

# HeraldPOST

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

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Feb. 3, 2011

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**Largest AAFES production plant in the world**

## Grünstadt bakery delivers fresh baked goods daily, Europe-wide

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

One of the first things you'll notice when you step onto the floor of the Army and Air Force Exchange Service-Europe bakery in Grünstadt is the sound. It's a loud whirling almost jackhammer-like sound that echoes from a towering machine near the entrance. It's similar to what you might hear at a construction site.

The bakery, built in 1982, is AAFES' (now known as the Exchange) largest production plant in the world.

In the background more industrial sized machines methodically mix, measure and construct cookies, cakes, pastries, tortillas, buns and breads destined for the shelves of restaurants, commis-

Annual yield in 2010  
**3.2 million loaves of bread**  
**625,000 cookies**  
**1.8 million donuts**  
**72,000 cakes**  
**20 million buns**

saries and kitchens across Europe. Unbeknownst to many, every single crumb is made from scratch right in Grünstadt.

"The American troops are getting American products based on American recipes and it's fresh. It's not sitting around in a container on a boat for days or weeks waiting to get here," said Uli see **BAKERY** page 18



Dijon Rolle

Top, two master bakers at the Army and Air Force Exchange Service-Europe EIA Bakery in Grünstadt, pipe apple filling into pastries before they are placed in the oven for baking Jan. 24. Above, a baker uses pink frosting to craft a rose for a birthday cake. The bakery produces an assortment of cakes in various designs and sizes that can serve anywhere from 17 to 420 people.



K.R. Pinkston

Linens are among items available at the German-American Women's Club Penny Bazaar open today through Saturday at the Rosengarten.

## Penny Bazaar opens today

By **K.R. Pinkston**  
GERMAN-AMERICAN WOMEN'S CLUB

The largest second-hand bazaar in the region opens 11 a.m. today at the Rosengarten in Mannheim.

This year's Penny Bazaar is significant in that it not only marks its

30th anniversary, but it is also the last time that U.S. military and civilian spouses from the German-American Women's Club Mannheim participate as a club.

"The Penny Bazaar will not go away, but an era will come to an end," said Marianne Hornung,

German vice president. "We are very sad, but we hope that as long as American families are still here in the area, they will continue to come to the Penny Bazaar each year."

For decades, German and U.S. ladies have see **BAZAAR** page 18

**Defense Details**

**CFC WORLD WIDE**

For the second straight year, Defense Department employees donated or pledged more than \$17 million in the Combined Federal Campaign, Deputy Defense Secretary William J. Lynn III said Monday.

**VETS FOR OFFICE**

Veterans Campaign teaches veterans how to run for federal, state or local office, Seth Lynn, a Marine Corps Reserve captain and its executive director, said. The group's goal is to demystify the process so the country can benefit from an untapped source of leaders.

[www.defense.gov](http://www.defense.gov)

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## COMMENTARY

# Leashed pets make everyone feel safe, protected

By Donna Walker

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Look at the discussion board below and you'll see a comment from a BWNnow Facebook fan about dogs on a leash.

This comment appeared at the same time that Heidelberg and Mannheim police blotters saw a rise in dog-bite incidents – dogs biting children, adults and even other dogs, which would be a dog fight.

The cause for the increase, according to the military police, is that dog owners neglect to leash their pets.

I've noticed folks with dogs off leash for one reason or another. Most of the time, the dog runs outside when I ring the bell and the owner opens the door. Out goes the dog and we spend time coaxing it back.

Naturally, the dogs I know are good dogs, not frightening at all. Not to me.

But to the child on the stoop next door, I concede, the dog off leash is likely a scary sight. Sadly, children who recently have been dog-bite victims might have been spared had the dog been leashed.

Sometimes, I see a neighbor working with a dog to train it to stay. This involves taking the dog off leash, giving it the "stay" command and waiting to see if it works in spite of distractions such as another dog, a squirrel or a child on a tricycle.

No one allows their dogs to intentionally bite another. (Michael Vick excluded.) But the danger is there. If a dog gets loose and the owner isn't nearby, canine instincts kick in and harm results.

When I run through Buffalo Park outside the gates of Benjamin Franklin Village in Mannheim, I often encounter German dog owners walking their dogs.

Not once have I been threatened by a dog off

## Pet Policy

The pet policy can be found on the U.S. Army Garrison Baden-Württemberg Web site at [www.bw.eur.army.mil](http://www.bw.eur.army.mil) under "Policies." Look for number 34.

leash that belongs to a German. They seem to have some sort of magical power to control dogs.

But the dogs frighten me nonetheless. I suppose I believe that if the dog is going to harm me, it will happen so fast that neither I nor the owner will be able to slow it down.

Nationally certified dog trainer Lisa Edwards puts it in perspective.

"A leash is to the dog-human connection like a seat belt is to the car-driver connection. Both are safety devices and often mandated by law ... A leash allows us a safe and effective connection to our dogs in case of surprises, emergencies or situations where attention is hard to get or keep," Edwards says on the Web site [www.diamondsintheruff.com](http://www.diamondsintheruff.com).

That's why it's command policy for everyone who lives in Army family housing to keep pets on a leash when they are outside of quarters. In addition, on the other end of the leash should be a person older than 12 who can control the pet.

This doesn't include designated off leash areas such as the dog park on Patrick Henry Village in Heidelberg. Violating the leash policy can lead to possibly losing your pet or losing your government quarters privileges.

We all want to be safe. When it comes to children and animals, we especially want them to be safe.

A leash law helps keep us all feeling as though we're protected, at least on U.S. government property.



Courtesy photo

Pets should be on a leash when outside of government quarters unless in a designated dog park, and accompanied by the owner or a representative capable of controlling the pet.



[www.facebook.com/BWNnow](http://www.facebook.com/BWNnow)  
<http://myBWNnow.ning.com>

## DISCUSSION BOARD

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

Facebook comments this week refer to a recent video blog posted on the USAG Baden-Württemberg Web site about Heidelberg housing upgrades and one about unleashed dogs.

"Thanks for posting- it really does help keep the communities aware of what is happening. What has not been obvious is the answer to the following question, "When do Mannheim residents have to move to

Heidelberg?" I would love to hear a direct response to that question."

—Jennifer Woodard, USAG Mannheim Facebook fan

"Currently there is no initiative to mandate the move of families that are currently housed in Mannheim to Heidelberg. New arrivals will go straight to housing at PHV (Patrick Henry Village) in Heidelberg, but those of us adequately housed in Mannheim will

remain here until we are provided government orders to move to a new community."

—Lt. Col. Lisa Griffin, USAG Mannheim commander

"(I) would like to remind everyone that it is policy that you MUST keep your animals on a leash and pick up their droppings. No one wants to deal with your irresponsibility."

—Stephen Matthew Pind, Mannheim Facebook fan



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

# Teen music sensation Allstar Weekend wows Kaiserslautern

By Rick Scavetta  
USAG KAISERSLAUTERN

When Athena Balderas got picked up from Ramstein Intermediate School Jan. 21, she thought her mom was taking her to rent some movies.

"No, I have something better," her mother Michelle Stevens told her. "I have a surprise for you."

Earlier, Stevens told Facebook friends she would see Allstar Weekend, the latest American teen music sensation, with her daughter at the band's stop in Kaiserslautern. A friend, who had won premium seats and backstage passes from American Forces Network, offered them to Stevens.

They bought Allstar Weekend's debut album "Suddenly Yours" and found the band's videos online. That evening they were in the front row at Vogelweh's Galaxy Theater.

"It's really cool to see an American band," said Athena, 8, who first heard about the band while visiting relatives last year in upstate New York.

In mid-January, the San Diego-based Allstar Weekend — who got their start on the Disney Channel in 2009 — toured U.S. military bases in England, Belgium, Germany and the Netherlands, courtesy of Armed Forces Entertainment.

The show, sponsored by Kaiserslautern's directorate of Family and Morale, Welfare and Recreation, was better than driving to Frankfurt to watch a concert, Stevens said.



Members of the AllStar Weekend band, from left, Dillon Anderson, Nathan Darmody, Zach Porter, Cameron Quiseng and Michael Martinez break down their set into an acoustic jam during their Jan. 21 show at Vogelweh's Galaxy Theater in Kaiserslautern

"Here it feels like home, we're celebrating together with our military family," Stevens said. "Plus, it's nice to have something American to do."

The band launched into its set of pop rock songs to include; "Journey to the End of My Life," "Here With You," "The Weekend" and "Dance Forever." They also covered Shania Twain's "You're Still the One" and Bowling For Soup's "1985."

They offered some songs on acoustic guitars and even rapped a little. During the piano-based ballad "Amy," the band invited a teenage girl

to sit onstage. Afterward, another teen jumped onstage to offer hugs.

Each song ended with the high-pitched shrill of screaming young girls, dozens of whom crowded the stage during the show.

Like many parents, Air Force Master Sgt. Ron Russo sat in the back of the theater. His wife Sibel sat up front with daughters Anatolia, 8, and Kayra, 2.

One morning he heard on AFN, "The next caller had a chance to win." Russo dialed the station, knowing nothing about the contest or the prize.

"He asked the easiest question about Justin Timberlake, about how he started with the Mickey Mouse club and then was with a famous boy band," the 40-year-old Virginia Beach-native said. "I said 'C'mon, the answer's J.T.'"

After the show, Lt. Col. Kevin Hutchison and Command Sgt. Maj. Richard Jessup thanked the band and presented each player a command coin.

"We know you have to leave home and live on the road to offer performances to our Soldiers, Airmen and their families," Hutchison

said. "We recognize things of excellence and this was an excellent performance."

As a kid, singer Zach Porter's father was in the Navy and he remembers living on bases and moving a lot. He said he can relate to the audience of military members and their families.

"It's a big part of who I am today," Porter said. "I understand it's hard every two years packing up and starting new schools and making new friends. So, I'm glad we got to do this."

While military audiences overseas may have missed Allstar Weekend's statewide television appearances, their presence on the Internet gives new fans a chance to further explore the band's music, Porter said.

"It's good for us to play for a new audience," Porter said. "We covered a few songs that we thought people would know, if they don't know all of our songs. It warmed up the audience to our own music and bridged the gap."

Touring military bases was also a chance for the band to give back something to those serving overseas, said bass guitarist Cameron Quiseng. He especially enjoyed feedback from the crowd, when they signed autographs after each show.

"The crowds are amazing, chanting and singing along," Quiseng said. "For us to come and perform for them and give them a good time, it really means a lot to us."

# Army Nurse Corps celebrates 110 years

Army Medical Command Public Affairs

Saturday marks the 110th anniversary of the Army Nurse Corps.

The theme for this year's anniversary celebration is "Touching Lives for 110 Years."

"This theme really resonated with me. It is the essence of what Army nurses do, and have done each and every day" said Maj. Gen. Patricia D. Horoho, Deputy Surgeon General and Chief of Army Nurse Corps.

Today, more than 9,000 Army nurses serve all over the globe on active duty, in the U.S. Army Reserve or in the National Guard in support of military and humanitarian missions in support of the war fighter and Army Medicine.

Horoho has four strategic imperatives that include leader development, warrior care, evidence-based management and human capital.

She believes the heart of Army nursing is active duty, National Guard, reserve and civilian registered nurses, licensed practical nurses, medics and nursing assistants.

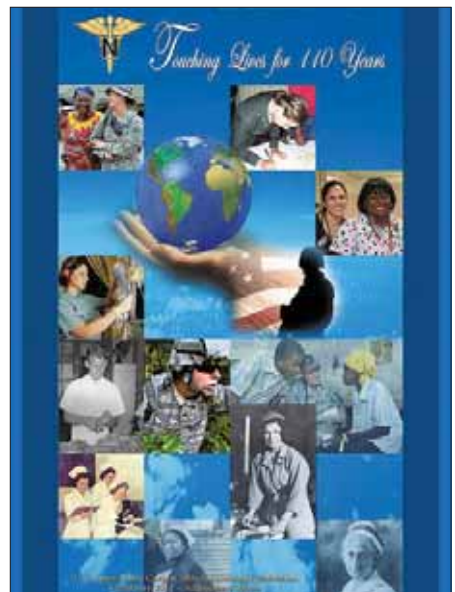
Under Horoho's guidance and direction, the Army Nursing System of Care was designed to provide the framework to ensure that the same standard of health care delivery exists in military treatment facilities across the Army.

No longer will patients have to navigate the health care system wondering if the care they received at one medical treatment facility was better than another because it was different.

Patients experience health care processes that are the same whether they receive the care at Eisenhower, Walter Reed, or Madigan Army Medical Center for example.

Initially piloted at Blanchfield Army Community Hospital at Fort Campbell, Ky., the ANSOC is being rolled out at Madigan, Brooke and Womack Army Medical Centers and will be implemented across all Army facilities over the next 12 months.

At a time when the entire nation is debating health care reform, Horoho believes that the Army Nurse Corps has the opportunity to drive change and support not only to Army medicine but to the profession of nursing.



# NCO leads the way with LSS project

By Staff Sgt. Tramel S. Garrett  
21ST TSC PUBLIC AFFAIRS

For Sgt. 1st Class Nanette Williams, a plans and telecommunications chief with the 21st Theater Sustainment Command, leading the way includes persistently improving the planning processes using Lean Six Sigma.

Williams, a native of Alamogordo, N.M., and a LSS green belt candidate with the 21st Theater Sustainment Command communications directorate in Kaiserslautern, became aware that the planning and operations cells in her directorate were duplicating tasks. She decided to create a LSS project to improve this process.

"Green belt is the first level. Basically you're a project lead on improving a process within your organization," said Williams. "As NCOs, we always see things and say, 'Hey, this can be improved.' LSS is a way to make improvements using a step-by-step process."

Williams simplified this pro-

cess with the help of her team. They prepared a database, which allowed users to monitor all the exercises being planned for 21st TSC units.

"We monitored the project during our last exercise. We had no deficiencies as far as planning," said Williams. LSS identifies and removes the causes of defects and helps minimize inconsistencies in the planning processes within the Army. Williams' team developed a checklist to ensure equipment is not forgotten and money is not being wasted.

Over the next seven years, the command anticipates more than \$55 million in financial benefits – that is cost saving and cost avoidance, said Lt. Col. Tom Hays, chief of operations research and systems analysis, 21st TSC. Cost savings is real money the Army does not have to spend. Cost avoidance is saving people time so they can do



WILLIAMS

additional missions.

"I think it's great that Sgt. 1st Class Williams is close to completing her project, and I believe she will be a good example for others to follow," said Hays. "The Army does a lot of things very well, but the things they do best are things NCOs lead."

Williams, who is working on her doctorate degree in Organizational Leadership, is being assigned to the U.S. Army Information Technology Agency where she will work under Gen. George W. Casey Jr., the chief of staff of the Army. Williams said she believes her knowledge of LSS was one of the determining factors in her getting chosen for this assignment.

"Lean Six Sigma is a great program, and I wish other NCOs would get involved," said Williams. "Visit some of the green belts that are doing projects and get some ideas on how to make your directorate user friendly."

"Army programs work best when NCOs lead the way," Hays added. "LSS is no different."



Spc. Aislinn M. Amig

Lt. Col. John Dupeire and Sgt. Maj. David Morgan, the 565th Engineer Battalion command team, unfurl the battalion colors during the battalion's activation ceremony at Tompkins Barracks in Schwetzingen recently.

## 565th Engineer Battalion activates

18th Engineer Brigade Public Affairs

The 565th Engineer Battalion (Provisional), 18th Engineer Brigade, activated at Tompkins Barracks in Schwetzingen recently under the command of Lt. Col. John G. Dupeire and Sgt. Maj. David Morgan.

Brigade Commander Col. Paul Paolozzi said the 565th will serve as a headquarters for non-deployed units, and it will hold the responsibility of setting precedence for Soldiers arriving to their

first duty station.

Dupeire previously served as the brigade executive officer and said he looks forward to serving with all the Soldiers of the 565th Engineer Battalion and caring for the Soldiers and families of the brigade's deployed units.

Morgan served as the division engineer for the 1st Armored Division prior to arriving at the 565th Engineer Battalion and will use his institutional knowledge and prior experiences with rear detachments to set the standard for the battal-

ion, he said.

The battalion will serve as the headquarters for the 60th Engineer Detachment, the Emergency Management Assessment Team and the 243rd Construction Management Team, located in Schwetzingen.

The battalion will also be responsible for rear detachment operations for the brigade headquarters, as well as Company G and the 42nd Clearance Company of the 54th Engineer Battalion in Bamberg and Company D, 15th Engineer Battalion in Schweinfurt.

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usaghd.post@eur.army.mil](mailto: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](http://www.bw.eur.army.mil/transformation).

### Facilities Operations Changes

**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 Kaserne 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 Kaserne in Heidelberg and the Heidelberg Medical Clinic on Nachrichten Kaserne. Signs are posted in the bus stops indicating departure 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 an appropriated-fund service to provide transportation for Soldiers to conduct official business during the duty day. However, if space is available, family members and civilians can also ride the buses. The service does not run on weekends or U.S. holidays. DSN 373-6410, civ. 06221-17-6410.

**Mannheim Military Personnel Division** – Mannheim's MPD has transferred to U.S. Army Garrison Baden-Württemberg MPD. Mannheim services that have relocated include community in and out-processing, reassignments processing, Soldier personnel actions, military personnel records updates, transition services, ACAP, casualty and memorial affairs and post retirement services. Mannheim services that will remain in Bldg. 255 on Sullivan Barracks are the passports and ID card services and ration card services for authorized civilian employees, contractors, Soldiers and family members. An announcement of when these services will relocate to Heidelberg will be made at a later date to be determined. Some personnel services such as Soldier readiness processing, pre-deployment processing, re-deployment re-integration and unit group out-processing will be conducted in the community most convenient for Soldiers. These activities will be coordinated between units and the supporting garrison. DSN 370-3347, civ. 06221-57-3347, Czernyring 14, 69115 Heidelberg. A listing of the MPD services is found at [www.bw.eur.army.mil/DHR/DHR\\_milpa.html](http://www.bw.eur.army.mil/DHR/DHR_milpa.html).

**Mannheim In and Out Processing** – Mannheim personnel will in-process and out-process through the U.S. Army Garrison Baden-Württemberg Central Processing Facility in Heidelberg. When in-processing, the Sponsorship Bus (S-Bus) from the Frankfurt Gateway Reception Center no longer stops on Sullivan Barracks. Personnel assigned to Mannheim units will be transported to the Patrick Henry Village Guest House, in Heidelberg. DSN: 388-9387, civ. 06221-33-89387. GPS: Grasweg, 69124 Heidelberg. S-Buses depart the Frankfurt FGRC at approximately 11 a.m. (arrive 12:30 p.m.) and 2:30 p.m. (arrive 4 p.m.). Before the S-Bus arrives in Heidelberg, units will be contacted by the Baden-Württemberg CPF staff for sponsors to greet newly-arrived personnel at the PHV Guest House. When out-processing, Soldiers leaving Mannheim will coordinate through the USAG-BW CPF at the Community Support Center at the Heidelberg Shopping Center Kaserne. The CPF is open daily 8 a.m.-noon and 1-4 p.m. In-processing: DSN 370-6711, civ. 06221-57-7687. Out-processing: DSN 370-8480, civ. 06221-57-6711, [usaghd.cpf@eur.army.mil](mailto:usaghd.cpf@eur.army.mil), [www.bw.eur.army.mil/DHR/DHR\\_milpa.html](http://www.bw.eur.army.mil/DHR/DHR_milpa.html). GPS: Czernyring 14, 69115 Heidelberg.

[www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation)

## Heidelberg wins KONTAKT award

USAREUR Public Affairs

U.S. Army in Europe announced the winners of the 2010 USAREUR Outreach-KONTAKT awards Jan. 26.

The competition honors Outreach-KONTAKT groups and individuals members, as well as non-member Soldiers, family members, civilian employees and host nation supporters throughout Germany for their outstanding contributions to the program.

Winners were selected by representatives of the Federal Association of German-American Friendship, Outreach-KONTAKT Germany and the USAREUR Office of the Chief of Public Affairs.

The Outreach-KONTAKT program provides an opportunity to learn about Germany and its culture, providing a bridge to overcome differences.

It also provides information about the American way of life to Germans and citizens of other countries. Outreach-KONTAKT has been an official USAREUR community relations program since 1969.

**Group High Achievement Awards** (by category) went to the local Outreach-KONTAKT groups in:

- ♦Community Support at a Community with Military Presence – Heidelberg
- ♦Community Relations at a Community with Military Presence – Stuttgart

**Individual High Achievement Awards** for members went to:

- ♦Maria Nebenführ, Outreach-KONTAKT Stuttgart
- ♦Ulrich Plein, Outreach-KONTAKT Stuttgart
- ♦Birgit Thomas, Outreach-KONTAKT Heidelberg

The awards will be presented June 11 at the 26th annual Outreach-KONTAKT awards banquet.

## Faces of the community: Mannheim Post Office



Brandon Spragins

Mannheim post office employee Herald Boone receives weighs and processes a package for Lindsay Lenart, a Mannheim customer. The package will go from the post office on Sullivan Barracks in Bldg. 2418 to the mail distribution center located on Spinelli Barracks. The building also serves as a consolidated mail room. CMR 437 hours are 11 a.m.–6 p.m. Monday-Friday. Post office hours are 11 a.m.–5 p.m. Tuesday-Friday and 9 a.m.–3 p.m. Saturday. DSN 385-2686, civ. 0621-730-2686.

## 21st TSC Soldier makes USAREUR Soldier's Chorus

By Staff Sgt. Tramel S. Garrett  
21ST TSC PUBLIC AFFAIRS

Nervous and tense, she got on stage and stood in front of a panel of judges. Reaching deep inside, she began to sing like never before. She held nothing back. When she was done, a brief silence filled the air. Suddenly, the judges began to applaud. Her nerves calmed as she realized her dream was becoming a reality.

For Sgt. Tierra M. Brown, an automated logistic specialist with the 21st Theater Sustainment Command and a native of Shelby, N.C., her dream became a reality when she was selected for the U.S. Army Europe Soldier's Chorus.

The chorus is made up of a group of Soldiers with different musical specialties who perform to enhance the morale of fellow Soldiers. The chorus has traveled around Europe and several Middle

East countries performing about 200 times a year, in places such as Moscow's Red Square and Iraq.

They also served as part of a musical and cultural acknowledgement for Croatia and Albania during their accession ceremonies into NATO in 2009.

The men and women of the chorus represent the best vocalists and dancers of USAREUR. As a result, auditions are competitive.

Prior to her initial audition, Brown was required to submit her enlisted record brief, Army physical fitness test card and latest weapons qualification score to ensure she met Army standards. At the start of the audition, Brown gave a brief autobiography then sang the national anthem and three solo songs in front of a panel of judges. Soldiers who are selected are given 30-day attachment orders and are temporarily

assigned to the USAREUR Soldier's Chorus leading up to their final auditions.

During those 30 days before the final auditions, the Soldier's Chorus training non-commissioned officer works with Soldiers on their vocal performances and picks three songs for each Soldier to perform. The next step is to perform these songs in front of the judges who make the final selections.

"For my final audition I performed in a quartet. We performed "Auf Wiedersehen," the German Nation Anthem and the American National Anthem," Brown said.

After all the practicing, auditioning and preparation, Brown was selected and two days later performed for the first time.

Brown said she started singing at age 6 in her church's choir. She also performed in local talent shows and sang the

blues with her grandfather at a young age.

"I remember standing around the piano as my grandfather played 'Blue Suede Shoes,'" said Brown. "All of the grandchildren would be jumping around and singing as he played. That was one of my earliest and fondest memories of singing."

Growing up she listened to Tina Turner, Gladys Knight and Yolanda Adams. Her favorite genre to sing is Neo soul. Her favorite artists are Jill Scott and Erika Badu.

Driven by determination to be successful, Brown said she overcame all her obstacles to reach her goal.

"I want to reach out to other people who have a passion for music and keep it inside. I just want to let people know to express themselves and get out there and not be ashamed of their gifts and pursue something," she added.



U.S. Army

Sgt. Tierra M. Brown, automated logistic specialist, 21st Theater Sustainment Command, sings with the U.S. Army Europe Soldier's Chorus.

# Missed appointments cost millions

By Phil Tegmeier  
ERMC PUBLIC AFFAIRS

Nearly 5,000 missed medical appointments per month cost Army medicine in Europe about \$5 million per year.

Engaging beneficiaries and unit leaders can help reduce the number of missed appointments by half, health officials in Heidelberg said.

In addition to reducing the cost of health care, reducing missed appointments will provide Europe Regional Medical Command clinics beneficiaries improved access to the health care they so richly deserve, said Lt. Col. Andrew Lankowicz, ERMC clinical operations director. He noted that one missed appointment can impact three others: the unfilled missed appointment, the missed appointment someone could have used, and the one the person still needs for himself.

"We cannot expect patients to be able to make it to every single appointment they make with us, but we can work together to bring our no-show rate of 10 percent down to five," Lankowicz said.

To that end, Army community health care clinics are looking at

better ways to remind people of upcoming appointments. At the same time, they are taking other customer-oriented steps to bring the rates down.

Lankowicz referred to a study of no-show rates in military hospitals. He said nearly half of the study's respondents said they missed their appointment because they simply forgot they had one scheduled.

"If we provide better reminders and help patients make their appointments, we can make a great improvement," he added.

Reminding patients of upcoming appointments does two things, Lankowicz said.

If everyone who missed an appointment because they forgot about it came in, the Europe no-show rates would go down by half, he said. At least, a reminder a few days before the appointment is due gives patients a better chance of rescheduling at a time that's more convenient if their plans have changed.

"We also want to give unit leaders more time to make certain Soldiers make appointments or change them if the unit mission dictates rescheduling," Lankowicz said. In order to do so, clinics across Europe are im-

proving their reports of Soldier upcoming and missed appointments to unit commanders for Soldiers in their units.

Knowing which Soldiers in a unit have medical appointments can be a useful tool in a combat unit. One deployed combat medic took part in an online discussion at the NCO Net forum at Army Knowledge Online.

He said asking Soldiers to leave their NCO leadership's telephone information when making appointments would also help.

"Letting the platoon or first sergeant know of the appointment is not a cure-all, but it is a cheap and effective way to ensure another is tracking the appointment," said Sgt. 1st Class Richard Stickels, a combat medic assigned to the 2nd Stryker Cavalry Regiment.

The goal is to make it easier for patients to go to appointments when they can and to reschedule when they cannot.

"Each missed appointment is a missed opportunity to provide care to someone needing our services," said Col. William Novakoski, ERMC chief medical officer and deputy commander.



DARREN AARON ST. JOHN

## Student gains Eagle rank

Staff Report

"Once an Eagle, always an Eagle." That's a phrase Darren Aaron St. John, a member of Boy Scout Troop 1, can now say.

St. John was welcomed as the newest Eagle Scout in Heidelberg by fellow Eagle Gen. Carter F. Ham, U.S. Army Europe commander, in a court of honor ceremony held at the Mark Twain Village chapel Jan. 18.

"Any time one of our Scouts, or another Scout achieves Eagle, we should celebrate this accomplishment," said Maj. Lou DeLufo, committee chair for Boy Scout Troop 1.

Eagle Scout is the highest rank in scouting and to attain it, scouts must earn at least 21 merit badges.

"Reaching the rank of Eagle is not an easy task. It takes hard work and dedication to rise up through the scout ranks," said DeLufo.

Darren, who gained his rank Sept. 16, started scouting in 2001 as a Tiger Cub while living in Puerto Rico. Ten years later, he was honored at MTV chapel.

"It was very appropriate that the Eagle Scout court of honor was held in the MTV chapel," said Sherry McVeigh whose scout is in the same troop as Darren.

"Having the event in this special place reinforces the significance of the accomplishment," she added.

McVeigh said watching a fellow scout earn the ultimate goal in scouting encourages other scouts to work toward the same. "This (ceremony) expresses the importance of his achievement to Boy Scout Troop 1," she said.

The ceremony was also attended by U.S. Army Garrison Baden-Württemberg Commander Col. William Butcher, Installation Management Command-Europe RIST West Chief Allen Rasper, American Legion Post GR01 Commander Edward Sherman, District Executive Edelweiss/Rheingold Districts Brian Raymond and U.S. Army Europe Deputy Chief of Staff Col. George Seiferth.

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

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



Sgt. 1st Class Eric Lloyd, a paratrooper with 1st Battalion, 504th Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Airborne Division, grades the sit-up event in an Army Physical Fitness Test during an early-morning rain Jan. 19 at Fort Bragg, N.C. Just a week earlier, Fort Bragg was gripped by ice.

Sgt. Michael J. MacLeod



A color guard team honors former Iranian hostages 30 years after their release prior to the men's Army versus Navy basketball game at the U.S. Military Academy at West Point, N.Y., Jan. 22.

Tommy Gilligan



Sgt. Nick Andrews, an infantry squad leader with Company C, 1st Battalion, 133rd Infantry Regiment, from Marshalltown, Iowa, looks into the valley from a mountaintop outside the village of Nengaresh, Afghanistan, Jan. 21.

Staff Sgt. Ryan C. Matson



SusanKappler

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Maj. Gen. James Milano, First Lady Michelle Obama and Command Sgt. Maj. Brian Stall applaud Soldiers during a pass in review at a basic combat training graduation on Fort Jackson, S.C., Jan. 27. Milano is Fort Jackson's commanding general, and the Soldiers are assigned to the 1st Battalion, 34th Infantry Regiment.



Sgt. Fabian Ortega

Left, a Pond Academy instructor, far left, and two security guard trainees take aim at a 25-meter target at the academy's underground shooting range at the Pond Academy complex in Freigericht-Bernbach. Trainees undergo three-and-a-half weeks of training to become certified security officers for Army installations in Germany. Below, Pond Academy trainees practice a scenario of taking down a driver suspected of having an explosive device in his vehicle during a situational training exercise at the academy in Jan. 24. The 1,900 square meter complex was built in 2004 but Pond guards have been working security for U.S. forces since 1983.

## Pond guards train to protect U.S. forces in Germany

By Sgt. Fabian Ortega  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Chances are if you live or work on U.S. military installation in Germany you have come across Pond security guards.

They have been around the since 1983 when former U.S. service member Daniel Pond established his security company of just 12 employees.

"Daniel Pond saw a need for a personalized security company and filled that need," said Lori Pond, managing director of the Pond Academy.

"Mr. Pond and many of his managers and employees are former Soldiers, and a Soldier is always a Soldier even after they leave the military. Because of this, it is almost like providing protection for our own family," she said.

Pond Securities has since expanded and has built an academy to train the security officers for U.S. installations in Germany.

The Pond Academy, built in 2004, houses security trainees who eat, sleep and train there for three-and-a-half weeks while they attend the program that certifies them as security guards.

The director of the academy said there were two reasons for building the training facility.

"It's a place to train our se-

curity officers in the method and procedures that they must know and allows for better control on the quality and type of training our security officers receive," she said.

At the academy trainees learn everything from German law enforcement procedures to marksmanship, and also receive specialized training required by U.S. Army Europe.

The staff is made up of current and former security guards from the company.

The program's structure produces well-rounded security officers, said Manfred G. Weirling, the Pond Academy chief of staff.

"There are strict German and U.S. government contractual requirements that dictate the amount of training that each security officer must successfully accomplish," he said.

The 1,900 square-meter complex in Freigericht-Bernbach contains living-quarters, two dining areas, classrooms, an auditorium and underground shooting range.

Future security guards who attend the academy can expect to find that being a security officer with Pond means business, said Weirling.

"When they come (to the academy) some of the trainees have piercings or wild hair styles," he said. "When

they graduate and become security officers, they are completely different."

The trainees' grooming is not the only thing that changes. During their time at the academy, trainees eat a steady diet of healthy foods prepared by a caterer. This, plus a regular physical training regimen, helps some trainees drop a pant size or two.

"Our security officers must be mentally and physically prepared to fulfill every task they are given," Weirling said.

After graduation, guards fresh out of the academy are paired with experienced partners for some on-the-job-training.

After the follow-on training at their site, the security guards officially become members of their team.

Nicole Gruenbein, who's been with Pond Security three years, likes to think the job provides a sense of fulfillment.

"A smile from customers at the gate is what makes our job rewarding," she said.

Experienced officers like Gruenbein often return to the academy for additional managerial or special skill-training.

The training helps security guards stay up-to-date with always-changing security concerns in their communi-



Sgt. Fabian Ortega

ties, she explained.

"The classroom-training teaches more in-depth law, communications, health and environment and the usage of safety and security techniques," Gruenbein said.

Dogan Kok, a Pond security guard in Heidelberg for 12 years, said he has developed many friendships

with Baden-Württemberg military community over the years.

"After 12 years, the Army has become my family," he said. "The community has given me so much."

With installations in Baden-Württemberg closing down, Kok said it will be difficult to see them go.



# British, US Soldiers conduct second Operation Starlight

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

STRENSALL, England – Soldiers of U.S. Army Europe's 67th Forward Surgical Team (Airborne) and the United Kingdom's 208th Field Hospital (Liverpool) conducted Operation Starlight II Jan. 21-23, at the Army Medical Simulation Training Center here.

The joint hospital training exercise was designed to demonstrate the readiness of American and British units, while testing their ability to integrate and perform the full spectrum of patient care, as the British unit prepares for deployment to Afghanistan.

"The main focus of this exercise is teamwork," said Maj. Ray Jolly, the training major for the 208th. It's about developing that team, honing their skills, honing their abilities and creating an environment where they can deliver the highest standards of health care in some of the most challenging clinical environments in the world."

Real-world scenarios and medical procedures were incorporated throughout the training enabling the units

to improve their readiness by exercising joint medical team operations that mirror current and future deployment conditions.

"The time when we're taking care of casualties is not the point at which you want to be figuring out when to do things. You want to have a smooth system and you want to have your protocols down," explained Lt. Col. Patrick McAndrew, the commander of the 67th FST (airborne). That is the reason that we're partnering with the 208th – so that everything does go smoothly and so that the right patient care is delivered at the right time."

Operation Starlight II also effectively replicated the scenario being seen by the U.K. field hospital currently managing Bastion, the Role 3 hospital in Afghanistan, according to Col. Peter Jackson, the commander of the 208th FH (Liverpool).

"Although they went out and anticipated one situation, they immediately had a U.S. Army field surgical team bolted onto them. So (having the 67th) bolted on to us during this exercise is completely re-

alistic, and the rapid integration of an FST into the field hospital is a very real scenario. It's happening as we speak," Jackson said.

Along with building teamwork, the training provided a chance for the medical troops to refresh and refine the skills of their craft.

"Downrange we do trauma resuscitation, follow them to the operating room, intensive care unit for stabilization and admission or transfer them to higher-level care," said Capt. David Ouano, a registered nurse with the 67th FST (airborne).

"This is a really good way to simulate that," he said.

This was the second joint medical training exercise between British medical troops and Soldiers of the Europe Regional Medical Command. Last October the 30th Medical Command's 212th Combat Support Hospital and the 208th FH (Liverpool) conducted Operation Starlight I in Hohenfels.

During the exercise, the units operated a 44-bed medical facility and tested numerous aspects of continuous medical operations in a field



By Sgt. 1st Class Christopher Fincham

Maj. Sean Fortson assists a British nurse with an ultrasound of a simulated patient during Operation Starlight II in Strensall, England, Jan. 22.

environment.

Headquartered in Miesau, the 67th FST (airborne) is one of only five airborne surgical teams in the U.S. Army and is the only operational airborne forward surgical team in Europe.

The 208th Field Hospital is Liverpool's own Territorial Army Hospital, which is made up of paid volunteers who are specialists and health care professionals from the United Kingdom's National Health-care System hospitals.

## Recipe for Safer Cooking:

The frying pan shows statistics for the causes of fires in U.S. Army Garrison Baden-Wuerttemberg in 2010. Follow these tips to protect you and your family when in the kitchen. Whether stirring up a quick dinner or creating a masterpiece meal, here's a recipe for safer cooking.

### To Prevent a Cooking Fire in Your Kitchen

- Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the leading cause of cooking fires.
- Wear short or close-fitting sleeves. Loose clothing can catch fire.
- Watch children closely. When old enough, teach children to cook safely.
- Clean cooking surfaces to prevent food and grease build-up.
- Keep curtains, towels and pot holders away from hot surfaces and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.
- Turn pan handles inward to prevent food spills.

### To Put Out a Cooking Fire in Your Kitchen

- Call the fire department immediately.
- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- Keep a fire extinguisher in the kitchen. Make sure you have the right type and training in how to use it.
- Keep a working smoke alarm in your home and test in monthly.

SOURCE: [www.FireSafety.com](http://www.FireSafety.com)

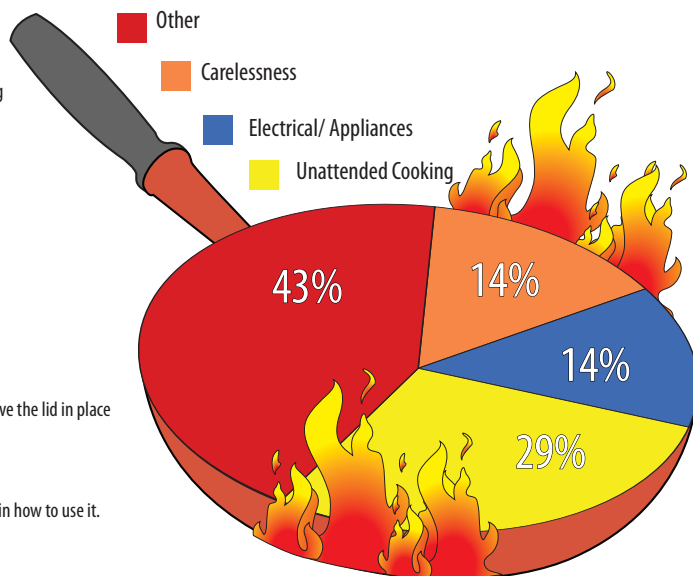


Illustration by Brandon Spragins

# A fairy tale adventure

## Bavarian castles enchant children of all ages

By Leigh Bancroft  
USAG BADEN-WÜRTTEMBERG MEMBER

When planning our first weekend trip in Germany as a family, Schloss Neuschwanstein was on the top of our list.

For one thing, kids of any age and liking can easily get excited about seeing the castle that inspired Disney nestled between the snowy foothills of the Bavarian Alps.

Children and adults will find the fairy tale setting a spectacular sight. Besides the amazingly breathtaking view of the two castles, there are the lush alpine, snowy mountain peaks, gorges, lakes, waterfalls, and walking paths through the foothills.

The roped Queen Mary's Bridge stretches across the Pollat Gorge daring only the bravest of children (and adults) to cross. You can gaze upon the Bavarian landscape, which stretches as far as the eye can see, an unremitting enchantment for the eyes. For our two children, who are very much into the myths of dragons, knights, and elves, this is the place where the magic of fairy tales truly comes to life.

Fairy tales aside, going anywhere with small children can quickly turn a fantastic dream vacation into a whirlwind of stress.

Luckily, we chose a bed and breakfast in Fussen that was affordable and cozy. The Disney-inspired name, Hotel Fantasia, was icing on the cake for our little ones.

For only €79 a night, we were excited to find our room had a separate sleeping area for the kids with bunk beds. They were so excited they didn't want to leave the hotel. A quaint little courtyard in the back, with a view of the Fussen castle and within walking distance from a marketplace, made the Hotel Fantasia a lovely place.

Getting to the castle from our hotel was an easy 5-minute drive. Once we figured out where the ticket area was and how we were going to travel to and from



both castles, our adventure began. Because of the tour schedules, we visited the Hohenschwangau castle first.

You do not need to take a bus because it is a short, picturesque walk up a few flights of old stone stairs. I do recommend taking a stroller because the uphill climbs got tiring for my 2-year-old and dragging him or carrying him up the hills got even more tiring for me.

The roads are cobblestone in many places, and you cannot take a stroller into the castles because of the spiral staircases inside. Despite the aggravation of having to stow a stroller in certain places, I really wished I had one.

The view from the Hohenschwangau Castle is spectacular. You can see the Neuschwanstein Castle, Lake Alpsee and the surrounding mountains. After about 30 minutes of exploring, my children needed something new so we found a gift shop with children's books right outside the tour entrance.

Unfortunately, tours are guided, which means you cannot walk through the castle at your leisure. It also means children have to be relatively quiet and resist the temptation to touch all shiny objects. My 2-year-old struggled with the velvet ropes. Many times we had to peel him away and physically carry him through the rooms. He came very close

to sitting in an original 19th century, Romanesque style chair which made our tour guide gasp. He also licked the corner of the King's dining table. Hopefully no one noticed that one.

Thankfully, the tour only lasted 30 minutes and there was plenty of "cool royal stuff" to keep my 5-year-old's attention. He even absorbed an interesting fact about the royal family: the children only see their parents two times a day. "Wow, does that mean they got to do whatever they want?" he asked. My husband and I decided that the tour was well worth the children's discomfort.

The tour of the Neuschwanstein Castle seemed much shorter. We cleverly rested a bit before our next tour and took the carriage instead of walking. The soothing sound of the horse's hooves hitting the cobblestone pathway was a nice addition to the 19th century ambiance.

My 5-year-old wanted to see the king's "giant royal chair" where he "made his demands and sent bad people to the dungeon."

Sadly, King Ludwig's throne was never completed and my son was devastated, that is, until he saw the royal bedroom, which was impressive even to a 5-year old.

We ended our day with a walk down the mountain where we came upon a cozy restaurant with surprisingly good German food. We ordered pizza for the boys, but my husband and I had a few traditional German dishes that were good and reasonably priced.

After all the hustle and bustle of the day, it was nice to quickly get in somewhere fast and relax with a warm cup of hot chocolate. By the time we got finished with our dinner, the sun had begun to set and the castle's lights illuminated the night's sky. The view was even more beautiful at night.

Even with kids, a family's fairy tale adventure came to a delightful and romantic end.

### Tidbits

- ◆ The tours are guided only and take 30 minutes each with two hours between the start of each.
- ◆ The ice and snow in some areas make snow boots and hats for children highly recommended.
- ◆ Access to the castles are stroller friendly but not once inside the castles.
- ◆ Bathrooms and baby changing stations are located in both castles.
- ◆ The bus runs every 20 minutes and goes almost to the top, but some uphill walking is required.



Leigh Bancroft

Top center, fun gifts for children can be found in gift shops, but visit the one just outside the ticket counter for silly hats that are surprisingly warm and wearable. Above, the walking path to Neuschwanstein after the ride up is less than a mile, paved and relatively easy for children. Below, the Hohenschwangau Castle is not as well known but is equally as spectacular as Neuschwanstein. It was King Ludwig's boyhood home and overlooks the Schwangau Lake and the Bavarian Alps.



## GERMAN NEWS

### Bavaria Suicide Rate

Despite its low unemployment and high average income, Bavaria recorded a suicide rate of 12.9 deaths per 100,000 people in 2009, which was well above the national average of 10.6 per 100,000, the daily *Süddeutsche Zeitung* reported. Some 1,749 people killed themselves in the state that year and 9,616 took their own lives across the whole country. This was more than double the number that died in road accidents. But experts are puzzled as to why the figures go against the research on the subject of suicide, which has usually found that higher rates are associated with high unemployment and uncertain life circumstances. Bavaria has the lowest unemployment rate in the country and has one of the highest average incomes. The Bavarian Health Ministry has admitted it is helpless to explain why the affluent southern state has not made as much progress on reducing its suicide rate as other states, according to *Süddeutsche Zeitung*.

### Facebook Deals

Social networking site Facebook announced Monday it was launching its "deals" service on which members can look up special offers on anything from a cup of coffee to a football scarf on their smart phones. The function, offered under the German name *Angebote*, lets Facebook members get discounts and special deals by checking in with local businesses' Facebook pages on their Web-access smart phones. "Deals" has been available in the United States since November. It is the social networking giant's bid to tap into local advertising and promotions markets. To start with, Facebook is partnering with seven companies, most of which operate across the country: Cinemaxx cinemas, the Vapiano restaurant chain, retailers Esprit, Benetton, Douglas and Gravis, as well as football club FC Bayern München. For example, as an inducement to visit the cinema, a Facebook member might be eligible for free popcorn. To go to a Bayern FC game, they may be offered a free scarf. Benetton will donate €2 to a technology center in Kenya for every "deals" registration it receives.

SOURCE: [www.thelocal.de](http://www.thelocal.de)

## GERMAN Cooking

### Hearty Bean Soup

#### Ingredients:

- 1 cup of dry pinto beans
- 2 large onions
- 3 cups of potatoes
- 8 ounces bacon in one piece
- 8 smoked pork sausages
- 6 cups of broth
- Soup greens
- Pepper and salt

#### Directions:

Soak the dry pinto beans overnight in a large bowl.

Drain beans the next day and boil in a large pot with the broth for 30 minutes. Chop soup greens and onions. Peel potatoes and chop into squares. Add the greens, onions and potatoes to the beans, and add the bacon and sausages. Cook for 30 minutes or until potatoes and beans are soft. Take out the bacon, cut into small pieces, and mix it into the soup. Add salt and pepper to taste.

SOURCE: [www.chefkoch.de](http://www.chefkoch.de)



#### Dear Ms. Vicki,

*I've been married three years to a man I've known for nearly 20 years. We dated in high school, went our separate ways during our college years and reunited as adults.*

*During his first deployment he broke up with me for what he describes as not being his best self. He returned and presented himself as whole, happy, capable. For me this man was the ultimate guy. I mean he was charming, caring, charismatic, loving, handsome, understanding, accepting, strong and spiritually open.*

*In addition to all the history we had with one another, I felt safe. He had all the things I wanted in a husband. Even so I hesitated because of a recent painful breakup I'd gone through.*

*I told him this, saying, "I'm still struggling with some things that happened in that relationship." His response was, "I don't care about that; I'll love you through whatever you have to go through." Going against my intuition, I married this man. I was sincerely, overwhelmingly in love with my husband.*

*Now the conflict arises. I was left in charge of everything during yet another deployment, and I made some bad financial decisions. I only met our saving goal by approximately half of what we had agreed upon.*

*Then there was the bond I formed with a person of the opposite sex. No it was never physical; however it caused a tremendous amount of pain for my husband. Bear in mind my husband has been cheated on several times in previous relationships.*

*Did I intend to leave my husband for this man? Never. Did I intend to have an affair with this man? Absolutely not. However I do recognize that what it does is destroy trust and reopens wounds for my husband.*

*But two years after the fact it feels like we've made no progress.*

*He doesn't trust my judgment or opinion of anything. He doesn't include me in his decision making. We have grown more into partners or roommates than husband and wife.*

*I feel trapped. Because of my commitment to my faith, it makes it nearly impossible to leave him. I don't even know if he loves me and honestly I don't know if I love him anymore. There are times when I see glimmers of hope but they are few and far between.*

*We are currently in counseling and I thought it was helping. But in our last session he was still saying the same things he said two years ago. I am truly exhausted with this.*

*Wanting to go back, Green Ivy*

#### Dear Green,

*Ivy, Ivy, Ivy. What in the world is going on? You want to go back to what? Go back to whom?*

*Honestly, this sounds like a big mess. So you marry the man of your dreams. He has everything you want in a man, right?*

*Now you find out he has extra baggage from past relationships which by the way was fueled by your having an inappropriate "platonic" relationship with another man while he was deployed.*

*Now your husband doesn't trust you. I won't come down on you too hard because it appears that you recognize the errors of your ways, and even though nothing happened between you and the other man, it's the perception of cheating.*

*I tell both women and men if you are in a committed relationship you really have to let other friendships go.*

*You can't Facebook, Twitter, text, e-mail, call on the phone, or visit face to face. It will only lead to trouble. It's only normal to enjoy compliments and to feel desired. However, I would never attempt to become close to someone who "thinks I'm hot" or whom I know "is digging me" in a sexual way. It would be playing with fire.*

*You must continue with the counseling. Right now it appears to be about his distrust because of your interaction with another man.*

*Conversely, it's more about a lot of other things that are underneath the surface. You must discover what they are. If not, the two of you will only take the same issues into your next relationship.*

*If the current marital therapist is not helping you then find another one. Also I think you and your husband need individual counseling, too. Some therapists or counselors will try to deal with all issues by themselves. In my opinion the issues can become so jaded.*

*Lastly, I think you and your*

*husband need to try to stay together and make this work. After all, there was a 20-year period of time when you had no contact. Somehow you reconnected and got married. My opinion is to stay and work it out.*

*There's a lot more I could say on this subject. Honestly, I think there is more going on.*

### Responses to previous columns

#### Dear Ms. Vicki,

*As I read your columns I keep getting increasingly concerned about our community. Almost every article posted in our military.com newsletter is about infidelity and how these people are getting away with their ill behavior.*

*There are so many infidelity issues – husbands leading double lives with wives in different countries and the typical affairs. They threaten and manipulate their spouses from fear of losing their rank and pay. It seems like some of our own get away by cheating the system.*

*Why are these people marrying blindly or for benefits? We all know that married service members get more perks i.e. family leave pay etc. The worst part is spouses are not aware of these benefits and are not educated to understand our military benefits and various family support programs and Web sites.*

*The more I see this it tells me how unprepared they are and how making a wrong decision leads to bad long term effects on their lives.*

*"Military divorce rate is high," as people say. How much counseling do our Soldiers get about safe sex and marriage? I dare mention safe sex because our service members deal with custody issues from children out of wedlock from different installations.*

*Most of our Soldiers see counseling as weakness or social incompetence.*

*It's true, our service members are loyal to one another. But they should also be loyal to their families. They should be trained in domestic responsibility and integrity, not just in how to survive behind the lines.*

*I admire your dedication to help our military families. Thanks to you many of them can regain their self-esteem.*

#### Military Wife

#### Dear Ms. Vicki,

*I truly want to thank you for changing my life. I never thought I would make it as an Army wife. It was very hard being away from my parents and my other family and friends. Believe it or not your column has helped me deal with this deployment. I would say, "What would Ms. Vicki do?" LoL.*

*Don't stop writing, Ms. Vicki. I hope you have the opportunity to be in every newspaper around the world.*

# GET OUT!

## area events

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

### February 4

**USO Celebration** – The United Services Organization is celebrating 70 years of service 7-11 p.m. at the USO Canteen in the Ramstein Officers' Club suites 1-3. Come dressed from your favorite decade. Free admission. <http://affiliates.uso.org/Kaiserslautern/>

### February 5

**Taste of Soul** – The Heidelberg Arts and Cultural Center will host the second annual Taste of Soul black history celebration at the Patrick Henry Village Pavilion 7-11 p.m. Enjoy live music, an art exhibit, dancing, performances and a soul-food tasting. Cost is \$10 for adults, \$5 for children ages 5-12 and free for children 4 and under. Tickets: DSN 338-9418, [www.mwrgermany.com](http://www.mwrgermany.com).

**Outlet Shopping** – Take a trip to the Metzgen Outlet City and find deals on some of your favorite brands like Timberland, Nike, Hugo Boss, Miss Sixty, Calvin Klein and more. Enjoy tons of stores housed in one place. There will also be time to eat lunch and explore the city of Metzgen. <http://affiliates.uso.org/rheinmain>.

### February 6

**BOSS Super Bowl Party** - The sixth annual Better Opportunities for Single Soldiers Super Bowl Party kicks off 9 p.m.- 4 a.m. at the Kazabra Club on Vogelweh Housing. Tickets can be purchased at the One Stop Shop, Bldg. 3810, Landstuhl Post or call DSN 493-4344, civ. 0631-3406-4344.

**Super Bowl Bonanza** - Enjoy a night of Super Bowl trivia, prizes, raffles and free appetizers during the Super Bowl Bonanza hosted by the Legend's Club on Patrick Henry Village in Heidelberg Bldg.4506. DSN 388-9570 or civ. 06221-338-9570. [www.mwrgermany.com](http://www.mwrgermany.com)

### February 8

**German Baking Class** - Just in time for Valentine's Day learn how to make beautiful German cakes 9 a.m.-noon at the Vogelweh Chapel Kitchen. Prepare, bake and enjoy a variety of German baked goods. The USO will supply ingredients. Class runs from <http://affiliates.uso.org/kaiserslautern>.

**Tutankhamun Exhibit** – In 1922, the archaeologist Howard Carter discovered the burial chambers of the ancient Egyptian king Tutankhamun – an event that caused a worldwide sensation. The exhibition, on through March 20, features the world's only museum-quality replica of mankind's most fascinating tomb and its treasures. The exhibition is not designed to replace the original, but allows visitors to experi-

ence the tomb as it was and to re-live the magical moment of discovery. Expo XXI - Expocentre, Gladbacher Wall 5, 50670 Cologne. [www.tut-ausstellung.com](http://www.tut-ausstellung.com).

### February 10

**Snow and Fun** – Sign up by Feb. 10 for the German-American and International's winter youth trip in Benediktbeuern March 4-7 for youth ages 14-18. Benediktbeuern is in the alpine upland of Bavaria and home to a famous monastery founded in 739. Today it is a college. During the day there will be optional sports or a cultural and nature program is offered. Fee includes transport, lift ticket, program, meals, lodging and insurance. [Gudrun.westing@freenet.de](mailto:Gudrun.westing@freenet.de).

### February 11

**Picasso at the Lapin Agile** – Picasso at the Lapin Agile known as "Steve Martin's comedy" will be performed 7:30 p.m. Feb. 11-12, 18-19, 25-26 at KMC Onstage, Bldg. 3232, on Kleber Kaserne. Tickets: DSN 483-6626, civ. 0631-411-6626.

### February 12

**Wine and Cheese Tour**– Experience the fine wines of the Neckar Valley in romantic Heidelberg. Restaurant Sudpfanne, is a traditional restaurant in the old town, a few steps from the central market square and the old bridge. Fee includes a guided tasting-tour of six Neckar Valley wines, accompanied by locally produced cheeses and followed by a two-course dinner. <http://affiliates.uso.org/rheinmain>.

**Der Teesalon Mannheim**-Der Teesalon (English Tea Room), Mannheim is a pretty venue which is known as the British Tea House. Enjoy a cup of tea or a homemade scones, perfect for those who fancy trying out the British tradition of afternoon tea. There's also a large variety of coffees, pasta, snacks, chocolates, sandwiches and even fine whiskeys if you prefer something a little stronger. The Teesalon is at M3 7, 68161 in Mannheim. Civ. 06213709497. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Paris** – Enjoy a day-long excursion to the city of romance – Paris – just in time for Valentine's day. During the tour you'll have a chance to sightsee, shop and sample some of the city's famous cuisine. You can also marvel at the City of Lights and its river banks on an evening boat cruise on the Seine River. <http://affiliates.uso.org/Kaiserslautern>.

### February 18

**Chocolate** – What could be more tempting than chocolate? If you're interested in learning more about chocolate, visit the special exhibition "Schokoladen-Welten"

at the Museum im Schweizer Hof in Bretten. There you'll learn more about the history of the cocoa bean and how it found its way to Europe. A real chocolatier will demonstrate the art of crafting chocolate goodies such as Easter bunnies and Santa Clauses. Samples are included and admission is free. The museum is open 11 a.m. to 6 p.m. every Saturday, Sunday and on German holidays, through April 25.

### February 19

**Belgium Overnight** – Travel to Belgium for sight seeing, shopping and chocolate during a visit Brugge and Brussels, two bustling cities. <http://affiliates.uso.org/rheinmain>.

**Art Exhibit** – The Heidelberg Arts and Cultural Center opens Andrew Washington's exhibit "The World is my Canvas: Celebrating Black History Month" 7 p.m. at the center on Patrick Henry Village in the Village Pavilion. Washington has appeared in the AFN feature "Painter in the Park" by AFN reporter, Michelle Michaels. 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.uso.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.uso.org/rheinmain>.

### 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](http://www.worldticketshop.com).

### 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 is offered including Renee Walker, the Freddy Wonder Combo, the Rocky Horror Picture Show on screen and as the "Time Warp". The club Havana located next to the Stadthalle invites to disco dancing until dawn. Tickets can be purchased at the USO Heidelberg on the Shopping Center Kaserne, downtown at Zigarren Grimm on the Bismarckplatz, [www.ticketonline.com](http://www.ticketonline.com) or ticket hotline 01805-447-0777.

# coming to THEATERS

## BURLESQUE

(Cher, Christine Aguilera) Ali is a small-town girl with a big voice who escapes hardship and an uncertain future to follow her dreams to Los Angeles. Stumbling upon The Burlesque Lounge, Ali lands a job as a cocktail waitress from Tess, the club's proprietor and headliner. Ali builds a friendship with a featured dancer, finds an enemy in a jealous performer and gains the affection of Jack, a bartender and fellow musician. With the help of the stage manager and host, Ali makes her way from the bar to the stage. Her spectacular voice restores The Burlesque Lounge to its former glory. The Burlesque Lounge to its former glory. Rated PG-13 (sexual content including suggestive dance routines, partial nudity, language and some thematic material) 119 minutes.



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Feb. 3 - NO STRINGS ATTACHED (R) 7 p.m.  
Feb. 4 - THE RITE (PG-13) 7 p.m.; BURLESQUE (PG-13) 9 p.m.  
Feb. 5 - BURLESQUE (PG-13) 4 p.m.; THE RITE (PG-13) 7 p.m.;  
THE NEXT THREE DAYS (PG-13) 9 p.m.  
Feb. 6 - BURLESQUE (PG-13) 4 p.m.; THE NEXT THREE DAYS (PG-13) 7 p.m.  
Feb. 7 - BURLESQUE (PG-13) 7 p.m.  
Feb. 8 - THE RITE (PG-13) 7 p.m.  
Feb. 9 - THE NEXT THREE DAYS (PG-13) 7 p.m.  
Feb.10- THE RITE (PG-13) 7 p.m.

### Mannheim, Schuh

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

### Vogelweh, Galaxy

Feb. 4 - THE NEXT THREE DAYS (PG-13) 7 p.m.  
Feb. 5 - BURLESQUE (PG-13) 4 p.m.; NO STRINGS ATTACHED (R) 7 p.m.;  
Feb. 6 - NO STRINGS ATTACHED (R) 4 p.m.

### Ramstein, Gateway Movieplex

Feb. 3 - MARMADUKE (PG) 11 a.m., 2 p.m., 5:15 p.m., 7 p.m.;  
HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 11:30 a.m., 3 p.m.,  
6 p.m.; UNSTOPPABLE (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.  
Feb. 4 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 9:45 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.;  
THE NEXT THREE DAYS (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Feb. 5 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 9:45 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.;  
THE NEXT THREE DAYS (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Feb. 6 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
THE NEXT THREE DAYS (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Feb. 7 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;  
THE NEXT THREE DAYS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
Feb. 8 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;  
THE NEXT THREE DAYS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.  
Feb. 9 - THE RITE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;  
THE NEXT THREE DAYS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.  
Feb.10 - UP (PG) 11 a.m., 2 p.m., 5:15 p.m.;  
BURLESQUE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.  
THE NEXT THREE DAYS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;  
STANDING OVATION (PG) (studio appreciation – free showing) 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](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### NCO Induction

The 7th Theater Tactical Signal Brigade will host a Brigade NCO Induction Ceremony at 1:30 p.m. Feb. 4 at the Schuh Theater in Mannheim. DSN 385-2270.

### Technology Expo

Technology solutions will be presented at expositions in Heidelberg and Kaiserslautern. The 43rd Signal Battalion will host a Technology Expo 10 a.m.-2 p.m. Feb. 10 in the Casablanca Room on Campbell Barracks in Heidelberg. USAFE/A6 will host its Winter Technology Expo 10 a.m.-2 p.m. Feb. 11 at the officers club on Ramstein. Exhibits include military and Homeland Security equipment, business intelligence and data warehousing, Internet platforms and Web services, training and distance learning, information assurance and security, consulting and systems integration, signal analysis, video and multimedia presentation, computers and networking equipment and decision support systems. Register online at [www.federaevents.com](http://www.federaevents.com). For the Heidelberg expo, click "Campbell Barracks" and for the Ramstein expo, click "Ramstein." Then click "To Attend."

### EEO and Sexual Harassment

There will be Equal Employment Opportunity and sexual harassment training 1-3 p.m. Feb. 16 at the Community Training Center on Patton Barracks in Heidelberg Bldg. 104. This training is required for every civilian employee and any military or local national who supervises civilian employees. Employees must have the classroom training every other year and the online version on the alternating year. [http://www.bw.eur.army.mil/training\\_security.html](http://www.bw.eur.army.mil/training_security.html). Additional class dates are: March 16, April 20, May 18, June 15, July 20, Aug. 17 and Sept. 14. Reservations: DSN 373-5494.

### Unit Victim Advocate

A 40-hour Unit Victim Advocate training series will be held 8 a.m.-5 p.m. Feb. 22-25 and 28 at the Mannheim USO, Bldg. 254 in the ballroom. Reservations and UVA appointment orders are required. DSN 385-3336, civ. 0621-730-3336.

## local EMPLOYMENT

### ACAP Counselor

The Army Career and Alumni Program is seeking a part-time ACAP Counselor in Heidelberg. Applicants must have a master's degree, be computer literate and have a minimum of two years experience in job assistance, career or employment counseling, teaching or training. DSN 370-7545, civ. 06221-57-7545.

### Mystery Shopping Program

Help make a difference in your community and the programs offered there by taking part in the Family and MWR Mystery Shopping Program. Work with BARE International to perform customer service reviews and become a paid mystery shopper. E-mail [garrisonservices@bareinternational.com](mailto:garrisonservices@bareinternational.com), [www.mwrgermany.com](http://www.mwrgermany.com).

### NAF Employment

Looking for a job? Family and Morale, Welfare and Recreation wants you. Visit [www.mwrgermany.com](http://www.mwrgermany.com) and click on NAF employment to find the job you've been searching for.

### KAISERSLAUTERN

#### Education

♦ **ACS Classes** – Beginner English as a Second Language for adults 9:30 a.m. Feb. 7 and 14; Intermediate English as a Second Language for adults 9:30 a.m. Feb. 4 and 11; Bank Account Management 1-3 p.m. Feb. 8. All classes are at ACS Bldg. 2891 on Pulaski Barracks. DSN 493-4332, civ. 0631-3406-4332.

♦ **More Classes** – Anger Management Classes 11 a.m. Feb. 7 or 3 p.m. Feb. 9; Credit Report Workshop 10-11 a.m. Feb. 8; Stress Management, 4 p.m. Feb. 9 or 16. All classes are in Bldg. 2917 on Pulaski Barracks. DSN 493-4332, civ. 0631-3406-4332.

♦ **Your Money** – Successful Money Management 11 a.m. Feb. 9; Thrift Savings Plan and You 1:30 p.m. Feb. 9; Credit and Debt Management 9-10:30 a.m. Feb. 9. All classes are in Bldg. 3109 Kaiserslautern Community Activity Center on Deanner Kaserne. DSN 493-4151, civ. 0631-3406-4151.

♦ **C.A.U.S.E. Support Group** – Join Army Community Service and Autism Consultant Chuck York 6-7:30 p.m. Feb. 8 for an interactive discussion at Vogelweh Elementary School on Vogelweh Housing.

♦ **Diabetes Forum** – Get smart about successful ways for children and teen to live with diabetes and how to prepare healthy foods at a free forum 6-7:30 p.m. Feb. 16 in Bldg. 2891 on Pulaski Barracks. DSN 493-4091, civ. 0631-3406-4091, [www.mwrgermany.com](http://www.mwrgermany.com).

#### Community

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

♦ **Family Bingo** – Stop by the Kazabra Club on Vogelweh Housing, Bldg. 2057, 3-6 p.m. Feb. 6 for bingo and a coloring contest for the kids with free hot dogs, soft drinks and prizes. DSN 489-7261, civ. 0631-536-7261, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **CFAC Meeting** – Cards For A Cause Club will meet 11 a.m.-4 p.m. February 7th at the Woodlawn Golf Course on Ramstein to make blank cards and small projects for Wounded Warriors and traveling Soldiers to send to family and friends. Everyone is invited to help. \$5 materials fee. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. Feature dates are March 7 and April 4. [pejachowski@juno.com](mailto:pejachowski@juno.com).

♦ **EDGE and Education** – The EDGE, Experience, Develop, Grow and Excel, education program offers classes for youth in grades 6-12 on preparatory resources 4-6 p.m. Feb. 7, 14, 28 and March 7 at Kaiserslautern Library, Bldg. 3810, on Landstuhl Post. DSN 493-4516 or Civ. 0631-3406-4516.

♦ **Mardi Gras** – Celebrate Mardi Gras New Orleans style 9 p.m.-2 a.m.

# ANNOUNCEMENTS

Feb. 11 at Armstrong's Irish Pub on Vogelweh Housing. Civ. 0631-354-9986, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Blood Drive** – The American Red will conduct a blood drive 9:30 a.m.-2 p.m. Feb. 14 at the Fitness Center on Ramstein and 9 a.m.-2 p.m. Feb. 15 in the Kleber gym on Kleber Kaserne, Bldg. 3235. Appointments: [www.militarydonor.com](http://www.militarydonor.com). DSN: 483-8702, civ. 0631-411-8702.

♦ **Auditions** – Adults 18 and older can try out for "Doubt, a Parable" 7 p.m. Feb. 15-16 at KMC Onstage on Kleber Kaserne, Bldg. 3232. DSN 483-6626, civ. 0631-411-6626.

♦ **AGBC Meeting** – Register by Feb. 17 for the Kaiserslautern American German Business Club membership meeting 6:30 p.m. Feb. 24 at the Hotel-Restaurant Rosenhof, Am Koehlwaldchen 16, 66877 Ramstein. [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

♦ **Parents Night Out** – Mark your calendars for a night out. The Parents Night Out schedule is now available online at [www.mwrgermany.com](http://www.mwrgermany.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 meets 10 a.m.-6 p.m. Fridays at the Kapaun Chapel Annex.

### HEIDELBERG

#### Education

♦ **ACS Classes** – Intro to MS Word 9-11 a.m. Feb. 7-8; FRG Funds Manager Training 2:30-4 p.m. Feb. 8; Federal Web-Based Application (Resumix) 9-11 a.m. Feb. 9; Volunteer Orientation 10-11 a.m. Feb. 9; Active Parenting Now (three sessions) 2-4 p.m. Feb. 9, 16 and 23; Financial Readiness Training 9 a.m.-1 p.m. Feb. 10; Working in Teams for WTUS 10 a.m.-noon Feb. 10, Nachrichten Kaserne, Bldg. 3622, Company B conference room; EFMP Teen Social is held 7-9 p.m. the first Friday of the month at the Panther's Place on Patrick Henry Village.

♦ **Red Cross** – The American Red Cross will offer a CPR and AED Adult class plus Child and Infant CPR and Standard First Aid 8 a.m.-5 p.m. Feb. 13. Prepayment of \$45 is required by Feb. 9. DSN 370-1760, civ. 06221-57-8711.

♦ **Community**

♦ **Why Catholic** – Sessions of "Why Catholic? A Journey through the Catechism" takes place January 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.

♦ **Clothing Drive** – The Kontakt Club and Better Opportunities for Single Soldiers are teaming up to

hold a clothing drive for two local homeless shelters. Donations will be accepted 11 a.m.-4 p.m. Feb. 5 in front of the Patrick Henry Village Chapel. Sleeping bags, blankets, long underwear, warm clothes, shoes and boots are needed. DSN 373-5275, civ. 0171-537-8380.

♦ **Super Bowl Party** – Master Sergeants of Europe will host a Super Bowl 45 party in the Casablanca Room on Campbell Barracks starting 11 p.m. Feb. 6. Enjoy free popcorn, hot dogs, giveaways sponsored by the USO, music and an NFL pre-game Super Bowl 44 video. DSN 370-6003, civ. 06221-57-6003.

♦ **Super Bowl Parties** – Watch the history of NFL before the Super Bowl 9 p.m. Feb. 6 at Slapshots on Patton Barracks. DSN 373-5194, civ. 06221-17-5194. Or head over to Patrick Henry Village at 9:30 p.m. for a party at Legends. DSN 388-9570, civ. 338-57-9570.

♦ **Mars versus Venus** – Child, Youth and School Services teen program will host a Mars versus Venus event 5-7 p.m. Feb. 10 at the Lion's Den on Patrick Henry Village. DSN 388-9003, civ. 06221-338-9003, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Theater Auditions** – Auditions for "On the Verge" will be held 7 p.m. Feb. 15-16 at the Roadside Theater on Patton Barracks. The show calls for three women and one man over the age of 18. No experience is required. DSN 373-5020, [www.roadsideheater.com](http://www.roadsideheater.com).

♦ **Town Hall Meeting** – The next U.S. Army Garrison Baden-Württemberg Town Hall meeting will be 6 p.m. Feb. 16 at the Patrick Henry Village Pavilion.

♦ **Right Arm Night** – A right arm night will take place 5-7 p.m. Feb. 17 at Legends on Patrick Henry Village. Bring your coworkers out for a fun happy hour with finger food. DSN 388-9570, civ. 06221-338-9570, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Spouses Club Scholarships** – High school seniors may apply through Feb. 16 for \$1,000 scholarships awarded by the Heidelberg Community Spouses Club for the best essay submitted. Applications: [www.hscs-heidelberg.com/scholarship](http://www.hscs-heidelberg.com/scholarship), or [scholarship@hscs-heidelberg.com](mailto:scholarship@hscs-heidelberg.com).

♦ **Cheap Eats** – Join BOSS at 6 p.m. Feb. 16 at BOSS headquarters on Patton Barracks and learn how to make cheap, delicious, easy, and healthy meals. DSN 373-5275, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Cosmic Bowling** – Late Night Cosmic returns to the Bowling and Entertainment Center 10 p.m.-1 a.m. Feb. 17 on Patrick Henry Village. DSN 388-9040, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **BOSS Trip** – Escape to Laax-Films Feb. 18-21. \$229 includes round trip for skiing, snowboarding, lodging

and breakfast. Call Heidelberg Outdoor Recreation to reserve a space. DSN 388-9282, civ. 06221-338-9282.

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

♦ **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.mwrgermany.com](http://www.mwrgermany.com).

### MANNHEIM

#### Education

♦ **ACS Classes** – Intro to MS Power Point 10 a.m.-noon Feb. 4; Effective Management of Volunteers 1:30 p.m. Feb. 9; FRG 101, 1-3 p.m. Feb. 7; Anger Management 1-3 p.m. Feb. 8; FRG Key Caller and POC Training 9-10:30 a.m. Feb. 10; Green Baby Group meets 1-2:30 p.m. the first Wednesday of the month; Mommy and Me Signing class meets 3-4 p.m. Tuesdays. All classes are at ACS in Bldg. 251 on Sullivan Barracks unless noted.

#### Community

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

♦ **Super Bowl Parties** – The Top Hat Club hosts a Super Bowl Party featuring large-screen TVs and pre-game activities 9 p.m. Feb. 6. The Warrior Zone on Coleman Barracks will air the Super Bowl live but bring your own food and beverages as the kitchen and bar will be closed.

♦ **Tell Me A Story** – Reserve space by Feb. 7 for the Parent to Parent Tell Me a Story event 3-5 p.m.

Feb. 13 at Mannheim Elementary School featuring Heidelberg Allied Forces Commander Lt. Gen. John W. Morgan III reading "More Than Anything Else," a story about Booker T. Washington and his desire to read. Each family attending receives a copy of the book and activities and snacks are provided. Reservations: [ptop.heidelberg@militarychild.org](mailto:ptop.heidelberg@militarychild.org).

♦ **Iron Chef Soup Cook Off** – Parents can team with children in the Iron Chef Homemade Soup cook-off Feb. 7-11. The three-day event includes choosing the recipe, practicing and the final challenge. Interested participants and volunteer judges should contact the middle school Teen Center. DSN 380-4864, civ. 0621-730-4864, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **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.



Photos by Wray Holan

Above, Chris Cuthbert out-muscles Bamberg players during Saturday's game in Heidelberg. Cuthbert led the Lions with 12 rebounds and three steals in Saturday's victory. The Lion boys split their matchup against Bamberg, rebounding from a 56-46 defeat Friday to hand Bamberg, 6-1, 4-1, their first loss of the season in a 67-47 victory. Right, Aileen Donnelly shows why the Lady Lions proved too tough for their opponent as they held Bamberg's girls to a total of 28 points in 45-14 and 51-14 victories Friday and Saturday. The Lady Lions remain undefeated in Region III play with an 8-0 record and are 9-1 overall.

# Heidelberg Basketball



Ken Robinson

# Ice Hockey

Kaiserslautern Eagles Defenseman Brian O'Connor, right, of the 86th Medical Squadron at Landstuhl Regional Medical Center defends the puck against Dean Parsons of the Geilenkirchen Flyers during the U.S. Air Forces in Europe Ice Hockey Championship in Garmisch-Partenkirchen Jan. 20-22. The Eagles won the championship, taking the title for the third consecutive year and overcoming nine other teams in the tournament. The team is part of the Army, Air Force, Adler Alliance, [www.adleralliance.com](http://www.adleralliance.com).

## staying ACTIVE

### Wrestling

Heidelberg and Mannheim high schools wrestling teams compete 10 a.m. Feb. 5 at home and 10 a.m. Feb. 12 in Vilseck.

### Community Basketball

Upcoming unit-level basketball games scheduled at the Patton Barracks Fitness Center in Heidelberg are 4th Air Support Operations Group vs. 43rd Signal at 6:30 p.m. and MEDCOM vs. U.S. Army Garrison Baden-Württemberg at 7:30 p.m. Feb. 7. Games played on Feb. 9 are MEDCOM vs. 4th ASOG at 6:30 p.m. and NATO vs. USAG BW at 7:30 p.m. DSN 373-6110, civ. 06221-17-6110.

### Little League Officials Clinic

Veteran Umpire Jack Conway will again conduct this year's Little League baseball and softball officials clinics in Germany and Italy. The clinic in Germany will be 11 a.m.-6 p.m. Feb. 7-11 at Tompkins Barracks in Schwetzingen, Bldg. 4233. The certification schedule is 9 a.m.-6 p.m. Feb. 8-10 with training 9 a.m.-1 p.m. Feb. 11. The clinic teaches participants how to become officials or clinic instructors for Child, Youth and School Services and provides follow up clinics at local garrisons. DSN (314) 379-6038, civ. 06202-80-6038.

### Heidelberg High School Basketball

Heidelberg girls and boys basketball teams play at home Feb. 11-12 against Patch. On Feb. 11 - Junior varsity girls play at 4 p.m., JV boys play at 5:30 p.m., varsity girls play at 7 p.m. and varsity boys play at 8:45 p.m. On Feb. 12 - JV girls play at 10 a.m., JV boys play at 11:30 a.m., varsity girls play at 1 p.m. and varsity boys play at 2:45 p.m.

### Soccer Coaches Needed

The Kaiserslautern Officials Association is looking for soccer officials for the upcoming high school season. KOA president and soccer commissioner Gerd Backhaus will conduct a rules and methods clinic 10 a.m. Feb. 12 at Youth Services, Bldg. 3701, on Landstuhl Regional Medical Center. The high school soccer season runs from mid-March to the end of May. Interested athletes with some soccer experience (male or female) who are fit, reliable and motivated to help kids succeed in this sport should contact DSN 484-7133, civ. 0173-301-3015.

### Kaiserslautern Youth Sports

Starting Feb. 15, youth ages 8-15 can sign up for track and field, tennis, bowling and golf; youth 7-15 can sign up for indoor rock climbing and youth ages 4-15 can sign up for T-ball, softball, or baseball. Interested participants must currently be enrolled with Child, Youth and School Services. Register at Parent Central Services, Bldg. 2898 on Pulaski Barracks, or online at <https://webtrac.mwr.army.mil>.

### Heidelberg Softball Players

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

### Mannheim Aerobics

Sullivan Gym Fitness Center in Mannheim has workouts for everyone including Special Mix 6-7 a.m. Mondays for total body conditioning and Pilates 7-8 p.m. Wednesdays, the ultimate workout to strengthen, lengthen and tone. DSN 385-2001, civ. 0621-730-3149.

### Zumba at Landstuhl, Kleber

Family classes are 11 a.m.-noon Mondays and Wednesdays at the Landstuhl Fitness Center. DSN 486-7172, civ. 0631-86-7172. Adult classes are 11:45-12:45 p.m. Tuesdays and Thursdays at the Kleber Kaserne Fitness Center. DSN 483-7610, civ. 0631-411-7610.

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## BAZAAR

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worked side by side to collect donations from citizens in front of the Rosengarten.

Volunteers take the thousands of boxes or bags of clothes, toys, household items, books or even jewelry downstairs into the Variohalle of the Rosengarten.

Although donations are collected for only two days, the helpers work an additional two days to sort through the piles of donated items.

"We have to open each box, look at each piece, decide whether or not it is in good condition and sellable, and then we take that item to the appropriate booth," said Barbara Unnewisse, who volunteers at the glassware booth.

"I think we probably get over 4,000 glassware items alone, and some of them are very nice, even valuable," Unnewisse said.

Behind the booths, helpers decorate the shelves with porcelain and figurines, fold tablecloths and curtains, stack games and toys and store items in boxes that will be brought out as space frees up during the sale.

On opening day, Penny Bazaar bargain hunters wait in line to enter the Variohalle.

The chaos of previous days transforms the hall into a big shopping mall where you can find a vast variety of goods ranging from souvenirs to everyday necessities.

Prices are so low that most shoppers leave the bazaar



Boxes full of donated goods fill the Rosengarten Variohalle in Mannheim indicating the large amount of donations the German-American Women's Club receives for the giant sale today, tomorrow and Monday.

K.R. Pinkston

with several big bags stuffed to the top.

"We don't have set prices," said Christine Mueller, bazaar chairperson. "Whatever you can give, we take."

"I always say that the Penny Bazaar brings triple joy – joy to the giver who cleans up some space at home, joy to the shopper who finds a bargain and joy to the many organizations that we support."

The German-American Women's Club, a non-profit organization, uses the proceeds of each year's Penny Bazaar to support numerous organizations such as local orphanages, food kitchens, shelters or student associations.

**Opening times of this year's bazaar are 11 a.m.- 6 p.m. today and tomorrow and 10 a.m.- 2 p.m. Monday.**

Opening times of this year's bazaar are 11 a.m.-6 p.m. today and tomorrow and 10 a.m.-2 p.m. Monday.

Parking is available under the Water Tower (Wasserturm).

The bazaar is held under the auspices of Brig. Gen. Jeffrey G. Smith, Jr. and Mannheim Lord Mayor Dr. Peter Kurz.



Charles Griffin and Helga Zinsser accept donations from citizens in front of the Rosengarten in Mannheim.

K.R. Pinkston

## BAKERY

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Paschke, general manager. "Our customers are getting a fresh product and they're getting the same product as they would in the states."

A team of 90 bakers and 16 mechanics man the bakeries' eight sections, monitoring, mixing, sorting and decorating the dozens of baked goods produced inside the plant.

"I love the bakery, it's my baby," said Mathias Baum, bakery manager. "In a normal bakery, in the U.S. or Europe, most bakeries produce 10 or 15 line items but we produce over 200 line items. Wonder Bread ... Miltons ... there are so many. You will find no other bakery that has the approval to produce all these products in one place," he added. "You need a lot of knowledge to do that and you can only do that with a great team."

Bakers work in shifts from mid-

night-3 p.m. Monday-Friday and on U.S. and German holidays if necessary. Afterwards, a sanitation and maintenance crew comes in to clean and prep the plant for the next day's operations.

The smells of cinnamon, fresh-baked bread and apple-filled pastries baking in a nearby oven, waft through the plant providing a pleasantly intoxicating aroma. Hamburger buns glide down a conveyor belt awaiting a fresh sprinkling of sesame seeds and miniature donuts plunge into a golden hot-oil bath to be followed by a dip in powdered sugar. Baum expertly rattled off the long list of products produced here: bagels, pizza crust, cup cakes and garlic bread.

But even he found it difficult to choose his favorite from the list. "I like so much ... I like the muffins, I like Milton's bread and the walnut cookies. I think they're unbelievable. If I have one box, I have to eat it until its

empty," Baum said.

Each day the plant produces more than 200 varieties of fresh baked goods such as Wonder Bread and Cinnabon rolls. It also provides a variety of breads to restaurants like Burger King, Macaroni Grill, Johnny Rockets, Popeyes, Anthony's Pizza and Chili's.

Each product is identical to the ones service members, Department of Defense civilians and their families find in the United States – right down to the packaging, recipes and ingredients.

Inspectors from Germany and the United States routinely visit the plant to ensure all products meet U.S. and German health regulations and that recipes are followed exactly. There is also a quality assurance lab on site responsible for taking daily samples.

Last year the plant shipped more than 8 million pounds of baked goods to their customers in Germany, Italy,

The next edition of the Herald Post will feature the Culligan Water Plant.

Turkey, Africa, Iraq and Afghanistan.

Ninety percent of the ingredients, such as flour, are imported from the United States but sugar and some packing materials are acquired locally.

Last year the bakery produced 3.2 million loaves of bread, 625,000 cookies, 1.8 million donuts, 72,000 cakes and nearly 20 million buns.

"We like what we do and we want you to enjoy our products," Baum said.

The Grünstadt Depot was built in 1953. It also houses the Culligan drinking water plant and a cold storage facility.

The depot is on Kircheimer Strasse 104, 67269 in Grünstadt, just off of Autobahn 6. To schedule a tour of the bakery or the water plant, call civ. 06359-808103.