

HeraldPOST

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

HP THURSDAY
Feb. 23, 2012

Speed Read

EUROPE LAND FORCES

The Department of Defense announced Feb. 16 plans to adjust the posture of land forces in Europe. **3**

ID CARD APPOINTMENTS

Community members can make appointments online for identification cards and DEERS enrollment starting March 1. **3**



MEDICAL CHIEF TALKS

The chief of the U.S. Army Medical Service Corps visited Nachrichten Kaserne in Heidelberg Feb. 14. **6**

MEDIC SHEDS DEBT

A Kaiserslautern medic pays down some of her debt after meeting with a Financial Readiness Expert. **9**

MANNHEIM ORPHANAGE

Members of the USAREUR Office of the Provost Marshal visited a Mannheim orphanage armed with toys and books. **9**

SEA LIONS MEDAL

The Sea Lions medaled at the European Forces Swim League Championships in the Netherlands. **17**



Defense Details

EXCITED TO SERVE

Army leaders are aware of the differences between field forces and garrison forces and are looking to minimize the differences, the Army chief of staff said Tuesday. Gen. Raymond T. Odierno said he wants to ensure soldiers "stay excited" about being in the Army, and is looking at ways to do that. "What I'm trying to do is excite our young men and women about developing a future," he said. "They will help us all develop what the Army is going to look like and how we might fight in the future." Over the course of 10 years of war, younger Soldiers have assumed a great deal of responsibility in Iraq and Afghanistan. Yet when they get back to their home stations," he said, "they often find multiple levels of supervision where there was just one during their deployment."

www.defense.gov

What's Inside

Transformation Update.....	4
Our Army Around the World.....	8
Dear Ms. Vicki.....	10
GET OUT!	11
Movies.....	11
Announcements	12
Sports.....	13

Reservists mobilize for relief efforts in Montenegro

USAREUR Public Affairs

In response to a request for assistance from NATO by the government of Montenegro, U.S. Army Europe deployed two Black Hawk helicopters and a support crew of more than 40 Soldiers to the Balkan nation. A team of Army reservists from

the 7th Civil Support Command's 361st Civil Affairs Brigade in Kaiserslautern took part in the operation as well to provide command and control.

The helicopters, one a medical evacuation aircraft and the other a lift helicopter, will support the Montenegrin government's efforts to

deliver critical supplies and rescue services, including medical evacuation support, to people stranded in areas of Montenegro most heavily hit by recent snowfall. The helicopters and crew come from USAREUR's 1st Battalion, 214th Aviation, 12th Combat Aviation see **RELIEF** page 14



Shelly Seaver
U.S. Ambassador to Montenegro Sue K. Brown, third from left, greets U.S. Soldiers arriving at the Podgorica, Montenegro, airport Sunday.

Seminar shapes new generation of leaders

Staff report

OBERWESEL, Germany – Nearly 150 Department of Defense Dependents Schools-Europe students attended the Junior Leadership Seminar held Feb. 12-17 at the Oberwesel Youth Hostel in Oberwesel. The seminar, sponsored by DoDDS-Europe, focused on building and cultivating leadership skills for middle school students.

During the week-long event, attendees participated in a combination of specialized leadership-based sessions all designed to focus on listening and decision-making skills, leadership characteristics, time management, goal setting, project management, advocacy, fund raising, team building and intercultural and interpersonal skills.

see **LEADERS** page 14



Katherine Glavaris
U.S. Army Baden-Württemberg Commander Col. Bryan DeCoster, left, explains to students how to participate in an exercise that demonstrates the characteristics of a leader at the Junior Leadership Seminar for middle school students in Oberwesel Feb. 13. Students are, from left, Kaely Wilson from Vicenza, Maggie Dalzell from Vicenza, Daniel Bastidas from Rota and Kaula O'Neil from Livorno.

Army Emergency Relief Fund kicks off March 2

ACS Marketing

U.S. Army Garrison Baden-Württemberg will kick off the Army Emergency Relief campaign 9 a.m. March 2 in the Presidential Room in the Patrick Henry Village Pavilion in Heidelberg. Garrison commander Col. Bryan Decoster and Command Sgt. Maj. David Davenport, U.S. Army Europe, will attend the event.

The AER campaign, which runs through May 15, raises money for Soldiers who require emergency financial

assistance.

"The AER campaign provides the opportunity for all Soldiers, active and retired, to donate funds to help their fellow Soldiers," said Ainhoa Revuelta, Financial Readiness Program Manager. "More importantly, it is a great opportunity to teach all Soldiers about what AER can do for them in times of financial need."

"There are still a lot of Soldiers out there that do not know that AER can help them pay for emergencies like car repairs or emergency travel to the United States," she added.

AER recently added four categories of assistance: dental for dependents of active duty and retired Soldiers, furniture, replacement vehicles and rental vehicles. AER assists 10 percent of service members each year and provided \$312 million to Soldiers in the past four years, said Army Community Service officials.

AER requests are processed at the ACS office in Heidelberg: DSN 370-6883, civ. 06221-57-6975. For urgent requests for emergency travel, contact the ACS Satellite Office in Mannheim at DSN 385-3101, civ. 0621-730-3835.

HEALTH ADVICE

Take care of your heart, it will take care of you

By **Carrie Shult**
USAPHC PUBLIC AFFAIRS

Heart disease, the leading cause of death in the United States in men and women, affects millions of Americans.

The American Heart Association estimates that about every 34 seconds someone will have a heart attack.

Let's repeat that – every 34 seconds. So if you are a slow reader, that means several people had heart attacks while you read these paragraphs.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions.

What does that mean for you? Let me break it down.

Get moving.

If you sit a lot, try to sit less. If you have a job where you are at your computer a lot, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups, get some fresh air. Take the stairs instead of the elevator.

Avoid being the parking lot shark – lurking around waiting for an open spot in front – and park away from your destination so you can get some extra steps in.

Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes a day for five days a week or more.

Walk. Get a step counter and set a goal to walk at least 10,000 steps daily. Just get moving.

Maintain ideal weight.

Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals, but eat 200-300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda.

Eat smaller portions and eat breakfast every day. **Make a yearly date with the doctor.**

Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays or anniversaries or the Super Bowl.

Control high blood pressure.

Blood pressure that is higher than 120/80 is known to increase the risk of heart disease.

Lifestyle modifications such as staying physically active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods and lean protein can help control blood pressure.

If you are an on-the-go person, arm yourself with information by checking out the nutrition guidelines on the Internet before going to restaurants.

If you have high blood pressure, follow your health care provider's recommendations carefully, even if it means taking medication every day for the rest of your life.

By managing your blood pressure you are lowering your risk of heart attack.

Quit tobacco use.

Smoking reduces the amount of oxygen in the blood and raises blood pressure.

Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs, not to mention it also stains your teeth, clothing and hands.

To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. You will find out who supports your goal.

Get rid of tobacco in the house, car, workplace and your secret stash.

Cut down on alcohol.

Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink

Take Care of Your Heart

- ◆ Get moving
- ◆ Maintain ideal weight
- ◆ See a doctor annually
- ◆ Control high blood pressure
- ◆ Quit tobacco
- ◆ Reduce alcohol consumption
- ◆ Manage stress

Take Care of Your Heart Resources

- ◆ American Heart Association – www.americanheart.org.
- ◆ National Institutes of Health – www.nlm.nih.gov.

alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day.

One drink is a 12-ounce can of beer or four ounces of wine, or 1-1/2 ounces of liquor.

Manage your stress.

People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries.

Learn how to manage your stress by using relaxation methods such as deep breathing exercises, counting to 10 and meditation.

Do your part.

Care for your heart by eating a better diet, exercising, quitting tobacco and managing stress to reduce the risk of heart disease.

Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease. Small steps count, so start today.

What are your techniques, tactics and procedures for staying healthy? Check out our Facebook page for what works for me, and share yours at www.facebook.com/USAPHC.



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

"Is there any change in status for the car wash? My poor vehicle needs to have the road salt washed off!"

–Katrina Knutson Paris, BWnow Facebook fan

"The car wash on Patton Barracks in Heidelberg is open: DSN 373-5196, civ. 06221-17-5196."

–BWnow Facebook Administrator

"Where can we see the questions and answers [from the USAG Wiesbaden-USAREUR town hall]? I had to

leave just when they opened the floor to questions."

Dawn Leitch-Shannon, BWnow Facebook fan

"Once all of the questions are compiled and addressed (there were some that came in after the briefing) they will be posted on the FAQ section of the USAREUR Transformation web page at www.eur.army.mil/relocation."

–BWnow Facebook Administrator

"...What rank will [be authorized for] the new housing that will be done soon [in Wiesbaden]? I was only able to watch about 20 minutes ..."

– Jessica Cook, BWnow Facebook fan

"... Contact the Wiesbaden Housing office directly at DSN 337-5310 or civ. 0611-705-5310..."

–BWnow Facebook Administrator



Commander, U.S. Army Garrison Baden-Württemberg:
Col. Bryan D. DeCoster

Public Affairs Officer:
Regina Hingtgen

Editor:
Donna Walker

Social Media Chief, Reporter:
Dijon Rolle

Reporter:
Elizabeth Casebeer, Heidelberg

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil

Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil

Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Reporter: Rick Scavetta
Web Master: Brandon Spragins

Advertising:

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

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

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

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

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

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 15,000.

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

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

DOD changes posture of land forces in Europe

U.S. Army Europe Public Affairs

The Department of Defense announced Feb. 16, in concert with overall military transformation, plans to adjust the posture of land forces in Europe.

The 170th Brigade Combat Team in Baumholder will inactivate in October 2012, and the 172nd Brigade Combat Team with units in Grafenwöhr and Schweinfurt will inactivate by October 2013. These units will not be reset (no new personnel or equipment) following their redeployments, however individual Soldier training will continue.

Additionally, the Army will reduce the structure associated with the V Corps Headquarters, approximately 750 Soldiers. The V Corps headquarters is preparing for a deployment later this year, and the assigned Soldiers will redeploy here, reunite with their families and obtain new assignments according to standard personnel procedures; however the unit itself will not return to Europe.

The Army is reviewing enabler forces and anticipates a reduction of approximately 2,500 Soldiers from smaller support units in Germany over the next several years. More information on this will follow. These changes will reduce the number of Soldiers assigned here 25 percent, down to approximately 30,000 by the year 2017.

U.S. Army Europe will work closely with unit leaders and Soldiers to ensure appropriate and timely personnel actions. It is currently assessing transformation timelines, taking into account the timing of both deployments and redeployments, and Soldier and family concerns such as tour lengths, reassigning eligible personnel to other units in enduring communities, housing and attempting to move families with school-aged children in the summer to minimize disruption.

Units remaining will consolidate at enduring communities: Baumholder; Grafenwöhr; Ansbach; Kaiserslautern; Wiesbaden and Vicenza. The Installation Management Command-Europe also manages enduring communities in Stuttgart and the Benelux.

As previously announced, Mannheim, Heidelberg, Bamberg and Schweinfurt are non-enduring and will eventually be returned to the host nation.

U.S. Army Reserve units based at various locations in Europe may be relocated; however, the number of units and assigned Soldiers is not expected to change.

Since 2006, USAREUR has closed nearly 100 sites with a replacement value of more than \$9 billion as part of consolidation and transformation. USAREUR is in the process of closing additional \$5 billion worth of infrastructure in the Mannheim and Heidelberg area which will result in annual savings of more than \$100 million.

Appointments available at ID card office

New procedure expected to reduce customer wait time

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Places people expect a wait: the Department of Motor Vehicles. The emergency room. Before a popular concert.

Starting March 1, U.S. Army Garrison Baden-Württemberg community members can scratch the identification card and DEERS office in Heidelberg off the list. The office will implement a 24/7 online appointment scheduler at <https://rapids-appointments.dmdc.osd.mil> that will allow family members, civilians, Reserve component, retirees and other select ID card holders to view a virtual calendar and choose times that best fit their busy schedules.

Active duty Soldiers may accompany their family members to the office on the Community Support Center, but for their individual needs, they should contact their unit adjutants, or SIs, prior to making an appointment to ensure services are available to their unit. Soldiers assigned to units with Common Access or ID card capabilities must be serviced by their unit.

Recent unexpected staff losses contributed to extremely long wait times for customers, and as a result, negative comments were posted on the garrison's Interactive Customer Evaluation site, said Richard A. McKeller, Central Processing Facility



Richard McKeller

Robert Smith, right, helps Jessica Riley renew her identification card at the U.S. Army Garrison Baden-Württemberg ID card office on the Shopping Center in Heidelberg.

manager.

The staff conducted weeks of their own research and read positive feedback from organizations that currently use the online system, and the overall consensus is that it's user-friendly and reliable, McKeller said.

"I'm very excited about the new system and the advantages it will offer our customers, especially those with limited time schedules. Customers will appreciate the flexibility to schedule an appointment that fits their need and schedule," McKeller added.

Customers with appointments will take priority and will be seen within minutes of their scheduled time, but walk-in customers are still welcome to wait until a free slot is available. If more than 15 minutes late for an appointment, customers will need to reschedule.

This customized web-based

scheduling program, along with retaining a walk-in service capability, will maximize the effective use of manpower while minimizing customer wait time, McKeller said.

Customers with and without appointments are still required to sign in and wait for their number to be called. If a customer with an appointment realizes or is informed they are missing documents, they may be able to return without being considered a walk-in. More complex issues may require rescheduling, McKeller said.

The ID card office is located in Room 122 in the Community Support Building on the Shopping Center and is open 8 a.m.-4 p.m. Monday-Friday for ID card issuance and DEERS enrollment. For information, contact the DEERS office at DSN 370-9804, civ. 06221-57-9804 or usarmy.badenwur.usag.mbx.id@mail.mil.



Wiesbaden garrison briefs U.S. Army Europe

U.S. Army Garrison Wiesbaden traveled to Heidelberg Feb. 16 to present information to U.S. Army Europe members who are scheduled to move there this summer and fall. The meeting was aired live on television by American Forces Network, streamed live online on the U.S. Army Garrison Baden-Württemberg website and also reported in real time on the garrison Facebook page. Nearly 400 people attended and the peak online viewing audience was 526. Information about the USAREUR move to Wiesbaden can be found at www.eur.army.mil/relocation.

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.

NEW – Will Patrick Henry Village be big enough to accommodate everyone from Mannheim? Housing is already quite full.

There are sufficient quarters to move everybody into Patrick Henry Village quarters. Based on the numbers for PHV, even though we are at an 85 percent utilization rate, 200 units are open. Two complete buildings are coming out of renovation in February and March.

NEW – What are the plans for housing on PHV? As they move families out, is there a possibility a lieutenant colonel living in a stairwell could move into colonel quarters?

The issue still needs to be reviewed by the senior mission commander. First priority is relocating those families that need to move from Mannheim and Mark Twain Village. We need to be sure we have adequate housing for families first before we can look at convenience moves. It also depends on how much money the garrison has. Although it may seem as though these moves are easy, there is still money required because maintenance has to be performed.

I currently live off-base in the Mannheim area. The Army gave us money to cover our deposit for our house. When we move to Wiesbaden, will the deposit on our new house be covered until the first landlord returns our deposit?

If you have not paid your first security deposit back, then you are not entitled to a second one. If you have repaid the whole amount back from the first one, then, yes, you are entitled to a second security deposit for your new duty station.

My wife will be stationed in Heidelberg for three years beginning in July (at the veterinary clinic). How is this possible if everything is closing?

Each unit will make the decision as to when they will start diverting their Soldiers to their new location. For example, Soldiers could continue to be assigned to the veterinary clinic since Patrick Henry Village does not have to be fully closed until 2015. The vet clinic may close sometime in 2014, but that Soldier can get two years of time here before the community closes and later be transferred to another vet clinic in Europe. Soldiers should contact their first sergeant or commander for information.

Any word on when Coleman Barracks (specifically the correctional facility) will be closing?

Right now we don't have a confirmed closure date for the correctional facility, but Coleman is scheduled to close in 2014.

What's the possibility of having MP crossing guards by the main Burger King gate when the kids are walking to school in the morning?

There are two Military Police officers stationed at the Patrick Henry Village access control point near Burger King each morning and afternoon directing traffic. They are there to ensure the safety of the school children and to expedite the movement of the school buses. The hours are 7:45 a.m. and 2:30 p.m. until the intersection is cleared.

Our child goes to Patrick Henry Elementary. When we move, do we need to re-enroll him in the new school or will his paperwork from PHV be forwarded?

Individuals who are PCSing and enrolling in another Department of Defense Dependents School in Europe can carry their package to the new school. Make sure you dis enroll from your current school. If you are changing to a stateside school, the package needs to be forwarded and that will be coordinated for you.

If our children are enrolled in the Exceptional Family Member Program in Heidelberg, will we need to redo their paperwork when we move to our next community?

Yes, each time you PCS to a new community, you will need to complete an eligibility screening and submit the appropriate paperwork.

When will a decision be made about employees who are not receiving Living Quarters Allowance during a Management Directed Reassignment?

Officials from the Heidelberg Civilian Personnel Advisory Center advise that the decision to provide LQA to employees relocating under a management directed reassignment (that are not currently receiving it) would be up to that particular organization. Employees may submit documentation through their supervisors to request LQA and their receiving organization would be responsible for either approving or disapproving the individual request, which is then sent to civilian personnel for final approval.

Facilities Operations Changes Mannheim

Base Operations – For assistance, residents should contact Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, damienn.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, robert.n.isbell2.civ@mail.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.i.satsatin@mail.mil, DSN 373-1300, civ. 06221-17-1310.

NEW – Chapel Closure – The Benjamin Franklin Village chapel will close in April. The last Catholic service will be 5 p.m. March 30. The last Protestant service will be April 15.

Commissary – The commissary is closed Mondays and Tuesdays and open 8:30 a.m.–7 p.m. Wednesday-Sunday. DSN 385-3940, civ. 0621-728-3611.

NEW – Community Bank – The Community Bank will be closed Mondays starting March 1. It will be open 9:30 a.m.–4 p.m. Tuesday through Friday and 10 a.m.–1 p.m. Saturday.

NEW – Gas Station – The Gas Station on Benjamin Franklin Village in Mannheim will be closed Mondays starting March 19 to coincide with the operating hours of the Exchange, also closed Mondays. There will be no access to BFW South (PX gate) on Mondays.

NEW – Postal Office Hours Change – Mannheim postal facilities have changed their operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.–5 p.m. Monday, Wednesday and Friday. The community mail room hours are open 11 a.m.–6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At postal service center 437, finance is open 10 a.m.–5 p.m. Tuesday and Thursday and 10 a.m.–4 p.m. Saturday. The community mail room is open 11 a.m.–6 p.m. Tuesday and Thursday, 10 a.m.–4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

NEW – Saturday Shuttle Service – The Baden Württemberg Family and MWR Saturday shuttle bus service has been discontinued. The garrison shuttle service continues Monday-Friday including German holidays but not U.S. holidays. DSN 373-8350, civ. 062201708350.

Self-Help – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.–6 p.m. Tuesdays, 10 a.m.–2 p.m. Saturdays and closed American and German holidays. DSN 380-4435, civ. 0621-730-4633.

NEW – Sullivan Gym Hours Change – The Sullivan Fitness Center has new hours: 6 a.m.–8 p.m. Monday-Friday, 10 a.m.–5 p.m. Saturday, 11 a.m.–4 p.m. Sunday and 10 a.m.–5 p.m. federal and training holidays.

NEW – Tax Relief Office – The Tax Relief Office on Sullivan Barracks has new hours: 10 a.m.–3 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-1780, civ. 0621-730-1780.

Transportation Motor Pool – The Transportation Motor Pool on Spinelli Barracks has closed and all vehicles are dispatched at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, www.bw.eur.army.mil/Directories/DOL/TMP.html.

Vehicle Inspection – Spinelli Barracks is the single-service location for vehicle inspections. Vehicle registration manager DSN 384-6100, civ. 0621-730-6100; support DSN 384-6911, civ. 0621-17-6911; vehicle inspection: DSN 384-6120, civ. 0621-730-6120. GPS: 68259 Mannheim-Feudenheim.

Vehicle Registration – The vehicle registration office on Spinelli Barracks in Mannheim is in Bldg. 1563. Customers should first call or visit the official home page for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction, and bring checks or money orders to pay fees. The Spinelli office is open 7:30 a.m.–5 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, www.hqusaureur.army.mil/rmv.

Work Orders – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312. After duty hours, call DSN 115, civ. 06221-17-115.

Heidelberg

New – Airport Shuttle Buses – The free shuttle bus service for service members, DOD civilians and their families departing Germany from Ramstein Air Base on the recently announced Patriot Express channel flight departs Heidelberg 5:40 a.m. every Tuesday from the Patrick Henry Village Guest House, Bldg. 4527, Grasweg, 69124 Heidelberg. The chartered bus includes a toilet and makes no rest area stops during the one hour, 45 minute drive. Travelers should arrive 15 minutes prior to departure with military ID cards and copies of permanent change of station or temporary duty orders. Service members on orders have priority but other ID card holders can ride if space allows. For information or to sign up, contact the USAG Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

The shuttle bus to the Frankfurt Airport departs Heidelberg 7:30 a.m. Monday-Friday from the PHV Guest House. It returns to Heidelberg 11 a.m. or 2:30 p.m. Monday-Friday and approximately 11 a.m. Saturday if there are Soldiers traveling to Heidelberg. Frankfurt Gateway Reception Center in the Shelton Hotel: DSN 334-6903/6905, civ. 069-6959-73803.

NEW – Auto Skills – The Auto Skills shop in Bldg. 4226 on Tompkins Barracks will close July 15. DSN 370-9585, civ. 06221-57-9585.

Postal Finance and Official Mail Service – The Postal Finance and Official Mail service at postal service center 432 on Tompkins Barracks has been discontinued. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19, respectively. Consolidated mail room operations at PCS 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

NEW – Postal Office Hours Change – The Heidelberg Army Post Office on the Shopping Center is now open 10 a.m.–4 p.m. Tuesday, Wednesday, Friday and Saturday, 11 a.m.–5 p.m. Thursday and closed Mondays. The post office on Patrick Henry Village in Heidelberg is now open 10 a.m.–4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays and weekends.

NEW – Shooters Bar and Grill – Shooters Bar and Grill in the Rod and Gun Club in Oftersheim will close as a restaurant Feb. 26 due to decline in patronage. It will be re-designated Shooters Club House and will be available for private events, parties and other group activities.

NEW – Tompkins Gym – The Fitness Center on Tompkins Barracks in Schwetzingen will close on or about July 29. Hours are: 5:30 a.m.–8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays and open 10 a.m.–4 p.m. training holidays. DSN 370-9193, civ. 06221-57-9193.

NEW – Wood Shop – The Wood Shop on Patton Barracks will close May 29. DSN 373-5195, civ. 06221-17-5195.

Medical Service Corps chief talks to health center staff

By **Stefan Alford**
HMEDDAC PUBLIC AFFAIRS

The chief of the U.S. Army Medical Service Corps and commanding general of the U.S. Army Medical Department Center and School gave a subtle lesson in mentorship at the Wilson Theater on Nachrichten Kaserne in Heidelberg Feb. 14.

As Maj. Gen. David Rubenstein extolled the importance of mentoring young Soldiers to about 100 members of the Heidelberg Health Center, 30th Medical Command and Europe Regional Medical Command, he was in effect doing that very thing on a large scale.

"Mentoring is counseling, coaching and teaching, and we all have that responsibility," the two-star told an audience ranging from junior enlisted to senior officers. "You can sit down for just one hour and have a mentoring relationship – it doesn't always have to be a long, continuing process."

The general "mentored" this particular group for a good hour-and-a-half, touching on career-defining subjects as diverse as proposed changes to the military's retirement benefits system and reduction in troop strength, to a change in the medical service's philosophy introduced by the Army Surgeon General last month.

"We have to become a system of health, instead of a health care system," he said, reiterating Lt. Gen. Patricia D. Horoho's challenge on the way ahead for Army medicine in an address she gave at the



Maj. Gen. David Rubenstein, chief of the U.S. Army Medical Service Corps and commanding general of the U.S. Army Medical Department Center and School at Fort Sam Houston, Texas, speaks to health care professionals at the Wilson Theater on Nachrichten Kaserne in Heidelberg Feb. 14.

2012 Military Health System Conference in National Harbor, Md., Jan. 31.

He explained that means finding ways to touch the lives of patients to promote individual health apart from the blip that is approximately 100 minutes average a year that patients see a provider (based on five visits of 20 minutes each). Affecting the remaining 525,500 minutes on the radar screen that makes up a patient's year is vital to instilling a continuous, healthy lifestyle, he said.

As Horoho noted, providers need to know what goes on in that "white space" between visits – does the individual

smoke during their outpatient visits? Do patients eat triple cheeseburgers? How many commit suicide?

"It's in the white space ... where health really happens," Horoho told more than 4,000 military and civilian medical personnel from all branches of service at the MHS conference. "And that's where we as individuals, we as a military health system, and we as a nation, must go."

"We have to keep people healthy, instead of spending millions of dollars to bring them back to health," explained Rubenstein.

To that end, while the Army will be downsizing personnel

over the next several years to meet Congressionally-mandated end strength numbers, Rubenstein said that "people are arguing that the health care system needs to remain robust. The answer is not just to slash the medical corps and send our folks downtown for care because that's a very expensive cost."

Rubenstein, based at Fort Sam Houston, Texas, also visited Army medical staff at facilities in Bavaria and Landstuhl during his trip to Germany. The former Army Deputy Surgeon General is no stranger to host-nation issues, having served in Heidelberg as commanding general of

ERMIC, command surgeon for the U.S. Army Europe and 7th Army, and commander of the 30th Medical Brigade. He also served as commander of Landstuhl Regional Medical Center.

The experience of his various assignments all led him back to one overarching point during his address to Heidelberg staffers: "The most important part of career success (across the three areas comprising education, experience and affiliation) is mentorship – either to receive mentorship or to provide mentorship. If you have a career question, seek out someone with the knowledge and experience to help you. Mentorship is how we grow the next generation."

The mentorship on mentorship that Rubenstein provided made an impression.

"Mentorship is more important now than ever before," echoed Capt. Vic Johnson, medical company commander with the Heidelberg Medical Department Activity. "As these wars went on, we lost certain aspects of leadership. Many of our junior officers today never served in a peacetime Army that our senior officers had the opportunity of serving. [It's important] to learn how changes will occur to help junior officers better prepare themselves."

And Capt. Janie Mena, executive officer for the Coleman Troop Medical Clinic at Mannheim, succinctly summed up the general's presentation: "We should all have a mentor, but we should all be one as well."

When snow stalls relief in Bosnia and Herzegovina, U.S. assists

USAREUR Public Affairs

U.S. Army Europe and U.S. Air Force in Europe assisted the government of Bosnia and Herzegovina (BiH) with the delivery of helicopter equipment, petroleum, lubricant and oil to Sarajevo, Bosnia and Herzegovina Feb. 12.

The joint effort was part of a military-to-military exchange agreement that came a week after the region was hit by severe weather, heavy snow and intense cold, stalling many cities' ability to function and hampering the government's ability to conduct relief operations.

"Helicopters have been responding to this historic snowfall and record low temperatures by providing assistance to the citizens of the country," said U.S. Ambassador to Bosnia and Herzegovina Patrick S. Moon. "The helicopters were running very low on lubricants and spare parts needed to conduct operations."

Moon said the helicopters have been an important factor in providing emergency supplies and assistance in many communities which were completely cut off.

"We really appreciate the work that has been done by EUCOM, USAFE and USAREUR to provide

these parts on a very urgent basis," Moon said.

The partnership between BiH and the U.S. will continue to be essential in further enhancing the relationship between the U.S. and Europe.

"It all comes together to professionalize the government," Moon said. "It helps the citizens realize how important the armed forces are and that they can provide service to them in a natural disaster like this one. It's really great to be a part of this team."

BiH's relief efforts are ongoing and they will continue to work with the U.S. for additional disaster assistance.



U.S. Ambassador to Bosnia and Herzegovina (BiH) Patrick Moon speaks to the press in Sarajevo Feb. 12 about a military-to-military exchange between BiH and U.S. Forces to help citizens following heavy snow and intense cold.



Staff Sgt. Jason Epperson

Staff Sgt. Jonathan Price, a squad leader assigned to 3rd Platoon, Blackfoot Company conducts security checks near the village of Narizah, Afghanistan, located in the Tani district Feb. 10.



Maj. Guy Hayes

Maj. Gen. Thomas H. Katkus, Alaska's adjutant general, races to the finish line during the Top Brass Charity Sled Dog Race in Anchorage, Alaska, Feb. 11.



Staff Sgt. Tiffany Monnett

Col. Joseph Wawro and Command Sgt. Maj. Wylie Hutchison, the commander and senior noncommissioned officer of the 4th Infantry Brigade Combat Team (Dragon Brigade), 1st Infantry Division, visit with Soldiers of Company A, 1st Battalion, 28th Infantry Regiment, 4IBCT, during a training mission at the National Training Center, Fort Irwin, Calif., Feb. 14. The Dragon Brigade is preparing for their deployment to Afghanistan later this year.

ourARMY
around the world

For more Army news,
visit www.army.mil

U.S. Army spreads cheer at Mannheim orphanage

USAREUR OPM Public Affairs

Employees of the Security Operations Branch at the USAREUR Office of the Provost Marshal in Heidelberg, as well as the children at the St. Josef Orphanage in Käferthal, in Mannheim, shared a special day Feb. 3.

Jeff Ganoe, a financial analyst in the branch, suggested the group visit one of the local orphanages following approval of a professional development program that allowed branch members to spend time together.

“Our main objective of this project was to provide to those that are not as fortunate as many of us,” Ganoe said.

“Mr. Hoffman, the headmaster of the school, informed us that our visit was more than welcome and suggested some items that the kids could use,” said Lt. Col. Enrique Nazario, security operations branch chief.

The school’s gym had recently been renovated and their request was for gym equipment or items that the kids could play with.

The Mannheim Exchange and Commissary donated candy, frisbees, soccer balls and children’s toys.

The Heidelberg Exchange donated a \$50 gift card which was used to buy table tennis

paddles and accompanying accessories.

OPM employees bought additional German-English dictionaries for the school’s library and new nylon jump ropes for the gym.

“Our visit, which consisted of nine employees, was well received by the children, we had the opportunity to have a tour of the school from Mr. Hoffman as well as visit with some of the children as they were completing their school work,” Nazario said.

The 100-year-old institution cares for 102 children ranging in age from three to 18.

“St. Josef’s provides a loving, caring and educational surrounding for children who have had the misfortune of having a troubled environment as a child,” Nazario explained.

All the children attend local schools and the older kids have their own rooms where they live, eat and sleep.

They attend their local school and return to St. Josef’s in the evening as their home.

The school is funded by the Mannheim and Heidelberg city administrations as well as by the state government.

For comfort items, trips and toys, it relies primarily on



Enrique Nazario

Dahlia Lewis from the U.S. Army Europe Office of the Provost Marshal assists a student at the St. Josef Orphanage in Käferthal, near Mannheim Feb. 3 following a visit there by nine OPM employees who brought toys and books for the children and equipment for the school’s gym. OPM paid a similar visit to the orphanage in December and hopes to continue the practice at least twice a year.

donations.

If a normal school has reason to call the police due to noticeable abuse of the child or neglect, the police take the child to St. Josef’s.

Medical assistance is provided to the child and the child stays at St. Josef’s until directed otherwise by the court.

If a child has been abandoned, the child stays with

the orphanage for an average of three to four years, and is then placed in foster care with a loving family.

“Our hope is that this visit will not be our last and we’ll have the opportunity to conduct our visit semi-annually to the school,” Ganoe concluded.

“Our main objective, as mentioned earlier, was to provide to those that weren’t

as fortunate as many of us – this was rewarded with many smiles and laughter from the children,” he said.

As springtime approaches, the children at St. Josef’s like to go camping and members of the USAREUR OPM security operations crew are now in the process of obtaining camping equipment and inflatable beds to make the opportunity available.

With help, medic sheds debt

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Six years ago, before Spc. Rachel Lee joined the Army, she swiped credit cards to survive.

Waiting tables in Virginia and caring for three children, Lee lived off cash in her pocket and charged the rest – food, diapers, clothes and hospital visits. Joining the Army was a step toward stability, but her debts followed her.

Now a medic at Landstuhl Regional Medical Center, Lee was confronted about her unpaid accounts. She went to U.S. Army Garrison Kaiserslautern’s Army Community Service at Pulaski Barracks, where she met Denise Fesel, a financial readiness expert.

“I was completely upside down, the first time I walked into her office. I was in tears,” Lee said. “I didn’t know what to do or where to begin. I was almost \$70,000 in debt. I was like, ‘I’m never going to get this paid off.’”

Fesel helped Lee, first by getting her

organized. To pay her bills, Lee had to understand what she owed. From Fesel, Lee learned how to understand her credit report, dispute errors and set up payments plans. Then, Lee had to make a budget and stick to it.

The annual Military Saves campaign, which runs during the third week in February, encourages service members to improve their financial situation. Often, people want to save but never start, Fesel said.

“We ask them to fill out a pledge card and take that first step, making a promise to themselves that they are going to save money,” Fesel said. “Start changing some habits. It’s easy to say, but can be difficult to do.”

ACS regularly offers programs that explain everything from managing bank accounts, building credit and paying debts to managing a Thrift Savings Plan, investments and other retirement accounts. During Military Saves week, ACS offers extra classes, to include extreme couponing and tax season seminars.



Rick Scavetta

Army Capt. John Reed, right, asks financial questions of Basia Holscher, an Army Community Service Financial Readiness program staff member during a “Financial Fair,” on Tuesday. The fair is part of U.S. Army Garrison Kaiserslautern’s observance of Military Saves

Setting goals, making a budget and paying debts come first, followed by investing and financial freedom, Fesel said. Writing down income and expenses, then tracking spending are some first steps to take, Fesel said.

“The biggest problem I see is people are overextended. They have too many credit cards, too many loans and they can’t manage anymore,” Fesel said. “People want to get out of debt. Stopping the cycle of using a credit card, that’s one of the first steps.”

Lee’s first month was the hardest,

she said. But then she began receiving letters congratulating her for settling her account.

“I was so excited. I couldn’t wait to start paying another account,” Lee said. “It’s an amazing feeling to know that you’re paying off bills.”

Lee has since learned more about financial readiness, to include how to save and use grocery coupons.

She hopes to be debt free later this year.

“It is a huge relief,” Lee said. “I’m not losing sleep over it anymore.”

GERMAN NEWS

Airport Strike Extended

Some 200 workers who direct aircraft in and out of their parking positions at Frankfurt airport are extending their strike until Friday evening in a bid to further turn up pressure in their pay dispute, unions said Tuesday. Hundreds of flights, primarily domestic and short-haul, have been canceled so far. Fraport, which owns and operates Europe's third-busiest hub, said Monday that even though 240 of a total 1,250 flights were canceled, it had been able to ensure around 1,000 flights, or more than 80 percent, above all intercontinental connections. According to documents, the union is demanding pay raises of 25 to 50 percent, depending on a worker's grade, as well as increased bonuses and reduced working hours.

Smoking Ban Up In Smoke

The Constitutional Court in Karlsruhe ruled Tuesday that smoking bans must be imposed on restaurants and bars alike, or not at all. Hamburg's unique smoking ban states that bars that just offer drinks are allowed to keep a separate smoking room, while places that offer food are not. Judges decided this was a violation of the German constitution's articles safeguarding fair competition. Hamburg restaurants are now allowed to install separate smoking rooms until the city's authorities come up with a new ruling. The court also said that the same conflict does not exist in any other German state, where there are either blanket smoking bans or exceptions for smoking rooms. The court based its decision on evidence from the German Cancer Research Center, which said that it makes no difference if the toxic substances in tobacco smoke are inhaled in a bar or a restaurant. Only Bavaria and Saarland have imposed a total smoking ban.

Frozen Falling Feces Flummoxes

There are at least three reports of residents in Bavaria, Baden-Württemberg and Saxony who have recently discovered gigantic chunks of frozen feces and urine that fell from passing airplanes. The smelly chunks have ranged in size from 20 -centimeters to two kilograms. Even though chunks of ice have been known to fall from aircraft before, the recent incidences have perplexed officials.

Babies More Aware

Scientists from the Frankfurt Institute for Advanced Studies, Goethe University Frankfurt and the Goethe-Institute Frankfurt have proven babies are aware of their environment. The team showed 24 6-month-olds and six 8-month-olds a computer screen with a red dot. Using eye-tracking technology, the researchers set off a brief "bing" noise and a picture of an animal every time the babies looked at the dot. Before long, the babies were frequently looking at the dot to get the reward of the noise and animal picture. Scientists previously studied babies' cognitive abilities by having them do activities like pointing or pressing buttons, which is problematic because infants generally begin to develop fine motor skills around their first birthday. The researchers said they hope their work will lead to new ways of stimulating infant learning or improved medical treatments.

German Robin Hood

A do-gooder in Lower Saxony has given away at least €180,000 to people and groups whose stories have appeared in the local newspaper. The first envelope containing €10,000 arrived at a crime victims' aid group in Braunschweig in November, shortly after the newspaper carried a story about a woman who was left traumatized when her handbag was stolen. Not long after, other envelopes were left for a kindergarten, a church and local soup kitchens. One envelope was delivered Feb. 1 with an article from the paper about a 14-year-old who was left seriously injured by a swimming accident seven years prior. The newspaper has been inundated with requests for news coverage in the hope of attracting the donor's sympathy, which it has declined, citing the press code. The most recent envelope was sent to official representative Armin Kraft last weekend, whose platform is to work against child poverty. The €10,000 will go to support family mentoring.

SOURCE: www.thelocal.de



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit www.dearmsvicki.com.

Dear Ms Vicki,

I have been very hesitant to write you or tell anyone about this, but I feel you can give me some good advice.

I was previously married since the age of 18 for 10 years to an abusive husband and a gambler. I finally got the courage to get a divorce and just married my new husband.

Unfortunately, four months later, he deployed to Afghanistan. He has been in the Army 14 years now (straight out of high school).

I have two girls (ages 7 and 9) from my previous marriage and a 2-year-old son from this one. My husband loves and treats my girls as if they were his own.

My psychiatrist has diagnosed me with bipolar 1 disorder, and I suffer from severe migraines. My neurologist and psychiatrist had me on a total of 12 medications. I stopped taking them because nothing seemed to work.

Since the deployment, I have become very isolated and kind of numb at times. I have begun to distance myself from everyone, including my family. I just don't care about myself anymore. My children are the only ones I live for. I worry constantly about my husband and if he's OK. Every black SUV or car that passes by, my heart sinks.

I am taking my ex-husband to court for a child support modification, so on top of this deployment, I am going through this court alone.

My husband thinks I should "get it over with," but I think he fails to understand the stress I am going through.

I took this step because we have been arguing over finances and I'm tired of hearing it. He wanted me to stay at home and focus on being a mother instead of the workaholic I used to be.

At times, he treats me like a Soldier, not his wife. He expects me

to have everything in order and on point like he does. I was never trained for any deployments or what a wife should expect. I'm doing this alone and I feel overwhelmed.

I get angry when people tell me time goes by fast ... uh, not when I'm up with anxiety until 4 a.m. every day.

I finally took my son to his grandparents' house (that's another story) on the only weekend without the kids, I felt so alone and lost without them that I spent the whole weekend in my room sleeping and crying. Literally. Is this normal?

I try to talk to a few military wives, and I am good at giving them support and positive words, but I don't practice what I preach. I pretend I am fine, and I smile and make others happy, but I feel like I deserve everything bad in this world.

My 25-year-old cousin is staying with me, but he has not been helping me out with rent or anything. He goes out and comes home at 2 a.m. or whenever he feels like it. He was really supposed to stay just a couple of days while we put an alarm system in my home. He normally lives with my aunt and pays no rent there, either.

I am too kind of a person, and I don't know how to tell him that he needs to leave.

I just want to feel comfortable in my own home and for my daughters to sleep in their room. I was molested by an adult cousin when I was a teenager for a few years, so part of me relives that and is afraid of history repeating itself.

My cousin is also in the Army. He's just beginning and isn't mature minded yet. My family is very tight, so I don't know how to tell him to leave without hurting his feelings and my family talking badly about me.

When I asked my husband, he said for me to figure it out. I am too tired and overwhelmed lately to think.

Sorry I am just rambling on, but as you can see, I have been holding a lot in. I can't tell my family because they are negative and judgmental. That's why I've been isolating myself. I feel no one truly understands how hard it is, especially for it being my first time going through a deployment.

I don't know if any of this is normal, or is it that just all the stress is getting to me?

Oh, yes, speaking of stress, I have lost about 15 pounds in the last month and a half. I can't hold food down, either.

I have an appointment with my regular doctor in the next two weeks, and hopefully he can lead me in the right direction.

Regards, Stressed Out, Dear Stressed Out,

I'm very worried about you. You have every reason to be stressed

out. I would be, too, if I were facing the same.

Since you wrote to me, you should have met with your doctor. What did he advise you to do?

There are many concerns that I have about you. First of all, it's not normal for you to spend your days and nights crying, isolated from others, feeling numb and vacillating from anxiety to depression.

I'm glad you met with your doctor, because you really must take care of yourself and remain on a care plan to manage your symptoms.

You say you are in a wonderful relationship now, but your husband continually tells you to figure it out or simply get over it whenever you are experiencing any type of difficulties. It doesn't sound like he is very supportive.

You really need to establish a plan of care with your primary care physician. You will need the support and intervention from a psychiatrist and a therapist. You owe it to yourself and your children to be the best mother and one who is happy and healthy.

Your PCM should have referred you to behavioral health for psychiatric services if they are available on base to spouses, or have given you a referral for services off base through Tricare.

I won't try to diagnose you, but it sounds like you are experiencing some depression. It will be good for you to begin working with a therapist who specializes in trauma and sexual abuse. This will help you with your self-esteem, self-worth and your assertiveness.

Let me also be honest with you and say that you are repeating the same patterns. I'm not blaming you at all for this, but it's something you must take a look at.

When a child is sexually abused, they will often feel that it's their fault and they blame themselves. As a result, even as adults they will continue to put themselves in harm's way.

Remember, you were abused. Crimes against children are terrible. You should have never experienced this; no one should.

However, you've been in an abusive relationship, and now you are married again to a man who accepts your daughters as his own, but one who doesn't seem to be very emotionally supportive.

Lastly, you are allowing your cousin to take advantage of you, and you are afraid to ask him to leave. It's time for you to start taking care of you, period.

Let me know what your doctor said and what referrals he gives you.

If you'd like, send me your location and I will happily send you other resources.

GET OUT!

area events

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

February 23

Gourmet and Wine Festival – Visitors to the Rheingau Gourmet and Wine Festival, Europe's largest gourmet festival, can enjoy cooking demonstrations while sampling a variety of foods courtesy of Germany's best chefs coupled with some of the region's finest wines. Visitors can explore the picturesque Rheingau region, home to Riesling wines, with rolling hills, stunning forestry and lakes providing a beautiful and cultured backdrop. The festival runs through March 7. www.buzzoffbase.com.

Art Exhibit – Local artists David Sohl and Andrew Washington present their latest works to the public during Sohl and Washington: Two Artists – One Exhibition at 3 p.m. through Feb. 25. Schulstrasse 2, 69214 Eppelheim. Civ. 06221-79-4404.

Modern Art – Modern art meets the supermarket in the art exhibition I Love Aldi named after the German discount supermarket chain. See a shopping cart immersed in seven tons of white sugar, 2,000 vacuum-packed sausages littering the floor and thousands of slices of bread forming little houses and more. Catch the exhibit at the Wilhelm-Hack museum in Ludwigshafen through March 4.

February 26

Toy Market – Discover new and used model trains, cars, accessories, literature and more at the Model Train and Toy Market in Nuremberg. Gesellschaftshaus, Buchenschlag 1, Nürnberg-Gartenstadt. www.spielzeugmarkt-nuernberg.de.

February 27

Flossenbuerg – The Flossenbuerg concentration camp, near Grafenwöhr, was first opened in 1938 and the location was chosen for the proximity to a large granite deposit. Prisoners worked in the quarry and also in an arms manufacturing plant. The prison eventually housed 100,000 prisoners from more than 30 countries and was finally closed in 1945. An English language program is available for download on their website at www.gedenkstaette-flossenbuerg.de. Gedächtnisallee 5-7, Flossenbuerg, 92696 Bavaria. www.buzzoffbase.com.

February 28

Beatles Tribute – The musical All You Need is Love, inspired by the music of the Beatles, begins at 8 p.m. at the Rosengarten's Congress Center in Mannheim. Tickets: www.bb-promotion.com.

March 1

Concert – The U.S. Army Europe Band will perform 7 p.m. at the Kurpfalzhalde,

Freiherr-vom-Stein-Strasse 16, 68723 Oftersheim. Free admission. The concert, called Hands Across the Sea, will be the culmination of a week of musical workshops and training with guest conductors and a guest solo artist. DSN 370-7270, civ. 06221-57-7270.

Hairspray – The Heidelberg High School Drama and Music Departments will perform the musical "Hairspray" 7:30 p.m. March 1, 2, 3, 9, 10 and 3 p.m. March 4 and 11 at Heidelberg High School. DSN 370 8004, civ. 06221-57-8004.

Palmengarten – The Palmengarten located in the center of Frankfurt am Main is a popular place for those who want to get closer to Mother Nature. This outdoor attraction caters to those who want to spend time with friends and families outdoors and enjoy live concerts and fairs in the summer. The Palmengarten first opened in 1868, started out as 50 acres of well kept gardens. Now visitors are free to explore the many green houses, ponds and other surprises on the property. The Palmengarten is open 9 a.m. – 6 p.m. March to October. Siesmayerstraße 61, 60323 Frankfurt am Main Civ. 06921-233939.

March 2

Concert – The U.S. Army Europe Band will perform 7 p.m. March 2 at the Rudolf Wild Halle, Schulstraße 6, 69214 Eppelheim. Free admission. The concert, called Hands Across the Sea, will be the culmination of a week of musical workshops and training with guest conductors and a guest solo artist. DSN 370-7270, civ. 06221-57-7270.

Frozen – The Kaiserslautern Military Community On Stage will perform the play Frozen, by Bryony Lavery 7:30 p.m. March 2, 3 at the community theater on Kleber Kaserne in Kaiserslautern. www.mwrgermany.com.

Spring Bazaar – U.S. Army Garrison Kaiserslautern will host a spring bazaar with more than 100 international vendors. March 2-4 at the Special Events Center on Rhine Ordnance Barracks in Kaiserslautern. The bazaar will feature antiques, crafts, porcelain, rugs, souvenirs, cutlery, gloves, purses, furniture, children's carousel and more.

March 3

Weinheim Tour – Visit the city of Weinheim and take a tour of the charming Altstadt, where the last ruling princess of Mannheim spent the final years of her life. Learn about the history of Weinheim's two castles, visit the market square, the Laurentiuskirche, the witches' tower, the salute to the USA and the smallest house in Weinheim. <http://affiliates.uso.org/rheinmain>.

March 4

Country Music Festival – The Interna-

tional Festival of Country Music featuring Reba McEntire, Asleep At The Wheel, Ricky Skaggs, Lonestar and George Hamilton IV. Concert will be at the SAP Arena in Mannheim 6 p.m. March 4. Civ. 0621-10-1011, www.bb-promotion.com.

March 7

English Language Stammtisch – The English Language Stammtisch will meet 6:30 p.m. for a discussion led by Charles Keene, former Chairman of Democrats Abroad, Heidelberg chapter on the U.S. presidential race. Meeting is open to the public. Zum Gueldenent Schaf Hauptstrasse 115, Heidelberg Altstadt. Civ. 06221-20879.

March 17

Ropes Course – Test out your climbing skills at the Kletterwald Rope Course in Wiesbaden. Climbers of all ages and skill levels can swing and climb through this massive obstacle course of trees and ropes. Admission is €18 and €15 for students and apprentices. The course is open 9 a.m. – 7 p.m. daily through Nov. 11. Neroberg 1, 65193, Wiesbaden. Civ. 016115802246. www.kletterwald-neroberg.de.

March 24

Switzerland – Imagine sitting along the shores of a crystal clear lake, drinking coffee with the snow-capped mountains in the background. This is the atmosphere of Lucerne, one of Switzerland's most beautiful cities. Enjoy the mountain air, great shopping and Swiss hospitality. In beautiful Lucerne, take a walking tour where we'll see such famous landmarks as the covered Mill Bridge. On a clear day, you can see the breathtaking Swiss Alps mountain range. <http://affiliates.uso.org/kaiserslautern>.

Ongoing

Free Admission – The Landesmuseum Württemberg in Stuttgart is offering free entrance to the museum through April 1. Visitors can enjoy exhibits on display in the Fruchtkasten and the Roman Lapidarium in the Neue Schloss. The museum is open daily 11 a.m. to 5 p.m. Tuesday through Sunday.

Festspielhaus Baden-Baden – Explore the Festspielhaus Baden-Baden, a world-famous opera and concert hall which also bears the unique distinction of being Germany's largest. Enjoy a guided, behind-the-scenes tour through the Festspielhaus and discover the theatre's secrets, visit the artists' dressing rooms, and relive magical moments in the Festspielhaus' history. Advance reservations recommended. Visit the theatre's website at www.festspielhaus.de for details on upcoming events. Beim Alten Bahnhof 2, 76530 Baden-Baden. Civ. 07221-301-3101. www.buzzoffbase.com.

coming to THEATERS

THIS MEANS WAR

(Reese Witherspoon)
The world's deadliest CIA operatives are inseparable partners and best friends until they fall for the same woman. Having once helped bring down entire enemy nations, they are now employing their incomparable skills and an endless array of high-tech gadgetry against their greatest nemesis ever – each other. (Rated PG-13 for sexual content including references, some violence and action and for language) 98 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 23 - THE SITTER (R) 7 p.m.
Feb. 24 - THIS MEANS WAR (PG-13) 7 p.m., 10 p.m.
Feb. 25 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 4 p.m.; THIS MEANS WAR (PG-13) 7 p.m.; SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 10 p.m.
Feb. 26 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 4 p.m.; THIS MEANS WAR (PG-13) 7 p.m.
Feb. 27 - THIS MEANS WAR (PG-13) 7 p.m.
Feb. 28 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 7 p.m.
Feb. 29 - THIS MEANS WAR (PG-13) 7 p.m.
March 1 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 7 p.m.

Vogelweh, Galaxy

Feb. 24 - JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 7 p.m.
Feb. 25 - PUSS IN BOOTS (PG) 4 p.m.; THE SITTER (R) 7 p.m.
Feb. 26 - THE MUPPETS (PG) 4 p.m.

Ramstein, Gateway Movieplex

Feb. 23 - JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE SITTER (R) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; THE MUPPETS (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Feb. 24 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.
Feb. 25 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.
Feb. 26 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; 10:15 p.m.
Feb. 27 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.
Feb. 28 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.
Feb. 29 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.
March 1 - THIS MEANS WAR (PG-13) 11 a.m.; 1:45 p.m.; 4:40 p.m.; 7:15 p.m. SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.; THE THREE MUSKETEERS (PG-13) 11:15 a.m.; 2 p.m.; 4:45 p.m.; 7:30 p.m.

THEATER INFORMATION

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

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

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Feb. 23-29 - SAFE HOUSE (R) 8:15 and 11 p.m. at CinemaxX
Feb. 24, 25, 29 - YOUNG ADULT (R) 11 p.m. (8:30 p.m. only Feb. 29) at Cineplex

community HIGHLIGHTS

Tax Centers Open

The Heidelberg Tax Center located on the Shopping Center, the Kaiserslautern Tax Center located in Bldg. 3210 on Kleber Kaserne and the Landstuhl Tax Center located on the ground floor of Bldg. 370, help ID card holders prepare and file returns. The Heidelberg Tax Center is open for appointments 10 a.m.-5 p.m. Mondays, Wednesdays and Fridays and 10 a.m.-6 p.m. Tuesdays. Walk-ins with simple tax returns are 10 a.m.-4 p.m. Thursdays. DSN 370-7510, civ. 06221-57-7510. The Kaiserslautern Tax Center is open 9 a.m.-4 p.m. Monday-Friday. DSN 483-7688, civ. 0621-411-7688. The Landstuhl Tax Center is open 9 a.m.-4 p.m. Monday-Friday. DSN 486-6334, civ. 06371-86-6334.

Consulate Outreach

Representatives from the U.S. Consulate in Frankfurt will conduct an outreach program 9:30 a.m.-2 p.m. March 8 in Room 231, Bldg. 3850, in the Community Support Center in Heidelberg. Applications will be accepted for reports of birth, and initial and renewal of tourist and official passports. Representatives from the Department of Homeland Security and the Social Security Federal Benefits Unit will also be available to review applications for social security, visa and citizenship. DSN 370-3921/3922, civ. 06221-57-3921/3922. Documents can be found at www.bw.eur.army.mil/DHR/passports.html, www.travel.state.gov or www.socialsecurity.gov/pubs/10120.html.

CFC Luncheon

Community and area project officers, Combined Federal Campaign unit coordinators, garrison commanders, sergeants major, unit commanders and first sergeants are invited to the U.S. Army Europe CFC-Overseas awards ceremony luncheon, with award recipient sign-in 9:30-10:30 a.m., buffet lunch 10:30 a.m.-1 p.m. and ceremony 11:30 a.m.-1 p.m. March 13 at the Patrick Henry Village Pavilion in Heidelberg. Register by March 5. DSN 370-7552, civ. 06221-57-7552.

Logistics Ball

U.S. Army Europe's Logistics Division (G4) and the 21st Theater Sustainment Command will host the European Logistics Ball at the Patrick Henry Village Pavilion in Heidelberg March 23 with guest speaker Lt. Gen. Raymond V. Mason, Deputy Chief of Staff of the Army for Logistics (G4). Registration: www.eur.army.mil/g4/logball2012. Units within the European theater can submit photographs of logistics Soldiers at work by March 7 for display at the ball. Submissions: <https://shorturl.portal.eur.army.mil/472eae23> (available to users on the .mil domain only). DSN 484-8251, civ. 0631-431-8251 (21st TSC Soldiers and civilians); DSN 370-8506, civ. 06221-57-8506 (all other units).

local EMPLOYMENT

Central Texas College

Central Texas College Headquarters on Coleman Barracks in Mannheim is seeking an academic program manager to work full-time and with benefits. A master's degree from a regionally accredited college is preferred, and applicants should have at least two years of instructional experience and administrative experience in adult education or training. DSN 382-4326, civ. 0621-789-53872, www.europe.ctcd.edu.

KAISERSLAUTERN Community

♦ **Military Officers Association** – Active duty, National Guard, Reserve, former and retired commissioned and warrant officers can attend the First European Chapter of the Military Officers Association of America's meeting 11:30 a.m.-1:30 p.m. Feb. 25 at Restaurant Barbarossa Hof in Esel furth (near Kaiserslautern). Civ. 0613-460-4859.

♦ **Baby sitter Class** – Teens enrolled in Child, Youth and School Services can attend free baby sitter classes 9 a.m.-5 p.m. Feb. 25-26, Apr. 28-29, Oct. 27-28 and Dec. 8-9 at the Landstuhl Youth Center, Bldg. 3819. The class includes comprehensive 4-H approved training material, Red Cross CPR and First Aid certification. Enroll at Parent Central Services. DSN 493-4516, civ. 0631-3406-4516.

♦ **Great Ideas Support Group** – The Army Community Service Exceptional Family Member Program offers Great Ideas to support those diagnosed with diabetes 6 p.m. Feb. 28 in Bldg. 2891 on Pulaski Barracks. DSN 493-4094, civ. 0631-3406-4094.

♦ **Lenten Retreat** – Lent, a Time for Renewal retreat will be led by Father Troy Schneider of the Diocese of Orange, Calif., at the chapel on Daenner Kaserne 6:30 p.m. Feb. 29-March 2. The program will include a Liturgy of the Word and music ministry selections, as well as talks by Schneider. DSN 493-4220.

♦ **AER Kick-Off Breakfast** – Army Community Service will celebrate the national kick off for Army Emergency Relief, a non-profit organization that gives back to Soldiers who fall into financial hardship, 7 a.m. March 1 at the Kaiserslautern Community Activity Center, Bldg. 3109, Daenner Kaserne. Tickets are available through unit representatives, or by calling DSN 493-4221, civ. 0631-3406-4221.

♦ **Family Resilience Training** – Army Community Service will sponsor a free seminar to help build stronger families by teaching skills that increase resiliency and core competencies 9:30 a.m. March 1 in Bldg. 2891 on Pulaski Barracks. Registration: DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com.

♦ **Hello America** – Family members who have never been to the United States can attend a free Hello America class 10 a.m. March 1 in the Yellow Ribbon Room, Bldg. 2926 on Pulaski Barracks. Learn about the customs, courtesies, history and traditions of America. Registration: DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com.

HEIDELBERG Education

♦ **MBA Classes** – The University

of Phoenix offers registration for Master of Business Administration ground courses until Feb. 27, with class start March 5. DSN: 373-7650, civ. 06221-588-0492, Heidelberg. Campus@phoenix.edu.

♦ **Financial Seminar** – The University of Maryland University College Europe will sponsor a free financial aid and personal finance seminar for ID card holders 1:15-2:45 p.m. and 4-5:30 p.m. Feb. 28 at the Patton Barracks Education Center. Registration is required. DSN 373-6986, civ. 06221-17-6986, hdp@europe.umuc.edu.

♦ **University of Phoenix** – Free information sessions are held for interested Master of Business and Education students March 6 and first Tuesdays at the Patton Barracks Education Center, Room 112. DSN 373-7650, civ. 06221-588-0492, heidelberg.campus@phoenix.edu.

♦ **Beginner Italian, German** – Beginner Italian classes will be 6:30-8 p.m. Mondays and Wednesdays March 5-May 30 at the USO on the Community Support Center, and beginner German classes will be 10 a.m.-11:30 a.m. Tuesdays and Thursdays March 6-May 31 on Campbell Barracks for ages 15 and older. Enrollment is limited. Sign up at the USO on the Community Support Center. DSN 370-7924, civ. 06221-57-7924.

♦ **ACS Classes** – Understanding the Thrift Savings Program, noon-2 p.m. Feb. 24, 12-2 p.m.; Family Readiness Group Forum, 2:30-3:30 p.m. Feb. 24; Applying for a Federal Job, 9-11 a.m. Feb. 28-29; Army Family Team Building Level I, 9 a.m.-2 p.m. Feb. 28-29; The New You – Transition to Civilian Life, 10-11:30 a.m. March 1, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

Community

♦ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. Feb. 22 and every Wednesday. Children under 3 can enjoy a story 11 a.m. Feb. 23 and every Thursday. DSN 370-1740, civ. 06221-57-1740.

♦ **Trivia Challenge** – Test your knowledge at Trivia Challenge, 7-9 p.m. Feb. 23 and every Thursday at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Super Saver Contest** – Enter the Super Saver Contest for a chance to win free groceries by bringing commissary receipts dated Feb. 19-24 showing the total dollar amount saved to any ACS office until Feb. 24.

Winner will be announced Feb. 27. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

♦ **Basket Case Contest** – Army Community Service will display grocery baskets with German and American products until Feb. 24 in the Community Support Center. Winners who guess the cost of each basket will take home the contents Feb. 27. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

♦ **FRG Forum** – Family Readiness Group members and Family Readiness Support Assistants can join a discussion on successful money management 2:30-4 p.m. Feb. 24 at ACS, Community Support Center, Bldg. 3850, Room 2508. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

♦ **PHES Carnival** – As part of the Fasching and carnival season, the Patrick Henry Village Elementary PTA will sponsor a carnival with games, face painting, arts and crafts 5-8 p.m. Feb. 24 in the school's gym and multi-purpose room. DSN 388-9052, civ. 06221-338-9052.

♦ **Mancala Board Game** – In honor of Black History Month, the Patrick Henry Village Library will host a traditional African game of stones and skill 6:30 p.m. Feb. 24. DSN 370-1740, civ. 06221-57-1740.

♦ **Military Saves Week** – Enter to win a Dave Ramsey financial kit and take the Saver Pledge as a personal commitment to become a saver at Army Community Service, the Patrick Henry Village Commissary or the PHV Library until Feb. 26. Winner will be announced Feb. 27. DSN 370-6975, civ. 06221-57-6975.

♦ **Blood Drive** – The Armed Services Blood Program will host a blood drive 10 a.m.-2 p.m. March 12 in the Casablanca Room (next to the food court) on Campbell Barracks. Blood will only be collected from ID card holders and installation guests, and will only be used for the military community. DSN 486-6497, civ. 06371-86-6497.

♦ **Cultural Club** – The Heidelberg Cultural Club, for ages 18 and older, goes on trips to museums, theaters, concerts, operas, local festivals and other cultural activities and meets 6:30 p.m. March 8 and second Thursdays. DSN 388-9418, civ. 06221-338-9418, www.mwrgermany.com.

♦ **Women's History Observance** – 30th MEDCOM and the Heidelberg Equal Opportunity Working Group will present a women's history event with the theme Women's Education, Women's Empowerment 11:30 a.m.-12:30 p.m. March 9 at Wilson Theater on Nachrichten Kaserne. Guest speaker will be Sgt. Maj. Darlene Taylor, Europe Regional Dental Command. DSN 371-2719, civ. 0162-237-8413.

♦ **Story Time** – Contribute to the Army Emergency Relief campaign to help fellow Soldiers through unit representatives March 1-May 15. Campaign kick-off will be 9 a.m. March 2 at the Patrick Henry Village Pavilion. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

♦ **Luncheon** – The Deutsch-Amerikanischer Frauen Club (German American Womens Club) will host an Art Moment Gallery by Milena Tiner and a luncheon for Heidelberg Community Spouses Club members and guests with social starting 11 a.m. and buffet at noon March 7 at the Hotel Zagreb, Robert Brosch Straße 9, 68723, Schwetzingen. Register by March 3. Civ. 06202-950-5685.

♦ **International Cooking Class** – Treat your taste buds and let your senses take over in a free hands-on international cooking class 10:30 a.m.-1 p.m. March 23 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-57-6975.

♦ **JROTC Uniforms** – The Heidelberg High School Army JROTC is accepting donations at the JROTC building (Bldg. 3744 on Mark Twain Village) of Army Combat Uniforms, Army Service Uniforms (Class As) and other equipment. DSN 370-8004, civ. 06221-57-8004.

♦ **HMS Yearbooks** – Heidelberg Middle School yearbooks for the 2011-12 school year are available online at internationalmemories.us and at the school. Contact HMS for user ID and password to order online. DSN 388-9311, civ. 06221-338-9311.

♦ **German Customs** – The Heidelberg German Customs (Zollamt) office has moved from Gueteramt Straße 2. New GPS address is Dischinger Straße 8 (second floor), 69123 Heidelberg-Pfaffengrund. Civ. 06221-438-0730.

MANNHEIM Community

♦ **Variety Night** – Adults 18 and older can enjoy a variety of tunes 9 p.m.-2 a.m. Feb. 24 and every Friday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

♦ **'70s, '80s Night** – Adults 18 and older can enjoy a variety of '70s and '80s tunes 10 p.m.-3 a.m. Feb. 25 and every Saturday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

♦ **Story Time** – In partnership with Parent to Parent, toddlers and preschoolers can enjoy stories and a craft 10:30 a.m. March 7 and first and third Wednesdays in the ACS Satellite Office, Bldg. 246, Sullivan Bks. DSN 385-3101, civ. 0621-730-3101, www.mwrgermany.com.



Col. Bryan Hilferty

Above, Heidelberg Sea Lions swimmer Joy Kim swims the 50-meter freestyle at the European Forces Swim League Championships in Eindhoven, The Netherlands, Sunday. Below, Jared Goss high fives head coach Ashley Wolff after winning his heat in the 50-meter butterfly at the Saturday meet.

Heidelberg medals at swim championships

By Col. Bryan Hilferty
HEIDELBERG SEA LIONS

The Heidelberg Sea Lions Swim Team participated in the 2012 European Forces Swim League Championship held at the home of the Dutch Olympic team, De Tongelreep National Swim Center in Eindhoven, The Netherlands, Saturday and Sunday.

More than 500 swimmers from across Europe met the required qualification times to earn an invitation to the championships, including 32 members of the Heidelberg team. Members of the 22 EFSL teams came from as far away as Italy, Portugal and Great

Britain.

Medaling for Heidelberg were Reid Aldous, 19, first in the 100-meter breast stroke, fourth in the 200 and 400 freestyle, fifth in the 200 individual medley and sixth in the 50 and 100 free; Olivia Hilferty, 10, second in the 100 individual medley and 50 backstroke, third in the 50 breast, and fourth in the 200 individual medley and 50 free; Mackenzie Walton, 10, third in the 50 free and sixth in the 100 individual medley; Katie Bigelow, fourth in the 200 free, fifth in the 50 free and the 100 free; and Lukas Bausler, 10, fifth in the 50 breast stroke.

Twenty other Sea Lions fin-



ished in the top 16 positions to earn points for the team overall.

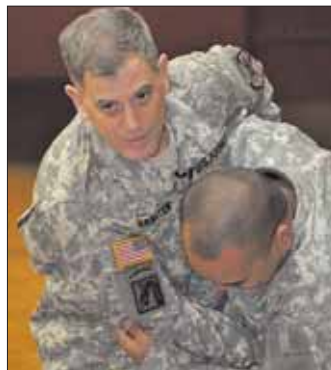
"This was a great showing by our swimmers," said Kim Bigelow, team president. "Although next year will likely be the final season for the Sea Lions, after 37 years in Heidelberg, we are already excited about 2012-13 with lots of swimmers and coaches returning. Interested parents should go to [<http://swimefsl.org>] to find out how to join the fun."

Customer service taught with combatives

IMCOM Public Affairs

FORT SAM HOUSTON, Texas – Lt. Gen. Michael Ferriter, Installation Management Command commander, led combatives training at the U.S. Army IMCOM Garrison Leader's Course Feb. 6.

He told the group that the principles of combatives: "close the distance, establish a dominant position and win" apply equally well to customer service and leadership. Ferriter described the non-competitive process as: "getting closer to other people, establishing yourself in that relationship and winning that person over." Ferriter compared IMCOM to corporations in America: Disney, USAA and Chick-fil-a. He discussed their focus on customer service training and that he wants IMCOM to emulate that ethic.



IMCOM Public Affairs

Installation Management Commander Lt. Gen. Michael Ferriter engages a member of the Garrison Leaders' Course in hand-to-hand combat Feb. 6 at Fort Sam Houston, Texas.

staying ACTIVE

Heidelberg Community Basketball

Heidelberg unit level basketball league upcoming games at the fitness center on Patton Barracks are Feb. 23 – 1-214th Aviation vs. 60th Eng. at 6 p.m. and MEDDAC vs. Warriors at 7 p.m.

The community basketball championship tournament will be Feb. 27-March 5 at the Patton Fitness Center in Heidelberg.

Bike Maintenance Workshop

Novice and intermediate bike maintenance workshops will be held 6:30-8 p.m. March 8. Workshop includes roadside repair, tire and tube changing, drive train repair, brake and derailleur systems and wheel and spoke service. Advanced payment is required. DSN 370-6489, civ. 06221-57-6489.

Volleyball Officials Clinic

A volleyball officials clinic and tournament will be held 6-9 p.m. March 6-8 at the Patton Fitness Center in Heidelberg. Classroom instruction will be 6-9 p.m. March 6-8 at the Heidelberg Sports Office, Bldg. 128, on Patton Barracks; the tournament will be March 8. Free entry for the first four unit level teams that register. DSN 373-8032, civ. 06221-17-8032.

Women and Weights

Enrollments are now being accepted at Campbell Fitness Center in Heidelberg for an introductory weight training program for women. Classes are 5:30-6:30 p.m. Wednesdays and Fridays March 7-30 or 6-7 p.m. Mondays and Thursdays March 5-29. Advance registration and payment is required. DSN 370-6489, civ. 0176-6176-9993.

Rod and Gun Club

The Rod and Gun Club in Oftersheim offers a Blue Grass night 7 p.m. March 8 and a trap shoot 1 p.m. March 10. Civ. 06202-5119.

Shamrock Shuffle Fun Run

Join the Shamrock Shuffle Fun Run March 10 starting at the Patrick Henry Village Commissary in Heidelberg. Registration is 8:30 a.m. and the race starts 9 a.m. DSN 370-6489, civ. 06221-57-7294, www.mwrgermany.com.

Community Volleyball

Unit Volleyball games will take place 6-9 p.m. March 12-May 7 at the Patton Fitness Center in Heidelberg. Competition is open to all military units or components assigned to the Heidelberg military community. Participants must be at least 18 years old and authorized to use Family and MWR facilities. Team registration: 6 p.m. March 8 at the Patton Fitness Center during the 2012 Heidelberg Volleyball organizational meeting. DSN 373-8032, civ. 06221-17-8032.

Bowling Party

Patrick Henry Village Bowling and Entertainment Center will host a bowling party all day March 17. One free kids game with every paid adult game all day. DSN 388-9040, civ. 06221-338-9040, www.mwrgermany.com.

Track Coaches Needed

The Heidelberg High School track team is looking for volunteer coaches to help with the upcoming season beginning in March. If you have some experience to share, especially in field events, please consider volunteering a few hours a week. DSN 370-8004, civ. 06221-57-8004.

Heidelberg Sports Camp Instructors

U.S. Army Garrison Baden-Württemberg Child, Youth and School Services seeks instructors for 2012 summer camps. Experience in instructing and coaching in a specific sport is required. DSN 388-9397, civ. 06221-338-9397, www.mwrgermany.com.

Send the Herald Post your photos

If you have photos from sporting events, email them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.



Lunch With Loved Ones

Students of the Heidelberg Middle School Advancement Via Individual Achievement program and the HMS Parent Teacher Student Association sponsored a community event where parents were invited to come to the middle school and eat lunch with their child or children Feb. 14. Parents brought their own sack lunch, ate with their children and were then invited to enjoy a complimentary piece of Valentine's Day cake in the teachers' lounge. The event was sponsored as an AVID community service project to promote quality time between the students and their families.

Richard Burmgardner

ROCK YOUR SMILE

ADA American Dental Association®
America's leading advocate for oral health
©2011 American Dental Association. All Rights Reserved.

ADA.org/nedhm

Brush twice a day.
Clean between your teeth daily.
Limit snacks, eat nutritious meals.
Visit your dentist regularly.

To learn more about NCDHM

LEADERS

continued from page 1

U.S. Army Garrison Baden-Württemberg commander Col. Bryan DeCoster served as this year's keynote speaker. DeCoster spoke to the youngsters about the traits and values that define a leader such as loyalty, selfless service and personal courage.

"Great leaders inspire people to act in accord with their highest values," he said.

"As leaders we hope you feel a measure of loyalty and faith to your community, family and team. It is through this feeling of belonging and allegiance that you can look beyond your selfish interests and serve others. If you believe in and live these values, you can inspire others to do the same," he said.

"You do not have to face

physical danger to inspire others through your personal courage. Peer pressure alone can provide very real adversity because it is human nature to care about what others think and to want to fit in," he said.

The seminar was open to seventh and eighth grade students from all over Europe and everyone was given a chance to mix and mingle during a series of icebreakers, group activities, general sessions and a group project.

The first Junior Leadership Seminar was held in 1985 at the Oberwesel am Rhein as a spin-off of the International Student Leadership Seminar, originally designed for students in grades 6-12.

Since that time more than 3,000 students have participated in the annual event.

RELIEF

continued from page 1

Brigade, headquartered at Katterbach Army Airfield.

The support crew, including pilots, helicopter technicians and the command team arrived in Montenegro Sunday.

The helicopters were expected to touch down in Montenegro by Tuesday.

Officials at the U.S. Embassy in the Montenegrin capital of Podgorica said the deployment of the aircraft follows the helicopter support already provided by NATO allies Greece, Slovenia and

Croatia.

The countries are assisting Montenegro in response to the worst winter weather in decades.

Record snowfalls in Montenegro have left tens of thousands in the country's mountainous north cut off and unable to receive supplies of food, fuel or medical assistance.

Montenegro is located in Southeastern Europe on the Adriatic Sea, between Albania and Croatia. The country also has a common border with Serbia, Kosovo and Bosnia and Herzegovina.