

HeraldPOST

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

HP THURSDAY
March 3, 2011

Speed Read

AFAP ISSUES

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European tournament of champions

Heidelberg wins cheer, basketball; Mannheim wins cheer Spirit award

By Donna Walker

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

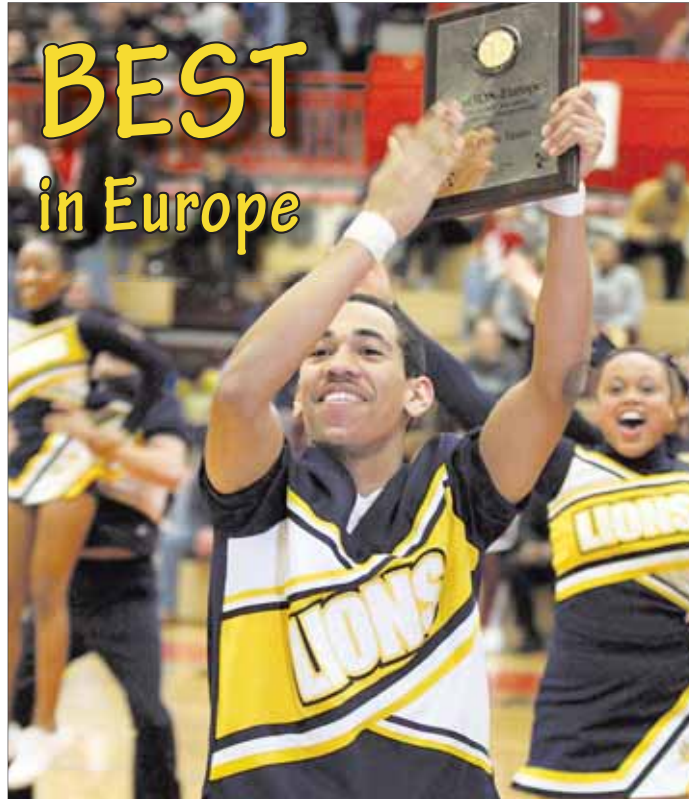
Heidelberg boys basketball team and the Lions cheer squad are the best in Europe, titles they decidedly earned Saturday at the end of four days of games held in Mannheim and Heidelberg for the Department of Defense Dependents Schools Europe Tournament of Champions.

The event marks the end of Mannheim's involvement in the tournament. Another community will host the games next year when the Mannheim garrison closes in May.

Mannheim took home the 2011 Spirit Award in cheerleading, a fitting and timely recognition.

"All of our community members and especially our students, have shown a tremendous sense of pride in Mannheim which has given the tournament an incredible energy for years," said U.S. Army Garrison Mannheim Commander Lt. Col. Lisa Griffin.

see CHAMPS page 12



Wray Holan

Bryce Jackson hoists the first place plaque earned by the Heidelberg High School Cheer Squad Saturday in Mannheim. HHS boys basketball team also took top place in the division I contest Saturday winning over Ramstein 73-51. DODDS Europe hosted the six girls and boys division championship games at the Sports Arena on Benjamin Franklin Village while the cheerleading competition was held at the MWS Halle am Herzogenried in Mannheim. See more on page 17.

1,089 athletes and coaches
64 basketball teams
26 cheer teams
1,280 spectators



U.S. Army

Soldiers from the 66th Transportation Company, 39th Transportation Battalion, prepare a rail car for loading Feb. 4 in Baumholder, Germany, by using blocking and bracing techniques.

66th moves them out

By Capt. Joseph Hall
39TH TRANSPORTATION BATTALION

The 66th Transportation Company is the unit to call when preparing to deploy.

The Soldiers of 1st Platoon, 66th Transportation Company, 39th Transportation Battalion, 16th Sustainment Brigade, have been responsible for conducting the in-theater staging area missions for units deploying from the Kaiserslautern, Baumholder, Heidelberg

and Wiesbaden communities.

The ISA team is responsible for ensuring equipment, containers and vehicles pass inspection for onward movement to Operation New Dawn and Operation Enduring Freedom.

Since August, the team has conducted ISA operations for the 470th Heavy Brigade Combat Team, 184th Artillery Regiment, 28th Infantry Regiment and the 24th

see MOVING OUT page 12

Defense Details

50/20 CELEBRATION

U.S. troops participated in a huge parade in Kuwait Saturday celebrating 20 years since its liberation during Operation Desert Storm. The 50/20 Parade also celebrated 50 years of that nation's independence. Central Command and the 3rd U.S. Infantry Regiment "The Old Guard" provided 300 troops in support of the parade. In addition, more than 50 ground and air assets participated. Ground tactical vehicles included Abrams, Bradleys, Paladins and Humvees. Aircraft included UH-60 Black Hawks, the C-130 Hercules, the E-6 Joint Stars, the KC-135 Stratotanker and various fighter planes.

www.defense.gov

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LEGAL ASSISTANCE

Is ex-spouse entitled social security benefits?

Patton Law Center

During a divorce, many spouses, particularly those who been out of the workforce because of a requirement to raise children, want to understand how social security benefits are divided upon a divorce.

Unlike military retired pay and other marital assets, U.S. courts do not consider social security payments to be marital property and thus do not divide them during a divorce.

However, it is possible for a divorced spouse to file for social security benefits directly from the Social Security Administration in certain situations.

A person can receive benefits as a divorced spouse on a former spouse's social Security record if he or she:

- 1 Was married to the ex-spouse at least 10 years
- 2 Is at least 62 years old
- 3 Is unmarried
- 4 Is not entitled to a higher social security benefit on his or her own record

In addition, the former spouse must also be entitled to receive his or her own retirement or disability benefit. If the former spouse is eligible for a benefit, but has not yet applied for it. The divorced spouse can still receive a benefit if he or she meets the eligibility requirements above and has been divorced from the former spouse for at least two years.

Generally, benefits cannot continue to be paid if the divorced spouse remarries someone other than the former spouse.

It is also possible for a surviving divorced spouse to receive benefits on the Social Security record of a former spouse who died fully insured.

There are some restrictive rules that apply to this situation.

If you would like information or an estimate of the benefit you may receive as a divorced spouse, you can contact the Social Security Administration directly, www.ssa.gov.

The Federal Benefits Unit at the American Consulate in Frankfurt can also provide information, or the nearest legal assistance office can assist.

HEALTH ADVICE

Be a friend: Help one to quit smoking

By **Kristen Marquez**
HMEDDAC PUBLIC AFFAIRS

Deciding to quit using tobacco products is a big step for anyone who smokes or who uses smokeless tobacco. So how can you best help those who may be thinking about taking on this challenge?

If you know someone who has decided to take this step, there are ways that you can be a big help – even if you've never smoked or used tobacco yourself. Remember, these tobacco users could be dealing with the effects of giving up an addiction that may have lasted many years.

According to www.ucanquit2.org, helping someone quit smoking or dipping can be summed up in a simple four-step process.

1. **Thinking about quitting**
 - Quitting needs to be their decision, not anyone else's, so it is important to be supportive but not pushy.
 - Choose the right time to be encouraging. The most opportune times are when they bring it up themselves.
 - Don't give up or get frustrated. Give them the time they need.

2. **Preparing to quit**
 - If you also use tobacco, consider quitting with them. Having a "quit buddy" can be a huge motivator, similar to a workout buddy to help keep you accountable.
 - Help them pick a quit date that is right for them, and then help them stick to it.
 - Suggest medications or professional support to help them along the way. Doing a little bit of research on the effects of nicotine withdrawal could arm you with knowledge to help fight cravings in tough times.

- Help them remove all tobacco-related products from their home and car.
- Encourage them to tell as many people as possible about their goal of quitting. The more support they receive, the better.

3. **Quitting**
 • Compliment them on their efforts. Positive feedback is a big help and always appreciated. Have they considered a reward system for themselves? Rewards can help make it past everyday obstacles instead of just the big milestone at the end.

- If you use tobacco products, don't use them in front of your friend who is trying to quit.
- Spend time having fun! Try to avoid places that may encourage them to use tobacco, but participating in physical activities or playing games can really help. Going for a walk, fixing a healthy snack or encouraging them to start a quit journal or blog will make them feel better.
- Be understanding. Setbacks are not failures – they are just part of the process.

4. **Staying Quit**
 • Celebrate successes with them. Every tobacco-free milestone can be a reason to celebrate.

- Remember that for many people, quitting completely can take several attempts over time. Be ready to offer nonjudgmental encouragement and support.

Encouraging your friend to check out resources available can also be a good idea. Army Wellness Centers offer tobacco cessation classes that can help every step of the way.

On www.ucanquit2.org, live help is available 24/7 via a chat service with tobacco quit coaches.



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

DISCUSSION BOARD

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

Question: Over the past few weeks many of you have voiced concerns on everything from dog poo to speeding on post. What realistic solutions do you recommend for fixing these community problems? Tell us how you would do it and why?

"Not sure. When I called housing about this same issue I was told short of photos of offending dogs with

owners there was nothing they could or would do. So I posted a warning on every door in my area of MTV that if I saw you I would send a photo to housing. Bottom line some people are lazy and don't care - not much you can do about that."

– Daniel Colling, BWnow Facebook fan

"I would have signs stating how much a fine would be if caught not picking up their dogs poo ... and have

other signs to keep their dogs away from parks ... every time I take my kids to the park, there is always poo in it, or some other little kids warning me about a dog just pee'd on that toy house, swing, etc."

– Delores May Isaak, BWnow Facebook fan

"Perhaps talking directly to the person that has made the offense, might help rectify the problem ...

– Amy Adolph, BWnow Facebook fan



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AFAP Army Family Action Plan

Delegates prioritize issues at AFAP conference

13 issues rise to top, others to be resolved, too

Staff Report

Work groups at the Heidelberg and Mannheim Army Family Action Program conference, held Feb. 15-17 in Heidelberg considered over 60 issues before presenting 13 of them as those with top priority.

Five groups steadily studied all the concerns about the local communities including services, programs and community life in general.

"AFAP is one of the Army's most effective tools to manage change and to improve the well-being of all who work for and support the U.S. Army, said Mari Haley, AFAP program manager.

The issues that didn't make it into

the top 13 group will not be forgotten.

"The other 40-plus issues will be discussed in quarterly meetings with the commander until they are resolved," Haley said.

The issues that were chosen will either be worked toward resolution at the local level or forwarded to the major command level for resolution.

At the Installation Management Command conference, the issues are prioritized once again and then sent on to the annual Department of the Army conference, where serious issues are sometimes brought before legislature. The outcome of all of these issues will be posted on the ACS web site in the future.

The top 13 issues presented were:

- Childcare pre-registration at a gaining installation's Child, Youth and School Services so that child care is more immediately available.
- Transportation costs for pet relocation are high which often forces families to abandon pets during moves.
- After duty lack of transportation for

service members who live on post.

- Host nation IP addresses for service members who live on post mis-identify theirs as non-U.S. addresses and therefore deny access to many U.S.-provided online services.

- Lack of healthy food options at Exchange facilities.

- Cost of buying transformers or compatible appliances when moving into overseas government housing is inequitable among those with 220V-only units and those with 110V.

- Covered bicycle racks are unavailable in many housing areas.

- Unawareness of Exceptional Member Family Program for newly identified dependents.

- Lunch programs in Department of Defense Dependents Schools provide unsatisfactory food quality.

- Transportation for teens within the Heidelberg Army community is unavailable after school hours.

- Minors are not covered by the Army Community Service Victim Advocacy Program.

- Lack of casualty assistance for active

"... to all that submitted an issue this year. Your voice truly does make a difference for all of us."

—Mari Haley, AFAP program manager

duty service members upon death of a family member.

- Inequality of compensation within officer and enlisted pay ranks should be based on responsibility, education and leadership experience.

Haley said the 70 delegates who made up the working groups are volunteers who play a large part in bringing the conference to the community – they and those who raised their concerns by filling out an issue form.

"Thank you to all that submitted an issue this year," Haley said. "Your voice truly does make a difference for all of us."

Landstuhl Physical Medicine Clinic opens March 11

LRMC Public Affairs

When the Physical Medicine Clinic at Landstuhl Regional Medical Center celebrates its grand opening 3 p.m. on March 11, it marks the expansion of state-of-the-art healthcare.

A two-year, \$800,000 project in the making, the clinic – located on the third floor of Bldg. 3703 – will be able to provide the highest level of comprehensive, musculoskeletal care for Department of Defense beneficiaries throughout Europe and Africa and for wounded warriors supporting ongoing military operations in Afghanistan and Iraq.

In addition, the Physical

Medicine Clinic welcomes Dr. Danny Walker, the first chiropractor for the Kaiserslautern Military Community. Walker works in the Physical Medicine Clinic treating active duty service members only.

The key stimulus for the new clinic has been the steady increase in the number of patients with chronic musculoskeletal disorders – everything from overuse injuries such as knee arthritis and back pain, to tendon injuries such as tennis elbow, to repetitive motion injuries like carpal tunnel syndrome, said Maj. (Dr.) George Smolinski, Project Supervisor.

"We are physiatrists – physicians who specialize in diagnosing and treating these

and many other muscle, joint and nerve disorders and focus on not only reducing pain but improving function and quality of life. As such, the demand for our services has grown exponentially," Smolinski said.

"In addition, the technology to both diagnose and treat many of these conditions has improved remarkably in the past five to 10 years," he added.

Examples of these technologies include refinements in electromyogram nerve testing, portable musculoskeletal ultrasound, and platelet-rich plasma injections.

Having procured the equipment used in these diagnostic and treatment methods,

Smolinski said LRMC is now able to perform procedures conducted at few places in the military healthcare system.

"When I arrived at LRMC 2 1/2 years ago, we saw a definite need to apply our knowledge base as physiatrists to as many patients as possible, and embrace the new and emerging technologies," said Smolinski.

"It has been extremely rewarding to have initiated this process and then to have had the support of the many departments at LRMC as well as our NCOIC/clinic managers in this mission. The most rewarding aspect of this entire project, however, is the success stories we hear from our patients as we continue to

work to reduce their pain and improve their function and quality of life," he added.

Physiatrists are medical doctors trained in pain management, sports medicine, neurology, orthopedics, physical therapy and occupational therapy.

Additionally, the clinic is staffed with Jesse Sorrells, an orthopedic physician's assistant.

The clinic provides minimally invasive non-surgical procedures using a patient-centered philosophy and a team approach working closely with other specialists and subspecialists.

Contact your primary care provider for a referral to the Physical Medicine Clinic.

Retiree council advises U.S. Army Europe

By Sgt. Fabian Ortega
USAREUR PUBLIC AFFAIRS

U.S. Army Europe leaders are listening to concerns raised by retired Soldiers in Europe.

Robert Mentell, the Army in Europe Retiree Council president and a retired colonel, said the Army in Europe Retiree Council meets with USAREUR leaders regularly in Heidelberg to discuss those concerns.

The Army in Europe Retiree Council, whose responsibility extends to the Middle East and Africa, advises leaders on policies and laws that affect the retired community.

One of the major issues the retirees is military health care, Mentell said.

As budgets go down, efforts to catch up with the increasing cost of health care is raising questions among retired Soldiers overseas.

For certain military retirees and their families, Tricare for Life is a secondary health insurance program supplementing Medicare. The program covers many out-of-pocket expenses like deductibles and co-payments.

The council, in conjunction with retiree councils throughout the forces, wants to tie any future Tricare for Life fee increases to retired pay increases.

“What we’re asking for is those minimums and co-pays not increase at any percentage greater than the increase in retired pay,” said Mentell. “Thus far, we have been successful in holding down the increase in the minimums and co-pays that retired service members have to pay.”

The council is also working on an initiative to raise the weight limit on Army and Fleet Post-Office mail service for retired Soldiers overseas.

Currently, retired Soldiers in Europe are restricted to 16 ounces per package. The council is waiting for the approval of a one-year test program at APOs in Germany that would increase the weight limit to five pounds per package.

“Rather than shipping a parcel with only one shoe, it’d be nice to ship a parcel with a pair of shoes,” said Mentell, noting APO and FPOs allow up to 70 pounds for active-duty service members.

Retired Soldiers with other con-

cerns about retirement services and programs can submit issues for resolution through their garrison-level retiree councils.

“The Army, unlike the other services, has a structure that reaches down into the retired Soldier level and expresses the continued concern for their service,” he said.

Garrison retiree councils meet semi-annually and take matters affecting retired Soldiers to installation commanders.

Mentell said many of the programs and services that nearly 7,000 retired Soldiers in Europe benefit from today are the result of leaders and retired Soldiers working toward what he called “common solutions.”

“Involvement and support from commanders at all levels is great. They are concerned about the issues of retired Soldiers and work to support the resolution of those issues,” said Mentell. “The Army in Europe leadership is listening. They understand and they have the concerns of retired Soldiers at heart.”

For more information about the Army in Europe Retiree Council visit www.per.hqusareur.army.mil/content/misc/AERC/index.html.

Soldiers give because they know where it goes

By Sgt. Adrienne Burns
18TH MP BRIGADE PUBLIC AFFAIRS

The company headquarters of the 529th Military Police Company, 95th Military Police Battalion, located in Heidelberg was transformed into a makeshift blood donation center Feb. 16 as Soldiers and civilians donated to the Armed Services Blood Program.

Machines hummed and beeped as Soldiers filtered in – some eager, some nervous – all willing and ready to do their part to help their fellow troops.

The blood donation program is supported by the military and is for the military. It relies on blood drives like this one to maintain its supply.

“All of the blood we collect is from the military community, and every drop we use is within the military community,” said Mike Peacock, an ASBP recruiter.

Spc. Ryan Dowden, a

military police Soldier with 3rd platoon, 529th MP Company, was a returning donor and happy to do his part, especially for those wounded in combat.

“I’ve donated before, and it seemed like the right thing to do for the wounded coming back from Iraq and Afghanistan,” Dowden said. “It’s one way to help out.”

Knowing exactly where their donation would go was a motivating force for many who gave.

“It’s the fact that this goes to my battle buddies and nobody else – and they need it,” said Sgt. David Shields, a team leader with 1st platoon, 529th MP Company.

At the end of the day, the blood drive brought in more than 30 donors. With each unit of blood capable of helping up to three Soldiers, the blood drive may ultimately help nearly 100 service-members.

The blood drive is a



Sgt. Adrienne Burns

Pfc. Ron Bushart, 1st platoon, 529th Military Police Company donates blood to the Armed Services Blood Program sponsored by the 529th Military Police Company and the 95th MP Battalion Feb. 16 at Patton Barracks in Heidelberg.

part of a community outreach program that the 529th sponsors that has included an after school reading program, a food

drive and a breast cancer charity run. “They’ve been motivated,” Peacock said. “They sought me out.”

transformation UPDATE

Frequently Asked Questions

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

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

Question: Some local national employees in Mannheim who have not been placed in other jobs will receive reduction-in-force letters that notify them they will continue to be paid through Sept. 30 but terminate their positions on May 31. Does this mean local nationals won’t be working in Mannheim after May 31?

Local nationals will continue to be paid through Sept. 30 but will not be working after May 31. When the garrison cases its colors, the employees’ mission is completed.

Will the Army help those who haven’t found a job up until May only? What happens after that if local nationals haven’t found a job by May 31? Will the Army continue to help them after the garrison closes?

Surplus local national employees will remain registered in the Local National Referral System until the expiration of the notice period, i.e., until Sept. 30. If they are qualified for vacancies that become available between now and the end of September, they will be offered the positions with priority given to those with the highest social standing.

Facilities Operations Changes

Coleman Shoppette – The shoppette on Coleman Barracks in Mannheim expanded its hours as of Feb. 26 to 7 a.m.-8 p.m. Monday-Friday and 10 a.m.-8 p.m. Saturday-Sunday and U.S. holidays.

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

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

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

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

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

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

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

Maryland receives award for quality education services

UMUC Public Affairs

ADELPHI, Md. – University of Maryland University College announced Feb. 18 that it received the 2011 Institution Award from the Council of College and Military Educator.

The institution award is given to a college or university that supplies quality education programs to the armed services. This year, CCME selected UMUC due to its dedication, leadership, and numerous accomplishments in providing quality, voluntary off-duty education programs.

“UMUC is deeply honored to receive such a prestigious award recognizing our contributions to providing educational programs and support to service members and their families,” said UMUC President Susan C. Al-

dridge, Ph.D.

For more than 60 years, UMUC has provided educational services to the U.S. military at home and abroad. Founded in 1947, UMUC was able – through a contract with the Department of Defense – to provide GI Bill-guaranteed education to Soldiers in Europe. Today, the university has operations in the United States, Europe and Asia, and it offers educational services and instruction online and on-site to service members at dozens of locations around the world including Iraq and Afghanistan.

“It is so important in Maryland that we make quality college education accessible to anyone who works hard for a better future,” said Maryland Governor Martin O’Malley.

Faces of the community: Stripes Alterations



Brandon Spragins

Onur Kocaaslan, an employee at the Stripes Alterations shop located on Benjamin Franklin Village in Mannheim, prepares name tapes for new MultiCam uniforms issued for Afghanistan bound Soldiers. The alterations shop is open 10 a.m.-6 p.m. Tuesday-Friday, 10 a.m.-4 p.m. Saturdays and closed Sundays and Mondays. Civ. 0621-718-9533.

Reserve Soldiers learn how to save lives on the battlefield

By Spc. Glenn M. Anderson
221ST PUBLIC AFFAIRS DETACHMENT

GRAFENWÖHR, Germany – As rounds fly overhead and mortars slam into the ground, a Soldier defending his position turns to see his battle buddy has been seriously injured. The Soldier screams in a panic into the night, “Medic! Medic!”

Soldiers from the 7th Civil Support Command, Europe’s only Army Reserve command headquartered in Kaiserslautern which includes the 7th Warrior Training Brigade, 196th Medical Support Unit and other units, attended a combat life savers course Feb. 18-21. Soldiers from the 196th MSU taught the CLS course.

As portrayed in the scenario above, 90 percent of combat deaths occur on the battlefield before the casualties can be transported to a medical treatment facility. This fact is stressed to the students in

the CLS course. Many conditions – such as bleeding from an extremity, collapsed lung and airway problems – can be treated on the battlefield.

“I really enjoy teaching the class,” said Staff Sgt. Nieu Tirnovceanu, a CLS instructor with the 196th MSU from Mannheim, Germany, and a licensed practicing nurse in his civilian job. He has been teaching the CLS course since February 2009. “Soldiers can learn the basics from CLS in case they are going to be in a combat situation to save a life.”

During the four-day class, 12 students – ranging from specialist to command sergeant major – learned how to place a tourniquet on an amputee, stop the bleeding from a severe wound and place a nasopharyngeal airway tube in a patient who has stopped breathing, along with other techniques to save a life in an emergency or in a combat

situation.

Though this class does not classify the Soldier as a medical specialist, it does give the Soldier a better chance of saving a life in the event of a medical emergency, either in combat or in the civilian sector.

“This CLS class helped me with keeping up with the latest (tactical procedures) that are changing because of the battlefield,” said Staff Sgt. Patrik Ram, a warrior leader course instructor with the 7th WTB. “I am very confident that this class and the knowledge I have gained from this class will ensure I can provide casualty care to my students during the (training exercise).”

Injuries can happen to Soldiers or civilians no matter where they are deployed or stationed and CLS can possibly save the life of someone who is injured.

“This class gives the Sol-



Spc. Glenn M. Anderson

Students evaluate and treat a casualty as a part of a final exam during a combat life saver course Feb. 18-21 in Grafenwöhr.

diers an opportunity to refresh their skills and become combat ready,” said Spc. David Brown, a Nuclear, Biological and Chemical specialist with the 7th WTB. “CLS qualified personnel are a necessity but a shortage so I will be able to introduce myself as a stronger asset to the brigade.”

All 12 students passed the course and can now take their

CLS skills with them into the world, on the battlefield and off.

As rounds fly overhead and mortars slam into the ground, a Soldier defending his position turns to see his battle buddy has been injured. The CLS-certified Soldier calmly dresses the wounds and assures his fellow Soldier that help is on the way.

Civilian reveals secrets of her weight-loss success

Civilian Fitness Program motivates employee

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Anne Capolongo's face is absolutely beaming. Her joy barely contained by the infectious smile spread across her face as she candidly discusses the dramatic change that's occurred in her life.

Five months ago Capolongo was overweight, tired all the time and unhappy about the way she looked.

"I had gained weight through stress and through comfort and when I was walking up the stairs and going to different buildings, I was always out of breath. I had no energy," she said. "I thought, 'I really need to do something about this.' Plus my clothes were tight and I really didn't feel good."

After trying different diets without success, the Manchester, England, native was introduced to the Civilian Fitness Program in August of last year. Capolongo, an employee of U.S. Army Europe, decided to give it a try. Members of the Army Wellness Center in Heidelberg performed assessments on participants including Capolongo before the actual start of the program. Participants were also given a meal plan.

Capolongo completed her assessment, followed her prescribed meal plan, did light cardio an hour a day four times a week and lost 10 pounds during the first three weeks she was in the program.

"It felt absolutely great. I was more energetic and now I can easily run up and down stairs and just be a bouncy person. Back to the person I was. Happy go lucky. People give me compliments and that helps, too. They say, 'Look at you,' and it's wonderful."

However, Capolongo admitted she did face a few roadblocks along the way.

"Keeping to my diet and drinking water was one of my biggest challenges," she said. "Now I'm over that and I always have a bottle with me. I overcame it by working out and pushing myself... Even when you're eating the right food, you still need to flush out your system and all of the fat that's being burned off of you. That's the secret."

When she first started losing weight, Capolongo said she restricted certain foods like white bread and pasta from her diet. But she has since found ways to still enjoy the foods she loves to eat.

"You need to satisfy your mind as well as your body. You give yourself that treat but don't take advantage of it. Enjoy small portions," Capolongo said. She used the same ideology to deal with the ever present onslaught of office potlucks and birthdays.

"I have my cake and I enjoy my cake but I make sure I work out that day and burn those calories. Stay moving at all costs. Walk around as much as possible."

Capolongo said she plans to continue her weight loss journey and says she has a few more pounds to go before reaching her weight loss goal. So far she has lost about 22 pounds and counting.

"I feel this is something that I can maintain for the rest of my life. My eating habits have changed and I just feel so much better. This program has done



wonders for me and my colleagues," Capolongo said. "Now before I get into that crème cake, I think twice."

Even with her success, Capolongo said she still does not really see herself as a role model, instead just a person who wanted to reclaim her life.

"If I can do it, anybody can do it. Join a group at the gym or join a class. You'll meet other people who are in the same situation as you and you won't feel ashamed of your excess pounds because you're bouncing them off like they are. You meet new people and they inspire you and you inspire them to continue," she said. "If you put your mind to it, you will succeed. Be determined. If it helps, put up a picture of how you are and how you want to be."

One woman's first step – a metabolic test



Dijon Rolle

Katja Pinkston tries to relax during her metabolic testing at the Army Wellness Center in Heidelberg Feb. 17. The 15-minute test measures how much oxygen Pinkston uses, exhales and retains during her day-to-day activities. Test results identify how many calories she needs per day to lose, maintain or gain weight.

K.R. Pinkston
USAG MANNHEIM MEMBER

Do you know your metabolic rate? Metabolism is a complicated chemical process in our bodies, so it is easier to think of it as something that influences how easily our bodies lose or gain weight.

Never having had my metabolism checked, I went to the Army Wellness Center in Heidelberg to get a free test. It's a scientific way to measure exactly how many calories you need for biological functions, activity and exercise.

"We can tell that person after the test, just how many calories they need to be eating to lose weight, gain weight, or maintain their current weight," explained Pamela Perry, AWC assistant director and nurse educator.

Before the test, you fill out a form indicating your height, weight, and exercise habits. All this information is needed to calculate your metabolic rate.

The hardest part are pre-test preparations. Patients can drink water; however, they should abstain from food or drink, exercise, caffeine or nicotine for four hours prior to the test.

"If the patient complies, then the test is accurate within 25 calories in a 24-hour period," Perry said.

People like me who get a bit squeamish when they see nurses approaching with medical tools can relax. The test is surprisingly pleasant for the patient. No poking, stabbing or drilling required.

All you do is sit back in a comfortable position, breathe in air from the room and then breathe out into a mask. The breaths go into the metabolic analyzer to measure your metabolic rate.

"The machines that we use take normative data using the Harris-Benedict equation for figuring resting metabolic rates. This takes into account height, weight, age and gender. Then the machine will tell us at what percentage of the expected rate, based on that equation, the patient's metabolic rate falls; slow, normal, or fast," said Perry.

After about 15 minutes of breathing into the mask, the test is over. Seconds later, the metabolic analyzer prints out the results of the test, indicating your body mass index, your resting metabolic rate (kilocalories per day) and your personal calorie needs to maintain or lose weight.

An additional bonus of the metabolic testing is that you can get the composition of your body analyzed by bioelectrical impedance analysis. This test takes only seconds.

Civilian Fitness

The Civilian Fitness Program enrollment packet is available at www.bw.army.mil under Hot Topics on the main page. The program is open to U.S. and local national employees. Once enrolled, civilians may take up to three one-hour exercise sessions per week during normal work hours over a six-month period to achieve their fitness goals.

Family members may also take advantage of the Army Wellness Center's programs.

The Army Wellness Center is in Bldg. 3617, 2nd Floor, on Nachrichten Kaserne in Heidelberg and is open 7:30 a.m.-4:30 p.m. Monday-Friday. DSN: 371-2706, civ. 06221-17-2706.

After you lie down, the nurse puts two adhesive electrodes on your hand and two on your foot. Then the machine sends a small electrical current through your body. The current is not strong enough to be felt.

The BIA will give you an estimate of how much fat-free body mass and body fat you have.

After the testing, the staff of the AWC compiles each patient's results of the metabolic testing and the BIA.

Next week, I will attend the free, one-hour class "Upping your Metabolism" at the wellness center to review my results and to learn about the different methods that can influence my metabolic rate.



U.S. Air Force Airman 1st Class Samuel W. Goodman

Pfc. Sean Murphy retrieves his parachute after jumping out of a C-130 Hercules aircraft over Sicily Drop Zone during large-scale airdrop training with airmen on Fort Bragg, N.C., Feb. 12. Murphy is assigned to the 82nd Airborne Division's Company C, 1st Brigade Special Troops Battalion.

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U.S. Army

Brig. Gen. Robert McCaleb, assistant chief of staff, G8, Third Army, U.S. Army Central Command, leads troops during the 50/20 celebration parade in Kuwait on Saturday. U.S. support for the 50/20 celebration showcases the historical importance of the enduring relationship between the United States and Kuwait. This celebration honors the veterans of Operation Desert Storm and recognizes the long standing partnership in the region.



John D. Helms

Ranger Training Class 4-11 begins the mountain phase by learning lower mountaineering skills including rappelling (30-foot tower and 60-foot rock face) and various knot tying techniques at Camp Merrill, Dahlonega, Georgia.



U.S. Army

Sgt. Travis Livesey assigned to 731st Explosive Ordnance Disposal Company, 4th Advise and Assist Brigade, 3rd Infantry Division, and an Iraqi Policeman carefully arrange unexploded ordnance for disposal on Crazy Horse Range, Ramadi, Iraq, Feb. 17. The 731st EOD along with Iraqi policemen worked together to dispose of over 300 pounds worth of unexploded ordnance in support of Operation New Dawn.

Singing Spirituals



Third grade student Ian Patterson sings "Swing Low, Sweet Chariot" during a Patrick Henry Elementary School program Feb. 24 in observance of African-American History Month. The singers were made up of third, fourth and fifth grade students who also sang spirituals and civil rights songs.

MOVING OUT

continued from page 1

Forward Support Battalion.

Most recently, the 66th Transportation Company has conducted rail load operations in support of the 170th Infantry Brigade Combat Team, 40th Engineer Battalion and the 1-48 Field Artillery Regiment's left behind equipment moves to locations throughout Europe in support

of those units' deployments to Afghanistan.

The railhead movement of vehicles began Jan. 25 and continued through Feb. 10, completing the first of three phases of the operation.

"Conducting ISA operations requires teamwork and maintaining positive attitudes especially when you work such long hours in cold weather," said Staff Sgt. Ken-

neth Weldon, 1st platoon sergeant.

In just over five weeks, the platoon was responsible for the loading of more than 104 vehicles at a combined weight of more than 1,600 tons of equipment, Weldon said.

"After a hard day's work, it's good to look back and see the accomplishments the Soldiers have made," said 1st Lt. Ralph Mora III, 1st platoon leader.

CHAMPS

continued from page 1

The DODDS Europe event that welcomed 1,089 athletes and coaches among 64 basketball teams and 26 cheerleading teams has always been in Mannheim, said Brad Seadore, tournament administrator.

"One way or another Mannheim has always been used as one of the venues," for the basketball championships Seadore said. "Mannheim has always been extraordinarily supportive of DODDS."

Mannheim rolled out the carpet for DODDS.

"The Mannheim community loves to support events such as this," Griffin said. "Our sports director staff are experts at basketball and have a real passion for supporting our youth."

"When we get together, it comes together," said Theo-

dus Green, Mannheim director of sports and fitness about the many directorates involved in getting the event off the ground.

"The answer is never 'no' it's always 'yes' so that we can do this thing for DODDS," he said.

Mannheim's gymnasiums at Coleman and Sullivan Barracks hosted the games, and Heidelberg's Patton Barracks and Heidelberg High School also hosted games Wednesday through Friday.

But it was in the Sports Arena that all six championship games were played.

"What you're standing in today is so much nicer than it was in the '60s," said Armed Forces Network Deputy Director Mark Vagnerini. "Few facilities are as well-maintained as this one."

Vagnerini should know. He graduated from Mannheim

High School in 1973 and the sports arena wasn't there at the time.

It seems everyone has a Mannheim Sports Arena story. Seadore remembers that Shaquille O'Neal played on the court. That would have been 1985 when he was 13 years old and attended Fulda High School. He attended a basketball clinic and met Louisiana State University coach Dale Brown who recruited Shaq to eventually play at the college.

Janis Ready, a facilities director for the 2011 tournament and former Lakenheath High School girls coach remembers Trinity Bursey who played for the University of North Carolina at Chapel Hill until last spring. Bursey led Lakenheath to the European championship in 2004 in Mannheim.

Even the Seadores have a

Junior leaders recognized

USAREUR Public Affairs

U.S. Army Europe recognized the 2010 USAREUR-level Gen. Douglas MacArthur Leadership Award winners at ceremony at Campbell Barracks Feb. 23.

USAREUR Deputy Commander Maj. Gen. Terry Wolff commended 15 junior officers for their leadership and dedication to duty.

The Gen. Douglas MacArthur Leadership Awards program was introduced in 1987 to recognize company-grade and junior warrant officers who demonstrate MacArthur's ideals of "duty, honor, country."

Approximately 2,000 USAREUR officers were eligible for this year's award. The nominees were recommended by their commanders and selected for USAREUR-level awards by their major commands.

One of three honorees chosen to represent USAREUR at the Department of the Army level competition, 1st Lt. Daniel M. Meegan of D Company, 1st Battalion, 4th Infantry, Joint Multinational Readiness Center, said he accepted the award on behalf of his Soldiers.

"More than anything else, they're the ones who fought and moved through everything; I was just helping them execute. It will al-

ways remind me of them," Meegan said.

The officers who will represent USAREUR at the Army level of the Gen. Douglas MacArthur Leadership Awards competition are: Capt. James Siebert, 173rd Airborne Brigade Combat Team; 1st Lt. Daniel Meegan, Joint Multinational Training Command; Chief Warrant Officer 2 Kirk Bond, 173rd Airborne Brigade Combat Team. Other awardees: Capt. Xavier Allen, 21st Theater Sustainment Command; Capt. David Brunais, 172nd Infantry Brigade Combat Team; Capt. Michael Filanowski, 170th Infantry Brigade Combat Team; Capt. Jae Marquis, 21st Theater Sustainment Command; Capt. Trent Miller, 12th Combat Aviation Brigade; Capt. David Sammy, 2nd Styker Cavalry Regiment; Capt. Peter Wetterauer, 1st Armored Division; 1st Lt. William Green, 357th Air & Missile Defense Detachment; Chief Warrant Officer 2 Haywood Harmon, 21st Theater Sustainment Command; Chief Warrant Officer 2 James Hilliard, 12th Combat Aviation Brigade; Warrant Officer 1 Theo Baudendistel, 170th Infantry Brigade Combat Team; and Warrant Officer 1 William Jackson, 357th Air & Missile Defense Detachment.

history here that goes beyond sports. DODDS Europe Athletic Director Karen Seadore and Brad met in Mannheim and married while here. Each of them coached three Mannheim high school sports teams.

But even when the Seadores moved to Wiesbaden so Karen could accept the DODDS Europe Athletic Director position, their time in Mannheim didn't come to an end. They have returned time and again for the DODDS European tournament.

"Mannheim has always been a community for us," Brad said.

The DODDS Europe tournament also includes the cheerleading competition. Seadore remarked that the cheer competition actually outgrew the sports arena and moved to the MSW Halle am Herzogenried in Mannheim.

"It started with 15 teams and is up to 26 now," Seadore said, adding that spectator interest contributed to the move. When cheer routines added dance and gymnastics, more fans attended.

Next year Mannheim will take its place alongside those schools listed in the event program that have closed, the year in parentheses: "closed in 2011."

But for those who've been here, it's much more than a footnote.

"This last tournament marks the end of an era" Griffin said.

"We will always appreciate the great facilities in Mannheim and the people – the students, the Soldiers, the staff and families – who brought life and spirit to the events held here," said USAG Baden-Württemberg Commander Col. Bill Butcher.



Mark Turney

Fasching Events

March 6 – Faschings parade in the pedestrian area downtown, 68161 Mannheim, outdoors

March 8 – Street Fasching in the pedestrian area downtown, 68161 Mannheim, outdoors

March 12-13 – International Easter Egg Market, 63500 Seligenstadt, indoors

March 18-20 – Medieval Market in the Herzogenriedpark Multihalle on Maybachstrasse, 68169 Mannheim, indoors and outdoors

March 19-20 – Easter Egg Market at the Maulbronn Monastery, 75433 Maulbronn

March 27 – Spring Fest in Luisenpark on Theodor-Heuss-Anlage, 68165 Mannheim, outdoors

Events in Mannheim – www.gmm.de
International Easter egg markets – www.ostern-international.de

Dragons and goblins and witches, oh my



Mark Turney

Hundreds of marchers proudly show their colors during the parade in Mannheim that is typically hours long..

Staff Report

Fasching, fastnacht, carnival – whatever the local name – is sometimes referred to as Germany’s fifth season. It will reach its peak this week between Friday and Tuesday.

Fasching officially ends on Shrove Tuesday at midnight. On Wednesday, Lent begins, but not before parades with floats, marching bands and people in costumes line the streets of German cities.

In smaller communities, parades will take place Sunday, and town centers may be blocked temporarily for traffic.

The Heidelberg fasching parade takes place Tuesday starting at 2:11 p.m. and

winds from downtown Sophienstrasse (near Bismarckplatz) through the pedestrian area to the market square in front of city hall.

Mannheim and Ludwigshafen host a joint parade, taking turns in the kick-off location. This year’s event is in Mannheim Sunday starting at 1:11 p.m. The route winds by the Schloss, down Kurpfalzstrasse, turns right and loops around the water tower, then goes back up to the main pedestrian area.

The parade prompts street closures downtown starting around 1:15 p.m. Fasching is also a time of increased police checks to curb drunk driving, so allow extra time when travelling.



Mark Turney

Hannah Milch enjoys an impromptu dance with a member of the Polizei in Ludwigshafen.

GERMAN NEWS

German Army

The German military could find itself short thousands of soldiers once conscription ends because few volunteers appear to be interested in signing up. According to statistics from the Defense Ministry, the daily *Financial Times Deutschland* reported on Tuesday, the number of interested volunteers is well below the numbers needed by the Bundeswehr after Germany abolishes the draft. According to military documents from early February, the number of volunteers interested in enlisting in April is currently just 10 percent of the target, the newspaper reported. The statistics have raised fears in the Bundeswehr that the end of conscription could endanger the readiness of German forces. Former Defense Minister Karl-Theodor zu Guttenberg had hoped to enlist up to 15,000 volunteers a year in a new all-professional military. They would serve between 12 and 23 months. His plan was to reduce the Bundeswehr from its current size of 240,000 soldiers to around 170,000.

Arab Regimes

German President Christian Wulff has sharply criticized Germany's past dealings with some Arab regimes, saying the country had been much too accommodating to authoritarian, corrupt governments. "The fact is that we in Europe, in Germany, have given positive assessments to systems that deserved criticism," he told German public radio on Tuesday after returning from a trip to the Gulf states of Kuwait and Qatar. He said Berlin had often judged countries stable "although we are now seeing that they were completely unstable due to corrupt leadership." Wulff said it was important to look carefully at each individual country in the Arab world instead of lumping them into one basket. The president had praise for Qatar, whose emir he described as working toward a peaceful coexistence of religions and cultures. He said in Kuwait he was able to speak frankly about issues and meet with representatives of civil society groups. He had critical words for Muammar Qaddafi, saying the Libyan leader had lost legitimacy and, in fact, contact with reality.

Arrest for Hitler salute

A Canadian man was arrested in Berlin on Saturday for making the Hitler salute in front of the Reichstag. The 30-year-old from Quebec was with a German friend when he posed in front of the parliamentary building and made the salute, according to *Der Tagesspiegel* on Sunday. The German friend, a 29-year-old from the state of Lower Saxony, photographed him in the pose. Making the salute is illegal in Germany — a fact widely known in Germany but often unknown abroad. An investigation will now be undertaken against the Canadian for using an illegal symbolic gesture. Berlin police officers confiscated the camera chip, but the man was released after posting bail.

SOURCE: www.thelocal.de



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

Dear Ms. Vicki,

I just found out disturbing news that has me distraught: My best friend slept with my fiancé while they were both in Afghanistan.

I found e-mails that validate what happened. Now my fiancé is making excuses. He says it was a mistake and he was lonely without me. He is saying it will never happen again and he is sorry.

My best friend calls me every day apologizing for what she did. She says she did not want it to happen but it just happened. Can you believe this? She says, "It was bound to happen with someone because no one can go without 'it' for a year so." It happened with him because she trusted him over other guys running around in Afghanistan.

I've put our wedding on hold because I don't know what else to do. I'm disappointed in my fiancé because I trusted him. If I can't trust him now then how can I trust him if we get married?

As far as my best friend goes, I refuse to take her calls. She makes me sick. Honestly, I still love him very much. I just can't believe this happened. This is just hard for me and I don't know which way to turn.

My mom says I need to give him another chance because he has called her crying on her shoulder

and telling her how he wants us to be together. Is infidelity an unpardonable sin? What do you think? From: Afghanistan Behavior

Dear Behavior,

You are in a tough situation. You love your fiancé but you believe you can no longer trust him, rightfully so. I'm not sure if infidelity is an unpardonable sin, but I have to report that many couples tell me they stayed together and have managed to build stronger relationships when this happened. It's not easy to move forward, especially since he cheated with your best friend.

You can examine how and why this happened until you turn blue in the face. However, you need to answer one question. Do you want to move forward in a relationship with your fiancé? You have to answer this question, not me.

You can choose to kick your fiancé and your best friend to the curb. Conversely, I recommend couples counseling before you proceed, and I definitely would not marry him until you have some sessions with a therapist or a counselor.

This may help you to discover much about him and yourself and will help you determine if you want to marry him.

Dear Ms. Vicki,

My 11-year-old has ADHD (Attention Deficit Hyperactivity Disorder) and providing for his care is adversely affecting our whole family. My other children appear to resent all the attention he gets. He knows how to get attention both good and bad. I'm always at the school to assist my son or to intervene on his behalf when he misbehaves.

It is so tiring and I can understand how our other children feel. My 11-year-old is disruptive and starts trouble with others including his siblings and other children at school and in the neighborhood. It's a full time job to monitor him.

The school wants to send him

home when he misbehaves or expel him. That's not the answer because now he is suffering academically.

I'm wondering if I should home school him? If he moves further behind academically, it will only hurt him more.

Do you have any advice for a Fatigued Mother?

Dear Mother,

You have to accept that there will be no quick fixes for a child with ADHD. It is continual planning, strategizing and meeting with professionals who play a part in the well-being of your son.

Your family must learn skills to cope with the challenges of ADHD. You must view each of your children as unique and focus on their individual strengths and abilities.

Check out Children with Attention Deficit Disorders at www.chadd.org. It provides a wealth of information to include information on finding support groups for families. Just because your son has been diagnosed with ADHD does not mean he cannot be responsible for his behavior. He must receive rewards for good behavior and consequences for misbehaving.

You and your husband can assume the role of parent coach when directing and disciplining your son. Purchase a series of Parent Coaching Cards at www.parentcoachingcards.com. Determine the skill you wish your son to develop and initiate practice sessions to help him acquire it.

Work with the school for better ways to improve your son's behavior. Sending him home or suspending him is not the answer. You must always advocate for your child. Consider sessions with a family counselor. This will help continue the educational process about ADHD, resolve areas of frustration and conflict and offer support for you and your family.

Lastly, take care of yourself, too, so you can deal with the stress and fatigue.

Retirees, diabetics get own day for routine eye exams

LRMC Public Affairs

For "Save Your Vision Month," the Optometry Clinic at Landstuhl Regional Medical Center is dedicating March 22 to retirees and diabetic patients who have not had an eye exam the past year.

"The risk factor for ocular complications increases with certain medical conditions such as hypertension, diabetes, and hypercholesterolemia. Thus there is urgency for this group to have a routine eye exam," said Lt. Col. (Dr.) Donovan G. Green, chief of the

optometry clinic and an optometry consultant for Europe Region Medical Command. Ocular complications include glaucoma, diabetic retinopathy and age related macular degeneration. Green said a better prognosis is possible with earlier detection. He said it is important that everyone understand the importance of routine eye exams for detecting potentially serious unsuspected problems — and not necessarily related only to our eyes.

"Many people believe that because they see well, they do not need eye care," said Green. "This is simply not

true. Several common eye diseases such as glaucoma can damage vision with very few, or no symptoms, until the condition is very advanced. Regular eye examinations can help detect systemic diseases such as high blood pressure and diabetes.

"The eye is the only place in the body where we can view the blood vessels directly and evaluate their health without invasive procedures."

The American Optometry Association recommendations for eye examinations are: for ages 6 to 18 years, get checked at 6 months old, 3 years old,

before starting school and then every two years.

Those between 18 and 60 years old should get checked every two years. If over 61 years old, get a checkup every year.

The clinic is reserving 48 appointments for retirees and diabetic patients to have their eyes checked on a first-come, first-served basis.

Appointments can be made by calling DSN 486-5762, civ. 06371-86-5762. Patients are asked to bring an escort because exams involve dilation of the eyes.

GET OUT!

area events

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

March 4

Luisenpark – One of Mannheim's favorite indoor playgrounds, the Luisenpark greenhouse and exhibition hall (Ausstellungshalle und Pflanzenschauhaus) beckons. While it's wet and chilly outside, children can climb rope nets, scale wooden towers and explore to their heart's content. Benches are available for parents. The indoor arena now offers reserved parking for baby carriages and strollers next to the entrance. Open daily 10 a.m.-5:30 p.m. through March 20. Admission fee to the park includes access to the indoor playground. Address: Gartenschauweg 12, 68030 Mannheim. Civ. 0621-41-0050.

Spring Bazaar – Over 100 vendors from around the world gather at Rhine Ordnance Barracks, Bldg. 237, in Kaiserslautern through March 6. Hours are 10 a.m.-8 p.m. March 4, 10 a.m.-7 p.m. March 5 and 10 a.m.-5 p.m. March 6. Follow the signs to the bazaar and find a merry-go-round and petting zoo for the kids.

Apassionata – Apassionata returns to Stuttgart through March 6 with its new show "In the Light of the Stars" featuring 40 breeds of horses. Spectators follow the adventurous journey of Leyla as she finds a fallen star and shares her luck with all of mankind. Tickets: www.apassionata.de.

March 5

Heidelberg Zoo – A special carnival event is scheduled at the Heidelberg zoo 2-5 p.m. Furry coats, dots, spines, stripes and colorful feathers make clever disguises but do animals do this for fun or for a reason? Children aged 5 to 12 years can join small expedition teams to watch special animals and study their behavior. At the end of the day the young researchers will be given a present. Bring curiosity (and a costume, if you wish). Tickets are €5. Civ. 06221-395-5713, www.zooschule-heidelberg.de.

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

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

March 6

Antique Market – Tongeren is the oldest town in Belgium and is probably best known for the antique market that it holds 7 a.m.-1 p.m. every Sunday morning throughout the year. Whether you do your antique shopping in the classy Sablon area or by flashlight early on Sunday morning at the flea market, the hunt in Tongeren can be as entertaining as the purchase. Shop for antiques, art deco objects, old books, fine crystals or just plain interesting junk. More than 350 vendors every Sunday morning. www.buzzoffbase.com.

March 8

Kick Out Winter – Visit the small town of Wilhelmsfeld for the traditional Fastnachtsfeuer, wheel of fire, ceremony to kick out winter and welcome spring. Blazing wheels of fire are said to banish demons and protect the village for the upcoming harvest. A fluorescent wheel of fire, the classic symbol for the sun, shines its rays so they reach all the fields to protect them from harm. Watch firefighters perform the ceremony while keeping warm with Glühwein, Kinderpunch and hot dogs. Torch bearing firefighters lead the wheel of fire down the slope. The event starts at dark around 6:45 p.m. www.wilhelmsfeld.de.

March 10

Car Show – The Retro Classic Car Show offers car lovers a chance to view vintage and classic cars all in one place. Check out Mercedes, Porsches, Aston Martins, Rolls Royces and more through March 13 in Stuttgart. Several vendors will also be on hand selling all kinds of auto-related items. Catch the cars at Neue Messe Stuttgart, Messepiazza 1, 70629 Stuttgart. www.buzzoffbase.com.

Pfennig Bazaar – Heidelberg's German-American Women's Club holds its annual bargain bazaar through March 12 at the Internationale Gesamtschule, 69126 Heidelberg Hasenleiser. Hours are 11 a.m.-6 p.m. March 10, 10 a.m.-6 p.m. March 11 and 10 a.m.-2 p.m. March 12. Civ. 06221-41-2025, www.GAWC.de.

March 11

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

March 12

English Theatre – Frankfurt's English

Theatre presents "Beauty and the Beast" about a strong-willed woman, Belle, who breaks the spell that turned a prince into a beast. The theater is at Gallusanlage 7. Park at Parkhaus am Theater, Kaiserplatz, Goetheplatz and Hauptbahnhof. Tickets: box-office@english-theatre.de, www.english-theatre.de, civ. 069-2423-1620.

Art Exhibit – Heidelberg Arts and Cultural Center opens its John Kay exhibit 7 p.m. at the Patrick Henry Village Pavilion in Heidelberg. Kay is an American artist living in Heidelberg who has spent his life taking photographs and writing poetry. DSN 388-9421, civ. 06221-338-9421, www.mwrgermany.com.

March 15

African-American Exhibit – The Heidelberg Center for American Studies hosts the opening reception for the photo exhibition "The Civil Rights Struggle, African American GIs and Germany" 6 p.m. at the center located at the Curt und Heidemarie Engelhorn Palais, Hauptstraße 120, 69117 Heidelberg. The show, co-sponsored by the German Historical Institute, Washington, D.C., and Vassar College is open 10 a.m.-5 p.m. through April 21. Civ. 06221-54-3879.

March 17

Kiss Me Party – Get your Irish on at the St. Patrick's Day "Kiss Me I'm Irish" party 7 p.m. March 17 at Slapshots on Patton Barracks in Heidelberg. DSN 373-5194, civ. 06221-17-5194. www.mwrgermany.com.

Ski Weekend – Heidelberg Outdoor Rec travels to the majestic peaks and glaciers of Saas Fee in Switzerland on a weekend ski trip March 17-20. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

March 18

Harlem Globetrotters – The world-famous Harlem Globetrotters bring their basketball magic to the Ballsporthalle in Frankfurt. Catch a second show on March 24. Tickets available at www.worldticket-shop.com.

Ski Switzerland – Jump at a chance to ski the Matterhorn in Zermatt, Switzerland, March 18-20. Receive a discount on your ski equipment when you rent from Outdoor Recreation. DSN 338-9282, civ. 06221-338-9282. www.mwrgermany.com.

Ladenburg Tour – Enjoy a walking tour of the Ladenburg altstadt (old town) and learn about the rich history of this town. Relax on the train ride from Heidelberg to Ladenburg. See the market square, St. Gallus church, the Roman ruins, the witch's tower and more and the museums that cover the local history. Free time is included for lunch and shopping. <http://affiliates.uso.org/rheinmain>.

THEATERS

HALL PASS

(Owen Wilson, Jason Sudeikis) When best buds Rick and Fred begin to show signs of restlessness at home, their wives take a bold approach to revitalize their marriages: they grant the guys a "hall pass," one week of freedom to do whatever they want. No questions asked. Rated R (crude and sexual humor throughout, language, some graphic nudity and drug use) 104 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

March 3 - BIG MOMMA'S: LIKE FATHER, LIKE SON (PG-13) 7 p.m.
 March 4 - HALL PASS (R) 7 p.m.; HOW DO YOU KNOW (PG-13) 9 p.m.
 March 5 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 4 p.m.; HALL PASS (R) 7 p.m.; HOW DO YOU KNOW (PG-13) 9 p.m.
 March 6 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 4 p.m.; HALL PASS (R) 7 p.m.
 March 7 - HOW DO YOU KNOW (PG-13) 7 p.m.
 March 8 - HALL PASS (R) 7 p.m.
 March 9 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 7 p.m.
 March 10 - HALL PASS (R) 7 p.m.

Mannheim, Schuh

The Schuh Theater is closed until further notice due to structural damage to the roof.

Vogelweh, Galaxy

March 4 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 7 p.m.
 March 5 - HOW DO YOU KNOW (PG-13) 4 p.m.; BIG MOMMA'S: LIKE FATHER, LIKE SON (PG-13) 7 p.m.
 March 6 - BIG MOMMA'S: LIKE FATHER, LIKE SON (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

March 3 - LOVE AND OTHER DRUGS (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; YOGI BEAR (PG) 11:30 a.m., 1:45 p.m., 4:15 p.m., 7:30 p.m.; LITTLE FOCKERS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.
 March 4 - HALL PASS (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:45 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 9 p.m.
 March 5 - HALL PASS (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:45 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 9 p.m.
 March 6 - HALL PASS (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.
 March 7 - HALL PASS (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; THE DARK KNIGHT (PG-13) noon, 4 p.m., 7 p.m.
 March 8 - HALL PASS (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; THE DARK KNIGHT (PG-13) noon, 4 p.m., 7 p.m.
 March 9 - HALL PASS (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; HOW DO YOU KNOW (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; THE DARK KNIGHT (PG-13) noon, 4 p.m.; NOTORIOUS (R) 7 p.m.
 March 10 - TANGLED (PG) 11 a.m., 1:30 p.m., 4 p.m., 7 p.m.; HOW DO YOU KNOW (PG-13) 11:15 p.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.; THE DARK KNIGHT (PG-13) noon, 4 p.m., 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
 Schuh Theater, Mannheim, 0621-730-1790
 Galaxy Theater, Vogelweh, 0631-50017
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Haus Rissen Seminar

U.S. Army Europe Public Affairs is sponsoring seminars at Haus Rissen, an international institute for economics and politics in Hamburg. Speakers are scientists, teachers and journalists who discuss German and European geopolitical issues. Sending organizations pay only for travel and per diem for travel days. Officers, noncommissioned officers and U.S. and local national civilian employees with at least one year of service remaining in USAREUR are eligible to attend. Spouses can also participate at their own expense. Seminar dates for noncommissioned officers are May 9-13 (deadline March 28) and June 6-10 (deadline May 23). Officer seminars are March 28-April 1 (deadline Feb. 28), May 16-20 (deadline April 28) and June 27-July 1 (deadline June 13). U.S. and local national civilian employees can register for any of the seminars. ocpa.pia@eur.army.mil.

Communicating with commissary

Commissary customers seeking the fastest resolution to a local commissary concern should contact their local store director via e-mail on the store's web page. To access your local commissary page, go to www.commissaries.com, select locations and your commissary. The e-mail address can be found under Store Information or Management. Patrons who have not had success resolving concerns at the local level or who have other non-local concerns may contact the Defense Commissary Agency by completing the online customer comment form at www.commissaries.com/YAL/customer_comments.cfm. Customers also have the option of completing a hard copy Your Action Line form available in all commissaries, normally located at the store entrance or exit.

Heidelberg Health Clinic

Construction will continue through June on the Heidelberg Health Center Dining Facility to install a push-button door and handicap ramp to improve accessibility. The dining facility remains open for business.

Resumix Changing

Over the next two years the U.S. Army will transition from the automated Resumix recruitment tool to USA Staffing to advertise vacant civil service positions, accept applications and evaluate eligibility and qualifications. During the transition period, each job announcement will have instructions to guide job seekers through the application process for the specified recruitment tool. These are the differences between USA Staffing and Resumix and Army officials recommend creating a resume in both Resumix and USA Jobs-Application Manager. www.armycivilianservice.com and [https://cpolrhp.cpol.army.mil/eur/employment/Application_Process\[1\].pdf](https://cpolrhp.cpol.army.mil/eur/employment/Application_Process[1].pdf).

Sealed Bid Sale of Vehicles

Family and MWR Kaiserslautern announces a sealed bid sale on five vehicles. View details at www.mwrgermany.com/kaiserslauternautoskills.html. DSN 493-4037, civ. 0631-3406-4037.

local EMPLOYMENT

Nurse Case Manager

The Heidelberg Health Center is now accepting resumes for a Nurse case manager. DSN 371-2911, civ. 06221-17-2911, HBG-Questions@amedd.army.mil.

KAISERSLAUTERN

Education

♦ **ACS Classes** – Women and Finances, 9 a.m. March 8; Teen Money 11 a.m. March 8; Bank Account Management, 1 p.m. March 8 and Boot Camp for Dads, 11 a.m. March 14. All classes are in Bldg. 2917 on Pulaski Barracks. Midweek Money Series, 9 a.m. March 9 in the Kaiserslautern Community Activity Center on Deanner Kaserne; Resumix Workshop, 10 a.m. March 11 in Bldg. 2891 on Pulaski Barracks. ♦ **AFTB Level III** – Army Family Team Building Level III, advanced leadership development March 9-11. Registration required. DSN 493-4357, civ. 0631-3406-4203.

Community

♦ **Babysitter Class** – SKIES Unlimited is offering a 4-H approved babysitting training class 9 a.m.-5 p.m. March 5-6 at the Landstuhl Youth Center, Bldg. 3819. Youth can gain a Red Cross CPR/First Aid Certification, firsthand experience. DSN 493-4516, civ. 0631-3406-4516. ♦ **Indoor Flea Market** – Contact Army Outdoor Recreation for reservations at the Indoor Flea Market 8 a.m.-2 p.m. March 19. Rent two tables and a bench for \$25. Flea Market will be at the Special Events Center, Bldg. 237, on Rhine Ordnance Barracks. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com. ♦ **Salsa Night** – Learn to salsa with an hour of free salsa lessons and disc jockey 9 p.m.-2 a.m. March 5 at Armstrong's Club on Vogelweh Housing. Civ. 0631-354-9986, www.mwrgermany.com.

♦ **Teen Tech Week** – An event for reading teens takes place 3-5 p.m. March 10 at the Landstuhl Library for youth grades 6-12. Come and film a trailer for your favorite book. DSN 486-7322, civ. 06371-86-7322/8390, www.mwrgermany.com.

♦ **Luncheon** – The Armed Forces Communications and Electronics Association will hold a luncheon 11:30 a.m. March 10 in the Ramstein Air Base Officers' Club featuring guest speaker Shaun Auble, Verizon Senior Account Manager for Europe, the Middle East, and Africa. RSVP: www.kmcafea.org/content/luncheon-registration.

♦ **ADHD Support Group** – Join the Attention Deficit Hyperactivity Disorder group to talk about balancing nutrition and medication 6-7:30 p.m. March 15 in Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203

♦ **Command Team Forum** – Fulfill your annual Family Advocacy Briefing requirement by attending the forum 9-11:30 a.m. March 17 at the Landstuhl Community Club, Bldg. 3780, Landstuhl Post. DSN 493-4203, civ. 0631-3406-4203.

♦ **Spring Youth Apprenticeships** – Applications are being accepted

through Mar. 18 for spring youth apprenticeships through the Child, Youth and School Services HIRE! program. Information sessions will be held on Mar. 28-June 17. DSN 486-8915, civ. 0631-86-8915, www.mwrgermany.com.

HEIDELBERG

Education

♦ **ACS Classes** – Intro to MS PowerPoint, 9-11 a.m. March 7-8; Unit Victim Advocate, 9 a.m.-6:30 p.m. March 7-11, Tompkins Barracks NATO room; Volunteer Orientation, 10-11 a.m. March 9; Using Credit Wisely, 12-1:30 p.m. March 9; Scream Free Parenting, 2-4:30 p.m. March 9, 16, 23 and 30; Financial Readiness Training, 9 a.m.-1 p.m. March 10; Communication and Assertiveness, 10 a.m.-noon March 10, Nachrichten Kaserne, Bldg. 3622, Company B Conference room.

♦ **American Red Cross** – CPR/AED Adult plus Child Infant CPR with Standard First Aid will be held 8 a.m.-5 p.m. March 5. Prepayment required by March 3 at Bldg. 385. DSN 370-1760, civ. 06221-57-8711.

♦ **UMUC Registration** – University of Maryland University College Europe announces registration for on-site classes through March 20 with classes beginning March 21. Registration for online courses continues through April 3, with classes starting on April 4. Students can apply for a book award for up to \$100 of textbook costs. www.ed.umuc.edu/financial_aid.

Community

♦ **Red Cross Open House** – The American Red Cross Heidelberg will hold an open house for Red Cross Month 11 a.m.-1 p.m. March 4 in the Community Shopping Center, Bldg. 3850, rooms 263-265.

♦ **Volksmarches** – The Heidelberg International Wandering Club is registered for a walk March 5-6 for Muehlhausen (Muehlacker). Trips are open to Voelkerhausen and Orscholz in April. www.hiwv.de.

♦ **Java Café, Legends, Village Grille** – Three restaurants on Patrick Henry Village have new hours starting Feb. 28. The Java Café is open 6 a.m.-8:30 p.m. Mondays, 6 a.m.-6 p.m. Tuesday-Friday, 8:30 a.m.-6:30 p.m. Saturday-Sunday and 8 a.m.-4 p.m. U.S. holidays. Legends is open 6-10 p.m. Thursdays, 4:30 p.m.-1 a.m. Fridays and 6 p.m.-1 a.m. Saturdays. The Village Grille is open for Bingo 5:30-9:30 p.m. Mondays, 5-9 p.m. Tuesday-Thursday, 10 a.m.-10 p.m. Saturday and 10 a.m.-9 p.m. Sunday. DSN 388-9447, www.mwrgermany.com.

♦ **Kids' Zone Redemption Tickets** – As of March 1, the Kids' Zone at the Patrick Henry Village Bowling and Entertainment Center no longer issues redemption tickets on the games. Tickets can be redeemed at

the prize counter until April 1. Also as of March 1, games will only accept quarters. DSN 388-9040, civ. 06221-338-9040, www.mwrgermany.com.

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

♦ **Pfennig Bazaar** – Heidelberg's German-American Women's Club will be collecting donations for its annual bargain bazaar 9 a.m.-3 p.m. March 5 and 10 a.m.-2 p.m. March 7 at the Internationale Gesamtschule, 29126 Heidelberg Hasenleiser. Items requested include kitchenware, jewelry, books (no school books) and music. Clothing or furniture will not be accepted. Civ. 06221-041-2025, www.GAWC.de.

♦ **Ash Wednesday** – Catholic Mass will be said 12:05 p.m. at the Mark Twain Village Chapel and 6 p.m. at the Patrick Henry Village Chapel. Lutheran service will be held at noon at the PHV Chapel. A Protestant service will be held 6 p.m. at the Mark Twain Village Chapel. The Episcopal service will be 6 p.m. at the Nachrichten Chapel. All services are March 9. DSN 373-6190, civ. 06221-17-6190.

♦ **Golf Social** – The Heidelberg Women's Golf Association invites all lady golfers to a yearly membership drive and Tee-Off Social 6 p.m. March 24 in the restaurant at the Heidelberg Golf Club. All ladies who join HWGA during the social will receive a special gift. DSN 373-6050, civ. 06221-17-6050.

♦ **Voice Your Choice** – Family and MWR wants to know what residents want at Right Arm Nights held at Legends Bar on Patrick Henry Village in Heidelberg 4-7 p.m. every third Friday for bosses and their closest co-workers. The five-question survey is available at www.mwrgermany.com/special_events/ran_survey2011.html. DSN 373-5006, civ. 06221-17-1350.

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

MANNHEIM

Education

♦ **ACS Classes** – AFTB Level III, 9 a.m.-2 p.m. March 7-9; Anger Management, 1-3 p.m. March 8; FRG 101, 9:30-11:30 a.m. March 9; Mommy and Me Signing, 3-4 p.m. Tuesdays; English as a Second Language, 9-11 a.m. Tuesdays and Intermediate/Advanced 9-11

a.m. Wednesdays in Bldg. 254, ACS conference room. Classes are at ACS in Bldg. 251 on Sullivan Barracks unless noted.

♦ **American Red Cross** – Community Adult, Child and Infant CPR, AED and First Aid will be offered 8 a.m.-5 p.m. March 12. Registration is required: Bldg. 242 on Sullivan Barracks. DSN 385-1760, civ. 0621-730-1760, www.redcross.org.

Community

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

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

♦ **Town Hall Meeting** – Representatives from Kaiserslautern to include housing, Child, Youth and School Services, Army Community Service and Exceptional Family Member Program will attend a town hall meeting 6 p.m. March 8 at the Top Hat club for members of the 95th Military Police Battalion to discuss the upcoming move to Sembach.

♦ **Ash Wednesday** – Catholic Mass will be said at 6 p.m. March 9 at the Benjamin Franklin Village Chapel. Stations will be at 12:05 p.m. Thursdays during Lent.

♦ **Madness Begins** – Youth will kick off March Madness 4-6 p.m. March 14 at the Youth Center, Bldg. 696 on Benjamin Franklin Village with a battle on the basketball court. DSN 380-4864, civ. 0621-730-4864.

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

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

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

♦ **Bowling** – Join Bowlerama Bonanza 3:30-6:30 p.m. Wednesdays through March 31 at the Benjamin Franklin Village Bowling Center. Grades 1-5, \$60 per day and grades 6-12 free. DSN 380-9290, civ. 0621-730-9290, www.mwrgermany.com.



Lions win it all

Staff Report

Heidelberg dethroned Ramstein 73-51 in the European Division I boys basketball title game Saturday night at the Sports Arena in Mannheim.

Heidelberg won the European crown for the 15th time, according to the program published by Department of Defense Dependents Schools Europe for the event. It also shows that Heidelberg has more championship wins than any other school in Europe in the event's 61-year history.

It was the first title win for Lions' coach and athletic director Ron Merriwether, who took over as coach in the fall.

The Sports Arena, which holds 1,280 spectators, was packed for the final game of the championships held Feb. 23-26.

Following each division boys and girls games, the commanders of the Mannheim and Baden-Württemberg garrisons assisted DODDS officials in handing athletes their awards.

"I was impressed with the drive and talent of the athletes. They held nothing back. It was obvious they were well-coached and wanted to be there," said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher.

In the division II boys game, the Hohenfels Tigers conquered the Bamberg Barons, and in division III, the Rota Admirals beat the Sigonella Jaguars. In division I girls, the Patch Panthers won against Vilseck; in division II Vincenza beat Black Forest Academy and in division III, Menwith Hill defeated the Rota Admirals.

Wray Holan
Six-foot, 5-inch Lion Maurice Simon goes up for a jump shot during the division I championship game Saturday at the Sports Arena in Mannheim. Heidelberg won the title game 73-51 over Ramstein.

Heidelberg wins cheer championships

Staff Report

The Heidelberg cheer team won the division I contest at the DODDS Europe Cheer Championships on Saturday at the MWS Halle am Herzogenried in Mannheim.

Heidelberg also won the division I Spirit Award and the Mannheim cheer team won the Division II Spirit Award.

Twenty-six teams put on 2.5-minute routines at the packed gym for the competition that has grown

in popularity over the years as the sport embraced dance and gymnastics moves.

Cheerleaders were also rated on their performances during tournament games.

The winners in division I were: first, Heidelberg; second, Ramstein; third, Wiesbaden; Spirit Award, Heidelberg.

In division II, winners were: first, Naples; second, Ansbach; third, Bamberg; and Spirit Award, Mannheim. In division III: first, Rota; second, Sigonella, third, Incirlik; Spirit Award, Rota.



Wray Holan
The Heidelberg Cheerleading Squad shows the strength, agility and spirit that won them the division I title at the Europeans Saturday in Mannheim.

Youth Wrestling

Emilio Parham wrestled in the under 75 weight class and won his match against a wrestler from Brussels. During the meet teams from Stuttgart, Wiesbaden, Kaiserslautern, Baumholder, Brussels, Schinnen and Heidelberg competed on Saturday at Heidelberg High School gym.



Kim Kravitz

staying ACTIVE

Baseball, Softball Camp

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

Rod and Gun Club

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

Kaiserslautern Bowling

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

Shamrock Shuffle

Join the Heidelberg Sports and Fitness Shamrock Shuffle 5-kilometer run and walk March 12. Registration will be 8:30-9 a.m. in the commissary parking lot on Patrick Henry Village. DSN 370-6489, civ. 06221-17-6489, www.mwrgermany.com.

Community Basketball

The post season unit-level basketball tournament is ongoing through March 7 at the Patton Fitness Center in Heidelberg. The championship game will be 6:30 p.m. March 7. DSN 373-6110, civ. 06221-17-6110.

Campbell, Coleman Gyms

The Campbell Barracks gym in Heidelberg has new weekend hours from 9 a.m.-6 p.m. Saturdays and Sundays. The Coleman Gym in Mannheim has extended its weekday hours effective immediately. New hours are 5:30 a.m.-9 p.m. Weekend hours remain the same: 10 a.m.-5 p.m. DSN 385-3164, civ. 0621-730-3164.

Heidelberg Volleyball

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

Heidelberg Community Volleyball

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

Heidelberg Softball Players

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

Baden Bruins

The Baden Bruins Army hockey team is looking for new players to fill their recent expansion team – the Province Bruins. The Bruins recently added this team so they could include skilled Army hockey players and recruit players at all levels. The Bruins are coached by ex-Hartford Whaler Bob Sullivan and German National player, Volker Lindenzweig. Inline season begins April 1. Those interested in inline skating or ice hockey should e-mail info@badenbruins.com.

Bowling Tournament

U.S. Army Europe Bowling Tournament will be held March 28-April 1 at the Bowling and Entertainment Center on Patrick Henry Village in Heidelberg. DSN telephone: 388-9040, civ. 06221-338-9040.



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