


# HeraldPOST

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



## New wave in medical records

*Doctors speak it, see it, file it with new voice recognition system*

**By Chuck Roberts**  
LRMC PUBLIC AFFAIRS

It's faster, more accurate and highly maneuverable. What may sound like the latest weapons system is actually a new way of doing business for doctors at Landstuhl Regional Medical Center.

With the introduction of Dragon Medical speech recognition software, the process of documenting patient medical records can be accomplished in minutes rather than days.

Not only is the process faster, but it allows for a more detailed, accurate and cost-effective way of doing business, said Army Maj. (Dr.) Hamilton Le, a surgeon who has mastered the program in less than a month.

"In the end, it's all about patient care, taking care of wounded warriors coming through LRMC, taking care of family members and all the service members who are stationed locally," Le said.

Speech recognition software is helping accomplish heightened patient care, he said, by reducing the hours

see **MEDICAL RECORDS** page 12

## See the future of the Army in Kaiserslautern

**By Angelika Lantz**  
21ST TSC PUBLIC AFFAIRS

Are you ready to see the future of the Army? Visit the PEO Soldier display at the Special Events Building (Bldg. 237) on Rhine Ordnance Barracks Jan. 26 and 27 between 9 a.m. and 4 p.m., and you will.

The next generation of Army gear, including the most technologically advanced weapons systems, cutting-edge communication technology, innovative clothing and ground-breaking equipment, will be on display.

PEO Soldier, or Program Executive Office Soldier, is the Army organization responsible for every item of clothing and piece of equipment Soldiers wear or carry.

see **FUTURE** page 12

## For the good of Soldiers

### SFAC takes care of wounded warriors

**By Kristen Marquez**  
HERALD POST STAFF

The Army Family Covenant-sponsored Soldier and Family Assistance Center is designed to take care of warriors in transition.

And as the SFAC coordinator for the military communities of Heidelberg, Mannheim and Stuttgart, Dennis Menard is responsible for coordinating the SFAC budget, staffing, resources, transportation and a host of other things for the warriors in transition who come through the centers.

Menard, a retired Army officer, has spent more than 20 years of his 45-year career working in Army services such as Army Community Service, Youth Services, Child Care and Family Support services. He says he loves his job, and the best part is seeing a Soldier come in, get treated, and

**No one likes to get the runaround, and the SFAC is the place where (warriors in transition) get the priority service they deserve.**

-Christina Callaghan, Heidelberg ACS Director

then go back to active duty.

"I always wanted to work with wounded warriors and warriors in transition," he said. "I feel there's a need to make sure they are getting proper services. With my background in assisting Soldiers and families all these years and trying to help Soldiers along the way, I felt there was a bigger need for me to come here and try to help warriors in transition."

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**HP THURSDAY**  
Jan. 15, 2009

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### Defense Details

#### GOING ELECTRIC

In what is the single largest acquisition of its kind ever, Secretary of the Army Pete Geren announced Monday that the Army plans to lease thousands of neighborhood electric vehicles. "The Army is committed to substantially reducing the greenhouse gas emissions through our acquisition of Neighborhood Electric Vehicles," Geren said. "This historic acquisition will constitute the largest acquisition of electric vehicles not just in the military, but in the entire country."

#### INAUGURATION

From providing musical performances to acting as key personnel during the swearing-in process, hundreds of service members were on hand Sunday morning around the nation's Capitol to support the 56th presidential inaugural rehearsal. Each branch of service played a key role in working out potential issues before the inauguration.

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

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## COMMAND MESSAGE

## Honor the legacy of MLK; be safe throughout holiday weekend

By Col. Robert J. Ulises  
USAG BADEN-WÜRTTEMBERG COMMANDER

On Monday, we will stand down to honor an American whose words stirred the conscience of our nation, shattered mistaken beliefs, inspired us to change unjust laws and the way we view others.

His words remind us of the principles on which our nation is founded – that all men are created equal with certain unalienable rights.

In the summer of 1963, Dr. Martin Luther King Jr. went to our nation's capital and uttered the words, "I have a dream," and shared his vision of an America where the dignity of every person is respected. He advocated a society where people are judged not by the color of their skin but by the content of their character, and where the hope of a better tomorrow is in every neighborhood.

His vision of America touched the hearts and souls of men and women across the nation and continues to inspire generations of Americans and others around the globe.

As we honor the memory of Dr. King, let's recommit to fulfilling the dream that has become

inextricably linked to America's destiny. Let's remember his teachings, celebrate his life, and act to make his dream a reality.

Consider volunteering your time and energy this year to support one of the different heritage recognition events held throughout the year. Not only will the community benefit from your selfless service but it will enrich your life as well. If you can't volunteer, support the events by attending to demonstrate America's strength is in its diversity.

Whether you plan on celebrating Dr. King's life and legacy performing community service, spending time with loved ones, or on the ski slopes, maintain your situational awareness. Winter, especially in Europe, can be an exciting time of the year but it can also be dangerous.

Freezing rain, snow and extreme cold can make driving treacherous. Therefore, map out your route before traveling, get plenty of sleep, and allow more time to get to your destinations so you won't feel pressured to drive too fast for road conditions.

Before you start, clear snow and ice from your vehicle, especially your lights, mirrors and windows to ensure you have a clear view of the traffic environ-

ment.

Don't forget to fasten your seat belt. Keep in mind, road conditions in Europe can go from "green" to "black" in a matter of hours – remain vigilant, slow down as needed, and increase your following distances.

Don't take unnecessary risks that jeopardize yours or a loved one's safety. For example, if your holiday plan involves skiing, ensure you are in good physical condition before hitting the slopes. Stretch before and after each run; stiff muscles are prone to injury. If you are a beginner or haven't skied in years, take lessons and stay on the novice run. Know and respect your limitations.

Many ski injuries occur due to fatigue. The classic ski injury is the one in which a skier is hurt on the last run of the day. Don't over do it; stop when you feel tired. Dress appropriately, as exposed or wet skin is susceptible to cold injury whether you are on the ski slope, jogging track or volksmarching. Hypothermia is always a threat.

To sum it up – recommit to fulfilling the dream, drive responsibly, dress appropriately, take care of each other, and above all else, remain vigilant.

## LEGAL ASSISTANCE

## Tax assistance available for Family Child Care providers

By Capt. David L. Adamson  
OFFICER-IN-CHARGE, HEIDELBERG TAX CENTER

Tax assistance on private business activities is outside the scope of the United States Army Legal Assistance program, with the exception of Family Child Care providers.

Due to the many steps involved, an FCC provider's tax return preparation requires a more in-depth appointment time. Our personnel are specially trained to handle this issue. We highly encourage each community to use their local tax center for its expertise and free services.

**What is an FCC provider?** Family Child Care providers are self-employed adults over the age of 21 who care for children and are certified by Child Development Services through the FCC office from each respective community. FCC is in-home care provided by an adult family member occupying government quarters.

FCC providers are self employed, and while living overseas, they must complete more forms than their coun-

terparts in the States. Listed below are some common forms needed when filing a federal tax return:

**Certificate of Coverage (Form SSA-4121-W GER (7-90))** – The certificate of coverage is received after an application (Bundesversicherungsanstalt für Angestellte) is sent to Berlin. In accordance with the agreement between the United States and the Federal Republic of Germany on social security, Americans who are self employed in Germany are "mandatorily covered" under the German social legislation.

FCC providers cannot apply for German Social Security coverage until the end of the first calendar year in which they are self employed. Therefore, an FCC provider who starts providing child care services in May does not need to wait until the following May to apply. FCC providers should request the certificate of coverage as early as Jan. 1 each year. The certificate of coverage must be updated each year.

**Schedule C Profit or Loss from**

**Business Form** – Please have this form filled out completely before arriving to your appointment at the tax center. On this form, you are able to list all of the items you purchased for your child care business and services. The tax center has a list of the most commonly deducted business expenses.

**EIN Online Application** – Apply for your Employer Identification Number online at the *IRS.gov* Web site. The EIN is an employer number that is given to the parents instead of the FCC providers Social Security number. For identity theft reasons, the EIN can serve as a safe way to report your child care business income and list of finance documents.

**Form W-10** – The W-10 provides the parent with the FCC providers name, address and taxpayer identification number and FCC provider's signature. Rather than use a W-10, it is common for FCC providers to supply a statement to the parents that includes their identification number, total amount paid, date the child was

enrolled in the home and original signature. This type of statement can prevent providers and parents from reporting different dollar amounts to the IRS. Both documents are kept in your records in the event of an audit.

**Form 2555** – This form allows FCC providers to avoid paying federal taxes as long as their income does not exceed \$87,600. An inquiry must still be made regarding potential state tax liability. FCC providers receive most of the information above and examples of each form while in-processing into the FCC Program.

If you have any questions or need an example of the forms, contact the Heidelberg Tax Center or Heidelberg FCC director Merenda Haynes at DSN 388-9371.

The Heidelberg Tax Center located on the Community Support Center opens for the 2008 tax season at 9 a.m. Feb. 2. Appointments can be made in person or by phone at DSN 370-7510, civ. 06221-57-7510 beginning at 9 a.m. Jan. 26. All forms and instruction books are available at [www.irs.gov](http://www.irs.gov).



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

**In Memoriam –  
Jörg “KV” Kindervater**



Heidelberg local national employee Jörg Kindervater died Jan. 4 of a terminal illness. He was 54. Born in Halle (Saale) Feb. 28, 1954. Kindervater com-

pleted his military service with the German Bundeswehr.

From October 1973 to September 1985 he worked as a notice to Airmen specialist in the Amt für Flugsicherung der Bundeswehr (Air Traffic Services Office of the Federal Armed Forces) in Frankfurt.

On Oct. 1, 1985 he started working for the U.S. Army and was hired as an air traffic control specialist with the Army Flight Operations Detachment, headquartered on Heidelberg Army Heliport.

“His outstanding dedication to duty and his high standards of performance have been exceedingly effective in providing top-quality support to the USAREUR aviation theater,” said AFOD Commander Chief Warrant Officer Five Tomas M. Shackle.

“The diligence, personal interest, and professional competence displayed by Mr. Kindervater will always reflect great credit upon him and the AFOD. KV will be sorely missed by his family, friends, colleagues and the customers of AFOD.

Kindervater was buried in Spöck (Stutensee) Jan. 8.

He is survived by his wife Uschi, his son Christian and his stepson Andreas.

# Job-seekers benefit from ACS programs

By Jason L. Austin  
HERALD POST STAFF

The Army Community Service's Employment Readiness Program offers job seekers information and referral services when it comes to employment, training, transitions and volunteer opportunities in the local area.

The idea, according to Michiel DeVito, Heidelberg's employment readiness manager, is to give customers the skills needed to get a job as quick as possible.

The program's focus is on military spouses who often leave their job behind during a permanent change of station. DeVito said the program helps customers "transition to a new community."

The program routinely offers classes in computer literacy, resume writing – both federal and private industry – interview skills and job fair readiness.

DeVito said most of the classes are full, so anyone interested should sign up early, so she can accommodate the size of the class.

Two upcoming classes, Resume Writing and 1-2-3 Job Fair Ready, are being offered over the next two weeks in preparation for the Heidelberg and Mannheim Career Fair scheduled for Jan. 31, at the Mannheim Sports Arena on Benjamin Franklin Village.

ACS also offers a computer lab and a resource library available for job seekers. Some funding for the lab, as well as funding for an additional employee came from Army Family Covenant funds, DeVito said.

The staff, along with some volunteers, keep local job postings up to date in the lab. "Even if there are no job opportunities," DeVito said, the customers can still improve their job seeking skills.

"We help customers become independent and to take the (job hunting) skills with them," she said.

One way DeVito said people can boost their employment credentials is to volunteer. She said many people fall into the trap of needing experience to get a job, but can't get the experience without a job.

Many employers now look favorably at unpaid experience such as volunteer work, she said. Some federal job announcements now mention unpaid experience as acceptable forms of experience.

One thing that DeVito warns customers about is online job scams. A customer of DeVito's was scammed out of \$200 from two different companies. The customer was able to recoup the money,



but only after several threatening e-mails. Community members who suspect they have been scammed should visit their local legal assistance office.

"Prevention is the key," said Capt. Alison Pliske, chief of client services, Patton Law Center in Heidelberg.

"If someone thinks something looks fishy, they can always come to us," she said. If it's too late and they've already sent money, the law center staff will try to get the money back through Better Business Bureau or the police if laws have been broken.

"There are legitimate online jobs," DeVito said. She hopes to be able to offer classes on the topic in the near future, but her office is still working out some conflicts when it comes to host nation laws.

"Spouses and mothers want to work from home," she said.

She encourages anyone with the desire to work, to come to ACS for information.

"Remember you can enhance today and advance tomorrow," DeVito said.

# Kaiserslautern first to host 'I. A.M. Strong' in Europe

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Intervene, act and motivate stand for more than just the acronym in the Army's I. A.M. Strong campaign to combat sexual assaults and sexual harassment.

"What these words mean is for all Soldiers – commanders to junior enlisted - to do just that – intervene, act and be motivated to prevent sexual assaults from happening," said Megan Roberts, the U.S. Army Garrison Kaiserslautern's sexual assault response coordinator.

Launched in November, the I. A.M. Strong campaign encourages communities to hold briefings to educate Soldiers how they can intervene, act and be motivated to stop this crime.

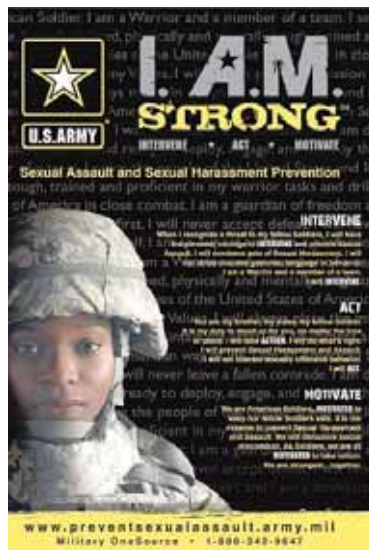
More than 800 Soldiers attended briefings held by the garrison Jan. 6 and 8 at the Galaxy Theater on Vogelweh.

"This (I. A.M. Strong campaign) is exactly what the Army needs," said Capt. John Evans, the garrison's Headquarters and Headquarters Detachment commander, who attended the Jan. 8 briefing.

"It gets to the root of the problem and asks Soldiers to help make a difference and take a stand at their level where it counts the most."

Roberts said Kaiserslautern is the first community in Europe to hold these briefings.

"(Leadership) strongly support this initiative to re-emphasize to our community members that sexual assault will not be tolerated in the Kaiserslautern garrison," said Lt. Col. Mechelle Hale, Kaiserslautern garrison commander.



Reports of sexual assaults in the Kaiserslautern military community dropped by seven in fiscal year 2008 from FY 2007, which had 19 reported cases, said Roberts, who added that there have been five

cases reported so far this fiscal year. One case is too many, agreed Hale, Evans and Roberts.

Although a big first step, these community-wide briefings are just the beginning of the I. A.M. Strong campaign here, said Roberts, who has been the garrison's sexual assault response coordinator for about two years.

"In the past, we have been working on creating a good response system so that when a sexual assault does occur in the community we can react and go through the proper channels," Roberts said.

"Now (through this program), we're moving into stopping assaults from even happening and teaching people about the risks factors and how to intervene when they do see trouble."

The garrison holds sexual assault review boards every month as part of its Sexual Assault Prevention and Response Program.

Roberts said that every contributor of the community such as the Provost Marshal's Office, Chaplain's Office, mental health professionals and command leadership, attend these meetings to discuss prevention and response procedures in the Kaiserslautern community.

Another part of the Kaiserslautern Sexual Assault Prevention and Response Program is the 24/7 Sexual Assault Hotline – civ. 0162-296-7320.

Roberts said she can give assistance to Army KMC units wanting more information on how to get involved with the I. A.M. Strong campaign. She can be reached at DSN 493-4148, civ. 0631-3406-4148.

To find out more about the Army's I. A.M. Strong campaign, visit [www.sexualassault.army.mil](http://www.sexualassault.army.mil).

## Wellness Center offers tobacco cessation program

Quitting is usually associated with the easy way out. Fed up with your job? **Quit.** Tired of playing the piano? **Quit.** Bumped to the junior varsity team? **Quit.** But being a quitter is something people usually frown on – or is it?

By Jennifer Walsh  
HEIDELBERG MEDDAC

For Capt. Brian Miller and his wife, Deborah, deciding to quit using tobacco products was an exception to the rule.

"This is the one time in your life it's okay to be a quitter," Deborah said.

The couple, who both graduated from the Heidelberg Medical Activity Wellness Center's tobacco cessation program, were former tobacco users who had picked up the habit again. For Deborah, it was smoking to deal with stressful situations. For Brian, it was a chewing habit he developed when he went to Iraq.

"Going downrange can spark tobacco use," said Richard B. Hoke, the wellness

center's tobacco cessation program manager. "Or peer pressure or even boredom."

Regardless of the reason people start using tobacco, the effects are staggering. According to the American Lung Association, smoking-related diseases claim an estimated 430,700 lives each year. Smoking also costs the United States approximately \$97 billion in health care costs and it is directly responsible for 87 percent of lung cancer cases.

Although the statistics are impressive, Hoke believes it takes more than a few numbers to help someone quit.

"You have to want to quit," Hoke said. "You have to have the willpower to say 'yes, this is for my health.' This course is designed to help that person get the willpower in their system."

Determined to quit using tobacco, the Millers signed up for the five-week tobacco cessation program. "I knew it wasn't good for me that I was having trouble quitting, so I decided to go through the class to make it easier," Deborah said.

The program began with a one-hour orientation session with Hoke. During the session, participants were given a prescription for nicotine replacement therapy.

Nicotine replacement therapy, which is the use of nicotine patches or pills, relieves some of the withdrawal symptoms people usually suffer from when they quit using tobacco products, Hoke said. However, to prevent participants from forming a new addiction to their nicotine replacement products, prescriptions are

closely monitored and limited to a certain time period.

Following the orientation session, the participants met for a one-hour class, once a week, for the next five weeks. The classes covered topics such as studying the habit, building motivation, coping with urges, making a plan, stress management, weight control and relapse prevention. There was also a "quit day" 10-14 days into the program when the group collectively quit using tobacco products.

After the quit day, the class really focused on motivation techniques to help participants stay tobacco-free.

"I was able to use the class as a motivator," Brian said. "I quit, and I wanted to be able to go to class the next week and still be able to say I quit."

Even though the Millers were both using nicotine replacement products and attending the class each week, they said quitting was not easy. They both agreed breaking the habit was one of the hardest parts, although for

Brian the initial withdrawal was also challenging.

"I would say the first week with the nicotine cravings ... I chewed quite a bit so the withdrawals were pretty rough," Brian said. "After that it was just the habit. It gets easier."

To battle their habits, the Millers used techniques they learned in class, such as identifying stressors and changing their routines.

"At lunch, instead of going to sit down (and chew), I'd go to the gym," Brian said. "It's finding ways to circumvent the system."

Now tobacco-free for approximately 50 days, the Millers would recommend the tobacco cessation class to anyone who could use some extra help in the quitting process.

"I think it's easy to think you're going to quit by yourself," Deborah said. "But it's hard to do it without help."

For more information on the health center's tobacco cessation class, contact the Wellness Center at civ. 06221-17-2825.



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## Soldiers required to take foreign language survey by March 15

### USAREUR Public Affairs

U.S. Army officials have announced that all Soldiers have until March 15 to complete a brief one-time self-assessment of their foreign language skills.

The survey is mandatory for active and reserve component Soldiers, according to the Army's Human Resources Command. Army civilian employees are being encouraged, but are not required, to complete the assessment as well.

The mandatory survey complies with a Department of Defense initiative to improve foreign language

expertise and have an accurate assessment of its personnel's language capabilities, Army officials said. The Army will use the results of the survey "to close the data gap between traditional means of recording language capabilities and expertise acquired by other than formal Army/Department of Defense training or testing."

Traditionally, Soldiers' foreign-language capabilities have been assessed by having them complete the Defense Language Proficiency Test, said Lt. Col. Kate Crusan of the U.S. Army Europe personnel directorate.

Crusan said the purpose of the sur-

vey is to identify Soldiers and civilian employees who have language capabilities which may not have been identified by the DLPT that could be put to use on short notice as needed for national defense. The colonel stressed that there is no intent to create additional deployments for any Soldier or civilian employee whose survey results indicate that they are fluent in a foreign language.

Soldiers who meet speaking, reading and writing requirements for specific languages may also be eligible for bonus payments, even if they are not filling positions for which that language

is required, Crusan added.

A portion of the survey allows participants who speak only English to submit that information, according to information on the HRC Web site.

Soldiers can access the self-assessment survey via the HRC site at:

<https://perscomm04.army.mil/lang-surv.nsf/langsurvcntopen?openform>.

Civilian employee can access the survey via MyBiz on the Army's Civilian Personnel Online Web site at [www.cpol.army.mil](http://www.cpol.army.mil).

For more information, contact HRC in Alexandria, Va., at DSN 312-225-7697, civ. 703-695-7697.

## Apply for the Soldier Show by Jan. 22

By Rob McIlvaine and Tim Hipps

FMWR PUBLIC AFFAIRS

ALEXANDRIA, Va. – Jan. 22 is the extended deadline to apply for an audition to join the cast and crew of the 2009 U.S. Army Soldier Show.

Army Entertainment Division needs vocalists, dancers, musicians, technicians and specialty acts for the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier."

"I'd like to look at Soldiers with any kind of talent, including but not limited to comedians, magicians, baton twirlers and gymnasts," said Victor Hurtado, U.S. Army Soldier Show production director.

Hurtado was named production director Dec. 28 after serving one year as military casting and production liaison with the NBC show "Nashville Star," military casting consultant at the NBC show "America's Got Talent," and serving as senior producer and co-host of Operation Rising Star. Currently, he's helping to produce Joyce Dodson's (winner of 2008 "Operation Rising Star") recording in Los Angeles.

Technicians are needed for audio, video, lighting, costuming and stage technology. Performers and technicians with experience in theater leadership, team building, and mechanical or electrical aptitude will also be considered for positions such as stage manager. They must be available Feb. 1-Nov. 30.

In addition, drivers are needed to help keep the U.S. Army Soldier Show on the road. Freightliner trucks and a commercial bus are used to transport the cast, crew and equipment around the country. Active-duty, Reserve and National Guard Soldiers with a valid Class A driver's license are preferred, but applicants with any valid driver's license are eligible for training.

Application instructions and a letter of release sample are available at [ArmyMWR.com](http://ArmyMWR.com) by clicking on Recreation & Leisure, Entertainment, and then U.S. Army Soldier Show.

Vocalists who play musical instruments are ideal candidates for the Soldier Show. Candidates are not required to have musician as their military occupational specialty, but they should be proficient in reading basic lead sheets or chord charts. Singing ability is desired but not required, and additional talents will be evaluated in conjunction with proficiency on the primary instrument, including singing, playing of multiple instruments and dancing.

For more information, contact Sgt. Daren Taylor at civ. 703-380-8879, or [daren.taylor@us.army.mil](mailto:daren.taylor@us.army.mil).

## Police Academy

Mannheim JROTC students gain practical experience

### USAG Mannheim Public Affairs

As part of the Mannheim High School's Junior Reserve Officers Training Corps program, 20 students visited the German Police Academy in Bruchsal Dec. 15.

Beginning the day's schedule with a get-together, the MHS students and the police cadets had the chance to get to know each other and to share information, interests and expectations about what the day would offer them.

With help and support by Karin Roesler, language teacher at the Police Academy Bruchsal, the police cadets were prepared to answer the questions and to escort the JROTC class to several workshops, such as role playing, shooting practice or physical training.

"It's important for the kids to understand that the German police are not an enemy. They need to see the difference to the German law, and this visit is supposed to teach them something," said retired Lt. Col. Robert Molinaro, senior Army instructor, JROTC at MHS.

To concentrate on the educational effect during the visit, Molinaro prepared a spreadsheet with collected questions, which were submitted by the students in advance.

The JROTC program, sponsored by the U.S. Army, is based on leadership and citizenship, which partly concerns the judicial branch.

"In class, we talk about law enforcement, criminal law, civil rights and so on. It helps to understand how the law enforcement in our society works," Mo-



Kevin Wheeler, student of the Mannheim High School's Junior Reserve Officers Training Corps class, volunteers to demonstrate how German police cadets are trained to arrest criminals during a physical training workshop as part of their visit at the Police Academy in Bruchsal Dec. 15.

linaro said.

"It's important to know something about the law of the country you are stationed in," said Toby Klenc, sophomore at MHS. "And the military police as well as the German police work for one thing – to protect people."

In cooperation with the German police department in Mannheim, the police academy in Bruchsal, as well as the military police department on Sullivan Barracks, the JROTC program was able to use the "field trip" as an opportunity to give the students some practical training.

"This visit, especially the

workshops, gave us the opportunity to use the skills we learned theoretically at school," said Steven Carpenter, senior at MHS.

"I believe that the demonstration of the police tactics in dangerous situations gave us more ideas of how to handle a situation that we might not have known how to handle before."

"The students find this visit interesting. They get a view of the German police system and I think it's worthwhile to have this for the kids," said Roesler, who is looking forward to offering this field trip again.

## Frozen ponds: Dangerous fun

IMCOM-Europe Public Affairs

Winter weather conditions are ideal for fun activities, especially for children, but they also can increase the number of accidents.

The Installation Management Command-Europe Safety Office is advising everyone to stay aware while outside and follow the following safety rules when ice skating, sliding or just walking on frozen ponds and lakes:

- Everyone should know, and parents shall emphasize to their children, that the most important safety rule to learn is that there's no such thing as safe ice.
- Never go or skate alone. Children shouldn't be allowed on ponds or lakes unsupervised.
- In Germany, the ice has to be checked and inspected by the local community. It has to have a thickness of 15 centimeters (about 5 inches) before it can be entered. Watch for signs or ask members of the local community if the area is approved. Be aware that conditions might change.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments, or dam structures; the ice is thin around these objects.
- Don't enter ice after dark.
- Don't congregate in one area.
- Stay away from cracks, seams, pressure ridges, slushy areas and darker areas that signify thinner ice.

Other factors that have to be taken into consideration when assessing the strength of ice are:

- Ice is not only subject to temperatures from above but also from constant thawing temperatures from below due to water temperatures in the 40 degree Fahrenheit range (about 4 degrees Celsius).
- Areas where there's any water movement due to either overland runoff or underground springs, and shaded or sunny areas, all lead to freezing and thawing conditions.
- Snow is another contributing factor, as snow cover acts as insulator and ice may actually begin to melt despite freezing temperatures.

## Sweeping through holiday receptions



Sgt. Frank Sanchez

Maj. Gen. Yves J. Fontaine, the commanding general of the 21st Theater Sustainment Command, presents Thomas Scharwatz, a chimney sweep, with a New Year's gift of appreciation at the 21st TSC and U.S. Army Garrison Kaiserslautern New Year's Reception at Armstrong Club on Vogelweh Jan. 8. Each January, the 21st TSC hosts a New Year's reception for local German dignitaries and U.S. military leaders based in Kaiserslautern. For 29 years Scharwatz has been a part of the receiving line, wishing everyone good luck for the New Year. The U.S. Army Garrisons Baden-Württemberg and Heidelberg hosted a holiday reception Dec. 4 at the Patrick Henry Village Pavilion, and U.S. Army Garrison Mannheim is hosting its holiday reception today.

## Zero limit on alcohol for drivers younger than 21

By Robert Szostek

USAREUR OFFICE OF THE PROVOST MARSHAL

Recently enacted German law now prohibits drivers who have not yet reached their 21st birthdays from having any alcohol in their blood system while driving in Germany. The laws include American drivers, either on or off U.S. military installations.

"These drivers will be subject to a fine if caught by German police and will have two points assessed on their licenses," said Lt. Col. Lon Walker, chief of law enforcement operations at the U.S. Army Europe Office of the Provost Marshal. The former €125 fine has doubled to €250, he added.

In addition to the fine, USAREUR will suspend the driving privileges of any Soldier, civilian employee or family member under 21 years of age caught by German police operating a vehicle with alcohol in their bloodstream, PMO officials said. The ban will be 30 days for a first offense, 60 days for a second offense and 90 days for

a third offense.

If military police officers catch anyone younger than 21 driving on a U.S. installation in Germany with alcohol in their blood, the license suspensions will be the only punishment, PMO officials said, but noted that those drivers may also be subject to drunk driving penalties.

Walker said a lack of experience makes younger drivers more likely to have accidents than older drivers. Adding alcohol into the mix compounds the problem, with one small glass of wine raising the odds of a crash sixfold.

He added that "zero limits" for 17- to 20-year-olds are already in place in more than a dozen European countries, as well as in parts of the U.S., Canada and Australia.

Many other fines for driving offenses in Germany have been increased – some doubling – this year.

More information on German driving penalties and fines can be found at the German Federal Ministry of Transport, Building and Urban Affairs Web site at [www.bmvbs.de/en/Transport/Roads-2120/Schedule-of-fines.htm](http://www.bmvbs.de/en/Transport/Roads-2120/Schedule-of-fines.htm).



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Senior Airman Eric Harris

Soldiers from 2nd Special Troops Battalion, 2nd Brigade Combat Team, 4th Infantry Division prepare to clear local routes on Camp Echo, Iraq, Jan. 3. The Soldiers look for improvised explosive devices and other hazards to make the routes safer for other convoys.



Courtesy of U.S. Bobsled and Skeleton Federation

U.S. Army World Class Athlete Program bobsledder Pfc. John Napier (right) and Cory Butner (left) get set to push off during one of four heats in the Two-man U.S. National Bobsled Championships in Lake Placid, N.Y., Jan. 3.



Lance Sgt. Bryan G. Coffey

(Left) Staff Sgt. Derrick Brooks, who serves with 741st Military Intelligence Battalion, Fort George G. Meade, Md., stood in for President-elect Barack Obama during a practice inaugural ceremony held Sunday.

(Right) Sgt. Tyler Barriere from Ithaca, N.Y., assigned to Headquarters and Headquarters Company, 2nd Special Troops Battalion, 2nd Brigade Combat Team, 4th Infantry Division congratulates his dog, Buddy, a military working dog, after finding a training aid during a training mission on Camp Echo, Iraq, Jan. 6.

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Senior Airman Eric Harris

## MEDICAL RECORDS

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spent on reviewing medical records and increasing the amount of time available for patient care.

Before, Le would dictate his inpatient surgery notes into a telephone recording machine and wait two to three days for them to return from a transcribing service that costs about 17 cents per line.

Reviewing and signing notes for 10 patients could take as long as one hour to complete, and even longer if changes or corrections are made. For outpatient visits, Le typed the visit details into the Armed Forces Health Longitudinal Technology Application, the military electronic medical record.

But with speech recognition software, Le can dictate notes into a microphone attached to a mobile laptop and watch as his words appear on-screen almost instantaneously.

Changes are made on the spot and the record is signed electronically. Inpatient records are then electronically stored locally and outpatient records are sent to the AHLTA clinical data repository where they remain on file for other medical facilities to access.

For patients seeking further treatment with a provider who doesn't have access to the records electronically, such as a patient referred to a specialist on the local economy, Le said records dictated with Dragon Medical provide a more detailed patient record to be printed and hand-carried to the appointment.

Le can record patient notes anywhere in the hospital with his remote laptop thanks to wireless connectivity installed at LRMC about three months ago. Doing so allows patients to see and hear what's being logged into their medical file, allowing further opportunities for on-the-spot changes or corrections.

"Patients can become more involved in their medical care, and this is the way it should be," Le said.

While speech recognition software has long been used by radiologists, the technology is now accurate enough to expand to other medical disciplines. A pilot program at the Heidelberg Medical Department Activity demonstrated the capabilities of speech recognition to enhance care documentation in the primary care and orthopedic departments.

Maj. Gen. David Rubenstein, the Army deputy surgeon general, was impressed by the Heidelberg

pilot program results and recommended expansion of the program throughout the Army Medical Command.

As a result, 10,000 copies of the speech recognition software were purchased by the Surgeon General's office and distributed to 42 facilities worldwide. The system should pay for itself in less than a year because of savings such as transcription fees.

Speech recognition software is currently being deployed throughout the European Regional Medical Command and should be fully implemented by summer. In addition to the software deployment, the initiative also includes nine trainers to help field the system, said Dr. Bob Walker, a Heidelberg MEDDAC physician and the ERMCA AHLTA consultant. Having trainers on hand helps ease any apprehensions about learning the new system.

Le said speech recognition adds a new instrument to his medical toolbox.

"Incorporating current technology into clinical practices is part of our culture," Le said. "Medicine is always going to change and we need to keep with the changing times. This is just a natural extension of that."

## FUTURE

continued from page 1

PEO Soldier's objective is two-fold: develop the best gear and field this gear as quickly as possible, thus making the Soldiers the best equipped, best protected and most lethal.

Some of the display highlights will include:

- Interceptor Body Armor with Improved Outer Tactical Vest and associated plates
- Advanced Combat Helmet with ballistic protective nape pad and helmet sensors
- Electronic Data Manager, a light, portable, touch-screen kneeboard computer
- Generation III Extended Cold Weather Clothing System
- Thermal Weapon Sights, Generation II
- Enhanced Night Vision Goggle and the Sniper Night Sight
- XM25 25mm Counter Defilade Target Engagement System
- Lightweight .50 Caliber Machine Gun
- M26 12-Gauge Modular Accessory Shotgun System.

In the past Soldiers were outfitted with one piece of equipment at a time.

Little or no regard was given to how the individual pieces work together, according to the PEO Soldier Web site at [peosoldier.army.mil](http://peosoldier.army.mil).

PEO Soldier, on the other hand, looks at Soldiers as systems.

This new concept evalu-

ates how each piece of equipment works together; everything a Soldier wears or carries is part of an integrated system.

As a result, Soldiers are now better equipped and protected, redundancies in equipment have been eliminated and levels of effectiveness and comfort have been increased, according to the PEO Soldier Web site.

The Interceptor Body Armor illustrates this concept. Initially, it was designed to be worn over the Soldier's Army Combat Uniform.

In response to feedback from Soldiers saying that wearing IBA that way created bulk and produced heat stress, PEO Soldier engineers, in cooperation with their industry partners, designed the long-sleeve Army Combat Shirt.

The flame resistant shirt has sleeves similar to the FR ACU and a cool, moisture wicking fabric over the torso areas covered by the IBA. Thus by reducing heat stress, Soldiers' comfort is improved and mission effectiveness is increased.

At the Kaiserslautern display, visitors also can preview the new Army Service Uniform, which is to be available in military clothing stores by next summer. Soldiers will be required to have it by the end of fiscal 2014, according to the PEO Soldier Web site.

Visit the PEO Soldier display to see it and the future of the Army.

## SFAC

continued from page 1

Christina Callaghan, U.S. Army Garrison Heidelberg Army Community Service director, said Menard's background and experience help contribute to the success of the SFAC.

Before becoming the Heidelberg SFAC coordinator, Menard worked as an ACS/SFAC director at Fort Benning, Ga.

"Dennis is able to see the big picture and thus is adept at coordinating SFAC services for the Heidelberg, Mannheim and Stuttgart region," Callaghan said.

The SFAC is a part of ACS and is a one-stop service access location for warriors in transition and their families. The SFAC's trained staff is available to provide guidance, assistance, information and referrals for social services, employment, and education services, as well as other support agencies to help facilitate the recovery of a warrior in transition.

That includes an SFAC specialist to help make appointments and provide priority service, an educational guidance counselor for helping with continuing education, and a human resources specialist who can provide guidance on in- and out-processing, Army personnel matters, promotions, orders, and VA benefits. He said all of his staff is fully trained and can recognize what Soldiers need and ensure that their needs are met.

"We know what we see – that this Soldier or family

member needs extended care and we know exactly where to refer that person to because of our background and training," he said. "We are able to recognize what the symptoms mean and who could best treat those symptoms."

The Heidelberg SFAC opened in January 2008, celebrated its grand opening in April and has been going strong since day one. Menard arrived in April and quickly stepped up to the myriad of duties his job entails.

"What I have to do every day basically is program oversight," he said. "We get involved in making sure their appointments are fluid."

"If there is a problem with housing I'll step in; if there's a problem with transportation, I'll step in to make sure the Soldier is getting the proper service quickly."

Menard said when Soldiers are assigned to the WTU and seek the SFAC services, no one knows how long the time with them will be, so they make sure to work as quickly as possible to get everything finished as soon as the Soldier needs help.

They work with Soldiers and family members here, but also take it one step further by sending letters and information to family members who may be far away from their Soldiers.

"The SFAC is great in that it is a one-stop resource and service center for WTU Soldiers and their families," Callaghan said. "No one likes to get the runaround, and the SFAC is

the place where WTUs get the priority service they deserve. (Menard) had first-hand experience with many of the problems that the Soldiers are experiencing and can set them in the right direction."

Menard admits his job is very satisfying. He said his favorite part will always be seeing the success stories.

"Seeing a Soldier come in, with various illnesses and injuries, and seeing him get treated and get on the healing path and go back to active duty," is the best part of the job, Menard said. "Most of our Soldiers return to active duty fully productive, and that's what I like to see."

When Soldiers do leave, Menard ensures they have a plan for the future and the tools to succeed.

The SFAC's vision is to foster self-reliance in the WTU Soldiers – so they can focus on their mission to heal. But it's not just people advocating for them.

The SFAC itself is a place the Soldier can go to heal in his own way – by talking about things or even relaxing in the SFAC lounge, watching television, or taking a class on the Internet.

"It's satisfying to see a Soldier heal; it's satisfying to see a Soldier return to duty, fully productive and can continue on in his field," Menard said. "These Soldiers have a lot of valuable experience. My satisfaction is making sure we provide the very best service we can ... to help that Soldier through the healing process."



# AUTO AND TECHNIK MUSEUM SINSHEIM

Situated directly along the Autobahn A6 between the "Sinsheim" and "Sinsheim - Steinsfurt" exits drivers can see the Auto and Technik Museum Sinsheim.

Where 25 years ago farmers raised their crops, now is Europe's largest private museum.

It was created without any federal or regional funding and offers 30,000 square meters of exhibition halls and 2,000 parking spots.

The museum even has its own train stop along the track between Heilbronn and Heidelberg.

Every year the exhibitions and the modern IMAX theater draw more than 1 million visitors. They come not only from all over Germany, but also from abroad to admire the more than 3,000 exhibits.

The museum was opened in 1981 and is one of the most important tourist attractions in Baden-Württemberg.

Besides the permanent exhibitions, the museum is also well-known for its numerous special showings.

The elite of Formula 1 are exhibited in the Sinsheim museum via a separate and special exhibition. The proximity to Hockenheim makes it easy for Formula 1 fans to come and admire their dream cars up close.

The large collection of airplanes demonstrates the history of aircraft beginning with Hübner's monoplane from 1912 to modern jet planes.

There are also many rare pieces among the automobiles and motorcycles, like Lamborghini, Maybach, Rolls-Royce, Mercedes, Bugatti and

many other brand names, 300 of them, most of them fully functional.

The latest acquisition is the legendary Concorde SST, which sits on the museum roof next to the Russian competitor, the Tupolev 144 SST. They sit side by side since March 2004 and can both be accessed and viewed.

A special attraction is the IMAX 3D movie theater with 350 seats and a 600 square meter screen. State of the art 3D projector technology brings the audience right into the action.

The museum also houses two restaurants, a bistro, a souvenir shop and a large playground to keep the younger visitors happy.

In 1992 the world forum of automobile museums took place in Sinsheim. Before that it took place in Cleveland, Ohio.

For additional information, call civ. 07261-92990 or visit [www.technik-museum.de](http://www.technik-museum.de).  
SOURCE: [www.technik-museum.de](http://www.technik-museum.de)



## GERMAN COOKING

### Lübecker Makrönchen

#### Ingredients:

- 6 ounces grated coconut
- 5 egg whites
- 14 ounces marzipan
- 9 ounces confectioners' sugar
- Grated rind of 1/2 lemon
- Butter
- 1 ounce sugar
- Candied cherries
- Chocolate coating

#### Preparation:

- Gently brown the coconut in a frying pan without oil or fat.
- Beat the egg whites until stiff.
- Crumble the marzipan and mix with half of the of the sieved confectioners' sugar and fold into the beaten egg whites.
- Add the coconut, lemon peel and the rest of the confectioners' sugar and mix into a gooey consistency.
- Spoon the mixture into a piping bag and pipe it walnut-sized onto a greased baking tray. Sprinkle with sugar and bake in a preheated oven at 320 degrees for 20 minutes.
- Cool on a wire rack and decorate with candied cherries and melted chocolate.

SOURCE: [www.germanfoods.org](http://www.germanfoods.org)



### DEAR MS. Vicki

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

#### Dear Ms. Vicki,

Can you help us convince our 25-year-old son to join the Army? We know it's the only option for him to have a better life for himself.

He has been jumping from job to job and already has two children he can barely support.

My husband and I were both in the Army even though neither one of us retired. We can both kick ourselves that we both took severance pay back in the 90s and got out. We can hardly make it sometimes financially, and with the current economy

it's getting harder. We would both be so much better off if we had retirement checks to depend on.

We are trying to get our son to get this picture, but he just doesn't get it. We tell him he could have free medical care for himself and for his children. The pay won't be much, but at least it's a steady income until he can start making rank.

The only thing our son is worried about is the war. He says he won't do it because he will have to go to Iraq and Afghanistan. He also keeps referring to some of his classmates who have returned injured.

I think all of this is isolated, and he should not let this keep him from joining. He should only be focusing on the fact that he is working three jobs and one of them is a job as a waiter working for tips. He has no health care insurance either.

I know you are the spouse of a Soldier, and I hear you have children, too. Are you children in the military? How can we convince our son to enlist?

From: I Want My Son to Soldier  
**Dear Soldier,**

Serving your country is an honorable decision. I genuinely admire every service member, both male and female. They truly sacrifice much for our country, and I am grateful.

I think the current experiences of our service members are very real and not isolated. Three and four (plus) deployments must be very taxing on the service members and their families. The deployments can have mental and emotional aspects that affect everyone.

Furthermore, there are thousands who have returned injured. I know deployments are only one aspect because there are some benefits. However, to your son, this is paramount to him. The bottom line is, it's his decision. You can't force him, OK.

I work with many service members who regret their decision to join after their bonus has been spent and when they got deployment orders. Some don't think it's fair and they want to go AWOL or want the military to let them out honorably. This won't happen.

Your son won't be in this situation because he doesn't want to join. Talk to him about seeking a professional trade at the local community college or even considering working toward a degree.

I agree with you, it appears that your son is on a merry go round and he needs to get off. However, the decision of what to do with his life must be his.

## Add one positive fitness change at a time in 2009

By Chris Halagarda

U.S. NAVY FITNESS AND PERFORMANCE ENHANCEMENT DIETITIAN

FORT LEE, Va. — I love the quote, "A year from now, you'll wish you started today." What do you wish you could have started a year ago?

For many folks, New Year's means yet another resolution to start an exercise program, eat healthy and lose weight. If this rings true to you, try making a small change to your lifestyle in 2009 that, although it won't put you on the cover of a fitness magazine, will help you feel better, look better, function better and make you healthier.

One of the first things I like to suggest to folks is to add to your diet. Don't get preoccupied with what you can't have, but focus instead on what you can have. Remember, you can find all of the following items in your local commissary at savings of 30 percent or more. Start by adding one or two of these ideas to your diet or lifestyle:

**Add fruits and vegetables.** Promise yourself you will eat five servings of fruit and vegetables every day. By filling up on the extra fiber and water, you should eat less food the rest of the day and hopefully lose weight.

Worst case is that you don't lose weight, but you will be much healthier because of all the additional vitamins and minerals in fruit and veggies.

**Drink tea.** Green, black, flavored, any kind of tea. Teas are loaded with antioxidants, flavanoids, vitamins and minerals and may help prevent tumors and promote weight loss.

Much more research needs to be done to pinpoint all the benefits of tea drinking, but there are very few downsides to drinking it.

**Spice it up!** Don't let a meal go by without sprin-



gling some type of herb or spice on it. Sprinkle cinnamon on oatmeal; garlic powder on salads; paprika on hummus; chili powder, onion, pepper, dry mustard and cayenne into chili.

**Don't hesitate to try new spices.** There are so many great flavors with so much nutritive value and best of all they don't have many or any calories! Every time you go to the commissary, try a new spice.

**Drink more water.** Aim for about half your body

weight in fluid ounces each day. If you weigh 120 pounds, you should consume about 60 fluid ounces of water per day.

Keep in mind, water-dense foods such as fruits and vegetables will contribute to this total and high levels of physical activity will increase daily fluid needs above this amount.

**Add calcium.** Aim for 1,000-1,200 milligrams of calcium each day. This is equivalent to three to four, 8-ounce cups of milk, preferably low-fat milk, each day. Not only will calcium help keep bones and teeth strong, but it may also help with weight loss.

Dietary supplements may provide some benefit, but try to reap the rewards of low-fat milk's muscle-building protein and health-promoting vitamin D. Don't like milk? Try low-fat yogurt, soy milk or low-fat cheese to get more calcium.

**Add steps.** Get a pedometer and shoot for 10,000 steps a day or, for a more practical approach, record how many steps you take each day for seven days. Divide that total by seven and try to go above and beyond that number each day.

For example, if you average 5,000 steps a day, try to reach 5,500 steps every day of the following week, then 6,000 steps the next week. Ultimately, you want to achieve and maintain 10,000 steps each day.

For more information about making healthy choices, visit "Ask the Dietitian" on [www.commissaries.com](http://www.commissaries.com) and post your questions on the DeCA Dietitian Forum.

Be sure to look for other useful information in the Dietitian's Voice archive. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the "Commissary Connection."



**Twilight**

This week's blockbuster is "Twilight," ladies and gentlemen.

It is no surprise that this movie was a huge success stateside. With a huge fan base from the book series, "Twilight" was destined to succeed.

I won't lie, I have never read any of the books in the series, and normally I would have a better knowledge of a film with such a following, but the closer it came to release,

the more I tried to learn. By the release date I found myself actually pretty anxious to see how it played out.

The movie stars Kristen Stewart as Bella Swan and Robert Pattinson as Edward Cullen (yes, Robert Pattinson, girls go crazy for him apparently).

So girl meets boy, boy ends up being vampire, yadda yadda yadda, but this movie is cool. The action sequences are really cool, and just getting a chance to watch a vampire in action is always a blast in my opinion.

I felt the movie lived up to the expectations of fans, and from what I've read, it was widely well received by its loyal fan base. The movie is a good date movie and even kids will get a kick out of it. It's got a PG-13 rating, so the young ones could tag along, too.

Go check it out folks; you won't be disappointed. ("Twilight" opens in AAFES theaters next week).

**GET OUT!**  
area events

**January 15**

**DoDDS-E Jazz Concert Series** – The DoDDS-Europe Jazz Seminar 2009 concludes with three concerts. Students from around Europe will perform at the Heidelberg High School Theater, 2:30 p.m. Jan. 15; the Portland-Forum in Leimen, 7 p.m. Jan. 15; and at the Mannheim High School, 10:30 a.m. Jan. 16.

**January 16**

**Thoroughly Modern Millie** – Taking place in New York City in 1922, "Thoroughly Modern Millie" tells the story of young Millie Dillmount, who has just moved to the city in search of a new life for herself. It's a New York full of intrigue and jazz – a time when women were entering the workforce and the rules of love and social behavior were changing forever. Performances at the Roadside Theater on Patton Barracks in Heidelberg at 7:30 p.m. Jan. 16, 17, 23 and 24 and at 3 p.m. Jan. 18. Reservations: Roadside Theater, DSN 373-5020, civ. 06221-175020, or [www.roadsideheater.com](http://www.roadsideheater.com).

**January 17**

**NAACP to honor King** – The Rhein Neckar branch of the NAACP is sponsoring its 23rd Annual International Commemoration program honoring Dr. Martin Luther King Jr. at 5 p.m. at the Providenzkirche, 90A Hauptstrasse in Heidelberg. Keynote speaker is Dr. Hubert J. Locke, and the theme is "History and Hope." DSN 370-8004, civ. 0162-296-0030, [emily.gourdine@eu.dodea.edu](mailto:emily.gourdine@eu.dodea.edu).

**Auerbach Castle Knight's Meal** – Enjoy a feast at the medieval castle Auerbach. Spend three hours savoring a five-course meal and unlimited beverages. During dinner, enjoy the revelry of medieval times and animated period music. The castle is located off A5 between Heidelberg and

**Upcoming concerts and events**

Let the USO do the leg work for you. Order your tickets from the USO center and they'll call you when they come in.  
SAP Arena:  
• Afrika! Afrika! – From Feb. 10  
• Tina Turner – Feb. 20 (added show, tickets moving fast)  
• Die Adler (home games)

Darmstadt. USO DSN 385-2082, [www.uso.org/rheinneckar](http://www.uso.org/rheinneckar).

**January 18**

**Caracalla Thermo Baths** – Enjoy the hot springs, which bubble beneath Baden-Baden. The Caracalla Thermo is a state-of-the-art thermal and sauna environment, where you can relax completely. Choose between the pool, sauna, solarium (tanning beds), inhalation or the aroma steam bath or try them all. USO DSN 385-2082, [www.uso.org/rheinneckar](http://www.uso.org/rheinneckar).

**January 19**

**Live Music Monday** – Listen to Smice (easy jazz) starting at 9 p.m. at the Print Media Lounge on Kurfürstenanlage near the main train station in Heidelberg. Civ. 06221-653949, [www.printmedialounge.de](http://www.printmedialounge.de).

**January 20**

**Discussion: Are Relations Between Men and Women More Complicated Than They Once Were?** – The general public is invited to participate in the English-language discussion group in the Deutsch-Amerikanisches Institut library (Sofienstrasse 12, Heidelberg) starting at 6 p.m. free of charge. Discussions are led by Dr. Steven Bloom. Civ. 06221-60730, [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

**January 24**

**Swingadje** – Experience the acoustic sounds of swing, Latin and jazz at Jazzhaus Heidelberg located at Leyergasse 6 starting at 9:30 p.m. [www.jazzhaus-hd.de](http://www.jazzhaus-hd.de).

**Paris Express** – Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. USO DSN 385-2082, [www.uso.org/rheinneckar](http://www.uso.org/rheinneckar).

**January 30**

**Cabaret Dinner Theater** – The Roadside Theater and Off Main Street Theatre present a cabaret/dinner theater "What is This Thing Called Love?" performed by Jeanne Ragonese, which celebrates that wonderful, funny, romantic, heartbreaking, ridiculous 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.) Jan. 30-31 and Feb. 6-7 and 3 p.m. Feb. 1 (cabaret only). Reservations: DSN 373-5020, civ. 06221-175020, or [www.roadsideheater.com](http://www.roadsideheater.com).

**January 31**

**Les Artmann Group** – Experience the sounds of this Mannheim Latin jazz band at Jazzhaus Heidelberg located at Leyergasse 6 starting at 9:30 p.m. [www.jazzhaus-hd.de](http://www.jazzhaus-hd.de).

**February 1**

**Super Bowl Party** – Head to the Kazzbra Club in Kaiserslautern to watch the Super Bowl. Doors open at 9 p.m.; kick-off is at midnight. \$7.50 for tickets purchased before Feb. 1; \$10 at the door. Buffet included. DSN 493-4344.

coming to  
**THEATERS**



**Gran Torino**

(Clint Eastwood, Christopher Carley) Retired auto worker Walt, an iron-willed veteran living in a changing world, is forced by his immigrant neighbors to confront his own long-held prejudices. The people he once called his neighbors have all moved or passed away, replaced by Hmong immigrants, from Southeast Asia, he despises. Resentful of virtually everything and everyone he sees, Walt is just waiting out the rest of his life, until the night his teenage neighbor tries to steal his prized '72 Gran Torino. Rated R (language throughout, violence) 122 minutes.

**PLAYING THIS WEEK**

**Heidelberg, Patrick Henry Village**

Jan. 15 - CHANGELING (R) 7 p.m.  
Jan. 16 - NOTORIOUS (R) 6:30 p.m.; GRAN TORINO (R) 9:30 p.m.  
Jan. 17 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 2 p.m.; GRAN TORINO (R) 5 p.m.; NOTORIOUS (R) 9:30 p.m.  
Jan. 18 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 2 p.m.; NOTORIOUS (R) 5 p.m.  
Jan. 19 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 20 - SOUL MEN (R) 7 p.m.  
Jan. 21 - NOTORIOUS (R) 7 p.m.; GRAN TORINO (R) 9:30 p.m.  
Jan. 22 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 7 p.m.

**Mannheim, Schuh**

Jan. 15 - BEDTIME STORIES (PG) 7 p.m.  
Jan. 16 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
Jan. 17 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 2 p.m.; MADAGASCAR: ESCAPE 2 AFRICA (PG) 5:30 p.m.; SOUL MEN (R) 8 p.m.  
Jan. 18 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 2 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 4:30 p.m.  
Jan. 19 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 20 - SOUL MEN (R) 7 p.m.  
Jan. 21 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 22 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.

**Vogelweh, Galaxy**

Jan. 15 - SAW V (R) 7 p.m.  
Jan. 16 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 3:30 p.m.; GRAN TORINO (R) 7 p.m.; NOTORIOUS (R) 10:30 p.m.  
Jan. 17 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 11 a.m., 3 p.m.; GRAN TORINO (R) 7 p.m.; NOTORIOUS (R) 10:30 p.m.  
Jan. 18 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 11 a.m., 3 p.m.; GRAN TORINO (R) 7 p.m.  
Jan. 19 - SOUL MEN (R) 7 p.m.  
Jan. 20 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 21 - NOTORIOUS (R) 7 p.m.  
Jan. 22 - QUANTUM OF SOLACE (PG-13) 7 p.m.

**Ramstein, Hercules**

Jan. 15 - SEVEN POUNDS (PG-13) 7 p.m.  
Jan. 16 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 17 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 7 p.m.  
Jan. 18 - SOUL MEN (R) 7 p.m.  
Jan. 22 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.

**Ramstein, Nightingale**

Jan. 15 - BEDTIME STORIES (PG) 7 p.m.  
Jan. 16 - HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3:30 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.; QUANTUM OF SOLACE (PG-13) 10:30 p.m.  
Jan. 17 - HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.; 10:30 p.m.  
Jan. 18 - HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
Jan. 19 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 20 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.  
Jan. 21 - QUANTUM OF SOLACE (PG-13) 7 p.m.  
Jan. 22 - SOUL MEN (R) 7 p.m.

**THEATER INFORMATION**

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

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

## community HIGHLIGHTS

### Education Center Survey

Army Education Centers in Heidelberg, Kaiserslautern and Mannheim are conducting a needs assessment survey through Feb. 13. The survey can only be accessed from a .mil computer, and customers can also take the survey when visiting their local education centers. The Web site is <https://secureweb.hqda.pentagon.mil/HQDASurveys/Surveys/TakeSurvey.aspx?3=-cc678b96df04446b8c3668187d51da78>. DSN 493-2592, civ. 0631-3406-2592.

### U.S. Forces POL Authorization Form

The U.S. Forces Customs offices in Mannheim and Heidelberg will issue AE Form 550-175L for obtaining a Short Term Fuel Card only during normal business hours. The MP stations in Mannheim and Heidelberg will issue this form on a 24/7 basis.

### UMUC Early Registration

University of Maryland University College Europe early registration for Spring Session 1 runs through Jan. 16. Contact your localUMUC field representative or visit [www.ed.umuc.edu](http://www.ed.umuc.edu). Also, \$100 Orkand Family Military Book Awards are still available for active-duty service members. To apply, go to <https://www.umuc.edu/orkand/bookaward.shtml>.

### Technology Expo

Head to the Campbell Barracks Fitness Center in Heidelberg 10 a.m.-2 p.m. Jan. 27. More than 30 exhibitors are scheduled to attend this event hosted by the 2nd Signal Brigade.

### Lean Six Sigma Orientation Course

All DoD employees are invited to attend training Jan. 20 designed to provide insight into the Army's Continuous Process Improvement initiative and Lean Six Sigma. The one day, interactive training employs hands-on simulations and exercises to help students understand how their organizations and employees can benefit. Held at Hammond Barracks, Seckenheim. <https://www.atrs.army.mil/channels/chrtas/default.asp?page=main.asp> or DSN 370-7811, civ. 06221-57-3530.

### Consolidated Mail Rooms

Patrons are reminded to out-process with their serving consolidated mail room before departing the area. Failure to do so may result in delayed mail.

## local EMPLOYMENT

### Job Fair

The Mannheim and Heidelberg communities will host a Career Fair in Mannheim at the BFV Sports Arena (Benjamin Franklin Village, Bldg. 736), 10 a.m.-3 p.m. Jan. 31. There will be presenters from Family and Morale, Welfare and Recreation, Child and Youth Services Division, DoD contractors, DOD recruiters, universities and more. Companies interested in participating in the Career Fair can still reserve a place and should call DSN 385-3101, civ. 0621-730-3101.

### Bookkeeper

The Mannheim Thrift Shop is currently accepting applications for bookkeeper. The position is 20 hours per week. Stop by the Mannheim Thrift Store, Bldg. 235, Sullivan Barracks, to pick up an application.

### KAISERSLAUTERN Education

• **ACS Classes and Events** – Reservations are required for most classes Managing Your Assets, 9 a.m. Jan. 20; Basic Training for Parents, 10 a.m. Jan. 20; Resumix, 1 p.m. Jan. 20; TEACH Group Meeting, 6 p.m. Jan. 20; Newcomers' Orientation, 9 a.m. Jan. 21-22; AFTB Level 2 Training, 8:30 a.m. Jan. 22; Resumix, 9 a.m. Jan. 22; HUGS Playgroup at Kids' Zone, 10 a.m. Jan. 22; Interview Skills and Dress for Success, 1 p.m. Jan. 22; Kaiserslautern City Tour, 9 a.m. Jan. 24; Stress and Anger Management, 10 a.m. Jan. 26; Smooth Moves for Your PCS, 1 p.m. Jan. 26; Couples' Communication, 6 p.m. Jan. 26. DSN 493-4203, civ. 0631-3406-4203, [www.mwgermany.com/kl/acs](http://www.mwgermany.com/kl/acs).  
• **New Parenting Skills Group** – ACS and Vogelweh Elementary Schools are hosting a new Parenting Skills Group that will meet on the first Wednesday of each month. Child care is provided, and there is no fee to attend. [Patricia.Ash@eu.dodea.edu](mailto:Patricia.Ash@eu.dodea.edu).  
• **CSB Briefing** – The Kaiserslautern Transition Center hosts a briefing on Career Status Bonus Jan. 21 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0631-411-7071.  
• **Pre-Separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Feb. 3 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. DSN 483-7071, civ. 0631-411-7071.

• **Town Hall** – The Army's senior mission commander in the KMC and the USAG Kaiserslautern commander host a town hall meeting 6-8 p.m. Jan. 29 at the Kaiserslautern Community Activities Center on Daenner Kaserne. DSN 493-4241.  
• **American Legion Meeting** – Post GR01 will hold a meeting 6:30 p.m. Jan. 20 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, [wardtrans@yahoo.com](mailto:wardtrans@yahoo.com). [www.ktownamericanlegion.org](http://www.ktownamericanlegion.org).  
• **BOSS Meeting** – Better Opportunities for Single Service members meet 1 p.m. Jan. 22 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.  
• **OCS Board** – The next Officer Candidate School board is March 3-6. Enrollment packets must be turned in by Feb. 15 by appointment only to the garrison's Directorate of Human Resources, Room 102 in Bldg. 2933 on Pulaski Barracks. [https://www.hrc.army.mil/site/active/opdistacc/ocs\\_appl.htm](https://www.hrc.army.mil/site/active/opdistacc/ocs_appl.htm) or [mich.holtzman@eur.army.mil](mailto:mich.holtzman@eur.army.mil).

• **Prayer Breakfast** – The Chaplain's Office hosts the 2009 National Prayer Breakfast 7-8:30 a.m. Feb. 5 at the Community Activities Center, Bldg. 3109 on Daenner Kaserne. Tickets can be purchased from the garrison Chaplain's Office, Bldg. 2919 on Pulaski Barracks. DSN 493-4098, civ. 0631-3406-4098.  
• **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.  
• **Kleber Clinic Relocates** – The U.S. Army Health Clinic, Bldg. 3287 on Kleber Kaserne, has relocated to a modular and temporary facility, 100 meters in front of its normal location. During the renovation, phone numbers and hours will remain the same. DSN 483-6256, civ. 0631-411-6265.

### HEIDELBERG Education

• **ACS Classes and Events** – Bring-in Baby Home, 1-4 p.m. Jan. 15; FRG/FRL/FRSA Training, 9 a.m. Jan. 16; EFMP Coffee Group, 9:30 p.m. Jan. 16 at Java Café; Resume Writing, 9 a.m.-noon Jan. 20; Reintegration, 9 a.m. Jan. 20; PCS Briefing, 12:30-3 p.m. Jan. 20; EFMP Support Group - Speaker: Topic: Sibling Concerns, 6:30 p.m. Jan. 20 at PHV CDC; English as a Second Language classes are offered at various times throughout the week. Now registering for Nurturing Parenting Classes, for parents of children ages 0-12 yrs. Classes (10 sessions) begin in February. Free child care is available. DSN 370-6883, civ. 06221-57-6883.  
• **HR for Supervisors** – CPAC will be offering an HR for Supervisors course Jan. 26-30. Register through CHRTAS for course code XBAHRS, class C44 at <https://www.atrs.army.mil/channels/chrtas/default.asp>.

• **Babysitters Training** – CYSS offers a three-day 4-H Babysitters Training and Red Cross CPR/First Aid Certification Course 9 a.m.-1 p.m. Jan. 17; 9 a.m.-4 p.m. Jan. 23; 9 a.m.-noon Jan. 31. DSN 388-9377, civ. 06221-338-9377.  
**Community**  
• **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.  
• **Community Support Center Gate Change** – Starting Jan. 15, the entrance to the Community Support Center will temporarily change due to the installation of a new force protection barrier system.

The new TEMPORARY entrance will be the Sixt Car Rental Gate. Those needing a "manual look-up" or needing to sign-in guests will make the left before the Sixt Car Rental Gate and park in the provided parking area. The exit for the Community Shopping Center will remain the same.

• **Military History Circle** – Meeting 7 p.m. Jan. 15 at the Rod and Gun Club. [sissonwe@isp.gds.net](mailto:sissonwe@isp.gds.net).

• **MLK/Inauguration Party** – Alpha Phi Alpha Fraternity Inc. is hosting a MLK/Inauguration Party at 4:30 p.m. Jan. 19 at the Hotel Zagreb in Schwetzingen. DSN 377-4508, civ. 0179-536-2115.

• **International Wandering Club** – Join the HIWC at the following volksmarches: Jan. 17-18, Waldangelloch; Jan. 24-25, Seibersbach; Jan. 25, Horrhelm. Bus trip to Rotheburg ob der Tauber Feb. 28. [www.hiwc.de](http://www.hiwc.de) or [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **Real World Career Fair** – The "Real World" community partnership program for parents and students in grades 7-12 will host medical providers from HMEEDAC, 30th Medical Command and DENTAC 4-6 p.m. Jan. 25 at Heidelberg Middle School. Workshops also will be offered: FAESA College Application and Financial Aid Process, Portfolio Planning, Essay Writing, and FastWeb College Scholarship Search. DSN 388-9377, civ. 06221-338-9377 or [Barbara.Abeje@eur.army.mil](mailto:Barbara.Abeje@eur.army.mil).

• **Seventh-Day Adventist Services** – The congregation moved from Tompkins Barracks Chapel to the Nachrichten Kaserne Chapel effective Jan. 10. Service starts at 10:30 a.m. with fellowship and potlucks every Saturday at 12:30 p.m. Times for Bible studies will be announced at a later date. DSN 370-7233, civ. 06221-677312.

• **Sunday Brunch** – German American brunch buffet 10 a.m.-2 p.m. Jan. 25 at the Patrick Henry Village Pavilion. Cost is \$17.50 for adults, \$8.75 for children 6-11. Reservations required. DSN 388-9098, civ. 06221-338-9098.

• **Mass in Spanish** – Mass will be held 6:30 p.m. Jan. 17 at Mark Twain Village Chapel. Choir practice is at 5:15 p.m. Join us for a "surprise" dinner after mass. Civ. 06221-751859, evening: day 0177-6748-775.

• **Tax Relief Office Closure** – Heidelberg Tax Relief Office will be closed Jan. 23 to move office space. All services will resume in the same location, (Village Pavilion) Jan. 26.  
• **AFAP Conference** – Submit issues for the 2009 Army Family Action Plan Conference by Feb. 1. [www.mwgermany.com/HO/acs/afap.htm](http://www.mwgermany.com/HO/acs/afap.htm) to submit forms electronically or stop by Army Community Service. The AFAP Conference will be 8:30 a.m.-5 p.m., Feb. 11-12, at the Patrick Henry

Village Pavilion. Volunteers needed. DSN 370-6883, civ. 06221-57-6883.

• **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** – Interview Skills, 10-11 a.m. Jan. 16; Resume Writing, 10-11 a.m. Jan. 21; Sponsorship Training for Leaders, 3-4 p.m. Jan. 21; Family Readiness Group Key Caller and POC Training, 5:30-7:30 p.m. Jan. 22; English as a Second Language, 9-11 a.m. Jan. 21 and 23 and 6-7:30 p.m. Jan. 20 and 22; Installation Volunteer Orientation/ Training 1-2 p.m. and 3-4 p.m. Jan. 21; Levy and Out-processing Briefing 1-2:45 p.m. Jan. 20; Mom and Me Play Group 10 a.m.-noon Jan. 21; Hearts Apart: Support Group for Waiting Spouses and Family Members of Deployed Soldiers, 11:30 a.m.-1 p.m. Jan. 21, Hearts Apart Support Group Brownbag Workshop, 11:30 a.m.-1 p.m. Jan. 21. DSN 385-3101, civ. 0621-730-3101.

• **FAST Course** – Sullivan Barracks Education Center will offer a Functional Academic Skills Training course 8 a.m.-noon Jan. 26-Feb. 17. FAST attendance can reinforce basic math and reading skills resulting in improved general technical scores for reclassification and/or re-enlistment purposes. DSN 385-2053, [john.a.kay@us.army.mil](mailto:john.a.kay@us.army.mil).

• **Beginner's German** – The Sullivan Barracks Education Center will offer a beginner's German language class Jan. 19-March 11. Classes will be at Mannheim High School Monday and Wednesday evenings from 6:30-8:30 p.m. DSN 385-2053, civ. 0621-730-2053.

**Community**  
• **AFAP** – Mannheim ACS will hold its 2009 AFAP Conference at the Cove 7:30 a.m.-4 p.m. Feb. 11-12. Issues can be submitted by going to the Mannheim installation Web site at <http://home.mannheim.army.mil/sites/doc/afap.asp>, Family and Morale, Welfare and Recreation Web site [www.mwgermany.com/ma/acs/afap.htm](http://www.mwgermany.com/ma/acs/afap.htm), or e-mail [nancy.ward3@eur.army.mil](mailto:nancy.ward3@eur.army.mil). Submit issues by Jan. 26. DSN 385-3101, civ. 0621-730-2759.

• **CYSS Programs** – Dragon Fly Quest, 5-6 p.m. Jan. 27; Keystone Club, 4-5 p.m. Jan. 15 and 29; Youth Action Council, 5-6 p.m. Jan. 16; Project Learn, 4-5 p.m. Jan. 20; Club Tech, 4-5 p.m. Jan. 21; Youth Sponsorship, 5-6 p.m. Jan. 23. DSN 380-9997, civ. 0621-730-9997.

• **Sullivan Library** – Story Hour, 11 a.m.-noon Thursdays; Scrapbook Club, noon-3 p.m. Sundays. DSN 380-1740, civ. 0621-730-1740.

# School spirit



Photos by Christine June

More than 80 future cheerleaders, ages 5 to 13, perform the "Banana Song" at the Kaiserslautern High School Mini Cheer Camp held Saturday at the school's gym. They learned cheerleading fundamentals such as cheers, chants, dance and team spirit at the six-hour camp. Initiated here in 1994, the cheerleading camp is an annual fundraising event to buy uniforms and equipment for the KHS varsity and junior varsity cheerleading squads. To show what they've learned, the campers will perform their routines between the junior varsity and varsity basketball games Jan. 23 at the KHS gym. The Kaiserslautern Raiders will be playing the Bitburg Barons.

## Future cheerleaders to shine at Kaiserslautern basketball games

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

More than 80 future cheerleaders will perform a half-time show Jan. 23 during basketball games at the Kaiserslautern High School Gymnasium.

These cheerleaders are graduates of the 2009 KHS Mini Cheer Camp held Saturday at the school's gym. Their performance will be between the junior varsity and varsity basketball games against the Bitburg Barons.

"I like cheerleading, and this camp is really fun," said Lexie Berrett, 10, a Kaiserslautern Elementary School fifth grader, on why she wanted to attend the camp again.

During the six-hour camp, students, ages 5 to 13, learned cheerleading fundamentals such as cheers, chants, dance and team spirit.

"You can look on the campers' faces – even though they're tired – they're enjoying themselves," said Debra Hipes, KHS head cheer coach, who added that the number of children participating this year is the largest they've had.

At the camp, the future cheerleaders were separated by age into five base groups where they learned a basic routine. Adding to the routine, students rotated through six stations. Here, the KHS varsity and JV cheerleaders taught their admirers jumps and movements, cheer and chant, dance, stunts and gymnastics.

"The girls play games, have fun



Trinity Pettaway, 5, performs a thigh-stand liberty with a little help from junior varsity cheerleader Janice Awayala, 16, at the Kaiserslautern High School Mini Cheer Camp.

and learn what we hope is going to be a nice routine for a half-time show," Hipes said.

Once the rotation was complete, campers went back to their base groups to review the routines and add the "bells and whistles" that they learned during the stations.

Parents were able to see the half-time routines at the end of the camp. Jacob and Dailonna Dozier hung around while their 5-year-old daughter, Kristen, rotated through the stations.

"It's just so exciting to watch her

doing this – jumping and cheering," Jacob said. "This is my first opportunity to watch her participating in something like this, and it's a lot of fun for me."

A former high school cheerleader, Dailonna is OK with her daughter following in her footsteps, except for one thing.

"The teamwork and camaraderie is great, but the (short) skirts – didn't bother me when I was cheerleading, but now that I'm older and thinking about my daughter as a cheerleader, I would like to see them go to sweat pants," she said, laughing at the irony of what she's saying.

Michael Sileo also stayed behind all morning taking pictures of his future cheerleader, Valeria, 5.

"It's a lot of fun for her – interacting with the other children and the cheerleaders," he said. "It's so much fun for me to watch her, and the fact she's learning a few things, too – that's always good even at 5 years old – an opportunity I don't think we had when we were younger."

The positive feedback from parents is one of the reasons the school has organized this camp every year since 1994.

"It's an opportunity for the Kaiserslautern cheerleaders to give back to the community," said Hipes, who said the camp price has been constant every year. Another reason for the camp is to raise money for uniforms and equipment for the cheerleading squads.

### Heidelberg Sea Lions Swim Team

The Heidelberg Sea Lions placed second overall during Sunday's home meet.

**Overall results:** Stuttgart Piranhas: 673.5; Heidelberg Sea Lions: 623; Wiesbaden Wahoos: 286; Bamberg Aqua Barons: 194.5

**Individual Sea Lions placing first in three events:** Ellena Christiansen, 12, 200m IM 2:56.28, 100m Free 1:10.87, 200m Free 2:40.06; Andrew Simmons, 14, 100m Fly 1:05.27, 50m Free 28.24, 400m Free 4:54.18; Ryan Costello, 17, 50 Free 30.13, 100m Back 1:19.07, 100 Breast 1:22.19; Carolin Kelsö, 18, 50m Free 33.94, 100m Free 1:15.14, 400m Free 5:51.68

SOURCE: Lori Campbell

## staying ACTIVE

### Heidelberg Lacrosse Club

Men's and women's teams need players of all ability levels and ages. Come out to play the game and meet other local German and American players. All are welcome. Civ. 06221-338-9168, jimmoentmann@aol.com.

### New Pilates Sessions

Beginner and intermediate classes started this week in Heidelberg, but slots are still available. Classes at the PHV Activity Center are Tuesdays 9-10 a.m. and 6-7 p.m.; Thursdays 8:45-9:45 a.m.; and Fridays 9-10 a.m. (intermediate/advanced class begins Jan. 23). Classes at the Campbell Fitness Center are Mondays 3:30-4:30 p.m. (just for teens) and Thursdays 5:30-6:30 p.m.

### Heidelberg Unit-Level Basketball Games to be played at Patton Fitness Center

Jan. 21: NATO vs. 43rd Signal, 6 p.m.; 302nd MI vs. 529th MPs, 7 p.m.; MEDDAC vs. V Corps, 8 p.m.

### Basketball Tournament

Head to Patton and Tompkins Fitness Centers Jan. 16-19 for the 12th Annual Dr. Martin Luther King Jr. Basketball Tournament. DSN 373-8032, civ. 06221-17-8032.

### Bowling Tournament

Sign up to participate in the Martin Luther King Jr. King of the Hill tournament at the Bowling Center on Patrick Henry Village in Heidelberg Jan. 17. Sign-ups begin at 11:30 a.m. and the tournament will begin after all bowlers have entered.

### Archery Competition

An archery competition will be held at the Heidelberg Rod and Gun Club in Oftersheim at 10 a.m. Jan. 18. Civ. 06202-51193.

### One-Day Ski Trips

**Kaiserslautern Outdoor Recreation** – Head to Feldberg in Germany's Black Forest Jan. 18 and March 15 for Family Day on the Slopes. Online coupon available at [www.mwrgermany.com/kl/odr/odr.htm](http://www.mwrgermany.com/kl/odr/odr.htm). DSN 493-4117, civ. 0631-3406-4117.

**Mannheim Outdoor Recreation** – Spend the day skiing in Feldberg, Germany, Jan. 19 and 31, Feb. 16 and 28, and March 14 and 28 or head to Engelberg, Switzerland, Jan. 24, Feb. 7 and 28, March 7 and 21, and April 4 and 11. DSN 381-7323, civ. 0621-739-251.

### Fitness Fest and Max the Bench

Head to the Campbell Fitness Center 10 a.m.-2 p.m. Jan. 24 for the Rock On Fitness Fest and Max the Bench competition. Free admission. Competition is open to ID card holders 18 and over (15-17 with parental consent). DSN 370-6589.

### Table Tennis Invitational

Head to the Landstuhl Fitness Center at 10 a.m. Jan. 24 for a table tennis tournament. Must be at least 15 to enter. Cost is \$5. Register online at [www.mwrgermany.com/kl/sports\\_fitness/sports\\_fitness.htm](http://www.mwrgermany.com/kl/sports_fitness/sports_fitness.htm). DSN 486-7172, civ. 06371-86-7172.

### Bench Press/Arm Curl Invitational

The competition is divided into men's and women's weight categories, medals will be awarded, and there is no entry fee. Registration starts at 9 a.m. Jan. 31 in Sullivan Gym in Mannheim. DSN 385-3314, civ. 0621-730-2001.