

HeraldPOST

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

HP THURSDAY
Feb. 9, 2012

Speed Read

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Flying Patriot Express

Staff Sgt. Michael J. Taylor

Army, Air Force and Department of Defense Civilian Patriot Express and PAX terminal representatives overlook the luggage area in the Ramstein Gateway Reception Center Jan. 30 during a walk through rehearsal for the RGRC's first Patriot Express flight reception at the Ramstein Airport on Ramstein Air Base. The Patriot Express is a Department of Defense chartered method of air travel, scheduled to transit between Baltimore-Washington International Airport and Ramstein Air Base.

New Germany-US air travel trek takes flight this week

By Staff Sgt. Michael J. Taylor
21ST TSC PUBLIC AFFAIRS

The 1st Human Resources Sustainment Center conducted a walk through rehearsal at the Ramstein Airport Jan. 30 in preparation for the Ramstein Gateway Reception

Center's first Patriot Express flight, which was set to arrive Tuesday.

The Patriot Express is a Department of Defense chartered method of air travel scheduled to transit between the Baltimore-Washington International Airport and Ramstein Air Base. It will be the primary airlift for Soldiers, family

members and Department of Defense civilians on permanent change of station and temporary duty orders between Germany and the United States.

The reception team at Ramstein will track flights and possible delays and be readily available to receive incoming see **FLIGHTS** page 12

Roman Catholic Bishop F. Richard Spencer, shown here prior to a Confirmation celebration in Heidelberg recently, was the guest speaker at the U.S. Army Garrison Baden-Württemberg prayer breakfast on Patrick Henry Village in Heidelberg Friday.



Bishop recalls King letter at prayer breakfast

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

In 1963, a young minister by the name of Martin Luther King Jr. drafted a letter as he sat in a Birmingham, Ala., jail after being arrested for participating in a non-violent protest against racial segregation by Birmingham's city government and local retailers.

The letter would be published in numerous magazines and newspapers and read in many homes across the nation,

including that of a young boy named Richard.

Nearly 50 years later in Heidelberg, Bishop F. Richard Spencer, Archdiocese for Military Services, would recall reading King's "Letter from Birmingham Jail," written to teach a new generation about the power of prayer, unity and faith.

Spencer was the guest speaker for the U.S. Army Garrison Baden-Württemberg Prayer Breakfast Friday at the Patrick Henry Village Pavilion in Heidelberg. see **PRAYER** page 12

Defense Details

PEAK FLU SEASON

Small children, pregnant women and people with chronic illnesses like diabetes and asthma are considered at high-risk for contracting the flu and can suffer serious complications due to weakened immune systems, explained Lt. Col. Gwendolyn Davis, chief of Public Health Nursing for Bavaria Medical Department Activity. Precautions should be taken, including getting a flu vaccine, offered in most military clinics on a walk-in basis, and it is safe for unborn babies. Vaccines take 10-14 days to take effect. Flu activity peaks after January, according to the Center for Disease Control and Prevention, and since 1976-77, February sees the highest flu activity.

www.defense.gov
www.army.mil/news

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COMMAND MESSAGE

Honor women during African-American History Month

By Chief of Staff of the Army Gen. Raymond T. Odierno, Secretary of the Army John M. McHugh and Sergeant Major of the Army Raymond F. Chandler

African-American women have played a vital role in the history of our nation and our Army since the American Revolution.

Their patriotism, loyalty and leadership, coupled with their hard work, intellect and artistic expression, have enriched the African-American community and the nation as a whole.

In slavery and freedom, their struggles have been at the heart of the human experience, and their fight against racism and sexism serve as a testament to their perseverance to overcome adversity.

The Army has also benefited from the leadership, intelligence and contribution of the African-American women in our ranks, and we celebrate the recent promotion of Maj. Gen. Marcia Anderson, the Army's first African American two-star general and recognize Tracey Pinson, the Army's highest-ranking female African-American senior executive service employee.

These women, and so many others, are expressions of a vibrant culture in which African-American women play a critical role in the strength of this nation and our Army.

We are grateful for the sacrifices and contributions African-American Soldiers, civilians and families have played in our success.

Happy Valentine's Day

to our readers in
U.S. Army Garrison
Baden-Württemberg,

Thank you for your
support and for your
contributions to the

Herald Post.

With our sincere
appreciation,

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Public Affairs



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<http://myBWnow.ning.com>

DISCUSSION BOARD

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

When we asked Facebook fans to tell us their picks to win the Super Bowl, they were 95 percent spot on, choosing the New York Giants to win over the New England Patriots. 'Twas quite a game.

—BWnow Facebook Administrator

"Valentine's Day. February. And we wonder why roses triple in cost ... HELLO! Roses are NOT a cold-

weather flower! I say we start a new tradition: move Valentine's Day to mid-June (not much in the way of holidays during that month), and instead of flowers and chocolate, how about making a Spa Day the gift of choice? For those with a little more 'disposable cash'—make that an 'Island Spa Day' ... and don't forget the mojitos and margaritas. I know it's a radical idea. After all, nothing says I love you quite

like flowers that die and chocolates that add weight in all the wrong places; the perfect set-up for those large psychiatrist bills you'll be paying later on."

—Jacqui Haggerty, BWnow Facebook fan.

Read more of Jacqui's blog at <http://mybwnow.ning.com>.



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

Medical appointments in Heidelberg get 'harder to come by' as transformation advances

Defense Department priority system determines health care appointments

This is the last of a three-part series on the health care transformation in Heidelberg.

By Stefan Alford
HMEDDAC PUBLIC AFFAIRS

There's a long-time, Department of Defense mandated system in place for determining beneficiary priority at military health care facilities: active-duty first, their family members second, other TRICARE-enrolled beneficiaries next and then space available for all others eligible for care within the DOD system.

Host Nation Referrals

While that established process hasn't changed, the declining number of health care providers and available appointments at the Heidelberg Health Center has made it more difficult for many of the other TRICARE-enrolled and space available patients to be seen on a regular basis.

In fact, even Soldiers and their family members are also being increasingly referred to host-nation facilities for treatment, said George Sherman, Chief of the Europe Regional Medical Command Care Call Center, which books all patient appointments at HHC, in addition to other outlying clinics.

"Our priority is to take care of our TRICARE Prime enrollees (active duty and their family members), but we know that off-post care may be necessary in certain cases for this category as well," he said. "Appointments are getting very tight now and we're just as frustrated as our patients that we can't get everybody in."

Transformation

Due to the Army's transformation of its European footprint and the pending closures of the Heidelberg and Mannheim communities, the lack of

access for the space available population is a situation that won't be resolved, and will in fact only increase.

"The affects are starting to be felt and appointments with MTF providers will be harder to come by as we meet our obligations of reducing staff in line with the community's overall troop reductions," explained Col. Lance Raney, deputy commander for clinical services with the Heidelberg Medical Department Activity.

Quality Health Care

That doesn't mean that quality health care is no longer available to all beneficiaries, Raney emphasized, only that the source of that care will come more through the TRICARE network in the form of local national providers at off-post medical facilities.

The transition to these providers and services is already evident to space-available patients.

"Anybody that is not enrolled in TRICARE Prime or Plus at our facility is considered space available," said Sherman citing as examples Department of Defense civilians, contractors, DOD Dependents Schools employees, TRICARE Standard retirees and all of these groups' respective family members.

Space Available

Space available patients may call the ERMCC Care Call Center after 11 a.m. Monday-Friday to try and schedule a same-day appointment based on cancellations and acute care openings.

The center has 15 booking clerks who cover two shifts from 6:30 a.m. - 5 p.m. The numbers are toll-free civ. 00800-3762-2273, DSN 371-2622, civ. 06221-17-2622.

"By 11 a.m., however, same-day appointments are usually gone," said Sherman. "Space available is all luck, based on

timing. Our enrollees have priority and there are hardly any space As getting into our system. As a result, emotions are rising and people calling our clerks sometimes get irate. Our appointment clerks take a beating each day, so I'd like to ask that callers please don't take out their frustrations on our clerks."

Besides, not getting a space available slot isn't necessarily a bad thing, according to Sherman, who explained that utilizing host-nation providers has advantages.

"For effective, long-term health care, you want to be able to have continuity with your provider," he said. "You want a provider who knows you, knows your background and can provide consistency in care. That's why it might actually be better to establish a relationship with a provider downtown."

Closure June 2013

Developing a consistent care plan with the same host-nation provider will eventually be a necessity for retirees who plan to stay in the area after the health center closes its doors in June 2013.

At that time, a small clinic on Patrick Henry Village will provide limited care for Soldiers and their families, but retirees once enrolled at HHC in TRICARE Plus with a primary care manager will then fall under TRICARE Standard for off-post care.

The Difference

The primary differences patients see on the local economy are not in the level of care or quality of service, which are compatible with the standards at military treatment facilities, but in the payment options, said Elnesh Worku, a beneficiary counseling and assistance coordinator with the TRICARE Service Center at the health center.

"Nowadays, many German providers are strict in demanding upfront payments, requiring patients to pay a deposit that can be up to €2,500 for admission and in-patient care depending on the estimated length of stay," Worku said. "For retirees, they need to file those receipts to receive their 75

"For effective, long-term health care, you want to be able to have continuity with your provider. You want a provider who knows you, knows your background and can provide consistency in care. That's why it might actually be better to establish a relationship with a provider downtown."

—George Sherman, Chief, Europe Regional Medical Command Care Call Center

percent reimbursement from TRICARE."

Worku mentioned that there is sometimes room for negotiation on the deposit before being admitted and that some hospitals accept Value Added Tax, or VAT, forms.

Private facilities charge the 19 percent VAT, but government hospitals don't, she added.

"Also, patients (space available or TRICARE referrals) filling prescriptions at host nation pharmacies will have to pay up front and then settle the claim through their respective insurance carriers.

Retirees in TRICARE Plus or Standard will need to get a cash register receipt to file with their reimbursement claim for the 75-percent coverage of costs, after their \$150 deductible," she said.

In addition, she noted that TRICARE Standard for retirees does not cover the costs of routine eye exams (unless the patient has cataracts or some form of eye disease) or hearing aids. Both of those expenses are out of pocket for the full amount.

More Referrals Now

But just as with adhering to the priority system for appointments, these health care issues are not new. The difference is that beneficiaries are having to deal with them more so than in the past based on the circumstances of transformation and closure.

"We understand that this is a cultural shift for our community and will be stressful for some, so we will work diligently with all of our beneficiaries and our host-nation partners to ensure this transition of health care

Town Hall Meeting

Questions about health care, or other transformation issues, may be submitted in advance of a 'Welcome to Wiesbaden' town hall meeting to be held 1 p.m. Feb. 16 at the Village Pavilion in Heidelberg. Fill out the form available at www.eur.army.mil/relocation/question. The meeting will be streamed live on www.afneurope.net and reported on www.facebook.com/bwnow, and it will be televised on AFN TV's Prime Atlantic station for on-post residents and channel 15 for off-post residents who use a satellite decoder.

services is as seamless as possible," said Raney.

Help Available

"Our TRICARE Beneficiary Counseling and Assistance Coordinators, along with our Host Nation Patient Liaisons, will work one-on-one with our beneficiaries to help them choose the right treatment facility, book the appointment and offer interpretation services as needed," he said.

"The bottom line is that we will remain focused on ensuring our beneficiaries continue to receive safe, quality health care throughout our transition to closure," Raney said.

This is the last article of the three-part series on health care transformation in Heidelberg focusing on the TRICARE overseas program (part one, Herald Post, Jan. 26), retiree benefits (part two, Herald Post, Feb. 2) and access to care (part three). As policy or program changes affecting beneficiary medical treatment options in line with transformation are announced and initiated, the information will be published in the Herald Post and posted on the HMEDDAC website. <http://ermc.amedd.army.mil/heidelbergActivity/heidelberg.cfm>.

transformation UPDATE

Transformation Town Hall Feb. 16

U.S. Army Garrison Wiesbaden, Department of Defense Dependents Schools and Europe Regional Medical Command will be among the guest speakers at the **Welcome to Wiesbaden briefing 1 p.m. Feb. 16** at the Patrick Henry Village Pavilion in Heidelberg. The meeting is focused on presenting information to the U.S. Army Europe headquarters personnel who are scheduled to move to Wiesbaden this summer and fall. To ensure everyone has the opportunity to see and participate in the briefing, AFN will stream live video of the briefing on www.afneurope.net. AFN will also televise the briefing on AFN Prime Atlantic for those who live on post and on channel 15 for those who live off-post and use a satellite decoder. Community members may send questions in advance by filling out an online form found at www.eur.army.mil/relocation/question. Community members can also get reports and follow the meeting on www.facebook.com/bwnow.

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 – When will Grant Circle housing in Mannheim be closed?

Grant Circle is considered part of Benjamin Franklin Village, so all families there will have to move no later than Sept. 30. If your DEROS is after that, please contact the housing office. DSN 387-3310, civ. 06221-4380-3310.

NEW – 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.

NEW – 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.

NEW – 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, damien.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.

The Benjamin Franklin Village South Gate – The BFV South gate entrance is now closed 9 p.m.-5 a.m.

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.

Gospel Service – The Gospel Church Service for Mannheim members is now held in Heidelberg at the chapel on Mark Twain Village. DSN 373-6190, civ. 06221-17-6190.

Guest Lodging – Mannheim customers may use the guest house on Patrick Henry Village in Heidelberg or receive a certificate of nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV.

Health and Dental – Health and dental care for Mannheim community members are now offered in Heidelberg only. TRICARE enrollment offices are on the Heidelberg Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne, Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500. Retirees and their family members who have been disenrolled may seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

Library Support – A library support office is open in Bldg. 246, Room 118, to assist community members 9 a.m.-1 p.m. and 2-6 p.m. Monday, Tuesday, Wednesday and Friday and 1-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and to receive library materials in their mailboxes. Computers, a small study room and free paperbacks are available. Items may be returned to the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

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.

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.

Tax Relief Office – The Tax Relief Office on Sullivan Barracks is open 8 a.m.-4 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

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. Telephone numbers are: 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. The GPS address is: 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.hqusaareur.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-

Heidelberg

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

Army Emergency Relief – AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975.

Health Center – Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care is provided on the economy by host-nation providers. Health Center normal hours are 7:30 a.m.-4 p.m. Monday-Wednesday, 8 a.m.-4 p.m. Thursday and 7:30 a.m.-noon Friday. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>. The nurse advice line, civ. 800-825-1600. For help after hours, call civ. 06221-17-2605.

Library – The library on Patrick Henry Village is open 10 a.m.-7 p.m. Tuesday, 10:30 a.m.-7 p.m. Wednesday and Thursday, 10 a.m.-6 p.m. Friday-Sunday and closed Mondays. Patrons can check out, download and renew services at the MYACCOUNT on-line library service, www.library.eur.army.mil. To set up an account, visit <http://mylibraryeu.fmwv.net/screens/firsttime.html>. The IMCOM-Europe library is also available online at www.library.ulinet.army.mil. Civ. 06221-338-9443.

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 PSC 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

Commissary Gate – The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. daily. Commissary hours are 7:30-9 a.m. daily for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

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 will be open 10 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays.

NEW – Shooters Bar and Grill – Shooters Bar and Grill in the Rod and Gun Club will close as a restaurant Feb. 29. 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. Current 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.

NEW – Wiesbaden Shuttle Bus – The weekday shuttle bus schedule for U.S. Army Europe Soldiers and Department of Defense employees traveling to Heidelberg from Wiesbaden is now available. The shuttle will depart Hainerberg in Wiesbaden and travel to Campbell Barracks in Heidelberg. Another route will be added later to accommodate those who live in Heidelberg but work in Wiesbaden.

Panetta pays tribute to Landstuhl nurses, staff

By **Chuck Roberts**
LRMC PUBLIC AFFAIRS

Speaking both as the husband of a nurse and the 23rd Secretary of Defense, the Honorable Leon Panetta praised and thanked all nurses serving at Landstuhl Regional Medical Center during a celebration of the Army Nurse Corps' 111th birthday Friday in Landstuhl.

"You are among the first people that the wounded see and you are the first eyes they look into, and that counts for something," said Panetta before an assembly of nurses and other LRMC staffers. "You are healers."

Panetta began his remarks in praise of the nurses serving at LRMC – Army, Navy, Air Force, civilian, local national and Red Cross volunteers – and took the opportunity to thank the entire medical center staff for the care they provide wounded warriors and their families.

"I wanted to come by and really take the time to look you all in the eye and say what great unsung heroes you are," Panetta said. "I see the great work that you do when I go to Bethesda and meet with our wounded warriors there. Ev-

eryone of them remarks about the care that was done here. In fact, in many ways you helped save their lives."

The secretary made his remarks after spending time with wounded warriors and coalition forces patients and LRMC staff in the intensive care unit and patient wards.

The secretary took time to explain the challenges that face the U.S. military as it comes to the end of over a decade of war and faces a budget reduction of \$487 billion over the next 10 years.

Despite a leaner budget, Panetta said he is committed to maintaining the strongest military in the world while reducing the size of the armed forces through wise cuts to prevent a hollow force and never breaking faith with troops and families.

The military strategy being developed for the future will call for a leaner and more agile force that is flexible, deployable and maintains a technological advantage over its enemies.

The future force will be rebalanced with a larger presence in the Pacific while also maintaining a strong presence in the Middle East and Europe.



The Honorable Leon Panetta, right, speaks to staff members during the celebration of the 111th Army Nurse Corps anniversary celebration at Landstuhl Regional Medical Center Friday.

a better life for its children.

After his remarks, Panetta shook hands and posed for a photo while presenting each of the over 150 members of the LRMC staff with his Secretary of Defense coin.

"It is such a great honor to have our Secretary of Defense take time out of his busy schedule to visit our staff and patients," said LRMC Commander Col. Jeffrey Clark. "It is a privilege to serve at LRMC and to hear Mr. Panetta praise the vital role we play in treating our nation's wounded warriors, our service members and families serving here in Europe and the strategic role our MEDCEN plays in our national defense, further solidifies the pride and dedication of our Soldiers, Marines, Sailors, Airmen, local nationals, civilians and volunteers."

One of those Soldiers was 1st Lt. Kari Rodden, a nurse in the ambulatory procedure unit and pre-procedure unit at Landstuhl.

"It was an honor to meet the Secretary of Defense, to hear a firsthand update on the issues our country is facing and to receive his heartfelt appreciation for what we do here at Landstuhl," she said.

U.S. forces also will be present in Latin America and Africa on a rotational basis for training and military exercises.

Addressing the issue of a reduced defense budget, the secretary said service members will not face pay cuts but could see a reduction in future pay increases, as well as more cost sharing for health care among more senior ranking retirees. And although a commission is looking at making changes in the military pay structure, Panetta said no one currently in uniform would be affected.

Such changes are necessary, Panetta said, to control costs and allow the Defense Department to structure itself to best counter current and future threats such as North Korea, Iran and cyber warfare.

Panetta said he is assured the U.S. military will confront those threats, but not because of advanced technology or the might of military weaponry such as tanks or ships.

"You are the very best weapons we have," he said. "You put your lives on the line." And by doing so, Panetta said our nation's military is not only protecting the country but make



In Memoriam Harry Crouch

Long-term Heidelberg resident retired Lt. Col. Harry Campbell Crouch, 81, died peacefully Jan. 20 in Durham, N.C.

While assigned to headquarters, U.S. Army Europe from 1984-1997, he lived in Eppelheim and Sandhausen, served as committee chair for Boy Scout Troop 29 and was active in the Women in Germany group co-founded by his wife.

Crouch was born March 13, 1930, in Baltimore to the late Harry Francis Crouch and Ruth (Frame) Crouch. Following graduation from Catonsville, Md., High School in 1948, he attended West Virginia University. In 1951, he married the late Adell (Heavener) Crouch. He retired to Navarre, Fla., in 1997 following 28 years of service as an active duty Army officer and 15 years of service as a Department of Defense civilian.

He is survived by his sister Clara Mae Boender of Ellcott City, Md., son Steven Crouch (Rebecca) of Chapel Hill, N.C., son David Crouch (Kim) of Aberdeen, Md., son James Crouch (Ellen) of Alpine, Calif., son Robert (Coleen) of Copperas Cove, Texas, four grandsons, one granddaughter and two great-grandsons. He was preceded in death by his wife and by a grandson.

Crouch's ashes will be interred in Barrancas National Cemetery on Pensacola Naval Air Station. A memorial service will be held at Navarre United Methodist Church in March. For information, visit www.navarreumc.com/donations or <http://memorialwebsites.legacy.com/harry-crouch>.

Finance center wins Lean Six Sigma award

By **Capt. Greg Jones**
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command and a project team from the 266th Financial Management Center in Kaiserslautern won the Department of the Army's Lean Six Sigma Organizational Deployment award and a Project Team award.

Recovering \$621,548 in incorrect housing payments and reducing man hours worth about \$117,849 as well as other related cost avoidance, a 21st Theater Sustainment Command Green Belt Project Team from the 266th FMC completed a project that produced total financial benefits of \$905,235 in fiscal year 2011 for the U.S. government, with an estimated total cost savings and cost avoidance of \$4.6 million through fiscal year 2017.

They accomplished this by re-vamping the way housing allowances are reviewed when service members' entitlements change based on permanent change of station or other factors.

This financial benefit includes both the money calculated to be saved through more efficient operations, and actual funds recovered from previous incorrect payments.

The project focused on service members who were incorrectly receiving basic allowance for housing while also receiving overseas housing allowance or other entitlements they were not supposed to be receiving.

The team came upon a few outstanding cases, and from there developed a system to review these entitlements more accurately when they change, then to train finance personnel in the appropriate entitlements and to recover incorrect payments.

"We knew there was a problem with people collecting BAH that they shouldn't be, but we didn't know how to sort them out," said project lead Scott Ferge.

"At first we searched for the high BAH areas like New York, but that returned so many results. Then, I saw one where the person was col-

lecting BAH for New York, but Cost of Living Allowance for Germany. It was an instant epiphany," Ferge said.

Using this and other unusual situations that are usually indicative of incorrect payment of entitlements, the team developed a system to screen for incorrect payment situations. In some cases, it appeared that it was an intentional fraud, and the case was passed to the Criminal Investigation Division for investigation.

Not satisfied to simply recover those funds, the team also developed a training plan to retrain finance personnel in proper entitlement processing.

"It's really simple," said Ferge. "We can see who processed the entitlements, and we can provide that person with some extra training on the subject."

In addition to the award for the Team Project, the 21st TSC also won an award for organizational deployment, which takes a broad overall look at how the organization implements its Lean Six Sigma program.

Civilian misconduct officials discuss changes in rules

By **Mindy Campbell**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

When an active duty Soldier breaks the law, he or she will face possible punishment under the Uniform Code of Military Justice. But, what happens when a civilian or family member gets in trouble?

Anyone who holds a military identification card, except active duty military, and gets in trouble, may appear before the Civilian Misconduct Action Authority, which is authorized to impose administrative actions, said Don Gwinn, assistant CMAA for U.S. Army Garrison Kaiserslautern.

Of the 12,727 Army-affiliated civilians and family members in the garrison's footprint, according to the 2010 KMC census, about 350 people ended up in the CMAA office last year. The most common offenses for civilians included shoplifting and both domestic and general assaults, Gwinn said.

"Shoplifting is a major crime for both juveniles and adults in our community," he said. "It is a huge problem."

Gwinn and Robert Leist, his fellow assistant CMAA, process these cases and then forward recommendations to the garrison commander, who is the CMAA for all Army-

affiliated civilians in the community.

"It is very important to understand that the Civilian Misconduct Action program is an administrative program," Gwinn said. "It is an administrative process, not a judicial process. We don't have a court. We don't have a judge or jury. The criminal jurisdiction in Germany falls under the host nation."

Also, according to Gwinn, whether the incident occurs on or off an installation, the CMAA has authority to take action against the civilian.

However, the CMAA has a range of actions it can take against a civilian including counseling, logistical support loss, barment and even the early return of a family member, he said.

"That person has an ID card affiliated with the military," Gwinn said. "Under that ID card they are given a lot of privileges. Those privileges are just that – privileges. Command sponsorship is a privilege. Shopping at the [Post Exchange], driving a [U.S. Army Europe]-plated vehicle, being able to come on an installation, using [Morale, Welfare and Recreation] facilities, all those are privileges that the garrison commander, acting as the Civilian Misconduct Action Authority can take away."

"If we bar a person from Kaiserslautern Military Community, we want Baumholder and Wiesbaden and Heidelberg to know that."

—Don Gwinn, Kaiserslautern assistant Civilian Misconduct Action Authority

Regulations that govern the CMAA recently changed. To understand the six changes to the regulations, Gwinn and other local assistant CMAA members gathered at the Kaiserslautern Military Community Center on Daenner Kaserne Jan. 20 to discuss those updates and to share information. Representatives from Baumholder and Wiesbaden also attended the conference.

"We want to make sure by talking to all the bordering communities' assistant Civilian Misconduct Action Authorities that we are on the same sheet of music," Gwinn said. "The regulations are a guideline. We want to make sure that we interpret these the right way."

The conference provided them with a forum to discuss and clarify the changes as well as to ensure they are sharing



Mindy Campbell

Kaiserslautern assistant Civilian Misconduct Action Authority Robert Leist, left, and Don Gwinn, center, also a Kaiserslautern assistant CMAA talk with Rick Anderson, USAG Baumholder assistant CMAA at a conference in Kaiserslautern Jan. 20.

important information.

"We communicate a lot," he said. "If we bar a person from Kaiserslautern Military Community, we want Baumholder and Wiesbaden and Heidelberg to know that."

The conference was a great opportunity for the members to share best practices and to ensure that the standards are enforced across the board, said Lt. Col. Lars N. Zetterstrom, USAG Kaiserslautern commander, who also attended the conference.

"What's really important to me, hopefully, is that we can learn from the other communities about the initiatives they are doing and how we can better educate and

prevent misconduct," Zetterstrom said. "If we can do this, it's going to be a better quality of life for everybody."

For Walt Tobash, the Wiesbaden assistant CMAA, the conference was a chance to not only discuss the new changes, but to compare how each installation handles cases.

"A conference like this gives us the ability and opportunity to come together with our colleagues to discuss different cases and different methods of dealing with misconduct in other garrisons that we can possibly incorporate into our program in our installation that can better serve the community and the commander," Tobash said.

Army and Air Force produce fun-filled event for exceptional students



Mark Heeter

Ryan Hilton, 4, and sister Joslynn, 5, try their luck at the ring toss for a prize during the Exceptional Family Member Program information fun fair in the Kaiserslautern Military Community Center food court Jan. 18.

By **Brandon Spragins**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The sound of kids' laughter mixed with the normal lunch time bustle of the Kaiserslautern Military Community Center food court, as children played games and won prizes at the Exceptional Family Member Program information fun fair Jan. 18.

The event was hosted by 86th Air-lift Wing EFMP and Schools Liaison Office and included representatives from U.S. Army Garrison Kaiserslautern Army Community Service.

"Events like what we did Jan. 18 with the U.S. Army and Air Force combined in the KMCC really depicts the true meaning of EFMP being a comprehensive and multiagency program," said Victor Garcia Jr., Kaiserslautern ACS EFMP Manager.

"The idea behind this event was to provide fun for the kids, allowing representatives from the Schools

Liaison Office, Educational and Developmental Intervention Services, Women, Infants and Children Overseas Program, Family Child Care Coordinators and Child Development Centers a chance to communicate what benefits and help family assistance agencies could offer to their families," said Nancy Hoehn, 86th AW EFMP Family Support Coordinator.

"It has been a really good experience being able to play games and learn more about the EFMP," said Jordan Van Parys, 13, a student at Ramstein Middle School.

"The event has been a huge success. We have talked to over 200 families," said Hoehn. "We hosted a similar event back in August 2011, which only saw roughly 130 families; we attribute the increase to the addition of fun and games."

Those who missed out on the extravaganza can look forward to a similar event with fun-filled games and information March 30.

Allied Force Command Heidelberg members come home

By Capt. Tamara Gonzales
AFCHD PUBLIC AFFAIRS

Service members of Allied Force Command Heidelberg completed a two-year rotation in support of International Security Assistance Force in Kabul, Afghanistan, in January.

Headquarters personnel filled more than 350 positions with a goal of creating conditions so that Afghans can regain stability in their country. During its deployment, the headquarters did not suffer any casualties while filling more than 90 percent of its positions as requested by Supreme Headquarters Allied Powers Europe.

The headquarters personnel's deployments ranged from three to 16 months, with German Maj. Gen. Richard Rossmanith who served as the International Security Assistance Force Deputy Chief of Staff for Stability being deployed the longest.

"Our team did really great, providing added value to the headquarters and delivering what was expected, a highly-capable team," Rossmanith said. "The battle is fought by the troops on the ground who need the right guidance and support. We provided that. We created the right framework for our troops so they could do their job."



Staff Sgt. Dwight Chaney
Maj. Gen. Richard Rossmanith, right, and Brig. Gen. Olivier Rittimann, left, exit the aircraft after completion of tour support of Headquarters, International Security Assistance Force-Afghanistan.

Other general officers deployed during this tenure included Belgian Maj. Gen. Hubert De Vos, serving as Deputy Chief of Staff, Resources, Dutch Brig. Gen. Leo Beulen and French Brig. Gen. Olivier Rittimann

who alternatively served as Chief of Combined Joint-Operations for one year each.

Many others served as well. The United States, Germany, Canada, the Czech Republic, Spain, France, the United Kingdom, the Netherlands, Norway and Poland contributed to the headquarters role in the ISAF mission during this time. Additionally, service members from Greece, Romania, Turkey, Denmark, Estonia, Lithuania, Slovakia and Bulgaria also deployed. Furthermore, personnel from other NATO headquarters volunteered including Joint Force Command-Lisbon, JFC-Madrid and JFC-Naples.

This mix of nationalities shows a commitment to peace and stability by the NATO member nations that contributed to the ISAF mission during the headquarters deployment.

"Our headquarters had to be more flexible, supporting four deployment cycles including deployments and re-deployments," said Belgian Commandant Filip De Craemer, liaison officer with the unit's human resource office. Personnel from the headquarters Family Support Center served as a communication link between deployed service members and their loved ones and assisted families daily and in times of need.

"First and foremost, it is important for families to know that there is someone there who will take care of their needs, whatever they may be and to know that they are not alone," said Belgian Commandant Eric De Vilder, chief Family Support Center.

SHAPE issued the mission in mid-summer 2009 and Heidelberg began the mission in January 2010. Prior to the mission, service members conducted national pre-deployment training as well as international exercises over a six-month time frame and continued with this training over the past two years ensuring the headquarters personnel were battle ready.

Historically, members of the command, then Joint Headquarters Centre, were the first NATO unit to lead the ISAF mission from August 2003 to February 2004.

The headquarters personnel, changed to Component Command-Land Headquarters Heidelberg, took over the mission again from July 2007 to August 2008. During this time, approximately 200 Soldiers and civilians deployed to fill core battle staff positions in support of ongoing military operations.

A small contingent of headquarters personnel will remain in Afghanistan in support of the ISAF mission.

Military police prepare for future deployment

By Capt. Amanda Kehrrington
18TH MP BRIGADE PUBLIC AFFAIRS

GRAFENWÖHR, Germany – While chilling winds blew and the snow continued to fall as ice covered the streets and vehicles, Soldiers of the 230th Military Police Company, 95th MP Battalion, 18th MP Brigade, conducted a Mission Readiness Exercise here Jan. 24-27 to prepare for its imminent downrange mission.

The exercise served as a pre-combat check for the 230th MP Co. consisting of real world combat scenarios to prepare Soldiers for the impending mission.

"Being put into real world combat situations makes you think on your feet and helps you see what your instincts do and allows you to reassess what you do here and do it right downrange," said Pvt. Jenna Iannielli, a 230th MP Co. gunner from Rockaway, N.J.

Iannielli was one of numerous Soldiers who joined the

230th MP Co. just prior to drawing weapons and boarding a bus to conduct pre-deployment training.

To some Soldiers, deploying downrange or to an area to support overseas contingency operations is a coveted opportunity. Several of the Soldiers from the U.S. Army Europe Honor Guard jumped at the chance to help and volunteered to join a unit scheduled to support Operation Enduring Freedom.

"I have an urge to help people and I feel like I would benefit a lot by deploying and getting real world experience," said Pfc. Joshua Wilson, a 230th MP Co. medic from Fontana, Calif.

This is the final exercise prior to deployment which gives Soldiers an opportunity to learn from their mistakes during training, while having observer-controllers show them the correct procedure. The exercise not only prepares Soldiers for deployment, but also gives unit members an



Pvt. Jenna Iannielli, a gunner with the 230th Military Police Company, 95th MP Battalion, 18th MP Brigade, pulls security during the 230th MP Co. mission readiness exercise Jan. 25 in Grafenwöhr. The 230th MP Co. is preparing for a future deployment in support of Operation Enduring Freedom.

opportunity to develop cohesion by living as a unit actually deployed.

"Bringing brand new Soldiers into the unit along for the MRE presented a different set of challenges, but the most important thing was to ensure that they felt they were part of the team immediately," said Company Commander Capt. Nicholas Ingrao, a native of Ypsilanti, Mich.

"I was really nervous because all these Soldiers have been working together forever and I was thrown into the mix," said Iannielli. "But these Soldiers really took me under their wing and they are

teaching me things so that I execute procedures correctly downrange."

"It has been advantageous having the new Soldiers, myself included, because sometimes people get complacent expecting Soldiers to just know what to do, but with new Soldiers it exercises the ability of non-commissioned officers to lead Soldiers even more," said Sgt. 1st Class Allan Ring, 2nd platoon, a native of Hampton, N.H.

"I hope to bring a new perspective to the platoon and make them think differently and build on their ability to adapt and overcome to dif-

ferent situations," Ring added.

During deployment, the 230th MP Co. will conduct host nation police building in support of OEF through Police Combined Action Team mentorship to improve the operational effectiveness and legitimacy of the Afghan Uniformed Police.

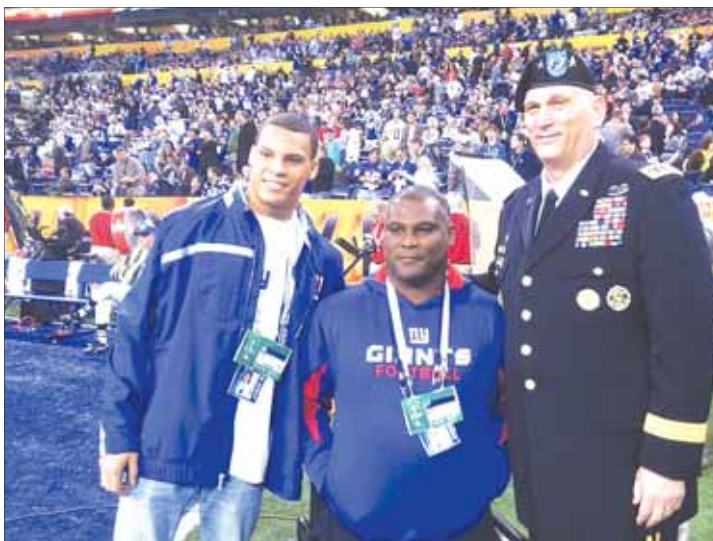
According to a U.S. Institute of Peace Special Report on Afghanistan's Police, the Obama administration has acknowledged the importance of the police and has intentions to expand and improve the Afghan National Police as a key part of its plan for stabilizing Afghanistan.



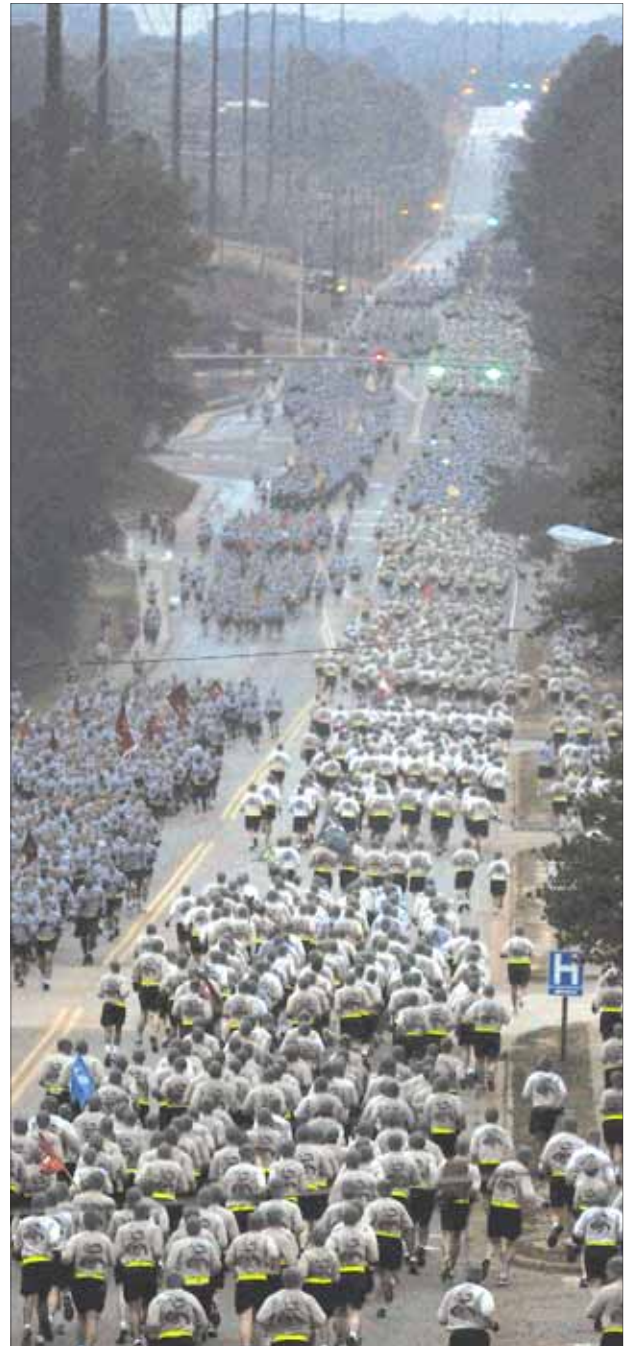
U.S. Army
 Capt. Joe Pazcoguín, commander of Company B, 1st Battalion, 67th Armor Regiment, 2nd Brigade Combat Team, 4th Infantry Division, talks with 1st Lt. Austin Cattle of Company B and 1st Lt. Mitchell Creel of the 530th Engineer Company during a clearance operation in western Kandahar City, Afghanistan, Feb. 1.



Sgt. 1st Class Kelly Jo Bridgewater
 Army engineer divers assigned to the 74th Dive Detachment, Special Troops Battalion, 7th Sustainment Brigade, work on patching a portion of the Large Tug-805 one of the brigade's watercraft assets at the Fort Eustis, Va., 3rd Port Feb. 2.



U.S. Army
 Chief of Staff of the Army Gen. Raymond T. Odierno meets with Col. Greg Gadson at the Super Bowl in Indianapolis, Ind., Sunday.



Spc. Paul A. Holston
 More than 14,000 Soldiers from across the XVIII Airborne Corps participated in the XVIII Airborne Corps run at Fort Bragg, N.C., Feb. 2. The XVIII Abn. Corps recently redeployed from a year-long deployment to Iraq as part of Operation New Dawn. Runners included Soldiers from the 10th Mountain Division out of Fort Drum, N.Y., the 3rd Expeditionary Sustainment Command from Fort Knox, Ky., and the 101st Airborne Division from Fort Campbell, Ky.

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Raw foodists menu items fresh from earth to table, remain in natural state

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

No one could have been more surprised by Saunya Odwyer's transformation into a raw foodist, than Odwyer herself. The Mississippi native could have never guessed that a natural occurrence would put her on the path to greater wellness and jumpstart her creativity.

"I didn't know anything about raw when I started. I didn't know anything about vegan when I started, but something strange began to happen," Odwyer said. "My body just started to not like meat and my taste buds changed. The smell of raw or even cooked flesh started making me nauseous."

Concerned, Odwyer went for a check-up where her doctor assured her everything was fine and that the changes to her taste buds were normal.

"I'm from the South and that's not supposed to happen," she laughed. "I didn't want to give up my chicken wings and steak and all the other foods that I loved, but I just couldn't stomach them anymore."

Not long after, Odwyer eliminated meat from her diet and became a vegetarian, but she still felt like something was missing.

"I found this organic store in Virginia Beach and they had this sign that said vegan and raw food potluck," she said. "I was interested, so I asked questions and sampled some of the food and it was delicious and so fresh. I had never tasted anything like it before. A few months later I began as a vegan (a person who does not consume any animal flesh or animal by-products such as eggs or honey) and two years ago I became a raw foodist."

Raw foodists primarily consume a diet of uncooked, unprocessed and sometimes organic foods such as raw fruits, vegetables, nuts, seeds, fish, meats, eggs and non-pasteurized or non-homogenized dairy products. They believe that once a food is heated beyond 104 F, it loses its natural living enzymes. Raw foodists can also

fall into different groups and sub-groups: raw vegans, raw vegetarians, raw omnivores, raw carnivores, fruitarians, juicearians or sproutarians.

"We want to eat the living enzymes because all life forms get their energy from the sun no matter what," Odwyer said. "Raw food is all food that comes from the Earth and anything that has not been altered from its natural state: fruits and vegetables, nuts, seeds, grains, sprouts and sea vegetables like algae. You take all those things and you eat them."

Odwyer considers herself a "high-raw" foodist, meaning 90-95 percent of her diet is made up of raw fruits, vegetables, sprouts and seeds but the other 5-10 percent is reserved for special occasions.

"I've learned that sometimes you have to make exceptions. If someone took the time to fix a meal for me, I'm going to eat it. I don't care if it's raw, beef, chicken. If someone took time out to cook for me, I am not going to offend them."

Odwyer admitted that when she first transitioned to a raw diet, she developed rashes and headaches, but as her body adjusted she began to see the benefits. She had more energy, needed less sleep, rarely got sick and her hair and nails looked healthier. Her doctors were also impressed by her optimum blood pressure levels.

Initially, she tried to convince her husband Patrick and teenage sons Tyler and Ryan to adopt a raw food diet.

"Food has an emotional attachment and when you're from the south you sit down at the dinner table and laugh, talk and enjoy your meals. Food brings people together. The biggest challenge was trying to switch them over and they never did. So I decided not to force it on them," she said.

Odwyer added that both her immediate and extended family have all been supportive of her transition to a raw food diet, but there is still a great misconception among many people that a raw food only consists of salads and



A Raw Deal



Photos by Dijon Rolle

Photo left, raw foodist Saunya Odwyer cranks out "spaghetti" noodles made from raw zucchini in her kitchen Jan. 27. Odwyer is training to be a raw food chef and creates recipes using fresh ingredients.

Above, Odwyer hand mixes a medley of fresh vegetables and olive oil to accompany her meal of raw "spaghetti" and Marinara sauce. None of the ingredients used in raw food preparation are heated above 104 F.

Photo below, Odwyer shows off one of the vegetable gardens located in the backyard of her home where she grows produce during warmer months to use in raw food dishes.

raw vegetables. That's one of the reasons Odwyer is now training to become a raw food chef and working on a cookbook of raw food recipes.

Odwyer said another misconception she's heard is that eating a raw food diet is too expensive, complicated and requires too much time.

"It might seem expensive now, but it's cheaper over the long run because you won't need to spend a lot on medications and doctor's bills," she said. "You don't need a lot of special equipment. A good set of knives, cutting board and a blender or food processor can get you started ... I plan out my meals and on Sundays I prep all of the food I will need during the week to save time."

Odwyer creates her own raw meals from scratch and she and her husband take turns cooking for the family.

In her kitchen there are baskets of brightly-colored fruits and vegetables, mason jars full of seeds and sprouts and a window sill full of fresh herbs. In less than 15 minutes, she effortlessly whips up a plate of "raw spaghetti." The noodles are fresh zucchinis cut into spirals; the marinara sauce – red bell peppers, sun-



dried tomatoes, basil, olive oil and a little sea salt. The raw "spaghetti" twirls nicely around a fork, just like the real thing.

Odwyer picks up a lot of her produce from the Heidelberg commissary but a good portion comes straight from her own backyard.

She grows her own fruits and vegetables throughout the year and even recycles the food scraps from her meals into nutrient-rich compost for her crops.

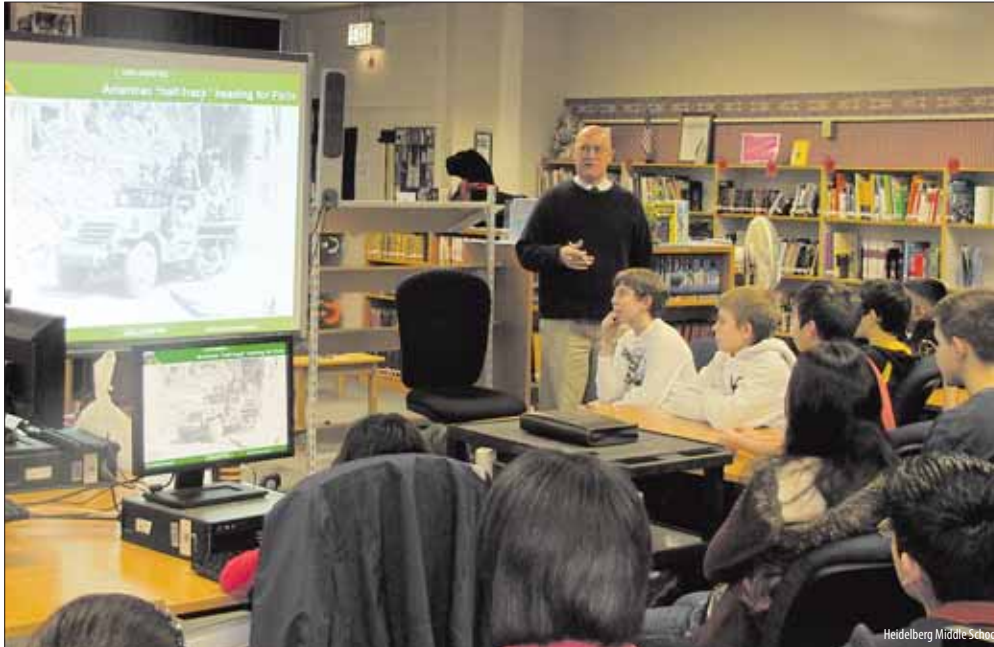
"I love eating raw foods and I love preparing the meals and I want to share my journey with others, because it has truly changed my life for the

better," she added.

For those looking to leap head-first into a raw food diet, Odwyer offered this advice.

"I would say first get started as a vegetarian. Try to cut out meat products first – that's going to be the biggest hurdle for most people – and then try to cut out all animal and animal byproducts. Then every once in a while make it a vegetarian night or raw foods night," she said. "Just take your time and have fun experimenting with new recipes. Be creative."

To learn more about Odwyer's food journey and for tips on eating a raw food diet, visit her blog at www.armyvegan.com.



A Historic Point of View

U.S. Army Europe Historian Andrew Morris speaks to Heidelberg Middle School students in the school's media center Jan. 31 about the history of Heidelberg during and since World War II. His detailed slide show of photographs, maps and statistics included the U.S. Army's role during the war and its rebuilding of the city and country following the war.

"As the USAREUR historian, Morris has a keen understanding of the historic intersection of Germany and the United States in the 20th and 21st centuries. He willingly conveyed this to the students and answered several questions throughout," said English Language Arts teacher Sharon Goodman.

Approximately 85 seventh grade students from Team 7A attended the interactive talk.

PRAYER

continued from page 1

He urged the audience to become catalysts for change and cooperation in their communities.

"You have the choice to be a thermometer or a thermostat. What choice will you make?" Spencer said.

"We need to be people of prayer. There are so many needs that surround our world today that are tearing us apart as a world community, and I really believe that it will be prayer that will unite us. It is a common ground and it's an area that we can celebrate in together. Prayer is so important and central to our lives," he said.

Spencer joined the Army as a military policeman in 1969 and later became a chaplain in 1991. He continues to serve in the Army Reserve and has deployed to Iraq five times. Spencer just returned from a combat tour in Afghanistan last month.

"The chaplaincy touches every seg-

ment of a person's life from the beginning to the end and everything in between. That was exciting to me," he said. "I'm honored to be a representative and ... to be on the battlefield with those brave men and women who are sacrificing so much for God and country. It's just a humbling and rewarding experience," he said.

As a Roman Catholic bishop, Spencer is responsible for more than 400 Catholic priests and chaplains in the Army, Air Force, Navy and Marine Corps and their parish communities across Europe and Asia (to include U.S. Embassies). His duties often require him to travel extensively to provide pastoral care and other support to the chaplains and chapels under his tutelage. After the breakfast, he would head to Alabama, Washington, D.C. and Singapore.

Spencer is now based out of Wiesbaden but was stationed with U.S. Army Europe in Heidelberg from

2009-2010. Several of his old friends and colleagues, including U.S. Army Europe Commander Lt. Gen. Mark Hertling and Allied Force Command Heidelberg Commander Lt. Gen. John W. Morgan III sat in the audience.

USAG Baden-Württemberg Commander Col. Bryan DeCoster provided welcoming remarks to the early morning crowd.

"Prayer is especially important during this time in history given our commitment to overseas contingency operations," DeCoster said. "We have tens of thousands of service members and civilians deployed in Afghanistan, Africa and other locations across the world. Let us remember them today and all those who are serving the cause of freedom and justice around the world. We also remember their families and pray for their safe return home."

Sgt. 1st Class Eric Gustafson from

the 1-214th Aviation Regiment in Mannheim saw the breakfast as a chance to fellowship with other members of the community.

"It's a great opportunity to walk with fellow believers from all walks of faith who come together to acknowledge a higher power and the power of prayer. It's also a social event where we can meet others."

Members of the USAREUR Band Brass Quintet played a selection of patriotic pieces as guests enjoyed a buffet of scrambled eggs, pancakes, sausages, assorted rolls and pastries, hash browns, juices, coffee and tea.

In 1953, members of the Senate and House of Representatives, along with President Dwight D. Eisenhower, established the first Presidential Prayer Breakfast. In 1970 it was renamed the National Prayer Breakfast.

This year's National Prayer Breakfast was held Feb. 2 in Washington, D.C.

FLIGHTS

continued from page 1

personnel regardless of the time the flight arrives.

Patriot Express reception liaisons will also help passengers clear customs and get onto pre-arranged military transportation to their new duty station.

"We're doing the final rehearsal just to make sure we've got everything in place," said Maj. Patrick Niestzche, the officer in charge of the RGRC and a native of Fort Lauderdale, Fla.

"We've checked all the blocks and we made sure

we're prepared to receive all our Army primary change of station Soldiers and family members," he said.

"This is our pre-execution of making sure that all the liaisons understand their roles and what they have to do when we're in the middle of processing," Niestzche added.

During the rehearsal, several Army, Air Force Patriot Express and PAX terminal representatives received a tour of the facility and a description of how things would work.

Included were U.S. Army Europe assistant deputy chief

of staff for personnel Col. Theodore Fox, director of 1st HRSC Col. Dan Finley, and 721st Air Mobility Operation Group Commander Col. Nicholas Myers.

Previously the 1st HRSC processed about 19,000 Soldiers and family members yearly at the Frankfurt International Airport.

Now with the inception of the PE, they will be capable of processing approximately 25,000 Soldiers yearly through the new gateway.

"We're just going to shift the mission from Frankfurt down to Ramstein," said Niestzche.

"One of the benefits of being here in Ramstein is that we're actually going to be able to pull a manifest and have predictability of who's arriving at this terminal so we can have bus transportation available have all the systems and resources in place to receive the personnel and better process them and get them out to their military communities," he said.

According to Niestzche, the goal is to have the Soldiers and family members at the RGRC no more than three hours from the time the first person leaves the aircraft until

the time the last person leaves on the bus for their designated military community.

"Our goal is to ensure that all Soldiers and family members have arrived to their military communities on the same day of arrival into the country," said Niestzche.

"I'm happy to be a part of the 1st HRSC and to be able to help spearhead what we're doing here, which is starting a new program and a new way to get Soldiers in the European theater in a timely manner," said Spc. Adam P. Maxwell, a liaison at the RGRC and a native of Waterloo, Ill.



Local Area Events

Feb. 16 – Altweiberfasnacht (carnival party) 8 p.m. Friedrich-Ebert-Halle, Erzberger Strasse 89, 67063 Ludwigshafen, €16 Tickets: www.lukom.com, tourist-info@lukom.com

Feb. 16-21 – Fasnachtsmarkt (carnival market) Mannheim, Wasserturm to the Marktplatz, 10 a.m.-8 p.m. daily, 11 a.m.-8 p.m. Sunday, 10 a.m.-10 p.m. Feb. 21 (Fat Tuesday). Streetcars will be rerouted. Most shops and businesses will be closed.

Feb. 18 – Ball der Vampire, 8:30 p.m. Stadthalle Heidelberg. www.heidelberg-kongresshaus.de/content

Feb. 19 – Fasnachtsumzug (carnival parade) Mannheim-Ludwigshafen starts at 1:11 p.m. in downtown Ludwigshafen this year. Roads will close downtown at 10:30 a.m. www.tourist-mannheim.de

Feb. 21 – Strassenfasnacht (street carnival) 1:30-6 p.m. Marktplatz Weinheim; Fasnachtsumzug (carnival parade) 3 p.m. downtown Schwetzingen; Fasching Parade 2:11 p.m., Heidelberg, route proceeds down Berghheimer Strasse towards Bismarckplatz, Hauptstraße to Marktplatz



Fifth season arrives with goblins, witches

Fasching hits full swing Feb. 16

By Birgit Thompson
USAG STUTTGART PUBLIC AFFAIRS

Spring, summer, fall, winter and Fasching – does that sound right? It does if you reside in Germany

Fasching, considered the fifth season in many neighborhoods in Germany, hits full swing Feb. 16.

Seven days of silliness, costumes, parades, food and drink precede the beginning of Lent.

Historically known as the last chance to feast before the fast, it became a time of merriment in the Middle Ages when Lent was observed rather firmly.

During Lent it was strictly prohibited to consume meat, milk, butter, cheese and any other types of fat. At first, feasting was restricted to the day before Lent like Christmas Eve, the day was called Fasting Eve, or Fastnacht.

Later, Lent was viewed as the long road until Easter, and the week prior became an “all or nothing” festival.

Villages and towns participated by butchering enough livestock to overfeed the community during a week of excessive and disorderly festivities.

As a logical consequence, many young couples set their wedding date to Shrove Tuesday, the last day before Lent, just in case. As time went by, the time frame of festivities expanded.

Today, the 11th day of the 11th month marks the beginning of the Narrenzzeit, or fool’s time.

Sometime during the 15th century, parade participants started wearing wooden masks and costumes inspired by the Italian “comedia del arte.”

Devil faces, witches and demons represented the evil of Fasching, in



Photos by Jamie Williams

Top left, a witch in a wooden mask scares onlookers at the Fasching parade last year in Malsch, a small village near Wiesloch. Above right, a parade participant spies on the crowd. Above, Heidelberg Middle School student Jada Williams gets in the spirit, donning a strawberry costume last year, also in Malsch. The Malsch parade will be Feb. 19.

those days called “civitas diaboli” (state of the devil) by the church.

The beginning of the 19th

century also marked the end of the Fastnacht. Too many undesirable events had given the tradition a negative image.

Though in 1823, during the age of Romanticism, the upper crust of Cologne resurrected and restructured the old custom and introduced voting for the Fasching prince, and later, princesses.

These temporary royals were to rule the fools of Fasching. The ruling of the city is given symbolically to the fools during the festivities via the run on city hall, which is practiced in many cities and villages.

Overall, Fasching is a huge party for everyone – a chance to eat, drink, dance and not think too much about serious matters.

For Fasching newcomers, here’s a tip: On Feb. 16, make sure you leave your tie at home, or wear one you don’t care for. During Schmuzigem Donnerstag (dirty Thursday), better known around here as “Altweiberfasnet,” it is the prerogative of any woman to cut any tie she can get a hold of.

If you are one of the victims, don’t fret, because she may pay you with a kiss.

NOTE: Historical information in this article was obtained from www.wikipedia.de.



Linda Steil

Derby Day Jitters

Luke Milsted, right, a Webelos II Scout, places his car on the starting blocks for one of the heats during Heidelberg Cub Scout Pack 284 Pinewood Derby at Patrick Henry Elementary School in Heidelberg Saturday. Milsted took second place overall behind Clark Nguyen, two of 63 boys who took part in the race this year. The Scouts are given a block of pine wood out of which they make a car according to specified dimensions and weights that must be maintained. The cars are then raced on a track at an annual scouting event that began 59 years ago in Manhattan Beach, Calif. The rules of the first race stated, “The derby is run in heats – two to four cars starting by gravity from a standstill on a track and run down a ramp to a finish line unaided. The track is an inclined ramp with wood strips down the center to guide the cars.” The cars still roll that way today.

GERMAN NEWS

64-Year-Old Edible Lard

A 64-year-old tub of American lard has been deemed fit for human consumption by the Mecklenburg-Western Pomerania State Office for Agricultural, Fisheries and Food Security. Millions of cans of Swift's Bland Lard, a pig fat used as a spread similar to butter or as a cooking fat, were distributed by U.S. Soldiers to West Germans after World War II in care packages that included other essentials like powdered milk, cheese and sugar. Some cans made their way to communist East Germany, including to a pharmacist from Warnemünde, who never opened his can. Worried the lard had passed its expiration date, the 87-year-old recently decided to turn it over to the state. The authorities found minor deficiencies in the lard's smell and taste, discovering that it was slightly gritty and appeared old, meaning it could not compete with the quality of a fresh sample, yet it appeared to be fit for human consumption. The office credited the air-tight can and preservatives for maintaining the lard in such pristine condition over the years.

Greeting Ban

The head of a middle school in the southern town of Passau has declared the forms of hello and goodbye commonly used among northerners *unwillkommen* in the classroom, claiming they sound disrespectful. Students are not permitted to say *Hallo* and *Tschüss*, and teachers are instructed to politely remind them to use the more polite Bavarian variants for hello and goodbye: *Grüß Gott* and *Auf Wiedersehen*. A spokesman for the Bavarian education ministry praised the action, saying young people must learn to behave differently when interacting with authority figures versus their peers.

Frozen Rescue

A 41-year-old man on a canoe trip in sub-zero temperature water was rescued near the town of Wedel, just west of Hamburg, Sunday from the frozen River Elbe, one of Germany's major rivers. Shipping was completely suspended between Hamburg and Magdeburg as temperatures reached into minus double digits around the Elbe during the weekend. Police boats were also unable to use the rivers as large ice blocks formed on the river overnight, forcing police to patrol the waters by car along the banks. The Elbe-Havel canal, which links the Elbe with the River Havel further east, has also been blocked with a 12-centimeter layer of ice on its surface. The man protested that he could have swum ashore in his wetsuit in an emergency.

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 just discovered your column, and I absolutely love what you do. I have an issue that has been bothering me. A close friend of mine is always bashing her husband when our guys are on deployment.

She is always claiming that she knows he is up to no good and that he lies about what he is doing or who he is hanging out with. The guys pull into different ports while they are out for only a few days and she gets paranoid (a little obsessive almost) about it.

At first, I took her rambling lightheartedly and would think, "She'll learn to eventually relax. Maybe she's just hypersensitive."

I used to just sit and listen to her, and I'd even try to calm her worries since I thought maybe she just had some trust issues due to her past.

Well, it hasn't gotten any better and I've noticed that she is constantly trying to get me to ask

my husband questions or get him to watch her husband.

Clearly, it is getting outrageous and out of control. I again just listen and acknowledge what she is saying and I've explained her paranoia to my husband and he thinks it's ridiculous. It seems that her only justification for her suspicions about her husband is that she knows a few of the other husbands have actually cheated on their wives so she "isn't stupid."

However, her annoying paranoia is not the only thing that bothers me. She turns into an absolute hypocrite when she and I go out together. She tends to flirt and hang out with guys relentlessly. (There's definitely a thin line between her behavior and cheating). I told my husband how I feel about her hypocritical behavior and I explained that I almost feel uncomfortable hanging out with her.

I just don't know what to do since I feel like I am dealing with two different people (a great friend and then someone I don't even recognize). I'm clearly over hearing her complain about her insecurities in her marriage and her impulsive need for attention when she goes out.

I keep hearing from my family, "You are who you hang with;" however, her friendship does mean a lot to me. I almost feel as though I can't abandon her. At the same time, I feel like I have to protect myself and my marriage first - otherwise, misery loves company. Any advice? Friend in Deed

Dear Friend,

You are right; misery does love company. It's great to have friends you can hang out with and even share things with too. According to research, one reason women tend to live longer is because of our close relationships with our girlfriends, with whom we can share so much.

It's normal for you to want to be there for your friend, especially because your husbands serve in the same unit. Here's the dilemma: she has some maturing to do.

On one hand, she is very concerned that her husband is cheating, but then when you go out with her, she becomes the biggest flirt ever. Because of her behavior, I think you should set some firmer boundaries with her. Keep in mind that you can't control what she does and you can't control her husband, either. However, you can control yourself.

Here's the deal: I would go out with her. But, let her also find other women to hang out with. Trust me, she is asking for trouble and it will only cause problems for you.

When she becomes paranoid and starts talking about her husband's possible cheating, here are some things you can say. You can just listen, say, "I hear you and I'm here for you," but don't say anything else.

If she asks for your husband to spy for her, say, "That's not my husband's role. You're my girl, but that would put him in an awkward position." Lastly, you can ask her, "Why are you staying with someone you don't trust?"

I think we can have friends from all walks of life. I am very different from many of my friends. With that said, they may even think I'm a weirdo at times. You can still be assertive, mature, use good judgment and set good boundaries with your friend about this issue. I don't see this as a reason that you shouldn't be friends with her.

On the other hand, if her behavior is making you very uncomfortable and it doesn't feel right, then you need to leave her alone. That's a choice you have to make.

Edelweiss, VFW now offer free WiFi

By Brad Hays
EDELWEISS LODGE AND RESORT

As the snow falls in Garmisch-Partenkirchen, a couple on vacation at Edelweiss Lodge and Resort cozy up to the fireplace and enjoy a glass of wine after a great day.

Another family on rest and recuperation leave is relaxing in the hot tub after a sightseeing tour to Neuschwanstein castle. Outside, kids are making a snowman with their dad, who just returned from a long deployment.

What do these service members have in common? They all can share their vacation photos, update their Facebook status, check travel plans and Skype their friends to brag about the good time they are having, by using the free wireless Internet now available thanks to the Veterans of Foreign Wars.

Like many of these Soldiers, the VFW has been there and knows what type of support service mem-

bers and their families need. That is why the VFW partnered with Edelweiss to offer free WiFi to all vacationing and conference service members' guests.

VFW members appreciate the chance to support fellow service members through every stage of their military experience, including the moments spent on vacation.

"Having the opportunity to provide free wireless Internet is just one of many ways to convey the VFW's utmost appreciation for the tremendous service and sacrifice of our nation's service members," said VFW Adjutant General Allen "Gunner" Kent.

The VFW is also a sponsor of Edelweiss federal holiday weekend celebrations. Every American holiday weekend, including President's Day and Labor Day, will be full of live Bavarian shows, choreographed fireworks over the Alps, horse and carriage rides, family activities and more.

"Edelweiss Lodge and Resort strives to provide a memorable vacation experience for our service



Courtesy photo

Sgt. 1st Class Andrew Smith accesses the Internet at the Edelweiss Lodge and Resort through a free wireless connection provided courtesy of the Veterans of Foreign Wars.

member guests. With partners like the VFW, we are able to positively impact service members and their family's lives through rest and relaxation while on vacation," said General Manager Marc Janssen.

GET OUT!

area events

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

February 9

Photo Exhibit – American photographer and Detroit native Dave Jordano profiles the scenes of urban renewal popping up across the Motor City in a new photo exhibition entitled *Detroit Unbroken*. Down at the Amerika Haus in Munich. Open noon-5 p.m. Monday-Friday and noon-8 p.m. Wednesday through March 30. Free admission. Amerika Haus, Karolinenplatz 3. www.amerikahaus.de. Civ. 089 5525 3713.

Sea Life – Imagine taking a dive without getting wet. Visit the Sea Life Europe Aquarium and come face to face with everything from sardines to sharks, and see loads of fascinating creatures and marine life. The center's star attraction features several monsters of the deep: Great White Sharks of the Jaws movies fame. Open 10 a.m.-8 p.m. Im Hafengebreen 5, 67346 Speyer. Civ. 06232-69780, www.buzzoffbase.com.

February 10

That Was Roadside Music – Come celebrate more than 50 years of Roadside Theater musicals in this tune-filled trip down memory lane. Show features the Roadside Theater Show Choir and starts at 7:30 p.m. Feb. 10, 11, 17, and 18. There will be a special family matinee Feb. 12 at 3 p.m. Tickets available at the Roadside Theater, Bldg. 109 on Patton Barracks in Heidelberg or www.roadsideheater.com.

February 11

Art Exhibit – 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 12

Old School Concert – '90s Rhythm and Blues favorites SWV, Ginuwine, Dru Hill and Silk hit the stage for the R and B Superstars 2 concert. Show starts at 7 p.m. at the HMV Hammersmith Apollo in London. Tickets: www.ticketweb.co.uk.

Festspielhaus Baden-Baden – Festspielhaus Baden-Baden, the city's world-famous opera and concert hall, also bears the unique distinction of being Germany's largest. Take a guided tour to relive magical moments in the Festspielhaus' history. Past seasons have included performances of *Othello*, *A Streetcar Named Desire* performed by the Hamburg Ballet, the Children's Music Festival, a Celebrate Billie Holiday evening, the Trumpet Gala and The

Nutcracker, performed by the Marinsky St. Petersburg Ballet. Beim Alten Bahnhof 2, 76530 Baden-Baden. Civ. 07221-301-3101. www.buzzoffbase.com.

Art Exhibit – Local artists David Sohl and Andrew Washington will 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.

February 13

Music Festivals – Tickets are on sale for Germany's most popular twin open air festivals Rock at the Ring/Rock at the Park, held simultaneously at the Nürburgring race track and at Nuremberg's Zeppelinfeld June 1-3. International headliners include Metallica, Linkin Park, Soundgarden, Billy Talent, Gossip, The Offspring, Motörhead and Marilyn Manson. These artists are complemented by an impressive list of primarily British and German bands who have garnered national fame in their home countries. Ticket price includes sales fees, parking and camping permissions. For a complete listing of performers, ticket and other detailed info visit www.bb-promotion.com.

February 14

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

Ritter Sport Chocolate Factory – Take a sweet trip to one of the biggest chocolate stores in Germany and home to the company's actual production factory in Waldenbuch. Unfortunately, factory tours are not available, but the factory store houses hundreds of delicious offerings, a museum and a café for relaxing. Purchase Ritter chocolate at low factory prices and sample brand new products. Hours: 8 a.m.-6:30 p.m. Monday - Friday and 9 a.m.-6 p.m. Saturday. Alfred-Ritter-Straße 25, 71111 Waldenbuch, www.buzzoffbase.com.

February 16

Fasching Market – Mannheim hosts a Fasching market. Catch all the action in the city's town center near the Wasserturm and Planken. Market runs through Feb. 21.

Street Festival – The Rottenburg am Neckar Street festival is a Fasching event that features several bands and costume clubs that roam the streets of Rottenburg. The festival starts at 2 p.m. and is located at the Marktplatz throughout neighboring streets and alleys.

Carnevale in Venice – Experience Carnevale weekend in Venice and participate

in this festive celebration while strolling through beautiful Northern Italy. Enjoy a guided tour through this famous city and see the canals, bridges and the imaginative, elaborate costumes of the Carnevale. After taking in the sights of Venice, the tour will travel to Florence. <http://affiliates.uso.org/Kaiserslautern>.

February 17

France – Enjoy a tour of the beautiful city of Lyon, France, and learn more about the ancient Romans, the Middle Ages and the Renaissance in France. <http://affiliates.uso.org/rheinmain>.

February 18

Playground – Mannheim's Luisenpark offers an indoor "jungle" playground with almost tropical temperatures where children can venture on ropes, tree trunks and wooden ladders while it's still freezing outside. The greenhouse and exhibition hall (Ausstellungshalle/Pflanzenschauhaus) is open through March 28. Daily hours are 10:30 a.m.-5:30 p.m. in February and 10 a.m.-5:30 p.m. in March. Regular admission fee to Luisenpark also includes admission to the indoor playground.

Fasching Parade – Hockenheim hosts a Fasching parade at 1:30 p.m. Join in the festivities as nearly 2,000 mask and costume wearers parade through the town's center.

February 20

Rottweiler Fasnet – Members of the American Military Catholic Community will travel to the Rottweiler Fasnet (Mardi Gras) in Rottweil. The Rottweiler Carnival is one of the oldest and most traditional of the Swabian-Alemannic Carnivals. Main parade starts at 8 a.m. Group will depart at 5:30 a.m. from the Mark Twain Village Chapel in Heidelberg and return that evening. Civ. 06221-57-8238.

Fasching Parade – Grab your Fasching hat and head to Mainz for the famous Rosenmontag Parade. Although Fasching (Mardi Gras or carnival) officially begins in November, it reaches its climax during the 'drei tolle Tage,' the three crazy days before Ash Wednesday. Fasching is a time of celebration and fun for Germans from all walks of life. See scores of decorated floats, groups wearing colorful costumes and wild masks and hundreds of horses, and bands. <http://affiliates.uso.org/Kaiserslautern>.

February 25

Horse Market – Take a trip to Heilbronn and kick up your heels during the local horse market. Enjoy shopping at the variety market or playing in the amusement park. Nearly 300 vendors and 60 exhibits will be available at the Reitanlage am Trappensee.

coming to THEATERS

BIG MIRACLE

(Drew Barrymore, John Krasinski) Inspired by the true story that captured the hearts of people across the world, the rescue adventure *Big Miracle* tells the amazing tale of a small town news reporter and an animal-loving volunteer who are joined by rival world superpowers to save a family of majestic gray whales trapped by rapidly forming ice in the Arctic Circle. Local newsman Adam Carlson can't wait to escape the northern tip of Alaska for a bigger market. But just when the story of his career breaks, the world comes chasing it, too. With an oil tycoon, heads of state and hungry journalists descending upon the frigid outpost, the one who worries Adam the most is Rachel Kramer. Not only is she an outspoken environmentalist, she's also his ex-girlfriend. (Rated PG for language) 107 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 9 - THE MUPPETS (PG) 7 p.m.
Feb. 10 - BIG MIRACLE (PG) 7 p.m., 10 p.m.
Feb. 11 - ARTHUR CHRISTMAS (PG) 4 p.m.; NEW YEAR'S EVE (PG-13) 7 p.m.; BIG MIRACLE (PG) 9:30 p.m.
Feb. 12 - BIG MIRACLE (PG) 4 p.m.; NEW YEAR'S EVE (PG-13) 7 p.m.
Feb. 13 - BIG MIRACLE (PG) 7 p.m.
Feb. 14 - NEW YEAR'S EVE (PG-13) 7 p.m.
Feb. 15 - BIG MIRACLE (PG) 7 p.m.
Feb. 16 - ARTHUR CHRISTMAS (PG) 7 p.m.

Vogelweh, Galaxy

Feb. 10 - ONE FOR THE MONEY (PG-13) 7 p.m.
Feb. 11 - THE MUPPETS (PG) 4 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.
Feb. 12 - THE MUPPETS (PG) 4 p.m.

Ramstein, Gateway Movieplex

Feb. 9 - ONE FOR THE MONEY (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE MUPPETS (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
Feb. 10 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.
Feb. 11 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.
Feb. 12 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.
Feb. 13 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.
Feb. 14 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.
Feb. 15 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.
Feb. 16 - BIG MIRACLE (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 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. 9-10, 12-15 - STAR WARS: EPISODE 1 THE PHANTOM MENACE IN 3-D (PG) 5 p.m., 8 p.m. (5 p.m. only Feb. 13) at CinemaxX

community HIGHLIGHTS

Technology Exposition

The 43rd Signal Battalion will host a semi-annual technology exposition 10 a.m.-2 p.m. Feb. 10 in the Casablanca Room on Campbell Barracks in Heidelberg including exhibitions on the latest in cloud computing, data storage and digital imaging. To register, visit www.FederalEvents.com, click the Campbell Barracks link and select the pre-register link.

GSA Fleet Vehicle Sale

EURO Interagency Fleet Management System will hold a live public auction via the Internet of used U.S. government vehicles Feb. 10-19, with a public inspection period 9 a.m.-3 p.m. Feb. 15 at EURO IFMS Consolidated Vehicle Processing Center, McCully Barracks (Wackenheim). Vehicle photos, descriptions and minimum bid starting prices can be found at www.vebeg.de/web/en/auktionen/index.htm. Bidders must be registered. DSN 334-4268, civ. 0632-508-268.

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 on the Shopping 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.

Army Homefront Fund

The Army Homefront Fund provides financial aid to wounded warriors and their families. It partners with the Warrior Transition Command and non-profit agencies to provide grants for emergency financial assistance, food, shelter, emergency repairs and critical items. Apply for assistance at www.armyhomefrontfund.org/afma.aspx.

Trial Defense Services

Service members who are questioned by law enforcement, criminal investigation services or members of the command about suspected acts of misconduct have the right to remain silent, to refuse to answer questions (even from the commander) and to speak with an attorney. Service members are entitled to free consultation and representation by a military defense counsel, which is privileged and will not be released to the command. Trial Defense is located in Bldg. 107 on Patton Barracks in Heidelberg and in Bldg. 3210 on Kleber Kaserne in Kaiserslautern. Heidelberg: DSN 373-5082, civ. 06221-17-5350. Kaiserslautern: DSN 483-8397, civ. 0631-411-8397.

local EMPLOYMENT

Career Fair

Army Community Service and the Association of the U.S. Army will host a career fair with major Army companies 10 a.m.-2 p.m. Feb. 21 at the Heidelberg Marriott Hotel. Bring resumes and be prepared to interview on the spot. GPS address: Vangerowstr. 16, 69115. DSN 370-6883, civ. 06221-57-6883, www.mwrgermany.com.

KAISERSLAUTERN Education

♦ **Language Classes** – Beginner English as a Second Language for adults, 9:30 a.m. Mondays; Intermediate English as a Second Language for adults, 9:30 a.m. Fridays; Conversational Spanish, 10 a.m. Tuesdays. Classes are in Bldg. 2891 on Pulaski Barracks. Registration is required. Conversational German (10-week series; sign-up required), noon-1 p.m. Tuesdays and 6-7 p.m. Tuesday and Thursday in Bldg. 2926 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

Community

♦ **BOSS Tropical Weekend** – Register by Feb. 9 for a Better Opportunities for Single Soldiers trip to the world's largest indoor rainforest in Krausnick Feb. 17-19. Tropical village includes restaurants, shops, white beaches, lagoon and tropical sea. Register with Army Outdoor Recreation on Pulaski Barracks, Bldg. 2905. DSN 493-4117, civ. 0631-3406-4117.

♦ **Cinema Sunday** – Watch Shrek while snacking on free popcorn 2:30-6:30 p.m. Feb. 12 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

♦ **Valentine's Wine Tasting** – Adults 18 and older can enjoy a finger food buffet and sample wines, cheeses and chocolates 7-10 p.m. Feb. 14 at Armstrong's Irish Pub, Bldg. 1036, Vogelweh Housing. Reservations: civ. 0631-354-9986.

♦ **Family Fun Days** – Play darts, virtual bowling, pool, board games and video games during Family Fun Day 3-6 p.m. Feb. 19 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **Military Officers Association** – Active duty, National Guard, Reserve, former and retired commissioned and warrant officers are invited to the First European Chapter of the Military Officers Association of America's membership meeting 11:30 a.m.-1:30 p.m. Feb. 25 at Restaurant Barbarossahof in Eselthur (near Kaiserslautern). Stop by for lunch, check out membership benefits and meet the members of the chapter. Civ. 0631-460-4859.

♦ **Mother, Daughter Book Club** – The book club for youth ages 9-12 and their mothers meets second and fourth Thursdays at the main library, Bldg. 3810. February's book is *The Creep Makers' Bond* by Julie Crabtree. Civ. 0151-5877-6489.

♦ **Mardi Gras Party** – Adults 18 and older can party New Orleans style with Cajun food, music and more 9 p.m.-2 a.m. Feb. 17 at Armstrong's Irish Pub, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

♦ **Indoor Ice Skating** – Army Outdoor Recreation goes indoor ice skating in Zweibrücken Feb. 12. DSN 493-4117, civ. 0631-3406-4117.

HEIDELBERG Education

♦ **UMUC Europe** – The University of Maryland University College Europe in the Education Center on Patton Barracks offers registration for the spring online mid-session for graduate and undergraduate students until Feb. 12 with class start Feb. 13. DSN 370-6762, civ. 06221-176-3780, www.ed.umuc.edu.

♦ **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.

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

♦ **ACS Classes** – Car seat safety checks, by appointment only, Feb. 13, ACS Annex, PHV, Bldg. 4531; Culture College, 8:30 a.m.-1 p.m. Feb. 13-16; Civilian Resume Writing, 9-11 a.m. Feb. 13; Interviewing Skills, 9-11 a.m. Feb. 14; Key Caller Training, 2:30-4 p.m. Feb. 14; 1-2-3 Job Fair Ready, 9-11 a.m. Feb. 15; Effective Management of Volunteers, 10-11 a.m. Feb. 15; Coping Strategies for the Uncertainty of Life for Warriors in Transition, 10-11:30 a.m. Feb. 16, 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.

Community

♦ **Taste of Soul** – Enjoy performances from Jimmy's Soulquility and the Heidelberg High School JAAM, taste soul food dishes, browse artwork and more during the Taste of Soul, in honor of Black History Month, 7-11 p.m. Feb. 11 at the Patrick Henry Village Pavilion. Prizes will be awarded for best appetizer, entree and dessert. Art exhibit submissions must be ready to hang and delivered to the Arts and Cultural Center by Feb. 3. DSN 388-9418, civ. 06221-338-9418, www.mwrgermany.com.

mwrgermany.com.

♦ **Cooking Class** – Learn how to prepare a romantic French dinner of filet mignon with mushrooms and chocolate mousse for dessert for you and your valentine during a free international cooking class, sponsored by Army Community Service 10:30 a.m.-1 p.m. Feb. 14 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6883, civ. 06221-57-6883.

♦ **Valentine's Day** – Slapshots on Patton Barracks hosts a Valentine's Day party for singles and couples 8 p.m. Feb. 14. DSN 373-5190, civ. 06221-17-5190.

♦ **Threat Awareness Briefings** – Threat Awareness and Reporting Program (TARP) briefings in English will be held 10 a.m. in the Patrick Henry Village Theater Feb. 15. The TARP has replaced the annual SAEDA briefings. There will be no German session.

♦ **Equal Opportunity** – All civilian employees, military and local nationals who supervise civilian employees are required to attend annual classroom equal opportunity training. Employees must have classroom training every other year and the online version, www.bw.eur.army.mil/Directorates/EEO/Training/EEONoFEAR.pdf, on the alternating year. Classes are 1-2 p.m. Feb. 15 and monthly until September in the U.S. Army Garrison Baden-Württemberg EEO Training Room, Bldg. 128, on Patton Barracks.

♦ **BOSS Cheap Eats** – Better Opportunities for Single Soldiers will host just-like-home dinner 5 p.m. Feb. 15 at the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Right Arm Night** – Ages 18 and older can enjoy happy hour with their bosses and co-workers 5-7 p.m. Feb. 16 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Sweetheart Dance** – Join the party and enter to win the cutest couple contest 9 p.m. Feb. 17 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.

♦ **Texas Hold 'Em** – Buy-in for a Texas Hold 'Em tournament starts 6 p.m. Games start 7 p.m. Feb. 18 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.

♦ **Oklahoma! Auditions** – Actors, singers and dancers age 8 and older with and without experience can bring prepared musical numbers to audition for the classic musical *Oklahoma!* 7 p.m. Feb. 21-22 at the Roadside Theater on Patton Barracks. Perusal scripts are available at the Roadside Theater. A pianist will be provided. Musicians, technical staff

and crew are also needed. DSN 373-5020, civ. 06221-17-5020.

♦ **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.

♦ **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.

♦ **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.

♦ **Toastmasters** – Learn to effectively communicate by practicing public speaking at Heidelberg International Toastmasters Club meetings 7:30-9:30 p.m. first and third Mondays. GPS address: Treff am Turm, Franz-Kruckenbergr-Straße 54, 69126 Heidelberg. www.heidelberg-toastmasters.de.

MANNHEIM Community

♦ **Variety Night** – Adults 18 and older can enjoy a variety of tunes 9 p.m.-2 a.m. Feb. 10 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. 11 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** – The library support office on Sullivan Barracks offers story time for preschoolers and toddlers 10:30-11:30 a.m. Feb. 15 (Room 118), Bldg. 246. DSN 385-2688, civ. 0621-730-2688.



Molly Hayden

Heidelberg High School freshman Matthew Hall readies his gun for a round of competition during the European Marksmanship Championships at Vilseck High School Jan. 28.

Students take aim at European marksmanship championships

By Molly Hayden

USAG GRAFENWÖHR PUBLIC AFFAIRS

VILSECK, Germany – “It’s really calming for me,” said junior Alex is Finster, Vilseck High School.

“I usually try to take it slow and simple,” added Max Pertrunyak, a freshman from Heidelberg.

Vilseck junior Meraleigh Randle tightened her lips and smiled, “I’m just a happier person when I’m shooting.”

These are comforting words coming from rifle-wielding high school students, who despite their age, are collected and serious about their craft.

Finster, Pertrunyak and Randle were three of 36 students representing six schools that participated in the Department of Defense Dependents Schools European Marksmanship Championships at Vilseck High School Jan. 28.

Students traveled near and far, many for the first time, to compete in the annual competition.

Six shooters from each team made their mark in a total of four shooting rounds. Each round consisted of 10 shots fired in each of the three positions – prone, kneeling and standing – for a maximum of 300 points per round.

Rifery requires keen precision, focused breathing and a proper stance. It’s a solitary sport where,

according to Jackson Pierce, a sophomore from Hohenfels, the outcome lies purely on the shoulder of each shooter.

“When you’re shooting out there, it doesn’t matter how anyone else is doing. It’s all on you,” said Pierce. “You’re the one pulling the trigger.”

“It’s mentally exhausting because you really have to focus,” added Pierce, narrowing his eyes as if centering in on a target. “It’s pure concentration.”

Maggie Ehmann, a freshman and first-year shooter from Patch High School in Stuttgart, had a similar look of concentration on her face as she knelt on the table and loaded her air rifle. After each shot, she glanced nervously back at her coach. While her posture conveyed defeat, her scorecard told a different story. Ehmann not only helped her team reach first place, but she also bested the competition in the kneeling round with a top score of 96 (out of 100 points).

These highs and lows of competition rang true for the majority of the day. At the halfway mark, there was no clear leader.

“It’s anyone’s game, really,” said Finster, glancing at the calculated scores. “We’re all within a few points, but we have a good chance.”

Finster was confident with her shooting and completed

the competition only one point behind her own expectation of 280. Finster and the other five members of the Vilseck rifle team (an all-girl enterprise) eked out second place in front of Hohenfels, finishing with 1,354 and 1,353, respectively.

Patch remained stiff competition throughout the championship, crowning with 1,373 points out of a possible 1,500. This was their third win in four years. Their first place victory was accentuated with the highest shooter award, earned by Mercedes Romih, who blasted the competition with a total score of 284.

Ansbach, Baumholder and Heidelberg claimed fourth, fifth and sixth place in the marksmanship match.

For many of the top shooters, the competition was a stepping stone for the Army JROTC Service Championship match to be held in Camp Perry, Ohio, and Anniston, Ala., today through Saturday. DoDDS-Europe students will endure the lengthy trip to the states for a chance to hoist the first place trophy high and showcase their shooting skills to military and college recruiters.

Vilseck High School senior Georgianna Castro, however, set her sights even further.

“I was just talking to my dad about becoming a sniper,” she said.

staying ACTIVE

Heidelberg Community Basketball

Heidelberg unit level basketball league upcoming games at the fitness center on Patton Barracks are: **Feb. 13** – NATO vs. Slayers at 6 p.m., Medical Command vs. 60th Engineers at 7 p.m. and Medical Department Activity vs. 529th Military Police at 8 p.m.; **Feb. 15** – Slayers vs. 1-214th Aviation at 6 p.m., MEDCOM vs. MEDDAC at 7 p.m. and NATO vs. 529th MP at 8 p.m.; **Feb. 22** – Warriors vs. 60th Eng. at 6 p.m., Slayers vs. 529th MP at 7 p.m. and MEDCOM vs. NATO at 8 p.m. **Feb. 23** – 1-214th Aviation vs. 60th Eng. at 6 p.m. and MEDDAC vs. Warriors at 7 p.m.

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.

Bike Maintenance Workshop

Novice and intermediate bike maintenance workshops will be held 6:30-8 p.m. Feb. 23 and March 8. Workshops include 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.

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.

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.

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 super bowl 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 you are willing to share, especially with 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, e-mail them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.