

HeraldPOST

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

Waging war against suicide

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Seeing images of ongoing military operations in Iraq and Afghanistan flashing across television screens, and on the Internet has become a daily occurrence for most of us.

These images serve as constant reminders of the enemy that U.S. forces face every day.

However, there's another enemy lurking a lot closer to home. It's one targeting service members of every rank, from every unit, and from every background. As a result, Army officials across the service have launched a full assault to prevent it from taking another life.

Col. Rebecca Tomsyck, Chief of the Department of Behavioral Health at Heidelberg Medical Activity and Lt. Col. Nathan Huck, officer in charge of the psychological assessment service at Landstuhl Regional Medical Center's Division of Behavioral Health are serving on the front lines of the suicide fight.

Together, the two mental health professionals have over three decades of experience in the mental health field and they're just two of the many, lending their fire power to the Army's suicide prevention efforts.

Tomsyck and her staff in Heidelberg have been busy helping patients struggling with suicidal thoughts and other mental health issues. She says that at her facility, Soldiers are taking advantage of the suicide prevention resources available-some voluntarily and some not.

"It's never easy let me say that," Tomsyck explained. "Some patients come willingly, some don't come willingly, and when you're eminently suicidal by definition, your judgment is impaired. So it's difficult often to make that connection right away. But as a patient gets better they look back and they say oh my gosh, I see **WAGING WAR** page 11

Preparing for the future



Spc. Aislinn Amig

Pvt. Brandon Johns, a designated marksman for the 18th Engineer Brigade's Personal Security Detachment, constructs a ghillie suit during a training exercise Jan. 27 in Mannheim. Soldiers from the PSD are applying the knowledge and skills they've acquired over the previous months to prepare for future deployments.

18th Engineers get real world training, in real world weather conditions

By Spc. Aislinn Amig
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

In the early morning hours of Jan. 27, Soldiers from 18th Engineer Brigade's Personal Security Detachment rose from their snow-covered tents and began what would be another long day at the Lampertheim Training Area in Mannheim.

Their training exercise began well before sunrise Jan. 26 and ran around-the-clock until the afternoon of Jan. 29. Throughout the training, The Soldiers battled temperatures as low as 9 degrees Fahrenheit, as well as ice and snow that seemed

to never stop. A few days in the field is something every Soldier has come to expect, but as these Soldiers quickly came to realize, freezing temperatures provide for a whole new learning experience.

With a heater that malfunctioned just shortly after the exercise began, the few hours devoted to sleep the first day were quite a challenge.

When asked to reflect on the overall experience toward the end of day two, nearly every Soldier simply stated that it was cold.

"It's harsh, but harsh training is good training," said Pvt. Ethan King, a gun-

ner for the PSC, 18th Eng. Bde.

King worked tirelessly the first few hours ensuring the electricity for the tents was set up, heaters and generators were functioning properly, and lighting was sufficient.

On day one, after their Tactical Operations Center was set up, their next task was to ensure the base was protected against a possible ambush by Opposing Forces.

They worked for hours setting up three watch positions with crew-served weapons, coordinating their quick reactionary forces see **REAL WORLD** page 11

HP THURSDAY
Feb. 11, 2010

Speed Read

"A TASTE OF SOUL"

The Heidelberg Arts and Cultural Center will host a celebration of African-American heritage month Feb. 20. 3

7TH CSC TRAINS TO DEPLOY

The unit participated in Bavarian Thunder 2010 and focused on the deployment of personnel, equipment and vehicles. 6



PRAYER BREAKFAST

U.S. Army Garrisons Heidelberg and Kaiserslautern each held a National Prayer Breakfast to share food and faith. 8

VALENTINE'S DAY

Read messages from deployed service members to their loved ones here and find out what events are available. 14

Defense Details

PRESSURE ON IRAN

Iran's continuing nuclear development program only serves to put the Middle East in danger of nuclear weapons proliferation, Defense Secretary Robert M. Gates said. But, Gates pushed for stronger diplomatic and economic pressure from the international community rather than calling for military conflict. "I think that everybody's interest is in seeing this issue resolve without resorting to conflict. But it makes it all the more important," he said. "We have to face the reality that if Iran continues and develops nuclear weapons it almost certainly will provoke proliferation in the Middle East. That's a huge danger."

CYBERSECURITY THREAT

Cybersecurity is seizing more attention and budget dollars from the Defense Department at a time when China's alleged cyber attack on Google has underscored the urgency of the threat and the vulnerability of U.S. networks. The Pentagon's second-ranking official described cyber threats as his top worry, and a chorus of other defense and government officials recently sounded similar distress signals over the prospect of cyber war.

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

What's Inside

Our Army Around the World	10
Dear Ms. Vicki	12
GET OUT!	13
Movies	13
Leisure	14
Announcements	15
Sports.....	16

COMMENTARY

National Children's Dental Health Month: For a sparkly smile, remember to brush and floss everyday

By Lt. Col. He Kyung Jung
PATRICK HENRY VILLAGE DENTAL CLINIC

National Children's Dental Health Month began with a one-day event in Cleveland, Ohio and a week event in Akron, Ohio, during February 1941.

Since then, the concept has grown from a two-city event into a nationwide program. The American Dental Association held the first national observance of Children's Dental Health Day on Feb. 8, 1949. The single day observance became a week long event in 1955, and in 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

NCDHM messages reach millions of people in communities across the country and at numerous military bases. Local observances often include poster, coloring and essay contests, health fairs, free dental screenings, classroom presentations and dental office tours.

The theme for this year's campaign is "For a Sparkly Smile, Remember to Brush & Floss Everyday!"

Attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

By participating in the annual celebration of National Children's

Dental Health Month, members of dental teams, parents, teachers and others can help keep children's smile beautiful now and for years to come.

Many parents will issue a common refrain at dinner time tonight: "You'd better eat that, it's good for you." There's another old favorite in the parental arsenal of dietary admonitions: "Don't eat that – it'll rot your teeth."

Now more than ever, kids are faced with a bewildering array of food choices – from fresh produce to sugar-laden processed convenience meals and snack foods.

What children eat and when they eat it may affect not only their general health, but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before.

It's clear that "junk" foods and drinks gradually have replaced nutritious beverages and foods for many people.

For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year. Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day.

Common activities may contribute

to the tendency towards tooth decay. These include "grazing" habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over in large, often hidden amounts, the harmful effect on teeth can be dramatic.

Sugar on teeth provides food for the bacteria, which produce acid. The acid in turn can eat away the enamel on the teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches.

Starches can be found in everything from bread to pretzels to salad dressings, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth
- Limit between-meals snacks. If kids crave a snack, offer them nutri-

tious foods.

- If your kids chew gum, make it sugarless—Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

- Monitor beverage consumption—Instead of soft drinks all day, children should also choose water and low-fat milk.

- Help your children develop good brushing and flossing habits

- Schedule regular dental visits.

Thousands of dental emergencies – from injuries to a painful, abscessed tooth – take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors?

What if you had a bad toothache in the middle of the night and couldn't get to the dentist until next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.



Join the virtual community today
<http://myBWnow.ning.com>

BLOG ROLL

Find out what your garrison commanders and members of your community are saying in the BWnow virtual community

School, safety, and law enforcement officials need your help. We need you to slow down and obey school crossing guards. One of the most dangerous things our children do is cross the street on the way to school. Crossing guards are volunteers, parents, and teachers, who put themselves at risk to ensure the safety of our children. Crossing guards are always the first person in the street and the last person out of the street. They create the break in traffic to allow

our children to cross the street safely. Crossing guards perform this fearless act in all kinds of weather – rain, freezing cold, snow, and heat – all for the safety of our children. Crossing guards also perform another vital function, they facilitate the safe departure of school buses in the afternoon. We all know that signs are only effective reminders that without enforcement don't carry much weight. The next time you see a crossing guard, please remember that they are

protecting our children. Please give them the respect and courtesy they deserve. If you have a couple of minutes in the morning or afternoon please consider volunteering to be a school crossing guard; we could use your help. For more information, please contact the Heidelberg Middle School Principal at DSN 388-9310, Commercial 06221-338-9310.

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Commander, U.S. Army Garrison
Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Editor:
Lynn Davis
Reporters:
Christine June, Kaiserslautern
Dijon Rolle, Baden-Württemberg
Ina Stewitz, Baden-Württemberg

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

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Heidelberg Arts and Cultural Center serves up a “taste of soul”

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

One of the first things visitors will probably be drawn to when entering the Heidelberg Arts and Cultural Center, is the brightly hued walls in shades of blue, magenta and green.

The colorful palette of eye-catching paint and artwork helps to highlight the diversity and soothing uniqueness of the spacious center located inside of the Patrick Henry Village Pavilion.

Jennifer Bieser is the director of the Heidelberg Arts and Cultural Center, and she and her staff greet and assist visitors attending the many different art exhibitions, poetry readings, classes and special events held at the center.

Their next event, “A Taste of Soul”, is scheduled for Feb. 20.

“It’s the first time we’ve ever done this, and we’re trying to encompass, art, fine arts, poetry, jazz music and food as a celebration of African-American heritage month,” Bieser said.

“There’s just so much that has been given to the United States by African-Americans through food, poetry and literature and art, and jazz music and

blues ... this is going to be a great party.”

“A Taste of Soul” will feature an art exhibition opening, with works from Crystal Malloy, Marc Francisco Butler and Andrew Washington, poetry readings, live jazz music from local favorites, Jimi’s Souliquity, a soul food tasting and a DJ and dancing to cap off the evening.

One of the most well-known and highly-regarded fixtures in African-American culture is its unique and savory cuisine, commonly referred to as “soul food” and no celebration would be complete without it, including this one.

“We’re trying to get people from all over, not just Heidelberg and Mannheim to come out ... we want everyone to participate. This is your chance to show off your cooking skills,” Bieser said.

“We also want people who have a love for soul food but don’t necessarily cook it every day to come out ... this is an opportunity for everyone to participate in the a taste of soul event and to also show off their cooking talents and possibly win a cash prize.”

Anyone wishing to try their hand at cooking their favorite soul food dish must register in person at the Heidelberg Arts and Cultural center before

Feb. 20.

Leslie Green, USAG Heidelberg Special Events Coordinator, is helping Bieser and her staff put together the celebration.

“Hopefully the community will come out and celebrate,” Green said.

“We want to showcase the things that are unique to the African-American culture and that make America the melting pot that it is,” Green said. “We’ve traditionally had EO or EEO luncheons. Our new cultural center director Jennifer Bieser really wanted to do something to honor the African-American experience and black history month, in a way that’s also fun, and that will allow the whole family to come out, have a good time and eat some good food.”

Tickets are on sale now for the “A Taste of Soul” African-American heritage month celebration, Feb. 20 at the Heidelberg Arts and Cultural Center located in building 4507.

The cost is \$8 and the event runs from 7 p.m. to 1 a.m. in the Patrick Henry Village Pavilion Ballroom. For more information call DSN 388-9421, or civ 06221-338-9421 or visit www.mwrgermany.com.

Battle of the Colmar Pocket



Sgt. Daniel J. Nichols

A mother with her child takes a photo of U.S. Army Europe’s color guard marching past during a parade that was part of Jan. 31 ceremony in Katzenthal, France, to commemorate the 65th anniversary of the Battle of the Colmar Pocket and the liberation of the Alsace region of France during World War II. The ceremony in Katzenthal was one of seven events in which the color guard performed over two days in several towns in the lower Alsace near the city of Colmar.

SFAP conference hits on change and budget

Staff report

“You are touching the soul of the Army. When you go back to your garrisons with what you’ve learned here, you will make a difference.”

Those were the words spoken by Lt. Gen. Rick Lynch, Installation Management Command, commanding general, as he addressed a sea of some 1,200 Army Family, Morale, Welfare and Recreation employees gathered in Louisville, Kentucky, for the Soldier Family Action Plan symposium, “Change & The Human Dimension.”

Lynch spoke at the opening session of the SFAP symposium which was designed to help guide FMWR professionals navigate through the Army’s ongoing cultural and business transformation and help insure the Army is providing quality programs to reduce stress on Soldiers and their families.

The general also reiterated that there will be no negotiation when it comes to fully funding Family and MWR programs and that families should come first.

“Chief of Staff General George Casey said we will fund, 100 percent, to take care of families and we will do it in this cost-saving cul-

ture without impacting families,” Lynch said.

“We will synchronize Army programs by taking a close look at them and eliminating or consolidating some in order to save money, while adapting others.”

One of the FMWR delegates attending the symposium was Jacqui Haggerty, business operations division chief for U.S. Army Garrison Mannheim FMWR.

“My time here in Louisville has reminded me that, while we are doing a good job ... we aren’t doing a great job,” said Haggerty.

“While some things are broken ... we aren’t beyond repair. And as long as there are people serving those who serve, and doing it because they believe in being part of something greater than themselves ... we aren’t going to fail,” she said.

Delegates discussed ways to address the special needs of the total Army family that includes single Soldiers and surviving spouses and children of deceased service members.

“The Soldier Family Action Plan and the Army Family Covenant encompass all members of our military community,” added Haggerty.

Volunteer accents latest KMC Onstage production

By **Christine June**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

To or not to pronounce a hard "R" has been one of the many teaching points made by Tim Fiscus as he helps fellow Americans learn a British accent for the U.S. Army Garrison Kaiserslautern KMC Onstage's latest production – "Noises Off."

"What I'm hoping to be able to do is let everybody find their own little accent because that's what will sell to an audience," said Fiscus, who is a speech pathologist and currently works with wounded warriors at Landstuhl Regional Medical Center.

A play within a play, "Noises Off" takes place only hours before the opening of a British adult farce, "Nothing On," and the touring company is hurriedly running through a final dress rehearsal before the first audience arrives.

Having British accents is crucial not only for audiences to know which play is on, but it also helps with the laughs, said Nate Records, the KMC Onstage director.

"When the play ("Nothing On") begins to fall a part and the actors – all of sudden – lose their accents, it adds to the hilariousness of everything falling a part," Records said.

Fiscus started teaching the nine-

member cast on Jan. 21 and said his plan is to have one-on-one sessions, a couple of nights a week with each actor until a week before opening night – Feb. 26.

His first session was with R.J. Garrison, who portrays Fredrick Bellows, an American actor who is playing the roles of Phillip Brent and the Sheik.

Garrison will need an upper-class British accent to play Brent. As for the Sheik's accent, Garrison said he is probably on his own there.

"Probably middle-Eastern," Garrison added.

"I'm interested in seeing how Tim is going to help me develop a British accent," said Garrison, who has been involved with KMC Onstage productions for seven years and this will be his first time doing a British Accent on stage.

Garrison does, however, have experience in trying to do a British accent because he has British relatives.

"My cousin would try to an American accent, but he would sound totally British, and I would try to a British accent, and he said I would sound totally American," Garrison jokingly said.

There are about four to five different types of British accents needed for Noises Off, said Fiscus, who confesses to be a big fan of "Noises Off."



Christine June

Tim Fiscus (left), a speech pathologist at Landstuhl Regional Medical Center, helps R.J. Garrison learn a British accent for one of his roles in the U.S. Army Garrison Kaiserslautern's Noises Off Jan. 21 at the KMC Onstage, Bldg. 3232 on Kleber Kaserne. This latest Family and Morale, Welfare and Recreation's production starts 7:30 p.m. Feb. 26 and runs until March 13 at the theater. Times are 7:30 p.m. Fridays and Saturdays, and 3 p.m. Sunday, Feb. 28. For tickets, call 483-6626 or 0631-411-6626 or e-mail kmconstage@eur.army.mil.

In fact, he has acted in this play twice in the states, both times playing Lloyd Dallas, the director of "Nothing On."

This latest Family and Morale, Welfare and Recreation's production starts 7:30 p.m. Feb. 26 and runs until

March 13 at the theater.

Times are 7:30 p.m. Fridays and Saturdays, and 3 p.m. Sunday, Feb. 28.

For tickets, call DSN 483-6626, civ. 0631-411-6626 or e-mail kmconstage@eur.army.mil.

Ready, set ... go



Linda Steil

Thomas Magee, 3rd grader, places his car into the starting block during the PHES Cub Scouts Pine Wood Derby, Feb. 6. 65 boys took part with cars they built out of a block of wood.

Exercise focuses organizations on crisis coordination

Staff report

Senior leaders from U.S. Army Garrisons Baden-Württemberg and Heidelberg and local German agencies took part in a Headquarters, U.S. Army Europe led Anti-terrorism Force Protection table-top exercise Jan. 22 to improve and refine security practices.

"The point of this exercise was to ensure that programs and policies are in place to respond to any crisis incident," said Lt Col. Shawn Kelley, Law Enforcement Branch chief with USAREUR's Provost Marshal Office and the exercise coordinator.

Under Kelley's direction each staff organization explained their responsibilities, how they would be contacted and who they would need to contact to prevent or counter any force protection events.

Participants worked through various scenarios, focusing on reviewing how information would flow during an actual emergency and not on tactics, according to Kelley.

Discussions flowed across Campbell Barracks' Casablanca room as participants addressed key issues such as use of force policies for contract

"We want to take care of things today and make sure we have no gaps in how we operate."

-Lt. Col. Shawn Kelley, exercise coordinator

security guards, use of mass communication systems, and traffic flow pattern changes to accommodate a mass influx of emergency response vehicles.

"What I found most beneficial was the opportunity to interact with our Polizei Public Affairs counterpart," said Lira Frye, USAG Baden-Württemberg Public Affairs Officer. "While I speak with him frequently, we'd never before taken the time to get into detail about how we'd operate together during a crisis."

Kelley said the plan is for garrisons throughout Europe to incorporate the lessons learned from this table top into future full-scale tactical exercises.

"We want to take care of things today and make sure we have no gaps in how we operate," he said.

Exercise tests 7th CSC's ability to rapidly deploy

By 1st Lt. Audra Cobb
7TH CSC UNIT PUBLIC AFFAIRS REPRESENTATIVE

Rain, sleet, snow and below-freezing temperatures did not prevent the Soldiers of the 7th Civil Support Command's Incident Management Team from participating in Bavarian Thunder 2010, a training exercise that culminated at the Deployment Processing Center on Rhine Ordnance Barracks Jan. 25-28.

This exercise focused on deployment of personnel, equipment and vehicles.

The 7th CSC's IMT, with Commanding General Brig. Gen. Jimmie Jaye Wells and Soldiers from supporting units including the 1172nd Movement Control Team, 406th Human Resources Command, 773rd Civil Support Team, and the 457th Civil Affairs Battalion, participated in the exercise to hone and expedite deployment procedures of the command and control entity within an austere environment.

"The training is valuable and pertinent to our mission, especially the training we had on the Tactical Personnel System," said Staff Sgt. John Stymiest, 406th Human Resources Command. "I learned so much from Sean Osborne, and he is an excellent trainer." Osborne is an instructor at the DPC.

The mission of Stymiest and the 406th HRC was to process Soldiers in and out of the DPC, in this case the IMT Soldiers, and properly maintain the manifest until the unit departed Germany.

"This is great training. I would like another opportunity to come again during better weather conditions," said Stymiest.

The IMT's mission was to proceed through the DPC for three days in order to assess the unit's deployment capabilities and strengthen and validate certain applicable sections of its tactical Standard Operating Procedures.

The exercise assisted the IMT, made up of 38 Active Guard Reserve Soldiers and emergency essential civilians, to prepare for rapid response and deployment to a foreign consequence management mission.

The IMT key leaders received an exercise warning order to respond and deploy to an earthquake scenario exercise and report to the DPC to process and load personnel, vehicles and equipment pallets onto mock C-130 aircraft.

This training provided an insight to what the unit would actually need in preparation for a real-



Staff Sgt. Sylvia Cummings

Soldiers of the 7th Civil Support Command secure equipment to be loaded on to a mock C-130 military cargo plane at the Deployment Processing Center Jan. 26. The Soldiers took part in Bavarian Thunder 2010, an exercise to better prepare the 7th CSC's Incident Management Team for its role as first responders to a disaster.

world deployment.

Upon arrival at the DPC, the IMT moved into the personnel holding area before receiving an in-depth brief from Augustine Olive, the DPC director.

Olive's team guided the unit on a quick visual run-through of each of the processing stations followed by a demonstration on the correct methods for palletizing and loading Individual Storage Units in preparation for loading onto a C-130 aircraft.

As the 7th CSC completed the DPC portion, equipment, vehicles and personnel redeployed back to Daenner Kaserne.

The IMT wrapped up the exercise by conducting a series of after action reviews to revise and refine its tactical deployment SOPs.

The entire exercise and operation was a great experience for Soldiers and civilians alike. Going through each stage provided a perspective on where the IMT needed to focus for the next exercise or real world mission.

"This training is making us a better and a more cohesive team," said Sgt. 1st Class Dwight Pitts, the 7th CSC maintenance noncommissioned officer in charge.

The information gathered from this operation will help the 7th CSC as it continues to revise and refine its mission of rapid alert, mobilization and deployment of foreign consequence management, command and control, civil support and civil affairs capabilities.



**ARMY FAMILY COVENANT:
KEEPING THE PROMISE**

“For us, the Army Family Covenant means the Army stays strong by keeping the Family Strong.”

INGRID MURRAY, U.S. Army Spouse
Serving Together, Nine Years

ARMYOneSource.com



National Prayer Breakfast features food, fellowship

By **Dijon Rolle**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Recently, millions of Americans around the world sat glued to their television sets to watch one of the biggest sporting events of the year, Super Bowl XLIV. Thousands of others were lucky enough to snag a game ticket to witness in person, the underdog New Orleans Saints defy staggering odds to crush the Indianapolis Colts 31 to 17 in their first ever Super Bowl appearance and win.

The Rev. Ron Archer was one of those lucky fans who had the opportunity to not only see the game but to also serve as the Super Bowl's honorary chaplain. Yet, he turned it all down.

"Football players are celebrities. Service men and women are heroes, and if I had the chance to address celebrities or heroes, there is no option in that particular decision," said Archer.

"So I am delighted and blessed and honored to see old friends ... and this great gathering of people."

Archer chose to keep his commitment to serve as this year's guest speaker for Heidelberg's National Prayer Breakfast at the Crowne Plaza Hotel in downtown Heidelberg on Feb. 5, instead of spending the week in his adopted home state of Florida ministering to Super Bowl players and staff.

Archer is a pastor, an international business strategist, best-selling author, motivational speaker, chairman and chief executive officer of Dunamis Institute International and former National Football League player for the Pittsburgh Steelers.

He has also served as a leadership consultant to Gen. William E. Ward, currently the commander of U.S. Africa Command, and the former commander of USAREUR and 7th Army and NATO's Allied Land Component Command, retired Army Gen. B.B. Bell in addition to his work with several NFL players and coaches, and Fortune 500 companies.

The U.S. Army Garrison Heidelberg community chaplain's office sponsored event, brought together members of the Heidelberg community and surrounding areas for a morning of prayer,

fellowship, and food—both spiritual and natural.

The Heidelberg Community Chapel Chorus and the U.S. Army Europe band brass quintet opened the program, followed by an official welcome from USAG Heidelberg commander, Lt. Col. Robert White and the invocation by Chaplain (Lt. Col.) Avi Weiss.

Guests then made their way to sample some of the delicious and abundant array of American and German breakfast fare.

As remarks were made, and greetings exchanged among old and new friends, the real buzz circulating among the tables was all about this year's guest speaker the Rev. Ron Archer, known for his powerful, encouraging and poignant speeches of healing, hope and perseverance. The Cleveland native devotes a good amount of his time speaking to and supporting the military community as a whole.

"It is with gratitude and honor I am able to stand at this podium and address true heroes, warriors, defenders of freedom, truth and justice on this day," Archer said.

"It's about prayer and supporting the American troops who are doing a great work and a great job for us and if they can stand in harm's way then I can stand to be the wind beneath their wings and support them. It's my honor to be their wingman as we go forward in freedom and justice."

His message for those gathered at the breakfast was a simple one—prayer is powerful.

"I am so full of gratefulness not because of the success that I've had in ministry and in business, writing best-selling books and all the rest. I'm grateful because of the sovereignty of God. I was able to see and experience it first hand and to understand it," Archer said.

"As one who grew up in abject poverty, so much so that at age 10 I held a gun to my head and wanted to blow my brains out because in my family there was no prayer, there was no faith, there was no church, no synagogue, and there was no religious institution in our lives.



Members of the Heidelberg Community Chapel Chorus perform during the 2010 U.S. Army Garrison Heidelberg National Prayer Breakfast at the Crowne Plaza Hotel Feb. 5.

There was poverty and prostitution and drugs and violence and gang violence and shooting in our home."

He told the crowd how he used prayer as a tool to better his life and to motivate his family and others around him to do the same.

During his speech Archer also revealed more intimate details of how prayer helped him to overcome his own personal struggles, that included being sexually molested at an early age and his son being healed after breaking his neck during a football game.

In the audience listening was Traci Louie, a civilian secretary at USAREUR.

"It was excellent and it was very moving," Louie said. "Because even though we come from different walks of life and different backgrounds, we all have to stand together for solidarity because we're all in this together. I'm glad we do this every year, I think that this is a very powerful thing to see all these different people from every religious background here enjoying each others camaraderie. It was awesome and I really enjoyed it."

Another guest was Staff Sgt. Adrienne Sanders, a senior human resources sergeant, Headquarters USAREUR, who was not even familiar with Archer until she heard him speak at the prayer breakfast.

"I have a strong belief in God and his son Jesus Christ and I just wanted to take part in this event today," Sanders explained. "My faith has been very

important, it's helped me through a lot. Those times when I'm in trouble or I don't quite know where to go I always rely on my faith and those around me to keep me encouraged and to help me through it. I enjoyed this and I'm just grateful to have been here to experience it.

James Corneliusen, the USAG Heidelberg Director of religious education was one of the many hands that helped to organize the annual Heidelberg prayer breakfast. "I think it went well and we were very blessed to have Mr. Archer here," he said.

"Representatives from all the commands were here and I just think that everybody had a good time. I think during a time where certainly we're all going through a lot as far as deployments and just the high operations tempo, I think that it's good to be reminded that spiritual resilience is important in the life of a Soldier."

After the program concluded, Archer spent time talking with guests and signing autographs.

"Where ever I can serve and be an encouragement and be a light to those who bring us hope and faith. I'm here. I will be back whenever they call me. I call it the bat signal, if it's up in the air, I arrive," he said.

Archer will be visiting more military communities in Europe over the next few weeks before returning home to the United States.

The national prayer breakfast is an annual event that is open to all faiths.

Prayer breakfast offers chance to face winter – and fear – together

By **Mark Heeter**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

While spring, summer and fall offer people different signs of hope, life, and happiness, winter ushers in images of gloominess, cold and, above all, death, said Chaplain (Col.) Douglas Kinder, the keynote speaker at the U.S. Army Garrison Kaiserslautern National Prayer Breakfast in the Kaiserslautern Community Activity Center Feb. 4.

"You are in the minority," Kinder jokingly said, addressing those in the audience who might actually

favor the dark and snowy season. "Winter is evil."

The National Prayer Breakfast began in Washington in 1953 and has continued to grow with each passing year, said Mary Hemic, U.S. Kaiserslautern Deputy to the Garrison Commander, who opened the event with welcome remarks.

"Our National Prayer Breakfast has grown to almost become a world prayer breakfast," Hemic said, noting that the event takes place in communities and countries around the globe.

"So I think it's important that we come together as a community, here in Kaiserslautern," she said to the

roughly 160 people gathered at the event.

Kinder, the Installation Management Command-Europe chaplain, entertained and inspired his audience with jokes, stories and anecdotes revolving around what he called the most frequent command in the Bible.

"You should not fear," he said, before explaining the difference between a good fear that can motivate and a fear that hinders progress. "It's about mindset."

"Have you ever known a fearful joyful person?" he asked.



Pfc. Ali Hargis

1st Sgt. Samuel Rapp (right) assigned to 1st Battalion, 64th Armored Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, passes a plate of hot food to another soldier at a combined check point east of Mosul, Iraq, Jan. 25.

OURARMY
around the world

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Chief Petty Officer Robert J. Fluegel

An Army medic assigned to the 82nd Airborne Division gives medical care to an injured man in Port-au-Prince, Haiti, Jan. 31. The United States and other international military and civilian aid agencies are conducting humanitarian and disaster relief operations as part of Operation Unified Response in the aftermath of the earthquake that hit the area Jan. 12.



U.S. Army Photo

Spc. Anthony Pariseau, an infantryman with Company B, 4th Battalion, 9th Infantry Regiment, serves as a demonstrator for a class of Iraqi Army and Iraqi policemen on how to thoroughly search personnel during security training for local elections.



Spc. Amanda Rigdon

Sgt. 1st Class Herschel Gillins, the acting first sergeant of the 5th Quartermaster Company, 21st Special Troops Battalion, explains the new Firefly Joint Precision Air Delivery System to Command Sgt. Maj. Roger Blackwood, the acting U.S. Army Europe command sergeant major, at the 5th QM Rigger Shed on Rhine Ordnance Barracks Feb. 3. Blackwood toured the rigger shed as part of his visit to the Kaiserslautern Military Community. He also visited the Kleber Dining Facility, the 21st Theater Sustainment Command headquarters and the 357th Air Missile Defense Detachment.



Cherie Gullen

Secretary of Defense Robert M. Gates (2nd from left) meets with German Defense Minister Karl-Theodor von und zu Guttenberg during the NATO Defense Ministerial in Istanbul, Turkey, Feb. 5.

REAL WORLD

continued from page 1

and roving guards, and placing 25 M49A1 flare surface trips along the base perimeter.

Each evening as the sun set, Soldiers from the brigade's technical headquarters section, playing the role of the opposing force, began their operations. Every evening provided different training scenarios, sometimes with the PSD doing a reconnaissance and ambushing the opposing force.

Pvt. Frank Rienzi, a driver for the brigade's PSD, said his favorite part about the exercise was conducting nighttime operations.

"It's the closest thing to the real mission as it gets," said Rienzi.

After four days using practical applications to sharpen their battle drills, Soldiers from the brigade's PSD returned to the brigade headquarters in Schwetzingen, with insight on how they should better operate within a combat environment.



Sgt. Brian Quinonez, a team leader for the 18th Engineer Brigade's Personal Security Detachment, and 1st Lt. George Staggs, the executive officer for HHC, 18th Eng. Bde., use a sand table to discuss the next training mission. During a four-day training exercise in Mannheim, Germany, Soldiers from the PSD further developed their basic dismantled battle drills while being subjected to harsh winter weather. Photo by Spc. Aislinn Amig.

WAGING WAR

continued from page 1

had no idea I was that bad."

Elsewhere, Huck and his staff at LRMC are ensuring that patients there also receive the help they need to get well and get back to their normal day to day lives. Huck's job is to help with cases that need a more in-depth look or diagnostic work-up. Afterwards the individual is transferred back to another provider for treatment.

"The main role that I would play is assisting when cases are a little more complex. ...I would say my service here like any other service is one cog in the larger machine to address the issue of suicide prevention. We feel it's going well. It's an overall effort by many different components," Huck said.

Mental health professionals like Huck and Tomsyck know and understand that the fight they face against preventing suicide is not a simple one.

"Folks, especially those who may be critical of the behavioral health system in the military because of higher suicide rates, should realize that this really is a multi-factorial problem and a big part of it is simply the amount of strain on the force, on the service members," Huck said.

"You can look at a lot of different things. We have a population base here that is primarily young males who we know from different graphic studies are the most likely to commit suicide in or out of the Army. We have a very high op-tempo which even the sergeant major of the Army has come right out, and said is the biggest single factor contributing to this," he added.

Huck also cited family separations, pre-existing problems and relationship issues as factors affecting the alarming suicide trends seen across the Army.

In the midst of ongoing suicide prevention efforts, another issue still plaguing Army officials and mental health professionals across the board is the negative social stigma attached to suicide.

"It leaves a family with a terrible legacy, feelings of guilt, what did I miss and what could I have done differently or what could I have done better," said Tomsyck. "So there's an element of shame involved I think from the family's perspective. It's a horrific event for someone to take their own life so it stirs up all sorts of emotions in everyone."

For military members the stress can be further compounded. Many fear reprisal or discrimination from their peers or damaging their careers by seeking mental health services.

This is one of the most common misconceptions mental health professionals say they see in the ranks.

"We're all trained to be warriors. Tough. Rely on yourself take care of your buddies," said Tomsyck.

"So when that occurs I think that there's an implied element of obviously trouble. Perhaps weakness, confusion, inability. I think another (reason) is that the patient doesn't know what to do about it. They're sort of lost. We're Soldiers. We're trained to get out there and do it and get things going. We're not trained to be lost."

Huck believes that counteracting this stigma among military members on the most basic level is critical to making any real sustainable progress in suicide prevention efforts.

"Continue to battle stigma, it really can happen most effectively at a unit level," he said. "We as the mental health types can rant and rave about reducing stigma all we want, but it really has to come down to the unit levels, the line

units to start to battle this and say, look it's okay to get help. We're not gonna think you're weak or your less than because you've gone to get help," Huck said.

Often under reported in the crush of statistics, released on suicides among service members, are the countless numbers of spouses, children, family members and friends left devastated in the aftermath. Yet there are some simple things that spouses, friends and co-workers can do to help their loved ones.

"You can notify your primary care physician, you can notify the chaplain, you can notify an FRG leader, anyone that you see as authoritarian and supportive," Tomsyck said.

"Don't ever think that you are alone, whether you're the patient or whether you are the family member, because you are not. You know, it may be as simple as going next door in the stairwell and knocking on your neighbor's door. You

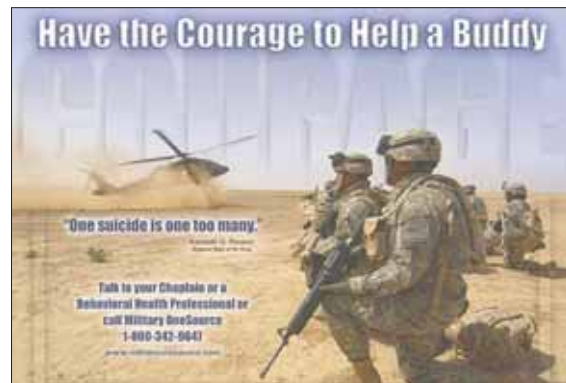
can also call us at any mental health clinic. Most mental health clinics have an emergency system in place."

The job of the mental health professional is one that requires an extensive level of commitment, patience and compassion. There are no quick fixes or easy solutions for the patients that will walk through their doors but for Tomsyck, Huck, and others like them serving on the front lines of this fight, they know that there is indeed a light at the end of the tunnel, and their job is to help their patients, see it too.

"We're here to help. We're here to assist. There is an entire team in this system available to help. That's what our job is. Allow us to help," Huck said.

"Most of these things don't happen without no one knowing about them. So if you see someone is trouble or you're experiencing difficulties yourself, come on in and get help from us. That's what we're here to do."

Editor's note: This story is the second part of our ongoing



GERMAN COOKING

Baked Spinach with Cheese (Überbackener Spinat mit Käse)

Servings: 4

Ingredients:

- 1 lb spinach; fresh
- 1/4 lb butter
- 1 onion; large, diced
- 2 garlic; cloves, minced
- 1/2 teaspoon salt
- 1/2 lb emmenthaler cheese; grated
- 1 teaspoon paprika
- 1/8 teaspoon nutmeg
- 1/4 teaspoon pepper

Directions

- Wash and clean spinach of sand. Dry.
- Cut spinach into strips.
- In a large Dutch oven, heat butter until bubbly.
- Add onion and garlic, saute for 2 to 3 minutes.
- Add spinach. Sprinkle with salt.
- Cover and steam for 5 minutes. Remove from heat.
- Grease an ovenproof casserole.
- Sprinkle half the cheese over the bottom of the casserole. Add the spinach.
- Sprinkle with paprika, nutmeg, and pepper.
- Top with remaining cheese.
- Bake at 360 degrees for about 20 minutes or until cheese bubbles.

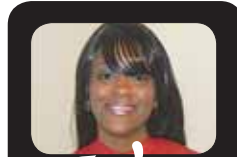
SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietitian who is fluent in the German language.

Introduction to German Cuisine will demonstrate what to look for when food shopping on the economy. Tours are scheduled twice a month, visiting an organic foods store and visiting a typical grocery store. Both stores have an excellent bakery and meat and cheese counter.

Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



DEAR MS. Vicki

Vicki Johnson is a military spouse and 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,

I am an active duty Soldier with two tours under my belt. I feel like I have to continue to be strong and not let my guard down. I am falling apart mentally and don't really know how much longer I can keep up the "I'm okay deal."

I am one snap away from losing it. I can't fall apart because too many people are counting on me and I trust that God will bring me out of this. However my job and people, are driving me crazy in the meantime.

If I say something I am afraid I will lose my clearance and job because they may not trust my judgment anymore. The only wounds that are being recognized are the visible ones.

What can I do without being seen as weak?

From: Active Duty

Dear Active Duty,

I'm glad you wrote to me! Yours is an important situation, as many are dealing with combat related stress reactions. You are not weak, you are human. My goodness, you've had two combat tours.

Research shows subsequent deployments increase the op-

portunity for combat stress, and rightfully so. In the mean time, I'm concerned about you emotionally, mentally and physically. You must let your guard down so you can take care of yourself.

I'm not sure which base you are located at or near. However, please start with your PCM. If you are near a post with a Behavioral Health Clinic etc. please make an appointment immediately. I will also send you other viable resources that can help.

You have done a great job, taking care of so many people. You have to take care of yourself too. Many women are coming forward expressing the same feelings just like you. You are not alone.

I'm not sure if receiving mental health services will adversely affect your career. Conversely, letting problems increase and get worse can definitely have an adverse affect on your career. Please seek help today; don't delay.

Dear Ms. Vicki,

My husband has been home from Iraq for 18 months. He does not eat, sleep, socialize or anything. He refuses to be around family or friends. Ms. Vicki, it's like I've lost my husband.

He does not hold me in his arms any more, and we haven't made love in many, many months. He has lost 25 pounds. He is not a big man either, so he looks sick. All the while he continues to go to work and is preparing for another deployment.

I've tried to tell his commanders that something is wrong with him. They try to say we are trying to get out of the upcoming deployment. Now my husband just got an Article 15 and they took pay from him and gave him extra duty.

Ms. Vicki this is not fair, I'm trying to tell them something is wrong and they are punishing him.

Ms. Vicki who can I turn to for help, because I need someone to listen. Please Help.

From, Wife Gone Crazy.

Dear Wife,

Thanks for writing and for sharing your story. Your letter echoes the sentiments of many spouses who are concerned for their service member spouse.

Sounds like your husband is definitely experiencing some combat stress reactions that are causing great concern.

He really needs to see a physician for a mental health evaluation. Actually I always like to recommend starting with a medical physical to rule out any other health problems. Seeing both his primary care physician and a psychiatrist is paramount at this time.

In case of emergency contact 911 and you can always go to the emergency room. You are not alone, and your husband's symptoms are experienced by many. He really needs to get some help immediately.

Again, the Behavioral Health Clinic on post can help, and his primary care physician can help him get access to the services he needs.

Responses to previous columns:

Dear Ms. Vicki,

I don't always like your harsh and arrogant tone you have towards your readers but I like the advice you give to young women.

I have often shared your letters and answers with my daughters. Honestly, your column has helped me break the ice with my daughters. Keep the good info coming!

From A Regular Reader

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

Military OneSource offers free tax filing

By Elaine Wilson
AMERICAN FORCES PRESS SERVICE

Defense officials encourage military families to once again take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at www.militaryonesource.com and clicking on "Tax Filing Services."

More than 200,000 service members filed their tax returns through this resource last year, officials said.

"We have such a mobile force, and you have folks dispersed all over the world. It's a quick link for the family to link up with the [service member]," said Tommy T. Thomas, deputy undersecretary of

defense for military community and family policy. "It's a convenience for you to be able to go on that site and file that tax form."

The program is open to active duty, Guard and Reserve service members, regardless of activation status, as well as spouses, dependent children and family members standing in for a deployed service member.

Participants can e-file up to three state resident returns for each federal return, Thomas said. However, he added, they should ensure they're filing through Military OneSource. People who file through H&R Block directly may be charged for services, he cautioned.

The program is set up for basic returns. People who wish to upgrade to the premium program also

may incur charges. For tax assistance, filers can call a Military OneSource tax consultant from 7 a.m. to 11 p.m. EST, seven-days-a-week, at 800-730-3802.

"That's a tremendous service," Thomas said. "We feel it's important to give our military families the absolute best."

Along with the consultants, people with complicated tax returns can visit a legal assistance office on a military installation for more in-depth advice, Thomas said. Whether online or on base, people should file early.

"Don't run up against the 15 April deadline," he said. "And when you get the return, look at it as the means to secure your family's finances," whether its paying off debts, adding to a savings account or contributing to a Thrift Savings Plan.

GET OUT!

area events

More events online at <http://myBWnow.ning.com>

February 12

President's Day Ski Weekends – Visit either Portes du Soleil or Interlaken, Switzerland, through Feb. 15 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwgermany.com.

Escape to Paris and Versailles – Join the Heidelberg BOSS program and escape to Paris over Presidents' Day weekend, through Feb. 14. Enjoy the City of Lights including a sightseeing tour of Paris and Versailles. Slots go quickly, so contact your unit BOSS representative to sign up. www.mwgermany.com.

Prague Weekend – Join Kaiserslautern Outdoor Recreation for an exciting weekend in the "Golden City." www.mwgermany.com.

Michael Boyer Cabaret – Come enjoy the sophisticated song-stylings of local performer, Michael Boyer, and sip a delightful array of classy cocktails. The musical evening features the music of Frank Sinatra, Elvis Presley and many more. Show time is 7:30 p.m. Feb. 12-14, 19 and 20. Reservations are required for this Off Main Street Theater event in Mannheim. DSN 373-5020.

February 13

Paris Overnight – What better way to spend Valentine's Day weekend than in Paris, the city of romance and lights. Visit the Notre Dame Cathedral and have a delightful French dining experience (included). The USO guide can make suggestions for your free time. Tour price includes transportation, city tour, five-course dinner, Seine River cruise, one overnight in hotel with one breakfast, and USO tour guide. <http://affiliates.uso.org/kaiserslautern>.

Brugge, Belgium – Time has long stood still in medieval Brugge, a romantic city that went to sleep in the Middle Ages, leaving a perfectly preserved gem that is today among the loveliest places in Europe. Tour the city, stroll through the lively markets, and have an opportunity for lunch at one of the many restaurants and cafes. Don't pass up this opportunity to visit a marvelous city that is often overlooked. This tour includes a long bus ride, strenuous walking on cobblestone streets, is not stroller friendly, therefore it is not recommended for children under 6.

Tropical Islands – What better way to relax than taking a tropical vacation. 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. Swimsuit and changes of light clothing are recommended. Price includes all day admission to Tropical Islands' attractions. <http://affiliates.uso.org/rheinneckar>.

Vampire Ball – This event has almost

"cult status" in the greater Heidelberg area and features five live bands on three stages. The ball is held at Stadthalle. Check with the USO for ticket information.

Fasching Parade – Frankenthal, 2:11 p.m., downtown area.

February 14

Valentine Overnight – Spend the night at Hirschhorn Castle high above the Neckar River, with a wonderful view of the valley. Arrive early in the afternoon to have plenty of time to check in at the castle, and then spend some time relaxing together before a walking tour of the medieval village of Hirschhorn. Make your own magic over a romantic dinner for two, and then retire to your room with a bottle of bubbly compliments of the USO. Sunday morning, have breakfast in the castle and then explore this scenic valley on your own. Transportation is not provided. Choose from four room/dinner possibilities. <http://affiliates.uso.org/rheinneckar>.

What is This Thing Called Love – KMC Onstage will present a special Cabaret Dinner Theater with performances from Jeanne Ragonese at 6 p.m. at the Landstuhl Community Club. Tickets can be purchased by phone or in person at the FMWR One Stop on Kleber Kaserne and Landstuhl. DSN 483-6626, civ. 0631-3406-6626 or DSN 486-8146, civ. 06371-86-8146. www.mwgermany.com.

Fasching Parades – Ketsch, 2:11 p.m.; Ludwigshafen, 1:11 p.m.

February 16

Fasching Parades – Heidelberg, 2:11 p.m., starting on Berghheimer Strasse over Bismarkplatz, Hauptstrasse to Marktplatz; Ramstein-Miesenbach, 2:11 p.m.

February 18

Pfenning Bazaar – ACS will visit a large flea market at the International Gesamt School where you can find great bargains on clothing, home textiles, linen, electronics, books, toys, jewelry, CDs, DVDs and so much more. The proceeds go to local charity projects in both German and American communities. DSN 370-6883.

February 21

Rock the Ballet – Rock the Ballet is an unusual, but powerful dance show combined with fascinating video presentations and popular modern music. This show presents the ballet of the 21st century. Various dancing styles, like ballet, modern, hip-hop, jazz, acrobatics and martial arts are combined in this show. Catch the show at the Rosengarten in

Mannheim 7-10 p.m. Tickets: <http://www.rheinneckarticket.de/web/startseite/detail/erid/317140/eventid/751721>.

February 24

Thriller Live – This show was created to celebrate the career of the world's greatest entertainer and undisputed King of Pop, Michael Jackson, and the Jackson 5. His phenomenal, unparalleled career was the show's inspiration. The show includes over two-hours of non-stop hit songs in a show that boasts the world-class spectacle that marked their legendary live performances. Eye-popping multi-media effects support the exceptional singers and dancers, who are perfectly presenting the choreography of director, Gary Lloyd. Expect your favorite Jackson songs delivered by an exceptionally talented cast and live band. Showing at the SAP Arena in Mannheim. Also showing Feb. 25. www.thriller-live.com.

March 5

Cats – Never and forever. Based on the beloved poetry of T.S. Eliot, Cats tells the story of the annual gathering of Jellicoe Cats where one special cat is selected to ascend to the Heaviside layer. A magical evening of song and dance, Cats is a true musical phenomenon. It is one of the world's best known and best loved musicals, thrilling audiences of all ages. Showing at the Road Side Theater on Patton Barracks in Heidelberg. Show times: 7:30 p.m. March 5, 6, 12, 13, 19, 20, 26, 27 and 3 p.m. March 7 and 21. For reservations and tickets call DSN 373-5020.

March 6

Outlet Shopping – Visit Mettlach for outlet shopping at Land's End, Villerooy and Boch, Birkenstock, Tigma and many more. <http://affiliates.uso.org/rheinneckar>.

Auerbach Knight's Meal – Experience a special evening out. Enjoy a feast at the medieval castle Auerbach. Spend three hours savoring a five-course meal and unlimited beverages. During dinner, enjoy the revelry of medieval times and animated period music. Certainly, an evening to remember. The castle is located off A5 between Heidelberg and Darmstadt. Transportation is not provided. <http://affiliates.uso.org/rheinneckar>.

Ongoing

Free Billiard Class – Learn cue ball control, banking, and many new games during free billiard lessons, sponsored by the Heidelberg KONTAKT Club at the Billiard World behind Campbell Barracks in Heidelberg-Rohrbach on Sundays at 3:30 p.m. Civ. 06226-785910 or 0151-12730208.

coming to THEATERS

DEAR JOHN

(Channing Tatum, Amanda Seyfried)
When a soldier named John Tyree meets an idealistic college student named Savannah Curtis, it's the beginning of a true romance. Over the next seven tumultuous years, the lovers, separated by John's increasingly dangerous deployment, stay in touch through their letters, meeting in person only rarely. However, their correspondence triggers fateful consequences that neither could foresee. Rated PG-13 (sensuality and violence) 108 minutes

EVERYBODY'S FINE

(Robert De Niro, Drew Barrymore) Widower, Frank Goode spent his adult life working in a local wire factory earning every dollar he can to support his family, his late wife was always his main point of contact with his kids but he decides that it's now his responsibility to keep an eye on them. He is inspired to invite the whole extended family for a barbecue weekend. Preparations go well until one by one, they all have good reason to cancel. Frank sets out on a journey to make his own personal connection with his kids. Before long it becomes clear to Frank that his children are not quite as happy or successful as his wife had always reported. Rated PG-13 (thematic elements and brief strong language) 95 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 11 - EDGE OF DARKNESS (R) 7 p.m.
Feb. 12 - DEAR JOHN (PG-13) 7 p.m.; EVERYBODY'S FINE (PG-13) 9 p.m.
Feb. 13 - THE BLIND SIDE (PG-13) 4 p.m.; EVERYBODY'S FINE (PG-13) 7 p.m.; DEAR JOHN (PG-13) 9 p.m.
Feb. 14 - EVERYBODY'S FINE (PG-13) 4 p.m.; DEAR JOHN (PG-13) 7 p.m.
Feb. 15 - THE BLIND SIDE (PG-13) 7 p.m.
Feb. 16 - DEAR JOHN (PG-13) 7 p.m.
Feb. 17 - EVERYBODY'S FINE (PG-13) 7 p.m.
Feb. 18 - DEAR JOHN (PG-13) 7 p.m.

Mannheim, Schuh

Feb. 11 - LEGION (R) 7 p.m.
Feb. 12 - EDGE OF DARKNESS (R) 7 p.m.
Feb. 13 - THE BLIND SIDE (PG-13) 4 p.m.; EVERYBODY'S FINE (PG-13) 7 p.m.; EDGE OF DARKNESS (R) 9 p.m.
Feb. 14 - EVERYBODY'S FINE (PG-13) 4 p.m.; EDGE OF DARKNESS (R) 7 p.m.
Feb. 15 - EDGE OF DARKNESS (R) 7 p.m.
Feb. 18 - THE BLIND SIDE (PG-13) 7 p.m.

Vogelweh, Galaxy

Feb. 12 - THE BLIND SIDE (PG-13) 7 p.m.
Feb. 13 - EVERYBODY'S FINE (PG-13) 3 p.m.; EDGE OF DARKNESS (R) 7 p.m.
Feb. 14 - THE BLIND SIDE (PG-13) 3 p.m.; EDGE OF DARKNESS (R) 7 p.m.

Ramstein, Gateway Movieplex

Feb. 11 - ARMORED (PG-13) 11 a.m., 2 p.m., 6 p.m.; NINJA ASSASSIN (R) 11:30 a.m., 2:30 p.m., 6:30 p.m.; SHREK THE THIRD (PG) 12 p.m., 3:30 p.m., 6:45 p.m.
Feb. 12 and 13 - DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; EVERYBODY'S FINE (PG-13) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.
Feb. 14 - DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m.; KUNG FU PANDA (PG) 12 p.m., 3:30 p.m., 6:45 p.m.
Feb. 15 and 16 - DEAR JOHN (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m.; EVERYBODY'S FINE (PG-13) 12:15 p.m., 3:45 p.m., 7 p.m.
Feb. 17 - DEAR JOHN (PG-13) 11:30 a.m., 3:30 p.m., 6:30 p.m.; THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m.; EVERYBODY'S FINE (PG-13) 12 p.m., 3:45 p.m., 7 p.m.
Feb. 18 - THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m.; EVERYBODY'S FINE (PG-13) 12 p.m., 3:45 p.m., 7 p.m.; KUNG FU PANDA (PG) 11:30 a.m., 3:30 p.m., 6:30 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0631-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550
Visit www.aafes.com for updated listings and more movie descriptions



Happy Valentine's Day



Messages from deployed service members

To: Ann Biley, Erika Biley and Connor Biley: Happy Valentine's Day Ann, DD & Connor! Love YOU!
From: Chief Warrant Officer 4 Mike Biley, USAREUR/V Corps

To: Katherine W. Canfield: You hold the key to my heart. I love you and cannot wait until we are together again. I miss you so much. Happy Valentine's Day!! Love, Brian
From: Col. Brian T. Canfield, ISAF Joint Command

To: Laura M. Jock: Happy Valentine's day Sweetie Pie. I miss you and long to have you in my arms again. I will think of you always and wish happiness until we are reunited again. Your Lover Boy - Tj
From: Timothy C. Jock

To: Karina Ortiz, Adriana Ortiz and Julian Ortiz: Just wanted to tell you that I love you and the kids endlessly!!!
From: Staff Sgt. Allan Ortiz, V Corps

To: David Clark: I carry your heart with me, I carry it in my heart. I am never without it. Anywhere I go you go, my dear; and whatever is done by only me is your doing, my darling. I love you David. Your Jess
From: 1st Lt. Jessamyn Clark, ISAF Joint Command

To: Susan Ruiz: Calabaza, my life, my soul mate, although we might be far away from each other, you are always in my heart and you keep me going, I love you and miss you.
From: Staff Sgt. Edgar A. Ruiz, V Corps STB

To: Annette D. Paradis: Babe, thank you for standing by my side during this trying time. I love and miss you and the boys deeply. We will see each other again soon. Love, Rick
From: Chief Warrant Officer 2 Richard A. Paradis, 21st TSC

To: Aicha D. Cavazos: You are my rock through all the bad times, The most beautiful waterfall, that spread happiness and joy, My

Friend, My Love, My All. You are the most amazing part of waking up every morning, I love you, with every beat of my heart and every breath I take. Thank you for being in my life and my world.
From: Capt. Audie A. Cavazos, V Corps

To: Tanya Schmidt: I just want to send out a message to you that will last forever by saying I love you with all my heart and I'm glad we get to spend the rest of our life together you are the best gift I could ever receive.
From: Spc. Christopher Schmidt, V Corps

To: Tammie Wewers: Tammie, I love you more than words can say, your love and support carry me through! May God bless us and watch over us, and give us many more years together! Have a great Valentine's Day my love! I Love You!
From: Master Sgt. Travis Wewers, V Corps

To: Clark Taylor, Rose Taylor, Terry Taylor: Happy Valentine's Day - Love you guys and miss you terribly. Can't wait to see you in April. We're going to have fun in the sun when we go to the Canary Islands. Say hi to the cats for me ... Love you guys.
From: Maj. Patrick Taylor, HSG V Corps

To: Cheryl Seagraves: Happy Valentine's Day! I love you and miss you. After 20 years of service, I couldn't have done it without you! See you soon, I'll be home for R&R soon! Tell the kids and grandkids I said howdy and miss them too!
From: Sgt. Maj. John Seagraves, USAREUR

To: My Life Long Valentine Sweetheart: To the love of my life...who is a caring, loving and a sweetheart of a person, that has been there through the hard times and the good times, providing loving support without hesitation, I send my love. Te Amo Siempre, Rene
From: Maj. Rene Hernandez, USAREUR / V Corps

Editor's Note: We coordinated with V Corps FRSA to give deployed service members the opportunity to send messages to their loved ones in Germany.

Community events

Heidelberg
 •Village Pavilion Valentine's Day Brunch, Feb. 14, 10 a.m.-2 p.m. Reservations recommended, walk-ins welcome. Adults \$17.50, Kids 6-18, \$8.50, age 5 and under is free.

•U.S. Army Garrison Heidelberg Better Opportunities for Single Soldiers escape to Paris and Versailles, Feb. 12-13. Cost are €144, including transportation, lodging, breakfast and a sightseeing tour.

•Outdoor Recreation Feldberg Ski Express, Feb. 14. Costs are \$59 to \$69.

•Outdoor Recreation Family Day on the Slopes, Feb. 14. With 2 paying adults, the first child is free, second child is 1/2 off.

•Recovery Room Valentine's Dinner Surf & Turf, Feb. 14, 7p.m. Costs are \$25 per person or \$45 per couple. Live Jazz piano artist Marcus

Johnson will perform.

Mannheim
 •Valentine's Dinner Show, Feb. 14, 7 p.m. at the Top Hat Club. Costs are \$40 per person, \$75 per couple. Reservations required. Enjoy a steak dinner for two, dancing and special live entertainment.

Kaiserslautern
 •Outdoor Recreation Valentine's and President's Day Weekend Getaways, Feb. 12-15 Interlaken Ski Weekend, Switzerland; Feb. 12-15 Portes du Soleil Ski Weekend, Switzerland; Feb. 12-15 Prague Weekend, Czech Republic.

•What is This Thing Called Love? KMC Onstage will present a special Cabaret Dinner Theater with performances from Jeanne Ragonese Feb. 14, 6 p.m. at Landstuhl Community Club.

Army Community Service Programs for Couples

Kaiserslautern

Couples Communication, offered every Thursday at 5 p.m. Class is by appointment only and is limited to one couple per class. To register, call DSN 493-4332, civ. 0631-3406-4332.

Basic Training for New Parents, Feb. 16 and March 15, 10 a.m. to 4 p.m. at Pulaski Barracks Building 2917. To register, call civ. 0631-3406-4058.

Boot Camp for Dads, March 8, 11 a.m. - 1:30 p.m. at Pulaski Barracks Building. 2917. To register, call civ. 0631-3406-4058.

Mannheim

Marital Conflict Management, offered on an as needed basis.

Stress Management, offered on an as needed basis.

Anger Management, offered on an as needed basis.

Heidelberg

Healthy Relationships, March 4, 1 p.m. room 2508 in building 3850 at the Shopping Center.

Making Marriage Work, March 25, 1 p.m. room 2508 in building 3850 at the Shopping Center.



community
HIGHLIGHTS

IMCOM-Europe Postal Survey

The IMCOM-Europe Postal Transformation Office is launching an online-survey to provide valued customer service to postal customers in Europe. This survey will give you a voice to weigh in on important issues directly impacting you such as postal operating hours, Saturday operations, and email notification of packages. It will only take a few minutes to complete and will run until Feb. 15. Only authorized postal customers may participate. This includes Soldiers, U.S. retirees, civilian employees, contractors and their family members who have an authorized APO address. The survey can be found online at: www.milmail.org. Complete the survey and you will automatically be entered to win a five-night stay at the Edelweiss Lodge.

AWAG Annual Conference

The 54th Annual American Women's Activities Germany Conference will be held May 9-13 at Edelweiss Lodge and Resort in Garmisch. Registration deadline is March 26. www.awagonline.org.

Vehicle Registration Changes

As of Jan. 1, the "AU" Decal on front license plates will no longer be required. The German front license plate will only have the lavender decal because German authorities have established that the "AU" requirement will be part of the TÜV inspection. Personnel coming into vehicle registration doing renewals, transfers on the German license plates will keep the license plates and a white repair decal will be issued for the front license plate. The white repair decal will be placed over the old "AU" decals. White repair decals will be issued to every German license plate issued before Dec. 31.

Travel abroad with UMUC Europe

University of Maryland University College Europe (UMUC Europe) announces two, three-credit undergraduate field study courses, Expatriate Writers in Rome, held in Italy, and Northern Renaissance Art in Brussels and Paris, held in Belgium and France. The registration deadline for these courses is Feb. 19, with classes starting March 13. Students will see well-known paintings during visits to several museums and many art forms will be discussed, from architecture and painting to sculpture and rare manuscripts. For more information, please contact a UMUC field representative, visit www.ed.umuc.edu/fieldstudy, or contact UMUC Europe at DSN 314-370-6762, civ. 06221-378367.

local
EMPLOYMENT

Heidelberg Thrift Shop

The Heidelberg Thrift Shop is accepting applications for a bookkeeper. Must be at least 18 years old with a valid ID card. Please submit resume in person to the Thrift Shop. Must have experience and references. The Heidelberg Thrift Shop is also accepting applications for on-call personnel. Please apply in person.

Career Fair

The Mannheim Army Community Service is seeking companies to participate in its upcoming Career Fair which will be held at the BFV Sports Arena 10 a.m.-2 p.m. Feb. 20. Companies interested in access to retiring/separating Soldiers with technical backgrounds and clearances as well as experienced educated spouses, for booth registration please call ACS at DSN 385-3101, civ. 0621-730-3101.

KAISERSLAUTERN Education

• **CSB Briefing** – The Transition Center hosts a briefing on Career Status Bonus Feb. 17 in Bldg. 3245 on Kleber Kaseme. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. To register, call DSN 483-7071, civ. 0631-411-7071.

• **Pre-separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. March 2 in Bldg. 3245 on Kleber Kaseme. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. This briefing informs Soldiers about the process required to separate from the Army. To register, call DSN 483-7071, civ. 0631-411-7071.

• **Main Library Events** – Lapsit Story Time, 9-9:30 a.m. Feb. 16; Chess 5 p.m., Feb. 17; German Story Time 1 p.m., Feb. 24; Fairy Tale Afternoon 3:30 p.m., Feb. 25. DSN 486-7322, civ. 06371-86-7322/8390 or www.mwgermany.com.

• **Landstuhl construction** – The State of Rheinland-Pfalz is planning the extension of Langwiedener Strasse, the road just outside of Landstuhl Regional Medical Center's Gate 2. The project will include three phases. The first phase began Feb. 8 and will last about two to three weeks. A detour has been established to enter and exit LRMCC. The second and third phases will collectively last a couple of months.

• **Army NSPS Town Hall** – The U.S. Army Garrison Kaiserslautern's Directorate of Human Resources hosts a National Security Personnel System town hall 10:30-11:30 a.m. Feb. 17 at the Kaiserslautern Community Activity Center on Daenner Kaserne. This is only for garrison NSPS supervisors and employees. For details, call Elizabeth Rankin at DSN 493-4267, civ. 0631-493-4267.

• **Ash Wednesday Services** – The Chaplain's Office hosts Ash Wednesday Services with Catholic Mass and distribution of Ashes at its Daenner and Landstuhl Community Chapels. Ash Wednesday Services are 11:45 a.m. and 6:30 p.m. Feb. 17 at the Daenner Community Chapel, and 7 a.m., noon and 5:30 p.m. Feb. 17 at the Landstuhl Community Chapel. DSN 493-4098, civ. 0631-3406-4098.

• **President's Day Quiz** – All USAG Kaiserslautern Libraries will test your knowledge with the President's Day Quiz through Feb. 20. All correct quizzes will be entered for a prize. This event is open to all 1st-8th graders. DSN 486-7322, civ. 06371-86-7322/8390 or go online to www.mwgermany.com.

• **Midnight Bingo** – The Kazabra Club offers Midnight Bingo 9 p.m.

Feb. 14. Enjoy free food and soft drinks while you play. Two Guaranteed \$1,000 games. Doors open at 7 p.m. DSN 493-4558, civ. 0631-536-7261 or www.mwgermany.com.

• **Cards For A Cause Club** – Cards For A Cause Club will meet 11 a.m.-4:30 p.m. at the Pinehurst Room, Ramstein AFB Woodlawn Golf Course, to make "spring holiday" cards & small projects for the Wounded Warriors to send out to family and friends. Membership is open to all ID card holders, but children under 18 must be accompanied by an adult. \$5 materials fee. Future meeting dates: March 10, April 14, May 12. pejachowski@juno.com.

• **Volunteers Needed** – Volunteers are needed for the 27th Special Olympics Spring Games May 12 at the German Police Academy in Enkenbach-Alsenborn. All volunteers must be registered with the garrison's Army Community Service. DSN 493-4232, civ. 0631-3406-4232.

• **Bachata Dance Competition** – Armstrong's Club will host a Bachata dance competition 11 p.m. Feb. 20. Registration is between 8-10:45 p.m. No entry fee is required. Prizes will be given for 1st, 2nd, & 3rd place. DSN 489-6000, civ. 0631-354-9986.

• **Community Information Forum** – Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. March 3 at the Armstrong Community Club on Vogelweh Housing. The forum is a monthly outline that provides information on various programs, agencies and organizations within the KMC. It is open to the entire community. DSN 493-4093, civ. 0631-3406-4093.

• **Leigh Jones Concert** – Pop and R&B Singer, Leigh Jones, will perform a free concert at Kazabra Club 5 p.m., Mar. 14. This concert will also feature hip-hop band Animate Objects and is being sponsored by BOSS, I.A.M. Strong, Army Entertainment, FMWR and the Army G-1 SHARP program. Ms. Jones will also make personal appearances at Landstuhl DFAC and USO Warrior Center. DSN 483.6252, civ. 0631-411-6252.

• **LRMC Service Expands** – Child and Adolescent Psychiatry Services has expanded services at Landstuhl Regional Medical Center to help meet behavioral health needs of families within the military community. The CAPS department now includes seven care providers who are available to help. If you have concerns about your child and want help, contact CAPS at DSN 486-6037, civ. 06371-86-6037.

HEIDELBERG Community

• **Capital City Visitation Tour** – Be a guest of the state of Baden-Würt-

temberg and the city of Stuttgart and learn about your home state. The tour is Feb. 22 and is open to all Soldiers, DoD civilians and spouses. Transportation is free. Tour departs 7:30 a.m. from the bus stop on Patton Barracks. Register by Feb. 17 by contacting the USAG Baden-Württemberg Public Affairs Office. DSN 373-1600, civ. 06221-171600, usaghdpa@eur.army.mil. Note: This program is for adults only.

• **Shoes and Clothing Drive** – The Heidelberg International Friendship Club (KONTAKT Heidelberg) is assisting the Heidelberg Sergeants Major Association, in collecting shoes and clothing for children in orphanages in Afghanistan. Donations will be accepted until Feb. 26. Call DSN 387-3296 to schedule a donation.

• **Medical Library closure** – The Heidelberg Medical Department Activity Medical Library permanently closed Jan. 31. For library resources and support, please contact the Landstuhl Medical Library at 486-7111.

• **Valentine Banquet** – The Community Chapels will host a Valentine Banquet 6 p.m.-9 p.m., Feb. 12 at the PHV Pavilion. Tickets are now on sale. The cost is \$20 per couple or \$10 per individual and includes a buffet dinner and entertainment. Please see your Chaplain for tickets or more information. Seating is limited.

• **Heidelberg International Ski Club** – Celebrate Mardi Gras family style 7 p.m., Feb. 17 at the Hotel Zagreb in Schwetzingen. Win prizes for most creative and colorful masks and costumes. This night the club is accepting council nominations for next year. To learn more about council positions see www.heidelbergski.com.

• **Heidelberg International Wandering Club** – Join the HIWC at the following volksmarches: Feb. 13-14: Zaisersweiher (Maulbronn), Feb. 14: Soufflenheim (F), Feb. 20-21: Darm-sheim, Feb. 21: Beinheim (F). Sign up for the overnight trip to Munich Mar. 13-14. The next General Membership meeting is Feb. 8 at the SG Gasthaus in Oftersheim. www.hiwc.de or e-mail at hiwc@yahoo.com.

• **German Hunting License** – A class to obtain your German hunting license and firearms ownership permit will be held at the Heidelberg Rod & Gun Club from Feb. 18 to April 10. Class fee is \$150. DSN 386-7120, civ. 06202-51193.

• **Grant Writing Workshop** – The next Workshop for Block 3 will be at 6:30 p.m., April 8 in ACS Conference Rm. 172. welfare@hsc-heidelberg.com.

• **AFAP conference** – Heidelberg's AFAP is scheduled for March 30-April 1. Issues are being collected and can be submitted online at [\[mwgermany.com/HD/acs/afap.htm\]\(http://mwgermany.com/HD/acs/afap.htm\). Contact ACS for more information at DSN 370-6883, civ. 06221-57-6975.](http://www.w</p>
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• **Valentine's Balloon-O-Grams** – Make your Valentine's Balloon-O-Gram orders for your special someone Feb. 11. Deliveries will be made Feb. 12 to Heidelberg installations and housing areas during normal business hours. \$4 fee plus balloon cost. To order your Balloon-O-Gram, stop by or contact the Heidelberg Arts and Cultural Center on PHV or log on to www.mwgermany.com.

• **Seibel Shoe Store** – The Seibel Shoe store is coming to Heidelberg. It will open in the Community Support Center Feb. 12.

• **Blood Drive** – Heidelberg MEDDAC is sponsoring a blood drive 10 a.m.-2 p.m. March 5 in the Campbell Barracks Casablanca Room. DSN 371-2743.

• **Anthony's Pizza** – Starting Feb. 22, the Patrick Henry Village Anthony's Pizza will be open for lunch 11 a.m.-2 p.m. Monday-Friday. Starting Feb. 26, they will also be delivering pizzas on PHV 5-9 p.m. Friday, Saturday, and Sunday. Civ. 06221-762686.

MANNHEIM Education

• **Red Cross Classes** – CPR/AED and First Aid course 8 a.m.-5 p.m., Feb. 20 in the office training classroom. The cost of the course is \$45, which includes all materials. DSN 385-1760, civ. 0621-730-1760.

• **Town Hall Meeting** – The next Mannheim Garrison town hall meeting is 6 p.m., Feb. 17. It will be held in conjunction with the grand opening of the new Community Center, Bldg. 2011, Apt. 59 located on Grant Circle. During this informal gathering of community members, the USAG Mannheim garrison staff and garrison command team will be on hand to answer any community concerns as well as provide rules governing use of this great new facility.

• **Medical Appointments** – The phone numbers to make appointments at the Mannheim Army Health Clinic and the Coleman clinic have changed. To book an appointment, call DSN 371-2622, civ. toll-free 0800-914-6133. The call center hours have been extended to weekdays 6 a.m.-6 p.m.

• **Men's Health Awareness Month** – The Mannheim Army Health Clinic is celebrating Men's Health Awareness Month throughout February. Learn about weight management, energy drinks, diet supplements, hypertension and more on the following dates and locations: 10 a.m.-4 p.m. Feb. 13 at the Commissary; 6:30 a.m. Feb. 23-24 at the Mannheim gym; 10 a.m.-4 p.m. Feb. 27 at the PX.

Female wrestler enjoys individual accomplishment

By Krista Bye-Nagel
HERALD POST INTERN

Growing up in a family of athletes, it's only natural to be competitive.

Nicolasa Torres, a senior at Heidelberg High School, has always been drawn to sports where strength and endurance are the sole factors for achievement.

"The fact that I am valued for what I am capable of without being restricted by stereotypical gender roles, gives wrestling immense importance in my life," Torres said.

This year, Torres is one of the captains for the Heidelberg High School wrestling team.

After starting out simply wanting to try a challenging and individual sport, Torres has come a long way.

Wrestling fulfills the need for individual achievement and satisfies a competitive nature, Torres said.

"Whenever she lacked skill, she made up for it with effort and heart," said Geanna Torres, Nicolasa's mother. "Always ready to join in, Nicolasa participated in many challenging sports with a natural athleticism that helped her love for sports ease into talent."

"I don't like being treated as a girl, I like being treated as a wrestler," Torres said.

The quest for equality in sports became a driving force for Nicolasa when deciding to participate in

wrestling at HHS.

"At first I was scared, and so I was ready to give her an immediate 'no' after all girls don't wrestle," said Geanna.

However, after talking with the coach, she decided to allow Nicolasa to wrestle to see how she would like it.

"Now we see how beneficial it has been for her. We are very happy with her decision to stick to it," Geanna said.

Following in the footsteps of older sister, Anamecia Torres, who was also a determined athlete, Nicolasa learned many things from her.

Participating in Cross Country and Soccer, Anamecia participated in all sports that Nicolasa would soon take part in, save for wrestling. Nicolasa's younger brother, Joshua, also participates in cross-country and wrestling.

"Nicolasa was always tumbling around with her older sister Anamecia and her younger brother Joshua," Geanna said. "Nicolasa and her siblings would 'gang up on their father' and Nicolasa was always the one in the lead."

"Her reason for never 'tapping out' even when she was at the bottom of the pile was that she would never surrender," Geanna said.

After growing up amongst such an athletic family, it's only natural for Nicolasa to want to have some individual accomplishment, something that wrestling offers.

"Wrestling was the way for me to stand out, to be different," said Torres.

Wrestling is her way of ensuring equality between girls and boys.

"When you think you can't do something, you can't just pull the girl card," Torres said.

Some may think it would be weird or awkward to wrestle a guy as a high school girl. After all, high school is when the majority of insecurities surface.

"Once you start to wrestle, you forget that you're wrestling a guy and just wrestle to win," Torres said.

However, Torres said that many more girls should participate in wrestling.

"But only if they can take it," she added with a smile.

Wrestling is one of the most challenging sports, Torres said. Requiring you to use all of your strength in every part of your body for an agonizing six minutes unless you are able to secure a pin, where a wrestler is able to keep their opponent flat on their back for three seconds.

"Challenges and opponents aside," Torres said. "I've enjoyed wrestling while I can, but I don't plan on pursuing it in college."

However I will never forget the matches, practices and challenges that will continue to be fond memories of my experience at Heidelberg High School, Torres said.

staying ACTIVE

Bowling Tournament

The Heidelberg Sergeants Major Association hosts a bowling tournament March 27. All proceeds go to the Mannheim Children's Hospital. Registration continues until all 26 team slots are full. Visit <http://sites.google.com/site/hsmagmany/news> for more info and the registration form.

Live Coverage

AFN will be airing the DoDs Europe High School Basketball Championships live this year. The games will be played Feb. 27 at USAG Mannheim and will air regionally on the Pentagon Channel so that all DoD personnel in Europe, Iraq, Afghanistan, and HOA will be able to watch. The games will also be streamed on the internet for worldwide availability.

Tai-Chi at ROB Fitness Center

Center your mind and bring awareness to your body with Tai-Chi, Tuesdays and Thursdays, 6-7 p.m. Classes are just \$8 each or \$40 for a book of eight. For more information, call the fitness center at DSN 493-2241, civ. 0631-3406-2241, www.mwgermany.com.

Free Aerobics Classes

FMWRS SKIESUnlimited in Kaiserslautern now offers dance instruction in ballroom, jazz, hip-hop and ballet for youths. Classes offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. DSN 493-4516, civ. 0631-3406-4516, www.mwgermany.com.

Ice Hockey Players Wanted

Experienced ice hockey players wanted to play on an all-Army hockey team. The Baden Bruins are the 2008 USAF Hockey Champions, coached by ex-NHLer Bob Sullivan, and play in the local German men's league. Civ. 0172-6263642, admin@badenbruins.com.

Skiing and Snowboarding

Instructors - Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses for the upcoming season. DSN 381-7215.

Parents' Exercise Room

The Landstuhl Fitness Center recently opened its Parents' Exercise Room. The room features the latest in cardio equipment and offers a play area for your little ones to safely play or watch movies while you workout. DSN 486-7172, www.mwgermany.com.

1000-Pound Club

If you can bench press, squat and dead lift a combined total weight of 1,000 pounds, you can join the 1,000-Pound Club. Receive a free T-shirt and your name will appear in all Heidelberg fitness facilities. Get certified by any Sports and Fitness staff member. www.mwgermany.com.

Youth Dance Classes

Mannheim SKIESUnlimited Program is now offering creative movement, ballet, jazz dance and tap dance classes. All classes meet once a week with a cost of \$35 per month. All children must be registered with the Mannheim CVSS. DSN 380-9290, darren.brown3@us.army.mil.

Send the HP Your Sports Photos

Do you have photos from sporting events in your community? E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.

Royals take out Lions, 67-59



Way Holan

Heidelberg Lions player, Eugene Jones, attempts to break away from a Ramstein Royals player during the varsity game Feb. 3. The Royals beat the Lions 67-59.