

HeraldPOST

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

Calling out an 'SOS'

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Survivors of deceased fallen active-duty Soldiers have the opportunity to stay connected with the military for as long as they desire through a new Army-wide program, available at every local Army Community Service.

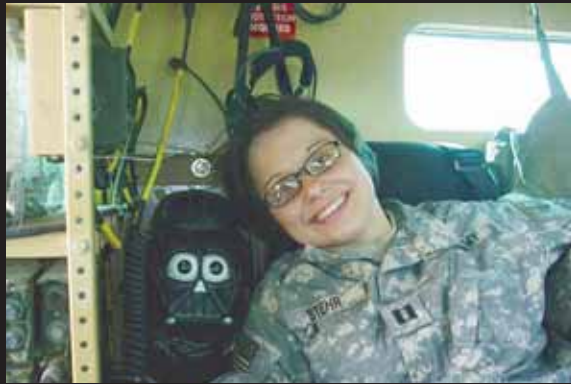
Survivor Outreach Services provides long-term support to family members who lost a Soldier in combat, by illness or an accident. The program assists with continued access of services, benefits and other resources for spouses, children, parents, legal guardians and siblings.

To provide a smooth introduction and transition to SOS, the program works closely with the Casualty Assistance Office. Priority to SOS are family members of fallen active-duty Soldiers, however, any widow or widower of a deceased Soldier maybe eligible to receive assistance from the program.

"The survivors that I have met are very happy that this program is around," Smith said. "They are grateful that the military has started to put something together to help them out.

"A lot of the survivors know that they have at least one see **SOS** page 11

Breaking the silence



Capt. Emily Stehr enjoys a little downtime during her deployment to Iraq with the 2nd Stryker Cavalry Regiment in Vilseck. Courtesy Photo

Soldier conquers suicidal thoughts

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG

Her name may not be recognized immediately, but for many in the military communities throughout Europe, her story is one they may never forget.

Last summer Capt. Emily Stehr appeared on American Forces Network Europe and revealed publicly that she was waging a war.

A war going on right inside of her, one that even her husband and those around her struggled to understand.

After a combat deployment to Iraq, Stehr, a physical therapist who was stationed with the 2nd Cavalry Stryker Regiment in Vilseck, tried to return to life as she knew it, but she soon noticed things were different – she was different.

"I thought it's just a

phase. I'll snap back out of it," Stehr said.

"But I keep descending into more thoughts of killing and hurting myself, and I'm just getting worse and worse. Five months later it finally dawned on me through a different series of events, 'you know what I need help,'" she said.

"I'm not gonna get better on my own. There's something wrong with see **SILENCE** page 11

V Corps is framework for NATO in Afghanistan

By Sgt. Fabian Ortega
UC PUBLIC AFFAIRS

In June, V Corps was one month away from casing its colors in compliance with an Army directive to deactivate.

Six months later, nearly 180 V Corps Soldiers deployed from the corps headquarters in Heidelberg have laid the foundation for a new North Atlantic Treaty Organization command that oversees all day-to-day military opera-

tions in Afghanistan.

Headquartered at Kabul Area International Airport, V Corps is the framework organization for the International Security Assistance Force Joint Command that took control of NATO's five regional headquarters in Afghanistan Oct. 12, giving it a firm grasp on all tactical ground operations planned and executed in theater.

Lt. Gen. David Rodriguez, IJC commander, told a NATO military committee in October that IJC eased the burden

placed on Afghanistan's top command, the International Security Assistance Force headquarters, located just a few miles down the road in Kabul.

Rodriguez said a renewed effort in Afghanistan and the unwieldy scale of operations ISAF took on were the catalyst for altering the command structure of the NATO-led mission.

"ISAF was working with the smallest tactical engagement in any place in Afghanistan, all the way up to working see **FRAMEWORK** page 13

HP THURSDAY
Jan. 7, 2010

Speed Read

50 YEARS OF SERVICE

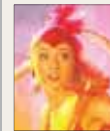
Kaiserslautern FMWR employee celebrates his career and shares his memories as a Soldier and civilian working for the U.S. Army. 8



LEAN SIX SIGMA PROJECT

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NEW PHARMACY PRICES

Some prescriptions may be priced higher, but 14 percent will remain the same and 55 percent will be less. 16

SWIM MEET

The Heidelberg Sea Lions hosted a European Forces Swim League meet Sunday, broke four records and came in second behind Stuttgart. 17

Defense Details

NEW IRAQ COMMAND

U.S. Forces Iraq stood up to replace Multi-national Forces Iraq, which furled its colors in a New Year's Day ceremony in Baghdad that marked an important milestone in the drawdown of U.S. forces in the country.

STOP-LOSS PAYMENTS

The fiscal 2010 defense budget extends payments to service members involuntarily extended on active duty under the so-called "Stop Loss" program, but those who received a bonus for voluntarily re-enlisting or extending their service after being involuntarily extended no longer qualify for retroactive Stop Loss pay. The Defense Department put the new policy into effect Tuesday, modifying eligibility for retroactive special pay to comply with Section 8108 of the 2010 Defense Department Appropriations Act.

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

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COMMENTARY

Mommy-to-be: Heading into the home stretch

By Kelli Bland

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

You know when you buy something crazy to put in your house because it will make for a good conversation piece? These sorts of things aren't necessary when you're pregnant, because *you* become the conversation piece.

I have a theory that pregnant women have an invisible bubble surrounding them, which causes others who come near it to vocalize their every thought about the soon-to-be mommy's appearance. And surprisingly, it's not always pleasant.

Yes, I do hear "you look great," "you're so cute pregnant," and "you're carrying her really well" – all of which are very uplifting in my current full-term state with only two weeks until my little girl is due.

However, these lovely compliments are contradicted quite often by verbal vomit from others – sometimes mere minutes after someone else has given a sincere "you look fantastic."

At a holiday party about a month ago, a man asked me when I was due. When I said I had six weeks to go, with a look of shock and near disgust on his face, he told me I was "huge." Nice word for an already hormonal pregnant woman, huh? After I sarcastically said "thank you" in an attempt to let him know I didn't appreciate his tone, the man proceeded to tell me that my doctor was obviously wrong about my due date and that I would certainly have the baby before Christmas. I politely said she'd measured completely normal throughout the entire pregnancy, and he insisted I was wrong, saying if she held on until January, she was going to be "one very big girl."

Oh, it gets better. Just this weekend, my husband and I were on our way to church, and when we came through the gate, the security guard looked at me and said, "wow, don't eat me." No, I'm not kidding. My husband's and my jaw dropped. I tried to laugh it off and chock it up to this woman being stuck inside the aforementioned invisible bubble.

OK, so I've gained 30 pounds, I slightly outweigh my husband, my toes look like inflated sausages attached to my water-balloon-like feet, and my waist has grown more than 14 inches to creep slightly past the 40-inch mark. This doesn't make me feel particularly good about my body, but I still don't want to hear it from other people.

I hear, "you're so big" and "you're getting huge" multiple times a week, but I brush those off because I know people don't mean it the way it sounds – they're usually just excited because the baby's growing, and it's getting closer to her time to come into the world. I'm telling you, it's the invisible bubble.

Would you ever walk up to an overweight person and say, "wow, you're huge, please don't eat me?" I'm pretty sure the answer is no, so why would you even consider saying it to a woman miraculously growing a human life inside her?

Two well-known morals go with this story: "Think before you speak," and "If you don't have something nice to say, don't say anything at all."

Enough of the invisible bubble and on to more important things, like preparing for the big day. Since this is our first child, I can't tell you what the facilities in an American hospital look like, but I have heard they are very different from what we soon will experience at the German facility.

We recently visited the labor and delivery rooms at St. Elizabeth's Hospital in Heidelberg, and what we found was a jungle gym of contraptions meant to help the new mother get as comfortable as possible while preparing for her child to arrive. There's an interesting-looking round bed that changes into various positions, along with an inflatable exercise ball, thick fabric hanging from the ceiling (for squatting), and rooms with large bath tubs for a soothing soak or even a water birth if you so choose.

Basically, they encourage you to change positions as much as you like and do what your body needs to do to get comfortable. It's not the lay-on-the-bed-and-wait concept I had always envisioned.



Illustration by Brandon Spragins

We also recently attended the child birth class at the Heidelberg Health Center. The class is offered as a multi-session evening program or an all-day Saturday program.

This was an excellent class I would highly recommend to all new parents. On top of getting to meet others experiencing the same things we are, we learned how to recognize labor, when to go to the hospital, what pain relief options are available, what to expect with a newborn and more.

Two weeks ago, per my German doctor's recommendation, I started weekly acupuncture treatments given by the midwives at the hospital. He said it can help to make for a faster and less painful birth – I liked the sound of that. It just feels like a few pin pricks in my legs for now, but if it might possibly help, count me in!

Editor's Note: This is the fifth part in a series about pregnancy and host nation medical care.



Join the virtual community today

BLOG ROLL

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

I am new to Germany and to the Military event! I found a great resource that has been really helpful and I'm really surprised that most people don't use it or even know about it. It's the Community Resource Guide. You can find a link to it on every Garrison Home Page or you can go there directly at: http://www.per.hqsaur.army.mil/CommunityResources_home.htm

Basically, it is like the yellow pages for our community. There is a list of just about any issue that you will encounter and a list of resources that can help you with those issues. If you need help or have a problem there is someone that can help... you just have to find them. This is a great place to do that.

-Amy Cates, BWnow member

We are PCSing to Mannheim in July 2010. I've read about the Mannheim area and am confused about the different posts. The barracks posts, do they just have housing on them? Or are they also places of units as well? I'm unclear as to where we might live and where my husband might work.

-Ashley, BWnow member



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Kaiserslautern, Mannheim win big at DA-level Judge Advocate General awards

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

For the second consecutive year, the 21st Theater Sustainment Command Judge Advocate General's office has won eight Department of the Army JAG awards.

Four DA-level awards were presented to the 21st TSC's JAG office in the Judge Advocate General Award for Excellence in Claims Support for fiscal year 2008, and four more awards were presented to the 21st TSC's JAG office for the Army Chief of Staff Award for Excellence in Legal Assistance for fiscal year 2008.

Four 21st TSC law centers won the award for claims support. Kaiserslautern Legal Services Center, Mannheim Law Center, Netherlands Law Center and Northern Law Center.

Four 21st TSC law centers also won the award for legal support. Kaiserslautern Legal Services Center, the Mannheim Law Center, the Netherlands Law Center and the Stuttgart Law Center.

"It's the quality of people who work here," said Mark Christensen, the chief of client services at the Kaiserslautern Legal Services Center on Kleber Kaserne. "They are the cream of crop. They are devoted, driven and patriotic; it makes our job a lot easier."

In addition to their regular

"If one person makes a mistake, the other picks it up. We work as a team, and we work well as a team."

-Karin Jordan, claims examiner

duties in the legal support and claims offices, they also tackle additional duties, such as the tax assistance program, and put out preventive law publications.

Their work with the Overseas Deployment Training program for Judge Advocate General reservists based in the U.S. who are mobilized to serve in Germany, their work with the Soldiers who belong to the Warrior Transition Unit, and their support of predeployment and reintegration exercises also solidifies their commitment to helping Soldiers within their units.

For an office to run smoothly and efficiently, it's important they work together well.

"We can depend on each other," said Martina Berndt, a claims examiner with 21 years of experience who works at the Kaiserslautern Legal Services Center on Kleber Kaserne. "Basically, one hand knows what the other is doing."

The Kaiserslautern Legal Services Center sees between 50 and 70 cases a day, and it handles all non-criminal legal issues such as contracts, divorce proceedings, wills, adop-

tion, and credit or debt issues. During tax season, the tax center processes about 2,200 federal returns and 1,400 state returns.

The claims office handles claims made when a Soldier has household goods that may have been damaged while in transit from another duty station or when the Army causes damage such as an Army vehicle getting into an accident on the autobahn.

"We have a very good tracking system," said Karin Jordan, a claims examiner with 10 years of experience who also works at the Kaiserslautern Legal Services Center. "If one person makes a mistake, the other picks it up. We work as a team, and we work well as a team."

Jordan could not remember ever losing a claim.

The awards are just an example of falling into line with 21st TSC's motto - "First in Support!" said Stephen Smith, the chief of Client Services Division, Office of the Staff Judge Advocate for 21st TSC.

"When you win this many awards it's not just a motto, it's a reality. The 21st TSC sets the standard."

COMMAND MESSAGE

Congratulations on a job well done during the Combined Federal Campaign - Overseas

From Gen. Carter F. Ham, Diane M. Devens,
Command Sgt. Maj. Ralph R. Beam and
Command Sgt. Maj. Tracey E. Anbiya
USAREUR AND IMCOM-EUROPE COMMAND TEAM

Thank you for your generous contributions to this year's Combined Federal Campaign - Overseas.

Soldiers and civilian employees from among the widespread commands of the United States Army Europe and the United States Army Installation Management Command, Europe Region, have pledged more than \$2 million to worthy nonprofit charities.

Notably, much of the money that you have contributed will remain right here in Europe - to help our Soldiers, civilian workforce and families in a variety of important ways.

We are especially proud that so many of you made the decision to contribute this year.

This is truly significant at a time when many of our fellow citizens and host-nation counterparts have experienced great economic difficulties.

Although many in the Army Family were also affected by this economic downturn, you still chose to unselfishly sacrifice your personal resources to aid others who need our help.

You are the very best of America and have once again demonstrated that Soldiers, Army civilians and our families can and do make a world of difference to the quality of life of others less fortunate than ourselves.

Again, many thanks for your thoughtfulness, compassion and outstanding generosity.



More on CFC-Overseas

To find out more about the Combined Federal Campaign-Overseas, visit www.cfc-overseas.org. Here you can read personal stories about how CFC-Overseas has affected individuals, watch campaign videos and see the winners of the Department of Defense Dependents Schools video contest, and find out how you can volunteer to assist with the campaign or provide a donation.

Unlocked vehicles make easy prey for thieves

By Robert Szostek
USAREUR PUBLIC AFFAIRS

U.S. Army Europe personnel lose about four to five satellite navigation devices due to theft every week, USAREUR officials say.

"The main problems are that people leave their vehicles unlocked with GPS systems clearly visible," said Lt. Col. Shawn J. Kelley, chief of law enforcement at the USAREUR Office of the Provost Marshal.

"It should be remembered that locking your vehicle is a requirement under German law," Kelley said.

"It is in the best interest of everybody to lock your vehicles and remove all removable valuable items like GPS when unattended."

Thieves will generally leave your car alone if it is locked and there is nothing worth stealing visible inside.

Kelley also recommends locking your car on post and in housing areas, even if you leave it for only a short time.

"Also, never leave anything valuable in a car when it is unattended," Kelley added.

If thieves see something

valuable in plain sight inside a car, some will gladly smash a window or cut open a canvas top to grab it, he warned.

The trunk is the safest place if you absolutely have to leave something in the car.

Detachable satellite navigation systems are the loot of choice for car thieves at the moment.

OPM officials recommend that owners always take the devices, all accessories and data CDs with them when they leave their cars.

Thieves know all the hiding places in a vehicle and

will find the systems if they are left in a car.

German police also recommend removing detachable GPS holders from windshields, because thieves have been known to break into cars just because they see a holder in place.

People who will be driving around Europe can reduce their chances of becoming victims of crime by following a few security tips available from community Directorate of Emergency Services offices and the National Crime Prevention Council at www.ncpc.org/resources/files/pdf/theft.

Vehicle Security Tips

- Never leave valuable documents such as passports or ID cards in your vehicle - those should always stay in your possession.
- Maps and guidebooks on the dashboard show mark a vehicle as belonging to a tourist. They should be kept in the glove box out of sight.
- Keep away from cars driving erratically, and never pick up hitchhikers.
- Always lock vehicles while driving, while getting gas at rest stops, and when they are parked.

Traumatic injury protection included in SGLI benefits

By Sgt. Fay Conroy
21STSC PUBLIC AFFAIRS

Service members who want to ensure their family is provided for in the event of a traumatic injury or death have always had the option of obtaining the Servicemembers' Group Life Insurance.

SGLI is payable to a service member's beneficiaries upon his death. The amount of money payable depends on how much coverage the service member chooses. It can range from \$50,000 to \$400,000.

The payment for the coverage is taken out of the service member's paycheck each month and is shown in the deduction column of his leave and earnings statement. The amount taken out will range from \$3.25 to \$27 depending on the amount cho-

sen. SGLI can also be declined if a service member elects to not receive the benefit.

"It's so cheap it's worth the investment," said Capt. Ameica Banks, the policy officer for 266th Financial Management Center. "It's not really for them; it is for their loved ones left behind."

An important part of SGLI that many service members do not know about is the Traumatic Injury Protection Program that is automatically included with all SGLI amounts.

For TSGLI an extra dollar a month provides payment of up to \$100,000 to military members who suffer a traumatic injury on or off duty.

TSGLI is designed to help traumatically injured service members and their families with travel, temporary housing and loss of income as the re-

sult of recovering from a traumatic injury.

"I don't think that you'll get better insurance coverage for the price," said Master Sgt. Patricia Hamilton, the senior military pay advisor with 266th FMC.

Recently the 266th FMC e-mailed service members asking them to check their LES to verify the amount being deducted corresponds to the amount they want their families to receive.

"We have had Soldiers call and say that it is not being taken out," Banks said. "They need to fill out form SGLV 8286 at their military personnel department."

The form can also be completed to stop coverage, reduce or increase coverage, or to change the beneficiaries.

"If they are receiving the lesser amount, they can apply later to re-

ceive the higher amount up to the maximum," Banks said.

Beneficiaries can be anyone chosen by the service member, however, if they remove their spouse as the beneficiary or lower the coverage, their spouse will be notified. A letter will be sent within 30 days of the change to the address of the spouse listed in the Defense Eligibility Reporting System notifying them of the change.

The beneficiary will only change if the service member fills out a new SGLV-8286.

Submitting a marriage license or a divorce decree through the military personnel department will not automatically change the beneficiary a service member had initially appointed.

For more information on SGLI, visit www.insurance.va.gov.



Family readiness and a little fun

While their parents listened to a briefing from U.S. Army Garrison Mannheim Commander Lt. Col. Elizabeth Ryan Griffin, children from the Mannheim community were entertained by volunteers. The USAG Mannheim command team was on hand for a special family readiness group meeting of the 72nd Expeditionary Signal Battalion Dec. 14. Close to 140 adults and children attended the meeting, hosted by the commander and the unit's rear detachment team. Griffin and her husband, Charlie, who both deployed to Iraq, shared their personal photos and experiences with the audience. The garrison command team and staff also pledged continued support to the Soldiers and families in the Mannheim community.

USAG BADEN WÜRTTEMBERG

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What if I have two cars to ship back to the States?



Soldiers and Department of Defense civilian employees with permanent change of station orders are normally entitled to ship one privately owned vehicle at the government's expense from their overseas duty location. Shipping a second POV is an out-of-pocket expense.

Prepare your second vehicle for shipping:

- Prior planning is a must. There are several private commercial shipping companies available. Contact the Mannheim Transportation Office for a list of commercial shipping companies in the area.
- Get a free rate quotation. A PCS move can be costly. Knowing the cost of shipping a ship second POV months before you move will allow you to plan your budget accordingly. The price is normally all-inclusive and includes inland transport to port, German and U.S. port charges, and customs fees.
- Have the proper documentation. The following documentation normally is needed to ship a POV from overseas: Copy of PCS orders, vehicle registration, military ID card or valid ID
- Ensure your vehicle is clean. Your vehicle must meet USDA inspection requirements prior to shipping -- this is the law. The vehicle must be free of dirt, soil, plant life, animal life and other organizational hazards. This includes the exterior, interior, engine, engine compartment, and radiator. The entire interior of the POV must be vacuumed, including the trunk area. All personal effects must be removed from the vehicle including air fresheners and personal items. If your vehicle does not meet these standards, it will not be shipped.
- Ensure your vehicle has no more than 1/4 tank of fuel at time of shipment.

For more information, contact the Mannheim Transportation Office at DSN 385-3309, civ. 06217-30-2015.

Illustration by Brandon Spragins

Volunteers needed for 800 Special Olympians during athletic competition

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Jason Ille's job affords him the opportunity to be a part of "triumph over adversity" and all the smiles that go with it.

"I have the luckiest job in the world," said Ille, who is the coordinator for the U.S. Army Garrison Kaiserslautern's Special Olympics. "I meet with people who have had hard lives and yet are so joyful. It helps me connect with the strongest part of myself."

Special Olympics is an international program of an athletic competition for children and adults with intellectual disabilities.

It comes to the Kaiserslautern military community each year courtesy of the garrison and German Police Academy.

The garrison's 27th Special Olympics Spring Games will happen May 12 at the German Police Academy in Enkenbach-Alsenborn.

German and American military members, civilians and family members in Kaiserslau-

tern and in surrounding communities also can feel connected and see all those smiles by volunteering at this year's Special Olympics.

"Without our amazing volunteers and their incredible energy, commitment and enthusiasm, the (USAG) Kaiserslautern Special Olympics wouldn't be possible," said Ellen Summey, the garrison Army Community Service's Army Volunteer Corps coordinator.

Close to 2,000 volunteers are needed to set up, tear down, serve food, register athletes, and operate the competitive and non-competitive games, Ille said.

The bulk of that number – 1,300 to 1,500 – volunteers will be needed as a buddy or personal cheerleader for an athlete.

Buddies are paired with athletes and help them throughout the day going to events and lunch.

At least 800 athletes will be having fun, developing skills and building self-esteem at this year's Special Olympics, Ille said.

With this number of athletes – many traveling great distances – spectators are also needed at this year's games.

"With about 38 schools represented throughout Europe, we have many athletes who will not be able to have their friends and families there to cheer them on," said Ille, who added every year organizers made the same appeal for more spectators.

"When you do nothing, you feel overwhelmed and powerless, but when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better," he said.

Volunteers must be registered with Army Community Service to help out with the garrison's Special Olympics, said Michelle Thomas, the garrison's ACS director.

To learn how and what forms to fill out, future Special Olympic volunteers can call Summey at DSN 493-4232, civ. 0631-3406-4232, or the garrison ACS Outreach Coordinator Selinda Torbert at DSN 493-4062, civ. 0631-3406-4062.

Sound of Music



Christine June

The U.S. Army Garrison Kaiserslautern Family and Morale, Welfare and Recreation's KMC Onstage's current production is Sound of Music at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Times are 7:30 p.m. Thursday, Friday and Saturday, and 3 p.m. Sunday. The production will continue until Jan. 17. For tickets, call DSN 483-6626, civ. 0631-411-6626 or e-mail kmconstage@eur.army.mil.

405th AFSB battalion takes 'show on the road'

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

The 2nd Battalion, 405th Army Field Support Brigade is taking its show on the road, visiting various units throughout Germany to showcase the battalion's capabilities and services to units.

"I started the road show to inform all of our supported units about the logistics and sustainment capabilities and resources provided by the battalion," said Lt. Col. Morris Hatcher, commander of the 2-405th AFSB.

Hatcher believes the road show is a win-win situation for both the battalion and the supported units.

"The battalion will be better able to track and gauge customer support services, and the units will be more aware of the services offered by the battalion in support of their logistics and sustainment initiatives, as well as know who to contact for any potential issues," Hatcher explained.

In addition to featuring battalion capabilities, the road show includes presentations from other organizations affiliated with the 405th AFSB.

The Army Oil Analysis Program laboratory, headquartered at Coleman Barracks in Mannheim, also participated in the road show and found it to be a great way to reach out directly to the Soldiers in the field.

"The units had the opportunity to ask direct questions and receive answers on the spot," said Heidrun Bodeit, director of the laboratory.

"Units were given training DVDs and handouts about our organization, and they realized that AOAP is still alive and supporting the warfighter."

The road show also features presentations by Army Materiel Command organizations in Europe, including the TACOM Life Cycle Management Command, the Aviation and Missile Command and the Communications Electronics Command.

TLSC-E employee saves Army \$25,000 a year, receives Lean Six Sigma certification

By Spc. Amanda Rigdon
21ST TSC PUBLIC AFFAIRS

A local national employee with the Theater Logistics Support Center-Europe in Kaiserslautern, developed a system that will save the Army an estimated \$25,000 a year.

Frank Duenkelberg has worked at TLSC-E for the past seven years. He started in the information technology section in 2002 and was moved to human resources in 2006.

After switching to human resources, Duenkelberg, who holds a master's degree in human resources from the University of Kaiserslautern, noticed that the process in which TLSC-E used to process personnel overtime was long, slow and costly.

The system consisted of hard copies.

The actual paperwork was going to multiple supervisors who each had their own method of tracking the packets.

In this system, the paperwork was often lost and had to be filed again with mul-

iple copies causing a large waste in time and resources.

"We have dispersed locations all over Germany - Grafenwöhr, Vilseck, Ramstein, Mannheim and Pirmasens," Duenkelberg said. "I think that back in 2007 we didn't have so many distribution centers, so we would manually send the hard copy versions, which created extra administrative efforts."

The need for a centralized system was obvious to Duenkelberg, who was selected to take part in a Lean Six Sigma program in 2007.

The general manager at TLSC-E decided that an improvement to the system would be used as Duenkelberg's assessment in LSS.

Duenkelberg's task was to improve the overtime request and approval process.

Duenkelberg took the several administrative tracking systems for each distribution center and created one centralized system for all of TLSC-E.

The central system made it easy and quick for any location to find and use what-

ever document or record they needed without creating the extra time and costs associated with mail distribution and delivery.

Duenkelberg then replaced all hard copy forms with digital versions.

The digital versions allow someone to sign the form electronically without needing to print the form and sign it.

With the old hard copy system, overtime requests had to be mailed to TLSC-E's headquarters for approval.

Today, with the new digital system, the requests can be e-mailed and approved within 10 days.

Since a digital system requires fewer resources than a hard copy system, the Army saves money.

For creating the new digital system, Duenkelberg, who lives in the Landstuhl area, was awarded his green belt certification in LSS from Maj. Gen. Patricia E. McQuiston, the commanding general of the 21st Theater Sustainment Command.

LSS, which focuses on im-

proving speed and reducing costs, was adopted by the Army in 2007 to improve business methodologies and processes.

The 21st TSC began its LSS program soon after the program's conception to better support the 21st TSC mission, its Soldiers and civilians, and its local national employee workforce.

To date, the 21st TSC has saved nearly \$20 million in cost avoidance through LSS.

LSS consist of three levels. The first level is the green belt, which under the guidance of a black belt or master black belt, executes LSS projects within a section alongside their normal duties. Green belt training is two weeks long.

The second level is the black belt, which executes LSS projects for multiple sections. Training for a black belt is four weeks long.

The final level is master black belt, which oversees all LSS projects for an entire organization.

If need be, they also oversee multiple organizations.

Kaiserslautern employee recounts 50 years of service

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Robert Campbell was drafted in the U.S. Army May 3, 1957, and 52 years later, he is still serving his country.

He was one of 60 employees honored for their length of service at the U.S. Army Garrison Kaiserslautern's awards ceremony Dec. 16 at the Kaiserslautern Community Activity Center on Daenner Kaserne.

"The time goes just like that," he said as he snapped his fingers.

Campbell, who works with the garrison's Family and Morale, Welfare and Recreation directorate, was the only recipient for the 50-Year Length of Service Award, which was given to those with service of five to 50 years.

"Our awardees honored today have given 1,160 years of service," said USAG Kaiserslautern Commander Lt.

Col. Kevin Hutchison, during his speech to more than 200 attendees. "Imagine all the contributions they have made and advancements they helped to realize during their time."

While Elvis Presley was still in the Army, Campbell attended boot camp at Fort Benning, Ga., before attending automotive training at Fort Jackson, S.C.

"I was born and raised on a farm in New York State, but the state wasn't big enough to hold me, so I was drafted," Campbell said.

"I have been in the Army ever since 1957."

Most of his 27-year Army career was spent in Germany. He also completed a tour in Vietnam.

For his "whole career," he was an Army automotive mechanic.

He retired from the Army in 1984.

"I would've stayed longer



Christine June

Helga and Robert Campbell, with the U.S. Army Garrison Kaiserslautern's Family and Morale, Welfare and Recreation Directorate, celebrate as he is honored for his 52 years of government service Dec. 16 during the garrison's award ceremony at the Kaiserslautern Community Activity Center on Daenner Kaserne.

(in the Army), but I had both of my hips replaced," he said. "I've really enjoyed my government career - I'm going to keep going as long as I can."

He met his wife in Germany in 1958, and they were married in 1961. They have

twins 47-year-old daughters and a 35-year-old son.

Showing emotion in her eyes and voice, his wife, Helga said, "I'm glad I was here. (The award ceremony) was very nice and relaxing - you know - not stiff at all."



Spc. Michael J. MacLeod

Command Sgt. Maj. Lawrence Wilson, (left), accompanies Sgt. 1st Class Mike Schlitz, a wounded warrior returning to Iraq as part of Operation Proper Exit, on Camp Ramadi, Iraq, Dec. 29. The program returns severely wounded veterans to the battlefield where they were wounded to help them find psychological closure.

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visit www.army.mil



Sgt. Samantha Beusterbaugh

Soldiers from the 1st Armored Division's 501st Military Police Detachment zero their weapons at Caughman range, Iraq, Saturday.



U.S. Marine Corps Sgt. Jose E. Castellon

Maj. Scott Malone, commander of Task Force Sulu, Joint Special Operations Task Force - Philippines, helps children prepare for a sack race during a family day celebration in Jolo, Philippines, Dec. 24. The family day was planned by the Philippine Marine Corps for members of the 3rd Marines Brigade.

SILENCE

continued from page 1

me, what do I do now?"

Stehr checked herself into Landstuhl Regional Medical Center, she said, to help her deal with the suicidal thoughts invading her mind.

"Why did I want to kill myself?" Stehr said. "I was around death too much downrange, and, you know, I gave up. My situation is mild compared to what other people have experienced in combat. We've all heard stories of, hell on Earth, and thankfully I've never had to see hell on Earth directly, I've just seen the repercussions of it."

But instead of giving up, Stehr took a different approach. In fact, what she did next was almost unheard of. She contacted AFN Europe reporter Michelle Michael and told her she wanted to share her story in the hopes of reaching out to others like her who were suffering in silence. The Army captain was willing to go on camera and speak candidly about her personal struggles with suicide.

"It was very straight forward," Michael said. "She sent us one or two lines that said I'm a suicide survivor. I was suicidal after Iraq, and I want to tell my story. What reporter in their right mind doesn't respond to that?"

"The first time I talked to Emily about her story, she was 100 percent willing to tell it to me. She wanted to get the word out in hopes of saving a life — In hopes of keeping somebody out of the position she was in when she felt like she did."

Even though Stehr was more than willing to tell her story, both women faced some obstacles in getting it done.

"It was supposed to be one of those things you weren't supposed to talk about, and I was actually told not to talk about it by one of my bosses at the time," Stehr said.

Stehr was willing to do the story, but

she told Michael she wanted command support first. She wanted "to do it the right way."

Another factor Michael was concerned about was the amount of attention the story could generate for the captain.

"If somebody was suicidal already, the last thing I want to do is bring more attention onto her that is going to harm her in some way eventually," she said.

"So I was really careful about how I proceeded in that way. She told me already if you were suicidal, you felt like you were alone, you were an outsider, and I didn't want to do something that would make her feel more like an outsider."

After consulting with one other, Stehr's chain of command and Michael's military bosses gave the story the go ahead.

Stehr said she went through with the story for various reasons.

"I think ultimately for justification of my experience," she said. "If what I went through can help somebody else, it kind of justifies what I went through. I think another reason I did was because nobody else did."

Suicide is often seen as a topic Soldiers aren't supposed to discuss, Stehr said.

"It's just this big stigma ... don't talk about it, and I guess I just got pissed and I was like, you know what, I'm gonna talk about it," the survivor said.

Stehr's story aired on the AFN Europe Report in August. The daily newscast is seen throughout military communities in Europe, Iraq, Afghanistan and the United States, and the reaction was immediate.

After the broadcast, Stehr received more e-mails than she could keep up with. That was in addition to the many people, some of whom were her patients, that personally thanked her for speaking out. She also dealt with reac-

Emily's Story

To see Emily's story, visit www.realwarriors.net. The site also features more information on The Department of Defense's Real Warriors Campaign, an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to provide support and resources to returning service members, veterans and families.

tion from those she worked and served alongside every day.

"A lot of people in my unit, they were really surprised that I had been doing that badly because I usually come off as an upbeat person," Stehr said, people were like, I never knew."

Most people didn't see Stehr as the stereotypical suicidal person, she said. Stehr said both her Army family and her real family were supportive of her decision to speak out.

"Nobody's ever come up to me and said 'I think you should shut up' - 'I don't think you should talk about this' - 'I don't think you're being stupid.' I mean I have run into the stigma, but nobody's been just up in my face being rude," she added.

For Michael the reaction was slightly different.

"As the reporter, you don't know if your stories ever make a difference," she said. "I think it served its purpose, and nobody came forward, and said this is a story that you shouldn't have told, so I think we did the right thing by doing it."

Michael added that she had absolutely no regrets about tackling such a sensitive topic using a public forum. In fact, she produced a follow-up story on Stehr a few months after the first interview aired.

"Judging by what I saw the first time and then what I saw, I think it had been four or five months later, she's grown so much as a person in that time," Michael said. "You can see the improvements, and I think it's proof that there is help out there for Soldiers."

As more people like Stehr come forward to tell their stories, Michael said

she thinks there will be less and less stigma each time.

"I think she's one of those people who took a negative experience and is moving forward and helping others who felt like she did, and she still loves the Army," Michael said.

Stehr is now stationed in Fort Drum, N.Y., and works as the assistant chief of physical therapy at the Fort Drum Medical and Dental Activity.

She is still in treatment and continues to lend her voice to suicide prevention efforts.

Most recently she spoke to members of the Department of Defense Task Force on the prevention of suicide by members of the Armed Forces.

"I think we're going in the right direction. I think the training needs to be more testimonial based. People saying, 'this is what I dealt with, this is how I survived,' she told the task force. "More people need to step forward, and I think they are slowly, and the caveat with that is that you can't make people who are dealing with this stuff step forward."

She said it's important that people who are having problems feel safe enough to seek help.

"I don't think we've hit that, I think we're just starting to go in that direction but, I think we have a long way to go," she said.

As a survivor herself, Stehr encourages those with suicidal thoughts to talk to someone and get assistance.

"It will get better," Stehr said. "You can deal with the pain go on, it doesn't have to be terminal."

Editor's note: This is the first story in a multi-part series on the Army's ongoing suicide prevention efforts.

SOS

continued from page 1

point of contact to help them."

The program's mission is to make sure that "we embrace survivors so that they can stay a part of the Army for as long as they want," Smith said.

Since the program is a joint effort with collaboration from the Installation Management Command, the Family and Morale, Welfare and Recreation Command, the Casualty and Mortuary Affairs Operation Center, the Army National Guard and Army Reserve, it offers a lot of opportunities to stay connected with the military community around the world.

"(The program) is supposed to allow widows or widowers to have an agent to go to, to do follow-up care, to do assistance and make sure that all pieces of the puzzle were put together properly," said Dennis Menard, ACS Soldier and Family Assistance Center coordinator in Heidelberg.

"(They make sure) that their life is on a track where it should be versus other complications that they don't know which way to turn," Menard added.

Besides the possibility of getting ongoing support

from Child, Youth and School Services, or Department of Defense Dependents Schools for example, many ACS services are available to survivors.

"If they want to look for a job, Employment Readiness will help them; if they want to go to school, there are still scholarships that they can take advantage of," Smith said.

Survivors should check with TRICARE to find out how long medical benefits are available to them.

For ACS, it is a continuation of the services they already provide for as long as people will need them, said Anissa Mayfield, ACS Outreach Program coordinator.

"We are doing what we have always done," Mayfield said. "It is just a matter of reaching out to those individuals in the community and let them know that we are here."

Since the program was established in June in Germany and in September in Italy, SOS is aware of 30 survivors Europe-wide.

According to Mayfield, the majority of survivors looking for help at ACS Heidelberg lost a retired service member — some of them passed away a long time ago.

In the event the survivors move to a different location, stateside or overseas, SOS will provide information to the nearest installation providing support.

"We are trying to make contact with as many people as we can through people knowing about people who have lost a loved one," Smith said. "Or (with) people who have been living in the community who may have lost someone 15 or 20 years ago, who really want to find out some more information about SOS."

Survivor Outreach Services

SOS is an Army-wide program designed to provide dedicated and comprehensive support to survivors of deceased Soldiers. SOS support coordinators are available at the local Army Community Service.

Heidelberg ACS: DSN 370-6975/6883, civ. 06221-57-6975/6883

Mannheim ACS: DSN 385-3101, civ. 0621-730-3101

Kaiserslautern ACS: DSN 493-4093, civ. 0631-3406-4093

SOS Europe coordinator: Janine Smith, civ. 0170-872-4211

www.myarmyonesource.com/default.aspx



Photos from Tropical Islands

Indoor beaches allow for fun in the sun every day of the year

Located 37 miles south of Germany's capital city, Berlin, Tropical Islands is home to the world's largest indoor rainforest, the size of eight football fields.

It's a complete tropical village with authentic houses, shops and restaurants, white sand beaches, a Balinese lagoon and a tropical sea for bathing – plus Germany's highest water slide.

Tropical Islands also features Germany's largest tropical spa and sauna complex, offering deep relaxation for body and soul.

There are lots of sports activities, shows and entertainment at a pleasant 77 degrees in the shade all year round. And best of all, Tropical Islands is open 24 hours a day, 365 days a year.

From an 18-hole miniature golf course and putting green to balloon rides to the Tropino Club for kids, there is something for everyone.

Tropical Islands has many packages available for any length of stay including an all-inclusive option.

Tropical Islands offers various types of accommodation in and around Europe's largest holiday world. Options include overnight stays in tents by the Rainforest, Tropical Islands Lodges, comfortable holiday apartments and hotels in all classes and categories. There is also a campsite close to the dome.

SOURCE: www.tropical-islands.de.

USO Tour

Experience the Tropical Islands during a one-day tour with the USO Jan. 15. The bus departs Heidelberg at 1:45 a.m.; makes a stop in Mannheim and then departs for the Tropical Islands at 2:15 a.m. Cost: adults \$129, children (ages 4-12) \$109 (age 3 and under) \$75. <http://affiliates.uso.org/rheinneckar>.



FRAMEWORK

continued from page 1

the partnership with the minister of interior and minister of defense we needed to get (ISAF) on a higher plain to work on the national piece," he told the NATO military committee.

ISAF has shifted its focus to working with Afghan and other international organizations in the country and limited its scope and scale on the tactical aspect of the war.

This leaves V Corps Soldiers and IJC as the link between the tactical operations on the ground and Gen. Stanley McChrystal's four-star ISAF command.

V Corps has gone a long way in just a short time, said Lt. Col. John Demko, the Future Operations Cross Functional Team executive officer for IJC and a former plans officer for U.S. Army Europe.

In June, before receiving official approval of ISAF's restructuring from NATO allies, the Pentagon tapped V Corps to be the founding organization of the conceptualized IJC.

The unit was expected to deploy to the Afghan capital on only a few months notice and "build a headquarters capable of operating at full capacity by early October," Demko said. "We knew establishing a nonexistent command was going to be a challenge. We were building the airplane in flight," he said.

"We can have hundreds of victories at the operational and tactical level, but without some sort of strategy and work on corruption, national and sub-national governance as well as development, our work could be futile,"

- Lt. Col. John Demko, Future Operations Cross Functional Team

Demko met with Col. Michael Everett, IJC Future Operations Cross Functional Team officer in charge and former USAREUR chief of plans, June 3 and Everett explained what only a few outside of the Pentagon knew, the talk of a new three-star command to support NATO's mission in Afghanistan and plans to scrap the V Corps deactivation.

After receiving the official word in June from Gen. Carter F. Ham, U.S. Army Europe commander, the corps readied for deployment. As is the case with many USAREUR units before deployment, V Corps Soldiers honed their warrior skills during a five-day theater specific training course at the Joint Multinational Readiness Center in Hohenfels.

V Corps Soldiers attended weekly classes on Afghanistan's terrain and culture and were privy to intelligence updates on the country's current military ground operations.

Every couple of weeks starting in late August, platoon-sized elements

of corps Soldiers began deploying to Kabul. Within six weeks of arrival, the team had literally built the command from the ground up, Demko said, and established initial operating capability; the IJC reached full operating capability Nov. 12.

Working from an airfield bounded by mountains and speckled with only a few hardened shelters, the corps quickly went to work, "transforming the Kabul Area International Airport into the new home for (IJC)," Demko said.

The IJC Combined - Joint Operations Center was a gymnasium before becoming the information hub for the military operations in Afghanistan. Brick and mortar buildings and a few wooden huts now line the northern compound of the airport.

Corps Soldiers, along with the U.S. Air Force's Team Red Horse engineer unit and locally contracted workers, completed construction of the IJC compound in early October. The command had complete oversight on all

military operations soon after, Demko said.

Everett, Demko and a team of military planners brought together more than 40 nations, including all 28 NATO members, scattered throughout Kabul to staff the headquarters creating a balanced representation of U.S. and NATO personnel.

Going forward with the NATO-led mission, Demko said the three-star headquarters "really is a multi-national effort," and feels the headquarters and V Corps Soldiers continue to improve.

"Every day we are noticeably better than the day before," he said.

"The collective intelligence is better every day."

He said he believes both, ISAF and the IJC's success in Afghanistan are interlinked.

"We can have hundreds of victories at the operational and tactical level, but without some sort of strategy and work on corruption, national and sub-national governance as well as development, our work could be futile," Demko said, explaining ISAF's new role in the NATO mission. "We need ISAF to succeed as much as they need us to succeed."

"We understand the time is now to make a difference in (Afghanistan)," he said.

So look for V Corps to be around for the long haul, he added.

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.

Listen to **AFN** for updates:

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

GERMAN COOKING

Beef Roast with Mushroom Stuffing (Rostbraten)

Servings: 6

Ingredients:

Roast

- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 2 pounds flank steak
- 1 teaspoon mustard; Dijon style

Mushroom stuffing

- 2 tablespoons vegetable oil
- 1 onion; small, chopped
- 4 ounce, mushroom pieces; drained and chopped
- 1/2 cup parsley; chopped
- 2 tablespoons chives; chopped
- 1 tablespoon tomato paste
- 1/2 cup bread crumbs; dried
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon paprika

Gravy

- 3 bacon strips, cubed
- 2 onions; small, fine chopped
- 1 cup beef broth; hot
- 1 teaspoon mustard; Dijon style
- 2 tablespoons tomato catsup

Directions:

- Lightly salt and pepper flank steak. Spread one side with mustard. To prepare stuffing, heat vegetable oil in a frypan, add onion and cook for 3 minutes, until lightly browned. Add mushroom pieces; cook for 5 minutes.
- Stir in parsley, chives, tomato paste, and bread crumbs. Season with salt and pepper and paprika.
- Spread stuffing on mustard side of the flank steak, roll up jelly-roll fashion and tie with thread or string.
- To prepare gravy, cook bacon in a Dutch oven until partially done. Add the meat, roll and brown on all sides, approximately 10 minutes. Add onions and saute for 5 minutes.
- Pour in the beef broth, cover Dutch oven, and simmer for 1 hour. Remove meat to a preheated platter.
- Season pan juices with mustard. Salt and pepper to taste; stir in catsup. Serve the gravy separately.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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

Dear Ms. Vicki,

I read your column from the outside of post. I've never had any ties to the Army until moving in July.

I'm proud to be an American and loved the idea of living in a military town where I could meet some men (not just to date) that I believe are heroes. However, I was warned to steer clear. Unfortunately, this reputation that has been given to these men – well I have found true.

I fell so in love so fast with a southern gentleman who loved his career in the Army. I was proud of his drive to better himself. After a few short weeks, we had met each others' families, college friends, and he even offered me a key to his place.

I didn't want to seem needy, so I didn't accept right away. Things were going so great, and I loved seeing him in his ranger panties!

Before I knew it, without anything happening he was gone. He stopped calling and texting sweet nothings. He completely ran away and has left me with so many questions.

I feel like it was me, but I gave all my heart, time and energy into him. I can't stop calling and he's since called me "crazy." There are days where I feel like maybe I am, but his words tear me up. I just want to know why it seems these guys always want the "bad girls" – in his case his ex-wife who divorced him while deployed in Iraq only to find out she

is now having the other guy's baby.

What does this say about me ... I am a good girl, independent with a job and no baggage. Was it too good to be true and this guy couldn't handle it? How do they seem to just disassociate themselves from someone without any care?

I desperately want a second chance to see if what I felt was so right was real – I saw a future with him, but he won't even talk to me – he'd rather be on match.com.

From: Confused and so-called Crazy

Dear Crazy,

Let it go! Trust me – he isn't worth the time of day. I know it hurts because you fell so fast and you thought his love and admiration was real, but it wasn't.

What you are feeling now is very normal: sad, angry, embarrassed, etc., it's all normal given your experience. But you can't have the guy thinking you are crazy. You must stop calling him just to hear his voice on his voice mail, stop texting, e-mailing, etc.

Let the healing process begin. Why do you want a second chance with him and for what? OK, I hear you, he took you fast, and I'm sure the sex was great, right? But it is what it is. This guy is a player.

He hooks up with women, tells them what they want to hear, dogs out his ex-wife or ex-girlfriend just to get you in his corner and to make you work hard to win his affection. They get all the booty they want, they get bored, and they move on to someone different.

I'm sorry this happened to you, but the right guy is out there.

The next time don't move so fast. Spend some time finding out where their heart is.

Remember, you can learn more from shaking hands than jumping into bed with them. So what are you doing now? Are you still calling him?

Dear Ms. Vicki,

The advice was so on point. I just keep thinking in the back of my mind it was real I'm not that girl that falls for anyone, it takes a lot for me open up it was instant attraction and then instant chemistry (must

not have been for him)... everything just seemed to click. I think the worst thing I did to myself was I pictured myself with him. I loved his family; my family liked him – again perfect.

I do want a second chance for me to know if it's something worth fighting for. I liked who I was with him. I didn't have to be the 26 year old at the bar and alone. I was now cooking dinner with him after work, cuddling during TV shows – I miss it.

I called him yesterday to tell him I wasn't crazy. I guess he thinks it's crazy of me to contact friends of his. Well, I'm new to the area and trying to move past him, and I enjoyed hanging out with them when we did.

He talked to me for a little while. I even tried to get him to come to the bar last night. I feel like if he sees me, well, he won't be able to resist me.

I am crazy. However, I'm not stupid and believe that he met someone last night. Thinking it was a match.com hookup. I don't get that either – why he is looking for love there?

Granted I have a profile, but only to look at his and other people's profile. He actually paid for it!

I really hated hearing you say that he just hooks up with women. I had sex with him because it felt right not to be used.

Worst thing is he vowed to me he didn't sleep around.

But then when we were arguing last week he said "sex is just sex" – rips my heart out.

Dear Crazy,

Aaaaagggghh, I told you! You just confirmed everything I said.

How long are you going to keep trying to contact him? And what's up with this "I want a second chance."

You are 26, but you should know that life is too short for you to waste time on him. You deserve more. It's Saturday night. What are you doing? Please don't tell me that you have called him to meet you somewhere or that you've invited him over?

Just leave him alone. Continuing on this road will only lead to more heartache. You deserve better. Good luck.

TRICARE announces new military pharmacy prices

ERMC Public Affairs

The TRICARE Management Activity Uniform Business Office has announced several changes in Military Health System pharmacy charges which were effective last week.

TMA's new pricing methodology sets charges for pharmaceuticals at the same level TRICARE would reimburse for similar drugs under its retail pharmacy program.

You may notice a price change in your current prescriptions, some pharmaceuticals you currently receive may be priced higher.

However, the majority of prescription drugs will be available at the same or a lower price. About 14 percent of the current prices will remain the same, and about 55 percent will be less.

TMA UBO has added a \$2 dispensing fee consistent with the average

allowable dispensing fee under TRICARE Retail Pharmacy.

Prices for most over-the-counter drugs will not change significantly.

TMA reminds beneficiaries that the military pharmacy may not always be the lowest cost option.

You should compare prices with other commercial pharmaceutical sources to ensure you receive the lowest cost.

The ERMC Uniform Business Of-

fice will offer an updated Pharmacy Pricing Estimator Tool (PPET) with the new military pharmacy rates upon TMA release through its Web site at www.eubo.healthcare.hq.usareur.army.mil/.

For questions on the changes and what they mean for you, contact the ERMC Uniform Business Office by e-mail at eubo@amedd.army.mil or by clicking on the "Contact Us" tab on the eUBO Web page.

GET OUT!

area events

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

January 9

Giuseppe Blasotta Exhibition – See the beautiful artwork of Giuseppe Blasotta with his exhibit entitled “Perspective of Color” through March 1 at the Heidelberg Arts and Cultural Center. Meet and greet the artist at 7 p.m. Jan. 9. DSN 388-9421, mwgermany.com.

Paris Express – See Paris with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Alpine Ski Express – Get on the slopes with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

January 15

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

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

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

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

January 17

Family Day on the Slopes – Kaiserslautern Army Outdoor Recreation brings you a “Family Day on the Slopes” in Feldberg.

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

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

January 18

Evelin’s Wellness Paradise – After a rejuvenating break, Evelin would like to welcome you again to her Wellness Paradise in her new home. Evelin has created a special two-hour package of customer favorites for this USO for \$86. Indulge in an aroma body treatment which includes a full body brush massage, a moisturizing body treatment and a relaxing foot massage. Then lie back and relax into a facial cleansing, relaxing aroma massage, and herbal mask that will leave your face glowing. <http://affiliates.uso.org/rheinneckar>.

January 22

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

January 23

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

January 25

Freiburg Festival – The diversity of the revue scene is shown in various events in Freiburg and the surrounding area. Fine singer-songwriters, shrill comedy, A Cappella with powerful voices, lovely chansons and plenty of the finest cabaret. Civ. 0761-7037-

107, www.freiburg-grenzenlos-festival.de.

January 26

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

January 30

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

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 4 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>.

February 11

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. Then tour Florence, the cradle of the Renaissance, one of the most prolific periods of arts and culture. Florence is full of gold shops, leather goods, and large open-air markets that offer straw goods, embroidery, silver and more souvenirs. 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.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 for €144, which includes transportation, lodging, breakfast and a sightseeing tour of Paris and Versailles. Slots go quickly, so contact your unit BOSS representative to sign up. www.mwgermany.com.

coming to THEATERS

ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL

(Anna Farris, Justin Long) Now in the care of Dave Seville’s nephew, Alvin, Simon and Theodore take a break from pop-music stardom and return to school. Almost immediately, the tiny tunesmiths are given the giant task of saving their school’s musical program by winning a battle of the band’s contest. Though the boys think winning the contest will be easy, romantic and musical sparks fly when they meet Brittany, Eleanor and Jeannette – also known as The Chipettes. 88 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Jan. 7 - FIREPROOF (PG) 7 p.m.
Jan. 8 - A CHRISTMAS CAROL (PG) 7 p.m.; FIREPROOF (PG) 9 p.m.
Jan. 9 - A CHRISTMAS CAROL (PG) 4 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 7 p.m.; THE BOX (PG-13) 9 p.m.
Jan. 10 - ASTRO BOY (PG) 4 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 7 p.m.
Jan. 11 - THE BOX (PG-13) 7 p.m.
Jan. 12 - A CHRISTMAS CAROL (PG) 7 p.m.
Jan. 13 - MICHAEL JACKSON’S THIS IS IT (PG) 7 p.m.
Jan. 14 - ASTRO BOY (PG) 7 p.m.

Mannheim, Schuh

Jan. 7 - AVATAR (PG-13) 7 p.m.
Jan. 8 - SHERLOCK HOLMES (PG-13) 7 p.m.
Jan. 9 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 4 p.m.; THE BOX (PG-13) 7 p.m.; SHERLOCK HOLMES (PG-13) 9 p.m.
Jan. 10 - A CHRISTMAS CAROL (PG) 4 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 7 p.m.
Jan. 11 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 7 p.m.
Jan. 14 - SHERLOCK HOLMES (PG-13) 7 p.m.

Vogelweh, Galaxy

Jan. 7 - Saw VI (R) 7 p.m.
Jan. 8 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 7 p.m.
Jan. 9 - SHERLOCK HOLMES (PG-13) 3 p.m.; THE BOX (PG-13) 7 p.m.
Jan. 10 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 3 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 7 p.m.

Ramstein, Gateway Movieplex

Jan. 7 - LAW ABIDING CITIZEN (R) 12 p.m., 2:30 p.m.; SAW VI (R) 6 p.m.; ASTRO BOY (PG) 11 a.m., 3:30 p.m., 6:30 p.m., THE SIMPSONS MOVIE (PG-13) 11:30 a.m., 3:45 p.m., 7 p.m.
Jan. 8 and 9 - A CHRISTMAS CAROL (PG) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; THE BOX (PG-13) 11:00 a.m., 2 p.m., 6 p.m., 8:30 p.m.
Jan. 10 - A CHRISTMAS CAROL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 11 a.m., 2 p.m., 6 p.m.; THE BOX (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.
Jan. 11 - A CHRISTMAS CAROL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 11 a.m., 2 p.m., 6 p.m.; THE BOX (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.
Jan. 12 - A CHRISTMAS CAROL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; MICHAEL JACKSON’S THIS IS IT (PG) 11 a.m., 2 p.m., 6 p.m.; THE BOX (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.
Jan. 13 and 14 - A CHRISTMAS CAROL (PG) 11 a.m., 3:30 p.m., 6:45 p.m.; THE BOX (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; A NIGHT AT THE MUSEUM (PG) 12 p.m., 3:45 p.m., 6 p.m.

THEATER INFORMATION

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

community HIGHLIGHTS

UMUC Spring Registration

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

AWAG Annual Conference

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

"You Do It" AFN Commercial

Tired of the same old AFN commercials? Maybe you have your own idea for an American Forces Network TV commercial. Then "You Do It" and AFN may play your masterpiece during the Super Bowl for more than 500,000 Americans in Europe, Iraq and Afghanistan. U.S. DoD ID card holders are eligible to participate. Videos need to be 14 or 29 seconds long and sent to afnyoudoit@gmail.com by Jan. 10. AFN will select videos to air during the Super Bowl based on topic, originality and entertainment value. All videos eligible for airing will be posted to the Web at www.afneturope.net the day after the Super Bowl.

Holiday Greetings Posted

The Joint Hometown News Service has started posting Holiday Greetings videos taped throughout Europe in September and October. Videos can be downloaded from www1.dmasa.dma.mil/hometown/webpages/holidaygreetings.htm.

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.

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

ACS Heidelberg

ACS Heidelberg is seeking the services of a relocation consumer assistant to perform unofficial translation services, to advocate for customers, and to assist with general questions about Germany and the area. This is a contract position. [06202-80-8657](tel:06202-80-8657), ref#W912PE-10-T0032.

Career Fair

Looking for employees? Recruit them at the Heidelberg ACS Career Fair Jan. 30. Register online: www.mwrgermany.com/hd/acs and click the "Employment Readiness" link.

Mannheim Elementary School

MES seeks substitute teachers and teacher/classroom aides. DSN 380-4705, [0621-730-4705](tel:0621-730-4705), joanne.griffin@eu.dodea.edu.

KAISERSLAUTERN Community

• **Main Library Events** – Winter Fairy Festival, 3-5 p.m. Jan. 8; Boots and Books, Story Time by Soldiers, 3:30 p.m. Jan. 12.; Free introductory class in Computer Basics 6 p.m. Jan. 12.; MLK Express, 3:30 p.m. Jan. 14; Tween Game Day, 3-5 p.m. Jan. 15. DSN 486-7322, [06371-86-7322](tel:06371-86-7322)/[8390](tel:06371-86-7322), www.mwrgermany.com.
• **MLK Observance** – The 21st Theater Sustainment Command's Equal Opportunity Office will host a Martin Luther King Jr. March and Observance 1-2:30 p.m. Jan. 14 at the Vogelweh Chapel. The event will feature Kall Holmes, who will perform a musical tribute to Dr. King; guest speaker Sgt. Maj. James Stewart, the 21st TSC Chaplain's Office sergeant major; and a freedom march that will begin at the Vogelweh Chapel, travel to Kapaun Air Station and return to the chapel. Refreshments will be provided. DSN 484-7236, [0631-413-7236](tel:0631-413-7236).
• **Fashion Jewelry Bunco** – The Landstuhl Community Club will host a Fashion Jewelry Bunco evening 6:30-9:30 p.m. Jan. 19. Everyone will win a prize. Registration fee is \$20. Must be at least 18 to play. Reservations: DSN 486-7244, [06371-86-7244](tel:06371-86-7244), www.mwrgermany.com.
• **Midnight Bingo** – Enjoy a fun evening of bingo at the Kazabra Club 9 p.m.-midnight Jan. 17. Two guaranteed \$1,000 games along with special games for special prizes will be played. Free food and soft drinks. Doors open at 7 p.m. DSN 489-7261, [0631-536-7261](tel:0631-536-7261), www.mwrgermany.com.
• **Volunteers Needed** – Volunteers are needed for the 27th Special Olympics Spring Games May 12 at the German Police Academy in Enkenbach-Alsenborn. All volunteers must be registered with the garrison's Army Community Service. DSN 493-4232, [0631-3406-4232](tel:0631-3406-4232).
• **National Prayer Breakfast** – The Chaplain's Office hosts the 2010 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, [0631-3406-4098](tel:0631-3406-4098).
• **AGBC Event** – The Kaiserslautern American German Business Club will host a presentation meeting 6:30 p.m. Jan. 21 at the Alcatraz Hotel am Japanischen Garten, Morlauteurer Strasse 1, 67657 Kaiserslautern. The theme of this event will be: An overview of the current business community in Kaiserslautern, plus

some helpful tips for starting a new business.

• **Cards For A Cause Club** – Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Jan. 13 at the Pinehurst Room, Woodlawn Golf Course, on Ramstein AFB, to make cards and small projects for the wounded warriors to send out to family and friends. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. \$5 materials fee. pejachowski@juno.com.

HEIDELBERG Education

• **American Red Cross Classes** – Babysitter's Course 8:30 a.m.-3:30 p.m. Jan. 9 at the PHV Scout Hut, \$35. 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 Heidelberg Shopping Center, \$40. DSN 370-1760, [06221-57-1760](tel:06221-57-1760).
• **German Language Classes** – Eight-week classes 5:45-7:30 p.m. Jan. 19-March 15: German 1 and 2, Tuesdays and Thursdays; German 3, Mondays and Wednesdays. German 4 morning classes will be held Feb. 9-March 14 Tuesdays, Wednesdays and Thursdays. Cost: €80 for German 1, €100 for higher levels. Register: germanatpatton@ihs-heidelberg.com.
• **UMUC Spring Registration** – University of Maryland University College Europe announces registration for Spring Session 1. Registration for on-site (face-to-face) courses is available through Jan. 17, with classes beginning on Jan. 18. Registration for Europe ONLINE (distance education) courses continues from now through Jan. 24, with classes starting on 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.

Community
• **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 USAG Heidelberg bases and housing areas during normal business hours. \$4 fee plus balloon cost. To order your Balloon-O-Gram, stop by or contact the Heidelberg Arts and Cultural Center on PHV or log on to www.mwrgermany.com.
• **Chips and Salsa Night** – Join the Youth Services for chips, salsa and merengue dancing 7-10 p.m. Jan. 16 at the Lion's Den on PHV. Open to all CYSS-registered high school students. www.mwrgermany.com.

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

• **Real Property Planning Board** – The RPPB will convene at 1:30 p.m. Jan. 19 in the Patrick Henry Village Pavilion. This is the first RPPB meeting of the fiscal year where we will review our FY09 accomplishments, project updates, and proposed installation changes and closures. The RPPB provides the garrison commander a forum to elicit input from commanders and directors of tenant units on facility construction and maintenance priorities. The RPPB is an essential component of community master planning, vetting and prioritizing requirements.
• **Rabbit Hunt** – The German Federal Forestry Agency is scheduled to begin its annual controlled rabbit hunt on Patrick Henry Village at 8 p.m. Jan. 13. The hunts will continue each Wednesday through Jan. 27. According to the garrison Directorate of Public Works, rabbits fall under the German federal hunting law, and population control is managed by the Federal Forestry Agency. [06221-43803174](tel:06221-43803174).
• **Aquadrome Swimming** – All high schoolers are invited to join the Youth Services for swimming at the Aquadrome. Pick up will be at the Lion's Den 11 a.m. Jan. 29, and will return at 6 p.m. Permission slips are available at the Lion's Den and are due by Jan. 26. Bring €5 for entry fee plus extra euros for lunch and snack. www.mwrgermany.com

• **Holiday Refuse Collection Schedule** – The collection and disposal of refuse will change for the following dates: Scheduled Jan. 5 collection will be Jan. 7; Jan. 6 collection will be Jan. 8; Jan. 7 collection will be Jan. 9; Jan. 8 collection will be Jan. 11; Jan. 11 collection will be Jan. 12; Jan. 12 collection will be Jan. 13; Jan. 13 collection will be Jan. 14; Jan. 14 collection will be Jan. 15; and Jan. 15 collection will be Jan. 16.
• **Toastmasters** – Toastmasters will meet the first and third Thursday of every month. <http://heidelberg.freetoasthost.net>.
• **MLK Commemoration** – Heidelberg's Rhein-Neckar Branch of the National Association for the Advancement of Colored People with the Deutsch-Amerikanisches Institut of Heidelberg will jointly sponsor the 24th annual international commemoration of the birthday of Dr. Martin Luther King Jr. at 6 p.m. Jan. 23. The program will be held at the Providenz Kirche (Providence Church) in Heidelberg at Hauptstrasse 90a.
• **Auction** – Rag and Bone Man will host an auction 1-7 p.m. Jan. 10 at the Community Support Center

event tent. Items will be available for viewing 10 a.m.-7 p.m. Jan. 9 and for viewing and registration 10 a.m.-12:30 p.m. Jan. 10. Items will include: paintings, collectibles, jewelry, carpets and small and large furniture items.

• **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.

• **The Love Dare Experience** – The transformational marriage encounter begins at 7 p.m. Jan. 7 and 9 p.m. Jan. 8, with a free showing of the movie "Fireproof" at the PHV Theater. After the movie showing, couples who would like to participate can register for the full 40-day program.

MANNHEIM Community

• **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, [0621-730-9201](tel:0621-730-9201), DSN 380-4851, [0621-730-4850](tel:0621-730-4850).
• **AFAP Issues** – Submit issues and concerns for February's local Army Family Action Plan conference on www.mwrgermany.com's AFAP page (under Mannheim ACS). DSN 385-3101, [0621-730-3101](tel:0621-730-3101).
• **Family Bingo** – The Top Hat Club presents family bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. DSN 380-9370, [0621-730-9370](tel:0621-730-9370), www.mwrgermany.com.
• **Youth Sponsorship Program** – Youth sponsors in grades 1-12 help with the relocation of youth so they can become more familiar with their new home in Mannheim. DSN 385-2353, [0621-730-2353](tel:0621-730-2353).
• **MLK Celebration** – The Theta Theta Lambda Alumni Chapter of Alpha Phi Alpha will host its annual Dr. Martin Luther King Jr. celebration at 4 p.m. Jan. 17 at the Park-Inn Hotel Ballroom, Am Friedensplatz 1. The guest speaker is Alex O. Ellis, founder of "Tied to Greatness", a nationally known male youth self-image enrichment program. Tickets are €30 and all proceeds go to providing scholarships for deserving DoD's students. [0179-536-2115](tel:0179-536-2115).
• **OCS Board** – The next OCS Board will be conducted at 9 a.m. Mar. 4 in the USAG Mannheim Conference Room. Completed packets for the board must be turned in to the Military Personnel Division on Sullivan Barracks no later than Feb. 22. DSN 385-2774.



Heidelberg players take 3rd

Courtesy photo

United States Youth Soccer Heidelberg had seven out of eight players on the U15 State team place third out of 16 teams Sunday in the 3-Kings Tournament hosted by FSV Buckenberg in Pforzheim.

Heidelberg Sea Lions host EFSL swim meet

The Heidelberg Sea Lions Swim Team hosted a European Forces Swim League meet Sunday in Eppelheim. The Sea Lions broke four records at the meet.

Sami Aldous broke the 200-meter individual medley record (8 and under girls) with 4:09.65. The previous record was 4:26 from 2005.

Hannah Gunsch broke three re-

ords at meet.

The first was the 100-meter freestyle record (9 year old girls) with 1:35.03. The previous record was 1:44 from 2006. Then she broke the 200-meter freestyle (9 year old girls) with 3:26.14. The previous record was 3:51 set in 2006. Finally, she broke the 200-meter individual medley (9 year old girls) with 3:42.75. The previous

record was 4:06.07 from 2007.

The Sea Lions also had four triple individual winners: Andrew Simmons, Sami Aldous, Kristen Kelly and Carolin Kelso. These swimmers won three individual events at the meet.

The Sea Lions came in second behind Stuttgart, beating out Bamberg and Vilseck-Grafenwöhr. SOURCE: Sea Lions Booster Club

WCAP Soldiers shine at U.S. Biathlon World Team Trials

By Tim Hips
FMWR PUBLIC AFFAIRS

COLERAIN, Minn. – U.S. Army World Class Athlete Program biathletes 1st Lt. Jennifer Wygant and Sgt. Jesse Downs had impressive performances at the U.S. Biathlon World Team Trials Dec. 12-13 at Mount Itasca.

Wygant won the women's 7.5-kilometer sprint race with a time of 23 minutes, 44.2 seconds.

Along the way, she missed only two of 10 shots on the firing range, making her one of the top two shooters of the day.

Wygant was followed by Susan Dunklee (24:00.8) of Baton, Vt.; Laura Spector (24:15.1) of Lennox, Maine; and Tracy Colliander (25:02.9) of Durango, Colo.

Downs finished fourth in the men's 15-kilometer mass start competition with a time of 41 minutes, 23.6 seconds. Zach Hall of Anchorage, Alaska won the event in 40:14.3, and was followed by Walt Shepard (40:16.9) of Yarmouth, Maine; and Dan

Campbell (41:10.6) of Bozeman, Mont.

Both Soldiers are bidding to make the IBU Cup Team to compete with U.S. Olympic Biathlon Team contenders on the World Cup circuit. They also continue their quest to make Team USA for the XXI Olympic Winter Games, scheduled for Feb. 12-28 in Vancouver, British Columbia, Canada. The Olympic biathlon and bobsled events will be contested in the nearby resort town of Whistler.

The biathlon is a combination of cross-country skiing and rifle shooting, from both the prone and standing positions. It was -2 degrees at race time – without the wind-chill factor.

Downs placed eighth in the men's 10-kilometer sprint race with a time of 27:39.4. Mark Johnson of Mount Itasca won the event in 26:20.6.

Wygant finished 10th in the women's 12.5-kilometer mass start event with a time of 45:31. Colliander won the race in 40:56.9.



Tim Hips

U.S. Army World Class Athlete Program biathlete 1st Lt. Jennifer Wygant skis to victory in the women's 7.5-kilometer sprint Dec. 12 at the U.S. Biathlon World Team Trials in Colerain, Minn. Wygant won the event with a time of 23 minutes, 44.2 seconds.

staying ACTIVE

Basketball Tournaments

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

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

Rock Wall Climbing 101

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

Road to the Super Bowl

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.

Running With a Purpose

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

1000-Pound Club

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

Cheerleading Classes

SKIESUnlimited in Kaiserslautern now offers cheerleading classes. Classes are available for youth ages 3-14. No previous experience is necessary. All classes include basic instruction to include: cheer fundamentals, yelling techniques, jumps, dance and teamwork. DSN 493-4516, civ. 0631-3406-4122.

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.mwrgermany.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.