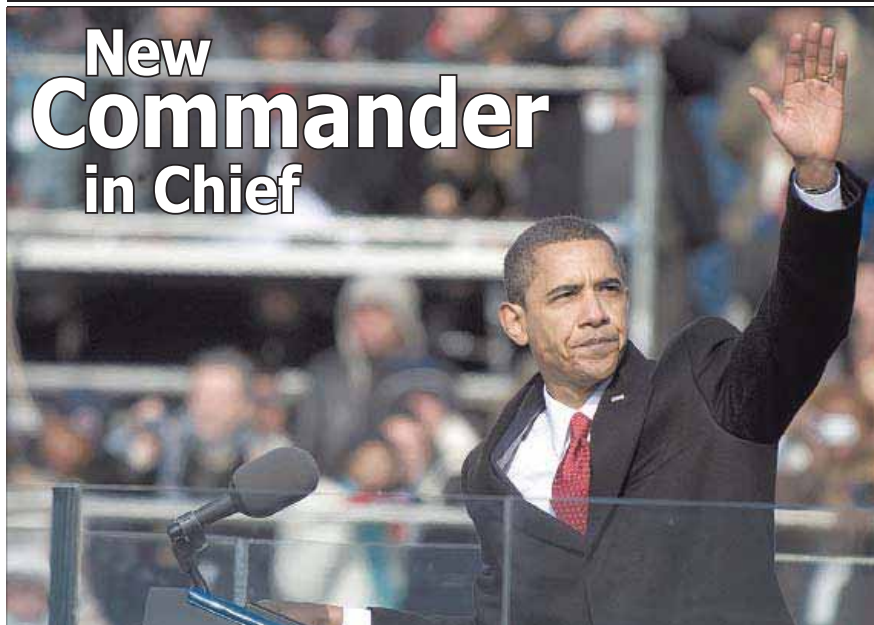


HeraldPOST

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



U.S. Navy Petty Officer 1st Class Chad J. McNeely

President Barack Obama waves to the crowd at the conclusion of his inaugural address in Washington, D.C., Tuesday. The 44th president of the United States assumed his duties as commander in chief and vowed not to waver in defending America.

Obama vows not to waver in America's defense

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

WASHINGTON – President Barack Obama pledged a “prudent use” of military power as the nation works toward “ushering in a new era of peace” in his inaugural address to the nation Tuesday.

“Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint,” he said from the

west side of the Capitol here after taking the oath of office as the 44th president. An estimated 2 million people crowded the National Mall and surrounding area to hear his address.

The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them, he said.

“We will begin to responsibly leave Iraq to its people, and forge a hard-earned peace in Afghanistan,” Obama

said. “With old friends and former foes, we’ll work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet.”

Obama said Americans will not apologize for their way of life, nor waver in its defense. “And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit is stronger and cannot be broken; you cannot outlast us, and we will defeat you,” he said.

see **INAUGURATION** page 12



Jennifer Walsh

Sgts. Angela Weeks, Jessica Endreson and James Ray participate in an NCO lineage ceremony at the Heidelberg Castle Jan. 15.

Heidelberg MEDDAC honors NCOs at castle

By Jennifer Walsh
HEIDELBERG MEDDAC

Standing on the same steps as generations of warriors before them, 18 Heidelberg Medical Activity noncommissioned officers raised their right hands and took the charge of the NCO Corps

during a lineage ceremony Jan. 15 at Heidelberg Castle.

The ceremony, which included an NCO induction ceremony and the results of Heidelberg MEDDAC's Best Warrior of the Year competition, was designed to recognize the contributions NCOs

see **NCOs** page 12

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Jan. 22, 2009

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MLK BASKETBALL TOURNEY

Teams from all over Europe battled it out on the court in Heidelberg. Local teams prevailed for the men and women. 17

Defense Details

ARMY.MIL FACELIFT

As of Friday, the official Web site of the United States Army is sporting a new look. The new site features a graphic redesign, a new “subdued” color palette, and a downplaying of page graphic elements so user focus will be on content and not flashy graphics. Billed as a “refresh” of the “official homepage of the United States Army,” the newly designed *Army.mil* will be more than just a change to the look and feel of the site, however. The new *Army.mil* also includes software to ensure more streamlined delivery of video content, additional servers to host content closer to the user, expanded image galleries, an increased emphasis on visual products, and streamlined navigation menus to help users find information more quickly.

Army news: www.army.mil

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COMMENTARY

'Freedom is certainly not free'*Soldier, family benefits are earned, provided in recognition of sacrifice*

By Darla Huck

(Author's Note: This commentary was written as a response to Michelle Cuthrell's commentary that appeared on page two of the Jan. 8 Herald Post – "Adopting a positive outlook for 2009: View burdens as blessings.")

Color me gray. I've always been bothered by the question, "Do you see the glass as half empty or half full?" because it's often followed by the rigid black or white classification of being either a pessimist or an optimist based on whether I chose "empty" or "full" as my response.

So color me gray: on some days I am happy; on others, sad. Or as Carl Sandburg, one of my favorite poets, puts it: "Life is like an onion: You peel it off one layer at a time, and sometimes you weep."

Which brings me to the point of this commentary and my bone of contention with Michelle Cuthrell's column – I do not appreciate the example Cuthrell uses to illustrate her suggestion about adopting a currently popular psychological tenant: maintaining an "attitude of gratitude."

The example I am referring to is printed in boldface in the following excerpt from her page two commentary: "Adopt an attitude of gratitude. This life [meaning our military way of life] is difficult. This life is demanding. This life requires sacrifice like no civilian may ever know. But this life also offers millions of opportunities in return. **Learn to view your circumstances through the lens of gratitude. When TriCare can't schedule your yearly exam for three more months, be thankful that, although your back may ache for 90 more days, it will eventually be cared for, and at no cost to you.**"

I'm sorry, but I cannot look through this lens – it's just too unrealistic. For some people, this view may

... People have to find truly good things to substitute for their life stressors – realistic alternatives and healthier reactions to their personal difficulties. If the good things people substitute aren't possible or aren't truly good things, they cannot take real comfort in them.

even be harmful and hurtful.

Don't get me wrong. I champion Cuthrell and other mind and body/wellness consultants who attempt to make this world a better place by promoting what is often called "positive" psychology or "resilience building." But, in order for this beneficial reframing to work, the silver lining that people look for in place of their dark and doom and gloom clouds needs to be believable.

In other words, people have to find truly good things to substitute for their life stressors – realistic alternatives and healthier reactions to their personal difficulties. If the good things people substitute aren't possible or aren't truly good things, they cannot take real comfort in them.

I hope you will agree that being asked to be grateful for being made to wait 90 more days with an aching back because this eventual treatment is free isn't a good substitution.

Aching is certainly not a good thing (pain is often the body's way of saying something is wrong – take care of yourself); learning to accept pain on a long-term basis because the eventual treatment is free may not be a good coping strategy either.

And telling her military audience that a Soldier's medical benefits come free of charge may seem like a slap in the face, especially to those affected by frequent and long deployments.

Freedom is certainly not free, and military health care is a benefit earned by the Soldier. It is provided to the family members because of Soldier/military sponsorship, in recognition of Soldier sacrifice.

Again, don't get me wrong. I'm not a pessimist or a nitpicker. I know that Cuthrell was simply expressing her opinion in a commentary on our base opinion page and that she is a published author and columnist who usually writes upbeat articles to help Soldiers and family members.

In fact, since her own husband was deployed shortly after their move to Alaska and while she was pregnant with their first child, she knows firsthand the ups and downs of military life, which often lends credence to the personal and humorous anecdotes she uses in her commentaries.

This time, however, I feel she chose a very poor example to support an otherwise good opinion – I also believe that we should be thankful and joyful human beings – that we should use the good things in our lives to bolster our more difficult moments. But, again, these gratitude swaps need to be genuine and truly positive.

So color me gray.

While I am certainly very happy I have military health care and that usually I incur no out-of-pocket expenses for the care I am provided, it does not make me happy if anyone has to wait too long to get their aches or pains cared for.

In fact, I know this is not the mindset or the mission of any of our military healthcare providers or administrators.

It also does not make me happy when Soldiers and family members are given well-intended, but potentially harmful advice – such as being instructed to reframe their thinking about waiting for care when they are

hurting.

If such a problem occurs, the Heidelberg area garrison has many more productive actions that Soldiers and family members can take. For example, they can visit the Europe Regional Medical Command Web site and click on "Ask a Doc" or use the "Nurse Advice Line" link to see if their problem can wait or if thinking positive thoughts while waiting for treatment would only exacerbate the condition.

They can also talk to a family readiness group leader with medical network contacts or call a chaplain for advice.

The Army Career and Alumni Program also can provide transitioning and retiring Soldiers appropriate Veterans Affairs and Disabled Transition Assistance Program resources, such as Web site information for downloading the necessary claim forms for service-connected injuries. ACAP counselors can also book Soldier and family member appointments at monthly community VA and DTAP briefs where they can speak directly to a VA counselor about medical benefits and learn more about filing claims.

Using these healthy community lifelines doesn't make us weak or our glasses half empty. In fact, knowing when to think happy thoughts and when other actions are necessary is truly a good thing, and, that, in my opinion, is an even better mission for 2009.

Darla Huck works in ACAP Contract Installation Management for the ACAP Centers in Heidelberg, Mannheim and Stuttgart and serves Europe Regional Veterinary Command Family Readiness Group leader.



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66th Trans. Co. furls colors in preparation for deployment

By Jerry Bryza Jr.
215TSC PUBLIC AFFAIRS

Soldiers of the 66th Transportation Company stood before their families, fellow Soldiers and leaders during a ceremony that marked the unit's upcoming deployment in support of Operation Iraqi Freedom.

The ceremony, held at Kleber Gym Jan. 15, was both a solemn and uplifting event as family members sat and watched their Soldiers' leaders furl the company colors.

In his speech to the troops, 39th

Transportation Battalion Commander Lt. Col. Robert Curran spoke of the training that led to this moment, but he also emphasized what will bring them home. "Vigilance and focus are your call words to ensure your safety throughout your tour," Curran said.

His words echoed that despite this being the third tour for the unit in support of OIF, their mission will be tough and full of challenges.

"It is a historic time in Iraq and the world, a time of transition as the Iraqi security forces and government agencies take hold and the Iraq government

takes control of their country," Curran said. "This also means the 'Fighting 66th' has a very busy tour ahead of it as the line haul mission will be great. But this is good, because quick operations tempo will keep you focused and make the time go quickly ..."

The unit has been to Iraq twice before, receiving the Army Meritorious Unit Commendation for its deployment to Iraq from 2004 to 2005.

There are about 150 Soldiers in the 66th Transportation Company, and about half of the Soldiers are new to the Army and have never deployed. But

the Soldiers of the 66th have worked together for many months – training, learning and coming together as a team.

Spc. Marvin A. Reynolds, the 66th's arms room clerk and a master gunner, said the training on tactics, techniques and procedures the unit completed in preparation for this deployment is what will help the Soldiers the most.

"When things go wrong we never know what exactly happens, however we have to prepare for any and everything ... that's what we have done," Reynolds said.

Communities celebrate Martin Luther King Jr.

By Kristen Marquez
HERALD POST STAFF

Maj. Gen. Byron S. Bagby, U.S. Army Europe and 7th Army chief of staff, was only 7 years old when Dr. Martin Luther King Jr. delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington D.C., Aug. 28, 1963.

He was 12 years old when King was assassinated in Memphis, Tenn., April 4, 1968. He attended segregated schools until the sixth grade.

On Jan. 15, Bagby was the guest speaker at the Martin Luther King Jr. Breakfast Celebration in the newly renovated Patrick Henry Village Pavilion.

Bagby spoke on the importance of remembering King's legacy.

"My friends, Monday, Jan. 19, 2009, is a day on, not a day off," he said.

He told the crowd of around 300 Heidelberg military community members that they were there to celebrate the birth of Michael King Jr. – and then told them the story of when Martin Luther King Jr.'s family traveled in 1934, the senior King learned about Martin Luther.

He was so impressed that upon returning to the States, he decided to change his name and the name of his son to Martin Luther King.

Bagby said he believes the importance of honoring King can be carried on through Soldiers, and the Army's diversity is a good example of that.

"The theme of diversity I think is the one thing that the military can take from Dr. King's examples, and basically what he professed about his entire life before he was killed," Bagby said.

He pointed out the diversity of the audience in attendance. "He pushed the theme of diversity and equality for everyone, and I think when you look at the diversity dimension, when you look at the audience today – there were civilians, there were military personnel of all ranks from lower ranking up to the major general level, there were high-ranking civilians, all specialties, many different units, different socioeconomic backgrounds and ethnicities," he said.

The overall theme for this year's Martin Luther King Jr. Day was "Make it a day on, not a day off,"



Christine June

More than 350 Kaiserslautern military community members participated in the U.S. Army Garrison Kaiserslautern's Dr. Martin Luther King Jr. Birthday Celebration commemorative march Jan. 15 on Vogelweh and Kapaun Air Station. The march was 1.3 miles and is the second for the garrison. The event also showcased presentations from the Kaiserslautern High School Drama Club and Step Team, and guest speaker Willie Day, USAG Heidelberg Equal Employment Opportunity specialist.

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

as Bagby stressed in his speech. He also pointed out that the message can be carried throughout the year.

"I think that we should look at that all year round – help other people, volunteer at hospitals, at child care centers, churches, help those who need assistance," he said. "We tend to look at federal holidays as a day off and not a day on."

"Yes, we're off from work, but we should use that as a chance to go out and do something for somebody else."

The breakfast celebration also included a reading of an original poem, "Can a Man Believe," by U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Yolanda J. Lomax.

Sgt. 1st Class Larry Gray, the Equal Opportunity advisor for the U.S. Army NATO Brigade, was one of the planners of the breakfast celebration.

"With an event like this it's good to educate the community on the works of Dr. Martin Luther King so that people can see how far we've come in getting



Kristen Marquez

Maj. Gen. Byron S. Bagby greets Master Sgt. Luvert Holis after the Martin Luther King Jr. Breakfast Celebration in Heidelberg Jan. 15.

closer to Dr. King's dream," Gray said.

The holiday was first officially observed Jan. 20, 1986, with an aim of making the holiday a day on, where people of all ages and backgrounds come together to improve lives, bridge social barriers, and move the nation closer to the "Beloved Community" King envisioned, according to the Martin Luther King Jr. Day Web site.

KAISERSLAUTERN

'Good luck' continues*Chimney sweepers keep holiday tradition alive*By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

SchorNSTeinfeger (chimney sweeper) Thomas Scharwatz isn't sure if it has been 28 or 29 years that he has been a part of the New Year's reception in Kaiserslautern, but thanks to his 17-year-old daughter, Kim, he knows this "good-luck" tradition will continue for years to come.

Kim, who is a first-year Schornsteinfeger apprentice, stood next to her father on the receiving line for the first time Jan. 8 at the New Year's reception hosted by the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern at the Armstrong Community Club on Vogelweh Housing.

"It was fun for me to have her here so I can train her right away so she can step in if I am not able to do it anymore," said Thomas, who admitted that he didn't want his daughter to be a chimney sweeper.

But, she did.

"I like being outside and doing something where I am in contact with many people," said Kim, who explained that chimney sweepers must visit every house in their district once a year.

More than 350 German and American military and community members attended the event co-hosted by the 21st TSC Commanding General Maj. Gen. Yves Fontaine and his wife, Kathy, and Kaiserslautern Garrison Commander Lt. Col. Mechelle Hale and her husband, Ricky Martin.

After guests greeted the hosts, they received a "happy cent" or Euro cent from Thomas, and a hand shake and good wishes for the New Year from Kim.

"I figured that (the Euro cent) was for good luck, so I kept it because I need all the good luck I can get it," said Sgt. Maj. Richard Miller, from the 21st TSC, who at the time wasn't familiar with the German tradition of chimney sweepers being associated with good luck.

Thomas remembers the "lucky penny" or pfennig he used to hand out. "By all means – yes – I miss the pfennig," he said. "A 'happy cent' just doesn't make sense, and people want a 'lucky penny.'"

Good luck has been associated with chimney sweepers here since the medieval times.

Thomas explained that in those times there were open fireplaces



Christine June

SchorNSTeinfeger (chimney sweeper) Thomas Scharwatz and his 17-year-old daughter Kim take their place in the receiving line Jan. 8 at the New Year's Reception hosted by the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern at the Armstrong Community Club on Vogelweh Housing.

that produced a lot of residue – soot, dirt or dead birds – which caused fires.

People who had a visit from a chimney sweeper were said to have good luck throughout the year because it meant that their houses would not burn down.

Miller said he liked the "costumes" the chimney sweepers were wearing, but actually, they were wearing their uniforms – including the top hat – that they work in every day.

Thomas has a set just for the reception, but being new to the trade, Kim just has the one uniform.

It is mandated by the German

government that houses are visited by Schornsteinfeger every year and that one be present when a house is being built starting with the blueprint, Thomas said.

More than eight years ago, the 21st TSC and garrison combined efforts and resources to cosponsor a New Year's reception instead of separately hosting one, which had been done in previous years.

Holiday receptions also were held in Heidelberg Dec. 4 and in Mannheim Jan. 15.

Angelika Lantz from the 21st Theater Sustainment Command Public Affairs Office assisted with this article.

Penalties in place for fuel card users who exceed ration limitsBy Robert Szostek
USAREUR OFFICE OF THE PROVOST MARSHAL PUBLIC AFFAIRS

The recently introduced Army and Air Force Exchange Service fuel card system eliminates the need for authorized U.S. personnel in Europe to buy and fill out gas coupons for their fuel purchases.

Officials with the U.S. Army Europe Office of the Provost Marshal said the automated features of the system also make it much easier for customs investigators to check when people pump gas without authorization or go over their fuel ration limit.

"Since the use of the fuel card began earlier this year, customs investigators have been able to some suspected fuel ration violators," said Fred Evans, chief of customs services and investigations at the USAREUR OPM.

To boost the enforcement effort against fuel ration abuse, U.S. Forces Customs-Europe has set up a special fuel violation task force.

Using the fuel card database, investigators receive daily reports on several kinds of violations and can see when and where fuel was pumped. PMO officials said people who exceed their monthly fuel ration limit make up nearly 65 percent of the 1,500 violations uncovered to date.

People who go over their ration allowance will receive up to two warning letters, officials explained. Customs personnel will also send the letters to violators' commanders or civilian supervisors. Subsequent violations may result in an official military police report documenting a police investigation of possible unlawful activity.

"In an effort to protect duty and tax-free gas privileges, U.S. Forces Customs is strictly enforcing compliance," Evans went on. "We will identify each and every violator and take the necessary action to prevent abuse."

In addition to penalties under the Uniform Code of Military Justice and administrative action, anyone abusing the system may also face German fines and penalties that result in a German police record, PMO officials said.

Sustained abuse could eventually result in violators losing their tax-free fuel privileges and having to buy gas at economy prices.

"Fuel card holders have a responsibility to know their fuel ration balance before pumping gas," Evans added.

This can be done in several ways.

"You can check the receipt you get from the gas station," Evans explained. "Down at the bottom of the receipt, the number of remaining liters of fuel for that month is shown."

Additionally, fuel card holders can call the AAFES 0800 number printed on the card, check their balance online, or ask an AAFES associate to check on the ration allowance left for that month.

Eligible fuel card holders who have to drive very long distances between their homes and workplaces can apply to get extra fuel rations.

Fuel purchase policies for eligible AAFES patrons in Europe, including information on violations and procedures for requesting supplemental fuel rations can be found in Army in Europe Regulation 600-17 (Retail Sales of Motor Fuel to Individuals in Germany), available online at www.hqusareur.army.mil/rmv/regulations/aer600-17.pdf.

Three Kaiserslautern mail rooms to get new zip codes Feb. 1

IMCOM-Europe Public Affairs

Army postal patrons at six locations in Europe will receive new mailing addresses as part of an initiative to provide customers increased reliability and speed of mail delivery by ensuring each consolidated mail room has a separate zip code.

The additional zip codes and new mailing addresses will become effective Feb. 1, according to Installation Management Command-Europe officials, who said that now all Army and IMCOM-Europe consolidated mail rooms – CMRs – will have separate zip codes.

“This effort to streamline postal operations and adopt the standard U.S. Postal Service three-line address is in keeping with IMCOM-Europe’s commitment to continuously improve the services we provide to our Soldiers, civilians and family members,” said

Charles Sharpe, IMCOM-Europe postal operations manager. “There will be a requirement for customers to complete change-of-address cards, however, that inconvenience will be worth the effort as we expect customers to notice improved service.”

Facilities receiving new CMR mailing addresses are located at: Garmisch, Kaiserslautern, Ansbach-Katterbach, Stuttgart and Wiesbaden in Germany; Schinnen, Netherlands; and SHAPE in Mons, Belgium.

“We are making every attempt to ensure customers affected by the changes are informed. Anyone with questions about this should contact their local CMR employees for information,” Sharpe said.

The efficiency in this initiative occurs during the sorting process. Mail is initially sorted in the states by USPS and “bagged and tagged” separately for each zip code. The mail is then trans-

ported to Europe to be sent to mail distribution nodes located at each garrison.

Postal customers affected by the change will be required to complete change-of-address cards available at CMRs, according to Sharpe. He emphasized that it is important for customers to complete the change of address cards as soon as possible to ensure the potential benefits are realized by the customers.

“If a CMR that services 4,000 people has only 1,000 people fill out a change of address card, those 1,000 people will have their mail bagged separately for that CMR, and they should see it delivered sooner. Mail for the other 3,000 customers will be bagged with all the other mail destined for that location’s mail distribution node for sorting. Delivery of that mail to the CMR could be delayed because of the required additional sort,” he said.

New Zip Codes

- USAG Kaiserslautern, APO AE 09227 changes to CMR 488, APO AE 09088-0234
- 21st TSC, APO AE 09263 changes to CMR 479, APO AE 09263-0234
- 66th Transportation Company, APO AE 09227 changes to CMR 424, APO AE 09092-0234

In addition to the new zip codes, several unit mail rooms – UMRs – will also be changed to CMRs as part of the postal transformation. Those units may also receive their own unique zip code, he said.

IMCOM-Europe officials have worked diligently with USPS and Military Postal Service Agency officials for nearly 18 months to orchestrate the additional zip codes to secure a more direct delivery to post offices in Europe. Customers should contact their servicing CMR for information.

Tax centers to open Feb. 2

By Spc. Fabian Ortega
USAREUR PUBLIC AFFAIRS

Tax assistance centers across U.S. Army Europe will open their doors for business next month, offering free help in filing individual tax returns.

Those eligible to use the tax centers are active duty, reserve component or retired military personnel and their family members, along with Department of Defense civilians and their family members.

For eligible customers, tax centers will prepare and electronically file federal and state tax returns free of charge.

All tax centers are staffed with volunteers who are certified by the Internal Revenue Service Volunteer Income Tax Assistance program.

Customers who wish to have their taxes prepared at their local tax centers should bring their military ID cards, W-2 forms, any other documents related to income, and Social Security numbers for all dependents, said Capt. David Adamson, officer-in-charge of the Heidelberg Tax Center.

“The best thing the customer can do to prepare for visiting the tax center is having their documents in order,” Adamson said. “Get a power of attorney if your spouse won’t be with you, if you’re filing jointly.”

Adamson said customers with special tax circumstances, such as buying and selling stock, owning rental property or purchasing a new home, should also bring any necessary forms or documents required to file.

The tax centers do not file business tax returns, he warned. “We do, however, have a limited exception for family (child) care providers,” he said.

Customers with foreign spouses are required to have an Individual Taxpayer Identification Number for their spouses, but a trip to the tax center could save customers from having to take that extra step themselves, the captain said.

“Just come to the tax center and the tax preparer will help you fill out a W-7. We’ll submit that along with the other paperwork to the IRS, and they’ll produce an ITIN for that spouse,” Adamson said.

Tax assistance centers not only help save money, but also offer an opportunity for service members and their families to learn about special tax laws that apply to military members.

“Service members overseas automatically get a two-month extension (for filing taxes), pushing the popular April 15 deadline to June 15,” Adamson said. “The one caveat is that only applies if you don’t owe money. Most Soldiers do receive refunds, (but) if you happen to know you’ll owe money this year, then you have to file by April 15.”

Service members returning from deployment in a combat zone get a 180-day deadline extension for filing tax returns, paying taxes and filing claims for a refund, he said, but added a warning.

“Some people believe if you’re deployed for an entire year you don’t have to file your taxes, because they figure they don’t have to pay income,” Adamson said. “That’s not true; you still have to file.”

Most tax centers are scheduled to open Feb. 2. Phone numbers for the local tax centers are: Heidelberg, DSN 370-7510; Kaiserslautern, DSN 483-7688; Mannheim, DSN 381-7978.



Heidelberg Middle School seventh-grader Sam McDonald does some last minute studying before the school-wide spelling bee Jan. 14. Sam won his competition with the final word, “geriatrician.”

HMS holds school-wide spelling bee

By Shirani Tisdale
HMS PTSA

While the Heidelberg Middle School Media Center is often a quiet place, it was even more so on the morning of Jan. 14.

You could have heard a pin drop as the final four spellers listened intently for pronouncer Dennis Osborne to read their words in the final rounds of the school-wide competition.

At the start, there were more than 70 students, but after the first three rounds, and some very challenging words, it was down to 11.

Finally, there were four spellers remaining. Competition was stiff but seventh-grader Sam McDonald emerged as the champion with another seventh-grader Chris Gurule as runner-up. Both spellers received an AAFES gift certificate from the PTSA.

Sam’s winning word was “geriatrician.” This is the fourth year Sam has participated in a school-wide spelling bee and the third time that he has won first place. Sam said he likes to participate because it is a challenge and something he does well.

Osborne, a seventh-grade language arts teacher, called the bee a “fond celebration of our language” and put the students at ease by referring to the fact that spelling in the English language is at best a tricky proposition and telling them there was a certain element of “luck of the draw” involved in the words they were asked to spell.

Dr. Harriet Hunter-Boykin, Heidelberg District assistant superintendent, Baden-Württemberg Garrison Command Sgt. Maj. Yolanda Lomax, and Shirani Tisdale, a Parent Teacher Student Association member, served as the judges.

To familiarize students with the competition rules, Osborne showed a brief video clip provided by the Scripps Institute, national sponsors of the spelling bee. All words in the competition came from Webster’s Third International Dictionary (c 2002.)

The spelling bee was sponsored by the Heidelberg Middle School PTSA in cooperation with the faculty and administration of Heidelberg Middle School. As the winner, Sam will proceed to the European Bee that will be held in Kaiserslautern in March.

Kaiserslautern town hall meeting to be held Jan. 29

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Shuttle bus service in the Kaiserslautern military community is just one of six topics to be discussed at the town hall meeting 6-8 p.m. Jan. 29 at the Kaiserslautern Community Activities Center, Bldg. 3109 on Daenner Kaserne.

"We are going to put out information, but not a lot because the main focus of the town hall meeting is to hear the concerns of the community," said Lt. Col. Mechelle Hale, the U.S. Army Garrison Kaiserslautern commander, referring to the senior mission commander and garrison leadership.

As a combined Army leadership event, this is the third town hall meeting for the KMC. It came about, said Hale, because Senior Mission Commander Maj. Gen. Yves Fontaine wanted to be able to talk with families and hear their concerns.

"Initially, (the garrison held) the Community Information Forum as sort of our town hall meetings, but we were just touching a small percentage of the population, and by having a town hall meeting after working hours, we make it easier for family members to attend," Hale said.

Town hall meetings in the KMC will be held every four months, Hale added.

Hosted by the garrison's Family Morale, Welfare and Recreation directorate, these town hall meetings follow a format similar to the monthly CIF in that subject matter experts will be giving 10-minute briefs, but this will be after the "do-out" presentations – researched information on concerns brought up at the September town hall.

"We did our research, and we are going to provide (families) answers to the concerns they asked us about," Hale said.

In addition to information about shuttle bus service, a "do-out" presentation will also be given about child care support at Air Force facilities, Hale said.

Scheduled topics are on how to prevent theft in cars and to get the most out of the Interactive Customer Evaluation process, as well as information provided by the garrison's New Parent Support Program and community health nurse.

These presentations and briefings should take about an hour, and then the floor will be open for either questions or to raise other issues, said Emma Vinson, the garrison's customer service officer, who is organizing this event.

"My directorates will be at the town hall meeting," Hale said. "(Attendees) will actually be able to address other issues because there will be so many subject matter experts (from KMC agencies and units) attending."

She listed the Defense Commissary Agency, Defense Logistics Agency, Department of Defense Dependents Schools, Army and Air Force Exchange Service, and new units to the KMC.

"We have a lot of new units coming to Kaiserslautern, and we want to make sure that they feel a part of the community and that we address their issues up front," Hale said.

Those wishing to add topics for the next town hall meeting call the garrison's Army Community Service at DSN 493-4062, civ. 0631-3406-4072.

Discovery day



Jason L. Austin

Mikey Shaw and Kate and Charlie Fredrikson take part in a Library Safari Jan. 13. Children from the Heidelberg Homeschool Group scoured the Patrick Henry Village Library for clues and to become better acquainted with their local library. The home school group is made up of about 20 active families. There is no charge for membership into the group and membership is available to any family that resides in the Rhein Neckar Region that expresses interest in home schooling. Heidelberg Homeschooling Group is founded upon Christian principles. The express intent of this group is to support homeschool families; therefore, membership is open to families of all faiths upon the understanding that Christian principles govern this organization. For more information visit www.heidelberghomeschoolgroup.org.

HMS parents learn how to deal with popular cyber communications

By Shirani Tisdale
HMS PTSA

The Heidelberg Middle School Parent Teacher Student Association hosted a "Pastries for Parents" event at 7:30 a.m. Jan. 14.

The early time was chosen to encourage parents to stop in before work or after having dropped their students off at school.

The focus of the session was how modern communication media is taking an even larger role in the lives of today's student.

While most parents remember chatting with their friends on their house phone, today's student is likely to have a cell phone and access to one or more computers. Their world consists of instant messaging, online gaming, webcams and sites like Facebook and MySpace.

While their interactions in cyberspace may occur outside of school hours, the problems can easily spill over into the lunch

room and the class room.

Erik Jonsson, educational technologist at HMS, was quick to stress that banning these forms of communication is not the answer.

In today's world, cyber communications provide the social interaction that teens and tweens crave. If used wisely, they can even help improve writing and communication skills. It is the responsibility of parents, however, to both monitor their use and work with their teen to ensure responsible and safe behavior.

Jonsson suggests keeping computers in a centralized location, using filtering applications and software monitoring systems, using the safety and reporting features on popular Web sites, and working together with the student to create family Web pages.

The second half of the program was entitled, "Cyberbullying ... What Parents Should Know," presented by Lynn Mattingly, a counselor at HMS.

Mattingly told the group that before the Internet, when kids left school, they had a break from bullying.

Now, with technology, the verbal attacks can follow them into their homes. While the school does use heavy filters to help prevent such inappropriate behavior on their official Web sites, students should know that out of school misconduct that causes substantial disruption to the school and learning environment may result in disciplinary action by the administration.

To learn more, stop by the counselor's office at HMS and ask for the hand-out on cyberbullying. Mattingly and Jonsson also recommend visiting www.bnetsavvy.org and www.netsmart.org. The latter has several short video clips about situations that might arise. One suggestion would be to watch these with your student and start a conversation about Web safety and responsible behavior.



Soldiers assigned to the 1st Combined Arms Battalion, 30th Heavy Brigade Combat Team, North Carolina Army National Guard practice urban combat in a training village at Camp Shelby, Miss., Jan. 15. The Soldiers are preparing to deploy to Iraq. Tech. Sgt. Brian E. Christiansen

ourARMY
around the world

For more Army news,
visit www.army.mil



Tech. Sgt. Craig Clapper



Sgt. Jeremy Kern

(Above) Then President-elect Barack Obama and then Vice President-elect Joe Biden lay a wreath with the assistance of Sgt. of the Guard, Alfred Lanier at the Tomb of the Unknowns in Arlington National Cemetery in Virginia Sunday.

(Left) Former President George W. Bush and First Lady Laura Bush give a final wave to the crowd gathered at Andrews Air Force Base, Md., prior to their final departure Tuesday. The U.S. military bid farewell to the outgoing commander in chief during a departure ceremony in which he called leading men and women in uniform the highlight of his presidency.

(Right) Soldiers from the 15th Engineer Battalion, stationed in Schweinfurt lower the flag over Leighton Barracks in Wuerzburg for the final time Jan. 14. The U.S. Army returned the installation to the host nation following the ceremony.



Mark Reiter

INAUGURATION

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America is a country of doers and risk-takers; it is an immigrant country where each generation worked hard to provide for the next, he said.

"For us, they packed up their few worldly possessions and traveled across oceans in search of a new life," Obama said. "For us, they toiled in sweatshops and settled the West, endured the lash of the whip and plowed the hard earth.

"For us, they fought and died in places like Concord and Gettysburg, Normandy and Khe Sahn," he continued. "Time and again, these men and women struggled and sacrificed and worked till their hands were raw so that we might live a better life. They saw America as bigger than the sum of our individual ambitions, greater than all the differences of birth or wealth or faction."

Americans today must continue this journey, he said. It is time for hard decisions and a time of change. "Our time of standing pat, of protecting narrow interests and putting off unpleasant decisions, that time has surely passed," he said. "Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."

Obama rejected the idea that the nation has to choose between its safety and its ideals. "Our Founding Fathers – faced with perils that we can scarcely imagine – drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give them up for expedience's sake."

In the United States, all languages are spoken, all religions are practiced, and

all good people are welcomed, he said. "And because we have tasted the bitter swirl of civil war and segregation and emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself and that America must play its role in ushering in a new era of peace," he said.

Obama reached out to the nations of the world in his speech. He told them that America "is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more."

He also spoke to the Muslim world, saying America seeks a new way forward, based on mutual interest and respect.

"As we consider the road that unfolds before us, we remember with humble gratitude those brave Americans who, at this very hour, patrol far-off deserts and distant mountains," the president said. "They have something to tell us, just as the fallen heroes who lie in Arlington (National Cemetery) whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves."

He called on all Americans to shoulder that burden of service. He said it is the faith and determination of the American people upon which this nation relies.

"Greatness is never a given. It must be earned," he said. "Our journey has never been one of shortcuts or settling for less. It has not been the path for

"What is required of us now is a new era of responsibility – a recognition on the part of every American that we have duties to ourselves, our nation and the world, duties that we do not grudgingly accept but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task."

–President Barack Obama

the faint-hearted – for those who prefer leisure over work, or seek only the pleasures of riches and fame."

The faith and determination of Americans can serve the nation well in a time rife with challenges.

"Our nation is at war against a far-reaching network of violence and hatred," the president said. "Our economy is badly weakened, a consequence of greed and irresponsibility on the part of some, but also our collective failure to make hard choices and prepare the nation for a new age."

Americans have lost their homes, their jobs, their businesses, and health care is too costly, he said. Schools are failing too many, and the American energy policy plays into the hands of the nation's enemies.

"These are the indicators of crisis, subject to data and statistics," he said.

These are disturbing, but more disturbing is a sapping of confidence and the fear that with this decline the next generation must lower its sights, he said.

"Today I say to you that the challenges we face are real," the president said. "They are serious, and they are many. They will not be met easily or in a short span of time. But know this, America: They will be met."

While the challenges of this age are

new, the values which have seen the country through in the past will best serve the nation, Obama said. "Honesty and hard work, courage and fair play, tolerance and curiosity, loyalty and patriotism – these things are old, but these things are true," he said.

America must return to these truths, he said. "What is required of us now is a new era of responsibility – a recognition on the part of every American that we have duties to ourselves, our nation and the world, duties that we do not grudgingly accept but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task," Obama said.

"This is the price and the promise of citizenship," he said. "This is the source of our confidence, the knowledge that God calls on us to shape an uncertain destiny."

If Americans seize this responsibility, then the challenges will be surmounted, he said. "Let it be said by our children's children that when we were tested we refused to let this journey end, that we did not turn back nor did we falter; and with eyes fixed on the horizon and God's grace upon us, we carried forth that great gift of freedom and delivered it safely to future generations," Obama said.

NCOs

continued from page 1

make to the Army.

"At the front of every Army mission in the United States or overseas, you will find a non-commissioned officer," said U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Yolanda Lomax. "They know their mission, they know their equipment, but most of all they know their Soldiers."

Additionally, the ceremony highlighted the Army's theme for 2009, "The Year of the NCO," a formal recognition last given by the Army in 1989.

"It's a celebration of one of America's greatest assets, the NCO Corps, the backbone of the American Army," said Heidelberg MEDDAC Command Sgt. Maj. Stoney Crump. "We wanted to honor our

NCOs in a unique way. This is the first lineage ceremony ever held at the castle. It's both fitting to our lineage as Soldiers and a new addition to our history here in Germany."

The first half of the night was dedicated to new sergeants being inducted into the NCO Corps. For families in the audience, it was an opportunity to learn about the difference between being a sergeant and becoming an NCO.

"A lot of people don't know there's a difference between being a sergeant and an NCO," said Sgt. Charles J. Powell, who was inducted into the NCO Corps. "A sergeant wears the stripes and an NCO is the one who does what he should do, which is taking care of Soldiers. It's the difference between wearing the rank and doing the job."

The ceremony also gave at-

tended the opportunity to learn not only about the current standards of the NCO Corps, but also the history involved behind its development.

"We've progressed a long way from 1775," said Staff Sgt. Scott A. Rankin, who works for the Heidelberg Health Center. "Then we didn't even have any responsibilities. However, as you go through all the wars to the time now, the NCOs lead Soldiers into combat."

With an evening steeped in Army tradition, the general feeling from the new members of the NCO Corps was one of pride and honor. However, for one married couple being inducted together, the sense of accomplishment was twice as much.

"My wife helps me out. She keeps me on track and doing the right thing. She's helping

me progress in my career," said Sgt. Matthew J. Endreson, one of the inductees. "I owe a lot to her."

The second half of the event was dedicated to the Best Warrior of the Year competition. During Jan. 9-10, seven Soldiers competed for the title of NCO and Soldier of the Year, Best Warrior for Heidelberg MEDDAC.

"Their tasks were mirrored against a day in Afghanistan," Crump said. "For example, when outside the wire as a medic on patrol you may have to fight for your life and that of your patient. There may come a time when you're tired and hungry. So in our competition, we had combatives, which is hand-to-hand combat, as the last event after 17 hours of continuous operations when everyone was tired and ready to rest."

Other events included the Army physical fitness test, an oral board, demonstrating the use of three weapons at a range and performing medical skills in different scenarios.

"These are all of the aspects of being a Soldier rolled into a 36-hour period," Rankin said. "You get to see the heart and energy of an American Soldier."

The winners of the competition, Sgt. Marlon M. Derecho and Spc. Ted U. Rowe, both expressed their gratitude to those who helped them train and their desire to excel as they enter the next round of regional competition.

The event closed with remarks from the command group, but the evening was best summed up by one of the new inductees. "2009 is shaping up to be a really good year," Endreson said.



In its early history, Mannheim, the secret capital of the Electoral Palatinate, was a popular destination for artists and art lovers. Mannheim has continued to build upon this reputation and today offers an extensive repertoire of cultural monuments, museums, exhibitions and much, much more.

Numerous parks and gardens do Mannheim's reputation as a green city proud. When you want to take a break, this city offers sufficient opportunities to recharge your batteries under Mother Nature's watchful eye.

The forest park on the Rhein River with the Rhein promenade is just as popular with joggers as it is with sun worshippers and, on hot summer days, the fountain at the water tower provides welcome refreshment in the middle of the city.

Mannheim Castle

The Kurfürstliche Schloss (Electoral Castle) was built during the years 1720-1760 under the Electors Carl Philipp (1661-1742) and Carl Theodor (1724-1799) and is the largest self-contained baroque complex in Germany.

Facing north into the city, with its impressive Ehrenhof (courtyard) and extensive annexes to the east and west wings, the castle with its sheer size easily dominates the inner city. The 440 meter long frontage to the building can be glimpsed from at least seven parallel streets that run through the city.

The overall effect the building was designed to have has been greatly diminished by the gable roof added after the war and the tearing down of the guardhouses in 1958.

Large parts of the castle were destroyed during World War II. Reconstruction was successfully completed in 1968. The city of Mannheim receives visiting dignitaries in the Rittersaal, and the Federal State Government of Baden-Württemberg also makes use of the restored official reception halls of the castle.

A large part of the castle is used by the University of Mannheim, providing an ideal setting for its more than 13,000 students.

Water Tower

The Wasserturm (pictured below) is Mannheim's most famous land-

mark. It dominates the Friedrichsplatz and was built in 1886 according to plans of the then only 24-year-old architect Gustav Halmbucher. The construction is made of yellow sandstone, has a height of about 60 meters, holds 2,000 cubic meters of water and is built in the Roman monumental style.

The top of the Water Tower is adorned by a statue of Amphitrite, the wife of the god of the sea, Poseidon. Bronze groups of mermaids and tritons adorn a small pool and two groups of centaurs made of stone can be found at the big pool. The semicircular arcades made of red sandstone, together with the Festival Hall and the Art Gallery, which face each other across the park, were a model of modern urban development even before World War I.

During the summer, the park surrounding the Water Tower is a popular meeting place for people of every age, a place to celebrate or to relax for a few hours away from the bustle of city life. When the sun sets, the fountains are bathed in artificial light.

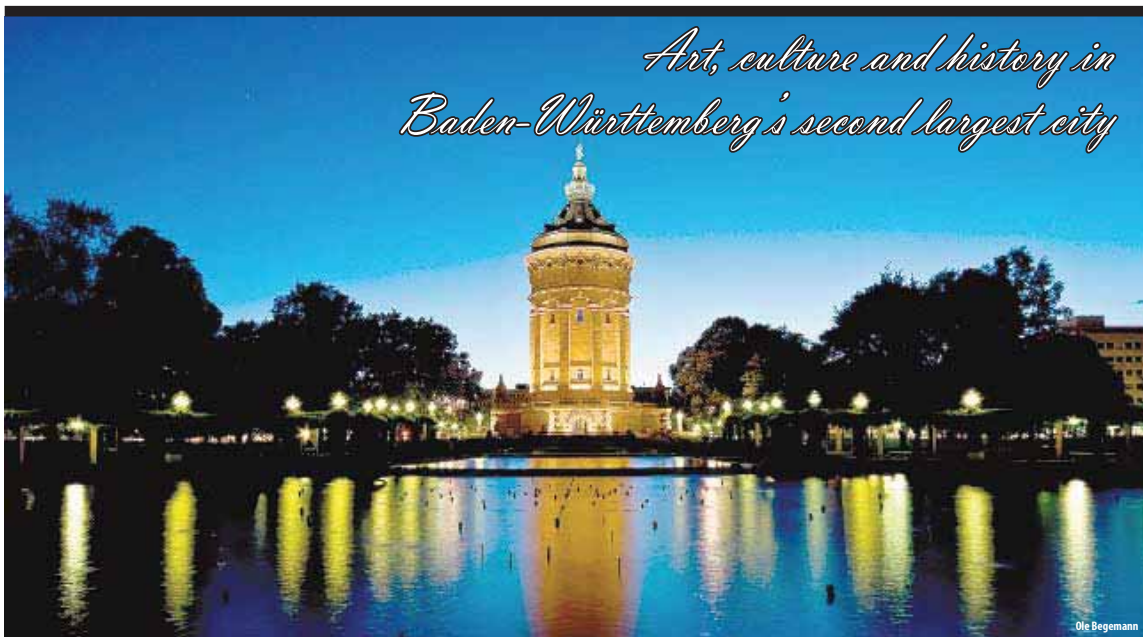
Rosengarten

One of Mannheim's most famous and impressive buildings is the Rosengarten culture and conference center.

The name Rosengarten hints at the original use of this area, but whoever now expects to find themselves somewhere far off from Mannheim's city center, is wrong: the culture and conference center is part of a unique art nouveau complex, the Friedrichsplatz, and lies directly across from Mannheim's most famous landmark, the Water Tower.

The Rosengarten building still has its splendid original art nouveau façade in its original state. The Nibelungensaal, which was destroyed in World War II, was replaced by the Mozartsaal in the 1970s, when the Rosengarten received a modern extension. Being one of the largest culture and conference centers in Germany, the Rosengarten can hold up to 9,000 people.

Other popular tourist attractions in Mannheim include the Christ Church, the National Theater, the Observatory and Luisenpark.
SOURCE: www.mannheim.de



GERMAN COOKING

Cheese Soup with German Lager, Black Forest Ham and Whole Grain Croutons

This soup contains four of German cuisine's finest offerings: cheese, beer, ham, and bread. What more could you ask for?

Ingredients:

- 1/2 cup unsalted butter
- 4 ounces Black Forest ham, diced
- 1 medium yellow onion, chopped
- 3 shallots, chopped
- 1 clove garlic, chopped
- 1/2 tablespoon chili powder
- 1/4 cup all-purpose flour
- 3/4 cup German lager
- 7 cups chicken stock
- Pinch of cumin seed
- 2 cups shredded Allgäuer Emmentaler cheese
- 2 cups shredded Tilsiter cheese
- Sea salt
- Freshly ground white pepper
- 4 slices whole grain German bread, chopped
- 2 tablespoons chopped cilantro

Preparation:

- In a stockpot, melt 1/4 cup of the butter over medium-high heat.
- Add the Black Forest ham, and sauté until golden brown. Add the onion, shallots, garlic, and chili powder. Sauté until glossy, about two minutes.
- Add the flour to create a roux.
- Whisk in the German lager and stock.
- Add the cumin seed, and lower the heat to medium.
- Cook until the liquid is reduced by one-half, about 35 minutes.
- Remove from heat and stir in the cheeses.
- Season to taste with salt and pepper.
- To make the croutons, melt the remaining butter in a medium sauté pan over high heat.
- Add the diced German whole grain bread, and pan-toast until crispy.
- Pour into serving bowls and top with the croutons and the cilantro. Serve immediately.

SOURCE: 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.

Dear Ms. Vicki,

Do you know of any marriage retreats that could be of help to me and my husband? We have been married for 12 years, and I have to be honest with you. He's been deployed four times and with all of the different schools and field exercises etc., it's really taken a toll on our marriage. Sometimes I feel that I don't know him anymore. He must feel the same way about me.

We've probably only been together four years of our entire marriage.

I'm really tired of putting on a happy face pretending that everything is OK to the world when it's not. I want to save my marriage. Do you know of any such resources that could help us?

From: C.K.

Hi C.K.,

I'm glad you wrote and shared your story. You are not isolated on this issue. Many couples are getting the help of marriage counselors, clinical social workers and other professionals. It will be time well spent.

I'm happy to know that you want to save your marriage. Sometimes I think being married is one of the hardest jobs I've ever done.

It can be tougher trying to keep an emotional connection with all of their long separations and deployments that come along with a military career at this time. I advise all couples to roll up their sleeves and work hard at having good balance with their relationships despite military careers.

I think you should contact the chaplains office on your base and ask if they offer any marriage retreats. If your base doesn't offer any, they should be able to direct you to a resource that offers them. Also consider marital and individual counseling. You should contact Social Work Service at your nearest installation and ask about services or call Military OneSource to be connected to a provider off base in your local community. Hang in there!

Dear Ms. Vicki,

My only son started college last fall in Ohio. I was so afraid for him to leave home and be on his own, so I moved with him. I wanted to make sure he had a great start, and I wanted to be there for him. I took a leave of absence from work and found an apartment there on the city near the campus where I could see my son every day.

My husband's phone calls started getting more and more infrequent and then he finally stopped calling me or returning my phone calls. The last I heard was that he should soon be deploying to Iraq. When I was home a couple of weeks ago, I saw where bills were not getting paid and the mortgage was two months late. I'm not sure what's going on with my husband, but something has obviously changed.

I'm just not sure where to go with this. All I wanted to do was spend a year getting our son settled in his first year of college. Where do we go from here? Do you think something else is at play here?

From: Ohio

Dear Ohio,

I think there is definitely something else at play here; I don't think you get it, or maybe I'm reading your letter wrong. Consider yourself to be speaking to someone who is an expert at sending boys off to college.

When my baby left for college, I was dancing around my house singing a song that went something like this: "Go Vicki, Go Vicki, it's your birthday, it's your birthday!" For some reasons I felt like my life had started all over again. Hooray for me and my husband!

Do we love our sons? Yes we do, and we are very supportive of them and try to see them often. But believe me, my husband and I are happy we are headed to the airport or when they are. Here's what I'm trying to get you to see; children leaving home is a normal process of life for the child and the parent. I don't mean to be judgmental, but it's like you abandoned your husband and your home to go be with your son.

I don't think this was fair to your husband or to your family's financial stability. Most people can't afford to just take a year's leave from their jobs unless it's a dire emergency. Now your husband is getting ready to deploy and you're acting like "oh well." Ohio, you need some individual counseling and some marital counseling. Please call Military OneSource and tell them you are a military spouse and you need a counselor in your area. You need to start calling and trying to connect with your husband so you can try to salvage your marriage. Maybe he's not talking to you because he is angry about you leaving and moving to Ohio.

Believe me, your son is going to be fine. He deserves this time to start his own life and to grow and mature without his parents. It not called an empty nest it's called getting your second wind.

Community needs active-duty exercise leaders for pregnant, new moms

By Kristen Marquez

HERALD POST STAFF

Soldier-moms and moms-to-be can take part in the Army's Pregnancy/Postpartum Physical Training Program, designed to keep pregnant mothers active and toned and get postpartum mothers back on track.

But in order to provide this training for the pregnant Soldiers, there needs to be qualified exercise leaders.

"As with any PT program, much of the success of it lies in the hands of the exercise leader," said Lauren Mullins, U.S. Army Center for Health Promotion and Preventive Medicine-Europe Health Promotion coordinator for Kaiserslautern and Mannheim.

"With motivated and educated ELs, the pregnant and postpartum Soldiers can thrive in this program, not only to maintain their health and fitness

levels, but to also enhance the Soldier's ability to meet the physical requirements for readiness after their pregnancy."

The next available Pregnancy and Postpartum Physical Training Certification program for exercise leaders is Jan. 28-30 on Patton Barracks. It is open to all interested active-duty exercise leaders in Heidelberg, Mannheim and Kaiserslautern who would like to be qualified to safely and effectively lead PPPT for the pregnant and postpartum Soldiers in their local programs, Mullins said.

The training will teach the exercise leaders what forms of exercise are appropriate and how to modify exercises so they are safe for pregnant and postpartum Soldiers. It also allows the pregnant and postpartum Soldiers to continue doing PT at a level that is safe for themselves and their babies.

"The PPPT program assists pregnant and postpartum Soldiers in maintaining health and fitness throughout their pregnancy," Mullins said. "The

PPPT program helps reduce physical discomforts and stress many women experience during pregnancy. Once their pregnancy is complete, it assists the participants to ramp back up to the required fitness levels required by AR 600-9, The Army Weight Control Program, and makes for a smoother transition back to unit PT."

The training is a mix of classroom education time and time in the fitness center learning exercises and exercise modification. Educational topics include physical changes that occur during pregnancy, nutrition in pregnancy and key safety issues, among other topics.

Then, participants will develop a pregnancy PT program and postpartum PT program they can take with them back to their units and apply when leading PPPT.

Interested participants must register online at <https://usachppm.apgea.army.mil/TrainCon/datePage.aspx>.



Bride Wars

So last week I jumped ahead and wrote up "Twilight" because I wanted to get a shot to write about this prize winner – "Bride Wars."

I know what you're thinking guys, "You went to see a 'Chick Flick?'" And the answer is yes I did. Maybe I'm a sucker for the beautiful duo of Anne Hathaway and Kate Hudson, I don't know. Ever since "Get Smart" I kind of had a thing for Anne Hathaway's humor.

So Emma (Hathaway) and Liv (Hudson) have figured out every detail of their weddings

since they were kids. Fast forward a few years and now both of them are 26 and about to get married. They have their details and they have their dates and they are ready to walk down that aisle.

All goes according to plan, until their weddings get booked on the same day in the one place they always dreamed of having them. Now I know this is a movie about weddings, but I never thought women could go so far to get back at someone. These women are just down right diabolical, and I love it.

I was surprised to find out that Kate Hudson was even one of the producers, which is probably why the movie was funny and still didn't feel like a guy made it all up. Kate's a funny one, too, if you haven't seen it go check out her latest DVD "My Best Friend's Girl," but be warned, it's for the grown folks not the kiddos. So ladies and gents go check out "Bride Wars" and have a blast. It's funny and I don't think you'll be disappointed. Oh, and go see "Twilight."

GET OUT!
area events

January 23

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. Performances at the Roadside Theater on Patton Barracks in Heidelberg at 7:30 p.m. Jan. 23 and 24. Reservations: Roadside Theater, DSN 373-5020, civ. 06221-175020, or www.roadside-theater.com.

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.

Discover Karlsruhe – Karlsruhe has the distinction of being Germany's youngest city, built in 1715 as a retreat from the concerns of court by Margrave Karl Wilhelm. The town has an unusual fan shaped layout, at its center the Baroque Palace and stunning park. We'll travel by train, then highlight the museums, zoo, and palace before letting you discover Karlsruhe at your own pace. USO DSN 385-2082, www.usa.org/rheinneckar.

Live Music at Legends – Enjoy a live performance from "Breaking the Habit!" at Legends on Patrick Henry Village. Dance to '50s-'80s style music as well as rock and country. \$3 cover charge, must be 18 to enter. DSN 373-9447.

January 30

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.) Jan. 30-31 and Feb. 6-7 and 3 p.m. Feb. 1 (cabaret only). Reservations:

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

DSN 373-5020, civ. 06221-175020, or www.roadside-theater.com.

Shopping in France – Spend the day shopping in Haguenau, Cora and Soufflenheim. USO DSN 385-2082, www.usa.org/rheinneckar.

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.

February 1

Super Bowl Party in Kaiserslautern – Head to the Kazabra Club 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.

Super Bowl Parties in Heidelberg – Watch the Super Bowl at Legends on Patrick Henry Village 10 p.m.-4 a.m. Win great halftime prizes. \$5 entry fee includes food. DSN 388-9570. Or you can watch the battle of the grid iron on the big screen at the Heidelberg Bowling Super Bowl Party starting at 10 p.m. Enjoy snacks including build-your-own nachos. There will be a \$50 door prize for the person who picks the winning team and comes closest to the final score. \$5 cover charge. DSN 388-9040.

Super Bowl Parties in Mannheim – Watch the game at the Cove or Top Hat Club. The Cove will feature "the History of NFL" with doors opening at 8 p.m. The Top Hat Club will feature football trivia and doors opening 9 p.m. There will be large projection screens, food, and free entry at both venues. DSN 385-2653, civ. 0621-730-2653

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.

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.

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 unmistakable Transylvanian touches on your face. Tickets are €29. USO DSN 385-2082.

coming to
THEATERS



Twilight

(Robert Pattinson, Kristin Stewart) Bella Swan has always been a little bit different, never caring about fitting in with the trendy girls at her Phoenix high school. When her mother re-marries and sends Bella to live with her father in the rainy little town of Forks, Washington, she doesn't expect much of anything to change. Then she meets the mysterious and dazzlingly beautiful Edward Cullen, a boy unlike any she's ever met. Edward is a vampire, but he doesn't have fangs and his family is unique in that they choose not to drink human blood. Soon, they are swept

up in a passionate, thrilling and unorthodox romance. To Edward, Bella is what he has waited 90 years for – a soul mate. But the closer they get, the more Edward must struggle to resist the primal pull of her scent, which could send him into an uncontrollable frenzy. Rated PG-13 (violence, a scene of sensuality) 122 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Jan. 22 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 7 p.m.
- Jan. 23 - BRIDE WARS (PG) 6:30 p.m.; SEX DRIVE (R) 9:30 p.m.
- Jan. 24 - BOLT (PG) 2 p.m.; BRIDE WARS (PG) 5 p.m.; TWILIGHT (PG-13) 9:30 p.m.
- Jan. 25 - BOLT (PG) 2 p.m.; BRIDE WARS (PG) 5 p.m.
- Jan. 26 - SEX DRIVE (R) 7 p.m.
- Jan. 27 - TWILIGHT (PG-13) 7 p.m.
- Jan. 28 - BRIDE WARS (PG) 7 p.m.
- Jan. 29 - BOLT (PG) 7 p.m.

Mannheim, Schuh

- Jan. 22 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.
- Jan. 23 - NOTORIOUS (R) 7 p.m.; GRAN TORINO (R) 9:30 p.m.
- Jan. 24 - BOLT (PG) 2 p.m.; TWILIGHT (PG-13) 4:30 p.m.; NOTORIOUS (R) 7 p.m.
- Jan. 25 - TWILIGHT (PG-13) 2 p.m.; GRAN TORINO (R) 5 p.m.
- Jan. 26 - TWILIGHT (PG-13) 7 p.m.
- Jan. 27 - SEX DRIVE (R) 7 p.m.
- Jan. 28 - NOTORIOUS (R) 7 p.m.
- Jan. 29 - TWILIGHT (PG-13) 7 p.m.

Vogelweh, Galaxy

- Jan. 22 - QUANTUM OF SOLACE (PG-13) 7 p.m.
- Jan. 23 - BOLT (PG) 3:30 p.m.; BRIDE WARS (PG) 7 p.m.; TWILIGHT (PG-13) 10:30 p.m.
- Jan. 24 - BOLT (PG) 11 a.m.; TWILIGHT (PG-13) 3 p.m.; BRIDE WARS (PG) 7 p.m., 10:30 p.m.
- Jan. 25 - BOLT (PG) 11 a.m., 3 p.m.; BRIDE WARS (PG) 7 p.m.
- Jan. 26 - TWILIGHT (PG-13) 7 p.m.
- Jan. 27 - SEX DRIVE (R) 7 p.m.
- Jan. 28 - TWILIGHT (PG-13) 7 p.m.
- Jan. 29 - BRIDE WARS (PG) 7 p.m.

Ramstein, Hercules

- Jan. 22 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.
- Jan. 23 - SEX DRIVE (R) 7 p.m.
- Jan. 24 - BOLT (PG) 7 p.m.
- Jan. 25 - GRAN TORINO (R) 7 p.m.
- Jan. 29 - GRAN TORINO (R) 7 p.m.

Ramstein, Nightingale

- Jan. 22 - SOUL MEN (R) 7 p.m.
- Jan. 23 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 3:30 p.m.; GRAN TORINO (R) 7 p.m.; NOTORIOUS (R) 10:30 p.m.
- Jan. 24 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 3 p.m.; GRAN TORINO (R) 7 p.m.; NOTORIOUS (R) 10:30 p.m.
- Jan. 25 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 3 p.m.; NOTORIOUS (R) 7 p.m.
- Jan. 26 - SEX DRIVE (R) 7 p.m.
- Jan. 27 - GRAN TORINO (R) 7 p.m.
- Jan. 28 - NOTORIOUS (R) 7 p.m.
- Jan. 29 - TWILIGHT (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

The entrance to the Community Support Center in Heidelberg has temporarily changed due to the installation of a new force protection barrier system. Until approximately Jan. 30, the temporary entrance is the Sixt Car Rental gate. On Feb. 16, the Sixt Car Rental entrance will become the exit gate 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.

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.

Technology Expo

Head to the Campbell Barracks Fitness Center Jan. 27 from 10 a.m.-2 p.m. for this winter's Campbell Barracks Technology Exposition. The event is being hosted by the 2nd Signal Brigade and is open to all military, civilian and contractor personnel. More than 30 exhibitors will demonstrate the latest in Communication Technologies, Distance Learning, Systems Integration, Video/Multimedia Presentation, Security Network Solutions, Data Warehousing, Hardware/Software, Wireless/Mobile Communication, Signal Analysis, and more. Civ. 001-301-596-8899, ext. 244 or Griffith@ncsi.com.

Illegal Window Tinting

The U.S. Army Garrison Kaiserslautern and 569th U.S. Forces Police Squadron police are checking for illegal window tinting in cars traveling or parked in all military installations in the Kaiserslautern military community with the exception of Ramstein Air Base until Jan. 29. Checking and ticketing for illegal tinting is a part of the U.S. Army Europe's Operation Blackout. The installations where vehicles will be checked include Vogelweh and the adjacent housing area, Pulaski Barracks, Sembach Annex, Landstuhl Regional Medical Center and Landstuhl Heliport, Miesau Army Depot, Panzer, Husterhoeh (Pirmasens) and Daenner Kasernes, and Rhine Ordnance Barracks. If not factory-installed, drivers will have up to 14 days to remove the illegal tinting and show proof of the removal at the squadron's headquarters.

local EMPLOYMENT

Career 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.

SKIESUnlimited Instructors

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

KAISERSLAUTERN

Education

• **ACS Classes and Events** – 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; Resumix, 1 p.m. Jan. 27 and 9 a.m. Jan. 29; REACH Group, 4:15 p.m. Jan. 27; Euros and Cents, 9 a.m. Jan. 28; FRG Leader Roundtable, 11:30 a.m. Jan. 28; AFTB Level 2, 8:30 a.m. Jan. 29; HUGS Playgroup at Kids' Zone, 10 a.m. Jan. 29; BRAG bariatric surgery support group, 10:30 a.m. Jan. 31. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.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-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.

Community

• **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.

• **Community Info. Forum** – Hear from community leaders 1 p.m. Feb. 4. Topics include AAFES fuel cards, Operations Security (OPSEC) in the KMC, the 2009 Army Emergency Relief campaign, and other timely issues. Please note, the location has changed to Kaiserslautern Community Activity Center, Daenner Kaserne, Bldg. 3109. DSN 493-4093, civ. 0631-3406-4093.

• **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.

• **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.

• **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.

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

• **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 remain the same. DSN 483-6256, civ. 0631-411-6265.

HEIDELBERG

Education

• **ACS Classes and Events** – EMFP Teen Social, 7 p.m. Panther's Place Jan. 25; Community Orientation Briefing, noon-3p.m. Jan. 26; Sponsorship Assistance Training, 2-3 p.m. Jan. 26; 1-2-3 Job Fair Ready, 9 a.m.-noon Jan. 27; Anger/Stress Management, 1-4 p.m. Jan. 27; VMIS Training, 10:30-11:30 a.m. Jan. 30; Checkbook Management, 1-3 p.m. Jan. 30; 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 offer 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>.

Community

• **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.

• **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: FAFSA 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@eu.army.mil.

• **Girl Scout Cookies** – Watch for

the Heidelberg Girl Scout Troops at the commissary and the Shopping Center every weekend starting Jan. 24 to stock up on your favorite Girl Scout cookies. gsusahd@yahoo.com. Girls age 5-17 are invited to join Girl Scouts. sjakmayer@hotmail.com or www.gsusahd.org.

• **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 volksmarches: Jan. 24-25, Seibersbach; Jan. 25, Hortheim; Feb. 1, Forstfeld, France. Bus trip to Rotheburg ob der Tauber Feb. 28. www.hiwc.de or hiwc@yahoo.com.

• **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.

• **AFAP Conference** – Submit issues for the 2009 Army Family Action Plan Conference by Feb. 1. www.mwgermany.com/HD/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.

• **Job Shadow Day** – Feb. 2 is Job Shadow Day. Supervisors are requested to allow employees to be shadowed by a student during their duty day in order to enhance students' understanding of the functions in the workplace. Job Shadow supports the DoD's educational process by introducing students to practical workplace skills and experiences. DSN 388-9398.

• **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 Feb. 7 to help raise money for the 2009 prom.

• **HSCS Scholarships** – Heidelberg Community and Spouses Club scholarships available for members in the community. Go to www.hscs-heidelberg.com for applications. Deadline for applications 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. Membership now half price. www.hscs-heidelberg.com.

• **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. Jan. 23, 26 and 28 and 6-7:30 p.m. Jan. 27 and 29; AFTB Level 1, 9 a.m.-2 p.m. Jan. 26-28; Multicultural Club, 10a.m.-noon Jan. 26; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Jan. 26 and 28; Levy and Out-processing briefing 1-2:45 p.m. Jan. 27; Mom and Me Play Group, 10 a.m.-noon Jan. 28. 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.

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, or e-mail nancy.ward3@eu.army.mil. Submit issues by Jan. 26. Volunteers are needed in transcriber, facilitator, recorder and issue support roles. DSN 385-3101, civ. 0621-730-2759.

• **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. 2-6; Pastries for Parents, 7:50-8:20 a.m. Feb. 4; Family Bingo Night, Time TBA Feb. 26.

• **CYSS Programs** – Youth Sponsorship, 5-6 p.m. Jan. 23; Passport to Manhood, 4-5 p.m. Jan. 27; Dragon Fly Quest, 5-6 p.m. Jan. 27; Keystone Club, 4-5 p.m. Jan. 29. 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.

• **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. New members are welcome. 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 or 0152-0352-8834.

Heidelberg, K-town teams take tourney titles

Heidelberg Sports and Fitness

Two local teams took top honors during U.S. Army Garrison Heidelberg's 12th annual Martin Luther King Jr. tourney, the longest-running community invitational basketball tournament in Europe, Friday through Monday at Patton Barracks.

Heidelberg's Lady Generals collected a hard-fought 36-27 win against the Ramstein Lady Rams, and for the men, Kaiserslautern took down Ramstein 65-50.

The tournament included 17 teams – 12 men's and five women's – from as far as the United Kingdom and Italy, with the majority from throughout Germany.

Play began with hometown Heidelberg men's squad overwhelming Bamberg 66-33 Friday. Other men's division winners included Kaiserslautern, Wiesbaden and Stuttgart. Saturday winners on the men's side included: Schweinfurt, Mildenhall, Wiesbaden, Stuttgart and Heidelberg. Schweinfurt, Ramstein and Heidelberg reigned victorious on the women's games.

The women's final pitted the hometown Heidelberg Lady Generals against the Ramstein Lady Rams. In a previous match-up between these two powerhouses, Heidelberg bested Ramstein 40-28.

In the championship game, the Lady Generals proved a dominating force again, opening a 24-13 halftime lead before ultimately claiming the championship title. High scorers for the Lady Generals were Amelia Tillman, 21; Tania Spann, 7; and Takisha Watkins, 7. High scorers for the Lady Rams were Kim Edwards, 10; Salonika Owens, 6; and Ieschia Ross, 5.

The Women's Team Sportsmanship award went to Schweinfurt. All-Tournament Women's Team members included Courtney Amigo, Stuttgart; Crystal Samuel, Ramstein; Ieschia Ross, Ramstein; Takisha Watkins, Heidelberg; Tania Spann, Heidelberg; and MVP Amelia Tillman, Heidelberg.

In the men's semifinals Ramstein beat Stuttgart 59-57 and Kaiserslautern upended Mildenhall 56-50 to set up the final of the tournament. Both squads drilled each other hard and managed a 29-29 tie at halftime. But midway through the second half, Kaiserslautern imposed its force on Ramstein rebounding and scoring at will to become the tournament champions.

Lavell Perry led Kaiserslautern in scoring with 16 points with three 3-pointers, followed by Larry Bailey, Ayo Lawson and Damon Rush adding 13 points each. Ryan Voisine led Ramstein scoring with 12, Jimmie Lucas, 11 and Aaron Stafford, 7.

Third place was a tie between Stuttgart and Mildenhall, and Volkel Air Base took home the Men's Team Sport-



Jason L. Austin

Geno Thompson (50) with the Bamberg Barons tries to block a shot by Heidelberg's McKennie Levail (23) Friday during the opening game of the 12th Annual Martin Luther King Jr. Community Invitational Basketball Tournament at Heidelberg's Patton Gym.

manship award. All Tournament Men's team members included Byron Washington, Mildenhall; Jimmie Lucas, Ramstein; Anthony Robinson, Ramstein; Larry Bailey, Kaiserslautern; Ayo Lawson, Kaiserslautern; MVP Damon Rush, Kaiserslautern.

USAG Heidelberg Commander Lt. Col. Robert White, who opened the tournament stressing safety and sportsmanship, was thrilled with the turnout for the event.

"It amazes me that this many community teams gave up a potential four-day weekend to come to Heidelberg to participate in this tournament," White said.

Michael Criswell, USAG Heidelberg chief of Sports and Fitness, agreed. "The tournament was an overwhelming success. The caliber of play was tremendous. I've already had a few teams ask me when next year's tournament will be, so they can schedule it."

Pushing waves: Swim teams excel at divisional

The Kaiserslautern Kingfish swim team recorded a first-place finish and the Heidelberg Sea Lions came in third at the Rhineland Divisional Saturday at Ramstein Aquatics Pool.

The Kingfish finished with 929 points, 339 points ahead of their division rival Stuttgart Piranhas. The Sea Lions finished eight points behind Stuttgart with 582. The Berlin Bear-A-Cudas finished with 326 points.

"We had an outstanding meet. This was a great way to finish the season in our home pool," said head swim coach Robert Clinton. "The competition was very good, and we swam really well."

For the Kingfish, Kristen Bender finished first in 50 freestyle, 100 fly

and the 100 breast stroke. Sophia Bishop took first in the 100 individual medley as well as the 50 fly and 200 freestyle. Peter Cummin finished first in the 50 breast stroke, 100 and 200 individual medley. Blake Davis continued the trend by placing first in the 100 backstroke, 50 and 100 freestyle.

Sarah Doe picked up first in the 200 individual medley, 100 fly and 100 backstroke. Taylor Glass took first in the 200 individual medley, 100 fly, and 100 backstroke. Sarah Mallette claimed first in the 200 individual medley, 100 and 200 freestyle. Duncan Seebeck took first in the 100 individual medley, 50 and 100 freestyle. Kevin Tarnowski finished first in the 50 fly, 50 and 200 freestyle. His

sibling, Stephen Tarnowski, finished first in the 100 breast, 200 and 400 freestyle. Emma Thomas took first place in the 100 individual medley, 100 and 200 freestyle.

Triple winners for the Sea Lions included Ethan Christiansen, 8, in the 100 individual medley, 50 back stroke and 200 freestyle events and Andrew Simmons, 14, in the 200 individual medley, 100 fly and 200 freestyle events.

The Kingfish finished the season with 61 swimmers qualified to compete in the European Forces Swim League Championships being held in Berlin Feb. 7-8. The Heidelberg Sea Lions will send 33 to the competition. SOURCE: Kaiserslautern Kingfish and Heidelberg Sea Lions

staying ACTIVE

Ice Hockey Players Wanted
The Baden Bruins, an All-Army hockey team, are the current USAF Hockey Champions and are looking to repeat this year. The Bruins are coached by ex-NHLer Bob Sullivan and also play in the local German Men's league. Ctv. 0172-6263642, ken.robinson@eu.dodea.edu.

Pilates Sessions
Beginner and intermediate classes are available in Heidelberg. 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 Standings as of Jan. 12: V Corps, 6-0; NATO, 4-2; 43rd Signal, 3-3; 529th MP, 2-4; 302nd MI, 2-4; MEDDAC, 1-5.

Games to be played at Patton Fitness Center
Jan. 26: 43rd Signal vs. V Corps, 6 p.m.; NATO vs. 529th MP, 7 p.m.; MEDDAC vs. 302nd MI, 8 p.m.

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. 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.mvrgermany.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.

Family Fitness Day
Head to Sullivan Barracks in Mannheim 10 a.m.-1 p.m. Feb. 1 for the garrison's second annual Family Fitness Day. DSN 385-2001, civ. 0621-730-2001.



Way Holan

Ethan Christiansen, 8, a member of the Heidelberg Sea Lions prepares to swim during the Rhineland Divisional in Ramstein Saturday.