

HeraldPOST

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

HP THURSDAY
Feb. 17, 2011

Speed Read

TECHNOLOGY EXPO

A technology exhibition in Heidelberg brought put emerging technologies on display for end users. **3**

MILITARY SAVES

Heidelberg and Mannheim Army Community Service offices will emphasize "Start Small. Think Big" during Military Saves week Feb. 20-27. **3**

V CORPS MOVES

U.S. Army Europe announced Tuesday the move of headquarters V Corps from Heidelberg to Wiesbaden beginning this summer. **4**

GIRL SCOUT COOKIES

Girl Scout cookie sales are expected to continue through the end of the month in Mannheim. **8**



10-BED ENTRY

The 212th Combat Support Hospital tested its ability to deploy a 10-bed early entry package. **11**



GREAT SPIT-OUT

The Great American Spit-Out raises awareness of the dangers associated with smokeless tobacco. This year, the Spit-Out is Feb. 24. **11**

Defense Details

ARMY AFAP ISSUES

ID cards for children of deceased Soldiers was the number one issue raised this year at the Army Family Action Plan conference. After a week of discussion in working groups, Army Family Action Plan delegates reported to Army leaders on the most critical issues to be focused on this summer: formal standardized training for designated caregivers of wounded warriors; medically retired service members eligibility for concurrent receipt of disability pay; military child development program fee cap; and medical retention processing two-time restrictions for reserve-component Soldiers.

www.army.mil/news

What's Inside

Transformation Update.....4
Our Army Around the World10
Dear Ms. Vicki14
GET OUT!15
Movies15
Announcements.....16
Sports.....17

Job fair Monday

Staff Report

The Heidelberg and Mannheim Army Community Service offices will combine forces with the Association of the U.S. Army to bring job opportunities to Baden-Württemberg members.

The agencies will host a Job Fair 10 a.m.-4 p.m. Monday at the Heidelberg Marriott Hotel on Vangerowstrasse 16, Heidelberg 69115.

"Our goal is to provide access for our military family to some of the largest U.S. corporations. I think now that Amazon.com has joined us, they are going to provide additional opportunities

see **JOB FAIR** page 12

For emergencies in Europe, dial 112

Staff Report

The German European Commission marked "European 112 Day" on the 11th day of the second month, or 11-2.

The commission chose the day to urge states in the European Union to increase public awareness about the existence of 112, the number used in all EU member states to reach emergency services.

The number, equivalent to the American 911, connects to the main emergency control center that dispatches police, fire and ambulance.

According to a release posted on the European Commission Web site, three out of four EU citizens still do not know this life-saving number.

However, EU telecommunication rules require member states to make their citizens aware of the 112 number. To increase the protection of EU citizens, member states are further re-

quired to improve the accuracy and reliability of caller location information under the new EU telecoms rules, which must be implemented into national law by May 25, the Web site states.

The 112 emergency number is reachable from fixed and mobile phones free of charge everywhere in the European Union.

In most cases, operators are able to answer in English and other languages. Just as in the United States, the number should not be used for non-emergencies.

EU countries are required to inform citizens and visitors of 112. A 2009 roaming regulation states citizens should receive information about 112 by text message when they travel across the EU.

Country specific information is available on the 112 Web site of the European Commission: http://ec.europa.eu/information_society/activities/112/index_en.htm.



Sgt. Joel Salgado

Spc. Ulises Gutierrez, a cook with the 7th Theater Tactical Signal Brigade, plates the entree for a lunch served by the Installation Management Command-Europe/USAREUR Culinary Arts Team in Heidelberg Feb. 9. The team will compete in the U.S. Army Culinary Arts Competition Feb. 25 until March 12 at Fort Lee, Va.

Europe's 'ironest of chefs' defend title

By Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS

Members of the combined Installation Management Command-Europe and U.S. Army Europe Culinary Arts Team are preparing to head stateside to defend their title of the Army's "ironest of chefs."

The 12-member team, which earned top honors in last year's test of the best – the Army Culinary Arts Competition at Fort Lee,

Va. – have many tasks left to wrap up before they depart to this year's competition, which begins Feb. 25.

First on their agenda is refining the menu to be sure everything tastes great.

"One of the main things we do is taste everything we make to get an idea of what to improve on," said Spc. Ulises Gutierrez, a cook with USAREUR's 7th Theater Tactical Signal Brigade. "The best part is see **CULINARY** page 12

Join BWnow on Facebook

- ◆ Get up-to-date announcements, news and community events delivered directly to your Facebook account.
- ◆ Share your opinion with others in the community and find out what they think in the discussion boards.
- ◆ Let the command group know your thoughts on hot topics through the Question of the Week, and you might see your answer in the Herald Post.

Herald Post welcomes letters

Readers who would like to submit a letter to the editor should follow these guidelines.

Include your full name, mailing address and telephone number for verification purposes. Names are published in the paper with accompanying letters but addresses and phone numbers are not published. We do not accept anonymous letters but, if requested, we won't publish the author's name. We request letters be no more than 250 words. The editor reserves the right to reject letters or edit for style, space, clarity, brevity, good taste and accuracy and to prevent libel. We don't accept poetry, attacks on private individuals or letter-writing campaigns. Letters may be mailed to the Herald Post, PAO, Unit 29237, APO AE 09102. Letters also may be e-mailed. E-mailed letters must include full name, mailing address and telephone number as well.

Letters to the editor are purely the opinion of the writer and do not reflect endorsement by the Herald Post and its Public Affairs Office or the U.S. Army Garrison Baden-Württemberg.

LETTER TO THE EDITOR

Reader wonders about housing expectations

After reading that some apartments on Patrick Henry Village (Herald Post, Jan. 27, page 1, Apartments on PHV get face lift) were refurbished with new kitchens and bathrooms, I wondered why Mannheim wasn't mentioned. There are still families here who are meant to stay until the end of 2012.

In contrast to face lifts, my family and I would have wished for an apartment in a working condition. We can live with the fact that we were assigned a four-bedroom with four children even if it means climbing into bed over two cribs, and having a kitchen that only one person can fit in at a time. Not to mention the fridge door which opens towards the wall. Yes, we are very grateful for nice neighbors, a first floor apartment and having our own washer and dryer.

However, once settled in, we discovered one thing after another that didn't work. It took us five months to get the apartment together.

The kitchen emitted a foul odor and all of the lower woodwork had to be replaced because the wood had been rotting for years as a result of a leaking fridge which had to go, together with the broken exhaust fan. The space under the cabinets had to be scrubbed to eliminate years of mold build-up and sticky grease residue mixed with trash. One toilet was leaking. There was mold around the shower corner and the bathtub. It all had to be refinished with new silicone.

The ventilators in both bathrooms were clogged with dust and dirt and it took a balancing act to get those down to clean. The radiators have accumulated sticky fluff from the last decades and I still haven't figured out what would be the best way to clean them. Due to an unflexible plumbing problem, the washing machine washes on either a cold or hot cycle but doesn't do a warm water wash. Not very sanitary with small children.

To conclude, thanks to All Star all the other problems got fixed. But I still wonder at what seem to be substantial differences and expectations in housing standards between Mannheim and Heidelberg.

Kamila Grooms

Benjamin Franklin Village, Mannheim

How to request repairs in government housing

Heidelberg

Service orders for appliances and housing repairs is open 7:30 a.m.-3:30 p.m. Monday-Friday.
DSN 387-3310/3311/3312, civ. 06221-4380-3290

After duty hours, weekends and holidays, call DSN 115, civ. 06221-4380-115.

Mannheim

Appliance repair by the firm HSG is available 7:30 a.m.-3:30 p.m. Monday-Friday.
Civ. 0621-380-4724

Service orders for housing by the firm All Star can be reached at DSN 385-2074, civ. 0621-730-2074

Kaiserslautern

Service Orders call in numbers for: Kaiserslautern East: DSN 483-7175, civ. 0631-411-7175

Rhine Ordnance and Pulaski Barracks: DSN 483-7385, civ. 0631-411-7385

Landstuhl Hospital: DSN 483-8929, civ. 0631-411-8929

Miesau Ammo Depot: DSN 483-8929, civ. 0631-411-8929

Pirmasens: DSN 483-7281, civ. 0631-411-7281

Sembach: DSN 483-7175, civ. 0631-411-7175

Appliance repair, call the furniture support center at DSN 483-7994, civ. 0631-411-7994

SOURCE: U.S. Army Garrison Baden-Württemberg Housing Office



www.facebook.com/BWnow
<http://myBWnow.ning.com>

DISCUSSION BOARD

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

QUESTION OF THE WEEK: The quarterly USAG BW town hall meeting is scheduled for Wednesday Feb. 16 at 6 p.m. at the PHV pavilion in Heidelberg. "What issues would you like to see addressed at this upcoming meeting?" Don't be shy :)

"Please keep an eye on the playgrounds on PHV. They

are littered and most of the trash comes from the Middle Schoolers."

— Bettina Corter, BWnow Facebook fan

"Make sponsors with pets be the only ones authorized to take pets out for a little relief."

— Gia Oney, BWnow Facebook fan

"My issues: 1. Pet waste not cleaned up ... 2. Playgrounds being ruined for young children by older children 3. Lack of activities for toddler age children 4. Speeding on Alamo Circle — it seems parents are in a rush to get kids to and from the CDC on PHV and do not pay attention to the 30k speed limit 5. Inconsistent "100% ID Check" at registers in all stores."

— Rachel Moxley Madsen, BWnow Facebook fan



Commander, U.S. Army Garrison Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
vacant
Editor:
Donna Walker
Social Media Chief, Reporter:
Dijon Rolle
Reporters:
Rick Scavetta, Kaiserslautern
Web Author, Reporter:
Brandon Spragins

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil

Advertising:

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

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

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

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

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

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09014. Civilian address: Herald Post, Patton Kaseme, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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

Technology Expo gives war fighters an edge

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

An iPad operated helicopter, a high definition video teleconferencing system and a host of other technological devices filled the Casablanca room on Campbell barracks in Heidelberg.

The items were part of several exhibits set up during the Technology Expo Feb. 10.

The event, sponsored by members of the 43rd Signal Battalion, brought together military members and Department of Defense employees with nearly 30 technology companies.

"The purpose of this event is to bring together government and industry in a platform where they can see the emerging technologies and exchange some information in an educational forum," said Kelly Shields, event manager for National Conference Services Incorporated.

Shield worked with the 43rd Signal Battalion to promote and organize the expo.

"It's extremely important we are providing a service where the end user gets to see the latest and greatest in emerging technologies. This is a chance for them to be on the cutting edge. Essentially, we're protecting the war fighter," Shields said.

"We want to make sure we're on the edge of all the newest technologies and as you can see, there's many different technologies they can choose from that specifically matches with their mission," she added.

No business sales are conducted during the actual expo. Instead prospective buyers and sellers use the event to exchange contact informa-

"The purpose of this event is to bring together government and industry in a platform where they can see the emerging technologies and exchange some information in an educational forum."

—Kelly Shields, event manager for National Conference Services Incorporated

tion for potential transactions.

Representatives from Hewlett-Packard, Dell Inc., Cisco Systems, OneVision Solutions, Dynamic Technologies Federal and several others chatted with guests as they showcased their new products and fielded questions about old ones.

Attendees also learned about the latest advancements in data storage, networking, information infrastructure technologies, global satellite communications and more.

Undoubtedly one of the major stars of the expo was a flying helicopter operated by T-Systems' Alexander Kröll, with the help of his Apple iPad.

Kröll expertly weaved the aircraft across the room snagging a few surprised stares and curious glances from guests along the way.

"You can use your iPad or iPhone to do almost anything now," Kröll said. "That was not possible five or



Dijon Rolle

Alexander Kröll, an account manager for T-Systems, pilots a flying helicopter with his iPad during a Technology Exposition on Campbell Barracks in Heidelberg Feb.10. Service members and civilians gathered to try out new products and pitch questions to nearly 30 different companies.

six years ago. Today we are looking at what you can do with these products to support your business."

Kröll is an account manager for the company's U.S. Federal Services and NATO customers.

"We are here today to meet our existing customers and to welcome new potential customers and talk about current projects and future projects for the customer," he said.

"We're also talking to other companies for partnering and for discussing new solutions and possible future projects ... We are one of the largest partners of Cisco in Germany," Kröll said.

At the far end of the room stood Sgt. Metrick Spann, headquarters U.S. Army Europe. Span rhythmically

squeezed a mock Army grenade made of soft green foam, a unique giveaway from one of the exhibits, as he made his way from table to table.

"I'm out here to see how far behind I've gotten in technology," Spann said. "I was in the communications sector about 10-15 years ago outside of the Army and then I came back in."

"I just wanted to see where everything stood today. I've been to different fairs before, but now it's like, wow, there's so much more available" he said. "As a Soldier it really gives us an edge."

The technology expo usually is held every six months and the next one is scheduled for July 29, time and location to be announced at a later date.

Military Saves Week Feb. 20-27: Start small, think big

Staff Report

Next week, the Heidelberg and Mannheim Army Community Service offices will emphasize "Start Small. Think Big" as Military Saves week approaches Feb. 20-27.

"During Military Saves Week, the emphasis is how you can achieve your financial goals by saving. This means defining your goals, getting or staying free of high interest debt and choosing appropriate means of saving in order to achieve your financial goals," said Barbara Baeck, financial counselor for ACS in Heidelberg Office.

Military Saves is a DoD-wide financial readiness drive to influence military service members and their families to



F AND MWR MARKETING

reduce debt and save money. Since 2007 more than 75,000 individuals have enrolled, resulting in hundreds of thousands of constructive financial actions through saving or investment accounts, Baeck said.

"Examining your goals

can help you determine how much you need to save, and it can help you determine what to do with the money you save," Baeck said.

Mei Shan Josephine Kammer, Army Emergency Relief Specialist in Mannheim provided these tips for success-

fully saving money.

- ◆ Start saving as early as possible.
- ◆ Save regularly and make it a habit.
- ◆ Set up automatic savings.
- ◆ Save for as long as possible to take advantage of the power of compounding.
- ACS encourages community members to take the saver pledge by going to www.militarysaves.org, or go to ACS to join. Military Saves encourages members to:
 - ◆ Save a portion of each paycheck.
 - ◆ Create a financial plan.
 - ◆ Participate in Thrift Savings Plan and Savings Deposit Program.
 - ◆ Reduce or eliminate consumer debt.
 - ◆ Know your credit score.

ACS Savings Incentives

Guess the cost – Be a Basket Case: Visit the Army Community Service offices in Heidelberg and Mannheim Feb. 22-24 and guess the cost of food in two baskets. If you're right, you get to take the basket home. Winner will be announced on Feb. 25.

Military Saves – Join the Super Saver contest Feb. 20-24 by bringing a commissary receipt that shows the total dollar amount saved to Army Community Service. You could win a financial software package. Savings must be for a single shopping trip. Winner will be announced on Feb. 25.

SOURCE: Army Community Service

USAREUR answers transformation questions in newly launched blog

USAREUR Public Affairs

U.S. Army Europe Soldiers, civilians and family members now have a new venue to get information and ask questions about the command's move to Wiesbaden: the USAREUR relocation blog.

Hosted by Col. George Seiferth, the chief of the relocation task force, the blog offers up-to-date information on the move and answers to frequently asked questions.

"This is all about communication and keeping our team – the Soldiers, civilians, local national employees, who support our communities and all our families – informed and up to date on issues that affect them," Seiferth said.

"My goal with this blog is to

make sure there are no surprises during the transition," he said.

Seiferth said he plans to include guest bloggers, including those from the affected garrisons, the Department of Defense Dependent Schools, and the Europe Regional Medical Command who can address questions about how their services and support will be affected by relocation.

Seiferth said that in between blog posts he will continue to build the frequently asked questions database, so that USAREUR personnel and their family members can find answers to their questions by visiting the site.

An online form will also be available to allow members of the community to submit their relocation questions.

Transformation Information

- ◆ The USAREUR relocation blog is found by going to www.hqusareur.army.mil – click on Living in Europe, or go directly to the site at www.hqusareur.army.mil/relocation.htm.
- ◆ The Wiesbaden Web site at www.wiesbaden.army.mil – click on Transformation Update.
- ◆ The Baden-Württemberg Web site at www.bw.eur.army.mil – click on Transformation.

The colonel said the task force may not be able to answer every question, but he vowed that they would provide the answers they can as quickly as possible.

USAREUR announces V Corps move to Wiesbaden

USAREUR Public Affairs

U.S. Army Europe announced Tuesday in Heidelberg the move of Headquarters, V Corps from Heidelberg to Wiesbaden beginning this summer.

V Corps is another contingent from the Heidelberg and Mannheim communities to relocate to Wiesbaden as part of USAREUR's ongoing transformation process.

Brig. Gen. Allen Batschelet, Deputy Commanding General V Corps and USAREUR's chief of operations said "I can assure you that Army in Europe leaders are committed to ensuring that services and quality of life are maintained at the highest level possible."

The move of V Corps this summer does not affect the timeline for Headquarters, USAREUR to relocate to Wiesbaden, which is still scheduled for 2012 and 2013.

www.bw.eur.army.mil/transformation

www.facebook.com/BWnow

<http://myBWnow.ning.com>

Allowance for utilities to be reset

USAREUR G-1

The Overseas Housing Allowance survey that gathers information on utilities and maintenance costs in off-post housing launches March 1 and continues until March 31.

A unique web link will be provided directly to eligible members via the member's individual e-mail address as shown in the pay system.

This is a change from initial plans to ask service members to go online to the U.S. Army Europe Web site to complete the survey.

The use of e-mail addresses enables the survey to be conducted without using social security numbers.

The survey is conducted annually to collect the expense data from service members receiving an overseas housing allowance.

The data collected re-sets the utility/recurring maintenance allowance.

The rates are based on the typical costs incurred by service members living in countries outside the continental United States who live off-post or off-base, have a private lease and receive an Overseas Housing Allowance.

The utility/recurring maintenance allowance is paid monthly to help defray util-

ity expenses incurred by the member.

The questions will be similar in scope to previous surveys. Service members will be asked to report the average monthly cost of each of their utilities and the average monthly cost of routine maintenance expenses incurred.

It is recommended that respondents use records and receipts.

About 1,000 Soldiers in the U.S. Army Garrison Baden-Württemberg community are eligible to complete the survey.

If service members are able to access this survey from home, it is recommended that they take the survey with their spouse.

The survey can be stopped at any time and then resumed. To re-access the survey, use the provided e-mail address at which you received the web link.

The time and effort spent answering the survey questions will enable the Department of Defense to set equitable OHA utility rates.

This survey is voluntary. However, incomplete surveys cannot be used as it might result in underreporting of utility/recurring maintenance expenses.

For information or questions call DSN 370-3888.

transformation UPDATE

Frequently Asked Questions

Have a transformation-related question you'd like answered?

E-mail usaghd.post@eur.army.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/transformation.

Facilities Operations Changes

Coleman Shoppette – The shoppette on Coleman Barracks in Mannheim will expand hours Feb. 26 and be open 7 a.m.-8 p.m. Monday-Friday and 10 a.m.-8 p.m. Saturday-Sunday and U.S. holidays.

Mark Twain Village Shoppette – The shoppette on Mark Twain Village in Heidelberg will close June 3. The Campbell Barracks shoppette will expand its hours to include weekends – 10 a.m.-5 p.m. Saturdays and Sundays – to support the Soldiers and family members who live on MTV.

Burger King – Burger King on the Shopping Center in Heidelberg will close May 30. As the community of Heidelberg enters its early phase of transformation, AAFES has the responsibility to minimize operational losses.

Subway – The Subway restaurant on Sullivan Barracks in Mannheim will close May 20 and reopen on the Shopping Center in Heidelberg June 13.

Spinelli furniture – The furniture store on Spinelli Barracks in Mannheim will close June 27. Some furniture will be moved into the Exchange on Benjamin Franklin Village.

Mannheim Drivers' Testing – Mannheim's Drivers' Testing Station located on Sullivan Barracks, Bldg 253, has closed. All drivers' testing services will be offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221 57-6681.

Patton Gym – Effective March 12, the fitness center on Patton Barracks in Heidelberg will have new weekend hours. The center will be open 9 a.m.-4 p.m. Saturdays and Sundays. Weekday hours will remain the same: 5:30 a.m.-9 p.m. Monday-Friday. DSN 373-6110, civ. 06221-17-6110.

Nachrichten Recovery Room – Effective March 15, the Recovery Room on Nachrichten Kaserne, Bldg. 3608, will have new hours. It will be open 5-10 p.m. Tuesday-Thursday, 5 p.m.-3 a.m. Friday-Saturday and closed Sunday-Monday. Also, March 12 will be the last day lunch will be served at the Recovery Room. DSN 371-2762.

Mannheim to Heidelberg Shuttle Buses – Mannheim's community shuttle bus service now stops at the U.S. Army Garrison Baden-Württemberg Central Processing Facility located on the Shopping Center in Heidelberg in the Community Support Center Bldg. 3850. The bus stop at the Heidelberg Community Support Center also serves as the hub for the Heidelberg community shuttle bus that serves Tompkins Barracks, Patrick Henry Village, Mark Twain Village and Patton Barracks. Shuttle buses run four times a day, Monday through Friday, from Coleman, Spinelli and Sullivan Barracks and the hotel on Benjamin Franklin Village to the Shopping Center in Heidelberg and the Heidelberg Medical Clinic on Nachrichten Kaserne. Signs posted in bus stops indicate times and routes. Schedules are available at the in and out processing center, from building coordinators, at the hotel on Benjamin Franklin Village and, for those with a computer access card, at <http://tinyurl.com/Mannheim-Shuttle-Bus>. The shuttle is for Soldiers to conduct official business. However, if space is available, family members and civilians can also ride. DSN 373-6410, civ. 06221-17-6410.

Patients take active role in health care

By Kristen Marquez
HMEDDAC PUBLIC AFFAIRS

With the advent of the Patient and Family Centered Care initiative last year, the Heidelberg Medical Department Activity gave patients the chance to take a more active role in their personal healthcare needs.

Clinics in Heidelberg, Mannheim and Stuttgart each formed a Patient Advisory Council, made up of spouses, retirees, Soldiers and staff members. The councils normally meet once a month to discuss issues and topics of importance within their respective clinics.

Thus far, each of the councils has helped with redesigning clinics, choosing promotional items and improving facility appearances.

"Patients have a closer relationship and a better understanding of their health center," said Jutta Shoots, Heidelberg Medical Activity's patient advocate, who also helps facilitate the Heidelberg advisory council.

"If patients have concerns and would like to have a voice in the decision making in the health center, they should join our group," Shoots said.

For example, the Patient Advisory Council in Heidelberg played a large role in helping change the smoking areas on Nachrichten Kaserne.

"Some patients had expressed dissatisfaction at the location of one of the smoking gazebos due to its proximity to a main walkway," said Col. P.K. Underwood, HMEDDAC commander.

"We discussed it with the Heidelberg Patient Advisory Council to get their opinion on the issue. Using their input, we decided that moving the smoking areas would be in the best interest of our patients, and would be met with approval," Underwood said.

Irene Misiewicz, a member of the Heidelberg Patient Advisory Council, serves as the group's volunteer coordinator.

"I think it's important for community members to get involved in the PAC because it gives them the opportunity to be instrumental in making a difference at the facility ... and in the medical care they receive," she said.

For Misiewicz, joining the PAC was a good way to voice concerns about the medical care she was receiving.

"My favorite part about the PAC is seeing things go full circle; from the initial idea-concern stage to the action-completion stage," she said.

February is Patient Appreciation Month throughout Army medicine. The theme this year is "A Partnership Built on Trust."

Health care clinics will be showcasing their commitment to patients, and thanking beneficiaries for entrusting them with healthcare needs.

"We are committed to providing a healing environment that focuses on mind, body and spirit," Underwood said.

"We are also committed to providing the highest quality care to our beneficiaries," she added.

The Patient Advisory Councils in Heidelberg and Mannheim are looking for new members.

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

Faces of the community: U.S. Army Europe Tax Centers



Sgt. Joel Salgado
U.S. Army Europe Commander Gen. Carter F. Ham and his wife, Christi, complete their 2010 tax return at the Heidelberg tax center on the Shopping Center Kaserne Feb. 8. The Heidelberg tax center is one of 19 centers across USAREUR that provide free tax services to eligible Soldiers, civilian employees and family members. A listing of center times and contact phone numbers and other information on preparing 2010 taxes, is available at www.hqusareur.army.mil/life.

REASONS TO USE THE TAX ASSISTANCE CENTER IN YOUR COMMUNITY:

#1: TAX CENTERS WILL BE OPEN THROUGH THE LATE FILING DEADLINE IN JUNE.

#2: TAX CENTER SERVICES ARE FREE TO AUTHORIZED CUSTOMERS.

#3: TAX CENTER PREPARERS ARE IRS CERTIFIED AND SUPERVISED BY LICENSED ATTORNEYS.

#4: TAX CENTER EXPERTS KNOW THE CURRENT TAX LAWS.

DON'T WAIT - THIS YEAR'S NORMAL TAX DEADLINE IS APRIL 18.

Tax Centers

Heidelberg and Mannheim

Shopping Center
Bldg. 3850
DSN 370-7510
civ. 06221-57-7510

Kaiserslautern

Kleber Kaserne
Bldg. 3210
DSN 483-7688
civ. 0631-411-7688

Landstuhl Post
Bldg. 3701
DSN 486-6334
civ. 06371-86-6334

Girl Scout Cookies



Courtesy photo
Madison Mlack of Mannheim's Daisy Troop 005 participates in local Girl Scout cookie sale. The troop's 14 registered scouts are kindergartners and first graders at Mannheim Elementary School. The annual sale is often the girls' first exposure to five essential life skills to include goal setting, decision making, money management, people skills and business ethics. The troop sold more than 1,000 boxes of cookies and raised more than \$3,800. In conjunction with cookie sales, the girls accepted donations and purchased cookies for Soldiers serving in Iraq or Afghanistan. The girls organized care packages of the famous samoas, trefoils, tagalongs and thin mints that will be shipped to members of the 51st Transportation Company set to deploy later this week. Scouts will sell cookies until supplies run out, expected at the end of February. Madison's mother Mika Mlack served as cookie mom for all Mannheim area girl scouts.

Georgia firefighters train engineers

By Spc. Aislinn Amig
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

Soldiers from 18th Engineer Brigade's Emergency Management Assessment Team received Hazardous Waste Operations and Emergency Response Standards training from GSM Training Associates' fire chiefs on Tompkins Barracks in Schwetzingen recently.

The fire chiefs from Canton, Georgia, spent a week conducting classroom training and testing the EMAT team on various scenarios, ranging from a chemically contaminated restaurant to reports of chemical manufacturing in a home basement.

"These were real scenarios that the firefighters had encountered on the job before. We learned how to react to these situations and learned how their incident command system works," said Sgt. Adam Mautino, an explosive ordnance disposal team leader, from Tulsa, Okla.

Members of the team had to identify the hazard, complete a recon of the area, assess casualties if present, and sample and identify the dispersed chemical, all while ensuring proper reporting procedures through their operations section.

During one training scenario, Mautino said he hand-diffused an improvised explosive device.

"There were reports of suspicious activity with chemical agents inside a basement. Upon arriving at the scene, I had to hand-diffuse the IED and clear obstacles out of the way with the robot," he said.

The iRobot PacBot is a common piece of equipment used by EOD technicians to perform remote reconnaissance. Other EMAT members used the MultiRAE and MultiIMS for chemical detection, as well as the iCam, which detects nerve or blister agents.

EMAT incorporates not only chemical



Sgt. 1st Class Andrea Howard

Two 18th Engineer Brigade reconnaissance team members take a chemical sample that will be sent to a lab for testing during a training mission in Schwetzingen recently.

operations specialists but medical personnel and EOD technicians into its missions. For Mautino, this was the first time he was able to work with the EMAT team as their EOD technician.

"I had to focus on what EOD information I needed to bring to the team, what information is most important to them and how to do my job in a way that will help our team accomplish the mission rapidly," said Mautino.

"It was important to learn the different medical processes and what the other members of our team are capable of doing," said Mautino. "Being able to understand the differences and use those to our advantage will really help us work as a team in the future."

Army Reserve family programs stronger than ever

By Kyle Flaugher
7TH CSC PUBLIC AFFAIRS INTERN

The Army Reserve Family Service Programs office of the 7th Civil Support Command in Kaiserslautern has demonstrated its commitment to family programs with two new additions – James Mandley, the programs director, and Merelle Rodriguez, the Family Readiness Support Assistant.

Mandley arrived in Europe just before Christmas from Korea where he served with the U.S. Joint Forces Command.

For the last year, Patricia Boswell, the Family Programs Outreach Assistant, has been filling the shoes of the family programs director covering 22 units across Germany and

Italy.

Boswell coordinated the first youth leadership education and development program in Europe for the Army Reserve youth family members. She provided goals and direction to the Family Readiness Group volunteers, arranged and distributed a newsletter on monthly basis, and planned and coordinated numerous family and social events with the help of 7th CSC family members.

Boswell said she has recently been busy introducing Mandley and Rodriguez to the Family Readiness Group volunteers of each unit. Rodriguez is assigned to the Heidelberg, Kaiserslautern and Mannheim communities. Five more family programs team

members are joining the 7th CSC team in the near future. When they arrive, they will be assigned to the remaining units in the 7th CSC's European region.

"I am looking forward to helping the family members in my assigned areas including the KMC," said Rodriguez. "I'm already working with the Family Readiness Groups, and I invite everyone to become volunteers of the 7th CSC family programs."

Rodriguez is originally from Honduras. She arrived from New Windsor, N.Y., where she worked in family programs with the 411th Engineer Brigade for two years and before family programs, Rodriguez was a Spanish teacher for 11 years.



Spc. Glenn Anderson

Merelle Rodriguez, right, the Family Readiness Support Assistant, James Mandley, center, the Army Reserve Family Service Program director and Patricia Boswell, the Family Programs Outreach Assistant begin work as the 7th Civil Support Command Army Reserve Family Program team.

"I feel very passionate about my work. I don't want to leave this world without doing something for other people and working with the 7th CSC families allows me to see the

impact our family programs can make," said Rodriguez.

To join or become a volunteer for 7th CSC's family programs e-mail 7ar.fyg@eur.army.mil. Civ. 0631-411-4750.



Sgt. Michael J. MacLeod

Sgt. Orlando Garcia swings a red chemical light to rally his fellow artillerymen Feb. 10 during a training mission in Fort. Bragg, N.C. The mission was designed to prepare 82nd Airborne Division Soldiers for a large night-time airborne exercise. The 3rd Battalion, 319th Airborne Field Artillery Regiment, 1st Brigade Combat Team, will air-drop two M119A2 105mm howitzers from a C-17 aircraft along with the gun crews with the goal of readying one of the guns to fire within 25 minutes of the first paratrooper's exit.



Air Force Staff Sgt. Brian Ferguson



Panjshir Provincial Reconstruction Team

Members of Kentucky Agricultural Development Team II conduct a health inspection of local animals in Panjshir province, Afghanistan, Feb. 9. The team inspected more than 40 sheep during its day-long mission in the province.

ourARMY
around the world

For more Army news,
visit www.army.mil

(Above) U.S. Army Sgt. 1st Class Manuel Delarosa sorts through a pile of shoes to find the perfect pair for a young girl while helping Afghan National Security Forces distribute winter supplies in Safidar village, Afghanistan Feb. 1.

Medical troops hone skills with rapidly deployable asset

Sgt. 1st Class Chris Fincham
30TH MEDCOM PUBLIC AFFAIRS

MIESAU, Germany – Smaller, lighter, faster.

That was the philosophy on display here February 7-9 when the Soldiers of the 212th Combat Support Hospital tested their ability to rapidly deploy their newly developed 10-bed early entry package.

During ongoing command post training, they quickly set up the highly mobile level three package and began treating simulated patients in what is effectively a miniature version of the hospital, according to Master Sgt. Peter Perkins, the noncommissioned officer in charge of the 10-bed early entry package.

“We were asked to come up with a contingency force, something that is a lot more rapidly deployable than our regular 44 or 84-bed CSH. Basically they asked, ‘What is the smallest way that you can bring a level three package – surgery, pharmacy, lab, x-ray and resuscitative trauma – to the fight as quickly as possible?’ That’s when we developed the 10-bed,” Perkins said.

Though not a part of any current doctrine, the 10-bed package can swiftly bring more than 50 personnel to establish and sustain 10 intensive care beds, two operating room beds, and a full complement of pharmacy, x-ray and laboratory capabilities. This package has the potential to open up options for a variety of missions from combat to

disaster relief.

A fully established, level three CSH brings nearly every capability of a garrison hospital to the war zone. But the full CSH also brings various logistical challenges. Meanwhile, this smaller “10-bed slice” as it has been dubbed, is more mobile and has the potential to be deployed and mission capable within 24 hours of arriving on site, according to Perkins.

“Most hospitals roll in with the mindset of having 72 hours to be up and running. We built this based on capabilities,” Perkins said. “We get to level one as fast as possible, level two as fast as possible and then on to being level three. Once we get on the ground, we can be up and functioning within a day.”

In order to be adaptable to a variety of potential missions, the thinking was to be smaller, lighter, and faster when it came to designing the early entry package.

“Everyone essentially re-packaged what they already had,” said Perkins. “For example, the lab is used to going out in a big container, expanding out and putting all of their gadgets and widgets in there. Right now we have them working out of a bag on their back with all of the lab capability that we need initially to do everything.”

To put it in perspective, Perkins said that normally the CSH would require more than 30 containers, roughly 20 feet each, which would be loaded



Soldiers of the 212th Combat Support Hospital treat a simulated casualty in the operating room of the 10-bed early entry package February 8, in Miesau, Germany.

and shipped by truck, train or boat. On the other hand, the 10-bed package is designed to be moved by plane on just 16 pallets. All of which are packed and ready to move at a moment’s notice.

“If we’re not actively training with the equipment, it is packaged on a pallet and ready to go,” he said.

While the initial impact of this rapidly deployable package could be invaluable, the beauty of the design is that the remainder of the full-size CSH would be able to simply build onto this facility, rather

than having to establish a new separate site.

“We are effectively just the core part of our CSH so if the rest of the CSH were to follow on, they would just build upon us. Nothing would have to move, they would just plug the pieces in,” Perkins said.

Training like this will ensure the Soldiers of the 212th are ready if called.

The Soldiers have the set up of the facility down to quick drill now, according to Perkins, who said that with this 10-bed package, they will be able to provide top-level care

in nearly any environment quicker than ever before.

Headquartered at the Miesau Army Depot, 212th CSH is a part of the 30th Medical Command (Deployment Support). The unit stands ready to deploy tailored forces to provide level III combat health support for the entire spectrum of operations. The Soldiers provide battle command and control for all organic and attached units, while being prepared to assume medical task force command and conduct split-based operations.

Great American spit-out: combating smokeless tobacco

Wendy LaRoche
ARMY PUBLIC HEALTH COMMAND (PROVISIONAL)

The Great American Spit-Out occurs in February of each year to raise awareness of the dangers associated with smokeless tobacco. This year, the Great American Spit-Out is Feb. 24.

Unfortunately, myths concerning smokeless tobacco give tobacco users a false hope that smokeless tobacco is a safe alternative to smoking tobacco.

In reality, smokeless tobacco increases the risk of oral cancer, which includes lip, tongue, cheeks, gums and the roof of the mouth. Constant exposure to tobacco juices causes cancer of the esophagus, pharynx, larynx, stomach, bladder and pancreas.

Gum recession, disease and tooth

decay have also been associated with smokeless tobacco use.

Smokeless tobacco contains 28 carcinogens (cancer-causing agents). Although many smokeless tobacco users know there are cancer-causing affects, they just can’t stop. Why? The nicotine in these products causes them to become addicted. Nicotine absorption in smokeless tobacco products is three to four times that of smoking tobacco products. Nicotine is as addictive as heroin or cocaine, so it may take smokeless tobacco users many attempts before they are able to fully kick the habit. The key is to continue trying, as this will bring you one step closer to a healthier you.

If you or someone you know uses smokeless tobacco, here are a few steps

to take either on the Great American Spit-Out or as part of the quit plan:

- Let your health care provider know of your decision to quit. There are medications that can help, if necessary.
- Chew sugarless gum or have sugarless candy on hand for when you have an urge. Other munch items include raw carrots, celery and nuts.
- Drink plenty of water and use a straw to help with the need to chew.
- Create personalized to-do lists for each day in advance or simply keep busy when you have an urge.
- Consider relaxation walks as part of your lunch or work breaks.
- Have an emergency support plan in place. “Make Everyone Proud,” also known as UCANQUIT2, has counselors available via telephone with sup-

Constant exposure to tobacco juices causes cancer of esophagus, pharynx, larynx, stomach, bladder and pancreas.

–U.S. Army Public Health Command (Provisional)

porting resources online.
• Call a friend that will support your efforts of being tobacco-free.

Plan to use the Great American Spit-Out as the day that you say “no” to tobacco and “yes” to a healthier you.

DODDS-E Director



Tina Sanders

Director of the Department of Defense Dependents Schools Europe Dr. Nancy C. Bresell talks to Shelley Shoemaker, parent of a Mannheim Middle School child during a forum Feb. 10 held at the middle school to discuss the transition for Mannheim's middle and high schools scheduled to close at the end of this school year.

JOB FAIR

continued from page 1

to many of our family who do not have the super security clearances," said Bill Campbell, Stuttgart AUSA vice president and job fair manager.

So far, 19 Department of Defense contractors have registered to attend including Amazon.com, General Dynamics, Booz/Allen/Hamilton, TEAM, CUBIC Corporation, MC Dean, Northrop Grumman, SAIC, Capstone, SRA International, DRS Technologies, MPRI, SAIC, First Command Financial

Services, CSC, DCMA, Intelligence Careers.

"Eighty percent of a first impression is made before you even speak. Be sure to dress for success, make direct eye contact with a pleasant demeanor and a firm handshake," said Andrea Daniels, Employment Readiness Program Manager for ACS in Mannheim.

Potential jobs range from security and intelligence, health and medical services, supplies and logistics, human resources, computer network and administration, office administration and

automation, maintenance, contract administration and others.

"While in line to meet employers, listen to the dialog between the employer and other job fair attendees to better prepare your customized one minute pitch describing your professional acumen," Daniels said.

"Seek informational interviews to help determine what skills and knowledge are needed in the industry. This will help you to better prepare future positions in your field of interest," he said.

CULINARY

continued from page 1

the pastries."

Once they're sure everything tastes good, they want it to look good, too.

"We're working hard on our table presentation, which is one of the biggest things in the competition," said Pfc. Lakisha Green of USAREUR's 16th Sustainment Brigade.

Last, but obviously not least – judging from the team's stellar performances in past competitions – is making sure everyone is fully trained to step

in as needed to take on any role on the team.

"You cross-train on everything because you don't know what could happen," said Staff Sgt. Isilee Dozier, who is assigned to USAREUR's 7th Theater Tactical Signal Brigade. "Someone could get sick or hurt and you need to be able to do their job."

The competition is designed to test the skills of culinary teams from around the Army, recognize excellence in culinary skills and improve the quality of the Army food

service, according to Army Regulation 30-22, which governs the annual competition.

"These programs enhance the quality of food in the dining facilities and that enhances the Soldiers' morale," said the team's captain, Sgt. 1st Class Robbie Meyers of USAREUR's 21st Theater Sustainment Command.

Win or lose, the cooks say, every member of the team will gain valuable experience and a sense of camaraderie from the competition.

"We have experienced peo-



1st Lt. Joseph Caperna

Sgt. Brandon Vergien, an 18th Engineer Brigade personal security detachment team leader qualifies with his M4 rifle during in Grafenwöhr Jan. 20.

Engineers sharpen skills

By Spc. Aislinn Amig
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Soldiers from 18th Engineer Brigade's personal security detachment sharpened their combat readiness skills here Jan. 18-21.

During the four-day event, the Soldiers trained round the clock on Military Operations on Urban Terrain, rifle marksmanship, hand grenade procedures and night operations.

"One focus during this exercise was on the team's ability to move through urban terrain as a cohesive unit," said 2nd Lt. Thomas Malejko, the brigade assistant chief of staff.

"I saw a dramatic change between day one and day four in the team's ability to move throughout the site and rapidly clear each room," he said.

For some, the highlight was using night vision devices for the first time.

"It was a good opportunity for them to learn how to operate under those conditions without losing their depth perception," said Malejko.

"When working on our movement techniques at night, we realized it was a lot

more difficult than we anticipated, but it gave us more realistic training," said Sgt. Brandon Vergien, a brigade team leader from East Aurora, N.Y.

On the final day, a practice range was coordinated to ensure each Soldier learned proper hand grenade techniques and placement. After each Soldier became proficient with practice grenades, they ended the day with a live grenade qualification.

For Vergien, the training helped to enhance the team's bond and strengthen their capabilities.

"This exercise helped us work as a team and actually become familiar with the equipment that we'd never used before," said Vergien. "We learned what our weaknesses were and focused on them to improve ourselves and make the team operate better as a whole."

The personal security detachment team will continue to hone their skills through various field training exercises in preparation for an upcoming deployment in support of Operation Enduring Freedom.

ple and we have new people, which balance things out," said Pvt. Chelsea Karr, a cook with USAREUR's 16th Sustainment Brigade. "You get to learn a lot of new things."

Team members also said that the experiences leading up to the competition have been some of the best points in their careers.

"It's an awesome opportunity for any chef, not just in the Army, and we get to do it for free," said Spc. Nathan Rohlik, a cook with USAREUR's 7th Theater Tactical

Signal Brigade.

One thing the team members also agreed on is that they are a team and that at the end of the day, whether they are cooking for 40 or 2,000, they're like that perfect mix of flavors, blending everyone's unique skills into a cohesive group that gets the job done.

"For us to come together and work as a team has been really good," said Spc. Matthew Hendriks, assigned to USAREUR's 16th Sustainment Brigade. "It's stressful, but that's a cook's life."



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

Physical

Emotional

Social

Spiritual

Family

FAMILY



Being part of a family unit that is **safe, supportive** and **loving**, and provides the **resources** needed for all members to live in a healthy and secure environment.

GERMAN NEWS

Volkswagen and Deutsche Telekom

Stuttgart state prosecutors are investigating high-level employees at both Volkswagen and Deutsche Telekom on suspicion of corruption between the two major German companies, a media report said Tuesday. Deutsche Telekom managers allegedly tried extending its sponsorship of VW-owned Bundesliga football club VfL Wolfsburg in exchange for hundreds of millions in extra commissions from the carmaker, daily Süddeutsche Zeitung reported. Such an agreement between the two companies would be illegal, according to the paper. Two former managers and a former consultant for Deutsche Telekom subsidiary T-Systems, along with VW purchasing department employees are under investigation. The offices of current and former managers and employees at both companies have already been searched in four cities, prosecutors confirmed, refusing to reveal more details. But sources told Süddeutsche Zeitung that offices at VfL Wolfsburg were also searched. A manager at the Bonn-based Deutsche Telekom reportedly instigated the investigation after he discovered "irregularities" at T-Systems, which provides a number of telephone and Internet services to large businesses such as VW.

DHL Assembly Service

Deutsche Post subsidiary DHL said on Monday it will no longer deliver and assemble goods from Ikea and department store Karstadt. Customers who need help putting together their Billy bookshelves are now on their own. The Financial Times Deutschland reported the logistics giant does not feel that the home delivery service is profitable. The end of the home delivery portion of Deutsche Post's relationship with troubled chain Karstadt marks the further deterioration of a once-lucrative business with Arcandor, Karstadt's parent company, which has filed for insolvency. Arcandor's financial troubles have led to at least €250 million in losses for Deutsche Post. DHL's logistics contract with Karstadt – which also includes shipping services to its stores – once earned Bonn-based Post around €500 million annually. After the discontinuation of the home delivery service, that number will drop to around €150 million, according to Post sources. The termination of the delivery contract with Swedish home furnishings chain Ikea – in Austria as well as Germany – will affect a business thought to be worth €15 million a year. As with Karstadt, DHL will continue to provide some logistics services to Ikea, such as long-distance freight transport.

SOURCE: www.thelocal.de



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'm getting a divorce from my husband. He finally got what he wanted. I can't take the abuse any longer. I don't know if the military will find out. He manipulates so much that I can see him saying he's still married to get the additional support that is supposed to help me.

I'm not asking for support from him. I just want this nightmare to be over, but I don't know if he can continue helping me financially until the divorce is final. Thanks for your time.

Trying To Move On

Dear Moving On,

I'm very thankful you removed yourself from this abusive marriage. No one deserves to be abused. It's very dangerous and often times one doesn't realize the danger they put themselves in by staying.

Your husband should still help you financially. There is a lot missing in your letter. Military and civilian police should have been involved along with Family

Advocacy – unless you kept quiet. Many victims keep quiet for many reasons but I encourage anyone who is abused to speak out.

I suggest you contact his commander about the abuse and that your husband is not providing financial support. The commander should help with this.

Contact Family Advocacy. They will advocate for you and provide resources to help you, like a safety plan. If his unit does not get involved he could continue his non-support and provide nothing after the divorce is final. I think you deserve something because you are basically starting all over again which can be difficult. Also, seek legal counsel. Being abused can rob you emotionally and mentally. Seek counseling that can help you.

Dear Ms. Vicki,

I was a military wife for 25 years. My husband and many of his friends all left their wives and families the day they retired.

It took me two years to locate my husband. We military wives (he retired in 1974) had no chance to work in those days. No one wanted to hire a military wife because we would be leaving when our husbands transferred.

I am 76 years old now and I went to work at age 41 when my husband left. He took our savings and left me nothing. I worked two jobs but had no experience and no funds to attend college as he did and today I have no retirement pay.

The only income I have is from social security – less than \$1,000 a month. I have to pay my own medical which is \$871 every three months. I cannot live in today's world.

My husband went from enlisted to officer and I was active in military communities and lived in sparse

conditions. I was promised free medical care for life.

He went on to obtain a good job making lots of money plus his military retirement pay and he re-married to a much younger woman. She has the military benefits I earned and she never spent one day supporting him or our children or the military lifestyle. I had the hardship and she has the gravy.

Am I entitled to anything? Since his second wife is younger it will cost the government more because once he dies she will receive the benefits I earned. I will not live as long and it would be more fair to support the wife who sacrificed during the military career and moved constantly. Thank you, P.V.

Dear P.V.,

I regret what has happened to you because it appears that you were a supportive spouse who struggled and sacrificed to raise your family and support your husband.

I don't know if you can claim a portion of your husband's retirement pay especially since it was not in your divorce decree. This is a legal question for a divorce attorney. Most attorneys offer free phone consultation or a paralegal who can provide an answer.

It's tough for you to watch your husband live with a good standard of living with his younger wife, especially since he basically abandoned you. I care for my mom who gets about the same amount of social security as you do. She could not survive on such a small amount of money.

Finally, talk with friends or family who will listen and support you. Also seek spiritual advice. Divorce is something that can leave us depressed and resentful. My desire is for you to somehow have a "peace of mind."

Maintaining romance easy as one, two, three

By Chaplain (Lt. Col.) Scott Weichl
ARMY PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

Anyone in a romantic relationship knows that creating and maintaining a healthy relationship takes work.

In the military, such factors as long hours at work and deployments and separations take their toll on a relationship. Often, when service members return home after an absence, they discover that some roles have changed.

Feelings of anger, isolation, betrayal and fear may be experienced. A variety of stressors can challenge even the best relationships.

Good habits like physical exercise and healthy nutrition keep our bodies and minds strong. So it is with healthy relationships. To improve and maintain a healthy relationship, start

practicing these habits:

First, work on improving communication. You can begin now, and reap the benefits by using these techniques:

♦Active listening – Really listen to what your partner is saying. Eliminate distractions such as TV, iPod or video games. Tune in to your partner's words and hear what's behind the words. Benefit: Your partner will feel valued and important.

♦Reflection – When your partner finishes speaking, repeat it, so he or she knows you are listening. This ensures you really understand what is being communicated. Your partner then has a chance to clarify. Benefit: Your partner will know you really want to know what he or she is trying to say.

♦Effective expression of emotions – If you are upset and angry, slamming

doors and shouting won't address the issue. If you are out of control, take a timeout – go for a walk, or leave the situation – but not before telling your partner you want to talk about your feelings after you've cooled off. Benefit: You and your partner will control the situation rather than allowing the situation to control you.

Second, be thankful and appreciative. Take time to think about why your relationship is important, and the benefits reaped from sharing life with your partner. Telling your partner he or she is important can shift the emotional energy from conflict to contentment. Rather than being fixated on what is wrong, focus on the positive. Many times this reflection puts the issue in perspective.

Third, have fun. Remember when

you were a teenager and dating? You might not be teenagers anymore, but re-dating your partner can jump-start a stalled relationship and steer you from a rocky, difficult time. Consider going to a movie, trying a new activity such as bicycling or a pottery class or just taking a walk together.

Building and maintaining healthy relationships is hard work, but putting forth the effort can improve your mental and physical health. Arguments often cause blood pressure increases, hasty, impulsive decisions and a bad mood for the rest of the day. Healthy relationships don't happen overnight, but little changes in your behavior and thoughts can result in improved happiness and better overall health. Visit www.afterdeployment.org, a military site improving relationships.

GET OUT!

area events

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

February 18

Picasso at the Lapin Agile – Picasso at the Lapin Agile known as "Steve Martin's comedy" will be performed 7:30 p.m. Feb. 18-19, 25-26 at KMC Onstage, Bldg. 3232, on Kleber Kaserne in Kaiserslautern. Tickets: DSN 483-6626, civ. 0631-411-6626.
Dinner Theater – The Off Main Street Theater on Coleman Barracks in Mannheim presents dinner at 6:30 p.m. and "The Quilters," a musical story of a pioneer woman and her six daughters at 7:30 p.m. Feb. 18-19 and 25-26 and the show only 3 p.m. Feb. 20. DSN 373-5020. Tickets: www.roadsidetheater.com, www.mwrgermany.com.

February 19

Art Exhibit – The Heidelberg Arts and Cultural Center opens artist Andrew Washington's exhibit "The World is my Canvas: Celebrating Black History Month" 7 p.m. at the Patrick Henry Village Pavilion in Heidelberg. Washington has appeared in the AFN feature "Painter in the Park." DSN 388-9421, civ. 06221-338-9421.
Cuckoo Clock Shopping – Spend a leisurely day enjoying the treasures of the Black Forest. Visit Cuckoo clock shops and learn the history behind them. <http://affiliates.usa.org/kaiserslautern>.

February 22

Heidelberg Tour – Are you new to the Heidelberg area or just curious about the city? Join USO Heidelberg for a walking tour through the Heidelberg Altstadt (old town). See, smell and sample some of the famous sights of this historic city and take a little time to do some exploring of your own. <http://affiliates.usa.org/rheinmain>.

February 25

Ski Weekend – Enjoy a ski weekend in Garmisch Feb. 25-27 with Kaiserslautern Army Outdoor Rec. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

February 26

Fasching – The International Fasching music festival "Guggenmusik," or Fasching music, festival is located throughout the town of Schwäbisch Gmünd and features 20 bands from Switzerland, Liechtenstein and Germany. The event starts at noon on Saturday and 11 a.m. on Sunday.

March 8

Kick Out Winter – Visit the small town of Wilhelmsheld which is having the traditional Faschnachtsfeuer, wheel of fire, ceremony to kick out winter and welcome spring. The

custom goes back to the Germanic tribes. Blazing wheels of fire were used to banish demons and protect the village for the upcoming harvest. A fluorescent wheel of fire is actually the classic symbol for the sun. The glare of fire should reach all the fields and hay fields and prevent them from any harm. Watch the fire fighters perform the ceremony while keeping warm with Glühwein, Kinderpunch and hot dogs. Young fire fighters carrying torches lead the wheel of fire down the slope. The event starts at dark around 6:45 p.m. www.wilhelmsheld.de

March 4

Usher Concert – Rhythm and Blues singer Usher Raymond will perform at the Olympiahalle in Munich at 8 p.m. Tickets: www.worldticketshop.com.
Spring Bazaar – Over 100 vendors from around the world gather at Rhine Ordnance Barracks, Bldg. 237, in Kaiserslautern through March 6. Hours are 10 a.m.-8 p.m. March 4, 10 a.m.-7 p.m. March 5 and 10 a.m.-5 p.m. March 6. Follow the signs to the bazaar and find a merry-go-round and petting zoo for the kids.
Apassionata – Apassionata returns to Stuttgart through March 6 with its new show "In the Light of the Stars" featuring 40 breeds of horses. Spectators follow the adventurous journey of Leyla as she finds a fallen star and shares her luck with all of mankind. Tickets: www.apassionata.de.

March 5

Vampire Ball – The 37th Vampire Ball invites all creepy people to attend this spooky event at the Heidelberg Stadthalle (Kongresshall downtown near the river banks) starting 8:30 p.m. Live entertainment includes Renee Walker, the Freddy Wonder Combo, the Rocky Horror Picture Show on screen and as the 'Time Warp.' The club Havana next door invites you to disco dancing until dawn. Tickets available at USO on the Shopping Center in Heidelberg, downtown at Zigarren Grimm on the Bismarckplatz, www.ticketonline.com or ticket hotline, civ. 01805-447-0777.

Comics Show – The semi-annual Mannheim Comic-Tauschtag, or comics show, will be 9 a.m.-3 p.m. at Großer Saal der Jakobus-Pfarrrei in Mannheim-Sandhofen, Domstiftstrasse 40. Entry to the event is free. Over 50 dealers attend with lots of comics and trading cards. Civ. 06206-91-0360.

March 10

Pfennig Bazaar – Heidelberg's German-American Women's Club holds its annual bargain bazaar through March 12 at the Internationale Gesamtschule, 69126 Heidelberg Hasenleiser. Hours are 11 a.m.-6 p.m.

March 10, 10 a.m.-6 p.m. March 11 and 10 a.m.-2 p.m. March 12. Civ. 06221-41-2025, www.GAWC.de.

March 11

Heidelberg Theater – See the classic play, "All My Sons" about the life of a family after a World War II hero returns home 7 p.m. at the Roadside Theater on Patton Barracks in Heidelberg. Recommended for mature audiences. Tickets: www.roadsidetheater.com.

March 12

English Theatre – Frankfurt's English Theatre presents "Beauty and the Beast" about a strong-willed woman, Belle, who breaks the spell that turned a prince into a beast. The theater is at Gallusanlage 7. Park at Parkhaus am Theater, Kaiserplatz, Goetheplatz and Hauptbahnhof. Tickets: box-office@english-theatre.de, www.english-theatre.de, civ. 069-2423-1620.
Art Exhibit – Heidelberg Arts and Cultural Center opens its John Kay exhibit 7 p.m. Opening and reception with the artist will be at the Patrick Henry Village Pavilion in Heidelberg. Kay is an American artist, living in Heidelberg, who has spent his life taking photographs and writing poetry. DSN 388-9421, civ. 06221-338-9421, www.mwrgermany.com.

March 17

Kiss Me Party – Get your Irish on at the St. Patrick's Day "Kiss Me I'm Irish" party 7 p.m. March 17 at Slapshots on Patton Barracks in Heidelberg. DSN 373-5194, civ. 06221-17-5194, www.mwrgermany.com.
Ski Weekend – Heidelberg Outdoor Rec travels to the majestic peaks, glaciers of Saas Fee in Switzerland on a weekend ski trip to March 17-20 for \$369. Price includes trip fare, two nights lodging and breakfast. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

March 18

Ski Switzerland – Jump at a chance to ski the Matterhorn in Zermatt, Switzerland, March 18-20. Receive transportation, two nights lodging, and a breakfast buffet all for \$369. Receive a discount on your ski equipment when you rent from Outdoor Recreation. DSN 338-9282, civ. 06221-338-9282, www.mwrgermany.com.

March 27

Bruno Mars – Singer Bruno Mars hits the stage at 8 p.m. at Die Röhre in Stuttgart. Tickets are available now. www.worldticketshop.com.

coming to THEATERS

JUST GO WITH IT

(Jennifer Aniston, Adam Sandler) A plastic surgeon, romancing a much younger school-teacher, enlists his loyal assistant to pretend to be his soon to be ex-wife in order to cover up a careless lie. When more lies backfire, the assistant's kids become involved, and everyone heads off for a weekend in Hawaii that will change all their lives. Rated PG-13 (brief drug references, partial nudity, language and frequent crude/sexual content) 130 minutes.



TRON

(Olivia Wilde, Jeff Bridges) Sam Flynn, a rebellious 27-year-old, is haunted by the mysterious disappearance of his father Kevin Flynn, a man once known as the world's leading video-game developer. When Sam investigates a strange signal sent from the abandoned Flynn's Arcade that could have only come from his father, he finds himself pulled in to a world where Kevin has been trapped for 20 years. With the help of the fearless warrior Quorra, father and son embark on a life-or-death journey across a visually-stunning digital universe created by Kevin himself, which has become far more advanced. Rated PG (sequences of sci-fi action violence and brief mild language) 126 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 17 - THE ROOMMATE (PG-13) 7 p.m.
 Feb. 18 - JUST GO WITH IT (PG-13) 7 p.m.; THE TOURIST (PG-13) 9 p.m.
 Feb. 19 - TRON: LEGACY (PG) 4 p.m.; JUST GO WITH IT (PG-13) 7 p.m.; THE TOURIST (PG-13) 9 p.m.
 Feb. 20 - TRON: LEGACY (PG) 4 p.m.; JUST GO WITH IT (PG-13) 7 p.m.
 Feb. 21 - THE TOURIST (PG-13) 7 p.m.
 Feb. 22 - JUST GO WITH IT (PG-13) 7 p.m.
 Feb. 23 - TRON: LEGACY (PG) 7 p.m.
 Feb. 24 - JUST GO WITH IT (PG-13) 7 p.m.

Mannheim, Schuh

Schuh Theater is closed until further notice.

Vogelweh, Galaxy

Feb. 18 - THE TOURIST (PG-13) 7 p.m.
 Feb. 19 - HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 4 p.m.; THE ROOMMATE (PG-13) 7 p.m.
 Feb. 20 - THE ROOMMATE (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

Feb. 17 - TANGLED (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; LOVE AND OTHER DRUGS (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE GREAT DEBATERS (PG-13) noon, 4 p.m., 7 p.m.
 Feb. 18 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 9:45 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 p.m.; PRIDE (PG) - 10 p.m.
 Feb. 19 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 9:45 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 p.m.
 Feb. 20 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; THE TOURIST (PG-13) 11 a.m., 2:30 p.m., 5 p.m.; TRON: LEGACY (PG) - noon, 3 p.m., 6 p.m.
 Feb. 21 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 p.m.
 Feb. 22 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 p.m.
 Feb. 23 - JUST GO WITH IT (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 p.m.
 Feb. 24 - THE EXPRESS (PG) noon, 4 p.m., 7 p.m.; THE TOURIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; TRON: LEGACY (PG) 11:15 a.m., 2:15 p.m., 5 p.m., 8 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

EEO Summit

An Equal Employment Opportunity Summit entitled "Living Life with a Disability" will be held 10 a.m.-2 p.m. March 3 at the Patrick Henry Village Pavilion in Heidelberg to raise awareness about living with a disability. The day includes a luncheon at 11:30 a.m. featuring Dr. Rory A. Cooper, a veteran with a spinal cord injury whose Army service included a tour with the 5th Signal Command in Germany. Cooper will also speak to Heidelberg high school students 2-2:50 p.m. March 2.

Call for Crafters

The Hohenfels Community and Spouses Club is looking for artists and crafters to sell their goods during "celebration of the arts," an art exhibition and craft fair happening 10 a.m.-3 p.m. April 9 at the Hohenfels Community Activities Center. Booth space is limited. Crafters are accepted on a first come basis. hscinfo@yahoo.com, www.HohenfelsCSC.com.

Scholarship Winners

The Armed Forces Communications and Electronics Association announced the winners of the chapter's recent high school scholarship awards. Five students were awarded a total of \$14,000 in scholarship funds: Steven Sullivan (\$4,000), Bryonna Bown (\$4,000), Juan Aviles (\$3,000), Theresa Bolan (\$2,000) and Aaron Giddings (\$1,000). Three community scholarships valued at \$400 each were awarded to Angie Kern, Tech. Sgt. Brad Claypool and Airman 1st Class Paul Swidzinski.

Scholarships

The Germany alumni chapter of Kappa Alpha Psi Fraternity will accept scholarship applications from graduating DoDDS seniors through March 30 for \$1,000 and above scholarships. <http://kapsigermmany.com>.

TRICARE hours change

The TRICARE Service Center in the Heidelberg Health Center has changed its hours. It is now open 8 a.m.-4 p.m. Mondays, Tuesdays and Thursdays; and 8 a.m.-noon Wednesdays and Fridays.

Voice Your Choice

Family and Morale, Welfare and Recreation want to know what activities, programs and events its customers want. Let them know by filling out the Family and MWR online survey at www.mwrgermmany.com or by visiting a local FMWR facility. DSN 373-5006, civ. 06221-17-1350.

local EMPLOYMENT

Job Fair

Heidelberg and Mannheim Army Community Service and the Association of the U.S. Army are sponsoring a Career Fair 10 a.m.-4 p.m. Feb. 21 at the Heidelberg Marriott Hotel, Vangerowstrasse 16, 69115 Heidelberg. Bring plenty of resumes and dress professionally. Among the contractors registered to attend are Amazon.com, General Dynamics, Northrop Grumman, SAIC. Potential jobs are in the fields of security and intelligence, health and medical, supplies and logistics, human resources, computer network and administration, office administration and automation, maintenance and contract administration. Heidelberg: DSN 370-6883, civ. 06221-57-6975; Mannheim: DSN 385-3101, civ. 0621-730-3101.

KAISERSLAUTERN

Community

♦ **Armstrong's Breakfast Buffet** – The Sunday brunch buffet at Armstrong's Club, Bldg. 1036, on Vogelweh Housing has been discontinued.

♦ **Virtual Bowling** – Armstrong's Irish Pub of Vogelweh Housing offers virtual bowling and pool 9 p.m.-2 a.m. Feb. 18. Civ. 0631-354-9986, www.mwrgermmany.com.

♦ **President's Day Quiz** – All Kaiserslautern libraries will test your knowledge with the President's Day Quiz Feb. 22-26. Must be at least 18 to participate. DSN 486-7322, civ. 06371-86-7322, www.mwrgermmany.com.

♦ **German Story Time** – Join bilingual story time 1 p.m. Feb. 23 at the Kaiserslautern Main Library. DSN 486-7322, civ. 06371-86-8390, www.mwrgermmany.com.

♦ **Kids' Breakfast** – The Edge! Child, Youth and School Services program Ready, Set, Breakfast teaches kids in grades 6-12 how to incorporate a healthy breakfast in their busy days 4-6 p.m. Feb. 24 at the Landstuhl Community Club. DSN 493-4516, civ. 0631-3406-4516, www.mwrgermmany.com.

♦ **Prince and Princess Tea Party** – Come to the Landstuhl Community Club dressed as royalty for a special tea party 3-7 p.m. Feb. 27 Drinks and snacks for everyone. There will be fun filled games and activities throughout the day.

♦ **Read, Read, Read** – Child Development Centers will celebrate Dr. Seuss Feb. 28 – Mar. 5 for a weeklong celebration, honoring one of the best known American authors, Dr. Seuss. For times, call DSN 486-8658, civ. 06371-86-8658.

♦ **Bowling** – The Germany alumni chapter of Kappa Alpha Psi will hold a bowling tournament 5-10 p.m. March 11 and 1-6 p.m. March 12-13 at the Bowling Center on Vogelweh. Civ. 0151-2147-3269.

♦ **Spring Youth Apprenticeships** – Applications are being accepted through Mar. 18 for spring youth apprenticeships through the Child, Youth and School Services HIRED! program. Information sessions will be held on Mar. 28-June 17. DSN 486-8915, civ. 0631-86-8915, www.mwrgermmany.com.

♦ **Quilt and Stitch** – The Quilt Guild meets 9:30 a.m. the third Thursday of the month in the Ramstein North Chapel and 6 p.m. the fourth Thursday of the month in the Kaiserslautern Landstuhl Spouses Association building on Pulaski Barracks. Stitch n' Gab are 10 a.m.-6 p.m. Fridays at the Kapaun Chapel Annex.

HEIDELBERG

Education

♦ **ACS Classes** – Anger Management 1-3 p.m. Feb. 22; Get Investment Savvy! 9-10:30 a.m. Feb. 23; VMIS

Training 10-11 a.m. Feb. 23; Retirement: Ready or Not 11 a.m.-12:30 p.m. Feb. 23; Setting Boundaries 10 a.m.-12 p.m. Feb. 24, Nachrichten Kaserne, Bldg. 3622, Company B conference room.

Community

♦ **Masquerade Ball** – A costume ball brings out the creative streak 9 p.m. Feb. 19 at Slapshots on Patton Barracks. DSN 373-5194.

♦ **Volksmarches** – The Heidelberg International Wandering Club is registered for walk Feb. 26-27 Rothenburg o.d. Tauber, Wiesental (Sunday only). Trips are now open to Voelkershausen and Orscholz in April. Next general membership meeting will be March 14. hiwc@yahoo.com or www.hiwc.de.

♦ **Shooter's** – Reserve your table today for Sunday brunch 9:30 a.m.-2 p.m. Feb. 27 at Shooter's Bar and Grill at the Heidelberg Rod and Gun Club. www.mwrgermmany.com.

♦ **Crazy Bowling** – A three-game tournament including bowling with a cue stick, on a ramp and from a chair is open to all ages starting at 1 p.m. Feb. 27 at the Bowling and Entertainment Center on Patrick Henry Village. DSN 388-9040, www.mwrgermmany.com.

♦ **Village Grille** – A progressive bingo program with cash prizes will run Monday nights 6:30-9 p.m. starting Feb. 28 at the Village Grille on Patrick Henry Village. DSN 388-9447, www.mwrgermmany.com.

♦ **Auditions** – Roadside Theater will hold auditions for "Crazy For You" 7 p.m. March 1-2 at the theater on Patton Barracks. The musical calls for 35 actors, singers and dancers ages 15 and up. DSN 373-5020, civ. 06221-17-5020, www.roadside-theater.com.

♦ **Spring Into Fashion** – Reserve a space by March 4 at the Heidelberg Community and Spouses Club fashion show featuring guest speaker Miss Iowa 2010 10 a.m.-1:30 p.m. March 9 at the Patrick Henry Village Pavilion. Reservations: hcc-heidelberg.com.

♦ **Pfennig Bazaar** – Heidelberg's German-American Women's Club will be collecting donations for its annual bargain bazaar 9 a.m.-3 p.m. March 5 and 10 a.m.-2 p.m. March 7 at the Internationale Gesamtschule, 29126 Heidelberg Hasenleiser. Items requested include kitchenware, jewelry, books (but not school books) and music. Please don't bring clothing or furniture. Civ. 06221-041-2025, www.GAWC.de.

♦ **Why Catholic** – Sessions of "Why Catholic? A Journey through the Catechism" is for adults and high school students to learn more about their faith. It takes place through April 10:30 a.m. Sundays and 6:30 p.m. Mondays at Patrick Henry Elementary School; 9:30 a.m. Mondays at Mark Twain Village Chapel and 7 p.m. Thursdays at Patrick Henry

Village Chapel. DSN 370-8238, civ. 06221-57-8238.

♦ **Spouses Club Board** – The Heidelberg Community and Spouses Club is accepting nominations for president, first vice president, second vice president, secretary and treasurer to serve on the 2011-12 board. New board members can be trained at the upcoming AWAG conference. To submit nominations, e-mail HCSNominationsBoard@googlemail.com.

♦ **Kids' Zone Redemption Tickets** – Starting March 1, the Kids' Zone at the Patrick Henry Village Bowling and Entertainment Center will no longer issue redemption tickets on the games. Tickets can be redeemed at the prize counter until April 1. Also starting March 1, games will only accept quarters. DSN 388-9040, civ. 06221-338-9040.

MANNHEIM

Education

♦ **ACS Classes** – Sponsorship Assistance Training 10-11 a.m. Feb. 23; VMIS Training 1:30 p.m. Feb. 23; Using Credit Wisely 9-10:30 a.m. Feb. 24; Investment and Retirement Basics 11 a.m.-12:30 p.m. Feb. 24; Play Group 10 a.m.-noon on the second and fourth Wednesdays in Bldg. 725 on Sullivan Barracks; Mommy and Me Signing Class 3-4 p.m. Tuesdays; Mommy and Baby Wellness Group 1-2 p.m. on the second and fourth Thursdays; English as a Second Language 9-11 a.m. Tuesdays and Intermediate/Advanced 9-11 a.m. Wednesdays in Bldg. 254, ACS conference room. Classes are at ACS in Bldg. 251 on Sullivan Barracks unless noted.

♦ **American Red Cross** – Community Adult, Child and Infant CPR, AED and First Aid will be offered 8 a.m.-5 p.m. March 12 and April 16; health and safety instructor course will be offered if individuals call to express interest. Registration is required: Bldg. 242 on Sullivan Barracks. DSN 385-1760, civ. 0621-730-1760, www.redcross.org

Community

♦ **Theater Closed** – For safety reasons, Schuh Theater is closed until further notice due to structural damage to the roof.

♦ **Bowling** – Bowl every game for \$1.75 11 a.m.-close Feb. 25 at the Bowling Center on Benjamin Franklin Village. DSN 380-9528, civ. 0621-730-9528.

♦ **Black History Month** – The Stars of Orion Chapter 43 will hold a "Never Forget Our Past: As We Strive Forward" Black History Month celebration with a speaker, singing and praise dancing 3 p.m. Feb. 26 in Bldg. 725 on Sullivan Barracks.

♦ **Teen Ski Trip** – A trip for teens ages 13-19 leaves from Outdoor Rec on Spinelli Barracks, Bldg. 1570, Feb. 26. Prior sign up is required: Civ.

0170-451-4102.

♦ **Reading Across Mannheim** – Children in the School Age Center will be actively involved in Reading Across Mannheim in conjunction with the National Education Association 3:30-5:30 p.m. March 1-5 at selected locations.

♦ **Readers Wanted** – Be a reader at Mannheim Elementary School's "Read Across America" March 2. Each year students celebrate author Dr. Seuss with a fun-filled morning of activities and guest readers. DSN 380-4212, civ. 0621-730-4212.

♦ **Mardi Gras Party** – The Youth Center will host a Mardi Gras party 4-7 p.m. March 8 in Bldg. 696 on Benjamin Franklin Village. DSN 380-4864, civ. 0621-730-4864.

♦ **Madness Begins** – Youth will kick off March Madness 4-6 p.m. at the Youth Center, Bldg. 696 on Benjamin Franklin Village with a battle on the basketball court. DSN 380-4864, civ. 0621-730-4864.

♦ **St. Patty's Party** – The Youth Center will host a St. Patrick's Day Party 5-8 p.m. March 17 at the center on Benjamin Franklin Village. DSN 380-4864, civ. 0621-730-4864.

♦ **Movie Night** – Join the madness for movie night at the Youth Center, Bldg. 696 on Benjamin Franklin Village 6 p.m. March 18 and 25. DSN 380-4864, civ. 0621-730-4864.

♦ **Reading Exhibition** – Alpha Phi Alpha fraternity and Mannheim Middle School will sponsor a reading exhibition 8:30 a.m.-3 p.m. April 1 in the multi-purpose room to promote lifelong self-confidence and reading fluency. Readers will be judged in choice of selection, interpretation and general stage presence. DSN 380-9181, civ. 0621-730-9181.

♦ **Auto Skills** – The Auto Skills center on Spinelli Barracks, Bldg. 1577, has a new DSN 384-6023. The civilian number is the same: 0173-200-0642.

♦ **Library volunteers** – The Sullivan Library is seeking a volunteer to organize and lead its story hour on 10:30-11:30 a.m. Thursdays. Civ. 0621-730-3101.

♦ **Lending Closet Hours Change** – The Army Community Service lending closet in Bldg. 253 on Sullivan Barracks has new hours: 1-3:30 p.m. Monday-Friday. Those who live on Patrick Henry Village in Heidelberg can visit either lending closet (Heidelberg ACS is at the Shopping Center Kaserne). DSN 385-3101, civ. 0621-730-3101.

♦ **German spouses** – German citizens who are married to U.S. personnel and reside in Baden-Württemberg who would like to vote in the state parliament election in March 27 need to contact their voting office by March 6. Contact the Wahlbüro der Stadt Mannheim. Stadt Mannheim - Wahlbüro - Rathaus E 5, 68159 Mannheim; Civ. 0621-293-9566.

Sinking free throws



Wray Holan

Heidelberg Lion Marcel Simon makes his free throw shot during the Heidelberg vs. Stuttgart game Saturday in Heidelberg. Three free throws made the difference in lifting the Panthers to a 75-73 overtime victory and a split of the weekend showdown. The Lady Lions also fell to Patch 56-39.

Professional hockey accessible to military

By Larry Taylor
A4 ALLIANCE

Sports fans in the Mannheim, Heidelberg, Kaiserslautern and Wiesbaden communities have enjoyed numerous live professional hockey games free of charge thanks to A4 and the Mannheim Adler. So far, the alliance has distributed over 600 professional hockey tickets to military members and their families in the 2010-11 hockey season.

The Mannheim Adler, a top rated professional ice hockey team, currently play in the SAP Arena in Mannheim. The team consists of both North American and German players, many of whom have played in the National Hockey League. The Adler currently have nine previous NHL players and one on loan from the Florida Panthers. In addition, a number of German national players add a rich blend of style and talent.

A4 co-founder and DODDs teacher Ken Robinson formed a partnership with the Adler at the end of the 2009-10 season. The objective was simple: Make hockey accessible to military communities. Since that time, A4



Mannheim Adler

Mannheim Adler Jame Pollock who previously played for the St. Louis Blues is an active member of Army, Air Force Adler Alliance. Pollock periodically posts game blogs on the Adler Web site.

has grown into four independent A4 chapters, each authorized to receive complimentary tickets. Chapter membership is limited to military members and their families, defense civilians and contractors.

A4 members and staff are actively involved in amateur, youth and military hockey. Last month, U.S. Air Force in Europe requested A4 host the USAFE Ice Hockey Championships on their Web site, A4 will continue to host the unofficial "official" site for USAFE hockey. A4 supplies

contact information for each military community in Germany about youth, military and men's teams, as well as inline and public skating venues.

Additionally, A4 has provided all the important hockey terms and translations necessary to integrate members into the German programs.

The alliance is currently looking for sports photographers, sports journalists and event coordinators. Those interested should contact info@adleralliance.com, www.adleralliance.com.

staying ACTIVE

Rod and Gun Club

The Rod and Gun Club hosts a hunters' course 7 p.m. March 9 and a Blue Grass Night 7 p.m. March 10 at the club an der Bundestras- se 291 in Oftersheim. Civ. 06202-51-193.

Shamrock Shuffle

Join Heidelberg Sports and Fitness for the Shamrock Shuffle 5-kilometer run and walk March 13. Registration will be 8-9 a.m. at the in the commissary parking lot on Patrick Henry Village. DSN 370-6489, www.mwrgermany.com.

Community Basketball

Heidelberg's men's and women's teams beat Ansbach Sunday in Installation Management Command-Europe's unit level basket- ball. The women won 54-44 with leading scorers Takisha Watkins, 20 points and Charlise Deloney, 15. The men won 57-54 with leading scorers Anthony Martin, 21 points and Tom Blazek, 11 points. The post season tournament will be played Feb. 28-March 7 at the Patton Fitness Center in Heidelberg. DSN 373-6110, civ. 06221-17-6110.

Campbell Gym Closure

The Campbell Fitness Center in Heidelberg will be closed for extensive cleaning 10 a.m. Feb. 25 until 5:30 a.m. Feb. 28. The Patton Fitness Center will be open additional hours 9 a.m.-4 p.m. Feb. 26-27. DSN 370-6489, civ. 06221-57-6489.

Coleman Gym New Hours

The Coleman Gym in Mannheim has extended its operating hours effective immediately. New hours are 5:30 a.m.-9 p.m. DSN 385- 3164, civ. 0621-730-3164.

Baseball, Softball Camp

Youth ages 7-14 have until March 4 to sign up for a baseball and softball spring training camp 9 a.m.-4 p.m. March 12 or 19 at Patrick Henry Village Middle School in Heidelberg. The camp is sponsored by the Heidelberg High School varsity baseball team and will teach skills including fielding, pitching and catching. HHSBaseball@yahoo.com.

Heidelberg Volleyball

A volleyball officials clinic and tournament will be held March 8-10 on Patton Barracks in Heidelberg. Classroom instruction will be held 6-9 p.m. at the sports office in Bldg. 128 and the tournament will be March 10. Free entry for the first four teams registered. DSN 373-8032, civ. 06221-17-8032.

Heidelberg Community Volleyball

Register by March 9 at the Patton Fitness Center for unit level volleyball season open to military units and components assigned to the Heidelberg Community and recreational teams that may be composed of friends, family or co-workers. Must be 18 years and older and not in high school. DSN telephone: 373-8032

Sea Lions

The Heidelberg Sea Lions swim team is looking for a head coach. The Sea Lions are associated with the European Forces Swim League and compete in accordance with U.S. swimming rules. Contact eflseaions@yahoo.com, www.heidelbergsealions.com.

Heidelberg Softball Players

Community softball players are needed for the men's and women's teams. Practices are Tuesday and Thursday evenings at the Patton Fitness Center sports field in Heidelberg. DSN 373-8032, civ. 06221-17-8032.

Bowling Tournament

Registration is now open for the Heidelberg Sergeants Major Association's bowling tournament March 26 at the Bowling Center on Patrick Henry Village. The tournament is open to 28 four-person teams. Register: DSN 370-8015, civ. 06221-57-3303, hsmagermany@gmail.com.