

# HeraldPOST

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

## FRSAs link family members with the community

By Ina Stiewitz  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Are you the spouse of a deployed Soldier, new to the community, or even new in Europe? A Family Readiness Support Assistant can provide you with support and resources available in your community and can help you to stay connected with other families in a similar situation.

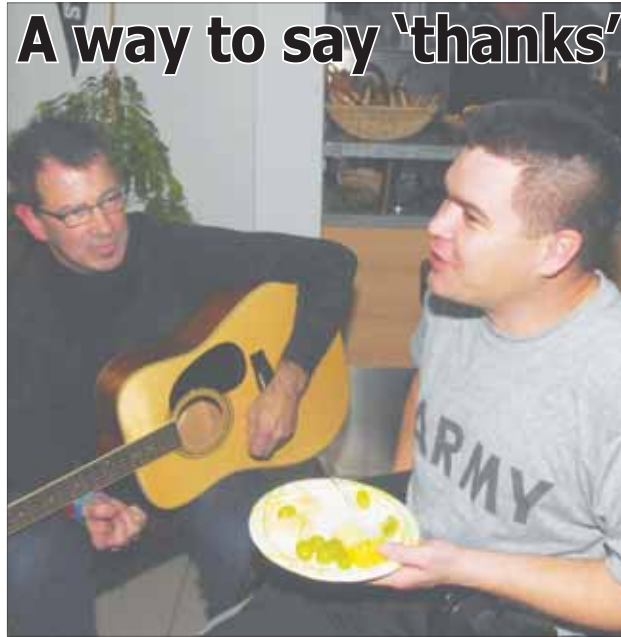
"Basically, our job is to assist and provide support to unit commanders with family and Soldier resources..." said Danitza James, FRSA for the 18th Military Police Brigade.

"We are kind of a link to the community. We have contacts to the community through Army Community Service, Child, Youth and School Service, and Child Development Centers, for example, to provide resources for the families and coordinate events such as pre-deployment or re-deployment," James said.

The history of the FRSA program began in 2003, when a need to further address family readiness during times of rapid deployments became apparent. The stress of deployments on existing resources, combined with the diminishing numbers of available volunteers, motivated the creation of this program.

"The FRSA takes off the burden of all the administrative tasks for the FRG and supports the commander in all FRG programs," said Sandra Hernandez, FRSA for U.S. Army Europe and V Corps Special Troops Battalion. "Besides the FRG leader, the FRSA is the first point of contact."

The FRSAs are a link between the unit commander, see **FRSA** page 11



Sgt. Florentino Valdez, a wounded warrior, talks with Doug Pierce, a member of the Christian band Pierce. The group stopped by the United Service Organizations Warrior Center in Landstuhl to entertain service members during a special visit where members of the Heidelberg sports and fitness office cooked dinner for about 80 wounded warriors. See **Wounded Warriors** on page 4 for the story.

## Deployed V Corps Soldier heads home to Haiti to help in relief efforts

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

KABUL, Afghanistan – Sgt. Maj. Jean Chouloute was born in Port-au-Prince, Haiti and lived in Saint-Marc until he was about 11.

Although he moved away, he still has family in Port-au-Prince, and like the rest of the world, the recent events that have unfolded in Haiti have held his rapt attention.

For the last five months, Chouloute has been deployed here along with his fellow V Corps Soldiers from the corps headquarters in Heidelberg.

Here he serves as the International Security Assistance Force Joint Command CJOC sergeant major. He is responsible for the day-to-day operating functions of the Combined Joint Operations Center and the health and welfare of everyone who works there.

"I can't think of a better way to close out my Army career than helping out the country where I was born, while representing the country I love."



-Sgt. Maj. Jean Chouloute, ISAF Joint Command CJOC

Now he is embarking on a completely different mission.

He is heading to Fort Bragg, N.C., and then on to Haiti, where he will be among those helping victims of the Jan. 12 earthquake.

see **HAITI RELIEF** page 11

**HP THURSDAY**  
Jan. 28, 2010

### Speed Read

#### ULTRA-MARATHONER

FMWR employee runs distances longer than a marathon at races around the world and is getting ready for a 24-hour race. 3



#### OCOLA RATE CHANGE

U.S. service members in Germany will see a drop in their OCOLA as a result of rate changes that took effect Jan. 16. 3

#### 95TH MP BN CASES COLORS

The unit held the ceremony as they prepare for their third deployment in support of Operation Iraqi Freedom. 6

#### LENDING A HELPING HAND



Kaiserslautern employee spent career helping survivors and retirees from all over Europe receive the benefits they deserve. 12

### Defense Details

#### PROGRAM BUDGET BOOST

President Barack Obama's fiscal 2011 budget request calls for a record \$8.8 billion for military family support programs. The budget request will include \$1.3 billion to reduce shortages in military child care and ensure its quality remains high, and also increases funding for youth programs. Another provision will provide \$439 million to build 10 new Department of Defense Education Activity Schools. This measure, directed by Defense Secretary Robert M. Gates, is part of a major, five-year effort to renovate or replace 103 of the schools by 2015.

#### ELECTRICITY IN BASRA

Members of the 17th Fires Brigade, the provincial reconstruction team and community leaders gathered at the recently refurbished Al Quibla market in Iraq's Basra province Jan. 17 to celebrate the completion of 14 U.S.-funded projects designed to deliver reliable electricity to nearly 15 of the province's districts. That effort has led to 18,000 homes throughout Basra receiving reliable power at a cost of \$5.4 million.

Army news: [www.army.mil](http://www.army.mil)  
Defense news: [www.defenselink.mil](http://www.defenselink.mil)

### What's Inside

Our Army Around the World .....	10
Leisure .....	13
Dear Ms. Vicki .....	14
GET OUT! .....	15
Movies .....	15
Announcements .....	16
Sports.....	17

## LEGAL ASSISTANCE

## Transferring Post 9/11 GI Bill benefits

### Patton Legal Assistance

For the first time in history, Soldiers and other service members enrolled in the Post-9/11 GI Bill program are able to transfer unused educational benefits to their spouses and children.

Any member of the Armed Forces, active duty or selected reserve, officer or enlisted, who is eligible for the Post-9/11 GI Bill and who meets certain length of service requirements may transfer their unused educational benefits.

The educational benefits may be transferred to a spouse, one or more children, or any combination of spouse and child.

A family member must be enrolled in the Defense Eligibility Reporting System and be eligible for benefits at the time of the transfer. A child's subsequent marriage or a divorce with the spouse who received the benefit will not automatically affect the eligibility to receive the educational benefit. But the Soldier or service member who made the designation may revoke or modify it at any time.

There are differing rules for the use of the transferred benefit by spouse or children. For example, spouses may start to use the benefit immediately, but children may not start to use the benefit until the individual making the transfer has at least 10 years of service.

The following Web sites have a wealth of information and the forms necessary to request the transfer: [www.gibill.va.gov/GI\\_Bill\\_Info/CH33/Transfer](http://www.gibill.va.gov/GI_Bill_Info/CH33/Transfer) and [www.defenselink.mil/home/features/2009/0409\\_gibill](http://www.defenselink.mil/home/features/2009/0409_gibill).

## COMMENTARY

## The proper way to dispose old tires

By Don Doran  
USAG KAISERSLAUTERN

We see all too frequently old tires tossed away in piles ruining a picturesque woodland scene.

The first person who thought that a quiet out-of-the-way location would be an easy place to get rid of his old tires "opened a Pandora's box" as they say, leading others to create a large, ugly mess.

Tires are a restricted or "special" waste because they cause damage to our environment.

One serious problem is that they hold water, which stagnates and becomes a perfect mosquito breeding ground. This endangers all of us, our pets and local wildlife through the spread of mosquito-borne diseases.

Because of the high costs to communities for proper tire disposal, tire merchants are required to collect a nominal fee on each waste tire accepted. This helps defray the costs of disposing old tires. And in-turn helps cover the costs of shredding, proper burning and other approved recycling methods to handle waste tires.

Local German authorities have a program underway to reduce the amount of illegal dumping tires, as well as household trash, appliances and other improperly disposed waste items.

These "wild dumping" violations



Don Doran

Tossing used tires in a picturesque woods leads not only to a large, ugly mess, but it also causes damage to the environment.

are taken very seriously and violators face significant fines.

Please do your part by turning your old tires over to the vendor for appropriate disposal at the time of tire replacement.

You may also dispose of used tires through select military community recycling centers, Family and Morale, Welfare and Recreation auto skills facilities or the Ramstein Air Base Auto Salvage Yard. Some of these activities have a nominal disposal fee of up to \$2

per tire.

At nearly all locations, waste tires must be removed from the rims (wheels) before they can be accepted for disposal.

Appliances and other bulk item disposal can be arranged: Kaiserslautern, civ. 0631-7105-449; Mannheim, DSN 381-7029; Heidelberg DSN 387-3217.

Some bulk waste items, scrap metals and household hazards can also be accepted at your local military recycling centers.



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

How about closing down the Cove? A lot of people I have talked to said that the Cove used to be the place to go. Now the crowd either goes to Mike's Pub at Coleman or Slapshots in Heidelberg. Personally, I liked the Cove the most because karaoke was the best there. But rather than cry over spilled milk, maybe we can try to work with what we got and have some more of the same things at the Top Hat as there were at the Cove. I bet that

if the atmosphere at the Top Hat was the same as the Cove was, people would come to the Top Hat alot more. There are people that have been here for years and have never been to the Top Hat.

-Danny Michael Adams, BWnow member

Danny,  
Thanks for the note! We had a Right Arm Night at the Top Hat on Friday that had a great turn

out - but I know that isn't always the case during the week or on most weekends. Let me ask Jacqui Haggerty, our Business Operations Director, what programs we had at the Cove and what we can bring to the Top Hat in February and March. Elizabeth, our new Marketing Director, will help get the word out to the community!

-Lt. Col. Lisa Griffin, USAG Mannheim Commander



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

## Contact information:

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

## Advertising:

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

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

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

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

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

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

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

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

## Ultra-marathoner prepares for 24-hour race, one step at a time

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

Every morning by 3:45 a.m. Veronica Carreon, or "Ronnie" as she's affectionately known around the Heidelberg community, is wide awake.

While most of us are still slumbering and snoring, Carreon is already beginning her daily routine – brewing coffee, doing a little light housework and then heading out to run anywhere from six to 12 miles.

Carreon is a financial assistant for the Heidelberg Family, Morale, Welfare and Recreation, and she's also an ultra marathoner, which means she competes in races where the distances are more than the standard 26.2 miles run of a normal marathon. In fact, she ran the John F. Kennedy 50 mile ultra-marathon in Maryland, not once – but twice in 2008 and 2009.

Carreon always loved to run when she was younger, but over the years she had given it up – that is until the fall of 2004.

"I was overweight, and did not like who I had become," Carreon said. "I remembered how running made me feel as a teenager. I used to love running that mile in junior high, high school, and one day I just got up from the couch and decided to go running," she said.

"It was very hard, I remember I wanted to just quit, but something just kept on telling me to just keep going, it's almost over. I can see the end and I just kept on going. The next day I was very sore but I wanted to get up and go do it again and that's what I did."

Carreon joined the Heidelberg running club and lost forty pounds along

**"I've become a better person, a better co-worker, a better friend through running..."**

-Veronica Carreon, Ultra-marathoner

the way, and a little over five years later, she hasn't slowed down yet. She also admits that running was a natural anti-depressant for her after a difficult divorce.

The El Paso, Texas, native says she was an introvert and "a little mouse" during her marriage and credits running with helping her come out of her shell and discover "who she really was."

Although she's competed in some 20 marathons in places like Athens, Rome, Florence, Norway and Edinburgh, Scotland, she says her favorite is the local Mannheim marathon.

If being an ultra marathoner wasn't enough to attract attention, Carreon also likes to dress up for her races. She's donned everything from a kilt for a race in Scotland, to a flamenco dancer's outfit and a bumble bee suit.

"Every marathon has a meaning for me," she said. "I've become a better person, a better co-worker, a better friend through running... a lot of people say I am addicted to the finish line, that I'm addicted to the endorphins. In a way I am, but it's that journey. You'll discover that there is a journey to any type of training that you take up."

Besides the chance to dazzle race spectators, with her colorful, and of-



*Courtesy photo*  
Veronica Carreon, poses for a photo in her festive Greek attire, moments before running the Athens' Marathon. Carreon has been competing in marathons all over the world for a little over five years.

ten creative choices of running outfits, Carreon also pounds the pavement for charity.

She continues to raise money for the wounded warriors program and she also lends her running expertise to local military units that want to train for a marathon or half-marathon.

Carreon's next event is a 24-hour race in Basel, Switzerland, where she'll be running a one-kilometer loop over and over for 24 hours, with a goal of

running 93 miles. This spring she'll also be jump-starting her new hobby – mountain biking.

"The thing that I don't like to hear when I talk to people about running is 'oh I can't run' or 'oh my knees hurt,'" she said.

"Everything hurts at one point or another in a runner's body, but we just get out there and do it, and if you just stick to it, results will come, and you can see that it does pay off."

## Stronger dollar drives Overseas Cost of Living Allowance rate change

USAREUR Personnel Directorate

Officials at the Defense Travel Management Office recently announced that U.S. service members in Germany will see a six-10 percent OCOLA drop in their January end-of-month paychecks as the result of changes to Overseas Cost of Living Allowance that took effect Jan. 16.

The decrease in the OCOLA rate is primarily due to a currency adjustment and new Pay System Exchange Rate resulting from a stronger dollar compared to the euro.

The purpose of the currency adjustment is to select a PSER that maintains service members' purchasing power in local currency while ensuring that neither the service member nor the government is disadvantaged over time. On Jan. 16, the PSER changed from \$1.557 buys one euro to \$1.446 buys one euro.

The DTMO Allowances Branch collects and monitors daily exchange rates from DoD community banks (at all major overseas locations), commands, the Department of State and the Wall Street

Journal. This allows them to compare the PSER to the Trading Rate of Exchange.

Once the accumulated difference or variance reaches five percent, DTMO employs the currency adjustment model to set a new PSER. The PSER may not be the same as the exchange rate at the bank window.

Since Dec. 16, 2009, there has been an eight percent difference between the pay system exchange rate and the actual rate of exchange, which equates to a six point drop in the OCOLA Index for Germany.

Service members are reminded that OCOLA is designed to offset the higher prices of non-housing goods and services overseas so that service members can afford to purchase the same level of goods and services as if they were stationed in the United States.

OCOLA ensures economic parity with CONUS counterpart's spending patterns and levels.

It compares prices of goods and services overseas with prices in CONUS for equivalent goods and services.

COLA is paid as a percentage of a member's spendable income, not total disposable income. COLA is also based on the member's grade, years of service and family size. It is designed to offset expenses related to food consumed at home, food consumed away from home, clothing, personal care, tobacco and alcohol, car purchase, household operations, transportation, recreation medical care and telephone.

Service members can calculate their COLA rate at: Per Diem, Travel and Transportation Allowance Committee Web-site at [www.defensetravel.dod.mil/perdiem](http://www.defensetravel.dod.mil/perdiem).

The calculation tool is updated with the current COLA amounts each pay period.

Service members need only enter their locality code or locality name, rank, years of service, number of dependents, and specify whether they live in the barracks or not.

Service members who have questions about COLA policies may call the U.S. Army Europe personnel directorate's Germany Country Allowance Coordinator at DSN 370-3888.

## Heidelberg Sports and Fitness Office visits wounded warriors

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Normally the staff at the Heidelberg sports and fitness office spend their days assisting customers, stocking equipment, handling administrative duties and basically making sure that Heidelberg fitness center patrons have everything they need.

Recently the group got together for a special mission that required each of them to huddle up and craft a game plan that would incorporate of all their resources and talents to reach out to injured troops.

"Usually we see people helping, but being the sports and fitness department, we weren't sure what we could do," said Michael Criswell, chief of the Heidelberg sports and fitness office. "We all love to cook and we all love to help Soldiers. That's what we do for a living."

The group loaded up their vehicles with food and gifts, and drove to Landstuhl's United Service Organization's Warrior Center to spend time with wounded service members there.

The center is one of two USOs located at Landstuhl Regional Medical Center.

The USO Warrior Center specifically caters to the needs of service members recovering from injuries and it's in walking distance from their barracks.

"For me, it goes back to around 9/11 when we were over here in Germany, and we couldn't help over there (in the United States), so now when Soldiers need help we want to do our part," Criswell said.

Once they hit the ground, the Heidelberg crew spent time talking with wounded service members before they rolled up their sleeves, tied on their aprons and got busy.

The end result – a decadent spread of barbecue ribs, corn, spaghetti, steaming jambalaya, vegetarian chili, German noodle salad, cake and a colorful array of fruit and vegetable platters.

"It's been fun," said Steven Sanders, assistant facility manager at Patton Barracks fitness center. "We all sat down, and brainstormed about what we were gonna bring. It's a little bit of everything. We have people from Texas, I'm from Illinois, my wife is from Germany so we made German noodle salad. Our sport's director is from Louisiana so he made jambalaya and we just came up with different things that people would like and it was a huge success."

The group fed close to 80 people during their visit, one of whom was Staff Sgt. Aarion Lewis.

"It's been good, because usually I don't like to get out. With my PTSD, it can be a problem with me being around crowds, so when I heard about this, I just felt I needed to come out and help myself get back into being around people," Lewis said.

"You've got food here, you've got a lot of different people here and you've got entertainment going on. For people coming from downrange, this kind of helps to boost them up and helps them to know that somebody cares."

Another attendee was 19-year-old Lance Cpl. Ruben Wright who is currently deployed to Afghanistan.

"This whole thing was lovely, the food was great. Where I was at, there was nothing but MRE's and sometimes you didn't get to eat," he said.

"After being downrange for so long. Being in an environment like that, getting shot at everyday getting blown up...to come here and just relax is good."

Wright also credits the USO Warrior center and its staff with helping



Dijon Rolle  
Michael Criswell, USAG Heidelberg Sports and Fitness Chief, serves up a hot meal to Staff Sgt. Aarion Lewis during a special visit at Landstuhl's USO Warrior Center.

to speed up his recovery after he was involved in an improvised explosive device attack.

That's what it's all about for Melissa Parkins, manager for the USO Warrior Center at Landstuhl. She and her employees are responsible for keeping the center's doors open seven-days a week and assisting with events, such as the visit from the Heidelberg sports and fitness office.

The center provides service to about 4,000 troops a month and they are always looking for volunteers to lend a hand.

"I think that one thing that everybody forgets is that they don't have family, a lot of times we're their home away from home... while they are recovering from an injury," Parkins said.

"If they leave here smiling, we've done our job."

As wounded service members and staff chatted and chowed down,

members of the Florida based Christian band, "Pierce" entertained the crowd.

After dinner, members of the Heidelberg sports and fitness office gave out free goodie bags to service members, filled with clothing items, pens and hats.

Several of the items were donations from Continental Golf and Associates and Installation Management Command Europe.

"We just thought it was something good we could do to hang out with the troops that are injured and to say thanks for what they did and hope they get well soon," Sanders said.

"Everybody should take the opportunity to come down and thank these guys and just hang out. They just want somebody to talk to and somebody to listen to them, and I challenge all the other sports and fitness departments to come out and help out and do the same thing."

USAG BADEN WÜRTTEMBERG

# CRUSH THE SLUSH

GET OUT OF THE COLD AND INTO MWR!

Win a FREE  
all-inclusive beach  
vacation for two  
in the Mediterranean



http://myBWnow.ning.com

For info and rules, go to [www.mwrgermany.com](http://www.mwrgermany.com)  
or call 373-5007 or 06221-17-5007

## 95th MP Bn. holds colors casing ceremony

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

The colors casing ceremony for the 95th Military Police Battalion at the Sports Arena on Sullivan Barracks, Mannheim, Jan. 21, marked its third deployment in support of Operations Iraqi and Enduring Freedom.

"This great unit now answers its third call to arms for our Nation, twice to Iraq and now to Afghanistan," said Col. Thomas Evans, the commander of the 18th Military Police Brigade.

The unit will conduct and supervise host nation police building operations in support of the 3rd Brigade Combat Team, 101st Airborne Division and Combined Joint Task Force 82nd Airborne Division's action plans to enhance the capabilities of the Afghan National Police.

"Our mission, simply stated, is to increase the capabilities of the Afghan National Police across four provinces in Eastern Afghanistan, by partnering with and living alongside and with its police and citizens ... this headquarters will represent one fourth of the country's entire effort to develop and enhance police capabilities," said Lt. Col. Duane Miller, the commander of the 95th MP Bn.

It does not seem to matter much whether it is a Soldier's first deployment, the second, third or even the

**"This great unit now answers its third call to arms for our Nation, twice to Iraq and now to Afghanistan."**

-Col. Thomas Evans, 18th MP Brigade commander

fourth. The Soldiers are willing and eager to deploy.

"This is my first deployment and I am ready to go. I feel we are all well trained and prepared for this deployment, for our mission," said Spc. Jarid Matthews, a mechanic with the 95th MP Bn.

"... You are ready. I see it in your eyes. I see it in the way you stand in formation, heads high, chest out – you will tackle your upcoming mission with a sense of loyalty, duty, respect, selfless service, honor, integrity and with personal courage – because you are Soldiers," Miller said.

On the other hand, there is the hardship of separation and the uncertainty and challenges inherent to each deployment.

"You never know what to expect. In that sense, each deployment is like the first. You can't ever get complacent. No matter how confident and well prepared you feel, each mission is unique,"



Lt. Col. Duane Miller, the commander of the 95th Military Police Battalion, and Command Sgt. Maj. Henry Stearns, the battalion's command sergeant major, case the colors of the 95th MP Bn. during a ceremony at the Sports Arena on Sullivan Barracks, Mannheim, Jan. 21. The ceremony marks the third deployment for the 95th MP Bn. in support of operations Iraqi and Enduring Freedom.

said 1st Lt. Brian Kelly, a police mentor trainer with the 95th MP Bn.

"It never gets easy. Each deployment, each mission has unique challenges. And, a year is a very long time to be away from your family and kids. Things change so fast," Miller said.

Knowing there are a number of resources and widespread support for

family members at the home station helps.

The people in the Mannheim community, the 21st Theater Sustainment Command and the 18th MP Bde. as well as the 95th MP Bn. rear detachment all form a support network that goes well beyond the family readiness group, Miller said.

## Lean Six Sigma in action



Sgt. Fay Connors

Strawberry Olive, a logistics analyst with the Theater Logistics Support Center-Europe, briefs a staff officer from the 21st Theater Sustainment Command on her Lean Six Sigma project during the 21st TSC Board of Director's meeting Jan. 22 in Kaiserslautern. Olive's LSS project decreased the turnaround time for maintenance of certain weapons from 28 days to 14 days, a 50 percent reduction. Olive led a team of experts and used the methodology and tools of LSS to improve the process and increase customer visibility of maintenance status at TLSC-E. To date, the 21st TSC has saved nearly \$20 million in cost avoidance using LSS.

### Product Recall

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, announced a voluntary recall of the following products. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of Product:** Graco's Passage, Alano and Spree Strollers and Travel Systems

**Units:** About 1.5 million

**Manufacturer:** Graco Children's Products Inc., of Atlanta, Ga.

**Hazard:** The hinges on the stroller's canopy pose a fingertip amputation and laceration hazard to the child when the consumer is opening or closing the canopy.

**Incidents/Injuries:** Graco has received seven reports of children placing their fingers in the stroller's canopy hinge mechanism while the canopy was being opened or closed, resulting in five fingertip amputations and two fingertip lacerations.

**Description:** This recall involves Graco Passage, Alano and Spree Strollers and Travel Systems with the following model numbers and specific hinge mechanisms. Graco manufactured two different styles of hinge mechanisms for these stroller models. Only strollers or travel systems with a plastic, jointed hinge mechanism that has indented canopy positioning notches are included in this recall. The recalled strollers were manufactured between October 2004 and February 2008. The model number and manufacture date are located on the lower inside portion of the rear frame, just above the rear wheels.

**Remedy:** Consumers should immediately stop using the recalled strollers and contact Graco to receive a free protective cover repair kit.

**Consumer Contact:** For additional information, contact Graco at 1-800-345-4109 between 8 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's Web site at [www.gracobaby.com](http://www.gracobaby.com). To see this recall on CPSC's web site, including pictures of the recalled products, please go to: [www.cpsc.gov/cpscpub/perel/phtml10/10115.html](http://www.cpsc.gov/cpscpub/perel/phtml10/10115.html).



**Capt. April Lynch**



Capt. Lynch is originally from Paonia, Colo. She is married to Clayton and they have a 3 month old daughter. Capt. Lynch joined the Army in 2001 as part of the Health Professions Scholarship Program. She has served the Mannheim community as a family physician since 2008.

**Why did you join the Army?**  
My husband was an Army officer. It seemed like a good way to be close to Clayton while paying off my student loans and helping people on a grand scale.

**What do you like most about your current job?**  
It's a unique avenue to help people in many different ways.

**How do you plan to positively impact the Mannheim community?**  
I hope to help the community become healthier by recognizing what individual community members can do for themselves to feel better.

**Nominate a community member**  
If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to [usqhd.post@eur.army.mil](mailto:usqhd.post@eur.army.mil).

## KMS Beginning Band



Earmon Wilcher Jr., the Kaiserslautern Middle School instrumental director, conducts his students Jan. 20 during the KMS Beginning Band Informace at the school's auditorium on Vogelweh. Christine June

## Good Sports International holds soccer equipment drive

### Staff report

Good Sports International is looking for used soccer shoes, clothes and new un-inflated soccer balls to donate to children and adults living in refugee camps in Hungary.

The organization sponsors soccer camps for residents there.

"We do really need the shoes," said Russell Chun of Good Sports International.

"My hope is to use the shoes to help us gain access to refugee camps in Bicske, Debrecen, and Bekecsaba. Soccer is king in Hungary and this will allow us to touch so many more lives," he said.

Some local soccer teams here are lending a hand to the cause, including Heidelberg.

"Part of the charter of US Youth Soccer is not only to develop soccer ability but develop character in our players," said Heidelberg Select President, Paul Guelle.

"Our players and families know they have a wonder-

ful opportunity to play soccer around Heidelberg and Europe...we don't take it for granted. We hope that our used gear will bring as much joy and as many goals to the less fortunate kids as it did for our players," said Guelle.

All donated items should be clean and shoes should be bagged together as a pair and labeled with the appropriate size.

Donations will be accepted for the next few weeks at Heidelberg Select Olympic development program practices.

The next major collection will be at Heidelberg High School Gym from 10 a.m.-1 p.m. Feb. 7.

For more information on drop off times and other collection locations you can e-mail to [usysheidelberg@googlemail.com](mailto:usysheidelberg@googlemail.com) or call civ. 06227-380994.

For more information on the organization Good Sports International you can visit [goodsportsinternational.blogspot.com](http://goodsportsinternational.blogspot.com).

## HMS hosts annual spelling bee

By Dawn White  
HMS PTSA PUBLICITY

A buzz of activity overwhelmed the Heidelberg Middle School Information Center on Jan. 13, as approximately 75 students gathered for the annual spelling bee.

The more than 20-year tradition of HMS students competing to determine the school's top speller was about to get underway.

The proceedings began with the introduction of the judges—Command Sergeant Major Annette Weber, Mr. Mark Webb from the hospital's staff, and Heidelberg High School language arts teacher Faye McMahon.

A short video then explained the different rights and responsibilities of the four parties involved: the spellers, the judges, the pronouncer, and the parents. Event organizer and pronouncer, seventh grade language arts teacher Dennis Osborne, asked "What other language presents so many spelling difficulties?"

"An innate talent not di-



Heidelberg Middle School seventh grader Aaron Dunson (left), second-place student at this year's Spelling Bee, congratulates first-place student eighth grader Julia Johnson. Jalitzia Delgado

rectly related to levels of intelligence, spelling lends itself to a contest such as a Spelling Bee," he observed.

During the first round, about half of the students succumbed to some sort of spelling miscue.

Round two found yet another 20 or so students receiving passes to return to class. In the third round, about eight students remained and were challenged by words such as 'latitudinarian', 'calisthenics', and 'rotisserie'. Entering the semi-final round were just two students—eighth grader Julia Johnson and seventh grader Aaron Dunson. After Aaron missed

his word, Julia spelled 'proscenium' to qualify for her own final round—a requirement under the rules.

By spelling 'rheumatic' correctly, Julia breathed a sigh of relief and broke out in a smile as she captured the title of HMS's Top Speller.

The first- and second-place spellers were awarded AAFES gift certificates courtesy of the PTSA.

The spelling bee was sponsored by the school's PTSA in cooperation with the faculty and administration.

Julia Johnson will represent Heidelberg at the European Spelling Bee held at Ramstein in March.



Sgt. Jeffrey Alexander

Spc. Christopher Kaiser, with the 4th Brigade Combat Team, 25th Infantry Division, communicates with his platoon leader at a combined traffic control point operation with Afghan National Army soldiers Jan. 20., in the Sabari district of Afghanistan.



U.S. Army Photo

Pvt. Bobby Daniels of D Company, 1st Battalion, 50th Infantry Regiment, makes an adjustment to his M-4 rifle during combat familiarization training Jan. 12 on Fort Benning, Ga.



U.S. Army Photo

Capt. Mark Poirier, a medical officer with the 82nd Airborne Division's 1st Squadron, 73rd Cavalry Regiment, examines a baby brought to the squadron's forward operating base in Port-au-Prince, Haiti, Jan. 18.

**our**ARMY  
around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Spc. Amanda Rigdon

Maj. Gen. Patricia E. McQuiston presents a bouquet of flowers to Kim Scharwitz at the New Year's reception jointly hosted by the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern at the Armstrong Community Club on Vogelweh Jan. 22.



Air Force Master Sgt. Jeremy Lock

Air Force combat controllers and Army pathfinders take off in a U.S. Navy HH-60 Seahawk helicopter to conduct a drop zone survey outside Port-au-Prince, Haiti, Jan. 24.

## HAITI RELIEF

continued from page 1

Although his family in Haiti had damage to their house and are now living in a local church, they made it through OK. Many had it a lot worse. All 10 members of the family next door were killed.

It's not concern for his family that's pulling him out of Afghanistan, though.

When he gets there, he will be using his language skills, patrolling, delivering food and working with other troops to do what Chouloute says is the most important part of the mission – bringing hope to a shattered people.

"We will show the people of Haiti what the U.S. military, and the U.S. people, are all about," he said.

"It's important for me to do this on a couple different fronts," said

Chouloute. "I am helping to show the diversity of the Army, and I will be able to help serve as a bridge between the folks who need help and those who are going there to help. I know the culture, language, area and people."

The sergeant major said he feels it is imperative that the U.S. shows Haiti how much they care about what has happened to the island nation.

"It makes me sad to see the level of devastation that has hit Haiti," he said.

"They went for almost 50 years without making any real advances, and in the last year they started to get hope, electricity and hotels."

He added that the people of Haiti have a lot of faith in the U.S. government, and are counting on America's support and assistance.

"That's why it is so important for

the U.S. to go there," he added. "The relationship of the Haitian people with the U.S. is important. If we weren't there, there would be more hunger and more looting. It would be a lot worse than it is right now."

This will be Chouloute's third time going to help in Haiti since he's been

in the Army, and he said he is glad he has the abilities needed to provide assistance.

"I can't think of a better way to close out my Army career than helping out the country where I was born, while representing the country I love," he said.

### How To Help

#### The U.S. Agency for International Development:

(USAID) has recommended cash contributions as the most effective way to help. USAID has provided a list of relief organizations and further information on its Web-site at: [www.usaid.gov](http://www.usaid.gov) ("How Can I Help" is on the right side of page)

**National Red Cross:** For more information and updates as to how you as an individual, group/organization or community can help visit [www.redcross.org/](http://www.redcross.org/).

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

## FRSA

continued from page 1

the families assigned to the unit, and the community resources available to the Soldiers and their families. An FRSA is not meant to solve a problem, but to connect the families to the appropriate services within a community. Although an FRSA is available for all families, they play a major part in deployment organization, such as re-deployment briefings or supporting FRGs during welcome home ceremonies.

"As FRSA, I went through four welcome home ceremonies where my husband was not in, until he finally came back (from his 15-month deployment to Iraq)," said James. "You feel the happiness of being able to help spouses who are also going through the same things."

A lot of the FRSAs are also spouses of deployed Soldiers, which helps them to understand what families experi-

ence during deployment.

"My husband is deployed for the fourth time in the eighth year of marriage. I understand the challenges a family needs to face," Hernandez said.

According to Hernandez, the most important aspect about the FRSA program is the concept by itself – the concept of helping the families and helping the unit during a time like deployment.

"If I put a smile on somebody's face, it's an accomplishment," James said. "It is really nice to know that you are part of the whole group that makes a deployment successful – that makes a unit be successful while assisting their Soldiers and their families."

FRSAs profit from the support of volunteers and the more volunteers a unit has, the easier it becomes for the deployed Soldier, James said.

"By volunteering you are providing to your own Soldiers, you're helping out the unit," James said. "It makes a deployment easier for Soldiers to know that their families back here are taken care of by members of the FRG and the unit and it makes time go by faster."

As a military spouse and former service member, James experienced herself what impact the work of volunteers, FRG leaders and FRSAs has during deployment.

"When I was deployed to Iraq and we got a box of something, it was such a great thing," she said. "I know what the Soldiers feel and how they feel when they know that their family is being taken care of."

An FRSA is a unit's hub of information and takes care of the needs of all families, whether their spouse is deployed or not, Hernandez said.

## New Year's Reception



Christine June

The U.S. Army Garrison Kaiserslautern's Commander, Lt. Col. Kevin Hutchison (right), greets the Landstuhl Mayor, Klaus Grumer (left), Jan. 22 at the 21st Theater Sustainment Command and garrison New Year's Reception at the Armstrong Community Club on Vogelweh Housing.

**ARMY FAMILY COVENANT: KEEPING THE PROMISE**

“For us, the Army Family Covenant means improved existing programs and new programs providing support to Families and helping Families in times of need.”

SHEILA LY, U.S. Army Spouse  
Serving Together, Thirteen Years

[ARMYOneSource.com](http://ARMYOneSource.com)



## Kaiserslautern icon 'tries to help everyone'

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

'How John Haldeman helped me' narratives have echoed throughout the community here for the past 23 years.

Haldeman is the U.S. Army Garrison Kaiserslautern's Military Personnel Division chief, who is responsible for passports, ID cards, officer and enlisted records and reassignments, in- and out-processing, promotions and as he likes to say, "What needs to be done."

However, it's his role as the garrison's retirement services and casualty affairs officer that is the reason behind most of the how-he-helped-me stories.

In these roles, he helps military retirees and their survivors from all over Europe apply for retirement and survivor benefits.

Haldeman led the Army's casualty notification effort when an Italian aerial acrobatic team crashed at Ramstein Air Base during Flugtag 1988, killing 70 and injuring 346 spectators.

Thousands is the number that Haldeman quotes on how many retirees, widows, widowers and orphans he has helped over the years.

"All the stuff that needed to be taken care of, he took care of it, and he advised me of everything," said Elke Stecher, describing her personal account of how Haldeman helped her after her husband William, a retired Army lieutenant colonel, died in 2008.

Rattling off the top of his head, Haldeman said there are roughly 850 retirees, 400 widows and two widowers currently living in the Kaiserslautern military community. He has a four-drawer filing cabinet in his office neatly stuffed with cases.

"John Haldeman – his knowledge of retiree and personnel issues, civilian and military administration – can't be touched by anyone," said Don Gwinn, the garrison's misconduct officer and a member of the U.S. Army Europe Retiree Council, who has known Hal-

deman for more than 20 years. "He is an icon to retirees, widows, widowers, orphans, disabled, veterans and active duty."

Although he hasn't been back home since 1977, Haldeman still speaks loud and fast from his upbringing during the late 1930s to 1950s in the coal mining town of Mahanoy City, near Scranton, Pa. He joined the Army in 1956, and retired as a command sergeant major in 1986. The following year, he began working at the garrison.

"John is rough around the edges, but you will not find a person who is willing to self-sacrifice like he is," said John Gregory, a garrison human resource technician who has worked for Haldeman for almost a year. He added that he has often seen Haldeman work nights, weekends and holidays.

Friday will be Haldeman's last work-week day. He will retire Sunday.

"Helping somebody is a tremendous amount of comfort and accomplishment to me," said the 71-year-old, who carries two cell phones at all times and his lunch in his briefcase everyday. "That's a big thing – not that you want to beat the system, but that you want to make sure the entitlement comes when the entitlement is theirs."

Cynthia Panzani, a former Navy retiree activities officer in La Maddalena, Italy, had heard about Haldeman and how he makes things happen for retirees, and now, she tells people the same thing by relating her own how-he-helped-me story.

A Navy retiree, who was living in Kaiserslautern, was trying to stop about \$200 from being taken out of her retirement pay every month for survivors' benefits that she had not signed up for, said Panzani, who added this had been going on for seven years, totaling close to \$14,000.

"It seemed like minutes," she said, about the visit they had in Haldeman's office in February 2008. "He got on the phone and found the right person,



Christine June

John Haldeman, U.S. Army Garrison Kaiserslautern's Military Personnel Division chief, works on three casualty assistance cases Jan. 19 in his office on Kleber Kaserne. Haldeman retires Sunday, after serving 23 years in government service.

who must have said something like she won't be able to get all her money back.

"John leaned back in his chair," Panzani imitates the movement she remembers. "And says, 'Oh shipmate, I think we can get all her money back for her, don't you?'"

"Just amazing," said Panzani, still laughing about a retired Army command sergeant major saying the term shipmate. "My friend did indeed get all her money back. She received the check by the end of the month. Here, she and I had tried for seven years, writing and calling, and John Haldeman got it done with one phone call."

Joe Copple, a human resources technician in the garrison's ID card section, has worked for Haldeman for more than a year.

"It's been a constant parade during the day, starting right after lunch, of people coming in to pay respects to the man," said Copple, who first heard about Haldeman in 1998 when he was stationed in Mannheim.

Sgt. Micah Holtzman, a human resources technician who has worked for Haldeman for more than two years, credits Haldeman for his recent promotion to E-5.

"He's always looking out for Soldiers," said Holtzman. "He tries to help everybody."

Bridget Koenig, Landstuhl Fisher House assistant manager, has worked

with Haldeman for four years in his capacity as the garrison's casualty affairs officer.

"Everywhere he is known, not just everywhere in Germany, but in the states, Europe and downrange. He's helped our coalition guys here when they needed help," she said. "I can always turn to John for a question and an answer – he's always there – always."

If it is an imminent death situation, Koenig said that Haldeman is the person who sits down and goes over all the affairs with the families, and helps them with all the paperwork and who they need to contact.

She added that she has seen him many times – on his own dime – pick families up from the Frankfurt airport. She has also seen him and his wife, Jacqueline, at the Fisher House or at Landstuhl Regional Medical Center assisting families and Soldiers at all hours.

Haldeman and Jacqueline met and later married in Verdun, France, 51 years ago. They will retire to North Carolina, where they will be closer to their two daughters, Francine and Peggy, both of whom followed their father into civil service careers.

"I'm contented," said Haldeman, about his more than 50 years of service to his country. "I don't think I ever failed at any mission in getting that money back or that entitlement to the people who were entitled to it."

## Cervical Health Awareness Month

*A reminder for women to take charge of their health*

By Kristin Marquez  
HMEDDAC PUBLIC AFFAIRS

January is Cervical Health Awareness Month, and the Heidelberg Medical Department Activity is taking time to remind women about the importance of taking care of themselves.

According to [www.cancer.gov](http://www.cancer.gov), there were an estimated 11,270 new cases of cervical cancer di-

agnosed in the United States in 2009, with 4,070 deaths.

"Scheduling a yearly well-woman exam is one of the most important steps a woman can do to take care of herself," said Col. P.K. Underwood, HMEDDAC commander. "It's really simple, and it could save a life."

Although the incidences of cervical cancer across the United States have been on the decline for the past three decades, it still remains a very real and dangerous threat. Cervical cancer remains one of the most preventable diseases because of the screenings available for women, such as the Pap test.

Cervical cancer is usually a slow-growing cancer

that may cause symptoms, but can be found with regular Pap tests.

According to the National Cancer Institute, cervical cancer is almost always caused by human papillomavirus (HPV) infection.

A vaccine is available for females ages 9 to 26 that protects against two types of HPV infection that cause cervical cancer.

"Because early cervical cancers usually don't cause symptoms, it is important to get screened on a regular basis," Underwood said.

For more information, call your local Army health clinic to schedule a well-woman exam, or visit [www.cancer.gov](http://www.cancer.gov) to find out more.

# Exhibition of Alexander the Great

## Follow the course of the Macedonian king from northern Greece to Asia

**Angela Kamen**  
MANNHEIM MIDDLE SCHOOL

When I went on this field trip I had so much fun! Let's see where do I begin? Well let's start with getting there.

We rode a pink bus to the museum. When we were on the bus it was like riding with a bunch of animals, it was loud and crazy.

The fun part was that I got to talk and socialize with my friends. We all started taking pictures of each other. Mr. McLeod, our social studies teacher, was taking pictures of everybody for the year book.

When we got off the bus we had to walk about one block and we were at the museum. We had to wait outside in the cold for about five minutes because we were early.

Then we went inside and we split into two groups, group one and group two. I was in group one and so we went on the tour first, this is what it was like.

We got something that looks kind of like one of those audio guides, but it had one earphone and a box-like thing attached to it. Once you turned it on and put the earphone in your ear you could hear the tour guide talking, it was pretty cool.

I learned so much during the tour – here are some of the things I learned.

I learned that Alexander the Great was born in 356 B.C. and died at the age of 32, but was almost 33.

When he was 10, he won a horse named Bucephalus. This was a beautiful black horse with a white star on his brow. The only thing wrong with this horse was that no one could tame it, but Alexander was interested in trying.

Alexander figured out that Bucephalus was afraid of his own shadow. Then Alexander started

training him at night so he couldn't see his shadow and it worked.

Alexander tamed Bucephalus and became Alexander's war horse.

When Bucephalus died Alexander named one of the towns that he conquered Bucephalus after his horse.

I also learned that he conquered many places. He conquered Persia, Asia, Iraq, Iran, Afghanistan, Egypt, Turkey, and Greece. Those are only some of the places he conquered.

I also learned that his father was the king of Macedonia. Alexander became in charge of Macedonia when he was only 20. I also learned much more.

There was an exhibit where we got to feel how heavy the spears were that they carried, and we got to try on the helmets they wore.

There was also a game but we didn't get to play it because we had reservations at a restaurant – which brings me to tell you about the restaurant.

The restaurant was amazing! When we got in there we sat at three large tables and by the end they were filled.

Since we had just learned about Alexander the Great and where he conquered, we ate at a restaurant with eastern food because Alexander conquered most of the eastern part.

When I was eating the awesome food I was wondering if Alexander the Great got to eat this good!

As we were leaving the manager gave us a fortune cookie, it was delicious!

Well then we walked back to the bus and went back to school. It was an awesome field trip, and I hope the next group has just as fun as I did.

Editors note: Author is a sixth grader at Mannheim Middle School.



Verwaltung der Staatlichen Schlösser und Gärten Hessens, Bad Homburg

The statue of Alexander the Great is called "Alexander Erbach" and was probably found in the villa Hadriana in 1791 in Tivoli, Italy. Duke Franz I. of Erbach-Erbach had in his collection there.

### Exhibition Information

The exhibition "Alexander the Great and the Opening of the World. Asia's Cultures in Transformation" is presented by the Reiss-Engelhorn Museums in Mannheim together with the Eurasia Department of the German Archaeological Institute in Berlin and in cooperation with renowned international partner institutions. The exhibition provides a view of the eastern part of the Alexander empire and the cultures before and after his conquest.

Many of the objects gathered for this exhibition are on view for the first time in Europe.

**Opening hours:** 11 a.m.-6 p.m. Tuesdays to Sundays, through Feb. 21

**Admission:** Adults: €10; Children, age 6 to 18: €5

**Address:** Reiss-Engelhorn-Museen, Museum Weltkulturen D5, 68159 Mannheim

For more information visit [www.alexander-der-grosse-2009.de](http://www.alexander-der-grosse-2009.de) or call civ. 0621-293 31 50.



bpk / Antikensammlung, SMB / Johannes Laurentius

The attic helmet was found on the island Melos, Greece and is dated 2nd century B.C. Museum visitors are able to try on helmets warriors wore during the period of Alexander the Great.



Museo Archeologico Nazionale, Napoli

The riding figure of Alexander the Great was found in Herkulaneum, Italy, Oct. 22 in 1761 near the local theater.

## GERMAN COOKING

### Roast Pork

Servings: 8

#### Ingredients:

- 5 lb roast pork; leg or shoulder
- 1 centiliter garlic; cut in half
- salt and pepper to taste
- caraway seeds to taste
- 4 onions; sliced
- 2 carrots; sliced
- 1/2 cup water
- white wine; light beer or stock to taste
- 2 tablespoons flour; mixed in a little cold water
- 1 cup sour cream

#### Directions:

- Preheat oven to 350 degrees.
- The rind should remain on the pork. Rub meat with garlic; sprinkle with salt, pepper and caraway seeds.
- Arrange a bed of onions and carrots on the bottom of an open roasting pan. Lay meat on the vegetables, skin side down, add water to the pan, and roast 1 1/2 hours basting with pan juices and adding liquids if needed.
- After 1 1/2 hours, turn the meat, score the rind in diamond shapes and roast another 1 1/2 hours with basting.
- Remove the finished meat to a platter, strain the meat juices and skim off the excess fat.
- Add wine, beer, or stock, thicken with flour, bring to a boil and simmer 3-4 minutes until thickened and smooth.
- Stir in sour cream and heat without boiling.
- Season to taste.

SOURCE: [www.mygermanrecipes.com](http://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.

Introduction to German Cuisine will demonstrate what to look for when food shopping on the economy.

Tours are scheduled twice a month, visiting an organic food store and visiting a typical grocery store. Both stores have an excellent bakery and meat and cheese counter.

We will identify local specialty foods and review the German nutrition facts label; topics discussed depend on the interest of the individual and questions from the group.

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



**DEAR MS. Vicki**

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

**Dear Ms. Vicki,**  
I can't believe what's happening. My best friend of 10 years is engaged to my ex-boyfriend. He was my first love and she knows it because we are all from the same home town, grew up together and went to school together.  
We were high school sweethearts and have two children together. There are many reasons that we did not get married, but she knows I am still in love with him and that I was still hoping that eventually we would rekindle our relationship the way it should be and settle down and get married and raise our children together.

Now she is telling me that he is her soul mate. Surely she has to be kidding me and this is just a nightmare.

Only I keep hoping that I will wake up and find out it's just a dream but so far the nightmare just keeps on going.

Ms. Vicki she is pregnant and the baby is due in March. I am so angry and hurt. Where in the world have I been and why didn't I know they were in a relationship.

How can a best friend do something like this? He hasn't even seen his children in several weeks, but he has been spending time with her. She is PCS'ing with him to Fort

Hood soon. Can she do this? Is the Army going take care of her when she is only his girlfriend?

I don't know what I will do if I find out that he married her when I waited so many years and he never married me.

I've tried to talk to my best friend but she won't even return my phone calls. I've seen them riding together on base and in the community and neither of them will even look at me. How can I sort out this issue Ms. Vicki?

I really wish I could do something to get him in trouble. From: Shocked

**Dear Shocked,**  
I talk to many women on this issue and the do's and don'ts of dating a friend's ex.

Personally, any friend of mine could date one of my ex's. It's probably because I know how thankful I am that I let them go until whoever ended up with them would be good riddance.

I had my share of boy friends, few that I thought I loved, cried about, and had verbal spats with other females about them. I can laugh about it now, because I was young and immature.

Regarding your best friend, I think she has crossed this line in a serious way. She has gone too far and stabbed you in the back. She has been your best friend for 10 years and you have children with this man.

I'm not trying to "gas you up" but there is no way I would ever cross a line with my best friend's husband.

Besides, he is like a brother to me. The Army won't take care of her as a girl friend but the child could become his military dependent. From your report, it sounds like they are moving on and serious about this relationship.

In that case, the only thing you can do is try to come to grips with this and make sure you receive child support for your children.

Secondly, you will have to get along with your best friend because she could potentially play an important role in your children's lives. The last thing the children need to see is their parents arguing and not getting along.

It can really ruin their self esteem. Who am I to say, that two people can't be together, especially if they believe they have found their soul mate.

Conversely, when polled, the overwhelming majority of females say that you should never date your friends ex.

I want you to take care of yourself because this will be emotionally draining.

Start talking to close family like your parents or someone you can trust about this. You need someone who you can vent too about this and one who will understand. Please take care of yourself and your children.

#### Responses to previous columns:

**Dear Ms. Vicki,**  
Many Soldiers have started to leave with the advance party in many of the units. I can feel the stress of many wives already. Can you write more about coping with deployments and stress? I remember a few years ago you wrote some articles on deployments and I am asking you to do it again. It really helped me. Thanks for everything! Shawna

**Dear Ms. Vicki,**  
I'd just like to say to you the same as you say to others "hang in there." Don't let the rude comments stop you from writing and telling the truth. You are the best.

#### Ms. Vicki's Online Talk Show

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

## HMEDDAC begins Patient and Family-Centered Care

By Kristin Marquez  
HMEDDAC public affairs

Patients in the Heidelberg Medical Department Activity footprint will soon be more empowered to play a bigger role in their overall healthcare.

Patient and Family-Centered Care is a new concept coming to Army healthcare, and it has arrived in Heidelberg and Mannheim.

Originating with the Institute for Family-Centered Care, the PFCC method allows patients to not only improve their health care, but also to affect policies and produce change on a much higher, strategic level.

"We have always strived to provide the best care for our patients, but now we take it to the next step and work to provide the best healthcare with our patients," said HMEDDAC Commander Col. P.K. Underwood.

The concept of Patient and Family-Centered Care is simple – the patient is part of the healthcare team.

In PFCC, the patient has the power to ask questions about their plan of care, medications and treatments.

Families are no longer considered visitors, but part of the team, as the patient chooses.

"In PFCC we do not work to make the patient

fit into the system, but rather work the system to fit the patients' needs," Underwood said.

HMEDDAC is creating a Patient Advisory Council and is recruiting patients to be part of the team.

The Patient Advisory Council will provide the patients' point of view.

Those interested in volunteering on the Patient Advisory Council can attend an informational meeting from 5:30-7 p.m., Feb. 3 in the second floor conference room of building 3613 on Nachrichten Kaserne.

For more information, call Jutta Shoots at DSN 371-2666, civ. 06221-17-2666.

# GET OUT!

area events

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

## January 29

**Festival** – The German-American Institute (DAI) hosts an international silent movie and music festival through 31. Jan. From Science Fiction, over Drama to Comedy, the movies are accompanied by different music performances like a choir, piano player and a band. Movie performance hours are 8 p.m., Jan. 29; 4 p.m., 6 p.m. and 8 p.m., Jan. 30; 3 p.m. and 5 p.m., Jan. 31. The movie schedule is available on the DAI Web site. Win free tickets by calling civ. 06221-607313, 12-5 p.m Jan. 29. [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

## January 30

**International Husky Racing** – Black Forest Cup "Rothaus 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.mwrgermany.com](http://www.mwrgermany.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 Stadel Museum which currently features a special Botticelli exhibition. <http://affiliates.uso.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.mwrgermany.com](http://www.mwrgermany.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.mwrgermany.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 flowers. 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.uso.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

**Penny Bazaar** – The German American Women's Club will host the 28th Annual Penny Bazaar Feb. 11 - 13. The Penny Bazaar is a huge flea market held at the Rosengarten in downtown Mannheim. The club will accept donations from the community 10 a.m.-3 p.m. Feb. 6, 11 a.m.-1 p.m. Feb. 7 and 10 a.m.-6 p.m. Feb. Donors can bring donations to the Rosengarten glass elevator on the street level across from the Water Tower. Hours: 11 a.m.-6 p.m. Feb. 11 and 12; 11 a.m.-2 p.m. Feb. 13. The bazaar is not stroller friendly and there are no pets allowed due to crowding. Civ. 0160-696-1110 or e-mail to [kerstin.eisenbrandt@eur.army.mil](mailto:kerstin.eisenbrandt@eur.army.mil).

**Carnevale in Venice, Sightseeing in Florence** – It's Carnevale weekend in Venice. Participate in this festive celebration 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.uso.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.mwrgermany.com](http://www.mwrgermany.com).

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

**Prague Weekend** – Join Kaiserslaut-

ern Outdoor Recreation for an exciting weekend in the "Golden City". [www.mwrgermany.com](http://www.mwrgermany.com).

## February 13

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

**Tropical Islands** – What better way to relax than taking a tropical vacation. Explore the world's largest indoor rain forest, and then slip into the warm water of the Bali Lagoon. Or simply play on a sandy beach in the South Seas village. Swimsuit and changes of light clothing are recommended. Price includes all day admission to Tropical Islands' attractions. <http://affiliates.uso.org/rheinneckar>.

## February 14

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

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

## LEGION

(Paul Bettany, Dennis Quaid) An out-of-the-way diner becomes the unlikely battleground for the survival of the human race. When God loses faith in Mankind, he sends his legion of angels to bring on the Apocalypse. Humanity's only hope lies in a group of strangers trapped in a desert diner and the Archangel Michael. Rated R (strong bloody violence and language) 100 minutes



## THE BOOK OF ELI

(Denzel Washington, Gary Oldman) In the not-too-distant future, across the wasteland of what once was America, a lone warrior must fight to bring civilization the knowledge that could be the key to its redemption and save the future of humanity. Rated R (some brutal violence and language) 119 minutes

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Jan. 28 - PLANET 51 (PG) 7 p.m.  
Jan. 29 - OLD DOGS (PG) 7 p.m.; LEGION (R) 9 p.m.  
Jan. 30 - THE TWILIGHT SAGA: NEW MOON (PG-13) 4 p.m.; OLD DOGS (PG) 7 p.m.; LEGION (R) 9 p.m.  
Jan. 31 - THE TWILIGHT SAGA: NEW MOON (PG-13) 4 p.m.; LEGION (R) 7 p.m.  
Feb. 1 - THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.  
Feb. 2 - LEGION (R) 7 p.m.  
Feb. 3 - THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.  
Feb. 3 - LEGION (R) 7 p.m.

### Mannheim, Schuh

Jan. 28 - 2012 (PG-13) 7 p.m.  
Jan. 29 - THE BOOK OF ELI (R) 7 p.m.  
Jan. 30 - OLD DOGS (PG) 4 p.m.; PIRATE RADIO (R) 7 p.m.; THE BOOK OF ELI (R) 9 p.m.  
Jan. 31 - THE TWILIGHT SAGA: NEW MOON (PG-13) 4 p.m.; THE BOOK OF ELI (R) 7 p.m.  
Feb. 1 - THE BOOK OF ELI (R) 7 p.m.  
Feb. 4 - PIRATE RADIO (R) 7 p.m.

### Vogelweh, Galaxy

Jan. 29 - THE BOOK OF ELI (R) 7 p.m.  
Jan. 30 - THE TWILIGHT SAGA: NEW MOON (PG-13) 3 p.m.; THE BOOK OF ELI (R) 7 p.m.  
Jan. 31 - OLD DOGS (PG) 3 p.m.; THE BOOK OF ELI (R) 7 p.m.

### Ramstein, Gateway Movieplex

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.  
Jan. 29 and 30 - LEGION (R) 12 p.m., 3 p.m., 8 p.m.;  
THE TWILIGHT SAGA: NEW MOON (PG-13) 11:30 a.m., 3:30 p.m., 7 p.m.;  
OLD DOGS (PG) 11 a.m., 2 p.m., 6 p.m., 9:30 p.m.  
Jan. 31 - LEGION (R) 12 p.m., 3 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11 a.m., 2:30 p.m., 5:45 p.m.; OLD DOGS (PG) 11:30 a.m., 3:30 p.m., 5:30 p.m.  
Feb. 1 and 2 - LEGION (R) 12 p.m., 3 p.m., 6:30 p.m.;  
THE TWILIGHT SAGA: NEW MOON (PG-13) 11 a.m., 3:30 p.m., 6 p.m.;  
OLD DOGS (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.  
Feb. 3 - LEGION (R) 12 p.m., 3 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11 a.m., 3:30 p.m., 6 p.m.; OLD DOGS (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.  
Feb. 4 - THE TWILIGHT SAGA: NEW MOON (PG-13) 11 a.m., 3:30 p.m., 6 p.m.; OLD DOGS (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.; BOLT (PG) 12 p.m., 3:45 p.m., 6:45 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

## community HIGHLIGHTS

### IMCOM-Europe Postal Survey

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

### 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.

### Fuel Coupons

The Army & Air Force Exchange Service - Europe announced that as of Jan. 31 customers will no longer be able to refund unused fuel coupons. The German government asked the U.S. Forces in Germany to change from fuel coupons to an automated fuel ration card. This transition from fuel coupons to the fuel ration card took place from May 2008 through Dec. 31, 2008. AAFES urges customers to visit any AAFES retail facility to receive their refund for unused fuel coupons with an expiration date of Sept. 30, 2008 that are still attached to the original fuel coupon booklet, before Jan. 31. After this date, AAFES will not refund any German fuel coupons.

## 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 e-mail [rosemary.musto@eur.army.mil](mailto:rosemary.musto@eur.army.mil).

### ACS Employment Opportunities

ACS, Heidelberg, seeks an Education Instructor for Financial and Employment Feb. 1 through Jan. 31, 2011. This is a contract position. No logistical support. Experience is required. ACS, Heidelberg is also seeking the services of an educator to provide parenting classes and Family Advocacy Education programs to teens and elementary school children. This is a contract position. Contract closes Feb. 2. DSN 379-6657; civ. 0621-487-6657.

### 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** – 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).

• **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. The Chaplain's Office is accepting donations. 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 7 p.m. 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** – Federal Web-Based Application (RESUMIX) 9 a.m.-12 p.m., Feb. 2; Life in Balance 1-3 p.m., Feb. 2; Intro to MS Publisher 9 a.m.-12 p.m., Feb. 3; EFMP Autism Support Group 9:30 a.m., Feb. 3 at the PHV Java Cafe, Bldg. 4506; Fair Fighting in Relationships 1-3 p.m., Feb. 4. DSN 370-6883, civ. 06221-57-6975, [www.mwrgermany.com/HD/acs](http://www.mwrgermany.com/HD/acs).

• **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. Feb. 3. A German version will be offered 1-2:30 p.m. on the same day. DSN 373-8054.

• **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.

• **American Red Cross Classes** – 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).

• **Heidelberg International Wandering Club** – Join the HIWC at the following volksschmarches: Jan. 30-31, Seibersbach and Horheim (Sunday only); Feb. 7, Forstfeld, France. Sign up for the overnight trip to Munich Mar. 13-14. The next General Membership meeting is Feb. 8 at the SG Gasthaus in Ostersheim. [www.hiw.de](http://www.hiw.de) or e-mail at [hiw@yahoo.com](mailto:hiw@yahoo.com).

• **Call Center hours extended** – Now open weekdays between 6 a.m.-6 p.m. To book an appointment at the Heidelberg Health Center, call DSN 371-2622, civ. toll-free 0800-

914-6133.

• **IACS office closure** – The IACS office will be closed 11:15 a.m. -12:45 p.m. Jan. 29 for an organizational meeting. In case of emergency, contact the Heidelberg Provost Marshal's Office at DSN 388-2222, civ. 06221 678-2222.

• **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.

• **Ski Club party** – The Heidelberg International Ski Club Chinese New Year Party is 7 p.m. Feb. 3 at the Hotel Zagreb in Schwetzingen. Usher in the Year of the Tiger with HISC. Learn about your Chinese Zodiac sign and predictions for 2010. Don't forget to wear something red for good luck. This evening is also Swap Shop so bring your used gear and ski clothes to sell. This is a great opportunity to buy skis and clothing for your growing children.

• **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.

• **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.

• **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](http://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.

• **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.

• **OCB 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.

• **National Prayer Luncheon** – The annual National Prayer Luncheon is 11:30 a.m.-1 p.m. Feb. 9 at the Top Hat Club. Guest speaker is Chaplain (MAJ) Shawn Connors; lunch will be catered. Tickets are available from unit chaplains, at the BFV Chapel and Ms. Sandra Rivera at USAG-M Garrison HQ. POC is Chaplain (LTC) Tim Bonner at the BFV Chapel.

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

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

# Go, fight, win



Way Holan

The Heidelberg Lions' cheerleaders perform a stunt during a boy's basketball game against Stuttgart Patch Jan. 23, where the Lions came out on top, 68-63.

## 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, [usagknsports@eur.army.mil](mailto:usagknsports@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.

### 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.

### Live Coverage

AFN will be airing the DoDDs Europe High School Basketball Championships live this year. The games will be played Feb. 27 at USAG Mannheim and will air regionally on the Pentagon Channel so

that all DoD personnel in Europe, Iraq, Afghanistan, and HOA will be able to watch. The games will also be streamed on the internet for worldwide availability.

### 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.

### 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).

### Ice Hockey Players Wanted

Experienced ice hockey players wanted to play on an all-Army hockey team. The Baden Bruins are the 2008 USAF Hockey Champions, 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).

Where do you turn when  
**Severe Weather**  
hits?

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

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

\*\* A link can be found under the safety menu on the USAG Baden-Württemberg homepage: [www.bw.eur.army.mil](http://www.bw.eur.army.mil).

Listen to AFN for updates:	Frequency	Time
Heidelberg:	104.6 FM	AM 1143
Kaiserslautern:	100.2 FM	AM 1107
Mannheim:	107.3 FM	AM 1143

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

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