

HeraldPOST

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

HEIDELBERG

Shopping center gate to change temporarily

By Jason L. Austin
HERALD POST STAFF

Come mid-January visitors to the Community Support Center, often called the shopping center, will have a chance to relive history when the former main gate located adjacent to Sixt auto rental becomes the main gate again – temporarily.

A new force protection device is being installed in the current traffic pattern, which flows behind building 3850 where Army Community Service, central in- and out-processing and a host of other services are located.

So, for about two weeks, beginning Jan. 15, visitors to the installation will use the old gate, and the traffic pattern will flow in front of building 3850, which will make the road a primarily one-way street until it reaches the main parking areas. Handicapped accessible parking in front of the building will still be available, and drivers should remain vigilant, said Dave Simpson, U.S. Army Garrison Heidelberg force protection specialist.

Those visitors needing to be signed in or who need to perform a manual look-up will need to follow the current traffic pattern and park just inside the gate across from the first guard building, where Pond Security guards can assist them.

The gate shift is occurring mid-week, when traffic is down on the installation, according to Simpson.

The shift is also happening just before the Martin see **GATE** page 11

The gift of family



Staff Sgt. Jonathon M. Gray

Sgt. Adam Eisenhauer, 44th Expeditionary Signal Battalion, kisses his wife, Jeanette, during the welcome home ceremony for 44th ESB's return held at Sullivan Gym Dec. 23. Hundreds of families and friends cheered, clapped and waved flags as the nearly 200 Soldiers of the Headquarters and Headquarters Company and Company C, 44th ESB, returned from a 15-month deployment to Iraq just in time for the holidays. The unit, as part of 11th Signal Brigade's Task Force Thunderbird, deployed in October 2007 and provided communications support to the warfighters and coalition forces.

Helicopter crew dodges bullets

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The right side of the helicopter – where Sgt. Ian Barlet was keeping his eyes on the ground – drew most of

the fire that early evening on Jan. 19, 2007 in Iraq when a flight crew from Company C (Air Ambulance) of the 214th Aviation Regiment was trying to evacuate three wounded Marines.

"It's not something you

feel every day – you've just got to do what you've got to do. You've got to accept the fact that it is there – be fast and not get shot," said Barlet, the mission's flight crew chief, when recalling his see **HELICOPTER** page 11

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Jan. 8, 2009

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Defense Details

YEAR OF THE NCO

The Army's most senior leaders officially kicked off the service's yearlong focus on the noncommissioned officer corps during a media event at Fort Bliss, Texas, Monday. While at Fort Bliss, home of the Army's Sergeants Major Academy, Secretary of the Army Pete Geren, Chief of Staff of the Army George W. Casey Jr., and Sgt. Maj. of the Army Kenneth O. Preston revealed a letter the three had signed that announced the "Year of the NCO" – a yearlong set of initiatives designed to focus on better developing the service's noncommissioned officer corps.

ARMY-CERTIFIED CLOTHING

Program Executive Office Soldier has developed a "certification process" to help Soldiers identify off-the-shelf clothing and equipment that meet the Army's highest standards for safety, performance and durability.

Army news: www.army.mil
Defense news: www.defenselink.mil

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COMMENTARY

Going green

Buying environmentally sound products for the good of the nation

By Don Doran
USAG KAISERSLAUTERN

By now most of us have heard that all U.S. government agencies, including the Department of Defense – down to every individual work center and administrative support offices – are supposed to buy “green” products. But let’s take a step back to review for a moment what “buying green” means.

Some of you may not recall that President Bush signed Executive Order 13423 – Strengthening Federal

Environmental, Energy, and Transportation Management – into law Jan. 24, 2007.

This law puts into effect many new goals and milestones for federal agencies to advance the nation’s energy security and environmental performance. It also requires purchasing environmentally sound goods and services including bio-based products.

This means every time we purchase supplies or equipment, we must consider “green” products.

These are products having the fol-



lowing environmental benefits:

- ◆ Made with recycled content
- ◆ Made with bio-based products
- ◆ Energy and water efficient
- ◆ Alternative fuels or vehicles
- ◆ Renewable energy sources
- ◆ Sustainable building materials
- ◆ Lacking in ozone-depleting substances or priority-listed toxic chemicals
- ◆ Electronic product environmental assessment tool-registered electronic equipment
- ◆ Environmentally preferable.

Users of the DOD EMALL – an Internet-based electronic mall – purchasing system should have received training to include using the green tree symbol to identify and locate “green” products.

Other buyers of goods and services for the Army and local tenant agencies must consider the above characteristics for all purchases and contract activities.

Exceptions to buying “green” are only authorized when environmentally-preferred items are unreasonably expensive, not available within reasonable time frames or have proven not to be of serviceable quality for the intended purpose.

Another example exception might occur with a unit having an alternative fuel-capable vehicle assigned. It wouldn’t be required to drive several miles out of the way to find an alternative fuel filling station, which would defeat all the benefits of using the alternative fuel.

However, in all cases where environmentally preferred products are not used, a record should be maintained documenting why not; otherwise, this could result in a negative finding during environmental auditing.

So, let’s make a mental note – to make our purchases “green,” and not only for work. Be sure to consider “green” alternatives for home and personal items as well.

COMMENTARY

Adopting a positive outlook for 2009: View burdens as blessings

By Michelle Cuthrell
HOMEFRONTONLINE.COM

So 2008 didn’t exactly go as you had planned. Maybe the house foundation cracked, the air conditioning broke and the toddler hit the “terrible twos.”

This just as your husband received orders for some unbearable duty station in Fort Nowhere. Then perhaps he immediately deployed to Iraq for 15 months, leaving you with a sweaty back and an ill-behaved child on literally shaky ground, 5,000 miles from home.

It happens to us all – unexpected orders and superfast moves across the country with children who don’t want to cooperate as mates prepare for deployment. It can leave us frustrated, resentful and even bitter at times. But just because this military life is positively demanding doesn’t mean that we shouldn’t demand that our attitudes about it be positive.

As you look toward 2009 and all the PCS moves, TDY tours and deploy-

ment adventures you might face this year, take the time to cultivate a positive attitude. It makes all the difference between surviving and thriving in this military life. Here are some suggestions on how you can focus on what’s going right when it seems like everything is all wrong.

Write a life mission statement.

In this military life, we dependents sometimes feel as if our lives as individuals don’t matter. We follow our spouses around the world and serve a country that doesn’t always thank us in return. The truth is, our husbands aren’t the only ones with missions. We live this life in this place at this time for a reason. If we want to live deliberately, we have to know our life mission.

Instead of writing a list of lofty resolutions and goals this year, write a one- or two-sentence statement that defines your purpose in this life. Take time to meditate on this mission, and use quotes or spiritual verses as inspiration. Post it to your bathroom mirror or refrigerator and recite it

daily.

Adopt an attitude of gratitude.

This 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.

And when the Army sends your husband to Iraq for 12 months, be thankful that, although you’ll miss him all 365 days, you have an opportunity to serve this country in a meaningful way, too. When your attitude becomes one of gratitude, your complaints become compliments, and your life drastically improves.

View burdens as blessings. Army wife Shelly Huhtanen felt burdened by her financial responsibilities during her husband’s first deployment – until she realized the blessing this

burden offered. Without the burden of deployment, she wouldn’t have earned the blessing of independence and confidence.

Serve others. Especially when you can’t seem to break yourself of your PCS/TDY/deployment woe-is-me’s. Try serving lunch in the local homeless shelter, signing up to be a Big Sister with Big Brothers Big Sisters, reading to kindergartners or volunteering for a charity event.

Choose joy. Happy people need things in their life to make them happy, but joyful people can be happy even when it seems there is nothing to be happy about. That’s because, despite their circumstances, they choose to look on the bright side and view their obstacles as opportunities and their burdens as blessings.

It’s a practice and it’s a lifestyle. But when you choose joy, especially in the face of adversity, you have the power not only to change your own attitude – you have the power to change the world around you, too. That’s a great mission for 2009.



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AAFES facilities to stop carrying unleaded regular gasoline in Germany

AAFES

Esso in Germany is phasing out unleaded regular gasoline. As of Jan. 1, Esso stopped delivering unleaded regular gasoline to AAFES facilities throughout Germany.

Upon exhaustion of unlead-

ed regular gasoline, AAFES facilities will only carry super and super plus unleaded fuels. Mannheim, Ramstein Main, Ramstein Annex, Sembach, Baumholder, Kaiserslautern and Landstuhl will continue to receive deliveries until supplies are exhausted.

Fuel Card Use for Government Vehicles

- Like the POV card customers may only use ESSO stations.
- The GOV fuel card differs from the POV card in that the GOV card does not have a gallon limit or monetary limit.
- The fuel card will be issued directly from AAFES after the MVR has sent registration information. If IFMS cannot identify a tag within our system we will not pick up the fuel card. Again, this makes it imperative that units notify the FMC if/when they attach a substitute tag.
- IFMS will be responsible for encoding the PIN on each card. Our current plan is to assign PINs by garrison or independent unit (FMC Managers call).
- The cards will be imprinted with the vehicle tag number and must not be moved between vehicles.
- The cards will be distributed to the Garrisons with the following guidance/recommendation:
 - The cards must be safeguarded against theft (locked safe)
 - Once diesel is in the ground on the garrisons, only when a vehicle is going TDY should the fuel card be issued. Once TDY is complete the card should be returned to the TMP/PBO.
 - If a card should become lost or stolen the user must contact AAFES immediately (24/7) (phone number is on the card so please write it down and keep in a safe place) and their servicing FSR during normal business hours to report the loss. IFMS will obtain a replacement card from AAFES.
 - When a vehicle is returned to IFMS control, the fuel card must be returned.
- More information about fuel cards for personal and government vehicles is available online at www.imcom-europe.army.mil/sites/news/fuelcard.asp.

Warrior Health Care Covenant



Sgt. Aimee Millham

U.S. Army Europe and Seventh Army Command Sgt. Maj. Ralph R. Beam signs the Warrior Health Care Covenant at USAREUR headquarters in Heidelberg Dec. 18. The covenant is a commitment to quality health care, assistance and a healing environment for Soldiers and their families, said Army Surgeon General Lt. Gen. Eric B. Schoomaker (second from right). Spc. Derraivus Strawder, a wounded Soldier from the Warrior Transition Unit in Baumholder (right), attended the ceremony as a representative of USAREUR's wounded warriors. USAREUR Commander Gen. Carter F. Ham (left), who has a son-in-law attached to a WTU, called the covenant an important symbol of the Army's commitment to Soldier care. Also pictured are Command Sgt. Maj. Althea Dixon (second from left) of the U.S. Army Medical Command, and Brig. Gen. Keith W. Gallagher, USAREUR command surgeon and commander of the Europe Regional Medical Command.



Sgt. Fay Conroy

Soldiers from the 39th Transportation Battalion's 66th Transportation Company prepare to move a simulated casualty while training at the Joint Multinational Readiness Center in Hohenfels in December. The 66th's Soldiers are preparing for an upcoming deployment in support of Operation Iraqi Freedom.

66th Trans. prepares for deployment

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

HOHENFELS – The 39th Transportation Battalion's 66th Transportation Company continued readying for an upcoming deployment in support of Operation Iraqi Freedom by spending a week at the Joint Multinational Readiness Center in Hohenfels in December.

"We are going to be pulling line-haul missions all over theater and to other locations," said Capt. Christopher Brown, company commander for the 66th. "We will basically be the distribution line for the entire theater."

With such an important mission the Soldiers received a lot of realistic training. While at JRMC, the Soldiers wore multiple integrated laser engagement system gear, which simulates being shot if targeted by a member of the opposing forces.

"We started with situa-

tional training exercise lanes where platoons go out and conduct operations, engage enemy targets, and come under contact with indirect fire and improvised explosive devices while they are on the roads. These are all things that they would potentially have to deal with while they are deployed," Brown said.

That training included a convoy operation that came upon some Iraqi army soldiers who had been wounded.

The unit was required to evaluate the casualties, radio in a nine-line medical evacuation request, and carry the wounded to a simulated helicopter evacuation site.

During the training at JRMC the unit was graded by observer controllers, who watched the 66th's Soldiers perform the tasks given to them and then evaluated how these Soldiers reacted to the various situations. The unit is then given a grade for that scenario based on its

performance. The grading system allows the unit to see which areas they need more training in and which tasks they are proficient in.

"(The observer controllers) are very helpful. If they see something you are not doing right, they let you know. If you are doing it right, they might tell you to tweak it a little to perform better and to maximize your strategy," said Pvt. Jesse Crye, a motor transport operator with the 66th, who has been with the unit for six months.

A large number of the 66th's Soldiers have served in the Army for a relatively short period of time and have not deployed.

"Our Soldiers have been doing really well. I'm surprised by that because most of our Soldiers are new. We get out there, and they learn quickly and adjust," said Staff Sgt. Joshua Holman, a transport operator and squad leader for 3rd Platoon, 66th Transportation Company.

Cases of influenza increasing in Europe; vaccinations available

MEDDAC-Heidelberg

The U.S. Army Medical Department Activity - Heidelberg Travel Medicine Clinic encourages people traveling this season to get their influenza vaccine to protect against the increased incidence of influenza throughout Europe.

There is currently a high risk of respiratory infection,

including influenza, in Portugal, Spain, Northern Ireland and England, according to the Center for Health Promotion and Preventive Medicine in Europe.

Influenza, which is commonly referred to as the "flu," is an acute, highly contagious respiratory disease with symptoms such as high fever, headache, coughing and the chills.

"Until now, Germany and surrounding countries have reported a sporadic number of influenza cases," said Lt. Col. Paul Kennedy, chief of Preventive Medicine at the Heidelberg Health Center. "With more cases being reported, it's essential you and your family are protected against the virus, especially if you're traveling."

People interested in re-

ceiving the influenza vaccine should call their local clinic's appointment line or go to their local immunization clinic, Kennedy said.

He also recommended that people traveling outside of Germany visit the Travel Medicine Clinic before they go on their trip.

The clinic provides services such as reviewing the client's general health, recommend-

ing immunizations and explaining other health precautions to take based on where the person is traveling.

The staff can also advise travelers about specific risks related to food, water, disease and environmental conditions at their travel destination.

For more information, contact the Travel Medicine Clinic at DSN 371-2833, civ. 06221-17-2833.

Let AFN know what you want through online survey

By George A. Smith
AFN EUROPE OPERATIONS MANAGER

Experience what it feels like to have the ear of the network program director, and the chance to change what you see and hear on AFN.

Go to the American Forces Network Europe Web site to say what you think should be on the radio and how you prefer to get your military news on TV.

Go on line at afneurope.net, click on the link to the survey and sound off on the mix of music, types of information and shows airing on AFN radio. Your feedback will help AFN Europe decide when to have live hosted DJ shows and whether the network should change current programming.

AFN Europe broadcasts two radio services to concentrations of military personnel and families in Germany, Italy and Belgium: AFN The Eagle and the Power Network.

The survey questions on AFN Television focus on when you watch TV, which channels you watch and how you want to see your European and base military news. The network also wants to know if you prefer getting your military TV news in a 30-minute AFN Europe Report, two-minute news breaks, the Web, a Podcast or another way.

AFN Europe is not asking any questions about television programming other than what is produced in theater. The American Forces Network Broadcast Center in California negotiates with producers to get entertainment shows such as "American Idol" and "CSI" on AFN TV.

From January through mid-February, AFN stations will be live at Post and Base Exchanges, commissaries and other high-traffic areas encouraging people to take five-to-10 minutes to fill out the survey. Stop by and fill out the survey there, or just wait until you get home or have a few minutes at the office.

To encourage survey participation, the Edelweiss Lodge and Resort in Garmisch-Partenkirchen is giving away a three-night stay for two adults at the resort, as well as a one-day ski or snowboard lesson, rental equipment and lift passes for the appropriate slope.



U.S. Army

The 515th Transportation Company completed a 15-month deployment in support of Operation Iraqi Freedom Oct. 15. While there, the unit hauled fuel all over Baghdad to support Iraqi and coalition forces, and provided convoy security. Since returning from the deployment, the unit has been through a thorough 45-day reset and reintegration process.

Unit resets

515th Trans. returns to duty at start of holiday season

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The timing couldn't have been better. After a 15-month deployment to Iraq, the Soldiers of the 515th Transportation Company returned to Coleman Barracks Oct. 15.

After their reintegration process and block leave, they returned to duty just in time for the holiday season.

"This makes it easy and tough at the same time. As a commander, I want to do what needs to be done right now. For the Soldiers, it's nice to have this holiday period to gradually ease back into their duty and routines," said Capt. Jacob Michael, 515th commander.

The 515th Transportation Company, a subordinate unit of the 21st Theater Sustainment Command's 28th Transportation Battalion, was stationed at Camp Taji and entrusted with two dangerous missions. They hauled fuel all over Baghdad to support Iraqi and coalition forces, and they provided convoy security.

Yet, even as they mourned the loss of their much-loved and re-

spected comrade, Sgt. Jose Ulloa, who was killed when his truck was hit by an improvised explosive device Aug. 8, they held it together and carried on, Michael said.

It is great everyone has this extra time to enjoy their families and friends and de-stress before they get caught up in their duties again, he said.

With Spinelli Barracks closing, the rear detachment started moving the company to its current location on Coleman Barracks. Next on the company's agenda is drivers' training to re-license the Soldiers before they take up their missions again.

Another hurdle the company is facing is an extremely high attrition rate. Of the 171 Soldiers currently assigned to the 515th, almost half will be leaving early next year, which means more training and more integration.

Michael considers the reintegration process smooth and efficient so far. Likewise, the recent sensing session conducted by the 21st TSC's Office of the Inspector General team has not indicated any major problems either.

"The garrison knows what to

do in order to move things right along. They are very well organized and effective in their reintegration processes," he said.

"The 1G's sensing session was held 45 days after our redeployment. Fortunately, nothing we couldn't take care of immediately was reported."

Three of the company's heavy wheel operators, Sgt. Frederick Rupert, Spc. Jessie Lawson and Spc. Christopher Hunsinger, say being home with their families and friends is so great, it makes up for every hardship they have experienced.

Additionally, they consider sports – especially team sports – a cure-all.

"Downrange it was a way to connect with others. You get to know them really well playing on the same team. We did great in a lot of competitions, too," Lawson said.

"Downrange and back home, sports help you relax and recharge," Rupert said. "Being active also helps you sleep better, which is a problem after being in such an intense environment for such a long time."

Winter Storm Preparedness



The extreme cold and heavy snowfall that accompany winter storms can be debilitating and dangerous. Winter storms can affect everyone, even those who usually experience mild winters. Heavy snowfall can be blinding for drivers and dangerous for those it traps indoors. Winter storms may also include high winds, sleet, freezing rain, frozen roads, power outages and dangerously cold temperatures.

How to Prepare for a Winter Storm

- Be aware of the risk for severe winter weather in your area.
- Stay informed and know winter storm terminology:
 - Freezing rain – Rain that freezes when it hits the ground. Ice may coat roads, walkways, trees and power lines.
 - Sleet – Rain that freezes into ice pellets before it reaches the ground. Sleet can cause moisture on roads and walkways to freeze.
 - Winter storm watch – Weather conditions are favorable for development of a winter storm. Stay tuned to radio or TV for more information and instructions.
 - Winter storm warning – A winter storm is occurring or will occur soon.
 - Blizzard warning – Considerable amounts of snow with sustained winds or frequent gusts up to 35 mph are expected to prevail for at least three hours. Visibility is reduced to less than a quarter mile.
 - Frost/freezing warning – Below-freezing temperatures are expected.
- Make sure your home is properly insulated.
- Caulk and weather strip doors and windows to keep out cold air.
- Insulate pipes to prevent freezing.
- Consider what to use for emergency heat in case the electricity goes out:
 - Fireplace with ample supply of wood
 - Small, well-vented camp stove with fuel
 - Portable space or kerosene heater (check with your fire department first)
- Understand the heating system in your home. Be aware that the most destructive home fires happen during winter weather due to improper use of heating devices.
- To prevent water damage from burst pipes, keep your home's temperature above freezing, even if you are away.

- Keep your car's gas tank full to keep the fuel line from freezing and for emergency use.
- Make sure you have an adequate amount of winter clothing and blankets for your family.
- Get an emergency supply kit that includes rock salt, sand, snow shovels and other snow-removal equipment, adequate winter clothing and batteries for radio and flashlights.
- To slow the accumulation of snow and ice on your driveway and outside steps, pretreat these surfaces by spreading a small amount of rock salt.

What to Do if There Is a Winter Storm

- Stay inside and monitor the radio or TV for more information or instructions.
- Eat regularly and drink plenty of fluids.
- Practice fire safety, check the batteries in your smoke alarms and make sure there is plenty of ventilation if you are using a heat source that can produce hazardous smoke or fumes.
- Dress in several layers of warm clothing.
- If you are outside:
 - Do not overexert yourself in snow shoveling or any other physical activity.
 - When shoveling, do not try to move large amounts of snow each time. Lift with your legs to help prevent serious back injury.
 - Cover your mouth to protect your lungs from the extremely cold air.
 - Keep dry and change any wet clothing as soon as possible.
- Watch for signs of frostbite: loss of feeling or pale appearance in extremities.
- Travel only if you must, during the day and on main roads.
- If you are trapped in your car by a blizzard:
 - Pull to the side of the road and put the hazard lights on.
 - Remain in the vehicle, where rescuers are most likely to find you.

- Run the engine for 10 minutes every hour to keep warm.
- Exercise to maintain body heat, but do not overexert yourself.
- Drink fluids to avoid dehydration.
- At night, take turns sleeping and turn the inside light on.
- Be careful not to waste battery power.
- If you are stranded in a remote area, stomp large block letters in an open area that spell "HELP" or "SOS."
- Leave the car on foot only if absolutely necessary and the blizzard has passed.

- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, slurred speech and drowsiness.
- If signs of hypothermia are detected, keep victims warm by removing all wet clothing, warm the center of their bodies first and seek medical attention immediately.

What to Do After a Winter Storm

- Stay tuned to radio or TV for more information or instructions.
- Be aware of the possibility of flooding after a winter storm.
- Seek medical attention immediately if needed.
- Be very careful driving, as roads may still be wet or frozen.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

Where to Find Additional Information

- American Red Cross – www.redcross.org/static/file_cont265_lang0_127.pdf
- Centers for Disease Control and Prevention (CDC) – www.bt.cdc.gov/disasters/winter/
- Department of Homeland Security (Ready.gov) – www.ready.gov/america/beinformed/winter.html
- Federal Emergency Management Agency – www.fema.gov/hazard/winter/index.shtm

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.



Rockin' with USAREUR

Snoopy, the famous beagle from the Charles Schulz's Peanuts comics and television specials joined the U.S. Army Europe Band and Chorus for the music from "A Charlie Brown Christmas" during one of the December concerts by the United States Army Europe Band. "An American Holiday Celebration," which featured both classic holiday favorites and modern songs, was performed in Eppelheim, Heidelberg, Karlsruhe, Pforzheim, Bamberg and Rüsselsheim to a total of nearly 10,000 people.



Dan Bagshaw

28th Transportation Battalion welcomes home two companies

By 1st Lt. Lindsey Rowland
28TH TRANSPORTATION BATTALION

Soldiers from the 515th and 109th Transportation Company's of the 28th Transportation Battalion uncased their unit colors on the parade field at Coleman Barracks in Mannheim Dec. 17.

The ceremony officially brought the two unit's 15-month deployment in support of Operation Iraqi Freedom to a close and marked the official return of the units to their home station in Mannheim.

Lt. Col. Tom Blair, 18th Military Police Brigade rear detachment commander, and Sgt. Maj. Richard Vator, rear detachment sergeant major, oversaw the ceremony.

The 109th Transportation Company's guidon was cased July 12, 2007 when the unit deployed to Camp Arifjan, Kuwait. While deployed, the unit provided security for theater sustainment convoys delivering goods and equipment throughout the Iraqi theater. The 109th had 2.1 million combined mission miles throughout Kuwait and Iraq, totaling 256 convoy security missions.

The unit was one of two theater-wide gun truck companies, playing a significant role in the modification and development of the current gun truck doctrine and escalation of force procedures. The company's Soldiers earned a total of 25 Combat Action Badges.

The 515th Transportation Company's guidon was cased July 23, 2007 when the unit deployed to Camp Taji, Iraq. During

the deployment, the unit conduct a three-fold mission to deliver bulk-fuel on Camp Taji, and in Baghdad and surrounding areas; transport various classes of supplies, and provide gun truck security for theater convoys.

The 515th totaled 500,000 mission miles, delivered of 19 million gallons of fuel, and transported 7,500 short tons of equipment, and completed 600 deliberate combat logistical patrols.

The unit experienced multiple attacks from enemy insurgents including improvised explosive devices and small-arms fire. The company earned a total of 13 Bronze Star Medals and two Combat Action Badges.

"This ceremony is very important to the company because it signifies the end of a major deployment and their unit accomplishments. But also is the beginning of a new mission for 109th Transportation Company who is scheduled to relocate to Fort Wainwright, Alaska," in mid-April, according to Sgt. 1st Class Darin Bragg, who spearheaded the uncasing guidon ceremony.

Capt. Jacob Michael, 515th company commander, was also presented a plaque during the uncasing ceremony in honor of Sgt. Jose E. Ulloa, who died Aug. 9 from wounds suffered when his vehicle encountered an IED in Sadr City. The plaque will be added to the 28th Transportation Battalion memorial that resides outside the Headquarters and Headquarters Detachment at Coleman Barracks.

Heidelberg Health Center remembers Patton

By 1st Lt. Jennifer Gates
HEIDELBERG MEDDAC

The Heidelberg Health Center hosted its 63rd annual Gen. George S. Patton ceremony Dec. 19 at Nachrichten Kaserne to commemorate the life and legacy of Patton with a memorial service and tribute presentation.

"It is a huge honor to be part of a tradition that is associated with our jobs," said Spc. Christina L. Leibbrand, who works in the health center's Same Day Surgery Department.

In December 1945, Patton's vehicle collided with a 2.5 ton truck in Käferthal, a suburb of Mannheim.

Patton survived the crash, although he had multiple spine fractures and lacerations to his forehead. He was transferred to the Heidelberg Health Center, which was the 130th Station Hospital at the time, and 12 days later he died in what is now the health center's Radiology Clinic.

An encased book shelf, plaque and wreath currently commemorate his death at the health center. Each year during the ceremony, two Soldiers from the health center's color guard team replace the old wreath with a new one.

"It is our way to commemorate a fallen hero," said Spc. Kenneth L. Bishop, who participated in the wreath-laying ceremony.

The wreath-laying ceremony was followed by a tribute presentation from retired Sgt. 1st Class Dick Kennedy from the local Veterans of Foreign Wars branch.

"(Patton) was one of my heroes growing up," Kennedy said. "He was a household name."

The tribute began with the opening scene of the 1973 film, "Patton." Patton, played by actor George C. Scott, emphasizes the value of teamwork over individuality.

"I learned many lessons from him that I kept throughout my career," Kennedy said. "As a leader you have to lead. If you can't lead, then get out of the way."

Kennedy presented photos of where Patton's car accident took place. He discussed the events before, during and after the accident and answered questions from the audience.

Chaplain (Maj.) Ralph L. Bieganeck, who led a prayer during the service, also described Patton as a life-long student of leadership and the military arts.

Bieganeck said he was known to be bold and aggressive, but only exhibited these traits based on years of research, study and experience.

The ceremony concluded with retired Col. Anita McCowen's rendition of the 1918 poem, "To Our First Dead", which was one of the many poems written by Patton.

"(Patton) was one of my heroes growing up. He was a household name ... I learned many lessons from him that I kept throughout my career. As a leader you have to lead. If you can't lead, then get out of the way."

-Spc. Kenneth L. Bishop



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Sgt. Brian Anasley provides security during a medical mission in Baghdad, Dec. 20. Anasley and fellow Soldiers are assigned to the 82nd Airborne Division's 1st Battalion, 319th Field Artillery Regiment. During the mission, Iraqi doctors provide free medical care to local Iraqi residents.



Benjamin Faske

Soldier-Heroes who received the Silver Star, Distinguished Flying Cross, Bronze Star or Purple Heart enter the Alamodome in San Antonio, Texas, Saturday before the start of the Army-sponsored All-American Bowl all-star football contest. A total of 85 soldiers from active duty, the reserve and National Guard represented Operation Iraqi Freedom or Operation Enduring Freedom.



Staff Sgt. Liesl Marelli

A CH-47D Chinook helicopter crew assigned to 2nd Battalion, 135th Aviation Regiment, Colorado Army National Guard, prepares the aircraft for an early morning departure at Buckley Air Force Base, in Aurora, Colo., Dec. 10. The Colorado Army National Guard aircraft flew to Fort Carson, Colo., to give paratroopers assigned to 10th Special Forces Group (Airborne) a platform to perform airborne operations. The aircraft touched down only momentarily to pick up the paratroopers before flying them to the drop zone for their jump.

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Sgt. James Harrington

Ryky, a 3-year-old Belgian Malinois, is partnered with Sgt. James Harrington, a military policeman and dog handler from New Orleans, and is assigned to the 947th Military Police Detachment, part of the 3rd Infantry Regiment, "The Old Guard," stationed out of Fort Myer, Va., attached to the 1st Special Troops Battalion, 1st Brigade Combat Team, 4th Infantry Division, Multi-National Division - Baghdad. The duo conducts cache search operations and route clearance in the Rashid district of southern Baghdad.



Tech. Sgt. Erik Gudmundson

Spc. Alysha Clark, a veterinary technician deployed from Fort Hood, Texas, wears a protective bite suit while helping train Nol, a military working dog, at Joint Base Balad, Iraq, Dec. 30 as Sgt. Alshawn Johnson, a military working dog handler with the 25th Infantry Division, yells a command. Johnson is deployed from Fort Huachuca, Ariz.

GATE

continued from page 1

Luther King Jr. holiday weekend, which is expected to lessen the immediate impact, Simpson said.

There are delays expected, Simpson added, noting that there are delays at peak times with the current traffic patterns and gate structures.

AAFES is expected to continue to operate the Sixt auto rental from its current location but will move the fleet of vehicles to a different location on the installation for the duration of the project.

Pedestrian traffic can still use the gate but will not be allowed to enter or exit the rear of building 3850.

This project is a welcome addition to the community's force protection posture and is part of the garrison's effort to improve security, according to Lt. Col. Robert White, USAG Heidelberg commander. "The garrison appreciates everyone's understanding and patience with this change in the traffic pattern as the new device is being installed."

The force protection improvement project is one of seven planned for the Heidelberg and Mannheim communities.

Construction is underway at Tompkins Barracks in Schwetzingen.

Beginning in early February and lasting through May, Coleman, Funari and Spinelli Barracks, along with Benjamin Franklin Village in Mannheim will see gate disruptions as force protection is improved.

A final project is expected at the Germersheim Army Depot beginning mid-April.

Winter Safety Showdown



Staff Sgt. Jonathon M. Gray

Spc. Rodondo Parks (left), Headquarters and Headquarters Company, 5th Signal Command, and other Mannheim community Soldiers listen to questions from "Safety Joe" Michalkiewicz (right) during the seventh annual Winter Safety Showdown hosted by 5th Signal Command at the Schuh Theater on Sullivan Barracks Dec. 16. The showdown promoted safety awareness through a Jeopardy-style competition.

HELICOPTER

continued from page 1

emotions during this almost half-an-hour landing attempt.

For their actions during this mission, Barlet was awarded the Combat Action Badge and Combat Flight Medic Sgt. Billy Raines earned the Combat Medic Badge during the welcome home ceremony Dec. 11 at the company's headquarters on Landstuhl Heliport, located near the Landstuhl Regional Medical Center.

"My guys got to see the whole spectrum during our 15-month deployment – from these two crew members who were under fire on the ground to those who coordinated with three other (medical evacuation) companies to evacuate the wife of one of the Sheiks who led the Anbar Awakening, across two-thirds of Iraq," said Maj. Andy Rasio, the Company C commander.

Started in 2005, the Anbar Awakening is an alliance of Sunni Arab tribes that opposed al-Qaeda in Iraq and united to help maintain security.

Raines remembers that it was a seven-to-10-minute flight to the pickup zone during this mission in January, and that they tried to make two attempts before coming in for their first actual landing.

"But, where we landed – it was too hot for us to stay on ground so we had to reposition – hovering for about 20 minutes before we could land about 300 meters north of our initial landing," Raines said.



Sgt. 1st Class David Seale

One of Company C (Air Ambulance) of the 214th Aviation Regiment's UH-60 Black Hawk begins a landing in Iraq. Company C deployed to Iraq in July 2007 and returned in November to its headquarters on Landstuhl Heliport, located near Landstuhl Regional Medical Center.

While Barlet kept "his eyes on the ground" covering security for his medic and aircraft, Raines and ground forces loaded two of the Marines into the UH-60 Black Hawk. The other Marine was killed in action.

Barlet learned from the debriefing that the Marines had been injured by a blast from an improvised explosive

device, and Raines found out later that one of the two Marines evacuated had died.

Assigned to the Multi-national Forces-West, Company C evacuated more than 1,800 patients and flew 3,995 hours in support of Coalition Forces. The company's petroleum, oils and lubricants section pumped more

than 400,000 gallons of fuel.

"I had operation crews who received every call for missions – any hour of the day or night – from four remote sites," Rasio said. "My mechanics maintained a 90 percent operational readiness rate for the entire length of the tour."

A remarkable feat, said Rasio, given that the company's aircraft fleet of 12 UH-60 Black Hawks was 23 years old or older and had been in the desert for two tours – at least 27 months.

"We weren't as worried about someone shooting us down as we were about having to land for maintenance or a malfunction out in the middle of the desert, 200 miles from nowhere," Rasio said, adding that many of the company's missions lasted three to four hours, often doing what they call a "tail-to-tail" with another one of their aircraft.

Barlet and Raines were paired up throughout the deployment, completing more than 100 missions together. Company C deployed to Iraq in July 2007 and returned home Nov. 2.

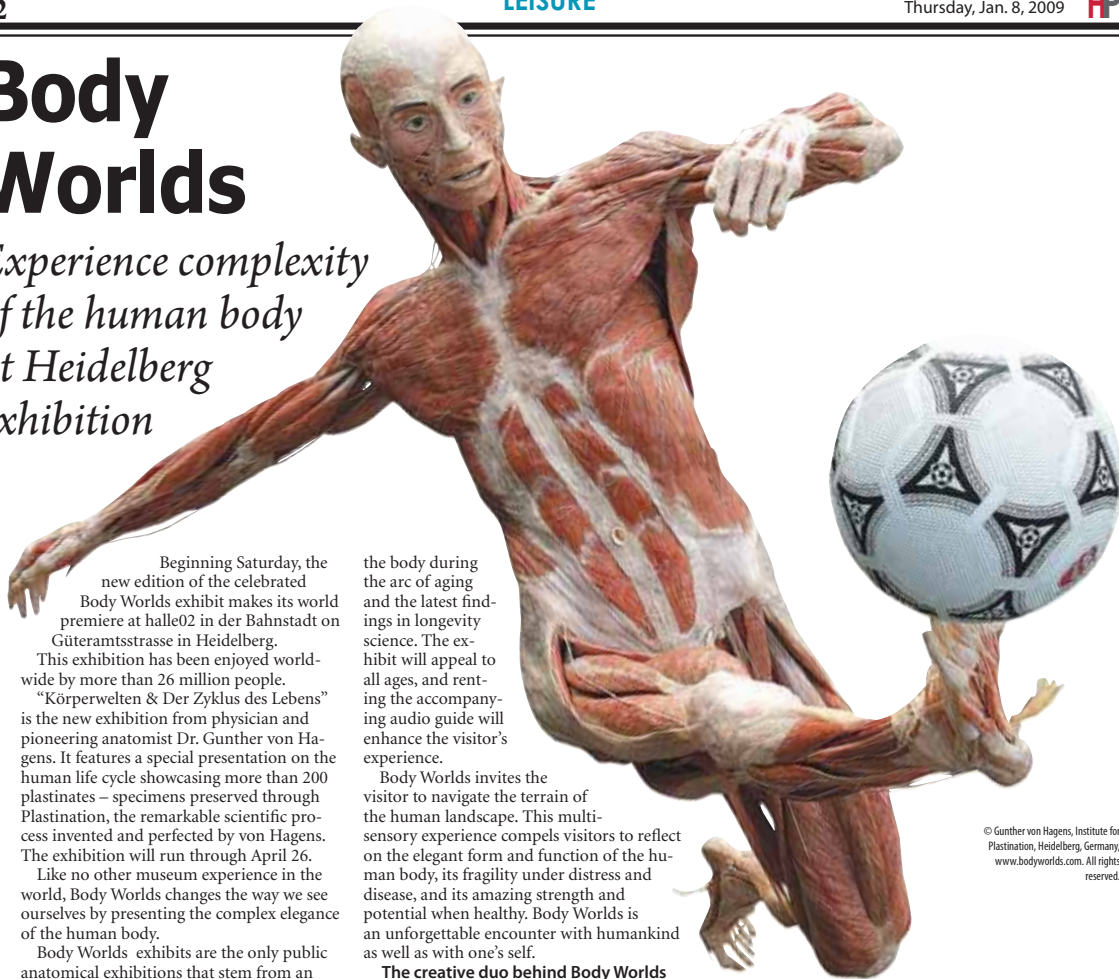
"We did that last mission in October as professional, disciplined and by the book as we did the first mission – 15 months earlier in August, a year-and-a-half previously," Rasio said.

The company just celebrated its 40th anniversary during this deployment, serving tours in Vietnam, Bosnia, Kosovo, Iraq, Afghanistan and Kuwait.

Company C has been based at Landstuhl Heliport since Oct. 15, 1989.

Body Worlds

Experience complexity of the human body at Heidelberg exhibition



Beginning Saturday, the new edition of the celebrated Body Worlds exhibit makes its world premiere at halle02 in der Bahnstadt on Güteramtsstrasse in Heidelberg.

This exhibition has been enjoyed worldwide by more than 26 million people.

“Körperwelten & Der Zyklus des Lebens” is the new exhibition from physician and pioneering anatomist Dr. Gunther von Hagens. It features a special presentation on the human life cycle showcasing more than 200 plastinates – specimens preserved through Plastination, the remarkable scientific process invented and perfected by von Hagens. The exhibition will run through April 26.

Like no other museum experience in the world, Body Worlds changes the way we see ourselves by presenting the complex elegance of the human body.

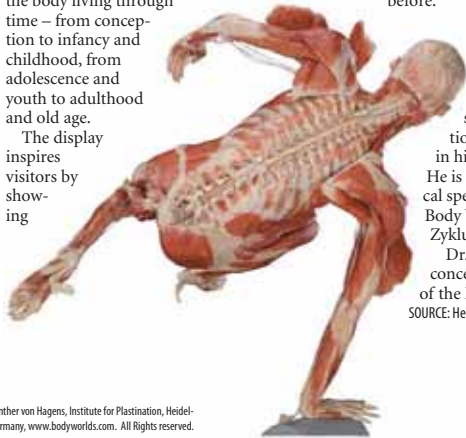
Body Worlds exhibits are the only public anatomical exhibitions that stem from an established body donation program and use donated bodies.

In Body Worlds, more than 200 authentic human specimens transformed through Plastination show the form, beauty, function and potential of the human body.

“Körperwelten & Der Zyklus des Lebens,” a special feature on the human life cycle, shows the body living through

time – from conception to infancy and childhood, from adolescence and youth to adulthood and old age.

The display inspires visitors by showing



© Gunther von Hagens, Institute for Plastination, Heidelberg, Germany, www.bodyworlds.com. All Rights reserved.

the body during the arc of aging and the latest findings in longevity science. The exhibit will appeal to all ages, and renting the accompanying audio guide will enhance the visitor's experience.

Body Worlds invites the visitor to navigate the terrain of the human landscape. This multi-sensory experience compels visitors to reflect on the elegant form and function of the human body, its fragility under distress and disease, and its amazing strength and potential when healthy. Body Worlds is an unforgettable encounter with humankind as well as with one's self.

The creative duo behind Body Worlds

Renowned scientist von Hagens is the inventor of Plastination – the anatomical specimen preservation method that makes the presentation of aesthetic anatomy possible. Through Plastination, the post-mortal body is transformed into spectacular anatomical figures – plastinates – that allow the public to see the human body as it has never been seen before.

A trailblazer in the field of anatomy and anatomical exhibitions for the public, von Hagens looks to the anatomists of the Renaissance, as well as this generation's scientists, for inspiration in his continually evolving work. He is responsible for the anatomical specimens presented in the Body Worlds exhibitions and Der Zyklus des Lebens.

Dr. Angelina Whalley is the conceptual planner and designer of the Body Worlds exhibitions.

SOURCE: Heidelberg Marketing GmbH

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Ticketing

Dates: Jan. 10-April 26

Hours: 9 a.m.-7:30 p.m. Monday-Wednesday (last admission at 6 p.m.) and 9 a.m.-9:30 p.m. Thursday-Sunday (last admission at 8 p.m.)

Tickets: Adults - €15; Students up to 30 years, Seniors 60+ and disabled persons, €14; Children 7-18 - €13; Children 6 and younger - free. Group rates are also available. Walk-up tickets are available, but advanced reservations are strongly recommended. Online tickets are available at www.bodyworlds.com.

GERMAN COOKING

Apple Strudel (Apfelstrudel)

Ingredients:

Crumb mixture:

3 tablespoons unsalted butter, cut into tablespoons
1 cup fresh bread crumbs
1/3 cup sliced almonds

Apple filling:

1 1/2 pounds (about 4 apples) Granny Smith apples, peeled, halved, cored and very thinly sliced
1 teaspoon finely grated lemon zest
2 tablespoons lemon juice
1/3 cup golden raisins
1/2 cup granulated sugar

Assembly:

8 sheets phyllo dough (each sheet measuring 12" x 17")
6 tablespoons unsalted butter, melted
Confectioners' sugar for sprinkling

Preparation:

1. Make crumb mixture: In a large skillet, melt butter over medium heat. Add bread crumbs and cook over medium-high heat, stirring constantly, until crumbs are golden brown. Stir in the sliced almonds and set aside to cool.
2. Make filling: Place apples slices in large bowl and toss with lemon zest, lemon juice and raisins. Add sugar and toss to coat.
3. Assemble strudel: Position a rack in center of oven and preheat oven to 375 degrees. Lay a sheet of phyllo on a clean work surface. Lightly brush sheet with butter. Sprinkle with 2 1/2 tablespoons bread crumb mixture. Layer remaining seven sheets phyllo over first, buttering and sprinkling each one with bread crumb mixture. Spoon apple compote evenly down long side of phyllo, about 2 inches from bottom edge and 1 inch in from sides. Fold bottom edge and side flaps over filling and roll up phyllo jelly-roll-style.
4. Transfer strudel to baking sheet and brush it lightly with melted butter. Bake for 30 to 35 minutes, or until crisp and golden. Remove strudel from oven and let cool on baking sheet on wire rack for 10 minutes. Dust with confectioners' sugar and serve, sliced, with whipped cream.

SOURCE: www.germanfoods.org



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,

We had to throw my soon-to-be 17-year-old daughter out of our home about a month ago because of her out-of-control behavior.

She was very defiant and oppositional. She was skipping school and hanging out with all of the wrong people. There were even people who are much older than she is. It got to the point that we could not trust her. She was sneaking out of the house at night, stealing money from all of us and swearing and cussing like a drunken sailor.

I hope you can understand that, as a mother, I am heartbroken, but at the same time I am angry, too. I'm angry because she is acting like a follower instead of following the guidance we gave her.

I love my daughter, but I feel like my husband and I had no choice but to send her a message and throw

her out. Now we find out that she is staying with friends. Why haven't these parents called and said something to us? The least they could say is oh "your daughter is staying at our house."

Maybe we could all work together, and then they would understand where we are coming from. Now my daughter may not be graduating from school because all of this. What a shame that she can not see.

I'm writing to ask if you can give me some advice on what to do and would you recommend counseling.

From: Heartbroken but Angry

Dear Heartbroken,

It's not easy raising children. I know firsthand because I have three sons. Boy could I have used a manual when they were younger. Well, who am I kidding, sometimes I could still use one.

My husband and I teasingly say that we schedule prayer time with the Lord just to talk about all of them. I won't belabor the point because I can tell this is very agonizing for you.

I will say first of all that sometimes you have to choose your battles with your children. I generally don't agree with throwing minors out of the house because there are wolves out there who will really take advantage of them then. Only if a family fears for their personal safety, then I believe that a child must be removed to protect parents and other family members i.e. siblings etc.

Conversely, even then I think the right professional authorities should be involved to make sure the right decisions are being

made and to provide parents with guidance. I agree that her behavior is unbecoming, and I'm sure you did not know what to do about it. I'm sure you felt forced to make a decision.

Please know that I am not blaming you. Right now, I think you should contact Social Work Service at your base for resource information or call Military OneSource to be connected with a provider in your community who could give you professional assistance with this matter.

I hope professional counseling will help her and your family. It's been my professional experience that situations like these are something the entire family should address. You should also consider seeking guidance from your pastor, youth pastor or other clergy for advice.

Lastly, I think you and your husband should go to the home where she is staying and speak with her and the other adults in the house. Perhaps they don't think it's their responsibility to reach out to you. Moreover, I'm sure your daughter has told them a totally different story instead of the truth.

Once you see your daughter, you and your husband should speak with her about her behavior and how it's been affecting your entire family and ultimately how it's affecting her future. If there are other problems going on – i.e. mental, substance abuse etc. – then a professional will be able to assess this. I hope this helps. Keep in touch and let me know the outcome.

Less exercise can mean more fitness; be aware of overtraining

By Capt. Vancil McNulty

U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE

Everyone may have different motivations to exercise. If you are a Soldier, your exercise motivation may be to pass a PT test or because your mission requires it. One of the pitfalls of preparing Soldiers to meet the physical rigors of completing the mission may be overtraining, also known as overuse.

Overtraining occurs when the amount of exercise is out of balance with recovery or rest. When this happens, it can predispose a Soldier to injury. Sometimes, a leader's sincere desire to show that his unit exceeds the standards may be one of the reasons we have an epidemic of injuries today.

The Joint Services Physical Training Injury Prevention Work Group thoroughly reviewed proven injury-prevention strategies in the military. The work group found that too much running was the primary contributor to overuse, and those who are at the greatest risk of injury are those who are least fit.

A large amount of both military and civilian research shows running volume (amount of running) significantly increases the risk of lower-extremity injuries (injuries to the legs). During initial military training, about 25 percent of men and about 50 percent of women incur one or more PT-related injuries. About 80 percent of these injuries are in

A large amount of both military and civilian research shows running volume significantly increases the risk of lower-extremity injuries

the lower extremities and are of the overuse type – a condition brought about by excessive running relative to the fitness level of the individual.

The work group found ample evidence that running mileage was an injury risk factor. An obvious intervention (change) would be to reduce the amount of running performed by military members. In fact, this intervention has been proven to reduce injuries without affecting physical performance.

Marine recruits in a 12-week boot camp had a 54 percent reduction in stress fractures of the legs with essentially no change in aerobic fitness when they reduced their running mileage 40 percent (from 55 miles down to 33 miles). A group of Soldiers in Basic Combat Training who ran 56 miles was compared to BCT Soldiers who ran 130 miles in 12 weeks. The Soldiers who ran fewer miles during 12 weeks of BCT training not only decreased their injuries by 24 percent but scored just as high on the two-mile run part of the Army Physical Fitness Test. It is important to note that group that ran less miles decreased their marching mileage (117 miles versus 68 miles for the group that ran the higher mileage). Increased marching is probably more realistic a

scenario in wartime.

Another study compared male Navy recruits assigned to basic training divisions that ran either 12 to 18 miles or 26 to 44 miles. The lower-mileage division had lower injury rates, with 1.5-mile run time improvements that were the same as the higher-mileage divisions. In other words, a reduction of 20 miles of running during this Navy recruit training reduced injuries by 20 percent without negatively affecting physical fitness!

There are thresholds of running above which injuries increase dramatically without any significant gains in fitness. Running frequency of five times a week versus three times a week for 30 minutes increases the injury incidence (percent of subjects injured) by 225 percent without significantly improving fitness level. Running durations of 45 minutes versus 30 minutes three times a week increases the injury incidence by 125 percent without any significant change in fitness.

The bottom line: If Army leaders are serious about taking care of Soldiers and reducing PT-related profiles, there is plenty of hard evidence that proves less is more!



Happy 2009!

Ladies and Gentlemen welcome to 2009, Happy New Year and all that hoorah. So 2008 was a decent year for movies, notable blockbusters like "The Dark Knight" rocked the box office and many others graced the big screen. Honestly folks, 2009 is shaping up to be an awesome year for movies. Lined up for this year we have the sequel to "Transformers," the next Harry Potter movie and even later this month we have "Twilight" coming to our theaters. Coming this week to the Heidelberg PHV

Theater and Vogelweh's Galaxy theater, we have "The Curious Case of Benjamin Button," a great movie starring Brad Pitt as a man born in his 70s who ages backwards. It might sound like a weird movie and sure some of the aspects of it might be, but it is honestly a great movie. Brad Pitt shows just how versatile an actor he can be, so make sure you go and check it out.

Although the movie came out last year we can count it as one of our 2009 films. Kids might not be too into the film, but it's an interesting movie that's in line to be one of the best of 2008.

Also coming out next week is "Saw V." Honestly folks it's a Saw film, need I say more? Gruesome and gory and full of cool twists and turns. I won't lie I watched all the previous films and thought they were good (as far as the story lines went) but a bit too bloody for my taste. Leave the kids at home and bring something to cover your eyes.

Enjoy this week folks and happy one year anniversary of The Reel Life.

GET OUT! area events

January 9

Piano Concert – See Detlev Bender – born in Wiesbaden, studied piano, chamber music and music theory at the colleges of music Frankfurt, Mainz, Mannheim and Stuttgart – in concert at 8 p.m. at the Deutsch-Amerikanisches Institut on Sofienstrasse in Heidelberg. Cost: €12-15. Civ. 06221-58-20000, www.heidelberg.de/tickets.

Tour Heidelberg with the Night Watchman – Experience downtown Heidelberg through the eyes of the night watchman. Learn about the history of the city and interesting anecdotes starting at 8 p.m. Meet in the Marktplatz. Cost: €6 adults, €4 children. Civ. 0179-532-3071, info@heidelberg-nachtwaechter.de.

January 10

Andy Arnold Trio – Experience the jazz sounds of Andy Arnold on guitar, Magnus Skovdal on bass and Philippe on drums at Jazzhaus Heidelberg located at Leyergasse 6 starting at 9:30 p.m. www.jazzhaus-hd.de.

January 12

Live Music Monday – Listen to Kephala (melodic guitars) starting at 9 p.m. at the Print Media Lounge on Kurfürstenanlage near the main train station in Heidelberg. Civ. 06221-653949, www.printmedia-lounge.de.

January 13

Singing Auditions – Mannheim Family and Morale, Welfare & Recreation invites vocal artists who enjoy performing for a live audience, to audition for our first ever "Old School Valentine Dinner Show" 5-7 p.m. Jan. 12, and 6-8 p.m. Jan. 13, at the Top Hat Club. DSN 385-2342, civ. 0621-730-2342.

Upcoming concerts and events

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

Discussion: Why are People Capable of Cruelty? – The general public is invited to participate in the English-language discussion group in the Deutsch-Amerikanisches Institut library (Sofienstrasse 12, Heidelberg) starting at 6 p.m., free of charge. Discussions are led by Dr. Steven Bloom and are well-known to be both informative and entertaining. Civ. 06221-60730, www.dai-heidelberg.de.

January 15

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

January 17

NAACP to honor King – The Rhein Neckar branch of the NAACP is sponsoring its 23rd Annual International Commemoration program honoring Dr. Martin Luther King Jr. at 5 p.m. at the Providenzkirche, 90A Hauptstrasse in Heidelberg. Keynote speaker will be Dr. Hubert J. Locke. The theme for the event is "History and Hope." DSN 370-8004, civ. 0162-296-0030, emily.

gourdine@eu.dodea.edu.

January 19

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

January 20

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

January 24

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

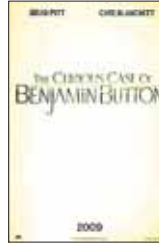
January 31

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.

Ongoing

Ice Skating – Head to Schwetzingen's Schlossplatz through Jan. 25, 10 a.m.-11 p.m., for a fun-filled day of ice-skating. Adults: €3.30, Children: €2.50 for two hours. Civ. 06202-93270, www.schwetzingen-eiszauber.de.

coming to THEATERS



THE CURIOUS CASE OF BENJAMIN BUTTON

(Brad Pitt, Gate Blanchett) "I was born under unusual circumstances." And so begins "The Curious Case of Benjamin Button," adapted from the 1920s story by F. Scott Fitzgerald about a man who is born in his eighties and ages backwards: a man, like any of us, who is unable to stop time. We follow his story, set in New Orleans from the end of World War I in 1918, into the 21st century, following his journey that is as unusual as any man's life can be. Rated PG-13 (war violence, sexual content, language, smoking) 167 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Jan. 8 – SEVEN POUNDS (PG-13) 7 p.m.
Jan. 9 – THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 6:30 p.m.; SAW V (R) 9:30 p.m.
Jan. 10 – THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 2 p.m.; ROLE MODELS (R) 5 p.m.; SAW V (R) 9:30 p.m.
Jan. 11 – THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 2 p.m.; CHANGELING (R) 5 p.m.
Jan. 12 – ROLE MODELS (R) 7 p.m.
Jan. 13 – THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.
Jan. 14 – SAW V (R) 7 p.m.
Jan. 15 – CHANGELING (R) 7 p.m.

Mannheim, Schuh

Jan. 8 – THE SECRET LIFE OF BEES (PG-13) 7 p.m.
Jan. 9 – SEVEN POUNDS (PG-13) 7 p.m.
Jan. 10 – BEDTIME STORIES (PG) 2 p.m.; SEVEN POUNDS (PG-13) 5 p.m.; SAW V (R) 7:30 p.m.
Jan. 11 – BEDTIME STORIES (PG) 2 p.m.; SEVEN POUNDS (PG-13) 4:30 p.m.
Jan. 12 – ROLE MODELS (R) 7 p.m.
Jan. 13 – CHANGELING (R) 7 p.m.
Jan. 14 – SAW V (R) 7 p.m.
Jan. 15 – BEDTIME STORIES (PG) 7 p.m.

Vogelweh, Galaxy

Jan. 8 – THE SECRET LIFE OF BEES (PG-13) 7 p.m.
Jan. 9 – HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3:30 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m., 10:30 p.m.
Jan. 10 – HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.; SAW V (R) 10:30 p.m.
Jan. 11 – HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 11 a.m., 3 p.m.; THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.
Jan. 12 – CHANGELING (R) 7 p.m.
Jan. 13 – ROLE MODELS (R) 7 p.m.
Jan. 14 – CHANGELING (R) 7 p.m.
Jan. 15 – SAW V (R) 7 p.m.

Ramstein, Hercules

Jan. 8 – YES MAN (PG-13) 7 p.m.
Jan. 9 – SAW V (R) 7 p.m.
Jan. 10 – CHANGELING (R) 7 p.m.
Jan. 11 – ROLE MODELS (R) 7 p.m.
Jan. 15 – SEVEN POUNDS (PG-13) 7 p.m.

Ramstein, Nightingale

Jan. 8 – HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 7 p.m.
Jan. 9 – BEDTIME STORIES (PG) 3:30 p.m.; SEVEN POUNDS (PG-13) 7 p.m., 10:30 p.m.
Jan. 10 – SEVEN POUNDS (PG-13) 3 p.m.; BEDTIME STORIES (PG) 7 p.m., 10:30 p.m.
Jan. 11 – BEDTIME STORIES (PG) 3 p.m.; SEVEN POUNDS (PG-13) 7 p.m.
Jan. 12 – ROLE MODELS (R) 7 p.m.
Jan. 13 – CHANGELING (R) 7 p.m.
Jan. 14 – SAW V (R) 7 p.m.
Jan. 15 – BEDTIME STORIES (PG) 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

\$100k Reward for Information

Special Agents from the U.S. Army Criminal Investigation Command are offering a \$100,000 reward to anyone with information leading to the apprehension and conviction of the person(s) responsible for the 2001 death of Pfc. Amanda Gonzales in Hanau. crimetips@onus.army.mil.

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?S=cc678b96df044468c3668187d51daf8>. DSN 493-2592, civ. 0631-3406-2592.

Rental Car Fuel Cards

The Heidelberg and Mannheim Customs Field offices will now issue fuel cards for rental vehicles during normal business hours. Local military police stations will issue the form after normal business hours.

UMUC Early Registration

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

Technology Expo

10 a.m.-2 p.m., Jan. 27 at the Campbell Barracks Fitness Center. More than 30 exhibitors scheduled to attend. Hosted by the 2nd Signal Brigade.

local EMPLOYMENT

Program Assistant

Child, Youth and School Services in Kaiserslautern is hiring program assistants looking for a flexible work schedule, regular full-time or regular part-time employment starting at \$9.84 per hour. Health and life insurance as well as retirement benefits are available for some positions. Receive a 50 percent employee discount for your own child care needs. Free training is provided and scholarships are available. DSN 493-4370, civ. 0631-3406-4370.

Bookkeeper

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

Ski and Snowboard Instructors

Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses. DSN 381-7215, civ. 0621-739-251.

Respite Care Providers

Kaiserslautern Army Community Service needs respite care providers for short-term care for children with special needs. Applicants must be at least 18 years old, and may make up to \$35/hour. DSN 493-4110, civ. 0631-3406-4110.

KAISERSLAUTERN Education

• **ACS Classes and Events** – 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 will meet on the first Wednesday of each month. Child care is provided, and there is no fee to attend. Pamela.Ash@eu.dodea.edu.

• **CSB Briefing** – The Kaiserslautern Transition Center hosts a briefing on Career Status Bonus Jan. 21 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0621-16-8226 or 06221-17-6176.

Community

• **Operation: Meet the KMC** – ACS hosts Operation: Meet the KMC from 2-7 p.m. Jan. 14 at Armstrong Community Club on Vogelweh Housing. This information fest is an opportunity to meet with a broad range of agencies from across the Kaiserslautern military community. Get answers to questions and gain more information about local agencies and organizations. DSN 493-4062, civ. 0631-3406-4062, selinda.torbert@eur.army.mil.

• **Martin Luther King Observance** – A Dr. Martin Luther King birthday observance will be hosted 1-2:30 p.m. Jan. 15 at the Galaxy Theater on Vogelweh. A commemorative march of 1.3 miles will be a part of the observance. DSN 493-4130.

• **American Legion Meeting** – Post GR01 will hold a meeting at 6:30 p.m. Jan. 20 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, wardtrans@yahoo.com. www.ktownamericanlegion.org.

• **VFW Meeting** – Post 10614 hosts a meeting at 6:30 p.m. Jan. 13 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, wardtrans@yahoo.com. www.ktownvfw.org.

• **AGBC Meeting** – The Kaiserslautern American German Business Club's next presentation meeting will be at 6:30 p.m. Jan. 15, at the Hotel Gasthof Am Rathaus, Burgherrenstrasse 99, 67661 Kaiserslautern-Hohenacker. The topic will be the "Law of Numbers in the Stock Market."

• **LRMC Sick Call** – Sick call at the Family Medicine Clinic at Landstuhl Regional Medical Center changed to 7 a.m. beginning Jan. 1. DSN 486-7796, civ. 06371-86-7796.

• **Kleber Clinic Relocates** – The U.S. Army Health Clinic, Bldg. 3287 on Kleber Kaserne, has relocated to a modular and temporary facility, 100 meters in front of its normal location. During the renovation, phone numbers and hours will

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

• **Warrior Resiliency Group** – For service members who have deployed and wish to become mentally stronger; learn more about what to expect; address difficulties with sleep, anger, being "keyed-up"; and relationships. Four weekly sessions 2:30 p.m.-4 p.m. every Thursday at Landstuhl Regional Medical Center-1 Delta. The first session is Jan. 8. DSN 486-8366, civ. 06371-86-8366.

HEIDELBERG Education

• **ACS Classes and Events** – Intro to MS Publisher, 5-6:30 p.m. 12 and 14; PCS Briefing, 12:30-3 p.m. Jan. 6; Community Orientation Briefing, 12-3 p.m. Jan. 12; Families Learning About Germany, 9 a.m.-2 p.m. Jan. 12-13 with Field Trip 8:30 a.m.-1:30 p.m. Jan. 17; Re-integration Briefing, 9 a.m. Jan. 13; Federal Web-Based Application (RESUMIX), 9 a.m.-noon Jan. 13; Bringing Baby Home, 1-4 p.m. Jan. 15; Smooth Move, 10-11 a.m. Jan. 14; English as a Second Language classes are offered at various times throughout the week. DSN 370-6883, civ. 06221-57-6883.

• **German Language Classes** – German language daytime and evening classes are being offered at Patton Education Center starting Jan. 20. The cost is €80 for level 1 and €100 for levels 2, 3 and 4, for 38 hours over eight weeks. Registration is 5-7 p.m. Jan. 12, 13, in room 116, Patton Education Center. Civ. 06221-16-8226 or 06221-17-6176.

Community

• **MLK Breakfast** – The Martin Luther King Jr. Breakfast Celebration is 6:30-8 a.m. Jan. 15 at the Patrick Henry Village Pavilion. Tickets are \$8. Call DSN 379-5467 or larrygray@eur.army.mil.

• **NAACP to honor King** – The Rhein Neckar branch of the NAACP is sponsoring its 23rd Annual International Commemoration program honoring Dr. Martin Luther King Jr., 5 p.m. Jan. 17 at the Providenzkirche, 90A Hauptstrasse in Heidelberg. DSN 370-8004, civ. 0162-296-0030, emily.gourdine@eu.dodea.edu.

• **Burger King Renovation** – Through this phase of construction the main entrance will be closed and the side door by the drive through will be open as the entrance. Restrooms will not be accessible for part of this construction phase.

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

• **Thrift Shop Consignors** – The Heidelberg Thrift Shop will be requiring all consignors to sign a new consignment contract beginning in January.

• **Sunday Brunch** – German American brunch buffet 10 a.m.-2 p.m. Jan. 11 and 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.

• **Pastries for Parents** – Heidelberg Middle School PTSA invites students and their parents to Pastries for Parents – a social, informal breakfast at 7:30 a.m. Jan. 14. The PTSA will be serving pastries, juices and coffee, and will offer information on cyber safety and upcoming events.

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

• **Tax Relief Office Closure** – Heidelberg Tax Relief Office will be closed Jan. 23 to move office space. All services will resume in the same location, (Village Pavilion) on Jan. 26.

• **Construction Near MTV** – The Stadtwerke Heidelberg (city works) is installing a new district heating line at Kirschgartenstrasse next to Mark Twain Village between Rheinstrasse and Lenbachweg. The project began in November and will take at least three months, depending on weather conditions.

MANNHEIM Education

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

• **FAST Course** – Sullivan Barracks Education Center will offer a Functional Academic Skills Training course Jan. 26 through Feb. 17 from 8 a.m.-noon. FAST attendance can reinforce basic math and reading skills resulting in improved general technical (GT) scores for reclassification and/or reenlistment purposes.

contact john.a.kay@us.army.mil or DSN 385-2053.

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

Community

• **PWOC Spring Kickoff** – The Protestant Women of the Chapel Spring Kick-off "Mad-Hatter's" Tea Party will be 6:30-8:30 p.m. Jan. 13 at the Ben Franklin Village Chapel. Civ. 0621-718-8410.

• **Singing Auditions** – Family Morale, Welfare & Recreation invites vocal artists to audition for the first "Old School Valentine Dinner Show." Auditions are 5-7 p.m. Jan. 12 and 6-8 p.m. Jan. 13, at the Top Hat Club. Performance date is Feb. 14. DSN 385-2342, civ. 0621-730-2342.

• **ACS Career Fair** – 10 a.m.-3 p.m., Jan 31 at the BfV Sports Arena. DSN 385-3101, civ. 0621-730-3101.

• **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 & Recreation Web site www.mwgermany.com/ma/acs/afap.htm, or e-mail nancy.ward3@eur.army.mil. Submit issues by Jan. 26. DSN 385-2759/3101, civ. 0621-730-2759/3101.

• **Tobacco Cessation** – The Mannheim Health Clinic is hosting a tobacco cessation class 1-2 p.m. Jan. 13 at the clinic. DSN 385-CARE or visit the clinic appointment desk.

• **CYSS Programs** – Groups meet in Bldg. 696, Sullivan Barracks. 4-H Club, 5-6 p.m. Jan. 9; SMART Girls, 4-5 p.m. Jan. 12; Dragon Fly Quest, 5-6 p.m. Jan. 13 and 27; Keystone Club, 4-5 p.m. Jan. 15 and 29; Youth Action Council, 5-6 p.m. Jan. 16; Project Learn, 4-5 p.m. Jan. 20; Club Tech, 4-5 p.m. Jan. 21; Youth Sponsorship, 5-6 p.m. Jan. 23. DSN 380-9997, civ. 0621-730-9997.

• **Sullivan Library** – Story Hour, 11 a.m.-noon Thursdays; Scrapbook Club, noon-3 p.m. Sundays. Movie Night, 5 p.m. Jan. 15. 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.

All-American Bowl



Benjamin Fakke

The West team (white jerseys) starts an offensive drive at the start of the U.S. Army-sponsored All-American Bowl football game pitting the top high school athletes in the nation. The East team won the contest 30 - 17 in front of 32,732 fans and a live national audience at the Alamodome in San Antonio Saturday. During pre-game activities, 85 Soldier-Heroes, representing the active duty, Reserve and National Guard, were each paired with a player from either the West or East team and recognized on the field prior to kickoff. All Soldier-Heroes received either the Silver Star, Distinguished Flying Cross, Bronze Star or Purple Heart.

staying ACTIVE

Heidelberg Lacrosse Club

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

Heidelberg Unit-Level Basketball

U.S. Army Garrison Heidelberg unit-level basketball standings:
V Corps 3-0, NATO 2-1, 529th MPs 2-1, 43rd Signal 1-2, 302nd MI 1-2, MEDDAC 0-3. **Games to be played at Patton Fitness Center Jan. 12:** MEDDAC vs. 43rd Signal, 6 p.m.; V Corps vs. 529th MPs, 7 p.m.; NATO vs. 302nd MI, 8 p.m.

Basketball Tournament

Head to Patton and Tompkins Fitness Centers Jan. 16-19 for the 12th Annual Dr. Martin Luther King Jr. Basketball Tournament. Teams need to register by Jan. 9. DSN 373-8032, civ. 06221-17-8032.

Bowling Tournament

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

Archery Competition

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

Fitness Fest and Max the Bench

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

Where do you turn when
Severe Weather
hits?

For road condition information call:	DSN	Civilian
USAG Heidelberg:	388-2223	06221-678-2223
USAG Kaiserslautern:	480-2653	06371-47-2653
USAG Mannheim:	385-2589	0621-730-2589

Road, weather conditions, school closure information **online:**
<http://g3operations.hqusaureur.army.mil/Divisions/OPS/ASGConditions/default.asp>

**** A link can be found under the safety menu on the USAG Baden-Württemberg homepage: www.bw.eur.army.mil.**

Listen to AFN for updates:

Heidelberg:	104.6 FM	AM 1143
Kaiserslautern:	100.2 FM	AM 1107
Mannheim:	107.3 FM	AM 1143

Via AFN decoders: FM signal is Channel 152. The AM signal is Channel 153.

**** For duty schedule variations contact your chain of command**