

# HeraldPOST

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

**HP THURSDAY**  
Jan. 12, 2012

**Speed Read**

**DR. MARTIN LUTHER KING**

The achievements of civil rights leader Dr. Martin Luther King Jr. will be observed Monday, a federal holiday. 2

**HOME-BASED BUSINESSES**

Americans cannot use their vehicle, Army Post Office address, the Exchange, commissary or tax relief to operate a business from their homes in Germany. 3

**SUICIDE AWARENESS**

Volunteers from Kaiserslautern's Better Opportunities for Single Soldiers hung door hangers on barracks doors to spread suicide prevention awareness. 6



**HELP STUDENTS SUCCEED**

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The U.S. Army in Europe team wrapped up 2011 with a series of successes to add to its history. 12

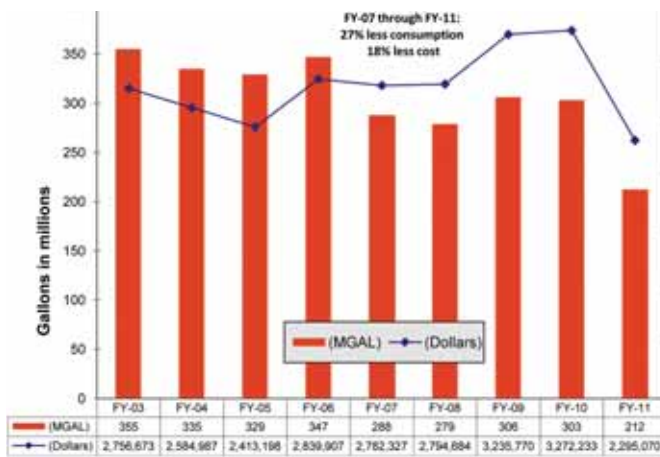
**MINDFULNESS MEDITATION**

Mindfulness-based training teaches living in the present by using techniques such as yoga, meditation and breathing. 17



## Community decreases water usage, saves garrison nearly \$1 million last year

Annual water consumption, cost for Heidelberg



By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Conscientious monitoring of energy and water usage in Heidelberg on Patrick Henry Village, the Shopping Center and the Directorate of Public Works compound saved about \$940,000 in fiscal year 2011.

Thanks to the use of the Computerized Utilities Monitoring and Control System, water consumption was also reduced by 25 percent compared to fiscal year 2010, said Petra Sauer, Operations and Maintenance's energy manager for facilities.

Sauer's job includes evaluating data, invoices and contracts obtained from CUMACS and energy suppliers. She also prepares contracts that are cost-effective for the garrison.

CUMACS monitors and controls a plethora of utilities systems and records energy and water consumption data, Sauer said.

Between summer 2008 and early 2010, see **SAVINGS** page 18

In the last five years, from fiscal year 2007 to FY 2011, Heidelberg installations used 27 percent less water, a savings of 18 percent or \$940,000. Fluctuations in water consumption are caused by seasonal precipitation and temperature changes, human usage and base closures. A large drop in FY 2011 was achieved thanks to a monitoring system that found leaky pipes.

DPW O and M

## AER adds four assistance categories

ACS Marketing

Four new categories for Army Emergency Relief officially launched Jan. 2 to assist Soldiers in financial need.

"Throughout 2011, Army installations worldwide submitted numerous requests for exception to policy to AER headquarters including 30 per month for dental care for dependents, 12 for furniture and 35 for rental vehicles," said Mei Shan Josephine Kammer, U.S. Army Garrison Baden-Württemberg Army Community Service personal financial readiness specialist.

"In response to the increasing needs for a wider spectrum of assistance, the new launch in 2012 will certainly strengthen see **AER** page 18

## Medics take trauma training



Stefan Alford

From left, Spc. Joshua Servian, Staff Sgt. Jennifer Wingfield and Spc. Kelly Vanteslaar work together to clear a building and search for casualties during a trauma lane training event at the Mannheim Army Health Center Dec. 21. The medics from Coleman Troop Medical Clinic participated in various scenarios to refresh their skills in tactical combat casualty care and decision making while engaging enemy forces. In addition to clearing a building and finding wounded troops, they had to triage, treat and evacuate casualties while reacting to hostile fire.

## Defense Details

**RESTORED VISION**

Ten years of conflict have given rise, not only to the world's best body armor and state-of-the-art battlefield technologies, but also a new understanding about ways to prevent eye injuries and treat those who suffer from them. The Department of Defense and Department of Veterans Affairs Vision Center of Excellence continues to focus on ways to prevent injuries and improve the care and rehabilitation for wounded warriors. In addition, the center is promoting research that could one day restore vision to those who have lost it, Gagliano reported, Col. (Dr.) Donald Gagliano, executive director of the Vision Center of Excellence, told American Forces Press Service in Washington, D.C. Monday.

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

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## COMMENTARY

# King changed lives, nation, history

By Lt. Gen. Mark P. Hertling  
USAREUR COMMANDER

In the Hertling family, we have many traditions. One is listening to the "I Have a Dream" speech every year on the 16th of January.

The words and emotions associated with that most memorable oration by The Rev. Dr. Martin Luther King, Jr. has always reminded us that the dignity of man is deeply rooted in who we are – and who we should be – as a nation.

Having grown up in the turbulent '60s, I've always been interested in the Civil Rights movement. A few years ago, while training at Maxwell Air Force Base in Alabama, I had the opportunity to wander around downtown Montgomery on a free weekend.

On a warm Sunday morning, I found the historic Dexter Avenue Baptist Church. Several of the congregants were outside after attending a mid-morning service, and I drew up the courage to approach a small group, introduce myself and tell them of my interest in the history of their movement.

They were friendly and excited to tell me stories.

Several older men told me of the night their pastor Dr. King's house was bombed, and we walked up the street from the church to see that small home. Some of the older women then told me how they had participated in the Montgomery-Selma marches and they relayed their struggle.

Others spoke of the young children who were killed in a church bombing while attending Sunday school.

During our conversation, we strolled to the Civil Rights fountain, and one older gentleman relayed his personal knowledge of the several people who were memorialized on that beautiful sculpture outside the Civil Rights Museum.

This was living history, and listening to these wonderful people was one of the better memories of my life.

They all agreed that were it not for Dr. King, their lives and our nation would still be very different today.

In our military, we have celebrated stories of African-American patriots. We celebrate the 186,000 Soldiers

that fought from first shots at Fort Sumter to final hours of Gettysburg.

We honor the legendary Tuskegee Airmen that braved the skies in World War II. Many know the inspiring stories of William Harvey Carney, the first African-American to earn the Medal of Honor or Colin Powell, the first African-American to serve as the Chairman of the Joint Chiefs of Staff.

All are stories of inspiration, justice and acceptance.

These are stories of leaders, and these are stories from those who are led; they are stories of those who fight for the dignity of man, while they fight for their own self-dignity.

And they are stories that reflect the beliefs and the words of Dr. King: "Injustice anywhere is a threat to justice everywhere."

Our Army was and is a part of the Civil Rights struggle, and we are better for it every day. That's why Martin Luther King Day, to me, is a time to reflect on who we are and what we can be. Enjoy the holiday, be safe and take a moment to reflect on our history and our future.



U.S. National Archives  
The Rev. Dr. Martin Luther King Jr., President of the Southern Christian Leadership Conference, right, and Mathew Ahmann, Executive Director of the National Catholic Conference for Interracial Justice, center, stand in a crowd at the Civil Rights March on Washington, D.C., in August of 1963.



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)  
<http://myBWnow.ning.com>

## DISCUSSION BOARD

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

**We're always looking for new ideas and feedback on our social media sites. So we'd like to know ... how can we improve BWnow? What are we doing right and what are we completely missing the mark on?**

—BWnow Facebook Administrator

"... Instead of posting Weather Updates, Command Information and changes to Hours of Operation under

the "Blog" section - simply give each one of those topics their own 'window', utilizing a unique graphic for each to make navigation as simple and painless as possible ..."

— Jacqui Haggerty, BWnow Facebook fan

"I can't seem to find anyone near the Mannheim Vehicle Processing Center (Spinelli) that I can hire to

clean my car prior to shipping. None of our car care facilities were able to help, nor did the VPC have any advice. I live in HD, and even if I clean it myself here, it wouldn't necessarily pass inspection by the time I drive it to Spinelli. Any advice on how/where to get this done before taking it to the VPC? Thanks much."

—Susan Bomier, BWnow Facebook fan



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

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

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Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 15,000.

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

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

## Deadline extended for Gulf War veterans to apply for benefits

VA Public Affairs

WASHINGTON, D.C. – Veterans of the Persian Gulf War with undiagnosed illnesses have an additional five years to qualify for benefits from the Department of Veterans Affairs.

“Not all the wounds of war are fully understood,” said Secretary of Veterans Affairs Eric K. Shinseki. “When there is uncertainty about the connection between a medical problem and military service, veterans are entitled to the benefit of the doubt.”

A recent change in VA regulations affects veterans of the conflict in Southwest Asia. Many have attributed a range of undiagnosed or poorly understood medical problems to their military services. Chemical weapons, environmental hazards and vaccinations are among the possible causes.

At issue is the eligibility of veterans to claim VA disability compensation based upon those undiagnosed illnesses and the ability of survivors to qualify for VA’s Dependency and Indemnity Compensation.

Under long-standing VA rules, any undiagnosed illnesses used to establish eligibility for VA benefits must become apparent by Dec. 31, 2011. The new change pushes the date to Dec. 31, 2016.

Veterans or survivors who believe they qualify for these benefits should contact VA at civ. 1-800-827-1000.

Information about undiagnosed illnesses is available online at [www.publichealth.va.gov/exposures/gulfwar](http://www.publichealth.va.gov/exposures/gulfwar) and [www.publichealth.va.gov/exposures/oeoif/index.asp](http://www.publichealth.va.gov/exposures/oeoif/index.asp).

# New Year, New Baby



Chuck Roberts

Laila Bautista rests in the arms of her mother Ashley Bautista Jan. 3 after a presentation of gift baskets from the USO and American Red Cross to welcome Laila as the first baby born at Landstuhl Regional Medical Center in 2012. Joining mother and daughter at the bedside is husband Senior Airman Reiner Bautista from the 886th Civil Engineer Squadron at Ramstein Air Base. Laila was born 9:53 a.m. Jan. 1 and entered the world at 6 pounds, 12 ounces and 19 inches tall.

## Know rules for home-based businesses

By Robert Szostek  
CUSTOMS PAO

A home-based business can be many things – selling aroma candles, kitchen containers or pots and pans. Maybe a fingernail studio or trading on Internet auction sites is what you like best.

Whatever your preference, you have to follow German and military home-based business policies.

The main things to remember are that you cannot use your U.S. registered vehicle, the Army Post Office, the Exchange, commissary or the tax relief program for a business.

You may also need permission from your garrison commander and German tax office for your commercial venture.

The first point is that U.S. Forces plated vehicles are for your personal use only. Using one as part of a business is illegal.

“Examples of abuse would be if you used your USA-REUR-plated van to deliver

goods to customers, to transport people for money or to carry pottery from Poland for resale over the Internet,” said Bill Johnson, Director of the USAREUR Customs Executive Agency in Heidelberg. Register your business vehicle in the German system to be legal, he advised.

The second point is that packages that you send or receive as part of your business must go through a commercial shipping company or the German postal service.

The APO system is a privilege for your personal use only and using it to send or receive business wares is not allowed.

Third, you must declare any goods intended for resale to German Customs when you bring them into the country.

“If you buy commercial items in other countries, you must stop at the border and tell German customs your goods are for re-sale,” Johnson said.

Goods sold in the post or base Exchange, AAFES catalog and commissary are tax-free

so you cannot buy anything there for your business either. Not surprisingly, using VAT forms to support your business is off limits, too.

Customs, tax and postal regulations need to be followed when you sell things on the Internet in Germany, too.

“People who occasionally sell personal property via the Internet are usually good to go,” Johnson continued.

However, in most cases you need customs clearance paperwork if you sell personal property to residents of Germany who are not U.S. military members, U.S. civilian employees or family members.

As members of the “Forces,” U.S. personnel normally pay no taxes when they bring their personal property into Germany which is why clearance and the payment of taxes is required.

Selling goods on the Internet on a regular basis to make money is completely different, Johnson explained. The same rules about using your U.S.

registered vehicle, the APO, the Exchange, commissary or the tax relief program for your business apply here, too.

People who don’t follow the rules risk receiving a hefty fine and tax demand from German customs or tax authorities and military administrative or civilian misconduct action, where applicable.

So are you running a business? Do you need a German tax number or even a U.S. tax ID?

“To answer these and other questions, talk to your installation commercial affairs office to be sure where you stand,” Johnson concluded.

You can also download the pertinent directive, Army in Europe Regulation 210-70, On-Post Commercial Solicitation, to get further information.

More information on Internet purchases can be found at the U.S. Customs and Border Protection website at [www.cbp.gov/xp/cgov/trade/basic\\_trade/internet\\_purchases.xml](http://www.cbp.gov/xp/cgov/trade/basic_trade/internet_purchases.xml).

## Schedule set for Wiesbaden shuttle buses

### Staff Report

The weekday shuttle bus schedule for community members traveling to and from Wiesbaden to Heidelberg has been set.

“U.S. Army Europe Soldiers and DA employees who are just now joining the command are moving directly to Wiesbaden. We are trying to make this move as smooth as possible. The commuter bus is just one of the means we will use to accomplish that mission,” Lt. Col. John Callery, USAREUR relocation task force logistics officer, said in a news release.

The route 1 bus from Heidelberg to Wiesbaden departs Patrick Henry Village Pavilion, Bldg. 4507, at 6:15 a.m. and arrives at the Community Bank, Bldg. 1021, on Wiesbaden Army Airfield at 7:30 a.m.

It departs WAAF at 4 p.m. and arrives at the Village Pavilion at 5:15 p.m.

The route 2 bus from Wiesbaden to Heidelberg departs from the Wiesbaden Entertainment Center, Bldg. 7891, on Hainerberg at 6:15 a.m. and arrives on Campbell Barracks, Bldg. 31M, at 7:30 a.m.

It departs Campbell Barracks, Bldg. 31M, at 4 p.m. and arrives on Hainerberg at 5:15 p.m.

## Post offices change hours

### Postmaster

The following postal services will change hours Jan. 30.

The Heidelberg Army Post Office on the Shopping Center will be 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.

In Mannheim, at Postal Service Center 418 on Coleman Barracks, the finance window will be open 10 a.m.-5 p.m. Monday, Wednesday and Friday.

The community mail room hours will be 11 a.m.-6 p.m. Monday, Wednesday and Friday. It will be closed Tuesdays and Thursdays.

At postal service center 437, finance will be open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room will be open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

## transformation UPDATE

### Frequently Asked Questions

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

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

### NEW – When will a decision be made about employees that are not receiving Living Quarters Allowance during a Management Directive Reassignment be made?

Officials from the Heidelberg Civilian Personnel Advisory Center advise that the decision to provide LQA to employees relocating under a management directive 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 CPD for final approval.

### When will the Mannheim commissary and Exchange close?

The Mannheim commissary and PX are scheduled to close in September and their actual closure dates will only be accelerated if customer demand or commissary and Exchange resources decline more rapidly than expected.

### Facilities Operations Changes Mannheim

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

### NEW – The Benjamin Franklin Village South Gate

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

**NEW – Commissary** – The commissary is closed Mondays and Tuesdays and open 8:30 a.m.-7 p.m. Wednesday-Sunday. Early bird hours are 8:30-10 a.m. Wednesday-Sunday. Bakery items have been decreased, but customers can special order products they need, if two days notice is provided. DSN 385-3940, civ. 0621-728-3611.

**Education Center** – The Mannheim Education Center is closed. Education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. GPS: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176, [www.bw.eur.army.mil/contacts/service\\_directory.html](http://www.bw.eur.army.mil/contacts/service_directory.html).

**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 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. Services include assistance with electronic databases, registration and clearing. 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.

**Overpass Closure** – The overpass from Benjamin Franklin Village to Columbus Street has closed.

**Postal Service Center** – Hours for the Postal Service Center on Coleman Barracks are 10 a.m.-1 p.m. and 2-5 p.m. Monday - Friday. The Consolidated Mail Room customer service package pick-up window hours remain 11 a.m.-6 p.m. Monday-Friday.

**School Age Center** – The School Age Center on Benjamin Franklin Village in Mannheim is in Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

**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 will change hours of operation beginning Jan. 30. New hours will be 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/Directorates/DOL/TMP.html](http://www.bw.eur.army.mil/Directorates/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 homepage 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.hqusareur.army.mil/rmv](http://www.hqusareur.army.mil/rmv).

**Veterinary Treatment Facility** – The vet office is closed. Veterinary care is available at the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. All records from the Mannheim clinic have been transferred to Heidelberg. DSN 388-9469, civ. 06221-338-9469.

**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.

### Heidelberg

**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.

**Drivers Testing** – All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

**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 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <http://ermc.amedd.army.mil/heidelberg/index.cfm>. The nurse advice line, civ. 0800-825-1600. 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 check out, download and renew services at the MYACCOUNT on-line library service, [www.library.eur.army.mil](http://www.library.eur.army.mil). To set up an account, visit <http://mylibraryeu.fmw.net/screens/firsttime.html>. Library staff at civ. 06221-338-9443 can answer questions, or assist in setting up an account when patrons visit the library. The IMCOM-Europe library is also available online at [www.library.ulinet.army.mil](http://www.library.ulinet.army.mil).

**Postal Finance and Official Mail Service** – The Postal Finance and Official Mail service at postal service center 432 on Tompkins Barracks has been discontinued.

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

# Soldiers look out for fellow Soldiers

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

While many folks during the recent holiday season were filled with festive cheer, some Soldiers living in the barracks overseas might have found themselves facing the holidays blues.

At U.S. Army Garrison Kaiserslautern, volunteers from Better Opportunities for Single Soldiers hung door hangers – roughly the size of your average “do not disturb” sign – with important suicide prevention awareness information on every barracks door in the area.

“It means a great deal to me to have all the Soldiers remember they are needed, that they are loved and we hope that everybody will make the right decision,” said Spc. Travis Housekeeper, a Soldier assigned to Company B, Landstuhl Regional Medical Center.

While statistics show that suicide rates don’t necessarily spike during the holidays, there’s always a chance of catching the

holiday blues, said Lisa Velez, U.S. Army Garrison Kaiserslautern’s Suicide Prevention Program Lead, Prevention Coordinator.

In all, 40 BOSS volunteers successfully completed the daylong project, using more than 1,215 door hangers, said Susanna Leist, the garrison’s recreation delivery system coordinator.

They left their marks on barracks in Landstuhl, Miesau, Rhine Ordnance Barracks, Daenner Kaserne, Kleber Kaserne and Sembach Kaserne, she said.

The BOSS program, part of Kaiserslautern Family, Morale Welfare and Recreation, supports several community events – but suicide prevention awareness is personal to Soldiers, said Sgt. 1st Class Michael Kufro, Company A, Landstuhl Regional Medical Center, who took part in the event.

“It’s very important to look after and take care of each other and make sure we’re taking care of our battle buddies,” Kufro said.



Rick Scavetta

Pfc. Erin Skiles hangs a door hanger with suicide prevention awareness information on barracks doors at Landstuhl Regional Medical Center in Landstuhl recently. The door hangers contain important suicide prevention awareness information.

## Faces of the community: Heidelberg VAT



Dijon Rolle

Marianne Nicklaus, financial assistant, prepares a stack of Value Added Tax forms for a customer at the Heidelberg VAT office on Patrick Henry Village Dec. 30. The VAT office on Patrick Henry Village in Heidelberg is in the Village Pavilion and is open 8:30 a.m.-4:30 p.m. Monday, Wednesday and Thursday, 10 a.m.-6 p.m. Tuesday and 8 a.m.-4 p.m. Friday. DSN 388-9586, civ. 06221-338-9586. The VAT office on Sullivan Barracks in Mannheim, Bldg. 250, is open 8 a.m. - 4 p.m. Monday, Wednesday and Friday and is closed Tuesdays, Thursdays and weekends. DSN: 380-1780, civ. 0621-730-1780.

## Teen center receives \$15,000 in software

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Sometimes, all it takes is for someone to ask.

The Landstuhl Teen Center recently learned that lesson when a staff member asked the computer giant Microsoft for some new software.

As part of the Boys and Girls Club of America’s Club Tech program, the teen center recently received more than \$15,000 worth of computer software from Microsoft, said Ricky Ruiz, U.S. Army Garrison Kaiserslautern youth programs director.

“At Microsoft, we believe technology can do amazing things,” the award letter stated. “That’s why we partner with thousands of organizations like yours around the world to help each one achieve its mission.”

The teen center will soon receive 15 copies each of “Streets and Trips 2011,” “Office Professional Plus 2010” and “Expression Studio 4 Web Professional.”

**“This increases their knowledge base and will help them have an advantage in competitions and in searching for grants and scholarships.”**

—Ricky Ruiz, U.S. Army Garrison Kaiserslautern youth programs director

The new software will help the 50-60 teens who visit center on a daily basis become more competitive in technology contests, Ruiz said.

“This gives our youth the access to applications that they may not have had access to before,” Ruiz said. “This increases their knowledge base and will help them have an advantage in competitions and in searching for grants and scholarships.”



## Helping students succeed

<http://office.microsoft.com>

### Studies show when parents engage, students do better

By Jim Ruehmling

USAG BADEN WÜRTTEMBERG SLO

As the second semester begins for students in U.S. Army Garrison Baden-Württemberg, it is time for parents to re-engage in supporting their children's education.

Numerous studies demonstrate parental involvement in the education process is directly related to academic achievement.

Here are some tips on how parents can be involved in their children's education.

- ◆Keep open the lines of communication between the school and your family.

Become an active user of GradeSpeed. This program allows parents to track students' academic progress and see upcoming assignments so they can help students manage their time more effectively.

Check with the school for information on how to access GradeSpeed.

- ◆Attend all parent-teacher conferences.

Often, minor changes in a child's performance do not raise alarms with teachers, but coupled with parental observations at home, they may be meaningful.

Parents and teachers are on the same team, and their joint goal is to ensure students make the most of their academic potential. Teachers are teammates. Talk to them often.

- ◆Provide an environment conducive to doing homework.

Students need quiet. As much as we all like to believe that humans can multitask, this is not

true. Some of us may be able to switch our attention back and forth more or less quickly than others, but we can only concentrate on one thing at a time.

Distractions such as music, TV or text messages should be kept to an absolute minimum during homework.

- ◆Routines make life easier. Plan a set time for homework, and check in frequently to see how the child is doing.

It is easy for students to get hung up on a point that they do not understand, and a quick check allows parents an opportunity to help their child move forward. Homework help is available 24/7 for eligible families at [www.my-armyonesource.com](http://www.my-armyonesource.com). (Click on the Child, Youth and School Services tab, then Study Strong/Tutoring.) Once registered, students receive tutoring assistance 24/7 from qualified educators in all content areas.

If your child attends The School Age Center, Panther's Place or Lions Den, all have computer labs and staff who can help access this valuable tool.

- ◆Stretch that attention span into a window of opportunity large enough to allow your child to absorb knowledge.

Over the last 30 years, electronic media have created an environment in which attention spans have declined. Get your child away from video games and TV, and encourage them to become involved in sports, clubs, Scouting, music lessons, martial arts lessons – anything that involves prolonged concentration.

This will pay dividends in their academic lives and enhance their overall quality of life. Child, Youth and Schools Services programs can help children improve their attention spans though programs such as HIREd, EDGE and SKIES. Check out their great programs at <http://mwrgermany.com/cysservices.html>, or call Parent Central Services for information and registration assistance.

- ◆Keep the school informed of your permanent change of station plans.

With transformation imminent for many USAG BW families, it is important that we give our kids the maximum amount of assistance in transitioning to their new school.

Let the school know as soon as possible if your family will PCS so that plans can be made to ensure that they receive full credit for their work.

Plans are being developed to make transitions to the Wiesbaden and Kaiserslautern schools, and other schools in Europe, even easier.

The sooner school officials know who will be moving, the better they can help make that transition as smooth as possible.

Parents facing challenges with their children's education can contact the Schools Liaison Officer for assistance.

In Heidelberg, call Jim Ruehmling at DSN 388-9127, civ. 06221-338-9127.

In Mannheim, Kris Wheeler can be reached at DSN 385-1510, civ. 0621-730-1510. In Kaiserslautern, contact Lynn Rice at DSN 493-4123, civ. 0631-3406-4123.

## LEGAL ASSISTANCE

### Establish residency for in-state tuition

Patton Law Center

This is the time of year when parents and high school students start to think about applying to a college or university.

Quickly, they realize that attending a college or university in the state of legal residency can save thousands of dollars in tuition costs over the course of a four-year college education.

Why is there such a difference in the way residents and non-residents are treated? In large part, it is simply a matter of fairness and economics. Because there is no central education authority in the United States, each state is free to develop its own rules regarding how potential students are treated. Additionally, many colleges and universities receive funds from their state legislatures. These funds are financed through the taxes paid by state residents. Since taxpayers and the state legislatures do not want residents to pay for educating persons who are not state residents, the concept of in-state tuition is born.

But I'm overseas so I and my family do not have a legal residence in the U.S. So how can my child qualify for in-state tuition? Many Soldiers, civilian employees and their family members mistakenly believe once they depart the U.S. they longer have a state of legal residency.

This is not true.

Your legal residency is your domicile or the place you call home and to which you plan to return. Once established, it continues until you change it and there are specific rules on how this change must be accomplished.

A person may have many residences, but only one legal residence. For most civilian employees and their family members, it is the place you lived just before you came to Germany.

The Service Members Civil Relief Act allows Soldiers more leeway in declaring their state of residency or domicile. There are a number of factors a state can review in order to determine whether a person is a legal resident.

Some examples are paying state taxes, being registered to vote, owning property or having a driver's license from the state. If the state where you seek in-state tuition has an income tax, it is practically certain that you will have to prove you paid the tax for some period of time (12 months is a common standard) before the state will grant you in-state tuition rates.

Just about every college or university has a website and all have a business or admissions office that knows the state's rules and will help prospective parents and students determine whether they meet the requirements for in-state tuition.

Where else can I go for help? Any Legal Assistance Office can provide information on residency. The following website provides information on all 50 state's requirements for in-state tuition: <http://professionals.collegeboard.com/testing/international/state>.

Additionally, many states have passed laws giving Soldiers and their family members enhanced benefits in this area. A synopsis of these can be found at the Army Human Resources Command website.



Sgt. 1st Class Scott D. Turner

An extra effort for the team is given by a Brook Army Medical Center wounded warrior during the Jan. 4 Punt, Pass and Kick event at the San Antonio Alamodome during the U.S. Army All American Bowl.



Senior Airman Jarad A. Denton

Spc. Tiffany Larriba, team member from Civil Affairs Team 4902, 490th Civil Affairs Battalion, smiles at a child from the village of Karabti San, Djibouti, Jan. 3. Children from the village gathered later that evening for Larriba's "Soldier in the Classroom" program where she taught them basic English.



U.S. Army

Pfc. Sierra Streaker, 25th Infantry Division, interacts with Afghan children in Afghanistan's Ghazni province Dec. 31.



U.S. Army

The 1st Battalion, 158th Infantry Regiment, Arizona Army National Guard, search a Military Operations in Urban Terrain site during an Air Assault Operation in Arizona Saturday.

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# Training helps teens navigate rite of passage

*Kaiserslautern Child, Youth and School Services offers comprehensive drivers education course*

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

On a quiet street on Pulaski Barracks in Kaiserslautern one recent Saturday morning, Michael Broccoli took on the most important rites of passage in a teen's life – learning to drive a car.

Under the watchful eye of a German driving instructor, the 16-year-old practiced driving up and down a stretch of the street in a small green standard transmission car.

Like many American teens, Broccoli faced a conundrum – how to get a driver's license while overseas.

Under current regulations and the status of forces agreement with Germany, students can't get a license through U.S. Army Europe like their military parents do.

Consequently, teens are often forced to fly back to the states for a license or pay a steep fee at a German driving school.

To address that issue, the Installation Management Command Europe and U.S. Army Garrison Kaiserslautern now offer a comprehensive driver's education program.

"We don't get a lot of things over here," said Broccoli, who

attends Kaiserslautern High School. "This is one thing that got better."

Launched last summer, Child, Youth and School Services now offers four packages including a theory and driving simulator course, behind the wheel training, a combination of the first two options and a course that allows them to get a German driver's license, said Shay Berchtold, School of Knowledge, Inspiration, Exploration and Skills director.

Back in the states, teens with a valid German driver's license are eligible for a driver's license in 34 states, due to reciprocal agreements with Germany, she said.

While the successful completion of the first three packages will not lead to a USA-REUR driver's license, it does fulfill the 50-hour driver education requirement that most stateside agencies require prior to getting a driver's license, Berchtold said.

Families must coordinate directly with their home state licensing bureau to determine the complete requirements for that agency.

State by state driver's license information can be found at [www.driversEd.com](http://www.driversEd.com).

Many insurance companies



Mindy Campbell

Teens at U.S. Army Garrison Kaiserslautern now have the option to take driver's training while overseas, using both simulators and on-road lessons. The comprehensive driver's education program helps teens fulfill the training requirements to obtain their stateside driver's license.

will also offer reduced rates to teens who have taken the course, she said.

"We tell all parents to please call your state's department of motor vehicle and insurance company and say this is what the class entails. They should ask the state agency or insurance company, 'How will this benefit my child or help them obtain a driver's license?'" Berchtold said.

The driver's education course is a direct result of a teen Army Family Action Plan issue several years ago, said Steve Pelletier, the garrison's

Family and Morale, Welfare and Recreation director.

AFAP is a grass-roots effort that allows community members to identify and elevate quality-of-life issues to senior Army leadership.

"All the youth in Europe said it was putting them at a disadvantage over their peers back in the states who were getting permits at 15 or 16 years old," Pelletier said. "Our youth were getting their driver's license at 18 or 19 years old on their way to university or college."

For the students like Broc-

coli, who is pursuing the package that includes the theory and simulator class as well as the behind the wheel time, the opportunity to take the class was amazing.

Broccoli, who is taking the class along with his younger brother Nicholas, said the class and behind the wheel training is helping build a solid base of knowledge for him.

"The simulator is pretty good," he said. "It made me more comfortable when I got behind the wheel. But, I don't think you want me on the streets quite yet."

For Ramstein High School sophomore Kathryn Parish the class has been an eye opener. "I have been in my car my whole life," she said.

"But, when I got behind the wheel of the simulator, I realized I didn't know really how to start the car. This is good preparation. I feel like I am ready to start driving." She enjoys the class. "There aren't many options [for teens] here in Germany," Parish said. "Doing something like this brings a little piece of America here."

For information, call Parent Central Services at civ. 0631-3406-4516 or stop by Bldg. 2898 on Pulaski Barracks.

## COMMENTARY

# Distracted driving just as dangerous as drunk driving

By Kimberly Jeffery

HMEDDAC PUBLIC HEALTH NURSE

If you are a parent and found out that a neighbor or friend drove your little one to an event and was drinking alcohol, you'd probably be outraged.

That's understandable, but what if you just found out your neighbor who was driving your child was talking or texting on a phone while driving. Would you still be outraged?

The answer is most likely no. The reason is that we just don't view the dangers posed by distracted driving the same way and many of us might also be guilty of the same bad habits.

This is where the cultural shift in thinking needs to occur. Distracted driving needs to be as unacceptable as drinking and driving in our society – zero tolerance.

According to a Dec. 13 recommendation from the National Transporta-

tion Safety Board, all states should ban all driver use of cell phones and other portable electronic devices, except in emergencies. This recommendation was fueled by extensive research and numerous crash statistics.

In addition, one of the most recent tragedies spotlighted this call for action.

In August 2010, a school bus driver responsible for a horrible crash in Gray Summit, Mo., reportedly sent or received 11 texts in the 11 minutes immediately before the accident.

The driver and a 15-year-old student were killed and 38 people were injured. This accident left many people wondering if we have done everything we can to curtail this dangerous trend.

The accident is a "big red flag for all drivers," NTSB chairman Deborah Hersman said at a meeting to determine the cause of the accident and

make safety recommendations.

It's not possible to know from cell phone records if the driver was typing, reaching for the phone or reading a text at the time of the crash, but it's clear he was manually, cognitively and visually distracted, she said.

While the NTSB recommends more stringent bans on electronic devices, it doesn't have the power to impose restrictions.

Fortunately, the board's recommendations carry significant weight with federal regulators and congressional and state lawmakers.

However, laws take time to enact, and they are only as good as they are enforced.

What needs to happen immediately is a change in thinking – just as we did with drinking and driving. This was achieved through education campaigns and organizations such as Mothers Against Drunk Driving.

This took many years to evolve and we have lost too many lives already – we don't have time to wait for laws to be enacted.

We live in Germany and must also follow the laws that state talking on a cell phone or texting while driving are not allowed. Hand's free devices are, however, acceptable. I challenge you to evaluate your driving habits and cell phone use and join those of us in the safety lane as advocates to curtail this dangerous behavior.

Have a talk with family members and friends if they are practicing this dangerous behavior.

To learn more about distracted driving or review the latest research on transportation safety visit the National Highway Traffic Safety Administration website at [www.nhtsa.gov](http://www.nhtsa.gov). To arrange a class for your organization, call the Heidelberg Public Health Nurse at DSN 371-3115.





## U.S. Army Europe wraps up 2011 with successes

### USAREUR Public Affairs

*The U.S. Army in Europe team wrapped up 2011 with a series of successes to add to its history.*

During the year, a new lieutenant general assumed command. USAREUR deployed two ground brigade combat teams and several other units in support of Operation Enduring Freedom; trained an Army National Guard brigade for service in Kosovo; redeployed thousands of Soldiers from Iraq, Afghanistan and the Kosovo Force; took part in several multinational exercises across its 51-country area of responsibility and had numerous Soldiers, civilian employees and family members recognized for their unique achievements.

What follows is a summary of some of the highlights and challenges the Army in Europe experienced during the past year.

USAREUR welcomed a new command staff that brought a renewed emphasis on values, discipline, standards and professionalism.

Lt. Gen. Mark Hertling replaced Gen. Carter Ham as USAREUR commanding general, while Maj. Gen. James Boozer replaced Maj. Gen. Terry Wolff as deputy commander. Just days before 2012 began, USAREUR's senior enlisted advisor, Command Sgt. Maj. Thomas Capel, departed for a new assignment with the International Security Assistance Force in Afghanistan. The Installation Management Command-Europe welcomed

a new director, Kathleen Marin, in October.

During the year USAREUR deployed three brigades – the 170th Infantry Brigade Combat Team, 172nd Separate Infantry Brigade and the 18th Engineer Brigade – in support of International Security Assistance Forces mission in Afghanistan.

At the start of the year, the 12th Combat Aviation Brigade brought home subordinate units from deployments in Afghanistan and Iraq, and during 2011 it provided support to Multinational Brigade-East in the NATO Kosovo Force mission.

**JAN. 6: FLYING HERO** – Staff Sgt. Salvatore Giunta gives a thumbs-up during a 14,000-foot tandem skydive with Staff Sgt. Joe Jones of the U.S. Army's Golden Knights parachute team Jan. 6, 2011. Giunta received the Medal of Honor in November 2010 for his actions while serving with U.S. Army Europe's 173rd Airborne Brigade Combat Team in Afghanistan.

Staff Sgt. Jared Zell



**AUG. 29: BAGRAM X** – Staff Sgt. John Stockton of the Illinois Army National Guard, left, holds open the canopy of an Mi-24 Hind helicopter for Capt. Tony Keel, center, as Sgt. David Sworobowicz, center right, assists and Polish Lt. Jaroslaw Fiuft tells them about the aircraft during exercise Bagram X Aug. 29, 2011, a biannual exercise to certify Polish forces for their mission in Afghanistan.

Richard Baumgardner

The 19th Battlefield Coordination Detachment provided direct support to the Theater Air Operations Center during operations in Libya. Soldiers from the 1st Battalion 4th Infantry Regiment and 44th Expeditionary Signal Brigade returned from supporting the ISAF mission as well.

Throughout the year, the command conducted a broad range of exercises designed to increase cooperation between partner nation forces.

Some of the more notable exercises were the 172nd's predeployment Mission see **LOOK BACK** next page



Staff Sgt. Joel Salgado

**DEC. 8: IRON PANZER** – A German army Leopard 2 main battle tank moves into position during combined live fire exercise Iron Panzer Dec. 8, 2011. The five-day exercise paired Soldiers from U.S. Army Europe's 2nd Cavalry Regiment with the German 104th Panzer Battalion to enhance both units' skills and cooperation at the Grafenwöhr Training Area in December.

**Look Back**

continued from previous page

Rehearsal exercise at the Joint Multinational Training Command in Grafenwöhr, an event that included nearly 800 Soldiers from seven nations.

The 173rd Airborne Brigade Combat Team's Full-Spectrum Training Environment included Soldiers from 11 nations, and Rapid Trident, conducted in Ukraine, involved more than 1,400 Soldiers from 13 nations.

In addition, several smaller training events took place.

These included Operation Starlight II in the United Kingdom, which paired up medical troops from the U.S. and the UK; two Combined Training Conferences involving as many as 42 nations and Operational Mentor and Liaison Team training for more than 900 soldiers from 11 nations.

USAREUR participated in Shared Horizons in the Republic of Georgia, Express 11 in Germany and Immediate Response in Croatia, exercises designed to test crisis and emergency response measures.

Soldiers also supported disaster relief in Turkey following a devastating earthquake there in November.

Throughout the year, Soldiers, civilian employees and family members continuously earned high praise for their achievements in support of USAREUR and its partner nations.



**MAY 31: MANNHEIM GARRISON DEACTIVATES** – Sgt. Maj. Timothy Magee, left, and Lt. Col. Elizabeth Griffin roll the colors in preparation for the official deactivation ceremony of U.S. Army Garrison Mannheim May 31, 2011.

Five USAREUR members received the first-ever Frederick E. Vollrath Human Resources Award for Excellence; two 12th CAB Soldiers were recognized as aviator and medic of the year; and two Europe-based broadcasters were named the Army's best for 2011.

U.S. Army Garrison Wiesbaden was recognized with the Commander-in-Chief's annual Award for Installation

Excellence; the USAREUR equal opportunity senior enlisted advisor earned the Roy Wilkins Renowned Service Award from the National Association for the Advancement of Colored People and a Landstuhl Soldier was named as the USO volunteer of the year.

Several members of the command were also recognized by partner nations for their contributions to en-



**SEPT. 11: RIDE FOR A CAUSE** – Participants cross the finish line of the 18-mile trail during the 9/11 Community Soldier Ride at Lake Bostalsee Sept. 11, 2011, designed to help wounded warriors gain confidence and strength on the 10th anniversary of the Sept. 11 terrorists attacks on the United States.



**APRIL 21: FIT TO FIGHT** – Soldiers from the 173rd Airborne Brigade Combat Team cycle through Mission Essential Fitness training stations in Vicenza, Italy, April 21, 2011.

hancing multinational partnership.

USAREUR also experienced many changes in its footprint. USAREUR began its transition from Heidelberg to Wiesbaden in earnest with the move of the V Corps headquarters there in June. USAG Mannheim cased its colors and deactivated.

The USAREUR team faced its share of tragedy during the year as well. Fifteen

Europe-based Soldiers died supporting combat in Afghanistan; motor vehicle accidents resulted in 12 fatalities and a dozen more USAREUR members died due to other causes.

As the U.S. Army in Europe enters 2012, it continues its commitment to professional training and improved quality of life for the Soldiers, civilian employees and family members assigned in Europe.

**Capel departs Heidelberg for one last combat tour**

By Sgt. Maj. Lisa Hunter  
USAREUR PUBLIC AFFAIRS

After serving only 18 months as the U.S. Army Europe senior enlisted advisor, Command Sgt. Maj. Thomas Capel has left Heidelberg to do what he says loves best: serve with Soldiers on the field of battle.

Capel has assumed his new position as the command senior enlisted advisor for the International Security Assistance Force and U.S. Forces Afghanistan.

Capel joined the USAREUR team in August 2010 after having served as the 18th Airborne Corps command sergeant major. He had just redeployed from Afghanistan when he was assigned to USAREUR.

For the career infantryman, serving in Europe has been something of a novelty, after having served nearly his entire 34-year career at Fort Bragg,



**Hungarian Joint Forces Command Sgt. Maj. Lazlo Toth, left, and U.S. Army Europe Command Sgt. Maj. Thomas Capel, right, share a moment at the Conference for European Armies for Noncommissioned Officers in Szekesfehervar, Hungary, May 26, 2011. Capel now serves as the senior enlisted advisor for the International Security Assistance Force and U.S. Forces Afghanistan.**

N.C.  
"I have served in Germany before, but I was working with the Air Force, so this assignment has been unique

for me," the North Carolina native explained.

During his tenure, Capel was instrumental in helping to build the capacity of several of USAREUR's European partner nations, particularly those working toward building professional noncommissioned officer corps.

"Visiting all of these countries and meeting with my counterparts, as well as the senior officers and Soldiers, has been an incredible experience," Capel said.

"Not just visiting and seeing their programs and training, but seeing how USAREUR Soldiers are training with these other countries' Soldiers. By training with partners, we learn from each other and we learn to work as part of a coalition. It's a win-win situation, and U.S. Army Europe knows how to take advantage of that incredible opportunity," he said.

Capel spent the majority of his tour

here visiting Soldiers at commands throughout the Army in Europe.

He quickly developed the reputation of being a Soldier's Soldier.

"Command Sgt. Maj. Capel is an unbelievable NCO leader, and he has been a tremendous asset to the Soldiers and the mission of USAREUR. He has helped me bring Army values back into the forefront of our culture here," said USAREUR commanding general Lt. Gen. Mark Hertling.

"His effort to bring an understanding of what it means to be a part of a profession of arms to our Soldiers and to our allies has been significant. He's been a tremendous senior enlisted advisor to me and a mentor to all the command sergeants major of this command. We'll miss him ... " Hertling said.

This deployment marks Capel's fourth combat tour in Afghanistan, in addition to one deployment to Iraq.

## GERMAN COOKING

### Oma's Goulash By Elisabeth Andres

#### Ingredients

- 1 pound beef stew meat
- 1 pound pork stew meat
- 1 pound onions
- 2 red bell peppers
- 1 green bell pepper
- 1 small can tomato paste
- Salt, pepper and nutmeg
- Red wine to taste

#### Preparation

- Add pork and beef cubes to large pot. Brown meat well and add coarsely chopped onions to pot.
- Add pepper and salt once onions are brown, then add coarsely chopped bell peppers to the mix.
- Add hot water in small amounts until a dark stock forms.
- Add tomato paste and 4 1/2 cups cold water, then cover the pot. Let the goulash simmer on low for two hours, stirring and adding water as needed.
- After two hours, thicken the sauce with flour and water. Add red wine to taste.
- Serve with Spätzle, salt potatoes or dumplings and salad.

### Chocolate Soufflé

#### Ingredients

- 5 1/4 ounces dark chocolate (66 percent cocoa)
- 2/3 cup butter
- 3 large eggs
- 3 egg yolks
- 2/3 cup confectioners' sugar
- 5 tablespoons flour
- Dash salt
- Butter and sugar for the forms

#### Preparation

- Pre-heat the oven to 428 F.
- Use the extra butter to grease six small soufflé forms and sugar them. Set them aside in the refrigerator.
- Use the double boiler method to melt the butter and chocolate. Set aside and let cool five minutes.
- Mix the eggs and egg yolks in a large bowl and add the sugar, salt, flour and chocolate mix.
- Fill the mix evenly into the soufflé forms, making sure the forms are not filled completely.
- Bake for 14-17 minutes. This will ensure the inside of the soufflé is still liquid and only the top and sides are baked through.
- Serve the soufflé in the form on a plate decorated with vanilla ice cream and fruit.

Source: Birgit Thompson, USAG Stuttgart Public Affairs

## GERMAN NEWS

### Identical Quadruplets

Identical quadruplets were born Friday at Leipzig Hospital, which doctors said was a one in 13 million chance. The girls, who were 10 weeks early, each weighed between 2.14 and 2.4 pounds at birth. They are reportedly doing fine but will remain in the hospital until shortly before their original due date.

Source: [www.thelocal.de](http://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](mailto:dearmsvicki@yahoo.com), follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

#### Dear Ms. Vicki,

*I just lost my husband to suicide. He was in the Army and did two tours of Iraq as well as seeing other places. He was a Ranger and was very proud of serving his country. He enlisted right after the towers fell on 9/11.*

*He never spoke about what he had seen or done while he was over there, but he was diagnosed with post traumatic stress disorder.*

*When he got out, he went back to school and to the police academy and became a police officer on his way to become FBI Special Weapons and Tactics. He never let on that anything was bothering him and proceeded to set up a life with me. I am currently pregnant with our son and I'm trying to figure out how to cope with everything that took place.*

*This just recently happened and I am having a really hard time. It doesn't help that his family blames me for what he did and disowned both me and my son. How do I keep going? Sincerely, Lost in Grief*

#### Dear Lost In Grief,

Please, tell me you are kidding. Your in-laws are blaming you because your husband took his life? I am so sorry to hear about what happened to your husband. I know this is causing you a lot of grief and pain that you don't deserve.

Believe me, it's not your fault. I know hearing that does not make it any better. Obviously your husband was a very brave and courageous man who did a lot to serve his country and others on a local level as a police officer.

On the other hand, it sounds as if he had some mental health concerns for a long time that were not addressed. It's normal that you will have many questions. I wish I could give you a time limit on your pain or tell you when the feelings will go away. It's important that you take this one day at a time, and that it's OK to go at your own pace.

You will need support of loving, caring family and friends. You cannot afford to be around people who will blame you. It's also important that you take care of yourself for the sake of your child. Did the police department offer you any support?

Here's a list of support groups that you should check out when you have a chance. Honestly, I don't know anything about them. However, if you find any of them helpful please let me know: [survivorsofsuicide.com](http://survivorsofsuicide.com), [fortheLoveofchristi.org](http://fortheLoveofchristi.org), [suicide.com](http://suicide.com).

[supportgroups.com](http://supportgroups.com).

#### Dear Ms. Vicki,

*My husband and I have been separated since April 2010 but we are still married. He moved into base housing with his girlfriend and kids without my knowledge. He now wants my son to live with them as well. Is he allowed to live on base even though we are still married? I thought this was against military law. CJ*

#### Dear CJ,

I thought this was illegal, too, but here's the deal: your husband can get away with this because you haven't said anything to anyone.

I know many bases have privatized housing now, so the concept is more like renting or leasing instead of living in base housing that's run by the military.

Not to sound confusing, but the military is still responsible for the housing, but the managers are not military. Many are contractors.

Consider two things: You can contact the housing manager on base and ask your questions. You should be able to do an Internet search for the number to the housing office. Direct your question to the housing manager.

Right now, your husband can pass this woman off as his wife and no one will know a thing.

This may be a great time for you to get some legal advice, too. What's the plan for you and your husband? Are you getting a divorce, or were you thinking you would reconcile?

The information you gather from the base housing office will be great information for me and my readers.

## Sunrise, Sunset shows Friday, Saturday

#### Staff Report

The Deutsch-Amerikanische Institut, or German-American Institute, will present Sunrise/Sunset 8 p.m. Jan. 13 in English and Jan. 14 in German and English at the DAI, located at Sofienstrasse 12, 69115 Heidelberg. Tickets are €13.

"Sunrise/Sunset is a play about the stuff that happens when you least expect it. It's about the things you don't see and the everyday poetry we sometimes miss.

"It's about today and yesterday and tomorrow," said Michael Braun, consultant for press and public relations.

"Sunrise/Sunset is a play that asks the age old question, 'Can men and women just be friends?' And if so, how? And if not, why?" he said.

Sunrise/Sunset was created by British national Jana Carpenter and American Jim Libby, who also star.

According to its website, DAI is sponsored by the Schurman-Gesellschaft e.V. (Schurman Association).

The institute offers diverse cultural events for the public, in order to stimulate and support exchange between people and institutions in Germany and the United States.

Programs include



lectures, seminars, exhibitions, concerts, films, theater performances and more.

DAI also has a library that contains English-language books, magazines, newspapers, videos and DVDs.

Language courses are

available for children and adults.

There is also an English-language kindergarten for children ages 3 to 6.

For information, contact DAI at civ. 0622-160-7322 or visit [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

# GET OUT!

## area events

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

### January 12

**Olympia Park** – Munich's Olympia Park was home to the 1972 Summer Olympics and the venue now hosts concerts, sporting events, conventions and other special events. Guided tours are available for visitors. There is ice skating and hockey games in the huge indoor ice rink. Dogs are welcome and there is plenty of space for children to play. Facilities include an Olympic size indoor pool, Sea Life Aquarium, Rock Music Museum and Olympic tower. Spiridon-Louis-Ring 21, Munich 80809. [www.olympiapark.de/en/home/](http://www.olympiapark.de/en/home/), [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Quilt Art** – The Max Berk Fabric Collection, a division of Kurpfälzisches (Palatinate) Museum in Heidelberg, presents Quilt Art At 25, celebrating 25 years of the work of a group of 20 female artists from European countries and the United States. The exhibition demonstrates artistic range and technical proficiency on a multitude of subjects. The Kurpfälzische Museum presents the exhibition in its Heidelberg-Ziegelhausen satellite Textilsammlung Max Berk on Brahmstrasse 8, 1-6 p.m. Saturday and Sunday through Jan. 15. [www.heidelberg.de/museum](http://www.heidelberg.de/museum) (may not be accessible from within .mil domain).

### January 13

**Mannheim Planetarium** – The Mannheim Planetarium offers visitors the chance to view a variety of visual displays about the universe and science. Show times are 10 a.m. and 3 p.m. Tuesdays; 3 p.m. and 8 p.m. Wednesdays and Fridays; 3 p.m. Thursdays and 5-7 p.m. Saturday-Sunday. Admission is €6 for adults and €3 for children. Seckenheimer Strasse 200, 68165 Mannheim.

### January 14

**Heidelberg Walking Tour** – Are you new to the Heidelberg area or just curious about the city? Take a walking tour through the Heidelberg Altstadt (old town) and discover the city's natural beauty. Starting at the Karlstor, visit the old bridge with its fantastic view of the castle; the market square with its beautiful city hall; and the Heiliggeist Kirche that contains the grave of the founder of Heidelberg Castle and University. <http://affiliates.uso.org/rheinmain>. **Kaiserslautern on Ice** – Glide and twirl over 600 square feet of ice under a cozy tent on the Kaiserslautern ice rink in the heart of the city in the area of the Kaiserslautern Gartenschau. Rink is open 9 a.m. - 9 p.m. Monday-Thursday and 9 a.m. - 10 p.m. Friday-Saturday through Feb. 13.

### January 16

**Stuttgart Night at the Museum** – The State museum Württemberg will open

its doors for a late night visit starting at 7 p.m. Guests are free to explore some of the city's most unique artistic and cultural treasures.

### January 18

**Sindelfingen Night of the Musical** – This popular musical gala features music and songs from a variety of international-musicals. Tickets: [www.asa-event.de](http://www.asa-event.de).

### January 19

**The North American Film Festival** – Stuttgart hosts this film festival spotlighting the movies of Native American directors, producers and actors at the Treffpunkt Rotebühlplatz. Festival runs through Jan. 22. Civ. 07531-57794.

### January 21

**Fasching Parade** – This parade in Bodelshausen celebrates the 35th anniversary of the Buzi Bodelshausen fools. The event also features a colorful foil village and more in the center of town starting at 2 p.m.

**Frankfurt Airport Tour** – Enjoy this exciting and unique tour of Frankfurt and the Frankfurt International Airport. Go behind the scenes and learn more about the operations, history and future plans of this world-class facility. Next explore some of the highlights of Frankfurt, including the Cathedral and the Römerplatz. Tour also includes time for exploring and shopping. <http://affiliates.uso.org/rheinmain>.

### January 25

**Gospel Singers** – Queen Esther Marrow's The Harlem Gospel Singers will perform at the Alte Oper in Frankfurt 8 p.m. Jan. 25-26. Tickets available at [www.bb-promotion.com](http://www.bb-promotion.com).

### January 27

**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, behind-the-scenes tour through the Festspielhaus and discover theater secrets, visit the artists' dressing rooms, and relive magical moments in the Festspielhaus' history. Advance reservations are essential as places on the tour are strictly limited. 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 a performance of The Nutcracker, performed by the Marinsky St. Petersburg Ballet. Check the Festspielhaus Baden-Baden's website for this season's special events. Beim Alten Bahnhof 2, Baden-Baden, 76530. Civ. 07221-301-3101. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### January 28

**Penny Bazaar** – The 31st annual Mannheim Penny Bazaar will be at the Rosengarten in Mannheim. Donations will be accepted 10 a.m.-3 p.m. Jan. 28 and 10 a.m.-6 p.m. Jan. 30. Bazaar begins 11 a.m.-6 p.m. Feb. 2, 11 a.m., 10 a.m.-6 p.m. Feb. 3 and 10 a.m.-2 p.m. Feb. 4.

**Brussels** – Visit one of Europe's most famous capitals known for its international flair. A city bustling with activity, beautiful shops and myriad museums. Enjoy a city tour and visit the beautiful main square, La Grand'Place, the famous statue Manneken-Pis and more. <http://affiliates.uso.org/kaiserslautern>.

### January 29

**Böblingen Night of Dance** – This international dance show features scenes from classics such as Riverdance, Swan Lake, Dirty Dancing, Grease, Lord of the Dance and many more. Tickets: [www.asa-event.de](http://www.asa-event.de).

### January 30

**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, test products. Opening Hours: 8 a.m.-6:30 p.m. Monday to Friday and 9 a.m.-6 p.m. Saturday. Alfred-Ritter-Straße 25, Waldenbuch, 71111. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### Mannheim Concerts

**Chris Rea Concert** – The British singer and songwriter will perform his Santo Spirito Tour 2012 8 p.m. at the Rosengarten in Mannheim Feb. 25. Tickets: civ. 0621-10-1011, [www.bb-promotion.com](http://www.bb-promotion.com).

**Country Music Festival** – Tickets are now on sale for the International Festival of Country Music featuring Reba McEntire, Asleep At The Wheel, Ricky Skaggs, Lonestar and George Hamilton IV. Concert will be at the SAP Arena in Mannheim 6 p.m. March 4. Civ. 0621-10-1011, [www.bb-promotion.com](http://www.bb-promotion.com).

**Bryan Adams** – The singer and songwriter will perform at the SAP Arena in Mannheim March 29. Concert begins at 8 p.m. Tickets: civ. 0621-10-1011, [www.bb-promotion.com](http://www.bb-promotion.com).

**Jethro Tull's Ian Anderson and Band** – Celebrating the 40th anniversary, Anderson will perform the Thick As a Brick Tour 8 p.m. at the Rosengarten in Mannheim. May 27. Tickets: civ. 0621-10-1011, [www.bb-promotion.com](http://www.bb-promotion.com).

**Rea Garvey** – Rea Garvey will perform his Can't Stand the Silence concert 8 p.m. March 22 at the Capitol Mannheim.

## coming to THEATERS



### JOYFUL NOISE

(Dolly Parton, Queen Latifah)  
The small town of Pacashau, Ga., has fallen on hard times, but the people are counting on the Divinity Church Choir to lift their spirits by winning the National Joyful Noise Competition. The choir has always known how to sing in harmony, but the discord between its two leading ladies now threatens to tear them apart. (Rated PG-13 for some language including a sexual reference) 118 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Jan. 12 - IN TIME (PG-13) 7 p.m.  
Jan. 13 - JOYFUL NOISE (PG-13) 7 p.m., 9:30 p.m.  
Jan. 14 - JOYFUL NOISE (PG-13) 4 p.m.; TOWER HEIST (PG-13) 7 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 9:30 p.m.  
Jan. 15 - TOWER HEIST (PG-13) 4 p.m.; JOYFUL NOISE (PG-13) 7 p.m.  
Jan. 16 - JOYFUL NOISE (PG-13) 7 p.m.  
Jan. 17 - A VERY HAROLD & KUMAR CHRISTMAS (R) 7 p.m.  
Jan. 18 - JOYFUL NOISE (PG-13) 7 p.m.  
Jan. 19 - A VERY HAROLD & KUMAR CHRISTMAS (R) 7 p.m.

#### Vogelweh, Galaxy

Jan. 13 - WAR HORSE (PG-13) 7 p.m.  
Jan. 14 - PUSS IN BOOTS (PG) 4 p.m.; IN TIME (PG-13) 7 p.m.  
Jan. 15 - PUSS IN BOOTS (PG) 4 p.m.

#### Ramstein, Gateway Movieplex

Jan. 12 - WAR HORSE (PG-13) 11:30 a.m., 3 p.m., 6:30 p.m.; PUSS IN BOOTS (PG) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; IN TIME (PG-13) 11 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.  
Jan. 13 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m., 10:15 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; CARS (G) - 2 p.m., 4:30 p.m.  
Jan. 14 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m., 10:15 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; CARS (G) 11:15 a.m., 2 p.m., 4:30 p.m.  
Jan. 15 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 2 p.m., 4:30 p.m.  
Jan. 16 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 2 p.m., 4:30 p.m.  
Jan. 17 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 2 p.m., 4:30 p.m.  
Jan. 18 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 2 p.m., 4:30 p.m.  
Jan. 19 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 1:45 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](http://www.aafes.com) for updated listings and more movie descriptions

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

### Mannheim, CinemaxX, Cineplex - English Language movies

Jan. 12-16 - GIRL WITH THE DRAGON TATTOO (R) 7:30 p.m. at CinemaxX  
Jan. 18 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 8 p.m. at CinemaxX;  
THE IDES OF MARCH (PG-13) 8:30 p.m. at Cineplex

## community HIGHLIGHTS

### GSA Fleet Vehicle Sale

EURO Interagency Fleet Management System will hold a live public auction via the Internet of used U.S. government vehicles Jan. 13-22, with a public inspection period 9 a.m.-3 p.m. Jan. 18 at EURO IFMS Consolidated Vehicle Processing Center, McCully Barracks (Wackernheim). Starting Jan. 13, vehicle photos, descriptions and minimum bid starting prices can be found at [www.vebeg.de/web/en/auktionen/index.htm](http://www.vebeg.de/web/en/auktionen/index.htm).

### Equal Opportunity Training

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.bv.eur.army.mil/Directorates/EEO/Training/EEONOFEAR.pdf](http://www.bv.eur.army.mil/Directorates/EEO/Training/EEONOFEAR.pdf), on the alternating year. Classes are 1-2 p.m. Jan. 18, Feb. 15 and monthly until September in the U.S. Army Garrison Baden-Württemberg EEO Training Room, Bldg. 128, on Patton Barracks in Heidelberg. Registration: DSN 373-5494, civ. 06221-17-5494.

### Town Hall Meetings

U.S. Army Garrison Baden-Württemberg will host a town hall meeting 2 p.m. Jan. 26 in the Patrick Henry Village Pavilion in Heidelberg. The event will be streamed live on the garrison's Facebook page. Questions may be submitted in-person, to the garrison's Facebook wall at [www.facebook.com/bvnow](http://www.facebook.com/bvnow) or to the BWnow site at [www.mybvnow.ning.com](http://www.mybvnow.ning.com). Questions may also be emailed by Jan. 25 to the Herald Post with subject line "Jan. 26 Town Hall" at [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.mil). U.S. Army Europe and USAG Wiesbaden will also host a town hall meeting 1 p.m. Feb. 16 at the Patrick Henry Village theater in Heidelberg.

### Army OCS Board 2012

Completed packets must be submitted by Jan. 20 to the military personnel division in Bldg. 3850 on the Community Support Center in Heidelberg for the next Department of the Army level Officer Candidate School selection board April 23-27. USAG Baden-Württemberg will host a structured interview (local board) 9 a.m. Feb. 2-3 in the MPD conference room. OCS requirements can be found at <https://www.hrc.army.mil/site/protect/branches/officer/operations/accissions/ocs/index.htm> or by contacting unit S1s. DSN 370-8054, [usaghd.mpd.pss@eur.army.mil](mailto:usaghd.mpd.pss@eur.army.mil).

### i3T Conference and Exposition

Registration is open for the third annual information, innovation, integration and technology conference and exposition hosted by the U.S. European Command's directorate of intelligence Feb. 13-16 in Munich. The conference includes information sharing and collaboration between the U.S., partner nations and private industry, discussion on the EUCOM intelligence strategic plan and more. [www.ncsi.com](http://www.ncsi.com).

### 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 and food, transitional family housing, emergency home repairs, critical baby items, vehicle repair service, furniture and household items, local moving assistance and retreats for spouses of wounded warriors. Soldiers can apply for assistance at [www.armyhomefrontfund.org/Mafa.aspx](http://www.armyhomefrontfund.org/Mafa.aspx).

### 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. Tuesdays, Thursday in Bldg. 2926 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

### Community

♦ **BOSS St. Anton Trip** – Single Soldiers, geographically single Soldiers, married Soldiers and spouses accompanied by their service member can join Better Opportunities for Single Soldiers on a ski trip to St. Anton am Arlberg, Austria, Jan. 14. DSN 493-4117, civ. 0631-3406-4117.

♦ **New Parent Basic Training** – New parents can learn what to expect and what to avoid, what equipment and supplies are needed and discover the importance of bonding and attachment 10 a.m.-4 p.m. Jan. 17 in Bldg. 2917 on Pulaski Barracks. Parents will also receive hands-on practice with life-size dolls and a free diaper bag containing the book *Baby's First Year*. DSN 493-4203, civ. 0631-3406-4203.

♦ **Abuse Survivor Peer Group** – The incest, sexual abuse and assault survivors peer group meets 6-8 p.m. Jan. 18 and every Wednesday in the Yellow Ribbon Room in Bldg. 2926 on Pulaski Barracks. Children under 16 must be accompanied by a parent or guardian. Civ. 01609-797-8785.

♦ **How I Ended This Summer** – Watch *How I Ended This Summer*, a Russian film with English subtitles by Alexei Popogrebsky, and enjoy popcorn and refreshments during the Independent and Foreign Films program 6 p.m. Jan. 19 at the library (Bldg. 3810) on Landstuhl post. DSN 486-7322, civ. 06371-86-7322.

♦ **My Library Tour** – Visit the Kleber Branch library, Bldg. 3205, to discover the more than 20 ways to use the Army Europe library card 11-11:30 a.m., 2-2:30 p.m. and 4:30-5 p.m. Jan. 25 and last Wednesdays. No sign-up required. DSN 483-1740, civ. 06371-411-1740.

### HEIDELBERG Education

♦ **UMUC Europe** – The University of Maryland University College Europe offers on-site and online course registration for spring session 1 through Jan. 15, with classes starting Jan. 16. New students can receive a one-time \$700 award to help with tuition and books. In January, book awards increase to \$150 for active duty enlisted service members and military family members of all ranks.

DSN 370-6762, civ. 06221-3780, [www.ed.umuc.edu](http://www.ed.umuc.edu).

♦ **FAST Class** – Functional Academic Skills Training classes are 8 a.m.-noon Jan. 25-Feb. 14 at the Patton Education Center, Bldg. 106, on Patton Barracks. FAST can reinforce basic math or reading skills resulting in improved General Technical scores for reclassification and re-enlistment purposes. The Test for Adult Basic Education is a mandatory pre-test for FAST and must be completed by Jan. 24. DSN 373-6176.

♦ **University of Phoenix** – Free information sessions for those who wish to pursue a master's in Education or Business Administration are 11 a.m.-noon Tuesdays in Room 112, Patton Barracks Education Center. DSN 373-7650, civ. 06221-588-0492.

♦ **ACS Classes** – Building Resiliency for Warriors in Transition, 10-11:30 a.m. Jan. 12, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition conference room; Applying for a Federal Job, 9-11 a.m. Jan. 17-18; Family Readiness Group 101, 2:30-4 p.m. Jan. 17; Financial Readiness Briefing, 9-11:30 a.m. Jan. 18; The Volunteer Experience, 10-11 a.m. Jan. 18; Using your Leisure Time Well (for Warriors in Transition), 10-11:30 a.m. Jan. 19, 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; Exceptional Family Member Program Teen Social, 6-8 p.m. Jan. 18, Panther's Place, PHV, Bldg. 4461. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

### Community

♦ **Check Writing** – As of Jan. 1, Family and Morale, Welfare and Recreation no longer cashes checks without purchase and does not allow cash back above the amount of the purchase. Customers are still able to write checks for the amount of their purchase or program fee.

♦ **Coupon Class** – Learn how to slash your grocery bill in half at an Army Community Service-sponsored coupon class 11 a.m.-1 p.m. Jan. 13 at the Bowling Center on Patrick Henry Village. Civ. 0

♦ **Glow In The Dark Dance** – Middle school students enrolled in Child and Youth Services can attend a glow in the dark dance 7-10 p.m. Jan. 13 at Panther's Place on Patrick Henry Village. DSN 388-9003, civ. 06221-338-9003.

♦ **Coats for Afghan Girls** – Until Jan. 15, Girl Scout Senior Troop 732 is collecting coats for Afghan girls ages 6-16 for Razia's Ray Of Hope, an organization which promotes education for girls in Afghanistan. Donation boxes are located in the

library and chapel on Patrick Henry Village, the Mark Twain Village chapel and DODDS schools.

♦ **Commissary Servers** – The commissary on Patrick Henry Village will undergo maintenance on its computer servers 11 a.m.-2 p.m. Jan. 16. Debit cards cannot be used during that time, and use of gift cards will require additional time to process. Gift card activation will not be possible. Civ. 0631-352-3108.

♦ **Digital Media** – Bring your e-book and get your questions answered during the Army digital media open house 5-7 p.m. Jan. 16 at the library on Patrick Henry Village. DSN 370-1740, civ. 06221-57-1740.

♦ **Oklahoma! Auditions** – Perusal scripts for the classic musical *Oklahoma!* will be available at the Roadside Theater on Patton Barracks starting Jan. 17. Actors, singers and dancers age 8 and above with and without experience can bring prepared musical numbers to audition 7 p.m. Feb. 21-22 at the Roadside Theater. Bring prepared musical numbers; pianist will be provided. Musicians, technical staff and crew are also needed. DSN 373-5020, civ. 06221-17-5020.

♦ **Martin Luther King Jr. Event** – The Heidelberg Equal Opportunity working group will present the Rev. Dr. Martin Luther King Jr. celebration with guest speaker Brig. Gen. Nadja West, commanding general of U.S. Army Europe Regional Medical Command, 11:30 a.m.-12:30 p.m. Jan. 17 in Wilson Theater on Nachrichten Kaserne. DSN 496-5467.

♦ **Special Diets, Special Kids** – Explore reasons why what food children eat can have positive and negative impacts on children's brain and bodily functions and more during Special Diets for Special Kids 10-11:30 a.m. Jan. 18 at the Community Support Center, Bldg. 3850, Room 172. Meeting is open to all ID cardholders, but registration is required. DSN 370-6975, civ. 06221-57-6975.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will host a meeting 3:30 p.m. Jan. 18 at the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **BOSS Cheap Eats** – Better Opportunities for Single Soldiers offers "just like home" dinner 5 p.m. Jan. 18 at the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Jan. 19 in Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-736-7033.

♦ **Swiss Chocolate, Cheese** – Join Army Outdoor Recreation on a chocolate and cheese tasting trip to the Swiss town Gruyeres Jan. 21. DSN

338-9282, civ. 06221-338-9282.

♦ **Chinese New Year** – School Age Center-registered children and their families can celebrate the year of the dragon, make lanterns and dragons, listen to Chinese folklore, make spring rolls and watch the parade during a Chinese new year celebration 3:30-5:30 p.m. Jan. 23 at the School Age Center. DSN 370-8994, civ. 06221-57-8994.

♦ **Community Bank** – The Community Bank located on the Shopping Center will be closed Jan. 26 due to a teller systems upgrade. The Campbell Barracks branch will be open 9:30 a.m.-4 p.m. DSN 370-8580, civ. 06221-60-0862.

♦ **Bavarian Fairytale Castles** – Army Outdoor Recreation visits King Ludwig's Bavarian fairytale castles in Hohenschwangau Jan. 28. DSN 338-9282, civ. 06221-338-9282.

♦ **Oratorical Scholarship** – High school students can compete in the 42nd annual American Legion high school oratorical scholarship program, sponsored by Rhein Neckar Post GR03, 10 a.m. Feb. 4 in Heidelberg High School, Room 342. Students will present an 8-10 minute oration and can win prizes of up to \$300. DSN 370-8236, civ. 06221-57-8236.

♦ **Breastfeeding 101** – Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne 9 a.m.-noon Feb. 7 and first Tuesdays. Sign-up is required. Civ. 06221-17-3200.

♦ **Toastmasters** – Learn to make speeches and effectively communicate by practicing public speaking, making presentations and more at Heidelberg International Toastmasters Club meetings 7:30-9:30 p.m. first and third Mondays. GPS address: Treff am Turm, Franz-Kruckenberg-Str. 54, 69126 Heidelberg. [www.heidelberg-toastmasters.de](http://www.heidelberg-toastmasters.de).

### MANNHEIM

#### Community

♦ **Battlefield Night** – Play Battlefield 4:30-10 p.m. Jan. 12 and every Thursday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Modern Warfare 3 Night** – Play Modern Warfare 3 4:30-10 p.m. Jan. 13 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Board Game Night** – Play board games 4:30-10 p.m. Jan. 16 and every Monday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **On-site Tutoring** – The Lion's Den on Patrick Henry Village offers on-site tutoring 4-8 p.m. Monday-Friday. DSN 388-9396, civ.



Mindy Campbell

Maj. Victor Won, center, teaches fellow Soldiers and family members at U.S. Army Garrison Kaiserslautern techniques to reduce stress and improve resiliency.

## Yoga provides 'purposeful pause'

*Meditation helps Soldiers, family members find serenity*

By Mindy Campbell  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

As howling wind and rain battered windows of an Einsiedlerhof studio, a sense of peace blanketed a group of people inside a darkened upstairs room.

Despite the furor outside, they focused on breathing and yoga positions, part of Mindfulness Meditation, a class led by Maj. Victor Won, an Army officer who in his free time teaches fellow Soldiers and family members in Kaiserslautern some techniques to reduce stress and improve resiliency.

Mindfulness-based training is a way of learning to live in the present by using techniques such as yoga, meditation and breathing, said Won, who serves with the 19th Battlefield Coordination Detachment at Ramstein Air Base.

"What I am trying to teach people to do is to take a purposeful pause throughout the day just to come back and be more present," Won said. "Simply, it is about bringing our attention to the present, bringing our awareness, becoming more conscious of our life without judgment."

The class features a mixture of yoga and meditation. Won, a lifelong meditation practitioner, started the free class in September. By accepting what your life is like now as opposed to what you think it should or could be, you will find more calm and peace in your mind, he said.

"That will give you the power to work with stress," Won said. "You will have the choice to act rather than react."

As more Soldiers return from multiple deployments, military leaders are looking toward nontraditional ways to treat things such as post traumatic stress disorder. And they are finding that such techniques can help reduce stress in Soldiers, Airmen and Marines.

During an Iraq deployment, Won thought such techniques would be good for Soldiers in a combat zone.

"Many Soldiers can't relax downrange," he said. "They can't sleep. There's lots of stress."

Although Soldiers were initially hesitant, several began taking Won's class. Two Soldiers even stopped taking medication after learning the techniques.

Researchers at the University of Pennsylvania found that a group of Marines preparing to deploy had better moods and working memory after practicing mindfulness training. Following that study, the Army began a study on mindfulness-based fitness training for Soldiers. The Schofield Barracks Training and Research on Neurobehavioral Growth, or STRONG study tests the effectiveness of certain components of mind fitness training.

For Maj. Jeff Labrune, of the Ramstein-based 603rd Air and Space Operations Center, the class offers an opportunity to learn and spend an afternoon date with his wife, Andi.

"We have seven children," Labrune said. "It's not quiet in our house, ever. I think everyone is multitasking these days. This is bringing awareness back to what they are doing. I think it's good for anyone in practice."

Andi Labrune, agrees, and said she often focuses on too many things in her life instead of living in the moment.

"I am doing so much, yet I miss out on a lot of the day to day stuff," Andi Labrune said. "I like that awareness factor. I need to learn to stop what I am doing and focus on the here and now."

The techniques could be a benefit to many in the community, she said.

"As a mom or wife, whether you are focusing on your job or dealing with deployments, we have to know how to de-stress ourselves," she said. "I think this is a good way to do that. You can do this anywhere, anytime."

For information about Sunday sessions, write to [MindfulWarrior108@gmail.com](mailto:MindfulWarrior108@gmail.com) or call civ. 0631-5600-0993.

## staying ACTIVE

### Heidelberg Community Basketball

The 15th annual Dr. Martin Luther King Jr. Invitational will be held Jan. 13-16 at the fitness center on Patton Barracks in Heidelberg. Heidelberg unit level basketball league upcoming games at the fitness center are: **Jan. 18** – Medical Department Activity vs. Medical Command at 6 p.m.; 529th Military Police vs. NATO at 7 p.m. and 60th Engineers vs. Warriors at 8 p.m.; **Jan. 19** – 1-214th Aviation vs. 60th Eng. at 6 p.m.; 529th MP vs. Slayers at 7 p.m. and MEDDAC vs. Warriors at 8 p.m.; **Jan. 23** – MEDCOM vs. NATO at 6 p.m., 1-214th vs. 529th MP at 7 p.m. and MEDDAC vs. 60th Eng. at 8 p.m.; **Jan. 25** – MEDCOM vs. Slayers at 6 p.m., Warriors vs. NATO at 7 p.m. and MEDDAC vs. 1-214th at 8 p.m.

### Rod and Gun Club

The Rod and Gun Club in Oftersheim offers a trap shoot 1 p.m. Jan. 14; skeet shoot 1 p.m. Jan. 21 and a fishermen's meeting 7 p.m. Jan. 25, a DJV-style rifle shoot 1 p.m. Jan. 28 and an archery safety course 1 p.m. Jan. 28. Civ. 06202-5119.

### Heidelberg Golf Club

The golf course restaurant will be closed Jan. 16-20 due to a staffing shortage. The restaurant will reopen Jan. 21, weather permitting. Civ. 06221-57-5946.

### Dodgeball Invitational

Register until Jan. 20 for a dodgeball invitational 11 a.m. Jan. 21 for ID card holders 18 or older at the Landstuhl Fitness Center, Bldg. 3720. DSN 493-2088, civ. 0631-3406-2088, [www.mwrgermany.com](http://www.mwrgermany.com).

### Bike Maintenance Workshop

Novice and intermediate bike maintenance workshops 6:30-8 p.m. Jan. 26, Feb. 9 and 23, and March 8 include roadside repair, tire and tube changing, drive train repair, brake and derailleur systems and wheel and spoke service. Advanced payment required: DSN 370-6489, civ. 06221-57-6489, [www.mwrgermany.com](http://www.mwrgermany.com).

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

### Heidelberg Volleyball

Heidelberg sports is seeking men and women players for community volleyball teams. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Heidelberg Basketball

The Heidelberg men and women community basketball teams practice 6-9 p.m. Monday-Thursday at the fitness center on Patton Barracks. DSN 373-8032, civ. 06221-17-8032, [www.mwrgermany.com](http://www.mwrgermany.com).

### Heidelberg Paint Ball

Paint ball play days for units and groups at the Heidelberg Rod and Gun Club in Oftersheim are noon-4:30 p.m. Wednesday through Friday. Open days are 10 a.m.-4:30 p.m. Saturday and 10 a.m.-1:30 p.m. Sunday for ID card holders ages 16 and up. Civ. 06202-51193.

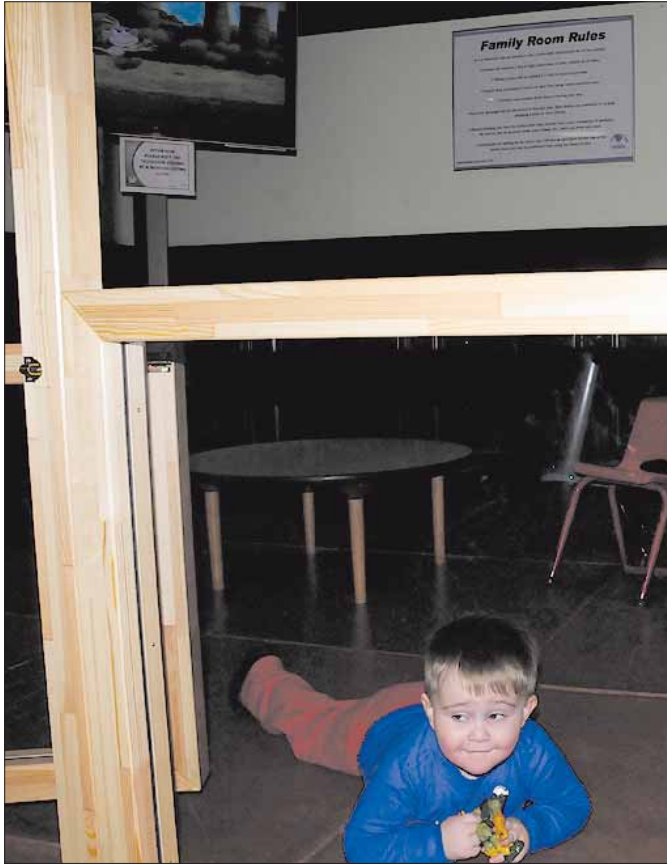
### Kaiserslautern Instructors Wanted

Instructors are needed for a youth self defense class and a dance class for teens ages 13-18. Must have certifications. DSN 486-5412, civ. 06371-86-5412, [www.mwrgermany.com](http://www.mwrgermany.com).

### Fem Fusion Workout

Ladies 16 and older can join a workout for women combining mat work and dance 10 a.m. Wednesdays at the Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172, [www.mwrgermany.com](http://www.mwrgermany.com).

# Families Work Out



Dijon Rolle

Peeking from the children's area at the Stronghold workout room on Patrick Henry Village in Heidelberg Dec. 30, 2-year old Benjamin Carabello might be wondering when his parents will complete their workouts in the nearby fitness room. A new barrier was recently installed to provide a safe place for children to play while their parents exercise and this was Benjamin's first time using it. The children's play area contains a TV, table and chairs and toys. Parents are also welcome to bring their own items to entertain their children. The area was designated because community members asked for it through the Interactive Customer Evaluation system known as ICE. The Stronghold children's area is open during non-peak hours – 9-11 a.m. and 1-3:30 p.m.

## SAVINGS

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O and M employees started to notice a trend of higher-than-usual water bills for PHV and the Community Support Center from supplier Stadtwerke Heidelberg.

The members of the O and M team consistently review water data to evaluate the daily minimum and maximum cubic meter per hour flow. When they compared the water flowing through the pipes in an hour and matched it with what it should average in an hour, the team discovered a previously undetected leak was the culprit. CUMACS, located in Bldg. 4 on Campbell Barracks in Heidelberg, performed a review of the data, Sauer said.

"This analysis led to the

conclusion that nightly water flow did not decrease as normal. This increased our suspicion that there were indeed leaks at PHV and CSC. Comprehensive searches by O and M personnel were initiated and a contractor was eventually hired to locate and repair the leaks," Sauer explained.

This is one example of how surveillance through technology and human analysis can lead to major cost avoidance, Sauer said. The usage data from Stadtwerke Heidelberg provides a monthly usage graph akin to the ones many off-post consumers receive for their personal home use.

"The supplier can just tell the consumption during that month, but not the total number. We can't under-

stand very much, unless it's much higher than previous months, but we don't know why or where," Sauer said.

CUMACS measures consumption per hour during late night hours – typically 2 to 3 a.m. – when water usage levels tend to be low or even zero, which is the case for most offices.

"In quarters on PHV, this can be as much as eight or 10 cubic meters per hour or more, depending on the size of the living quarters, which is measured by this one water meter. If the water meter is only for a few houses, maybe five, then it can be very low. But the bigger the housing area is, the bigger the water flow during the late night time. If it happens that we have a big consumption dur-

## AER

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commanders and the chain of command's resources to resolve Soldiers' financial emergencies and enhance community resiliency," Kammer said.

The four new categories come on the heels of five others approved in 2010.

Those allowed assistance for travel funds for relocation, repair of home heating and cooling systems, purchase or repair of stoves and refrigerators, child car seats and purchase of cranial helmets.

"AER assists 10 percent of the Army each year," Kammer said. "As of Nov. 1, 839 cases totaling \$1,250,729 were given for the five new categories allowed in 2010. Over the past four years, AER has provided \$312 million to Soldiers."

The AER annually conducts a fund raising campaign to provide the opportunity for all Soldiers, active and retired, to donate funds to help their fellow Soldiers.

"More importantly, it is a great opportunity to teach all Soldiers about what AER can do for them in times of financial need. There are still a lot of Soldiers out there that do not know that AER can help them pay for emergencies like vehicle repairs or emergency travel to the United States," said Ainhua Revuelta, financial readiness program manager.

"Our job at AER is to educate these Soldiers so they know how to request assistance when they most need it. We want to keep them as far as possible from predatory lenders that will charge them outrageous interest rates to lend them money. We are trying to keep all Soldiers up to date with the changes so they better understand how AER can assist

## New AER Assistance Categories

**Dental for Dependents of Active Duty and Retired Soldiers** – When a Soldier does not have sufficient funds to cover front dependent dental care payments required for treatment or the share of charges not covered by dental insurance.

**Furniture** – AER will assist Soldiers who establish an initial household upon PCS or when newly married to purchase basic, essential and economical furniture, such as bedding, sofa, kitchen table and crib. AER also assists with replacement of essential furniture resulting from a natural disaster such as a flood or fire.

**Replacement Vehicle** – AER does not finance the purchase or lease of a new or used privately owned vehicle. However, for some Soldiers, it may be more financially sound to seek AER assistance for a down payment to obtain a more reliable vehicle than repairing an existing vehicle when the cost of repairs is higher than the verified value of current vehicle.

**Rental Vehicles** – Soldiers on emergency leave or awaiting major repairs of a primary vehicle may obtain AER assistance for a rental vehicle and rental insurance of a temporary nature (seven-10 days).

them," Revuelta said.

ACS also offers quarterly AER briefings to commanders and first sergeants to keep them informed about AER and other services available to assist Soldiers in financial need.

The 2012 AER fund raising campaign runs from March 1 to May 15.

AER requests and requests for emergency travel are processed at the Army Community Service office in Heidelberg, DSN 370-6883, civ. 06221-17-6975 or the ACS Satellite Office in Mannheim, DSN 385-3101, civ. 0621-730-3835.

ing that time on that one day, we check to see what it is the next day. If this [continues] for more than a few days and never stops, then we have to check, especially if there are former months where there is zero consumption during that time. Then we know there must be something wrong," Sauer said.

Something as innocuous as a hot summer night and residents who decide to cool down with a shower can be the reason for an increase. But if CUMACS notices higher consumption than during the previous few days and it remains at the higher level, it is a good indication of a water leak. The cost to the garrison for a contractor to repair and pinpoint the exact location of the leak amount-

ed to \$40,000. The water bill for a single year would have been 23 times that if a leak had been left unchecked. The most recent leak was repaired in August.

"This is just another energy conservation step we're taking. Even though Heidelberg is a closing community, DPW is alive and well and we have dedicated, hard working personnel who are constantly looking for more ways to save taxpayer money," said Marty Hanson, DPW's assistant energy program manager.

Residents and workers can help with energy conservation – including dripping faucets and wasted energy – by submitting work orders to DPW in Heidelberg at DSN 387-3310, civ. 06221-4380-3312.