

HeraldPOST

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

HP THURSDAY
Jan. 24, 2013

Speed Read

NEW YEAR'S RESOLUTIONS

Making traditional New Year's resolutions can be easy for most people, but sticking to them can be difficult. **2**

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OBAMA SALUTES TROOPS

President Barack Obama took the ceremonial oath of office for his second term as the 44th U.S. president and commander in chief on the steps of the U.S. Capitol Monday, while honoring the men and women in uniform who have preserved America's freedoms throughout its history. More than 5,000 military members – some participating in the inaugural parade, others playing musical accompaniment, firing artillery rounds into the sky or providing behind-the-scenes support – were among more than a half million people who gathered on the National Mall to watch Obama and Vice President Joe Biden enter their second term. Recognizing the drawdown of forces in Afghanistan and the ramping down of more than a decade of conflict, Obama offered high praise during his inaugural address for U.S. service members, their contributions and sacrifices. "Our brave men and women in uniform, tempered by the flames of battle, are unmatched in skill and courage," he said. "Our citizens, seared by the memory of those we have lost, know too well the price that is paid for liberty. The knowledge of their sacrifice will keep us forever vigilant against those who would do us harm."

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Patrick Henry Village re-use center to close

Directorate of Public Works

The re-use building, located inside the recycling center on Patrick Henry Village in Heidelberg, will permanently close Feb. 8.

All other operations inside the Recycling Center will continue, including the drop-off of bulk items, recyclables and household hazardous waste, but no re-issuing of household items will occur after that date, said Richard Glass, U.S. Army Garrison Baden-Württemberg Director of Public Works.

"We will still have the ability for people to drop-off and deposit items, just not take anything away. Once it's dropped off, it becomes bulk refuse," Glass said.

"If someone needs a frying pan or a toaster for the next couple of months, they can always get it from the ACS [Army Community Service] lending closet or from the thrift shop," Glass added.

USAG B-W officials decided to cease operations at the re-use building, partly after a customer satisfaction survey last fall found that respondents intended to use the center for drop-offs only, and not for pick-ups, Glass said.

The closure is also based on projected use and

see **CENTER** page 13

First Response



Phil A. Jones

Maj. Michelle Langdon and Staff Sgt. Raquel Sullivan place the SIM Man 3G (simulator mannequin) on Extra-Corporeal Membrane Oxygenation using a large fluid reservoir and training cannulae Dec. 21 at Landstuhl Regional Medical Center.

Medical response team aids wounded warriors

By Stefan Alford

LRMC PUBLIC AFFAIRS

LANDSTUHL – A select group of health care professionals at Landstuhl Regional Medical Center are part of the only military team in the world that flies with a specialized piece of medical equipment to save wounded warriors' lives on short notice.

It's a huge responsibility, but the key to responding to emergencies that require a patient to receive Extra-Corporeal Membrane Oxygenation is simple, according to Air Force Capt. Elizabeth Hoettels: training – and lots of it.

The ECMO team has changed the way they prepare, with a balanced

emphasis on classroom training and hands-on simulation.

"Previously, it's all been didactic training," explained Hoettels, an Intensive Care Unit and Critical Care Air Transport team nurse. "This was our first official simulation training."

That training took place Dec. 21 and will now be provided on a quarterly basis, said Air Force Maj. Michelle Langdon, head nurse for the CCAT and the Acute Lung Response Team lead.

The ECMO procedure is used when a patient has a condition that prevents the lungs or heart from working properly. It involves a machine that will take over the work of these organs until the

see **TEAM** page 13

Nasty flu season takes toll on US Vaccine still available

By Chuck Roberts

LRMC PUBLIC AFFAIRS

LANDSTUHL – Did you get your flu shot yet?

If not, the bad news is that the flu season in the U.S. started early and activity remains high, according to officials from the Centers for Disease Control and Prevention. More than 28,000 cases have been reported in the U.S. since Sept. 30, including 20 pediatric deaths.

The good news is two-fold: flu activity has been relatively low to medium throughout Europe, and it's not too late to get your flu shot. Plenty of flu vaccines are still available at Army and Air Force medical treatment facilities.

Although flu activity is moderately low, the level is expected to increase, said Lt. Col. Kathi Hill, Chief of Preventive Medicine for Landstuhl Regional Medical Center and the Europe Regional Medical Command Consultant for Army Public Health Nursing.

"Currently we are not seeing any unexpected numbers, but peak influenza season for Europe is February through March, so there's still plenty of time for people to get their flu shot," Hill said.

The odds are in the favor of those who receive this year's vaccine. The CDC reports that people who have been vaccinated are 62 percent less likely to become ill enough with flu symptoms to see a physician, compared with those who have not been immunized.

Flu can cause severe illness and see **FLU** page 13

The curious case of New Year's resolutions

By **Dijon Rolle**
USAG BW PUBLIC AFFAIRS

We are nearly a month into the new year and for many of us as the clock struck midnight Jan. 1, we dutifully committed ourselves to the annual tradition of making New Year's resolutions.

Whether it was to lose weight, stop smoking, spend more time with family or go back to school, we promised that in the words of the late soul-singer Sam Cooke "a change was gonna come." So, where exactly is this change, and why in the world is it so taking so long?

Several years ago, I decided to stop making resolutions. Mainly because I always made way too many and by early February I had forgotten most of them anyway. It sounded really good (at the time) to boldly declare my intentions to single-handily "fix" (or at least improve upon) a laundry list of issues and problems that had taken me years to acquire. I had no real timeline or forethought as to how I would do it, just a can-do attitude sparked by a heady mix of fireworks, sparkly party hats and a few bars of Auld Lang Syne. Got me every time. Never once did I look back at why I wanted to change certain things in my life or examine the roots of my resolutions. There is a scripture in the Bible Luke 14:28 (NKJV) that reads "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it."

Perhaps if I had counted the costs beforehand, it would have been so much easier for me to stick with it. Instead, I allowed myself to be consumed by all of the warm and fuzzy feelings of hope and confidence that tend to accompany the start of a brand new year. I became a broken record repeating the same song year after year and as much as I hoped and prayed, change never came.

That is until the day I was bold enough to admit

that deep down inside ... I hated change. The fact was, it was far more comfortable and convenient to remain exactly how I was. There was no extra planning involved, no real sacrifices and it didn't require much effort on my part. It was safe and easy. I knew exactly what to expect, but with this change thing, I had no idea what challenges could arise, and that freaked me out. What if I wasn't prepared or ready for all these big plans and dreams I had conjured up in the spirit of the new year? What if I failed?

I always knew I could do better, but there were times when I simply didn't know how. So I became a loyal card-carrying member of the procrastination nation, why do today what you can put off until tomorrow or next week or 6 months from now. I'll get to it ... eventually.

While I sat on the sidelines, surprise – the game still went on. Life has a way of doing that. I eventually got tired of watching everyone else making big plays. I'm a firm believer that in this age of technology, there's nothing we can't teach ourselves or learn if we really want to. So what I didn't know, I set out to discover. No excuses. No one was going to do it for me or prod me along. Those days were over. If I wanted to improve my life, that required change coupled with the sheer willingness to get off my butt and go after what I wanted. No short-cuts or cop-outs allowed this go round. I simply had to start doing things differently in order to gain different results.

Once I made up my mind to get serious, I noticed that I began to value my time and that of others even more. I gave myself deadlines and worked harder at sticking to a daily schedule. I spend several hours a day behind a computer screen working. I also know that I want to lose weight, so I make it my business to get up and go workout during my lunch break. That's important to me and I build my schedule around that. I see it as a personal investment because I want to live a long time and enjoy the benefits of

good health. So unless there's a flash flood or fire, I don't miss my gym time. Bottom line.

Yes, there are only 24-hours in a day but I was amazed at how much I could accomplish when I took the time to plan out my day. This means that I no longer drop everything I'm doing to respond to every single e-mail the moment it hits my inbox or instantly reply back to every missed text or phone call. I schedule specific times in the day to handle them. I also learned to communicate more openly and effectively with my co-workers, friends and family to ensure I fully understand their needs and how I can best help them. I worked on my active listening skills to ensure I heard everything correctly ...the first time around.

Again, I don't make resolutions, but I do have a list of personal and professional goals for myself that I review and update throughout the year. It's a short list, because I know that's what works best for me. I call it my blueprint. Listed right underneath each goal is a plan of action, deadline and daily or weekly duties I can do on my own to accomplish it (I do ask for help when needed). For example, to lose weight some of the things I listed were performing cardio exercise at least 30-45 minutes a day 4-6 times a week, eating a fruit and vegetable with every meal and drinking a glass of water before each meal. I chose simple practical strategies that I knew I could do on my own and build upon to create healthy long-term habits. The perfect environment for - you guessed it- change. It's easier for me to work in pieces as opposed to trying to tackle everything at one time and getting burned out. Do whatever works for you, but have a written plan somewhere to keep your resolutions on track. Talk is cheap and so is fear, laziness and procrastination.

It's a constant work in progress, but if I've learned nothing else, I know that permanent change doesn't happen overnight or at the stroke of midnight. A curious case indeed.



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DISCUSSION BOARD

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

"Can anyone give a date as to when the Tax Office at the Heidelberg Shopping Center will begin taking appointment dates?"

— Barbara Garrett, BWnow Facebook Fan

"Our grand opening will be Feb. 4. [Appointments can be made at] DSN 370-7510, civ. 06221-57-7510."

— Sara Joy Nicholson, BWnow Facebook Fan

"What's up with the Herald Post? There weren't any out on Thursday and the one online is from Dec. 13, 2012."

— Sharon Gilbert, BWnow Facebook Fan

"Sharon, the Herald Post is now published bi-weekly. Our next edition will be out this Thursday, Jan. 24 and again Feb. 7. Due to transformation and the loss of support staff, we have had to cut down on the number of editions we are able to produce. The

newest edition was posted in early January to the garrison's official web site. Check it out here:

www.bw.eur.army.mil/news/pdf.html

— BWnow Facebook Administration

"I received an e-mail at work today notifying us that Feb. 8 is the last day for the re-use center, but the recycling area will remain open."

— Gigi Collins Kunz, BWnow Facebook Fan



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

Wounded heroes service center opens on Kleber Kaserne

By Staff Sgt. Warren W. Wright Jr.
21STSC PUBLIC AFFAIRS

A 21st Theater Sustainment Command initiative has resulted in a one-of-a-kind Soldier clothing sales facility that caters specifically to wounded Soldiers, enhancing their ability to obtain new and replacement uniform items in an easily accessible and discreet environment.

The Wounded Heroes Service Center, located next to the Army and Air Force Exchange Service's Military Clothing Store on Kleber Kaserne in Kaiserslautern, is expected to streamline the process of Soldiers receiving replacement uniform items after being medically evacuated from a combat zone.

"This is the first store that is just for the wounded heroes," said Deniz Barcala, the Kleber Military Clothing Store manager.

"We didn't use to have a wheelchair entrance or a dressing room that would fit wheel chairs."

"Now, we have a [wheelchair-user] entrance, [wheelchair-user] bathroom and [wheelchair-user] dressing room," Barcala added. "Everything in the store is designed for our wounded heroes."

"It's a lot quicker and a lot easier for the Soldiers, and it's less stressful on us," said Sgt. Brett Boman, a wounded Soldier from the 173rd Airborne Brigade Combat Team in Schweinfurt, and native of Albuquerque, N.M.

"It helps out a lot having a process that is so easy. It's user-friendly, which is good for the Soldiers."

"The opening of this facility is another example of the Army's continued investment in the care of our wounded servicemen and women," said Maj. Gen. Aundre F. Piggee, commanding general of the 21st Theater Sustainment Command.



Staff Sgt. Warren W. Wright Jr.

Sgt. Brett Boman, a wounded Soldier from the 173rd Airborne Brigade Combat Team in Schweinfurt, and native of Albuquerque, N.M., shops for an Army Combat Uniform shirt while visiting the Wounded Heroes Service Center on Kleber Kaserne in Kaiserslautern, Jan. 8. The WHSC is a 21st Theater Sustainment Command initiative that has resulted in a one-of-a-kind wounded Soldiers clothing sales facility designed to give Soldiers the ability to obtain new and replacement uniform items in an easily accessible and comfortable environment.

It was Piggee's backing that paved the way for the 720-square-foot facility that carries an assortment of uniforms, gloves, hats, boots and duffel bags.

In addition to having automatic doors and being wheelchair-user friendly, the facility is also tucked away on the backside of the normal military clothing store to provide a bit of privacy for wounded Soldiers.

Prior to the opening of the WHSC, Soldiers who were evacuated from a combat zone to Landstuhl Regional Medical Center were required to be

transported by bus to Kleber, where they would wait in the back of the store for their items.

"We used to have to help them walk through the warehouse, and it was very hard to get through the warehouse," Barcala said.

"They needed a shopping cart, because they were getting at least 30 items, and it wasn't healthy for them to go through the warehouse like that."

"About a year ago, Army and Exchange leadership decided we could serve these heroes better," he added.

Wounded Soldiers receiving re-

placement uniform items now have access to personalized customer service.

"Out of 3,100 operations worldwide, the Exchange has nothing else like what was built at Kleber Kaserne," said Col. Fredrick Hannah, AAFES' European commander.

"Beyond having a facility that is easier to navigate, we also have associates who shop with the service member, put items in their cart and even pack their merchandise up for the bus ride back," Hannah said.

Fatal Army accidents down in first quarter of 2013

By Julie Shelley
U.S. ARMY COMBAT SAFETY AND READINESS CENTER

The U.S. Army Combat Readiness and Safety Center recently released accident statistics for the first quarter of fiscal 2013, and the data shows a continued overall decline in both on- and off-duty accidental deaths.

Fiscal 2012 was the Army's safest year since Sept. 11, 2001, and the third-safest year on record. Fatal accidents have remained steady or declined every year since fiscal year 2007.

"Our leaders and Soldiers are continuing to do a remarkable job regarding safety," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness and Safety Center.

"This downward trend in acciden-

tal fatalities is one of the longest that's ever been sustained in our Army, and it's never been done during ongoing combat operations.

"As our non-deployed population increases with the drawdown in combat deployments, engaged peers and leaders at all levels will be more vitally important than ever," Edens said.

Off duty, accidental deaths remained stable with last year's first quarter figures. Fatal PMV-4 (private motor vehicles with four or more wheels) accidents were down slightly, as were on-duty fatalities resulting from accidents.

Aviation saw the largest decrease, with no accidental fatalities recorded during the quarter. During the first quarter of fiscal 2012, five Soldiers died in aviation accidents. Combined,

"This downward trend ... is one of the longest that's ever been sustained in our Army, and it's never been done during ongoing combat operations."

— Brig. Gen. Timothy J. Edens, U.S. Army Combat Readiness and Safety Center

fatal accidents were down 17 percent at quarter's end from the same time frame in fiscal 2012.

Even though the Army is poised to repeat this success during the second quarter, USACR and Safety Center Command Sgt. Maj. Richard D. Stidley urged all leaders, especially junior non-commissioned officers, to stay on top of what their Soldiers are doing.

"We're coming into that time of year where Soldiers will be eager to get on the road, whether in their cars or

on their motorcycles," Stidley said.

"First-line leaders will have the most influence in making sure their troops are ready, which is especially important for Soldiers who might need a reintroduction to safe riding after the lull of winter."

The Army Safe Spring Campaign, an annual effort designed to raise awareness of driving hazards and other seasonal safety issues, is expected to be released Feb. 28 at www.safety.army.mil.

transformation UPDATE

Updates To Transformation Page

This weekly page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to usaghdpost@eur.army.mil or usarmy.badenwur.usag.mbx.pao@mail.mil for publication in the Herald Post.

Frequently Asked Questions

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

E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm.

NEW – "When the Heidelberg Pharmacy closes, will retirees be able to get the remaining refills on their existing prescriptions filled before the closing date, or will they need to travel to outside communities to receive the remaining prescriptions?"

The pharmacy can provide medication for up to a 90-day supply for most chronic medications if the prescription is written to allow the 90-day refill. Remaining refills can be picked up at any European Regional Medical Command pharmacy or transferred to an accepting stateside pharmacy. Filling all of the remaining refills prior to closure is not standard practice and has not been done at other closing facilities. For specific information, call the pharmacy at DSN 371-2673, civ. 06221-17-2673.

NEW – "Is the Heidelberg re-use center at Patrick Henry Village closing in February?"

The re-use center located inside of the PHV Recycling Center will close **Feb. 8**. Following a customer satisfaction survey this past fall, and based on projected use and staffing, the garrison has decided to cease operations at the facility. All other operations inside the recycling center will continue. However, bulk items, recyclables and household hazardous waste can still be dropped-off, but no re-issuing of household items will occur.

Facilities Operations Changes and Closures Mannheim

Base Operations – The Mannheim Base Operations office is located in Bldg. 1408 on Coleman Barracks, Room 101. DSN 382-4724, civ. 0162-272-8632.

UPDATED – **Banks** – Banking services are no longer available in the Mannheim community. Customers will still be able to use the remaining ATMs until the garrison's closure later this year. Community Bank is located in the Community Support Center (Heidelberg Shopping Center) and on Campbell Barracks in Heidelberg. Community Support Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Service Credit Union is located in the Community Support Center (the Shopping Center), Bldg. 3850, in Heidelberg. DSN 370-7138, civ. 06221-57-7138.

UPDATED – **Coleman Clinics** – All services at the Coleman Troop Medical Clinic have ended. However, the facility itself is scheduled to remain open until **March** or **April 2013** in the event units are unable to depart the garrison on time and care is needed for a larger population than currently anticipated. Dental services for Soldiers is available at the Patrick Henry Village Dental Clinic in Heidelberg. Soldiers who require sick call services can be seen at the Heidelberg Clinic. DSN 371-2605, civ. 06221-17-2605.

NEW – **Coleman Dining Facility** – the official closure date of the Coleman Dining Facility is March 31.

Coleman Express – The Coleman Express (Shoppette) has new oper-

ating hours. The facility is open 7 a.m.-7 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday and Sunday.

Hazardous Waste Disposal Center – The Household Hazardous Waste Disposal Center on Sullivan Barracks, Bldg. 249A (previously the Funari Sort Center) is closed. The Patrick Henry Village Recycle Center located in Bldg. 4485 in Heidelberg remains open to provide disposal services to community members. DSN 373-5396, civ. 06221-17-5396.

UPDATED – **Postal Office Hours Change** – Postal facilities on Coleman Barracks (Postal Service Center 418) have new operating hours. Package pick-up is open 11 a.m.-6 p.m. Monday-Friday and closed weekends and U.S. holidays. The post office (outgoing mail) is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. Customers have 24/7 access to personal mailboxes. The official mail and distribution center is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. DSN 382-5204/5220, civ. 0621-779-5204/5220.

UPDATED – **Spinelli Barracks** – The hours for the contract security guard and access control points on Spinelli Barracks are now 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-6 p.m. Saturday and closed Sundays and U.S. holidays.

UPDATED – **Supply Center** – The Self Service Supply Center on Spinelli Barracks is closed. Customers can continue to get their supplies from the Kaiserslautern Office Supply Store (DSN 483-8831) or by using the Exchange (also known as the Army and Air Force Exchange Service) Warehouse Ordering Web system. Government Purchase Card holders can register for accounts at <https://partners.aafes.com/epol/login.aspx>.

UPDATED – **Vehicle Registration** – New vehicle registration hours are 8 a.m.-4 p.m. Monday-Friday. Vehicle inspection hours remain 7:45 a.m.-3:30 p.m. Monday-Thursday and 7:45 a.m.-3:20 p.m. Fridays. Both facilities are located on Spinelli Barracks.

Heidelberg

Airport Shuttle Buses – The free shuttle bus for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility or visit Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

Arts and Cultural Center – The Arts and Cultural Center at Patrick Henry Village is closed. The center is scheduled to relocate to Daenner Kaserne in Kaiserslautern **March 2013**.

NEW – **ASAP** – The Army Substance Abuse Program office located at 104 Rommerstraße (behind Auto Yoncker) will relocate to the Community Support Center, Bldg. 3850, 2nd floor. The office will be closed **Jan. 28** - **Feb. 1** to prepare for the relocation and will reopen **Feb. 4**. DSN 370-1710, civ. 06221-57-1710.

Child Development Center – The Child Development Center on Mark Twain Village is closed. Remaining children will be transferred to the CDC facility on Patrick Henry Village.

Chapels – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

UPDATED – **CIF Hours** – The Heidelberg Central Issue Facility in Bldg. 3850, located on the Community Support Center (the Shopping Center) is open 8 a.m.-3 p.m. Mondays and Wednesdays only to assist service

members with out-processing. The facility is closed for lunch noon-1 p.m. The CIF located in Bldg. 1515 on Spinelli Barracks in Mannheim is also open to provide customer service.

UPDATED – **Community Mail Rooms** – Community Mail Room 418 on Coleman Barracks in Mannheim and the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village are the only postal facilities available in the Mannheim and Heidelberg communities. The consolidated PSC is open 9 a.m.-noon and 1-4 p.m. for official mail Monday-Friday, 11 a.m.-6:30 p.m. Monday-Friday for customer service and parcel pick-up, and the Army Post Office is open 11 a.m.-5 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturdays. Customers have 24/7 access to personal mailboxes. Postal customers can e-mail questions or concerns to usarmy.badenwur.usag.mbx.cmr419@mail.mil, contact their local postal customer service representative or call DSN 388-9488/9491, civ. 06221-338-9488/9491.

Dental Clinic – Sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and records from Nachrichten Kaserne Dental Clinic were transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

UPDATED – **Exchange** – Due to ongoing transformation efforts, the Exchange has adjusted the operating hours of some facilities in the Heidelberg area. Patrick Henry Village Express Shoppette's new operating hours are 6 a.m.-10 p.m. Sunday-Thursday and 6 a.m.-midnight Friday and Saturday. The facility no longer maintains 24-hour operations. Campbell Express is closed Sundays and is now open 7 a.m.-6 p.m. weekdays to allow duty-bus riders the opportunity to shop before bus departs at 8 a.m.

ID Cards – All ID Card and Defense Enrollment Eligibility Reporting System services located on the Community Support Center in Bldg. 3850 (the Shopping Center) have relocated from Room 122 to Room 180. The ID Card and DEERS office hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and U.S. holidays. Walk-in service is available, but customers are encouraged to schedule appointments online at <https://rapids-appointments.dmdc.osd.mil>. The new ID Card and DEERS office phone numbers are DSN 370-7348/8570, civ. 06221-57-7348/8570.

NEW – **Legal** – Due to staffing shortages, the Legal Assistance Office in Patton Law Center, Bldg. 107 on Patton Barracks in Heidelberg will be closed noon-1 p.m. Mondays, Tuesdays, Wednesdays and Fridays starting **Feb. 4**. There is no change to the Thursday schedule of 1:30-4 p.m. DSN 373-5059 or civ. 06221-17-5059.

UPDATED – **Passports** – All passport services located at the Community Support Center in Bldg. 3850 (on the Shopping Center) have relocated from Room 232 to Room 180. Hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and federal holidays. The new passport office phone numbers are DSN 370-8536/7262, civ. 06221-57-8536/7262.

UPDATED – **Veterinary Treatment Facility** – The last day to receive vaccinations at the Heidelberg VTF will be **May 30**. After that date, services will be for issuing health certificates only. Health certificate services will continue to be offered through the date of closure. Due to staff shortages, hours at the Heidelberg Veterinary Treatment Facility have also been reduced. The new hours of operation are Monday, Tuesday and Friday 8:30 a.m.-noon and 1:30-4 p.m., and Wednesday 11 a.m.-2:30 p.m. and 4-7 p.m. The VTF is closed Thursdays. The facility's final closure is projected for **June 2013**. Medical records remaining at the VTF after this time will be transferred to the Wiesbaden VTF. DSN 388-9469, civ. 06221-338-9469.

Peace March



Phil A. Jones

Sgt. Maj. Tony Williams (front left) and Staff Sgt. Anthony Profit lead Landstuhl Regional Medical Center staff members in song as they participate in a Dr. Martin Luther King Jr. peace march Jan. 17 at Landstuhl Regional Medical Center. The annual MLK Day observance garnered a big turnout as those marching joined up with assembled guests in the Heaton Auditorium for a special ceremony honoring King.

Community members prep for penny bazaar

Staff Report

The Heidelberg German American Women's Club's annual penny bazaar will be held at Bürgerhaus Emmertsgrund, Forum 1, 69126 in Heidelberg.

Collection days are 10 a.m.-3 p.m. Feb. 9 and 10 a.m.-2 p.m. Feb. 11. Sales days are 11 p.m.-6 p.m. Feb. 14, 10 a.m.-6 p.m.

Feb. 15 and 10 a.m.-2 p.m. Feb. 16.

This year only the following articles will be accepted: electric appliances, porcelain dishes, tableware, glass ware, vases, flatware and cutlery, plastic and wooden items, books, pictures, paintings, home decoration items, umbrellas, toys, records, CDs and DVDs.

This year the following articles will not be accepted: clothing, home textiles, linen, curtains, shoes, jewelry, hats, scarves, gloves and belts.

With the funds raised at the Penny Bazaar the Heidelberg German American Women's Club supports German and American student exchange programs, youth programs and various other social projects.

Lord Mayor Dr. Eckart Würzner and Garrison Commander Col. Bryan D. DeCoster will open the Pfennig Bazaar for invited guests 10 a.m. Feb. 14. For more information, visit www.gawc.de/cont/pennybazaar.htm

Heidelberg Middle School hosts spelling bee

By Dennis Osborne
HEIDELBERG MIDDLE SCHOOL

Super spellers gathered at the Heidelberg Middle School Information Center for the school's final spelling bee Jan. 16. Approximately 45 students from grades 6-8 participated.

U.S. Army Garrison Baden-Württemberg's Deputy Commander Denise Miller, School Liaison Officer Jim Riehmling and Heidelberg High School Guidance Counselor Emily Gourdine served as judges for the event. Dennis Osborne, HMS language arts teacher, provided and pronounced a list of words for the participants. Spellers were given words from the Scripps Spelling Bee foundation, the sponsor of the national bee. In the first round, some students struggled with words like "canteen" and "arrest," while others mastered unfamiliar ones like "squalid" or "factoid."

As the rounds progressed, the words became more difficult and several spellers were eliminated. Words like "opulent," "intuitive" and "disingenuous" challenged participants, while others like "comportment," "equivalent" and "preposterous" were spelled successfully. Soon, only six contestants remained: 6th grader Max Gallant, 7th graders Ben Mouritsen and Caleb Brown and 8th graders Dominic Vatcher, William Drabold and Zach Fenn. Words like "irreconcilable, salvageable and effervesce eventually tripped up three of the contestants. Though Mouritsen mastered words like "halitosis" and "futilitarian," he couldn't finish the winning round, which allowed Vatcher and Drabold to return.

Finally, Vatcher correctly spelled "metronome" and "residential" to pull off the win. Mouritsen's mastery of the tougher words earned him the 2nd place spot, while Drabold claimed third.

Vatcher is now eligible for the European Spelling Bee in Ramstein March 16. Gift certificates and prizes will be given away at a scheduled awards assembly.



Sydney Hansen

Heidelberg Middle School Spelling Bee finalists and judges pose for a photo Jan. 16. From left, Dennis Osborne, Spelling Bee Winner Dominic Vatcher, Emily Gourdine, Benjamin Mouritsen second place finisher, Denise Miller, Jim Riehmling and William Drabold, third place finisher. The European Spelling Bee is scheduled to be held in Ramstein March 16. Some 45 students participated in the school's final spelling bee in Heidelberg.

Army Community Service helps employees find new jobs

Free employment readiness seminar offered monthly in Heidelberg

By Elizabeth Behring

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

U.S. Army Garrison Baden-Württemberg might be closing its doors by the end of the summer, but Army Community Service staff in Heidelberg is working overtime to continue its programs, classes and initiatives.

ACS provides free resources to Soldiers, family members, retirees and eligible Department of the Army employees that are designed to enhance and help with everyday quality of life issues and needs.

One way ACS is helping garrison employees excel is through its employment seminar, taught 1-3 p.m. monthly at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. The next seminar is scheduled for Feb. 11.

"The installation is closing, and we feel that a lot of civilians really need help, especially NAF [non-appropriated funds workers]. Since a lot of them have been in the job quite a long time, they've never had to do a resume," said Mei Shan (Jo) Kammer, ACS Financial Readiness Manager.

Kammer started a class for NAF employees in September that was such a big hit, garrison staff asked if one for appropriated funds employees could be held. "I started the project with the intention [of] helping as many people as possible," Kammer said. "The staff put together canned resumes for popular jobs, like those in the food service industry or who are child care service providers. It helps them have a resume

on-hand so they can have an easier start," Kammer added.

The course opened to both NAF and AF employees in November, and is now taught by Erin Paulus, Employment Readiness Program Manager, who was a contracted instructor with ACS prior to being hired as an AF civilian.

"[The course] covers the USAJOBS website. [It's a] crash course on how to read position descriptions for content and how the process works," Paulus explained.

"We teach tips and tricks for formatting your resume, and how to make it look better and stronger off the bat when it's sitting in a pile on an HR [human resources] specialist's desk," she added.

USAJOBS is the federal government's official job portal, which, according to its website, helps federal organizations meet their lawful requirement of providing job opportunities to federal employees and United States citizens.

Human Resources professionals also attend the briefs to answer specific questions about the process.

"We've been really lucky, as both NAF HR and appropriated funds HR have been attending to answer HR questions. They have been great," Paulus said.

It's important to have Civilian Personnel Advisory Center specialists present, Paulus said, "because they are the ones who evaluate resumes, so they're giving their two cents. [Employees should] take advantage of

face-to-face time with them. They're taking their time to help the garrison employees," she added.

Together with CPAC representatives, Paulus said the class is vital to seasoned job searchers as well as those who have rarely or never used the USAJOBS system or ones like it, like the recently-retired CPAC website's Resumix program. The job search portion of that site merged with USAJOBS, but still provides resources for employees at www.cpol.army.mil.

"It's certainly valuable training. The system has changed in the past few years, and people are not always 100 percent sure on how this process works," Paulus said. So far, 49 have attended training, and of those, a few long-term hires have said they learned more than they anticipated going in.

"Even though they've been doing this – it's not their first rodeo, so to speak – there are things they don't even know. Even though they've been in the system and this is not their first federal job, they're trying to stay in the system," Paulus said.

One addition to the selection process is the assessment questionnaire, a change from the keyword search that was standard previously. That's still used, but many applicants will select "best qualified" or "expert" on the questionnaire but will fail to include that experience in the actual resume. That can cost the applicant the job before it ever reaches an actual human's desk, she said.

Another mistake is having only one resume uploaded to the system. While

many jobs are very similar, not every one is the exact same. Applicants should take the time to thoroughly read each announcement to find what talents and expertise are required and tailor their resume to each job.

Another tip Paulus has gleaned from teaching the class – as well as her own experience and that of HR representatives – is to use a tagline format in the "experience" portion of the resume.

"Use a marketing tagline format: divide big blocks of texts that are all related and give them some sort of title. Then the HR specialist can look at the big block that has four to five taglines," instead of a large chunk of text that merely lists experience.

"All those words are hard for anyone to read," said Paulus, who suggested typing the resume into Microsoft Word first, making the taglines all caps.

"That is your key to ending up in the pile that goes to the hiring manager. It is your job to make sure your resume highlights you as the best candidate," Paulus said, adding she is available for individual appointments or resume advice.

"I personally think people are in better positions to do this, if they know how the system works, [and] they know how they are being evaluated and what steps they have to go through. They're in a better position to succeed," Paulus said.

For more information about the employment readiness class, or to enroll, call DSN 388-9437, civ. 06221-338-9437.

Getting in the groove



Photos by Steffanie Curren-Paoletti

U.S. Army Garrison Baden-Württemberg community members practice the cobra pose during a free yoga class taught by Tara Ehnes during the garrison's final fitness fest at the Campbell Barracks Fitness Center on Campbell Barracks in Heidelberg, Jan. 12. The fest started in 1999 and ran every year except 2012.



Participants of all ages dance their way through a free Zumba class taught by Rachel Caldron during U.S. Army Garrison Baden-Württemberg's final fitness fest at the Campbell Fitness Center, Jan. 12.

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Staff Sergeant Pablo N. Piedra

Soldiers with 1st Battalion, 4th Infantry Regiment, practice clearing a building at the Grafenwöhr Training Area, Jan. 10. The Soldiers of 1-4 Infantry are U.S. Army Europe's professional opposing force for training at the 7th Army Joint Multinational Readiness Center in Hohenfels. They routinely hone their skills at Grafenwöhr's multi-functional live-fire facilities.



Erin A. Kirk-Cuomo

Secretary of Defense Leon E. Panetta tours the room of honor at the 173rd Brigade Headquarters in Vincenza, Italy, Jan. 17. Panetta was on a 6-day trip across Europe to visit with foreign counterparts and service members in the area.



U.S. Navy Chief Petty Officer Josh Ives

Spc. Nkelo Kurtz, top, renders aid to Spc. Domingo Recinos, bottom, during medical evacuation training on Forward Operating Base Farah, Afghanistan, Jan. 9.



U.S. Army

Spc. David R. King, a cavalry scout assigned to Headquarters Company, 2nd Brigade Combat Team, 82nd Airborne Division, digs a fighting position at the brigade headquarters site during a field training exercise on Fort Bragg, N.C., Jan. 12. The 82nd Airborne Division trains to execute forcible entry operations anywhere in the world on short notice.



Staff Sgt. Jorge Intriago

Soldiers with the 3/49 Agribusiness Development Team, South Carolina National Guard, embrace family members after the unit's departure ceremony at McCrady Training Center, S.C., Jan. 10. The Soldiers are headed to Camp Atterbury, Ind., for training before their deployment to Afghanistan.



Mark Lynchard

The U.S. Army Old Guard Fife and Drum Corps marches on Pennsylvania Ave. during military support for the 57th Presidential Inauguration Monday in Washington, D.C. More than 2,100 service members from each of the five branches marched in the Inaugural Parade, with approximately 5,000 supporting the inauguration all together.

Secretary of Defense Panetta visits Europe's "Sky Soldiers"

Trip part of Panetta's European tour covering Portugal, Spain, Italy, United Kingdom

By Staff Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS OFFICE

VICENZA, Italy - Secretary of Defense Leon Panetta visited with Soldiers of U.S. Army Europe's 173rd Airborne Brigade Combat Team at Caserma Ederle Jan. 17.

While here, Panetta led an hourlong town hall meeting with members of the 173rd.

He opened the session with remarks about the challenges facing U.S. forces in the coming years and the continuing need for units like the 173rd to meet those challenges.

He noted that while Afghan security forces are improving steadily and scheduled to take on the full security mission in Afghanistan next year, America still faces many threats, including widespread terrorism, nuclear proliferation, unpredictable regimes and cyber attacks.

Panetta said the U.S. needs to maintain a robust force projection capability in the world, including Europe, and that the NATO alliance and other partnerships are vital to future missions.

"Chances are we're going to need to put you to work in a lot of places," the secretary said. "As long as we're facing these threats, we're going to need units like this to be able to mobilize and respond to threats like that."

Panetta thanked the brigade's Soldiers - many of whom are still de-



Staff Sgt. Joel Salgado

Secretary of Defense Leon Panetta shakes hands with a Soldier from U.S. Army Europe's 173rd Airborne Brigade Combat Team after giving him a coin during a visit to Caserma Ederle Jan. 17. Panetta visited the 173rd Soldiers and spoke with them about issues facing the U.S. military in the future during an hourlong town hall meeting. Panetta also dined with Soldiers before departing.

ployed to Afghanistan - for "carrying the burden of war for the last 10 years" and helping to keep America safe.

"Thanks to you, we can look at our children and say we've given them a safer life," he said.

Following Panetta's remarks, the Soldiers had a chance to ask him questions of their own before sharing a meal with him at the South of the Alps Dining Facility.

The secretary's visit was part of a nearly weeklong trip to meet with his

European counterparts in Portugal, Spain, Italy and the United Kingdom.

The event was also USAREUR commander Lt. Gen. Donald Campbell's first visit with a USAREUR maneuver unit since assuming command. Campbell took the opportunity to speak with 173rd Soldiers about their assignment and mission.

"I'm very proud of the brigade," Campbell said. He then spoke of how the Soldiers he met expressed their love for Italy, the brigade and the op-

portunity 'to really serve in a brigade of such high quality with [such] a history and lineage.'"

Panetta's visit to USAREUR "Sky Soldiers" in Vicenza is a clear indication of the value of the brigade and USAREUR's multinational security cooperation mission, the general added.

"The fact that [the secretary] took the time to come to Vicenza and talk to the 'Sky Soldiers' of the 173rd, I think, sends a powerful message of the importance of not only our alliance with our Italian partners, but certainly the importance of the 'Sky Soldiers' and their contributions to the national defense of our country and a whole bunch of others," Campbell said.

The Soldiers who shared lunch with Panetta talked with him about topics of interest ranging from new facilities for the post, the move of brigade units from Germany to Vicenza and proposed uniform changes.

The impressions that Sgt. Desiree Genus, an intelligence specialist with the brigade Headquarters and Headquarters Company, took away from the secretary's visit seemed to be shared by her fellow Soldiers.

Many felt that it was a unique and special experience to meet Panetta, and that his visit means their thoughts and concerns matter. "[The secretary is] very supportive of family, and he's definitely one who cares about the Soldiers," Genus said.

Dempsey says sequestration will hollow out force fast

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

The across-the-board spending cuts that would result if a "sequestration" mechanism in budget law kicks in March 1 will hollow out U.S. military forces faster than most Americans imagine, the chairman of the Joint Chiefs of Staff said Friday.

Army Gen. Martin E. Dempsey said during a recent news briefing that if sequestration happens, the American military "will be less prepared in months and unprepared in a year."

During an interview on his return trip from NATO meetings in Brussels, the general said the cuts would quickly bring about a new type of hollow force.

The chairman stressed that deployed and deploying service members will be exempted from the effects of a sequester. The United States will not send any service member overseas without the best preparation, equipment and supplies possible, he said.

This actually covers a great many people. Service members in Afghanistan, Kosovo and Kuwait, aboard ships at sea, and flying and supporting deployed aircraft "will continue to have our unwavering support," Dempsey said. "We have a moral obligation to make sure that they are ready and the next [unit] to deploy is ready."

If sequestration is triggered March 1 - six months into fiscal 2013 - the department will have only six months to absorb those cuts, the chairman noted. So, if the deployed force is ready, and the next force to deploy is getting ready, "there's not going to be any operations and training money left for the rest of the force," he said.

The forces after the "next to deploy" will be the ones hurting, Dempsey added.

The U.S. military force generation process is such that when a unit comes home from deployment, it generally dissipates. Coming back is the natural time for service members to transfer to other units, go to schools or get out of the service. "It's an important point to remember: in our force management model, we are constantly rebuilding units," Dempsey said.

Rebuilding these units entails beginning with individual training and working up through collective training.

For ground units, it starts with individual skills and moves through training at the squad, platoon and company levels. Battalion- and brigade-level training follows that, the general explained.

"That's why I'm saying that we will be unprepared in a year, because we won't be able to go to that level of collective training," he said. "Will we be able to go

to the rifle range or go to the motor pool to turn a wrench? Sure. But we won't be able to do the kind of live-fire training that pilots need. Flying hours [and] steaming hours will be cut back, and it'll take about a year to feel the full effect."

Sequestration will cause a hollow military, Dempsey said, albeit different from the hollow forces of the past. Personnel problems associated with the transition of the military from a drafted force to an all-volunteer force caused a hollow force in the late 1970s. In the 1990s, personnel issues were fine, but there were problems with equipment. "The military took a procurement holiday in order to protect to the greatest extent possible end strength and training," the chairman said.

The kind of hollowness facing the military now is different, Dempsey said. "We've got the people. We've got the equipment that we need," he explained. "But we won't have the ability to train."

The Abrams tank is going to remain the king of the battlefield through 2025, but tankers will not be able to train on the tank or maintain it properly, Dempsey said.

"What we're experiencing is the potential for hollowness related to readiness," he added.

The lack of training opportunities could affect personnel.

Soldiers support NATO missile defense mission

By Staff Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS OFFICE

RAMSTEIN AIR BASE – Soldiers from U.S. Army Europe's 10th Army Air and Missile Defense Command and 44th Expeditionary Signal Battalion have deployed to Turkey in support of NATO missile defense operations.

The USAREUR units are deploying along with members of the 32nd AAMDC from Fort Bliss, Texas, which will provide the two Patriot missile batteries for the mission due to arrive in Turkey later this month. The 10th will serve as the command and control element for the batteries and act as a liaison for U.S., NATO and host nation forces, said Lt. Col. Robert Ozanich, the 10th's intelligence officer.

NATO forces are deploying for the mission in response to a request from the Turkish government to augment its air defense capabilities to defend its population and territory. USAREUR's multinational partners from Germany and the Netherlands plan to contribute forces to the operation as well.

The deployment is nothing new for the 10th AAMDC, which has participated in other major multinational exercises in recent months.

"We have quite a bit of experience [working with multinational partners]," said Maj. Joel Johnson, operations officer for the 10th. "We've been involved in partnership events in Poland and we've recently returned from a EUCOM [U.S. European Command] exercise in Israel where we did a lot of interface with our Israeli counterparts. So it's kind of almost second nature to us at this point."

Several Soldiers from the 10th AAMDC said they are looking forward to the mission and the chance to put the training and knowledge they have gained from working with their partners to good use.

"Our expectations are that we'll be able to successfully complete this mission and provide necessary protections to Turkey," Ozanich said. The duration of the deployment will be determined by the contributing nations in coordination with Turkey and NATO.

Website helps military teachers, kids, parents

Telehealth and Technology Release

The Defense Department website for military children has added new features to help parents and educators explain difficult topics of the military lifestyle to children.

Since its launch last January, www.MilitaryKidsConnect.org has served more than 125,000 visitors and won five industry excellence awards. To mark the one-year anniversary, the website added new content designed for children, parents and educators, officials said. The new features include: military culture videos and lesson plans for teachers, school counselors, and educators to better understand the differences between military and civilian youth; graphic novels and mini-documentaries by military kids sharing their experiences and new modules for children and parents on handling grief, loss and physical injury.

The website, created by the Defense Department's National Center for Telehealth and Technology, known as T2, uses innovative ways to help military youth cope with the unique strains of military life.

Medical Soldiers sharpen skills



Photos by Sgt. 1st Class Randall Jackson

Soldiers from the 212th Combat Support Hospital carry a simulated casualty during their CSH training days at Miesau Army Depot, Germany, Jan. 10. Several of the Soldiers work at Landstuhl Regional Medical Center and return monthly for combat medicine training.

Sgt. 1st Class Randall Jackson
30TH MEDCOM PUBLIC AFFAIRS

BRUCHMÜHLBACH-MIESAU – More than 100 doctors, nurses and medics from the 212th Combat Support Hospital muddied their boots during "CSH Days," a recent training event at Miesau Army Depot.

During the Jan. 10 activity, Soldiers trudged 11 miles through muddy terrain during light rain and temperatures in the mid-30s.

16 teams of Soldiers competed to see who could accomplish more than a dozen medical and combat related tasks correctly and in the shortest time possible.

One of the most challenging tasks was rescuing a 200-pound simulated casualty. "We were low crawling through these tunnels using our headlamps, and we had to load the patient on the Sked [stretcher] and use a pulley system to extract them from the bottom of the pipe and provide any care that we could provide the patient while in the tunnel," said 1st Lt. Matthew Lewis, a nurse from 212th CSH.

Up to 30 or 40 medical officers from the 212th CSH work at Landstuhl Regional Medical Center, which helps to keep their medical skills sharp and support local patient care needs. Three days a month, they train with their unit.

"The purpose of the CSH Days is to get the officers and the nurses and the docs paired up with their personnel they're going to work with down-range, so it builds camaraderie between the different ranks and all the personnel that work together," said Master Sgt. Richard Krueger, a 212th CSH assistant trainer.

"This is a culmination of all the training that they've been doing," Krueger said.

The competition brought together team members from LPMC including a dietician, pharmacist and a respiratory therapist.

"Working in the hospital we get to sharpen our

skills medical-wise," said 1st Lt. Donald McGhee, a 212th CSH nurse. "We can take what we learn at the hospital with diseases and injuries, and care for those injuries and take them to the Soldiers who don't always get to work in the hospital and just do training for them as well," McGhee added.

"Overall, it makes us better officers and Soldiers because we get a broader training – the whole spectrum, field and hospital," he said.



Soldiers from the 212th Combat Support Hospital pull a simulated casualty out of a storm drain during their CSH training days at Miesau Army Depot, Jan. 10.

CENTER

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staffing, as the garrison is closing this summer.

“The re-use building has served the community well over the years. We operated the facility to help incoming Soldiers, civilians and family members avoid the costs of purchasing 220-volt or household items, and had them available at no cost. However, we expect the need to diminish as more folks leave the community. Because of our closure, we, too, need to clear out our facilities and prepare them for turn-over and this building is one requested by another garrison,” Glass said.

Glass said the re-use center could not have been successful without its volunteers. “We operated the facility with no U.S. government employees. Everyone inside was a volunteer and dedicated many hours to make the place run smoothly. We are deeply appreciative of what they have done and applaud them for their volunteer spirit,” Glass said.

Donation boxes will remain available inside the recycling center for clothes and shoes.

In addition, donation boxes are available in front of the thrift shop. Off-post employees are asked to use

their community’s bulk and recyclable refuse removal services.

A list of off-post donation centers is provided below:

• Ifa Bric and Brac
Fabrikstraße 28
69126 Heidelberg/Rohrbach
Civ. 06221-363-1317

Opening Hours: 10 a.m.-6 p.m.
Monday-Friday and 10 a.m.-4 p.m.
Saturdays (No furniture)

• Recycling/Reuse Center
Oftersheimer Weg
69124 Heidelberg
Civ. 06221-14-1052

Opening Hours: 8 a.m.-4 p.m.
Monday-Friday and 8 a.m.-1 p.m.
Saturdays

• Deutsches Rotes Kreuz (German Red Cross)
DRK-Shop
69115 Heidelberg
Langer Anger 2
Civ. 06221-90-1032

Opening hours for drop-offs:
8 a.m.-6 p.m. Monday-Friday
(Only clothes and toys)

Community members can also donate items to the upcoming Penny Bazaar in Heidelberg Feb. 14-16. Read the full article on pg. 6 for more details.

FLU

continued from page 1

and complications in the elderly, young people, people with chronic health conditions and weakened immune systems. The influenza hospitalization rate in the U.S. is 8.1 per 100,000 people, which is high for this time of year.

Because colds and flu share many symptoms, it can be difficult to tell the difference between them based on symptoms alone.

In general, the flu is worse than the common cold. Flu symptoms include:

- Cough
- Sore throat
- Runny or stuffy nose
- Fever or feeling feverish or chills (not everyone with flu will have a fever).

- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

The best way to protect yourself and your family is by getting the seasonal flu vaccine each year. The vaccine protects against the most common flu strains. Frequent handwashing is another way to reduce your exposure. Also, don’t sneeze or cough directly

into your hands, use a tissue and throw the tissue away. If you do become sick, stay home so you don’t infect others around you.

Remember anyone can get the flu, so it’s important to take the proper steps to protect yourself and others this flu season.

As a reminder, the flu vaccine is available to active duty members and all beneficiaries.

Vaccines are given on a walk-in basis during normal business hours at the Ramstein Immunization Clinic and the Landstuhl Immunization Clinic.

The Ramstein Immunization Clinic is open from 7 a.m. to 4 p.m. on Mondays, Wednesdays and Fridays, and from 7 a.m. to 3:30 p.m. on Tuesdays and Thursdays.

The Landstuhl Immunization Clinic is open from 7:30 a.m. to 4:15 p.m. Mondays through Fridays. The Heidelberg Clinic is open 7:40 a.m.-4 p.m. Mondays-Thursday and 7:40 a.m.-11:30 a.m. Fridays. DSN 371-3220, civ. 06221-17-3220.

Community members can also call their local health care provider or health clinic for additional immunization clinic times.

TEAM

continued from page 1

patient’s body is able to heal enough to resume those functions.

Langdon developed the objectives for the ECMO simulation, planned the scenarios, operated the SIM Man 3G (simulator mannequin) and evaluated the team’s performance. She has the most experience, having worked with ECMO in the pediatric ICU at Wilford Hall Medical Center in San Antonio from 1999-2003. LPMC was the first Department of Defense medical facility to use ECMO in adult patients when the program was initiated here in 2009.

“This procedure is for patients who are too sick to travel by standard CCAT teams,” she said. “The pulmonary or cardiac demands of their illness or injury are beyond the capabilities of the equipment, supplies or training for CCAT.”

That’s when the ALRT is called to assist with a variety of ventilation therapies, to include ECMO if necessary. This allows the patient to be transported to LPMC for the specialized care required.

“Without the treatment options offered by this team in the past, the patients stayed at the Role III hospitals (deployed hospitals in Afghanistan) until they either recovered enough to be transported by CCAT or passed away,” Langdon explained.

In 2012, the ALRT transported 16 wounded warriors from downrange, placing seven of those patients on ECMO for the flight. The majority of these patients obtained maximal recoveries, she said.

Also overseeing the recent simulation training were the ECMO Director, Air Force Lt. Col. (Dr.) David Zonies and ALRT noncommissioned officer in charge, Air Force Staff Sgt. Raquel Sullivan.

They helped train two ECMO teams during each of the four-hour simulations. A team is made up of two providers (trauma surgeons and critical intensivists), two registered nurses and two respiratory therapists.

“They essentially trained for hands-on responses to worse-case scenarios, giving them the opportunity to troubleshoot situations,”

Hoettels said.

“Every member must be able to respond immediately to any emergency or change in patient status that may threaten life – there is no time to wait for help,” Langdon added.

The simulation was a valuable tool in being able to work with the equipment, said Army Sgt. Matthew Carpenter, one of the team’s lead respiratory therapists.

“My role was to set up the ventilator, make sure the patient’s vitals remained stable and assist the doctor in cannulating (inserting a small tube) the patient for ECMO,” he said. “This simulation training is important because it mimics real-life situations where things can go wrong. With the training, we can be better prepared on a real mission. Even though it’s training, it’s still experience.”

The training paid off almost immediately. Just nine days later on Dec. 30, the team responded to a call and successfully placed an injured service member on ECMO for transport from Afghanistan back to LPMC.

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- Connect with community members
- Discuss local issues
- Ask and answer questions
- Search for events
- Share photos and more!

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GERMAN COOKING

German Red Cabbage

Ingredients:

- 2 tablespoons butter
- 5 cups shredded red cabbage
- 1 cup sliced green apples
- 1/3 cup apple cider vinegar
- 3 tablespoons water
- 1/4 cup sugar
- 2 1/4 teaspoons salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cloves

Preparation:

Place butter, cabbage, apples and sugar into a large pot. Pour in vinegar and water and season with salt, pepper and clove. Bring to boil over medium-high heat. Reduce heat to low, then cover and simmer until cabbage is tender, (90 minutes to two hours.)

SOURCE: www.allrecipes.com

Sauerkraut

Ingredients:

- 5 pounds green cabbage, shredded
- 3 tablespoons pickling salt
- 1 tablespoon juniper berries
- 2 teaspoons caraway seeds
- 1 quart water, in a sanitized glass jar

Preparation:

- In large bowl, mix cabbage with salt, juniper berries and caraway seeds, using hands or tongs, then let stand 10 minutes.
- Pack mixture down into a large plastic food container. Top with a lid smaller than the opening of the container and place a glass jar filled with the quart of water on top of the lid. Place in cool area overnight.
- In a day, the cabbage should have given up enough liquid to be completely submerged. (The jar serves as a weight to keep the cabbage submerged and away from air.)
- Check cabbage every other day for about two weeks and skim the surface, if necessary. Let stand four weeks, then transfer to airtight container and store in refrigerator up to six months.

SOURCE: www.foodnetwork.com



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

Dear Ms. Vicki,

I have a question about Army core values. My daughter is pregnant with her Soldier boyfriend's child. As soon as he found out she was pregnant, he dumped her, and now they have no communication whatsoever. I have heard that this is not acceptable behavior for active Army personnel. Whom does she need to call to inform his commanders, so he can be made responsible for his actions? Any advice would be greatly appreciated.

Concerned Mother

Dear Mother,

Honestly, I don't think going to his commanders will help in any way right now, because the Soldier can deny this is his child. I think she will have to give birth, then establish paternity. Afterward, the court can order child support and visitation, and the child will be en-

titled to certain military benefits as a dependent of a service member.

If the Soldier ignores child support payment, his command could choose to get involved and make sure he pays. Now, some commanders will intervene in these situations, and some won't.

Your daughter made a decision, and now it will become your problem, too. This is tough for parents, but I know you love your daughter. She will need your support. Make sure she is getting prenatal care and taking care of herself.

Dear Ms. Vicki,

Have you ever heard of "twerking?" My daughter had a sleep over during the holidays, and all her friends were twerking. I was appalled. When did my daughter learn to dance like this? You would think she did not have parents or any home training at all. My daughter is a senior in high school and is on track to graduate with honors, but it's like she has been hiding something dark from me and her father. Is this the daughter we are putting on a pedestal and bragging that she has a university scholarship? This has me very nervous, because I don't want her to get taken advantage of by boys on campus. She doesn't understand that if guys see you as easy, they will take advantage of that.

I had a good conversation about this with my daughter, and she showed me videos of the twerk. I almost screamed looking at all of this grinding and booty shaking. I'm only 45, but I feel like I've been asleep the last 20 years. What happened to good, clean music and dancing? This dancing looks quite painful and like it can cause bodily injuries or something.

There's not much time before she

will be away from us, as we are supposed to get orders for Germany. Am I blowing this out of proportion? Am I 45 and out of style?

Dear 45,

I saw a video of children doing the twerk, and I don't think my mouth has closed yet. Personally, I thought this was inappropriate for little children. Listening to the video, it sounds like they could be from the Caribbean. In some cultures, children are allowed to dance explicitly. While I try to understand one's culture, I still think it's inappropriate.

When I was a teenager, French kissing was considered over the top. Your daughter is about to be on her own, and she won't have her parents looking over her shoulder to tell her what to do, whom to date or to not twerk.

Confession: my mother caught my best friend and me slow dancing with our boyfriends on Prince's "Purple Rain." I got lectures and speeches from my family and the neighbors, and the church prayed for me too, true story.

Here's the deal: we didn't do the twerk, but something tells me if we were teenagers or in our early 20s, we might. It's too over-the-top for me, but obviously a lot of people are doing it.

My mother didn't understand "Purple Rain," but she talked to me about how my actions could lead to something I may not have been ready for. It sounds like your daughter has a lot of good things going in her life. Keep talking to her and supporting her. Let her know she will have to be committed and focused.

Hopefully, you only witnessed teen girls dancing and having fun and nothing more.

Campaign spotlights National Radon Action Month

By Karla Simon

U.S. ARMY PUBLIC HEALTH COMMAND

January is National Radon Action Month. The Environmental Protection Agency has launched the "Living Healthy and Green Campaign" to educate the public about how easy it is to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Even though radon is a naturally-occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for at least 21,000 lung cancer deaths in the U.S. each year.

Radon is colorless, odorless and tasteless, and can only be detected by testing. There is no known safe level of exposure to radon. The best way to protect yourself and your family

is to measure the levels of radon gas in your home, a relatively easy and inexpensive process.

Most often, radon in the home's indoor air can come from two sources: the soil underneath the house, or via the water supply. Radon migration through the soil into the lowest level of the home is the main cause of radon problems.

However, those with private wells might consider testing for radon in both air and water. The devices and procedures for testing home water supply are different from those used for measuring radon in the air.

Test kits are available at most hardware stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those uncomfortable performing the test can find a qualified contractor familiar with radon to do it.

The amount of radon gas in the air

is measured in picocuries per liter of air or pCi/L. The EPA has set the level for radon gas at 4.0 picocuries.

The EPA recommends that immediate action be taken to fix the home, school or workplace if test results show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If test levels show between 2 and 4 pCi/L, changes should be made to reduce the amount of radon levels.

Steps to prevent and reduce radon levels in the home:

- The EPA recommends homes be tested every two years or after home renovations to monitor radon levels.
- If building a new home, school or business, ask about radon-resistant construction.
- If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.

- Cover any exposed earthen walls.
- Paint concrete floors with a sealant.

• Maintain heating, ventilation and air conditioning systems to ensure proper operation.

• If confirmed high levels are found in the air, have a radon reduction system installed. A qualified professional can determine the best system based on the foundation type: basement, slab-on-grade or crawlspace.

• If elevated levels of radon are detected in the water supply, treat the water at the point of entry or at the point of use. It may require that a water treatment system be installed to remove the radon before it enters the building or right before it comes out of the tap.

For more information, visit www.epa.gov/radon/index.html.

GET OUT!

area events

More events online at www.facebook.com/BWnow

January 24

Film Festival – Check out the 42nd International Film Festival in Rotterdam. The annual film festival hosts film screenings in various cinemas in Rotterdam, the Netherlands. Festival runs through Feb. 3. For ticket information and locations, visit www.filmfestivalrotterdam.com/en/

Chinese Circus – Members of the Chinese National Circus will tumble, twirl and entertain audiences at Mannheim's Rosengarten 8 p.m. Ticket hotline: civ. 0621-101-011. www.bb-promotion.com

January 26

Magic Tour – Explore downtown Wiesbaden during a magical history tour. Tour goers can marvel at magic tricks performed during different stops along the route and can visit well-known historical locations, including the Market Square church, the Kurhaus and Casino, the Kochbrunnen and the Roman Wall. Tour meets at the fountain behind the church in the Marktplatz. www.magichistorytour.com

<http://affiliates.uso.org/rheinmain/>

Free Museum Day – Enjoy free admission to several museums in Frankfurt during free museum day. Free Museum Day is normally held the last Saturday of each month. www.buzzoffbase.com

Car Museums – Visit the Mercedes-Benz and Porsche car museums in Stuttgart. Enjoy a guided tour of the Mercedes-Benz Museum and see exhibits showcasing some of the achievements of Professor Ferdinand Porsche. <http://affiliates.uso.org/rheinmain>

February 2

Beer Festival – The Brugs Bier Festival in Belgium features 278 beers from 67 breweries. Visitors can sample some of their favorite brews while watching eight top chefs whip up beer-flavored dishes. Food samples will also be available. Festival runs through March 3 at the Historic Rooms of the Belfry complex in the market in Bruges. www.brugsbierfestival.be/en/home-230.html

Venice Carnival – The Carnival of Venice is one of the most famous carnivals in Europe. Visitors and residents don elaborate masks and take to the streets to celebrate during the annual event. The carnival runs for the two weeks leading up to Fat Tuesday, which is Feb. 12.

Schweine Museum – The Schweine Museum in Stuttgart has a sweet spot for swine. Visitors can check out some 50,000 pieces of pig memorabilia displayed throughout the museum. The museum is open 11 a.m.-7:30 p.m. Monday-Sunday. Civ. 0711-664-19600. <http://schweinemuseum.de>

February 7

Berlinale Film Festival – The Berlinale Film Festival is one of the city's largest cultural events. More than 19,000 film professionals from around the world will attend the annual event. Nearly 400 films are shown every year throughout the city as part of the festival's program. Festival runs through Feb. 17. www.buzzoffbase.com

www.berlinale.de/en/HomePage.html

February 9

Vampire Ball – "Vampires" will descend upon the city of Heidelberg for the annual Vampire Ball 8:30 p.m. - 3 a.m. at the Stadthalle Heidelberg. Enjoy live music, dancing, food and elaborate costumes. Professional make-up artists will be on hand to help guest fine tune those last-minute Transylvanian touches. Enjoy a showing of "The Rocky Horror Picture" film and show. Tickets available at the USO offices in Heidelberg and Wiesbaden or at civ. 0180-5447-0000. www.ticketonline.com

Wine and Chocolate – Enjoy a tour of Heidelberg and view medieval frescos and the little hidden castle of Tiefburg. Tour will be followed by a stroll down the city's main street to learn about its architecture and history. Afterward, cap the day off with a wine and chocolate tasting. Sample five fine chocolates (from Austria, Italy and Germany) with five Baden-Württemberg wines selected to match the flavor of each chocolate. <http://affiliates.uso.org/rheinmain>

National Park – Explore the Bavarian Forest National Park in Neuschönau, in southeastern Germany, near the border of the Czech Republic. The park is one of the largest areas of protected forest in Europe. Visitors can enjoy a botanical garden, wildlife enclosure, visitor center and other surprises designed to delight and amuse the whole family. For hours of operation, call civ. 0855-899-6150 or visit www.nationalpark-bayerischer-wald.de, www.buzzoffbase.com.

February 11

Fasching Parade – Grab a Fasching hat and head to Mainz for the famous Rosenmontag Parade. Although Fasching (Mardi Gras or carnival) officially begins in November, it reaches its climax during the "drei tolle Tage," the three crazy days before Ash Wednesday. See decorated floats, groups wearing colorful costumes and wild masks, hundreds of horses and musical bands.

<http://affiliates.uso.org/Kaiserslautern/>

Sweet Charity – Catch a performance of "Sweet Charity," a musical by Cy Coleman, Dorothy Fields and Neil Simon, through Feb. 17 at the English Theatre in Frankfurt. Performances are 7:30 p.m. Tuesdays-Saturdays and 6 p.m. Sundays. www.english-theatre.org

February 16

Banquet – Experience a special evening out and enjoy a feast at the medieval Auerbach castle. Spend three hours savoring a six-course meal and unlimited beverages. During the dinner, enjoy the revelry of medieval times and animated period music and entertainment. Tickets available at the Heidelberg and Wiesbaden USO offices (transportation not included). <http://affiliates.uso.org/rheinmain/>

Toy Museum – Founded in 1971, Nürnberg's Toy Museum, or Spielzeug Museum, showcases toys from the 14th century to the present. Marvel at tin soldiers, dolls and more. Museum is located at Karlstraße 13 in Nürnberg's old town.

February 20

Mother Africa – Performers from the Mother Africa circus bring their 2013 Umlingto tour to Mannheim. Dancers, musicians, acrobats and more will take the stage 8 p.m. at the Rosengarten. Tickets on sale now. www.rosengarten-mannheim.de

Upcoming concerts

Ten Tenors – The Ten Tenors Double Platinum tour comes to Mannheim's Rosengarten 8 p.m. Feb. 5. Tickets available at www.rosengarten-mannheim.de

Lil' Wayne – Rapper Lil' Wayne will perform in concert at the Festhalle in Frankfurt 8 p.m. March 26. Tickets on sale now. www.worldticketshop.com.

coming to THEATERS

THE LAST STAND

(Arnold Schwarzenegger) After leaving his police job following a bungled operation, Sheriff Ray Owens moved out of Los Angeles and settled into a life fighting what little crime takes place in sleepy border town Summertown Junction. But that peaceful existence is shattered when the most notorious, wanted drug kingpin in the western hemisphere, makes a spectacular escape from an FBI prisoner convoy. (Rated R for strong bloody violence throughout, and language) 107 minutes.



Broken City

(Mark Wahlberg, Russell Crowe) In a broken city rife with injustice, ex-cop Billy Taggart seeks redemption and revenge after being double-crossed and then framed by its most powerful figure, the mayor. Billy's relentless pursuit of justice makes him an unstoppable force – and the mayor's worst nightmare. (Rated R for pervasive language, some sexual content and violence) 109 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Jan. 25 - BROKEN CITY (R) 7 p.m.; THE LAST STAND (R) 9:30 p.m.
Jan. 26 - WRECK-IT RALPH (PG) 4 p.m.; BROKEN CITY (R) 7 p.m.
Jan. 27 - WRECK-IT RALPH (PG) 4 p.m.
Jan. 28 - WRECK-IT RALPH (PG) 7 p.m.
Jan. 30 - THE LAST STAND (R) 7 p.m.

Vogelweh, Galaxy

Jan. 25 - GANGSTER SQUAD (R) 7 p.m.
Jan. 26 - WRECK-IT RALPH (PG) 4 p.m.; ZERO DARK THIRTY (R) 7 p.m.
Jan. 27 - ALEX CROSS (PG-13) 4 p.m.

Ramstein, Gateway Cineplex

Jan. 25 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.
Jan. 26 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.
Jan. 27 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Jan. 28 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:30 p.m., 8 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Jan. 29 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:45 p.m., 8 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Jan. 30 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:45 p.m., 8 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6 p.m.; HOUSE AT THE END OF THE STREET (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Jan. 31 - BROKEN CITY (R) 11 a.m., 1:45 p.m., 4:45 p.m., 8 p.m.; THE LAST STAND (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; WRECK-IT RALPH (PG) 11:15 a.m., 1:30 p.m., 4 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

community HIGHLIGHTS

Kaiserslautern Town Hall

U.S. Army Garrison Kaiserslautern and the 21st Theater Sustainment Command will host a quarterly community town hall noon-2 p.m. Jan. 29 at Armstrong's Club on Vogelweh Housing. Subject-matter experts from the Defense Commissary Agency, the Army and Air Force Exchange Service, Department of Defense Dependents Schools, U.S. Air Force in Europe and others will provide information, followed by an open forum for audience members to ask questions and share concerns. www.kaiserslautern.army.mil

Technology Expo

More than 20 exhibitors will demonstrate the latest in cloud computing, data storage protection, digital imaging, mobile and tablet devices, optical equipment and more during the final technology expo 10 a.m.-2 p.m. Feb. 1 at the Campbell Fitness Center in Heidelberg. www.FederalEvents.com

Military Officers Association

Active duty, Guard, Reserve, former or retired commissioned and warrant officers are invited to a First European Chapter of the Military Officers Association of America's membership meeting 11:30 a.m.-1:30 p.m. Feb. 2 at the Restaurant Barbarossa Hof in Esselfurth (near Kaiserslautern). Register by e-mailing fleitnaker@t-online.de.

Pre-separation Briefings

Army Regulation 635-10 (Processing Personnel for Separation) requires a pre-separation briefing for Soldiers – who are to be honorably discharged – to be conducted no later than 90 days before the transition date. The briefing includes information concerning transition from active duty from the transition center, transportation, finance, the education center and the central processing facility. Briefings will be conducted 1-4 p.m. Feb. 20 and March 13 in Bldg. 3850, Room 231, in the Community Support Center on the Shopping Center in Heidelberg. Reservations required: DSN 370-3283, civ. 06221-57-3283.

Retirement Briefings

Pre-retirement briefings can help Soldiers and family members prepare for retirement, with information from the transition center, transportation, law center, TRICARE, finance, the Army Career and Alumni Program, the education center and the central processing facility. Briefings will be conducted 8:30 a.m.-4 p.m. Feb. 27 and May 22 in the Community Support Center on the Shopping Center in Heidelberg. Reservations required: DSN 370-3283, civ. 06221-57-3283.

Winter Weather Information

Community members can receive the latest information on winter weather, road conditions and school closures by visiting http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/road_conditions/index.asp

local

EMPLOYMENT

Fitness Instructor

Heidelberg Sports and Fitness is looking for fitness instructors to teach Zumba and Spin classes until May. This is a contract position. DSN 370-7294/7506, civ. 06221-57-7294/7506.

KAISERSLAUTERN

Education

• **Coupons And Coffee** – Army Community Service's Financial Readiness will teach how to save money through the use of organized couponing 11:30 a.m. Jan. 26 at the Java Café on Rhine Ordnance Barracks. Registration required: DSN 493-4015/4151, civ. 0631-3406-4015/4151.

• **English As A Second Language** – Free beginners English As A Second Language classes that cover language fundamentals are offered noon Mondays. Intermediate ESL classes are noon Fridays at Army Community Service, Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

Community

• **Multicultural Spouses Club** – Bring a favorite dish to share for lunch 11 a.m. Jan. 25 in the Yellow Ribbon Room, Bldg. 2926 on Pulaski Barracks. Civ. 0631-3406-4203.

• **ADHD Support Group** – Join the Army Community Service Exceptional Family Member Program to learn more about Attention Deficit Hyperactivity Disorder 6-7:30 p.m. Jan. 29 in the Yellow Ribbon Room on Pulaski Barracks. Reservations required: DSN 493-4094, civ. 0631-3406-4094.

• **Carnival In Venice** – Outdoor Recreation will travel to Venice during Carnival, known in the States as Mardi Gras. Visit the glass museums on Murano, ride a water taxi or gondola in the Grand Canal or shop both sides of the Rialto Bridge, then visit Saint Mark's Square, where several carnival events will occur. Bring a costume to participate in a best-masked contest. Bus departs from Kaiserslautern Outdoor Recreation, Bldg. 2905 on Pulaski Barracks, 10 p.m. Feb. 1 and returns about noon Feb. 3. Reservations required by Jan. 30. DSN 493-4117, civ. 06313-406-4117.

• **KMC Onstage Open Auditions** – KMC Onstage will hold open auditions for ages 8 and older for the play "I Remember Mama," 7 p.m. Feb. 12 and 13 in Bldg. 3232 on Kleber Kaserne. DSN 483-6626, civ. 0631-411-6626.

• **Smarter Than A Barista Trivia** – Answer trivia questions every half-hour for a chance to win a free drink Feb. 15 at the Java Café in Bldg. 3232 (inside KMC Onstage) on Kleber Kaserne. DSN 483-8063, civ. 0631-411-8063.

• **Volunteer Of The Year Awards** – The Army Volunteer Corps is accepting nominations from military units; Family and Morale, Welfare and Recreation organizations; Family Readiness Groups; parent-teacher associations; medical clinics; private organizations and volunteer organi-

zations for the 2013 Volunteer of the Year Awards until Feb. 28. Nominees should have volunteer hours certified. Nomination forms are downloadable at www.kaiserslautern.army.mil/Directories/ACS/klvc.html. Nominees and winners will be recognized at a dinner and ceremony 6-10 p.m. May 17 at Armstrong's Club on Vogelweh Housing. DSN 493-4232/4057, civ. 0631-3406-4232/4057.

• **OCS Board** – The next Department of the Army-level Officer Candidate School selection board will be conducted July 29-Aug. 2. U.S. Army Garrison Kaiserslautern will host a structured interview (local board) 9 a.m. April 12 in Bldg. 3245 on Kleber Kaserne. Board packets must be submitted no later than March 29 to the Military Personnel Division, Room 111, Bldg. 3245, on Kleber Kaserne. Applicants can obtain information on OCS requirements at www.hrc.army.mil/site/protect/branches/officer/operations/accessions/ocs/index.htm, or can contact their unit personnel office. DSN 483-8894/7333, civ. 0631-411-8894/7333.

• **Car Wash** – The car wash in Bldg. 97370 on Landstuhl Post is open 10 a.m.-3 p.m. Monday-Sunday and is closed on federal holidays. DSN 486-5153, civ. 06371-86-5193.

HEIDELBERG

Education

• **Employment Seminar** – Army Community Service hosts readiness seminars to assist U.S. Army Garrison Baden-Württemberg employees with using the USAJOBS Resume Builder, the federal job application process and more. Seminars are scheduled 1-3 p.m. Feb. 11 and March 11. Supervisors must e-mail a participant list to erin.v.paulus.civ@mail.mil. www.heidelberg.armymwr.com.

• **Conversational German** – Conversational German classes, for ages 16 and older, will be offered by Family and Morale, Welfare and Recreation 5:30-7 p.m. Feb. 19, 21, 26 and 28 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Classes will also be held March 19, 21, 26, 28 and April 16, 18, 23 and 25. Cost is \$50. Registration required: DSN 388-9438, civ. 06221-338-9438, www.heidelberg.armymwr.com.

Community

• **Dr. Martin Luther King Jr.** – The Rhein-Neckar Branch of the National Association for the Advancement of Colored People and the Deutsch-Amerikanische Institut (German American Institute) will sponsor the 27th annual international commemoration of the birthday of Dr. Martin Luther King Jr. 6 p.m. Jan. 26 at the Providenzkirche (Providence Church)

at Hauptstraße 90a in Heidelberg. The free event, open to the public, will feature guest speakers, spiritual and gospel songs and a reception. A panel discussion will be held 7 p.m. Jan. 25 at DAI (Sofienstraße 12, Heidelberg). Civ. 0152-3897-5161.

• **Tax Center** – The Heidelberg Community Tax Center, located on the Shopping Center, will be open by appointment only 10 a.m.-5 p.m. Monday-Friday (closed federal holidays) Feb. 4-April 15. The center provides free U.S. tax preparation services for active duty service members, dependents, retirees and Department of Defense employees. Appointments can be made starting Jan. 28. DSN 370-7510, civ. 06221-57-7510.

• **Heidelberg Clinic** – The Heidelberg Clinic on Nachrichten Kaserne will be open 1-4:30 p.m. only Feb. 4. DSN 590-5523, civ. 06371-9464-5523.

• **AUSA Wine Tasting** – The General C.W. Abrams Chapter of the Association of the United States Army will host a wine tasting event and winery tour 7-9 p.m. Feb. 8 at Weingut Clauer in Heidelberg. Proceeds will benefit the chapter's scholarship program. Reservations recommended: civ. 0171-496-3564.

• **Pfennig Bazaar** – The annual Pfennig Bazaar, a fund raiser of the German-American Women's Club Heidelberg e.V., will be held 11 a.m.-6 p.m. Feb. 14, 10 a.m.-6 p.m. Feb. 15 and 10 a.m.-2 p.m. Feb. 16 at the Bürgerhaus HD-Emmertgrund, Forum 1 (GPS address is Jaspersstraße 2, 69123 Heidelberg). The following donations will be accepted 10 a.m.-3 p.m. Feb. 9 and 10 a.m.-2 p.m. Feb. 11: electrical appliances, porcelain dishes, tableware, glass ware, vases, flatware and cutlery, plastic and wooden items, books, jewelry, pictures and paintings, home decorations, toys and records. Clothing, home textiles, shoes, hats, scarves, gloves and belts will not be accepted. Proceeds will go to various charity projects in both the American and the German communities. DSN 370-6975, civ. 06221-57-6975.

• **Krakow Trip** – Outdoor Recreation travels to Krakow, Poland, a UNESCO world heritage city, Auschwitz Concentration Camp and Boleslawiec for world-famous pottery shopping, Presidents Day weekend. Bus departs from the Park and Ride outside the Patrick Henry Village Commissary 1 a.m. Feb. 15 and returns about 8 p.m. Feb. 18. Cost includes transportation, 3 nights in a 4-star hotel with breakfast and guided tour of Krakow. Reservations required: DSN 388-9282, civ. 06221-338-9282.

• **Indoor Flea Market** – There will be an indoor flea market 9 a.m.-1 p.m. Feb. 16 in the Village Pavilion

Community Center ballroom. Table reservations available. DSN 388-9438, civ. 06221-388-9438.

• **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Feb. 20 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

• **Heidelberg Ski Club** – The Heidelberg International Ski Club will meet 7 p.m. Feb. 20 at the Zum Goldenen Löwen in Eppelheim with "Mardi Gras" as the theme. Sign up for a trip to Lauterbrunnen in March and make new friends. www.heidelbergski.com.

• **A Taste Of Soul** – The Heidelberg Equal Opportunity working group and Family and Morale, Welfare and Recreation will host "A Taste of Soul," in celebration of Black History Month, 6 p.m.-1 a.m. Feb. 23 at the Village Pavilion Community Center on Patrick Henry Village. The evening will include dinner, live music and a display of art. Adults: \$15, children 5-12: \$7.50, 4 and under: free. DSN 388-9438, civ. 06221-338-9438.

• **Bowling Center Breakfast** – Enjoy French toast, hash browns, eggs, sausage, bacon, ham and assorted pastries 7-10 a.m. Monday-Friday at the Bowling and Entertainment Center, Bldg. 4545 on Patrick Henry Village. DSN 388-9040, civ. 06221-338-9040.

• **Karaoke Saturdays** – Sign up starting 8:30 p.m. to sing karaoke 9 p.m.-2 a.m. first and third Saturdays at Slapshots, Bldg. 104 on Patton Barracks. DSN 373-5190, civ. 0622-17-5190.

• **College Night** – Show your college identification card to receive a prize and enjoy draft beer specials all evening Saturdays at Slapshots, Bldg. 104 on Patton Barracks. DSN 373-5190, civ. 0622-17-5190.

• **Pharmacy Hours** – The Heidelberg Army Health Clinic on Nachrichten Kaserne has adjusted its pharmacy operating hours due to staffing changes: 8-11 a.m. and noon-5 p.m. Monday-Friday. DSN 371-2673, civ. 06221-17-2673.

MANNHEIM

Community

• **Bargain Warehouse Sale** – Used Outdoor Recreation equipment, office and children's furniture, air conditioning units and more will be available for cash purchase at a Non-Appropriated Funds bargain warehouse sale, 9 a.m.-2 p.m. Feb. 2 and 23 and March 9 and 23 in Bldg. 1518 on Spinelli Barracks. DSN 388-9438, civ. 06221-338-9438.

• **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Feb. 6 in the Warrior Zone, Bldg. 25 on Coleman Barracks. DSN 382-4148, civ. 0621-779-4148.

Military brat leads pack in annual bowl game

Wyatt Teller, dad reflect on 2013 U.S. Army All-American Bowl appearance



Tim Hipps

Virginia Tech-bound defensive end Wyatt Teller of Bealeton (Va.) Liberty High School, was the only military child to play in the 2013 U.S. Army All-American Bowl. Jan. 5 at the Alamodome in San Antonio. The East team beat the West 15-8.

Teller one of 90 players to participate in bowl

By Tim Hipps
IMCOM PUBLIC AFFAIRS

SAN ANTONIO – Retired Army Reserve Maj. Rick Teller got choked up while talking about his son, Wyatt, the lone military brat among 90 players in the 2013 U.S. Army All-American Bowl.

“He’s always been a little trooper,” the elder Teller said of his son who will take his defensive end skills from Liberty High School in Bealeton, Va., to Virginia Tech in Blacksburg next season. “He loved to hit, but he was always the first one to pick up somebody when he knocked them down. He’s a great kid.”

No longer a little trooper, Teller stands 6 feet, 5 inches tall and tilts the scales at 275 pounds. His favorite pastimes are hunting, fishing and devouring quarterbacks, not necessarily in that order.

In between signing autographs and posing for photographs, Wyatt gave both his shoes and socks to kids who needed something for him to sign after the game Jan. 5 at the Alamodome.

“I’m going to Virginia Tech and we can’t wear Adidas stuff, so I gave them to little kids – most of them were like 7 or 8 years old,” said barefooted Wyatt, who sports a Mohawk haircut.

“Yeah, he’s got a modified Mohawk,” Rick said with a grin. “For senior pictures, we told him: ‘You are going to look at that 30 years down the pike and say: ‘What’s up with that?’”

For the time being, it suits Wyatt perfectly. “It’s a perfect football haircut, yep,” his dad concurred.

Rick served four years of active duty with the United States Marine Corps, followed by three years with

the Virginia Army National Guard.

“I thought the Guard was the Virginia Marine Corps – found out it wasn’t,” he quipped. “When I found out it was the Army, I thought I might as well go into the Army Reserve because you could go anywhere in the country instead of just Virginia.”

The Tellers moved from Manassas to Warrenton and later made stops in Beckley and Salem, West Virginia. “I was all over the place and I still had a civilian job,” he said. “Luckily, most of that was with my older kids.”

Wyatt, the youngest of four siblings, was born in 1994 and Rick retired in 1998. Wyatt played football in Fauquier County youth leagues and at Taylor Middle School in Warrenton. By the end of his freshman season at Liberty High, he was promoted to the varsity squad.

“He was a little monster, from about 5 or 6 when he put on pads,” Rick said. “He plays hard.”

Wyatt was recruited by at least 19 colleges and universities. He made road trips to South Bend, Ind., Columbus, Ohio, and Columbia, S.C. Letters also arrived from Palo Alto, Calif., and Eugene, Ore.

“We wanted to go a lot more places, but he didn’t really like it,” Rick said. “He wanted to stay closer to home.”

Wyatt narrowed his finalists to the University of Virginia and Virginia Tech.

“Really, we thought it was going to be Virginia, and Virginia is the closest to home so we weren’t upset about that,” Rick said. “But Virginia Tech has a much better football program and they have more things that he’s interested in. Although he likes to wear a bow tie, he’s more of a hunter and a fisher. Tech is in the mountains down there and he loves that kind of stuff.”

Rick embraced the military lifestyle and tried to instill his son with its work ethic.

“I loved the Army, loved the Marine Corps – have both stickers on the car,” he said. “I enjoyed my time.”

staying ACTIVE

Ski Express Trip

Heidelberg Outdoor Recreation hosts Ski Express trips to some of the most well known ski areas in Europe. Certified instructors are often available for beginner lessons and outdoor recreation offers equipment rentals at discounted prices. The next ski express trip is scheduled for 2 a.m. - 11 p.m. Jan. 26. Group will depart from the Outdoor Recreation facility on Patrick Henry Village, Bldg. 4540 in Heidelberg.

Winter Soccer Clinics

Sign-up available for SKIESUnlimited Indoor Winter Youth Soccer Clinics, taught by professional soccer coaches. Clinics are held January– March at the Special Events Center, Rhine Ordnance Barracks, Bldg. 237 for ages 3-17. For more information or to enroll, call Family and Morale, Welfare and Recreation One Stop Shop, Landstuhl Post, Bldg. 3810 DSN 486-8943 or civ.06371-86-8943 or Parent Central Services, Pulaski Barracks, Bldg. 2898, DSN 493-4516/4122, civ. 0631-3406-4516/4122.

Martial Arts Classes

SKIESUnlimited offers Kung Fu & Martial Arts classes. Students can develop physical and mental skills while learning a 500 year old practice called Kung Fu. Open to ages 5-18 at Sembach Middle School Gym (near Kaiserslautern). For more information, call Parent Central Services Pulaski Barracks, Bldg. 2898, DSN 493-4516/4122 or civ. 0631-3406-4516/4122. Landstuhl One Stop Shop, Bldg. 3810, DSN 486-8943, civ. 06371-86-8943.

Gymnastics Classes

Family and Morale, Welfare and Recreation SKIESUnlimited offers gymnastics classes for toddlers and children. For class offerings, times and prices, contact Parent Central Services at DSN 493-4516, civ. 0631-3406-4516.

Cycling Classes

Enjoy outdoor cycle training indoors at the Miesau Physical Fitness Center. RealRyder Cycling Classes are available 6:30-7:30 a.m. Tuesdays and Thursdays in Bldg. 1220 on Miesau in Kaiserslautern. DSN 481-3797, civ. 06372-842-3797.

Kleber Kaserne Fitness Center Closure

The Kleber Sports and Fitness Center main gym in Bldg. 3235 on Kleber Kaserne in Kaiserslautern is closed for facility renovations. The weight room remains open, but no towels will be issued during this time. DSN 483-7610, civ. 0631-411-7610.

Dynamic Yoga

Revitalize the body and awaken the mind and spirit during a Dynamic Yoga class 6:30-7:45 p.m. Wednesdays at the Landstuhl Fitness Center, Bldg. 3720 on Landstuhl Post in Kaiserslautern. Class uses challenging posture flow, meditation and breathing exercises to create a unique workout. DSN 486-7172, civ. 06371-86-7172.

Firearm Safety Courses

Firearm safety courses are available by appointment at the Rod and Gun Club in Bldg. 4130 in Oeffersheim (an der Bundestr. 291) near Heidelberg. Civ. 06202-51193.

Parent And Me Yoga

Yoga classes are available to parents and their children birth to age 12, who are enrolled in Child, Youth and School Services' SKIESUnlimited program in Kaiserslautern. Register at Parent Central Services, Bldg. 2898 on Pulaski Barracks or at the One Stop Shop, Bldg. 3810 on Landstuhl Post. DSN 493-4516/4122, civ. 0631-3406-4516/4122.