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HeraldPOST

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

HP THURSDAY Feb. 18, 2010

U.S. Army photo

Sgt. Angela Weeks, from the Heidelberg Medical Activity Department, treats a "casualty" during the Europe Regional Medical Command's annual Best Warrior Competition Feb. 3-7 at the Grafenwoehr Training Area. Weeks earned the right to participate in the ERMC competition by winning at her unit level. Bavaria Medical Department Activity Soldiers captured 2010 Best Warrior NCO and Soldier of the Year honors.

95th MPs hold NCO induction ceremony

By Sgt. Adrienne Killingsworth
18TH MILITARY POLICE BRIGADE PUBLIC AFFAIRS

Friends, family members, fellow Soldiers, senior noncommissioned officers and officers from around the 18th Military Police Brigade gathered at a noncommissioned officer induction ceremony Feb. 5 at Shuh Theater on Benjamin Franklin Village in Mannheim to officially recognize the passing of newly promoted corporals and sergeants of the 95th MP Bn. into the corps of noncommissioned officers.

The tradition of inducting NCOs into the corps spans centuries of time and has been observed in countless armies all over the world through varying rites of passage.

The corporals and sergeants of the 95th MP Bn. were inducted into the corps by passing under an archway and being presented a copy of the Creed of the Noncommissioned Officer by Command Sgt. Maj. Brenda Curfman, the 18th MP Bde. command sergeant major. The newly inducted NCOs then raised their right hands together and pledged an oath to live by the creed. The junior NCOs were welcomed into the corps

see **CEREMONY** page 11

Army Continuing Education System Soldiers on despite cuts

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Louis Dean is a man who wears many different hats on any given day. Dean is the manager of the Patton Barrack's education center in Heidelberg, and right now he's also the centers only full-time employee.

Besides his management duties, Dean is the education services specialist, test control officer, education counselor and he also helps to in-process and out-process Soldiers stationed here.

Recent financial cuts to the Army's continuing education system have helped to shrink his staff dramatically, but despite the changes, Dean is learning to do more with less and remains focused on making sure that every customer that walks through his door is helped.

"When I go to an in-processing briefing, I usually tell the audience, and my customers, exactly what's happening," Dean said. "Our staff has been reduced because we have had some financial cuts and the budget is limited and there will be a bit of delay. The word that we want to get out to the community is that customers should plan ahead."

Dean is not the only one feeling the pinch. This recent round of financial cuts, which took effect at the beginning of this fiscal year, is affecting several different education centers across Europe.

see **EDUCATION** page 11

> "We are here to serve the public and we will do everything that we possibly can to provide quality services and programs to our customers."
>
> - Ramona Kausch, education services officer for the USAG Kaiserslautern hub

Speed Read

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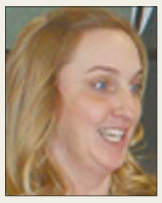

USAG Mannheim held their local AFAP conference and discussed 103 issues in the community. 12

Defense Details

HOLISTIC HEALING

Since the Army introduced the Comprehensive Soldier Fitness program in October 2009, there has been much focus on a holistic approach to physical, emotional, social, spiritual and family well-being. But what is holistic healing exactly? According to Lt. Col. Erica Clarkson, a U. S. Forces-Iraq physical therapist, holistic healing is an approach that uses natural methods to improve health, without using drugs or surgery to correct problems. Clarkson has been practicing holistic healing for 17 years, and has continued to treat service members in Iraq at the Courage Clinic.

U.S. DONATES EQUIPMENT

The United States recently donated a number of water trucks, field artillery cannon and patrol boats to the Pakistani government, according to U.S. State Department news releases. Four water trucks were provided to the Pakistani Army's special services group Feb. 12. The next day, Pakistan's maritime security agency obtained five American fast-patrol boats, while the Pakistani army received 48 self-propelled field artillery cannon.

Army news: *www.army.mil*
Defense news: *www.defenselink.mil*

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COMMENTARY

Homeowner's Assistance Program expands

Patton Legal Assistance Office

The Homeowner's Assistance Program (HAP) was originally designed to provide some monetary relief to eligible service members and federal employees who suffered financial loss on the sale of their primary residences when a base closure or realignment (BRAC) announcement caused a decline in the residential real estate market.

HAP was expanded in 2009 to provide additional assistance during the mortgage crisis. There are three groups affected by the expanded HAP.

The first group are Warriors in Transition (30 percent or greater disability). These are military and civilian personnel who incurred wound, injury, or illness in the line of duty during a deployment in support of the Armed Forces on or after September 11, 2001, and the surviving spouses of fallen service members relocating within two years of a spouse's death. This group's eligibility for the Expanded HAP is not temporary.

The second group consisting of BRAC 2005 military service members and federal civilian employees were added to the expanded HAP when the prior law's requirement for proof of causal relationship between a closure or realignment announcement and local housing markets' decline was removed.

Applicants must have been the owner or occupant on May 13, 2005, or prior to July 1, 2006, and must sell their house prior to Sept. 30, 2012. This group's eligibility is temporary and will expire by Sept. 30, 2012.

The third group are service members who were permanently reassigned to another location (more than 50 miles) between Feb. 1, 2006 and Sept. 30, 2012.

The property must have been purchased (or the contract to purchase signed) before July 1, 2006 and sold between July 1, 2006 and Sept. 30, 2012.

Unfortunately, this group does not include federal civilian employees. This provision of the expanded HAP may be of the most benefit to service members assigned to Germany.

The HAP Web-site at *hap.usace.army.mil* contains the application package and other valuable information. The application is sent to the Corps of Engineer District office responsible for the area where the house is located.

It's just 'condom sense'

By Col. Michael Custer
U.S. ARMY PUBLIC HEALTH COMMAND, PROVISIONAL

Soldiers exist in a world of challenge and danger. We are fighting global terror throughout the world. In combat, Soldiers wear body armor, applying a barrier between their bodies and a bullet or explosive fragment, significantly improving their chances of survival if they get hit.

In a world full of dangerous sexual diseases and unintended pregnancies, that same concept of applying a barrier can be used to improve our chances of staying fit and healthy. Think of the male condom as body armor against sexually transmitted infections, or STIs.

The idea of using a barrier to prevent sexual disease or pregnancy has been around for a while. Serious condom use in Western Europe probably began during the great syphilis epidemic that started in the 1490s. At that time, condoms were still made of linen, but as time went on, people discovered that they could produce a condom using animal intestines. This type of condom lives on today as the so-called "natural membrane" condom made from the intestinal lining of lambs.

These are ineffective at preventing disease and not recommended for use by health care providers.

It was the discovery of the rubber vulcanization process around 1840 by Goodyear (who later started the tire company) that brought us the modern condom. The vulcanization process gives rubber its springy and stretching characteristics, important attributes in a condom.

Research shows that when latex condoms are consistently and correctly used they are 98 percent effective in preventing pregnancy and are one of the only methods for sexually active people to protect themselves against STIs, including HIV.

One study in the New England Journal of Medicine looked at 124 couples with one partner HIV-infected and the other uninfected who consistently and correctly used condoms. After 20 months, the infected partners transmitted no HIV to the uninfected partners.

The Centers for Disease Control and Prevention says that latex condoms for males can reduce the risk of transmission for gonorrhea and chlamydia as well as tichomoniasis, and will also reduce the risk of transmission for herpes, syphilis, chancroid and HPV when the condom covers the infected area.

Condoms provide barrier protection to Soldiers and family members from STIs and pregnancy in the same way body armor protects Soldiers from battle injury.

Remember though, abstinence is your best protection against STIs and unintended pregnancies.

However, if you are sexually active use a latex condom to protect your partner and yourself from STIs and unintended pregnancies. Good 'condom sense' makes common sense.

For more information about the effectiveness of condoms and their proper use, visit the CDC, www.cdc.gov/condomeffectiveness/brief.html, and Class Brain, www.classbrain.com/artteensb/publish/article_123.shtml.

BW now

Join the virtual community today
http://myBWnow.ning.com

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

Hello all,
I wanted to let you know about an exciting opportunity to nominate dads for the Military Fatherhood Award. The National Fatherhood Initiative (NFI), Lockheed Martin, and TriWest Healthcare Alliance are sponsoring the Military Fatherhood Award. The Award is given each year to a military father who goes above and beyond his duties - both as a serviceman and as a dad – to make sure he and his family stay connected throughout the stresses of military life. The awardee is chosen from a pool of nominations by moms, wives, kids, friends, and others from across the country and around the world! This year's awardee will travel to Washington D.C. with his family and be recognized at a special ceremony on June 8. Nominations will be accepted from now until 600 nominations are received. If you have any questions please contact The National Fatherhood Initiative at (301)-948-0599. For more information or to nominate a father visit *www.fatherhood.org/Gala/MilitaryAward.*

- Lisa Ashley, BWnow member

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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.

LRMC staffers capture three Air Force level awards

By Chuck Roberts
LRMC PUBLIC AFFAIRS

For their service to Wounded Warriors and other beneficiaries at Landstuhl Regional Medical Center, a nurse and two doctors have been named the best in the Air Force.

Maj. Shannon Womble received honors as the Critical Care/ICU Nurse of the Year as well as the 2009 Air Force Nurse of the Year Award. Womble is the first nurse to receive the newly established award. She was joined in the winner's circle by Lt. Col. (Dr.) Raymond Fang who won the U.S. Air Force Surgical Excellence Award, and Lt. Col. (Dr.) Alexander Servino who garnered honors as the U.S. Air Force Podiatrist of the Year.

They are assigned to the 86th Medical Squadron at LRMC which works side by side with fellow Army and Navy medical practitioners who have treated more than 60,000 Wounded Warriors aeromedically evacuated to LRMC since January 2004.

"It is in that spirit of selfless service as part of a joint medical team that makes their accomplishments even more special," said Col. (Dr.) John M. Cho, hospital commander.

"It is an honor for me as a Soldier to lead the best of the best and for our medical center to have such tremendous talent taking care of those who protect our nation from harm each and every day," said Cho. "The Air Force has made official what everyone here knows who works alongside Maj. Womble, Dr. Fang and Dr. Servino."

Womble is a Clinical Nurse Specialist and Critical Care Clinical Nurse Specialist who is Head Nurse of the LRMC Intensive Care Unit, as well as serving as Nurse Director for the U.S. Air Forces in Europe Critical Care Air Transport Team (CCATT), which serves as a type of ICU unit aboard aircraft, transporting patients from Afghanistan and Iraq.

She is also the only Department of Defense nurse trained for aeromedical evacuation missions using a variety of lung salvage therapies, to include the NovaLung device, which can temporarily augment mechanical ventilation in those patients with severe acute lung injury due to trauma or disease processes.

Her team has successfully transported 12 patients requiring lung salvage therapy, one using the NovaLung.

"I am very shocked and honored to have been recognized by receiving this award," said Womble. "I can honestly say that everything done to care for these Wounded Warriors is a team effort, and I could not have accomplished these things without my wonderful dedicated ICU staff, my phenomenal Air Force and Army leadership, the ICU and trauma physicians as my clinical mentors, and the support and sacrifice of my family."

Fang serves as the LRMC Trauma Director, the Air Force CCATT Clinical Director – Europe, and as the U.S. Air Forces in Europe Consultant for Trauma Surgery.

> "It is an honor for me as a Soldier to lead the best of the best and for our medical center to have such tremendous talent taking care of those who protect our nation from harm each and every day."
>
> - Col. John M. Cho, LRMC commander

As the CCATT Clinical Director, he has personally flown 36 aeromedical evacuation missions and supervised more than 200 MEDEVAC missions, transporting more than 400 CCATT patients.

Fang also completed a three-year study for using Negative Pressure Wound Therapy aboard long distance aeromedical evacuation flights that is now being introduced DOD-wide.

"My job is to provide the best possible care for our Wounded Warriors and to continually seek to improve that care every day," said Fang. "The patients are what motivate me and my colleagues to strive to do our very best."

Servino, who serves as the Surgical Services Flight Commander, oversees a 53-member flight, representing eight surgical specialty clinics and four surgical support services.

As Chief, Podiatry Service for the Department of Orthopaedics, his stewardship provided critical overseas contingency operations support in the management of 830 trauma casualties from Afghanistan and Iraq.

Servino also made a significant contribution to patient access to care, reducing the average time for care from 35 days to less than seven, leading to a customer satisfaction rating of 93 percent.

"I'm not so sure I deserve this award any more than anyone else who comes to work and does their job," Servino said. "I'm humbled and appreciative, but to single me out and say I'm more deserving bothers me a little, especially when I look around and see the dedication of my colleagues."

"I work around a group of some very caring and professional Soldiers, Sailors, Airmen and civilians here at LRMC who make my job easier, so I can't take all of the credit," he added.

LRMC, which falls under the command of Europe Regional Medical Command, is the largest American hospital outside of the United States and is verified by the American College of Surgeons as a Level II Trauma Center, making it the only U.S. medical facility overseas to hold that distinction, and only one of three in the Department of Defense.

LRMC provides primary care, tertiary care, hospitalization and treatment for more than 245,000 U.S. military personnel and their families within the European Command. It is also the evacuation and treatment center for all injured U.S. service members, contractors and members of 44 coalition forces serving in Afghanistan and Iraq.

Mannheim pledges to save energy, meet 2010 goals

Staff Report

United States Army Garrison Mannheim Soldiers, civilians and customers, have committed to being good stewards of taxpayer dollars and the environment by implementing low-cost and no-cost efficiency measures and improving operating procedures.

"We need to take energy saving initiatives out to commanders, Soldiers and civilians," said Lt. Col. Elizabeth Ryan Griffin, USAG Mannheim commander.

This pledge comes as a result of the new Executive Order 13514, "Federal Leadership in Environmental, Energy, and Economic Performance" from October 2009 as well as Army Regulation 420-1.

"We will work as building owners, operators, and tenants to turn off all unnecessary office equipment, personal accessories, lighting, and space conditioning equipment whenever possible," said Kurt Marx, USAG Mannheim energy manager. "We further commit to encourage others to take this pledge and join us in reducing energy use everywhere possible."

Marx said that by using the following tips, the garrison can save energy and hopefully meet the 2010 goals.

- Lighting: It is always better to turn off a light when it is not needed, even for a short period. Whenever a facility is unoccupied just make sure that lights are off.
- Heating and cooling: Energy used to heat or cool your building to a comfortable level when it is unoccupied is a waste of energy and money. Save energy by setting back the thermostat.
- Water: This means cold and hot water. The settings for hot water are done by DPW in accordance with the Army Regulation.

The responsibility of every customer is to avoid water waste. Do not let the faucet run when it is not needed. Report leaking, even if you think it is minor, to DPW. Only one drop per second out of your faucet consumes over 3,200 gallons (12,000 liters) a year. Take showers rather than tub baths which saves about 2,000 gallons of hot water per year.

- Appliances: Water boils faster in a closed container, so never boil water in an open pan. Freezers and refrigerators should not be set too cold, 38 degrees for refrigerators and five degrees for freezers is correct and most efficient.
- Infiltration: Air flow through openings and cracks does influence the garrison's energy bill. Heat is lost during the heating season or gained during the cooling season, causing discomfort to building occupants.

Consequently, you should avoid an unintended air flow by closing all doors and windows, keep doors closed in unheated areas and also close loading dock doors when not in use.

- Computers, monitors, scanners and other office equipment should be turned off every day when not actively in use. Use the sleep mode and it will save energy. Just your CPU should stay operational (restarted) due to signal criteria.
- Stop idling any vehicles unless your military truck requires it to avoid safety hazards. Idling vehicles not only wastes energy and pollutes the air, but is also a violation of host nation codes.

"In spite of all our flyers, training and awareness initiatives, we need unannounced inspections to realize behavior changes of our residents and then emphasize on corresponding no-cost and low-cost initiatives to reach our energy goal," Marx said. "Everyone is an energy manager. Make a pledge to contribute."

28th Trans. Bn. holds final driver's training academy graduation

By Sgt. Adrienne Killingsworth
18TH MILITARY POLICE BRIGADE PUBLIC AFFAIRS

Soldiers from 28th Transportation Battalion gathered at the United Service Organizations on Benjamin Franklin Village in Mannheim, Feb. 2 to close out three weeks of driver's training that holds a place of distinction in the battalion's history.

As the battalion continues to reduce its presence in preparation for its inactivation, the ceremony marks the last time the 28th Trans. Bn. will conduct a graduation ceremony for the Driver's Training Academy.

Col. Thomas P. Evans, the commander of the 18th Military Police Brigade, attended the DTA graduation ceremony as the guest speaker, along with Maj. Nicole Heumphreus, the 28th Trans. Bn. commander, and 1st Sgt. Jade James, acting command sergeant major.

Evans commended the Soldiers for a job well done and noted the importance of the training they received at the DTA.

"When you roll out of that motor pool," Evans said, "whether you are on the autobahns of Germany or the (main supply routes) of Iraq or Afghanistan, the job you do is dangerous."

The DTA is a requirement for Soldiers to drive military trucks within Germany. The course consists of three areas of training.

Soldiers receive one week of classroom learning, one week of hands-on specific vehicle training and one week of driving – with special emphasis on learning to back up trucks with trailers and driving with mirrors.

However, upon completion of the course, these Soldiers have only reached the beginning of their journey in obtaining their licenses.

Once they return to their units, each Soldier must complete 3,000 miles of driving with an Army Motor Vehicle Instructor before they can be licensed.

Out of the entire graduating class, five of the graduating Soldiers trained for the ability to become AMVIs and will return to their units certified to train drivers.

Many of the Soldiers from February's graduating class are from units that have recently left the 28th Trans. Bn., 18th MP Bde., as a result of the restructuring of the unit. As Evans looked around the room at the graduating class, he noted the progress of this transition.

"I can see some of the patches have already changed," he said, noticing the prevalence of 16th Sustainment Brigade patches in the room. Four units under the 28th Trans. Bn. were transferred to the 391st Combat Sustainment Support Battalion, 16th Sust. Bde., last month.

As units and duties within the Mannheim military community are reorganized to prepare for the inactivation of the 28th Trans. Bn., responsibility for the DTA will transfer to the 391st CSSB, which will maintain the foundation of superior training and high standards that the 28th Trans. Bn. leaves behind.

Staff Sgt. Tilton Adams

A Soldier gets behind the wheel of an M915 truck during the hands-on portion of training at the 28th Transportation Battalion's Drivers Training Academy. The final graduation under the 28th Trans. Bn. was held at the USO on Benjamin Franklin Village in Mannheim, Feb. 1. The academy responsibilities will pass to 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, as 28th Trans. Bn. prepares for its inactivation.

USAREUR commander helps Heidelberg Boy Scouts earn badge

By Maj. Lou DelTufo
EXECUTIVE OFFICER, USAREUR CHAPLAIN

Boy Scouts from Heidelberg troops earned the Scout "Citizenship in the Nation" merit badge after meeting with U.S. Army Europe commanding general and Eagle Scout, Gen. Carter Ham, Jan. 31.

Jean Boyle, assistant scoutmaster and merit badge counselor for Heidelberg's Troop 26, organized the event.

Boyle called the Citizenship in the Nation merit badge one of the most important badges a Scout earns.

Earning the badge requires a Scout to take an in-depth look at the national government and highlights his duties and responsibilities as a citizen.

The badge, along with similar merit badges for citizenship in the community, is required for a Scout to reach Eagle rank.

Among the conditions for earning the badge is a requirement for each Scout to show he is aware of current national issues, then write a letter to one of his home state's representatives in Congress or the U.S. Senate, voicing his opinion on a chosen issue.

"The one thing I emphasize with the Scouts is that communication with elected officials is two-way," Boyle said. "We have a duty to inform (elected officials) of our opinion on issues and, because they work for us, they have a duty to represent our interests and wishes in Washington."

During their visit with Ham, Troop 1 senior patrol leader Michael Tinnelly-Williams presented the general with a patch commemorating the troop's 60th anniversary.

"Learning about citizenship is extremely important for young people and seeing the Keyes Building, as well as meeting General Ham, was an excellent chance to do just that," Tinnelly-Williams said.

Penny Bazaar

Sieg Heppner

Mannheim First Mayor, Christian Specht, speaks with Lt. Col. Elizabeth Ryan Griffin, USAG Mannheim commander, during the opening of the 29th Penny Bazaar Feb. 11 at the Mannheim Rosengarten. The annual event raises thousands of Euros for charitable causes in the German and American communities in Mannheim.

Shoplifting hurts futures, families, communities

Students learn consequences of stealing during briefing

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Christine June

Don Gwinn, the U.S. Army Garrison Kaiserslautern civilian misconduct officer, explains the consequences of shoplifting to seventh graders during an Army and Air Force Exchange Service – Europe Loss Prevention Briefing Feb. 9 at the Kaiserslautern Middle School.

Don Gwinn doesn't want to see them in his office later, so he faces the audience, walking back and forth, and up and down the middle aisle, determined to make eye-contact with hundreds of students.

"(Loss prevention briefings) are a proactive effort to get the word out to the kids and let them know what the ramifications are for shoplifting," said Gwinn, the U.S. Army Garrison Kaiserslautern's civilian misconduct officer, who handles reported cases of crimes committed by U.S. Army-affiliated civilians receiving logistical support within the Kaiserslautern military community.

Consequences, Gwinn cites, range from losing on-post privileges, damaging future employment and education opportunities, and causing serious trouble for the sponsoring parent.

He added that shoplifting harms everyone, especially in the military community, since Army and Air Force Exchange Service profits help fund Family and Morale, Welfare and Recreation programs.

Starting last year, Gwinn joined in on the established AAFES – Europe Loss Prevention Briefings held at KMC elementary, middle and high schools.

"When (Army) kids are caught shoplifting in one of our stores, Mr. Gwinn processes the actual cases and determines whether they should receive any certain type of punishment," said Kenneth Randell, the AAFES-E Loss Prevention manager, on why it made sense for them to team up for these briefings.

Randell regularly presents these briefings to Department of Defense Dependents Schools in the KMC, Mannheim and Baumholder.

"I just want to let them know that they may not have gotten caught yet, but (AAFES) does have a camera system in place, and I do have detectives who are out there, and eventually, they will get caught," he said.

Beside the consequences Gwinn listed, Randell said that AAFES has its own procedure for punishing shoplifters by exacting a $200 civil recovery fee.

The example he gave during the briefings was if someone walks out of the store without paying for a .50-cent pack of gum, it will then cost $200.50.

Randell and Gwinn conducted briefings for Kaiserslautern Elementary School fifth graders last year.

So far this year, they have done briefings at the Kaiserslautern Middle and High Schools, breaking up the briefings for each grade.

"We have assemblies all the time, but the kids were so attentive, and I think the message really got through to them," said Dr. Susan Hargis, the KMS principal, about the briefings held for her sixth, seventh and eighth graders. "The real important part was the question and answer because the kids asked a lot of thought-provoking questions, and (Randell and Gwinn) were able to answer them."

Gwinn said they plan to conduct loss prevention briefings in the future at all the 11 KMC schools, starting with Ramstein schools in March.

The last briefing they conducted was Feb. 9 for KMS seventh graders.

Caitlin Hutchison, 13, a KMS seventh grader, attended this briefing and thought it was interesting "you know a lot of this stuff nobody would tell you when you were little because you would be all scared and stuff, but now, it's important to learn it."

Her mother, Amanda Hutchison, also attended the briefing, and the shoplifting statistics here surprised her.

"Wow! – 70 percent of shoplifting here, as Mr. Gwinn said, occurs from kids 9 to 17 years old," she said. "It just surprised me that so much (shoplifting) was done by kids."

Gwinn hopes to decrease this percentage by doing these briefings and letting this age group know the consequences of shoplifting.

"They really get a lot of action taken against them," he said. "Host nation (officials) can also take action against them for shoplifting."

DOD turns to the future for Black History Month

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Black History Month typically has been a time to reflect on the achievements of prominent African-Americans from our nation's past such as Harriet Tubman or from the present such as President Barack Obama.

This annual observance is celebrated in the United States and throughout the world on military installations in February.

For this year's celebration, the Department of Defense turns to the future with the theme of "Reaching Out to Youth: A Strategy for Excellence."

Reaching out to youth of all races and backgrounds is what the U.S. Army Garrison Kaiserslautern's Equal Opportunity Officer Terri Guy does when she gets the chance – any month – for many years.

"Think about it, someone touched the lives of prominent people when they were young — helped to guide them in the positive direction they were going," she said. "We have to take that same enthusiasm and vision with our youth."

She was talking about why she volunteered to assist Department of Defense Dependents Schools-Europe seniors at the U.S. Africa Command's Educational Forum Feb. 7 at the Patch Theater on Patch Barracks in Stuttgart.

"I was talking to kids on how to prepare for college and helped them fill out TA (Tuition Assistance) forms," said Guy, who was participating in this event as a member of the Delta Sigma Theta Sorority, incorporated.

Another event that she volunteered for was talking to middle-school students about diversity during the 86th Airlift Wing's Drug Education for Youth monthly class Nov. 21 at the Health and Awareness Center on Ramstein Air Base.

"I think it's absolutely important to understand people and their cultures," said Guy, who has lived in Europe and Asia, and visited Africa and The Middle East. "It just helps us in making decisions and in personal relationships with each other, and the more we understand each other the easier it is to tolerate differences in each other."

Guy told the students that she learned a lot about diversity growing up in Baltimore and found learning about different races, cultures, religions and politics, an adventure.

"I absolutely believe that America is the greatest nation in the world and that's based on traveling all over the world," she said during her hour presentation.

Senior Master Sgt. Shon Barnwell, from Headquarters, U.S. Air Forces in Europe and a DEFY counselor, invited Guy to speak after meeting her on a trip and learning about her job.

"As a military member who has a dependent child here, it is important to me how she relates to others because she is not only a representation of me, but also of the Air Force, Department of Defense and United States," said Barnwell, on why she felt it was important for Guy to talk about the importance of diversity to DEFY students.

Guy accepted the invitation because "I just welcome every opportunity to talk to kids and get them started on the right path."

Black History Month was founded in 1926 by United States historian Carter G. Woodson as "Negro History Week." Woodson chose the second week of February because it marked the birthdays of two Americans who greatly influenced the lives and social condition of African Americans - former President Abraham Lincoln and abolitionist and former slave Frederick Douglass.

Christine June

Terri Guy, the U.S. Army Garrison Kaiserslautern's equal opportunity officer, talks to middle-school students about diversity at the Health and Wellness Center on Ramstein Air Base.

Dancing for faith

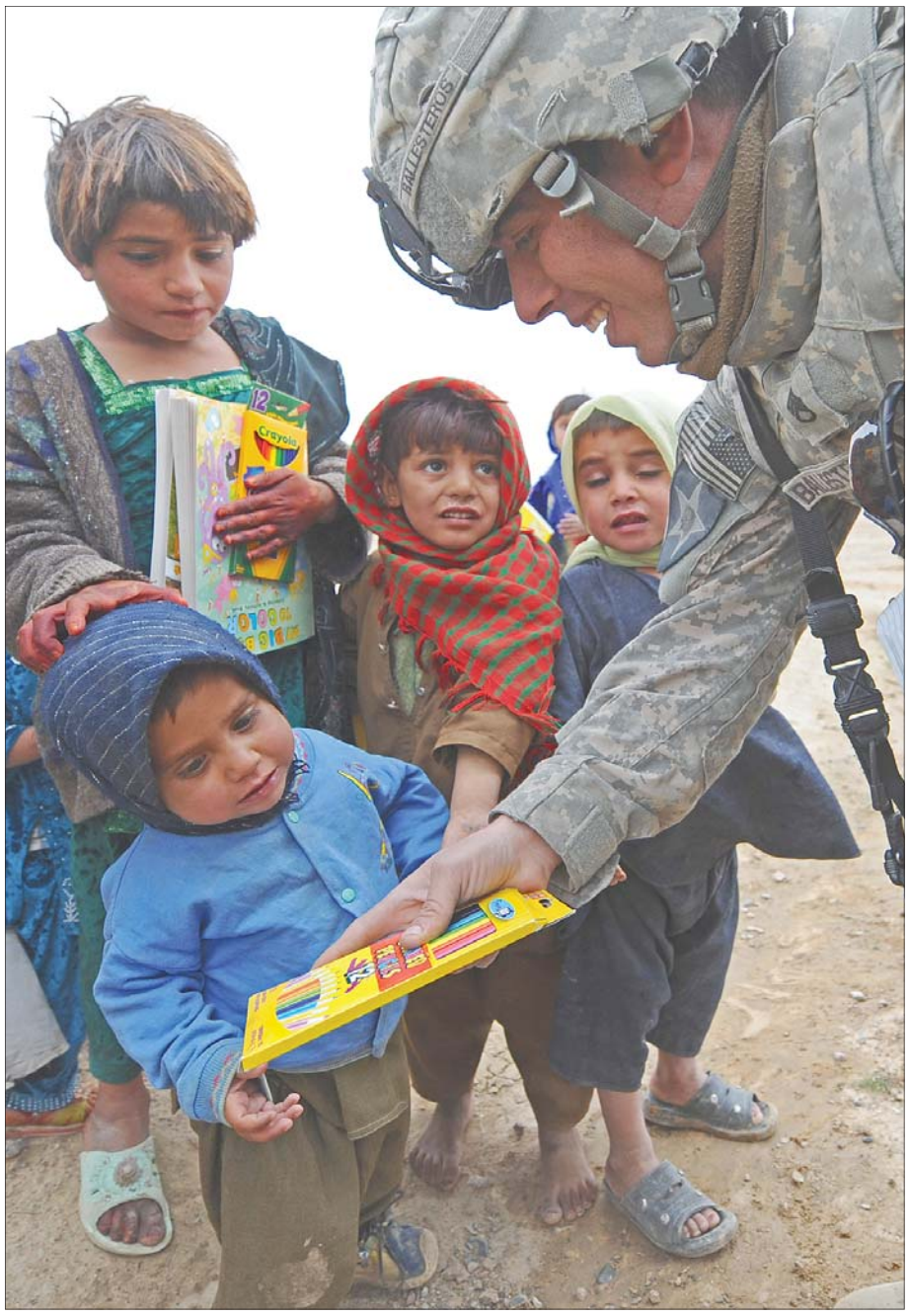
Sieg Heppner

Cheryl Connors performs a praise dance at the Mannheim Prayer Luncheon Feb. 9 at the Top Hat Club.

Reflections

Linda Steil

Amanda Daily, a fourth-grade student at Heidelberg Elementary School, reads her first place poem during the Reflections competition.



U.S. Air Force Tech. Sgt. Francisco V. Govea II

Staff Sgt. Paul D. Ballesteros, with Bear Troop, 8th Squadron, 1st Cavalry Regiment, passes out colored pencils to Afghan children during a population engagement in a village in Kandahar province, Afghanistan, on Jan. 28.

ourARMY around the world

For more Army news, visit www.army.mil

U.S. Army Photo

Staff Sgt. Luis Elias lost his right hand in June, but prosthetic devices and a robotic bionic hand got him back on the job as a drill sergeant.

Staff Sgt. Kirk Liljestrum

Spc. Andrew Strickler, a Wakefield, Minn., native, ground guides the Hyex operated by Spc. Chris Forrest of Downs, Ill., to fill dirt into a Hesco box that will reinforce a test fire control pit at Victory Base Complex, Jan. 25. Strickler and Forrest operate heavy construction equipment in 317th Engineer Company.

U.S. Army Photo

Spc. Jesus B. Fernandez crosses a stream during a unit visit to Angla Kala village in Afghanistan's Kunar province, Feb. 6, 2010. International Security Assistance Force troops regularly meet with village elders to improve communications between residents and government officials. Fernandez is an assistant team leader assigned to the 2nd Battalion, 12th Infantry Regiment.

U.S. Navy Petty Officer 1st Class Chad J. McNeeley

Lt. Gen. Gabi Ashkenazi, chief of defense, Israeli Defense Force, and U.S. Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, wave to onlookers at the Yad Ve Shem Holocaust Memorial Museum in Jerusalem, Israel, Feb. 15. Mullen is on a week long tour of the region visiting with key partners and allies.

EDUCATION

continued from page 1

Ramona Kausch is the education services officer for the United States Army Garrison Kaiserslautern hub. She is responsible for supporting the Kaiserslautern, Mannheim and Heidelberg communities and providing counselor aide support to Soldiers assigned to Royal Air Force Menwith Hill and Royal Air Force Alconbury. She says last year her office received $620,784 dollars for their budget, but this year the amount was reduced to $454,132.

"We were surprised that it was cut as deeply as it was," said Kausch, "and when I say that I speak for all my colleagues in education. We were quite surprised."

Kausch says these specific cuts affect contract support services, such as education counseling and as a result she's had to eliminate the counselor aid services in the United Kingdom because "there was just not enough dollars to spread."

As a result, she and her staff have had to look at even more ways to maximize their resources while providing the level of quality service their customers deserve and have come to expect.

Dijon Rolle

Sgt. 1st Class Michael Tindal, HHC V Corps and Pvt. Ashley Sample, 30th MED receive help from Louis Dean, education services specialist, at the Patton Barracks education center Feb 5th.

Some other cost-cutting moves include consolidating the Mannheim and Heidelberg educational testing centers, reducing working hours for contractors, steering customers towards virtual counseling services and creating an alternative to help Soldiers using the functional academic skills training or FAST.

"We used to be about 83 people in the field at education centers across Europe and now we're done to 21 authorizations and when you have that big of a cut, it's difficult when the mission hasn't gone away, our customers haven't gone away and programs haven't gone away," Kausch said. "We are still required to provide the same level of services and programs."

As Kausch and her staff continue to operate with reduced numbers, they are asking their customers to take time before hand, to make sure that their educational records are up to date and accurate, especially if they are separating from the military, and to ensure they have all of the correct paperwork with them when they are in-processing and out-processing.

These simple things can save time for educational counselors like Dean and allow more people to be helped.

Despite her struggle to balance her decreased budget, Kausch remains optimistic and she echoes Dean's earlier sentiments regarding what customers can expect.

"We are here to serve the public and we will do everything that we possibly can to provide quality services and programs to our customers," she said. "But we also want everyone to understand that we are not fully staffed like we used to be, and there will be a wait period, perhaps a little longer, then they are accustomed to, or they may have to drive a little bit further to get the types of programs or services that they need … we are asking for their patience."

CEREMONY

continued from page 1

by their seniors, representing the faith that the leadership has in the qualities and potential of these new NCOs.

In addition to ushering the new NCOs into the corps, Curfman also took time to speak to them and offer them words of guidance in their careers as young leaders.

During her speech, Curfman noted that the job of an NCO today is more complex than in past years.

"In today's Army, sergeants have a lot more on their plates than I did 24 years ago when I became a sergeant," Curfman said.

Present day NCOs must master a wide range of skills – from joint and combined expeditionary warfare to continuous full-spectrum operations – all while being culturally insightful and flexible to changing environments.

"Your duties and responsibilities as a noncommissioned officer far surpass anything else that you have ever done," Curfman said, "and they never shut off. They don't stop the minute you drive off post or out the gate or the moment that you take off your uniform. It is your duty to show up early and stay late and work diligently every single day to ensure that you, your Soldiers and your unit are prepared to assume any mission, anywhere and to ensure that you are setting the conditions for success."

As the young NCOs of the 95th MP Bn. prepare to take on their new responsibilities, Curfman reminded them of their roles and of the importance it has to their Soldiers, their leaders and the Army's mission.

"You are a sergeant in the United States of America's Army – that means something. Soldiers will look to you for guidance, and leaders will look to you to get things done … make it happen," Curfman said.

Admittedly, the role of a noncommissioned officer can be difficult, and Curfman noted how, "there is a lot expected of you as a noncommissioned officer, and I know that it can become very overwhelming, very quickly. Sometimes the end of the tunnel never seems to be in sight."

But, with that responsibility comes a great deal of respect and pride for what it means to be a noncommissioned officer in the Army.

NCOs are referred to as 'the backbone of the Army' – a reputation they have rightfully earned through centuries of leadership, courage, integrity and loyalty. NCOs live the Warrior Ethos, set the example for young Soldiers and are vital to continuing the traditions for the next generation of NCOs.

"It's tough being a sergeant," Curfman said, " but I will tell you – in the words of a former brigade commander – that's why people stand up when you walk into the room."

The history and traditions of the NCO corps are older than the United States itself.

In training the Continental Army, Baron Von Steuben, a Prussian officer, strongly influenced the shaping of what is now the NCO corps with the regulations and standards for the order and discipline of troops, which he presented in his training manual, commonly referred to as the Blue Book.

Sgt. Adrienne Killingsworth

Command Sgt. Maj. Brenda Curfman, the 18th Military Police Brigade command sergeant major, welcomes a new sergeant into the corps of noncommissioned officers Feb. 5 at an induction ceremony at Shuh Theater on Benjamin Franklin Village in Mannheim.

Delegates address103 issues at Mannheim's AFAP conference

By Sieg Heppner
USAG MANNHEIM PUBLIC AFFAIRS

For the majority of the volunteers, it was the first time they had participated in the Army Family Action Plan conference which was held at the NH Hotel in Weinheim Feb. 10-11.

"It was a great process and they would do it again," said Karen Bailey, AFTB/AFAP Program Manager, about the feedback she received from delegates.

The four working groups, comprised of 38 delegates, had a total of 103 issues to sift through and prioritize.

Each group was asked to present their top three issues after spirited discussions on the merits of each one.

The following are a few of the issues that each of the working groups considered to be a top priority.

Title: *Maximum OCONUS childcare fees*

Scope: *Full-time childcare fees for military Families OCONUS are excessive at government-provided childcare agencies. Based on statistics from 2000, national average childcare costs are nine percent of income. Some military families with multiple dependents are paying as much as 25 percent of their income towards childcare. The overwhelming cost of childcare diminishes morale and causes financial hardship for OCONUS tours.*

Recommendation: *Implement childcare fees that do not exceed a total of 10 percent of combined household base pay.*

Title: *Authorized work requirements for foreign-born spouses OCONUS*

Scope: *Foreign-born, non-U.S. spouses are ineligible to obtain federally funded work positions in OCONUS locations. The Naturalization requirements for Appropriated Fund positions severely limits employment opportunities and causes feelings of resentment based on this discrimination against foreign-born spouses.*

Recommendation: *Authorize Army spouses who have obtained a green card and a social security number to work in APF positions commensurate to security clearance requirements, if any.*

Title: *Condition of community-wide athletic facilities*

Scope: *Sports facilities in our community, including tennis courts and multi-purpose fields, are in ill-repair. The poor condition of the facilities is a hindrance on the players ability to play to their full potential. These inadequate conditions lead to an increased risk of injury and loss of scholarship opportunities.*

Recommendation: *Repair high school softball practice field, BFV tennis court, and high school practice field. Enforce upkeep and safety of sports facilities.*

Title: *24-hour manual and guest sign-in accessibility at Coleman Barracks main gate*

Scope: *There is no manual sign-in at Coleman Barracks main gate. There is a pod gate that is not 100 percent operable and doesn't service non-ID card holders. Therefore, Soldiers and non ID card holders have to walk approximately three unsecured miles to the barracks, through the back gate, compared to a secured 300 meter walk from the Coleman Barracks main gate. This is a potential hazard issue during inclement weather and poses a safety issue due to poor visibility and traffic control and no pedestrian crosswalk. This increases the risk for Soldier and civilian's safety.*

Recommendation: *Create and fund a 24-hour manual sign-in at Coleman Barracks main gate.*

Sieg Heppner

The Single Soldier working group, sorts through and discusses issues during the Army Family Action Plan conference in Mannheim, held Feb. 10-11.

Title: *Survey for determining USAREUR COLA*

Scope: *The COLA rate is not sufficient in comparison to the Euro exchange rate. The survey is not being utilized by every member of the community due to lack of completion and awareness of the survey. Without use of the survey, DA doesn't have an accurate idea of the cost of living in USAREUR. This causes inadequate quality of life for single Soldiers.*

Recommendation: *Mandatory completion of survey from every member of the communities. Base COLA off the value of goods on the economy.*

Title: *Snow and ice treatment at United States Army Garrison Mannheim.*

Scope: *Snow and ice is not treated and removed in all high pedestrian, high traffic, and common-areas in the Mannheim footprint. Areas that are treated are usually not completed before Soldiers and family members start their day. Pedestrians and vehicles are placed at a higher risk of injuries, damages, or both, due to accumulation of snow and ice that is not treated by 5 a.m.*

Recommendation: *Treat and remove snow and ice from all high pedestrian, high traffic and common-areas in the Mannheim footprint by 5 a.m.*

The next step in the process will involve a review by the commander's AFAP steering committee who will coordinate with subject matter experts to determine the feasibility of implementing the recommendations of the working groups. Progress on the issues can be followed at *http://home.mannheim.army.mil,* and on *http://mybwnow.ning.com,* once the issues are posted.

"AFAP overall was a good hit for single soldiers, knowing that their issues matter and they are now visible on paper," said Spc. Damian Jaquez, spokesperson for the Single Soldier Working Group.

Mannheim prepares to kick off Army Emergency Relief Campaign

Staff Report

Members of the Mannheim community are preparing to kick-off fundraising efforts for the 2010 Army Emergency Relief Campaign, which runs March 1 through April 16.

The annual event is designed to provide an opportunity for Soldiers to help their fellow Soldiers through financial contributions, coinciding with this year's theme, "Helping maintain Army strong".

Donations will be used to assist active-duty Soldiers, Army National Guard and Army Reserve Soldiers on active-duty over 30 days and their families, retirees and survivors who find themselves facing unforeseen emergency financial situations.

Financial assistance from AER is provided through interest free loans and grants based on need, for categories such as food, rent, utilities, essential car repairs, natural disasters, funeral expenses and emergency travel expenses.

There are no limits on the dollar amount or number of times eligible applicants can receive AER funds.

"Every case is unique and assessed on its individual merit," Mannheim AER Officer, Dana Booker, explained. "Whatever the need is, we review the request and do what we are able to, to assist the applicants."

Several years ago, AER implemented the commander's referral program to streamline the AER process and to give Soldiers an alternative to borrowing money from predatory lenders.

The commander's referral program allows a commander or first sergeant to approve interest free AER loans up to $1,000.

The Soldier simply submits the approved AER packet to the AER office, and usually receives a check immediately.

In 2008, AER distributed over $130,000 in relief to the Mannheim community and over $160,000 last year. AER's secondary mission also provides money for spouse and dependent children scholarships. In fact, AER distributed over $19,000 to spouses in the Mannheim community for the 2008-2009 school year.

Diana Lovett is an Army spouse, who is one of recipients of the scholarships.

"If it weren't for the AER Overseas Spouse Education Assistance Program, I would not be attending college today," Lovett said. "The AER Scholarship Program is the key reason why I chose to attend college. It has reduced my financial stress so that I can concentrate on my academics as well as succeed in my career."

For more information on the campaign or to donate to AER, call DSN 385-3835 or visit *www.aerhq.org.*

For emergency assistance contact the American Red Cross after hours number, DSN 431-2334 or civ. 07031-15-2334.

Phillip Larson

People hit the slopes in Zermatt, Switzerland, rated one of the top ski resorts that span the countryside.

A wealth of opportunity

By Emily Athens
USAG SCHWEINFURT PUBLIC AFFAIRS

While living in Germany, it's necessary to take advantage of the ease at which one can drive from one country to the next.

And Switzerland, a mere four-hour drive from Munich, should be on everyone's "to do" list.

Offering expansive greenery in the summer and snow in the winter, Switzerland offers a variety of sightseeing and activities. Though not as seamless as driving across the border in a European Union member country, drivers entering Switzerland should bring their passport, international driver's license and purchase a vignette at a gas station once they cross the border.

The vignette is simply a receipt for paying the annual motorway tax, and costs about 25 euros. Drivers should purchase a vignette, even if they are only in Switzerland for an hour, to avoid the hefty fine associated with being caught without one.

Once in Switzerland, the options are endless. Top ski resorts span the countryside, including Zermatt, Verbier and St. Moritz.

Visitors shouldn't miss the opportunity to ski white-capped mountains with a blue sky backdrop.

If the weather doesn't permit winter activities, why not take a hike along the beautiful countryside, where vast lakes are broken up by mountains that dominate the skyline. The summertime between May and October is a hiker's paradise.

Hiking tours are offered for those who appreciate organized excursions, but trails are also open to those who prefer a spontaneous venture on their own time. Nature trails, paths, hiking routes and obvious mountaineering tracks are marked with colored signs all over Switzerland. Off the beaten track, much more opportunities to sightsee in the cities with winding streets, endless shopping and Gothic architecture.

These cityscape hiking tours offer historical sites, medieval churches, castles and countryside near major towns.

Zurich remains Switzerland's largest city, popular for its arts, design and a thriving nightlife with modern shopping and trendy restaurants embedded in a picturesque old town.

Tour the "altstadt" (old town) and take in the sights of the Fraumuenster with its stained-glass windows, and the twin towers of Grossmuenster Cathedral.

Once in Zurich, tourists can take a short drive to the cities of Basel on the Rhine; Bern, the capital city, known for its traditional folk entertainment and medieval culture; and Lucerne, one of Europe's most heavily toured towns.

To the east lies Appenzell, hidden in the lush, rolling hills of Switzerland, where one can enjoy smaller villages housing ornately painted buildings, expressing the long-lived culture and traditions of Switzerland.

While there, visitors shouldn't leave without visiting the city's most famous peak, the Saentis, with a view of numerous surrounding nations. The official currency is the Swiss franc, but the euro is accepted almost everywhere.

Despite a favorable exchange rate, tourists can expect things to be expensive as the country is known for its rich tastes and extravagant prices.

All in all, whether it's the lakes and mountains of nature, or the man-made structures and architecture, Switzerland offers never ending entertainment, beauty and enjoyment for any traveler.

Kim Briggs

Zurich remains Switzerland's largest city, popular for its arts, design and a thriving nightlife with modern shopping and trendy restaurants embedded in a picturesque old town.

Juan Rubiano

These long wooden trumpets of pastoral communities in the Alps are known best as herdsmen's calling instruments, but also serve to summon to church and formerly to war.

German Cooking

Fresh Tomato Soup (Frische Tomatensuppe)

Servings: 4

Ingredients:
- 6 tomatoes medium size or 2 lbs Italian plum tomatoes
- 1 medium onion chopped
- 1 celery stalk chopped
- 2 cups of chicken broth
- 1 tablespoon of tomato paste
- 1/2 teaspoon basil; dried
- 1/4 teaspoon pepper; freshly ground
- 1/2 teaspoon of salt
- 1/2 cup of yogurt

Directions
- Cut tomatoes into wedges
- place in 1 1/2-quart saucepan with all ingredients except yogurt.
- Simmer uncovered 30 minutes.
- Strain to remove tomato skins and seeds.
- Adjust seasonings.
- Garnish with spoonfuls of yogurt.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietitian who is fluent in the German language.

Introduction to German Cuisine will demonstrate what to look for when food shopping on the economy.

Tours are scheduled twice a month, visiting an organic foods store and visiting a typical grocery store. Both stores have an excellent bakery and meat and cheese counter.

Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.

DEAR MS. Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at *dearmsvicki@yahoo.com*.

Dear Ms. Vicki,

I'm writing you because my heart is heavy and I'm hurting. You see Ms. Vicki; we have always been good to our children. We have 3 sons and one daughter. They are all doing well. They are not doctors or lawyers but they are all on their on and taking care of themselves. My husband and I have always helped our children financially when they needed it.

However, as they became older and more self reliant we stopped simply giving them money, we made sure they knew it was a loan. After all, my husband and I will be in our 60's soon and we need to make sure we have a nest egg saved for emergencies and other necessities too.

Well, our children were compliant with our wishes and have repaid any loans until recently. We have one son who is in the Army. About 8 months ago we loaned him $8,000 to help him pay off some credit cards, student loans, and to pay down on a new vehicle. He agreed that he would pay it back in one lump sum when he received his reenlistment bonus.

Well Ms. Vicki, he received his bonus last October. To go even further my son has not contacted us since he received his money. He has taken a cruise, purchased big ticket items, and bought an expensive engagement ring for his girlfriend. What hurts me as a mother is how he has talked to us when we have reminded him of his agreement.

He actually cursed at his father and hung up the phone in his face. What in the world is going on with him and why has he turned on us like this? I'm not going to lie Ms. Vicki, I want to see him and smack him in the face for his insolent behavior. What should we do? Should we hold my son's feet to the fire or just let it go?

From: Wondering

Dear Wondering,

There is an old saying "you never loan money to family, consider it a gift". The writer is saying that family will never repay the loan and don't expect them too. I have to admit from my own personal experience with family (especially my three sons') this is absolutely true. I've loaned a ton of money to my family over the years and the loans have never been repaid. My sons have said countless times "Mom and Dad this is a loan, I'm gonna pay you back". Well, we love them, but we are not holding our breaths either. Now your son's disrespectful behavior is another issue. You have "given" him a considerable amount of money in one chunk. In my opinion, I don't think you will ever get the money back, but this is the deal: you can choose to never loan or give him money again. You can also choose to take your son to court etc. to try and get the money back. These are choices you have to make. After all, I can't in good conscious tell you to do something to your son that I've never done to one of my own sons. You are right, you and your husband are at the age where having a nice savings account is imperative. For this reason, you should not allow any of your adult children to use you like an ATM. It's not feasible and it's not helping them learn to be self reliant either. It's something about this generation that's "self entitled" and "gimme gimme gimme". As parents we've tended to give, give, and give, which has not helped the problem at all. Now this situation has become volatile to the point that your son is swearing at his parents and you would like to do physical harm to him. Honestly, there have been times I've had the same thoughts. Lol. But now, you and your husband must take the high road. Take a time out and cool off.

This means don't contact your son for a while, especially until you can resolve some of the hurt feelings and anger (all are normal given this situation). Maybe your son will repay the money, but in my opinion I don't think he will.

Sometime in the near future, try and have a visit with your son or a phone conversation telling him how disappointed you have been with his behavior regarding this issue.

Remind him that you are family and you do not intend for this issue to build a gap between you.

Tell him that you love him but let him know he will never be able to come to you and his father for money again in the future. I know this is a hurting you and you deserve better.

Keep in touch with me when you can and let me know how you are doing.

A reminder to be heart healthy during American Heart Month

By Kristen Marquez
HMEDDAC PUBLIC AFFAIRS

February is American Heart Month, and Heidelberg Medical Department Activity officials are issuing a reminder to take the steps needed to prevent and control factors that may put people at greater risk for heart disease.

The leading killer of Americans is heart disease – something that can affect anyone, anywhere, at any time, according to the Centers for Disease Control and Prevention.

"Knowing the signs and symptoms of heart attacks is crucial to helping detect and prevent a possible attack," said Col. P.K. Underwood, HMEDDAC commander.

According to the CDC, the most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. An estimated 785,000 Americans had a new coronary heart attack in 2009. About 470,000 will have a recurrent heart attack.

"Heart attacks can be sudden and intense," Underwood said. "But, most start slowly, with mild pain and discomfort. People should not wait too long before getting help."

The military treatment facilities in the HMEDDAC footprint, including the Heidelberg Health Center and Mannheim and Coleman clinics, do not have emergency care facilities, Underwood pointed out.

"It's important that people remember that if they are ever in an emergency situation, they need to go to their nearest host nation emergency treatment facility," Underwood said.

Signs of a heart attack can include:

• Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back.

• Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

• Shortness of breath. May occur with or without chest discomfort.

• Other signs. These may include breaking out in a cold sweat, nausea, or light-headedness.

Making sure to follow a healthy lifestyle is the best weapon against heart disease. The CDC recommends following these guidelines to help choose a healthy diet:

• Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.

• Select fat-free, 1% fat, and low-fat dairy products.

• Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

• Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.

• Cut back on beverages and foods with added sugars.

• Choose and prepare foods with little or no salt.

• If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.

• Keep an eye on your portion sizes.

Daily physical activity is also an important step to take in the fight against heart disease. For more information, contact your local health clinic, or visit www.cdc.gov.

GET OUT!
area events
More events online at http://myBWnow.ning.com

February 19

Noises Off - A theatrical production by Kaiserslautern's KMC Onstage, located on Kleber Kaserne. Also showing Feb. 20, 26, 27; Feb. 28. 3 p.m.; March 5 and 6. All shows begin at 7:30 p.m. unless otherwise noted. Cost: $8 for adults, $6 for seniors and children under 17. DSN 483-6626.

February 20

"A Taste of Soul" – The Heidelberg Arts and Cultural Center hosts "A Taste of Soul" 7 p.m. - 1 a.m. View the beautiful art exhibition by local artists Crystal Malloy, Marc Francisco Butler and Andrew Washington. Enjoy a delicious Soul Food tasting and a special jazz performance by Heidelberg's own band Jimi's Souliquity. The night will cap off with a live DJ and dancing. Tickets are $8 at the Arts and Cultural Center.

February 21

Rock the Ballet – Rock the Ballet is an unusual, but powerful dance show combined with fascinating video presentations and popular modern music. This show presents the ballet of the 21st century. Various dancing styles, like ballet, modern, hip-hop, jazz, acrobatics and martial arts are combined in this show. Catch the show at the Rosengarten in Mannheim 7-10 p.m. Tickets: *http://www.rheinneckarticket.de/web/startsite/detailB/erid/317140/eventid/751721.*

February 24

Thriller Live – This show was created to celebrate the career of the world's greatest entertainer and undisputed King of Pop, Michael Jackson, and the Jackson 5. His phenomenal, unparalleled career was the show's inspiration. The show includes over two-hours of non-stop hit songs in a show that boasts the world-class spectacle that marked their legendary live performances. Eye-popping multi-media effects support the exceptional singers and dancers, who are perfectly presenting the choreography of director, Gary Lloyd. Expect your favorite Jackson songs delivered by an exceptionally talented cast and live band. Showing at the SAP Arena in Mannheim. Also showing Feb. 25. *www.thriller-live.com.*

February 26

Joan Baez – The popular American singer will perform at the Rosengarten in Mannheim 7:30-11 p.m. During her Germany tour, Joan Baez will present her newest Grammy-nominated LP "The Day after Tomorrow." *www.joanbaez.com.*

February 27

Castle Tour - This tour highlights the historical aspects of the city of Heidelberg and includes a tour of Germany's most romantic castle ruin, Schloss Heidelberg. A must see is one of the world's largest wine casks. If you have time, peek into the antique pharmacy and see how many "cures" you can recognize. The price includes castle entrance fees and transportation via Strassenbahn. Please bring Euros for meals and purchases. For our Heidelberg customers, you can meet the group at Bismarkplatz to enjoy the tour. *http://affiliates.uso.org/rheinneckar*.

March 5

Cats – Never and forever. Based on the beloved poetry of T.S. Eliot, Cats tells the story of the annual gathering of Jellicle Cats where one special cat is selected to ascend to the Heaviside layer. A magical evening of song and dance, Cats is a true musical phenomenon. It is one of the world's best known and best loved musicals, thrilling audiences of all ages. Showing at the Road Side Theater on Patton Barracks in Heidelberg. Show times: 7:30 p.m. March 5, 6, 12, 13, 19, 20, 26, 27 and 3 p.m. March 7 and 21. For reservations and tickets call DSN 373-5020.

Spring Bazaar – Shop with over 100 vendors from around the world March 5-7. This giant bazaar will be held at the Rhine Ordnance Barracks Special Events building, Bldg. 237. Food and beverages will be available. Kid friendly activities include a hippity-hop and petting zoo. Strollers welcome. DSN 493-4184, civ. 0631-3406-4184. *www.mwrgermany.com.*

March 6

Outlet Shopping – Visit Mettlach for outlet shopping at Land's End, Villeroy and Boch, Birkenstock, Tigma and many more. *http://affiliates.uso.org/rheinneckar*.

Auerbach Knight's Meal – Experience a special evening out. Enjoy a feast at the medieval castle Auerbach. Spend three hours savoring a five-course meal and unlimited beverages. During dinner, enjoy the revelry of medieval times and animated period music. Certainly, an evening to remember. The castle is located off A5 between Heidelberg and Darmstadt. Transportation is not provided. *http://affiliates.uso.org/rheinneckar*.

Comedy Show –Looking for a good laugh at a comedy show? Comedian Mario Barth is coming to the SAP Arena in Mannheim. The show starts at 8 p.m. and tickets are available now at the SAP Arena. Also showing March 7.

March 13

Paris Tour - Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its incredible museums, cafes, stores and specialty shops, excitement is around every corner. Experience the one and only Paris and make memories that will last a lifetime. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. http://affiliates.uso.org/rheinneckar.

Hidden Villages – This is a tour for those of you who have taken all of your visitors to the Heidelberg Castle. We'd like to show you some of lesser known sights, a pilgrimage church with a statue of a Black Madonna said to work miracles, 15th century frescoes in the oldest church in Heidelberg, the hidden castle there which was the site of a curse and another gruesome story - and this riddle is still unsolved. For the wine lovers, we will visit the co-op wine store, where you can get very good wines at very low prices. In March, this tour will also include a visit to the first fest in the area, the Mathaisemarket, with many rides for children. We'll use the OEG train #5 and the tour involves getting in and out of the streetcar. Strollers are not recommended for this tour. *http://affiliates.uso.org/rheinneckar*.

March 14

Harlem Globetrotters – The Harlem Globetrotters will perform in Karlsruhe 6-11 p.m. *www.eventim.de/cgi-bin/tickets.html?affiliate=evg.*

Leigh Jones Concert – Pop and R&B Singer, Leigh Jones, will perform a free concert at Kazabra Club in Kaiserslautern 5 p.m. This concert will also feature hip-hop band Animate Objects and is being sponsored by BOSS, I.A.M. Strong, Army Entertainment, FMWR and the Army G-1 SHARP program. Ms. Jones will also make personal appearances at Landstuhl DFAC and USO Warrior Center. DSN 483.6252, civ. 0631-411-6252.

Ongoing

Heidelberg's French Connection – Your passport to France in Heidelberg begins at Montpellier Haus, a cultural center supported by one of Heidelberg's sister cities, Montpellier, France. Located near Heidelberg's landmark Hotel Ritter, the center boasts a wine cellar and offers a variety of services, including a French conversation class, newspapers and Montpellier tourist information. The director, Soumia Baha can provide details on the French cultural events taking place around Heidelberg, such as the Bastille Day Ball, French Week, French Cinema and the Cercle de Rencontres, a casual discussion group that meets monthly. Montpellier Hausis located at 19 Kettengasse. Civ. 6221-162969.

coming to THEATERS

VALENTINE'S DAY

(Julia Roberts, Emma Roberts) Valentine's Day deals with casually intertwining stories of the heart that take place over the course of one Valentine's Day. In Los Angeles the lives of an army officer, Kate, who is on leave and is a passenger on a flight from Iraq to LA meets Holden, a gay man whose lover is a closeted football player. The owner of a florist Shop, Reed, proposes marriage to his girlfriend Morley, while learning his best friend Julia, has a boyfriend named Harrison, that turns out to be actually married. An assistant, Liz, is working at the biggest talent agency in her town and is dating mail room assistant Jason. Julia's mother Estelle, is a happy retiree that has a long ago affair to reveal to her husband Edgar. All the while a publicist named Kara, is seemingly alone with no date on valentine's day. Rated PG-13 (sexual material/ brief partial nudity) 119 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Feb. 18 - DEAR JOHN (PG-13) 7 p.m.
Feb. 19 - VALENTINE'S DAY (PG-13) 7 p.m.; BROTHERS (R) 9 p.m.
Feb. 20 - THE PRINCESS AND THE FROG (G) 4 p.m.; VALENTINE'S DAY (PG-13) 7 p.m.; BROTHERS (R) 9 p.m.
Feb. 21 - THE PRINCESS AND THE FROG (G) 4 p.m.; VALENTINE'S DAY (PG-13) 7 p.m.
Feb. 22 - BROTHERS (R) 7 p.m.
Feb. 23 - VALENTINE'S DAY (PG-13) 7 p.m.
Feb. 24 - THE PRINCESS AND THE FROG (G) 7 p.m.
Feb. 25 - VALENTINE'S DAY (PG-13) 7 p.m.

Mannheim, Schuh

Feb. 18 - THE BLIND SIDE (PG-13) 7 p.m.
Feb. 19 - DEAR JOHN (PG-13) 7 p.m.
Feb. 20 - THE PRINCESS AND THE FROG (G) 4 p.m.; EVERYBODY'S FINE (PG-13) 7 p.m.; BROTHERS (R) 9 p.m.
Feb. 21 - THE PRINCESS AND THE FROG (G) 4 p.m.; DEAR JOHN (PG-13) 7 p.m.
Feb. 22 - BROTHERS (R) 7 p.m.
Feb. 25 - DEAR JOHN (PG-13) 7 p.m.

Vogelweh, Galaxy

Feb. 19 - BROTHERS (R) 7 p.m.
Feb. 20 and 21 - THE PRINCESS AND THE FROG (G) 3 p.m.; DEAR JOHN (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Feb. 18 - THE BLIND SIDE (PG-13) 11 a.m., 2 p.m., 6 p.m.; EVERYBODY'S FINE (PG-13) 12 p.m., 3:45 p.m., 7 p.m.; KUNG FU PANDA (PG) 11:30 a.m., 3:30 p.m., 6:30 p.m.
Feb. 19 - VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m; THE PRINCESS AND THE FROG (G) 12 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m.; BROTHERS (R) 1130 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.
Feb. 20 - VALENTINE'S DAY (PG-13) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; THE PRINCESS AND THE FROG (G) 1200 p.m., 3:30 p.m., 6:45 p.m., 9:30 p.m BROTHERS (R) 1130a.m., 2:30 p.m., 6:30 p.m., 9 p.m.
Feb. 21 - VALENTINE'S DAY (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m; THE PRINCESS AND THE FROG (G) 1200 p.m, 3:30 p.m., 6:45 p.m.; BROTHERS (R) 11 a.m., 2 p.m., 6 p.m.
Feb. 22 - VALENTINE'S DAY (PG-13) 11:30 a.m., 2:30 p.m., 6:30 p.m.; THE PRINCESS AND THE FROG (G) 12 p.m., 3:30 p.m., 6:45 p.m.; BROTHERS (R) 11 a.m. , 2 p.m., 6 p.m.
Feb. 23 - VALENTINE'S DAY (PG-13) 11:30 a.m., 2:30 p.m, 6:30 p.m.; THE PRINCESS AND THE FROG (G) – 12 p.m., 3:30 p.m., 6:45 p.m.; BROTHERS (R) – 11 a.m., 2 p.m., 6 p.m.
Feb. 24 - VALENTINE'S DAY (PG-13) 11:30 a.m., 3:30 p.m., 6:30 p.m.; THE PRINCESS AND THE FROG (G) – 12 p.m., 3:45 p.m., 7 p.m.; BROTHERS (R) – 11 a.m., 2 p.m., 6 p.m.
Feb. 25 - THE PRINCESS AND THE FROG (G) 11:30 a.m., 3:30 p.m., 6:30 p.m.; BROTHERS (R) – 11 a.m, 2 p.m., 6 p.m.; BEVERLY HILLS CHIHUAHUA (PG) 12 p.m., 3:30 p.m., 6 p.m.

THEATER INFORMATION
Patrick Henry Village, Heidelberg , 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550
Visit *www.aafes.com* for updated listings and more movie descriptions

ANNOUNCEMENTS

community HIGHLIGHTS

AWAG Annual Conference

The 54th Annual American Women's Activities Germany Conference will be held May 9-13 at Edelweiss Lodge and Resort in Garmisch. Registration deadline is March 26. *www.awagonline.org*.

Vehicle Registration Changes

As of Jan. 1, the "AU" Decal on front license plates will no longer be required. The German front license plate will only have the lavender decal because German authorities have established that the "AU" requirement will be part of the TÜV inspection. Personnel coming into vehicle registration doing renewals, transfers on the German license plates will keep the license plates and a white repair decal will be issued for the front license plate. The white repair decal will be placed over the old "AU" decals. White repair decals will be issued to every German license plate issued before Dec. 31.

Travel abroad with UMUC Europe

University of Maryland University College Europe (UMUC Europe) announces two, three-credit undergraduate field study courses, Expatriate Writers in Rome, held in Italy, and Northern Renaissance Art in Brussels and Paris, held in Belgium and France. The registration deadline for these courses is Feb. 19, with classes starting March 13. Students will see well-known paintings during visits to several museums and many art forms will be discussed, from architecture and painting to sculpture and rare manuscripts. For more information, please contact a UMUC field representative, visit *www.ed.umuc.edu/fieldstudy,* or contact UMUC Europe at DSN 314-370-6762, civ. 06221-378367.

AER Scholarships and Assistance

Various scholarships and educational assistance programs are available through the Army Emergency Relief program. The deadline for most 2010-2011 applications is March 1. *www.aerhq.org.*

CMR Package Notification

CMR customers can now be notified via e-mail when they receive packages at the CMR. Visit your local CMR to provide your name, box number and e-mail address to begin the service.

local EMPLOYMENT

Heidelberg Thrift Shop

The Heidelberg Thrift Shop is accepting applications for a bookkeeper. Must be at least 18 years old with a valid ID card. Please submit resume in person to the Thrift Shop. Must have experience and references. The Heidelberg Thrift Shop is also accepting applications for on-call personnel. Please apply in person.

Career Fair

The Mannheim Army Community Service is seeking companies to participate in its upcoming Career Fair which will be held at the BFV Sports Arena 10 a.m.-2 p.m. Feb. 20. Companies interested in access to retiring/separating Soldiers with technical backgrounds and clearances as well as experienced educated spouses can register for a booth by calling ACS at DSN 385-3101, civ. 0621-730-3101.

KAISERSLAUTERN

Education

◆**Pre-separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. March 2 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. This briefing informs Soldiers about the process required to separate from the Army. To register, call DSN 483-7071, civ. 0631-411-7071.

◆**German Language Class -** Conversational German Level I classes start 9-11 a.m. , March 3. on Mondays and Wednesdays at the Army Education Center Bldg. 285 on Rhine Ordnance Barracks and 5-7 p.m. at the Landstuhl Army Education Center, Bldg. 3701. Conversational German Level II classes start 9-11 a.m., March 4. Tuesdays and Thursdays at ROB and 5-7 p.m. at the Landstuhl Education Center. Conversational Level III classes also start March 4 at the ROB and Landstuhl Education Centers. Classes are Monday and Wednesday 11 a.m. to 1 p.m. at ROB and 7 to 9 p.m. at Landstuhl. Classes are 10-weeks and cost 65 € per student. Cash only. Payment is due on the first day of class. Civ. 0631-72255.

Community

◆**Chapel News -** The U.S. Army Garrison Chaplain's Office hosts events for the Lenten Season, Now through March 14. Every Friday evening during Lent Season, the Sacrament of Reconciliation will be available at 5:30 p.m. and Stations of the Cross at 6 p.m., followed by a soup dinner. Lenten lunchtime concerts by British musician Brian Jeffries will be held 12 p.m. every Friday during Lent Season at the garrison's chapel on Daenner Kaserne. Every Wednesday and Friday, Roman Catholic Mass will be celebrated 11:45 a.m. at the garrison's chapel on Daenner Kaserne. Contact the Chaplain's Office at DSN 493-4098 or civ. 0631-3406-4072.'s

◆**Women's Golf Sign-up -** The Woodlawn's Women's Golf Association hosts its spring sign-up 9:30- 10:30 a.m., and 5- 6 p.m. Feb. 19 at the Ramstein Woodlawn Golf Course. All U.S. ID card holders are eligible and all skill levels are welcome. There will be refreshments, door prizes and sign-up gifts. Contact civ. 0631-310-5206.

◆**Bachata Dance Competition** – Armstrong's Club will host a Bachata dance competition 11 p.m. Feb. 20. Registration is 8-10:45 p.m. No entry fee is required. Prizes will be given for 1st, 2nd, & 3rd place. DSN 489-6000, civ. 0631-354-9986.

◆**Main Library Events** –President's Day Quiz – All USAG Kaiserslautern Libraries will test your knowledge with the President's Day Quiz through Feb. 20. All correct quizzes will be entered for a prize. This event is open to all 1st-8th graders. DSN 486-7322, civ. 06371-86-7322/8390 or go online to *www.mwrgermany.com.*

◆**German Story Time** 1 p.m., Feb. 24; Fairy Tale Afternoon 3:30 p.m., Feb. 25. DSN 486-7322, civ. 06371-86-7322/8390 or *www.mwrgermany.com.*

◆**Community Information Forum** – Army Community Service Information and Referral Program is hosting a Community Information Forum, 1 p.m., March 3 at the Armstrong Community Club on Vogelweh Housing. The monthly forum provides information on various programs, agencies and organizations within the KMC. It is open to the entire community. DSN 493-4093, civ. 0631-3406-4093.

◆**Cards For A Cause Club** – Cards For A Cause Club will meet 11 a.m.-4:30 p.m. at the Pinehurst Room, Ramstein AFB Woodlawn Golf Course, to make "spring holiday" cards and small projects for Wounded Warriors to send out to family and friends. Membership is open to all ID card holders, but children under 18 must be accompanied by an adult. $5 materials fee. Future meeting dates: March 10, April 14, May 12. *pejachowski@juno.com.*

◆**Volunteers Needed** – Volunteers are needed for the 27th Special Olympics Spring Games May 12 at the German Police Academy in Enkenbach-Alsenborn. All volunteers must be registered with the garrison's Army Community Service. DSN 493-4232, civ. 0631-3406-4232.

◆**High School Mentoring** – The Kaiserslautern High School needs volunteers willing to commit to once a week for at least 30 minutes. Mentors have been coming in during seminar, 8:20 to 9:45 a.m. Other times are available to assist . Contact Marcy Bond at DSN 489-7541 or civ. 0631-536-7541 or marcy.bond@eu.dodea.edu.

HEIDELBERG

Education

◆**Red Cross Classes** – Standard First Aid CPR and AED for Adult, Child and Infant, 8 a.m. - 5 p.m. Feb. 20. in the shopping center. The cost of the class is $40 which includes all materials. DSN 370-1760 , civ. 06221-57-1760.

◆ **Diabetes class** – The Heidelberg Health Center is starting a Diabetes Education program for diabetics, family members and friends of diabetics and those interested in learning more about diabetes. The class will be 9-11 a.m., March 4 in the Wellness Center on Nachrichten Kaserne. The class will be offered the first Thursday of each month thereafter. For more information, call DSN 371-3130, civ. 06221-17-3130.

Community

◆ **BOSS paintball challenge** - BOSS will host a paintball challenge at the Heidelberg Rod and Gun Club 1:30-4:30 p.m. May 8, 22 ; June 12; July 10; Aug. 14; Sept. 11. $20 fee includes gun rental, field costs and 500 paintballs. More ammo can be purchased. Contact your unit BOSS rep. *www.mwrgermany.com.*

◆**Heidelberg International Wandering Club** – Join the HIWC at the following volksmarches: Feb. 20-21: Darmsheim, Feb. 21: Beinheim (F). Feb. 27-28: Rothenburg o.d. Tauber & Wiesental. Sign up for the overnight trip to Munich Mar. 13-14. The next General Membership meeting is Feb. 8 at the SG Gasthaus in Oftersheim. *www.hiwc.de* or e-mail at *hiwc@yahoo.com.*

◆**Anthony's Pizza**– Starting Feb. 22, the Patrick Henry Village Anthony's Pizza will be open for lunch 11 a.m.-2 p.m. Monday-Friday. Starting Feb. 26, they will also be delivering pizzas on PHV 5-9 p.m. Friday, Saturday, and Sunday. Civ. 06221-762686.

◆**Black History Month** – Community EO working group will sponsor a black history month program at the Patrick Henry Movie theater 11:30 a.m-1:30 p.m., Feb.24. There will be a group performance by Ms. Waddy–Thibodeaux in the role of Harriet Tubman.Free soul food buffet. Civ. 0170 388-8554.

– MLK council number four will also sponsor a program 6 p.m. Feb. 27 at the Patrick Henry Village Pavillion. Guest speaker is Lt. Col Anita Greenlee. Free soul food buffet.

◆**Shoes and Clothing Drive**– The Heidelberg International Friendship Club (KONTAKT Heidelberg) is assisting the Heidelberg Sergeants Major Association, in collecting shoes and clothing for children in orphanages in Afghanistan. Donations will be accepted until Feb. 26. Call DSN 387-3296 to schedule a donation.

◆**German Hunting License** – A class to obtain your German hunting license and firearms ownership permit will be held at the Heidelberg Rod & Gun Club from Feb. 18 to April 10. Class fee is $150. DSN 386-7120, civ. 06202-51193.

◆**Image Makers exhibition**– An exhibit of photographs taken by middle and high school youth. 5-7p.m. March 4. Panther's Place, Patrick Henry Village Admission is free. *www.mwrgermany.com*

◆**Blood Drive**– Heidelberg MEDDAC is sponsoring a blood drive 10 a.m.-2 p.m. March 5 in the Campbell Barracks Casablanca Room. DSN 371-2743.

◆**St. Patrick's Day dance** – Heidelberg Middle School multi-purpose Room. 7-9p.m. March 19. Snacks and drinks will be on sale and there will be free face painting. Tickets are $3 in advance, and $4 at the door. DSN 388-9003. *www.mwrgermany.com.*

◆**AFAP conference** – Heidelberg's AFAP is scheduled for March 30-April 1. Issues are being collected and can be submitted online at http://www.mwrgermany.com/HD/acs/afap.htm. Contact ACS for more information at DSN 370-6883, civ. 06221-57-6975.

◆**Grant Writing Workshop** – The next Workshop for Block 3 will be at 6:30 p.m., April 8 in ACS Conference Rm. 172. *welfare@hcsc-heidelberg.com.*

◆ **Heidelberg Open** - Registration is open now for the 2010 Heidelberg Open at the Heidelberg Golf Club from July 30-Aug.1. Deadline is July 23. For details and registration forms log on to www.*heidelberggolf.com* or stop by the Pro Shop.

◆ **BOSS volunteers -** Volunteer opportunities are available through the BOSS program. 9 a.m - 2:30 p.m. Patrick Henry Village Elementary school April. 28, May 26.,June 9, Sept. 8, 22; Oct. 13, 27; Nov. 10, and Dec. 8. *www. mwrgermany.com.*

MANNHEIM

Education

◆**Red Cross Classes** – CPR/AED and First Aid Course 8 a.m.-5 p.m., Feb. 20 in the office training classroom. The cost of the course is $45, which includes all materials. DSN 385-1760, civ. 0621-730-1760.

Community

◆**Men's Health Awareness Month** – The Mannheim Army Health Clinic is celebrating Men's Health Awareness Month throughout February. Learn about weight management, energy drinks, diet supplements, hypertension and more on the following dates and locations: 6:30 a.m. Feb. 23-24 at the Mannheim gym; 10 a.m.-4 p.m. Feb. 27 at the PX.

◆ **Black History Month** – Mannheim Middle School will host a black history month program, 6:30 p.m., Feb. 23 in the school's multipurpose room. The theme is "The Sounds Of Freedom." The program will feature songs, dances, and literary works by students, teachers, parents, and community leaders. The guest speaker will be Lt. Col. Anita Greenlee. DSN 380-4739, civ. 0621- 720050.

– The 18th Military Police Brigade will sponsor a black history month program at the Top Hat Club on Benjamin Franklin Village, 11:30 a.m.-1p.m. Feb. 25. There will be a performance by Melissa Waddy-Thibodeaux followed by an ethnic food sampling. DSN 382-5677.

◆ **Community assistance** – The Mannheim Community Club is offering financial help for organizations looking to meet their goals. Applications are available March 1. at the MCC thrift store or contact *lisa_howard87@hotmail.com.*

Heidelberg Sea Lions bring home medals from EFSL championship meet

By Wray Holan
SEA LIONS BOOSTER CLUB

The Heidelberg Sea Lions Swim Team participated in the 2010 European Forces Swim League Championship meet held at the home of the Dutch Olympic team, De Tongelreep National Swim Center in Eindhoven, The Netherlands, Feb. 13 and 14.

The Sea Lions were represented in 66 events by 24 swimmers who accomplished required qualification times in each event in order to compete.

The European Championship meet is a huge event in which 22 teams from across Germany and Europe come to swim. Teams come from as far away as Italy, Portugal, and Great Britain to participate.

"This year's European Swim Championships had some really tough completion," said Angie Simmons, Sea Lions team president. 23 individual league records were broken during this meet. Our swimmers showed up ready to swim and they did our team proud."

Medal winners were given the honor and privilege of having their medals presented to them by Steve Genter, the 1972 Olympic silver medalist behind Mark Spitz.

Wray Holan

Alexandra Hilferty, 11, dives in for the 200 meter individual medley, during the 2010 European Forces Swim League championship in Eindhoven, The Netherlands.

The medal winners from Heidelberg were: Andrew Simmons, 17, first in the 100 butterfly, fourth in the 100 freestyle, sixth in the 200 freestyle; Olivia Hilferty, 8, third in the 50 backstroke, sixth in the 200 freestyle, sixth in the 100 freestyle; Sami Aldous, sixth in the 100 individual medley, fourth in the 50 fly, fourth in the 200 individual medley; Hannah Gunsch, fourth in the 50 breast; Sam Hilferty, fourth in the 50 breast; Carolin Kelso, fourth in the 100 fly, fifth in the 100 breast, sixth in the 100 back; Karter Rasmussen, fifth in the 50 breast, fourth in the 50 back; Chase Simmons, fourth in the 100 breast, sixth in the 200 free.

Several other Sea Lions placed in one of the top 14 positions to earn points for the team overall.

Sweet victory

Wray Holan

Heidelberg Lady Lions player, Asya Tucker, jumps for the ball during a varsity game against Frankfurt International Feb. 10. The Lions beat Frankfurt 50-43.

staying ACTIVE

Bowling Tournaments

Heidelberg Sergeants Major Association hosts a bowling tournament March 27. at the Heidelberg Bowling Center at Patrick Henry Village. The $20 per person entry fee includes three games of bowling, shoe rental and a pizza lunch. All proceeds go to the Mannheim Children's Hospital. Registration continues until all 26 team slots are full. Visit *http://sites.google.com/site/hsmagermany/news* for more info and the registration form or contact DSN 379-9435, bruce.mersereau@us.army.mil; or DSN 370-8472 , john.houck@us.army.mil.

BOSS hosts a bowling tournament at the PHV Bowling and Entertainment Center 12-3:30 p.m. April 17. Cost is$20 per person, 4 person teams, limited to 26 teams. Price includes three games, shoes and pizza lunch. Prizes for 1st, 2nd and 3rd place. Contact your unit BOSS rep. or DSN 373-5275. *www. mwrgermany.com.*

Spring Sports Registration

Heidelberg – Register through March 12 for: track and field, soccer, baseball, JV softball, little league baseball and little league softball. To register, visit the Central Enrollment Office located on Patrick Henry Village, Bldg. 4443 or call DSN 388-8240, civ. 06221-338-9240.

Mannheim – Register through April 1 for: baseball, t-ball, softball and soccer. To register, visit the Youth Sports and Fitness office located on Benjamin Franklin Village, Bldg. 696. DSN 308-9290, civ. 0621-730-9208-9290.

Live Coverage

AFN will be airing the DoDDs Europe High School Basketball Championships live this year. The games will be played Feb. 27 at USAG Mannheim and will air regionally on the Pentagon Channel so that all DoD personnel in Europe, Iraq, Afghanistan, and HOA will be able to watch. The games will also be streamed on the internet for worldwide availability.

Tai-Chi at ROB Fitness Center

Center your mind and bring awareness to your body with Tai-Chi, Tuesdays and Thursdays, 6-7 p.m. Classes are just $8 each or $40 for eight. For more information, call the fitness center at DSN 493-2241, civ. 0631-3406-2241, *www.mwrgermany.com.*

Free Aerobics Classes

Kaiserslautern's SKIESUnlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for youths. Classes offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. DSN 493-4516, civ. 0631-3406-4516, *www.mwrgermany.com*.

1000-Pound Club

If you can bench press, squat and dead lift a combined total weight of 1,000 pounds, you can join the 1,000-Pound Club. Receive a free T-shirt and your name will appear in all Heidelberg fitness facilities. Get certified by any Sports and Fitness staff member. *www.mwrgermany.com*.

Youth Dance Classes

Mannheim SKIESUnlimited Program is now offering creative movement, ballet, jazz dance and tap dance classes. All classes meet once a week with a cost of $35 per month. All children must be registered with the Mannheim CYSS. DSN 380-9290, *darren.brown3@us.army.mil*.