

# HeraldPOST

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



Spc. Amanda Rigdon

Signs welcoming home the 66th Transportation Company, 39th Transportation Battalion, 21st Theater Sustainment Command, added joy to the redeployment ceremony for the Soldiers of the 66th Trans. Co. who returned from Iraq Jan. 10. See Families greet Soldiers on page 3 for the story.

## K-Town wins 3 IMCOM-level safety awards

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Deaths caused by accidents throughout Command Sgt. Maj. Richard Jessup's 22-year Army career made him wonder how he could stop them from happening.

"That's what made me a zealot for safety and gave me the mindset to make sure everybody is safe," said the U.S. Army Garrison Kaiserslautern's command sergeant major upon hearing that he won the Installation Management Command's Noncommissioned Officer Award of Excellence in Safety.

He's not the only one from Kaiserslautern to place in the 2009 IMCOM competition. Melissa Hastings, the garrison's safety manager, won in see **AWARDS** page 11

## 9th MP's practice evacuation

*Exercise gets Mannheim detachment smart on emergency procedures*

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

For a short while, they were all able to get out of jail free, but fortunately they were not "real" prisoners.

The 9th Military Police Detachment practiced its emergency evacuation procedures with 34 Soldiers playing the role of prisoners at the U.S. Army Con-



Angelika Lantz

Sgt. Michelle Sanders, a corrections specialist with the 9th Military Police Detachment, 95th Military Police Battalion escorts a mock prisoner during an emergency evacuation exercise on Coleman Barracks in Mannheim, Jan. 13.

finement Facility, Europe on Coleman Barracks in Mannheim, Jan. 13.

The 9th MP Det., 95th Military Police Battalion is a subordinate unit of the 21st Theater Sustainment

Command's 18th Military Police Brigade. It operates USACF-E, which is the only authorized permanent place of confinement for military prisoners in the see **EVACUATION** page 11

**HP THURSDAY**  
Jan. 21, 2010

### Speed Read

#### K-TOWN CELEBRATES MLK

Kaiserslautern Soldiers and civilians gathered to pay tribute to Dr. Martin Luther King, which included a commemorative march. 3



#### DODDS-E JAZZ SEMINAR

Students from 12 schools across Europe learned and played the music of Duke Ellington and Count Basie. 4

#### THE VEGETARIAN LIFESTYLE

The growing trend can lower cholesterol and blood pressure and is an overall healthy choice for your body if done correctly. 10

#### MLK BASKETBALL TOURNAY

Heidelberg and Kaiserslautern took 3rd at the three-day men's and women's tournament held at Patton Barracks. 16

### Defense Details

#### PROGRESS IN HAITI

Humanitarian assistance efforts in Haiti are improving every day despite enormous challenges, the commander of Joint Task Force Haiti said. "Today, we had 180 flights go through the airport with zero delays," Army Lt. Gen. PK. "Ken" Keen said. "That's the first day since we started that we did not have a delay." As of Monday, U.S. troops had distributed 400,000 bottles of water, 300,000 rations and 12,000 pounds of medical supplies, Keen said, adding that those figures count only U.S. contributions. Numerous nations and international aid groups also are delivering assistance, he said.

#### AFGHANS STABILIZE KABUL

Afghan National Security Forces countered an insurgent attack in the capital city of Kabul Monday, and with help from international forces, are securing the area where several explosions and small arms fire were reported. The coordination by the various security forces highlighted their improved effectiveness in protecting Afghan civilians, military officials said.

Army news: [www.army.mil](http://www.army.mil)  
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## COMMAND MESSAGE

# Delivering the Army Family Covenant

By Lt. Gen. Rick Lynch  
IMCOM COMMANDER

On 8 October 2007, the Army unveiled the Army Family Covenant (AFC), institutionalizing the Army's commitment to providing Soldiers and Families – Active, Guard, and Reserve – a quality of life commensurate with their quality of service. However, as I travel around the Army meeting with Soldiers and Families I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and Families.

We are delivering the Army Family Covenant with a focus on five specific areas: Standardization and funding of existing programs and services, Increasing accessibility and quality of health care, Improving Soldier and Family housing, Ensuring excellence in schools, youth services and child care and Expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include: Standardized Army community staffing and programs at all Garrisons, added 1079 Family

Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders, Funded Exceptional Family Member respite care providing up to 40 hours of care per month for Families; Increased primary care visits to more than 7 million people, meeting access standards for 90% of acute, routine and specialty appointments; Authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their Family members and lowered the co-payment; Funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09, introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life; Reduced financial burden on Army Families by eliminating CYSS registration fees and reducing program fees, collaborated with more than 373 school districts to support military connected students transferring to new school districts and increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500

companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do.

I am dedicated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their Families. Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things.

Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge.

Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our Nation. Together we are making history.

By Col. William C. Butcher  
USAG BADEN-WÜRTTEMBERG COMMANDER

It's been more than two years since the Army Family Covenant was signed in the Heidelberg, Mannheim and Kaiserslautern communities, and our commitment is as strong as ever.

We've added and enhanced a myriad of Soldier and family programs. Within our Child Youth and School Services, initiatives like HIRED! give teens an opportunity to explore careers by participating in an apprenticeship program with Family and Morale, Welfare and Recreation.

The EDGE! program challenges children and youth to participate in cutting edge art, fitness, life skills and adventure activities. We've implemented programs like Exceptional Family Member Respite Care and Survivor Outreach Services. We've assisted spouses in obtaining up to \$6,000 in financial assistance through Military Spouse Career Advancement Accounts. Our Super Vacant Quarters Maintenance program improved 60, five bedroom units on Patrick Henry Village, and 60 more are under renovation.

These initiatives are only the tip of the iceberg. I could go on for another page listing programs and activities we've implemented in the past two years – programs designed to support Soldiers and families.

Check out [www.mwrgermany.com](http://www.mwrgermany.com) and go to the Army Community Service Web link to get the full picture.

In addition to our continued Army Family Covenant successes, because our engineers were proactive and had projects ready to execute, we received nearly \$30 million in 2009 for critical repair projects throughout the footprint. Some of that

see **COVENANT** page 6



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## BLOG ROLL

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

If you are wondering how to help with the current disaster going on in Haiti please check our National Red Cross Website at: <http://www.redcross.org/>.

For more information and updates as to how you as an individual, group/organization or community can help. See the attached file which may answer some of your questions pertaining to In-Kind Donations.

If you have further questions and concerns please contact your local Red Cross Office for assistance. Thank you for your support.

-Heidelberg Red Cross

Mannheim is a great installation and there is a lot to do. Take advantage of the German classes and the guided tours given by ACS. They will make sure you learn your way around and understand the

public transportation as well as learn enough German to get around town. The public transportation is wonderful in Mannheim and it connects to all the town and cities around. We also have a wonderful arena here in Mannheim that has brought some great concerts to town.

Plug in your navigation system, hit the roads and explore it all

-Sabrina, BWnow member



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

## Families greet Soldiers from 66th Trans. Co. returning to Kaiserslautern

By Spc. Amanda Rigdon  
21ST TSC PUBLIC AFFAIRS

After spending a year in Iraq, Soldiers from the 66th Transportation Company, 39th Transportation Battalion, 21st Theater Sustainment Command, were reunited with their loved ones during a redeployment ceremony at the Kleber Gymnasium Jan. 10.

When the unit landed at Ramstein Air Base that night, leaders from the 21st TSC were already waiting to greet them. Additionally, everyone worked hard to process the Soldiers through customs as quickly as possible. Despite the late hour, smiling faces were plentiful as the troops looked forward to seeing their friends and family again.

"It's great to be back," said Staff Sgt. Joshua Holman, a truck driver with the 66th Trans. Co., who served as the logistics convoy commander while deployed. "I've been on rapid deployments and haven't been able to see my son (three-year-old Nehemiah) a lot. It's great to be able to spend more time with family."

As soon as the Soldiers were released at the end of the ceremony, family members ran to greet their troops. They exchanged hugs, some tears flowed and children clung to their returning parents.

When asked about plans for the



Spc. Amanda Rigdon

A young child dressed in full Army fatigues, complete with patrol cap and warrant officer rank, clings to his father at his redeployment ceremony at the Kleber Gymnasium. Soldiers from the 66th Transportation Company returning from a year-long deployment to Iraq were greeted by friends and family upon their arrival Jan. 10.

near future, many Soldiers expressed a desire to travel.

"I would like to travel some more," said Spc. John Henderson, a truck driver with the 66th Trans. Co. "I've

been in Germany for two and a half years, and there are still some places that I haven't gone to yet. I still need to go to Italy and Spain before I go back to the states."

The 66th Trans. Co. deployed last January to southern Iraq in support of Operation Iraqi Freedom. The unit deployed with 148 personnel and suffered no casualties.

## Kaiserslautern community remembers Dr. Martin Luther King

By Spc. Amanda Rigdon  
21ST TSC PUBLIC AFFAIRS

Soldiers and civilians from around the Kaiserslautern Military Community gathered at the Vogelweh Chapel here Jan. 14 to pay tribute to Dr. Martin Luther King, an American clergyman, activist and prominent leader in the African-American civil rights movement.

The event, which was sponsored by the 21st Theater Sustainment Command, featured a dance routine by the Kaiserslautern High School Step Team and a musical performance by Kali Holmes.

Sgt. Maj. James Stewart from the 21st TSC's chaplain office delivered the key note speech. Stewart spoke about his life as a child growing up in Mississippi and how he viewed King as one of his role models. Many community members in attendance agreed.

"Martin Luther King symbolized hope in an era of hopelessness," said Master Sgt. Garrett Gardner, the equal opportunity advisor for the 21st TSC. "He brought light to a dark situation. His dream has

opened doors for me and hopefully my children and grandchildren as we strive to move forward as a nation."

The event also included a 1.3-mile commemorative march, which started at the Vogelweh Chapel, circled Kapaun Air Station and returned. Many participants said the march was the most memorable part of the remembrance event.

Overall, it was a great opportunity to share experiences and celebrate one of the greatest civil rights leaders the world has ever known.

"It's important because when you speak to someone who lived through an event, you actually feel it," said Spc. Shannelle Santiago, a postal operations specialist with the Human Resources Support Center-Europe, 21st TSC. "It puts you in their shoes and gives you a better understanding of what's going on and what they have overcome."

King was born Jan. 15, 1929. Each year he is honored on Martin Luther King Day, which is celebrated on the third Monday of January and is used to encourage equal rights for all Americans, regardless of their background. Often the day is used by educa-



Spc. Amanda Rigdon

Soldiers and civilians from the Kaiserslautern Military Community conduct a march in honor of Dr. Martin Luther King on Vogelweh and Kapaun Air Base Jan. 14. The march was part of a remembrance event held in honor of King.

tional intuitions' to teach pupils and students about the work of King and the struggle against racial segregation and racism.

## Europe students 'jazz' to the beat of an American art form

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Snapping fingers, tapping toes, clapping hands on "2" and "4" – 36 students from 12 high schools across Europe kept that back-beat for a week of "All That Jazz."

They were here to learn and play the music of Duke Ellington and Count Basie at the Department of Defense Dependents Schools-Europe Jazz Seminar 2010 held Jan. 11 to 15 at the Kaiserslautern High School.

For the past 27 years, DODDS-E students have lugged brass, keyboards, drums and guitars and gathered at one place for a chance to learn from jazz trombonist Jiggs Whigham, currently the conductor of the BBC Big Band in Great Britain and artistic director of the Berlin Jazz Orchestra.

"Give me some attitude," Whigham, who played with the likes of Dizzy Gillespie, called out to the rhythm section on the first day.

Whigham said he is here to encourage these musicians to put forth positive energy into their music and to show them where the time or beat is.

"Trying to get the beat – '1, 2, ah 1, 2, 3, 4' – snapping at the '2' and '4,'" he said, while tapping his foot. "It's like the '1' is the father and the mother is the '2' so it's dad, mom, dad, mom," he said. "It's a balance just like light and dark."

Each year, the seminar concentrates on the music of a jazz legend, said Wayne Fears, the KHS music teacher who is hosting the event at his school. This year, students were learning about American Jazz Big Band Leader Woody Herman.

"It's just to have a focus for a certain type of music style, but we still want to be able to do a few other things too," said Whigham.

Besides doing the big-band work with Whigham, these musicians were

then paired off with DODDS music teachers and members of the U.S. Air Forces in Europe Band for specialized training for their instruments.

"You are getting a year of college education – about \$10,000 worth – right here in a week," said Whigham, right before the big band launched into Woody Herman's "Woodchopper's Ball."

Students sang until lips and voices were sore, blew horns, banged drums, plucked guitars and crushed on the piano for eight hours straight for the first three days.

The last two days were filled with performing three concerts, back to back.

Well worth it, said Jimmy Crutchfield, 16, Ramstein High School junior, who was blowing tunes from his alto saxophone.

This was his third time attending the seminar.

"I have learned so much about how to improve my playing," said Crutchfield, who added that after his first seminar he wanted to listen to and find out as much as he could about legendary jazz saxophonist Charlie "Yardbird" Parker.

"When you are playing a solo, a lot of times what you are listening to influences your playing," he said.

All of them – singers and musicians – auditioned for the chance to spend five days and nights blowing their horns and learning the value of hard work.

Competition to get into the seminar was stiff, said Fears. He said 118 students sent their audition recordings to Wiesbaden, where DODDS-E music professionals make the selection.

"Our goal is to make great music and work with other people who have a similar interest," said Fears.

Rare, unique are the words that Jeff Pellaton, Ramstein band director and



Christine June

Louis Hodges, a Heidelberg High School senior, plays the saxophone to "Good Time Charlie" Jan. 13 on the third day of the Department of Defense Dependents Schools-Europe Jazz Seminar 2010 at Kaiserslautern High School.

project officer this year, uses to describe DODDS-E Jazz Seminar.

"It is rare," explained Pellaton, "for 36 students to get together in a week

with one of the greatest professionals on the face of the earth to the betterment of America's truest art form, which is Jazz music."



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## Right on target



Capt. Sonie Munson

Command Sgt. Maj. David Clark, 18th Engineer Brigade command sergeant major, demonstrates his basic rifle marksmanship skills with his M-4 rifle during a Headquarters and Headquarters Company, 18th Eng. Bde. qualification range Jan. 12 at the Rod and Gun Club in Oftersheim. The three-day training event allowed Soldiers of HHC and the 60th Geospatial Planning Cell to hone their marksmanship skills by shooting stationary targets from the kneeling and laying positions.

## COVENANT

continued from page 2

work has already started in housing repairs and gate upgrades – and there's more to come.

Although you'll continue to see repairs and upgrades in our communities due to those year-end funds, if you read Installation Management Command Commander Lt. Gen. Rick Lynch's previous editorial in the Herald Post, you know that we've all been challenged to do business smarter in 2010.

In the garrison world that means creative thinking and belt tightening. No savings is too small.

What does that mean to you? Right now we're assessing our service contracts and looking at different ways to decrease spending.

It's not as if services will drop off immediately, but things like grounds maintenance and garbage pick up may decrease. We have to weigh the importance between maintaining a pristine installation and sustaining our must-funds like utilities and fam-

ily focused programs.

We're working to gain efficiencies so we can continue to support the community, but there's only so much belt tightening we can do. That's where you come in. You can help.

Be conscious of the ways you can save - simple things like turning off lights and being aware of how you use water.

Ultimately these savings benefit you. The less I pay on utilities the more I can use for other services and activities.

We're in this garrison business together, and the bottom line is that we, the Baden-Württemberg Garrison staffs, have a responsibility to support you, the more than 54,000 people within our footprint.

There are always challenges within our communities, but with a committed workforce, excellent leadership and a good understanding of what it means to take care of Soldiers, civilians and families, we'll continue to make Heidelberg, Kaiserslautern and Mannheim great places to live, work and play.

## Heidelberg Middle School hosts National Geography Bee

By Dawn White  
HMS PTSA PUBLICITY

Every Heidelberg Middle School student's knowledge of world geography was put to the test the week they returned from winter break.

The top students from those social studies class competitions faced off Jan. 8 to determine who would become school champion.

"The preliminary seven rounds were relatively easy, but the tiebreaker, final, and championship rounds were killers this year," said Sylvia Rausch, seventh grade world geography teacher who has been organizing this event for the past 15 years.

According to Rausch, "the competition was fierce, with 36 students advancing to a tie-breaker round." A surprising 90 percent of them were knocked out of contention with the very first question: "Name the Canadian province that extends from the Great Lakes to Hudson Bay." Answer: Ontario.

Other questions that helped to whittle the competition down were:

*Founded as the southern terminus of a railroad line to Chattanooga, Tennessee, what city is now the major transportation center for the Southeast region? Answer: Atlanta.*

*The Adirondack Mountains, a southern extension of the Laurentian Moun-*

*tains of Canada, are located in which state? Answer: New York.*

*The Oswego River in central New York flows north into what body of water? Answer: Lake Ontario.*

Seventh grader, Will Miller, became the champion by correctly answering the question: *Which small Asian country is home to 8 of the 10 highest mountain peaks in the world? Answer: Nepal.*

Ms. Rausch describes Will as "a dedicated student who pays attention to current events around the world."

Sixth grader Victor Nguyen captured second place, while eighth grader, Justin Phillips, placed third in the competition.

The other students rounding out the Top 10 were John Morton, Debbie Oak, Kody Russelburg, Aaliyah Summerlin, Andrew Griffith, Zach Krapf, and Brandon Grover.

Miller's next step is to take a written test that will be graded by National Geographic Society headquarters in Washington, D.C. and determine whether or not he qualifies to enter the state level competition. Only the top 100 DoDEA students will take an additional qualifying test for the State competition. The winner from all Department of Defense Schools will compete in the National Level Competition in May for the chance to win some impressive



Dawn White

Will Miller holds a globe after winning the National Geography Bee, held at Heidelberg Middle School. Miller will go on to take a written test, graded by National Geographic Society headquarters in Washington, D.C., to determine whether or not he qualifies to enter the state level competition.

prizes. The first place student at the national level will receive a \$25,000 scholarship, lifetime membership in the National Geographic Society, \$500 cash, and a trip to the Galapagos Islands. A \$15,000 scholarship and \$500 cash will be awarded to the second-place student. The student coming in third will

receive a \$10,000 scholarship and \$500 cash. Fourth through tenth place students will each receive \$500 cash.

The geography bee was sponsored by the Heidelberg Middle School Parent Teacher Student Association in cooperation with the school's faculty and administration.



Fred W. Baker III

Spc. Brent Nailor passes out a ready to eat meal to a Haitian child during an aid drop at an abandoned country club in Port-au-Prince, Haiti on Saturday. Nailor is from the 1st Squadron, 73rd Cavalry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division out of Fort Bragg, N.C. The Soldiers passed out more than 2,500 meals at the location, which is being used as a forward operating base.



Tim Hipps

Staff Sgt. Michael Beers, a Fort Knox, Ky., drill sergeant, urges Staff Sgt. Monte Culbertson into doing 68 pushups in one minute while LSU-bound West All-Star defensive back Eric Reid of Dutchtown High School in Geismar, La., gives chase during the Soldier Heroes-Players Challenge at Sunset Station's Lone Star Pavilion on Jan. 6 as part of the pre-game festivities for the U.S. Army All-American Bowl in San Antonio.

## our ARMY around the world

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Fred W. Baker III

A crowd gathers at an abandoned country club in Port-au-Prince, Haiti that U.S. Soldiers are using to set up a forward base to provide security to distribute humanitarian aid to those left devastated by the earthquake. A survivor camp of thousands of displaced Haitians is near the base. The Soldiers are from 1st Squadron, 73rd Cavalry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division out of Fort Bragg, N.C.



Air Force Senior Airman Dana Hill

Air Force and Army personnel load cargo onto a C-130 Hercules cargo aircraft on Saturday at Langley Air Force Base, Virginia. Airmen and Soldiers from Langley and Fort Eustis, Virginia, are loading equipment and supplies onto the aircraft to support relief efforts in Haiti.



Air Force Staff Sgt. Dayton Mitchell

A Soldier comforts an Afghan child during a medical outreach in a Kuchi camp near Hatal, Kandahar province, Afghanistan, Jan. 5. Soldiers with 5th Stryker Brigade Combat Team, 2nd Infantry Division and members of the Afghan National Police are providing medical assistance and humanitarian aid to the Kuchi people.

# is vegetarianism really healthy?



*If done right, experts say 'yes'*

By Jonathan Ochart  
HERALD POST INTERN

**W**hile walking down the frozen food aisle in the commissary, you may notice the growth of green boxes holding imitation meat products.

Meatless chicken nuggets and barbecue ribs have become popular throughout the United States, to include the American population living overseas.

Vegetarianism is a growing trend, and the reasons behind it vary by individual. Some people become vegetarians for ethical or religious reasons, while others do so for health reasons or simply because they don't like the taste of meat.

Heidelberg High School senior Rachael Mitchum said she became a vegetarian because she "dislikes eating the body parts of animals."

Instead of meat, she fulfills her hunger with fruits, vegetables, bread and yogurt to maintain a healthy lifestyle.

"I don't really crave meat, especially since I haven't eaten it in so long," Mitchum said. "I love pasta. Any kind is good for me, but my absolute favorite meal is manicotti."

The commissary and other grocery stores may be making easier to fulfill the nutritional needs of vegetarians, but is it really good for your body to cut out the meat? As long as it's done properly, yes.

"There are really no negative aspects of being a vegetarian," said Belinda Steinacker, dietician for the Heidelberg Medical Department Activity. "Well-planned vegetarian diets are appropriate for all individuals

of all stages of life, including adolescents and pregnancies."

Since anyone can follow the diet, people may take advantage of the fact that it "lowers cholesterol, blood pressure, the rate of hypertension, risk of diabetes and dying from ischemic heart disease, in addition to a healthier weight," Steinacker said. "Vegetarian foods have been fortified with nutrients to make up for the lack of animal products."

The growing number of products created specifically for vegetarians has helped make it easier to transition from a meat-inclusive diet to vegetarianism, which shows in the steadily increasing number of vegetarians in the United States.

A poll conducted by the Vegetarian Resource Group found that 2.5 percent of American adults considered themselves vegetarian in 2000, while a Time Magazine poll in 2008 noted that 3.2 percent of American adults now follow the meatless diet.

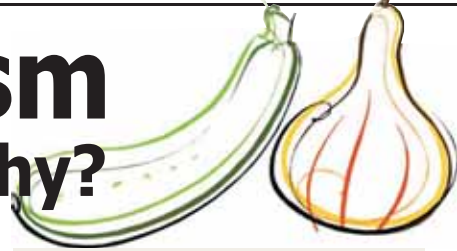
For those finding difficulty in flipping hamburgers and schnitzel to the side because they don't know what replaces these popular protein-packed products, there are plenty of resources available.

With the vegetarian food guide pyramid created by the American Dietetic Association, those new and experienced with the diet may balance their meals in order to consume necessary nutrients.

The Heidelberg MEDDAC offers a beneficial resource directly to those considering a vegetarian diet within the military community. Conducting tours in German and organic grocery stores, in addition to the commissary, Steinacker helps members of the community find a variety of products to ensure a balanced vegetarian diet, fortified with nutrients and satisfaction.

For anyone interested in making the switch, Steinacker suggests becoming a vegetarian "slowly and gradually" while "introducing the soy alternatives. They really taste good," she said.

"Simply experiment," she suggests. "You would be surprised as to how easy it is to become a vegetarian."



## Vegetarian Diets

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc and vitamin B12.

### Nutrients to focus on for vegetarians

• **Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians include beans, nuts, nut butters, peas and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.

• **Iron** functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas and some dried fruits (dried apricots, prunes, raisins).

• **Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians include fortified breakfast cereals, soy products (tofu, soy-based beverages), calcium-fortified orange juice and some dark green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). Milk products are excellent calcium sources for lacto vegetarians.

• **Zinc** is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians include many types of beans (white beans, kidney beans, chickpeas), zinc-fortified breakfast cereals, wheat germ and pumpkin seeds. Milk products are a zinc source for lacto vegetarians.

• **Vitamin B12** is found in animal products and some fortified foods. Sources of vitamin B12 for vegetarians include milk products, eggs and foods that have been fortified with vitamin B12. These include breakfast cereals, soy-based beverages, veggie burgers and nutritional yeast.

### Tips for vegetarians

• Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice. Don't overload meals with high-fat cheeses to replace the meat.

• Calcium-fortified soy-based beverages can provide calcium in amounts similar to milk. They are usually low in fat and do not contain cholesterol. Many foods that typically contain meat or poultry can be made vegetarian. This can increase vegetable intake and cut saturated fat and cholesterol intake.

• Consider the following options: pasta primavera or pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir fry, vegetable lo mein, vegetable kabobs, bean burritos or tacos.

• A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts, but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. Rather than hamburgers, try veggie burgers. A variety of kinds are available, made with soy beans, vegetables and/or rice.

• Add vegetarian meat substitutes to soups and stews to boost protein without adding saturated fat or cholesterol. These include tempeh (cultured soybeans with a chewy texture), tofu or wheat gluten (seitan).

• For barbecues, try veggie or garden burgers, soy hot dogs, marinated tofu or tempeh and veggie kabobs. Make bean burgers, lentil burgers or pita halves with falafel (spicy ground chick pea patties).

• Some restaurants offer soy options (texturized vegetable protein) as a substitute for meat, and soy cheese as a substitute for regular cheese. Most restaurants can accommodate vegetarian modifications to menu items by substituting meatless sauces, omitting meat from stir-fries, and adding vegetables or pasta in place of meat.

SOURCE: www.mypyramid.gov



## EVACUATION

continued from page 1

European theater and an accredited level one facility.

Therefore, the 9th MP Det. must meet numerous standards relating to health, safety, security and operational procedures set forth by the American Correctional Association as well as comply with military rules and regulations, said Maj. Chad Goyette, the facility commander.

For this quarter's training exercise, more than 170 personnel were involved, to include key personnel at U.S. Army Garrison Mannheim.

"In reality, (USAG) would be executing the evacuation plan and determine a place to move the jail population to as well. Furthermore, we would work through them for things

like food and transportation," Goyette said.

"The more realistic the exercise, the more impact it has."

The exercise scenario proposed the confinement facility unfit to occupy due to a fire, thus necessitating the evacuation of the entire jail population.

Approximating reality, USAG Mannheim provided a gymnasium as a facility to house and feed the prisoners.

"At the outset of this exercise, we can already judge it a success because of the excellent cooperation between the different units and agencies and USAG in particular," Goyette said.

For added impact, the role players, wearing prison attire representing their supposed level of confinement,

had scripts.

The scripts detailed the severity of the injuries sustained in the fire and the degree to which their behavior should run to complacency or trouble making, etc. Of course, stressors could and would be added as necessary, Goyette explained.

"Since the guard force is not privy to the scripts, we'll be able to observe their initiative and also evaluate their leadership skills," Goyette said.

For the five observers, who were on hand to systematically analyze and evaluate every step of the exercise, it was not always easy to limit themselves to observation.

"Having worked in this field for a number of years, we know what right looks like. Sometimes it's hard to not interfere and just let things go," Goy-

ette said.

The facility's sergeant major agreed and pointed out that role playing is crucial training.

"You cannot have failure in a confinement facility. The better prepared you are, the better equipped you are to deal with emergencies and incidents," Sgt. Maj. Michael Borlin said.

"Anytime anything happens at a confinement facility, it has a strategic impact," said Maj. Samuel Harvill, the former USACF-E commander and current commander for the 95th MP Bn.'s rear detachment.

At the end of the day, observers deemed the strategic planning for the exercise successful.

"It was very successful and met the commander's intent in every point and facet," Borlin said.

## AWARDS

continued from page 1

the Civilian Award of Excellence in Safety, and the garrison was triumphant in the Army Exceptional Organizational Safety Award.

Each year, Army units and individuals are commended in the Army Safety Program for their accident prevention efforts and safety-minded service.

Out of the 20 nominations from garrisons worldwide, only these three award winners will represent IMCOM-Europe in the Secretary of the Army and Army Chief of Staff Safety Awards for fiscal year 2009. Award winners should be announced by the end of January, said Michael Schwarz, IMCOM-Europe Safety Forward Functional Support Team chief.

"I think it's impressive that two individuals and their organization captured these big awards and will represent Europe at the Army level," Schwarz said.

Hosting the largest garrison safety day in 2009 and participating in the community's Armed Forces Against Drunk Driving were factors for these awards, but the "star" feature, Schwarz said, was the garrison earning "Star Status" in 2009 from the Department of Defense Voluntary Protection Programs Center of Excellence.

"Just by the fact that the installation itself got VPP shows that everybody is participating in reducing accidents and (performing) safe practices," Schwarz said.

Created by the U.S. Department of Labor's Occupational Safety and Health Administration, VPP recognizes industries exhibiting the best safety programs.

Kaiserslautern was the first DOD and Army site overseas to achieve star-site validation of its safety and health management systems, said Jerry Boland, a principal VPP specialist with the Concurrent Technologies Corporation, a contractor operating the DOD VPP Center of Excellence. Schwarz added that Kaiserslautern was also the only installation worldwide to achieve Star Status in the shortest time – 24 months.

"We worked as a team, and I would not have been able to achieve anything on my own without the garrison working toward the goal of a safe working environment," said Hastings, who stressed that the entire garrison – 598 U.S. and local national employees – was involved in the VPP effort.

Because leadership and employees are active partners in VPP, Hastings said the garrison has already seen a decrease in injuries and an increase in



Christine June

The U.S. Army Garrison Kaiserslautern Command Sgt. Maj. Richard Jessup puts out a fire during the fire extinguisher demonstration at the garrison's Safety Day at the Special Events Center on Rhine Ordnance Barracks. Jessup won the 2009 Installation Management Command's Non-Commissioned Officer Award of Excellence in Safety.

productivity.

"We have seen a huge decrease in the local national accidents – from 14 in 2007 to five in 2008 – that's a 64 percent decrease," said Hastings, who is the administrator for all garrison safety and health programs and initiatives. "On the U.S. side of the house, there were 35 lost work days in 2007, and we had 16 in 2008."

Calendar year 2009 figures, Hastings said, will be finalized in February.

In regards to the garrison's 2009 Safety Day, Hastings couldn't say enough about Jessup's role in making it the largest one the garrison has hosted for the community.

A record number of 1,327 Soldiers, civilians and family members attended the event, and more than 30 agencies, units and directorates presented displays, demonstrations and exhibits.

"He was really a moving force in the safety day – reaching out to the community, getting people in-

involved and talking to other sergeants major," Hastings said. "We would not have been successful without him."

Leadership involvement is crucial for a successful safety program, Schwarz said.

"What's important for the garrison is that they had a command sergeant major who was actively involved and a safety officer who was engaged in making a safe work place," said Schwarz, who has known Hastings since 2004 when he was the safety manager for Grafenwöhr.

Besides VPP and Safety Day, other factors contributing in the award selection are the goals and objectives of the garrison's Safety and Occupational Health Action Plan, a comprehensive safety and health training needs assessment, and two Family and Morale, Welfare and Recreation free car inspection days.

"Yes," Hastings said, "I think we did a very good job this year."



## GERMAN COOKING

### Apple Cake

Servings: 6

**Ingredients:**

- 6 apples; medium, tart
- 2 lemons; medium, juiced
- 3 tablespoons sugar
- 3 tablespoons butter
- 3/4 cup sugar
- 2 egg yolks; large, divided;
- 1/2 lemon; juiced and peel grated
- 1 teaspoon baking powder
- 1 1/2 cups flour; unbleached
- 3/4 cup milk
- 1 tablespoon rum
- 2 egg whites; large
- 1 tablespoon butter; to grease cake pan
- 1 teaspoon vegetable oil
- 3 tablespoons confectioners' sugar

**Directions:**

- Peel apples, cut in half and core. Cut decorative lengthwise slits in apples, about 1/2-inch deep. Sprinkle with lemon juice and sugar. Set aside.
- Cream butter and sugar together. One at a time, beat in egg yolks. Gradually beat in lemon juice and grated peel. Sift baking powder and flour together. Gradually add to batter. Blend in milk and rum.
- In a small bowl, beat egg whites until stiff. Fold into batter.
- Generously grease a springform pan. Pour in batter and top with apple halves. Brush apples with oil.
- Bake in a preheated 350 degree F. oven for 35 to 40 minutes.
- Remove from pan and sprinkle with confectioners' sugar.

SOURCE: www.mygermanrecipies.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 [dearsvicki@yahoo.com](mailto:dearsvicki@yahoo.com).

**Dear Ms. Vicki,**

*When is the best time to teach my son about stealing and lying? My son is 8 years old and he constantly steals and takes things that don't belong to him, then he lies about it. Even if you see him do it, he still won't own up to it.*

*His behavior is very scary to me. It's become so bad that my older children don't want him in their rooms anymore. I found out he had given a girl in his class one of my diamond rings. When he is confronted he will only say he doesn't know why he did it. His attitude just won't cut it anymore.*

*My husband has spanked him but I know that spanking him is not the answer. I said he has spanked him, but not abused him. There is a difference and we would never abuse our children. We only want him to know that his behavior is unacceptable. I'm just afraid that his behavior may lead to other problems in the future. Like him going to jail or using drugs or*

*something worse.*

*From: Son's Unbecoming Behavior*

**Dear Behavior,**

I think now is the time for you and your husband to verbalize the importance of integrity, trustworthiness, and moral courage in everyday life.

There are many ways you can do this to teach your son that character counts and that lying and stealing can cause unwanted consequences for him.

Here are some ways you can do this: Choose a family value to discuss over family dinner, and talk about ways to demonstrate this behavior. For example, you may want to give examples of ways you and your husband show support for your children i.e. attending PTA meetings, volunteering in their classrooms, making sure they have their daily necessities like food, clothing and shelter.

You do all of these things because you love and support them. Ask your children to give examples of ways they can show their support. Of course one of those ways should be not to steal from and lie to each other.

Show and role play, correct behavior so that he will learn that giving respect will reciprocate respect. Remember, there is a difference in responding to your child's poor behavior using anger, guilt and shame versus responding firmly by identifying the behavior, i.e. what's acceptable and what isn't.

Refrain from using profanity and using negative put downs. Use the 3-1 ratio of positive affirmations to negative ones. In other words, let him know all of the things he does well instead of reminding him of what he is doing wrong.

I think your son needs to receive

consequences for his behavior, but I think they should fit the offense. For example, I talk to parents who grounded their children for three months, threw away all of their toys, took their computer, phone, televisions etc. In cases like these, in my professional opinion, it's like the child's punishment is having no other options but to finally spend time with their family. In reality, it should be the other way around.

I know this advice only skims the tip of the iceberg. There is much more I could say on this topic.

Lastly, try not to pathologize your son's behavior. While stealing and lying is unacceptable, I think he will mature and realize his behavior is unacceptable.

**Dear Ms. Vicki,**

*I think your column is terrific! How did you learn to be so candid, to the point and so direct? I know they did not teach you that in social work school. Keep up the good work Ms. Vicki. Oh, did you see the yahoo page yesterday. It named the top stressful jobs with low pay and social worker was number one.*

*Don't stress yourself out too much listening to all of this drama, unless they are willing to pay you more for writing this column.*

**Dear Ms. Vicki,**

*I don't know why people write you such rude comments. You are doing something great for our community. I think it takes guts to do what you do.*

*Next to fighting in a war, you are doing something that many people would never do - even me. You are telling people the truth about their lives and you even show your picture next to your column. I'd be afraid that someone would put a hit out on me or something.*

## Heidelberg to host 2010 national prayer breakfast

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

Officials from the United States Army Garrison Heidelberg command chaplain's office will be hosting their 2010 national prayer breakfast 7:30-9:30 a.m. Feb 5, at the Crowne Plaza Hotel located in downtown Heidelberg.

This year's guest speaker is pastor, best-selling author, motivational speaker and international business strategist Dr. Ron Archer.

Archer is no stranger to the Heidelberg community, and that was one of the reasons, James Corneliusen, USAG Heidelberg director of religious education, says their office wanted him to speak at this year's national prayer breakfast.

"He's a renowned speaker...and he's just a very well rounded individual," Corneliusen said.

"He's also been out here with us before, to do some leadership training with the command group as well as with the chaplaincy. So we were very fa-

miliar with him and his work."

Archer has served as a leadership consultant to the former commander of United States Army Europe and 7th Army and NATO's Allied Land Component Command, retired Army Gen. B.B. Bell, in addition to his work with several players and coaches from the National Football League, and Fortune 500 companies.

He is also the Chairman and Chief Executive Officer of Dunamis Institute International. The Cleveland, Ohio native is well known, and highly regarded for his dynamic speaking abilities, that are designed to motivate, educate, energize and empower his listening audience.

National prayer breakfasts are an annual event around the world. Many military communities here sponsor their own gatherings for their individual garrisons.

The Heidelberg national prayer breakfast is open to everyone and members of all religions.

"What I hope that people get out of the national

prayer breakfast is not only the opportunity to step away from their daily grind but to forge new relationships and to further new relationships by breaking bread together." Chaplain (Capt.) Ralph Clark, Heidelberg's deputy garrison chaplain said.

"With the hope that we all realize that we may have differences of opinions, differences of agenda, but we're all the same team here, we're all pulling together for the greater good."

Registration for the event begins at 7 a.m. in the Crowne plaza hotel foyer. There is a suggested donation of five dollars. Breakfast will include an assortment of cold cuts, bakery items, fruits, cereals, yogurts and juices.

Tickets are available now through the Heidelberg chaplain's office. They are also being distributed, to the sergeant majors of the major commands and company first sergeants, in the Heidelberg area.

The Crown Plaza Hotel is located at Kurfürstennanlage 1, 69115, Heidelberg. For more information on this event call DSN 370-8238.

# GET OUT!

area events

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

## 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.

**Family Fun Night** – Spend a fun evening playing family games at the Kaiserslautern Main Library from 5:30-7:30 p.m. Open to families of all sizes and singles. DSN 486-7322, civ. 06371-86-7322/8390. [www.mwgermany.com](http://www.mwgermany.com)

## 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. <http://affiliates.usa.org/rheinneckar>.

**24th Annual Dr. Martin Luther King, Jr. Commemoration** – The German-American Institute hosts its annual international Dr. Martin Luther King commemoration at 6 p.m. at the Providence Church, Hauptstrasse 90a in Heidelberg. Contributors are guest speaker Reverend Osagyefo Sekou from the Church of God in Christ in New York City and the Benjamin Franklin Village Chapel Gospel Choir. [www.dai-heidelberg.de](http://www.dai-heidelberg.de)

## January 24

**Medieval Town of Freinsheim** – Red wine is the focus of this special viticultural event held in the nearby Palatinate vineyards in the hills surrounding the walled medieval town of Freinsheim. Along a 7-kilometer path through the vineyards, stands invite you to indulge in the traditional food and drink of the Palatinate.

Each stand is sponsored by a vintner of the region who will have local wines as well as Palatinate specialties for you to enjoy on a pay-as-you-go. <http://affiliates.usa.org/kaiserslautern>.

**Ice Skating** – Join Kaiserslautern Outdoor Recreation and spend a Sunday afternoon ice skating at the Ice Arena in Zweibrücken. This trip provides a great opportunity to try out a new sport or to improve your skills. [www.mwgermany.com](http://www.mwgermany.com).

## 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](http://www.freiburg-grenzenlos-festival.de).

## January 30

**International Husky Racing** – Black Forest Cup "Rothesau Cup". 800 huskies and 120 mushers chase through the Black Forest. Sprint race - pulka - skijoring: 6-24 km. Starts at 9 a.m. The event might be cancelled due to the lack of snow. Civ. 07674-90600.

**Game-A-Ganza** – Kaiserslautern Community Activities Center (KCAC) offers "Game-A-Ganza" from 2-6 p.m. The event includes 9-Ball and 8-Ball tournaments, chess tournaments, Texas Hold'em, poker, Spades and lots of board game competitions. DSN 483-6500, civ. 0631-411-6500. [www.mwgermany.com](http://www.mwgermany.com).

**Frankfurt Museum Tour** – Frankfurt am Main is a major transportation, financial, cultural, and shopping center. Boasting the first postwar U.S.-style skyline, Frankfurt offers just about anything a big city would offer, especially museums. Join USO Kaiserslautern for a city tour and museum visits. After a city tour, you'll receive a museum pass that will give you free entrance to most of the city's dozens of museums, including the Städel Museum which currently features a special Botticelli exhibition. <http://affiliates.usa.org/kaiserslautern>.

**Country Music and Cheerleaders** – Head over to the Heidelberg Village Pavilion and give your ears a treat as triple platinum country recording artist Neal McCoy puts on the hottest concert of the new year. Joining him are the beautiful Dallas Cowboy Cheerleaders. The concert starts at 7 p.m. and is free for all ages. Get there early to get a great seat. DSN 373-7414. [www.mwgermany.com](http://www.mwgermany.com).

## February 5

**Valentine's Bazaar** – Many European vendors will present their antiques, rugs, tapestries, wines and much more at the Benjamin Franklin Village Sports Arena through Feb. 7. Opening hours are Friday and Saturday 11 a.m.-7 p.m. and Sunday 11 a.m.-5 p.m. <http://www.mwgermany.com>.

## February 6

**Vrije Flea Market** – If you like strolling around flea markets then you'll love the Vrije Market in Cuijk, Netherlands. The market is about the size of four football fields and the Dutch say "if you don't find what you're looking for here, you won't find it anywhere." With over 1500 stands, you'll find antiques, furniture, lights, carpets, toys, clothing, hardware and flow-

ers. When you need a break, relax in the food court where you can and think about your impending purchases. The market is covered and heated. <http://affiliates.usa.org/rheinneckar>.

**Salsa Night** – Kaiserslautern's Armstrong's Club will be hosting a Salsa Night 8 p.m.-1 a.m. This free event features free Salsa lessons, a live D.J., margarita bar, and free finger food. Civ. 0631-354-9986.

## February 11

**Carnevale in Venice, Sightseeing in Florence** – It's Carnevale weekend in Venice. Participate in this festive celebration through Feb. 14 and see beautiful Northern Italy. Come and see Venice at its best, during the season of Carnevale. Tour Florence, the cradle of the Renaissance, one of the most prolific periods of arts and culture. Through Feb. 14 with the Kaiserslautern USO. <http://affiliates.usa.org/kaiserslautern>.

## February 12

**President's Day Ski Weekends** – Visit either Portes du Soleil or Interlaken, Switzerland, through Feb. 15 with Heidelberg Outdoor Recreation. DSN 388-9282, [www.mwgermany.com](http://www.mwgermany.com).

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

**Prague Weekend** – Join Kaiserslautern Outdoor Recreation for an exciting weekend to the "Golden City". [www.mwgermany.com](http://www.mwgermany.com).

## February 14

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

## Ongoing

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

# coming to THEATERS

## PIRATE RADIO

(Philip Seymour Hoffman, Michael Hadsley) In the 1960s this group of rogue DJs, on a boat in the middle of the Northern Atlantic, played rock records and broke the law all for the love of music. The songs they played united and defined an entire generation and drove the British government crazy. By playing rock n roll they were standing up against the British government who did everything in their power to shut them down. Rated R | 116 minutes



## THE MEN WHO STARE AT GOATS

(George Clooney, Ewan McGregor) Struggling reporter Bob Wilton gets the scoop of a lifetime when he meets Lyn Cassidy, who claims to be from a unit of psychic soldiers who have been reactivated for duty. Intrigued by Cassidy's assertions that they can walk through walls and kill goats by fixed gazes, Wilton follows him on a dangerous, top-secret mission across Iraq to find the brigade's founder, Bill Django. Rated R (language, some drug content and brief nudity) 93 minutes

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Jan. 21 - THE MEN WHO STARE AT GOATS (R) 7 p.m.  
Jan. 22 - PLANET 51 (PG) 7 p.m.; THE BOOK OF ELI (R) 9 p.m.  
Jan. 23 - PLANET 51 (PG) 4 p.m.; PIRATE RADIO (R) 7 p.m.; THE BOOK OF ELI (R) 9 p.m.  
Jan. 24 - PLANET 51 (PG) 4 p.m.; THE BOOK OF ELI (R) 7 p.m.  
Jan. 25 - 2012 (PG-13) 7 p.m.  
Jan. 26 - THE BOOK OF ELI (R) 7 p.m.  
Jan. 27 - PIRATE RADIO (R) 7 p.m.  
Jan. 28 - PLANET 51 (PG) 7 p.m.

### Mannheim, Schuh

Jan. 21 - THE FOURTH KIND (PG-13) 7 p.m.  
Jan. 22 - DAYBREAKERS (R) 7 p.m.  
Jan. 23 - PLANET 51 (PG) 4 p.m.; DAYBREAKERS (R) 7 p.m.; 2012 (PG-13) 9 p.m.  
Jan. 24 - PLANET 51 (PG) 4 p.m.; PIRATE RADIO (R) 7 p.m.  
Jan. 25 - DAYBREAKERS (R) 7 p.m.  
Jan. 28 - 2012 (PG-13) 7 p.m.

### Vogelweh, Galaxy

Jan. 22 - DAYBREAKERS (R) 7 p.m.  
Jan. 23 - PIRATE RADIO (R) 3 p.m.; DAYBREAKERS (R) 7 p.m.  
Jan. 24 - PLANET 51 (PG) 3 p.m.; DAYBREAKERS (R) 7 p.m.  
**Ramstein, Gateway Movieplex**  
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.  
Jan. 22 - THE BOOK OF ELI (R) 11:30 a.m., 5:30 p.m., 8:30 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m., 6 p.m.; 2012 (PG-13) 11 a.m., 3 p.m., 7 p.m.; PIRATE RADIO (R) 9 p.m.  
Jan. 23 - THE BOOK OF ELI (R) 11:15 a.m., 5:30 p.m., 8:30 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m., 6 p.m.; 2012 (PG-13) 11 a.m., 3 p.m., 7 p.m.; PIRATE RADIO (R) 9 p.m.  
Jan. 24 - THE BOOK OF ELI (R) 11:30 a.m., 6 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m.; 2012 (PG-13) 11 a.m., 5:30 p.m.; PIRATE RADIO (R) 6:30 p.m.  
Jan. 25 - THE BOOK OF ELI (R) 11:30 a.m., 6 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m.; 2012 (PG-13) 11 a.m., 5:30 p.m.; PIRATE RADIO (R) 6:30 p.m.  
Jan. 26 - THE BOOK OF ELI (R) 11:30 a.m., 6 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m.; 2012 (PG-13) 11 a.m., 5:30 p.m.; PIRATE RADIO (R) 6:30 p.m.  
Jan. 27 - THE BOOK OF ELI (R) 11:30 a.m., 6 p.m.; PLANET 51 (PG) 12 p.m., 3:30 p.m.; 2012 (PG-13) 11 a.m., 5:30 p.m.; PIRATE RADIO (R) 6:30 p.m.  
Jan. 28 - PLANET 51 (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; 2012 (PG-13) 11 a.m., 5:30 p.m.; PIRATE RADIO (R) 11:30 a.m., 2:30 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](http://www.aafes.com) for updated listings and more movie descriptions

# Gondwana - Das Praehistorium

*Experience the earth's origin at an interactive dinosaur park*

By Ina Stiewitz  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Going through the large entrance hall and seeing the 8 meter tall and 40 meter long skeleton of an Argentinosaurus only gives an idea of what the hallways and rooms of "Gondwana – Das Praehistorium" has to offer visitors.

On 5,000 square meters, the indoor dinosaur park, in Landsweiler-Reden near Saarbrücken, presents realistic-looking settings of landscapes that mimic prehistoric times. The evolution of the earth, from its origin to the extinction of the dinosaurs, a period of about four billion years, is rebuilt with attention to details.

"During the planning and construction period, it was important, to have people who studied the topic or have been reading about it for many years," said Deputy Director Jannis Vassiliou. "(Having the right people) is important to make a correct reconstruction possible."

The mixture of short movies – also in 4-D, information boards, exhibited skeletons, stones, trees, and the breathtaking landscapes, where visitors walk through, makes Gondwana – Das Praehistorium the right place to experience the earth and its life in a remarkable way.

"We all know the fascination 'primitive times,'" said Chief of Science Dr. Andreas Braun, who had a leading part in the accuracy of the reconstructions during the museum's building. "Here our visitors can get a visual retrospection of our prehistory."

Visitors walk through a flood tide, the Ice Age, and tropical forests, among many other scenes. Re-created smells, humidity, and the animatronic creatures make you feel like you are in a different world.

"The big challenge was to offer something for



Photos by Ina Stiewitz

everyone – young and old," Braun said.

It is amusing for adults and impressive for children when a roaring and moving T-Rex guzzles one of his victims. Children are able to let cockroaches crawl over their hands, and in the near future, even snakes and tarantulas.

Audio guides help visitors get detailed information and explanations on exhibited items. All movies are translated synchronically over the audio guide or can be switched into English on request.

By changing between sceneries and hallways with information boards, the park's structure offers a good combination of teaching and fun.

Museum staff are available all over the place and welcome questions. By request, it is possible to book a guided tour through the dinosaur park.

The park will expand its current exhibition with a second hall presenting large dinosaurs and the evolution of mammals and human beings in the near future.

Children are welcome to celebrate their birthday at Gondwana – Das Praehistorium.  
For more information call 06821-9316310 or visit [www.gondwana-praehistorium.de](http://www.gondwana-praehistorium.de).

## Park Information

### Opening hours:

Tuesdays to Sundays, 9 a.m.-6 p.m., last admission until 5 p.m.

### Prices:

Adults: €15

Children between age 4 and 14: €10

Through Mar. 14, the park offers a family special with families (two adults with up to two children) paying only €30.

### Driving directions:

Take the A6 in direction to Saarbrücken, at Autobahnkreuz Neunkirchen exit onto A8 in direction to Pirmasens/Zweibrücken. Take exit 23 onto B41 in direction to Landsweiler. Follow the "Gondwana" signs.



In the late Cretaceous Period room, one of the largest and most dangerous predators of the prehistoric era watches over its freshly killed prey and defends its territory.



It is the habitat of giant dragonflies and millipeds in the Carboniferous Period room. Visitors walk through the damp and misty swamp forest illuminated by the tropical sun.



In Permian Period room, visitors pass through a deep canyon and experience a flood tide.

community  
**HIGHLIGHTS**

**IMCOM-Europe Postal Survey**

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

**Vehicle Registration Changes**

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

**UMUC Spring Registration**

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.

**AER Scholarships and Assistance**

Various scholarships and educational assistance programs are available through the Army Emergency Relief program. The deadline for most 2010-2011 applications is March 1. [www.aerhq.org](http://www.aerhq.org).

**CMR Package Notification**

CMR customers can now be notified via e-mail when they receive packages at the CMR. Visit your local CMR to provide your name, box number and e-mail address to begin the service.

local  
**EMPLOYMENT**

**Career Fair**

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

**Food Service Instructor**

The IMCOM European Region Child and Youth Services is seeking a contractor to conduct a hands-on Food Services Training Course for CYSS cooks. This contract involves travel throughout the European Region. For information, contact the Army NAF Contracting Europe Office or email [rosenmary.musto@eur.army.mil](mailto:rosenmary.musto@eur.army.mil).

**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**

• **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** – Scrap booking, 9 a.m.-3 p.m. Jan. 23; Lapsit Story Time, 9-9:30 a.m. Feb. 16. DSN 486-7322, civ. 06371-86-7322/8390 or [www.mwrgermany.com](http://www.mwrgermany.com).

• **Town Hall** – The 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern will host a town hall 6 p.m. Jan. 25 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4541, civ. 0631-3406-4541.

• **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 Daenner 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.

• **Super Bowl Party** – BOSS will host the 5th Annual Super Bowl party and buffet at Kazabra Club 9 p.m.-4 a.m. Feb. 7. Tickets are available for purchase through your BOSS Representative or by contacting the FMWR One Stop at DSN 486-8146, civ. 06371-86-8146. [www.mwrgermany.com](http://www.mwrgermany.com).

• **Sweethearts Bunco** – Landstuhl Community Club will host Sweethearts Bunco 6:30-9:30 p.m. Feb. 9. No experience necessary to play. Everyone will win a prize. Must be 18 to play. Call ahead to reserve your seat. DSN 486-7244, civ. 06371-86-7244 or [www.mwrgermany.com](http://www.mwrgermany.com).

• **Midnight Bingo** – The Kazabra Club offers Midnight Bingo 9 p.m. Feb. 14. Enjoy free food and soft drinks while you play. Two Guaranteed \$1,000 games. Doors open at

7pm. DSN 493-4558, civ. 0631-536-7261 or [www.mwrgermany.com](http://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 garrison's Army Community Service. DSN 493-4232, civ. 0631-3406-4232.

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

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

**HEIDELBERG Education**

• **ACS Classes** – Quilt Exhibition, 1-5 p.m. Jan. 23; Power Workshop, 8 a.m.-12 p.m. Jan. 25-26; Intro to MS Excel, 9 a.m.-12 p.m. Jan. 25 & 27; Making Marriage Work, 1-3 p.m. Jan. 28. DSN 370-6883, civ. 06221-57-6975, [www.mwrgermany.com/hd/acs](http://www.mwrgermany.com/hd/acs).

• **Writing Seminar** – University of Phoenix is offering an American Psychological Association Writing Seminar with Dr. Cynthia Jackson on 7-8 p.m. Jan. 26 at the Patton Education Center in Room 118. R.S.V.P. at DSN 373-7650, civ. 06221-588-0492. • **Barracks Program Briefing** – There will be a First Sergeant's Barracks Program briefing at 2:30 p.m. Jan. 29 at the PHV Theater. All interested personnel are welcomed to attend.

• **SAEDA Briefing** – All military and civilian personnel are required to attend SAEDA training once a year. The briefing will be offered at the PHV Theater 10-11:30 a.m. Jan. 28. A German version will be offered 1-2:30 p.m. on the same days. DSN 373-8054.

• **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** – 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](mailto:germanatpatton@iks-heidelberg.com).

**Community**

• **Heidelberg International Wandering Club** – Join the HIWC at the following volksmarches: 23-24 Jan: Waldangeloch, 30-31 Jan: Seibersbach & Horrheim (Sunday only). [www.hiwc.de](http://www.hiwc.de) or e-mail at [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **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.

• **Beginning Sewing** – This series of much requested classes is specifically for the beginner 3-5 p.m. Jan. 22 or 24. Each month we will build on the previous month's sewing skill. January is a pillowcase. Cost: \$15. Supplies are not included, but sweet Valentine pillowcase kits are available.

• **Technology Expo** – The winter Campbell Barracks/Heidelberg Area Technology Exposition is 10 a.m.-2 p.m. Feb. 9 at the Campbell Fitness Center. This event is being hosted by the 43rd Signal Battalion. All military, civilian, and contractor personnel are invited to attend for free. To pre-register, visit [www.FederalEvents.com](http://www.FederalEvents.com), click on "Campbell Barracks/Heidelberg Area," and choose the Government/Military link.

• **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.

• **Christmas Tree Pick-up** – Christmas trees will be collected together with the compost/grass/leaves pick-up dates as follows: PHV - Jan. 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](http://www.mwrgermany.com).

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

• **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](http://www.mwrgermany.com).

• **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 Deutsches 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 6:30pm. 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/afap](http://www.mwrgermany.com/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.

• **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.

• **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 Jan. 27. DSN 385-2774.

• **Community Blood Drives** – The Coleman Health Clinic will sponsor a community blood drive 10 a.m.-2 p.m. Feb. 4 at the Coleman Fitness Center. The Mannheim Health Clinic will also sponsor a community blood drive at the Sullivan Fitness Center 9 a.m.-2 p.m. Feb. 5.

## Heidelberg, Kaiserslautern take 3rd at 2010 MLK basketball tournament

United States Army Garrison Heidelberg hosted the longest running community invitational basketball tournament in Europe Friday through Monday at Patton Barracks.

The 13th Annual Martin Luther King Jr. Community Invitational Basketball Tournament included 18 teams, 11 men's and seven women's, from as far as the United Kingdom and Turkey, with the majority of the teams from throughout Germany.

"This year's tournament was a tremendous success," said USAG Heidelberg Chief, Sports and Fitness, Michael Criswell.

USAG Baden-Württemberg Commander, Col. William C. Butcher, opened the tournament stressing safety and sportsmanship to the hundreds of players and spectators alike, that attended the opening ceremony.

He also encouraged the crowd to enjoy the tournament and all Heidelberg has to offer and to remember Martin Luther King Jr.'s message.

Heidelberg and Kaiserslautern's women's team squared off in one semi-final with K-Town edging out a 33-32 win, placing them in the finals with Stuttgart who bested Schweinfurt in the other semi-final 37-22.

The women's final pitted Kaiserslautern against Stuttgart. In a game which saw many lead changes, Stuttgart won a thrilling final 51-50.

In men's semi-finals, Spangdahlem beat defending champs Kaiserslautern 37-36 and Lakenheath upended Ramstein 40-38 to set up an all Air Force final.

In a defensive struggle, Spangdahlem took down Lakenheath 29-21.

"Each year this tournament rolls around, the more excitement we see from players and spectators alike," Criswell said. "We are proud to continue the tradition started 13 years ago, hoping to expand on it in 2011."

SOURCE: USAG Heidelberg Sports and Fitness Office



Mannheim forward, Sherri Walker, takes a free throw shot during the Martin Luther King Jr. Community Invitational Basketball Tournament on Patton Barracks Saturday. Photos by Dijon Rolle



Mannheim's Michele Santiago moves in to guard Incirlik's Kourtney Kitchens during the Martin Luther King Jr. Community Invitational Basketball Tournament on Patton Barracks Saturday.

### All Tournament Teams

#### Women's

Kourtney Kitchens – Incirlik  
Kim Horton – Schweinfurt  
Amelia Tillman – Heidelberg  
Crystal Samuel – Kaiserslautern  
Erin Heintz – Stuttgart  
**MVP** – Robin Hess, Stuttgart

#### Men's

Quitney Hall – Ramstein  
Larry Bailey – Kaiserslautern  
Artis Gandy – Spangdahlem  
Osborne Gardner – Lakenheath  
James Taylor – Lakenheath  
**MVP** – Michael Johnson, Spangdahlem

### staying **ACTIVE**

#### Basketball Tournaments

**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, [usaglnsports@eur.army.mil](mailto:usaglnsports@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.

#### Live Coverage

AFN will be airing the DoDD's 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.

#### Road to the Super Bowl

Kazabra 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.

#### 1000-Pound Club

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

#### Free Aerobics Classes

FMWR's SKIESUnlimited 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.mwgermany.com](http://www.mwgermany.com).

#### Skiing and Snowboarding

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

#### Ice Hockey Players Wanted

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

#### Send the HP Your Sports Photos

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