

# HeraldPOST

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

## MPs acknowledged for saving family from fire

By Kristen Marquez  
HERALD POST STAFF

Two Soldiers from the 272nd Military Police Company received the Army Commendation Medal in Mannheim Jan. 22 for their heroic actions in rescuing a family from an apartment fire.

Pfc. Jon Whitney and Pfc. Jerad McCaslin physically crossed through flames to assist Robin Boyer and her two daughters when the family's apartment



MCCASLIN



WHITNEY

on Benjamin Franklin Village in Mannheim caught fire in September. "Pfc. Whitney and Pfc. McCaslin's actions were in keeping

with the skill sets that the Military Police Corps strives to instill in law enforcement patrolmen," said Capt. Jimmy Hillabrandt, 272nd MP Company commander. "Daily, military police Soldiers are called to respond to various situations, which see RESCUE page 11



*Life  
on the other  
side*

Courtesy of Rosella Glenn

Rosella Glenn (right) helps a Tajik woman harvest cotton in a field outside of Dushanbe, the capital of Tajikistan, Oct. 25. Glenn said Tajik women in the central Asian nation often must work hard to make enough money to support their families, sometimes without the aid of a husband. Glenn credits the experience she has gained during 16 years married to Col. Mike Glenn, deputy chief of U.S. Army Europe's global rebasing and restructuring division, for much of her success as an expert in international affairs.

## Army wife credits military life for rise from small town to Fulbright scholar

By Sgt. Micah E. Clare  
USAREUR PUBLIC AFFAIRS

Rosella Glenn doesn't live like most Army wives. She wakes up in the morning and

checks to see if the lights work. If the heat has gone out again, she decides whether to drain the radiators. She tries the water to see if it's working and clean enough to take a shower. Sometimes she takes a walk and chats with farmers

and villagers at the local bazaar in Tajik, Uzbek and Russian.

This is Glenn's life in the Central Asian republic of Tajikistan. Just north of Afghanistan, the country is the poorest of the former Soviet republics. Her job there is to teach people about America and conduct research about the hardships the nation's women face.

It's a far cry from her own humble roots in northern Italy to her mission see SPOUSE SUCCESS page 11

**HP THURSDAY**  
Jan. 29, 2009

### Speed Read

#### NEW NCOs



Ramstein Air Base. 3

The 39th Transportation Battalion inducted 20 newly appointed NCOs during an induction ceremony at the Officers' Club on

#### COMFORTING WARRIORS

Wounded warriors in the Heidelberg area find comfort and friendly faces at the Soldier and Family Assistance Center. 4

#### THE REAL WORLD

The Heidelberg schools and Child, Youth and School Services held college planning workshops and information on medical careers for



students and parents during the Real World Medical Career Fair at Heidelberg Middle School on Patrick Henry Village. 4

#### ARTS AND CULTURE

The Heidelberg Arts and Cultural Center will relocate to the Village Pavilion and expand its menu of services. 6

#### COMFORTING WARRIORS

Mannheim opened the new First Sergeant's Barracks Initiative satellite office on Coleman Barracks. 8

### Defense Details

#### BUDGET DELAYS

President Barack Obama's 2010 defense budget request will be delayed, possibly until April, White House and Defense Department officials said. The president's annual budget request usually is submitted to Congress the first Monday in February. However, with only a week in office, the new administration will need more time for a substantial review of the submission, officials said.

#### SERVICE SECRETARIES

Each U.S. military service secretary has agreed to Defense Secretary Robert M. Gates' request to stay in office for at least several weeks to help ensure the Defense Department's smooth transition under the Obama administration.

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

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## TAX ASSISTANCE

# Understand your deployment-related tax benefits

By Capt. David L. Adamson  
HEIDELBERG TAX CENTER

Service members and civilians who serve in a combat zone are entitled to certain tax benefits.

The most notable of these benefits are the automatic filing extension and the gross income exclusion.

We encourage each community member to use their local tax center for its expertise and free services.

### Tax Filing Extensions

Qualified individuals serving in a combat zone or qualified hazard duty area are entitled to certain federal income tax filing extensions. These automatic extensions allow qualified military members and civilian employees, and their spouses, to file their taxes at least 180 days after they return from the CZ or QHDA.

To suspend an Internal Revenue Service action in progress, simply

send an e-mail to [combatzone@irs.gov](mailto:combatzone@irs.gov) and provide the deployed person's name, address, date of birth and date the deployment began. For security reasons, do not provide a social security number. This e-mail will suspend IRS action until at least 180 days after the deployment terminates.

If a spouse did not procure a power of attorney for tax filing purposes prior to deployment, he may still file married filing jointly.

Simply fill out a Form 2848 when you file with the tax center and the spouse may sign for the deployed person.

Also, attach a statement that explains the spouse is serving in a combat zone. This option is not available for persons who are married filing separately.

### Gross Income Exclusions

Qualified individuals serving in a

CZ or QHDA are eligible for certain gross income exclusions. These exclusions allow qualified military members, but not civilian employees, to exclude most types of income while serving in a CZ or QHDA.

Spending even one day of a given month in a CZ or QHDA qualifies the military member for an exemption of taxes for the entire month. However, all pay received in a CZ or QHDA is still subject to Social Security and Medicare tax.

Keep in mind that even if a person is deployed for an entire year, he must still file taxes or risk losing the gross income exclusion.

These extensions and exclusions apply only to federal taxes. Please be prepared to discuss state specific issues during your appointment with the certified tax preparer.

### Documentation

Tax season is upon us. Start gath-

ering the following documents for your return: W-2, 1099, Social Security cards or ITIN and picture ID.

Additional documents you may need to bring, if applicable: economic stimulus dollar amount, child care provider's information and child care costs, rental property, mortgage interest statements and 2007 tax return.

If married filing jointly, both tax filer and spouse must be present to file the tax return.

If one spouse cannot be present, he will need to visit the legal assistance office to acquire a power of attorney.

The Heidelberg Tax Center opens Feb. 2, but you can call now to schedule an appointment: DSN 370-7510, civ. 06221-57-7510.

We are located at Bldg. 3860 at the shopping center and look forward to your visit.

## COMMENTARY

## Now is the time to get checked for cervical cancer – before it's too late



By Dr. James Bellina, M.D.  
HEIDELBERG MEDDAC

With the start of the New Year, female Soldiers and personnel are reminded that January is Cervical Cancer Awareness Month.

Once the No. 1 cause of death in females, the death rate from this type of cancer has declined by 70 percent. This tremendous improvement in the mortality rate is attributed to a simple test developed in the 1950s called the Pap test.

Named for Dr. Georgios Papanikolaou, this quick and easily-performed screening test is now even more improved, so that most cervical cancers are preventable.

Patients need to know that almost all cervical cancers can be traced to infection from the human papillomavirus.

Although there are about 100 strains of the virus, only a few are responsible for causing cancer. More significantly, the virus is very prevalent and it is spread by sexual contact.

Simply being sexually active can put some patients at increased risk of developing cervical

cancer.

The good news is that recent developments in screening now include testing for the presence of HPV. Also, the recent development of a vaccine against HPV should help eliminate the once deadly cancer.

However, these improvements to screening and prevention are useless if patients are not diligent in their own awareness and in keeping up with their physical exams. Women should come in once a year for their Pap test.

By using these improved methods, symptoms can be detected very early and treatment is sometimes a simple office procedure.

Contact your health care providers at the Heidelberg Health Center to discuss the issues and risk factors that are involved in developing cervical cancer.

You can make an appointment by calling our Central Appointment line at DSN 371-2622, civ. 06221-17-2622.

Dr. James Bellina recently joined the Heidelberg Health Center's Gynecology Clinic as a gynecologist. Bellina is board-certified in OB/GYN and brings 30 years of experience with him to Heidelberg. Joining him is Susan Gilzean, a new nurse practitioner in the Gynecology Clinic, who is

### Who gets cervical cancer?

All women are at risk for cervical cancer. It occurs most often in women over age 30. In 2004,\* 11,892 women in the United States were told they had cervical cancer.†

It is important to get tested for cervical cancer because 6 out of 10 cervical cancers occur in women who have never received a Pap test or have not been tested in the past five years.

The human papillomavirus, a common virus that can be passed from one person to another during sex, is the main cause of cervical cancer. At least half of sexually active people will have HPV at some point in their lives.

Keep in mind, many people will have an HPV infection at some time in their lives, but few women will get cervical cancer.

More information about cervical cancer is available online at [www.cdc.gov/cancer/cervical](http://www.cdc.gov/cancer/cervical).

\* The most recent year for which statistics are currently available.  
† U.S. Cancer Statistics Working Group. United States Cancer Statistics: 2004 Incidence and Mortality. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2007.

retired military coming from Vicenza, Italy, and has 24 years of experience as a nurse practitioner. Both providers are now available for gynecological consultations.



Commander, U.S. Army Garrison  
Baden-Württemberg:  
Col. Robert J. Ultes  
Public Affairs Officer:  
Lira Frye  
Editor:  
Kelli Bland  
Reporters:  
Jason L. Austin, Baden-Württemberg  
Christine June, Kaiserslautern  
Kristen Marquez, Baden-Württemberg  
Ina Stewitz, Mannheim  
Webmeister:  
Juan Meléndez Jr.

Contact information:  
**Herald Post**  
Building 107, Patton Barracks  
373-7277/7243 or 06221-17-7277/7243  
[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)  
**Baden-Württemberg Public Affairs**  
373-1400/1600 or 06221-17-1400/1600  
[usaghd.pao@eur.army.mil](mailto:usaghd.pao@eur.army.mil)  
**Kaiserslautern Public Affairs**  
493-4072 or 0631-3406-4062  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)  
**Mannheim Public Affairs**  
380-1600/385-3369 or 0621-730-1600/3369  
[usagmpao@eur.army.mil](mailto:usagmpao@eur.army.mil)

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

## 4th ASOS change of command



Ina Stiewitz

Col. David Hume (left) passes the 4th Air Support Operations Squadron guidon to the unit's new commander, Lt. Col. Michael McManus (center), during a change of command ceremony Jan. 22 at Mannheim's Sullivan Barracks. Prior to assuming command of the 4th ASOS, McManus served as the director of operations for the 2nd ASOS in Vilseck. The outgoing commander, Lt. Col. Russell Lee (right), who held command of the 4th ASOS for the past two years, will move to a new assignment with Headquarters, Air Force A3. During Lee's tenure, he and 4th ASOS personnel deployed in support of Operations Iraqi and Enduring Freedom. The 4th ASOS is responsible for the tasking, coordination and employment of offensive air support for allied ground forces, primarily V Corps. The unit is the key command and control link between the land forces commander and the Air Operations Center and has the ability to rapidly apply decisive air power to the battlefield.

## Veterinary inspectors assist in recall of peanut butter products

### ERMC Public Affairs

Europe Regional Veterinary Command food inspectors are assisting in the recall of peanut butter products from store shelves, vending machines, theaters, dining facilities and other places on U.S. bases where those items may be sold or distributed.

"Peanut butter products identified by the FDA and corporate recalls have been removed from U.S. military outlets in Europe," said Lt. Col. Martin LaGodna, ERVC deputy commander. "Our inspectors will continue to assist as needed to remove additional food products if any are identified."

The U.S. Food and Drug Administration announced corporate recalls of peanut butter products, including some pet foods, following a Jan. 10 notification by the Peanut Corporation of America of potential Salmonella typhimurium contamination in bulk peanut butter and peanut butter paste produced after June 30 at its Blakely, Ga., processing plant.

The bulk peanut butter products in question may have been used in

a variety of commercially produced food products. A list of the potentially affected foods is on the FDA Web site at [www.fda.gov](http://www.fda.gov).

A peanut butter recall link is also on the AFN Europe Web site at [www.afneurope.net](http://www.afneurope.net).

The Centers for Disease Control reports as of Monday the case count is 501 in 43 states.

For details, visit the CDC Web site at [www.cdc.gov](http://www.cdc.gov) and click the "Salmonella" link.

Salmonella can cause diarrhea, fever and abdominal cramps 12 to 72 hours after infection. The illness usually lasts four to seven days, and most persons recover without treatment.

The elderly, infants, and those with impaired immune systems are more likely to have a severe illness.

Persons with diarrhea usually recover completely, although it may be several months before their bowel habits are entirely normal.

If there is any question about whether a product in the commissary, AAFES Shoppette or vending machines is or is not safe, contact your local veterinary services.

## Induction ceremony celebrates history of NCO Corps

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

Secretary of the Army Pete Geren declared 2009 the Year of the Noncommissioned Officer, and the 39th Transportation Battalion wasted no time kicking the year off with a ceremony focused on celebrating the history, traditions and accomplishments of the Army's time-honored NCO Corps.

Twenty newly appointed NCOs from the battalion accepted the duties and responsibilities of an Army NCO during the battalion's NCO induction ceremony at the Officers' Club on Ramstein Air Base Jan. 21.

Commonly known as "the backbone of the Army" the NCO Corps' duties and responsibilities were developed by Baron Friedrich Von Steuben in "Regulations for the Order and Discipline of the Troops of the United States" during the long hard winter at Valley Forge.

The ceremony featured Soldiers in various historical uniforms who gave speeches on the different roles NCOs have played throughout the Army's



Sgt. Fay Conroy

During a NCO induction ceremony held at the Officer's Club on Ramstein Air Base Jan. 21, new NCOs from the 39th Transportation Battalion stand at attention after signing the Charge of the NCO.

history.

The ceremony, however, did not solely focus on the history of the NCO Corps, but also on the future.

"As our Army expands, so does the role of the NCO," said guest speaker Master Sgt. Vincent Noble, 16th Sustainment Brigade rear detachment command sergeant

major. "We must be adaptive enough to grow and expand with it."

After hearing the guest speaker, the inductees took the Oath of the NCO and signed a Charge of the NCO, reaffirming their commitment to their Soldiers. The inductees then walked under an arch of sabers and were welcomed

into the NCO Corps by the 39th Transportation Battalion Command Sgt. Maj. Charles Nash Jr.

Following the ceremony, the new NCOs were congratulated by a distinguished audience of NCOs, which included U.S. Army Europe and Seventh Army Command Sgt. Maj. Ralph Beam and 21st

Theater Sustainment Command Command Sgt. Maj. David Wood.

For Sgt. Malcom Webster, 635th Movement Control Team, who was promoted Sept. 1, it was a celebration that had been delayed because of his deployment.

"I was in Iraq when I was promoted, so it felt good to be appreciated (at the NCO induction ceremony)," he said.

Sgt. Chadrick George, the operations sergeant with Headquarters and Headquarters Detachment, said he received plenty of advice from other NCOs since being promoted to sergeant.

"Always take care of the mission, and the way to do that is to take care of your Soldiers because they are always going to be the ones who get the task done," George said. "As a NCO, you really provide the direction for how to complete the task."

George went on to point out the significance of joining the NCO Corps. "It is an elite corps. Not everyone has the opportunity or ability to say 'I was a sergeant in the United States Army.'"

## Students spend a day in the 'Real World' medical style

By Jennifer Walsh  
HEIDELBERG MEDDAC PUBLIC AFFAIRS

Stopping to peer through microscopes or ask questions about becoming a nurse, approximately 100 students and parents made their way through the Real World Medical Career Fair Jan. 25 at Heidelberg Middle School on Patrick Henry Village.

The event, which was sponsored by Heidelberg schools and Child, Youth and School Services, featured college planning workshops and about 20 different medical careers students could pursue including behavioral health, respiratory therapy, preventive medicine, dentistry and veterinary work.

"The goal of the program is to prepare military youth for transitions," said Barbara Abeje, the Real World program manager. "These transitions can be from one grade to another grade, from one school to another school or that final transition from high school to college."

With the transition from high school to college in mind, one student and her parents made the drive up from Stuttgart.

"I have no idea what I want to do when I get out of high



Davionte Halsey, a 3rd grade student at Patrick Henry Elementary School in Heidelberg, helps a team of medics perform a practice test on a medical mannequin. This activity was part of the Real World Medical Career Fair held Jan. 25 at the Heidelberg Middle School on Patrick Henry Village.

school," said Candace Backer, a 10th grade student at Patch High School in Stuttgart. "I wanted to open myself up to all the different careers out there."

Her parents, Caroline and Russell, could not agree more. "I'm excited for the possibili-

ties she's going to be facing," said Caroline Backer. "I didn't get to experience anything like this when I was a kid and I wanted to make sure she got the opportunity to make an informed decision."

For the medical professionals at the event, it was

an opportunity to be open with the students. Pediatricians, laboratory technicians, physical therapists, optometrists, social work specialists and medics all took some time to describe how long it takes to get through medical school and how many hours

students could expect to devote to homework. First and foremost, they were up front about the work it takes to join the medical field.

Jackie Costello, a pediatric nurse practitioner at the Heidelberg Health Center, advised students to start doing research now.

"See what area you would be interested in because there are different requirements," Costello said. "It's a lot of studying, a lot of homework and you have to be focused if that's what you really want to do. But it's a great field to go into, you'll have a great future and it's very rewarding."

Abeje also stressed how important it is for students to learn how to plan for the future at an early age, emphasizing students could attend the college of their choice or become a doctor if they start taking the steps early on.

"They can realize almost any dream if they plan for it," Abeje said.

The next Real World event is 4-6 p.m. Feb. 22 at the Heidelberg Middle School on Patrick Henry Village. Some of the workshop topics include financing college, local scholarship applications and alternatives to four-year universities.

## SFAC specialist helps wounded troops 'figure out what to do'

By Kristen Marquez  
HERALD POST STAFF

When wounded warriors in the Heidelberg area go to the Soldier and Family Assistance Center, they will find the friendly face of someone who says her favorite part of her job is simply talking with Soldiers.

Rose Parker is the SFAC specialist in Heidelberg, a position she's had for a little more than a year. She was the lone employee when the SFAC here opened in November 2007, and helped the other regional employees transition in to their positions as time went by.

"It's very rewarding to help somebody figure out 'where do I go next?'" she said. "So much of what I have learned from life has come from the school of hard knocks, and that doesn't come with diplomas."

The Army Family Covenant-sponsored SFAC is a one-stop assistance center for helping wounded warriors with their needs. They can get guidance and assistance on employment

and education services as well as other support agencies they may need to work with.

"They can expect to be welcomed," Parker said. "They can expect that there's someone that's going to listen to them. We're not going to try to tell them what to do; we're going to help them figure out what to do."

Parker has been a disabilities advocate for more than 20 years, beginning with her own children – three of her four children were in special education.

She was a family advocate working with her children and then others' children before working for the state of Virginia in early intervention. She's also worked at Virginia Tech in advocacy and family support as well as being a disabilities minister for two dioceses.

Parker tells visitors to the SFAC that the main thing to remember in her line of work is that every Soldier is different. Their healing needs are different, so one of the most important things they can do for a Soldier and his fam-

**"When we hit the roadblocks, we all feel it, but it's the type of thing where you get real attached to them and then you have to send them off – it's like letting the fledglings go."**

—Rose Parker, Heidelberg SFAC Specialist

ily is just listen to them.

"We find out where they are, what their goals are, what they hope to be able to do, and then try to figure out ways to get them there," she said.

"They may want to stay on active duty, but that becomes not possible. They may think they are going to be getting out and then find out they can stay on active duty."

"So it's kind of helping them rediscover who they are with these new injuries. That's the real healing piece of it."

Parker said wounded warriors coming to the SFAC will receive hospitality to make them feel more comfortable, such as snacks or cold drinks, as well as a place to sit and think for a while about all the different things that are

happening to them.

Sometimes, Parker and the staff will even clear off the conference room table and help Soldiers organize all their paperwork.

"We've done that more than once with the conference room table – just spread out, look at everything, put things in piles ... help them get things organized," she said.

Overall, even though Parker has only worked for the Army a little more than a year, she said she loves the job and the chance to help.

"I love working with the Soldiers," she said. "When we hit the roadblocks, we all feel it, but it's the type of thing where you get real attached to them and then you have to send them off – it's like letting the fledglings go."



### Dr. Kathleen North-Wilhelm

Dr. Kathleen North-Wilhelm is a retired Army family practice doctor at the Mannheim Army Health Clinic. After four and a half years of service, she will be transferring to the Landstuhl Regional Medical Center's Family Medicine Clinic.



### What did you enjoy the most about working in Mannheim?

I enjoyed taking care of patients of both sexes and all ages. I particularly enjoyed caring for pregnant women and their children, older patients and running the teen clinic. I enjoyed teaching Lamaze classes and helping to organize the retiree fair last fall where we offered appointments for various services instead of simply setting up information booths.

### What do you look forward to doing at LRMCC?

I want to help the family medicine clinic change from an adult-only clinic to a clinic that takes care of the whole family. I know from my experience at the Mannheim Health Clinic that "whole family care," where one doctor knows the whole family and can take care of a parent and child at the same visit, really fits the needs of families in which a parent is deployed.

### What book are you reading right now?

I am listening to "The Audacity of Hope," by Barack Obama.

### Did you make any New Year's resolutions?

To adopt a healthier lifestyle by eating less and moving more. Since I will be commuting two hours on the train to and from Landstuhl, I am trying to work out an exercise routine that will not alarm the other passengers on the train!

### What made you decide to go into Army medicine?

I joined the Army 25 years ago in order to come to Germany to marry my German fiancé. I stayed in for 20 years and have been married for 24 years. The higher you get in rank, the less patients they let you see. I was glad to return to full-time clinical practice once I retired from active duty. I still love taking care of Soldiers and their families as a civilian physician.

### What's your favorite part about living in Europe?

I love how in Germany the city stops here and the fields or woods start there. You are usually no more than a 10-15 minute drive from nature.

### Nominate a community member

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

# Arts and Cultural Center

## Heidelberg's craft center to close for move to VP

By Jason L. Austin  
HERALD POST STAFF

**W**hat would it take for Heidelberg to improve the Arts and Crafts Center on Patton Barracks?

How about a new facility, more classes, more craft supplies and more studios?

Throw in an art gallery that will double as a special event center hosting poetry readings, recitals, wine tastings and movie nights, and you have the Art and Cultural Center set to open March 7 in the newly renovated Village Pavilion.

The cost to the tried and true patrons: three weeks without a craft store.

"We would normally close for one week for inventory," said Jen Bieser, Arts and Cultural Center director. Instead, the center on Patton will close Feb. 15 for a week on inventory, a week of moving and a week of setting up the new facility.

The March 7 grand opening will begin at 11 a.m. with an exhibition by Marc Francisco in the VP lobby complete with live music and door prizes.

People attending the event can also receive discounts for upcoming classes in the new facility.

At 7 p.m., Gary Johnson, a folk and blues artist, will perform in the new cultural center, officially opening the first art exhibit — an installation of paintings by Joseph Heeg, a German/American painter, who formerly worked as a contractor for the U.S. Army.

Heeg's paintings have a military setting, Bieser said, but are very modern.

The gallery is already booked through September with a range of artists from Croatia, Italy, New York and the local area.

September's installation will even feature the work of an Arts and Cultural Center employee, Deb Ahern.

"We want to bring culture to (the young Soldiers) at their level," Bieser said.

In addition to the Cultural Center, patrons will find expanded retail offerings.

"We'll still have the same quilting and scrapbooking products," Bieser said, "but the new store will also offer general craft items as well as more children-oriented crafts and a helium balloon service."

"We'll still have the same quilting and scrapbooking products, but the new store will also offer general craft items as well as more children oriented crafts and a helium balloon service."

—Jen Bieser, Arts and Cultural Center Director

The retail store will still have the largest offering of fabric in the Army in Europe military communities, Bieser said.

The quilting room also boasts one of two computerized quilting machines in the U.S. military communities.

The new center will still offer a complete framing studio, a digital photography studio, a general arts studio and a pottery studio. The pottery studio will also include a new bisque area, where customers can apply glaze to pre-formed pottery.

Two activities currently located on Patton will not move, Bieser said.

The engraving service and the wood shop will remain in Building 108 on Patton Barracks but with modified hours.

The engraving service will be open 10 a.m.–5 p.m. Wednesdays through Fridays and 11 a.m.–7 p.m. Saturdays and Sundays.

The wood shop will no longer be open on weekdays. Its new hours are 11 a.m.–7 p.m. Saturdays, Sundays and training holidays. If units have special tasks/projects then they need to contact Bieser, who will work to accommodate their needs.

Bieser said she hopes the community will be happy with what they will see at the new center, and that the center will become more involved in the community.

She credited her staff and the supportive command with making the vision of an arts and cultural center a reality.

"We hope to have fun while the community arts and cultural center stays prominent in the happenings of the community," Bieser said.

# Herald Post team wins 11 region-level journalism awards

Installation Management Command-Europe announced Monday its region-level winners for the 2008 Army Keith L. Ware Journalism competition, which recognizes the journalistic excellence of Army military and civilian journalists. First place award winners will be forwarded to the Department of the Army Public Affairs for consideration in the Army-wide competition. Members of the Herald Post team received 11 awards, seven of which will move forward to compete at the Army level.

### Tabloid-Format Newspaper

- 1 - Bavarian News — Grafenwöhr
- 2 - Herald Post — USAG Baden-Württemberg
- 3 - Herald Union — USAG Wiesbaden

### Moss-Holland Civilian Journalist of the Year

- 1 - Jason Austin — USAG Baden-Württemberg

- 2 - Susan Huseman — USAG Stuttgart
- 3 - Christie Vanover — USAG Benelux

### News Article

- 1 - Jason Austin — USAG Baden-Württemberg
- 2 - Brandon Beach — USAG Stuttgart
- 3 - Kristen Marquez — USAG Baden-Württemberg

### Feature Article

- 1 - Jason Austin — USAG Baden-Württemberg
- 2 - John Reese — USAG Garmisch
- 3 - Jon Fleshman — USAG Vicenza

### Commentary

- 1 - Christine June — USAG Kaiserslautern
- 2 - Jason Austin — USAG Baden-Württemberg
- 3 - Karl Weisel — USAG Wiesbaden

### Sports Article

- 1 - Brandon Beach — USAG Stuttgart

- 2 - Susan Huseman — USAG Stuttgart
- 3 - Karl Weisel — USAG Wiesbaden

### Story Series

- 1 - Susan Huseman — USAG Stuttgart
- 2 - Jason Austin — USAG Baden-Württemberg
- 3 - Mary Markos — USAG Grafenwöhr

### Single/Stand-Alone Photograph

- 1 - Chrystal Smith — USAG Wiesbaden
- 2 - Stephen Morgan — USAG Grafenwöhr
- 3 - Brandon Beach — USAG Stuttgart

### Photojournalism

- 1 - Christine June — USAG Kaiserslautern
- 2 - Karl Weisel — USAG Wiesbaden
- 3 - Christie Vanover — USAG Benelux

### Art/Graphics in Support of Publication

- 1 - Stephen Morgan — USAG Grafenwöhr

### Contribution by Stringer (Writer)

- 1 - Ute Wolf — USAG Wiesbaden
- 2 - Amanda Grisby — USAG Vicenza
- 3 - Cristina Zachocino — USAG Vicenza

### Contribution by Stringer (Photographer)

- 1 - Brad Polensky — USAG Vicenza
- 2 - The Outlook — USAG Vicenza
- 3 - The Gazette — Chievres Garrison

### Special Achievement in Print Media

- 1 - Bavarian News — USAG Grafenwöhr
- 2 - The Outlook — USAG Vicenza
- 3 - The Gazette — Chievres Garrison

### Web-based Publication

- 1 - Herald Post — USAG Baden-Württemberg
- 2 - Herald Union — USAG Wiesbaden
- 3 - Schweinfurt Dispatch — USAG Schweinfurt

### Outstanding Initiatives in New Media

- 1 - Herald Post — USAG Baden-Württemberg

## Mannheim opens satellite office to manage single Soldier quarters

By Ina Stiewitz  
USAG MANNHEIM PUBLIC AFFAIRS

The U.S. Army Garrison Mannheim's Housing Division opened the new Directorate of Public Works Housing Division First Sergeant's Barracks Initiative satellite office Jan. 14.

The office is responsible for barracks and key management as well as relocation inspections of the single Soldier quarters on Coleman Barracks.

"Being located on-site, the office provides better customer service and serves as an on-site contact," said Juergen Klein, housing management inspector.

"Furthermore, it offers us the opportunity to react immediately on any issues and concerns."

By exchanging information and experiences with the office staff and a customer, Lt. Col. Jeffrey Fletcher, USAG Mannheim commander, provided his personal guidance and expectations to ensure the new local branch's excellent customer service.

"This office is a huge step in the direction of having satisfied customers," Fletcher said.

Klein and Beate Hayes, housing management assistants, said they are looking forward to improving the Housing Division's efficiency in dealing directly with their Soldier customers.

The new office's operating hours are 7:30 a.m.-noon and 1-4 p.m. Monday-Friday, DSN 382-5880, civ. 0621-779-5880.

## Policy change impacts Netherlands fuel-purchase process

IMCOM-Europe Public Affairs

SCHINNEN, Netherlands – New procedures for purchasing rationed fuel in the Netherlands due to changes in the Army Europe policy will impact people stationed outside the country.

Individuals not stationed in the Netherlands must be on official travel or leave orders to purchase fuel in the Netherlands, according to a recent update to Army in Europe Regulation 550-35.

The update clarifies fuel purchasing procedures for the paper/coupon-based system in the Netherlands based

on recent changes to the new automated system in Germany.

"The update provides clear procedures for personnel stationed in Germany to buy rationed fuel in the Netherlands and, most important, the new procedures comply with authority granted from the Netherlands government," said Capt. Eric Jonker, officer in charge of Schinnen's Law Center.

When the new automated fuel ration card arrived in Germany, personnel assigned outside Germany had to obtain AE Form 550-175L from a military police station in

Germany, providing their identification card, vehicle registration, and current leave/pass or temporary duty orders, in order to receive a temporary (limited) ration to purchase fuel when travelling in Germany.

Now, a similar procedure is introduced for personnel assigned in Germany who wish to purchase tax-free fuel in the Netherlands.

Individuals in Germany who wish to obtain rationed fuel in the Netherlands must complete AE Form 600-17A, which serves as the authority document for their supplemental fuel ration. Once

approved and signed by the commander or supervisor, the individual then presents the form to the Schinnen MP Station along with an ID card, vehicle registration, and TDY orders, leave document or military pass. The leave document should be the multi-purpose OPM Form 71 (if civilian) or a DA Form 31 (for Army). The MP will then issue AE Form 550-35B with a temporary (limited) ration authorization that can be used to purchase fuel coupons at the Schinnen Main Exchange or fill-up directly at the AAFES service station on USAG Schinnen.

## Celebrating a legacy



Staff Sgt. Jonathan Gray

Mannheim community children perform a skit during an observance ceremony celebrating the life of American civil rights leader Dr. Martin Luther King Jr. at the Top Hat Club on Sullivan Barracks. The event also included guest speakers who spoke about the life and legacy of King.

## ASAP offers options for mandatory alcohol, drug awareness training

USAG Heidelberg ASAP

All civilian employees are required to receive a minimum of three hours of alcohol and other drug awareness training each year.

The Army Substance Abuse Program prevention education and training for civilian employees will be provided in conjunction with but not limited to, existing civilian personnel orientations and training programs.

This training can now be accom-

plished online, according to Dr. Derrick Copper, U.S. Army Garrison Heidelberg Employee Assistance Program manager.

"Many of us have to attend meetings, sit in required training sessions, complete taskers and still complete the agency mission; all of which is very time consuming," Copper said. "Our staff has made it easier for civilians to meet the training requirements."

Anyone can visit [www.heidelberg.army.mil/sites/services/training.asp](http://www.heidelberg.army.mil/sites/services/training.asp) or

[www.heidelberg.army.mil/sites/services/ASAP/ASAPindex.htm](http://www.heidelberg.army.mil/sites/services/ASAP/ASAPindex.htm) to complete the required training. A new training slide is available each quarter.

The training is not limited to civilian employees. The regulation also requires all Soldiers to receive a minimum of four hours of alcohol and other drug awareness training per year.

"Our objective is to prevent, deter and reduce risky behaviors regarding alcohol and other drug abuse within our community," Copper said.

For those individuals who prefer face-to-face training, the Heidelberg ASAP is now offering the required supervisors and civilian annual training at the Heidelberg Community Army Substance Abuse Program, 104 Römerstrasse, Bldg. 3752 in the third-floor conference room. Training will be offered 10:30-11:30 a.m. Feb. 10, May 12 and Aug. 4. Seating is limited; call for reservations. For more information, contact Copper at DSN 370-1710 or [derrick.copper@us.army.mil](mailto:derrick.copper@us.army.mil).

## our ARMY around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)

Staff Sgt. Kristen Poe, an intelligence analyst assigned to the 4th Special Troops Battalion, 4th Brigade Combat Team, 1st Cavalry Division, delivers a school bag to an Iraqi girl Jan. 13 at the UR Primary School, located in the southern Iraqi city of Nasriyah. Poe, along with fellow Soldiers assigned to the battalion's personal security detachment, handed out more than 200 school bags and supplies during the visit.



Sgt. 1st Class Damian Steptore



U.S. Army photo

Soldiers in the West Virginia National Guard Quick Reaction Force train in Washington before the 2009 presidential inauguration. Soldiers were deployed to the nation's capital to support local law enforcement with traffic and crowd control and were prepared to respond to any type of civil disturbance.

(Below) 1st Lt. Joshua Kordela, of Owings Mills, Md., is thanked by an officer from the 2nd Brigade, 1st Iraqi National Police Division, Jan. 18 after completing Operation Gunslinger Bonzai XXXII, a combined operation focused at removing illegal weapons caches from Baghdad's Subak Sur community. The "Wolfhounds" and National Police have been working hand-in-hand in securing the northern Baghdad community.



U.S. Army photo

Soldiers with the 168th Engineer Brigade from Vicksburg, Miss., participated in the Sling Load Inspector Certification Course Jan. 9 at Camp Shelby Joint Forces Training Center. The Soldiers worked with Alpha Co. 1st Battalion, 185th Aviation Regiment from Jackson, Miss., who provided the UH-60 Black Hawk helicopter support.



U.S. Army photo

**RESCUE**

continued from page 1

require immediate action in order to safely quell the situation. Soldiers have to use their own initiative, guided by trained policies and procedures, to respond in a manner that will quell the situation.

"I believe that these two Soldier's actions were key in keeping an already traumatic situation from possibly becoming tragic."

Boyer and her two daughters, Heidi and Brigitte, were at home the night of Sept. 30 when a fire started in the stairwell of their building.

The fire blocked the front door, making escape virtually impossible. Boyer's husband, Staff Sgt. Greg Boyer, was serving his third tour in Iraq.

"The fire blocked my front door and made it impossible for anybody in the building to get out," Boyer said. "When I woke up and saw the flames through the peephole, I immediately called the MP station."

**"I noticed when (he) was walking out the front door carrying my daughter that my welcome rug was on fire. I followed him and realized that this man was walking on fire to help my daughter ... My husband and I are very thankful that these young men were there for us during this horrifying night. We are proud to know they serve in our community."**

-Robin Boyer, resident of Ben Franklin Village

Around 2:15 a.m., Whitney received the call about the fire and headed toward the building, according to his account in the police report.

When Whitney arrived, he found no one outside, so he tried to enter the stairwell.

"As I tried to make entrance in the stairwell, the flames outside her door were too high for me to make it to her door," he said.

He headed to the rear of the building and made contact with the family at a back window. He instructed Boyer to have her children climb out the window to him.

One daughter, 9-year-old

Heidi, made it out safely. Brigitte, however, is blind, so getting her through the window wasn't the best option, according to Whitney.

By this time, McCaslin had arrived on scene and headed to the apartment.

The flames had died down enough that he could enter the apartment through the front door, he said, so he carried Brigitte out. He then entered the apartment again to escort Robin outside and a third time to rescue the family dogs.

"I noticed when (he) was walking out the front door carrying my daughter that

my welcome rug was on fire," Boyer said. "I followed him and realized that this man was walking on fire to help my daughter."

Whitney attempted to wake other residents of the building by banging on windows and yelling before he and McCaslin went door-to-door to evacuate the building. The building coordinator arrived and helped scoop ashes and embers out of the stairwell.

Around 2:25 a.m., the German fire department, German Polizei and other MPs arrived on scene to help with crowd control and evaluations of the evacuated individuals.

"My husband and I are very thankful that these young men were there for us during this horrifying night," Boyer said. "We are proud to know they serve in our community."

The two Soldiers were directly responsible for preventing injury and the possible loss of life for several families in the community, according to Hillabrandt.

Their instincts, he said, led to a timely response to the situation and greatly aided the follow-on supporting agencies.

"Too often we take for granted the services that community agencies give," he said. "I just wanted fellow residents of the Mannheim community to be aware of the professionalism of their local military police Soldiers."

"The members of the 272nd MP company take great pride in the trust the garrison places in them and their efforts toward making our community as safe as possible for our Soldiers and families."

**SPOUSE SUCCESS**

continued from page 1

today as a U.S. State Department expert in international affairs, from small-town girl with a limited grasp of English to Fulbright scholar. And Glenn gives much of the credit for her success to the opportunities and experiences provided by 16 years as an Army spouse.

"There are always challenges," she said. "But within the military community, there is always help."

"Even moving around; it allows you to think outside the box, to adapt to different cultures and environments. You just have to learn to organize your life in a way that gives you support."

When Glenn left Borgosesia, Italy, at age 22 to live with her new husband, then an Army captain stationed at Hohenfels, Germany's Combat Maneuver Training Center as an observer/controller, she immediately faced obstacles because of her limited English.

"I spoke what broken English I learned in high school with my husband, but it was overwhelming speaking with a lot of people at once," she said.

In a new environment with many challenges ahead, Glenn said she realized her situation actually offered unique opportunities.

"The military always has something for you to do, even if it's just volunteering," she said.

So that's what she did. One day before leaving for a field exercise, her

husband took her to Army Community Service to see what they could offer.

"The best way for someone to get around handicaps like a language barrier, or simply not having friends or knowing the area, is to dive right in and volunteer," said Col. Mike Glenn, now serving as deputy chief of U.S. Army Europe's global rebasing and restructuring division in Heidelberg.

While she may have been new to life as a U.S. Army spouse, Rosella discovered she had skills ACS could use.

"Back in Italy, I had some background in fine arts," she said. "ACS started me off designing flyers, which led to learning computer skills, which then opened up doors to marketing and advertising."

Eventually volunteering led to a paid job as a marketing specialist. At the same time she began studying German affairs and started the process of becoming a U.S. citizen.

When the Glens were later reassigned to Garmisch, Rosella said she was compelled to return to volunteering, and a new window of opportunity opened.

"While I volunteered at the visual information branch, I saw published material that dealt with former Soviet republics. I then saw and met people from those countries coming to Garmisch to attend conferences and courses," she said. "I was so curious, because I've always enjoyed reading about world affairs and watching news."

That curiosity drove her to con-

tinue her formal education in foreign affairs, even as she added raising two boys, Bryan and Martin, to her challenging regimen.

During the family's next tour in Virginia she earned her bachelor's degree in global affairs with a focus on Russia and Central Asia at George Mason University and began work on a master's degree.

Unfortunately, delays in her citizenship application process pushed back her goal of working for the U.S. government. Yet she said even that delay led to opportunity.

"I had to go back to volunteering in the Washington, D.C., area," she said. "I took any opportunity that came along, and I was given an intern position at the Helsinki Commission."

She said her work with the congressional commission, which is responsible for monitoring and encouraging international human rights compliance, taught her about many issues involving the Central Asian Turkmen, Uzbek, and Kazakh peoples.

Faced with even greater challenges when her husband deployed to Afghanistan, leaving her to take charge of the household, she said she still managed to continue her studies and seek out opportunities.

She said that while studying the Uzbek language she became involved with the Fulbright program, a renowned academic fellowship whose membership has included heads of state, congressmen, and Olympic athletes.

The State Department calls its Ful-

bright Student Award the largest international exchange program offering opportunities for students to undertake international graduate study. Rosella said the program seemed ideal for her.

"I thought it would be very exciting," she said. "It would finally be something that would match what I'd learned with a practice."

The program required her to choose a country in which to pursue that practice. She said she chose Tajikistan because she felt women there were most affected by changes after the fall of the Soviets.

While her formal education prepared her for the job, she said the Army taught her how to do something equally vital to her new mission.

"Move to a new place and adapt," she said. "My 16 years as an Army spouse prepared me so much for what I'm doing now."

Rosella said working, studying, and raising a family has not always been easy, but that she feels strongly about giving back to America because it has given her so much.

"I'm not sure what's ahead, but I can feel that it's going to be good," she said.

"I'm very proud of my wife," said Mike Glenn. "I'm most proud of the example she has set for our children. They see in her the ability to jump right in and do something without reservations. She has shown that life is full of experiences ready for the taking."



## GERMAN TRADITION

### Vampire Ball: 35 years of ghoulish fun

This year's Vampire Ball – the fabulously famous Fasching party of the Rhein-Neckar region – is celebrating 35 years of music, excitement and vampire fun.

As tradition dictates, all guests arrive dressed as vampires or other equally ghoulish creatures. And if you're not quite sure how to achieve that vampire look, there is no need for concern: make-up artists are on hand to put those unmistakable Transylvanian touches on your face. So now all you have to do is dance, dance, dance.

The Vampire Ball is one of the most popular Carnival parties between Hamburg and Munich – and the most popular ones with Americans in the Rhein-Main area. Once a year Rhein-Main residents enter a fantasy world of ghoulish glitter, non-stop music and creative costumes – to dance, talk, drink, and meet new people.

Six bands on four stages will provide an exciting combination of soul, rock, funk and jazz: Me and the Heat, Knutschfleck, Amokoma, Renee Walker and Band, The Lightnings and Krüger Rockt.

In the past 35 years, more than 120,000 wanna-be vampires and vampiresses have attended this party. And it has been such a hit that vampire balls are being held in the USA.

Tickets for the Vampire Ball are available at the box office and the USO in Heidelberg and Mannheim. The event takes place 8:30 p.m.-3 a.m. Feb. 21 at the Stadthalle Heidelberg. SOURCE: Flamme GmbH



#### Dear Ms. Vicki,

*I am 16 and I was playing truth or dare with my friends that went too far. I took a dare to smoke weed and I woke up with my clothes off, and everybody was laughing.*

*I have never had sex before, but I know something is wrong. I'm close to my parents, but I'm afraid to admit what happened because they will be angry and disappointed in me. I am so sad until I'm not able to sleep or eat anything.*

*My friends are spreading rumors at school that I am a slut and saying I did some crazy things to boys that night that I don't remember. I am so ashamed.*

From: Truth or Dare

#### Dear Truth,

Please tell your parents what happened. I'm a mother, too, and I know my sons always thought their father and I would be so upset with them about different things that it kept them from being honest with us initially.

I'm thankful they would find the courage to come to us and tell the truth. I must admit, sometimes I would be upset or disappointed. However, it would pass quickly because we love them. We would show them support and help them through the dilemma.

I know your parents will be thankful that you talked to them about this.

Right now I'm concerned about you emotionally and physically. Furthermore, you really need to be examined by a doctor.

You know something happened, but you say you don't remember. On the other hand, classmates are telling others at school that you did some crazy things to boys that night.

Sweetie, I'm not trying to scare you any further, but I think what happened to you is criminal. These are not your friends!

Please, please tell your parents immediately. If you can't tell your parents, then please tell a school teacher or a school counselor. If you are a member of a church, you could talk to your pastor or youth pastor or any other clergy member.

Just know there are many people out there who care about you and who are willing to help you with this. Please stay in touch with me and let me know how you are doing.

I am also asking for other professionals – i.e. school teachers and administrators, churches and youth centers – who are reading this letters to start having dialogues about date rape and the consequences of alcohol and other drugs with teens. Believe me, I have received other letters like this one.

#### Dear Ms. Vicki,

*I am writing to express a public and sincere thanks to the Veterans Airlift Command, which provides free air transportation to wounded warriors, veterans and their families for medical and other compassionate purposes through a national network of volunteer aircraft owners and pilots.*

*This fine organization recently extended travel support to a spouse in our unit by providing a flight from Outlaw Field near Fort Campbell, Ky, to the city where the Soldier was medical evacuated. They allowed her to arrive in a timely manner to meet her husband, who was returning from Afghanistan after being seriously injured, as his flight arrived at the hospital.*

*The timeliness of the response after she registered on the Web site was truly phenomenal. The flight was confirmed the very next morning and, within hours, she was flying high enroute to meet her wounded Eagle Hero. VAC has catapulted itself to the top of the list of organizations that truly have a heart for and is committed to the American Soldier's sacrifice.*

From: A very grateful Rear Detachment Commander

#### Dear Ms. Vicki,

*Thanks for keeping it real with those who write you and your readers. I've been reading your article for almost two years. Believe me, it's the best thing going in the paper!*

#### Dear Ms. Vicki,

*I'm only writing to tell you to get off your high horses in 2009. Why do you have to give advice like you are so much better than other people? Tone it down, Sista.*

## Who's on first: TRICARE vs. other health insurance

### TRICARE

Believe it or not OHI is "always on first." But what is OHI? OHI (other health insurance) is any health care coverage provided through an employer, national health insurance from other countries, school health program, private insurance companies or other entitlement program such as Medicare.

TRICARE, on the other hand, is not insurance per se, but a medical entitlement program, available for eligible beneficiaries from any of the seven uniformed services and their families, both active duty and retired.

The uniformed services include: the U.S. Army, U.S. Air Force, U.S. Navy, U.S. Marine Corps, U.S. Coast Guard, Commissioned Corps of the U.S. Public Health Service, and the Commissioned Corps of the National Oceanic and Atmospheric Administration.

Eligibility for TRICARE is determined by the above uniformed services and documented in the Defense Enrollment Eligibility Reporting System for active-duty members, reserve members, retired uniform service members and family members.

When a beneficiary has both TRICARE and OHI,

**When a beneficiary has both TRICARE and OHI, the other health insurance is always considered the primary insurance, so the rules of that plan, including referrals and authorization requirements, must be followed.**

the other health insurance is always considered the primary insurance, so the rules of that plan, including referrals and authorization requirements, must be followed. Federal law requires TRICARE to be the secondary payer to any OHI with very few exceptions – that's why OHI is "always on first."

This may seem a little complicated, but three simple steps can make the process easy.

**Step 1.** Know the benefits offered by your OHI and the process for seeking preauthorization or care from your insurance.

**Step 2.** File health care claims with your primary health insurance first.

**Step 3.** After your OHI determines the amount it will pay, you then submit a copy of the OHI payment determination (i.e. EOB), a copy of the itemized bill and a signed claim form (DD2642) to the TRICARE overseas claim processor, Wisconsin Physicians Services.

For more information on filing claims or obtain-

ing forms, visit [www.tricare.mil/claims](http://www.tricare.mil/claims) or contact your local TRICARE service center for assistance.

It is extremely important to follow the rules of your OHI. For example, if a procedure or treatment is denied because it is not a benefit under your OHI, but is a benefit under TRICARE, then TRICARE can usually pay if you meet the benefit requirements under TRICARE for the procedure.

If something is not covered because you did not follow the rules of your OHI, i.e. you saw a private physician rather than a statutory physician, then TRICARE cannot pay either.

TRICARE beneficiaries may choose to purchase a TRICARE supplemental insurance policy offered by a military association or private company.

Unlike OHI, supplemental insurance is just what the name implies "supplemental" and pays after TRICARE has paid. For more details on OHI or supplemental insurance, visit [www.tricare.osd.mil/OHI](http://www.tricare.osd.mil/OHI).

# GET OUT!

area events

## 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: DSN 373-5020, civ. 06221-175020, or [www.roadside-theater.com](http://www.roadside-theater.com).

**Shopping in France** – Spend the day shopping in Haguenau, Cora and Soufflenheim. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

**Motorcycle Fair** – Since its inauguration in 1996, the Leipzig Motorcycle Fair has developed into the biggest motorcycle fair in Germany's new federal states. Enthusiasts can discover the latest models from around the globe, scooters, quads and the whole world of motorsport on two wheels. Through Feb. 1 on the Neue Messe Leipzig. Civ. 02301-912500, <http://zweiradmessen.de>.

## 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).

**Discover Frankfurt** – Explore Frankfurt via the Strassenbahn. The first stop is to the Museumsufer, where every weekend the flea market is held. After a sightseeing tour of the Altstadt (old town), there will be time for lunch and shopping at the numerous stores. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

## 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 gridiron 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 with doors opening at 9 p.m. There will be large projection screens, food, and free entry at both venues. DSN 385-2653, civ.

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

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

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

0621-730-2653.

## February 3

**Discover Worms** – Explore the beautiful city of Worms via the Strassenbahn and train. You will visit the striking 7th-century cathedral, historic Tower Bridge, and other magnificent sights. On this tour, you will learn what made Worms a key city during the Reformation and hear some of the legends that make this ancient town such a special place. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

## February 4

**After Work Snowboard Lessons** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

## February 8

**Tongerren Flea Market** – Head to Belgium with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, Civ. 0631-3406-4117.

## February 13

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

**Tropical Islands** – Explore the world's largest indoor rain forest, and then slip into the warm water of the Bali Lagoon. Or simply play on a sandy beach in the South Seas village. At the Tropical Village, choosing between the barbecue or the tasty crepes may be the hardest thing you'll do all day. No holiday is complete without strolling past stores bursting with souvenirs. Swimsuit and changes of light clothing are all that you'll need to feel in the mood. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

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

Square and Cathedral. After the day in Venice, travel to Vicenza and overnight there. Day 2: breakfast at the hotel, on our return home we'll stop over in Verona home to the most famous lovers of all time Romeo and Juliet. USO DSN 385-2082, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

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

## February 14

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

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

## 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, [www.usa.org/rheinneckar](http://www.usa.org/rheinneckar).

## Ongoing

**Pirates: Masters of the Seven Seas** – See this children's exhibition at the Württemberg State Museum in Stuttgart through April 13. [www.landesmuseum-stuttgart.de](http://www.landesmuseum-stuttgart.de).

**The Age of Heroes - The Dark Centuries of Greece 1200-800 B.C.** – The exhibition transports visitors into the exciting times of these heroes. An Archaeological exhibition at the Baden State Museum in Karlsruhe through Feb. 15. [www.landesmuseum.de](http://www.landesmuseum.de).

## coming to THEATERS



### TRANSPORTER 3

(Jason Statham, Natalya Rudakova) Frank Martin has been pressured into transporting Valentina, the kidnapped daughter of Leonid Vasilev, the head of the environmental protection agency for the Ukraine. Along the way, with the help of inspector Terconi, Frank has to contend with the people who strong armed him to take the job sent by Vasilev to intercept him, and the general non-cooperation agents of his passenger. Despite Valentina's cynical disposition and his resistance to get involved, they fall for each other, while escaping from

one life-threatening situation after another. Rated PG-13 (intense action/violence, sexual content, drug material) 100 minutes

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Jan. 29 - BOLT (PG) 7 p.m.  
Jan. 30 - PAUL BLART: MALL COP (PG) 6:30 p.m.; TRANSPORTER 3 (PG-13) 9:30 p.m.  
Jan. 31 - PAUL BLART: MALL COP (PG) 2 p.m.; TRANSPORTER 3 (PG-13) 5 p.m.; PUNISHER: WAR ZONE (R) 9:30 p.m.  
Feb. 1 - PAUL BLART: MALL COP (PG) 2 p.m.; TRANSPORTER 3 (PG-13) 5 p.m.  
Feb. 2 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 3 - TRANSPORTER 3 (PG-13) 7 p.m.  
Feb. 4 - PAUL BLART: MALL COP (PG) 7 p.m.  
Feb. 5 - TRANSPORTER 3 (PG-13) 7 p.m.

### Mannheim, Schuh

Jan. 29 - TWILIGHT (PG-13) 7 p.m.  
Jan. 30 - BRIDE WARS (PG) 7 p.m.; PUNISHER: WAR ZONE (R) 9:30 p.m.  
Jan. 31 - TRANSPORTER 3 (PG-13) 2 p.m.; BRIDE WARS (PG) 4:30 p.m.; PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 1 - BRIDE WARS (PG) 2 p.m.; TRANSPORTER 3 (PG-13) 5 p.m.  
Feb. 2 - BRIDE WARS (PG) 7 p.m.  
Feb. 3 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 4 - TRANSPORTER 3 (PG-13) 7 p.m.  
Feb. 5 - BRIDE WARS (PG) 7 p.m.

### Vogelweh, Galaxy

Jan. 29 - BRIDE WARS (PG) 7 p.m.  
Jan. 30 - PAUL BLART: MALL COP (PG) 3:30 p.m.; PAUL BLART: MALL COP (PG) 7 p.m.; TRANSPORTER 3 (PG-13) 10:30 p.m.  
Jan. 31 - PAUL BLART: MALL COP (PG) 3:30 p.m., 7 p.m.; TRANSPORTER 3 (PG-13) 10:30 p.m.  
Feb. 1 - PAUL BLART: MALL COP (PG) 3:30 p.m., 7 p.m.; TRANSPORTER 3 (PG-13) 10:30 p.m.  
Feb. 2 - TRANSPORTER 3 (PG-13) 7 p.m.  
Feb. 3 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 4 - TRANSPORTER 3 (PG-13) 7 p.m.  
Feb. 5 - PUNISHER: WAR ZONE (R) 7 p.m.

### Ramstein, Hercules

Jan. 29 - GRAN TORINO (R) 7 p.m.  
Jan. 30 - TRANSPORTER 3 (PG-13) 7 p.m.  
Jan. 31 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 1 - SEX DRIVE (R) 7 p.m.

### Ramstein, Nightingale

Jan. 29 - TWILIGHT (PG-13) 7 p.m.  
Jan. 30 - BOLT (PG) 3:30 p.m.; BRIDE WARS (PG) 7 p.m.; TWILIGHT (PG-13) 10:30 p.m.  
Jan. 31 - BOLT (PG) 11 a.m.; TWILIGHT (PG-13) 3 p.m., 7 p.m.; BRIDE WARS (PG) 10:30 p.m.  
Feb. 1 - BOLT (PG) 3 p.m.; BRIDE WARS (PG) 7 p.m.; TWILIGHT (PG-13) 10:30 p.m.  
Feb. 2 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 3 - TRANSPORTER 3 (PG-13) 7 p.m.  
Feb. 4 - PUNISHER: WAR ZONE (R) 7 p.m.  
Feb. 5 - TRANSPORTER 3 (PG-13) 7 p.m.

### THEATER INFORMATION

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

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

## community HIGHLIGHTS

### Advanced Driver's Course

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

### Motorcycle Safety Training

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

### Delta Sigma Theta Scholarship

The Germany Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will select several high school seniors from within the Department of Defense School System in Germany to receive \$1,000-2,000 scholarships payable to their chosen institution of higher learning. Deadline for application is March 27. [www.dstger.org](http://www.dstger.org).

### 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?z=cc678b96df04446b8c3668187d51daf8>. DSN 493-2592, civ. 0631-3406-2592.

## 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.

### Aerobics Instructors

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

### KAISERSLAUTERN

#### Education

• **ACS Classes and Events** – BRAG bariatric surgery support group, 10:30 a.m. Jan. 31; NEURO group meeting, 6 p.m. Feb. 2; Resumix, 1 p.m. Feb. 3, 9:30 a.m. Feb. 5, and 1 p.m. Feb. 10; ADHD group meeting, 6 p.m. Feb. 3; HUGS Playgroup, 10 a.m. Feb. 5; Foreign Spouse Orientation, 1 p.m. Feb. 5; CAUSE Autism support group meeting, 6 p.m. Feb. 10. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, [www.mwrgermany.com/kl/acs](http://www.mwrgermany.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](mailto: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.

• **Pre-Retirement Briefing** – The Kaiserslautern Transition Center hosts a pre-retirement briefing 8:30 a.m.-4:30 p.m. Feb. 12 in Bldg. 3245 on Kleber Kaserne. DSN 483-7071, civ. 0631-3406-7071.

#### Community

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

• **Community Information Forum** – Hear from community leaders 1 p.m. Feb. 4. Topics include AAFES fuel cards, operations security 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.

• **Job Shadow Day** – Family Morale, Welfare and Recreation is hosting activities for the Department of Defense Dependent Schools' Groundhog Job Shadow Day Feb. 5. The Rhine Ordnance Barracks fitness center staff is conducting a tour for parents and their children 9-10 a.m. The Pulaski Barracks Auto Skills mechanics will teach about the major components of cars 8-10 a.m. The Pulaski Outdoor Recreation staff will hold demonstrations on waxing skis, and there will be six different stations available at the Landstuhl Library 8:30-11:30 a.m. for parents and children to learn library skills such as how to perform puppet shows and the key to great customer service.

• **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: Chaplain's Office, Bldg. 2919 on Pulaski Barracks. DSN 493-4098, civ. 0631-3406-4098.

• **BOSS Meeting** – The Better Opportunities for Single Service members meeting is 1 p.m. Feb. 5 in Bldg. 2929 on Pulaski Barracks. BOSS is a three-pillared organization that helps single and unaccompanied military members with recreation and leisure, community service and well-being issues. DSN 493-4344.

• **Pet Vaccination Clinic** – The Kaiserslautern Veterinary Treatment Facility is hosting a vaccination clinic 9 a.m.-1 p.m. Feb. 7 at the facility, Bldg. 2928 on Pulaski Barracks. Appointments: DSN 493-4444, civ. 0631-3406-4444.

• **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](mailto:wardtrans@yahoo.com). Visit the Post 10614 Web site at [www.ktownvfw.org](http://www.ktownvfw.org).

• **OC5 Board** – The next Officer Candidate School board is March 3-6. Enrollment packets must be turned in by Feb. 15 by appointment only to the garrison's Directorate of Human Resources, Room 102 in Bldg. 2933 on Pulaski Barracks. [https://www.hrc.army.mil/site/active/opdstacc/ocs/ocs\\_appl.htm](https://www.hrc.army.mil/site/active/opdstacc/ocs/ocs_appl.htm) or [mich.holtzman@eur.army.mil](mailto:mich.holtzman@eur.army.mil).

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

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

### HEIDELBERG

#### Education

• **ACS Classes and Events** – VMIS Training, 10:30-11:30 a.m. Jan. 30; Checkbook Management, 1-3 p.m. Jan. 30; Intro to MS Word, 5-6:30 p.m. Feb. 2 and 4; Community Orientation, 1-3 p.m. Feb. 2; Families Learning About Germany, 5-7 p.m. Feb. 2-3 with field trip 8:30 a.m.-1:30 p.m. Feb. 7; Reintegration, 9 a.m. Feb.

3; PCS Briefing, 12:30-3 p.m. Feb. 3. DSN 370-6883, civ. 06221-57-6883, [www.mwrgermany.com/hd/acs](http://www.mwrgermany.com/hd/acs).

• **Unit Prevention Leaders Training** – The Army Substance Abuse Program will provide UPL training Feb. 2-6. UPLs assist commanders in all aspects of the ASAP by serving as a member of the ASAP Prevention Team; designing and implementing the Unit Prevention Plan; administering the unit biochemical testing program; and keeping the unit commander informed about unit status and unit trends as they relate to ASAP. DSN 370-1710.

• **SAEDA Briefing** – The quarterly training on Subversion and Espionage Directed Against the U.S. Army will take place 10-11:30 a.m. in English and 1-2:30 p.m. in German Feb. 4 in the Patrick Henry Village Theater. DSN 373-8054.

#### 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.

• **International Wandering Club** – Join the HIWC at the following volksmarches: Feb. 1, Forstfeld, France; Feb. 7/8, Zaisersieher; Feb. 8, Soufflenheim, France. Bus trip to Rotheburg ob der Tauber Feb. 28. Sign up for the March trip to Berchtesgaden. [www.hiwc.de](http://www.hiwc.de) or [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **AFAP Conference** – Submit issues for the 2009 Army Family Action Plan Conference by Feb. 1. [www.mwrgermany.com/Hd/acs/afap.htm](http://www.mwrgermany.com/Hd/acs/afap.htm) to submit forms electronically or stop by Army Community Service. The 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 DoDDS educational process by introducing students to practical workplace skills and experiences. DSN 388-9398.

• **Heidelberg International Ski Club** – Enjoy an evening of Rock 'n' Roll at 7 p.m. Feb. 4 at the Hotel Zagreb in Schwetzingen. [www.heidelbergski.com](http://www.heidelbergski.com).

• **Bank Closure** – Due to mandatory training, the Heidelberg Community Bank located at the Shopping Center will only be open 9:30 a.m.-noon Feb. 4.

• **HCS Scholarships** – Heidelberg Community and Spouses Club scholarships available for members in the community. Application:

[www.hcsc-heidelberg.com](http://www.hcsc-heidelberg.com). Deadline is Feb. 18.

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

• **HCS Welfare Grant Writing Workshop** – 6:30 p.m. Feb. 4 in the NATO Room (above the shopette) on Patton Barracks. DSN 373-5218, civ. 06221-17-5218, [lana.barshinger@eur.army.mil](mailto:lana.barshinger@eur.army.mil).

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

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

• **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** – DSN 385-3101, civ. 0621-730-3101.

#### Community

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

• **American League Meeting** – Post GR07 will hold its general membership meeting at 7 p.m. Feb. 3 in Bldg. 1563 on Spinelli Barracks. Civ. 0621-724-4699.

• **CYSS Programs** – 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](http://www.mannheimvfw.com). Every Friday night at 6 p.m., there is a VFW social for members and guests. A monthly membership meeting is held the first Monday of the month. The VFW can assist with answering questions and applying for VA benefits, by appointment. Civ. 0621-7249-1920 or 0152-0352-8834.



Photos by Jason L. Austin

Tom Vatcher, Headquarters and Headquarters Company, 30th Medical Command, bench presses his own weight for as many repetitions as possible during a Max the Bench competition Saturday at the Campbell Fitness Center. The competition was held in conjunction with Fitness Fest, a free event designed to allow community members to try different fitness classes offered at area fitness centers.

## Fitness Fest, Max the Bench draw hundreds

By Jason L. Austin  
HERALD POST STAFF

About 300 Heidelberg community members participated in Saturday's Fitness Fest and Max the Bench competition at Campbell Fitness Center.

The annual event, hosted by U.S. Army Garrison Heidelberg Sports and Fitness, was intended to offer community members a free chance to try the different fitness activities, according to Steffanie Paoletti, a fitness coordinator for the garrison.

More than 175 people took part in the Fitness Fest, which included 11 different fitness classes during four 30-minute sessions and a cool-down yoga session. Anyone who completed three classes received a T-shirt along with a coupon for another free class.

Attendees also had an opportunity to talk to a physical therapist, who discussed shoe selection and running technique advice. The Heidelberg Runners running club also was there to promote upcoming events.

Staff from the Heidelberg Wellness Center helped people determine their body mass index, and took blood pressure readings, while educating everyone they could about healthy lifestyles.

A local bike expert was available to discuss biking in Europe as well as how to ensure a proper fit. He also promoted an upcoming series of cycling workshops being offered. The workshops will cover topics ranging from maintenance and repair to local routes and safety. Contact Paoletti at DSN 370-6489, civ. 06221-57-6489.



Marianne Steele (3rd from left) leads a class in basic Qigong forms during Fitness Fest 2009.

Fitness Fest was paired with a Max the Bench competition, where the men competed to see who could lift their own body weight the most times; women had to lift half their body weight. Everyone who completed one repetition earned a T-shirt.

Paoletti said the whole event was to help people get back into fitness. "Everybody has to find what fits into their lifestyle," she said, "what is right for them that they can do forever, not just physical, but mental and spiritual, too."

### Max the Bench

#### Women - Total pounds and reps

1. Laura Cobb - 3,300 pounds, 60 reps
2. Vicky Gray - 3,185 pounds, 49 reps
3. Kelly Trahan - 2,220 pounds, 37 reps

#### Men - Total pounds

1. Gordon Lambert - 5,880
2. Phil Ferraro - 4,305
3. Robert Reynolds - 4,200

#### Men - Total repetitions

1. Dan Bland, Craig Joseph, Gordon Lambert, Amp Phamm - 24
2. Salas Wayne - 22
3. Richard Boudreaux, Phil Ferraro, Robert Reynolds - 21

## Mannheim teams place 1st, 2nd in Naples tourney

Mannheim's Reginald Hawkins was selected as the tournament MVP and his men's team won the Dr. Martin Luther King Basketball Tournament in Naples, Italy, Jan. 16-19.

In the finals, Mannheim downed host Naples, 62-44. Spangdahlem Air Base place third. Hawkins also won the Slam Dunk Contest.

In the women's division, Aviano Air

Base, Italy, won over Mannheim in the finals, 53-45. In the semifinals, the Lady Mannheim team won in overtime over third-place Naples, 47-42.

In the three-point shoot-out contest, Mannheim's James Welch and Aviano's Lisa Bryant were the men's and women's winners.

Three major basketball tournaments are slated for March and April

at Mannheim. The IMCOM-Europe unit-level championships will take place March 12-15, and the IMCOM-Europe Men's and Women's Garrison Championships are scheduled for March 26-29.

The Final Four Championship will be the Army-Air Force Championship April 9-12.

SOURCE: Theodius Green and Tom Hlavacek

## staying ACTIVE

### Ballet Classes

Children's ballet classes are beginning in February. Certified Instructor Tamara Gibson will be teaching children 3-8 years old the art of ballet. Sign up at either Mannheim or Heidelberg USO locations. Classes will meet in the Sullivan Gym aerobics room. The USO will host a ballet orientation meeting 3-4 p.m. Jan. 30. Cost is \$35 per month. DSN 385-2082.

### Horseback Riding Lessons

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

### Ice Hockey Players Wanted

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

### Heidelberg Unit-Level Basketball

**Standings as of Jan. 26:** V Corps, 8-0; NATO, 6-2; 43rd Signal, 3-5; 529th MPs, 3-5; 302nd MI, 2-6; MEDDAC, 2-6.

**Games to be played at Patton Fitness Center Feb. 2:** 302nd MI vs. 43 Signal, 6 p.m.; 529th MPs vs. MEDDAC, 7 p.m.; NATO vs. V Corps, 8 p.m. **Feb. 4:** 529th MPs vs. 43rd Signal, 6 p.m.; MEDDAC vs. NATO, 7 p.m.; V Corps vs. 302nd MI, 8 p.m.

### 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.

### Spintastic!

A new spinning class, Spintastic!, will begin Feb. 4 at the Landstuhl Fitness Center. Certified instructors will lead classes every Wednesday, noon-1 p.m. or 5:15-6:15 p.m. Space is limited, RSVP. DSN 486-7172, civ. 06371-86-7172, www.mwrgermany.com.

### Soccer Referee Rules Clinic

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