy in Diwaniyah, Iraq, Feb. 9.

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Sgt. Prentice C. Martin-Bowen

Soldiers from Alpha Company, 1st Platoon, Personnel Security Detail, 101st Airborne Division provide security in Bagram, Afghanistan, Feb. 15.

(Right) Republic of Korea Soldiers in a K1 A1 Main Battle Tank conduct a river crossing at the Yang River and are followed by Soldiers from 2nd Battalion, 9th Infantry in an exercise conducted Feb. 5 in South Korea.



Spc. Christen Best



Pentagram

(Far right) Sgt. 1st Class Alfred Lanier, sergeant of the guard, 3rd U.S. Infantry (Old Guard), presents the U.S. flag to Carolyn Daniel, widow of Master Sgt. William Daniel, first recipient of the Tomb Guard Badge. William Daniel served as a tomb sentinel and sergeant of the guard at the Tomb of the Unknown Soldier from February 1957 to June 1960. In the 51 years since Daniel was awarded the badge, only 570 other Soldiers have received it. It is the second least-awarded badge in the military, after the Astronaut's badge. Daniel served in the Army for 22 years, retiring in 1965.

DoDEA asking for feedback from parents, students

The Department of Defense Education Activity is administering its biennial Customer Satisfaction Survey through Feb. 28.

The CSS provides feedback to DoDEA from its most important customers – students and parents – about the quality of education it provides and

areas needing improvement.

The 2008 DoDEA CSS represents a departure from tradition in that the survey will be administered to students in grades 4-12 and sponsors for each child enrolled in DoD schools from Pre-kindergarten/SureStart through 12th grade. Participation is voluntary,

but it is encouraged in order to obtain reliable and valid data.

The surveys take approximately 20 minutes to complete and are available online at www.dodea.edu. Parents who do not have access to the Internet should contact their child's school to determine other alternatives – such as

using the school's computers.

Information derived from the surveys will be used to improve planning efforts at all levels throughout DoDEA.

For more information on the CSS, contact your child's school or visit the DoDEA Web site at www.dodea.edu.

Europe garrisons serve as lighthouses in guiding Army Families

By Ken White
IMCOM-EUROPE PUBLIC AFFAIRS

Despite a sea of Army transformation washing over Europe, Installation Management Command's garrisons serve as lighthouses that Army Families depend upon to navigate the demands and stresses of recurring deployments.

As part of the Army Family Covenant, IMCOM-Europe has outfitted and provisioned three large lifeboats of critical support – Family Programs; Soldier and Community Recreation; and Child, Youth and School Services – that buoy Soldiers and families, allowing them to effectively endure the “heavy weather” that has become a routine part of Army Family life in a time of war.

Family Programs

From the time the Covenant was unveiled in 2007, Army OneSource has made significant advances to improve ease of access and standardize services, programs and support to all Soldiers and their families, regardless of location. The immediate return on investment for the Army Family included an increase of 74 front-door Army Community Service staff at European garrisons, 40 Military Family Life consultants, and the establishment of Soldier and family assistance specialists at 13 installations that serve by Warrior Transition Units.

Clearly understanding that “taking care of families” impacts mission readiness, Army in Europe leadership has put its money where its mouth is when family readiness groups leaders asked for more help, given the challenge associated with recruiting volunteers to assist the groups, especially with so many military spouses working today.

And with the “changing dynamics” idea in mind, families and units will reap the benefits that USAREUR realized by receiving approval to fund 50

family readiness support assistant positions being established this year.

Under a New Parent Support Program aimed at strengthening knowledge and reducing stress among new or first-time parents (ranging from pregnancy through 3 years old) 14 garrisons gained 30 Home Visitor positions, enabling staff to conduct 4,000 home visits during fiscal year 2008 alone.

As part of Covenant plus-ups, parents of exceptional and special needs family members put “wind in their sails” by tapping into more than 25,000 hours of respite care that totaled \$880,000. This service has become a staple resource for care that can be provided in the EFMP respite care user's home, EFMP respite care worker's home or other community childcare settings.

Furthermore, FRGs across Europe gained 5,000 hours of funded child care to allow spouses to attend meetings, ensuring program success.

Soldier and Community Recreation

Although most Soldiers and families don't associate the Army Covenant with better physical fitness, that couldn't be further from the truth. As a starter, Covenant-enabled enhancements include increased hours of operation – beyond the 90-hour/week standard – now offered at a number of garrisons, according to IMCOM-Europe Morale, Welfare and Recreation officials.

Under a bulk-buy initiative that was quickly fielded in 2008, seven garrisons benefited from a \$1 million, Covenant-enabled investment that replaced legacy equipment with adaptive motion trainers that allow freedom of movement in a variety of challenging workouts, along with versatile Nautilus spin bikes.

Entertainment officials delivered by investing \$840,000 in more than 100 quality performances delivered free to

garrison communities. Acts included: rap stars Lil' John and Twista, and alternative bands Sevendust and Stained, and other groups as varied as the Seattle SuperSonic Cheerleaders.

Europe-based Soldiers deployed downrange also received direct support attributable to the Covenant with deployment kits chock-full of sports and recreation equipment, and library kits with new reading material to help them enjoy brief breaks while serving in a combat zone.

Redeploying war fighters benefited from nearly \$900,000 in funding set aside for the Warrior Adventure Quest program, designed to reduce post-deployment stress.

A pilot for the program was successfully tested in 2008 at garrisons in Vicenza, Italy, and Schweinfurt, with recently redeployed Soldiers from the 173rd Airborne Brigade Combat Team and the 172nd Infantry Brigade.

After Covenant-related investment in the acquisition of four paintball arenas, ski/snowboard equipment, mountain bikes and ATVs, the program formally launched in January for more than 8,000 Soldiers in Grafenwöhr (Vilseck's 2nd Stryker Cavalry Regiment), Ansbach (12th Combat Aviation Brigade) and Wiesbaden (1st Armored Division).

Under the Wounded Warrior Sports program, the Covenant enabled Baumholder and Vicenza garrisons to upgrade their aquatics programs for impacted Soldiers. And as part of a longer-term initiative across the footprint, physical therapy and wellness centers in Vicenza and USAG Stuttgart have been collocated in fitness centers.

Child, Youth and School Services

If return on Covenant investment is any measure, it's certainly a great time to be a

kid in Europe – and equally great to be an Army parent as well, according to Cheri Verschraegen, chief of Child, Youth and School Services for IMCOM-Europe.

“With Covenant subsidies taken into account, parents at Europe garrisons pocketed a significant savings of nearly \$1.6 million in benefits provided through reduced or eliminated registration fees for almost 38,000 children in the School of Knowledge, Inspiration, Exploration and Skills and after-school, sports programs,” she said.

Contributing to this significant figure was the nearly 116,000 hours of free respite care also provided to thousands of families during fiscal 2008 through CYSS, and more than 1,000 hours of additional care provided to the children of warriors in transition.

For the children of deployed Soldiers, the Covenant provided nearly 1,300 youth an opportunity to attend residential and day camps under the Camp A.R.M.Y. Challenge program at a nominal fee, according to IMCOM-Europe CYSS official Joe Marton.

The Covenant also enabled the enlistment of a 200-person cadre of college interns who assisted in the implementation of these summer programs, allowing participants to further develop life skills and lifetime friendships.

Through constant investment in its facilities, IMCOM-Europe is ensuring the youngest members of the Army Family will see continued growth in Child Development services this year with the approval of funding for new modular facilities that will add more than 400 spaces at sites in Ansbach, Wiesbaden, Stuttgart and Landstuhl.

Expanded youth programming was also made possible through renovation of six Youth Centers, and new Youth Centers approved for construction at Vicenza and

USAG Kaiserslautern. Access to programs was also beefed up through transportation funding to support youth programs and events, and to reduce the impact on families.

Not to overlook school support with Department of Defense Dependents Schools, a number of items attributable to the Covenant were also instituted to help students across Europe reach their goals and potential.

As part of being the ‘Army's home’ and providing youth with the similar types of privileges their friends enjoy stateside, IMCOM-Europe supported DoDDS through the purchase and fielding of driving simulators at nine locations in Germany, Italy and the Benelux as part of a \$430,000 initiative to help qualifying students receive a DoDDS driver education certificate.

School support also includes enhanced transportation at garrisons for families to attend DoDDS related events and sports, and a vigorous Education Council Structure to partner and resolve issues effectively.

Much as the occupants of a lifeboat can't see over the horizon beyond the peaks of the waves around them, the coming year will continue to hold uncertainty for the Army Family.

However, Army Families “have a proven track record of meeting the challenges thrown at them by recurring or unexpected deployments, and the unique demands of being forward stationed in a foreign country,” said Arnie Cole, chief of IMCOM-Europe Region MWR.

“Our Army Families can rest assured,” he said, “that it's our intent to follow through with the commitment Army leadership has made through the Covenant to deliver a quality of life on par with the great service Soldiers and their families render to our nation.”

AFAP

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issues, which are anything that affects us. We have a very bright group trying to organize the issues. They have picked their top three to send to the next level if possible.”

Russey's group had 22 of the overall 57 issues that they were responsible for discussing and prioritizing.

“We had to pick the top three,” she said. “We had to narrow it down and first picked the local issues. The local issues, we just leave them here and let the people take care of them here. We then choose the ones that are more (Department of the Army)-level, something that goes further than just Heidelberg.”

“So we narrowed them down, prioritize all our issues, narrow the top three down and see if there is any way we can change some or implement some change. Some of them we can't touch due to (Status of Forces Agreements) and German laws that we have no effect over.”

The workgroups met individually for most of the two days of the conference, and then created skits to present during the final out-briefing to Lt. Col. Robert White, U.S. Army Garrison Heidelberg commander, and other community representatives.

The combined workgroups reviewed all the issues and voted on the top four conference issues. The delegates were also given the opportunity to vote on the top six issues raised at the DA-level.

The conference's success depends on the volunteers who attend it, including those acting as facilitators, recorders, transcribers and issue support personnel. Also available to each group are subject matter experts, who can provide subject knowledge, background information and solution develop-



Kristen Marquez

Delegates from the Better Opportunities for Single Soldiers work group discuss an issue during the Heidelberg Army Family Action Plan conference in the Patrick Henry Village Pavilion Feb. 12.

ment for more in-depth issues.

Criteria for consideration in the issues included making sure an issue had community impact, an attainable resolution, and that the issue was not a duplicate with those already active at other levels.

AFAP has been called the “Voice of the Army” and the voices of all those involved in this year's conference are being heard all the way up to the DA level, Robbins said.

The AFAP steering committee will meet in April to begin the process of resolving issues and selecting those that will be elevated to the Installation Management Command-Europe conference, to be held in June.

Track the issues on the garrison Web site, www.heidelberg.army.mil.

Heidelberg AFAP Issues

Top Ten Issues

1. Availability of CDC hourly childcare
2. Time for student lunches
3. Disputes in the workforce between civilians and military personnel
4. FRG's best practices
5. Waiting time for civilian support services
6. Mattresses for single Soldiers
7. Dislocation Allowance for all service members
8. Expansion of the Heidelberg shuttle bus schedule
9. The use of Volunteer Management Information System
10. Initial licensing for new drivers in Europe

Top Four Conference Issues

1. Availability of CDC hourly childcare
2. Waiting time for civilian support services
3. Dislocation Allowance for all service members
4. Initial licensing for new drivers in Europe

Top Six Active DA Issues

1. In-State college tuition
2. TRICARE Dental benefit enhancement
3. Availability of authorized TRICARE providers
4. Paternity permissive TDY
5. Full compensation for uniform changes
6. Child care fee category

VALENTINES

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make a habit of?”

This is the fifth year the students have made cards for service members; the first three years the cards were delivered to the Veterans Administration hospital in nearby Lincoln, Neb., and last year they were sent to Basic Training and Individual Ready Reserve Soldiers at Fort Jackson, S.C.

“I had a son completing his basic training at Fort Jackson, and thought that including active servicemen/women in the project that year would provide a more personal touch for the kids,” White said in an e-mail.

“It was so fun to see where the valentines went, and see the smiles on the faces of those who received them last

“These kids absolutely love doing this. Including staff in this also shows the students that we're all in this together.”

-Zoe White, TeamMates coordinator

year,” she said.

“Sending them to Germany is allowing us to acknowledge those men and women who are already stationed overseas, where we're hoping to brighten their day by saying ‘thank you!’”

Nearly 500 students, faculty and teachers made a card, with many making more than one.

“I wish you could be here to see their faces, from teachers instructing about this project, to the students' enthusiasm in their sentiments and artwork, is simply precious,” she said.

“These kids absolutely love doing this. Including staff in this also shows the students that we're all in this together.”

Lomax said a project like this is a great way to boost the morale of the troops stationed here.

“I believe it's going to make their day,” she said. “A lot of them have left their little brothers and little sisters at home, for the ones who have children and have had to leave their children back in the United States for whatever reason. To receive this card is going to mean a lot to them.”

USAG Kaiserslautern Command Sgt. Maj. Richard Jessup pointed out many of the young Soldiers here are away from home for the first time, so receiving a card from a child shows the support boost they sometimes may need.

The sergeants major decided to tie this delivery in with the Army's Year of the NCO. The theme for February is “What do NCOs do?” and Lomax hopes the NCOs delivering the cards will remind their junior Soldiers just how important they are to the Army as a whole.

“By going out there now with these Valentine's Day cards and looking at our junior leaders in the face and saying happy Valentine's Day,

See the Video Online
www.youtube.com/bwnow

and saying it from the heart and meaning it with all sincerity, they'll appreciate us as leaders and also the job that they do,” she said.

White said this project is just a little way to send love and support from Nebraska to Germany.

“If it were not for the multitude of troops, from those on the front lines to all of those in support positions, each one is a part of a team – a team that keeps our country safe, allowing us the multitude of freedoms we enjoy,” she said. “Honoring our servicemen/women should be in our daily thoughts.”

Beautiful Barcelona

By Sandra Wilson

Pack your sunglasses because it's time to escape the dreary winter months and travel to sunny Barcelona, Spain. Although the temperatures in Barcelona this time of year don't welcome comfortable beach-lounging, the weather is still mild with a jacket and offers rarely a moment without the warming rays of the sun.

With a short flight into the Girona airport, a trip to Barcelona can be taken over a three- or four-day weekend. Tickets on budget airlines can be found at dirt-cheap prices and nightly accommodations in Barcelona can be booked inexpensively as well.

To get the most benefit out of a trip to Barcelona, travelers should plan to visit several of the key points of interest in the city. Checking out a tour book from the Army installation library before leaving can greatly enhance sight-seeing experiences to these places.

Perhaps the number one highlight of Barcelona is a visit to the Sagrada Familia, a monumental church — still a work in progress. The massive structure boasts the artistic imagination of Antoni Gaudi who began his work as the principal architect in 1883. The numerous tower cranes looming around the church are telltale to the fact that only 50 percent of the building is complete and the construction still continues today.

Charitable giving, the €11 entry fee, and the worthwhile €4 audio guide finance the construction project, which is estimated to be completed in 2030. Visitors can easily spend two hours wandering the grounds, learning about the outside facades, viewing the forest-like interior, and getting a taste of Gaudi's inspirations in the museum below.

From there, in lieu of a one-mile walk, travelers can choose to take the metro from Sagrada Familia to the next destination of La Pedrera, another of Gaudi's architectural wonders. Traveling from each attraction in Barcelona can be done easily by foot and by underground metro. Each metro ticket sells for €1.35 or two- to five-day passes can be purchased if frequent metro travel is expected. Two hours spent at La Pedrera is ample time to view the Modernista rooms, go through the museum in the fantastically crafted attic, and take countless photos of the bizarre, magical rooftop. Exiting La Pedrera, you will find yourself walking down the Passeig de Gracia which offers many shopping opportunities and cafes to relax.

Spain is known for its good prices on quality leather products. In addition, January and February offer the biggest sales (rebajas) of the year in many shops. The street is also home to several other feats of artistic architecture like Casa Batllo.

Good walking shoes are important in Barcelona, because next is another long stroll down La Rambla, the city's wide pedestrian street. The walk starts in the lively hub of Placa de Catalunya where hordes of pigeons gather around anyone offering food. La Rambla offers delight for the whole family with spray-painted human statues, entertainers, and countless booths selling small furry animals, reptiles, birds and flowers. With all the excitement and activity, travelers must be aware of pick-pockets and scams as well as overpriced shops. A side street trip into the Mercat de La Boqueria will expose the cavernous market of the city with piles of fruit, candy, seafood and meat.

Nearby is also located the Palau de la Musica Catalana where more than 300 concerts and dance shows are performed. Tickets for performances are sold there and a tour of the beautiful facility, designed by Lluís Domenech i Montaner, can be taken with an English guide.

Another jog off the path of La Rambla will bring you to the Barcelona Cathedral to see the lavish choir stalls, the cloister graced with a fountain and roaming geese, and the view from the roof top.

Returning to La Rambla and walking to the end, Port Vell makes way for L'Aquarium, Europe's largest aquarium, equipped with an underwater tunnel.

Sometime during a stay in Barcelona, time should be made to take the aerial cable car (€8.30 round trip) up to Montjuic. The Castell de Montjuic offers spectacular views of the city and the port where cargo and cruise ships come and go.

Close by, the 1992 Olympic stadium can be found as well as manicured botanical gardens. No visit to Montjuic is complete without spending a considerable amount of time going through the Museu Nacional d'Art de Catalunya which houses amazing Romanesque painted interiors of churches from the 11th and 12th centuries specially transported to the museum for preservation. The museum also displays masterful pieces of Gothic, Renaissance and Baroque art.

For a change of scenery, a visit to the Parc de la Ciutadella shows off its grand entrance of the Arc de Triomf. Inside can be found a cascading fountain and a zoo with an enormous adventure playground where children can run wild.

On the south and east sides of the park, Barceloneta and Port Olimpic boast clean, sandy beaches and nearby there is a 15-screen movie theater with cheap tickets for films shown in their original language.

To top off a spectacular trip to Barcelona, a sampling of the tasty chorros con chocolate for breakfast—crispy fried dough dipped in thick hot chocolate—and the wide selection of seafood dishes for dinner will leave a taste in your mouth for more of Spain in the future.

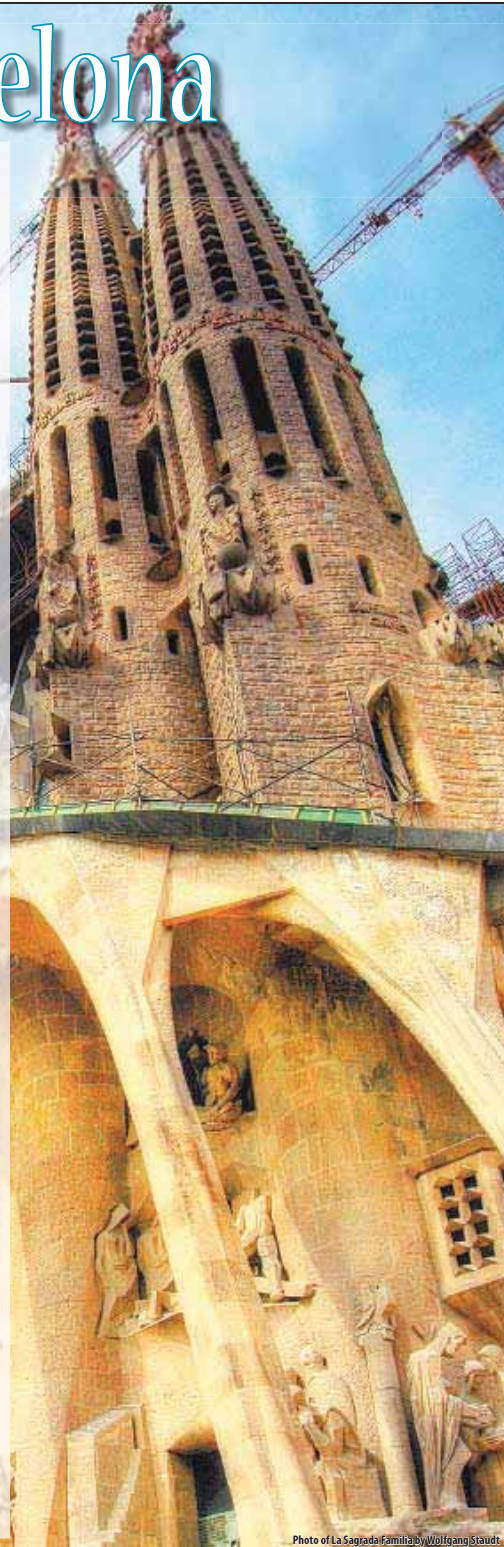


Photo of La Sagrada Família by Wolfgang Staudt

GERMAN COOKING

Split Pea and Sausage Soup (Erbsensuppe mit Würstchen)

This is a truly nourishing soup – high in protein, fiber and flavor. It's also very versatile because not only can you serve it as an appetizer, it also makes a wholesome light meal with a chunk of German rye, linseed or sunflower seed bread. It's a perfect back to school choice for busy moms.

Make it with green split peas and chopped fried bacon. You can use either beef, chicken or vegetable broth for this recipe, or use the cooking liquid from boiling a ham.

Make sure to use genuine German Frankfurters. It is quite thick, so if you prefer it thinner, simply add extra water.

Ingredients:

- 9 oz dried green split peas, soaked overnight
- 2 oz bacon
- 1 onion, chopped
- 1 potato, chopped
- 6 1/2 cups chicken, beef or ham broth
- 1/2 tsp dried marjoram or oregano or a good pinch of dried thyme
- 1 pair of small, whole Frankfurters
- sea salt and freshly ground pepper
- a little chopped fresh parsley or chervil, to serve
- Slices of german rye, linseed or sunflower seed bread, to serve

Preparation:

- Drain the soaked peas and rinse in cold water. Set aside.
- Fry the bacon in a large saucepan for a few minutes over medium heat until the fat starts to run, then stir in the onion and potato. Continue to fry for five minutes until softened.
- Add the peas, broth, herbs and pepper to taste. Bring to the boil, stirring once or twice, and allow to boil for five minutes.
- Partially cover the pan and turn the heat down to a gentle simmer, stirring occasionally.
- Cook for 30 to 40 minutes until thickened and the peas are soft. If you like you can blend the soup in a food processor or blender, but it looks more wholesome with a rustic chunkiness.
- Prepare the Frankfurters according to instructions on the packaging.
- Check the seasoning and add salt if required. If you have used ham stock you may not need it.
- Sprinkle with a little chopped fresh parsley or chervil if desired and garnish with the Frankfurters.

SOURCE: www.germanfoods.org

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.

Dear Ms. Vicki,

I need your advice because my active-duty daughter is about to marry a non-believer. We are so scared for her salvation.

I want so much for all of my loved ones to be in heaven with me. We thought my daughter was just dating this guy who is of a different race, which we had no problems with. Then we found out he is of a different faith, too.

We raised our daughter up in a good Christian home along with her other brothers and sisters. She was brought up to know that you should never consider marrying someone who thinks different from you on this issue. It will only lead to problems for her and for her children should she bare some with him.

They are planning to marry this November when he returns from deployment. This is a travesty, and I am so angry at my daughter to try and marry someone with such radical spiritual beliefs.

Now my daughter is avoiding us and does not visit as much as she normally does. We live about 60 miles from her, and she is always visiting us every weekend. Now she doesn't, since we are protesting her engagement.

She actually entertained his parents at her home two weeks ago, and we were not invited. It's like she is doing this out of spite or just to "act out" or something. How in the world are we all supposed to come together and be a family when she is marrying someone so different? Marriage is about family.

Is it true that you are a therapist? Do you have any appointments available for my daughter to see you? I think you would be honest with her and tell it to her like it is. Please try to talk some sense into my daughter's head.

From: My Daughter's Salvation

Dear Salvation,

I feel a big rift about to happen in your family. You sound like there's no middle ground with you on this issue, and you are being plagued by fear. You don't like your

I love getting this question from women like you. You all sound the same. OK, you are good looking, physically fit and educated, with "HTG" hair that grows. Get over yourself ... You tout about your PhD, but you're not smart enough to know you're dating a playa. What's up with that?

daughter's fiancé or his parents because of their spiritual beliefs, so much that you are shocked to learn that your daughter entertained his parents at her home.

Ma'am, with all due respect, I pray that you will learn that we all have more in common with each other than differences. You sound like they are radical terrorists or something.

What is it? Do they go to a different church; do they pray differently, what? I would suggest that you get to know them and continue to play an active part in your daughter's life. Right now, your daughter is isolating herself from you. This is not good. Soon enough you will have to come to know that your daughter is an adult who will make her own decisions.

My deceased father was the pastor of a Baptist church. Growing up whenever my mother perceived I had made a mistake or about to make one, she would always say "this will make your father turn over in his grave."

Guess what, my husband was of a different denomination when we were dating and engaged. He attended a Pentecostal church, which I loved visiting. Boy, my mother did not like it. She reminded me daily that she was praying for me not to marry him and remind me about my good ol' Baptist doctrine. Long story short, here we are 20 plus years later with three sons. I'm trying to make light of your situation by saying that I understand, but you can't let your fears hinder your relationship with your daughter or whom she chooses to marry. Stay in touch with me and let me know how you are doing.

Dear Ms. Vicki

I'm dating a 40 year old playboy who does not want to commit. He says he wants to see what else is out there so he will know for sure that he is not making a mistake.

All of the ladies love him because he is a single officer. I knew I could help him change his mind because I'm a good lady with a lot going on, too. I'm single and have never been married before. I know I am good looking, and I have long hair. I have a great body because I work out all of the time to stay physically fit. I'm 32 and I don't have any children. Moreover, I am very well

educated and have studied abroad and currently working on my PhD in international relations.

So what's the deal with me, Ms. Vicki? Why won't he ask me to marry him? We've been dating now for a year, and he's not hinted at anything yet. The other women he's dated don't hold a candle to me. I'm the first woman he's dated who doesn't work at the Waffle House or Wal-Mart.

It behooves me that he would waste his time with such a woman. Let's not forget the women with four and five children, they are pathetic. I can't believe he even wasted his time with them.

I really wanted to be married and with a family by now. I'm just not sure how long I should wait for my boyfriend to pop the question. You can write me back and ask me any other questions you wish. Please give me all the advice you want.

From: Ready To Be Married

Dear Ready,

I love getting this question from women like you. You all sound the same. OK, you are good looking, physically fit and educated, with "HTG" hair that grows. Get over yourself. You are no better than the single mother with four children who works at Wal-Mart. You tout about your PhD, but you're not smart enough to know you're dating a playa. What's up with that?

Listen lady, when a guy says "he wants to see what else is out there," that means you're "old news" and he won't marry you either. Trust me, with a guy like this it doesn't matter how pretty you are, how smart, or how physically fit you are. Simply put, his grass will always be greener on the other side.

You also told me in a different e-mail that the two of you live together. This is a bad decision. Bottom line, you are giving him too much, and he's not willing to invest in a committed relationship with you. Why should he get any benefits? He doesn't deserve any.

However, this is "your red wagon to push or pull," you're an adult. Bottom line, he will never pop the question. He's not going to marry you. He'll live with you until he gets tired and then he will move on to someone else.

You may soon have a PhD, but I would not have to explain this to a woman who works at the Waffle House.



Friday the 13th

Well it's another Friday the 13th, ladies and gentlemen, and you know what that means. Blood, violence and random campers cloning out early. So this is the first installment of the series since the 2003 crossover "Freddy vs. Jason," which in my opinion wasn't the greatest, but I thought it was hilarious. So far its opening weekend has seen it open higher than any other movie in the series and is projected to become the highest opening horror film in U.S. cinema history. This speaks highly of the movie and all, but does that mean

its a good movie? All camp signs point to yes. It might seem unusual, but horror films are always more funny than scary to me; naturally they aren't real so watching some of the people do the stereotypical running the wrong way is great. This time, though, the director was on the money making this one pretty scary. I was impressed by the movie's overall rethinking of the series, and it's just great to see the series revitalized. Let's hope someone is smart enough to remake a good "Nightmare on Elm Street" movie. We can relive the '80s horror film era when some of the best horror films were made. Of course this movie is too much for the kiddos, but teens and adults go catch the movie and get ready to be scared. Ironically the movie was released on a Friday the 13th, which isn't ironic but the fact that it was a Valentine's Day weekend was just priceless. I'd like to take a second and thank all the people who wished me well over the last few weeks. I'm doing much better and look forward to seeing you all at the theaters.

GET OUT! area events

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 Fasnacht 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.
Traditional Grand Devils Procession – Head to Tribingen 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.tribeng.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. 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.

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.
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-schwarzwald.de.

February 22

Carnival Parades – Celebrate the fifth season in Germany – Carnival! Parades happening in the local area: Ziegelhausen at 2:11 p.m. ; Ketsch at 2:01 p.m.

February 24

Drive Out the Winter Ceremony – The small community of Wilhelmshfeld will have the traditional 'drive out the winter' ceremony, including a hay wheel set on fire to burn out the winter and gets rolled down a small hill by fighter fighters. After the wheel is at the end of the hill, a big fire is set. In pre-historic times Germanic tribes set up these gigantic fires to oust demons and ghosts. The event is scheduled to kick off at approximately 6:45 p.m. opposite the Odenwaldhalle. Food and refreshments will be served, and spectators are welcome and may join the fire fighters in walking down the hill.
Carnival Parades – Celebrate the fifth season in Germany – Carnival! Parades happening in the local area: Stuttgart at 1 p.m. at the schlossplatz; Weinheim at 2:12 p.m. at the Festplatz; Mannheim at 2:11 p.m. starting at the Rosengarten; Heidelberg at 2:11 p.m. on Berghheimer Strasse and Hauptstrasse; and Schwetzingen at 3 p.m. in the pedestrian zone.

Carnival Parades – Celebrate the fifth season in Germany – Carnival! Parades happening in the local area: Stuttgart at 1 p.m. at the schlossplatz; Weinheim at 2:12 p.m. at the Festplatz; Mannheim at 2:11 p.m. starting at the Rosengarten; Heidelberg at 2:11 p.m. on Berghheimer Strasse and Hauptstrasse; and Schwetzingen at 3 p.m. in the pedestrian zone.

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.

March 1

Volksmarch in Rothenburg ob der Tauber – The annual Rothenburg ob der Tauber walk is the volksmarchers' dream walk. This is the best-known walked city in Germany. There are 6, 11 and 20-kilometer courses outside the city with several towers and gates. Two of the most famous are the Plonlein and Siebersturm. Also, a must visit is to the favorites St. Jacob's church. Departs Mannheim Outdoor Recreation, Bldg. 357 at 6:30 a.m. Cost is \$15. Volksmarching fees not included. DSN 381-7215, civ. 0621-730-7232.

March 7

Mannheimer Comic-Tauschtag – Mannheim Comics Show 9 a.m.-3 p.m. The entrance is free. This event takes place twice yearly for more than 30 years at the same location at Großer Saal der Jakobus-Pfarrrei in Mannheim-Sandhofen, Domstiftstr. 40. There will be more than 100 dealer tables with U.S. Comics and trading cards.

March 13

The Glass Menagerie – The Roadside Theater presents this classic American drama, 7:30 p.m. March 13, 14, 20, 21, 28 and April 3-4, and at 3 p.m. March 22 and 29. A heartbreaking memory play of family and lost dreams, it's filled with lyrical symbolism about the inability to escape the harshness of reality. DSN 373-5020, civ. 06221-17-5020 or roadsidetheater.com.

coming to THEATERS

The Tale of Despereaux

(Matthew Broderick, Emma Watson) Tiny and graced with oversized ears, Despereaux was born too big for his little world. Refusing to live his life cowering, he befriends a Princess named Pea and learns to read (rather than eat) books, reveling in stories of knights, dragons and fair maidens. Banished from Mouseworld for being more man than mouse, Despereaux is rescued by another outcast, Roscuro, who also wants to hear the tales. But when the Princess dismisses Roscuro's friendship, he becomes the ultimate rat and plots revenge with fellow outsider Mig. Rated G. 94 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village
 Feb. 19 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.
 Feb. 20 - FRIDAY THE 13TH (R) 6:30 p.m.; CADILLAC RECORDS (R) 9:30 p.m.
 Feb. 21 - THE TALE OF DESPEREAUX (G) 2 p.m.; DELGO (PG) 5 p.m.; FRIDAY THE 13TH (R) 9:30 p.m.
 Feb. 22 - DELGO (PG) 2 p.m.; CADILLAC RECORDS (R) 5 p.m.
 Feb. 23 - FRIDAY THE 13TH (R) 7 p.m.
 Feb. 24 - THE TALE OF DESPEREAUX (G) 7 p.m.
 Feb. 25 - DELGO (PG) 7 p.m.
 Feb. 26 - CADILLAC RECORDS (R) 7 p.m.

Mannheim, Schuh

Feb. 19 - TAKEN (PG-13) 7 p.m.
 Feb. 20 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.; CADILLAC RECORDS (R) 9:30 p.m.
 Feb. 21 - THE TALE OF DESPEREAUX (G) 2 p.m.; DELGO (PG) 4:30 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
 Feb. 22 - THE TALE OF DESPEREAUX (G) 2 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 4:30 p.m.
 Feb. 23 - DELGO (PG) 7 p.m.
 Feb. 24 - CADILLAC RECORDS (R) 7 p.m.
 Feb. 25 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
 Feb. 26 - DELGO (PG) 7 p.m.

Vogelweh, Galaxy

Feb. 19 - THE DAY THE EARTH STOOD STILL (PG-13) 7 p.m.
 Feb. 20 - THE TALE OF DESPEREAUX (G) 3:30 p.m.; FRIDAY THE 13TH (R) 7 p.m., 10:30 p.m.
 Feb. 21 - DELGO (PG) 3 p.m.; FRIDAY THE 13TH (R) 7 p.m., 10:30 p.m.
 Feb. 22 - THE TALE OF DESPEREAUX (G) 3:30 p.m.; FRIDAY THE 13TH (R) 7 p.m.
 Feb. 23 - CADILLAC RECORDS (R) 7 p.m.
 Feb. 24 - DELGO (PG) 7 p.m.
 Feb. 25 - HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
 Feb. 26 - THE TALE OF DESPEREAUX (G) 7 p.m.

Ramstein, Hercules

Feb. 19 - TAKEN (PG-13) 7 p.m.
 Feb. 20 - CADILLAC RECORDS (R) 7 p.m.
 Feb. 21 - DELGO (PG) 7 p.m.
 Feb. 22 - THE TALE OF DESPEREAUX (G) 7 p.m.

Ramstein, Nightingale

Feb. 19 - NOTHING LIKE THE HOLIDAYS (PG-13) 7 p.m.
 Feb. 20 - DELGO (PG) 3:30 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m., 10:30 p.m.
 Feb. 21 - THE TALE OF DESPEREAUX (G) 3 p.m., 10:30 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
 Feb. 22 - DELGO (PG) 3:30 p.m.; HE'S JUST NOT THAT INTO YOU (PG-13) 7 p.m.
 Feb. 23 - THE TALE OF DESPEREAUX (G) 7 p.m.
 Feb. 24 - CADILLAC RECORDS (R) 7 p.m.
 Feb. 25 - DELGO (PG) 7 p.m.
 Feb. 26 - CADILLAC RECORDS (R) 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 for updated listings and more movie descriptions

community HIGHLIGHTS

Shopping Center Gate Change

There has been a delay in construction at the Heidelberg Community Support Center access control points. On March 2, the Sixt Car Rental entrance will become the exit gate 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 March 9, all construction will be complete and patrons will be able to use the normal entrance and exit gates.

Passport Application Process

All passport applications must be filled out at travel.state.gov and printed out with a barcode on the top left corner of the front page of the actual application. The National Processing Center in the U.S. will not accept handwritten applications or those without the barcode. Bring the application and other necessary documents to the passport office. DSN 370-3921; civ. 06221-57-3921.

AWAG Conference Registration

The 2009 American Women's Activities Group annual conference is May 3-7 at the Edelweiss Lodge and Resort in Garmisch. Registration is now open and must be made before March 15. Conference fee is \$525 per person. awagonline.org.

TSP Web Site Phishing Scam

The Office of the Chief Human Capital Officer advises employees that some Thrift Savings Plan participants have received or will receive an e-mail purporting to be from the TSP. The e-mail states that if participants lost more than 30 percent of their TSP account value, they are eligible for a one-time U.S. Government bailout to recover their losses. The message directs participants to a "look-alike" TSP Web site that asks for account credentials. This e-mail is part of a "phishing" scam and is not an official e-mail from the TSP. Visit onquardonline.gov/topics/phishing.aspx information on avoiding e-mail scams.

TAPC Moves To Grafenwöhr

The Joint Multinational Training Command's Training Support Activity Europe's General Support Center, previously located in Roedelheim, has moved to Camp Aachen in Grafenwöhr. The GSC has been renamed the Training Aids Production Center and specializes in the design, production and fabrication of non-standard training aids, models, displays, posters, exhibits, visual information services, or any other items that cannot be acquired from the Training Support Centers within United States Army Europe. Call your local DSN + 1398.

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.

KAISERSLAUTERN

Education

• **ACS Classes and Events** – Anger Management, 10 a.m. Feb. 23; Smooth Moves for your PCS, 1 p.m. Feb. 23; Resumix, 1 p.m. Feb. 24 and 9:30 a.m. Feb. 26; REACH Meeting, 4:15 p.m. Feb. 24; Euros and Cents, 9:30 a.m. Feb. 25; HUGS Playgroup at Kids' Zone, 10 a.m. Feb. 26; Dress for Success, 1 p.m. Feb. 26; EPC Orientation, 1 p.m. Feb. 26. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.

• **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.

• **GoArmyEd 101** – GoArmyEd 101 briefings will be 11:30 a.m.-1 p.m. Feb. 23-27 in the following locations: Feb. 23 in Bldg. 1329 on Miesau Army Depot; Feb. 24 in Bldg. 3701 on Landstuhl Regional Medical Center; Feb. 25 in Bldg. 288 on Rhine Ordnance Barracks; Feb. 27 in Bldg. 3206 on Kleber Kaserne. Participants will learn the basics of GoArmyEd, registering for courses and degree plans that are offered. DSN 493-2588, civ. 0631-3406-2588.

• **Babysitters' Certification Class** – SKIES Unlimited is offering Babysitters' Certification 9 a.m.-5 p.m. Feb. 21 and 28. DSN 493-4516, civ. 0631-3406-4516.

• **Pre-Separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. March 3 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. DSN 483-7071, civ. 0631-411-7071.

• **Spouses Education Fair** – The education center on Rhine Ordnance Barracks is hosting a Spouse Education and Financial Aid Fair 9 a.m.-noon March 4 in Room 1, Bldg. 286 on Rhine Ordnance Barracks. DSN 493-2588, civ. 0631-3406-2588.

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.

• **ASAP survey** – The Army Substance Abuse Program and Employee Assistance Program are hosting a survey through Feb. 29. DSN 486-1710 or heather.a.robinson1@us.army.mil.

• **Pfennig Bazaar** – The German-American Women's Club Kaiserslautern Pfennig Bazaar will take place Feb. 27-March 1 at the Industry Hall, Gardenshow Area. www.gaiwv.com.

• **American Legion Meeting** – American Legion Post GR01 will meet at 6:30 p.m. March 4 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or wardtrans@yahoo.com. Visit the Post GR01 Web site ktownamericanlegion.org.

• **BOSS Meeting** – Better Opportunities for Single Service members will meet 1 p.m. March 5 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **VFW Meeting** – The Veterans of Foreign Wars Post 10614 will meet at 6:30 p.m. March 10 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or wardtrans@yahoo.com. Visit the Post 10614 Web site at ktownvfw.org.

• **Volunteers Needed** – Army Community Service needs volunteers for the Special Olympics Spring Games May 6 at the German Police Academy in Enkenbach-Alsenborn. DSN 493-4062, civ. 0631-3406-4062.

HEIDELBERG

Education

• **ACS Classes and Events** – EFMF Coffee Group, 9:30 a.m. Feb. 20 at Java Cafe; Teen Social, 7 p.m. Feb. 20 at Panther's Place; Intro to MS Excel, 9 a.m.-noon Feb. 23 and 25; Reintegration, 9 a.m. Feb. 24; Intro to Computers, 9 a.m.-noon Feb. 24; Army Family Team Building Level III, 9 a.m.-2 p.m. Feb. 24-26; FRG/FR/L/FRSA Training, 3-4:30 p.m. Feb. 24; Super Saver Contest Feb. 22-March 1. English as a Second Language is offered at various times and locations throughout the week. DSN 370-6883, civ. 06221-57-6883, www.mwrgermany.com/hd/acs.

• **ADAPT Training** – ASAP will provide Alcohol and Drug Abuse Prevention Training Feb. 23-24. 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.

• **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

• **Sunday Brunch at the VP** – Head to the Village Pavilion 10 a.m.-2 p.m. Feb. 22 for a German/American style brunch. 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.

• **BOSS Meetings** – 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.mwrgermany.com.

• **International Wandering Club** – Join the HIWC at Wiesental, Feb. 21-22. www.hiwc.de or hiwc@yahoo.com.

• **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.

• **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.

• **Recycling/Reuse Center closed** – The recycling and reuse center will close at noon Feb. 24 for Fasching.

• **Black History Month Event** – The Junior Association for the Advancement of Minorities will sponsor its Black History Program at Heidelberg High School, 1:30 p.m. Feb. 25.

• **Rod and Gun Club Events** – Spring Hunters' Course registration ends Feb. 23; Fishermen's 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@isp.gds.net.

• **NAF Sale** – Head to the NAF warehouse near Speedy Lube on Patton Barracks 9 a.m.-1 p.m. Feb. 28 to find great deals.

• **Sergeant Audie Murphy Club** – Monthly members meeting 11:45 a.m.-12:45 p.m. March 3 at the Heidelberg Health Center dining facility, Nachrichten Kaserne, Bldg 3617. Inducted and honorary members are invited. DSN 371-2034, civ. 0152-221-358-728.

• **Employee Assistance Program** – The EAP is staffed by experienced counselors who are available to discuss problems in a confidential, helpful manner. The program is designed to help you effectively address and overcome problems such as alcohol and other drug abuse, work and family pressures, and job stress which can adversely affect your performance, reliability and personal health. DSN 370-1710, derrick.copper@us.army.mil.

MANNHEIM

Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Feb. 20, 23, 25 and 27 and 6-7:30 p.m. Feb. 24 and 26; Employment Readiness Program, 10-11 a.m. Feb. 20; Family Readiness Group Key Caller and POC Training,

5:30-7:30 p.m. Feb. 20; Toddler Parenting Class, 9-10 a.m. Feb. 23; Army Family Team Building Level II, 9 a.m.-2 p.m., Feb. 23-25; Multicultural Club, 11 a.m.-1 p.m. Feb. 23; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Feb. 23 and 25; School Age Parenting, 9-10 a.m. Feb. 24; Levy and Out-processing briefing, 1-2:45 p.m. Feb. 24; Mom and Me Playgroup, 10 a.m.-noon, Feb. 25; Stress Management, Anger Management, Communication Class, call for date and time. DSN 385-3101, civ. 0621-730-3101.

Community

• **Tax Center** – Now open with no appointment necessary for most taxpayers. Accepting walk-ins 9 a.m.-4 p.m. Mondays through Fridays. There is also a station for those clients who want to electronically file their own taxes. 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. Mannheimpwca@yahoo.com.

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

• **Youth Sports Registration** – Spring season sports registration through March 13. Sports include baseball (ages 3-18), girls softball (ages 10-15), soccer (ages 3-15). Baseball and softball fees are \$46; soccer is \$36. DSN 385-2750, civ. 0621-730-2750.

• **New SKIES Unlimited 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** – 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** – Youth Action Council, 5-6 p.m. Feb. 20; Passport to Manhood, 4-5 p.m. Feb. 23; Dragon Fly Quest, 5-6 p.m. Feb. 24; Keystone Club, 4-5 p.m. Feb. 26. DSN 380-4864, civ. 0621-730-9997.

• **Veterans of Foreign Wars** – VFW Post 9534 is now located in Bldg. 678 Apt. 6A and B, Jefferson Street, Sullivan Barracks has a new Web site, www.mannheimvfw.com. Every Friday night at 6 p.m., there is a VFW social for members and guests. A monthly membership meeting is held the first Monday of the month. The VFW can assist with answering questions and applying for VA benefits, by appointment. Civ. 0621-7249-1920.



Maintaining a healthy heart

Heart Disease Prevention

Prevent and control high blood cholesterol –

Preventing and treating high blood cholesterol includes eating a diet low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise. Adults should have cholesterol levels checked every five years.

Prevent and control high blood pressure –

Lifestyle actions such as healthy diet, regular physical activity, not smoking, and healthy weight will help you to keep normal blood pressure levels and all adults should have their blood pressure checked on a regular basis.

Prevent and control diabetes –

People with diabetes have an increased risk of heart disease but can reduce their risk. Also, people can take steps to reduce their risk for diabetes, through weight loss and regular physical activity.

No tobacco –

Smoking increases the risk of high blood pressure, heart disease and stroke. Never smoking is one of the best things a person can do to lower their risk. And, quitting smoking will also help lower a person's risk of heart disease.

Moderate alcohol use –

Excessive alcohol use increases the risk of high blood pressure, heart attack and stroke. People who drink should do so only in moderation and always responsibly.

Maintain a healthy weight –

Healthy weight status in adults is usually assessed by using weight and height to compute a number called the "body mass index." Proper diet and regular physical activity can help to maintain a healthy weight.

Regular physical activity –

Adults should engage in moderate level physical activities for at least 30 minutes on most days of the week.

Diet and nutrition –

Along with healthy weight and regular physical activity, an overall healthy diet can help to lower blood pressure and cholesterol levels and prevent obesity, diabetes, heart disease, and stroke. This includes eating lots of fresh fruits and vegetables, lowering or cutting out added salt or sodium, and eating less saturated fat and cholesterol to lower these risks.

SOURCE: www.cdc.gov/heartdisease/prevention.htm

Health Center offers new class

By Jennifer Walsh
HEIDELBERG MEDDAC

The leading killer of Americans is not terrorism, drug-related crimes or even cancer. Instead the title goes to something that could affect anyone, anywhere at anytime. The leading killer of Americans is heart disease.

"In 2005, more than 80 million people had some sort of heart disease," said Capt. (Dr.) Benjamin Duffy, an internal medicine provider at the Heidelberg Health Center. "That's almost 40 percent of the population."

Heart disease takes many different forms including blocked arteries to the heart, irregular heart rhythms, heart failure and most commonly, coronary heart disease.

"All of these conditions weaken the heart and prevent it from doing its job of getting blood to important organs such as the brain and kidneys," Duffy said. "This can eventually lead to heart attacks, heart failure and ultimately death."

Symptoms of heart disease include chest pain or pressure, shortness of breath, hypertension, swelling of the feet and ankles or heart palpitations, which is when the heart beats irregularly.

However, many times heart disease is a silent killer.

"Many people who have heart disease don't feel any symptoms until it's too late," Duffy said.

Although some forms of heart disease are genetic, lifestyle habits also play a role. Smoking, inactivity and unhealthy foods high in sugars and fats can all contribute to developing heart disease, according to Duffy.

"Don't wait for the 500th burger to stop your heart," Duffy said. "Get your blood pressure checked, find out if you are overweight, and get your cholesterol checked. Start living heart healthy today."

One of the first steps people can make toward a heart healthier lifestyle is to call the Army Wellness Center, Heidelberg to enroll in their new Healthy Heart Class.

"We're starting a new program for hypertension education," said Pamela Perry, Wellness Center assistant director. We'll be incorporating our metabolic testing, individual meal plans and a support system, she added.

The Healthy Heart Class is a two-hour class offered once a month for active-duty service members, family members, Department of Defense civilians and local national employees.

"We're really excited about having the opportunity to offer education and tools that patients can take to then be empowered to take care of themselves, to decrease the risk for cardiovascular disease and decrease their blood pressure," Perry said.

For more information, contact the Army Wellness Center, Heidelberg at DSN 371-2997, civ. 06221-17- 2997.

staying ACTIVE

Send the HP Your Sports Photos

Do you have photos from sporting events in your community – youth sports, high school sports, unit-level or community sports? Share them with the Herald Post for publication in the newspaper and online photo gallery. E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil within one week of the event.

Heidelberg Unit-Level Basketball

Standings as of Feb. 10: V Corps, 12-0; NATO, 6-6; 529th MPs, 7-6; MEDDAC, 5-7; 43rd Signal, 5-8; 302nd MI, 3-10.

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

Volleyball League

Join the Heidelberg community volleyball league, which is open to all military units and recreational players. Register at 6 p.m. March 9 at Patton Fitness Center. All participants must be at least 18 years old, not in high school or equivalent, and authorized to use FMWR facilities. Register as a unit, team or individual. DSN 373-8032, civ. 06221-17-8032, www.mwgermany.com.

Community Softball Tryouts

Join the Kaiserslautern community softball league. Men's tryouts will be held at KAD Sports Field on Daenner Kaserne, and women's try-outs will be held at Rhine Ordnance Barracks Gym, Bldg. 172 at 6:30 p.m. March 19 and 26 and at 1 p.m. March 21 and 28, 1 p.m. Anyone interested in playing is encouraged to attend. Coaches are also needed. DSN 493-2087, civ. 0631-3406-2087, usagklnsports@eur.army.mil.

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. The stables are located just 15 minutes from Landstuhl. DSN 493-4516, civ. 0631-3406-4122.

Spintastic!

A new spin class is being offered 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.mwgermany.com.

Dance Classes

Kaiserslautern's SKIESUnlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for children and youth. Classes are held Wednesdays and Thursdays. DSN 493-4516, civ. 0631-3406-4516, www.mwgermany.com.

Youth Sports Coaches

Youth Sports in Kaiserslautern is seeking volunteer coaches for winter sports – basketball, cheerleading and wrestling. DSN 493-4112, civ. 0631-3406-4112.