

HeraldPOST

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



Attention to detail

Sgt. Angelique Cotte, a rigger with the 5th Quartermaster Detachment, 21st Theater Sustainment Command, checks a pack for deficiencies as part of the hands on training portion of the jumpmaster certification course held at Rhine Ordnance Barracks March 1.

5th QM Det. plays host to U.S. jumpmaster training team in Europe

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

For U.S. paratroopers, the jumpmaster is the first person they see when they step onto the loading ramp of a military aircraft and last person they see before they step out the door at 1,500 feet, carrying 150 pounds of equipment in the dead of night.

That's why the jumpmaster takes his job very seriously, and ensuring the

mission is accomplished in a safe manner is always the jumpmaster's number one concern.

The 21st Theater Sustainment Command's 5th Quartermaster Detachment played host to a jumpmaster mobile training team from the U.S. Army Jumpmaster School at Fort Benning, Ga. The team held a jumpmaster certification course at Rhine Ordnance Barracks here Feb. 15-March 5.

Attention to detail, safety and dedi-

"Jumpmasters are the key to success in airborne operations. Without jumpmasters, airborne units cannot do their missions."

- Master Sgt. Jeffery Bond, jumpmaster certification course head instructor

cation are the most important elements of a jumpmaster's duties.

"Jumpmasters are the key to success see **JUMPMASTER** page 11

TASM-E completes foreign military sales missions

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

The Theater Aviation Sustainment Manager-Europe, 405th Army Field Support Brigade, at Coleman Army Airfield recently completed two separate foreign military sales missions as part of its reimbursable FMS program.

"We execute foreign military sales missions in addition to our regular mission of aircraft maintenance," explained Lt. Col. Tildon "Kye" Allen, the commander of the TASM-E. "Our FMS operations include executing maintenance on aircraft that have been sold by the U.S. military to other governments as part of the

foreign military sales program."

The first FMS mission involved maintenance on two AH64 Apache helicopters on behalf of the Dutch military.

"We performed extensive maintenance on the aircraft for the Netherlands," explained Fabriel Ortiz, the TASM-E's deputy com-

mander.

The Dutch military personnel have been deployed to Afghanistan for an extended period of time, and the Netherlands military didn't have any personnel to perform Apache maintenance. The Dutch contacted TASM-E asking if it would conduct the maintenance see **FMS MISSION** page 11

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March 11, 2010

Speed Read

AER CAMPAIGN

The Kaiserslautern AER campaign kicked off March 1 and runs through May 14. Soldiers and civilians can now donate through their unit AER representative. 3

FLEA MARKET SEASON



The indoor flea market season begins March 20 at the Special Events Center on Rhine Ordnance Barracks. 4

LRMC PUTS PATIENTS FIRST

Landstuhl Regional Medical Center is implementing a new initiative called Patient and Family Centered Care. 8

WARRIOR ZONE OPENS

The Heidelberg Warrior Zone opened March 5 and is now available for service members to spend their free time. 8



Defense Details

EMERGING TECHNOLOGY

Thirteen Marines tested a U.S. Joint Forces Command interactive training simulation during a demonstration at Camp Lejeune Feb. 23 to March 4. Future Immersive Training Environment, or FITE, is a virtual reality-based training system to improve team decision-making skills through a series of realistic scenarios that challenge warfighters to read and react to situations and signals they may encounter in combat.

NEW HEALTH SITE

The Military Health System has launched a new Health.mil Web site that provides a single point of entry to military health news, information and resources. The site is part of the Defense Department's continued commitment to make health information available and easy to find, officials said. Content is categorized by topic or audience, including service members, retirees and families; health care providers; educators and researchers; Military Health System staff; Defense Department leaders; and the media.

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

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COMMENTARY

Mommy-to-be no more: Giving birth

By Kelli Bland
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The pregnancy journey for this mommy-to-be finally came to an end Jan. 18, and we have a beautiful baby girl to show for it. Now that we're parents, we have a whole new set of funny and disgusting stories to share. Instead of morning sickness and swollen feet, we've graduated to odd sleep cycles and explosive baby poo.

As for the birth experience, for those of you who have experienced it, you simply need to read these words to understand – back labor, no drugs, vacuum extraction, episiotomy and tearing. For those of you who haven't and want the details – here they are.

It was all moving smoothly at the beginning. I started timing the contractions at 3 a.m. when they were averaging 10-15 minutes apart. When my husband got up a few hours later, I told him the day would involve some sort of labor, but it wouldn't be happening at his place of employment.

By 11 a.m., the contractions were 5 minutes apart. At 3 p.m., we arrived at the Klinik Sankt Elisabeth in Heidelberg to bring our baby into the world. I was dilated 4 centimeters with the amniotic sac still intact, and all was looking good – except for the back labor part, which was already pretty painful.

I labored for the next hour and a half in a big bath tub in a room painted like the sea – the dolphins on

the wall didn't make the contractions much better, but the weightlessness felt nice.

It was in the tub that my American modesty went out the door, and I turned Euro-style. I was so worried all along about how the German hospital doesn't provide gowns. I mulled for weeks over the best type of clothing to bring for coverage, easy doctor access, and an opening for breastfeeding when the time came – and I never even put the darn clothes on. I guess since it was the day of my daughter's birth, my birthday suit was fitting.

After the bath, I was almost 7 centimeters dilated, and the midwife was thrilled with my progress, saying we'd have a baby in just a few hours.

I was having severe back labor, and I felt like I was going to break in half. But with my fantastic doula, Angela, massaging my back and applying counter-pressure on my sacrum during contractions, along with my husband holding my hand and encouraging me, I was breathing (and sometimes groaning rather loudly) through the rough spots – thinking it wasn't going to be much longer. So we decided I could continue without pain medication.

At 6 p.m., I was 8 centimeters, and after talking to the doctor, the midwife decided it was time to break my water. She said that would get me the final 2 centimeters, and we would probably have a baby in the next hour to hour and a half. Woohoo! Wrong... Sure enough, I was dilating quickly



Kelli Bland

as the contractions got worse. We got to 9 1/2 centimeters easy enough, but the last 1/2 centimeter just wasn't budging. Meanwhile I felt like my back was breaking in two – you'll recall the decision for no drugs. This is the point in time when I was very unhappy about that decision.

Then they brought out the drugs that make contractions worse – yes, worse. My husband says this is when the monster in me came out, but I only bit him once.

When the midwife realized the baby's head was larger than average (she's going to be a smarty pants), the doc came in and brought the vacuum extractor. He vacuumed three rather painful times. Still no baby.

Then out came the scissors. Between a deep cut and the vacuum, he still had a rough time pulling to get her out, but alas, our daughter joined the world (four painful hours after we thought she would).

It was such a relief to hear her cry from the next room – that's when we

knew it was all worth it. We created a living, breathing human being. She was perfect – 8 pounds, 10 ounces of adorable plumpness.

Because of her size and large head (no wonder I was a beach ball), she ended up with a fractured collar bone and a brachial plexus birth injury, but both are healing just fine.

Since this was my first birth experience, I can't compare it to what happens in the States, but I can tell you I was very comfortable with the host nation facilities and care I received.

The midwife encouraged me to get into positions that were the most comfortable for me – whether that was sitting on an exercise ball, getting on all fours, or walking around. After the birth, the staff took very good care of both me and the baby with regular visits and a pretty tasty menu.

All in all, we had a very positive experience – one that gave us the greatest gift in the world.

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



Join the virtual community today
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BLOG ROLL

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

A number of folks have come up to me and asked, "When are you going to write 'Don't Shoot The Messenger'?" after BWnow! published the last blog entry, "Would You Rather..."

I really appreciate all the feedback on that blog, so, here we go: I was amazed by the number of folks who contacted me via email/facebook on this subject. Some relayed their tales of being shot, while one person actually confessed to doing the shooting – describing how horrible they

felt afterwards, even though they felt justified, at the time. Wow. "... even though they felt justified, at the time."

Wow. Folks, to me this entire subject falls under the "Defender 6" (BG Rick Lynch) "Stamp Out Stupid" campaign. I liken shooting the messenger to an angry parent who, when catching their little one hitting another child, raises their hand and spansks the child's bottom repeatedly – all the while saying, "We. Don't. Hit."

In his best selling book, "Greater Than Yourself: The Ultimate Lesson of True Leadership," author Steven Farber tells us that in order to be "capable of a Greater Than Yourself relationship, you need two things: (1) humility, and (2) a firm and evolving sense of who you are and what you are here for...in doing so, it promises to raise every person, situation, and organization to a new level."

-Jacqui Haggerty, BWnow member



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Everybody does their taxes



Master Sgt. Tammy Jarrett

U.S. Army Europe Commander Gen. Carter Ham and his wife, Christi, work with tax preparer Spc. Pedro A. Rivera on their 2009 return at the Heidelberg tax center, March 5. "The tax center saved me money. This service will put money back in your pocket, and it costs you nothing," said Ham. Tax centers are open at all Army in Europe garrisons, offering free help to eligible U.S. personnel and family members. Tax center staff receive IRS-approved training. For more information on tax assistance and tax centers, go to www.hqusaure.army.mil.

Miesau privately owned vehicle storage facility to close

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Until recently, Kaiserslautern-based Soldiers, while deployed, were able to store their privately owned vehicles (POVs) at a three-building facility on Miesau Army Depot.

The storage area was able to accommodate more than 500 vehicles and was available since Operations Desert Storm and Shield in the early 1990s.

"People have gotten accustomed to having that," said Norbert Zimmerman, plans and operations officer for the U.S. Army Garrison Kaiserslautern Directorate of Logistics (DOL).

The last group of vehicles fills the buildings currently; when the last owner re-

turns and claims his or her vehicle, the storage area will close, said Zimmerman. "It's always been a (rear detachment) commander's program," Zimmerman said, referring to the responsibility of caring for deployed Soldiers' vehicles.

"Each individual unit commander has responsibility to provide a centralized storage facility to process and store POVs for deploying Soldiers and Department of Defense civilians assigned to that unit," according to the Department of Logistics Memorandum of Instruction for the storage of POVs during deployment. "The Rear Detachment Commander has the responsibility for the accountability, control and security of storage POVs stored in their (areas of responsibility)," according to the MOI.

For questions about the rules and procedures governing POV storage, Soldiers and commanders should call DSN 483-8259, civ. 0631-411-8259.

AER campaign opens in Kaiserslautern

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The annual Army Emergency Relief kicked off with a breakfast March 1, hosted by the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern, at the Kaiserslautern Activity Center on Daenner Kaserne.

Established in 1942, the program is designed to provide Soldiers, retirees and their families financial support in times of need, in the form of interest-free loans and grants.

Since its inception, AER has provided roughly \$1.2 billion dollars to the Army family, according to Mary Himic, deputy to the USAG-K commander, in her opening remarks at the breakfast.

"Know that your money goes where it's intended," she said, noting that, while a small portion of donations goes toward administrative fees, "the vast majority is going where it's intended."

Last year in Kaiserslautern, AER distributed \$350,000 in loans and grants, said Maj. Gen. Patricia McQuiston, 21st TSC commanding general, the keynote speaker at the event.

"That's an incredible amount of support. That's an incredible amount of support," McQuiston said.

"I will tell you that financial fitness is also a concern to us," she said, referring to the Army's comprehensive fitness program.

Soldiers and civilians wishing to make donations to the AER should visit their unit AER representative or stop by the USAG-K Army Community Service on Pulaski Barracks.

"We need to make sure every Soldier knows about AER benefits," McQuiston said, emphasizing the goal of contacting 100 percent of the population about the program.

The campaign runs through May 14. For more information, log on to www.aerhq.org.



The U.S. Army Garrison Kaiserslautern's Command Sgt. Major Richard Jessup fills out an Army Emergency Relief donation form at the campaign kickoff breakfast March 1 at the Kaiserslautern Community Activity Center on Daenner Kaserne.

Mark Heeter

Indoor Flea Market season starts soon in Kaiserslautern

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The U.S. Army Garrison Kaiserslautern's Indoor Flea Market season starts again March 20 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks.

"Before you go out and spend money on 220-volt items, I recommend you check out the flea market first," said Steve Selvey, the garrison's Kaiserslautern Outdoor Recreation manager, who administers the Indoor Flea Markets. "It's a great opportunity to purchase 220-volt items at a good price and to sell them."

This is the fourth season that the garrison's Family and Morale, Welfare and Recreation Directorate has provided these Indoor Flea Markets as a customer service for the community. The garrison's flea market season runs from March to October, the third Saturday of the month.

"Personnel PCS'ing (Permanent Change of Station) out of the community have this opportunity to sell their items in a nice indoor environment out of the weather," Selvey said.

He cited other conveniences for sellers and buyers at the Indoor Flea Markets such as a vendor who sells food and drinks, and bathrooms at the facility, which are heated.

"I like that it's warm, and I don't have to worry about the weather," said Mari Warwick, a Ramstein Elementary School first-grade teacher, who has been a seller twice at these flea markets, making about \$900. "And, I really like how you are able to display your items on nice big tables."

She also mentioned that she liked that she didn't have to set up her own tables and the ease of unloading her "treasures."

"Our staff sets up tables in advance so all sellers have to do is unload their cars at the entrance to the facility and get ready to sell," Selvey said. "We have some large doors that are opened, allowing plenty of room to bring items in and out of the building."

He added that sellers are able to unload



Christine June
Angela Tilscher (left) and Kara White talk about how hard it is to sell their daughters' clothes at the 2009 U.S. Army Garrison Kaiserslautern's Indoor Flea Market. The garrison's 2010 Indoor Flea Market season starts 8 a.m. to 2 p.m. March 20 at the Special Events Center.

their cars close to the entrance and then park their cars in the regular lot after they've unloaded their items.

Hours are from 8 a.m. to 2 p.m. Doors for sellers open at 6:30 a.m. to give them time to display their items for sell. Selvey recommends that sellers show up at least 30 minutes prior to the doors opening for buyers – promptly at 8 a.m.

"We'll take reservations up to the day prior and even walk-ins the day of," said Selvey, who added that there has never been too many sellers at these flea markets. "We have plenty of tables on hand and display space in the facility so numbers are not a problem."

As an experienced seller, Warwick offers these helpful tips.

"Bring plenty of plastic bags, and make sure to have U.S. and Euro change on hand," she said.

These flea markets are open to ID card holders and their authorized guests. The 2010 Indoor Flea Market schedule is March 20, April 17, May 15, June 19, July 17, Aug. 21, Sept. 18 and Oct. 16.

Prospective sellers can make reservations by calling Kaiserslautern Outdoor Recreation at 493-4117 or 0631-3406-4117. Cost is \$25 for two tables and a bench.



This is how we do it

Sgt. Fay Conroy

Sgt. Eugene Muller, an administration specialist with Special Troops Battalion, 21st Theater Sustainment Command, runs through the smoke during a training demonstration for Command Sgt. Maj. Marvin Hill at the forward operating base on Panzer Kaserne Feb. 25. Hill, who is the command sergeant major of U.S. Central Command, visited the 21st TSC while in Germany to get an idea of the 21st TSC's mission and to thank the 21st TSC for what the command does for CENTCOM and its areas of responsibility.

In Memoriam - Heidi Schmitt



Heidi Schmitt, employee of the Heidelberg Health Center at Nachrichten Kaserne, passed away unexpectedly March 4. She was born March 14, 1960, and started working for the U.S. Army on July 19, 1982. She worked for 28 years in the Medical Materiel Branch Warehouse as a supply clerk.

Schmitt served many years as a member of the District Works Council as well as the local Works Council.

She was known by her colleagues as always being supportive and representing their interests. HMEDDAC and the U.S. Army has lost a committed, loyal and competent employee.

A funeral service was held March 10 at the New Cemetery in Sandhausen.

Schmitt is survived by her father, Erich, and one daughter, Sandy.

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Cpt. Sonje Munson

18th Eng. Bde. participates in Bagram VII

Thomas Lasch, the simulations director from the Joint Multi-National Simulations Center Grafenwoehr, explains the Unmanned Aerial Simulator operated by Sgt. 1st Class John J. Walker, an intelligence noncommissioned officer with the 18th Engineer Brigade, to Polish army Maj. Gen. Zbigniew Glowienka, exercise director, Bogdan Klich, Polish minister of defense, and Polish army Gen. Franciszek Gagor, chief of general staff, March 5 during Bagram VII at Bukowka Barracks in Kielce, Poland. During the exercise, members of the Illinois National Guard and the 1st Polish Armored Brigade used computer simulations to train for an upcoming deployment to Afghanistan.

Earth Day contest seeks to make 'Willie B. Wasteful' come to life

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The U.S. Army Garrison Kaiserslautern's Directorate of Public Works Environmental Management Division is sponsoring an Earth Day 2010 Contest until March 17 to develop a character for its proposed environmental awareness and conservation mascot – "Willie B. Wasteful."

"We are looking for a fairly simple cartoon character that can be used locally to enhance environmental awareness and encourage energy and water conservation," said Don Doran, a garrison's Environmental Protection Specialist, who initiated this contest.

Doran explained that the winning character will be advertised locally through American Forces Network-Kaiserslautern and military newspapers, and possibly posters.

"Just showing (the selected character) 'Willie B. Wasteful' will automatically bring up all the environmental information in people's mind previously provided in multiple training sessions," said Hans Betzhold, the garrison's EMD chief, on how he envi-

sions this character. "This contest is a very good opportunity to get independent opinions on how this character should look like."

The character, Doran said, should have a universal application to many environmental programs such as buying "green," protecting the environment, conserving natural resources and energy, waste prevention, reducing water usage and increasing recycling.

He added that the winning character will be rolled-out in conjunction with the garrison's activities for the 40th Anniversary of Earth Day on April 22.

Founded by U.S. Senator Gaylord Nelson, Earth Day is designed to inspire awareness and appreciation for the Earth's environment. It is now celebrated in many countries every year.

"Incidentally, if people think they have a better name for their character, we are open to a name change," Doran said, who added that "Willie B. Wasteful" was the name that came to him when he was conceptualizing this contest. "It is open to anyone's imagination for a memorable, attention-getting character that can enhance environmental interest and be fun for our community."

There will be one winning submission, Doran said, and the selection will be made by professionals from the garrison's DPW environmental and utilities sections.

"We will be selecting based on the best example for catching the public's attention and conveying memorable environmental awareness and conservation messages," Doran said.

The contest is only open to Kaiserslautern military community's U.S. ID-card holders and their family members and there is not an age restriction, Doran said.

Submissions can be either by-hand drawings or digital .jpg files, black-and-white or color. The size should be no larger than 8-by-10 inches. Contestants must also include contact information in their submissions. Contest submissions can either be e-mailed to usagkweb@eur.army.mil or hand delivered to Doran at his office in Room 113, Bldg. 3104 on Daenner Kaserne.

For more information on this contest, call DSN 483-8271 or civ. 0631-411-8271, www.kaiserslautern.army.mil.

Earth Week Photo Contest

Want to be the next Ansel Adams? Ever dreamed of being a wildlife photographer? You don't have to travel far to see wilderness. It's just around the corner. So go outside, explore your neighborhood and submit your best photos of landscapes, nature, and wildlife to myBWnow.ning.com - the top photo will be published in the Herald Post and will win a prize sponsored by AAFES.

<http://myBWnow.ning.com>

Photos must be submitted between March 15 and April 15. Use the tag "Earth Week" to identify the photo for the contest. Photos must be taken in Germany.




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LRMC PFCC: Improving healthcare by the patient, for the patient

By Robert Steed
LRMC NURSE EDUCATOR

You visit your doctor. A problem is identified. Your doctor prescribes treatment. Out the door you go, on your way to perfect health.

As most people who have visited a doctor's office know, medical issues are not always that simple. Sometimes instructions are misunderstood.

Perhaps the treatment is more difficult than the patient wants, such as unpleasant side effects, or maybe a follow-up appointment is needed and can't be scheduled at a convenient time.

Regardless of the reason, the treatment may not be accomplished and the problem continues.

An initiative currently underway at Europe Regional Medical Command and Landstuhl Regional Medical Center may provide a different scenario, with a path toward a more healthy and mutually satisfying outcome: Patient and Family Centered Care (PFCC).

"Patient and Family Centered Care allows patients full partnership in medical decision-making," said Col. (Dr.) Tim Pendergrass, Deputy Commander for Clinical Services at LRMC. "The patient perspective we adopt in this setting is, 'Nothing About Me Without Me.'"

Patient and Family Centered Care has been successfully implemented at many civilian hospitals, and more recently at military medical treatment fa-

cilities in the United States, including Walter Reed and Fort Campbell, Kentucky," said Col. (Dr.) John Cho, LRMC Commander. "In addition to improving patient, family and staff satisfaction, medical outcomes have improved and medical errors have decreased in facilities utilizing PFCC."

The goal of PFCC is to involve patients in all aspects of their care. "We want to encourage patients to actively participate across the medical spectrum," said Command Sgt. Major Benjamin H.S. Scott, Jr., LRMC Command Sergeant Major. "This can include participating in individual medical treatment decisions, serving as official committee members in efforts to improve patient safety at LRMC, and even collaborating on designs for building and parking improvements."

While all patients and family members treated at LRMC are afforded opportunities to participate in their individual health care, officials are seeking volunteers to serve in PFCC advisor roles.

These advisors will be appointed to various committees and task forces focused on improving the overall patient and family medical care experience at LRMC.

"Advisors need to be able to take a global view of our health care facility," Scott said. He explained that advisors must look past their or their family members' particular needs and focus on what actions or changes would benefit all healthcare recipients at LRMC. "Advisors," he added, "need to

complete a very brief Red Cross Orientation to ensure they understand our organization and the very special privacy concerns shared by all medical facilities."

Some sections of the hospital have already successfully embraced certain facets of PFCC. The Quality Management Division studied implementation of the process in 2008 and performed an initial assessment of LRMC.

Two clinics have begun using PFCC principles, and one physician has already redesigned her office space based on patients' and families' inputs. Some patient advisors have already been assigned to committees and focus groups.

But LRMC officials are quick to point out that implementing PFCC is a long, continuous process. PFCC began in civilian medical centers in Georgia and Boston in the early 1990s and continues to evolve at those locations. PFCC is not a "point-in-time effort; it is a continuous, fluid process," Cho said.

LRMC is committed to embracing this innovative approach which has proven to be both cost-effective and an efficient way to improve both healthcare outcomes and customer satisfaction.

For more information or to find out how to become a PFCC advisor, please contact Elaine Williams at DSN 590-8326, civ. 06371-6494-8326, or Robert Steed at DSN 590-5018 or civ. 06371-6494-5018.

Engineers help make Heidelberg's Warrior Zone fit for Warriors

18th Engineer Brigade Public Affairs

The frigid days of January and February brought to the forefront a challenge for Soldiers of the 18th Engineer Brigade, giving them an opportunity to apply their technical knowledge while improving the exterior of the newly remodeled Warrior Zone on Patton Barracks.

The Warrior Zone has taken the place of the Arts and Crafts Center on Patton Barracks and is the newest facility to improve the quality of life for Soldiers in the U.S. Army Garrison Baden-Württemberg area under the Family, Morale, Welfare and Recreation and Better Opportunities for Single Soldiers programs.

Due to weather, time and construction, the stucco exterior on the patio began to give way.

Before the facility could be utilized, repairs needed to be completed to ensure a safe place for Soldiers to socialize and hold barbeque events.

In order to facilitate an atmosphere for activities on the patio prior to the grand opening, Soldiers of the 18th Eng. Bde. and Pete Wilson, the area installation coordinator for USAG Baden-Württemberg, combined efforts to improve the front portion of the facility.

After the initial inspection and research were completed, setup of the scaffolding and repairs began to take shape Feb. 9.

Stucco surfaces are typically applied during the spring and summer months in Germany, as temperatures of at least 40 degrees are necessary to guarantee adhesion with the existing material.

This team, however, had the daunting task of increasing the below-freezing temperatures surrounding the building, because the grand opening could not wait on Mother Nature.

Spc. Allan Wall, a technical engineering specialist with the 18th Eng. Bde., and Pfc. Endia Moore and Pvt. Rachel Fire, both carpentry and masonry specialists with the 18th Eng. Bde., took the initiative in fashioning a method to enclose the work area to prevent heat loss from the corner of the building.

Fuel source heaters couldn't be used due to fumes, so Wilson acquired an electric fan-forced heater to warm the exterior, creating a safe environment for the Soldiers to work in.

Sgt. Justin Weber, a topographic analyst with the 18th Eng. Bde., also assisted in the reconstruction. He said he enjoyed the experience of working outside of his military specialty, and his past civilian experience in carpentry proved useful.

"Often times we find Soldiers' skills from their previous employment are a value-added bonus to our missions," said Master Sgt. Kevin Bardy, a construction inspector with the 18th Eng. Bde.

The Warrior Zone opened March 5.

Warrior Zone opens



Spc. Benjamin Dorhout enjoys a competitive game of air hockey with another Soldier during the grand opening of the Heidelberg Warrior Zone on Patton Barracks March 5.

Dijon Rolle



U.S. Army Photo

Sgt. 1st Class James Lee provides aerial security from the rear door of a CH-47 Chinook helicopter over the Khost province in eastern Afghanistan, Feb. 24. In southern Afghanistan, the focus of American troops and their allies will soon shift to securing Kandahar following an ongoing offensive in the former Taliban stronghold of Marja. Chinook helicopters will likely play a key role as they are one of the primary air platforms for moving troops and supplies throughout Afghanistan.



Air Force Staff Sgt. Christine Jones

Staff Sgt. Marvin Mendia fingerprints a detainee in Gavband village in Afghanistan's Helmand province, Feb. 27. Afghan police officers and U.S. Soldiers are conducting joint security operations along Highway 601 to support Operation 601 Cougar. Mendia is assigned to the 4th Battalion, 23rd Infantry Regiment.

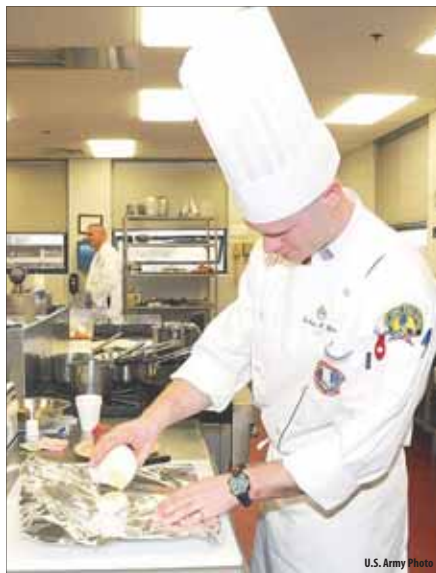


Dave Melancon

Sgt. 1st Class Philip Gutzler of Schweinfurt, Germany's Headquarters and Headquarters Company, 9th Engineer Battalion, and Jack Jewell, a World War II 9th Infantry Division veteran, share their combat experiences prior to ceremonies commemorating the 65th anniversary of the capture of the famed Ludendorff Bridge, in Remagen, Germany, March 7. Gutzler's grandfather, Pfc. Charles Everett Park, was a tank driver in one of the first 9th Armored Division units to cross the span after its capture.

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U.S. Army Photo

Fort Monroe's Staff Sgt. Joshua Spiess prepares a head of garlic while competing for the Armed Forces Chef of the Year Feb. 28. Spiess was the only competitor who earned a gold medal in the event, which is judged on a point system. The Armed Forces Chef of the Year competition was the first cooking event in the 35th U.S. Army Culinary Arts Competition.

JUMPMASTER

continued from page 1

in airborne operations,” said Master Sgt. Jeffery Bond, the head instructor for the course.

Bond has been a jumpmaster instructor for three years and a jumpmaster for 10.

“Without jumpmasters airborne units cannot do their missions,” Bond said.

The three-week course to become certified as a jumpmaster included classroom instruction and hands on training designed to teach the jumpmaster candidates how to identify deficiencies with personnel and the rigging of their equipment and parachutes.

The candidates learned about the duties and responsibilities of a jumpmaster.

Areas covered included inspecting the equipment and the aircraft used in the airborne operations, inspecting the paratroopers, conducting actions inside the aircraft, conducting pre-jump training, and learning the nomenclatures specific to airborne operations. Bond added that usually only 50 to 75 percent of students who attend the

class graduate.

“It’s difficult and challenging, but it gives you pride and honor knowing that you have accomplished something that not everybody will,” said Sgt. Adam Seeker, a rigger with the 5th QM Co.

Before attending the jumpmaster qualification course, paratroopers are required to maintain airborne status for at least one year and must complete 12 static line jumps, at a minimum, said Bond.

“At times it can be pretty intense but overall pretty enjoyable,” said Air Force Col. Timothy Brown, the commander of the 435th Contingency Response Group. “If we have a mission, I want to lead my airmen from beginning to end.”

About a dozen airborne riggers from the 5th QM Co. attended the jumpmaster training as well as Soldiers from Special Operations Command Europe and airmen from Ramstein Air Base.

They all learned that attention to detail, safety and dedication are the most important elements of being an effective jumpmaster – one that is entrusted with the safety of U.S. paratroopers.



Sgt. Fay Conroy

Sgt. John Herold, a rigger with 5th Quartermaster Company, 21st Theater Sustainment Command, checks the static line of Sgt. Adam Seeker, a rigger with 5th QM Co., during the hands on portion of the jumpmaster certification course held at Rhine Ordnance Barracks March 1. The three-week course to become certified as a jumpmaster included class room instruction and hands on-training designed to teach the jumpmaster candidates how to identify deficiencies with personnel and the rigging of their equipment and parachutes.

FMS MISSION

continued from page 1

for the aircraft, said Ortiz.

The reimbursable program is beneficial for both the TASM-E and the foreign governments.

The TASM-E has all of its work funded, and the foreign governments are able to get the proper maintenance done on their equipment.

The Dutch military purchased the Apaches through the FMS program previously.

“Because the Apaches were already owned by the Dutch military, the government of the Netherlands will reimburse us directly for the aircraft maintenance,” Ortiz said.

The TASM-E also performed work in support of an FMS mission for Tunisia, albeit under slightly different circumstances.

“Tunisia purchased three UH-1H Hueys from the U.S. government under the FMS program,” Ortiz explained. “Part of the FSM agreement is that the U.S. will refurbish any aircraft sold to another government.

The TASM-E received the three UH-1Hs that were purchased by the government of Tunisia and completely refurbished them. They were torn down, inspected and then reassembled to U.S. standards. Only when they are maintained to U.S. military standards, will they be delivered to Tunisia.”

Because Tunisia did not take ownership of the aircraft, they were not responsible for the costs incurred during maintenance.

“The U.S. State Department will reimburse us for the work on the Tunisian aircraft because the maintenance performed was part of the purchase agreement,” Ortiz said.

The TASM-E is responsible for aviation maintenance, reset and limited depot activity for the European theater of operations.



Jennifer King

Keith Wilburn works on an aircraft for the TASM-E’s FMS maintenance operation.

GERMAN COOKING

German French Toast

Servings: 8

Ingredients:

- 2 cups milk
- 3 large eggs, fresh
- 1 tablespoon lemon rind, grated
- 8 slices french bread, thick
- 1 cup bread crumbs
- 2 large tart apples, peeled, cored and sliced
- 2 cups water
- 1 tablespoon lemon juice
- 3 links (8-oz) smoked bratwurst, sliced
- 1/4 cup onion, minced
- 8 teaspoon sugar and cinnamon mixture
- 1 maple syrup

Directions:

- Preheat oven to 425 degrees.
- Whisk together milk, egg yolks and lemon rind.
- Soak bread slices in egg mixture until saturated.
- Whisk egg whites until frothy.
- Dip soaked bread in whites and then dredge in bread crumbs.
- Arrange on greased cookie sheet and bake for 15 minutes.
- Remove, turn over and return to oven for 10 minutes longer.
- While toast is baking, place apple slices in small saucepan with the 2 cups water and lemon juice.
- Bring to a boil and remove from heat.
- Sauté bratwurst and onions together until crisp brown.
- To serve, sprinkle toast with sugar and cinnamon mixture, cover with cooked, drained apple slices, sautéed bratwurst and onions.
- Serve with maple syrup.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

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

Dear Ms. Vicki,
I read your letters all the time online and in the paper. Some of your letters have been a topic of discussion in our church Sunday school class to help the youth make right decisions.

I like the questions people send because they are real and applicable to anyone, not just the military. I wanted to write to you about my situation before I deploy. I've been dating my girlfriend for 2 years and she has two "bad a\$#" kids.

I've tried and tried to picture myself as parenting them but I just can't do it. Their father is a jerk and doesn't do anything for them, not even their paternal family members either. I have met their father and I don't like him. For one thing he acts like my girlfriend still belongs to him and then he comes in her apartment trying to discipline the two kids.

Who is he? He doesn't even pay child support so why is he allowed to even see them? Maybe I'm reading this wrong, why does she allow him to do this? Does she still have affections for this loser?

I love my girlfriend and I have thought about being engaged to her or trying to make it official before I deploy but I just haven't brought myself to ask her to marry me.

Am I being selfish? I know she is working hard and going to school. I have helped her pay her health care insurance premiums for her and the children. If I marry her, they will be eligible for DEERS and I know this will change their lives. Should I step up and be the man for her and her children?

From: Contemplating a Proposal Dear Contemplating,

"Stop the press", "don't pass go"! Are you seriously asking me if you should marry her? You don't even like her children or their father. You have to know they come as a part of the package.

I'm questioning if you really love her. Listen, I know many single parents both single mothers and single fathers too. I applaud them because they are doing an awesome job by themselves.

Trust me, your girlfriend will do just fine without you. For some reason, you are acting like you are obligated to marry her but you are not. You have raised some serious issues, and if you marry her this will be a train wreck just waiting to happen.

You are not ready for the emotional and mental responsibility of marriage, or for parenting. Your main focus right now should be on your upcoming deployment,

not a proposal and not marriage. Moreover, you should start weaning yourself away from this relationship. She sounds like a woman who is a hard worker with great potential. She also deserves a great guy who is going to love her and her children for the right reasons. I wish you all the best. Take care of yourself and keep in touch.

Responses to previous columns:

Dear Ms. Vicki,

Your writers are callous people. What kind of people would borrow someone else's hard earned money and then make up their own rules to keep from repaying the money. This is shameful. You should have been even harder on these people, but I agree with you when you said they should repay the money.

Hi Vicki,

I learned a long time ago to never loan money to anyone because you never get the money back. It can result in hard feelings and people not ever speaking again.

Loaning money can ruin friendships and even relationships between families. The mother who wrote you last week is obviously in pain because of her son's behavior towards repaying them.

I think you hinted that this mother should just "get along-just to get along" with her son. In essence, forget about the loan just for the sake of family.

I totally disagree, her son is wrong, and should apologize to his parents and he should repay immediately. Especially when it is obvious that he has the funds to do so. If he doesn't repay, his parents should have no problem cutting him off.

Heidelberg ACS collects 'Cell Phones for Soldiers'

Heidelberg Army Community Service

More than 150,000 troops are serving overseas and are away from their families.

Cell Phones for Soldiers and Heidelberg ACS are calling on all Americans to support for these brave men and women by donating your unused cell phones.

Cell Phones for Soldiers hopes to collect over 50,000 cell phones this year to help keep troops connected with their families.

"Over the past few years, we have been amazed by the generosity of others. But, we have also seen the need to support our troops continue," said Brittany Bergquist, Cell Phones for Soldiers co-founder. "It is easy for Americans to make a small sacrifice of support by donating their unused cell phones, and providing families with a much-needed connection to their loved ones overseas."

"Last year, the Heidelberg community donated 157 cell phones to the program to enable young Soldiers, many away from home and family for the first time, to get them free phone cards," said Norma Ewers, ACS Army Volunteer Corps Coordinator.

Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist from Norwell, Mass., with \$21 of their own money.

Since then, the registered 501c3 non-profit organization has raised almost \$1 million in donations and distributed more than 500,000 prepaid calling cards to Soldiers serving overseas.

"We are continuously overwhelmed by the enthusiastic support of thousands of Americans who have helped our troops speak with their loved ones," said Bob Bergquist, the teens' father. "However, the need for support keeps growing as more soldiers are sent to the Middle East or are asked to serve extended tours of duty."

Through increased fund raising efforts, the Bergquist family hopes to raise more than \$9 million in the next five years to fund new programs, such as providing video phones and prepaid service to allow soldiers abroad to see their families on a regular basis.

"We're proud to show our support for U.S. Soldiers, and to contribute to a worthy cause like Cell Phones for Soldiers," said Dawn Powell, ACS marketing specialist.

The donated phones are sent to ReCellular,

which pays Cell Phones for Soldiers for each phone – enough to provide an hour of talk time to soldiers abroad.

Approximately half of the phones ReCellular processes are reconditioned and resold to wholesale companies in over 40 countries around the world.

Phones and components that cannot be refurbished are dismantled and recycled to reclaim materials, including:

- Gold, silver and platinum from circuit boards
- Copper wiring from phone chargers
- Nickel, iron, cadmium and lead from battery packs
- Plastic from phone cases and accessories

Local residents can support the collection drive by donating their phones at the following locations throughout the month of April:

- ACS, Community Support Center, Bldg. 3850
- PHV Commissary, Bldg. 4814
- Campbell Fitness Center, Bldg. 18
- Patton Fitness Center, Bldg. 152

For more information about the program, contact the Heidelberg ACS at DSN 370-6975, civ. 06221-57-6883, www.mvrgermany.com/hd/acs.

GET OUT!

area events

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

March 13

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

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

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

Live Music - The PaceMakers are making their first American debut at the Recovery Room in Heidelberg at 8 p.m. The PaceMaker's blend of classic rock, saturated blues, and oldies make them one of the most popular groups in Baden Württemberg. This party rock band is in high demand on the German club circuits and has a large following of German rock fans. The versatile voice of Michael Alter supported by Torsten Hamm and Günther Köhler on guitar, Wolfgang Hahn on Bass, Jan Hoffmann on keyboard and Jürgen Köhler on drums will rock the evening making it an enjoyable event for all ages. Visit www.pacemaker-band.de for more information, set listings, upcoming gigs, and other information.

March 13

Leigh Jones Concert - Pop and R&B singer, Leigh Jones, will perform a free concert at the Village Pavilion on Patrick Henry Village in Heidelberg at 7 p.m. This concert will also feature hip-hop band Animate Objects and is being sponsored by BOSS, I.A.M. Strong, Army Entertainment, FMWR and the Army G-1 SHARP program. There will also be a performance at the Kazabra Club in Kaiserslautern 5 p.m., March 14. Jones

will also make personal appearances at the Landstuhl DFAC and USO Warrior Center. DSN 483-6252, civ. 0631-411-6252.

March 14

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

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

March 20

Heidelberg Spring International Music Festival - "Oh Europe" is the motto of the Heidelberg Spring International Music Festival 2010. With a comprehensive program featuring 88 events, it traces the identity of a transnational community and threads musical paths through Europe. Package deals for the Heidelberg Spring International Music Festival are available through Heidelberg Marketing GmbH. www.heidelberg-marketing.de, email: reservation@heidelberg.de, or call civ. 06221-1422-24/-26. Details at www.heidelberg-fruehling.de, or karsten.fuellhaase@heidelberg.de

March 25

Driving Miss. Daisy Performance - Alpine Dinner Theater 7:30 p.m., March 25 and 26. Show only 7:30 p.m., April 3. All performances will be held at the KCAC on Daerner Kaserne. To purchase tickets contact KMC Onstage at kmconstage@eur.army.mil, DSN 483-6626/0631-411-6626 or www.mwgermany.com.

April 3

Dinner Theater - Members of the Off Main Street Theatre, Coleman Barracks, Mannheim will perform the play, *Jake's Women*. Jake, a novelist who is more successful with fiction than with life, faces a marital crisis by daydreaming about the women in his life. The wildly comic and sometimes moving flashbacks played in his mind are interrupted by visitations from actual females. Jake's women include a revered first wife who was killed years earlier in an accident; his daughter who is recalled as a child but is now a young woman; his boisterous and bossy sister; an opinionated analyst; his current wife who is leaving Jake for another man; and a prospective third wife. Show starts at 7:30 p.m. April 2, 3, 9, 10, 16 and 17. Dinner served at 6:30 p.m. Show only 3 p.m., April 11. Children under

5 cannot be admitted to any performance. DSN 373-5020.

April 3

Amsterdam By Night Tour - With more than 40 concerts and theatrical performances a day, 1,400 cafes and bars, 40 discos, 800 restaurants, 40 theaters, and hundreds of establishments that can't be categorized, Amsterdam's nightlife truly has something for everyone. The tour will leave Saturday morning, have lunch (not included) en route at a Dutch restaurant, and visit one of the oldest wooden-shoe makers in the area. Upon arrival, there will be a city orientation and then you will have the until 3 a.m. to explore. This tour is restricted to participants 18 years old or older. No children or infants. U.S. (blue), EC, or Canadian passports recommended. Travel documents are the responsibility of the customer. Tour price includes transportation, city orientation, and a USO tour guide. <http://affiliates.uso.org/Kaiserslautern>.

Ongoing

March Events - Celebrate Easter and the arrival of spring by attending several special events happening in Germany. Sarraasin Variete Circussterne March 11-20 at the Alter Messplatz; International Easter Egg Market 11 a.m.-5 p.m., March 13-14 at the Schwabenlandhalle 70734 Fellbach, Stuttgart; Lange Nacht der Museen (Long Night of the Museum) at various museums in Mannheim, Ludwigshafen and Heidelberg March 20; Fruehlingsmarkt at Kapuzinerplanken. March 20- April 4; Sommertagsumzug at Luisenpark in Mannheim. Spring parade for kids at Theodor-Heuss-Anlage March 21; Krempelmarkt flea market at Neuer Messplatz Maybachstrasse March 27; Ostereiermarkt at Luisenpark Festhalle Baumhain 11 a.m.-6 p.m., March 27-28.

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

coming to THEATERS

ALICE IN WONDERLAND

(Mia Wasikowska, Johnny Depp) Alice, reuniting with her childhood friends: the White Rabbit, Tweedledee and Tweedledum, the Dormouse, the Caterpillar, the Cheshire Cat, and of course, the Mad Hatter. Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror. Rated PG (fantasy action/violence involving scary images and situations, and for a smoking caterpillar) 109 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village
 March 12 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 7 p.m.; ALICE IN WONDERLAND (PG) 9 p.m.
 March 13 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 4 p.m.; ALICE IN WONDERLAND (PG) 7 p.m.; YOUTH IN REVOLT (R) 9 p.m.
 March 14 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 4 p.m.; ALICE IN WONDERLAND (PG) 7 p.m.
 March 15 - LEAP YEAR (PG) 7 p.m.
 March 16 - ALICE IN WONDERLAND (PG) 7 p.m.
 March 17 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 7 p.m.
 March 18 - ALICE IN WONDERLAND (PG) 7 p.m.

Mannheim, Schuh

March 12 - COP OUT (R) 7 p.m.
 March 13 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 4 p.m.; LEAP YEAR (PG) 7 p.m.; COP OUT (R) 9 p.m.
 March 14 - LEAP YEAR (PG) 4 p.m.; COP OUT (R) 7 p.m.
 March 15 - YOUTH IN REVOLT (R) 7 p.m.
 March 18 - COP OUT (R) 7 p.m.

Vogelweh, Galaxy

March 12 - LEAP YEAR (PG) 7 p.m.
 March 13 - YOUTH IN REVOLT (R) 3 p.m.; COP OUT (R) 7 p.m.
 March 14 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 3 p.m.; COP OUT (R) 7 p.m.

Ramstein, Gateway Movieplex

March 12 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 a.m., 9 p.m.; YOUTH IN REVOLT (R) 12:15 a.m., 3:45 p.m., 7 p.m., 9:45 p.m.
 March 13 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; YOUTH IN REVOLT (R) 12:15 p.m., 3:45 p.m., 7 p.m., 9:45 p.m.
 March 14 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m.; ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 a.m., 3:30 p.m., 6:45 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m.
 March 15 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m. ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m.; YOUTH IN REVOLT (R) 12:15 p.m., 3:45 p.m., 7 p.m.
 March 16 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m.; ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m. 3:30 p.m., 6:45 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m.; YOUTH IN REVOLT (R) 12:15 p.m., 3:45 p.m., 7 p.m.
 March 17 - ALICE IN WONDERLAND (PG) 11 a.m., 2 p.m., 6 p.m.; ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) - 12 p.m., 3:30 p.m., 6:45 p.m.; YOUTH IN REVOLT (R) 12:15 p.m., 3:45 p.m., 7 p.m.
 March 18 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m.; YOUTH IN REVOLT (R) 12:15 a.m., 3:45 p.m., 7 p.m.

THEATER INFORMATION

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



Luisenpark

Mannheim park offers fun and excitement year-round

The Mannheim Luisenpark is known as one of the most beautiful parks in Europe. Its variety of plants and animals, the wide-spread recreation area and the culture offer something special for people of every age.

The park is open year-round and every season of the year offers its own charm.

During spring and summer, visitors can do extended walks in the park, have a picnic on the huge grass areas, and relax in the chinese garden with its Asian atmosphere.

Children can gather at different playgrounds, like a rebuilt castle or special water playgrounds. In different animal houses, children learn something about reptiles, monkeys, fish and farmland animals.

On a boat ride, young and old have fun while observing the large carp in the river.

During winter time, the plant exhibition house is worth a visit. In the house, hundreds of butterflies have their home and an underwater world aquarium presents the ocean life.

Different restaurants invite you to stay and some even offer a special atmosphere. In the Chinese tea house, guests are offered a cup of original Asian tea and at the Skyline restaurant visitors eat at a height of 125 meters above the ground.

Concerts, dance nights, park festivals, children's activities and many more events are organized by the park throughout the year.

Special programs in March and April:

March 19-21: Orchid exhibition

March 21: Park festival with parade

March 27-28: Easter Egg market

April 4-5: Easter celebration in the park

April 14-18: Flower exhibition

April 18: African voices (African choir)

SOURCE: www.luisenpark.de



Park Information

Opening hours: 9 a.m.-dusk (at the latest 9 p.m.)

Entrance fees (Mar.-Oct.): Day-ticket for adults: €5, children (age 6-15): €2.50, Evening ticket after 6 p.m.: adults €1.50, children €0.50

For more information visit www.luisenpark.de.

community
HIGHLIGHTS

Daylight Savings Time

Daylight Saving Time begins in the U.S. on Sunday, March 14 and in Europe on Sunday, March 28. During those two weeks, time zone differences between most of the U.S. and Europe will be one hour less than usual. In the European Union, Summer Time begins and ends at 1 a.m. Universal Time (Greenwich Mean Time). It begins the last Sunday in March and ends the last Sunday in October. In the EU, all time zones change at the same moment.

AFN TV and Radio Outages

From now through March 13, AFN viewers and listeners may experience a temporary loss of their AFN radio and TV signal due to energy from the sun overpowering the AFN satellite signal. These service interruptions can happen day or night, during cloudy or sunny weather and can last from one to 20 minutes.

Pre-Retirement Seminars

CHRA-E HRDD is offering pre-retirement seminars for employees, five years or less, away from retirement. The seminars will provide employees with an increased understanding of their retirement system, FEHB, FEGLI, TSP and Social Security. Employees should select the seminar associated with the retirement system they are under. Local class dates for CSRS are April 6 in Schwetzingen and April 12 in Kaiserslautern. For FERS, April 7 in Schwetzingen and April 13 in Kaiserslautern. Enrollment is through CHRIAS. For details contact John Fouch at DSN 483-5845.

Seibel Shoe Store Now Open

One of the oldest European shoe manufacturers is now open for business in the Heidelberg Shopping Center. The Seibel Shoes Store is located in the former antique shop behind Popeys. Their operating hours are 10 a.m. - 6 p.m., Monday - Saturday and 12 - 6 p.m. Sunday.

AFN The Eagle Goes Green

In honor of St. Patrick's Day, AFN "The Eagle" is "Going Green" for the week of March 10-19 and needs your help. Do you have a subject matter expert on your base or post that would like to talk with AFN about what their organization does to promote environmental causes? Do you want to nominate a super recycler in your community or a shop that is doing all they can to save the environment? AFN is looking for experts, stories or readers. Contact DSN 634-6709 or chris.eder@afn.dma.mil.

local
EMPLOYMENT

Dog Groomer

The Army Career and The U.S. Army Garrison Mannheim, FMWR Department is looking for a qualified, English speaking licensed dog groomer to provide dog grooming services on post. This position would be on a contracted basis. Contact DSN: 468-7225 or civ 0981-1837-225 for details.

ACAP Counselor

The Army Career and Alumni Program (ACAP) is currently seeking a full-time ACAP counselor in the Heidelberg-Mannheim area. Applicants must have a master's degree, be computer literate, and have a minimum of two years' training in job assistance, career or employment counseling, teaching, training, or a related field. Applicants can not be considered ordinarily resident and must have logistical support. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

KAISERSLAUTERN Education

• **Spring Registration** - The Department of Defense Education Activity is holding a spring registration kick-off for the next school year March 22-26. The locations are: Kaiserslautern High School Gym 9 a.m.-3 p.m., Monday-Friday; Ramstein Middle School Gym 7 a.m.-5 p.m., Monday-Thursday and 8 a.m.-3 p.m. Friday. Parents can also re-register their high school students 8 a.m.-3:30 p.m., Monday-Friday at the Landstuhl Elementary and Middle School Main Office and 9 a.m.-3 p.m., Monday-Friday at the Sembach Elementary School Tiger Tale Theater.

• **CSB Briefing** - The Kaiserslautern Transition Center will host a briefing on Career Status Bonus March 17 in Bldg. 3245, Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. To register call DSN 483-7071 or civ. 0631-411-7071.

Community

• **Chapel Discussion** - The U.S. Army Garrison Kaiserslautern Chaplain's Office is hosting a lunchtime discussion on Military Woman: Soldiers, Spouses and civilians noon to 1 p.m. March 16 in Bldg. 2919 on Pulaski Barracks. Participants are asked to bring a sack lunch. Guest speakers are producer Donna Musil and counselor Dr. Paulette Bethel. Space is limited. Reservations are required. DSN 493-4098 or civ. 0631-3406-4098.

• **Focus Group** - The U.S. Army Garrison Kaiserslautern's Customer Service Officer is hosting a Community FIRST (Feedback, Issues, Resolutions, Solutions, Today) focus group for active-duty Soldiers 2 p.m. March 24 at the garrison commander's conference room in Bldg. 2933 on Pulaski Barracks. DSN 493-4541 or civ. 0631-3406-4541.

• **Pet Vaccinations** - The Kaiserslautern Veterinary Treatment Facility is hosting a vaccination clinic 9 a.m. to 1 p.m. March 27 at the facility, Bldg. 2928 on Pulaski Barracks. For appointments call DSN 493-4444 or civ. 0631-3406-4444.

• **CYS Survey** - Complete the CIS services parent survey online before March 31 and receive a one-time five percent discount on your CIS service fee. Valid on one child only. Contact the CIS Services office DSN 493-4516 or civ. 0631-3406-4516. www.mwgermany.com.

• **Easter Egg Hunt** - The Chaplain's Office and the Landstuhl Regional Medical Center Community Chapel will host an Easter egg hunt 2 p.m. April 3 on the LRMC Chapel grounds. In case of bad weather, the event will be held at the Heaton Auditorium in LRMC. Contact DSN 493-4098 or civ. 0631-3406-4098.

• **Easter Sunrise Service** - An Easter Sunrise Service will be held at 6:30 a.m. April 4 at the Donnelly Park Soccer Field on Ramstein Air Base. In case of bad weather, the service will move to Ramstein's North Chapel. The guest speaker is the U.S. Army Europe Command Chaplain (Col.) Charles Bailey. DSN 493-4098 or civ. 0631-3406-4098.

HEIDELBERG Education

• **ACS Classes** - Intro to MS Power-Point 9 a.m.-12 p.m., March 15-17; FLAG 9 a.m. - 2 p.m., March 15-17; Resume Writing 9 a.m. - 12 p.m., March 16; Communicating Assertiveness 1-3 p.m., March 16; EFMP Support Group 11:30 a.m., March 17 PHV Java Café, Bldg. 4506; Bringing Baby Home 1-4 p.m., March 17.

• **Spring Registration** - University of Maryland University College Europe announces registration for Spring Session 2. Registration for on-site courses is available through March 21. Classes begin March 22. Registration for Europe online distance education courses continues now through April 4. Classes start April 5. DSN 314-370-6762, civ. 06221-3780. www.ed.umuc.edu or www.twitter.com/UMUCEurope.

• **Spring Registration** - The Heidelberg Complex Schools will host their annual Spring Registration for new and returning students for school year 2010-2011 at the Village Pavilion 9 a.m. 4 p.m., April 5 and 10 a.m. - 5 p.m., April 6. All new and current students attending Heidelberg Middle School, Heidelberg High School, Mark Twain Elementary School and Patrick Henry Elementary must register or re-register their children for next school year, which starts August 30.

Community

• **Shuttle Bus** - The community shuttle bus will no longer run on Sundays due to low ridership. Other transportation options are the German rail and bus transit system or Taxi Zentral. The German taxi cabs are an AAFES concessionaire and are available 24 hours a day, seven days a week. Drivers are authorized to go on and off all Heidelberg military bases with the exception of Campbell Barracks. Contact civ. 06221-302030 for Taxi Zentral.

• **Vehicle Registration** - There will be a temporary change in operating hours for Heidelberg Vehicle Registration beginning March 15. The new operating hours for vehicle registration, Bldg 3850, are Monday, Wednesday and Friday 8 a.m. - 3 p.m. and Thursday 10 a.m. - 3 p.m. Closed the last working day of the month. Renewal Only facility located in the DPW Compound is temporarily closed until further notice.

• **IACS** - There will be a temporary change in operating hours for the

Installation Access Control Office beginning March 15. The new hours are Monday, Wednesday and Friday 8 a.m. - 4 p.m. and Thursday 10 a.m. - 4p.m. Closed the last working day of the month.

• **Theater Auditions** - There will be casting auditions for the Roadside Theater's production of Little Shop of Horrors 7 p.m. March 16-17 at the Roadside Theater, Bldg 109 on Patton Barracks. DSN 373-5020.

• **Red Cross Orientation** - There will be a New American Red Cross volunteer orientation 8 a.m.-12:30 p.m. March 19 at the shopping center Bldg. 3850 room 172.

• **Ski Club** - The Heidelberg Ski Club would like to invite you to wear something green and come celebrate St. Patrick's Day 7 p.m., March 17 at the Zagreb Hotel in Schwetzingen. Elections will also be held for next year's council. www.heidelbergski.com

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

• **Poker Shoot** - The Rod and Gun Club is holding poker shot on the 25 meter range, executed with a small caliber .22 pistol 10 a.m. - 1p.m., March 20 at An der Bundesstr. 291. Awards presented to the shooter with the best hand. \$20 entry fee. Contact civ. 06202-51193, www.mwgermany.com.

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

• **European PDI** - The ASMC Heidelberg Chapter will be hosting the 2010 European Professional Development Institute at the Dolce Hotel in Bad Nauheim, April 6-8. CDFM Testing will be available. This year's theme is "Getting in Touch With Cost Culture". Deadline for registration is March 30. www.asmc-heidelberg.info.

MANNHEIM Education

• **Testing office closure** - The Mannheim Testing Office in Sullivan is temporarily closed. The Patton Education Center in Heidelberg is available to all members of the Mannheim community for their testing needs. DSN 373-8700.

Community

• **CYS Outreach Services** - Super Saturday is 10 a.m. - 4 p.m., March 13 at the CDC. Child care open to families who have a current registration with CIS Services. Contact the CDC to make reservations. FRG/Unit Night 5:30-

8:30 p.m., March 18 at the CDC. Child care available only to those families attending FRG or deployment related meetings. Children must have a current registration with CIS Services. Contact CER to make reservations.

Parents' Night Out 6:30-10 p.m., March 26 from at the CDC. Child care open to families who have a current registration with CIS Services. Contact the CDC to make reservations.

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

• **March Money Madness** - Parents and teens are invited come out to receive expert information on financial matters from financial expert Neale S. Godfrey 2:15-3 p.m., March 19 in the Mannheim High School multi-purpose room.

• **School pre-registration** - There will be school pre-registration 8 a.m. - 6 p.m., March 23-24 at the Mannheim Elementary School Gym. Parents are strongly encouraged to register students for the upcoming school year. Early registration is important for accurate teacher staffing in Mannheim. Contact the Mannheim School Liaison Officer at DSN 380-4212 or civ. 0621 730 4212. kris.wheeler@eu.army.mil

• **Military BRATS** - Guest speakers Dr. Paulette Bethel and Donna Musil will be at the Benjamin Franklin Village Chapel to discuss a military "BRATS" childhood. Come learn more about military children and join in a potluck dinner, free movie and activities for all ages. 2:30 - 5 p.m. March 21.

• **VFW Meeting** - The Veterans of Foreign Wars Mannheim Post 9534 meeting will be held at 6 p.m. April 5 in Bldg. 678, Jefferson Street on Benjamin Franklin Village across from the Mannheim CDC and the Mannheim Elementary School. There will be an election of Post Officers for the 2010 - 2011 term.

• **Road Construction** - Construction has started for "Waldstrassenbrücke", the bridge over the railroad next to the "Bauhaus Store" on the main route from Benjamin Franklin Village to Coleman Barracks. Completion date is November 2011. Traffic lanes will be cut back to one for each direction and occasional complete, short-term closures will occur. Anticipate traffic jams. Public transportation is affected as well. Trucks should follow detour routes.

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ACTIVE

Rules Clinic for DoDDS soccer referees

The Kaiserslautern Athletic Officials Association will hold a free mandatory rules clinic and certification testing for soccer officials who want to referee DoDDS Soccer games this season. Clinic will be 10 a.m - 4 p.m., March 13 at Landstuhl School Age Center, building 3851. Reference material will be provided. The DoDDS season starts March 20 and referees are needed in all communities. Contact DSN 370-6763 or mike.donohue2@eur.army.mil at DSN 484-7133 or gerd.backhaus@eur.army.mil.

Volleyball Tryouts

Men's and Women's Community Volleyball Try-Outs for players and coaches 6 p.m., March 18 at the Miesau Gym in Kaiserslautern. DSN 493-2087 or civ. 0631-3406-2087 for details. www.mwrgermany.com.

Bowling Tournaments

The Kappa Alpha Psi Fraternity, Inc will hold a bowling tournament March 12-14 at the Galaxy Bowling Center on Panzer Kaserne in Kaiserslautern. Civ. 0152-347-3061 or 0160-9916-2144. Proceeds from this event will go towards educational scholarships for DoDDS students.

Kaiserslautern American German Business Club will hold a charity and fun bowling day starting at noon March 20 at the Vogelweh bowling center in Kaiserslautern. The proceeds from this event fund the Kaiserslautern AGBC Scholarship for German and American students who are pursuing business-related courses at the university level. The cost is €15 for adults and €10 for children 12 and younger. Shoe rental, bowling of up to three games plus a lunch selection with a drink is included. kaiserslautern@agbc.de.

Heidelberg Sergeants Major Association will host a bowling tournament March 27 at the Heidelberg Bowling Center at Patrick

Henry Village. The \$20 per person entry fee includes three games of bowling, shoe rental and a pizza lunch. All proceeds go to the Mannheim Children's Hospital. Registration continues until all 26 team slots are full. Visit <http://sites.google.com/site/hsmagermany/news> for more info and the registration form or contact DSN 379-9435, bruce.mersereau@us.army.mil; or DSN 370-8472, john.houck@us.army.mil. BOSS will host a bowling tournament at the PHV Bowling and Entertainment Center 12-3:30 p.m. April 17. Cost is \$20 per person, four person teams, limited to 26 teams. Prize includes three games, shoes and pizza lunch. Prizes for first, second and third place. Contact your unit BOSS rep. or DSN 373-5275. www.mwrgermany.com.

Spring Sports Registration

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

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

Kaiserslautern – CYS Services is now accepting registration for Spring Sports: t-ball, baseball, softball, track and field. For details or to register, contact Pulaski Barracks Central Enrollment, Bldg. 2898, DSN 493-4516/4122 or civ. 0631-3406-4516/4122 or FMWR One Stop, Landstuhl, Bldg. 3810, DSN 486-8943/8991 or civ. 0631-3406-8943/8991. www.mwrgermany.com.

Youth Dance Classes

Mannheim SKIESUnlimited Program is now offering creative movement, ballet, jazz dance and tap dance classes. All classes meet once a week with a cost of \$35 per month. All children must be registered with the

Mannheim CYSS. DSN 380-9290, darren.brown3@us.army.mil.

Basketball Tournament

The 25th Annual Albert Schweitzer Basketball Tournament will be held in Mannheim April 3-10.

SAS Sports Surge

Heidelberg Child Youth and School Services is hosting a sport's clothing and equipment drive for new or gently used sporting equipment, clothing and gear. April 1-30. All sports, all sizes, adults and kids. Drop off point at School Age Services, bldg. 3850 Community Support Center. DSN 370-8994 or www.mwrgermany.com.

Tai-Chi at ROB Fitness Center

Center your mind and bring awareness to your body with Tai-Chi, Tuesdays and Thursdays, 6-7 p.m. Classes are \$8 each or \$40 for eight. For more information, call the fitness center at DSN 493-2241, civ. 0631-3406-2241, www.mwrgermany.com.

Free Aerobics Classes

Kaiserslautern's SKIESUnlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for youths. Classes offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.

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.

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