

HeraldPOST

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

HP THURSDAY
March 8, 2012

Speed Read

RELIEF EFFORTS



214th Aviation Soldiers traveled to Montenegro to support the many residents affected by the heavy snowfall. 3

HOUSING ALLOWANCE

U.S. Army Europe will conduct an Overseas Housing Allowance Survey in April for service members who live off-post. 3

BRAVERY REWARDED

A Vicenza-based Soldier was awarded a peacetime medal for heroic actions during a Florida bank robbery last year. 6



COLOGNE UP CLOSE

Nestled on the banks of the Rhein River, Cologne offers travelers a tasty retreat. 9

UNIT LEVEL BASKETBALL

Local basketball teams hit the hardwood in Heidelberg during the unit level basketball tournament on Patton Barracks. 13

NUTRITION MONTH

Members of the Academy of Nutrition and Dietetics encourage Americans to get their plates in shape during National Nutrition Month. 14

Defense Details

WOMEN IN UNIFORM

The military needs to examine the barriers that can prevent the best people from serving, the director of the Joint Staff said Monday. Navy Vice Adm. William E. Gortney spoke to 1,700 participants in the Joint Women's Leadership Symposium. The admiral, who is President Barack Obama's nominee to be the next commander of U.S. Fleet Forces Command, said the military today is far better than when he joined. "It is a direct result of the leadership and talent pool women bring," he said. "I would never want to go back in time." Gortney noted that debates are going on in Congress and around the military about the correct percentage of women in the military.

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

What's Inside

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

Coleman clinics to reduce services in June

HMEDDAC Public Affairs

The Coleman Troop Medical Clinic in Mannheim will cease full patient care services June 1, to include pharmacy services, and will transition to sick call support beginning June 4.

In addition, all dental support at the Coleman Dental Clinic, to include dental sick call services, will cease May 1. Dental services for the Mannheim-Coleman Soldier population will trans-

fer to the Patrick Henry Village Dental Clinic in Heidelberg.

The reduction in services will affect about 600 Soldiers supporting Coleman Barracks and is part of the Army's overall transformation process in Europe, said Lt. Col. Rachele Smith, Officer-in-Charge of the Heidelberg Health Center and Coleman TMC Commander.

"We are reducing staffing and services to correspond with our decreasing beneficiary population levels," Smith

explained. "However, we will continue to meet the health care needs of our Soldiers with the same quality, accessible care as before, only at a different location within the Heidelberg footprint."

Beginning in June, Soldiers assigned to the Coleman TMC will be automatically enrolled at the Heidelberg Health Center. Pharmacy services will also transition to the health center, although officials are looking to keep a small see **CLINIC** page 14

Free eye exams for retirees

LRMC Public Affairs

In honor of "Save Your Vision Month," the Optometry Clinic at Landstuhl Regional Medical Center is dedicating March 29 to retirees who need routine and or diabetic eye exams.

The clinic is reserving 36 appointments for retirees needing routine and or diabetic exams to come in and have their eyes checked on a first-come, first-served basis. Appointments can be made by calling DSN 486-5762 or civ. 06371-86-5762. Patients are asked to bring an escort because exams will involve dilation of the eyes. Routine eye exams are especially important for retirees and diabetic patients.

"The risk factor for ocular complications increases with certain medical conditions such as hypertension, diabetes and hypercholesterolemia, and thus there is urgency for this group to have a routine eye exam. Ocular complications include glaucoma, diabetic retinopathy and age-related macular degeneration. The [prognosis is better] with earlier detection," said Col. (Dr.) Donovan G. Green, Chief of the see **EYE** page 14

Seeking solutions



Rick Scavetta

Soldiers from Landstuhl-based Company C, 1st Battalion, 214th Aviation Regiment, conduct maintenance on a UH-60 Black Hawk helicopter used for medical evacuations.

Command addresses Landstuhl noise complaints

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Lt. Col. Lars Zetterstrom, U.S. Army Garrison Kaiserslautern commander, met with Landstuhl Mayor Klaus Grumer Feb. 24 to discuss public concerns about helicopter noise.

A new antenna to reduce

noisy hovering time, plus limiting late-evening flight times during winter months, were solutions Zetterstrom proposed to Grumer, who repeated his call for Company C, 1st Battalion, 214th Aviation Regiment to be relocated.

Helicopters from the medical evacuation unit

must hover when contacting the control tower at nearby Ramstein Air Base, Zetterstrom explained. They also are required to train at night to prepare for lifesaving missions, he said.

"We're looking at funding a project that will install an antenna," Zetterstrom said.

see **NOISE** page 14

COMMAND MESSAGES

Separating fact from fiction

Office of the Inspector General sheds light on their role in the ranks

By Spc. Adam P. Garlington
USAREUR PUBLIC AFFAIRS

There is a myth amongst Soldiers that only bad things happen when personnel from the Office of the Inspector General visit a unit or command. However, many Soldiers don't really know what the OIG does for the Army.

"We're the eyes, ears and voice of the command," said U.S. Army Europe Command Inspector General Col. William Miller.

The OIG focuses on helping Soldiers and improving the Army by assisting, investigating, inspecting, teaching and training units and commands.

According to Miller, the OIG assists in eliminating conditions that are detrimental to the morale, efficiency and reputation of the unit and Army by processing complaints, requests for information or anything else that's referred to the office.

The USAREUR OIG receives an average of 1,500 to 2,000 requests for assistance per year.

This number includes questions about non-support issues, Army regulations and other topics, Miller said.

"Anyone can request assistance

from any OIG at any time," said USAREUR OIG Senior Enlisted Advisor Sgt. Maj. Terry Abel.

"If a Soldier is on leave in the States, the Soldier can contact a local OIG in the U.S. for help with a problem," he said.

The OIG has a research staff that finds and interprets Army regulations to fulfill requests for assistance by military personnel, dependents, civilian employees and the general public.

Requests for assistance also consist of conducting investigations and inquiries as directed by law, the Secretary of the Army inspector general, the commanding general and the command inspector general.

Inquiries may include allegations of mismanagement, improper conduct and violations of the Military Whistleblower Protection Act.

After the OIG completes investigations and inquiries, it provides objective reports to the directing authorities.

"We don't automatically believe allegations," Abel said. "Our investigations are fair and impartial. We're honest brokers of the truth. We help solve problems at the lowest level possible."

Miller explained that the OIG doesn't have command authority to

implement or direct adverse actions.

It only helps identify deficiencies and informs the chain of command about the deficiencies.

Anyone can contact the OIG about a problem, but it shouldn't be the first course of action when trying to solve a problem, Miller said.

Personnel should first try to solve problems with their chain of command.

Inspections are conducted as directed by the commanding general throughout the area of responsibility to teach and train the command, ensure force well-being, enhance readiness, facilitate transformation, and accomplish the commander's annual and special interest priorities as well as Department of the Army regulatory requirements, Abel said.

"Inspections are used to identify and fix systemic issues across the command," Abel said.

"Inspections may focus on how to improve physical readiness training, the Better Opportunities for Single Soldiers program, or how to increase safety during weapons qualification," he said.

The inspections, investigations and assistance provided by the OIG support the chain of command and help teach and train leaders at all levels on how to achieve the right

"We don't automatically believe allegations. Our investigations are fair and impartial. We're honest brokers of the truth. We help solve problems at the lowest level possible."

-Sgt. Maj. Terry Abel

end state, Abel said.

The OIG supports Soldiers and shouldn't scare anyone who is following the rules.

Requests for assistance can be made by submitting a DA Form 1559 to the local OIG by email, fax, in-person or mail.

Requests for assistance can also be made by calling the OIG.

To reach the USAREUR OIG hotline, call DSN 370-5555 or civ. 06221-57-5555, or visit their website at www.hqusareur.army.mil/ig/.

Their office is located on Campbell Barracks in Heidelberg in Bldg. 31 North (between the Community Bank and Shoppette).



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

"Starting March 1, USAG BW community members can book online appointments for ID card and DEERS services at <https://rapids-appointments.dmdc.osd.mil/>"

-BWnow Facebook Administrator

"Yaay! Hopefully no more 5 hour waits now!"

-Ellie Bunker, BWnow Facebook fan

"Is there still a Self Help in Mannheim? If so what are the hours? Thank you in advance."

-Karin Bullard, BWnow Facebook fan

"The Self-Help store is located on Funari Barracks at the recycle center compound. Currently, the facility is open for customers 10 a.m.- 6 p.m. Tues., 10 a.m. - 2 p.m. Saturdays and closed American and German

holidays. DSN 380-4435 or civ. 0621-730-4633."

-BWnow Facebook Administrator

"Are there hair and/or nail salons to go to around here? I need to know where the good places are. If anyone knows a good place, tell me!"

-Hannah Rose Usher, BWnow Facebook fan



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

Public Affairs Officer:
Regina Hingtgen

Editor:
Donna Walker

Social Media Chief, Reporter:
Dijon Rolle

Reporter:
Elizabeth Casebeer, Heidelberg

Contact information:

Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil or
usarmy.badenwur.usag.mbx.postnews-pers@mail.mil

Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Reporter: Rick Scavetta
Web Master: Brandon Spragins

Advertising:

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

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

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

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

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

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 15,000.

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

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

Soldiers lead Montenegrin relief efforts



Staff Sgt. Joel Salgado

Capt. Terry Hill, a pilot with 1st Battalion, 214th Aviation Regiment, gives a stuffed toy to a local girl at an open house where Montenegrins were provided the chance to see equipment U.S. forces brought for a humanitarian assistance mission Feb. 26. Hill is part of the U.S. task force sent to provide humanitarian assistance at the request of the government of Montenegro, which also coordinated with the National Emergency Operations Center and the Montenegrin Ministry of Defense to provide relief and to save lives, homes and infrastructure in response to heavy snowfall.

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

PODGORICA, Montenegro – When Army Capt. Terry Hill told his daughter Kaylee that he must leave home to help snowbound villagers in mountainous Montenegro, the 3-year-old rushed to her toy box.

Hill and his wife, Julie, were not surprised when Kaylee returned with a plush toy.

“It was a little Smurf,” said Hill, a medical evacuation pilot from Company C, 1st Battalion, 214th Aviation Regiment. “She knows about the importance of giving to others. She asked that I give it to a little girl like her.”

In mid-February, as snow piled

high among Montenegro’s mountains, Company C Soldiers were gearing up for a long weekend for President’s Day, said company 1st Sgt. Kyle Brunell.

That changed when a warning order arrived at the company’s Landstuhl headquarters – prepare aircraft and crews to support humanitarian assistance to the Montenegrin people.

“When people are in need, that’s what we do. We respond,” Brunell said. “By nature, a medevac company responds when somebody else calls for help. It doesn’t matter if it’s a war zone where they are shot or injured, or a peace time humanitarian mission. We respond and our Soldiers are excited to help.”

Soldiers from the 361st Civil Af-

fairs Brigade, a U.S. Army Reserve unit headquartered at Kaiserslautern’s Daenner Kaserne, coordinated efforts. The advance team set up Feb. 19.

Two UH-60 Black Hawks, one from Landstuhl and another from Mannheim, launched. Support personnel flew down on C-12 airplanes, and operations began Feb. 23.

Weather affected two days of planned flying during the five-day mission, so crews stayed a couple days longer to offer assistance. The Soldiers were expected to return to Germany the first week of March.

Operating above deep snow drifts proved challenging. Crews lowered aid to the ground using a hoist – a tool unique to the medical evacuation helicopter, Hill said.

While crews often train for “live hoist” missions – lowering or raising people from a hovering helicopter – the chances to actually perform one in a real world mission are rare, Hill said. Within two days, Hill’s crew performed six hoists.

Sgt. Joe Campbell, who won the 2011 Kaiserslautern Red Ribbon Run and whose family was the Army Family of the Year, was on that hoist line helping lower Montenegrin doctors into remote villages. Afterward, the helicopter returned and hoisted them up, Hill said.

Campbell’s wife, Tawny, said when their daughter Rhylni, 3, saw online photos of her dad dangling under a helicopter, she said, “Look mommy, he’s giving people rides.”

“He loves the hoist. He’s so excited,” Tawny Campbell said. “It’s an extension of who he is. His mindset is to help and serve. He does it because he knows he’s helping someone.”

Campbell told his wife it’s great to see Montenegrin people look up and wave as they fly overhead. It’s also important for spouses, some of whom were at first unsure of where Montenegro was on a map, to see their Soldiers helping out, Tawny Campbell said.

“We get to see how much good he is accomplishing,” she said of her husband. “When he comes back, they are going to have [a] different view of Americans and of medevac, because of what he’s done.”

Missions also included crews dropping medical supplies at remote villages along the Bosnia-Herzegovina border and delivering animal feed. Onboard, a Montenegrin pilot who knows the terrain helped direct Hill to the drop sites.

“They are our human GPS,” Hill said of his Montenegrin counterparts.

“With this amount of snow, houses [are] completely covered. The local national pilots know where they are.”

Using a cell phone, the Montenegrin pilot gets help from snowbound villagers, saying they can hear the rotors and asking them whether to fly straight or turn.

“You see a hump in the snow, but it’s a house. That’s where we’re delivering the medicine to.”

For one Soldier, Sgt. Damir Basic, who was raised in nearby Croatia, the mission offered a chance to speak Serbo-Croatian, his native tongue.

“He’s a fueller, but with his knowledge of the language, it made sense to bring him as an interpreter,” said Sgt. 1st Class Rich Simmons.

“He helped in all aspects, with the language and loading aircraft. It was great that he was part of this.”

Flying heavy aircraft above 6,000 feet forced Hill and crewmembers to revert to their training, he said.

The terrain was extremely different than southern Afghanistan, where the unit most recently conducted operations. But the mission, to members of a Dustoff – the nickname given to medical evacuation helicopters – is essentially the same, Hill said.

“What we do is save life or help life,” Hill said. “To help other people, it doesn’t matter if we are in combat or we’re here. The end state is to better other people with the assets we’ve been blessed with.”

During a break in missions, local Montenegrins visited the American Soldiers and their helicopters at Golubovci Airbase.

One girl reminded Hill of his daughter. With her parents’ permission, Hill offered the Smurf to her.

“She was shy at first. But she just lit up,” Hill said. “It was just great. But it’s hard to explain in words. We’re blessed with what we have. It meant a lot to me.”

Overseas Housing Allowance survey affects pay

USAREUR Public Affairs

U.S. Army Europe will conduct an Overseas Housing Allowance Survey April 1 through 30.

The survey is intended to measure the amount of compensation service members are receiving from OHA to live in privately leased or rented residential housing.

All service members – regardless of service affiliation – who reside in off-post housing are requested to complete the survey in order to accurately gauge the amount of OHA service members are receiving.

This survey is critical for ensuring OHA rates are properly set at overseas locations and directly affects the amount of housing allowance each service member is paid.

Every year, the Defense Travel Management Office conducts these types of surveys to identify how much service members have spent in the previous year for utilities.

Spouses are authorized to take the survey if the service member is deployed.

A link for the survey will be on the U.S. Army Europe, www.eur.army.mil, beginning April 1.

transformation UPDATE

Frequently Asked Questions

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

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

NEW – What will happen to the Exchange stores in the Mannheim and Heidelberg communities?

The Mannheim Exchange will close shortly before the closure of Benjamin Franklin Village later this year. Currently, the Mannheim Exchange is scheduled to close in August 2012. In Heidelberg the proposed date is August 31, 2014. This date could change depending on future projections.

NEW – When will the commissary in Mannheim close?

The Commissary in Mannheim is slated to close in August of 2012. Currently, the official closure date for the Heidelberg Commissary has not been announced.

NEW – What will happen to Soldiers moving to Wiesbaden that have to live off-post but have less than a year left here before they leave?

These individuals will need to begin contacting their housing office directly and working with their chain of command to determine the best and most cost effective option to address their specific needs.

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

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

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

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

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

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

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

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

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

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

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

Individuals who are PCSing and enrolling in another Department of Defense Dependents School in Europe can carry their paperwork to the

new school. Parents must also ensure they disenroll their child from their current school. If you are changing to a stateside school, your child's paperwork will need to be forwarded. Contact your school for further guidance.

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

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

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

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

Facilities Operations Changes Mannheim

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

UPDATED – Chapel Closure – The Benjamin Franklin Village chapel will now close in May. The last Catholic service will be 5 p.m. March 31. The last Protestant service will be May 6.

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

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

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

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

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

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

Sullivan Gym Hours Change – The Sullivan Fitness Center has new hours: 6 a.m.-8 p.m. Monday-Friday, 10 a.m.-5 p.m. Saturday,

11 a.m.-4 p.m. Sunday and 10 a.m.-5 p.m. federal and training holidays.

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

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

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

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

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

Heidelberg

UPDATED – Airport Shuttle Buses – The free shuttle bus service for service members, DOD civilians and their families departing Germany from Ramstein Air Base on the recently announced Patriot Express channel flight departs Heidelberg **4:20 a.m.** every Tuesday from the Patrick Henry Village Guest House, Bldg. 4527, Grasweg, 69124 Heidelberg. The chartered bus includes a toilet and makes no rest area stops during the one hour, 45 minute drive. Travelers should arrive 15 minutes prior to bus departure with military identification cards and copies of permanent change of station or temporary duty orders. Service members on orders have priority, but other ID card holders can ride if space allows. For information or to sign up, contact the USAG Baden-Württemberg Central Processing Facility in the Community Support Center, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwu.usag.mbx.cpf@mail.mil.

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

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

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

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

Soldier recognized for bravery during bank robbery

By Grant Sattler
USAG VICENZA PUBLIC AFFAIRS

VICENZA, Italy – A Soldier stationed in Vicenza received the Soldier's Medal Feb. 28 for taking down an armed bank robber after a heist in Sarasota, Fla., May 31, 2011.

21st Theater Sustainment Command Commanding General Brig. Gen. Aundre Piggee presented the peacetime award for heroism to Staff Sgt. Eddie Peoples in front of members of his unit and community at the Caserma Ederle Post Theater.

A movement control specialist with the 386th Movement Control Battalion, 21st Theater Sustainment Command-Italy, since April 2010, Peoples used his vehicle to block the getaway of the bank robber's car, got out and disarmed him, pinning him to the ground until law enforcement arrived on the scene.

The 11-year veteran is a native of Bradenton, Fla., and was in the States on leave assisting his ailing father when he made an afternoon stop at a local bank, accompanied by his two young sons. Peoples was waiting in the lobby when a gunman entered and announced a robbery. The bank, occupied by about 40 bank employees and customers, fell silent, except for the sound of Peoples' two boys giggling.

Peoples watched as the robber brandished his weapon, noticing the sound of children, and pointed it at him, bank employees and customers repeatedly.

"He was terrorizing the bank, and I knew I had to do something," Peoples said. "He was just a domestic terrorist, spreading terror inside that bank with threat to life and limb. If I was in Iraq, I would take action. This was no different."

The father of four positioned himself between the gunman and his two children and quickly made a place of concealment for his boys with lobby furniture.

As soon as the robber exited the building with an undetermined amount of cash, the veteran of deployments to Iraq and Kuwait followed him.

Piggee told the story to those assembled at the ceremony. "We all wonder how we would react if placed

in that situation.

Here's what our hero had to say: 'He waved the gun at one of my children, so when he walked out of the bank, I followed him.' Most of us would have stayed in the bank, but not our hero. Sgt. Peoples dashed out," he said.

"I asked him earlier, 'You know he has a gun, you're safe now, your children are safe, and the other bank customers are safe. What causes you to follow him?'

He said, 'You know, as a father, I train my kids, and I've told them that when I go to combat, I go and I fight the bad men. My sons are old enough to know that this was a bad man. And I've taught them that we should do the right thing ... I would be letting my sons down if I didn't take some action,'" Piggee said.

Exiting the bank, Peoples quickly entered his rental van, maneuvering it to block the robber's attempted getaway in a sedan. Blocked in, the thief rammed the van multiple times, then jumped out and confronted Peoples as he got out of his van, brandishing his weapon and pointed it at his face.

"Sgt. Peoples, a combat veteran, remained undeterred," Piggee said, describing the 34-year-old's attempts to stop the larger 6-foot-2-inch tall, 260-pound bank robber. "Sgt. Peoples grabbed the gun and took this guy down to the ground."

Peoples himself explained the day of the incident in an interview with a local television station reporter. "I've been through five deployments. I've fought the Muqtada al Sadr militia, so weapons getting pointed at me, it doesn't really bother me any more. I took the weapon away from him and put him on the ground. The rest is history."

He credits standard Army Combatives training for giving him the skill to quickly disarm the robber.

Peoples stood over the suspect on a large pile of stolen cash until local authorities arrived on the scene. Deputies arrested the man, and Peoples went back inside the bank to retrieve his middle sons, Ikaika, 7, and Kioni, 5.

"When I walked back in the bank, my oldest boy said, 'Did you get the bad man?' and I said 'Yep, I



Grant Sattler

Brig. Gen. Aundre F. Piggee, commanding general of the 21st Theater Sustainment Command, presents the Soldier's Medal to Staff Sgt. Eddie Peoples, a movement control specialist with the 386th Movement Control Battalion, 21st TSC-Italy, as Command Sgt. Maj. Michael Sanchez, the command sergeant major for the 21st TSC, readies the certificate for presentation at Caserma Ederle Post Theater in Vicenza, Feb. 28.

got the bad man,' and everyone applauded," Peoples said.

The Sarasota Police Department also presented a commendation medal to Peoples later that day for his selfless actions in the face of danger.

Speaking to his fellow Soldiers, Peoples said, "Although I would never recommend stepping into such a dangerous situation, I hope that my actions would give future criminals a brief pause to consider that the men and women to their left or right just might be past or present members of the U.S. Armed Forces.

As members of the Armed Forces, it is our duty and our oath to protect this great nation from all enemies, both foreign and domestic."

Piggee concluded, "He is an example for the United States Army. This is what this medal is about – true personal courage in the face of danger or adversity. It is living the warrior ethos, in or out of uniform."

Faces of the community: Army Emergency Relief



Master Sgt. Romeo Satsatin

U.S. Army Garrison Baden-Württemberg commander Col. Bryan DeCoster (left) and U.S. Army Europe Command Sgt. Maj. David S. Davenport Sr. sign Army Emergency Relief pledges during the AER campaign kickoff Friday at the Patrick Henry Village Pavilion Community Center in Heidelberg. AER, which runs until May 15, raises money for Soldiers who require urgent financial assistance, including car repairs and emergency leave. AER has contributed \$312 million to Soldiers in the past four years. Requests are processed at the ACS office in Heidelberg: DSN 370-6883, civ. 06221-57-6975. For urgent requests, contact the ACS Satellite Office in Mannheim at DSN 385-3101, civ. 0621-730-3838.

USAREUR hosts town hall

USAREUR Public Affairs

U.S. Army Europe hosted a Welcome to Wiesbaden town hall meeting at the Patrick Henry Village Pavilion Community Center in Heidelberg Feb. 16.

The event included 15 speakers from Wiesbaden and Heidelberg and a display area with maps and information.

"USAREUR will be a better place because the American forces in Europe, specifically in Germany, will be better able to support their mission," USAREUR Commander Lt. Gen. Mark Hertling said. "This is the ending of an old era and the start of a new one."

The move is critical to better support contingency missions across Europe, he added.

The speakers informed the audience about various sup-

port and personnel available to assist those moving to Wiesbaden, such as identifying housing, bus routes and health services. The 400 attendees were then able to ask questions and voice concerns in person and on the U.S. Army Garrison Baden-Württemberg and Wiesbaden Facebook pages.

The meeting was also videotaped by and aired live on American Forces Network Europe television and streamed on a specially designed page located on the USAG BW website at www.bw.eur.army.mil for community members unable to physically attend the meeting.

This was the first of many town halls planned to better inform the public about the move from Heidelberg.

To view footage from the meeting, visit www.youtube.com/BWnow.



Staff Sgt. Charles Crail

Spc. Brady Myatt, assigned to the 172nd Support Battalion, 172nd Infantry Brigade, demonstrates basic welding techniques for trainees from the Afghan National Army's 5th Kandak, 2nd Brigade, 203rd Corps in Paktika Province, Afghanistan Feb.27.



U.S. Army

A Soldier attends "A Nation's Gratitude Dinner" hosted by President Barack Obama and First Lady Michelle Obama at the White House on Feb. 29. The dinner included men and women in uniform from all ranks, services, states and backgrounds, representing the many thousands of Americans who served in Iraq. The dinner was also an expression of the nation's gratitude for the achievements and enormous sacrifices of those who served there and of the families who supported them.

ourARMY
around the world

For more Army news,
visit www.army.mil



Sgt. 1st Class Kelly Jo Bridgewater

A group of 120 Soldiers assigned to the 10th Transportation Battalion (Waterborne) reenlist March 1 at the College of William and Mary in Williamsburg, Va. before fellow Soldiers, family members and friends.



Photos by Peter J. Gonzales

Left, the Cologne cathedral Hohe Domkirche St. Peter und Maria gleams in the afternoon light. Built between 1248 and 1880 A.D., the church is the centerpiece of Cologne and an excellent stepping off point for visitors due to its central location surrounded by numerous shops, museums and restaurants. Above, the southern face of St. Andrews cathedral in Cologne lies partially hidden in the glow of the afternoon sun. The church is one of the city's famed 12 cathedrals and houses the remains of the medieval philosopher Albertus Magnus. Above, pigeons roost in the window of the St. Andrews cathedral, one of the city's famed 12 Romanesque cathedrals, which stands in the shadow of the Cathedral of St. Peter and Mary.

Former Roman garrison offers vistas of history, beer

By Peter J. Gonzales
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Located on the banks of the Rhine River is the sprawling city of Köln, also known as Cologne. Long a destination for travelers from the Romans to today's GPS wielding explorers, the city has a lot to offer even during Germany's winter chill.

The city's centerpiece is its soaring gothic cathedral. With construction starting in 1248 and continuing for the next 642 years, it was nearly leveled during World War II.

The twin spires forming the peaks of the façade were the last element to be finished and stood as the tallest building in the world until 1884 when the Washington Monument was completed.

Formally called the High Cathedral of St. Peter and Mary,

the church is a United Nations Educational, Scientific and Cultural Organization, or UNESCO, world heritage site and is a great place to start an exploration of the city.

Delving further into Cologne's history, the Römisch-Germanisches Museum celebrates the city's importance as a crucial Roman garrison and provincial capital. The museum's highlight is the Dionysian mosaic, which dates from the third century A.D., as well as the burial chamber of the legionnaire Pobliscius, who died around 40 A.D.

For those who may not be so enthralled by things old and dusty, the Imhoff chocolate museum sits just a short walk south of the Cathedral and the Altstadt. The Wonka-esque museum abounds in free samples and has an interactive exhibit of the production of chocolate. The

tour concludes with a functioning production facility where guests can, for a fee, have customized candies made.

For beer drinkers, the regional specialty is a hoppy lager called Kölsch. Traditionally served cold in 0.2 liter (6.76 oz.) glasses, this beer is a source of rivalry between residents of Cologne and the Düsseldorfers, who prefer their "Altbier."

Finding a decent place to investigate the merits of Kölsch shouldn't be a problem; Cologne boasts more pubs per capita than any other city in Germany.

Getting to Cologne is a simple excursion and can be done by rail or by car.

Travelers can book rail trips for weekend getaways, and for those wishing to drive, the city is two hours from Frankfurt on the A3.



One of Cologne's many cafes and restaurants beckons visitors to come in and enjoy a warm meal and perhaps a glass of Kölsch, the city's traditional brew.



A sea of truffles in dozens of flavors wait to tempt chocolate lovers visiting the chocolate museum in Cologne. Located on the banks of the Rhine river, the museum shows the history and production of chocolate and is located near many of the city's attractions.



Visitors explore the inner workings of a chocolate factory while visiting Cologne. Situated just south of the Altstadt, the chocolate museum is one of many interesting places to explore in this sprawling city.

GERMAN NEWS

Retiree Shoots Doctors

A retiree shot dead two doctors in Weilerbach, Rhineland-Palatinate (near Ramstein Air Base) before shooting himself Monday. The 78-year-old entered the practice and opened fire on the pair, who were uncle and nephew. A 60-year-old assistant was also shot, but survived. Before emergency services could arrive, the man fled home on his mo-ped while firing shots at passers-by and injuring a policeman. Armed police found the pensioner dead inside, allegedly from the same gun used in the shooting.

World War II Children Remembered

Poles and Germans held a joint memorial service near Lake Resko, on Poland's Baltic coast, Monday for 76 German children and four crew members who perished when the Dornier 24 aircraft evacuating them was shot down by the Soviets March 5, 1945. The plane was involved in an air-bridge set up to try to evacuate civilians to the Baltic island of Rügen during Nazi Germany's retreat in the face of a massive Soviet offensive. The bodies of the victims have remained in the lake since the end of the war, with amateur divers sometimes discovering personal items such as children's drawings preserved in the mud. There are now tentative plans to recover the remains and give them a burial in Szczecin, a city in northwest Poland near the German border.

Germany Most Unfair

According to a study by the Organization for Economic Cooperation and Development, German full-time working women earn an average of 21.6 percent less than their male colleagues. Of the 34 OECD countries, only Japan and Korea have a bigger average wage gap. In the German public sector, women earn 23 percent less than men. The OECD expressly criticized the lack of women in management positions in Germany. According to the statistics, only three percent of German management board seats are occupied by women, the lowest figure in Europe, and well behind Japan, Mexico, the U.S. and Russia. The OECD identified Germany's underdeveloped childcare infrastructure as one of the key reasons for the poor results. The lack of kindergarten and day-care places is hindering many women from getting back into work, the organization said. Only 18 percent of German children under the age of 2 have access to day care — around half the OECD average.

SOURCE: www.thelocal.de



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

Dear Ms. Vicki,

I am writing you for professional advice and or any suggestions you may have.

My husband and I married Feb. 12, 2009. He deployed late 2010 to Afghanistan. We had not been married a year when my husband said he wanted a divorce. This was his first deployment with the Army; he is a first lieutenant.

Some background: my husband and I have been friends since we were 8 years old. We have been best friends and we dated in college, but broke up due to his cheating.

After graduate school, we started dating again, as we realized we had compared everyone we dated to each another. I flew to see him where he was stationed, until he eventually proposed.

In May 2009, I found numerous numbers on the cell phone bill. I called them and found out my

husband had been unfaithful. I forgave him and suggested he seek counseling, as I felt there were issues that caused him to cheat.

Things seemed fine, but then he deployed and stated he wanted a divorce. He has also become cruel and nasty via e-mail.

The only reasons he gives for why he wants a divorce is that he feels we do not see eye-to-eye on life and we have changed and therefore cannot spend the rest of our lives together.

I honestly do not know where this came from. I do not want a divorce, but I also do not want to spend the rest of my life with someone who obviously hates me. All he continues to say is that we are 25, and he made a drastic mistake.

I never pressured him to marry me, nor did I ask him to marry me. My husband is the one who made all the arrangements, like calling the court house and doing the research. So why do all of these things if you didn't plan on staying married?

We were both raised in church, and do not believe in divorce. I do not feel right about going against my beliefs, but I have no clue what else to do. I consulted our pastor, and he suggested that I pray. I have prayed, but will admit I have stopped, even though I know I should continue.

Despite everything, I still love him and hope for the best. But, I've had a dose of reality, since we had mediation by the courts last month.

I was unaware that he filed for divorce while deployed. I have made an appointment with a military lawyer, because I do not want to be unprepared.

Still loves him and confused.

Dear Love and Confused,

I believe in prayer too, but this is the time for you to resort to action to protect yourself.

Listen, I don't mean to be so candid and please don't think I am being harsh, but it sounds like you married a cheater and he has emotionally detached himself from his marriage to you. You deserve better.

I'm interested to know what has happened since you wrote. What happened with the mediation?

Again, I think prayer is good, and I hope you can continue to pray for your sanity, for your self-esteem and for harmony to exist within yourself.

Divorce can be a humiliating and devastating experience. It can leave you resentful and second-guessing yourself.

I'm sure you are experiencing many emotions right now. They are all normal, so don't be too hard on yourself.

Bottom line: you can't stay with someone who doesn't want to love only you, or someone who becomes rude, cruel and abusive toward you every time you confront him about his infidelity. He is your husband, and you have every right to question him about his actions.

In the meantime, depend on family and friends for support. I also suggest you speak with a counselor or therapist who can help you with the grief and loss you must be experiencing at this time.

Call Military OneSource at U.S. civ. 800-342-9647. They will connect you to a provider in your local area. All sessions are free, and you should be able to get an appointment within two to three days. Please stay in touch and let me know if anything has changed, or give me an update, OK? I wish you only the best. You deserve it. Continue to believe in yourself.

Whooping cough vaccine recommended

ERMC Public Affairs

Many people are unaware that the immunization they received for pertussis (whooping cough) as a child does not last into adulthood.

To prevent the spread of this disease, The Centers for Disease Control and Prevention, the Public Health Command Region — Europe and the Europe Regional Medical Command recommend a booster vaccine for adolescents and adults.

Pertussis is a highly contagious respiratory disease caused by the bacterium *Bordetella pertussis*. It usually starts with cold-like symptoms, a runny nose, a mild cough and a low-grade fever.

After one to two weeks, severe coughing can begin. Coughs end with a "whoop" sound as the person gasps for breath. This can cause vomiting and fatigue and can last weeks.

In infants, the cough can be minimal or not even present. Infants may gag, gasp or have a symptom known as apnea (a pause in breathing).

Pertussis is most severe in children and can even be fatal in infants. More than half of infants younger than 1 year of age who get the disease must be hospitalized.

The CDC estimates that 600,000 cases of pertussis occur every year in the United States, and the number is increasing in the U.S. and in Europe. Soldiers, civilians and families stationed in Europe may be at an even greater risk due to traveling to different countries and being exposed to a larger population.

The best way to prevent pertussis is to get vaccinated. The recommended vaccine for infants and children is called diphtheria, tetanus and pertussis, and the series of five shots is completed by the time a child enters school.

Protection wanes with time, but adults can protect themselves and the children they are in close contact with by getting a booster vaccine. Adolescents and adults up to age 64 should receive a one-time booster, preferably between ages 11 and 12.

Pregnant women in need of the booster should

receive it late in the second trimester or during the third trimester.

Adolescents and adults of any age who have close contact with an infant under 12 months old should be vaccinated with Tdap as soon as possible.

Pertussis is generally treated with antibiotics, and early treatment is very important. Treatment may lessen the severity of the infection if it is started early, before coughing fits begin. Treatment can also help prevent the spread of the disease.

However, treatment after three weeks of illness is unlikely to help, since the bacteria no longer remain in the body, even though symptoms may still be present.

Children, child care workers and health care workers with suspected or confirmed pertussis should stay home from work, school or day care for at least the first five days of antibiotic treatment.

At your next appointment, talk to your provider about getting the vaccine, or visit your local immunization clinic.

GET OUT!

area events

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

March 8

Modern Art Fair – The International Fair for Modern Art will present their annual exhibit at the Messe Karlsruhe exhibition hall, featuring more than 200 gallery owners from 12 countries. Visitors can view an array of art pieces ranging from classical modern art to contemporary art. Fair is open daily from noon - 8 p.m. through March 11. Messe Karlsruhe, Messeallee 1, Karlsruhe. www.buzzoffbase.com.

Palmengarten – The Palmengarten in the center of Frankfurt am Main is a popular place for those who want to get closer to Mother Nature. First opened in 1868, it began as 50 acres of well-kept gardens. Now visitors can explore the green houses, ponds and more. Hours are 9 a.m.-6 p.m. March to October. Siesmayerstraße 61, 60323 Frankfurt am Main. Civ. 06921-233-939.

March 10

Art Exhibit – The Malik and Areta Mayfield art exhibition opens 7 p.m. at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. The exhibit is open to the public through March 31. DSN 388-9421, civ. 06221-338-9421. www.mwgermany.com.

Saint Patrick's Day events – Munich's Irish community will celebrate St. Patrick's Day with parades, festivities, music and dancing, starting with an Irish Mass at 6 p.m. at St. Michael's (Neuhauser Straße 6, Munich); followed by Paddy's Night Out at 8 p.m. at Schlosszelt (Schwere Reiter Straße 15, Munich). The official St. Patrick's Day Parade will begin noon March 11 at the Muenchner Freiheit and end at Odeonsplatz. The After Parade Party (Odeonsplatz) starts at 1 p.m. www.buzzoffbase.com.

March 11

Chocolate Lounge – Check out Chocolatiers from Rhineland-Palatinate, France and Italy at the Chocolate Lounge in Neustadt. Sample chocolate sculptures and other goodies. Admission is €5 for adults; kids 12 to 18 are €2.50; children under 12 are free. Saalbau Theater, Bahnhofstraße 1, Neustadt Weinstraße.

March 16

Prague – Enjoy an overnight tour to one of Europe's most fascinating cities. Prague is a city filled with history, art and culture, contrast and mystery. On the guided tour see such sights as the Powder Tower, the old Town Square and the Charles Bridge. There will be time for shopping and exploring the city on your own. Tour also includes a visit to the Prague Castle District – an entire town within itself on a hill overlooking the city. <http://affiliates.usa.org/Kaiserslautern>.

March 17

Wine Tasting – The Ramstein Officers' Club will host a wine and hors d'oeuvres tasting 6-8 p.m. at the Augusta Suite at the Woodlawn Golf Course on Ramstein Air Base. Reservations can be made at the Ramstein Officers' Club. DSN 480-2824, civ. 06371-47-2824.

Easter Egg Museum – Travel to the Sonnenbühl Easter Egg Museum, and learn about the history of Easter eggs, view a variety of different styles and materials and even shop at the Easter egg market. After this egg-stravaganza in Sonnenbühl, travel to nearby Metzgingen for lunch and shopping at the outlet stores that surround the city. <http://affiliates.usa.org/rheinmain>.

Photo Exhibit – American photographer and Detroit native Dave Jordano profiles the scenes of urban renewal popping up across the Motor City in a new photo exhibition entitled Detroit Unbroken Down at the Amerika Haus in Munich. Open noon-5 p.m. Monday-Friday and noon-8 p.m. Wednesday through March 30. Free admission. Amerika Haus, Karolinenplatz 3. www.amerikahaus.de. Civ. 0895-525-3713.

Ropes Course – Test your climbing skills at the Kletterwald Ropes Course in Wiesbaden. Climbers of all ages and skill levels can navigate the massive obstacle course of trees and ropes. The course is open 9 a.m.-7 p.m. daily through Nov. 11. Neroberg 1, 65193, Wiesbaden. Civ. 01611-580-2246. www.kletterwald-neroberg.de.

March 18

Police Corps Charity Concert – The Mannheim German Police Corps will perform their spring concert at 4 p.m. The event will be hosted by the German-American Women's Club at Luisenpark in Mannheim. Tickets are €10 adults, €5 child. Civ. 0621-7141-9337.

March 19

Hip Hop Concert – Tickets are now on sale at the Vogelweh Community Center for the Watch the Throne European tour. The rap duo featuring Jay-Z and Kanye West will perform June 5 at the Frankfurt Festhalle. Ticket price includes transportation to and from the concert. DSN 489-7626, civ. 0631-536-7626.

March 24

Switzerland – Sit on the shore of a crystal-clear lake while drinking coffee and looking at snow-capped mountains in the distance. This is Lucerne, one of Switzerland's most beautiful cities. Enjoy the mountain air, great shopping and Swiss hospitality.

Take a walking tour and see such famous landmarks as the covered Chapel Bridge. On a clear day, you can see the breathtaking Swiss Alps mountain range. <http://affiliates.usa.org/kaiserslautern>.

March 26

Georgia O'Keeffe Exhibit – View the works of artist Georgia O'Keeffe at Munich's Kunsthalle der Hypo-Kulturstiftung. Exhibit features 75 paintings, sculptures, works and photographs of the artist and the western American landscape that inspired her. Exhibit is open 10 a.m.-8 p.m. daily through May 13. Kunsthalle der Hypo-Kulturstiftung, Theatinerstraße 8. www.hypo-kunsthalle.de.

March 31

Nürnberg Easter Market – Each year, at Easter time, a large Easter market is held on the main market square in Nürnberg. Visitors can find household goods, pottery, textiles, sweets, books and many more everyday articles. There will also be time to explore the city and shop during a 2-hour walking tour of the Altstadt. <http://affiliates.usa.org/rheinmain>.

April 1

Rock Climbing – Enjoy a taste of adventure at the RockTown Bouldern and Bistro am Betze. The bouldering gym features a variety of walls to challenge climbers of all ages and skill levels, with different shapes and various levels of difficulty. There's also a bistro where hungry visitors can feast on burgers, pizza, pastries and more. RockTown is open 1-11 p.m. Monday-Tuesday; 9 a.m.-11 p.m. Wednesday-Thursday; 9 a.m.-midnight Friday-Saturday and 9 a.m.-9 p.m. Sunday. Kantstraße 38, Kaiserslautern. Civ. 0631-8929-0850. www.rocktown.eu.

April 7

Medieval in Mainz – Travel back in time at the largest medieval spectacle in the Rhine Main area. Held on the riverfront (Reduit) in Mainz-Kastel, the event features a medieval market place with vendors, performances and a Easter Sunday children's treasure hunt (ages 6 and up). See jousting; knights; medieval food; archery; falconry and more through April 9. Civ. 06131-286-2124. www.prohistory.de.

Ongoing

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

coming to THEATERS



DR. SEUSS' THE LORAX
(Zac Efron, Taylor Swift, Danny DeVito)
This animated Dr. Seuss adventure follows the journey of a 12-year-old boy as he searches for a real Truffula Tree, the one thing that will enable him to win the affection of the girl of his dreams. To get it he must find the story of the Lorax, the acerbic yet charming character who fights to protect his world. (Rated PG for brief mild language) 90 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

March 8 - WE BOUGHT A ZOO (PG) 7 p.m.
March 9 - DR. SEUSS' THE LORAX (PG) 7 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 9:30 p.m.
March 10 - DR. SEUSS' THE LORAX (PG) 4 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 7 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 10 p.m.
March 11 - DR. SEUSS' THE LORAX (PG) 4 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 7 p.m.
March 12 - MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 7 p.m.
March 13 - THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 7 p.m.
March 14 - DR. SEUSS' THE LORAX (PG) 7 p.m.
March 15 - THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 7 p.m.

Vogelweh, Galaxy

March 9 - ACT OF VALOR (R) 7 p.m.
March 10 - ALVIN AND THE CHIPMUNKS: CHIPWRECKED (G) 4 p.m.; WE BOUGHT A ZOO (PG) 7 p.m.
March 11 - WE BOUGHT A ZOO (PG) 4 p.m.

Ramstein, Gateway Movieplex

March 8 - ALVIN AND THE CHIPMUNKS: CHIPWRECKED (G) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; WE BOUGHT A ZOO (PG) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.
March 9 - DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m., 9:30 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
March 10 - DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m., 9:30 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
March 11 - DR. SEUSS' THE LORAX (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
March 12 - DR. SEUSS' THE LORAX (PG) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:15 a.m., 2:30 p.m., 6 p.m.; ZOOKEEPER (PG) noon, 2:30 p.m., 5 p.m., 7:30 p.m.
March 13 - DR. SEUSS' THE LORAX (PG) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:15 a.m., 2:30 p.m., 6 p.m.; ZOOKEEPER (PG) noon, 2:30 p.m., 5 p.m., 7:30 p.m.
March 14 - DR. SEUSS' THE LORAX (PG) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:15 a.m., 2:30 p.m., 6 p.m.; ZOOKEEPER (PG) noon, 2:30 p.m., 5 p.m., 7:30 p.m.
March 15 - DR. SEUSS' THE LORAX (PG) 11:30 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; THE ADVENTURES OF TINTIN: THE SECRET OF THE UNICORN (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m.; MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 11:15 a.m., 2:30 p.m., 6 p.m.

THEATER INFORMATION

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

Visit www.aafes.com for updated listings and more movie descriptions
Mannheim Cineplex (P4 13), CinemaxX (N7 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

March 8-14 - JOHN CARTER (PG-13) 10:30 p.m. at CinemaxX
March 11-12 - SAFE HOUSE (R) 7:45 p.m. at CinemaxX
March 14 - THE IRON LADY (PG) 8:15 p.m. at Cineplex
March 14 - HUGO CABRET (PG) 7:45 p.m. at Cineplex
March 14 - HAYWIRE (R) 8:15 p.m. at Cineplex

community HIGHLIGHTS

CFC Luncheon

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

Logistics Ball

U.S. Army Europe's Logistics Division and the 21st Theater Sustainment Command will host the European Logistics Ball at the Patrick Henry Village Pavilion Community Center in Heidelberg March 23 with guest speaker Lt. Gen. Raymond V. Mason, Deputy Chief of Staff of the Army for Logistics. Registration: www.eur.army.mil/g4/ogball2012. DSN 484-8251, civ. 0631-431-8251 (21st TSC personnel); DSN 370-8506, civ. 06221-57-8506 (all other units).

Arizona Special Primary Election

Arizona will hold a special primary election April 17 for the 8th Congressional District (Cochise, Pima, Pinal and Santa Cruz counties), to fill the seat vacated by Rep. Gabrielle Giffords. To vote, a Federal Post Card Application must be postmarked, emailed or faxed by April 17. Residents who voted in the Nov. 2, 2010 general election will not receive an automatic ballot. Arizona's online registration tool: www.azsos.gov/election/Military.htm.

Tax Centers Open

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

AUSA Award Nominations

The Association of the U.S. Army Abrams Chapter (Heidelberg and Mannheim) is seeking nominations for deserving Department of Defense civilians. The AUSA national awards board will select an overall winner for the Joseph P. Cribbins exceptional service award. Nomination deadline is May 4. Awardees will be presented their award at a luncheon during the Oct. 24 annual meeting. Civ. 06221-363-5321.

local

EMPLOYMENT

Central Texas College

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

KAISERSLAUTERN

Community

♦ **USAJobs** – Army Community Service offers hands-on instruction and assistance from a training employment readiness expert to learn more about finding and applying for federal jobs 10 a.m. March 9 in Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.

♦ **Cinema Sunday** – Watch the movie Cars and snack on popcorn 2:30-6:30 p.m. March 11 and 25 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Free snack bags will be available for children 12 and under. Civ. 0631-536-6000.

♦ **Dirty Rotten Scoundrels** – KMC Onstage will hold auditions for Dirty Rotten Scoundrels 6:20 p.m. March 12 and 13 at the Kaiserslautern Community Activity Center, Bldg. 3109, on Daenner Kaserne. kmconstage@eur.army.mil.

♦ **Locash Cowboys** – Armed Forces Entertainment presents Locash Cowboys with doors opening 6 p.m. and show start 7 p.m. March 17 at the Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261.

♦ **St. Patrick's Day Party** – Enjoy Irish stew with bread or fish and chips during a St. Patrick's Day party 9 p.m.-2 a.m. March 17 at Armstrong's Irish Pub on Vogelweh Housing. www.mwrgermany.com.

♦ **Disney Breakfast** – Families can come dressed in Disney character costumes or pajamas and enjoy a pancake, eggs, bacon, biscuits and gravy breakfast while watching Disney movies 8-11 a.m. March 18 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986.

♦ **Lactation Training** – Mom2Mom will host a 40-hour Healthy Children Project certified lactation counselor training program to provide current, research-based information on lactation and the art of counseling, for hospital staff, midwives, doulas and others who assist new mothers June 25-29 at Landstuhl Regional Medical Center. Civ. 173-743-3016.

♦ **Children's German Classes** – Children ages 3 to 18 registered with Child and Youth Services can learn basic vocabulary, sentences and common German phrases at locations throughout the Kaiserslautern Military Community. Register at Parent Central Services or the One Stop Shop. DSN 493-4156/486-8943, civ. 0631-3406-4516/ 06371-86-8943.

HEIDELBERG

Education

♦ **UMUC Europe** – University of Maryland University College Europe offers registration for session 2 spring 2012 for undergraduate and graduate on-site and online courses until March 18, with class start March 19. DSN 370-6762, civ. 06221-

176-3780, www.ed.umuc.edu.

♦ **ACS Classes** – Car Seat Safety Checks (by appointment only) March 12, ACS Annex, PHV, Bldg. 4531; Culture College, 5-9 p.m. March 12-15; Applying for a Federal Job, 9-11 a.m. March 13-14; Financial Readiness Brief, 9 a.m.-1 p.m. March 14; The Volunteer Experience, 10-11 a.m. March 14; Active Parenting Teens (three sessions), 2-4:30 p.m. March 14, 21, 28, ACS Annex, PHV, Bldg. 4531; How to Have a Good Night's Sleep, 10-11:30 a.m. March 15, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; Care Team Training, 2:30-4 p.m. March 15; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted otherwise. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

Community

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

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

♦ **European Treasures** – The Heidelberg Community and Spouses' Club will sponsor European Treasures, a live silent auction and raffle drawing that will benefit welfare grants and scholarships, 7 p.m. March 9 at the Patrick Henry Village Pavilion Community Center. Tickets available at the door or at europeantreasures.tickets@hsc-heidelberg.com.

♦ **Hairspray** – The Heidelberg High School Drama and Music Departments present the musical Hairspray 7:30 p.m. March 9-10 and 3 p.m. March 11 at the school. DSN 370-8004, civ. 06221-57-8004.

♦ **Salsa Spectacular** – Spice up your night with New York City disc jockey Bello, mojitos and finger food 9 p.m.-close March 10 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Blood Drive** – The Armed Services Blood Program will host a blood drive 10 a.m.-2 p.m. March 12 in the Casablanca Room (next to the food court) on Campbell Barracks. Blood will only be collected from ID

card holders and installation guests, and will only be used for the military community. DSN 486-6497, civ. 06371-86-6497.

♦ **Girl Scout Anniversary** – The Heidelberg Girl Scouts will celebrate the 100th anniversary of the Girl Scouts of America 4 p.m. March 12 at the Scout Hut on Patrick Henry Village, with guest speaker Lt. Col. Rumi Nielson-Green. Event is open to the community.

♦ **Pool Tournament** – Show off your skills on the pool table at a tournament 7 p.m. March 12 and Mondays at Slapshots in Bldg. 104 on Patton Barracks. DSN 373-5190, civ. 06221-17-5190, www.mwrgermany.com.

♦ **Story Time** – The Patrick Henry Village Library hosts story time for parents and their preschoolers 11 a.m. March 14 and every Wednesday. Children under 3 can enjoy a story 11 a.m. March 15 and every Thursday. DSN 370-1740, civ. 06221-57-1740.

♦ **Right Arm Night** – Ages 18 and older can enjoy happy hour with their bosses and co-workers 5-7 p.m. March 15 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Parents Night, Day Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight March 16 and parents day out 10 a.m.-4 p.m. March 17. Sign up by March 15 at Parent Central Enrollment, Bldg. 4443, on Patrick Henry Village. DSN 388-9340, civ. 06221-338-9341.

♦ **Legends St. Patrick's Day** – Irish band The Coldshots will play at a free St. Patrick's Day party 9 p.m. March 16 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Slapshots St. Patty's Day** – Wear green and enjoy green beer March 17 at Slapshots on Patton Barracks. DSN 373-5190, civ. 06221-17-5190, www.mwrgermany.com.

♦ **Hunger Games Party** – In recognition of the upcoming Hunger Games movie based on the New York Times bestselling novel, children in grades five and up can prove they have what it takes to survive the games with trivia, games and more 5-7 p.m. March 22 at the Patrick Henry Village Library. DSN 370-1740, civ. 06221-57-1740.

♦ **The 39 Steps** – The Roadside Theater on Patton Barracks will present a comedic Hitchcock thriller 7:30 p.m. March 23-24, 30-31, April 6, 7 and 3 p.m. April 1. Reservations available starting March 6. Children under five not admitted. DSN 373-5020, civ. 06221-17-5020.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. March 27 in the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

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

♦ **Gaiberger Weg** – Workers will cut trees along Gaiberger Weg between the Blockhaus parking lot and Unterer St. Nikolausweg (toward Gaiberger) with occasional short closures of Gaiberger Weg 8:30 a.m.-3 p.m. until March 31.

♦ **Toad Migration** – Rising temperatures have triggered toad migration season in Ziegelhausen, Schlierbach, Emmertsgrund and around Kohlhof. Since many are endangered, the city of Heidelberg will post speed limits and close certain roads during the night (7:30 p.m.-6:30 a.m.). This affects portions of Am Schlierbachhang near the Rondell, Wolfsbrunnensteige and Klingelhüttenweg near the forest edge. Drivers are urged to use caution, particularly during dusk and dawn, as volunteers pick up the toads and carry them to safety.

♦ **AER Campaign** – Contribute to the Army Emergency Relief campaign to help fellow Soldiers until May 15. DSN 370-6975, civ. 06221-57-6975.

♦ **Am Schlierbachhang** – Due to construction work, the Am Schlierbachhang road will remain closed through traffic until July. Residents will be able to access their property, and pedestrians and cyclists will be able to bypass the construction site.

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

MANNHEIM

Community

♦ **TGIF Buffet, Variety Night** – Adults can enjoy a TGIF buffet 6:30 p.m. and stay for variety music 9 p.m.-2 p.m. March 9 and every Friday at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

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

♦ **Story Time** – In partnership with Parent to Parent, toddlers and preschoolers can enjoy stories and a craft 10:30 a.m. March 21 and first and third Wednesdays in the ACS Satellite Office, Bldg. 246, Sullivan Bks. DSN 385-3101, civ. 0621-730-3101, www.mwrgermany.com.

KHS female wrestler competes

By Spc. Iesha Howard
21STSC PUBLIC AFFAIRS

To excel at any sport, an athlete must have perseverance and dedication. For a female competing in an all-male sport, those qualities become increasingly evident.

Ashleigh Gagnon, a female on the Kaiserslautern High School Men's Wrestling Team, exemplified those characteristics to become the first female to represent the school and compete at the Department of Defense Dependent School's European Wrestling Championships.

Gagnon wrestled in the 113-pound weight class at the championships held Feb. 17-18 at the Wiesbaden Fitness Center on Wiesbaden Army Air Field in Wiesbaden.

Gagnon, who has wrestled on the KHS team for the past three years, was one of two females to compete at this year's championships. Although she didn't make it to the quarterfinals, Gagnon's participation in the tournament served as a source of pride.

"I am proud of myself and all the other females that came out and tried their best and made it here. It feels great to make it this far," Gagnon said.

Gagnon was one of

20 KHS wrestlers who made it to the championships. Of those, 10 earned a spot in the quarterfinals, and five earned medals ranging from first to fifth place in the finals.

According to Gagnon, it was her older brother who inspired her to take the mat and start wrestling. But wrestling was not her first choice of sports.

Now a first lieutenant in the U.S. Marine Corps, Anthony Gagnon was the 2005 DoDDS European wrestling champion in the 145-pound weight class.

"My inspiration was my brother, but I've always wanted to box. I can't really box because my jaw is already messed up, so the next best thing was wrestling," Gagnon said.

"I have raised each of my children in the same way, regardless of their gender, and I've encouraged them to set goals and pursue their interests, no matter how varied or against the norm those interests may be," said her father, Col. Robert Gagnon, the deputy commanding officer for the 21st Theater Sustainment Command. "The fact that my daughter chose to pursue her interest in an 'untraditional' woman's sport illustrates her strong character.

The experiences she's had participating and



Spc. Iesha Howard

Ashleigh Gagnon, a wrestler for Kaiserslautern High School, locks up with Victor Baart, a wrestler from Black Forest Academy, during the Annual Department of Defense Dependent School's European Wrestling Championships at the Wiesbaden Fitness Center on Wiesbaden Army Air Field in Wiesbaden, Germany Feb. 17. Gagnon was one of two females to compete at the championship level this year.

competing will serve to prepare her for future challenges as a woman in whatever career field she pursues," he added.

"There was no change in the attitude and treatment of her and the wrestlers on our team. All our wrestlers are treated the same and all of the players support each other," said Brian Daly, the assistant KHS wrestling coach.

"Her first year here, she took some lumps like most first-year wrestlers. She came back last year and started winning some matches, and this year she made it to the European championship," Daly added.

"Don't give up, because practice is hard. Everything about the

sport is hard; it's not an easy sport," Gagnon said.

"We only have 20 wrestlers on the team out of a school of 800 people, and I'm the only female on the team. So it's something I can say I did and be proud of and go on to college and finish," she said.

Gagnon plans to continue her wrestling career with intramural wrestling in college. She has plans to attend Old Dominion University, where she will study to become a trauma room surgical nurse.

Gagnon said, "I picked nursing because I love helping people. Seeing the wars in Iraq and Afghanistan just inspires me to go out there and help people."

staying ACTIVE

Community Volleyball

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

Shamrock Shuffle Fun Run

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

Bowling Party

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

Women and Weights

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

Miesau Fitness Center New Hours

The Miesau Fitness Center near Kaiserslautern is now open 6 a.m.-6 p.m. Monday-Friday, 11 a.m.-5 p.m. Saturday, 11 a.m.-5 p.m. training holidays and closed Sundays. Primary use of the facility will be for Soldier and or unit physical training, intramurals, youth sports and instruction. For recreational use, the fitness centers at Kleber, Landstuhl, Rhine Ordnance Barracks and Sembach are available. www.mwrgermany.com.

FemFusion

Ladies 16 and older can lift and firm every inch of their bodies by using a unique combination of mat work and dance to burn fat, sculpt and tone muscles, improve balance and posture and decrease back pain by increasing core strength and control at a new one-hour workout designed just for women 10 a.m. Wednesdays at Landstuhl Physical Fitness Center, Bldg. 3720. www.mwrgermany.com.

Youth Self Defense Instructors Needed

Certified instructors are needed to teach self defense to Kaiserslautern teens ages 13-18. DSN 486-5412, civ 06371-86-5412.

Track Coaches Needed

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

Heidelberg Sports Camp Instructors

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

Intro to Brazilian JiuJitsu

Learn the art of Brazilian JiuJitsu 5-7 p.m. Wednesdays and Fridays at the Arts and Cultural Center in the Patrick Henry Village Pavilion in Heidelberg. DSN 388-9418, civ. 06221-338-9418.

Send the Herald Post your photos

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

1-214th wins unit tournament



Photos by Jamie Williams

Left, Sgt. Herbert White, 30th Medical Command, goes for a layup during the Heidelberg unit level basketball tournament Feb. 28 against the 529th Military Police Company at Patton Fitness Center in Heidelberg. Right, 30th MEDCOM's Sgt. Jeremy Jordan flies through the air to score, yet 529th won 49-39. 1-214th Aviation defeated the 51st Transportation Company 60-57 in overtime during the Heidelberg unit level basketball tournament Monday, in the Patton Fitness Center. Both teams will go on to compete for U.S. Army Garrison Baden-Württemberg in the Installation Management Command-Europe's unit level championship Friday-Sunday in the Freedom Fitness Center, Bldg. 7680, in Bamberg. SOURCE: Patton Fitness Center



Get your plate in shape, manage calories

By Lt. Col. Sandra Keelin
U.S. ARMY PUBLIC HEALTH COMMAND

March is National Nutrition Month. This annual campaign, sponsored by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), reinforces the importance of good nutrition and physical activity.

The academy also helps consumers understand how to implement the 2010 Dietary Guidelines for Americans.

The theme for this year, "Get Your Plate in Shape," encourages Americans to return to the basics of healthy eating by consuming the recommended amounts of food essential for performance and health.

This year's theme coincides with the U.S. Department of Agriculture's MyPlate, which replaced MyPyramid in June 2011.

MyPlate is the government's primary food group symbol and is an easy-to-understand visual cue used to show Americans how to incorporate the recommendations of 2010 Dietary Guidelines into every meal.

MyPlate uses the familiar image of a place setting for a meal to illustrate the five food groups.

The plate is divided into four sections (fruits, vegetables, grains and proteins) and includes a glass representing dairy products.

Simple key messages of MyPlate include:

Balance your calories by managing calories in with calories out. Enjoy your food, but eat less.

Eating fast or when distracted may cause you to eat more calories than you need.

Take the time to fully enjoy your meal by eating slowly. Downsize your portion sizes by using a smaller plate,

bowl or cup. When eating out, choose smaller-sized options, share with a buddy or save part of the meal for later.

Include physical activity into your daily routine; this too helps you balance calories.

Choose foods to eat more often. Eat foods that are nutrient-rich more often, and make them the basis for meals and snacks.

These foods contain health-promoting nutrients such as potassium, calcium, vitamin D and fiber. Switch to fat-free or low-fat (one percent) milk and dairy products. Fill half your plate with a variety of colorful fruits and veggies (to include beans and peas). Make at least half your grains whole grains by substituting refined foods for whole-grain (switch to whole-wheat bread from white bread or brown rice instead of white rice).

Choose foods to eat less often. Foods

that are high in solid fats, added sugars and salt should be used as occasional treats, not everyday foods.

To reduce salt in your diet, use the nutrition facts label to compare sodium in foods, and choose lower sodium versions of foods such as soup, bread, frozen and other convenient foods.

Drink fewer sugar-sweetened beverages, such as soda, energy drinks and sport drinks, which are a major source of added sugar and calories in the American diet.

Consume smaller portions and substitute with water or other unsweetened beverages. To help get your plate in shape, check out the Super Tracker, an online tool where you can get a personalized nutrition and activity plan. Find the SuperTracker and more information about MyPlate at www.ChooseMyPlate.gov.

NOISE

continued from page 1

"That will allow (crews) to have better communication with the aircraft control tower, and therefore reduce the hovering time required and therefore reduce noise in the community."

The garrison and Landstuhl leaders agreed to meet, as German news outlets recently highlighted residents' complaints about helicopter noise.

Anita Schaefer, the local German parliament representative, also attended.

Company C Soldiers, many of whom live in Landstuhl, support U.S. and allied partner training in Grafenwöhr and Hohenfels with medical evacuation flights, said 1st Sgt. Kyle Brunell.

The unit also responds to humanitarian emergencies, such as the current mission in Montenegro, where air crews are providing medical flights to snowbound mountain villages.

During the company's recent Afghanistan deployment, Soldiers supported U.S. and NATO

ground forces, saving lives during hundreds of medical evacuations, Brunell said, to include the rescue of several German troops.

Since returning from Afghanistan in July 2011, the company has flown 141 training missions near Landstuhl, none of which lasted past 9 p.m., Zetterstrom said.

"We've agreed to look at the possibility of changing the authorized flight time," Zetterstrom said.

Grumer, however, hopes to see the unit permanently relocated. Schaefer said she will suggest the move at the German federal level.

Since taking office in 1994, Grumer has held several meetings with the U.S. Army about helicopter noise.

Recently, when the U.S. proposed relocating Landstuhl Regional Medical Center to nearby Weilerbach, Grumer expected the medical aviation unit would also move, as he assumed the helicopters and the hospital were linked.

Zetterstrom explained how, six years ago, re-

organization moved Company C from the U.S. Army's medical command to a combat aviation brigade.

In the past four months, the garrison received complaints from two local residents, one in Kindsbach and another in Hütschenhausen, said Mark Heeter, the garrison spokesman.

Each complaint is investigated and promptly responded to, Heeter said.

"I'm very thankful that Colonel Zetterstrom is engaged to help reduce the noise," Grumer said.

The meeting exemplified the Army's commitment to a longstanding friendship with the people of the Western Palatinate, where U.S. troops have been guests for the past six decades, Zetterstrom said.

"We made some concrete decisions that will hopefully alleviate some of the public's concerns about the noise," Zetterstrom said.

"But we also now have an understanding that this helicopter unit's mission is to save lives and do that they must train," he added.

CLINIC

continued from page 1

supply of non-prescription, over-the-counter medications such as Motrin and cold packs available to dispense at Coleman as necessary.

Officials with the Heidelberg Medical Department Activity noted that with the additional enrollment of the 600 active-duty personnel to the HHC, the availability of appointments will remain limited for non-enrolled beneficiaries using the space available system.

The sick call sign-in hours at Coleman TMC beginning June 4 will be 8-9:30 a.m.

The sick call service will be reassessed on a monthly basis to determine continuation based on use.

For more information, call DSN 371-3130, civ. 06221-17-3130.

EYE

continued from page 1

LRMC Optometry Clinic and optometry consultant for Europe Regional Medical Command.

Although March is set aside to highlight taking care of our eyes, Green said it is crucial that everyone understands the importance of routine eye exams for detecting potentially serious unsuspected problems – and not necessarily related only to our eyes.

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

"This is simply not true. Several common eye diseases such as glaucoma can damage vision with very few or no symptoms until the condition is very advanced. Regular eye examinations can help detect systemic diseases such as high blood pressure and diabetes. The eye is the only place in the body where we can view the blood vessels directly and evaluate their health without [an] invasive procedure."

Identity theft on the rise

Patton Law Center

Identity theft continues to be a major concern for U.S. consumers. According to the Federal Trade Commission, ID theft complaints in 2011 accounted for more complaints than any other type of fraud or scam. It was the twelfth straight year that ID theft topped the list of consumer complaints.

The number of ID theft-related complaints increased by 11 percent to nearly 280,000 in 2011. Debt collection companies also remained unpopular. They were the subject of more than 180,000 complaints in 2011. They came in second

place in the number of consumer complaints. Banks and lenders were not on the list in 2010, but came in fifth overall in 2011. The FTC received more than 89,000 of these complaints.

Complaints regarding phone and mobile service also spiked.

The number of these complaints rose by 87 percent to about 70,000. There were a total of about 1.8 million complaints lodged with the FTC in 2011.

If you have an issue or problem in either credit protection or repair, your nearest legal assistance office may be able to help. The Patton Law Center is located on Patton Barracks in Heidelberg in Bldg. 107.