

HeraldPOST

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

New command sergeant major for the 21st TSC

By Angelika Lance
21ST TSC PUBLIC AFFAIRS

It was standing room only for the large number of guests, Soldiers, family members and civilian employees attending the assumption of responsibility ceremony for the 21st Theater Sustainment Command's highest ranking enlisted Soldier.

Maj. Gen. Patricia E. McQuiston, the commanding general of the 21st TSC, administered the oath of office to Command Sgt. Maj. James Spencer during the Feb. 22 ceremony at the Kleber Gymnasium on Kleber Kaserne.

First McQuiston thanked Sgt. Maj. Tomas Gonzales for serving as the interim command sergeant major, in addition to fulfilling his regular responsibilities as the sergeant major of the 21st TSC's plans and operations section.

"I thank you for all your hard work, dedication and commitment," she said.

Next McQuiston highlighted some of Spencer's accomplishments while serving as the command sergeant major for the 21st TSC's 16th Sustainment Brigade in Bamberg.

She noted the brigade truly left a mark in the sand during its 15-month deployment to Contingency Operating Base, Qayyarah-West where it supervised the relief in place and transfer of authority of more than 140 company and detachment level transitions, and was responsible for more than 4,200 Soldiers.

"Under Command Sgt. Maj. Spencer's experienced and skilled leadership, the Soldiers and NCOs of the 16th did an exceptional job of executing full spectrum logistics support for stability operations across northern Iraq—in an area which is roughly the size of Pennsylvania," she said.

She also noted that while Spencer's accomplishments, awards and citations are impressive, there was another vital and see **CEREMONY** page 11

C-130 rolling down the strip...



Spc. Amanda Rigdon
Soldiers from the 5th Quartermaster Company, 21st Special Troops Battalion, 21st Theater Sustainment Command, step off a bus to board an Air Force C-130J Super Hercules cargo plane at Ramstein Air Base Feb. 10. 5th QM conducted a jump at the drop zone near Marnheim. See **Airborne Mission** on page 3 for the story.

IMCOM-Europe rolls out sport bike rider safety course

By Tom Saunders
IMCOM-EUROPE PUBLIC AFFAIRS

An Army-wide safety campaign to "Fight the Risk" is behind the handlebars of a new motorcycle safety course being held in Europe to increase safety knowledge of military sport bike riders.

U.S. Army Garrison Livorno's Camp Darby in Italy, was the first location in Installation Management Command-Europe this year to offer the Military Sport Bike Rider Courses - MSRC - Feb. 19, according to officials.

"This training has been held in the states, and it is an important component of fighting the high risk associated with sport bike riding," said Mike Schwarz, IMCOM-Europe chief of safety. "Europe offers a different set of factors that may raise risk levels, such as high-speed autobahns, sharply-curved roadways and narrow lanes along town roads. This course is designed to raise sport bike riders' aware-

ness of those and other risks."

The range training sessions provide riders the opportunity to develop and improve their skills in braking, cornering and swerving. Included is a demonstration of the components of total stopping distance and practice in obstacle avoidance and evasive maneuvers.

Officials selected nine training locations in Europe featuring full-sized ranges. In addition to Livorno's inaugural training, other expected training locations and dates in Baden-Württemberg are: Heidelberg Army Airfield, March 5 and Kaiserslautern (Vogelweh), April 27.

Other training dates will become available throughout the year, Schwarz said.

"This MSRC is specifically designed for sports bike riders, but there's more training available for new and experience riders," said Schwarz. "IMCOM-Europe offers a Basic Rider Course, Experienced Rider Course, and the MSRC for riders see **RIDER SAFETY** page 11

HP THURSDAY
Feb. 25, 2010

Speed Read

UNITS RECOGNIZED FOR CFC

USAREUR and IMCOM-E units are recognized for their contributions to the 2010 Combined Federal Campaign. 3

'TELL ME A STORY'



The USAREUR commander will be a guest reader at the annual Child Education Coalition event March 14. 8

BLACK HISTORY MONTH

Heidelberg High School celebrated with musical performances and skits. 12



TOP HONORS FOR LRMIC

Landstuhl Regional Medical Center took first in four categories during a recent conference. 14

Defense Details

NATO SHORTFALLS

After underfunding NATO for more than a decade, the Western security bloc now faces a budget crisis by an order of hundreds of millions of euros, Defense Secretary Robert M. Gates said. Going a step further, Gates said the shortfall, with a vast majority of alliance members failing to meet budget goals, is symptomatic of a larger flaw: deep problems in how NATO perceives and responds to threats in an era when its scope has widened beyond traditional Cold War boundaries.

ARMY'S TOP PRIORITIES

Funding programs to support Soldiers and their families is the Army's top priority in the new fiscal year, the service's secretary and chief of staff told a Senate panel. Army Secretary John M. McHugh, a former Congress member who served on the House Armed Services Committee, returned to Capitol Hill to give his assessment of where the Army stands and where it needs to go. "I found an Army clearly fatigued by nearly nine years of combat," McHugh told the Senate Armed Service Committee. "But through it all, they are more resilient."

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

What's Inside

Our Army Around the World	10
Leisure	15
Dear Ms. Vicki	16
GET OUT!	17
Movies	17
Announcements	18
Sports	19

COMMENTARY

Having a healthy balance includes the 'S' word

Chaplain (Lt. Col.) Scott Weichl
U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL)

With the recent influx of various programs, stand-downs and mandatory trainings emphasizing total health, are you as confused as I am? All these concepts and approaches are well and good, but so what? How can another program benefit me, you might be wondering?

Let's look at what this means to all of us interested in being healthier and stronger persons.

To be totally healthy means striking a balance in our personal lives. The balance is between three major areas: mental, physical and spiritual. The first and second areas, I understand.

A heightened mental awareness of stressors, challenges, worry and other feelings tells me to seek help when life seems overwhelming. Physically when the scale indicates I have eaten one too many donuts, my Class As are snug and sit-ups are not quite to standard, then more physical activity is necessary. Got it.

The third area in this trio, spiritual, is difficult to describe, yet most of us have a sense of its importance to maintaining overall health.

Trying to define spiritual is like trying to nail jello to a tree. Spiritual means something different to everyone, and the nice thing about it is each definition is correct!

While mental and physical fitness

"Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity in a more healthy way. Who wouldn't want that?"

-Chaplain (Lt. Col. Scott Weichl, U.S. Army Public Health Command (Provisional)

can often be quantitatively analyzed, spiritual health has a much more qualitative aspect. As it should.

Something as personal and unique to our very essence cannot be mandated or structured into a "one size fits all" form. Not only is America founded on this understanding of the free exercise of religion, but individually each person is unique and at a different stage of his or her journey on earth.

Studies indicate that a spiritual connection tends to contribute to more resilient lives.

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity in a more healthy way. Who wouldn't want that?

So why is this spiritual thing so hard to develop and strengthen? I believe one reason is a misunderstanding.

History, culture and just plain individualism tend to make many defensive when the spiritual word is mentioned.

"Nobody is going to tell me what to believe," is a common response to the

"S" word. Here again, this is a correct response.

Nobody IS telling anyone what to believe, rather providing opportunity for growth in an area of life that makes one healthier. OK, so what is spiritual?

Spiritual pertains to the connection of the human spirit and transcendence. Each person has a spirit that is the essence of existence.

This is what energizes, enlivens, gives purpose and makes us the unique individuals we are.

Transcendence is the feeling in our gut that there is something bigger than us, a meaning we cannot fully grasp or understand. These two concepts seem to be common throughout the world, indeed, throughout history.

Reflect for a moment; you most probably agree this is a truth deep within. Understanding this relatively simple definition, we can then begin to develop our personal spiritual dimension by seeking that which speaks to our uniqueness while recognizing that there is something "bigger" than us to

help determine meaning and purpose for our lives.

For some this is traditional religion; others find a contemplative practice more meaningful; yet others may experience this transcendence in some other form of expression, commitment or activity. Human beings have been seekers since the beginning of time, and we also are part of this quest. Use the learning resources being made available at your post enabling you to also be a seeker.

The important thing to remember is this: to become healthier, a balance is necessary between the mental, physical and spiritual realms of our lives. Having a tough time? Feel like you are out of focus or life has no meaning? You are probably already striving to live healthy mentally and physically.

So try living out the "S" word. Get back in balance.

These resources may be helpful:

- U.S. Army Center for Health Promotion and Preventive Medicine Web site, Religion and Spirituality link, <http://chppm-www.apgea.army.mil/dhpw>.

- Hooah 4 Health, Spiritual Fitness, www.hooah4health.com/spirit/default.htm.

- G. Anandarajah and E. Hight. (2001). "Spirituality and the Practice of Medicine." *American Family Physician*, 63(1), 81-88.

Or see your Military Chaplain for direction and assistance.



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

Here in Heidelberg, the tree trimming season traditionally starts around Dec. and runs thru March. The exact timing depends upon a combination of actions that must be taken prior to the actual tree removal/trimming taking place. First, a survey is done by the garrison DPW to assess the health and condition of our trees. At the same time, a safety assessment is conducted to determine which trees must be removed, not only based upon how they are growing

and developing above ground, but whether or not the roots pose a threat to underground infrastructure. Then the State Forest Meister verifies and approves or disapproves on a tree by tree basis. Second, after approval by the State Forest Meister, the plan identifying trees for trimming or removal is passed to the contractor. The contractor then prepares to execute based upon weather conditions and equipment availability. This year, due to the unusual amount of

snowfall we experienced in Heidelberg, the contractor couldn't start tree trimming and removal until this month. So when you see what appears to be a perfectly healthy tree getting the ax, know that there were many steps involved before the decision was made. Thanks and hope to hear back from you.

- Lt. Col Robert White, USAG Heidelberg commander and BWnow member



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

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

Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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

5th QM. Co. conducts airborne operation despite cold, snow

By Spc. Amanda Rigdon
21ST TSC PUBLIC AFFAIRS

Heavy snowfall and freezing temperatures set the stage for the Soldiers of the 5th Quartermaster Company, 21st Special Troops Battalion, 21st Theater Sustainment Command, as they prepared for a full-scale airborne operation outside Marnheim, Germany.

Under the protection of the parachute rigger's shed on Rhine Ordnance Barracks Feb. 10, the Soldiers rehearsed every detail of the airborne operation step by step before repeating the process – this time fully exposed to the freezing temperatures, snow and ice of one of Germany's most severe winters in several years.

Using a mock cargo plane and several parachute landing fall platforms as training props, the Soldiers reviewed actions on the aircraft, parachute malfunctions and how to deploy their reserve parachutes, parachute landing falls, and pre-jump procedures.

Following the rehearsals, the airborne riggers from the 5th QM Co. loaded two buses and headed to Ramstein Air Base to board the aircraft.

Upon arrival at Ramstein the Soldiers began donning their equipment and making last-minute preparations for the jump.

Sgt. 1st Class Herschel Gillins, the acting first sergeant for the 5th QM Co., personally checked each Soldier's parachute and gear to insure everything was securely fastened and functioning properly.

While this was a routine jump for most of the unit, there were a few new paratroopers who were very anxious to perform their first airborne operation following jump school.

"I really hope that this jump isn't cancelled," said Pfc. Anthony Stann, a parachute rigger with the 5th QM. "We are going to the French Airborne School



Sgt. 1st Class Herschel Gillins, acting first sergeant of the 5th Quartermaster Company, 21st Special Troops Battalion, 21st Theater Sustainment Command, inspects the equipment of Pfc. Levi Carleton, a parachute rigger with 5th QM Co., at Ramstein Air Base Feb. 10. The 5th QM Co. conducted a routine jump that day despite the cold weather conditions and snow accumulation.

soon, and I hear that you need at least one jump with the unit in order to attend."

After every Soldier's gear was checked, the riggers from the 5th QM Co. boarded an Air Force C-130J Super Hercules cargo plane on the flight line at Ramstein.

The C-130 would transport the paratroopers to a pre-designated drop zone outside Marnheim.

Despite the cold weather and snow accumulation

that morning, all the 5th QM Co. Soldiers, to include the newly-assigned paratroopers, completed the airborne operation successfully.

Following the jump, all the equipment and personnel were accounted for at the drop zone before the unit returned to Kaiserslautern.

"I was really excited to jump today," said Pvt. Dakota Browning, a parachute rigger with the 5th QM. "The snow makes it a lot colder."

USAREUR and IMCOM-E units recognized for efforts in raising \$2.4 million for Combined Federal Campaign

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

The 2010 U.S. Army Europe and Installation Management Command-Europe Combined Federal Campaign awards ceremony Feb. 10 at the Village Pavilion on Patrick Henry Village recognized the hundreds of Soldiers and civilians whose participation in the fall campaign raised \$2.4 million.

Speaking on behalf of USAREUR Commander Gen. Carter Ham, Brig. Gen. Mark Bellini, USAREUR deputy chief of staff, G4 Logistics, thanked the U.S. Army Europe team for banding together and offering so much to make other people's lives better.

"When you think about what families are going through today with the stresses on individual pocketbooks and family budgets, for everyone

to come together as a group and do what you did is simply amazing. It speaks volumes about you as leaders who went out to your units and made sure individual members who wanted to contribute could. In spite of deployments, redeployments, unit transitions, moves, transformation, stresses on individual and family budgets, once again the USAREUR family came together and expressed and demonstrated teamwork and generosity," he said.

Approximately 250 bronze, silver, gold, platinum and special merit awards were presented to IMCOM-E and USAREUR units.

The 52nd Signal Battalion based in Stuttgart and the U.S. Army Garrison Hohenfels each earned the CFC special merit award.

This award is given to a unit from

each component for its remarkable generosity, exceptional participation, and extraordinary volunteer spirit compared to its previous year's campaign.

U.S. Army Garrison Hohenfels Command Sgt. Maj. Brenda Kadet said she was proud of the way the community supported CFC.

"Everyone reached down deep to contribute. Hohenfels is a small community but always comes through in a big way when needed for worthwhile events like CFC, AER (Army Emergency Relief), and others," she said.

Spc. Sarah Palmer, from B Company, 2nd Military Intelligence Battalion based in Wiesbaden, accepted her unit's platinum award, and said that although this was her first time being a CFC coordinator, her unit made the effort easy.

"It is such a good feeling to know we stepped up to the plate. We are a smaller unit so I think our participation was outstanding."

Palmer also said while times are tough for everyone, she was especially proud of how much participation the unit had from its junior enlisted members.

CFC-Overseas Deputy Director Constance Baker said that USAREUR and IMCOM-E have traditionally done very well over the years, having developed a clear partnership to work together with a common goal for CFC.

"We like to call it giving through teamwork. I think our participants know that the need is out there so they continuously give, and the end result feels really good," she said. "\$2.4 million is not too shabby."

Retiree shares story of service to two nations

By Sgt. 1st Class Osvaldo Sanchez
7TH CSC PUBLIC AFFAIRS

The light shines through the glass of a large window during a late afternoon reflecting off the many plaques, awards and gifts set on a table for one man with a distinguished career.

He is Lt. Col. Dieter Biedekarken, the inspector general of the U.S. Army Reserve's 7th Civil Support Command at Daenner Kaserne in Kaiserslautern, Germany, who has served for more than 27 years in the American military.

The scene was set for his retirement ceremony, an event conducted to recognize his dedication to the military and nation. Although, Biedekarken does not officially retire until March 1, he submitted his terminal leave to prepare for his life after retirement.

The lieutenant colonel was presented the U.S. flag to honor him for his service. The colors were carefully folded into the shape of a tri-cornered hat, symbolic of the hats worn by colonial Soldiers during the American War of Independence from 1775-1783.

This custom of special folding is reserved only for the U.S. flag. The folding ceremony is used to honor the flag on special days like Memorial Day or Veterans Day and is known to be used at retirement ceremonies.

Biedekarken, a native of Cologne, Germany, said he enjoyed his career because it involved people from all over the world.

"What I enjoyed the most in military life was the sense of camaraderie and closeness with my fellow Soldiers," Biedekarken said, a man with clear eyes and lifelines on his face showing humility and experience. "I don't think you can ever find anything close to that in civilian life. The variety of different jobs that I had in the Army and the moving around the world made for a most interesting life."

His first significant assignment exposed him to many challenging but beneficial times, he said.

"My platoon was made up of the best tankers in Europe," Biedekarken said. "I had literally interviewed and handpicked the 15 members of my platoon as we had been selected to participate in the Canadian Army Trophy Team competition. This was at the time the most prestigious NATO tank shooting competition."

Then came the period when Saddam Hussein and his regime invaded Kuwait. He was ordered to deploy with his unit for the planned invasion of Iraq.

"I was deployed in Desert Storm as a tank platoon leader with the 2nd Armored Division (Forward) from Garlstadt, Germany," he said. "The war prevented us from participating in the shooting match, but I still got to keep my hand-selected crews."

Later, Biedekarken came back to the land where he was born and didn't see war for more than a decade until he deployed in support of Operation Iraqi Freedom with the 1st Armored Division Rear Operations Center out of Wiesbaden, Germany.

"I was the full-time Active Guard Reserve operations officer of the unit at the time," he said. "Both experiences taught me how extraordinary situations really bring out the best in human beings. I feel extremely close to the people I served with."

Then, he moved up to serve as the deputy inspector general for the 7th Army Reserve Command, a headquarters element that recently transformed and activated as the 7th CSC in October 2008. For the last year of his tour, he was the command's inspector general and, after serving for almost three decades, submitted his retirement paperwork.

"A Soldier retires. Such a simple statement," said Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th CSC and guest speaker of the retirement ceremony. "Yet a lifetime of service to our country just passed. As news of troop surges and massive movements of Soldiers become passé in our daily news, it's easy to lose sight of who 'troops' are. We're America's sons and daughters as well as from other countries."

"In the modest German town of Eggenfelden ... in 1955, Herr and Frau Biedekarken gave birth to a tiny boy who, 54 years later, would retire a lieutenant colonel in the United States Army," Wells said. "What are the odds?"

The general said he felt privileged to have been a part of Biedekarken's retirement ceremony.

"It's captivating that both Germany and the U.S. gained immeasurably from the service of this son of two great nations," he said. "While I was not there to see the beginning, I had the distinct honor to be there at the end of the fine career of Lt. Col. Dieter Biedekarken."

"At the end of a decade in which our Army has been on point for our nation it is also the end of a Soldier's career," Wells said. "He like most of us is no hero. Yet he is an American Soldier with a unique story worth knowing. It's touching and significantly an emotional event for everything we do especially for this circle of his life from birth here, and his civilian and military



Courtesy photo

Then, Pfc. Dieter Biedekarken (top right), carpentry and masonry specialist, takes a photo with his parents while on leave in the spring of 1983 in Cologne. Biedekarken's father was the deputy fire chief of Cologne at that time, the equivalent of a colonel. His mother was wearing her nurse's uniform. She was the head nurse of the neurosurgical ward of the University Medical Center in Cologne.

career in Germany."

Biedekarken is now living in California where he has started working on his new life.

"I don't think it has really registered yet that I have more time now," he said. "My wife and I have been extremely busy settling matters here in San Diego. We do spend almost every waking minute together and we are still getting along. Plus, we are enjoying immensely the wonderful weather and being able to be outdoors here in Southern California."

Biedekarken said if he had the opportunity he would tell first-term Soldiers to keep a positive outlook regardless of the situation.

"A military career with the right attitude can be the most rewarding time in your life with experiences that no civilian career could ever give you," Biedekarken said. "And where else can you retire in your best years and still enjoy the rest of your life?"

VOICE YOUR CHOICE

FMWR Survey

Tell us what you want!

Log on to www.mwrgermany.com

USAG Baden-Württemberg FMWR ... *because you deserve the best!*




Brain injury awareness



Jana Weidh

Amber Barrett demonstrates how a helmet protects the brain by dropping an egg into a helmet as part of a recent Brain Injury Awareness Outreach presentation to Landstuhl School Age Services students. The Landstuhl Regional Medical Center Neurology Department and Traumatic Brain Injury Center conducts outreach programs to increase knowledge and awareness of how recreationally related brain injuries can be easily avoided through simple measures such as wearing a helmet while riding a bike, skiing, skateboarding and roller blading. Barrett is a TBI screener at LRMCC.

BWnow online community reaches 1,000 members

Staff Report

Want a recommendation for a good doctor on the economy or a great restaurant to satisfy that Mexican craving you've had lately? How about where to leave your dog when you want to take that beach vacation or where to find a Family Readiness Group?

Now community members can ask questions about overseas life online. More than 1,000 people from around Heidelberg, Kaiserslautern and Mannheim have already joined the BWnow virtual community, a social networking site designed to connect people to others who are living the overseas experience.

The BWnow command information program contains a variety of online photo and information sites, with the BWnow virtual community being one of the most popular.

It operates much like Facebook or MySpace, but is solely focused on the Baden-Württemberg communities.

"Living overseas can be really challenging, so this site offers an opportunity to connect with others you may not know personally but who have the same types of challenges and experiences as you," said Kelli Bland, USAG Baden-Württemberg public affairs specialist and creator of the virtual community.

At <http://myBWnow.ning.com>, members will find blogs written by local garrison commanders, as well as people living in their communities.

Members can give their opinion about their latest vacation spot. They can join groups to connect with people who have the same interests. There are groups established for lovers of dogs, movies, literature, volksmarching and more. Members can create their own groups if none of these spark their interest.

BWnow contains an extensive list of on- and off-post activities and upcoming events. Members can search by date, topic or keyword, and add their own events to the list to help inform community members.

Share photos, make friends, find out how others are surviving away from home, and learn about the people living, working and playing in the community. Visit <http://myBWnow.ning.com> to become a member.

USAREUR commander to read "Night Catch" to Heidelberg community

By Shirani Tisdale
PARENT TO PARENT, HEIDELBERG/MANNHEIM TEAM

For the second year in a row, USAREUR Commander Gen. Carter Ham will be the guest reader at Military Child Education Coalition's annual Tell Me a Story event.

Last year, Gen. Ham read "Mercedes and the Chocolate Pilot" to a group of more than 75 families from the Heidelberg military community.

Mother of two, Sandra Pendall, says the story had special meaning for her because she is from Berlin and her mother lived through the Berlin airlift.

"Last year's event was a fun-filled, well organized afternoon," Pendall said.

She and her family were the first to reserve their spot for this year.

This time around, families that attend will be introduced to "Night Catch" by Brenda Ehrmantraut. In this book, a young boy and his deployed father play a nightly game of catch with the North Star.

The wonderful illustrations and simple story will captivate children, and the themes of communication and resiliency are particularly applicable to our community.

Tell Me a Story is organized by MCEC's local Parent to Parent team, and is designed to be a literary event for the whole family.

It is geared towards children ages 4-12. Each family that attends will receive a free hard cover copy of "Night Catch," courtesy of Service Credit Union.

After the reading, families will rotate through stations for snacks, hands-on activities and a fun learning experience.

According to Cherie Shivers, who was part of the Parent to Parent team that organized the event last year, "This was one of our most popular events of the year, because it appeals to every member of the family."

If you would like to attend, admission is free, but space is limited.

Reservations are required, and you



Shirani Tisdale

Parent to Parent team member, Federica LeMauk, previews this year's book selection with Kimberly Jones, 2, and her mother, Helene Jones.

can sign up your family at heidelbergparent2parent@yahoo.com before March 7.

Please provide first and last names for all family members attending and

the ages of children.

This year's event will be held at the Patrick Henry Elementary School on PHV, 3 p.m. March 14, but sign in will begin at 2:15 p.m.



U.S. Army Photo

Sgt. Jeremy Teela (right) shoots a perfect 10 for 10 from the prone position en route to a 24th-place finish Tuesday in the men's Biathlon 12.5-kilometer pursuit at Whistler Olympic Park.

ourARMY
around the world

For more Army news,
visit www.army.mil



U.S. Army Photo

Col. Mark R. Stammer, commander of 1st Brigade, 82nd Airborne Division, hands off his universal static line as he moves to parachute from a C-130 aircraft at Al Asad Airbase, Iraq, Feb. 12. Refreshing the airborne proficiency of his paratroopers is the first step toward the goal of combined U.S. - Iraqi airborne training exercises following Iraqi national elections in early March.



Staff Sgt. Dayton Mitchell

1st Lt. Morgan Boyd meets with bazaar shop owners in Hotal, Afghanistan, Feb. 5. Boyd is assigned to the 8th Squadron, 1st Cavalry Regiment.



Air Force Tech. Sgt. Efrén Lopez

Spc. Jerimiah Butts mans an M-240B machine gun from a rooftop during Operation Helmand Spider in Badula Qulp, Helmand province, Afghanistan, Feb. 9. Butts is assigned to Company A, 1st Battalion, 17th Infantry Regiment.

RIDER SAFETY

continued from page 1

depending on their experience levels and type of motorcycle.”

In order to receive a motorcycle endorsement on a USAREUR certificate of license, the motorcycle rider must have a stateside driver’s license with a motorcycle endorsement or have a Host Nation license with a motorcycle endorsement.

Experienced riders can choose between the MSRC and the Experienced Rider Course (ERC). It is important to know that an individual must provide proof of completing an MSF course within the past three years in Germany and Benelux, and within the past two years in Italy, in order to qualify for a USAREUR certificate of license, Schwarz explained.

Upon arrival in theater, motorcyclists should visit their local driver testing and training station to get the latest guidance about registration requirements, required training and other training opportunities.

Schwarz said that anyone interested in getting more information about training or motorcycle and vehicle safety are encouraged to visit the IMCOM-Europe Safety Website’s traffic safety page at www.imcom-europe.army.mil/sites/management/so_atstp.asp.

The MSRC draws from elements of the European Module Rider Course, the MSF Experienced Rider Course, and from information contained in the Motorcycle Safety Foundation’s Guide to Motorcycling Excellence, 2nd Edition. The course consists of approximately three hours of classroom interactive lessons and approximately four hours of on-cycle range time.

The classroom segment focuses on the behavioral aspects of riding such as attitude and personal risk assessment, and includes discussions about braking proficiency, cornering techniques, traction management, and specific characteristics unique to sport bikes.

“Attitude is a significant contributing factor when talking about risk. Someone with an attitude that the autobahn is a wide-open road built for speed, may not be as mindful that there will still be slower-moving traffic, wind-gusts or other unexpected situations,” Schwarz said. “So, talking about the basics, personal safety and risk assessment is a very important building block.”

The course has a particular emphasis on the Search-Evaluate-Execute strategy used in all MSF curriculum. This is a strategy in which bikers essentially plan a path by searching ahead, evaluating current environmental conditions, then either continuing forward



Courtesy photo

Installation Management Command-Europe began offering Military Sport Bike Rider Courses this year to “Fight the Risk” associated with sport bike riding.

or taking other slowing or maneuvering actions.

“There is also time in the course for riders to discuss case-specific situations,” Schwarz said. “Sometimes the simple act of talking about situations and sharing experiences can be the most effective teaching technique.”

A knowledge test is given at the end of the classroom portion, however it’s not a pass or fail test, Schwarz explained.

“The test will give riders an idea of what their level of understanding is about sport bike risks, and it can

be a judge for how much they took away from the course,” Schwarz said. “Some riders may already have a very good handle on riding and may attend merely for a brush up. Other riders may have a higher learning need. So, test scores are only indicators of areas of risk the riders may need to brush up on.”

For more information, individuals should contact their local safety office. Individuals must register via the Army IMCOM Registration System (AIRS) available at <https://airs.lmi.org/home.aspx>.

CEREMONY

continued from page 1

impressive indicator of his leadership style.

“In addition to having the skill set and experience I was looking for, and having successfully held all the key leadership positions, there is another less tangible but vital aspect of his career. Throughout his tenure, Command Sgt. Maj. Spencer has continuously emphasized the fundamental importance of leadership engagement,” she said.

McQuiston also stressed the Spencer family is an “Army Strong Family” and a “tremendous and most welcome addition” to the command.

“We are thrilled you already live our motto, first in support,”

she said.

When Spencer took the microphone, to enthusiastic applause, he thanked McQuiston for entrusting the responsibilities of the position to him, and the many friends from previous assignments for attending the ceremony.

Additionally, he made a promise to the Soldiers and leaders of the 21st TSC.

“Here is my commitment to you: I will provide consistent and predictable leadership. We are an Army at war serving a Nation at war, and the mission we have is serious,” he said.

During his short address, he also thanked his family for their support and ensured McQuiston that he is “ready to go to work.”



Alfredo Barraza

Command Sgt. Maj. James Spencer takes the oath of office during his assumption of responsibility ceremony Feb. 22 at the Kleber Gymnasium on Kleber Kaserne. Spencer now serves as the command sergeant major for the 21st Theater Sustainment Command.



ARMY FAMILY COVENANT: KEEPING THE PROMISE

Students bring history alive

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

About 100 middle and high school students competed in the Kaiserslautern district-level National History Day Competition Feb. 16 at Ramstein High School.

This 36-year-old program promotes the study of citizenship and civics through the construction of history-based projects, said Bamma McCoy, a RHS social studies teacher and this year's Kaiserslautern district-level coordinator.

"We are always worried about standards and what kids learn," said McCoy, who has been involved with NHD since 1985 in Texas, Virginia and three years in Kaiserslautern. "Well, National History Day covers all the national standards for social studies and language arts."

McCoy added that Department of Defense Dependents Schools-Europe has participated in NHD for about six years.

Students throughout DODDS-E schools have been creating projects since November. McCoy said this

involves students picking their own topics, researching, making conclusions, and writing process papers and annotated bibliographies.

"They become experts on their topics," McCoy said.

In January, each school picked first- and second-place winners in the junior (sixth to eighth graders) and senior (ninth to twelfth graders) divisions in eight categories: Individual and Group Performances; Individual and Group Exhibits; Individual and Group Documentaries; Papers; and, Web Sites.

These winners from middle and high schools in the Kaiserslautern, Baumholder, Bitburg and Spangdahlem military communities competed in this district-level contest.

Each of the students' projects had to be in line with this year's theme of "Innovation and History: Impact and Change."

"(National History Day) gives those kids the higher-level thinking skills because not only do they have to research, but they also have to think about the research that they are doing to show impact and change,"



Christine June

Krystal Bowen, 14, a Ramstein High School ninth grader, talks about and holds a replica of the original Band-Aid Feb. 16 during the Kaiserslautern district-level National History Day competition at RHS. Bowen and her classmates, Jessica Zaugg and Amber Marlow won first place in the senior-level division of the NHD Group Exhibits.

said Erin Wilkinson, a RHS Substitute teacher and judge for the NHD Group Exhibits. "They have to present that leap from here is my fact to here is what I think about that fact."

The top two in each category and

division from this contest will now head to the DODDS-E competition held April 20 and 21 at Oberwesel, Germany. The National contest is in June at the University of Maryland College Park Campus.

Heidelberg High School celebrates Black History Month

By Jonathan Ochart
HERALD POST INTERN

The United States celebrates the importance of ethnic diversity, ranging from hosting Chinese New Year parades to relishing the taste of Hispanic cuisine.

Since February is Black History Month, Americans bring light to African-Americans and their importance in American society.

Heidelberg High School's Junior Association for the Advancement of Minorities (JAAM) organized a presentation highlighting the contributions of African-Americans Thursday in the school auditorium, capturing Black History Month's intent.

The organization works to "show the traditions of various cultures through community service programs in the school and the community," said Brandi Lewis-Johnson, president of JAAM. "Exploring the different nationalities and ethnic groups around the world" is important to her and its members.

To High School Career Practicum Coordinator and JAAM sponsor Emily Gourdine, giving back to the community is a top priority. Living by the words of former Chrysler president and CEO Lee Iacocca, Gourdine says that "we do not live in a society of entitlement. It is one where you learn, earn and return."

Continuing JAAM's reputation of highlighting cultures and their customs, JAAM chose to stress Black History Month's national theme – "Black Economic Empowerment" – through a variety of performances, such as reading Maya Angelou's "I Know Why the Caged Bird Sings" and reenacting W.E.B Du Bois and Booker T. Washington's historical debate.

Brandi Lewis-Johnson performed George C. Wolfe's dramatic monologue titled "The Colored

Museum." The monologue "recalled historical African-Americans, like Nat Turner, Malcolm X, and Stevie Wonder, who have contributed to the economy and entertainment," Lewis-Johnson said.

"I felt like it was my duty and calling because I am of the African-American race," the JAAM president said. "It is important to recall my history."

The USAREUR Chorus also performed for students and community members with tunes and dances.

In addition to reenacting classic songs sung by African-Americans, such as "I Heard it Through the Grapevine," the chorus paid tribute to Michael Jackson with a medley consisting of songs such as "Thriller" and "Billy Jean."

However, JAAM also imparted the notion of giving back within their presentation. Members of the organization prepared an original skit titled "Giving Back," which conveyed the importance of helping others through succeeding in life.

The skit was especially important to Gourdine, because she tries to return the help she received during her youth to her own students.

"My Guidance counselor helped me, and that is why I wanted to become one. As a counselor, I felt like I could help students select careers, colleges and help them determine who they were as individuals. As a counselor for 27 years, I do exactly what some did for me," Gourdine said.

Moreover, Gourdine works to instill skills within her students that her grandfather taught her.

"My grandfather taught me so much. He was a wise man, a World War I veteran, and he accepted no excuses," Gourdine recalled. "He also taught me how to be independent and to not have fear in expressing my opinions. He stressed that to get along well in life you have to work hard."

Gourdine and JAAM succeeded in giving back to the community through their Black History Month



Jonathan Ochart

The USAREUR Chorus performs a medley of Michael Jackson songs during the HHS Black History Month celebration.

celebration. Audience members danced, sang and connected with the performers.

Brandi Lewis-Johnson particularly "liked how different races were involved."

"[I am] certainly proud of the students and their performance," Gourdine said. "It took a lot of practice."

Through giving back to the community and imparting the impact African-Americans have had upon the United States, Gourdine's hope "that Black history could be celebrated all year" may come true.

'A Taste of Soul' seduces, satisfies the senses

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

"Big Money" Brown's famous gumbo, German chocolate earthquake cake, barbecue pig feet, colorful artwork, powerful poetry and the smooth sounds of Stevie Wonder.

Those were just a few of the sights, sounds and smells that seduced the senses, of the large crowd gathered in the Patrick Henry Village Pavilion Ballroom, for the Heidelberg Arts and Cultural Center sponsored event, "A Taste of Soul."

The celebration was one of several happening in the Heidelberg community in honor of Black History Month.

United States Army Garrison Baden Württemberg's command sergeant major, Command Sgt. Maj. Annette Weber, served as mistress of ceremonies for the evening.

One of her first official duties of the night was introducing local artists, Crystal Malloy, Marc Francisco and Andrew Washington to the crowd.

Their artwork greeted guests as they entered the ballroom. The three individual collections each featured rich and vivid images of African-American life past and present.

Malloy has no formal art training and she's spent most of her adult life in Germany after coming here in 1969 with her mother.

"I'm here to not only celebrate Black History month, but also because I want people to know that there are African-American artists here in Europe, that we exist, that we live and work here among them. We're a part of the community," Malloy said.

"When you see something online or in a book, it's not the same as when you can walk in and stand two feet away from a piece and have it speak to you and that's my thing because I consider myself a spiritual artist. I paint from the spirit."

Next, it was time to enjoy a well known staple of the African-American culture - soul food.

Guests piled their plates with samples of homemade macaroni and cheese, collard greens, chicken salad, fried catfish, pinto beans with smoke ham hocks, corn pudding, red velvet cake, banana pudding and much more. After sampling each dish they would have the tough job of deciding which one was the best.

One of the cooks, Master Sgt. Marshall Brown, remained tight-lipped about the exact ingredients contained in his "Big Money" Brown's famous gumbo, as he scooped out steaming bowls of the savory spicy concoction to the long line of hungry guests.

"Oh it's a little bit of this, and a little bit of that," he



Community members and guests do the "Electric Slide" dance during the "A Taste of Soul" event at the Heidelberg Arts and Cultural Center. The event was one of several held in the Heidelberg community in honor of Black History Month.

laughed. But, he did reveal why he decided to participate.

"I love to cook and...this is food that I've grown up with. This is our history. So when I heard about this, I saw it as a way for me to get in here and show my skills and feed the people."

Also showing off their skills in the kitchen were the ladies of Delta Sigma Theta Sorority, Incorporated.

"One of the things we do is community service and so we wanted to come out and serve the community, celebrate African-American Heritage month...and encourage others to also come out," Lt. Col. Renee Nelson said.

"I think this is awesome and I think that this is a way of connecting to the community, and letting those that are not African-American see another side of us. To see our culture. To taste our food and to fellowship," she said.

Aisha Thibodeaux was one of the many folks who came out to enjoy the art, music, poetry and, of course, the soul food.

"The food was really good and I think that it was great that they had the tasting with a little bit of everything. That made it personal and you can tell that people put a lot of effort into it, and that's the whole concept of the soul food. That's what makes it good.

I enjoyed everything."

While Thibodeaux and many others agreed, that all of the dishes were delicious, there could only be one first place winner, and that was Bonnie Ballard's nutty fruity cake, followed by Nikki Clark's German chocolate earthquake cake in second and Gladys William's barbecue pigs feet taking third.

In addition to the food and art, the crowd was also treated to poetry from members of the Heidelberg Poetry Club and the sounds of live jazz and rhythm and blues music from Jimi's Souliquity.

The band performed a melody of hits from the Motown era, along with other soul favorites. Afterwards, a live DJ kept the crowd moving and grooving well past mid-night.

"I'm really proud, everything went extremely well... better than what I expected," said Jen Bieser, director of the Heidelberg Arts and Cultural Center and mastermind behind the event. She said she hopes to make "A Taste of Soul" an annual celebration.

"A lot of the facility directors come up with great ideas and great programs and they want to do it, and sometimes the community just does not react, but with this event, the community really got into it...the success was from the community. Not from anything that we did."

Soldiers get smart on money

By Angelika Lance
21ST TSC PUBLIC AFFAIRS

Taking care of Soldiers was the bottom line when E Detachment, 208th Financial Management Company, 266th Financial Management Center, 21st Theater Sustainment Command, held a Personnel and Administrative Center certification course Feb. 18 in the unit's conference room on Kleber Kaserne here.

The range of topics may not sound too exciting. The results, however, are literally worth the time.

It was all about money – Soldiers' money and entitlements. The training for the approximately 30 PAC staff from Army units throughout Kaiserslautern covered subjects like allowances, allotments and pay options, travel, leave, deployment entitlements, and more.

Knowing the right procedures, regulations and points of contact helps to ensure that Soldiers' financial issues are handled in the most effective and efficient manner.

"This training will help speed up timeliness of documents, understanding what's expected when turning in documents, and iron out any issues there may be," said Capt. Philip Kaberline, the commander of E Det., 208th FMC. "The bottom line is we want to be proactive in solving problems and reducing unnecessary headaches for our service members."

Sandra LeBlanc, a management assistant with the 202nd Military Police Group's PAC office, said she thinks they were on target.

"I am very impressed with how well taught the class was," LeBlanc said. "The instructors explained exactly how to complete the documents and packets to help the Soldiers best. They even provided take-home examples for the different types of paperwork we submit."

Mission accomplished then, because assisting service members was the goal.

"At the end of the day it is all about taking care of Soldiers, and that is what we want to achieve here today," Kaberline said.

Simultaneously, the training served to improve the working relationship between the units and the finance office, Sgt. Timothy Pierce said. Pierce, the noncommissioned officer in charge of military pay and processing at E Det., 208th FMC, was one of two instructors for the course.

"One general aspect of the training was to go over what we do, what we expect and who we are. Another was to strengthen the working relationship and the cohesion between the PAC offices and us. There is no substitute for face-to-face interaction," Pierce said.

Explosives disposal



Heiko Pagel, pyrotechnician with the Kampfmittelräumdienst (Explosive Disposal Unit), Koblenz, gets ready to push the button to set off a controlled detonation of a 50 kilogram (about 110 pounds) German bomb from the World War II. The bomb was recently found during a routine check for explosives at a construction site on the Germersheim Army Depot, the home of the Defense Distribution Depot, Europe.

Regina Abrigo

LRMC recognized with top honors

Chuck Roberts
LRMC PUBLIC AFFAIRS

Landstuhl Regional Medical Center captured top honors in four categories at a recent Military Health System Conference in Washington D.C.

The categories are: Top Patient Satisfaction Performance Score (2009), Most Improved Patient Satisfaction Score (2009 versus 2008), Largest Percentage Increase in Medical Center Outpatient Workload (17.49 percent increase), and Largest Percentage Increase in Medical Center Inpatient Workload (13.14 percent increase). The awards also included two checks totaling \$480,000.

"Although this looks like an award for Landstuhl Regional Medical Center and our seven outlying clinics, the really big winners are our beneficiaries

who are receiving more access to the quality healthcare they deserve," said Col. (Dr.) John M. Cho, LRMC Commander. "But providing that quality care wouldn't be possible without our team of dedicated, hard working military and civilian healthcare professionals. They deserve full credit for this unprecedented success."

"Our key leaders – commanders, department and division chiefs, head nurses, NCOICs, and administrators -- deserve kudos for their effective leadership and for embracing the change needed to bring about this success. And special thanks go to our clinicians who have made the patient experience such a special one at LRMC. Understanding that it takes a team to make LRMC successful, our goal is to utilize a portion of the proceeds and reinvest in

our most valuable asset – our LRMC personnel."

LRMC, which falls under the command of Europe Regional Medical Command, is the largest American hospital outside of the United States and is verified by the American College of Surgeons as a Level II Trauma Center, making it the only U.S. medical facility overseas to hold that distinction, and only one of three in the Department of Defense.

LRMC provides primary care, tertiary care, hospitalization and treatment for more than 245,000 U.S. military personnel and their families within the European Command. It is also the evacuation and treatment center for all injured U.S. service members, contractors and members of 44 coalition forces serving in Afghanistan and Iraq.

Istanbul: where East meets West

By Kristin Bradley
USAG HOHENFELS PUBLIC AFFAIRS

Located literally where East meets West — the city straddles the Bosphorus strait that splits Europe and Asia — Istanbul, Turkey has spent much of its more than 2,500-year history as the fulcrum around which European and Asian history developed.

Known early on as Byzantium, then throughout its history the city changed hands multiple times between the Greeks, Romans, Byzantines and Ottomans. This back and forth between East and West, Christianity and Islam, left a kaleidoscope of historical markers that can still be seen throughout the city.

For present-day visitors, Haghia Sophia is perhaps the best place to begin exploring the many different cultures that shaped the city's past. Construction on the Haghia Sophia as it appears today began in 532 AD. When the Ottomans took the city in the 15th century they converted the church into a mosque, adding the minarets and tombs that remain today.

To learn even more about this gem, hire one of the tour guides that advertise their services inside the gates. If you hire one of the personal guides, be sure to negotiate the price ahead of time, including whether the quote is for each person or your entire group.

Directly across the lawn from the Haghia Sophia is Istanbul's second major architectural treasure, the Blue Mosque. Built in the early 1600s, the view from the front of the mosque is of the waves upon waves of domes that increase in size as they reach toward the sky. The call to prayer from one of the six minarets permeates the city several times a day, a sound visitors will not soon forget.

Visitors can only enter the mosque at certain times, so be sure to check the week's events beforehand. To enter the mosque women are requested to cover their knees and head, and everyone must remove their shoes.

Visitors should also be respectful about taking pictures as the mosque is still actively used for worship and there are often people inside praying. Near the Blue Mosque is the Museum of Turkish and Islamic Arts where exhibits guide visitors through the various geographical areas of the Muslim world with explanations of artifacts in both Turkish and English. Though a small museum, it's centuries old Ottoman rugs and many other artifacts are worth a



Istanbul has many architectural achievements, like this one shown at dusk. The interior of many of the structures are covered with gold. David Spender

look.

After exploring thousands of years of history in the museum, explore the more recent history of the Ottoman Sultans and their concubines at Topkapi Palace.

Allot at least two to three hours to explore the many buildings of this luxurious compound and be sure to pay the extra fee for entrance into the Harem. By far the most interesting part of the palace, the Harem was composed of the sultan's wives, concubines and children who lived in a complex hierarchy. It is hard to decide which is more fascinating: learning about the workings of the harem itself, or the intricate artwork found in every detail inside bookshelves.

When you finish investigating Istanbul's past, don't forget to visit one of its present-day icons by exploring one of its many bazaars.

The Grand Bazaar is unlike anything in America and is a must-see, even if you don't plan on purchasing anything. A seemingly endless and dizzying compilation of corridors, the bazaar is home to hundreds of tiny shops that are packed with goods

that spill into the streets. Your senses will be completely overwhelmed as you take in the colors of rugs, ceramics and antiques, the smells of tea, coffee and treats and sounds of shopkeepers as they call out to passersby.

A few tips here: First and foremost, be prepared to haggle. Many prices are higher here due to the numbers of tourists, so do your research on how much an item should cost and be prepared to look elsewhere. If you see something you like, stop and look at it then, as it will be impossible to find your way back. For an inexpensive souvenir, take home some apple tea or kebab spices.

Also consider visiting the Cavalry Bazaar, a small bazaar near the Blue Mosque that nonetheless has some wonderful shops, offering some of Istanbul's best wares including rugs, ceramics, leather goods and textiles.

From the serene Haghia Sophia to the hectic Grand Bazaar, Istanbul is a fascinating metropolis with an endless mix of old and new sights to explore. This city offers historical and cultural sights at the heart of every world history textbook.



A display of lamps and lanterns at Istanbul's famous Grand Bazaar. Neil Better



One of the many marlets in Istanbul. Prices may be higher due to the number of tourists, so do research on what an item should cost and be prepared to haggle. John Walker

GERMAN COOKING

Herring salad with sour cream (Heringstopf mit saurer Sahne)

Servings: 4

Ingredients:

- 1 cup sour cream
- 1/2 cup yogurt
- 1/2 single lemon; juice only
- 1/4 teaspoon sugar
- 2 each onions; small
- 2 each apples; medium, tart
- 8 each herring fillets; marinated
- 2 teaspoon dill; fresh or
- 1/2 teaspoon dill weed; dried

Directions

- Sauce: Blend thoroughly sour cream, yogurt, lemon juice and sugar.
- Salad: Peel onions and cut into thin slices. Peel and quarter apples, remove cores and put into thin wedges. Blend onions and apples with sauce. In a dish arrange herring and apple-onion mixture in layers.
- Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.

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,

Our former friends are blackmailing us and threatening to go to my husband's commander and start trouble for us.

It all started when they moved to the same post as us. We helped them out and were very good to them. We would baby sit all the time for them trying to make sure their relocation went well.

We literally took care of them for about 3 months to include them living in our house for free for about two months.

Even when they moved out, they were still over at our house a lot for dinner or just kicking around and we had no problem with that. We only wanted to help them out because we thought they would do the same thing for us if we were in their shoes.

Well, we had a few unforeseen emergencies and they loaned us about \$800. We were going to pay them back, but all of a sudden they started stalking us for the money.

"When are you going to pay me the money back?" "we need our money," "we'll be over Friday night to get the money you owe us".

We managed to pay them \$200 but they continued the harassment and started swearing at us and spreading rumors about us to our other mutual friends.

Now we are refusing to pay them because of their attitudes and the way they are treating us.

Now I'm like, if you want to go to my husband's commander then so be it, but Ms. Vicki can my husband get in trouble if they go to his commander. I just want to know. Thank you for taking the time to answer this letter.

From Concerned

Dear Concerned,

When you borrow money you are supposed to repay the loan.

Think of it this way; if you borrowed money from Bank of America, Chase Bank etc. they would expect you to repay the money you borrowed or they will stop at nothing to get the money owed them.

Now here's the deal, bartering services is something that people do from time to time. Things like, you transported me to and from work for two weeks while my car was being repaired so I will baby sit for you two Saturdays in a row for five hours so you can have some "me time", or you loaned me \$300 so I will clean your house from top to bottom three times within the month of February.

What I'm saying is, this arrangement is made and agreed to by both parties ahead of time. Yes you were very kind to them during their relocation.

Our family has done the same on many occasions for our military friends and other family members.

It's what friends and families do.

Conversely, if it's agreed that it's a loan, then in my opinion you must do the right thing and repay the money. \$800 is a lot of money in this day and time to loan anyone, and I don't think it's right for you to just blow them off and say "oh well ... whatever, but oh by the way Ms. Vicki I don't want them to contact my husband's Commander".

From a commanders standpoint, I hope you can resolve this without a commanders involvement. I know he/she is carrying a tremendous load and many stressors without having to get involved in loan repayments. Listen to me, you will soon learn that true friends are invaluable.

No matter what, you and your husband should rectify this situation and repay the loan, but you should greatly do so and in a hurry if you considered this couple to be your friends. I know many, many people. I respect and admire many of them. However, only a few of them are a true friend.

Write me back and let me know when you've resolved this situation. I wish you and your family the best.

**Response to previous columns:
Ms. Vicki,**

*I'm a soldier here at Ft. Campbell. I read your articles all the time it's ridiculous some of these women. Most of the stories are crazy, the women are just plain dumb. They know damn well the men they're messing with aren't right. It takes me two seconds to read these stories and figure it out. It's truly comical that these women can be so naive. Well, I guess they'll keep emailing you and trying to figure out LoL. Thanks for listening.
- Finds it funny*

Heidelberg Middle School holds Reflections competition

By Dawn White
HMS PTSA PUBLICITY

Anticipation filled the air in Heidelberg Middle School's packed auditorium during the quarterly awards assembly. This assembly was not only about who made the honor roll.

Winners for the Parent Teacher Student Association Reflections program were also announced.

"We were listening, then all of the sudden they called my name," said sixth grader Megan Watt, recipient of an Award of Merit for Film Production. "I froze. It was a total surprise. So I got up, walked to the stage, and started to shake hands. Then one of the teachers told me 'Congratulations, your video went to [the European level], and you got an AAFES gift card; I was so happy, but mostly shocked."

The PTA Reflections Program enhances a quality arts education by providing an opportunity for students to explore their artistic talents and receive positive recognition for their efforts. For more than

40 years, it has challenged students to create art, inspired by a specific theme in six areas – dance choreography, film production, literature, musical composition, photography, and visual arts.

This year's program was organized by Janet Roos – a Mannheim elementary school teacher. The entries were judged by Holly Cook, Jon Renfrow, and Richard Widdop – teachers from Patrick Henry Elementary and Heidelberg High School. Roos was "very impressed by the students' talent. They clearly took the theme and gave it thought when preparing their entries. This sort of competition truly enables our students to be introspective and share their talents with everyone," she said.

Winning students each received a certificate and gift card from the HMS PTSA, and their submissions have been forwarded to the regional level. They are also invited to receive recognition at the annual European PTA conference held during May in Garmisch. Over the past several years, many HMS students have won top prizes at the European PTA level.

Reflections Winners

Literature

Award of Excellence: Shannon S. Lee 6th grade
Award of Excellence: Dallas J. Marshall 8th grade
Award of Merit: Kyler Koester 8th grade

Film Production

Award of Excellence: Justyna Hinz 6th grade
Award of Merit: Megan Watt 6th grade

Musical Composition

Award of Merit: Dhillon Tisdale 8th grade

Visual Arts

Award of Excellence: Justyna Hinz 6th grade
Award of Excellence: Marcella S. Jugueta 8th grade
Award of Excellence: Basia M. Anderson 8th grade
Award of Merit: Debbie S. Oak 8th grade

Photography

Award of Excellence: Britton Rott 6th grade
Award of Excellence: Ryann Woods 8th grade
Award of Excellence: Lisa Weeks 8th grade
Award of Merit: Michaela Steil 8th grade

GET OUT!

area events

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

February 26

Joan Baez – The popular American singer will perform at the Rosengarten in Mannheim 7:30-11 p.m. During her Germany tour, Joan Baez will present her newest Grammy-nominated LP "The Day after Tomorrow." www.joanbaez.com.

February 27

Castle Tour – This tour highlights the historical aspects of the city of Heidelberg and includes a tour of Germany's most romantic castle ruin, Schloss Heidelberg. A must see is one of the world's largest wine casks. If you have time, peek into the antique pharmacy and see how many "cures" you can recognize. The price includes castle entrance fees and transportation via Strassenbahn. Please bring Euros for meals and purchases. For our Heidelberg customers, you can meet the group at Bismarkplatz to enjoy the tour. <http://affiliates.usa.org/rheinneckar>.

Mosel Dinner and Wine Tasting – This popular tour starts in the picturesque village of Bernkastel-Kues. Here you'll discover medieval half-timbered houses surrounded by vineyards and dominated by the mighty 13th century castle Landshut. After our city orientation, you'll have time for shopping, exploring, and a light snack. You'll also visit a family-owned Weingut where you'll be served a traditional German meal and given a tour of the vineyards. <http://affiliates.usa.org/Kaiserslautern/>

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.

Spring Bazaar – Shop with over 100 vendors from around the world March 5-7. This giant bazaar will be held at the Rhine Ordnance Barracks Special Events Building, Bldg. 237. Food and beverages will be available. Kid friendly activities include a hippy-hop and petting zoo. Strollers welcome. DSN 493-4184, civ. 0631-3406-4184. www.mwgermany.com.

March 6

Outlet Shopping – Visit Mettlach for outlet shopping at Land's End, Villero and Boch,

Birkenstock, Tigma and many more. <http://affiliates.usa.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.usa.org/rheinneckar>.

Munich City Tour and Dachau Concentration Camp – Munich is Germany's third largest city and is the heart of German technology. Take a walking tour of the old-city and see the beautiful Residenz, Marienhof, Frauenkirche, Michaelskirche, Palace of Justice, the Viktualian Market, and more. Then you'll have free time to enjoy the city on your own. End the day with a more sobering visit to the first Nazi concentration camp in Dachau. This tour is not recommended for young children because of the graphic nature involved with the Dachau portion of the trip and because of the ambitious tour through Munich. Bring euro for meals, and wear comfortable shoes. Tour price includes transportation, Munich city tour, entrance to Dachau, and USO tour guide. <http://affiliates.usa.org/Kaiserslautern/>

Comedy Show – Looking for a good laugh at a comedy show? Comedian Mario Barth is coming to the SAP Arena in Mannheim. The show starts at 8 p.m. and tickets are available now at the SAP Arena. Also showing March 7.

March 9

Weinheim Orientation – Travel by streetcar for a day of shopping, sightseeing, and exploring in this romantic city. This nearby town has more than its share of interesting stories from the plague to banished queens. The Market Square is perfect for lunch at one of the many quaint cafes. Please don't forget Euros for meals and purchases. Please note: take the SR OEG Strassenbahn line to Käfertal Wald stop to get to the Mannheim USO. Cost is 10 Euro. <http://affiliates.usa.org/rheinneckar>.

March 13

Evelin's Wellness Paradise – Enjoy a day of relaxation and beauty treatments at Evelin's Wellness Spa. There will also be time for shopping and lunch. <http://affiliates.usa.org/rheinneckar>.

Paris Tour – Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its incredible museums, cafes, stores and specialty shops, excitement is around every corner. Experience the one and only Paris and make memories that will last a lifetime. This tour includes a two-hour sightseeing tour. You

will have plenty of free time for exploring on your own. <http://affiliates.usa.org/rheinneckar>.

Hidden Villages – This is a tour for those of you who have taken all of your visitors to the Heidelberg Castle. We'd like to show you some of lesser known sights, a pilgrimage church with a statue of a Black Madonna said to work miracles, 15th century frescoes in the oldest church in Heidelberg, the hidden castle there which was the site of a curse and another gruesome story - and this riddle is still unsolved. For the wine lovers, we will visit the co-op wine store, where you can get very good wines at very low prices. In March, this tour will also include a visit to the first fest in the area, the Mathaisemarket, with many rides for children. We'll use the OEG train #5 and the tour involves getting in and out of the streetcar. Strollers are not recommended for this tour. <http://affiliates.usa.org/rheinneckar>.

March 14

Luisenpark Orientation – Spend the day exploring Luisenpark. Tour leaves Mannheim USO at 10:25 a.m. and returns at 5 p.m. Cost is 5 Euro. Price does not include park entrance fee of 5 Euro for adults and 2.50 Euro for children. <http://affiliates.usa.org/rheinneckar>.

Harlem Globetrotters – The Harlem Globetrotters will perform in Karlsruhe 6-11 p.m. www.eventim.de/cgi-bin/tickets.html?affiliate=evg.

Leigh Jones Concert – Pop and R&B Singer, Leigh Jones, will perform a free concert at Kazabra Club in Kaiserslautern 5 p.m. 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.

Ongoing

Heidelberg's French Connection – Your passport to France in Heidelberg begins at Montpellier Haus, a cultural center supported by one of Heidelberg's sister cities, Montpellier, France. Located near Heidelberg's landmark Hotel Ritter, the center boasts a wine cellar and offers a variety of services, including a French conversation class, newspapers and Montpellier tourist information. The director, Soumia Baha can provide details on the French cultural events taking place around Heidelberg, such as the Bastille Day Ball, French Week, French Cinema and the Cercle de Rencontres, a casual discussion group that meets monthly. Montpellier Haus is located at 19 Kettengasse. Civ. 6221-162969. Information courtesy of Gayle S. Padgett, Stripes European Travel.

coming to THEATERS

SHUTTER ISLAND

(Leonardo DiCaprio, Mark Ruffalo) A U.S. marshal who along with his new partner travels to a Massachusetts island to investigate the disappearance of a patient from a hospital for the criminally insane. During their inquiry, the two encounter a web of deceit, experience a hurricane and become involved in a deadly inmate riot that leaves them trapped on the island. Rated R (disturbing violent content, some nudity and language) 138 minutes



IT'S COMPLICATED

(Meryl Streep, Steve Martin, Alec Baldwin) Jane is the mother of three grown kids, owns a thriving Santa Barbara bakery/restaurant and has – after a decade of divorce – an amicable relationship with her ex-husband, attorney Jake. But when Jane and Jake find themselves out of town for their son's college graduation, things start to get complicated. An innocent meal together turns into the unimaginable – an affair. Rated R (sexuality and some drug content) 117 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 25 - VALENTINE'S DAY (PG-13) 7 p.m.
Feb. 26 - IT'S COMPLICATED (R) 7 p.m.; SHUTTER ISLAND (R) 9 p.m.
Feb. 27 - THE PRINCESS AND THE FROG (G) 4 p.m.; IT'S COMPLICATED (R) 7 p.m.; SHUTTER ISLAND (R) 9 p.m.
Feb. 28 - IT'S COMPLICATED (R) 4 p.m.; SHUTTER ISLAND (R) 7 p.m.
March 1 - THE PRINCESS AND THE FROG (G) 7 p.m.
March 2 - SHUTTER ISLAND (R) 7 p.m.
March 3 - IT'S COMPLICATED (R) 7 p.m.
March 4 - SHUTTER ISLAND (R) 7 p.m.

Mannheim, Schuh

Feb. 25 - DEAR JOHN (PG-13) 7 p.m.
Feb. 26 - VALENTINE'S DAY (PG-13) 7 p.m.
Feb. 27 - INVICTUS (PG-13) 4 p.m.; EVERYBODY'S FINE (PG-13) 7 p.m.; IT'S COMPLICATED (R) 9 p.m.
Feb. 28 - VALENTINE'S DAY (PG-13) 4 p.m.; INVICTUS (PG-13) 7 p.m.

Vogelweh, Galaxy

Feb. 26 - INVICTUS (PG-13) 7 p.m.
Feb. 27 and 28 - IT'S COMPLICATED (R) 3 p.m.; VALENTINE'S DAY (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Feb. 25 - THE PRINCESS AND THE FROG (G) 11:30 a.m., 3:30 p.m., 6:30 p.m.; BROTHERS (R) – 11 a.m., 2 p.m., 6 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 12 p.m., 3:30 p.m., 6 p.m.
Feb. 26 and 27 - SHUTTER ISLAND (R) 11 a.m., 3 p.m., 8 p.m.; INVICTUS (PG-13) 11 a.m., 3:30 p.m., 8:30 p.m.; IT'S COMPLICATED (R) 12 p.m., 4 p.m., 7 p.m., 9:30 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 12:30 p.m., 4:30 p.m., 6:45 p.m.
Feb. 28 and March 1 - SHUTTER ISLAND (R) 11 a.m., 3 p.m.; IT'S COMPLICATED (R) 12 p.m., 4 p.m., 6:45 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 11:30 a.m., 3:30 p.m., 7 p.m.
March 2 - SHUTTER ISLAND (R) 11 a.m., 3 p.m.; IT'S COMPLICATED (R) 12 p.m., 4 p.m., 6:45 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 11:30 a.m., 3:30 p.m., 7 p.m.
March 3 - SHUTTER ISLAND (R) 11 a.m., 3 p.m.; INVICTUS (PG-13) 12 p.m., 4 p.m., 6:45 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 11:30 a.m., 3:30 p.m., 7 p.m.
March 4 - INVICTUS (PG-13) 12 p.m., 4 p.m., 6:45 p.m.; IT'S COMPLICATED (R) 11 a.m., 2 p.m., 6 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 12 p.m., 3:30 p.m., 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550
Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

New Army in Europe Web-site

The Army in Europe Electronic Library and the Army in Europe Publishing System will merge to form a new and improved Web-site – The Army in Europe Library & Publishing System March 1. This Web-site is the official electronic library and ordering system for publications and forms. It provides online policy and information for Army in Europe Soldiers and family members, Department of the Army and local national employees, contractors, publications managers, action officers, and executive officers throughout Europe, Africa, and Southwest Asia. For customer questions or comments, contact the Army in Europe Publications Control Officer at customer.service.aepubs@eur.army.mil.

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.

Voting in Texas State Primary

Texas will hold its State primary election on March 2. If you requested your ballot and have not received it, you can submit a Federal Write-In Absentee Ballot. If you are eligible to vote in this election and you requested and received a ballot for the 2008 presidential election, you should have received an absentee ballot now, unless your mailing address has changed. You may download a FWAB at www.FVAR.gov.

Free Summer Camp

Operation Purple is offering a free week of fun for military kids whose parents are, have been or will be deployed. Visit www.operationpurple.org for dates, locations and registration information.

KAP Fraternity, Inc. Scholarships

The Germany Alumni Chapter of Kappa Alpha Psi Fraternity, 2010 Scholarships for graduating DoDDS seniors are being accepted. Applications for the \$1000 and above scholarships must be submitted online March 19. Visit <http://KAPSI-Germany.com> <<http://kapsigermany.com>> for complete details.

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.

Mannheim Elementary School

MES seeks substitute teachers and teacher/classroom aides. DSN 380-4705, civ. 0621-730-4705, joanne.griffin@eu.dodea.edu.

ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor in Mannheim. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

KAISERSLAUTERN Education

• **Pre-separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. March 2 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. This briefing informs Soldiers about the process required to separate from the Army. To register, call DSN 483-7071, civ. 0631-411-7071.
• **CSB Briefing** – The Kaiserslautern Transition Center will host a briefing on Career Status Bonus March 17 Bldg. 3245, Kleber Kaserne. 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 or civ. 0631-411-7071.
• **Civilian Training** – The Civilian Human Resources Agency European Region has a new National Security Personnel System transition-out page available at <http://cpolhrp.belvoir.army.mil/eur/transout/index.htm>. This Web site has a link to the Government Service 101 Training course. The direct link is www.cpmos.osd.mil/nsps/gst01/index.htm. The training is for all employees with questions about the GS system. This course provides a training certificate employees can send to hrl.ed@eur.army.mil to get the training credited to their personnel records.

• **German Baking Class** – Learn how to make German baked goods. 9 a.m.-noon March 2, at the Vogelweh Chapel kitchen. During a three-hour session, learn how to prepare, bake, and enjoy a variety of German baked goods. Usually three per class. Please bring enough small containers, one for each dish, to eat out of and to take home any leftovers, a fork, a coffee cup, and your appetite. The USO will supply all the ingredients. Cost is \$20. <http://affiliates.uso.org/Kaiserslautern/>

Community

• **Community Information Forum** – Army Community Service Information and Referral Program is hosting a Community Information Forum, 1 p.m., March 3 at Armstrong's Community Club, Vogelweh Housing. The monthly forum 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.
• **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 and small projects for 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. pejchowski@juna.com

• **CYS Survey** – Complete the CYS services parent survey online before March 31 and receive a one time 5% discount on your CYS Service Fee. Valid on one child only. Contact the CYS Services office DSN 493-4516 or civ. 0631-3406-4516. www.mwrgermany.com.

• **POV Storage** – The U.S. Army Garrison Kaiserslautern's Directorate of Logistics reminds Soldiers that its privately-owned vehicle storage unit closes permanently in December. For more information on how to store POVs during deployments, rear detachment units can call the garrison's transportation officer at DSN 483-8259 or civ. 0631-411-8259.

HEIDELBERG Education

• **Diabetes class** – The Heidelberg Health Center is starting a Diabetes Education program for diabetics, family members and friends of diabetics and those interested in learning more about diabetes. The class will be 9-11 a.m., March 4 in the Wellness Center on Nachrichten Kaserne. The class will be offered the first Thursday of each month thereafter. For more information, call DSN 371-3130, civ. 06221-17-3130.
• **German language class** – German language daytime and evening classes being offered at Patton Education Center starting March 22. The cost is 80€ for level 1 and 100€ for levels 2, 3 & 4 for 38 contact hours over 8 weeks. On Mondays and Wednesdays German 1 7:30 -9:15 p.m. and German 3 5:45-7:30 p.m. On Tuesdays and Thursdays German 1 and German 2 5:45-7:30 p.m. and German 4 7:30-9:15 p.m. A German 1 daytime class is scheduled for April 12 – 30 9:00-11:30 a.m. Classes held everyday but Wednesday. Register by e-mail at info@Germanatpatton.com or contact DSN 373-6226, civ. 06221-17-6226.

• **Shuttle Bus** – Beginning March 7, the community shuttle bus will no longer run on Sundays due to low ridership. Other transportation options are the German rail and bus transit system or Taxi Zentral. The German taxi cabs are an AAFFES concessionaire and are available 24 hours a day, seven days a week. Drivers are authorized to go on and off all Heidelberg military bases with the exception of Campbell Barracks. Contact civ. 06221-302030 for Taxi Zentral.
• **BOSS paintball challenge** – BOSS will host a paintball challenge at the Heidelberg Rod and Gun Club 1:30-4:30 p.m. May 8, 22; June 12; July 10; Aug. 14; Sept. 11. \$20 fee includes gun rental, field costs and

500 paint balls. More ammo can be purchased. Contact your unit BOSS rep. www.mwrgermany.com.

Heidelberg International

• **Wandering Club** – Join the HIWC at the following volkshochschulen: Feb. 27-28: Rothenburg o.d. Tauber and Wiesental. March 6-7 Muehlhausen and Wolfstein. Overnight trip to Munich Mar. 13-14. Trips to Spremlingen and Ruedesheim in April and Kufstein (Austria) in May. www.hiwc.de or e-mail at hiwc@yahoo.com.

• **Anthony's Pizza** – The Patrick Henry Village Anthony's Pizza is now 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.

• **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.
• **Black History Month** – MLK council number four will also sponsor a program 6 p.m. Feb. 27 at the Patrick Henry Village Pavilion. Guest speaker is Lt. Col Anita Greenlee. Free soul food buffet.

• **Ski Club Karaoke** – Celebrate your favorite rock decade 7 p.m. March 3 at the Hotel Zagreb in Schwetzingen. Dress in the style of your favorite music era and rock the night away with a Karaoke competition.
• **Image Makers exhibition** – An exhibit of photographs taken by middle and high school youth will be on display 5-7 p.m., March 4, Panther's Place, Patrick Henry Village. Admission is free. www.mwrgermany.com

• **Blood Drive** – Heidelberg MED-DAC is sponsoring a blood drive 10 a.m.-2 p.m. March 5 in the Campbell Barracks Casablanca Room. DSN 371-2743.
• **Membership Drive** – There will be a membership drive and tee-off social, Wednesday, March 10, at 6 p.m. at the Heidelberg U.S. Golf Club in Oetersheim. All female golfers, at least 18 years old, with or without a handicap, are invited to join the Heidelberg Women's Golf Association for the 2010 golf season. Join during the membership drive and receive a special gift. A light dinner will be served to our members. Contact: HWGA2009@hotmail.com.

• **St. Patrick's Day dance** – Heidelberg Middle School multi-purpose Room 7-9 p.m., March 19. Snacks and drinks will be on sale and there will be free face painting. Tickets are \$3 in advance, and \$4 at the door. DSN 388-9003. www.mwrgermany.com.

[mwrgermany.com](http://www.mwrgermany.com).

• **AFAP conference** – Heidelberg's AFAP conference is scheduled for March 30-April 1. Issues are now being collected and can be submitted online at www.mwrgermany.com/HD/acs/afap.htm. Contact ACS for more information at DSN 370-6883, civ. 06221-57-6975.

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

• **BOSS volunteers** – Volunteer opportunities are available through the BOSS program. 9 a.m. - 2:30 p.m. Patrick Henry Village Elementary school April. 28, May 26, June 9, Sept. 8, 22; Oct. 13, 27; Nov. 10, and Dec. 8. www.mwrgermany.com.

MANNHEIM Community

• **Cooking Class** – Cooking classes are offered at the USO every Saturday at 1 p.m. Learn how to make your own dish and bring home what you created. Classes are \$25 a month. Sign-up at the USO.

• **Dance Class** – African and Latin dance class for beginners and all ages. The instructor will be teaching different styles of Afro and Latin dance. The class includes a warm up, introduction to step, practice using step, freestyle, and concludes in a group routine. Sign-up at the USO.

• **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 date and location: 10 a.m.-4 p.m. Feb. 27 at the PX.

• **Civilian Fitness** – A civilian fitness program for DA civilians and local national employees, is scheduled for 10 a.m.-1 p.m. March 4 at Sullivan Barracks gym. Call DSN 385-3149 to schedule your assessment. For details DSN 385-3164 or visit www.chppmeur.healthcare.hqsuseur.army.mil/sites/dhwp/civfit.aspx or contact your Health Promotion Officer.

• **Pancake Breakfast** – Enjoy a free pancake breakfast at the USO ballroom, 7-9 a.m. March 10.

• **College scholarships** – The Mannheim Community Club is offering merit based scholarships to college bound high school seniors and to undergraduate students already enrolled and continuing their education. Students must have USAAG Mannheim command sponsorship and be an ID card holder. Students can apply at the Mannheim high school counselor's office, the education center, the thrift shop and Army Community Service. The deadline is March 15.

Heidelberg Select soccer teams bring home first place, all tournament players

Staff Report

Twelve Heidelberg Select soccer teams participated in the US Youth Soccer Europe Michael Brendel Tournament held at the Schiller School in Kaiserslautern, Feb 13 and 14.

The Michael Brendel Tournament is an indoor tournament in which 48 teams representing districts from across Europe came to play.

Participants came from as far away as Italy.

"The competition is very good and the rivalry amongst the districts adds to the intensity of the event," said Paul Guelle, Heidelberg Select president.

Heidelberg's U15 boys Team 1 placed first in their age group. U15 boys' teams 2, 3 and 4 placed 5th, 7th and 10th, respectively.

Other winners from Heidelberg were: U11 co-ed, 6th and 8th; U13 girls, 2nd; High School girls, 3rd; and High School boys, 2nd and 4th.

Several all-tournament players were selected from the Heidelberg teams. All tournament players include: U11 co-ed - Nicholas Russey; U13 girls - Leslie Frye, Danielle Griffin; U15 boys - Yannick Ford, Andrew Guelle, Rene Johnson, Daniel White; High School girls - Amanda Balough; High School Boys - Zach Harrington, Vinnie Harrington

"Our teams showed up ready to play," Guelle said. "And that showed in our wins and the number of players named to all-tournament teams."

Several Heidelberg players participated on teams that were short players in order to allow every district team the opportunity to play.

"Our USYS soccer program is strong and growing," Guelle said. "We're continuing to explore better ways to provide a challenging and quality soccer enrichment program for the Heidelberg and Mannheim players."

For more information visit the USYS Europe Web-site at www.usyouthsoccereurope-odp.com.

Lions win final games of the season



Wray Holan

Heidelberg Lions player, Stirling Thomas, gets some air during the final game of the season against Ansbach Feb. 20. The Lions defeated Ansbach 90-37.



Wray Holan

Heidelberg Lady Lions player, Tori Boehm, takes a shot during the final game of the season against Ansbach Feb. 19. The Lady Lions came out on top 36-30.

staying ACTIVE

Basketball Tryouts

Competitive Athletics Sports Europe will hold tryouts for their 2010 Amateur Athletic Union (AAU) boys and girls basketball teams.

Feb. 28 - Heidelberg (boys at Patton and girls at Tompkins.

March 6 - Heidelberg (boys/girls at Patton)

March 7 - Kaiserslautern (boys/girls at Miesau)

March 21 - Stuttgart (boys at Panzer/girls at Kelly)

The CASE teams will fly to Disney World in July to participate in the AAU National Championships. Civ. 0171-488-1171 or visit www.eteamz.com/competitiveathleticsports-europe/

Bowling Tournaments

Heidelberg Sergeants Major Association hosts a bowling tournament March 27. at the Heidelberg Bowling Center at Patrick Henry Village. The \$20 per person entry fee includes three games of bowling, shoe rental and a pizza lunch. All proceeds go to the Mannheim Children's Hospital. Registration continues until all 26 team slots are full. Visit <http://sites.google.com/site/hsmgermany/news> for more info and the registration form or contact DSN 379-9435, bruce.mersereau@us.army.mil; or DSN 370-8472, john.houck@us.army.mil.

BOSS hosts a bowling tournament at the PHV Bowling and Entertainment Center 12-3:30 p.m. April 17. Cost is \$20 per person, 4 person teams, limited to 26 teams. Price includes three games, shoes and pizza lunch. Prizes for 1st, 2nd and 3rd place. Contact your unit BOSS rep. or DSN 373-5275. www.mwrgermany.com.

Spring Sports Registration

Heidelberg - Register through March 12 for: track and field, soccer, baseball, JV softball, little league baseball and little league softball. To register, visit the Central Enrollment Office located on Patrick Henry Village, Bldg. 4443 or call DSN 388-8240, civ. 06221-338-9240.

Mannheim - Register through April 1 for: baseball, t-ball, softball and soccer. To register, visit the Youth Sports and Fitness office located on Benjamin Franklin Village, Bldg. 696. DSN 308-9290, civ. 0621-730-9208-9290.

Live Coverage

AFN will be airing the DoDDs 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 eight. For more information, call the fitness center at DSN 493-2241, civ. 0631-3406-2241, www.mwrgermany.com.

Free Aerobics Classes

Kaiserslautern's SKIES Unlimited 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.mwrgermany.com.