

# HeraldPOST

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

**HP THURSDAY**  
Jan. 26, 2012

**Speed Read**

**TEENS AND DRUGS**

Teens smoke tobacco less, marijuana more in grades 8, 10 and 12 according to the University of Michigan's Monitoring the Future survey. 2

**MARROW DONOR**



A 10th Army and Air Missile Defense Command Soldier registered in a bone marrow bank and seven years later, saved a life. 3

**TO THE RESCUE**



U.S. Army Garrison Kaiserslautern firefighters helped douse a fire in Winnweiler, earning the gratitude of the locals. 8

**DO THE MATH**

Juniors and seniors planning to take college entrance exams should take four years of math in high school to improve scores on entrance exams and broaden their college opportunities. 11

**FOOLS IN LOVE**

KMC Onstage presents "Why Do Fools Fall in Love" on Daenner Kaserne in Kaiserslautern 6:30 p.m. Jan. 27-28 and 3 p.m. Jan. 29. 13

**Defense Details**

**MILITARY KIDS WEBSITE**

A new Defense Department website is connecting military children – whether it's across town or across the world – who are dealing with a loved one's deployment. The website, Military Kids Connect, offers military children an online community where they can learn about deployments, recognize and share feelings, and develop coping skills.

**PATROLS FIND DRUGS**

Combined Afghan and coalition forces found two large drug caches in Afghanistan Sunday, military officials reported. A combined patrol in the Panjwai district of Afghanistan's Kandahar province found about 660 pounds of marijuana, and a combined force in the Dand district of Kandahar province discovered about a ton of hashish.

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

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## Treatment options shift to host nation

*This is the first in a three-part series on the TRICARE overseas benefits packages.*

**By Stefan Alford**  
HMEDDAC PUBLIC AFFAIRS

As the Army's footprint continues to shrink in the Heidelberg and Mannheim areas with the repositioning of forces in theater over the next few years, available health care providers and services offered at military treatment facilities will also decrease.

However, U.S. Army Medical Activity Center Heidelberg officials stressed that the availability of quality health care will not be affected, only that treatment options will gradually shift more toward host-nation facilities.

These local providers will continue to offer the personalized care that military beneficiaries are accustomed to receiving.

"It's important for our patient population to understand, that while health care services will transform in conjunction with the closure timeline for the Army's presence in Heidelberg, none of our beneficiaries will lose access to care," said Col. Telita Crossland, HMEDDAC Commander.

"We've been here for almost 70 years," she added. "So we've been able to cultivate a rich tradition and strong partnership of health care between our MTFs and our host-nation counterparts. They have been working with us for so long that there should be absolutely no drop off in the services we can mutually provide see **TRICARE** page 12



## Artists in the Making

Heidelberg Middle School

Guest artist Edward Codina, center, leads the Heidelberg Middle School sixth-grade class in a watercolor techniques lesson as part of the worldwide 2012 U.S. Army Family and Morale, Welfare and Recreation Arts and Crafts celebration being observed in conjunction with the 70th Anniversary of the Family and MWR Arts and Crafts program.

## Family and MWR observes 70th anniversary of U.S. Army's arts and crafts program

**Staff Report**

Give a child a paint brush and you'll get back a painting most every time. Bring a guest artist to a classroom to show students how to paint and enthusiasm will color their creations.

U.S. Army Garrison Baden-Württemberg Arts and Cultural Center Director Ed Codina visited the Heidelberg Middle School sixth grade to lead a class in watercolor techniques Jan. 18. His visit was part of the Family and Morale, Welfare and Recreation's 70th anniversary celebration.

From the start, the children were focused see **ARTIST** page 12

**"Our daughter Kai ... came home from school yesterday full of excitement that a 'real artist' had visited her art class and talked to them about watercolors."**

—Rachel and Troy Heineman, Heidelberg Middle School parents

## Windows 7 coming to Europe

**USAREUR Public Affairs**

U.S. Army Europe will introduce the Windows 7 operating system on all official computer systems in USAREUR with installation expected to be completed by

the end of June.

Installation management officers and systems administrators will determine the exact timeline for installation in their areas.

Each installation takes several hours, especially

if the machine uses third-party software. Third-party software is that which an employee needs to perform specific duties. Third-party software will need to be re-installed on the computer see **WINDOWS** page 12

## COMMENTARY

# Teens smoke tobacco less, marijuana more in grades 8, 10, 12

## Survey finds alcohol most used drug

## Schools Liaison Office

There are many reasons why a teen may use alcohol or drugs. Stress resulting from a parental deployment, a recent move, peer pressure and many other sources can result in experimentation with drugs or alcohol.

As a parent, you should watch for risk factors such as rebelliousness, academic failure, absenteeism, lack of commitment to school, disruptive behavior, concerns about the friends they choose, poor social skills, family conflict, or difficulty negotiating a transition. If you are concerned about any of these factors, or about alcohol or drug use, the Adolescent Substance Abuse Counseling Services can assist.

It is important for parents to be aware of the trends among teens with regards to alcohol and drug use.

The Monitoring the Future survey collects data about alcohol and drug usage among teens in eighth, 10th and 12th grades in America. The survey is conducted by the University of Michigan yearly.

The results for the previous year were released recently. Here are some

## ASACS Contacts

**Heidelberg High School** – Lindsay Rose DSN 370-8004, civ. 06221-309-3475

**Heidelberg Middle School** – Judy Crow DSN 370-8047, civ. 06221-16-3912

**Kaiserslautern High School** – Janet Strickland DSN 489-7541 ext. 227, civ. 0631-54354

**Kaiserslautern Middle School** – Nick Seri civ. 0162-256-4650, civ. 0631-59871

of the highlights.

- ◆ There has been a decline in tobacco smoking in all three grades.
- ◆ Marijuana use rose for the fourth straight year. Daily marijuana use is now at a 30-year peak level among high school seniors.
- ◆ For the first time synthetic marijuana (K2, spice, etc.) which was legally sold until this past year was added to the study in 2011; one in every nine high school seniors (11.4 percent) reported using that drug in the prior 12 months.
- ◆ Alcohol remains the most used and abused drug for teens.

This information can help guide conversations with children about what they are seeing or hearing.

## Where do you turn when Severe Weather hits?

## Road conditions by phone

In Heidelberg and Mannheim – DSN 388-2223, civ. 06221-678-2223

In Kaiserslautern – DSN 480-2653, civ. 06371-47-2653

## Road, weather and school closures online

[www.imcom-europe.army.mil](http://www.imcom-europe.army.mil) – Click 'road conditions' under the safety tab

[www.bw.eur.army.mil](http://www.bw.eur.army.mil) – Click 'road conditions' under hot topics at the bottom of the home page

## AFN Radio

Heidelberg – 104.6FM, 1143 AM

Mannheim – 107.3FM, 1143AM

Kaiserslautern – 100.2FM, 1107AM

## AFN Decoders

FM signal is channel 152

AM signal is channel 153

For duty schedule variations, contact your chain of command.

## What Do Color-Coded Road Conditions Mean?

**GREEN** – Unrestricted vehicle dispatches are authorized. Ideal road, visibility and temperature conditions exist.

**AMBER** – Road surface is wet, slushy, snow is less than 4 inches, visibility is 20 to 50 meters and temperature is 30 F to 35 F degrees (1 to 1.6 C).

**RED** – Only mission-essential and emergency vehicles are authorized. Road surface is flooded, snow is drifting 4 to 8 inches, visibility is 15 to 20 meters and temperature is 10 F to 30 F degrees (-12 to 1 C).

**BLACK** – Only emergency-essential vehicles are authorized. Road surface is heavily flooded, snow is drifting heavily and there is 8 inches or more of snow, visibility is less than 15 meters and the temperature is below 10 F (below -12 C).



[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

The U.S. Army Garrison Baden-Württemberg will hold a Facebook town hall meeting 2 p.m. today at the Village Pavilion in Heidelberg. It marks the first time the garrison will use Facebook to allow community members the chance to ask questions of the commander and staff while the meeting takes place by using the social network. American Forces Network will live stream video of the meeting on

Facebook and show it on AFN's Prime Atlantic station. Go to [www.facebook.com/bwnow](http://www.facebook.com/bwnow) to see it live today! Public affairs personnel will monitor the site for questions from viewers online.

Next month, U.S. Army Europe will also host a Facebook town hall meeting. It will be 1 p.m. Feb. 16 at the Village Pavilion and will include a briefing from USAG Wiesbaden for USAREUR personnel scheduled

to move there as part of the Army in Europe transformation.

–BWnow Facebook Administrator

"Looking forward to seeing how many community members use this opportunity to make their voices heard. Great idea!"

– Peter Buttner, BWnow Facebook fan



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## Advertising:

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

# Soldier donates bone marrow, saves life

By 2nd Lt. Jean P. Tomte  
10TH AAMDC PUBLIC AFFAIRS

Capt. Brent Johnson, Headquarters and Headquarters Battery, 10th Army and Air Missile Defense Command, Rhine Ordnance Barracks, never had a second thought after registering in a bone marrow donor drive.

Seven years later, he was notified that he was a preliminary match to someone he has never met who was in desperate need of a bone marrow transplant. Suddenly he was presented with an opportunity to save a life.

In bone marrow procedures, it is essential that the donor perfectly match the recipient, he explained. Blood tests are conducted to ensure there will be a suitable genetic match. The donor's healthy cells are then infiltrated into the patient's blood stream where bone marrow will regenerate.

The C.W. Bill Young Department of Defense Marrow Donor Center contacted him to ask if he could provide a blood sample to determine if he was a perfect match for a recipient.

"I went to Landstuhl Regional Medical Center for a blood test. A couple weeks later a lady from C.W. Bill Young called me and said, 'Congratulations, you are the perfect match.' The recipient is a 14-year-old boy from Sweden," said Johnson.

The boy suffered from severe aplastic anemia – a blood disorder in which the body's bone marrow does not make enough new blood cells.

"In the back of my mind, I was just thinking about changing someone's life who never had a chance to play sports, someone who has been stuck in the hospital, and someone who could not hang out with friends" Johnson said when asked if he was concerned about the surgery.

"When Brent said he was going to do this I wasn't surprised, it was something that fit his personality," said his former Commander Col. Anthony English.

"That's just him, that's his personality. Everything he did was for someone else. It made my heart feel good. He's just a great young leader," English said.

English, currently the Dep-

uty G3 Operations Officer for U.S. Army Europe, pointed toward the Army values.

"He came to me and said that he had registered as a bone marrow donor and that he was a match and that he was going to go through with it," English continued. "When you think about it, a decision like that reflects on the Army values perfectly. It's personal courage."

Serving as English's adjutant when the unit was the 357th Air Missile Defense, Johnson didn't necessarily look at it that way.

"It is a humbling experience to help somebody out, when you know you are directly helping somebody," Johnson said.

"Although he knew it would be uncomfortable, all he cared about was doing the right thing and changing someone's life," said Sgt. 1st Class Malcolm Mickler, Johnson's non-commissioned officer in charge.

The procedure, which involves the removal of bone marrow from the hip bone via two syringes, while painful, didn't involve Johnson losing much work or time.



2nd Lt. Jean Tomte  
Capt. Brent Johnson, a Soldier with the 10th Army and Air Missile Defense Command, Rhine Ordnance Barracks, is shown here one hour after bone marrow procedures Oct. 13 at Georgetown University Hospital.

"I arrived at Georgetown University a week before the procedure. They removed a pint of my blood and returned it to me during the procedure. After the procedure I had a day of recovery and then flew back to Germany the next day," he said. He arrived back

in Europe on a Saturday and was at work on Monday.

Would he do it again?  
"Oh, yeah, definitely. It wasn't that bad. I went into it thinking it was going to be the worst pain of my life. But really, it wasn't that bad," he said.

## German Language Excellence



Rebecah Steil

Heidelberg High School student Michaela Steil lights a candle during the induction ceremony of the National German Honor Society Jan. 18 as faculty member Eric Wegner watches. Five students were inducted for excelling academically overall and in German. Inducted were Steil, Michel Cuthbert, Aileen Donnelly, Erin Hodge and Ann Seiferth.

### What is Patriot Express?

Patriot Express is a Department of Defense-chartered flight, which transits between the Baltimore-Washington International Airport in Maryland and Ramstein Air Base in Germany.

Starting Feb. 6, all Department of the Army personnel and family members coming to U.S. Army in Europe on permanent change of station orders with assignments in Germany will use the flights from BWI as the first option of travel.

Returning personnel stationed in Germany and PCSing to the continental U.S. may also use the flights to BWI as their primary air transportation method. The Army also considers PE flights as a viable transportation method for travelers from Germany on temporary duty orders to the Baltimore and D.C. area.

Reception operations at RAB are fully established and will make travel more convenient for patrons. Because operations

are moving to Ramstein, USAREUR will no longer need to pay for office space for reception operations at Frankfurt International Airport.

The flights are expected to enhance the international travel experience for Army personnel and their families. The benefits are:

- ◆ Higher luggage weight allowance (70 pounds per piece instead of 50 pounds)
- ◆ Significant savings on pet travel costs (approximately \$110 per pet, two pet limit)
- ◆ U.S. forces veterinarian reviews documents to clear pets to enter Germany
- ◆ Goal is for all new U.S. Army in Europe employees to spend their first night in Germany in their new community

The Patriot Express website, [www.eur.army.mil/PatriotExpress](http://www.eur.army.mil/PatriotExpress), contains an overview of the program, frequently asked questions and contact information.

SOURCE: USAREUR Public Affairs

## 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?

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.

**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 still 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.

**NEW – Postal Office Hours Change** – Mannheim postal facilities will change their operating hours beginning Jan. 30. The finance window at Postal Service Center 418 on Coleman Barracks 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 and 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.

**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/Directories/DOL/TMP.html](http://www.bw.eur.army.mil/Directories/DOL/TMP.html).

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

**Vehicle Registration** – The vehicle registration office on Spinelli Barracks in Mannheim is in Bldg. 1563. Customers should first call or visit the official 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.hqsareur.army.mil/rmv](http://www.hqsareur.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 <https://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 can 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.fmwv.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. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19, respectively. Consolidated mail room operations at PSC 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

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

**NEW – Postal Office Hours Change** – Beginning 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.

**Red Cross** – All Red Cross services are handled by the Heidelberg station, Bldg. 3850, on the Shopping Center. In case of a family emergency when a communication message is needed, the Heidelberg number will reach an emergency caseworker. The Heidelberg station is open 8 a.m.-4:30 p.m. Monday-Friday. DSN 370-1760, civ. 06221-57-1760.

**Sexual Assault Hotline** – The 24-hour sexual assault and domestic violence hotline for Mannheim and Heidelberg is civ. 0170-609-2862.

**Social Work Services** – Social Work Services is now at Heidelberg Health Center on Nachrichten Kaserne. DSN 371-2084, civ. 06221-17-2084.

**Tompkins Gym** – The Fitness Center on Tompkins Barracks in Schwetzingen has new hours: 5:30 a.m.-8 p.m. Monday-Friday and closed Saturdays, Sundays and U.S. holidays. DSN 379-7700, civ. 06202-80-7700.

**NEW – Wiesbaden Shuttle Bus** – The weekday shuttle bus schedule for U.S. Army Europe Soldiers and Department of Defense employees traveling to Heidelberg from Wiesbaden is now available. The shuttle will depart Hainerberg in Wiesbaden and travel to Campbell Barracks in Heidelberg. Another route will be added later to accommodate those who live in Heidelberg but work in Wiesbaden. DSN 370-6642, civ. 06221-57-6642.

**SATO** – Customers can use the SATO offices on the Shopping Center and on Campbell Barracks. The SATO office on the Shopping Center in Heidelberg is in the Community Support Center, Bldg. 3850, and is open 8 a.m.-5 p.m. Monday-Friday and closed on German holidays. DSN 370-6949, civ. 06221-57-6949. SATO on Campbell Barracks is in Bldg. 31 and is open 8 a.m.-4:30 p.m. Monday-Friday and closed on German and American holidays. DSN 370-6615, civ. 06221-985-0690.

## Faces of the community: Tompkins Kantine



Brandon Spragins

Elmar Mayer waits to serve a meal in the kantine located on Tompkins Barracks, Sept. 13, 2010. Mayer, who was popular with Soldiers, civilians and family members alike, died Dec. 26 at age 71.

## Long-time employee remembered

By Richard A. Crusan  
USANATO PUBLIC AFFAIRS

For more than 23 years, Elmar Mayer managed the kantine on Tompkins Barracks in Schwetzingen. Mayer, 71, passed away Dec. 26 after being in the hospital about three weeks. A memorial service was held Jan. 17 at the Tompkins Barracks Chapel.

Mayer loved to cook for the Tompkins Barracks Soldiers, civilians and their families. He truly enjoyed his profession and spent his life in service to many people whose lives he touched not only by serving delicious food, but also by building lasting relationships and friendships.

"We all know how important the kitchen is in a family home. To many Soldiers living in the barracks, Elmar's Kantine was their family kitchen," said Col. B.J. Constantine Jr., commander of the U.S. Army NATO Brigade, who spoke during Mayer's memorial service.

"There was nothing better than walking into Elmar's Kantine on a cold, rainy or snowy German day and being embraced by the warmth of the dining room and the wonderful smells coming from his kitchen," Constantine said.

"Even better, though, was Elmar's warm, genuine, friendly smile that greeted everyone walking through the door of that special place, Elmar's place. That is a special memory that I will never forget," he added.

Mayer trained as a cook and spent his apprenticeship at the Hotel Adler in Schwetzingen. He gained experience and passion as

a cook from his travels around the world, including at the Schlosshotel Reinhartshausen in Baden-Baden, the World Exposition in Brussels, the Swedish-American cruise line MS Kulmsholm and more.

Upon his return, Mayer and his sister Uta decided to take over management of the Suedzucker Hotel-Restaurant in Waghäusel.

His next business venture was the management of the Goodyear Company Kantine in Philippsburg until 1977.

During this time, Mayer met and married his wife, Traudl. Soon thereafter, their first daughter, Nicole, was born. The Mayers went on to manage the Domnpf restaurant in Speyer until 1981, when their daughter Tina was born.

Later that year, the Mayer family took over management of the Nuclear Power Plant Kantine, also in Phillippsburg, until they assumed management and operation of the Tompkins Barracks Kantine in 1988.

"Elmar befriended many of us, doing his best to see that we experienced the beauty and culture and customs of his home, his Germany," Constantine said.

"He was fully dedicated to and cared deeply about his American Soldiers and his American friends. He and Traudl opened their home to us and made us feel as if we were part of their family. I will be forever grateful for having known Elmar Mayer and to have been fortunate enough to call him friend," Constantine said.

Mayer is survived by his wife, daughters and grandson Marc.

## Senior leaders meet

USAREUR Public Affairs

BAD KISSINGEN, Germany – More than 250 senior leaders, senior spouses and invited guests participated in the U.S. Army Europe Senior Leader Forum here Jan. 18-20.

Senior leaders from throughout USAREUR, Installation Command-Europe and other commands in Europe participated in the forum hosted by USAREUR commander Lt. Gen. Mark Hertling.

Deputy Secretary of Defense for Plans Dr. Janine Davidson and the U.S. Permanent Representative to NATO, Ambassador Ivo Daalder, spoke to the group about USAREUR's strategic significance to national defense.

The event served as a launch pad for several USAREUR firsts. Hertling unveiled the USAREUR Campaign Plan, a 28-page booklet that lays out what USAREUR does as an organization and provides a vision and guideposts for the command's success. The general also presented the first USAREUR Professional Writing Competition awards.

In the competition, Col. Steve Maranian, Maj. Eric Durham and Maj. Nikolaus Guran took first place for their article, "The BCD in Support of the Modern Theater" which was published in Army Magazine. Second place went to Lt. Col. Chris Budihias and Maj. Kevin Broadnax of the Joint Multinational Training Command in Grafenwöhr for "The Army's Next Training Model: Building on the Past as We Prepare for the Future" in Army Magazine. Maj. Gen. Jimmie Jaye Wells, former commander of the 7th Civil Support Command, earned third for "CBRN Crisis response: Multinational Coordination in Europe is Necessary to Address CBRN Threat" in The Officer Magazine.



U.S. Army

Maj. Philip C. Wolfe, left, Emergency Medical Assistance Team commander, and Sgt. 1st Class Jose S. Mora, EMAT non-commissioned officer in charge, case the detachment's colors during the deactivation ceremony Jan. 11 at Tompkins Barracks in Schwetzingen.

## Emergency medical team deactivates

7th CSC Public Affairs

The Emergency Medical Assistance Team cased its colors and deactivated at Tompkins Barracks in Schwetzingen Jan. 11, ending its six-year Chemical, Biological, Radiological, Nuclear and High-Yield Explosive reconnaissance mission in Europe.

Although the EMAT was deactivated, the need for this capability remains. Taking up the mission is the Army Reserve's 773rd Civil Support Team, 7th Civil Support Command, based in Kaiserslautern. The 773rd CST activated in 2009 and has been fully operational since 2010.

EMAT was created in response to the 9/11 terrorist attacks when U.S. Army Europe directed an extensive assessment of Consequence Management reaction and assessment capabilities.



Rick Scavetta

U.S. Army Garrison Kaiserslautern firefighters helped douse a pre-Christmas fire in nearby Winnweiler, an act that caused Winnweiler Mayor Rudolf Jacob to express his gratitude for the assistance in a recent letter to the garrison commander.

## Firefighters douse blaze at German horse farm

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

A dog barking in the pre-dawn darkness alerts its sleeping owners of a fire in their apartment, one of two homes at a local German horse farm near Kaiserslautern.

German firefighters from nearby Winnweiler know they will likely need some help dousing the blaze. Thanks to a mutual aid agreement with U.S. Army Garrison Kaiserslautern, they can call upon Army firefighters at Sembach Kaserne.

It was just after 4 a.m. when Thilo Schwender, a crew chief at Sembach's fire station, received the call. He and fellow firefighters had just returned to the station from a fire alarm on post and were hoping to clean up and rest.

Instead, they put their gear back on and drove their trucks out into the darkness, toward Schweisweiler, a small farming community roughly 15 miles north of Kaiserslautern. By then, apartments at the horse farm were fully engulfed in flames.

"It burns very big and we can see it from one mile," Schwender said. "The sky was yellow."

The fire moved into the



Rick Scavetta

Firefighter Andreas Zell checks out equipment on his truck at Sembach Kaserne. German authorities praised U.S. Army Garrison Kaiserslautern firefighter for assisting their German counterparts to put out a Dec. 23 fire at local horse farm.

attic and was spreading rapidly, Schwender said. Several cows nearby were moved. Just 45 feet away, dozens of horses were in their stable.

Garrison firefighters coordinated their plan with the local firefighters and began their attack.

Firefighter Fabian Reidenbach was in charge of pumping water from his truck. From his vantage point, he could see the challenge they faced: roaring flames consumed the building and showed little signs of stopping.

"The fire was always

getting bigger and bigger," Reidenbach said.

Soon, firefighters opened the roof and sprayed water from ladders above. Gradually, the fire subsided.

No people or animals were harmed by the fire, which occurred early on Dec. 23, said firefighter Andreas Zell.

"A fire is a fire. I help people on base or off base, it's not different for me," Zell said. "I'm proud when everyone from my crew is coming back and everyone is okay."

Winnweiler Mayor

Rudolf Jacob expressed his gratitude for neighborly assistance in a recent letter to Lt. Col. Lars Zetterstrom, U.S. Army Garrison Kaiserslautern commander.

"We want to take this opportunity to thank you very much and the firefighters for support in this devastating fire," Jacob wrote.

In Kaiserslautern, garrison firefighters are mostly German civilian employees and many also serve local volunteer departments.

In the summer of 2010, they fought a major fire at the Kleber Kaserne shop-pette. But, large fires on post are rare, firefighters said.

Thankfully, most calls are alarms to check.

Since the 2010 Winnweiler mutual aid agreement, Sembach firefighters have helped local stations about once a month – often assisting with car accidents on the nearby autobahn.

The horse farm fire was the first time they helped put out a major fire off post.

"They call us when they need us and on the other side, we can call them if we need them. It's a very good thing, this agreement," Reidenbach said.

## How do you get your NEWS?

The Public Affairs Office is conducting a survey to find out how community members in Heidelberg and Mannheim get their information

about what's happening.

The survey will be distributed by email. Results will show how to best get news and information to community members.

Everyone's opinion is important.

It takes just minutes to complete with about 30 clickable questions. All submissions are anonymous. You help tremendously when you

fill out the survey.

The survey can be found at:  
[http://ice.disa.mil/index.cfm?fa=card&sp=125474&s=226&dep=\\*DoD&sc=1](http://ice.disa.mil/index.cfm?fa=card&sp=125474&s=226&dep=*DoD&sc=1)

USAG BADEN-WÜRTTEMBERG



Staff Sgt. Matthew Winstead

Gen. Raymond T. Odierno, Chief of Staff of the Army, presents a coin to Spc. Marchal Mitchell, 56th Engineer Company, during a visit to U.S. Army Alaska Headquarters at Joint Base Elmendorf-Richardson, Alaska, Jan. 20.



Cpl. Trisha Betz

Soldiers from the Minnesota National Guard 1st Brigade Combat Team, 34th Infantry Division, play a hockey tournament in honor of Hockey Day Minnesota in Camp Buehring, Kuwait Saturday.

**our**ARMY  
around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Spc. April York

Soldiers from 2nd Brigade Combat Team, 4th Infantry Division, and 2nd Stryker BCT, 2nd Infantry Division, make their way to Village Stability Platform Chenar in Afghanistan Jan. 16.



Spc. Stephen Solomon

U.S. Army and Romanian Soldiers from Operational Mentor Liaison Team 7 pull security while a comrade provides medical assistance during a Route Reckon and Medical Evacuation training exercise at the Joint Multinational Readiness Center in Hohenfels Jan. 16.



Sgt. Michael J. MacLeod

Two paratroopers with the 82nd Airborne Division's 1st Brigade Combat Team and a trainer run through a smokescreen during a live-fire exercise Jan. 14 at the Joint Readiness Training Center, Fort Polk, La.

# Do the Math

*Don't tell children, 'I was never good at math'*

By Jim Ruehmling  
SCHOOLS LIAISON OFFICER  
AND Rick Renninger  
HEIDELBERG HIGH SCHOOL

As second semester begins at Department of Defense Dependents Schools, it is time for parents and students to take a closer look at the curriculum and how it's moving students toward graduation with the skills necessary to succeed in college.

Though DODDS only requires three years of mathematics, a fourth year is highly encouraged.

Juniors and seniors planning to take college entrance exams need to keep their math skills sharp in order to do their best on those exams and broaden their college opportunities. But taking four years of math will do so much more for your student's academic career.

Higher level mathematics will help students succeed at the college level. Regardless of a student's intended college major, high level mathematics will assist them in becoming success-

ful problem solvers who can think and communicate abstractly.

But the brain is like a muscle group, if you stop exercising it for a year, it will not perform at its best. Heidelberg High School offers Discrete Math, Math Analysis, Advanced Placement Calculus AB/BC and AP Statistics for students who would like to "bulk up" their brain.

Parents of students of all ages can do a lot to encourage their children to do well in Math. Never say, "I wasn't any good at Math, either."

While that may be true, it allows the child to rationalize that doing poorly at Math didn't hurt their parents, so it will not hurt them.

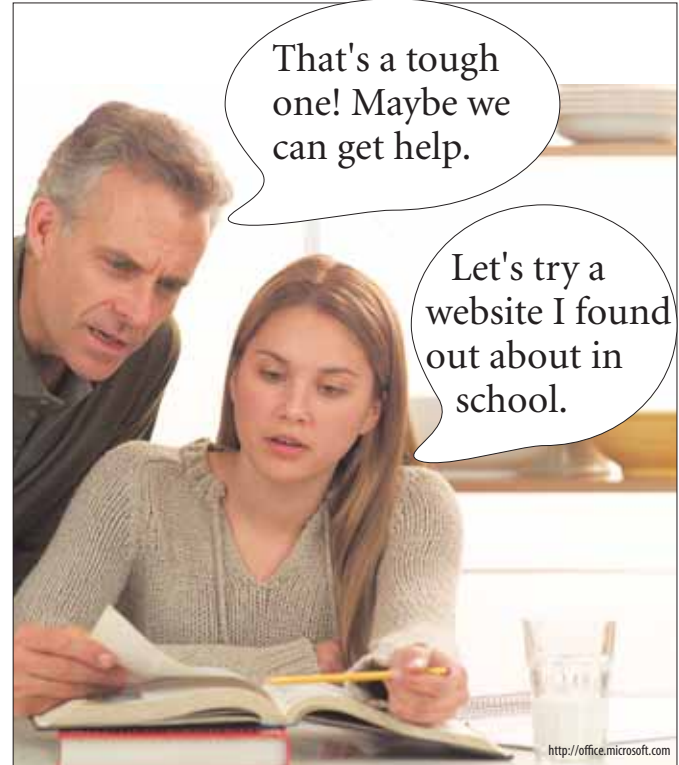
If you see that your child is stuck on a problem, try to help them with it before they become so frustrated that they give up.

If you cannot help yourself, there are many useful websites you can navigate with them for assistance.

- *Tutor.com* is available free of charge to eligible family members, and provides 24/7 real-time tutoring assistance in all subjects.

- Math enrichment games to improve and hone math skills at all levels are available at *ixl.com*.

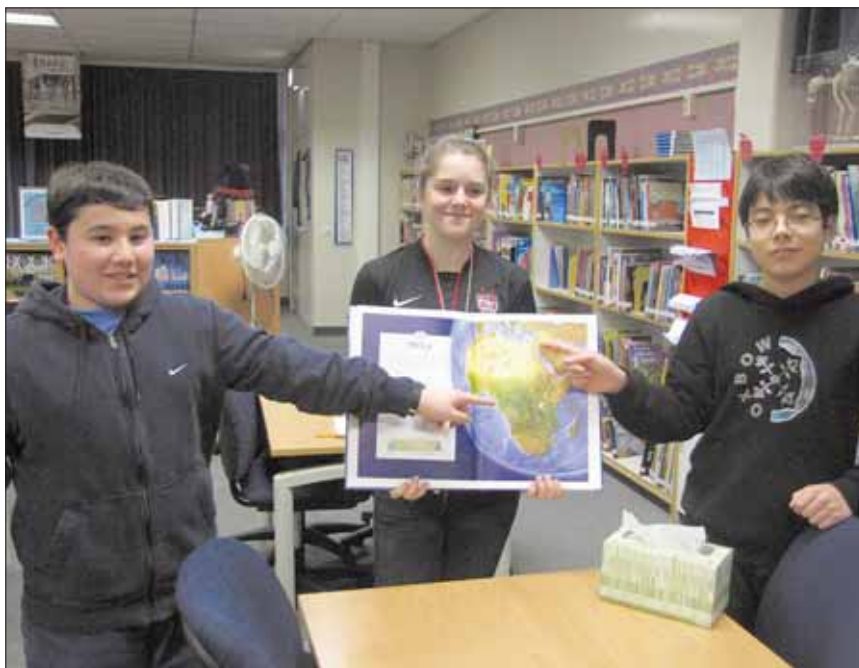
- Many students also enjoy Khan Academy (*khanacademy.org*). This website offers hundreds of free videos where a teacher solves every



type of problem in the standards for middle and high school math.

Finally, parents should ensure that their children have a quiet place to do their homework and try to be available to observe them.

Watching television or listening to music is not recommended while practicing mathematics. What is recommended is lots of effort, daily practice and the courage to keep trying.



Heidelberg Middle School

Heidelberg Middle School Geography Bee Champion Victor Nguyen, left, point to a map of Africa held by Kylie Weaver who came in third place in the contest. Nguyen, who also won the contest last year, will have his test sent to National Geography Bee headquarters in Washington, D.C., in hopes of becoming the representative for Department of Defense Dependents Schools at the national championship. This would earn him a trip to the nation's capital and the chance to compete in the final rounds of the competition to be hosted by television game show host Alex Trebec of "Jeopardy."

## Heidelberg middle school students compete in geography bee

Heidelberg Middle School

For the second year in a row, Heidelberg Middle School Geography Bee Champion was eighth-grade student Victor Nguyen.

The win could lead Nguyen to Washington, D.C., to compete as the Department of Defense Dependents Schools representative in the national competition.

Nguyen took a written test on Jan. 12 which was sent to National Geography Bee headquarters in Washington, D.C. for correction. The school will be notified in March if he advances to the state level, as he did last year. If Nguyen becomes the top Department of Defense Dependents School student in the state level competition, he will advance to nationals. This would earn him a trip to Washington, D.C., to compete against the other state champions.

The final rounds of national competition are hosted by television game show host Alex Trebec of "Jeopardy."

All sixth, seventh and eighth grade social studies teachers conducted seven preliminary geography bee rounds in their classes in early January. Students with perfect scores in the preliminaries participated in a tie breaker with the top 10 vying for the win Jan. 6.

The 10 semi-finalists will be recognized at an awards assembly at the school. Coming in second place was Edwin Castro, seventh grade. The third place student was Kylie Weaver, eighth grade.



## TRICARE

continued from page 1

our Soldiers, retirees and family members as we realign resources and transform our mission.”

Much has happened over the last few years in terms of drawing down military medical services in the area as part of the Army’s transition.

Heidelberg Hospital on Nachrichten Kaserne eliminated in-patient care, child-birth and emergency services in 2008, changing its designation to the Heidelberg Health Center.

Last year, the center ended Acute Care Clinic operations, and the Mannheim Army Health Clinic and Benjamin Franklin Village Dental Clinic closed.

The Coleman Troop Medical Clinic in Mannheim will shutter its doors in 2012, and by September 2013, the HHC will follow suit.

By that time, the small contingent of active-duty and family members remaining will receive care at a clinic scheduled to be opened on Patrick Henry Village in the

spring of 2013.

Retirees and their eligible family members are strongly encouraged to start using host-nation providers by that time.

“Since our retiree population will have to disenroll from the HHC before it closes, it makes sense that they begin transitioning toward a long-term care plan in the local community, if their intent is to stay after the military departure,” Crosland said.

Current figures for retired service members enrolled at HHC show 1,550 TRICARE Plus patients in family practice and 376 TRICARE Plus family members in pediatrics, according to Keysia Linder, beneficiary service representative with TRICARE Overseas.

TRICARE Plus is a unique entitlement only available to retirees overseas. Other beneficiary categories are TRICARE Prime for active duty and their family members, and TRICARE Standard for retirees unable to enroll in Plus because they don’t live near a military treatment fa-

cility or due to space limitations based on number of patients per provider.

“TRICARE Plus gives retirees overseas the option of enrolling with a Primary Care Manager if they reside near a military facility that is able to provide that service based on patient population,” said Elfinesh Worku, beneficiary counseling and assistance coordinator with the TRICARE Service Center.

“As such, if there are appointments available in the military system, they will be given an appointment and are seen at no charge,” she continued. “If there are no appointments readily available or in a reasonable amount of time, then they can still be seen by a host-nation provider and pay the TRICARE Standard deductible.”

The deductible for an individual is \$150 and for a family it’s \$300. After one meets the deductible, TRICARE pays 75 percent and the patient’s share is 25 percent. The annual cap is \$3,000 out of pocket for patients, and then TRICARE pays 100 percent.

“It’s important to remember that TRICARE is not insurance coverage,” said Worku. “It’s a military benefit to the uniformed services and their family members. If retirees receive a bill for treatment at a host-nation facility and have other health insurance, that coverage pays on the medical costs first and then what’s left would be billed to TRICARE.”

The TRICARE For Life program is also available overseas to TRICARE beneficiaries who have both Medicare Part A and Part B, even though Medicare is not available outside of the United States. Unless beneficiaries have other health insurance, TRICARE is the primary payer for covered care received in areas where Medicare is not available, according to the TRICARE Overseas Program handbook.

Retirees under the Standard or Plus program do not need referrals for any host-nation care. However, when enrollees to TRICARE Prime are seen by host-nation providers, they need a referral in order for TRICARE to cover the costs

of the visit, said Worku.

“However,” Worku emphasized, “if it’s an emergency or urgent care situation, active duty and their family members can be seen on the economy without a referral. They will then need to notify the International SOS, a TRICARE partner within 24 hours to get a case number so that TRICARE will cover the medical expenses.”

“The important thing in emergency situations is to get the care you need and worry about the paperwork later. And if a host-nation provider mistakenly believes that a referral is necessary to be seen in an urgent care situation, they can also call ISOS for re-assurance that a referral is not required under those conditions.”

The ISOS toll-free number (800-1818505) should be kept readily accessible or even programmed into personal phones, Worku said.

NOTE: The second part of this series will focus more on the TRICARE benefits for retirees and family members overseas and use of the host-nation network.

## ARTISTS

continued from page 1

and immediately got to work cleaning their tables and preparing for the class. Luckily for them, Art and Spanish Teacher Dora Olivares had already taught a few classes in watercolor, and the students proudly showed their work to Codina while explaining it to the rest of the class.

Codina showed the students some basic techniques as well as do’s and don’ts of the art of watercolor painting.

They learned to lightly sketch their subject in pencil first. Then they were

taught techniques for developing opacity, transparency, differences in brilliance and tonal values, gradations ... the works.

They saw first-hand the pitfalls of water puddling, paper warping and the importance of focus, concentration, speed and spontaneous creativity. Then they proceeded to apply what they had just learned to a work of their own.

“To everyone’s delight, in less than 45 minutes the class had produced some exciting work,” Codina said.

The children were given a chance to

judge their work as a team and to select the top three.

“It was amazing how quickly they applied their lessons to reach a fair consensus on the winners and why they made the choices they did,” Codina said. The winners received art supplies as prizes for a job well done from art supplies sent by Family and MWR headquarters Stateside.

At least one child enjoyed the work so much, she ran home to tell her parents.

“Our daughter, Kai Heineman, came home from school yesterday full

of excitement that a ‘real artist’ had visited her art class and talked to them about watercolors,” said parents Rachel and Troy Heineman in an email. “Her grandfather, Don Mokolke, is a DODDS art teacher in Iwakuni, Japan, and while she considers him to be the ‘best artist in the world,’ I believe [Codina] may have gained the number two spot.”

“It’s the first time Kai has come home with such enthusiasm, and it’s a testament to [Codina] and [his] ability to reach the kids through art,” the Heinemans wrote.

## WINDOWS

continued from page 1

once Windows 7 is present.

The USAREUR information systems directorate – G6 – has prepared the following questions and answers to help users understand what’s happening.

**Whom do I need to contact to have Windows 7 installed on my computer?**

Contact your information management Officer or system administrator.

**When can I expect Windows 7 to be installed?**

The exact timeline will be determined by your organization information management officer or system administrator, but plans call for all users to have Windows 7 on their machines by June 30.

**Will Windows 7 work with the programs currently installed on my com-**

**puter?**

Windows 7 should work with all programs that are currently installed on USAREUR computers. Contact your IMO before installing Windows 7 if you have specific questions or concerns.

**Do all my programs need to be reinstalled after Windows 7 is installed on my computer?**

All third-party software will need to be reinstalled on the computer once Windows 7 is present. Third-party software is any approved software that is special to your position and needs to be installed to help you perform specific duties.

**How long does it take to install Windows 7 on my computer?**

IMOs have reported that installations have been averaging three to four hours. The time varies depending on

whether the customer needs other third-party software reinstalled or has other issues. Most IMOs are installing Windows 7 overnight to help minimize disruption to customers.

**Does Windows 7 install a Data at Rest solution?**

Windows 7 has BitLocker installed with it to help fulfill the DAR requirement.

**Will all my “favorites” and personal data transfer over to Windows 7?**

Yes, all your data will be transferred for you to Windows 7. If you have any sensitive data that needs to be transferred, please contact your IMO or SA to have it backed up before Windows 7 is installed.

**How do I install software once Windows 7 is on my computer?**

All software needs to be installed by your IMO or SA. Please contact them

for your software needs.

**Can I install Windows 7 if my computer still has Mobile Armor?**

Yes. However, your user data must be backed up by the IMO or SA before installing Windows 7 so no data will be lost.

**Can everyone in my office have Windows 7 installed at the same time to help with communication issues?**

Yes, coordinate with your IMO or SA to have all the computers in your organization installed at the same time.

**What do I need to do to prepare for installing Windows 7?**

If there is certain data the user wants to make sure is backed up, the user can back up that data to their home drive. Also, make sure the IMO is aware of third-party software on the computer, so it can be reinstalled.



Mindy Campbell

From left, community volunteers Adina Pavlesich, Nicole Hatch and Jeanne Ragonese rehearse for "Why Do Fools Fall in Love," a KMC Onstage production this season in Kaiserslautern. The musical tells the story of four girlfriends who host a bachelorette party to celebrate an upcoming wedding. As the party goes on, the ladies discover more about each others' love lives than they could have ever imagined.

## Combination of passion, practice fuels theater volunteers

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

The parking lot of the Kaiserslautern Community Activity Center on Daenner Kaserne was deserted and the building was dark on a recent Tuesday night.

Despite the desolate appearance, a handful of actors and musicians were assembled in the building, working on an upcoming production of the KMC Onstage, the local community theater troupe.

The group was rehearsing for "Why Do Fools Fall in Love," a four-woman musical about friendship, life and love featuring popular music from the 1960s. The musical's second weekend includes dinner theater performances 6:30 p.m. Jan. 27-28, plus a matinee 3 p.m. Jan. 29.

The show features classic songs from the 1960s such as "My Boy Lollipop," "I Will Follow Him," "You Don't Have to Say You Love Me" and "Hey There, Lonely Boy." The musical emphasizes that during life's struggles, friendship will last forever.

The show, like all of KMC Onstage productions, is produced and performed by an all-volunteer force. For this show, cast and crew started rehearsals. They typically spend several hours practicing, about three to

four times a week.

A love of the theater is the force behind filling those long hours – after work and sometimes long commutes.

After working all day as a speech-language pathologist at Landstuhl Regional Medical Center, Tim Fiscus heads over to the theater. He's the musical's director and accompanist.

"We do it for the performance and love of performing," said Fiscus, who has previously participated both on stage and on the production side of other KMC Onstage productions.

For Jeanne Ragonese, one of the four-women in the musical, a passion for theater has lead her to make the 60-mile commute each way from her Heidelberg home, where she is a Department of Defense Dependents Schools teacher.

"Some people join the ski club because they love to ski," she said. "I love theater."

Ragonese, who also played the character Mrs. Potts in KMC Onstage's "Beauty and the Beast," said she travels to different locations for community theater because there are limited options for English-language theater.

"Teaching is very other-centered," said Ragonese, who plays Florence in the upcoming show. "Acting is more me-centered. So, I find a balance by

doing both. I leave practice so energized. I get so much back."

Fellow actress Adina Pavlesich, who plays Sally, can't imagine not participating in theater.

"It is what I am supposed to do. It's my heart," said Pavlesich, who also played villain Cruella De Vil in "101 Dalmatians."

And despite the all-volunteer aspect, the talent is great, Fiscus said.

"This cast is amazing," he said.

"That is the really interesting thing about a military community. There are those who could be working professionally, but because their spouse is deployed or overseas here, they have put their theater or vocal performance career on hold."

Actress Mindy Malenius, who has a master's degree in vocal performance, said theater has always been a part of her life and she was itching to get back on stage.

"We do it for the love and passion for music and theater," said Malenius, who plays Millie. "It is a part of who I am."

Another reason that many actors keep coming back after they join one KMC Onstage production is the relationships they build with one another.

"When you spend three to four hours every day with each other, you become a little family for sure,"

**"We do it for the love and passion for music and theater ... It is a part of who I am."**

—Mindy Malenius, Actress

Fiscus said. After joining a cast, you have such a sense of community, said Nicole Hatch, who plays Dee Dee in the musical.

"It is so much fun," she said. "Everyone is so outgoing."

Ragonese said especially in a military community theater group, there are a wide-range of personalities and backgrounds that come together.

"You have such a mix of all kinds of rank of Soldiers, civilians, teachers and retired people," she said.

"Once it is cast, everyone works together toward a common goal and [is] supportive of each other. This is exactly what these kinds of programs are for."

For information, contact KMC Onstage by e-mail at [kmconstage@eur.army.mil](mailto:kmconstage@eur.army.mil) or DSN 483-6626, civ. 0631-4116626.

To purchase tickets for the show visit <https://webtrac.mwr.army.mil/webtrac/Kaiserslauternnretrac.html> or the Landstuhl One Stop Shop, DSN 486-8943, civ. 06371-868943.

## GERMAN NEWS

### Billion-dollar U.S. Acquisition

German automotive parts maker Bosch said Tuesday it has agreed to acquire SPX Service Solutions, a U.S. maker of car service tools, workshop equipment and software for \$1.15 billion (£883 million). SPX Service Solutions develops, manufactures and sells diagnostic and service tools, workshop equipment, and software for the global automotive aftermarket and had estimated sales of \$920 million last year. The agreement will help make Bosch one of the leading providers of diagnostic solutions, by allowing it to expand its diagnostics business in North America. The corporation also hopes to strengthen partnerships in Asia, the Pacific and Europe.

### Sausage Ad 'the Worst'

One of Germany's biggest banks, ING DiBa, has appealed for calm from vegetarians after a German TV commercial featuring basketball star Dirk Nowitzki eating meat unleashed a furor on Facebook. The ad shows Nowitzki walking into a sausage shop where a woman hands him a wurst and asks, "What did we always used to say?" Nowitzki responds, "It'll make you big and strong." Everyone laughs as he eats the sausage. Animal rights activists weren't amused and bombarded the bank's Facebook page, saying the advertisement represents violence against animals and portrays meat as something that can make you stronger when studies say differently. The bank posted a message explaining the spot has nothing to do with advertising for meat or wurst, and the idea was to tell small stories that describe life.

### Deadly Virus on Cancer Wards

Human respiratory syncytial virus, or RS-virus, which rarely leads to fatalities in healthy people, has infected 19 ill patients and is the possible cause of three deaths of leukemia patients at Heidelberg University's hospital. Officials have not yet identified the source of the common virus which is highly contagious since it is airborne. While 200 employees and patients have been screened, only one carrier of the RS-virus has been discovered, a hospital employee, who has been ordered to stay at home until further notice.

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



DEAR MS.  
**Vicki**

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, or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

#### Dear Ms. Vicki,

*I am a military wife. My husband and I have been married just over two years and have two children but we recently decided that we cannot be together. He is not abusive, but he doesn't help with the kids or the house, and all he does is sit at home and watch TV or play video games.*

*He started sleeping downstairs about a month ago and he used the excuse that the baby fell asleep and he didn't want to wake him. I have asked him to leave for the past week, but he has refused.*

*Well, last night we got into a huge argument, and he finally left. He contacted his command because he needed a place to stay; we only have \$7 in the bank, so obviously a hotel wasn't an option. His command informed him that he should call the*

*police and have me removed from the house because we live in military housing and it's in his name. The police showed up and pretty much told my husband they could not make me and my children leave.*

*After he left, his family contacted me, saying they needed to get ahold of him and it was an emergency. I logged into our cell phone account to find out who he called so I could find out where he was, and I found about 150 messages between him and an out-of-state number. I called the number and a female answered, so I immediately became furious and told her she was messing with a married man with two small children, one of whom is terminally ill. I then called and confronted him, and he lied about it. I logged into his account and found a message from this woman (they met in an online game) letting him know his wife contacted her and that she doesn't care and is still here for him.*

*He called me last night and said he would seek help, because he wanted to make his family work. I checked the cell phone account again this morning, and discovered he lied and texted her again.*

*I am done. I do not easily forgive, and this was the final straw. I filled out the necessary paperwork to file for divorce this morning and was planning to head to the courthouse to file. Someone from his command contacted me and said I am not allowed to leave the state with my children, or I will be arrested.*

*So what do I do? I am at a brand-new duty station, I don't know anyone, I have no income, no money and a sick child whom I need help caring for. My family is only about a three-hour drive away; however, it's*

*a different state and I do not want to jeopardize losing my children. Is there anything I can legally do? Help. Thanks, Betrayed and Alone*

#### Dear Betrayed,

Wait a minute – this is too much. First of all, how is your terminally ill child doing? If you leave, will you be placing the child's health in jeopardy? It seems the doctors would want to have a care plan and proper follow-on service with new health care providers before you leave. I'm not asking you to stay with your cheating husband, but think about the children first.

I've never heard what his unit said, "You are not allowed to leave with your children or you will be arrested." Both men and women leave all the time and take the children with them. Custody is something that can be discussed during a separation or divorce proceeding. I know it was shocking to find out your husband was communicating with another woman. It's not good, and you definitely can't have a successful marriage when one partner is not being faithful. I can't say your marriage is over, but obviously you are at a crossroads.

Counseling could help if the two of you are interested in saving your marriage. If you are, check on base for the services. If none are available, check with Military OneSource at civ. 800-342-9647 and they will connect you to a therapist in your community. If your husband refuses, you should consider individual counseling for support. I'm very concerned about you and your children. Please write back and tell me what decisions you made.



Linda Steil

Joseph Krapf, from Patrick Henry Elementary School, wins the school's spelling bee Friday with the word "counterfeit." Krapf will compete at Ramstein Elementary March 17, for a chance to compete in the Scripps National Spelling Bee May 21-June 1.

## Krapf wins spelling bee

For the second year in a row, Patrick Henry Elementary School's Joseph Krapf toppled his competitors to win the school's spelling bee in Heidelberg with the word "counterfeit," Friday.

The fifth-grader's prizes included a \$50 gift card donated by the Exchange, a pair of movie passes and a hard-cover dictionary.

He will compete in the European Regional Bee at Ramstein Elementary School March 17.

The winner of that bee will compete at the Scripps National Spelling Bee near Washington, D.C., May 21- June 1, against children from the United States, American Samoa, Guam, Puerto Rico, the U.S. Virgin Islands, the Bahamas, Canada, China, Ghana, Jamaica, Japan, New Zealand and South Korea.

According to its website, Scripps is the largest and longest-running educational promotion in the U.S.

The winning word at last year's bee was cymotrichous, which means having wavy hair.

Catherine A. McKean, fourth grade, took home a \$25 Exchange gift card, two movie passes and a new soft-cover dictionary after succumbing in round 16. She is the alternate European Bee competitor.

Fifth-grader Asha Benamon, who also competed last year, won third prize, receiving a \$20 Exchange gift card and two movie passes after misspelling in round six.

"Student participation this year increased from 2011, which tells me that the students are really energized about the bee," said Jennifer Crawford, 2012 PTA Spelling Bee chair. "The teachers, parents and volunteers make this a true community event."

This year, 64 students competed, up 13 from 2011. Twelve competitors in the third through fifth grades returned and there were three sets of siblings, according to school reports.

For information about the Scripps National Spelling Bee, visit [www.spellingbee.com](http://www.spellingbee.com).

# GET OUT!

## area events

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

### January 26

**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.

**Music Festivals** - Tickets are on sale for Germany's most popular twin open air festivals Rock at the Ring/Rock at the Park, held simultaneously at the Nürburgring race track and at Nuremberg's Zeppelinfeld June 1-3. International headliners include Metallica, Linkin Park, Soundgarden, Billy Talent, Gossip, The Offspring, Motörhead and Marilyn Manson. These artists are complemented by an impressive list of primarily British and German bands who have garnered national fame in their home countries. Ticket price includes sales fees, parking and camping permissions. For a complete listing of performers, ticket and other detailed info visit [www.bb-promotion.com](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 through Feb. 4. Donations will be accepted 10 a.m. - 3 p.m. Jan. 28 and 10 a.m. - 6 p.m. Jan. 30. The 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, unique cuisine 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. 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).

### February 1

**English Language Stammtisch** – The English Language Stammtisch will meet 6:30 p.m. at the Zum Gueldeenen Schaf on Hauptstrasse 115 in the Heidelberg Altstadt to discuss Primaries and Caucuses: Who will oppose Obama? with discussion led by Charles Keene, former Chairman of Democrats Abroad. Civ. 06221-20879.

### February 2

**Sea Life** – Imagine taking a dive without getting wet. Visit the Sealife Europe Aquarium and come face to face with everything from sardines to sharks, and see loads of fascinating creatures and marine life. The center's star attraction features several monsters of the deep, Great White Sharks of the Jaws movies fame. Open 10 a.m. - 8 p.m. Admission is €12.50 adults and €9.95 children. Im Hafengebieten 5, Speyer, Germany, 67346. Civ. 06232-69780. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### February 4

**Salsa Night** – Dance the night away 9 p.m. - 2 a.m. during Salsa Night at Armstrong's Community Club in Vogelweh Housing, Bldg. 1036, in Kaiserslautern. Lessons available 9:30-10:30 p.m. [www.mwgermany.com](http://www.mwgermany.com).

### February 11

**Cologne** – Party in Cologne during the Carnival season. Straddling both sides of the Rhein River, Cologne is famous for its architecture as well as its famous Fasching Parade. The day starts with a guided walking tour of Cologne's Altstadt to get an insight into the 2,000-year-old history of the metropolis. A great many sights are

concentrated within 1 square kilometer of the Cathedral and the Town Hall. In the narrow, cobblestone alleys of the Old Town and on the busy squares, you will get a feeling for life in the cathedral city, yesterday and today. After the guided tour, explore on your own. <http://affiliates.uso.org/rheinmain>.

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

### February 12

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

### February 16

**Carnevale in Venice** – Experience Carnevale weekend in Venice and participate in this festive celebration while strolling through beautiful Northern Italy. Enjoy a guided tour through this famous city and see the canals, bridges and the imaginative, elaborate costumes of the Carnevale. After taking in the sights of Venice, the tour will proceed on to Florence, a city considered by many to be the cradle of the Renaissance. <http://affiliates.uso.org/kaiserslautern>.

### February 17

**France** – Enjoy a tour of the beautiful city of Lyon, France, and learn more about the ancient Romans, the Middle Ages and the Renaissance in France. Lyon is France's third largest city and known for being the country's best place for good food. There will also be time to visit the nearby city of Vienne, the St. Romain en Gal Roman Museum and the city of Cremieu. <http://affiliates.uso.org/rheinmain/>

### 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).

**Tom Petty** – Legendary rock band Tom Petty and the Heartbreakers play Mannheim's SAP Arena 8 p.m. June 30. With a career spanning four decades, the rock'n'roll veterans are still considered by many to be a great live act. For tickets visit [www.o2more.de](http://www.o2more.de) [www.eventim.de](http://www.eventim.de), [www.bb-promotion.com](http://www.bb-promotion.com) or [www.rheinneckarticket.de](http://www.rheinneckarticket.de). Tickets are also available at outlets such as Zigaren Grimm in Heidelberg or Mannheimer Morgen Kartenshop in Mannheim. Civ. 0621-10-1011.

## coming to THEATERS

### RED TAILS

(Terrence Howard, Cuba Gooding Jr.) The thrilling true story of a group of Tuskegee Airmen called into action in the midst of the fire and chaos of World War II. The fearless aviators, led into battle under the guidance of Col. A.J. Bullard, are given orders to help reclaim the skies over Europe. (Rated PG-13 for some sequences of war violence) 95 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Jan. 26 - IMMORTALS (R) 7 p.m.  
Jan. 27 - RED TAILS (PG-13) 7 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 10 p.m.;  
Jan. 28 - HAPPY FEET TWO (PG) 4 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 7 p.m.; RED TAILS (PG-13) 10 p.m.  
Jan. 29 - HAPPY FEET TWO (PG) 4 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 7 p.m.  
Jan. 30 - J. EDGAR (R) 7 p.m.  
Jan. 31 - EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 7 p.m.  
Feb. 1 - RED TAILS (PG-13) 7 p.m.  
Feb. 2 - J. EDGAR (R) 7 p.m.

#### Vogelweh, Galaxy

Jan. 27 - CONTRABAND (R) 7 p.m.  
Jan. 28 - JACK AND JILL (PG) 4 p.m.; IMMORTALS (R) 7 p.m.  
Jan. 29 - IMMORTALS (R) 4 p.m.

#### Ramstein, Gateway Movieplex

Jan. 26 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; JACK AND JILL (PG) 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m., 9 p.m.; WINNIE THE POOH (G) 11:30 a.m.  
Jan. 27 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Jan. 28 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Jan. 29 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Jan. 30 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Jan. 31 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Feb. 1 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.  
Feb. 2 - RED TAILS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; EXTREMELY LOUD & INCREDIBLY CLOSE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2 p.m., 4:30 p.m.; J. EDGAR (R) 11:30 a.m., 2:30 p.m., 5:45 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. 26-Feb. 1 - DRIVE (R) 10:30 p.m. at CinemaxX

Jan. 29 - GIRL WITH THE DRAGON TATTOO (R) 7:30 p.m. at CinemaxX

## community HIGHLIGHTS

### Town Hall Meetings

U.S. Army Europe and U.S. Army Garrison Wiesbaden will host a town hall meeting 1 p.m. Feb. 16 in the Patrick Henry Village Pavilion in Heidelberg that will be streamed live on Facebook and aired on AFN's Prime Atlantic station in Heidelberg and Mannheim. Questions may be submitted ahead of time by filling out a form on the USAREUR website, [www.eur.army.mil/relocation/question](http://www.eur.army.mil/relocation/question).

### Threat Awareness Briefings

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

### Asymmetric Warfare Group

The U.S. Army Asymmetric Warfare Group is seeking experienced officers and non commissioned officers who are adaptive, problem solvers, highly trainable and motivated to fill operational advisor and operational support and staff positions. An information and recruiting brief will be held 10 a.m.-noon Jan. 30 in the Casablanca Room, Bldg. 31, on Campbell Barracks in Heidelberg. To apply, visit [www.awg.army.mil](http://www.awg.army.mil) prior to the brief. Civ. (U.S.) 301-833-5366, [awg.recruiter@us.army.mil](mailto:awg.recruiter@us.army.mil).

### 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.bw.eur.army.mil/Directories/EEO/Training/EEONoFEAR.pdf](http://www.bw.eur.army.mil/Directories/EEO/Training/EEONoFEAR.pdf), on the alternating year. Classes are 1-2 p.m. Feb. 15 and monthly until September in the U.S. Army Garrison Baden-Württemberg EEO Training Room, Bldg. 128, on Patton Barracks in Heidelberg.

### 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. [www.ncsi.com](http://www.ncsi.com). Registration: DSN 373-5494, civ. 06221-17-5494.

### 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. Soldiers can apply for assistance at [www.armyhomefrontfund.org/Mafa.aspx](http://www.armyhomefrontfund.org/Mafa.aspx).

## local EMPLOYMENT

### University of Phoenix Faculty

Professionals who have graduate degrees and in-depth field knowledge are needed to teach 6-10 p.m. one night a week at the University of Phoenix campuses on Patton Barracks in Heidelberg and on Ramstein Air Base in Kaiserslautern. [http://www.phoenix.edu/faculty/become\\_a\\_faculty\\_member/overseas\\_military\\_instruction.html](http://www.phoenix.edu/faculty/become_a_faculty_member/overseas_military_instruction.html).

### KAISERSLAUTERN Education

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

### Community

♦ **Open Mic Night** – Sign up to sing, play an instrument, recite poetry or show off comedy skills starting 6:30 p.m. Jan. 26 and Thursdays at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

♦ **Cinema Sunday** – Watch Bee Movie while snacking on free popcorn 2:30-6:30 p.m. Jan. 29 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Children 12 and younger receive free snack bags. Civ. 0631-536-6000.

♦ **Abuse Survivor Peer Group** – The incest, sexual abuse and assault survivors peer group meets 6-8 p.m. Feb. 1 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.

♦ **Food Handlers Class** – The Environmental Health Branch at Landstuhl Regional Medical Center offers Food Safety for Volunteers 5-7 p.m. Feb. 2 and first Thursdays at the Learning Resource Center (Bldg. 3718) at Landstuhl. A food handler's card is required for anyone responsible for organizing and supervising food sales fundraising activities. DSN 486-8489, civ. 06371-86-8489.

♦ **Valentines Day Chocolate** – Order sweets for your sweetheart by Feb. 7 and Better Opportunities for Single Soldiers will deliver them to any on-post office or living quarters. Orders include chocolates, personalized Valentine note and delivery. DSN 493-4469, civ. 0631-3406-4469.

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

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

♦ **Mother, Daughter Book Club** –

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

### HEIDELBERG Education

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

♦ **ACS Classes** – Culture College, 8:30 a.m.-1 p.m. Jan. 30-Feb. 1, with field trip 9 a.m.-3 p.m. Jan. 14; Applying for a Federal Job, 9-11 a.m. Jan. 31-Feb. 1; Communication and Assertiveness, 10-11:30 a.m. Feb. 2, 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; PCS brief, 1:30-5:15 p.m. Feb. 7; Re-integration Brief, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.

### Community

♦ **Community Bank** – The Community Bank 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.

♦ **Disco Fever** – Dress in '70s-style clothing and join the disco party 4 p.m. Jan. 28 at Slapshots on Patton Barracks. DSN 373-5190, civ. 06221-17-5190. [www.mwgermany.com](http://www.mwgermany.com).

♦ **Prayer Breakfast** – Tickets are available at the chaplain's office on Patton Barracks and the Mark Twain Village and Patrick Henry Village chapels for the National Prayer Breakfast 7-9 a.m. Feb. 3 at the Pavilion on PHV. Guest speaker is Bishop F. Richard Spencer, archdiocese for military services. DSN 373-6190, civ. 06221-17-6190.

♦ **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. 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.

♦ **Technology Exposition** – The semi-annual technology exposition, hosted by 43rd Signal Battalion, will be 10 a.m.-2 p.m. Feb. 10 in the Casablanca Room on Campbell Barracks. More than 30 exhibitors will demonstrate the latest in Cloud Computing, Data Storage and Protection, Digital Imaging and more. To register, visit [www.Federa-Events.com](http://www.Federa-Events.com), click on the "Campbell Barracks" link and select the Pre-Register button. Admission is free for Campbell Barracks personnel.

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

♦ **Tell Me A Story** – Parent to Parent will host Tell Me A Story 2-4 p.m. Feb. 12 at Patrick Henry Elementary School. Brig. Gen. Nadja West, commanding general of U.S. Army Europe Regional Medical Command, will read *More Than Anything Else*, the true story of Booker T. Washington and his quest to learn to read. Families will receive a copy of the book, and activities and snacks will be provided. Email registration request by Feb. 6 to [PtoPHeidelberg@MilitaryChild.org](mailto:PtoPHeidelberg@MilitaryChild.org).

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

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

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

♦ **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.

♦ **German Customs** – The Heidelberg German Customs (Zollamt) office has moved from Gueteramt StraBe 2. New GPS address is Dischinger StraBe 8 (second floor), 69123 Heidelberg-Pfaffengrund. Civ. 06221-43807-30.

♦ **Check Writing** – 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.

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

### MANNHEIM Education

♦ **ACS Class** – 1, 2, 3, 4 Parents! (three sessions), 10 a.m.-noon Feb. 1, 8 and 15, ACS, Sullivan Bks. Bldg. 246, Conference Room. DSN 370-6975, civ. 06221-57-6975.

### Community

♦ **Variety Night** – Adults 18 and older can enjoy a variety of tunes 9 p.m.-2 a.m. Jan. 27 and every Friday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370, [www.mwgermany.com](http://www.mwgermany.com).

♦ **'70s, '80s Night** – Adults 18 and older can enjoy a variety of '70s and '80s tunes 10 p.m.-3 a.m. Jan. 28 and every Saturday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370. [www.mwgermany.com](http://www.mwgermany.com).

♦ **Action, Adventure Movie** – Watch action and adventure movies 4:30-midnight Jan. 28 and every Saturday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Story Time** – The library on Sullivan Barracks offers preschool and toddler story time 10:30-11:30 a.m. Feb. 1 and 15 at the library support office (Room 118), Bldg. 246. DSN 385-2688, civ. 0621-730-2688.

♦ **Prayer Breakfast** – Tickets are available at the chaplain's office on Benjamin Franklin Village for the National Prayer Breakfast 7-9 a.m. Feb. 3 at the Patrick Henry Village Pavilion in Heidelberg. Guest speaker is Bishop F. Richard Spencer. DSN 373-6190, civ. 06221-17-6190.

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

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

HEALTH ADVICE



# Glaucoma: sneak thief of sight

By Michael D. Pattison  
U.S. ARMY PUBLIC HEALTH COMMAND

January is National Glaucoma Awareness Month. It was set aside to help educate people on the leading cause of preventable blindness in the world.

Glaucoma is a group of diseases that damage the optic nerve in the back of the eye and result in a loss of vision.

The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery (or side vision) and can progress to total blindness.

More than 2 million Americans have glaucoma, with approximately 120,000 going blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have it.

The best way to prevent significant vision loss from glaucoma is early detection through a periodic, comprehensive eye examination from an eye doctor. This is especially important in African-Americans, Hispanics, the elderly and those with a family member who has glaucoma since

Your sight is a most precious gift. Take good care of it.

these people are more likely to have glaucoma. How often a person should be examined can be determined between the individual and his or her doctor. Those in higher risk groups can expect to be required to have an eye examination more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam. High pressure in the eyes alone does not necessarily mean a person has glaucoma.

Also, a person does not need to have high pressure in the eyes to have glaucoma. So, when you see an eye doctor, make sure that you ask for a comprehensive eye exam.

If you have glaucoma and it is detected early, treatments such as eye drops or surgery can usually stop or slow the progression of vision loss. Currently there is not a cure for glaucoma, although a lot of research is being done to find one.

One important thing to know is that the vision loss caused by glaucoma does not return

with treatment. Any vision loss that has already occurred is permanent.

Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor you are comfortable with also is important because glaucoma, like high blood pressure and diabetes, is a disease which needs to be treated for life.

Be willing to discuss any side effects or other symptoms you may be having because of the medication, and make certain that you clearly understand and have written directions on how and when to take your medicine.

Do not be afraid to ask questions if you do not understand. For example, does four times a day mean every six hours or four times a day while awake? And make certain that you take your medicine as prescribed. If you cannot get your eye drops in your eye, get someone to help you or ask to be taught a better way.

The most important thing in preventing the loss of vision due to glaucoma is you. Your sight is a most precious gift. Take good care of it.

SOURCE OF IMAGES: <http://office.microsoft.com>

## staying ACTIVE

### Heidelberg Community Basketball

Heidelberg unit level basketball league upcoming games at the fitness center are: **Jan. 30** – 529th Military Police vs. Medical Command at 6 p.m., 60th Engineers vs. NATO at 7 p.m. and Slayers vs. Warriors at 8 p.m.; **Feb. 1** – MEDCOM vs. 1-214th Aviation at 6 p.m., 529th MP vs. Warriors at 7 p.m. and 60th Eng. vs. Slayers at 8 p.m.; **Feb. 6** – Medical Department Activity vs. Slayers at 6 p.m., NATO vs. 1-214th at 7 p.m. and MEDCOM vs. Warriors at 8 p.m.; **Feb. 8** – MEDDAC vs. NATO at 6 p.m., 529th MP vs. 60th Eng. at 7 p.m. and Warriors vs. 1-214th at 8 p.m.

### Rod and Gun Club

The Rod and Gun Club in Oftersheim offers a rifle shoot 1 p.m. Jan. 28 and an archery safety course 1 p.m., also Jan. 28. Civ. 06202-5119.

### Bike Maintenance Workshop

Novice and intermediate bike maintenance workshops 6:30-8 p.m. 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. Advance payment is required. DSN 370-6489, civ. 06221-57-6489, [www.mwrgermany.com](http://www.mwrgermany.com).

### Super Bowl XLVI Parties

**The Patrick Henry Village Bowling and Entertainment Center** in Heidelberg will host a Super Bowl XLVI party 11 p.m. Feb. 5 and will roast two pigs to be served at half time. Bowling is \$1 a game with the Super Bowl showing on all televisions. DSN 388-9040, civ. 06221-338-9040.

**The Kaiserslautern Kazabra Club's** Super Bowl Party is 9 p.m.-4 a.m. Feb. 5 featuring a buffet, games and giveaways. Get tickets at the Kazabra Club, from your unit Better Opportunities for Single Soldiers and Service members, BOSS, representative or at the One Stop Shop. DSN 486-8943, civ. 06371-86-8943.

### Indoor Ice Skating

Book now with Kaiserslautern Outdoor Recreation for the indoor ice skating trip Feb. 12 to Zweibrücken. DSN 493-4117, Civ. 0631-3406-4117.

### Adler Alliance

The Army, Air Force, Adler Alliance is currently looking for hockey sports writers. A4 is a non-profit sports media organization run by military members, providing information about professional and military hockey in Germany. Partnered with the Mannheim Adler, A4 has special access to players and team personnel. Anyone with a knack for writing and a passion for hockey should contact [info@adleralliance.com](mailto:info@adleralliance.com) or civ. 0172-626-3642.

### 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.

### 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.