

HeraldPOST

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

Mannheim celebrates 18th MPs' return home

18th MP Brigade Public Affairs

The Soldiers of the 18th Military Police Brigade's Headquarters and Headquarters Company and those of the 95th MP Battalion Headquarters and Headquarters Detachment officially were welcomed home during a public uncasing of the unit colors ceremony in the Sports Arena on Benjamin Franklin Village in Mannheim Friday.

The ceremony came after a 15-month combat tour in Iraq in support of Operation Iraqi Freedom 07-09, from which the Soldiers returned in December.

Maj. Gen. Yves Fontaine, commander, 21st Theater Sustainment Command, presided as the guest speaker for the event and presented the Iraq Campaign Medal to the commanders and command sergeants major of the units, Col. Mark Spindler and Command Sgt. Maj. Bernard McPherson of the 18th MP Brigade and Lt. Col. John Bogdan and Command Sgt. Maj. Brenda Curfman of the 95th MP Battalion.

Fontaine also presented the units with Iraq Campaign Streamers, which they placed on their colors after the uncasing.

"The uncasing and presentation of the colors is to represent the presence of the command and the re-assumption of that command's see **18TH MPs** page 16

Cheap Eats



Staff Sgt. Guy Gould, U.S. Army Europe and 7th Army Special Troops Battalion, demonstrates how to make a cheese dip during a Cheap Eats evening at the USAREUR and 7th Army STTB barracks in Heidelberg. Jason L. Austin

Group gathers for cooking lessons, fellowship

By Jason L. Austin
HERALD POST STAFF

Spc. Robert Sample began his Cheap Eats journey in September and hasn't missed a night since because, he says, he likes the environment where friends can

come together and chat. Then there's the free food.

Cheap Eats is a monthly gathering of family readiness group volunteers, Soldiers from the Better Opportunities for Single Soldiers program, and senior see **CHEAP EATS** page 16

New Army programs to be tested in Kaiserslautern

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Amy Thomson now knows about pilot youth programs and initiatives because she attended the town hall meeting Jan. 29 at the Kaiserslautern Community Activity Center on Daenner Kaserne.

"I think it was a wonderful meeting, and I wish there

had been more people here from the community so they could see and take part," said Thomson, an Air Force spouse who plans on letting all her friends know about the information she found out during the meeting.

"It's just like voting – if you don't participate, how can you complain or benefit from it?" she said.

see **TOWN HALL** page 16



Maj. Gen. Yves Fontaine asks questions about a proposed shuttle service during Kaiserslautern's town hall meeting Jan. 29. Christine June

HP THURSDAY
Feb. 5, 2009

Speed Read

NEW LIBRARY WEB SITE

After a major Web site redesign, Army Europe Libraries offers a personal eLibrary for its users, including downloadable eBooks and more. 3

PHESES CARNIVAL

More than 300 people gathered at Patrick Henry Elementary School Friday to celebrate Carnival with crafts, games and more. 4



TELL ME A STORY

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PEN PALS

Heidelberg Middle School students spent a day teaching their German pen pals from a school in Sandhausen about American schools and culture. 8

CREATIVE CULINARIANS

Cooks from all over U.S. Army Europe met in Mannheim to test their talents and vie for one of 15 slots on the culinary team that will compete in the U.S. at the end of the month. 12-13



Defense Details

TROOPS IN AFGHANISTAN

More U.S. troops are needed in Afghanistan to confront insurgent violence and to establish "a baseline of security" there, Pentagon Press Secretary Geoff Morrell told reporters Tuesday. Escalating levels of violence committed by resurgent Taliban fighters and al-Qaida terrorists operating in southern and eastern Afghanistan and along the border with Pakistan has caused "a deteriorating security situation."

DODEA SURVEY

The Defense Department Education Activity is asking parents and students to share their thoughts about what works and what doesn't in its schools through a customer-satisfaction survey, linked to www.dodea.edu.

Army news: www.army.mil

Defense news: www.defenselink.mil

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COMMENTARY

Applause for positive students, healthy communities



By Heather Robinson
KAISERSLAUTERN EMPLOYEE ASSISTANCE COORDINATOR

Have you ever heard the comment, "But there is nothing to do here," as a reason for some choices that result in legal and social problems among our children?

If you do hear this from your children, please look more closely and discuss this with them.

Kaiserslautern is known for being a community that has many creative programs available to our youth. Many of these excellent programs are provided through different agencies and promote positive healthy activities for families.

One of these programs for youth is actually managed by them – the Kaiserslautern High School's Students Against Destructive Decisions chapter.

This program has been in existence in the United States since 1981. Kaiserslautern initiated its own SADD chapter in 2006 and has continued to moti-

vate other students to join since that time.

The Adolescent Substance Abuse Program provides adult supervision for the SADD meetings, but the students are a self-run organization providing alcohol- and drug-free activities and education to peers and community.

They have been self-sustaining with help from parents providing fundraisers and assistance to local donors like the Kaiserslautern Landstuhl Spouse Association.

In addition to sponsoring school dances and educating their peers at school about the dangers of substance abuse, this SADD chapter has taken on a huge challenge every year by providing a community-wide Red Ribbon Relay. In 2008, more than 630 Soldiers, Airmen, retirees, civilians and their family members from 13 agencies participated in the Red Ribbon Relay.

Parents looking for positive programs for their children and ways to be involved with the school and community have an excellent opportunity

as SADD continues to grow here. This group of motivated students not only educates their peers, but they also develop leadership and organizational skills among themselves and their peers.

The Army Substance Abuse Program is very proud of this group of young leaders and will be nominating them for a prestigious Fulcrum Shield Award this spring.

Encourage other young people to join and adults to volunteer in their efforts to support the health of youth and families in our community like SADD. Positive activities promote the development of positive, resourceful children and healthy communities.

For more information about the SADD chapter, please contact ASACS at KHS.

And if the "There's-nothing-to-do-here" comment continues to ring in your ears, call DSN 486-1710 or e-mail heather.a.robinson1@us.army.mil for some positive healthy ideas and a list of resources available in the Kaiserslautern military community.

COMMENTARY

Waste challenge: Let's get serious about changing our habits

By Don Doran
USAG KAISERSLAUTERN

It's time for many of us to re-evaluate our habits. For example, do we waste water or energy because we can afford to or because the government is paying for it? For instance, are you thinking, "It's not causing me financial hardship so what's the big deal?"

Let's look a little closer at this philosophy. We hear over and over that 'Americans are the most wasteful society on Earth,' but you may be thinking, 'So what?' If the majority of us can afford to use and discard these resources – whether it is water, energy, food or other commodities – what or who have we harmed? In fact, you may be thinking that a lot of our use-and-dispose habits create jobs and support entire industries.

However, that doesn't mean there aren't simple and basic things we can do as a society and individuals that will help protect the environment and

We hear over and over that 'Americans are the most wasteful society on Earth,' but you may be thinking, 'So what?' If the majority of us can afford to use and discard these resources – whether it is water, energy, food or other commodities – what or who have we harmed?

preserve many of the resources we take for granted, for future generations.

For example, clean drinking water is a limited resource. Most of the modern world already has to filter and treat water pulled from wells and streams to counter the effects of man-made pollution.

Every step we take on a personal level to conserve water and keep it clean will help – fixing a leaky faucet, being more frugal about our daily water usage or by appropriately handling and disposing of our hazardous materials and wastes.

Another good example is electricity usage – changing our personal and workplace habits such as turning off

lights when not in use, cutting power to unused appliances and electrical equipment. These small gestures will help conserve energy. In fact, each of us who set a good example for our family, friends, coworkers and subordinates to follow can make a positive impact on the overall energy consumption for years to come.

What about recycling? Local waste removal contracts are written so that our recyclables are disposed of for free, except for basic transportation and handling costs. Meanwhile, all the waste material we don't recycle costs us extra "disposal" fees. Each of us can help reduce the costs of solid waste disposal by separating and recycling more of our waste paper,

cardboard, plastics, metals, glass and biodegradable wastes.

Yes, government agencies, manufacturers and builders can change construction standards, and vehicle standards for more economical operation, as well as setting policies to recycle and conserve. However, each of us can also follow through and do our part.

Only by raising individual awareness and challenging ourselves and others to make a difference, can we "close the loop" to prevent unnecessary waste and conserve precious resources. Start now. Accept the Waste Challenge.

Don Doran is the environmental protection specialist with Kaiserslautern's Directorate of Public Works.



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Enter sweepstakes at PXs for a chance at more than \$20,000

AAFES

DALLAS – Army and Air Force Exchange Service shoppers have the green light to take a chance at winning a 2009 Pontiac Solstice as one lucky AAFES shopper will take home the keys to the top-selling roadster or, if overseas, the cash equivalent of the vehicle valued at approximately \$24,800.

“In order to offer this contest to all exchanges, the cash option is only available to shoppers outside of the continental United States, Alaska and Hawaii,” said AAFES’ Chief Marketing Officer Mat Dromey.

“Regardless, any authorized shopper over 18 can drive into their nearest exchange for the value that only the BX/ PX can provide and, depending on where they enter, motor away in a new set of wheels or walk away with a pocket

full of cash.”

The AAFES/Unilever sweepstakes, sponsored by AXE Hair Care, is open to all authorized exchange shoppers through March 26. Entry forms are available at BXs and PXs world-wide, including locations throughout Operations Enduring and Iraqi Freedom.

AAFES’ drawing for the Pontiac Solstice, or equivalent dollar amount, will take place on or about April 30.

CFC awards ceremony scheduled

IMCOM-Europe Public Affairs

Installation Management Command-Europe and U.S. Army Europe is holding a 2008 Combined Federal Campaign award ceremony 11 a.m. Feb. 24 in the Patrick Henry Village Pavilion in Heidelberg.

Hosting the ceremony will be USAREUR Commanding General Gen. Carter Ham and IMCOM-Europe Deputy Director Col. Brian Boyle.

More than 250 unit awards will be presented at the ceremony. Award categories include Platinum (\$200 average per capita gift and 85 percent participation rate), Gold (\$120 average per capita gift and 60 percent participation rate), Silver (\$90 average per capita gift and 50 percent participation rate) and Bronze (\$60 average per capita gift and 40 percent participation rate).

Thanks to the generosity of some 15,000 Soldiers and Department of Defense civilians, the European campaign set another milestone, raising more than \$2.4 million, said Chris Randel, IMCOM-Europe CFC coordinator.

“IMCOM-Europe and USAREUR combined collected \$100,000 more this year than in 2007,” said Randel. “And we must mention that once again, the campaign was a complete success thanks to the hard work of hundreds of campaign workers and the generous contributions of the military community in Europe.”

The Combined Federal Campaign is the only authorized solicitation of federal employees in their workplaces on behalf of approved charitable organizations.

The CFC began in the early 1960s to coordinate the fundraising efforts of various charitable organizations so that federal donors would be solicited only in the workplace and have the opportunity to make charitable contributions through payroll deduction.

Host nation relations



Brig. Gen. Jeffrey G. Smith Jr. (right), commander, 5th Signal Command, waves to a crowd of German and U.S. attendees after delivering his speech at the annual New Year’s Reception hosted by the U.S. Army Garrison Mannheim held at the Bundeswehr Academy in Mannheim Jan. 15. The social event welcomed about 350 German dignitaries, members of local parliament, as well as police and military guests. Also in attendance was U.S. Army Europe and 7th Army Chief of Staff Maj. Gen. Byron S. Bagby (pictured left).

Army Europe Libraries launches user-focused Web site

By Michael McNulty
EUROPEAN REGIONAL LIBRARY SUPPORT CENTER

These days, people are so busy they often don’t have time for many things they enjoyed in the past, such as visiting a library.

Army Europe Libraries kept this in mind while planning the first phase of a major Web site redesign, an endeavor that aims to turn a computer into a personal eLibrary when users visit www.library.eur.army.mil.

“We are embracing the concept of a virtual library,” said Meg Tulloch, Europe Region librarian. “The library is home to so many amazing resources and helpful information for people of all ages and interests. We’ve tried to bring some of that material into focus

with this new Web site.”

With a wide range of easily accessible, useful resources, the library Web site is a logical place to start any information search. Library members stationed across Europe, Iraq and Afghanistan can conduct online research using databases, read full-text newspapers, magazines and journals, read book and movie recommendations, browse the catalog, download audio books and eBooks, and more. Best of all, these typically high-priced services are available free of charge to anyone with a library account – 24 hours a day, seven days a week.

In addition to an updated look, users will notice improved navigation and a variety of enhancements, including specialized pages – for Sol-

diers, teenagers and children – that cater to the interests and needs of customers. Amy Drayer, a Web and systems librarian, recruited librarians from around the region to conduct usability tests with library users. The outcome of those tests helped Drayer to develop the Web site, making it the library program’s first site where users had a hand in how it would look and function. Librarians at the European Regional Library Support Center in Heidelberg, along with a handful of garrison librarians, are now responsible for submitting regular updates to the site, ensuring its content remains current and relevant for users.

Site visitors are invited to take the Web site survey, currently available on the home page.

Fun-tastic Fasching

Nearly 400 attend Carnival celebration at Heidelberg school

By Kristen Marquez
HERALD POST STAFF

Five-year-old Kathryn Huffman jumped up and down in excitement at the Patrick Henry Elementary School carnival Friday.

"When we jumped on the jumping thing," she said of her favorite event at the school's biggest fundraiser of the year. "Jump, jump, jump!"

The Fasching-themed carnival was put on by the school's Parent Teacher Association. The school's cafeteria and gym were filled with games and events. Students, parents and community members bought tickets to play games or activities, including a bean bag toss, Plinko, sucker pull, fishing, coin drop or even talk to a 'fortune teller.'

There were also craft tables for making colored sand crafts, paper masks with glitter and beads or even getting their faces painted. One row of tables in the cafeteria featured a bake sale with goodies ranging from cupcakes and brownies to cookies and cake.

A silent auction table held gift baskets ranging from a family game night theme, filled with board games and popcorn, to a family craft night basket, filled with crafty items and kits for at-home creativity.

Kathryn's mom, Lauren Hayward, said her family wanted to come to help support the school where Kathryn attends kindergarten.

Sgt. Keith Hayward said along with enjoying the games, his favorite part of the night was getting to eat in the school cafeteria again.

"It was very interesting," he said. "They had the carrying trays, and they've evolved a little bit since my day."

He said he felt that the carnival was a way for their family to have some time together within their own community.

"It's something for families to get out and do together, and it's something for families to do within the community," he said.

"There's a lot of stuff out of the communities for us to do, but not a lot for the families to do with young kids in the community."

The carnival has been in the planning stages since October, according to PHES PTA President Jerilyn White. Overall the event was a success, she said, and although they didn't know the final numbers yet for income and attendance, she estimated there were 300-400 people who showed up, and they were hoping to make about \$2,000.

The money made by the PTA goes back into helping the school.

The PTA helps support other events throughout the year, such as BrainPop and Odyssey of the Mind, as well as buy supplies for the teachers and classrooms.

"That all takes money, so we have fundraisers like carnival in order to be able to provide



Photos by Kristen Marquez

Sisters Selin, 4, and Dilem Morales, 5, make Mardi Gras-style masks at the craft table during the Patrick Henry Elementary School carnival Friday evening. (Below) Kathryn Huffman, 5, goes fishing for prize tickets. She was one of about 300-400 people who attended the event.

these programs for the students," White said.

Events like the carnival take time for planning and preparation, and White said though it was a great event, they could always use more help.

"It's been great," she said. "We'd really like some more parent support. I don't think they really understand exactly what the PTA does for the school and how many services we actually help provide for the school."

The best part for White was seeing the end result — the kids enjoying the games and the families coming in to have a good time together.

"We've been planning this so long, and actually seeing it work out is the best part," she said.



The carnival also included a raffle for new bikes for the lucky winners. Christian Mattil, 11, smiled proudly as he rode his new bright red bike through the gym after win-

ning one of the raffles.

The PTA's upcoming events include a 'Night of the Arts' March 19, where the school will become a museum of children's work.

High-tech loss prevention safeguards exchange benefit

AAFES

DALLAS — With a dual enduring mission to provide quality merchandise and services and generate earnings to support Family Morale, Welfare and Recreation programs, the Army and Air Force Exchange Service is enlisting the support of the latest in loss prevention technology to protect military families' exchange benefit.

Electronic Article Surveillance systems are on the front lines of AAFES' efforts to deter shoplifting and prevent unpaid merchandise from leaving the store.

BX/PX management, in conjunction with supporting loss prevention personnel, identify specific items to be "tagged" with EAS devices. These "tags" are deactivated at the cash register when the merchandise is paid for. Manufacturers have joined ranks by placing "tags" inside the packaging of many items to further reduce shoplifting. New "tags" have also been deployed that sound an alarm if someone attempts to remove it without the proper device.

Prior to reaching the checkout, products are monitored by an advanced Closed Circuit Television sys-

tem that can coordinate the movement of 10, 20 or even 100 unblinking "eyes in the sky." In fact, this network of strategically positioned, microprocessor-driven, closed-circuit cameras are controlled by a central console that allows loss prevention associates to pan side-to-side, tilt up and down or even zoom in closely to examine activity.

"Every loss prevention method we use has the common goal of discouraging theft before it even happens," said AAFES' Vice President of Loss Prevention Gerald Danish. "Visible reminders like security 'tags' and camera systems not only deter criminal behav-

ior, but also identify and document it. So, even if the equipment's presence doesn't prevent a crime, the resulting video and/or alarm are almost always invaluable in the resulting prosecution."

In the event shoplifting is suspected, AAFES loss prevention associates turn the issue over to local law enforcement. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act allows AAFES to enact a flat, administrative cost (Civil Recovery) of \$200. There may be further fees depending on the condition of the stolen merchandise.

Senior enlisted advisors hold forum, discuss issues

By Sgt. Fay Conroy
21STTSC PUBLIC AFFAIRS

Senior enlisted advisors from all over U.S. Army Europe and 7th Army gathered Jan. 27 at the Kaiserslautern Community Activity Center, Daenner Kaserne, for a Senior NCO Forum.

Gen. Carter Ham, USAREUR and 7th Army commanding general, gave the opening remarks. "There aren't many places I go where I'm intimidated. This is one," he said, jokingly, to the assembled command sergeants major and sergeants major. He went on to reveal that during his time as an enlisted Soldier, he served in the coveted position as the driver for the battalion command sergeant major.

The forum was an opportunity for the senior enlisted advisors from various commands to meet and discuss issues in their respective commands and those that cross their commands.

"The forum is (a place) for us to talk about our Army, issues in theater and also issues that will help us take care of our warriors," said 405th Army Field Support Brigade Command Sgt. Maj. Ismael Rodriguez.

The forum also provided a venue for 7th Army and the Installation Management Command-Europe representatives to share information.

IMCOM-Europe Command Sgt. Maj. Tracey Anbiya, said it was about commands helping other commands with issues that they might not have.

"Anything that we can help with," she said.

In addition to giving Anbiya, who is new to her position, an opportunity to meet her 7th Army counterparts, the sergeants major also received a briefing on upcoming IMCOM initiatives in Europe.

Following a full day of briefings on topics that ranged from NCO profes-



Staff Sgt. Basnight

Robert Zienowicz, an ammunitions division chief for Program Executive Office Soldier, provides Sgt. Maj. Tomas Gonzales, from the 21st Theater Sustainment Command, an overview on the new lightweight .50 caliber machine gun during the PEO Soldier show at Rhine Ordnance Barracks Special Events building Jan 27. Gonzales and other senior enlisted advisors took part in a forum at the Kaiserslautern Community Activities Center, which was an event that provided the opportunity for advisors from various commands to meet and discuss issues in their respective commands and those that cross their commands.

sional development to retention, the attendees traveled to Rhine Ordnance Barracks to see the Program Executive Office Soldier display of the latest and future equipment and weapons systems for the Army.

Ham treats children to Berlin Airlift story

By Spc. Fabian Ortega
USAREUR PUBLIC AFFAIRS

Children and parents who participated in a "Tell Me a Story" event at Patrick Henry Village Elementary School Sunday were treated to a reading by a special guest - Gen. Carter F. Ham, commander of U.S. Army Europe.

Ham, as featured guest reader, read the children's book, "Mercedes and the Chocolate Pilot," to a gymnasium full of children and families.

The story, written by Margot Theis Raven, takes place during the 15-month Berlin Airlift of 1948-49, during which American and British pilots dropped more than 2.3 million tons of supplies to the western sectors of Berlin that had been blockaded by the Soviets.

The pilot of the book's title is real-life Airlift pilot Lt. Gail Halvorsen, who started what he called "Operation Little Vittles" and began dropping handkerchief parachutes carrying candy to blockaded German children. In Raven's story, Mercedes writes to the "Chocolate Pilot" to ask him to drop candy at her house, and the two become lifelong friends.

The full title of the reading program, "Tell Me a Story: Making Connections and Finding Support Through Literature," reflect its goal of empowering military children by using literature and their own stories to foster resilience, according to Military Child



Spc. Fabian Ortega

Education Coalition officials. The event also included hands-on learning activities and snacks, and each participating family received a copy of the book.

"Gen. Ham showed his support for the program by coming out, and it's great for the kids to see him supporting the program in this way," said Deanna Anest, lead member of the Heidelberg-Manheim Parent2Parent team, who coordinated the event. "Gen. Ham did a wonderful job reading to the children - they loved it."

The general's reading was followed by a presentation from Lt. Col. Douglas Mastriano, a NATO intelligence officer, who spoke

about the parallels between Raven's tale and today's operations in Iraq and Afghanistan.

Mastriano shared photos and stories about an outreach program in Iraq and described the similarities between Halvorsen and the U.S. and NATO service members who participated in the outreach program.

"We like to tie our stories in with real-world events. It brings a sense of realism to the readings," Anest said. "Some of the children have parents who have been to Iraq or Afghanistan."

After Mastriano's presentation, Ham signed copies of the book for participants.

HEIDELBERG

Patients credited for taking charge of health

Heidelberg MEDDAC

The U.S. Army Medical Department Activity - Heidelberg is celebrating National Patient Recognition Week at each of its clinics this week. This year's theme is "Thanks for Taking Charge of Your Health."

"This is an opportunity for us to say thanks to our patients for being proactive in their health care," said Col. Kyle D. Campbell, Heidelberg MEDDAC commander.

In the past year, more than 6,500 patients made the decision to get fit and get healthy using the resources and programs offered by the Army Wellness Center in Heidelberg. This includes patients who joined weight loss programs, tobacco cessation graduates and patients who are trying to enhance their physical fitness.

"This is a huge step in the right direction," Campbell said. "Together, we can keep our Soldiers and families fit and healthy."

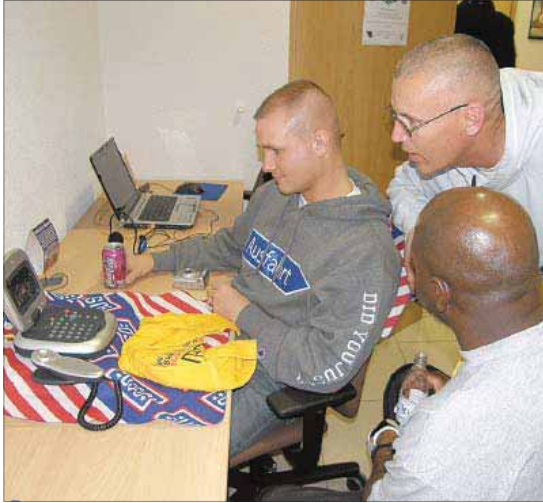
- In the past year, there were 557 people who participated in the wellness center's various weight loss programs. Of those participants, 97 percent lost an average of 8.8 pounds and 3.6 percent body fat within only five weeks. Six months later, more than 85 percent of those participants had kept the weight off.

- The wellness center performed cardiovascular fitness testing and education on 1,023 people in the past year. In just 90 days, Soldiers increased their oxygen uptake by 14 percent, while civilians increased theirs by 22 percent.

- In the past year, the wellness center performed 633 blood pressure screenings, 3,790 body fat assessment tests and 78 people joined the tobacco cessation program.

For more information, contact the Army Wellness Center in Heidelberg at civ. 06221-17-2825.

Super Bowl party from afar



Courtesy of USO Warrior Center

Marine Cpl. Jonathon Wright chats with a celebrity Saturday at the USO Warrior Center at Landstuhl Regional Medical Center, Germany. Wright, a patient at LRMCC, and fellow wounded warriors spoke via video conference with celebrities and athletes attending the 23rd Annual Super Bowl Party presented by Leigh Steinberg Sports & Entertainment from the Lowry Park Zoo in Tampa, Fla. The celebrity guests included former Pittsburgh Steelers running back Franco Harris and actor Clifton Davis.

How to find information about recalls

By Maj. Kirsten M. Anke
USACHPPM

Remember hearing about lead found in children's toys and jewelry?

Sometimes consumer product recalls make national news, but every month there are new lists of product recalls and recall alerts. The U.S. Consumer Product Safety Commission monitors over 15,000 kinds of household items and sports equipment.

The CPSC reports products that pose a fire, electrical, chemical or mechanical hazard, or a product that can injure children.

Whether products are purchased at a retail or shop or sold through yard sales, thrift shops, advertisements in the local paper, postings on a community bulletin board or online, consumers need to know if the product has been recalled for any reason.

What about the safety of your food, medicine, cosmetics, pesticides, or motor vehicles and boats? Look to www.recalls.gov for all federal product recalls. At this site you have access to six different federal agencies that report unsafe, hazardous or defective products.

Before you buy, sell, donate or accept children's car safety seats, pet sup-

plies, household or yard chemicals, or any other product, make sure there is not a recall on the item. An easy way to stay informed is to sign-up for free e-mail alerts and safety notices from the different federal agencies:

Consumer Product Safety Commission, www.cpsc.gov, for appliances, clothing, children's products, electronic and electrical equipment, furniture, lighting, household and outdoor items, and sports and exercise equipment.

Food and Drug Administration, www.fda.gov, for food, drugs, vaccines, cosmetics, medical devices, veterinary products, and pet and farm animal feed.

USDA Food Safety and Inspection Service, www.fsis.usda.gov, for meat, poultry products and eggs.

U.S. Environmental Protection Agency, www.epa.gov, for pesticides, rodenticides, fungicides and vehicle emission testing.

National Highway Traffic Safety Administration, www.safercar.gov, for child safety seats, tires, motor vehicles and equipment.

U.S. Coast Guard, www.uscgboating.org, for boating safety, recreational boats and personal watercraft, and boat manufacturer-installed equipment.

Middle school students build German-American friendship

By Rose Morarie
HEIDELBERG MIDDLE SCHOOL STUDENT

After forming a partnership last year with eighth-grade students from the Freidrich-Ebert-Gymnasium in the local town of Sandhausen, students from Heidelberg Middle School's eighth-grade German 1 class invited their new friends to experience American-style bowling.

Meeting at the front of HMS Jan. 28, the German and American students walked together to the Bowling Center on Patrick Henry Village.

The German students quickly got the hang of American bowling, and the students had a great time with each other.

After bowling, the Sandhausen students spent two classes and lunch time with their American friends. The German students agreed that the American school was different from their own, and especially loved the HMS lunch.

This gathering of friends was not the first, nor the last, meeting of this intercultural group. The American students took a field trip to the Ger-

man school Dec. 4 to experience a different culture's school system. Afterwards, they spent the remainder of the day at an ice skating rink.

After meeting for the first time at the German school, the American eighth-graders timidly introduced themselves to their new German friends.

Each student had the opportunity to experience their schedule and how their classes work, which is exceptionally different than how the American schools operate.

The gymnasium is a school for grades 5-13, which leads to a degree called the Abitur, and mainly prepares students for university.

They start school around 8 a.m. and are released at about 1:15 p.m. Lunch is not served at school; instead the students go home to eat.

"It was easy to talk to our German friends because they were the same age and weren't very different from ourselves," said Stephanie Miller, one of the American students. "We enjoyed each other's company and some even exchanged e-mails to keep in touch with each other."

More Photos Online
www.flickr.com/photos/heraldpost

This German-American exchange program is the result of a connection made between HMS German teacher Tara Schreiber and a teacher at the Freidrich-Ebert-Gymnasium.

"I started the exchange program last year when a teacher from Sandhausen contacted me," Schreiber said.

"This is the second year of the exchange ... The first class to visit us came to our school on the bicycles; I will never forget."

Once the connection was made, Schreiber paired each of her students with a German pen pal from the gymnasium, which, she says, benefits the students and the teachers.

"It helps to build intercultural friendships and promotes language learning on both sides," Schreiber explained.

After exchanging letters and meeting twice, the students are still in touch and have plans to meet with each other in the spring, to continue to learn about each others' cultures and experiences.



Kristen Marquez

Hannah Dimmick (left) and Brittany Fisk, eighth-grade students at Heidelberg Middle School, prepare to bowl on Patrick Henry Village Jan. 28. Students from the German 1 class brought their German pen pals from the Freidrich-Ebert-Gymnasium in Sandhausen to the Bowling Center to let them experience American culture.



Lt. Col. Wayne Marotto

Maj. Gen. Jeffery Hammond, commander of Multi-National Division - Baghdad and the 4th Infantry Division (second from left), Iraqi Staff Maj. Gen. Ali, commander, 17th Iraqi Army Division (right), and Col. Pat White, commander of the 2nd Brigade Combat Team, 1st Armored Division (left), discuss the 17th's security plan for upcoming provincial elections, at Patrol Base Deason in Mahmudiyah, Iraq, Jan. 25. The meeting was just one MND-B and 2nd BCT leaders have had with Iraqi civil and military officials in recent days regarding the elections.



U.S. Army Photo

Gen. Ray Odierno, Multi-National Force - Iraq commanding general, shares a laugh with a local business owner in Khalis, Iraq, during a market walk with Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division, Jan. 24.



Staff Sgt. Alex Licea

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1st Lt. Donald Vance, a native of Lehigh Acres, Fla., looks up at an Iraqi child during a combined dismounted patrol Jan. 17 in the New Baghdad district of eastern Baghdad. Paratroopers assigned to Company D, 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, Multi-National Division - Baghdad, partnered with the 1st Battalion, 8th Brigade, 2nd National Police Division during the dismounted patrol in order to assess the neighborhood's security and gain intelligence.

Soldiers from the 101st Airborne Division rest during a mission to check security efforts at Salang tunnel in the Hindu Kush mountain range in the Parwan province of Afghanistan Friday.



Spc. Scott Davis



U.S. Army Photo

A bugler from the U.S. Army Band 'Pershing's Own' plays taps at the burial service Jan. 28, in Arlington National Cemetery for former Sgt. Maj. of the Army William G. Bainbridge.

ENERGY **\$**AVING LIGHT BULB

The United States Energy Bill of Dec. 18, 2007 bans the use of incandescent light bulbs, because they are not energy efficient. In a few years, all light bulbs sold in the U.S. must use 25-30 percent less energy than we are currently using, and this ban is going global. To keep in compliance with the law, U.S. Army Garrison Heidelberg began phasing out the use of all incandescent light bulbs in the garrison with the very popular CFLs, which are energy saving light bulbs with a twist.

What is a CFL?

CFLs are nothing more than fluorescent light bulb tubes that have been made compact. This allows us to replace the old incandescent light bulbs (or Thomas Edison Light Bulbs) with a more efficient light source. What makes these light bulbs so special is that they last longer and use 75 percent less energy to produce the same amount of light, but they also reduce the amount of pollution in our environment.

My CFL burned out; what should I do?

Recycle it! Take it to the Self-Help Store and exchange it for a new one, or take it to the Recycling Center on Alamo Circle in Patrick Henry Village.

I Heard CFLs contain mercury; is that true?

CFLs do contain minute amounts of mercury – just enough to cover the tip of a ball point pen. For this reason they are considered hazardous waste. However, compared to other mercury containing items, the amount is minimal:

Product	Amount of Mercury	Number of Equivalent
Compact fluorescent light	5 milligrams	1
Watch Battery	25 milligrams	5
Dental amalgams	500 milligrams	100
Home thermometer	500 milligrams - 2 grams	100 - 400

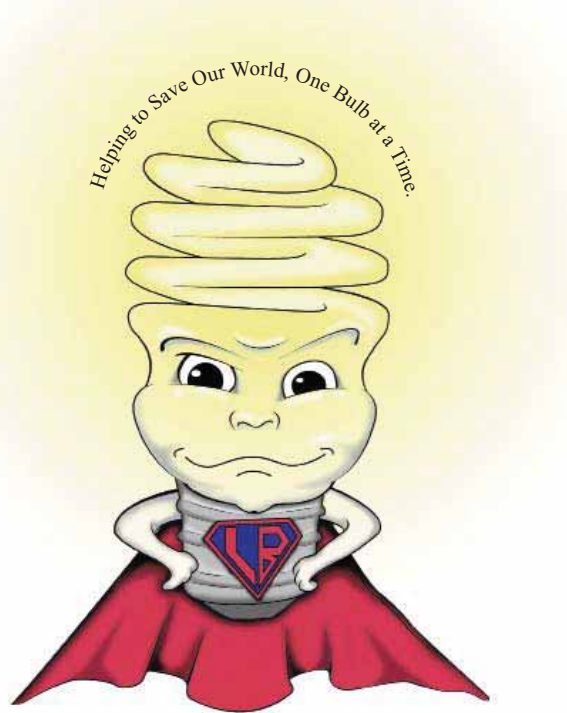


Illustration by Sgt. Brandon Spragins

Can we really help the environment by making the switch?

Yes we can. When we reduce the amount of energy we need to light up our house, we reduce the amount of coal that power plants need to generate electricity. Two major by-products of burning coal in the manufacture of electricity are the release of mercury and carbon dioxide into our atmosphere. This is how fish becomes contaminated with mercury. Eating contaminated fish is the number one way for humans to be exposed to mercury. When we make the switch to CFLs, it is like planting more trees and having fewer cars on the road polluting the air that we breathe.

So what can I do?

With rising costs of energy, take the step and do the bright thing, and don't forget to tell friends and family back home. It's time to make the switch.

More information on energy saving and pollution prevention measures are available from the Heidelberg Directorate of Public Works: www.dpw.heidelberg.army.mil/environmental/Pollution_Prevention.htm.

Fact	Incandescent	CFLs
Life Expectancy	1 year	8 years
Energy Efficiency	10% of energy spent is light 90% is lost as heat	60-70% less energy is used to produce the same amount of light as an incandescent light bulb
Usable Hours	750 - 1,000	6,000 - 10,000
Environmental Benefits	None	Lower CO2 and atmospheric mercury emissions
Disposal	Help Desk or Recycle Center	Help Desk or Recycle Center

C mpetition heats up

15 cooks earn chance to shine in Army culinary event

By Kristen Marquez
HERALD POST STAFF

The enticing aroma of sizzling filet mignon and apple crêpes filled the air inside the Spinelli Barracks dining facility Jan. 27.

But this was no normal day for Mannheim as Europe's best chefs efficiently moved around the kitchen.

The competition was as hot as the food as Soldier and civilian chefs from throughout U.S. Army Europe honed their culinary skills on hot entrees, vegetables and pastries for the chance to prove themselves at the largest annual cooking competition in the United States.

After much deliberation during the training Jan. 20-30, judges announced Friday the 15 culinarians selected to make the trek across the ocean to represent Installation Management Command-Europe and U.S. Army Europe and 7th Army at the 34th Annual U.S. Army Culinary Arts Competition.

The team will join more than 160 military chefs from around the world and across the Department of Defense at Fort Lee, Va., Feb. 28-March 13 to compete in more than 40 categories.

"We normally have a competition to pick the best of the best, and that's what we're doing here today," said Chief Warrant Officer 5 Shirley T. Ashley, the USAREUR theater food advisor.

"We have Soldiers that really want to do it, so they put their hearts into it," she added.

Ashley pointed out the competition is not merely a cooking contest. On top of knife skills, nutritional food skills and pastries, there is also a Knowledge Bowl in which participants answer questions about the preparation of food.

"They have to cut things to a certain degree," she said, "and sometimes when they get to the competition, the evaluators actually take a ruler and they will measure."

Sgt. 1st Class Leonardo Alvarez, who has 22 years of experience in culinary arts and is a veteran of the U.S. Army Culinary Arts team, helped judge the participants throughout the training.

He said several of the Soldiers had already been to culinary school,

"Everything that the Army does is training to make the Soldier better. It gives them a different level of confidence. They can go back to their dining facilities and share this with their Soldiers, and a lot of this can be incorporated in their day-to-day menu planning and service. All-in-all, I think it strengthens the Army food service program."

—Sgt. 1st Class Leonardo Alvarez,
U.S. Army Culinary Arts team veteran

which would be a plus for the entire team.

"(We're going to) try to put the best person to the best area, because the bottom line is to win installation food service once we get to Fort Lee, and I hope we do that this year," said Alvarez, who now serves with the 230th Military Police Company.

"Everything that the Army does is training to make the Soldier better," he said. "It gives them a different level of confidence."

"They can go back to their dining facilities and share this with their Soldiers, and a lot of this can be incorporated in their day-to-day menu planning and service. All-in-all, I think it strengthens the Army food service program."

The competition is not only a great opportunity for the Soldiers in their Army careers, but it also can lead to other opportunities outside the Army as well, according to Ashley.

"It gives them the opportunity to compare themselves to their civilian counterparts," she said.

"They can work toward civilian jobs when they do this type of competition. They can hone their skills and go on to become culinarians and chefs."

Many of this year's participants



Sgt. Jesse Parker, 529th Military Police Company, and Sgt. Quincy Queen, 72nd Signal Battalion, plate up beef tenderloin portions for the Nutritional Hot Food Challenge during training at Mannheim's Spinelli Barracks dining facility Jan. 27 for the U.S. Army Culinary Arts Competition. Queen and Parker both were selected for the Europe team, which will compete at Fort Lee, Va., Feb. 28-March 13.

Europe Culinary Arts Team

Spc. Brian Flanders, Headquarters and Headquarters Company, U.S. Army Europe
Pfc. Julio Garcia, Company E, 5th Battalion, 158th Aviation Regiment
Spc. Francis Gonzales, Headquarters and Headquarters Company, 21st Theater Sustainment Command
Julian Gude, civilian, U.S. Army Garrison Ansbach
Pvt. Matthew Hendriks, 64th Transportation Company
Sgt. John Lloyd, Company E, 5th Battalion, 158th Aviation Regiment
Master Sgt. Major Luckett, Headquarters and Headquarters Company, U.S. Army Europe
Spc. Jaime Medina, Headquarters Support Company, 412th Aviation Support Battalion
Spc. Andrew Nicholson, Headquarters and Headquarters Detachment, 39th Transportation Battalion
Pfc. Gerardo Ortiz, 529th Military Police Company
Sgt. Jesse Parker, 529th Military Police Company
Sgt. Jason Spell, Company F, 2nd Battalion, 503rd Infantry Regiment
Daniel Trawick, civilian, U.S. Army Garrison Hohenfels
Sgt. Quincy Queen, 72nd Signal Battalion
Warrant Officer Catherine Watson, 7th Signal Brigade

Alternates:

Sgt. Regina Banks, Company D, 5th Battalion, 7th Air Defense Artillery Regiment
Phillip Goodman, civilian, U.S. Army Garrison Ansbach
Spc. Bradley Neaves, 66th Transportation Company
Spc. Isaac Rodgers, Company E, 2nd Battalion, 159th Aviation Regiment
Derek Smith, civilian, U.S. Army Garrison Hohenfels
Spc. Travis Williams, Headquarters and Headquarters Company, 21st Theater Sustainment Command

will experience the competition for the first time.

Two returnees from last year's team, team manager Warrant Officer Catherine Watson and Sgt. Regina Banks, will help guide the newcomers in culinary techniques and hints for handling the stress.

Banks won silver in the 2008 Junior Chef of the Year competition and this year hopes to compete in the Senior Chef of the Year competition. She said hot cooking is her strength.

"I hope that with this competition and the last one, that I fine tune my

skills," she said. "I'm not really bothered under pressure. I want to just fine tune it."

"Also with these competitions you meet so many people and you network. I just want to learn as much as I can, help the others that are coming in and just win this thing. That would be amazing."

Categories in the competition range from Best Team, Nutritional Hot Food Challenge, Most Artistic Piece and Best Centerpiece in Ice, along with the Junior and Senior Chef of the Year awards, among others.



Photos by Kristen Marquez



Sgt. 1st Class Leonardo Alvarez instructs Sgt. Jason Spell on how to properly fillet a round fish during training for the upcoming U.S. Army Culinary Arts Competition. Spell will join the Europe team to compete against more than 160 military chefs from across the Department of Defense.

(Top left) Sgt. Jesse Parker, 529th Military Police Company, plates up the bavette of vegetables for the Nutritional Hot Food Challenge while training for the upcoming U.S. Army Culinary Arts Competition, the largest annual cooking competition in the United States.

(Bottom left) Spc. Brian Flanders, Headquarters and Headquarters Company, U.S. Army Europe, practices basic knife skills by cutting carrots into julienne pieces Jan. 27 at the Spinelli Barracks dining facility.

(Top right) Julian Gude, a civilian cook from U.S. Army Garrison Ansbach, prepares a strawberry filling for a tart during a hot plate dessert challenge during training in Mannheim .

IMCOM-Europe CSM talks to Soldiers in Kaiserslautern

By Tom Saunders
IMCOM-EUROPE PUBLIC AFFAIRS

Installation Management Command-Europe Command Sgt. Maj. Tracey Anbiya continued her "newcomer" tour of European garrisons with a recent stop in Kaiserslautern, saying her visits to the garrisons to discuss the Army's Year of the Noncommissioned Officer initiative and other Soldier issues will be one of the her most important travel events this year.

"It's extremely important that Soldiers, civilians and family members understand they do vitally important work. So one of my goals is to say thanks for the hard work," she said.

"Other goals I have are to support the Army's initiative marking 2009 as 'Year of the NCO' by making people aware of that effort, as well as to provide some top-level guidance for Soldiers to participate in programs such as (Better Opportunities for Single Soldiers)."

The 24-year Army veteran, who previously served as the installation command sergeant major at Fort Belvoir, Va., took over duties as the IMCOM-Europe command sergeant major during an assumption of responsibility ceremony Nov. 13.

She explained that her series of U.S. Army garrison visits started with visits to USAG Heidelberg in December and USAG Mannheim early in January.

She visited Kaiserslautern Jan. 27-28, and will continue with stops at USAG Vicenza, Italy, in late February, USAG Benelux, Belgium, March 16-20, and USAG Grafenwöhr, March 23-27.

During her visit to Kaiserslautern, Anbiya toured various work areas and greeted Soldiers and employees, and hung a poster of Year of the NCO at the Kleber Kaserne main gate alongside a host of NCOs and officers.

She also participated in a Command Sergeants Major Conference, discussing key issues with other Europe-based command senior enlisted personnel.

"I was impressed with the spirit and dedication of the Soldiers and people I talked to in K-town," she said. "It was great to have the opportunity to let people know that we are also committed to supporting them by representing their concerns and issues at our levels."

Having previously served in Heidelberg, Anbiya said she "fully understands the importance of providing our people quality and quality facilities... and with the 'home away from home' they deserve."

She explained that her tour schedule will eventually include all the garrisons in Europe, Italy and the Benelux.

"My intent is to visit all our garrisons, however, my visits will have to be done in series of road trips," she said, citing op tempo.

"I think people in this theater understand our op tempo. People here have a proven record of meeting a demanding op tempo as we continue to support Soldiers and families while our country wages a fight against terror."

In her position, Anbiya advises Diane Devens, director of IMCOM-Europe, about the safety, health and morale issues affecting the command's workforce which provides support to Europe's Soldiers, families and civilians.

Devens, who also worked with Anbiya at Fort Belvoir, Va., said during the ceremony, "She is as proficient in the garrison business as any command sergeant major we have in the Army."

"I also know her to be a strong supporter of mission commanders and an advocate for Soldiers and families," Devens added.



ANBIYA

Multinational pen pals



German fifth-grade students from the Kurpfalz-Gymnasium Mannheim spent a day with their pen pals at Mannheim Elementary School Jan. 13. The classes started exchanging letters in November. The students went on a scavenger hunt in the school building, worked a puzzle of the United States, played games, and ate lunch together. Asked what they enjoyed most, the German students replied, "Lunch!"

Schools, education centers offer college placement testing support

By Tom Saunders
IMCOM-EUROPE PUBLIC AFFAIRS

The college placement testing season is in high gear and U.S. civilians and high school students overseas looking for locations to take the Scholastic Aptitude Test or ACT college exams may be eligible to test at Department of Defense Dependent Schools locations or military education centers throughout Europe.

DoDDS high schools are designated as national testing centers and routinely administer these examinations to their students and other civilians on established national testing dates. Military Education Centers may also administer the SAT and ACT if they are established as a Defense Activity for Non-Traditional Education Center test sites, according to Installation Management Command-Europe Army Continuing Education Services officials.

There are six more national SAT dates and five more ACT dates now through June. DoDDS high schools individually determine on which of the test dates they will offer testing, so availability of testing dates may vary at locations, according to ACES officials. Schools normally publish dates in their school calendars. Individuals should check with the schools for information.

While high schools must test on national testing dates, education centers offer more flexibility with dates, according to ACES officials. However, not all military education centers accept students or civilians. Individuals should contact the center ahead of time to find out.

The mission of ACES is to support the service member who needs these examinations for military schooling or transition. As such, ACES is not bound by the established SAT and ACT test dates. Officials can administer on demand throughout the year except during the summer months when no testing is permitted.

ACT can be scheduled anytime, while the SAT test window is Oct. 1 to June 30.

DANTES testing sites may also administer the SAT or ACT to a civilian, to include DoDDS students, on an exception basis when the civilian is unable to test at a national or international test-

ing center due to extenuating circumstances.

Testing of civilians at a DANTES test sites is on an exception basis and education officials must have a request from the examinee that verifies the individual could not test at a national or international testing center, according to ACES officials.

Additionally, DoDDS students must have a memorandum from the student's DoDDS high school principal verifying the student could not test at a national testing center and requesting that the military DANTES test site administers the test to the student.

However, there is a drawback to testing at a Military Education Center DANTES test site instead of a national testing center, such as a DoDDS school. The National Collegiate Athletic Association does not accept ACT or SAT score results from examinations administered through DANTES test sites for determining initial NCAA eligibility. NCAA accepts scores only from national test centers.

The NCAA have concluded that students who do not test at a national or international testing center have an unfair advantage over those who do and, as such, will not refer them to the NCAA. The verification from the principle is basically to ensure that everyone is aware of this and still wants the student to test at a DANTES test site.

There are two other limitations for the students/civilians who tests at a DANTES Test Site/Military Education Center:

- DANTES test sites cannot accept the DoDDS testing voucher so the student incurs additional cost for testing fees
- DANTES test sites cannot administer the ACT Plus Optional Writing Test which some colleges and universities require for admission.

Bottom line, however, is that Military Education Centers, as DANTES test sites, can, on an exception basis, assist the civilian – including DoDDS student – who because of illness, emergency leave or other extenuating circumstance was unable to take the SAT or ACT at a national or international testing center.

Individuals with questions about SAT or ACT should contact their local education centers.

CHEAP EATS

continued from page 1

unit leaders from the U.S. Army Europe and 7th Army Special Troops Battalion, where volunteers cook food, and everyone shares recipes and gets to know one another.

"We've built relationships," said Lana Barshinger, USAREUR and 7th Army STB family readiness support assistant.

The FRG sponsors the evenings, which take place the last Thursday of each month in the STB barracks, on Patton Barracks in Heidelberg. To this point, Barshinger said the event has been financially supported solely by volunteer efforts, and no FRG or unit funds have been spent, with the exception of a unit purchase of some fest tables.

"People will stop by and donate items, even if they don't eat," she said.

The format is easy, Barshinger explained – people begin coming in around 6 p.m. and some start cooking, others begin snacking, and around 7 p.m. people explain what they have cooked, and then everyone eats.

The meals take place in the barracks hallway, with everyone sitting at fest tables, and Barshinger sends out all the recipes after the evening.

But, the evenings are not so much about the food. It's a chance to break through the officer to lower enlisted barriers, said Sample, who works in the STB personnel office.

The relaxed environment, "allows for us to speak with our chain of command and work through some issues," said Spc. Megan Noles, Heidelberg BOSS president.

Noles said she has been coming to Cheap Eats since its inception in September 2007, and says she has watched the event grow from 10-15 people to crowds up to 60 people – and not just STB Soldiers and families.

She stressed that the evening is for everyone to enjoy time together, and Soldiers from other units are encouraged to join the fun, or export it to their own unit.

One unit that has successfully transplanted the program is the Medical Department Activity Heidelberg Headquarters Company.

Staff Sgt. Kenneth Bullivant said their monthly Cheap Eats has been going on for about six months and often has 15 to 20 people attend.

The HMEDDAC gatherings are on a varied schedule, and the unit's BOSS Soldiers spread the news by word of mouth, Bullivant said.

Barshinger said the Soldiers' participation her unit's program is paramount.

"We need to have the involvement and leadership of the Soldiers in the barracks or it's worthless," she said in an e-mail.

She mentioned a core group of about 10-15 Soldiers who have taken ownership and help plan the themes, which range from Super Bowl snacks to breakfast or barbecue.

The end result, according to a Cheap Eats flyer is a "large and slightly chaotic family meal."

18TH MPs

continued from page 1

authority. It's a time to reflect upon the accomplishments of these great Soldiers and leaders that stand before you," said Spindler to the more than 200 Soldiers in formation.

It was precisely these accomplishments that took center-stage during the ceremony. Highlighted in the speeches of both Fontaine and Spindler were the achievements of the military police units during their 15-month tour.

The advancements made by the Iraqi police as a result of the training and direction provided by the Soldiers of both units were among several successes, which, Spindler said, were "accomplishments that have, in many cases, broken new ground and set the standard for excellence."

Fontaine reflected on the impact of these achievements. "I know your mission was a success. As we watch the news, we ... see ... Iraq conducting elections in 14 of its 18 provinces and holding nationwide parliamentary elections by the end of the year. The processes of democracy are never successful without the efforts of a professional police force that the people trust and have confidence in. The 18th MP Brigade and the 95th MP Battalion laid the foundation for



Spc. Adrienne Killingsworth

Soldiers of the 18th Military Police Brigade's Headquarters and Headquarters Company, along with the Soldiers of the 95th Military Police Battalion's Headquarters and Headquarters Detachment stand in formation during their official welcome home and uncasing ceremony Friday at the Sports Arena on Benjamin Franklin Village.

that trust in confidence."

While deployed, the 18th's HHC, headquartered in Baghdad at camps Victory and Liberty, led efforts to expand the Iraqi police service by more than 10,000 policemen since 2007, established two major police centers, and monitored the Iraqi police training programs.

The brigade and its subordinate battalions provided leadership and support to more than 50 different units across Iraq.

The 95th's HHD, which was headquartered in Baghdad at Forward Operating Base Rustamiyah, was responsible for Iraqi police development across the eastern half of Bag-

dad, its most volatile area. With five subordinate companies, Task Force 95 conducted more than 12,000 combat patrols and more than 9,000 joint patrols with the Iraqi police.

The efforts resulted in the overall improvements in the Iraqi security situation – providing Iraqi citizens the opportunity to pursue an honorable profession, while increasing the trust of the people in their police.

After spending 15 months providing protection and training to the citizens of Iraq, the Soldiers of the two returning units are prepared to resume their mission of providing law enforcement for the citizens of the Mannheim community.

TOWN HALL

continued from page 1

As a combined Army leadership event, this is the third town hall meeting for the Kaiserslautern military community. It came about, said U.S. Army Garrison Kaiserslautern Commander Lt. Col. Mechelle Hale, because the Army's senior mission commander here, Maj. Gen. Yves Fontaine, the 21st Theater Sustainment Command commanding general, wanted to be able to talk with families and hear their concerns.

"One thing that excited me the most was hearing that they are going to offer child care options while you go to the gym," Thomson said.

She knows Steve Pelletier, the garrison's Family Morale, Welfare and Recreation director, was referring to Army, not Air Force, fitness centers. "We are all family – It's just good to hear that other women are going to have that option to go to a gym and take their children," said Thomson, who was excited to tell her friends who are single parents and work on Landstuhl Regional Medical Center.

Kids on Site is a short-term hourly child-care option at garrison facilities such as fitness centers and recreation facilities, as well as for conferences and meetings – like the town hall. This program is only one of the many new FMWR programs coming soon to the KMC.

Programs within programs is how

one can describe The EDGE – Experience, Develop, Grow and Excel. Garrison Kaiserslautern has been chosen as the Army's test site in Europe for this pilot program, Pelletier said.

Another youth program coming soon is the UR HIRed program where children in sixth grade and above can work in FMWR apprentice positions throughout the KMC, not just garrison positions.

It's all "coming soon" to the KMC and still in the planning stages, said Pelletier, who gave a heads-up briefing to those who attended the town hall meeting.

He also talked about the recent agreement with the Air Force for its youth programs to honor the Army Family Covenant – a program that offers savings for child care and youth programs for deployed Soldiers' families.

Since the agreement, Pelletier cited these facts: deployed Soldiers' families enrolled at Air Force facilities saved close to \$2,000 by November, while 46 children received child care at the covenant's 20 percent discount, and eight children received free sports programs.

About 20 subject matter experts on hand for questions from family members regarding their agency or organizations, such as the Defense Commissary Agency, Department of Defense Dependent Schools and Army and Air Force Exchange Ser-

vice.

About 30 senior leaders from the 21st TSC, garrison and the Air Force also attended the town hall to hear the community's concerns.

Pelletier was one of four presenters giving briefings on new information from their organizations.

Another new garrison incentive is the KMC bus shuttle during duty hours for Army kasernes in East and West Kaiserslautern. These kasernes are LRMC, and Rhine Ordnance and Pulaski Barracks, and Daenner, Panzer and Kleber Kasernes.

The 90-day test period will start March 2. Tim Wood, the garrison's logistics director, showed the town hall attendees the tentative schedule for the shuttle.

"What has determined (the shuttle schedule) for us was the opening hours of the facilities that we are trying to get the Soldiers to like the dining facilities, and medical and dental clinics," he said.

Single, in- and out-processing Soldiers are the main focus for passengers of the shuttle service; however, Department of Defense civilians and family members can also ride the bus on a space-available basis, Wood said. He added that the KMC's child supervision policy applies.

The next town hall will be in April. Those wishing to add topics can call Army Community Service at DSN 493-4062, civ. 0631-3406-4062.



Afrika! Afrika!

Head to SAP Arena in Mannheim for combination of dance, theater, acrobatics and athletics

The SAP Arena in Mannheim hosts Afrika! Afrika!, a spectacular circus theater featuring more than 100 artists from 17 countries, combining dance, theatre, acrobatics and athletics. It's billed as a family-friendly show, set to live music from an impressively flexible ensemble.

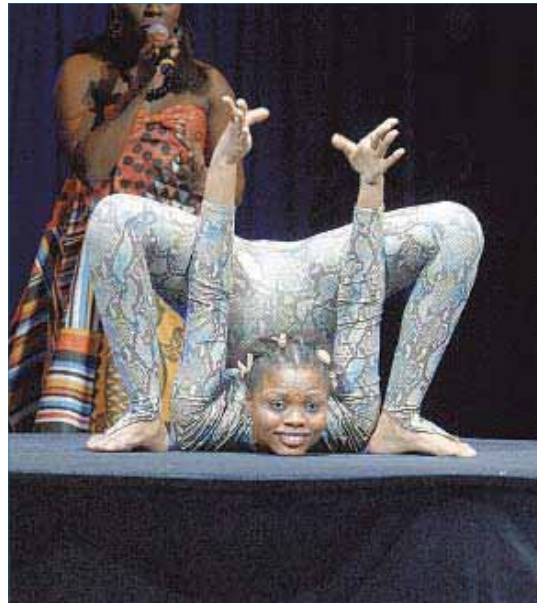
The show starts with exotic and exuberant dancers from across the whole African continent, including Senegal, Guinea, Ivory Coast and South Africa. Then there are gumboot and step dancers from South Africa, human pyramids from Gabon and Tanzania, pole acrobats from Tanzania and South Africa, and the South African Nokulunga Buthelezi, who twists her body into unbelievable shapes.

Ethiopian ball-juggler Abdurazak Reshid Adem manages to not only juggle eight balls at once but also has them going in all directions, while Dickson Oppong from Ghana manages equally improbable juggling feats with spinning pots. The show includes break dancing and unicycle and basketball exhibitions.

Shows are set for Tuesday and Wednesday at 8 p.m.

Tickets are available from many local outlets, by calling (0621) 10 10 11 or 01805-570 000 or on the Web at www.bb-promotion.com. Tickets are also available from the USO.

SOURCE: BB Promotion



South African contortionist Nokulunga Buthelezi is one of the performers for Afrika! Afrika!, a circus theater featuring more than 100 artists from 17 countries.

GERMAN COOKING

Vanilla Bean Custard with German Sour Cherry Sauce

This recipe uses two cherry-flavored German specialties – Kirschwasser, a clear, naturally cherry-flavored schnapps – and Sauerkirnschen (sour cherries).

Ingredients:

- 2 cups low-fat or skim milk
- 6 large eggs
- 1/3 cup sugar
- 1/8 teaspoon salt
- Scraped seeds from 1/2 vanilla bean
- 1 teaspoon German Kirschwasser
- German chocolate sprinkles
- Mint leaves and fresh cherry to garnish (optional)
- German Sour Cherry Sauce (recipe below)
- 1 cup sweetened whipped cream

Preparation:

- Preheat oven to 325 degrees Fahrenheit.
- Heat milk to a low simmer in a small saucepan. Meanwhile, whisk together eggs, sugar and salt in a medium-sized mixing bowl.
- Gradually whisk hot milk into egg mixture.
- Stir in vanilla and Kirschwasser.
- Pour custard mixture into six ramekins.
- Place ramekins in a large baking pan, and fill baking pan with water almost to ramekins' rims, for custard to bake in a water bath.
- Bake 35 to 45 minutes, until custards are set but still quivery when shaken. Let cool, then shake on chocolate sprinkles.
- Garnish also with mint leaves and fresh cherries if desired.

Presentation:

For a pretty presentation, ladle sour cherry sauce onto six dessert plates, dividing evenly.

- Place a ramekin in center of each.
- Place whipped cream in a zippered plastic bag, and snip a corner to make a piping bag. Pipe dots around each plate, and drag a toothpick through dots, making them into hearts. Serve.

German Sour Cherry Sauce Ingredients:

- 1 1/2 cups German Sauerkirnschen, or sour cherries, from a jar.

Preparation:

Place sour cherries in a blender and puree until smooth. Strain through a fine mesh strainer into a pitcher before dividing among plates.

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,

You told me to cool my jets and not to marry my boyfriend at the time. You said I should stay in school and finish college because I was so close to graduating. I just would not listen to anyone because I really loved my boyfriend.

Now I realize he wasn't giving anything to our relationship. I was the only one who was sacrificing and risking everything. He had already been deployed once and was soon to deploy again. I wanted to be married to him before he left again because I wanted him to know he had someone who was waiting on him.

I won't mention the base we were assigned to, but I stayed there while he was deployed and worked hard to fix up our apartment so he could have a home to return to. I was faithful, but he wasn't. Not only did he return and give me a venereal disease, but he started beating the crap out of me.

Whoever said they don't have sex in Iraq is very mistaken and has their facts wrong. At first I said that he must have PTSD or something, and I wanted to work it out, but he did not want help.

He wanted to use me as a punching bag. The police had to come to our home, and he was arrested. Now he has to go through domestic violence classes.

Do you know he has tried to blame everything on me? He says it's my fault if he loses his career. My parents had to drive across the country to get me. Now I am living with them and trying to start all over. I have filed for divorce and it will be finalized very soon. I don't want anything from him; I just want my life back.

I apologize for not listening to you and my family. I thought you were the crudest person I had ever conversed with. Now I know you were right, and I should have listened and taken your advice.

I'm back in school and I will have my degree in physical therapy in December. I'm trying to stay focused

Dear Ms. Vicki,
When is the best time to teach my son about stealing and lying? My son is 8 years old, and he constantly steals and takes things that don't belong to him, then he lies about it. Even if you see him do it, he still won't own up to it.

and on the right track. And no, I'm not dating!

From: Starting Over

Dear Starting Over,

You don't owe me an apology. I'm just glad you got out of the situation when you did. You deserve better than getting beaten up, cheated on, and given sexually transmitted diseases.

My hat's off to you. Starting over is not easy, but you can do it. Conversely, I think you should consider having some sessions with a professional therapist or counselor.

Here's the deal; you should figure out why you were willing to give up so much for this relationship. If you don't figure that out and deal with it, you could very well repeat the same mistake.

Relationships are about two people coming together and accomplishing goals together and individually.

No one has to sacrifice everything and give up all of their goals to make a relationship work. I'm very happy that you are safe now and with family who loves you. Continue to take care of yourself. I hope 2009 will be a great year for you!

Dear Ms. Vicki,

When is the best time to teach my son about stealing and lying? My son is 8 years old, and he constantly steals and takes things that don't belong to him, then he lies about it. Even if you see him do it, he still won't own up to it.

His behavior is very scary to me. It's become so bad that my older children don't want him in their rooms anymore. I found out he had given a girl in his class one of my diamond rings. When he is confronted, he will only say he doesn't know why he did it.

His attitude just won't cut it anymore. My husband has spanked him, but I know that spanking him is not the answer. I said he has spanked him but not abused him – there is a difference, and we would never abuse our children.

We only want him to know that his behavior is unacceptable. I'm just afraid that his behavior may lead to other problems in the future, like him going to jail or using drugs or something worse.

From: Son's Unbecoming Behavior

Dear Behavior,

I think now is the time for you

and your husband to verbalize the importance of integrity, trustworthiness, and moral courage in everyday life.

There are many ways you can do this to teach your son that character counts and that lying and stealing can cause unwanted consequences for him.

Here are some ways you can do this: Choose a family value to discuss over family dinner, and talk about ways to demonstrate this behavior. For example, you may want to give examples of ways you and your husband show support for your children i.e. attending PTA meetings, volunteering in their classrooms, making sure they have their daily necessities like food, clothing and shelter. You do all of these things because you love and support them.

Ask your children to give examples of ways they can show their support. Of course, one of those ways should be not to steal from and lie to each other.

Show and role play correct behavior, so he will learn that giving respect will reciprocate respect. Remember, there is a difference in responding to your child's poor behavior using anger, guilt and shame versus responding firmly by identifying the behavior i.e. what's acceptable and what isn't.

Refrain from using profanity and using negative put downs. Use the 3-1 ratio of positive affirmations to negative ones. In other words, let him know all of the things he does well instead of reminding him of what he is doing wrong.

I think your son needs to receive consequences for his behavior, but I think they should fit the offense. For example, I talk to parents who grounded their children for three months, threw away all of their toys, took their computer, phone, televisions, etc.

In cases like these, in my professional opinion, it's like the child's punishment is having no other options but to finally spend time with their family. In reality, it should be the other way around.

I know this advice only skims the tip of the iceberg. There is much more I could say on this topic. Lastly, try not to pathologize your son's behavior. While stealing and lying is unacceptable, I think he will mature and realize his behavior is unacceptable.

GET OUT!

area events

February 6

Cabaret Dinner Theater – The Roadside Theater and Off Main Street Theatre present a cabaret/dinner theater “What is This Thing Called Love?” The show takes place at the Off Main Street Theatre on Coleman Barracks in Mannheim at 7:30 p.m. (dinner at 6:30 p.m.) Feb. 6-7. Reservations: DSN 373-5020, civ. 06221-175020, or www.roadsidetheater.com.

February 7

Valentine's Concert – Come out for a Valentine's Concert at Mark Twain Village Chapel at 5 p.m. Enjoy selections of classical and Broadway music, all on the theme of love. A classy concert to get you and your special someone in the mood for Valentine's Day. Works will include a dash of opera, some chamber music and silly songs to suit everyone. Civ. 06221-338280, margaret.mcgillivray@gmail.com.

February 8

Tongeren Flea Market – Head to Belgium with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

February 12

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

February 13

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

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

Carnival in Venice Overnight with stopover in Verona – Venice becomes a glorious show of colorful costumes and beautiful masks during the carnival season. This is a perfect time to enjoy the romance and mystery of the one and only Venice. Day 1: We will travel through the night, stopping for breakfast before taking the train into the center of town. The sightsee-

Winger's Grill and Bar is open for lunch

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

Open Daily 11 a.m.-10 p.m., Heidelberg, Patrick Henry Village, DSN 388-9455, civ. 06221-338-9455, www.mwgermany.com

ing tour includes the Bridge of Sighs, the Rialto Bridge, the Bell Tower and St. Marks Square and Cathedral. After the day in Venice, travel to Vicenza and overnight there. Day 2: breakfast at the hotel, on our return home we'll stop over in Verona home to the most famous lovers of all time Romeo and Juliet. USO DSN 385-2082, www.usa.org/rheinneckar.

Valentine's Dinner – Enjoy a candlelight dinner for two at the Village Pavilion Valentine's Dinner 6-10 p.m. Dinner includes champagne and a three-course meal, complete with your choice of appetizer, entrée and dessert. Cost is \$55 per couple. Seating is limited and reservations are recommended: DSN 388-9098, villagepavilion@mwgermany.com.

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

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

February 14

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

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

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

Find Your Valentine – The Cove in Mannheim will help you find your Valentine by having mini-dates at the speed dating party, participating in the singles auctions,

and adding your photo to the singles' wall. The party starts at 9 p.m. DSN 385-2884, civ. 0621-730-2884 or 0172-655-0151.

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

February 15

English Tour at Landau Zoo – Zoo Landau in der Pfalz offers a guided tour around the zoo at 2 p.m. www.zoo-landau.de.

February 19

Endingen Carnival – Six wild days of celebration starting “Fat Thursday.” The climax of the Fasnet (carnival) is after the Fasnet awakening with 3,000 Hemdglunker fools dressed in white nightshirts on Thursday. The procession of the Jokili, the Endingen 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 Triberg in the Black Forest to see 350 devils run through the street with torches at 7 p.m. as part of the Carnival celebration. Civ. 07722-866490, www.triberg.de.

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. Make-up artists are on hand to put those Transylvanian touches on your face. 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.

coming to THEATERS

THE BOY IN THE STRIPED PAJAMAS

(Asa Butterfield, Zac Mattoon O-Brian) Eight-year-old Bruno is the son of a Nazi officer whose promotion takes the family from their Berlin home to a desolate area where the lonely boy finds nothing to do. Bruno ignores his mother's repeated instructions not to explore the back garden and heads for the farm he has seen in the near distance. There he meets Shmuel, a boy his own age who lives a parallel, alien existence on the other side of a barbed wire fence. Bruno's encounter with the boy in the striped pajamas leads him from innocence to a dawning awareness of the adult world around them as his meetings with Shmuel develop into a friendship with devastating consequences. Rated PG-13 (mature thematic material involving the Holocaust) 95 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 5 – TRANSPORTER 3 (PG-13) 7 p.m.
Feb. 6 – TAKEN (PG-13) 6:30 p.m.; THE BOY IN THE STRIPED PAJAMAS (PG-13) 9:30 p.m.
Feb. 7 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 2 p.m.; AUSTRALIA (PG-13) 5 p.m.; TAKEN (PG-13) 9:30 p.m.
Feb. 8 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 2 p.m.; TAKEN (PG-13) 5 p.m.
Feb. 9 – AUSTRALIA (PG-13) 7 p.m.
Feb. 10 – TAKEN (PG-13) 7 p.m.
Feb. 11 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 12 – TAKEN (PG-13) 7 p.m.

Mannheim, Schuh

Feb. 5 – BRIDE WARS (PG) 7 p.m.
Feb. 6 – PAUL BLART: MALL COP (PG) 7 p.m.; THE BOY IN THE STRIPED PAJAMAS (PG-13) 9:30 p.m.
Feb. 7 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 2 p.m.; PAUL BLART: MALL COP (PG) 4:30 p.m.; AUSTRALIA (PG-13) 7 p.m.
Feb. 8 – PAUL BLART: MALL COP (PG) 2 p.m.; THE BOY IN THE STRIPED PAJAMAS (PG-13) 4:30 p.m.
Feb. 9 – PAUL BLART: MALL COP (PG) 7 p.m.
Feb. 10 – AUSTRALIA (PG-13) 7 p.m.
Feb. 11 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 12 – PAUL BLART: MALL COP (PG) 7 p.m.

Vogelweh, Galaxy

Feb. 5 – PUNISHER: WAR ZONE (R) 7 p.m.
Feb. 6 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 3:30 p.m.; TAKEN (PG-13) 7 p.m., 10:30 p.m.
Feb. 7 – AUSTRALIA (PG-13) 3 p.m.; TAKEN (PG-13) 7 p.m., 10:30 p.m.
Feb. 8 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 3 p.m.; TAKEN (PG-13) 7 p.m.
Feb. 9 – AUSTRALIA (PG-13) 7 p.m.
Feb. 10 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 11 – AUSTRALIA (PG-13) 7 p.m.
Feb. 12 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.

Ramstein, Hercules

Feb. 6 – AUSTRALIA (PG-13) 7 p.m.
Feb. 7 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 8 – AUSTRALIA (PG-13) 7 p.m.
Feb. 12 – PAUL BLART: MALL COP (PG) 7 p.m.

Ramstein, Nightingale

Feb. 5 – TRANSPORTER 3 (PG-13) 7 p.m.
Feb. 6 – AUSTRALIA (PG-13) 3:30 p.m.; PAUL BLART: MALL COP (PG) 7 p.m., 10:30 p.m.
Feb. 7 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 3 p.m.; PAUL BLART: MALL COP (PG) 7 p.m., 10:30 p.m.
Feb. 8 – AUSTRALIA (PG-13) 3 p.m.; PAUL BLART: MALL COP (PG) 7 p.m.
Feb. 9 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 10 – AUSTRALIA (PG-13) 7 p.m.
Feb. 11 – THE BOY IN THE STRIPED PAJAMAS (PG-13) 7 p.m.
Feb. 12 – AUSTRALIA (PG-13) 7 p.m.

THEATER INFORMATION

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

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Shopping Center Gate Change

On Feb. 16, the Sixt Car Rental entrance will become the exit gate for the Heidelberg Community Support Center for about two weeks while construction takes place on the normal exit. When the construction is complete, patrons once again will use the normal entrance and exit gates.

Web Site Targeting Soldiers

The Defense Threat Reduction Agency has identified a Web site targeting Army personnel claiming to offer low-cost personal computers, laptops and online educational resources. The Web site, www.armyedcenter.com requires Soldiers to submit personally identifiable information and specific military information. The service/product costs about \$3,500, paid over a two-year period, but the products have proven to be worth roughly \$500 by comparison to other computers with similar components. The Web site also claims to offer training courses that are already available to Soldiers and civilians at no cost from Army e-learning. kim.marie.humphrey@conus.army.mil.

Advanced Driver's Course

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

Motorcycle Safety Training

Motorcycle safety training has resumed and will run until Dec. 2. The Heidelberg Safety Office host the Motorcycle Safety Foundation Experienced Rider Course and the MSF Basic Rider Course at the Heidelberg Army Heliport, Bldg 218. An MSF course must be completed every three years to operate and register a motorcycle. Registration form: www.imcom-europe.army.mil/sites/management/so_atstp.asp. Class is limited to 12 students and is filled on a first come, first served basis.

local EMPLOYMENT

Substitute Teachers

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

SKIESUnlimited Instructors

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

Aerobics Instructors

The Kaiserslautern Sports and Fitness centers are looking for Aerobics Instructors for the following classes: Power Pump, Hi-Low Step, Turbo Kick, Latin Aerobics and Hip-Hop Aerobics. DSN 493-2086, civ. 0631-3406-2086.

KAISERSLAUTERN Education

• **ACS Classes and Events** – Anger Management, 10 a.m. Feb. 9 and 16; Resumix, 1 p.m. Feb. 10 and 9:30 a.m. Feb. 12; CAUSE Autism support group meeting, 6 p.m. Feb. 10; Making Your Money Work for You, 9:30 a.m. Feb. 11; HUGS Playgroup, 10 a.m. Feb. 12; Sponsor Training, 10 a.m. Feb. 12; Anger Management, 3 p.m. Feb. 12; Stress Management, 4 p.m. Feb. 12; Couples' Communication, 6 p.m. Feb. 12; Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwrgemany.com/kl/acs.
• **New Parenting Skills Group** – ACS and Vogelweh Elementary School are hosting a new Parenting Skills Group that meets the first Wednesday of each month. Child care is provided, and there is no fee to attend. Pamela.Ash@eu.dodea.edu.

• **Pre-Retirement Briefing** – The Kaiserslautern Transition Center hosts a pre-retirement briefing 8:30 a.m.-4:30 p.m. Feb. 12 in Bldg. 3245 on Kleber Kaserne. DSN 483-7071, civ. 0631-3406-7071.
• **Substance Abuse Training** – Employee Assistance Program Substance Abuse Training for all Army civilians is 10-11 a.m. Feb. 19 at the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 486-1710 or heather.a.robinson1@us.army.mil.

• **Conversational German Classes** – At Rhine Ordnance Barracks Education Center, level one, 9-11 a.m. Mondays and Wednesdays begins March 9; level two, 9-11 a.m. Tuesdays and Thursdays begins March 10; level three, 11 a.m.-1 p.m. Mondays and Wednesdays, begins March 9. At Landstuhl Army Education Center, level one, 5-7 p.m. Mondays and Wednesdays begins March 9; level two 5-7 p.m. Tuesdays and Thursdays begins March 10; level three, 7-9 p.m. Mondays and Wednesdays begins March 9. Classes last 10 weeks. Civ. 0631-72255.

• **Tax Centers** – The 21st Theater Sustainment Command's tax centers at Kleber Kaserne (Bldg. 3210, Room 104) and Landstuhl Regional Medical Center (Bldg. 3701, first floor) are now open for customers. Both centers take walk-ins or appointments.

• **Pet Vaccination Clinic** – The Kaiserslautern Veterinary Treatment Facility is hosting a vaccination clinic 9 a.m.-1 p.m. Feb. 7 at the facility, Bldg. 2928 on Pulaski Barracks. Appointments: DSN 493-4444, civ. 0631-3406-4444.
• **Armstrong's Club Kitchen** – Armstrong's Club will temporarily suspend catering services, Sunday breakfast buffet and schnitzel night January-April for renovations to the kitchen. Civ. 0631-534-4922.

• **Oasis Club Closed** – The Oasis Club located on Kleber Kaserne is temporarily closed through March 4. DSN 486-6000, civ. 0631-536-6000.

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

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

• **Flute Lessons** – SKIESUnlimited offers individual flute lessons for children and teens. Sessions will be held Wednesdays at the Landstuhl Youth Center. DSN 493-4516 or Civ. 0631-3406-4516.

• **New Hours at Landstuhl Community Club** – 5-10 p.m. Wednesday-Thursday, 5 p.m.-midnight Friday-Saturday, 5-9 p.m. Sunday. DSN 486-7244, civ. 06371-86-7244.

HEIDELBERG Education

• **ACS Classes and Events** – Community Orientation Briefing, noon-3 p.m. Feb. 9; Intro. to MS Word, 5-6:30 p.m. Feb. 9 and 11; Resume Writing, 9 a.m.-noon Feb. 10; Reintegration, 9 a.m. Feb. 10; FRG/FRL/FRSA Training, 3-4:30 p.m. Feb. 10; AFAP Conference, 8 a.m.-5 p.m. Feb. 11-12; EFMP Speaker, 6:30 p.m. Feb. 11; English as a Second Language is offered at various times and locations throughout the week. DSN 370-6883, civ. 06221-57-6883, www.mwrgemany.com/hd/acs.

• **LN Supervisory Course** – CPAC offer a Local National Supervisory Development Course 8 a.m.-4 p.m. Feb 17-18. Open to supervisors of local national employees. To register, visit <https://www.atrrs.army.mil/channels/chrtas/default.asp> and register for course code LNSDCT class number C02.

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

Community

• **Black History Month Celebration** – Celebrate African American / Black History Month noon-1 p.m. Feb. 19 at the Patrick Henry Village Chapel. Guest speaker will be Dr. Harriet Hunter-Boydin. DSN 373-7955.

• **Bulk Item Pickup Changes**

– Collection has moved from Wednesdays to Mondays. All requests

for pick up are due by noon on the Friday before the required service. To request a pick up call DSN 387-3217, civ. 06221-4380-3217.

• **International Wandering Club**

– Join the HIWC at the following volkshochschulen: Soufflenheim, Feb. 8; Darnsheim and Beinheim, Feb. 14 and 15; Wiesental, Feb. 21 and 22; monthly membership meeting Feb. 9 at the SG Guesthouse in Oftershiem. www.hiwc.de or hiwc@yahoo.com.

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

• **HCS Flea Market** – Heidelberg Community and Spouses' Club February Event "Denim and Diamonds" Flea Market in the Patrick Henry Village Pavilion, 6:30 p.m. Feb. 6. \$20, members only, reservations required. www.hcsc-heidelberg.com.

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

• **Antique Sale** – The Heidelberg High School Parent Teacher Student Organization, in conjunction with the junior class, will be sponsoring an antique sale in the high school cafeteria 10 a.m.-3 p.m. Feb. 7.

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

• **Rod and Gun Club Events** – Hunters' Stammtisch, 8:15 p.m. Feb. 11; Spring Hunters' Course registration ends Feb. 23; Fishermens' Stammtisch, 7 p.m. Feb. 25. Civ. 06202-51193.

• **CYSS Openings** – Openings available for child care for children in grades 1-5 for before and after school care. Civ. 06221-338-9240 or DSN 370-8994, civ. 06221-57-8994.

MANNHEIM Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Feb. 6, 9 and 11 and 6-7:30 p.m. Feb. 10 and 12; Toddler Parenting Class, 9-10 a.m. Feb. 9; Mannheim Orientation Spouses Tour, 9 a.m.-2 p.m. Feb. 9-11; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Feb. 9 and 11; School Age Parenting, 9-10 a.m. Feb. 10; Levy and Out-Processing Briefing, 1-2:45 p.m. Feb. 10; Mom and Me Playgroup, 10 a.m.-noon Feb. 11; Guten Tag Kids, 3:30 p.m.-4:30 p.m. Feb. 11; Employment Readiness Program, 10-11 a.m. Feb. 13; Investing,

by appointment; FRG Leader 101, Stress Management, Anger Management and Communication Class, call for date and time. DSN 385-3101, civ. 0621-730-3101.

Community

• **Penny Bazaar** – The German-American Club's Penny Bazaar is open 10 a.m.-6 p.m. Feb. 5, 10 a.m.-7 p.m. Feb. 6 and 10 a.m.-2 p.m. Feb. 7. The Penny Bazaar is located at 1 Friedrichsplatz, 68161 Mannheim.

• **MES PTA Events** – The Mannheim Elementary School Parent Teacher Association hosts the following upcoming events: Book Fair in the elementary school PTA room, 9 a.m.-3 p.m. Feb. 5-6; Family Bingo Night, Time TBA Feb. 26.

• **Men's Health Week** – The Mannheim Health Clinic hosts Men's Health Week, Feb. 23-27. The MHC will be offering Mental Health, sports related injuries, male pattern baldness, optometry, hearing, testicular and prostate exam, erectile dysfunction, arthritis management, skin treatment and more. DSN 385-2273, civ. 0621-730-2273.

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

• **Sullivan Library** – Black History Month celebration, movie showing of "Let the Church Say Amen," 4-5:30 p.m. Feb. 8; Book reading by Susin Musgrave, "Butterfly in the Sky, Daddy's Little Girl," 11 a.m. Feb. 12; Film Screening, 4-5:30 p.m. Feb. 18; 8 and 22; Brown Bag Book Club, noon-1 p.m. Feb. 10; Teen Book Discussion Group, 4-5 p.m. Feb. 11; Anime Club, 4-5:30 p.m. Feb. 18; 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** – SMART Girls, 4-5 p.m. Feb. 9; Dragon Fly Quest, 5-6 p.m. Feb. 10 and 24; Keystone Club, 4-5 p.m. Feb. 12 and 26; Promise Passport, 5-6 p.m. Feb. 12; 4-H Club, 5-6 p.m. Feb. 13; Special Event: Friendship Dance, 7-11 p.m. Feb. 13; Project Learn, 4-5 p.m. Feb. 17; Ultimate Journey, 5-6 p.m. Feb. 17; DSN 380-4864/9997, civ. 0621-730-4864/9997.

• **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.

Warrior Adventure Quest provides recreation outlets for Soldiers

By Ken White
IMCOM-EUROPE PUBLIC AFFAIRS

The first of approximately 8,000 Soldiers began cycling through Installation Management Command-Europe's high-adventure, adrenaline-pumping Warrior Adventure Quest recreation program in January.

All of the U.S. Army Europe troops recently returned from deployments with the 2nd Striker Cavalry Regiment, the 12th Combat Aviation Brigade and the 1st Armored Division.

"This amazing program combines leadership training with lifetime leisure-skill development by exposing Soldiers to activities such as paintballing, ski touring, snowboarding, ski rappelling, rock climbing, mountain biking, high ropes courses, canoeing and even bungee jumping," said Kelly Nebel, Outdoor Recreation program manager for IMCOM-Europe.

Small, platoon-sized groups of Soldiers, based in Germany with Ansbach's 12th CAB and Grafenwöhr's 2nd ACR, began participating in intensive, one-day activities at various German sites as part of an initiative designed to help troops readapt to a "new normal" after returning from combat duty. Members of Wiesbaden's 1st AD will begin cycling through the program in February.

Grafenwöhr is hosting the largest number of participants in the overall service-wide program.

WAQ signifies the Army's full commitment to helping Soldiers effectively transition from a combat to home-station environment during the 90-day period after redeploying and completing block leave. It does so by combining existing outdoor recreation activities with Battlemind, the Army's psychological resiliency building program. As part of the Battlemind blueprint, Soldiers hold group discussions after each outing,



Jim Hughes

Marc Jarvis, U.S. Army Garrison Ansbach Morale, Welfare and Recreation, assists Soldiers with ski selection during a test run of Installation Management Command-Europe's Warrior Adventure Quest program in Germany. The one-day event took about 30 Soldiers from the 12th Combat Aviation Brigade and a handful of garrison staff members to Garmisch for a day of Alpine skiing and snowshoeing.

sharing their thoughts on the experience as well as being home.

During the program, participants will be exposed to one of a number of high-adventure activities depending on location and time of year.

"Plus it aims to spark a long-term interest in Soldiers to pursue lifelong, positive outlets for their energies and to relieve stress and anxiety," Nebel said. "By doing so, we hope to discourage Soldiers from engaging in risky choices – which some do in an effort to amplify adrenaline levels they may have grown accustomed to in the combat environment – during

their everyday lives."

The Army, through a partnership between the Family Morale, Welfare and Recreation Command and the Office of the Surgeon General, tested WAQ with three pilot programs in 2008.

Units participating in the pilot included the 2nd Battalion, 503rd Infantry, in Vicenza, Italy; Virginia National Guard Soldiers of Company C, 3rd Battalion, 11th Brigade Combat Team from Manassas and Leesburg, Va.; and Soldiers of the 4th Battalion, 2nd Stryker Brigade Combat Team, at Fort Lewis, Wash.

Invitational ski race coming to Garmisch Feb. 28

USAG Garmisch FMWR

GARMISCH, Germany – Those who haven't had enough skiing this year can mark their calendars for a very exciting and fun ski race being planned for Feb. 28 in Garmisch.

The U.S. Army Garrison Garmisch Morale, Welfare and Recreation branch and its Outdoor Recreation is holding an invitational ski race at the Kreuzwankl Ski run, located on the Hausberg ski area.

The race is open to all U.S. personnel and it will cost \$10 per person or \$25 per family. The race will be a one-day giant slalom event and will be broken down in categories based on age and gender.

To register for the event, link to the USAG Gar-

misch Web site at www.garmisch.army.mil or call Garmisch Outdoor Recreation at DSN 440-2638, civ. 08821-750-2638.

Itinerary

Feb. 27 – Ice breaker and racer registration 4-9 p.m. Watch ski movies, enjoy refreshments and pick up numbers at the Pete Burke Community Center.

Feb. 28 – Race begins at the Hausberg ski area; late registration is at the ski hill finish shack 8:30-9:30 a.m. Giant slalom race – first race starts at 10 a.m., exact details at registration.

Mini-Bob Cross Challenge – time is to be announced Friday evening or Saturday morning.

Awards presentation – starts at 3:30 p.m., immediately after the race.

staying ACTIVE

Ballet Classes

Children's ballet classes are beginning in February. 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 will meet in the Sullivan Gym aerobics room. The USO will host a ballet orientation meeting 3-4 p.m. Jan. 30. Cost is \$35 per month. DSN 385-2082.

Horseback Riding Lessons

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

Ice Hockey Players Wanted

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

Spintastic!

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

Soccer Referee Rules Clinic

The Kaiserslautern Officials Association will host the 2009 National Federation of High Schools soccer referee rules clinic and test 10 a.m.-5 p.m. Feb. 7 at the Landstuhl Learning Center. The clinic and training material are free. Attendance at the clinic and successfully passing the test are required to referee DoDDS-Europe soccer games beginning in March. Coaches and their captains are encouraged to attend to learn about rule changes. DSN 484-7133, mike.donohue2@eur.army.mil.

Bowling Tournament

Win cash prizes and bragging rights at the 2009 President's Day 9-Pin No Tap Tournament. All ladies get 10 pins per game. The entry fee is \$15 plus optional side game pots. Heidelberg Bowling Center, DSN 388-9040.

Dance Classes

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

Youth Sports Coaches

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