

HeraldPOST

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

Mannheim FMWR makes changes to benefit the community

By Jacqui Haggerty
MANNHEIM FMWR

Mannheim's Village Grille will be closed on Mondays, effective this month.

The decision was reached after the Family and Morale, Welfare and Recreation Directorate's management leadership team, in cooperation with garrison command staff, observed a steady decline in patronage within the military community.

"Mondays are our slowest day," said facility manager, Jason Harper, "and we aren't currently generating enough revenue to cover the labor costs associated with keeping the facility open."

However, we are thinking long term and will be using this day for workforce development – everything from customer service to annual food handler's and ServSafe training – plus incorporating several on-site development courses designed to not only increase customer satisfaction, but to create innovative family friendly activities and Espirit de Corps opportunities within our restaurant.

The Business Operations Division managers of Mannheim's FMWR made a collective New Year's resolution to make a difference in the community.

Each facility (bowling centers, lodging, clubs, snack bars, restaurant) has renewed its dedication to brainstorming ways in which the staff can contribute to the community in a meaningful and tangible way, through the expansion or additions of programming, partnering resources with other divisions or directorates, and the creative use of individual staff talents.

The Village Grille restaurant will be undergoing a major renovation project this year, to include redecorating the interior, expanding the current menu to see **CHANGES** page 11

Sneak peek



The muscle behind the magic

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

An army of children and adults fill the stage inside of Heidelberg's Roadside Theater, belting out song lyrics, and rehearsing lines of dialogue.

In the far corner of the theater sits Sandy Everett and her team of volunteers. The group is studying a stack of papers, "blueprints," containing notes on the 16 set changes needed to pull off their latest production, the musical "Oliver."

Everett is a technical theater specialist, and she works full-time for the Family and Morale, Welfare and Recreation's Roadside Theater on Patton Barracks. She and her team of stage crew volunteers are responsible for making the beloved stage play come to life for audiences in the Heidelberg community.

"I always read (the script) first to see what material you're working with," she said. "What requirements you're going to have and to kind of get a flavor for the show to see what direction you

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Sandy Everett, Technical Theater Specialist at the Roadside Theater, uses a screw driver to work on a prop for the theater's upcoming production of "Cats." (Photo by Dijon Rolle)

HP THURSDAY
Jan. 14, 2010

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PODCASTS EASE STRESS

Service members and their families can get help coping with post-deployment stress through a new series of podcasts profiling the personal stories of those who have lived it. To listen to "There and Back: Learning about Depression," go to www.afterdeployment.org/adpodcast/audio/LearnAboutDepression.mp3.

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

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COMMENTARY

National Blood Donor Month: The power of blood belongs to donors

By Julie Oliveri
ARMED FORCES BLOOD PROGRAM

National Blood Donor Month is here, and I wonder, what does the thought of blood conjure for you?

There are more references to blood throughout history and scattered throughout popular culture, than references to food or air: Blood libel, thicker than water, power in the blood, blood of the lamb, blood of our forefathers, blood brothers, blood feud, true blood, blue blood, and of course cold blooded. The list is endless.

Or maybe not as Google has "blood" down for 338 million hits with "food" at 774 million and "air" at 917 million. Nevertheless, the notion of blood is visceral and powerful, perhaps because it is also nearly interchangeable with the concept of life.

According to the Web site "How Stuff Works," blood is the most tested part of the body.

Doctors, therefore, see blood as a marvelous detective tool of sorts, but also as a kind of superhero when faced with a patient suffering blood loss.

As most people know, there is no substitute for blood, so transfusion science, or hematology, is utterly vital to any emergency medical set up. Once again, blood easily equates to life.

People who are so badly hurt or so ill that they need blood transfusions

"We know that our donors, along with all of those who would happily donate but cannot and so find other ways to support blood drives and get the word out, are very special people."

-Julie Oliveri, Armed Forces Blood Program

certainly see blood as life; and it's very simple to understand that their loved ones do as well.

It is also easy, then, to see why an entire month at the beginning of every year is set aside to honor and thank blood donors.

Musing on the part that blood — which makes up nearly 8 percent of a person's body weight — plays in our society, what with vampires running amuck and blood memorialized in song, story and rhyme, rounding up this elixir should be simple. But it's not, and there are many reasons.

To begin with, the collection process itself is regulated and painstakingly monitored to ensure the safety of both the donor and the recipient. Transfusion science has come a long way, and so whole blood, once collected, is manufactured into components to more efficiently use the product and treat the patient. This is referred to as component therapy. Therefore, from the arm of the donor to the arm of the patient, the collection, manufacturing and transfusion process is rigorous and tightly controlled and requires highly trained staff, specialized equipment and

proper lab conditions.

Without donors, this whole process would be fruitless. And donors, though in high demand, are not as plentiful as was once assumed.

A study that came out in 2007 from the University of Minnesota found that instead of the 60 percent of Americans that were previously thought to be eligible to donate, only 38 percent are, in fact, eligible blood donors.

Again, to ensure the safety of our nation's blood supply, the Food and Drug Administration, the governing body for blood and blood products in the U.S., have rules in place that determine donor eligibility or criteria.

As new blood borne pathogens or potential threats to the safety of the patient being transfused, are discovered, more safeguards are put in place continuing to decrease the donor pool.

Even so, of the percentage of Americans who are eligible, a little less than 10 percent give blood. And that means those who do give blood are responsible for savings the lives of thousands and thousands of people, mostly strangers.

This is why here at the Armed Services Blood Program we go all out during National Blood Donor Month to say thank you.

Many of our 22 blood donor centers at home and around the world hold special ceremonies throughout the month of January where plaques, military coins and certificates are awarded to those who make it part of their routine to give blood.

Military leaders attend these ceremonies to say thank you in person and we write stories, make videos, posters and T-shirts to honor our donors and to say thank you loud and long.

We know that our donors, along with all of those who would happily donate but cannot and so find other ways to support blood drives and get the word out, are very special people. We salute and honor you during National Blood Donor Month.

Like Atlas, you hold the world of blood supply on your shoulders. Come on Dracula, say it with us! Bless you and thank you.

The power of blood truly belongs to donors.

To find out more about the Armed Services Blood Program or to schedule your appointment to donate visit us online: www.militaryblood.dod.mil.

To talk to the ASBP or get up to the date news visit: www.facebook.com/militaryblood or www.twitter.com/militaryblood.



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

Be aware of robbers pretending to have a car breakdown in the Rhein-Neckar region.

A young woman drives on Wormser Street in Mannheim-Viernheim late in the evening. Suddenly, a man, who kneels in the middle of the road, appears in front of her lights. She cannot identify the situation — is the man tying his shoe or is he injured? In a knee-jerk reaction, the woman brakes and looks in her rearview mirror. As two dark men

appear in the back of her car, she accelerates and passes by the kneeling man on the street.

Situations like this have happened frequently in the Rhein-Neckar region during the last few weeks. Other drivers, who stopped to help the kneeling man, were mugged by his accomplices. The German police warn drivers of the new trick, which has occurred more often than usual recently.

-BWnow administrator

A laptop computer containing names and personally identifiable information for slightly more than 42,000 Fort Belvoir, Va., Morale, Welfare and Recreation patrons was stolen. If you have used a Fort Belvoir MWR facility since 2005 but have not received official notification from FMWRG, call 1-866-276-9697 from 7:30 a.m.-5 p.m. (EST).

-BWnow administrator



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Observing tax relief rules helps buyers avoid potential problems

IMCOM- Europe Public Affairs

Thinking of using a value added tax relief form to buy a house or maybe to buy your host nation landlord a nice gift? Wrong. VAT relief doesn't do that.

There are rules and regulations that govern how VAT relief can be used, and according to Rafael Wunsch, program manager and business consultant for Installation Management Command-Europe Region, individuals need to be aware of how to use VAT forms to avoid negative repercussions.

Wunsch explained that before a person attempts to use a VAT relief form, it is important the individual understands that tax relief from host nation value added tax for personal purchases is not an entitlement of U.S. Forces members stationed in Europe – it's a privilege granted by the host nation.

"VAT relief is intended to provide individual tax relief for personal purchases for authorized personnel. It is not intended to help you purchase real estate or help you avoid paying taxes on gifts for non-authorized personnel," Wunsch said. "It's important we use the tax forms as intended to avoid repercussions caused by misuse, such as loss of individual privileges."

For that reason, he said, it is important to know and to follow tax relief rules. Tax relief forms are not discount coupons, but they are important host nation tax documents, similar to a U.S. 1040 tax form.

Not following the rules will eventually have consequences, Wunsch noted.

In addition to loss of tax relief privileges, Wunsch explained that host nation fiscal authorities could file charges against individuals for tax evasion. Also, individuals could be required to pay unpaid taxes

plus potential fines.

"General tax relief rules are fairly easy to understand and to follow," Wunsch said. "A couple key guidelines include not buying things for ineligible persons and not buying things for business purposes or resale."

He explained that, generally, items should be for individual use or for authorized personnel. Official guidelines are contained in Army in Europe Regulation 215-6. People may also seek information at local garrison VAT offices or from program management.

The most common issues individuals encounter, according to Wunsch, are:

- Splitting an over €2500 purchase across multiple VAT forms instead of using the special and required over €2500 VAT form (NF-2) process.
- Conducting unauthorized repairs or replacements related to real estate (replacement of heating systems, windows, doors, driveways, roofs, pipes, wiring, etc).
- Using VAT forms for telecommunication expenses (cellular, Internet, etc) or utilities.
- Using a VAT form to buy a vehicle and then registering it in the German system.
- Using VAT forms to make purchases for unauthorized personnel (e.g. German friends).
- Following incorrect guidelines provided by vendors.
- Placing an order with a vendor first and then coming to the VAT office for relief (you must have the VAT form with you when placing the order or making the buy).

The solution to any potential conflict is to talk with the VAT office or program management prior

to the purchase to ensure you use your VAT form correctly, Wunsch said, because forms are tracked and purchases are monitored.

"Keep in mind that host nation rules require us to manage all VAT forms within a central database. This database is designed to identify unusual buying behaviors and red-flag certain transactions for closer scrutiny," Wunsch said. "In addition, program management and U.S. Forces customs personnel screen and spot-check transactions to monitor for abuse of the system. Suspected violations are reported to the appropriate law enforcement agency for follow-up."

There are some administrative requirements for VAT form users.

Individuals must turn in properly filled out white copies of VAT forms in a reasonable time after the purchase, Wunsch said.

Also, individuals must turn in all VAT forms – used and unused – upon departure from Germany.

"Keep in mind that shoppers can use German VAT forms only with companies that report earnings in Germany," said Wunsch, who added that vendors are not required to accept VAT forms.

"Ask the vendor before making a purchase or placing the order if VAT forms are accepted," he said. "Also, be aware that in case German fiscal authorities deny a tax relief transaction, you are responsible to pay the taxes (can be a few years after the transaction). That will for example occur if the receipt/purchase date falls outside the 'valid from' and the 'valid until' dates in field 3 of the VAT form."

Wunsch noted that Tax-Relief handouts with more information in English and German are available at VAT offices.

Tax Centers Opening Soon

The tax centers in Kaiserslautern, Landstuhl, Mannheim and Heidelberg will soon open to handle 2009 tax returns. The centers, except for Heidelberg, will be offering a new drop-off service in addition to appointments and walk-in services. With the drop off service, customers will be able to make appointments to drop off their W-2s and any other documents with the preparers, who will spend 10 minutes with the customer going over everything and discussing any additional information. The preparers will then call the customers to let them know when the tax returns can be picked up. The turn around time will generally be a couple of days.

Heidelberg Tax Assistance Center

The Heidelberg tax center is scheduled to open Jan. 27. It is located at the Community Support Center in Bldg. 3860. Appointments are available 10 a.m.-4 p.m. Monday, Wednesday and Friday and 10 a.m.-6 p.m. Tuesday. Walk-ins will be taken 10 a.m.-6:30 p.m. Thursday. DSN 370-7510, civ. 062221-57-7510.

Kaiserslautern Tax Assistance Center

The tax center on Kleber Kaserne is scheduled to open Jan. 25. Opening hours are 9 a.m.-5 p.m. Mondays through Fridays. Lunch hour appointments are available. The center is located in Bldg. 3210, room 101 across from the shopette. DSN 483-7688, civ. 0631-411-7688.

Landstuhl Tax Assistance Center

The Landstuhl tax center is scheduled to open Jan. 25. Opening hours are 9 a.m.-5 p.m. Mondays through Fridays. Appointments and walk in services are available in addition to the drop off service. The tax center is located on the ground floor of Bldg. 3701, co-located with the education center. DSN 486-6334, civ. 06371-86-6334.

Mannheim Tax Assistance Center

The Mannheim tax center is located on Taylor Barracks across from the Auto Car Care Center in Bldg. 343. Please call the Mannheim tax center for more information and for hours of operation. DSN 381-7978, civ. 0621-730-7978.

AAFES fuel prices offers great value

By Lt. Col. Wayne Marotto
AAFES EUROPE PUBLIC AFFAIRS

Let's face it, no one likes the price of gasoline at the pump. But did you ever wonder how AAFES-Europe calculates gas prices at its 22 direct-operated gas stations in Germany? Or why gas is more expensive in Europe than the U.S.?

"Gas prices seem to be a little higher than average in Germany, but it is a lot better than paying for gas off post," said Steve Williams, of Manchester, Tenn., as he filled his car at the Mainz-Kastel AAFES gas station. "It (AAFES gas) is definitely a good value compared to the economy."

AAFES overseas fuel prices, as approved by its military board of directors, are based on the U.S. Department of Energy's weekly average for each grade of gasoline in the continental U.S. plus the unique incremental costs incurred in each overseas market.

AAFES provides gasoline to authorized personnel in Germany per Army Europe Regulation 600-17.

Customers use the Fuel Ra-

tion Card program and are allotted liters of fuel based on the weight and horse power of the vehicle.

Without the Fuel Ration Card Program, authorized personnel assigned to Germany could be subject to fuel prices, found on the local economy, which can easily be more than 100 percent those at AAFES pumps.

"I believe AAFES offers a better deal on fuel prices compared to German prices," said 1st Lt. Pascale McGraw, of Brooklyn, N.Y., and a member of, 5th Signal Command at Wiesbaden Army Airfield.

While AAFES Overseas DoE fuel prices include unique incremental costs associated with providing fuel to authorized drivers, the Fuel Ration Card Program and market-based pricing provide tremendous value.

These bona fide costs vary by country. For example, costs related to the Fuel Ration Card/Gas Management program, as well as labor costs, depreciation and other miscellaneous expenses account for 30 cents per gallon of fuel dispensed in Germany.

AAFES discontinued using the paper fuel coupon ration book and vehicle registration form in December 2008 at the behest of the German government.

The start-up cost to transfer to a fuel card program, at the behest of the German government, is factored into each liter of fuel dispensed. This transition to the plastic debit card required the procurement of computer programs, main frames, Verifones, printers and CPUs for each gas station.

AAFES also created a Web-based online service program for each customer to log on and check their ration amount.

The process to have all AAFES gas stations computers and all Esso gas station computers to connect with AAFES headquarters in Dallas took approximately a year and a half to implement.

"It was a big project," said Robert Konik, AAFES Europe information technology.

"I like that I don't have to pay for gas off post and pay German prices," said Williams as he closed his car door and drove off.

Kaiserslautern Quarterly Awards Ceremony

Employee of the Quarter

Beatriz Torres – 2nd quarter
Scott Livingston – 3rd quarter
Roland Weiss – 4th quarter

Certificate of Merit for Safety

Lynn Rice
Donald Doran
Jessica Uecker
Billie Burgard
Norman Parzych

50 years

Robert Campbell

45 years

James Johnson
Ursula Noetscher
Norbert Kurz

35 years

Rainer Gross
Irma Maria Haase
Juergen Horlemann

30 years

Petra Kluge
Klaus Exner
Gerhard Schmidt
Hans-Juergen Noe
Ulrike Martin
Hartmut Willerich
Wade Keller
Burkhard Beaver

25 years

Antonie Blank
Teresita Rivera
Siegbert Loesch
Silke Martin
Parnell Campbell
Audrey Harder
Carla Mitchell
Karen Doran

Charles Evans Jr.

Andreas Goerbing

Charles Porter

William Holz

Karin Stewart

Abdul Razeq Torakai

20 years

Moeteber Allahverdi

Ulrich Kratz

15 years

Floyd Chandler

Shawn Friend-Begin

Monika Gorczynski-Spanier

Kurt Dengler

Jennifer Berchtold

Adrienne Williams

10 years

Marion Bortz

Judd McMillan

Peggy Hawkins

Deborah Malatins-Dennehy

Anna Tissen

Nemezia Torres

Melissa Hastings

Judith Heidenreich

Joseph Coppel

Eryka Wade

Five years

John Preston Ford

Bettina Dieguez

Sarah Lloyd

Mishaal Biedermann

Chiquita Trenisa

Jamison

Robert Duncan

Vicki Brown

Ramsey Farrell

Tiffany Kemp

James Otto

Victoria Gurule

Alexander Lisicy

Dirk Mueller



ARMY FAMILY COVENANT: KEEPING THE PROMISE
ARMYOneSource.com

Global Assessment Tool helps Soldiers identify personal strengths, weaknesses

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

As the new year starts, many U.S. Army Europe Soldiers are spending more time in the gym to improve their physical health.

They will also need to spend some time on their computers to improve their mental and emotional health.

USAREUR Soldiers are required to complete the online Global Assessment Tool, one component of the Army's Comprehensive Soldier Fitness program that was established in October 2008 as a proactive way to help Soldiers deal with the stress of military service in an era of persistent conflict.

The GAT, an online survey developed by subject matter experts from U.S. military and civilian universities, contains a series of questions focusing on the four dimensions of emotional, spiritual, social and family fitness.

The GAT was adapted from a civilian program designed for teachers that was reworked to meet the experiences and needs of the military

community. It is not a diagnostic tool, but rather a way for a person to visualize performance growth based on changes in training, experience and maturity, according to CSF program officials.

The GAT provides immediate results that allow Soldiers to identify their own personal strengths and weaknesses.

The individual's results are linked to Comprehensive Resilience Modules that provide tools to help that individual enhance his or her resilience skills in each of the four dimensions.

"The GAT is very important as a first step in the CSF program," said Jessie Massey, USAREUR deputy chief of medical operations and CSF coordinator. "It gives Soldiers self-awareness as to their mental and emotional health, and offers ways to strengthen or improve areas. Soldiers will take the GAT again after a period of time so, they can gauge their mental and emotional health fitness and continue training to improve their resilience."

Currently, only Soldiers are re-

quired to take the GAT, but soon family members will have the opportunity to take it, as well as Army civilian employees, according to program officials.

"Teaching Soldiers and civilian employees is critical, but the family members represent the third leg of this strategic triangle," Massey said. "Any program that does not include them misses the mark by a wide margin."

Massey said the GAT is individualized and confidential. "The only information that commanders can see is whether or not the Soldier took the GAT. No one else can access anyone else's results," he said. "The GAT is designed purely for the individual's benefit. The whole premise behind CSF is to strengthen each individual Soldier, thereby making the entire force stronger."

Soldiers can take the Global Assessment Tool at: www.sft.army.mil. (AKO login required)

For more information on the Comprehensive Soldier Fitness program, visit the Web site at www.army.mil/csff/index.html.

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<http://myBWnow.ning.com>

VTC brings deployed V Corps Soldiers face-to-face with families

By Chief Petty Officer Craig P. Strawser
ISAF JOINT COMMAND PUBLIC AFFAIRS

KABUL, Afghanistan – Being away from loved ones during the holidays can be tough for Soldiers deployed to a combat zone, but the senior enlisted leadership of V Corps, working with their family readiness group in Heidelberg, found a way to make that time apart a little easier to handle.

“The (commander and executive officer of the corps’ Special Troops Battalion) put a lot of emphasis on taking care of our troops,” said Sgt. Maj. Wardell Jefferson. “Sometimes when you’re in a deployed environment the phones don’t always work well and Internet access may be very limited, so you can go a while without talking to your family.”

Jefferson and the STB command team – commander Lt. Col. Matthew Rasmussen, Executive Officer Lt. Col. Brian Seay and Command Sgt. Maj. Terry Abel – get together weekly via video teleconference, or VTC, to discuss command operations and activities.

From those weekly meetings sprang an idea for putting together a Christmas VTC to let deployed corps troops see and hear their families in Germany during the holidays.

The staff coordinated with the FRG to arrange a schedule that allowed family members to sit in front of a huge screen in the unit’s facilities in Heidelberg and talk live, one on one, with their Soldiers deployed to the International Security Assistance Force Joint Command here. Twenty V Corps Soldiers and their families participated in the Christmas VTC. One family even brought their dog along.

One of those 20 was Sgt. 1st Class James Irwin, who said he was very happy to have an opportunity to see and talk to his wife, Penny, and their 4-year-old son, Jacob.

“This was awesome,” Irwin said. “I haven’t been able to actually see my wife and son and talk to them face-to-face since October.”

For Jefferson, who has two children, getting kids involved was one of the best parts about conducting the VTC.



U.S. Navy Chief Petty Officer Craig P. Strawser

V Corps’ Sgt. 1st Class James Irwin, currently deployed in Afghanistan, talks with his 4-year-old son, Jacob, and his wife, Penny, in Heidelberg, Germany, via a Christmas video teleconference arranged by corps leadership and the corps Special Troops Battalion Family Readiness Group.

“I think it’s especially important that the families with younger children are able to have the face to face conversations – actually seeing mom or dad – that you get with a VTC,” he said.

The Irwin family has been stationed in Germany since March, and although this isn’t the first time they have been away from each other for a deployment, it is the first time they haven’t been together for Christmas.

“The holidays are a hard time to be away from family, but I want to make sure our senior leadership knows how much we appreciate their efforts to take care of us and our families; and I know the families appreciate it as well,” Irwin said.

The sergeant said he was also grateful for the work the FRG put in to make the event happen.

“They worked a lot of the coordination issues back home, helping us find a time that would fit in with my wife’s work schedule and my son’s preschool time,” Irwin said.

Rasmussen was quick to point out the important role the FRG played in making this program work as well.

“I couldn’t be happier with the support from V Corps, (U.S. Army Europe), and the FRG team for their support and leadership in making this program available to our Soldiers during the holi-

days.”

“It’s important that spouses who have been around the military for a while take the time to help support the newer military families,” Jefferson said. “Their experience in dealing with the time apart, coping with changing schedules, and finding hobbies or things to do to stay busy, can be invaluable to a spouse who never had to handle those issues before.”

Rasmussen said the V Corps leadership is continually working to help corps Soldiers and improve conditions for them.

“In working with Sgt. Maj. Jefferson and 1st Sgt. Stephanie Smith, we are daily focusing on quality of life for the Soldiers here,” he said. “They have worked extremely hard, standing (the ISAF Joint Command) headquarters up from nothing, and building and maintaining the support for their families is vital to their ability to be so productive. Having the FRG back there gives our families the confidence that there is a support system in place and ready to assist if needed, and that helps our Soldiers out as well.”

V Corps officials said they are looking for more VTC opportunities in the future to keep corps Soldiers connected with their families.

Service member voting laws reflect changes

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

WASHINGTON – Laws have changed and service members who want to vote need to be aware of these changes, the director of the Federal Voting Assistance Program said.

Generally, military personnel who want to vote are a higher percentage than that in the general population. Still, there can be roadblocks to exercising the franchise.

Overseas-deployed service members may find that “the absentee ballot doesn’t get to them on time, so they can vote it and send it back to the election official so it can be counted,” Bob Carey explained during an interview. In the general population about nine out of

every 10 absentee ballots are successfully cast, the director said.

“Only about six or seven out of every 10 military ballots are successfully returned,” he said.

The biggest problems, Carey said, involves the nature of overseas duty and delays in the military postal system.

Carey’s organization is working to expedite the voting process for military members.

On the postal side, officials are looking at ensuring that all military ballots take seven days or less in transit. Imagine an express-mail service for military voters, Carey said.

The power of the Internet also is being harnessed. Military voters can go to www.fvap.gov for almost one-stop shopping. A service member can go

online and find the necessary voting forms and fill them out right there.

“Down the line we will also have an online ballot system where they can receive the ballot online, fill it out online and chose their candidates online,” Carey said. “They will still have to print it out and sign it, but it would end the wait of getting the ballots.”

Deployed service members – at combat outposts and aboard ships – are the most affected by voting issues. Many military voters also are younger and aren’t aware of the processes behind voting, Carey noted.

“We’re trying to make it easy,” he said, “so they don’t have to know chapter and verse of election law in order to participate in the process.”

One of the bigger changes in the pro-

cess is that military voters must send in a federal postcard application – again available at www.fvap.gov – as soon as possible.

“The law has changed, and even if they have been getting their absentee ballot automatically, they have to register each and every year,” Carey pointed out.

Service members also must submit a postcard application each time they move, each time they deploy and each time they redeploy.

“We’re encouraging everyone by Jan. 15 to send in a new federal postcard application,” Carey said.

Local election officials, he said, are more than happy to deliver balloting materials, but they have to know where to send them.

From the COURTROOM

Heidelberg
Spc. James Fletcher II was convicted by a military judge at a special court-martial Dec. 21 of one specification of violating Article 92, Uniform Code of Military Justice, failure to obtain an approved leave or pass; two specifications of violating Article 112a, wrongful use on divers occasions of controlled substances; and one specification of violating Article 112a, wrongful introduction of controlled substances onto a military installation. Fletcher was sentenced to be reduced to the grade of E-1, to forfeit \$800 for one month and to be confined for 30 days.

Spc. Steven Newton was convicted by a military judge at a special court-martial Dec. 28 of one specification of violating Article 92, Uniform Code of Military Justice, failure to obtain an approved leave or pass; and four specifications of violating Article 112a, wrongful use on divers occasions of controlled substances, wrongful introduction of controlled substances onto a military installation, and wrongful distribution of controlled substances. Newton was sentenced to be reduced to the grade of E-1, to forfeit two thirds pay for three months, to be confined for three months and to be discharged from the United States Army with a bad conduct discharge.

Courts-Martial Results
 The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.

Mannheim to hold AFAP conference

Staff Report

Mannheim leaders and community members will join together Feb. 10-11 to discuss local issues and decide what can be done to improve the quality of life in the garrison.

The Army Family Action Plan conference is an annual event that allows the community to raise local issues to a higher level. To do this, input from Soldiers, civilian employees, retirees and family members is needed.

Issues can be submitted online at www.mwrgermany.com/ma/acs/afap.htm or at issue boxes located at high-traffic areas throughout the community.

"I encourage everyone who submits an issue, whether they are directly involved in the conference or not, to follow up with the results of the conference and find out if their issue was prioritized and what actions may be taken to address it," said Federica Lemauk, a Mannheim Army

spouse who has worked many years with AFAP, beginning as a delegate and then as a facilitator and trainer for conference volunteers. "This is how we find out that the process really works."

In addition to issues, volunteers are needed for the conference to run smoothly. Community members can sign up to be delegates, facilitators, recorders, transcribers or provide issue support.

"Volunteers learn that Army leadership truly listens and responds to concerns through the AFAP process and that we must continue to find ways to make the Army work better for its families," said Karen Bailey, Mannheim's AFAP program manager.

Before the conference even begins, Bailey said, there is much work to be done.

"Each issue is researched by a subject matter expert, and an information paper is written for each issue," she said. "The SME determines if the issue is cur-

rently being worked and gathers additional facts to provide to the delegates to aid in their decision making."

AFAP is a year-round Army program directed to improve the quality of life for all members of the military community. It is a process – a continuous cycle that first starts with issues generated at the installation level.

"AFAP issues provide a snapshot in time, pinpointing the well-being concerns of Soldiers and families and providing creative ideas that help the Army standard of living keep pace with changing times," Bailey said. "AFAP truly provides the 'voice' for the Army Family to elevate their concerns and remains the preeminent means for commanders, at all levels, to seek solutions to the concerns of their communities."

For more information about the Mannheim conference, call Army Community Service at DSN 385-3101, civ. 0621-730-3101.

D.A.R.E. program gives students tools to be drug free

By Christine June
 USAG KAISERSLAUTERN PUBLIC AFFAIRS

Sgt. Mark Arnett hates drugs, and he will do anything in his power as a U.S. Army Garrison Kaiserslautern's Drug Abuse Resistance Education instructor to stop alcohol, drugs and tobacco from ruining young people's lives.

His hatred goes way back.

"Back in high school, I had a lot of friends who did drugs, and I hated the drugs for harming them, being addictive and messing up their lives," said Arnett, who is teaching D.A.R.E. classes for the first time this year. "I am trying to get children to stay away from drugs because I have seen what drugs can do to young people in the prime of their growing up stages."

Founded in 1983 in Los Angeles, D.A.R.E. gives students the skills they need to resist peer pressure and to live productive drug- and violence-free lives.

Kaiserslautern's D.A.R.E. courses are held at Sembach, Vogelweh, Kaiserslautern and Landstuhl elementary schools. The program can be tailored for Kindergarten to high school grades, but Arnett said the garrison's primary focus this year is fifth graders.

"(Drug Abuse Resistance Education) teaches them how to make decisions, disagree without being disagreeable, and be forceful and determined in whatever they decide they want to do to get out of a situation," said Maxine Reid, a fifth-grade teacher at the Landstuhl Elementary and Middle School, who added that the garrison's D.A.R.E. course has been a part of her classes for three years. "It just gives them good life skills."

The 10-session course features situational lessons and contains topics dealing with drugs, tobacco, alcohol, friendship foundations, and peer and personal pressures.

These topics are taught through structured lessons and role-playing scenarios, Arnett said.



Sgt. Mark Arnett, U.S. Army Garrison Kaiserslautern's Drug Abuse Resistance Education instructor, teaches fifth graders during a garrison-sponsored D.A.R.E. class Jan. 7 at Landstuhl Elementary and Middle School on Landstuhl Regional Medical Center.

"If someone asks me to smoke a cigarette or drink alcohol with them, I can just say 'no' or walk away," said Christopher Craven, 10, a LEMS fifth grader, on what he has learned during D.A.R.E. classes this year. "If someone tries to peer-pressure me into smoking or drinking, I will just go tell my parents."

At the end of each class, students must reflect on what they learned that day by writing a paragraph in their D.A.R.E. planner or workbook.

"I let the students know that it is ultimately up to them to make the right decisions – to make the

healthy and wise choices," Arnett said.

Arnett will finish teaching D.A.R.E. Friday at the LEMS, and he plans to hold a graduation ceremony either in the last week in January or the first week in February. He said Vogelweh fifth graders will begin D.A.R.E. classes in March.

Graduation was held Jan. 7 for about 50 students at the Kaiserslautern Elementary School.

Sembach Elementary School fifth graders have finished D.A.R.E. this year and will soon have a graduation ceremony.

OUR ARMY
around the world

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U.S. Navy Mass Communication Spc. 1st Class Chad J. McTeley
Chairman of the Joint Chiefs of Staff Adm. Mike Mullen greets Spc. Dennis Morgan Jr. and Autumn Gustausen during a departure ceremony for the Vermont National Guard in Burlington, Vt., Friday. Morgan is deploying for a yearlong tour to Afghanistan as a member of the 86th Infantry Brigade Combat Team.



Staff Sgt. Larry E. Reid Jr.
Gen. Bismillah Mohammadi, chief of staff of the Afghan National Army (center) serves U.S. Army Lt. Gen. William B. Caldwell IV, commander of NATO Training Mission - Afghanistan, (second from right), during a luncheon at an ANA camp in Kandahar, Afghanistan, Jan. 3. Mohammadi invited Caldwell to meet with ANA and coalition forces at various ANA posts throughout the region. Both generals received mission updates and feedback from ANA and coalition forces on training, quality of life and combating terrorism.



Staff Sgt. Brien Vorhees
Staff Sgt. Nekolas Portella, a member of the Wasit Provincial Reconstruction Team, inspects construction at a school outside Badra, Iraq, Friday. The inspection is being conducted to ensure the school's maintenance following its completion a year ago.



Spc. Cody Black
Spc. Paul Bartkowiak (right) and Spc. Emmanuel D. Avila-Medina, both deployed to Joint Task Force Guantanamo with the 115th Military Police Company, Rhode Island Army National Guard, inspect an incoming vehicle at Guantanamo Bay, Cuba, Jan. 6. The Rhode Island Army National Guard is there on a yearlong deployment to provide external security for the detention facilities at JTF Guantanamo.

CHANGES

continued from page 1

include breakfast items available throughout the day, and the addition of a coffee bar.

While renovations and new furniture alone do not make a successful business, the Business Operations Division is committed to providing this community with the very best in innovative programming and quality service.

Village Grille isn't the only facility to take this new approach to doing business in USAG Mannheim.

SNEAK PEEK

continued from page 1

want to take it."

Everett has been doing theater since she was a child, and she's been working professionally for about five years.

Initial production work on "Oliver" began in October before the play's Dec. 4 opening. Everett and her team of volunteers ironed out every single detail involving set design, scene changes, lighting, props and sound, all while working to ensure each set transition appears smooth and seamless to the audience.

Even though Everett holds a degree in drama, she says a lot of what she does is fairly simple.

"It's basic carpentry, everything that I've built is kind of a running gag, it just has to look good to a blind man on a galloping post on the third row," she said. "My job is actually kind of easy once you get used to it and start having fun with it. We have a lot of volunteers that come in and don't have any experience, and we can hand them some tools and some basic safety guidelines and go."

But the Indianapolis native also admits there are days her job is not so easy.

"Putting the show together can be stressful. There are deadlines, and sometimes there are conflicting artistic opinions. But I remember that we're all friends, and we do love what we do. It's amazing when it finally all comes together and what was chaos three days ago becomes a show and pulls together. It's why we do it."

Andy Meredith is the Roadside Theater entertainment director for the Mannheim community, and with more than 30 years of experience in theater, he knows exactly the kind of stress Everett and her team feel. Meredith also works closely with Dane Winters, the Roadside Theater's entertainment branch director.

"It's the finalizing, it's the fine-tuning of a show that gives you the end results," Meredith said. "Putting up a wall is easy. Painting it, and making it look like a brick wall, that's what takes the hours."

About a week prior to the show's premiere, the production crew and Roadside volunteers go through what is called technical week. During this time, they endure a grueling seven-day, 60 hours plus a week schedule to nail down light cues, sound cues, scene

The Top Hat Club, which shares building space with the restaurant, also currently is working on the development of family friendly programming during daylight hours.

"The club is very active with adult-based entertainment on the weekends," said club manager Alex Cole. "During the work week, though, the facility is only really used in the event of a command briefing, training session or similar activity."

Our goal is to make the most of this under-used asset and work out a way to bring activities along

the lines of a community center into the club during non-peak hours.

"The need for this definitely exists in our community, so we're looking for ways to fill that need," Cole said.

Yes, the Village Grille is now closed on Mondays, but with the task before them of making USAG Mannheim the best place to live and work in Europe, this is one FMWR division dedicated to contributing more than just 'lip service' to the good of their community.



Jessica Howard, a member of the Roadside Theater stage crew, sorts through a rack of costumes from the theater's prop section. "Oliver" is her seventh production working as a stage hand for the theater.

movement, props and special effects. It's also another chance for the actors and the crew to make sure they both are working in sync together so no one is injured during the production.

From start to finish, the majority of the manpower needed to power the production of "Oliver" and others is done by volunteers. They are the muscle behind the magic. Some 60 plus helpers lend their skills to everything from costume design to greeting theater goers when they arrive.

"This is an incredibly volunteer driven program – without volunteers we wouldn't have jobs," Meredith said. "We are so lucky to have such an incredible pool of talent and great people to work with, and without them, we wouldn't be here."

One of these volunteers is Mike Haase, a Department of the Army civilian and member of the Roadside stage crew.

"I did shows when I was in high school and set and lighting design and stage crew when I was in college and

this was just a chance to continue that," he said.

"It's great because you look at it from our perspective in the back and it's just stuff, but when you come around and see it, you're in England 200 years ago or you're in France," Haase said. The folks that design it, that come up with the ideas are great. It's tremendous what they can do, the illusion they can create."

While Haase works behind the scenes, two of his favorite leading ladies are out front. His wife and daughter both perform in "Oliver."

Another volunteer is Jessica Howard, a childcare provider from Mannheim. "The people are fantastic," Howard said. "I got into theater because my mom loved theater, and it's like a family."

This theater "family," as Howard and many other Roadside regulars refer to it, could be by all accounts considered an international one.

"German, Brit, American, French – we've had everything over the years," Meredith said. "This theater is a huge

part of the community, and I think not just for the actual military community, although that is our main goal and audience target, but it's also important for host nation relationships."

Even as Everett and her stage crew prepare to lower the curtain on this production later this month, the group is already busy preparing for their next one, "Cats."

Oliver

The remaining performance dates and times for the musical "Oliver" at the Roadside Theater are Friday, Saturday, Jan. 22 and 23 at 7:30 p.m. There will be a special family matinee at 3 p.m. Sunday.

Cats

The musical runs March 5-21. For more information on show times, dates and tickets, visit www.roadside-theater.com or www.mwrg-ermmany.com. The Roadside Theater is located on Patton Barracks in Bldg. 109. You can also contact the staff directly at DSN 373-5020, civ. 06221-17-5020.

New Army retention standards take effect, more to follow

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

New changes to the Army's retention program will affect not only how the Army operates, but also who will be allowed to stay in the Army.

Previously, Soldiers who were two years away from their expiration term of service would be allowed to re-enlist. Because there was not a set end date, the window for re-enlistment differed from Soldier to Soldier.

As of Oct. 1 that has changed. Soldiers whose ETS is March 31, 2012, or sooner are now eligible to re-enlist.

With this static re-enlistment window ending March 31, 2012, the number of Soldiers eligible to re-enlist will shrink as the fiscal year goes on.

"If you are in your window, you need to talk to your leaders, career counselors and retention," said Sgt. Maj. Elisabeth Jones, the command career counselor for the 21st Theater Sustainment Command. "If you know that you want to re-enlist, you need to go ahead and make that commitment now."

Soldiers in over-strength

military occupational specialties will have to retrain into another specialty in order to re-enlist or separate on their ETS date.

Some Soldiers in over-strength specialties will have to reclassify even if they do not re-enlist. The Army is sending out letters to some Soldiers in over-strength MOSs directing reclassification, the new job specialty selected and the school date for the new MOS training.

"The Army has met its growth two years early, however efforts continue to balance the Army," Jones said.

Before they receive the letter from DA notifying them of the mandatory reclassification, Soldiers in over-strength specialties can reclassify to a specialty on the Bonus Extension and Retraining Program as another option, Jones said.

"There are some very interesting jobs in the BEAR program," she said. "There are so many things that you can do as a Soldier."

Some of the under-strength job specialties in the BEAR program are counterintelligence agent (35L), public affairs specialist (46Q), broadcast

journalist (46R), translator (09L), diver (21D) and unmanned aerial vehicle operator (15W).

"The thing that we are most successful at getting people is schools," said Sgt. 1st Class Sharon Gillins, a career counselor with the 21st TSC.

However, Soldiers who want to re-enlist for a school, whether it is for an additional skill identifier or reclassification, need to make sure they meet the requirements for going to that school.

Because the Army met its retention goal for fiscal year 2010 in the first quarter, a lot of the bonuses Soldiers used to receive for re-enlisting will soon go away.

A reduction in the number of job specialties that would receive a bonus and the amount of money for the bonuses began in October.

A further reduction will occur in January, and deployment bonuses are projected for reduction or elimination in the future.

Soldiers who would like more information on retention should contact their unit career counselor or visit the 21st TSC's retention Web site at www.21stsc.army.mil/retention.

First 2010 LRMC baby



Phillip A. Jones

Col. (Dr.) John M. Cho, Landstuhl Regional Medical Center commander, (left) and LRMC Command Sgt. Major Benjamin H.S. Scott Jr., present best wishes and gift baskets to Cassie Walters and her husband, Spc. Christopher Walters on Jan. 4 at Landstuhl Regional Medical Center, Germany. By being born at 9:16 a.m. on Jan. 2, their son Caleb was the first baby born at LRMC in 2010. The gift baskets were donated by the hospital and the USO.

In Memoriam - Ralph Lee Anderson



Ralph Lee Anderson died on Dec. 18 at the age of 80.

Anderson, born in Levettsville - Loudoun County, Vir. on March 17, 1938, graduated from Douglas High School in Leesburg, Vir. He enlisted in the Army in 1958 and served at Ft. Carson, Col.; Kontum, Vietnam; Fontibius, France; Stuttgart; Playcoo, Vietnam and Coleman Barracks.

He was discharged as a Staff Sgt. in 1976.

He worked for the Mannheim NAF FMWR from 1998-2008. He from NAF FMWR as the front desk clerk for the BFV Bowling Center in October 2008.

Ralph is survived by his four daughters, Sandra Weber, Kerstin Sommer, Betty Sokolic, Bettine Sokolic; and 13 grandchildren.

Funeral services were held for Anderson on Dec. 30 at the Mannheim Kaefertal Friedhof/Cemetery.

Annual training helps protect valuable information

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Family members are just as important as their active-duty spouses in protecting the nation's security, said Sgt. 1st Class Nicolas Vazquez, the U.S. Army Europe's operations security program manager, while presenting operational security briefings for Soldiers and civilians.

Vazquez travels throughout Europe conducting OPSEC briefings to employees of USAREUR, U.S. Air Forces in Europe, U.S. Naval Forces Europe and U.S. African Command - a job he has done since 2004.

"Everyone - Soldiers, civilians and family members - has knowledge that is valuable to the enemy," said Vazquez, a Department of Defense instructor, who teaches and certifies OPSEC program managers.

Lately, he has been running back and forth from Heidelberg to Kaiserslaut-

ern to help Soldiers and civilians there meet the annual requirement to complete OPSEC Level I Training.

The U.S. Army Garrison Kaiserslautern's Directorate of Plans, Transformation, Mobilization and Security personnel have scheduled OPSEC training back to back with the Subversion and Espionage Directed Against the U.S. Army Refresher Training.

Soldiers and civilians, as well as host nation employees, must complete the SAEDA Refresher Training by Feb. 1. There are several SAEDA briefings in German.

This requirement focuses on all personnel who received SAEDA training prior to Nov. 30.

"The main reason why we are doing this training is to emphasize and enhance current posture," said Jim Otto, the garrison's anti-terrorism officer.

The next garrison-sponsored OPSEC and SAEDA briefings - each about an hour - will be held back-to-back 8 a.m.-

4 p.m. Tuesday at the Galaxy Theater, Bldg. 2062 on Vogelweh. A German-version SAEDA briefing will be 10:45-11:45 a.m. Jan. 26 at KMC Onstage, Bldg. 3232 on Kleber Kaserne.

Heidelberg will also host SAEDA briefings at the PHV Theater 10-11:30 a.m. Tuesday, 1:30-3 p.m. Jan. 21, 10-11:30 a.m. Jan. 26 and 1:30-3 p.m. Jan. 28. German versions of the SAEDA briefing will be 1-2:30 p.m. Tuesday and Jan. 26.

Host nation employees are also encouraged but not required to attend OPSEC training, and family members are welcomed to attend both training sessions.

"Any time that you can remind people to look, notice and report anything suspicious, it's important for security because people reporting things is how we stop terrorist acts and save lives," said Jeff Crisp, the garrison's DPTMS director.

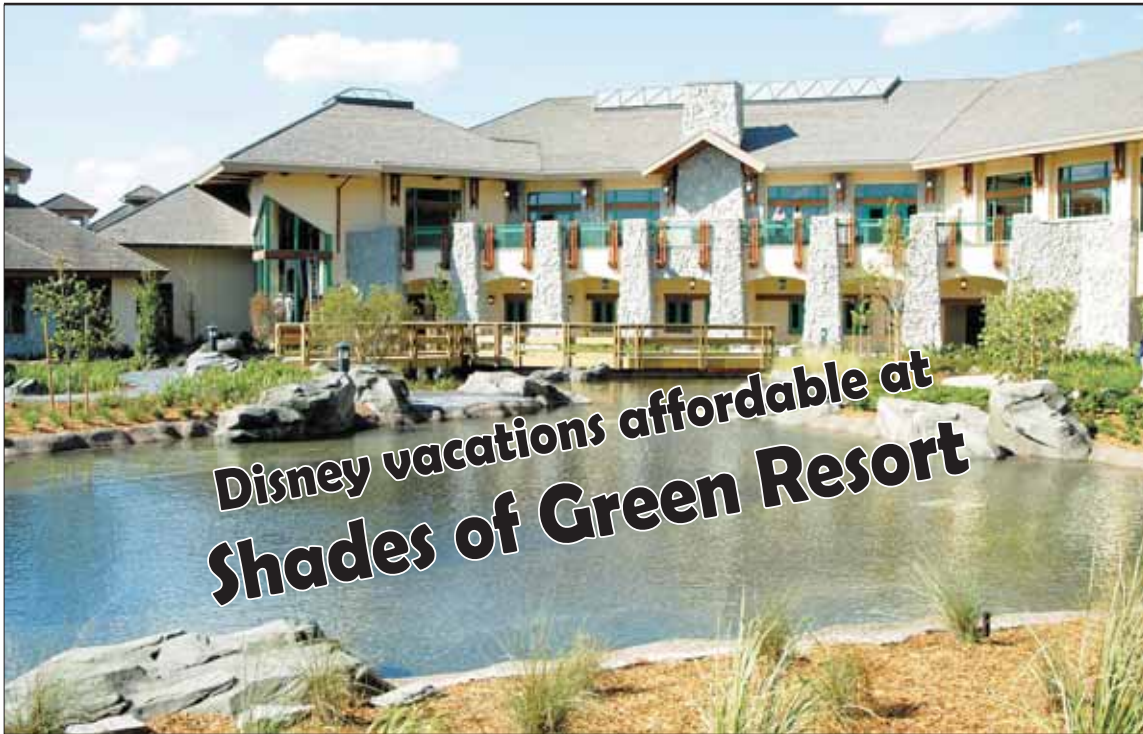
For Kaiserslautern units, the garri-

son's DPTMS personnel have scheduled back-to-back SAEDA and OPSEC trainings, including offering SAEDA briefings in German.

"We are offering as many trainings and at varying times to make it easier for people to attend before Feb. 1," said Dennis Mathis, a garrison DPTMS security assistant, who added that some units are conducting these trainings as well for their Soldiers and civilians.

Military intelligence personnel educate Soldiers, civilians and host nation employees on how to identify and stop intelligence and terrorist threats to the Army in SAEDA briefings. Security program managers, like Vazquez, teach Soldiers and civilians OPSEC - how to identify, control and protect generally unclassified evidence of the planning and execution of sensitive activities, such as deployments and long hours at work.

Crisp's advice: "Always be on the defense - detect, deter, disrupt."



Disney vacations affordable at Shades of Green Resort

FMWRC Public Affairs

The Shades of Green Resort, an Armed Forces Recreation Center, and Walt Disney World in Orlando, Fla., have teamed up to make a four-day vacation for service members and their families even more affordable. Disney announced that a four-day military promotional ticket went on sale early this month.

Now through July 31, each active or retired member of the U.S. military may purchase up to six special four-day promotional tickets for \$99 each. "Park Hopper" and "Water Park Fun and More" options may also be added for a nominal fee.

The military promotional tickets are available through the Shades of Green Attraction Ticket Sales Office. The eligible military member must be present when the tickets are purchased and used.

Additionally, the Shades of Green Resort is offering a 50-percent discount on meals and rooms for any Soldier on authorized R&R leave from the Balkans, Operation Iraqi and Enduring Freedom through Jan. 31.

The Shades of Green Resort is one of four Armed Forces Recreation Centers

worldwide, operated by the Army's Family and Morale, Welfare and Recreation Command.

The mission of the resort-style hotels is to support the readiness and well-being of service members through a variety of vacation packages that make affordable vacations at a world-class destination possible. Room rates are on a sliding scale, based on rank, making it affordable for all military families.

Visit www.shadesofgreen.org to learn more about these and other vacation specials.

To make hotel reservations, active and retired U.S. military personnel may visit www.shadesofgreen.org or call the Shades of Green Resort at 1-888-593-2242. Shades of Green currently has availability, however, rooms may be limited on certain dates.

Additional ticket offers to other area theme parks are also available. For more information please contact the Shades of Green Attraction Ticket Sales Office at 1-407-824-1403.

All Disney military promotional tickets and options are non-transferable and must be activated by Sept. 26. Blackout dates and other limitations may apply.

The Shades of Green Armed Forces Recreation Center, affectionately known as "the house that Big Jim built," is one of the premier rest and recuperation destinations in the continental United States for troops and their Families. The Shades of Green at Walt Disney World Resort sits just outside the gates of The Magic Kingdom.



Cinderella Castle at the Walt Disney World Resort in Orlando, Fla., is located in the heart of Magic Kingdom theme park - just above the central hub of the park. It is the iconic fairy-tale fortress, which is one of the central icons of Walt Disney World Resort. The Shades of Green is located just outside the gates of The Magic Kingdom theme park.

GERMAN COOKING

Filled Mini Cucumbers

Servings: 4

Ingredients:

- 3 1/2 ounces fresh corn
- 1 teaspoon instant broth
- 5 ounces bacon
- 2 onions
- 8 mini cucumbers
- 6 ounces edamer cheese
- 1 tablespoon parsley, chopped finely
- 1 egg
- salt, pepper
- 2 tablespoons sweet cream

Directions:

- Cook the fresh corn in the broth until done, take of the cobs.
- Cube the bacon and with the onion saute until glassy, cool.
- Wash mini cucumbers and cut off the ends, cut off a small lid and with a teaspoon scoop out the insides. Cube the lid and the insides small.
- Drain the corn, save the broth, and mix together with the cheese, herbs, egg and seasons.
- Fill the cucumbers and put into a ovenproof form; arrange what does not fit into cucumbers between them in the form.
- Mix the broth with the cream and pour over cucumbers.
- Cover and bake in 200 degrees C for 30 minutes.
- Serve with parsley potatoes.

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 dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,
I joined the Army about three years ago without my family knowing.

My parents were furious, although now they are very proud of me and what I've done. I read your column faithfully, Ms. Vicki, and believe it or not, I have no complaints about the military.

Everyone kept telling me I would end up in Iraq or Afghanistan. Well, I've been there and done that many times now and I'm doing fine. I think I could volunteer to go back, but I know I will be sent there soon enough.

I love the Army and my job. I am with a great company of highly qualified people.

I need to know what I should do about my crazy boyfriend, whom I love very much.

We were high school sweethearts.

He was the football star, and I just knew we were meant to be together forever. I just knew we would be married by now.

Well, I've changed and matured, but he is still stuck in a rut with his small-town, Oklahoma-boy thinking. His only aspiration is to take over his father's farm, which barely stays afloat.

If he knows so much about farming, then why can't he use that knowledge to help the business grow now?

Why does he have to wait until his father dies or gets sick and can't work? That's just a thought I have from time to time.

He is 25 years old and still lives with his parents. I've been around the country five times by now. He hasn't said he wants to marry me, but he keeps saying he wants kids. I'm not pregnant, but we are sexually active. We both use protection because there is no way I'm ready to be a mother.

Yes, I love him, but he has not been as supportive as he should, mainly because he is afraid to fly. Instead, he drives thousands of miles to come see me.

I know it sounds ridiculous, but he's my boyfriend, just the same. I truly wish he would be more complimentary of my accomplishments and more supportive. He doesn't think life exists outside Oklahoma, and he doesn't like D.C. at all. He says it's too big for him, even though when he comes to visit, we have a great time.

My enlistment is up in a year, and I think I would like to stay in the Army and perhaps apply to Officer Candidate School. I will be finished

with my degree soon.

You make the call, Ms. Vicki. Have I outgrown this relationship?

From: Oklahoma in My Heart

Dear Oklahoma,
You believe you made a great decision to join the Army and you've been doing a great job. I'm very proud of you.

Plus, you're continuing with higher education. You go girl! I think you should apply to OCS, and I wish you the best with getting accepted.

Regarding your boyfriend – well, he's interesting. He wants children, huh?

Beyonce has a song that advises: "If you liked it, then you shoulda put a ring on it." In other words, he wants to play around, but he doesn't want to marry you.

Well, I won't tell you to kick him to the curb, but I don't think you should pass up a great guy in the process.

There are many out there who will love, appreciate and be very supportive of you.

He is still acting like a boy, and it appears that you are maturing into a wonderful young woman with a wide variety of goals and aspirations.

You deserve someone who can grow with you and be supportive, too. He is not in high school anymore.

Stay focused on your future and your career. Don't make any decisions based upon this relationship; you may regret it later.

Thank you for serving your country and making our world safer for me and others. Take care of yourself and keep in touch.

Manage money, reduce debt and save for the future

About 43 percent of American families spend more than they earn each year. If you were to establish a personal financial plan, you could manage your money, reduce your debt, and start saving for your future.

Get started during Military Saves Week, Feb. 21-28, by taking the Saver Pledge at the Heidelberg ACS. Bring your pledge card to Army Community Service and you will be entered into the Military Saves contest for a chance to win FMWR gear and other cool prizes.

Military Saves is a social marketing campaign to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

The campaign is a growing network of organizations and individuals committed to helping and supporting military members and their loved ones build personal savings arsenals to provide for their immediate and long term financial needs.

Military Saves was developed and tested by its non-profit sponsor, Consumer Federation of America and the military services from 2003 to 2006 and launched throughout the Department of Defense

in February 2007. It is part of two larger campaigns – the DoD Financial Readiness Campaign and the national America Saves campaign.

While it is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week, the last Sunday in February to the first Sunday in March.

The campaign's lifeblood is in its partners and organizations that see the value in working together to empower members, employees, customers and clients to become financially stable through saving, debt reduction and wealth-building over time.

Financial stability is about a lot more than knowledge – it takes consistent action over time. Most of us do better when we have a supportive environment. Military Saves is a campaign to make every military community that supportive environment. When enough military members, civil servants, contractors, retirees, other veterans, family members, military organizations, private organizations, and companies belong to Military Saves, the entire military culture will be changed. The U.S. Armed Services will have become a saving community. In a saving community, people encourage each other to save money regularly and habitually. They



discourage excessive spending on non-necessities. Financial institutions help people save by offering incentives and other perks. Systems change to favor saving over not saving. Social marketing is a process that takes time. This is not a quick fix, a specific savings program or a one-time promotional campaign. It is a long-term, on-going effort to make real change in our nation's future.

For more information, visit www.militarysaves.org or make an appointment with the ACS Financial Readiness Program manager. DSN 370-6883, civ. 06221-57-6883.

SOURCE: www.militarysaves.org and Heidelberg ACS



Movie Lovers Online
Join the "Movie Lovers" group in the BWow virtual community at <http://myBWow.ning.com> to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

Happy New Year

Well folks it's been an amazing year in 2009. We saw the world end (yet again), young vampires and werewolves duke it out (for love no less), and boldly went where we were once about 20 years ago.

It was a good year for movies and 2010 is no less exciting. The school for wizards will be opening again, there will be elementary things my dear Watson, vampires (again) and werewolves (again) and not necessarily in that order.

I'm truly excited for 2010 and all the surprises it holds for us—and not just in movies. I also want to think all our loyal readers for

supporting "The Reel Life", yes folks, it has been two years.

I have truly enjoyed sharing my thoughts on the movies we watch and love stopping and talking to everyone who asks "so what's new?" You have made this the most fun of all.

While my time left here is short, I will try to continue to get you all the new movies, so you can enjoy them right along side me and the other families in our community. Thank you all.

In theaters now is the movie Daybreakers, one I'm truly looking forward to. It's take on vampires and how their existence could shape the world is very intriguing.

With Ethan Hawke and Willem Dafoe running around, its bound to be good. Look for next week and I'll let you know what I think.

See you guys at the movies.

GET OUT!
area events
More events online at <http://myBWow.ning.com>

January 15

MLK Ski Weekends – Visit either Ischgl, Austria, or Verbier, Switzerland, through Jan. 18 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

London Express – On the city tour you will see the famous Tower of London, Buckingham Palace, Big Ben, Piccadilly Circus, Trafalgar Square and St. Paul's Cathedral. You will also have time to explore the city on your own, and maybe a short stop by the world famous Harrods or for a stroll through Hyde Park. The tour includes transportation, ferry, a city tour and a USO tour guide. Through Jan. 17. <http://affiliates.uso.org/rheinneckar>.

Escape to Austria – Join Heidelberg BOSS and escape to Ischgl, Austria, through Jan. 18. Enjoy skiing and snowboarding, or just enjoy the breathtaking scenery of the Austrian mountains. Cost is \$249 and includes transportation, lodging and breakfast. Ski and snowboarding rental packages are available through Heidelberg Outdoor Recreation for \$20. Space is limited. DSN 493-4117, www.mwrgermany.com.

Prague and Karlsbad Overnight – Join the USO for its overnight tour to two of the most fascinating cities in Europe. Depart late Friday night and travel overnight via deluxe motor coach to arrive in Prague early Saturday morning. After breakfast, begin the day in Prague, Europe's golden city. It's a city filled with history, art and culture, a city of contrast and mystery. Accommodations will be in a comfortable four-star hotel in the city's main shopping and entertainment district. After an early morning breakfast at the hotel, depart for Karlovy Vary (Karlsbad) which is a world famous health resort and one of the most

beautiful small towns in Eastern Europe. <http://affiliates.uso.org/kaiserslautern>.

January 17

Family Day on the Slopes – Kaiserslautern Army Outdoor Recreation brings you a "Family Day on the Slopes" in Feldberg. Located in southwest Germany, Feldberg is a short ride and a perfect day trip. As 65 percent of the trails are blue or easy, Feldberg has something for everyone and is a great resort for beginner and intermediate skiers and snow boarders. There is an online coupon available for one free child admission and half off the second child with two paying adults. Also available Feb. 14. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

Caracalla Thermo Baths – Enjoy the hot springs, which bubble beneath Baden-Baden. Their warmth and mineral properties enhance the circulation of blood through muscles and joints. The Caracalla Thermo is a state-of-the-art thermal and sauna environment, where you can relax completely, far removed from the demands of daily life. You can choose between the pool, sauna, solarium (tanning beds), inhalation or the aroma steam bath or try them all. <http://affiliates.uso.org/rheinneckar>.

January 18

Evelin's Wellness Paradise – After a rejuvenating break, Evelin would like to welcome you again to her Wellness Paradise in her new home. Evelin has created a special two-hour package of customer favorites for this USO for \$86. Indulge in an aroma body treatment which includes a full body brush massage, a moisturizing body treatment and a relaxing foot

massage. Then lie back and relax into a facial cleansing, relaxing aroma massage, and herbal mask that will leave your face glowing. <http://affiliates.uso.org/rhein-neckar>.

January 22

Prime Rib Dinner – Head to the Village Pavilion for dinner 5:30-9 p.m. Youth 5 and under eat free. Adults, \$19.95; children 6-11, \$12.95. Reservations recommended, walk-ins welcome. DSN 388-9455.

January 23

Paris Express – Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. <http://affiliates.uso.org/rheinneckar>.

January 25

Freiburg Festival – The diversity of the revue scene is shown in various events in Freiburg and the surrounding area. Fine singer-songwriters, shrill comedy, a cappella with powerful voices, lovely chansons and plenty of the finest cabaret. Civ. 0761-7037-107, www.freiburg-grenzenlos-festival.de.

January 26

Nickelback – Nickelback will be in concert 8-11 p.m. at the SAP Arena in Mannheim. www.nickelback.com.

coming to
THEATERS

SHERLOCK HOLMES

(Robert Downey Jr., Jude Law) In a dynamic new portrayal of Arthur Conan Doyle's most famous characters, Sherlock Holmes and his stalwart partner Watson embark on their latest challenge. Revealing fighting skills as lethal as his legendary intellect, Holmes battles as never before to bring down a new nemesis and unravel a deadly plot that could destroy the country. Rated PG-13 (intense sequences of violence and action, some startling images and a scene of suggestive material) 128 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Jan. 14 - ASTRO BOY (PG) 7 p.m.
- Jan. 15 - AMELIA (PG) 7 p.m.; DAYBREAKERS (R) 9 p.m.
- Jan. 16 - AMELIA (PG) 4 p.m.; THE FOURTH KIND (PG-13) 7 p.m.; DAYBREAKERS (R) 9 p.m.
- Jan. 17 - AMELIA (PG) 4 p.m.; THE MEN WHO STARE AT GOATS (R) 7 p.m.
- Jan. 18 - THE FOURTH KIND (PG-13) 7 p.m.
- Jan. 19 - DAYBREAKERS (R) 7 p.m.
- Jan. 20 - AMELIA (PG) 7 p.m.
- Jan. 21 - THE MEN WHO STARE AT GOATS (R) 7 p.m.

Mannheim, Schuh

- Jan. 14 - SHERLOCK HOLMES (PG-13) 7 p.m.
- Jan. 15 - THE MEN WHO STARE AT GOATS (R) 7 p.m.
- Jan. 16 - AMELIA (PG) 4 p.m.; THE FOURTH KIND (PG-13) 7 p.m.; THE MEN WHO STARE AT GOATS (R) 9 p.m.
- Jan. 17 - AMELIA (PG) 4 p.m.; THE FOURTH KIND (PG-13) 7 p.m.
- Jan. 18 - THE MEN WHO STARE AT GOATS (R) 7 p.m.
- Jan. 21 - THE FOURTH KIND (PG-13) 7 p.m.

Vogelweh, Galaxy

- Jan. 15 - THE FOURTH KIND (PG-13) 7 p.m.
- Jan. 16 - AMELIA (PG) 3 p.m.; THE MEN WHO STARE AT GOATS (R) 7 p.m.
- Jan. 17 - AMELIA (PG) 3 p.m.; THE MEN WHO STARE AT GOATS (R) 7 p.m.

Ramstein, Gateway Movieplex

- Jan. 14 - A CHRISTMAS CAROL (PG) 11 a.m., 3:30 p.m., 6:45 p.m.; THE BOX (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; A NIGHT AT THE MUSEUM (PG) 12 p.m., 3:45 p.m., 6 p.m.
- Jan. 15 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m., 9:45 p.m.; THE MEN WHO STARE AT GOATS (R) 9:30 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; AMELIA (PG) 11 a.m., 2 p.m., 6 p.m.
- Jan. 16 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m., 9:45 p.m.; THE MEN WHO STARE AT GOATS (R) 9:30 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; AMELIA (PG) 11 a.m., 2 p.m., 6 p.m.
- Jan. 17 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; AMELIA (PG) 11 a.m., 2 p.m., 6 p.m.
- Jan. 18 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m.; THE MEN WHO STARE AT GOATS (R) 6:45 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; Jan. 19 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m.; THE MEN WHO STARE AT GOATS (R) 6:45 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; Jan. 20 - DAYBREAKERS (R) 12:15 p.m., 3:45 p.m., 7 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 3:30 p.m., 6:30 p.m.; AMELIA (PG) 11 a.m., 2 p.m., 6 p.m.
- Jan. 21 - THE MEN WHO STARE AT GOATS (R) 12 p.m., 3:45 p.m., 7 p.m.; THE FOURTH KIND (PG-13) 11:30 a.m., 3:30 p.m., 6:30 p.m.; AMELIA (PG) 11 a.m., 2 p.m., 6 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

Vehicle Registration Changes

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

UMUC Spring Registration

University of Maryland University College Europe announces registration for Spring Session 1. Registration for on-site (face-to-face) courses is available through Jan. 17, with classes beginning Jan. 18. Registration for Europe ONLINE (distance education) courses continues through Jan. 24, with classes starting Jan. 25. In celebration of the UMUC Europe 60th anniversary, the university is offering a special \$30 Get Started Gift, which waives the \$30 application fee for any student who completes a UMUC application by Jan. 31.

U.S. Consulate Visit

Representatives from the U.S. Consulate in Frankfurt will conduct an Outreach Program for the Heidelberg and Mannheim communities 9:30 a.m.-2 p.m. Jan. 26 in Room 232, Bldg. 3850 at the Heidelberg Community Support Center. Applications will be accepted for report of birth, initial and renewal of tourist and official (no-fee) passports. Representatives from the Department of Homeland Security and the Social Security Federal Benefits Unit will also be available to review applications for Social Security, visa and citizenship, and to answer questions. For a list of forms and information you need to bring with you, visit www.travel.state.gov. For documents needed to apply for Social Security cards, visit www.socialsecurity.gov/pubs/10120.html.

local EMPLOYMENT

Career Fair

Looking for employment? The Heidelberg ACS is hosting a Career Fair Jan. 30. Register online: www.mwrgermany.com/hd/acs and click the "Employment Readiness" link.

DCMA Visit

The Defense Contract Management Agency will be at the ACAP office at the Heidelberg Community Support Center, Bldg. 3850 10 a.m.-3 p.m. Jan. 20 and 21 to seek out interested applicants for jobs throughout CONUS and OCONUS.

Mannheim Elementary School

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

Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes, pottery, singing, performing arts and sculpture. DSN 388-9418, civ. 06221-338-9418.

KAISERSLAUTERN Education

• **CSB Briefing** – The transition center hosts a briefing on Career Status Bonus Jan. 20 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0631-411-7071.
• **Pre-separation Briefing** – The transition center hosts a pre-separation briefing 8:30-11:30 a.m. Feb. 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. DSN 483-7071, civ. 0631-411-7071.

Community

• **Main Library Events** – Tween Game Day, 3-5 p.m. Jan. 15. DSN 486-7322, civ. 06371-86-8390, www.mwrgermany.com.

• National Prayer Breakfast

– The Chaplain's Office hosts the annual National Prayer Breakfast 7-8:30 a.m. Feb. 4 at Kaiserslautern Community Activities Center, Bldg. 3109 on Daerner Kaserne. Tickets can be purchased from unit command sergeants major or the garrison Chaplain's Office, Bldg. 2919 on Pulaski Barracks. Vegetarian plates are available – specify by registering prior to the event. DSN 493-4098, civ. 0631-3406-4098.

• Community Information Forum

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

• **Fashion Jewelry Bunco** – The Landstuhl Community Club will host a Fashion Jewelry Bunco evening 6:30-9:30 p.m. Jan. 19. Everyone will win a prize. Registration fee is \$20. Must be at least 18 to play. Reservations: DSN 486-7244, civ. 06371-86-7244, www.mwrgermany.com.

• **Midnight Bingo** – Enjoy a fun evening of bingo at the Kazabra Club 9 p.m.-midnight Jan. 17. Two guaranteed \$1,000 games along with special games for special prizes will be played. Free food and soft drinks. Doors open at 7 p.m. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

• **Volunteers Needed** – Volunteers are needed for the 27th Special Olympics Spring Games May 12 at the German Police Academy in Enkenbach-Alsenborn. All volunteers must be registered with the gar-

risson's Army Community Service. DSN 493-4232, civ. 0631-3406-4232.

• **AGBC Event** – The Kaiserslautern American German Business Club will host a presentation meeting 6:30 p.m. Jan. 21 at the Alcatraz Hotel am Japanischen Garten, Morlauterer Strasse 1, 67657 Kaiserslautern. The theme of this event will be: An overview of the current business community in Kaiserslautern, plus some helpful tips for starting a new business.

HEIDELBERG Education

• **ACS Classes** – Resume Writing, 9 a.m.-noon Jan. 19; Volunteer Management Information System Training, 10-11 a.m. Jan. 19; Communicating Assertiveness, 1-3 p.m. Jan. 19; 1-2-3 Job Fair Ready, 9 a.m.-noon Jan. 20; EFMP Support Group, 11-30 a.m. Jan. 20 at the PHV Java Café; AFTB Level 1, 9 a.m.-2 p.m. Jan. 20-21; Bringing Baby Home, 1-4 p.m. Jan. 21. DSN 370-6883, civ. 06221-57-6975, www.mwrgermany.com/hd/acs.

• **American Red Cross Classes** – Pet First Aid 5:30 p.m.-8:30 p.m. Jan. 26 at the Heidelberg Army Airfield MSF Classroom, \$30. CPR and Standard First Aid Course 8 a.m.-5 p.m. Jan. 30 at the Community Support Center, \$40. DSN 370-1760, civ. 06221-57-1760.

• **German Language Classes** – Eight-week classes 5:45-7:30 p.m. Jan. 19-March 15: German 1 and 2, Tuesdays and Thursdays; German 3, Mondays and Wednesdays. German 4 morning classes will be held Feb. 9-March 14 Tuesdays, Wednesdays and Thursdays. Cost: €80 for German 1, €100 for higher levels. Register: germanatpatton@iks-heidelberg.com.

Community

• **Post Office hours** – The Heidelberg Army Post Office located at the Community Support Center has new operating hours: 10 a.m.-4 p.m. Monday-Wednesday; 11 a.m.-5 p.m. Thursday; 10 a.m.-4 p.m. Friday and Saturday.

• **AFAP conference** – Heidelberg's AFAP is scheduled for March 29-April 1. Issues are being collected and can be submitted online at <http://www.mwrgermany.com/hd/acs/afap.htm>. Contact ACS for more information at DSN 370-6883, civ. 06221-57-6975.

• **Heidelberg International Ski Club Social** – The Heidelberg International Ski Club will host a social at 7 p.m. Jan. 20 at the Hotel Zagreb in Schweizingen. The social will include a special wine tasting event with a Hawaiian Luau theme. The club will host Jonathan Chiri, a French chef and wine expert, who will offer a selection of fine French wines for tasting and buying.

• **Christmas Tree Pick-up** – Christmas trees will be collected together with the compost/grass/leaves pick-up dates as follows: MTV - Jan. 15 and 21, PHV - Jan. 16 and 22. In addition, trees can be delivered to the PHV Recycling Center.

• **Valentine's Balloon-O-Grams** – Make your Valentine's Balloon-O-Gram orders for your special someone Feb. 6, 7, 10 and 11. Deliveries will be made Feb. 12 to Heidelberg installations and housing areas during normal business hours. \$4 fee plus balloon cost. To order your Balloon-O-Gram, stop by or contact the Heidelberg Arts and Cultural Center on PHV or log on to www.mwrgermany.com.

• **Chips and Salsa Night** – Join the Youth Services for chips, salsa and merengue dancing 7-10 p.m. Jan. 16 at the Lion's Den on PHV. Open to all CYSS-registered high school students. www.mwrgermany.com.

• **Käthe Wohlfahrt Closure** – The Käthe Wohlfahrt, located at the Community Support Center, will close for business permanently Jan. 31.

• **Real Property Planning Board** – The RPPB will convene at 1:30 p.m. Jan. 19 in the Patrick Henry Village Pavilion. This is the first RPPB meeting of the fiscal year to review FY09 accomplishments, project updates and proposed installation changes and closures. The RPPB provides the garrison commander a forum to elicit input from commanders and directors of tenant units on facility construction and maintenance priorities. The RPPB is an essential component of community master planning, vetting and prioritizing requirements.

• **Aquadrome Swimming** – All high schoolers are invited to join Youth Services for swimming at the Aquadrome. Pick up will be at the Lion's Den 11 a.m. Jan. 29, to return at 6 p.m. Permission slips are available at the Lion's Den and are due by Jan. 26. Bring €5 for entry fee plus extra euros for lunch and snack. www.mwrgermany.com.

• **Holiday Refuse Collection Schedule** – The collection and disposal of refuse will change for the following dates: Scheduled Jan. 14 collection will be Jan. 15; and Jan. 15 collection will be Jan. 16.

• **Toastmasters** – Toastmasters will meet the first and third Thursday of every month. <http://heidelberg.freetoasthost.net>.

• **MLK Commemoration** – Heidelberg's Rhein-Neckar Branch of the National Association for the Advancement of Colored People with the Deutsch-Amerikanisches Institut of Heidelberg will jointly sponsor the 24th annual international commemoration of the birthday of Dr. Martin Luther King Jr. at 6 p.m.

Jan. 23. The program will be held at the Providenz Kirche (Providence Church) in Heidelberg at Hauptstrasse 90a.

• **Books to Movie** – Join the PHV Library and discuss the hit Nicholas Sparks novel "Dear John" at 7 p.m. Jan. 28. DSN 370-1740.

MANNHEIM Community

• **Bingo** – The Mannheim Community Club will host bingo at 7 p.m. Jan. 28 at the Top Hat Club. Doors open at 6:30 p.m. Cost: \$10 for MCC members, \$15 for non-MCC members.

• **Early Identification of Developmental Delays** – Mannheim Elementary School offers Child Find monthly to identify children ages 3-5 who may have developmental delays or educational disabilities and who are in need of special education or related services. Appointments: DSN 380-9201, civ. 0621-730-9201. DSN 380-4851, civ. 0621-730-4850.

• **AFAP Issues** – Submit issues and concerns for the local Army Family Action Plan conference, Feb. 10-11, on www.mwrgermany.com's AFAP page (under Mannheim ACS). Volunteers are also needed for the conference to be delegates, facilitators, recorders, transcribers, issue support, and room managers. DSN 385-3101, civ. 0621-730-3101.

• **Family Bingo** – The Top Hat Club presents family bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

• **Youth Sponsorship Program** – Youth sponsors in grades 1-12 help with the relocation of youth so they can become more familiar with their new home in Mannheim. DSN 385-2353, civ. 0621-730-2353.

• **MLK Celebration** – The Theta Theta Lambda Alumni Chapter of Alpha Phi Alpha will host its annual Dr. Martin Luther King Jr. celebration at 4 p.m. Jan. 17 at the Park-Inn Hotel Ballroom, Am Friedensplatz 1. The guest speaker is Alex O. Ellis, founder of "Tied to Greatness", a nationally known male youth self image enrichment program. Tickets are €30 and all proceeds go to providing scholarships for deserving DoD students. Civ. 0179-536-2115.

• **OCS Board** – The next OCS Board will be conducted at 9 a.m. Feb. 4 in the USAG Mannheim Conference Room. Completed packets for the board must be turned in to the Military Personnel Division on Sullivan Barracks no later than Feb. 22. DSN 385-2774.



Heidelberg Lions' Chase Boon gets some air as he goes for a basket against Kaiserslautern Friday.



Heidelberg's Xavier Moore battles three Kaiserslautern players during a game Friday, where the Heidelberg Lions came out on top, 68-27.

Lions beat K-town 68-27

Staff Report

The Heidelberg Lions easily took down Kaiserslautern at home 68-27 Friday.

Leading the way was Eugene Jones with 12 points, followed by Devin Jackson with 11 and Marcel Simon with 10.

After Friday's win, the Lions are holding steady with a 3-0 record.

Saturday's game against Ramstein was postponed because of weather.

In weekend action at Mannheim, the Bison fell to Bamberg 50-63 Friday and again Saturday 37-52. Aaron Clarke and Jeremy Rodney led in scoring for the Bison Friday with 17 and 8 points respectively.

Rodney topped the leader board for the team Saturday with 9 points followed by Aaron Garrison with 8.

Mannheim's Lady Bison had a rough start with Bamberg Friday, losing 32-41, but the team came back Saturday for a 46-33 victory. Alanna Crockwell and Takira Fowlkes led the team in scoring both days. Crockwell put up 10 points Friday and 19 Saturday, while Fowlkes added 8 to the board Friday and 17 Saturday.

The Lady Bison closed the weekend with a 4-2 overall record.

staying ACTIVE

Basketball Tournaments

Heidelberg – The 2010 Dr. Martin Luther King Jr. Basketball Invitational will be held Jan. 15-18 at the Patton Fitness Center. Competition is open to the first 12 men's and first eight women's community teams that sign up. www.mwrgermany.com.

Kaiserslautern – A Europe-wide invitational basketball tournament will be held Jan. 29-31 in the Kleber and Landstuhl gyms. Entry is open to all men's and women's teams. DSN 493-2088, usagkhsports@eur.army.mil.

Winter Sports Camp

The 2010 German-American Winter Sports Camp is 9 a.m.-5 p.m. Jan. 29 at Sullivan Gym/Field and BFV Sports Arena. Introduction of basketball and soccer for ages 6-12 and ball playing for ages 3-5. Register at the CYSS Central Enrollment Office.

Cheer Camp

Cheer camp is available noon-4:30 p.m. Jan. 29 at the Heidelberg High School gym. Open to ages 5-14. Learn basic moves, several cheers, a dance and some simple stunting. Cost: \$35, which includes poms. Civ. 0151-260-54456, lesliehouge@hotmail.com.

Rock Wall Climbing 101

Kaiserslautern Child, Youth and School Services EDGE Program offers rock wall climbing 4:30-5:30 p.m. Wednesdays in January at the KMCC Mall Outdoor Recreation. Participants will learn: wall safety, terminology, knot tying, harness fitting, belaying techniques and climbing 101. Registration is limited to the first six to register from grades six to eight and the first 10 to register from grades nine through 12. This is a free class and no health assessment is required. DSN 493-4516, civ. 0631-3406-4122, www.mwrgermany.com.

Road to the Super Bowl

Kazabira Club in Kaiserslautern brings you "Sunday Night Football: Road to the Super Bowl" 6:30 p.m.-1 a.m. through Feb. 7. DSN 489-7261, civ. 0631-536-7261.

Running With a Purpose

Kaiserslautern Child, Youth and School Services EDGE Program offers Running With a Purpose 4-5 p.m. Mondays in January at the Landstuhl Fitness Facility. This free workshop is open to youth in grades six through 12. Limited to the first 10 registrants. Bring running shoes and workout clothes. No health assessment is required. DSN 493-4516, civ. 0631-3406-4122, www.mwrgermany.com.

1000-Pound Club

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

Free Aerobics Classes

FMWR's SKIES Unlimited in Kaiserslautern now offers dance instruction in ballroom, jazz, hip-hop and ballet for youth. 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.

Basketball Results

The Heidelberg Generals played the Schweinfurt Magicians Sunday at the Patton Gym.

Men

- Final score: Heidelberg 66, Schweinfurt 62
- Leading Scorers: (Heidelberg) Izzel King -19, Anthony Martin -13, Pablo Reid 11, (Schweinfurt) Mike Olds -18, Ricky Jackson -16, Brett Thomas -12.
- Noteworthy: Izzel King scored two (2) three's in the last minute of overtime to secure the win.

Women

- Final score: Heidelberg 68, Schweinfurt 58
- Leading Scorers: (Heidelberg) Amelia Tillman - 35, Carmeisha Layton -10, Takeisha Watkins - 8, Ranice Ledesma 8, (Schweinfurt) Kim Horton-21
- Valerie Myricks-10, Amanda Williams 9, Mercedes Caldwell 9.

Bambino basketball



Levi Jones

Coach Tom Grant explains the basics of basketball during the first practice of bambino basketball team, the Lakers, Jan. 5 at the Patrick Henry Village Elementary School gym. Other sports offered for bambino's, ages 3-5, are spring soccer and baseball. Registration is through March 12 and practices begin March 29.