

HeraldPOST

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



Staff Sgt. Christopher Lee

A child hangs an ornament on a Christmas tree outside Kilbourne Kaserne Dec. 2 during the Schwetzingen Christmas Tree Lighting Ceremony, celebrating the holiday season and the German-American partnership. The 60-year tradition is coordinated by Headquarters and Headquarters Company, U.S. Army NATO Brigade, with the city of Schwetzingen donating the tree and lights.

HEIDELBERG Couples can 'Fireproof' their marriage by taking the Love Dare

Staff Report

"The Love Dare Experience: A Transformational Marriage Encounter" is coming to Heidelberg.

The group challenge, hosted by the Heidelberg military community chapels, begins Jan. 7 and 8 with a free showing of the movie "Fireproof" at the Patrick Henry Village Theater and then continues for 40 days.

"This will be an inspiring, fun and transformational marriage event," said Col. Stephen Sobczak, chief of medical operations for the U.S. Army Europe Surgeons Office. "Couples will have an opportunity to revitalize their see **LOVE DARE** page 12

Volunteer to director

BW resource manager began Army career at 17

By Lynn Davis
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

In 1975, Volkswagen introduced the Golf, Wheel of Fortune premiered on NBC, and a 17-year-old Grazyna Richter (Marek), better known as Nina, began her career with the U.S. Army in Germany.

The daughter of two Polish parents, both deported to Germany as children to work in labor camps during World War II, Richter discovered at a young age what impact the U.S. Army had on her family.

"After the war ended, the labor camp was freed by American Soldiers, but since my dad was only 17, he ended up in one of the minor kid camps," Richter said. "He quickly got his license, though, and began working for the American government as a truck driver transporting coal for American installations."

Her father eventually put himself through night school and became a technical draftsman/technician with the U.S.

"I know I made the right decision working for the U.S. government. Not only did they take care of my parents after World War II, but it allows me to give something back."



-Nina Richter, Director of Resource Management

Army, working for real property and responsible for space utilization in their hometown of Ludwigsburg. Her mother took a position as the secretary for the U.S. commander there.

"The U.S. Army is a very good employer," said Richter, who is now the director of resource management for U.S. Army Garrison Baden-Württemberg. "I remember mom and dad coming home from work, always happy and smiling."

see **DIRECTOR** page 12

HP THURSDAY
Dec. 10, 2009

Speed Read

FINAL ISSUE OF THE YEAR

The Dec. 17 issue of the Herald Post will be the final issue of the year. The submission deadline is Dec. 10. The Herald Post will resume its regularly weekly publication schedule Jan. 7.

HOLIDAY MAGIC



The annual FMWR event in Heidelberg drew about 1,500 people out for food, crafts, carriage rides and holiday fun. 3

A HELPING HAND

The Employee Assistance Program is a free and confidential program to help civilian employees cope with personal or work related problems. 4

CIRCUS TIME

Christmas circuses begin around Dec. 23 in various cities and offer international artists and special programs. 13

SWIM MEET

The Heidelberg Sea Lions swim team take third behind Stuttgart and Wiesbaden at invitational. 17



Defense Details

CIVILIAN COMPONENT

While the increase of 30,000 American troops in Afghanistan has garnered most of the headlines, a concurrent increase on the civilian side also is occurring, the U.S. ambassador to Afghanistan told Congress today. Karl W. Eikenberry, who once commanded troops in Afghanistan, said he is marching in lockstep with Army Gen. Stanley A. McChrystal to put in place the civilian and military strategy in Afghanistan.

SPECIAL NEEDS FAMILIES

Officials are working to boost the resources and support the Defense Department's Exceptional Family Member Program provides to military families with special needs. A Parent Tool Kit, available on the Military OneSource site, offers information and resources to aid parents of special-needs children, taking them from birth to 21 years old.

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

What's Inside

Our Army Around the World	8
Leisure	13
Dear Ms. Vicki	14
GET OUT!	15
Movies	15
Announcements	16
Sports.....	17

COMMENTARY

The day I decided: Going from Soldier to civilian

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It was December 2007. I can't recall the exact day, but I do remember that I had just bought a plane ticket home, and I was anxious to tell my family the big news.

I was getting out of the Army. Yep I had finally made up my mind, and just the thought of my decision made me both giddy and nauseous at the same time.

The Army life was all I had ever really known. I started working for Uncle Sam shortly after graduating from college (Aggie Pride!). Two weeks and a graduation cruise to the Bahamas later, I was off to Fort Jackson for basic training to sweat it out in the South Carolina sun and do battle with red fire ants the size of a grown man's fist.

After breaking the news, the reactions from my friends, family and colleagues were mixed and sometimes comical. After their initial disbelief, the next question from my family was, "So what are you gonna do now? What's your plan?"

Of course their concern was accompanied with the customary but "temporary" offers of free room and board until I got on my feet. "Temporary" being the key word here. It didn't help that my responses usually ranged from, "I have no idea what I'm going to do" (at the time I really didn't know), or "I'm just gonna

move back here and mooch off you guys until my unemployment checks run out."

I've never heard a room get so quiet in my whole adult life. The silence only broken by the sound of crickets chirping followed by nervous laughter. Truth be told, I had never even considered going back home. There's a saying that fish and house guests both start to stink after a few days, and it's one I definitely agree with.

Visiting my family is one thing, but moving back in the nest was another. I've been on my own since I was 18, and I shuddered at the thought of being reduced to writing my name on the milk or waiting in line every morning for my turn in the bathroom.

On the flipside, my military friends were excited, especially the ones who had already taken the plunge and separated from the Army. They spoke of their newfound freedom, the joys of not having to salute or stand in a formation, and of course, no more deployments to Iraq and Afghanistan.

But these same battle buddies also spoke of post-separation weight gain, severe cuts in their salary, and how the cost of health insurance was so outrageous it was enough to make you sick, literally.

My civilian friends were just concerned about the time and location of my "getting out" party and if it would be in Germany or back home in the States.

My military colleagues were

Worst case scenario, if this whole civilian thing doesn't work out and I do indeed crash and burn, I plan to go down in a blaze of glory wearing a pair of ultra stylish stilettos and a matching power suit.

another story. Some high-fived me and squealed like school girls with envy in their eyes longing for the day that they too could hang up their boots and ride off into civilian life. Of course there were a few who could care less either way. However, they did muster up enough concern to inquire whether or not I would be taking my stapler and who would be moving into my office.

While others (usually senior in rank) quietly pulled me aside with blank stares and the same question spilling from their lips over and over, "So you're getting out?" "Yes I am," I'd say. "So you're really getting out?" "Yep the water cooler gossip is true," I'd reply yet again. "You're really getting out, huh?"

Usually after the third or fourth confirmation that I was indeed "getting out," I began to wonder if there was a parrot in the room or if this particular person was simply refusing to comprehend the words coming out of my mouth. After an awkward silence, they usually invited me to their office for a "sit-down" while cleverly slipping me a business card from their local retention noncommissioned officer.

Let me be clear, I am honored to say that I wore this uniform and I would never deny the many opportunities Army life has afforded me both personally and professionally. In the same breath I can also say that I worked for everything I achieved and always made sure my Soldiers did the same.

Whether you go by your gut, your heart or that little voice inside your head, you know when it's time to move on. It was a tough decision and at times a scary one (change always is), but I have no doubt it was the right one for me. Once again, key word being "me."

So despite talk of how bad the economy is, fear of having to move back home and being forced to write my name on the milk, and the many valid pros and cons, my choice remained the same. It's now two years after my initial decision, and I've only been a civilian for a few weeks, but I can honestly say I have no regrets about it.

Worst case scenario, if this whole civilian thing doesn't work out and I do indeed crash and burn, I plan to go down in a blaze of glory wearing a pair of ultra stylish stilettos and a matching power suit.



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

Army clinics have received a limited supply of H1N1 vaccine that is being used for infants. Please call your local immunization clinic about availability. It just came in over the Thanksgiving weekend. Depending on your location, they may or may not have begun vaccinating children.

The Europe Regional Medical Command does not have a date for future shipments, but we check daily. There is a requirement for two-shots for chil-

dren six months to nine and under. Although the shipments are slow coming in, we do not expect there to be any shortages that would keep children from getting their second shot.

Bottom line? If you have an infant six months to nine years, try to get them in, please. And keep checking. More will become available.

-ERMCC Public Affairs

In Heidleberg the current situation is: "We don't have it...it will be out in the paper" and they (immunization clinic) don't know when (I just called).... Can I go to another clinic? I would assume that the distro plan is based on the number of 6m to 4yr olds in the system so going to another clinic would only complicate things. Bottom line: keep checking.....

-Daniel Colling, BWnow member



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COMMAND MESSAGE

CG, CSM discuss what to expect after the announcement about plans for the troop build-up in Afghanistan

From Gen. Carter F. Ham and Command Sgt. Maj. Ralph R. Beam
USAREUR COMMAND TEAM

USAREUR team members,

Last week our president laid out the way ahead in Afghanistan, which includes sending 30,000 additional troops to seize the initiative and build the Afghan capacity to allow for a responsible transition of our forces.

Our nation counts on the Army to organize, train and equip forces that can deploy and achieve the strategic objectives the president sets forth. That is why we exist. You are all volunteers and patriots; however, I know you also wonder how the president's initiative will affect your unit, your post, your family.

We do expect some additional U.S. Army Europe units to deploy as part of this initiative, and we will notify the units, families and communities affected as soon as the secretary of defense approves the deployment orders.

Because of the growth of the Army over the past five years and the responsible drawdown in Iraq, the Army will be able to execute this increase while ending stop-loss and continuing to provide units at least 12 months at home after every 12 months of deployment.

Assuming the drawdown in Iraq continues, we also will continue to make progress toward our goal of at least two years at home station for every year deployed. Even with the increased forces in Afghanistan ordered by the president, we estimate that more than two-thirds of the active component will reach these goals within the next two years.

USAREUR Soldiers, families and civilians, like those everywhere, are experiencing the stress of repeated deployments. Over the past two years, more than one-third of USAREUR forces were deployed at any given time.

Currently, elements of V Corps headquarters, 21st Theater Sustainment Command, 5th Signal Command, 12th Combat Aviation Brigade and others are deployed, while the 172nd Brigade and the 16th Sustainment Brigade have just returned. Furthermore, the 1st Armored Division headquarters, 173rd Airborne Brigade Combat Team, 2nd Stryker Cavalry Regiment, 12th CAB and significant portions of 21st TSC and others are preparing to deploy.

As the president noted, this burden is not ours alone to bear. This is not just America's war, and our European allies are engaged and are even increasing their own troop contributions. Just last week another iteration of the continuing partnership between 1st Battalion, 4th Infantry Regiment and Romanian soldiers began training in Hohenfels for deployment to Afghanistan.

I share your concerns for our Army Families. You have carried an enormous burden in this war, and I am committed to providing a level of care and support that is commensurate with your service and sacrifice.

Our Army has never failed to answer the nation's call. The American people expect nothing less. They thank you, and I thank you for your service and sacrifice.

Holiday Magic



Lynn Davis

Jefferson Hodges, 8, tries to throw a ring around a snowman at the Girl Scout table during Holiday Magic on Patrick Henry Village Friday. About 1,500 community members attended the annual event, which featured a carousel, carriage rides and a small Christmas market with booths offering food, games and crafts. Children from the Child, Youth and School Services' Strong Beginnings program provided musical entertainment, and the crowd was treated to a visit from Santa Claus. For more photos, visit www.flickr.com/heraldpost.

Heidelberg to host annual children's art event at the Village Pavilion tonight

Staff Report

Heidelberg's Child, Youth and School Services will showcase the artistic talents of local youth during the annual Art Expo 6-9 p.m. today at the Patrick Henry Village Pavilion.

Area children have been working for months to perfect their submissions for this year's expo. Their paintings, drawings, sculptures, monochromatic art and more will be on display for the entire community to admire.

"I really like that you get an opportunity to show everyone how talented you are," said Nicole Kremsmayr, a 14-year-old Art Expo participant.

The annual event is much more than just a display. It is also an opportunity for the children to enter their art-

work in a competition. The artwork will be judged in various categories, and winners will go on to compete in the European regional competition in Garmisch.

Regional winners go on to compete at the National Boys and Girls Club of America competition in Atlanta, Ga.

"The dedication of the kids really shows when you see how much effort they put into their artwork," said Stacie Wynne, assistant director of CYSS's middle and high school programs in Heidelberg. "Seeing their own art displayed for the entire community and rewarded motivates them to continue perfecting their talent."

Last year, two students from Heidelberg won the national competition in their respective categories.

In Memoriam - Tyler Lee Knox



Tyler Lee Knox, son of Mannheim-based Sgt. 1st Class Rodney Knox, died suddenly Nov. 26 at the age of 15. Tyler, born at Fort Campbell, Ky., June 6, 1994, was a sophomore at Independence High School in Charlotte, N.C. He loved to play chess and read novels. He was a music enthusiast and played the cello, electric guitar and bass guitar.

Tyler is survived by his parents, April (and Roger) Workman and Rodney (and Sonja) Knox; his sister, Sewiya Knox; and his grandparents, Roger and Margaret Moody and Howard and Elizabeth Knox.

Funeral services for Tyler were held in Charlotte Dec. 3.

Fisher House visit



Sgt. Maj. Lisa Hunter

U.S. Army Europe Command Sgt. Maj. Ralph Beam visits with Fisher House resident Brandy Kelley and her daughter, Brooklyn, 1. Beam accompanied members of the Heidelberg Sergeants Major Association during their visit to the Landstuhl Fisher House Friday. The association made a \$1,050 donation to the Fisher House.

EAP helps employees with personal issues

Program is designed to find professional resources within the community

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Failing finances, marital problems, troubles with children and stress on the job – throw in the hustle and bustle of the holiday season, and you could easily create just the right combination to trigger an incident of work place violence.

In recent months there have been several high-profile cases of this form of violence in both civilian and military work places, and professionals on both sides agree that prevention is critical to putting a stop to it.

Most military members are somewhat familiar with the resources available to help them deal with problems at home or at work, but what about government civilians? Where can they go for help? That's where the Employee Assistance Program comes in.

EAP is a free, confidential program designed to help civilian employees cope with any personal problems they may have at home or in their workplace before they spill out of control. EAP counselors link civilians to the appropriate professional resources within their community.

"EAP is something that the Army picked up about 10 years ago," said Heather Robinson, alcohol and drug control officer for USAG Baden-Württemberg and EAP supervisor.

"It was initially used in large corporations because they found that by having Employee Assistance Program counselors available, they could get to problems with employees with regards to not just disgruntlement in the work environment and occupational stress," she said.

"But also any home life issues, drug and alcohol issues or finance issues that could be impacting job functioning. By doing that, they would be able to retain employees longer and the employers were happy in the work place, and it actually reduced insurance costs."

Bottom line, the EAP not only helps Army officials prevent workplace violence, but it also helps save money, manpower and time for both the civilian employees and their supervisors by tackling problems early on.

EAP counselors work out of the Army Substance Abuse Program, or ASAP, clinics.

"Sometimes there are identifiers, and they indicate that the employee has started using alcohol or drugs to deal with their issues, but the majority of the employees that we've gotten through the government so far, it's more been occupational stress issues," Robinson said.

EAP counselors do not conduct any actual clinical counseling, they instead listen and act as a middleman to direct referrals to the right resources to address particular problems.

"We are not clinical," said Amy Sensiba, ASAP Prevention Coordinator and Employee Assistance Program coordinator for Heidelberg and Mannheim.

"We do not do any clinical counseling; we counsel in a way that people feel comfortable to come, and sometimes we are the first ones they're able to kind of let it all out to. To say, here's my frustrations here's what I'm dealing with."

"Our biggest goal is to reduce stress and frustration so that they're pro-

"We do not do any clinical counseling; we counsel in a way that people feel comfortable to come, and sometimes we are the first ones they're able to kind of let it all out to. To say, here's my frustrations here's what I'm dealing with."

-Amy Sensiba, ASAP Prevention Coordinator and EAP coordinator

ductive in their job," explained Sensiba. "As we all know life presents its own difficulties and that often times affects our work. Anything we can do to help people reduce that stress works then to help them be more effective on their job."

Sensiba works with people dealing with everything from financial issues and adjusting to life in Germany, to former military members adjusting to their new lives in the civilian sector. She is also a military spouse and new to Germany herself.

"I think people get frustrated and overwhelmed because there's a lot of paperwork, there's a lot of go to, and so people often get frustrated and don't seek out those services because of that. We're able to kind of break it down for them a little."

A civilian employee can be referred to EAP through a self-referral or by his employer. Both are free, confidential and voluntary. Walk-ins are also welcome.

"The only thing the employer would know is whether or not the employee is showing up," Robinson said.

"And whether or not they're compliant with the recommendation but they are never told who the recommendations are made to."

Although this program is designed for government civilians, Robinson

and her staff also want to reach out to military leaders who are trying to assist their Soldiers.

"I would like to encourage if senior leaders or platoon sergeants are already doing EAP type work with their Soldiers, which I know a lot of them are, if they are not familiar with what resources are available or the personnel within that resource to contact the EAP and describe the situation and let the EAP tell them who to contact and provide them the linkage," she said.

"We're available to advise the platoon sergeants and senior leaders when they're kinda trying to function as helping the Soldier, we get them hooked up with the right people."

For more information on the EAP, contact Heather Robinson at DSN 486-1710, Amy Sensiba at DSN 370-6069 or your local ASAP clinic if you live outside of the Heidelberg, Mannheim or Kaiserslautern area.

What is EAP?

The Employee Assistance Program provides civilians with a free confidential referral to obtain assistance for problems that can affect their performance. As part of ASAP, EAP services are available to help with substance abuse problems and those seeking assistance.

More information: <http://acsap.army.mil>

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Capt. Mike DeMichiei



Capt. Mike DeMichiei is the new executive officer for the Mannheim Health Clinic. He is originally from Napoleon, Ohio, and he has served in the Army for three years. He arrived in Mannheim about two months ago.

What do you like most about your current job?
There is a meaningful everyday mission; never a dull moment.

Why did you join the Army?
To be a part of the stories that we read and hear about in the news.

What is your favorite vacation spot?
France. I was a French major, and so I love to use my language and really enjoy the scenery.

What is the best advice you have received?
It wasn't to me, but I love JFK's quote, "To whom much is given, much is expected."

How do you plan to positively impact the Mannheim community?
The community members are our mission; I want everyone who walks in the clinic to have a good experience.

Nominate a community member

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to usaghd.post@eur.army.mil.

Engineers: Practice makes perfect



Maj. Michael Petrunyak

Sgt. Jerel Ridgley, a member of the 18th Engineer Brigade's Emergency Management Assessment Team, tests an unknown chemical with pH paper during monthly hazardous materials training Nov. 25 at Tompkins Barracks in Schwetzingen. During the training, Soldiers donned fully encapsulated hazardous environmental protective suits and tested the materials in a mock explosives scenario.



Jennifer King

Col. Jack Haley (left), commander of the 405th AFSB, and Command Sgt. Maj. Ismael Rodriguez unfurl the 405th AFSB's colors as the brigade officially relocates to Kaiserslautern.

405th AFSB unfurls its colors in Kaiserslautern

By Jennifer King
405TH AFSB PUBLIC AFFAIRS

Cold weather and overcast skies didn't keep the crowd away as the 405th Army Field Support Brigade unfurled its colors on Daenner Kaserne Nov. 30 and officially began operations in the Kaiserslautern military community.

"Our organization has a long and distinguished history in Europe, and we're very proud of the work that we do for Soldiers," said Col. Jack Haley, commander of the 405th AFSB in his remarks to the gathered crowd.

"We spent many years in Seckenheim dedicated to our mission, but we fully intend to continue our mission and ensure its success here in Kaiserslautern," he added.

"The unfurling of our colors and the ribbon-cutting (of the new headquarters building) is a simple event, but the action is symbolic of so many things. It's not just about relocating offices. It's about going where the Soldier needs us, becoming part of a new military family, improving logistics synchroni-

zation for the theater, and doing our part to support transformation."

In addition to unfurling its colors, the brigade also rededicated its conference room in honor of Herbert "Deny" Denburg, who served as the brigade's protocol officer for many years prior to his passing in 2002.

"Deny Denburg was a true American hero and patriot who served the United States military for more than 42 years and served the Army Materiel Command and this brigade for 15 of those years," Haley said in remembrance of Denburg. "Through this rededication, we will continue to honor and remember Deny's professionalism, humor and spirit."

The 405th AFSB relocated to Kaiserslautern last month from Hammonds Barracks in Seckenheim as part of the Army's European Transformation and Global Restructuring and Rebasing strategy.

The brigade had been stationed in Seckenheim since July of 1982. The new headquarters is on Daenner Kaserne.



Spc. Monte Swift

Third Army Spc. Skyler Reed and Sgt. Mitchell Brahm mount a tire onto a heavy equipment transport at the 180th Transportation Battalion Truck Rodeo on Camp Arifjan, Kuwait, Dec. 3. The timed competition tested two-person teams in six of the most common difficulties faced on the road. The Soldiers are assigned to the 443rd Transportation Company, an Army Reserve unit based in Lincoln, Neb.

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Spc. Sharla Lewis

Spc. Leo Leroy gets a kiss from Regina Leroy and a bow-wow welcome from dogs Yoshi and Bruiser at a homecoming ceremony on Fort Hood, Texas, Nov. 28. Leroy, assigned to Forward Support Company E, 1st Battalion, 12th Cavalry Regiment, returned after a year in Qayarah in northern Iraq.



U.S. Air Force Photo

U.S. Army and Canadian soldiers prepare to jump from a C-130 Hercules aircraft from the 910th Airlift Wing during the 12th annual Operation Toy Drop Dec. 6, at Fort Bragg, N.C.



Tech. Sgt. Efrén Lopez

U.S. Soldiers and an Afghan police officer complete a joint patrol in Shabila Kalan, Zabul province, Afghanistan, Nov. 30. The Soldiers are assigned to the 2nd Infantry Division's 4th Battalion, 23rd Infantry Regiment, 5th Brigade Combat Team.

DIRECTOR

continued from page 1

Richter soon got her chance to experience working for the U.S. Army first hand during the summer of her senior year when her father said they were short at work and that she would be helping him.

"So the first time I ever went to work for the U.S. government was as a volunteer," Richter said. "I would walk with my dad, measure a building, count the number of people who were occupying the facility, and write down who they were and what outfit they belonged to. I did that for three to four weeks, and then I told my dad, 'This is ridiculous, I need to get some money for this.'"

Richter's father told her about an intern program offered by the U.S. government and encouraged her to take advantage of it.

"So I went and applied," Richter said. "My English was pretty good at that time, so I passed the translation and the typing test and started out as a clerk, typist and translator for the Directorate of Engineering and Housing in 1975."

During her first couple of years, Richter discovered exactly what career path she wanted to take.

"Once I was employed, I saw how complex the Army is structured," Richter said. "The more I learned about DEH, which is now the Directorate of Public Works, the more I got interested. Money was interesting for me, money and resources, so I moved into that field and went to all the schools that needed to be done."

Richter has held various program analyst and resource management positions over the years, serving the Stuttgart, VII Corps and Heidelberg communities, before becoming

the resource management director for USAG Baden-Württemberg in 2005. She is now responsible for the correct, timely and legal execution of \$3.6 million and the manpower personnel management of about 1,800 employees.

"I always wanted to become the director of resource management one day, and finally I had the opportunity to do that," Richter said. "I like my job, and I like the people. Honestly, it's an honor and a pleasure every day."

The pride she takes in her work is evident to others in the community. The U.S. Army Installation Management Command recently recognized Richter with the Stalwart Award, which is given to IMCOM employees who perform in an exemplary manner, set the standard as agents for change in installation management, and contribute significantly to the command's success in carrying out the IMCOM mission.

"Her technical expertise and detailed understanding of the budgeting process was crucial in sustaining operations under less than optimal funding conditions," said Roy Hurdon, deputy commander for USAG Baden-Württemberg. "She consistently charted the best course of action for the command during times of fiscal turmoil, always developing innovative solutions to resourcing problems."

Richter also was nominated for the award because of her leadership ability and personal attributes.

"She demonstrates selfless service, day in and day out, and wastes no time taking on the tough tasks," Hurdon said. "Her integrity is unparalleled and of the highest standard, and her products and services



Courtesy

Nina Richter (left) and her family gather for a photo in the summer of 1964. Richter's Polish parents were deported to Germany to work in labor camps during World War II. After the war, they began working for the U.S. government.

to the garrison are consistently superior. She is a visionary leader who inspires others in the face of adversity and exhibits amazing dedication to mission accomplishment."

Even though it was an individual award, Richter said she feels the achievement belongs to many.

"I am very honored and at the same time very humbled, because I am a firm believer that while a person is honored, it's really a group that has achieved it," Richter said. "In this case, there would have been no way for me to achieve this type of award without first, the staff that I have, which is very loyal, very dedicated, very knowledgeable."

"Then of course my peers — we have a great team, we all work together very well. We really embrace the spirit of teamwork. Even though I am the one who received the award, it's really a garrison award."

While Richter mainly deals with money and re-

sources on a daily basis, she most enjoys a different aspect of her job.

"The interface with people and with customers and with Soldiers is my favorite part of this job," Richter said. "Probably strange out of an RM's mouth, but it's the people part in my job and making it happen for them. For me, even though budgets are always tight, I'm always trying to find a way to make it happen. People ask for the world sometimes and we may not be able to give them the world, but we may be able to give them a tiny little piece of it and start with that."

During her almost 40 years of service, there are no regrets about the career path she chose in 1975.

"I know I made the right decision working for the U.S. government," Richter said. "Not only did they take care of my parents after World War II, but it allows me to give something back."

Handwashing Awareness Week shows simple way to prevent illness

HMEDDAC Public Affairs

As flu season runs its course throughout the world, preventive medicine experts remind you that one of the easiest and most inexpensive ways to keep from getting sick is literally right at your fingertips — by washing your hands.

National Handwashing Awareness Week is Dec. 6-12 this year, and the Heidelberg Medical Department Activity urges community members to take time to revisit the proper way to wash hands.

"By performing the proper hand washing technique, you significantly reduce your risk of getting an illness," said Col. Paula K. Underwood, HMEDDAC commander and a preventive medicine doctor. "It is one of the most important steps we can take to avoid getting sick ourselves, and spreading germs to others."

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness, according to the Centers for Disease Control and Prevention.

For more information on National Handwashing Awareness Week visit www.cdc.gov or www.henrythehand.com.

Handwashing Techniques

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together into a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

LOVE DARE

continued from page 1

marriage with other couples here in Heidelberg who want to see growth in their lives and marriages."

After the movie showing, couples who would like to participate can register for the full 40-day program, which will consist of weekly one-

hour group meetings led by a facilitator.

The Love Dare will culminate with a Valentine's Day banquet for all participating couples at the Patrick Henry Village Pavilion. The banquet also will include a group marriage vow renewal ceremony.

There are high hopes for the program, which isn't just de-

signed for unhappy couples.

"We hope that marriages that are on the brink of divorce can be saved, weak marriages strengthened, and strong marriages made stronger," Sobczak said.

Coordinators for the program hope to have five to six small groups consisting of about 10 couples each in or-

der to offer small group meetings every night of the week to accommodate everyone's schedules.

Participants will receive a copy of the book "The Love Dare" to assist them throughout the program, and child care will be provided during the movie and the weekly meetings.

All Soldiers, civilian employees and family members are welcome to participate. Registration is ongoing through Jan. 11. Sign up online at www1.mysignup.com/cgi-bin/view.cgi?datafile=fire_proof, or contact the Heidelberg Community Chaplains Office for details at DSN 370-1570, civ. 06221-57-1570.

Christmas time is circus time in Germany

Between Christmas and the first two weeks of January, Christmas circuses present their special programs with international artists and festive atmospheres in various cities.

Heidelberg

The annual Christmas circus at the Messeplatz, Krichheimer Weg, in Heidelberg takes place from Dec. 23 through Jan. 6.

The circus shows animal performances, comedy shows, illusion, and international artists. The show is a mix of circus, vaudeville, and theater and its program is modern and dynamic. The performances follow each other without special announcements.

Special acts like artists from the Russian State Circus in Moscow guarantee a high quality program. U.S. ID card holders get a discount on ticket prices by buying tickets at the Circus' ticket point, which opens Dec. 23.

Show hours: 3 and 7 p.m. daily; 5 and 8 p.m. Dec. 31 and Jan. 1; Dec. 24 closed. Ticket reservation: civ. 0173-1733715. For more information, visit www.heidelberger-weihnachtszirkus.de.

Kaiserslautern

For the second year in a row, Kaiserslautern hosts the circus event with a new program near the Volkspark in Entersweilerstrasse Dec. 25 through Jan. 10.

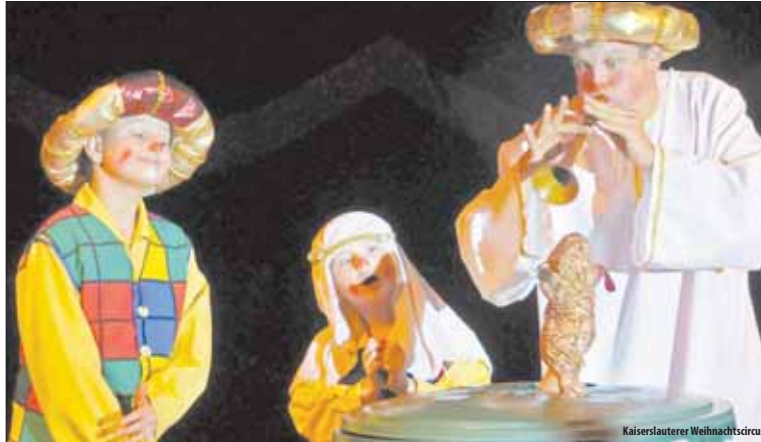
The circus presents a fascinating show with exotic animals, international acrobats, clowns, comedians, star artists, actors and a live orchestra.

Before the show begins, visitors can spend time in the Christmas town, where Santa Claus, elves, angels and the Grinch wait for young and old.

Special presentations are the Duo Ternov, performing Riverdance on a trampoline, air acrobats, horses, known from the musical "Horses Fantasy," American cheerleaders, artists from the popular show "Afrika Afrika," and a herd of elephants.

Between 10 a.m. and 6 p.m. daily, the zoo park is open for feeding and petting of various animals.

Show hours: 3 and 7 p.m. daily; 3 and 6 p.m. Sundays and holidays; 3 p.m. on Mondays and Tuesdays are family days with lower prices; Jan. 1 and 7 closed. Ticket reservation: civ. 0177-6884651 or, beginning Dec. 18, at the circus' ticket point.



Kaiserslauterer Weihnachtszirkus

For more information, visit www.kaiserslauterer-weihnachtszirkus.de.

Landau

With the program "Stars in the starry tent" the circus at the Landauer Messeplatz, Marie-Curie-Strasse, has been a traditional annual event for many years. From Dec. 18 through Jan. 3, circus visitors watch a show that is also shown on regional television.

The nostalgic wood wagons in front of the circus' entrance and the red carpet, leading into the foyer, which is decorated for Christmas, offer a unique view to its spectators.

This year, the circus hosts many popular artists, comedians and animal tamers. The famous German ventriloquist Fred van Halen, the Russian Clown Antoschka, the acrobats group Tashkenbajev from the Russian State Circus or the Suisse animal tamer Urs Strasser are only a few examples of the outstanding program.

Show hours: 3 and 7 p.m. daily; Dec. 24 and Jan. 1 closed. Tickets: 0162-1515989 or at the circus'

ticket point. For more information, visit www.landauer-weihnachtszirkus.info.

Karlsruhe

For the first time, Karlsruhe hosts its own Christmas circus at the Messplatz, Durlacher Allee, from Dec. 17 through Jan. 3.

All stars from the biggest and most popular circuses of the world come together to present a fantastic show. About 40 artists from 12 different nations, usually performing during the famous "Circus Festival of Monte Carlo," show circus highlights which were never presented before in Germany.

The cozy Christmas atmosphere in the circus foyer and the nostalgic circus wagons offer a nice area to relax before the show begins or during its break.

Show hours: daily 3:30 and 7:30 p.m.; 2 p.m. Dec. 24; 11 a.m. and 3:30 p.m. Jan. 3. Tickets: civ. 0721-6624765. For more information, visit www.karlsruher-weihnachtszirkus.de/home.

All tickets cost between €15 and €35.



Kaiserslauterer Weihnachtszirkus



Heidelberger Weihnachtszirkus

GERMAN COOKING

Apfelpfannkuchen (Apple Pancakes)

Serves: 6

Ingredients:

- 2 large cooking apples (yellow delicious or Granny Smith)
- 1/4 cup butter
- 1 cup flour
- 1 cup milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/4 teaspoon grated nutmeg
- 1 confectioner's sugar

Directions:

- Preheat oven to 475 degrees F.
- Peel, core and very thinly slice the apples; you should have approximately 1 1/2 cups.
- Melt 3 tablespoons of the butter over medium low heat in a small frying pan, and saute the apples until they are just tender. Keep apples warm while preparing the batter.
- Place a 9 or 10 inch cast-iron skillet in the oven to heat for at least 5 minutes – the pan has to be very hot for this to work. When it is well heated, add the remaining 2 tablespoons of butter to melt and put the skillet back in the oven; the butter should be very hot, but not brown when you add the apples and the batter.
- Place the flour, milk, vanilla, salt and nutmeg in a blender and whirl until smooth.
- Remove the skillet from the oven, quickly arrange the warm apple slices over the melted butter, and pour the batter evenly over all.
- Bake for 15 minutes, reduce heat to 375 degrees F and bake 10 minutes longer.
- The pancake will puff and climb up the sides of the pan.
- Sprinkle with confectioner's sugar, then cut in wedges and serve with maple syrup.
- Note: If you do not use apples, add 1/4 cup (1/2 stick) butter to the hot skillet.

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 dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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 would like some advice from you.

My husband will be deploying in January, and we have been married for four years. We have two children together ages, 1 and 3.

Yes, the Army has taken over our lives for the most part. Everything is centered around the Army, deployments, PCS moves, field trainings, military schools, etc.

If it has anything to do with the Army, it has my husband's undying loyalty.

I have no problem with this because it does make me proud that my husband is so serious about the Army and about serving his country.

I'm happy to see him do something that he loves and enjoys, but why don't I deserve the same respect?

I've been talking to my husband about me going to college or a technical school. I'm very interested in nursing, radiology or something else in the medical field.

Most of the schools offer a certification in one year or less. When I mention this to my husband, it's like he becomes intimidated or something, like I'm going to leave him.

Yes, I know that I could make more money than he does right out of college, but this can help our family financially and also make me feel good about a career just like he feels

about his career.

He doesn't want me to go to college under any circumstances. He keeps saying he is not paying for me to go to college because he wants me to do nothing but take care of the kids and our home.

I already completed a financial aid application, and I qualify for nearly the entire Pell grant, plus I can get the grant from MYCAA that's offered to spouses, too!

This is an opportunity that I cannot pass up.

My mother said I would be crazy to and I need to tell my husband to go to \$\$!!.

It's not that I'm scared of him, but I don't want any confrontations, especially since he deploys soon. I'm willing to just wait until he leaves and start school anyway.

So please answer this one question. Is this like cheating on my spouse and lying or is this just withholding information?

From: Wife Wants To Go To College, Not A Divorce

Dear Wife,

This is a serious dilemma. From your report it appears that your husband has some insecurities and fears about you attending college.

Military spouses are great at multi-tasking to include taking care of our families, finding quality day care, taking care of our homes, attending and graduating from college, working outside our home and finding the time to take care of ourselves, too.

I think you will be no different. My sons often remind me of the times they accompanied me to school when I was attending the University of Louisville.

I think this is a great opportunity for you, but I would like for you to have your husband's "best wishes" in this effort.

I can't be the one to tell you to withhold this information from your husband, it's not my place.

It sounds like your mother wants you to tell your husband to take a hike, right?

Conversely, I will say I think this will be a good time for you and

your husband to have some sessions with a marriage therapist.

Hopefully, this will allow him to talk freely about him not wanting you to attend college.

If he doesn't want to see a therapist, I still think you should speak to one for support and for continued advice.

Check with your social work service office on post and ask if marriage therapy or individual therapy is available.

If not, contact Military OneSource at 1-800-342-9647 they can connect you to a therapist in your local community and all services are free.

I truly wish you the best in your future endeavors. Let me know what happens and what you decide to do. Please stay in touch.

Responses to previous columns:

Dear Ms. Vicki,

The Army has a television channel. Have you ever thought about doing television for them?

I think you should do more with your column. Evidently people like talking to you and telling you what they don't feel comfortable telling others.

It's time for you to get a prime slot, or at least a bigger audience than the post newspaper.

Dear Ms. Vicki,

I truly wish you would stop telling Army wives what to do with their lives. You encourage them to get careers and pursue degrees. What's wrong with staying at home being a supportive wife and mother.

This is God's plan for the family. Stop trying to convince every Army spouse to be progressive like you obviously are. Did you stay at home with your children? Are you a supportive Army wife? I'll bet the answers to the questions are no.

This is what's happening to our society, our children and the family. It's all gone to pot because of people like you who are given a platform and allowed to speak on behalf of families. You are way out of line, Ms. Vicki.

Pest concerns ban cribs from being imported into the U.S.

By Robert Szostek

EUROM CUSTOMS AND BORDER CLEARANCE AGENCY PUBLIC AFFAIRS

The holidays are here and a very common decoration for many families is a nativity scene depicting the birth of Jesus Christ.

Many European countries have nativity scenes available at Christmas time that Americans love to buy.

However, the natural products used to make them are often banned from import to the United States because of the agricultural pests that could be nested in them.

Shoppers should note that they can be fined \$300 or more if they mail scenes that contain moss, bark, pinecones, untreated straw or other materials found to contain insects.

Department of Agriculture officials say people can send nativity scenes that are produced using stripped wood, plastic, or commercially cleaned and lacquered straw, instead.

Italy, for example, has a custom of recreating the nativity scene called Presepe.

These representations contain miniature clay figures that craftsmen have made for hundreds of years.

German nativity scenes are called Weihnachtskrippen and contain carved or ceramic figures.

The figurines themselves pose no agricultural risk and can be sent or taken stateside.

However, the figures are often housed in a village setting made of natural bark decorated with peat moss.

"The bark frames or peat moss parts of these nativity scenes can contain damaging insects or other pests," said Bill Johnson, director of the European Command's Customs and Border Clearance Agency, "and are therefore prohibited from being imported into the United States."

GET OUT!

area events

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

December 10

Bluegrass Open Mic Night – Head to the Heidelberg Rod and Gun Club in Otfersheim at 7 p.m. for a down home good time at Shooter's Bar and Grill. Listen to the classical sounds of the Bluegrass Valley and satisfy your taste buds at the same time. Feel free to bring your instrument and join the band. www.mwrgermany.com.

December 11

"OLIVER!" – Based on the beloved Charles Dickens novel, this Tony Award-winning musical tale is full of pathos, drama and wonderful musical numbers. Young Oliver is an orphan in the streets of Victorian London. His ongoing adventures include meeting up with the Artful Dodger and the dastardly criminal, Fagin. It's a holiday tale for the whole family. Performances will be held Dec. 11, 12, 18 and 19 and Jan. 8, 9, 15, 16, 22 and 23 at 7:30 p.m. and Dec. 13 and Jan. 10 and 17 at 3 p.m. at the Roadside Theater on Patton Barracks in Heidelberg. DSN 373-5020, www.roadside-theater.com.
"The Sound of Music" – The hills are alive at KMC Onstage Dec. 11-13, 18-19 and Jan. 8-10, 14-17. All shows will be performed at 7:30 p.m. excluding Sundays at 3 p.m. Tickets are now on sale and can be purchased through the theater box office (Kleber, Bldg. 3232 – DSN 483-6626, civ. 0631-411-6626) or the FMWR One Stop Landstuhl, Bldg. 3810 – DSN 486-8146, civ. 06371-86-8146.

Gospel Concert – The USO and Volvo will host Randall Taylor and the Revelation Gospel Singers at the Village Pavilion in Heidelberg at 2 p.m. Civ. 0621-730-2082.
Holiday Bingo – Play holiday bingo and win big at the Kazabra Club in Kaiserslautern 3-7 p.m. Four guaranteed \$1,000 games will be played. Free food and Christmas goodies will be available. Visit with Santa and much more. An early bird bonanza game will be played at 2 p.m. Doors open at 1 p.m. www.mwrgermany.com.

Innsbruck Ski Weekend – Head to Austria and enjoy a ski weekend with Heidelberg Outdoor Recreation through Dec. 13. DSN 388-9282, www.mwrgermany.com.

December 12

Strasbourg and Christmas Market – Visit the famous Gothic cathedral in Strasbourg, France, and marvel at the astrological clock built in 1350. After a leisurely boat ride through the old district, plan to shop the wonderful Christmas Market (French style) surrounding the cathedral. <http://affiliates.usa.org/rhein-neckar>.

Ski Express – Enjoy a quick ski trip with Heidelberg Outdoor Recreation. Also available Dec. 12, 25 and 26. DSN 388-9282, www.mwrgermany.com.

December 13

Caracalla Spa Day, Baden-Baden and Christmas Market – Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

Dinosaur "Live" Show – After years of planning, the award-winning BBC TV series, "Walking with Dinosaurs" comes to life in a stunning theatrical event. Internationally renowned designers have worked with scientists to create 15 life-size dinosaurs, including the terror of the ancient terrain, Tyrannosaurus-rex! Be amazed and thrilled as the greatest creatures ever to walk the earth return before your eyes. SAP Arena, Mannheim. www.dinosaurlive.com.

Christian Jazz Concert – The BVF Chapel in Mannheim proudly presents a Community Christian Jazz Concert at 6 p.m., featuring The Encore Band and Friends. Admission is free and all community members are invited.

USAREUR Band and Chorus Concert – The U.S. Army Europe Band and Chorus will play in Eppelheim at 6 p.m. at the Rhein-Neckar-Halle, Pestalozzstrasse 10, Eppelheim. The public is invited to this free concert. Doors will open at 5 p.m. There will be no tickets.

December 18

Luge Racing – Head to Berchtesgaden with Heidelberg Outdoor Recreation through Dec. 20. DSN 388-9282, www.mwrgermany.com.

December 19

Rüdesheim and Christmas Rhein Cruise – The romantic Rhein sparkles and shines for the holidays. Enjoy the festive Christmas atmosphere both on board and in town. The first stop, Rüdesheim, is one of Germany's most popular tourist destinations. There will be time to shop at the Christmas market, sample the wines and have lunch before boarding the boat. The ship will be decorated for the season and alive with music. <http://affiliates.usa.org/rhein-neckar>.

Köln Christmas Market – Köln has three different markets to visit by shuttle, train or foot. Start off with one of the nicest, and then move on to the world famous cathedral. <http://affiliates.usa.org/rhein-neckar>.

Engelberg Ski Trip – Head to Switzerland for a one-day ski trip with Mannheim Outdoor Recreation. Also available Dec. 26. DSN 381-7215, www.mwrgermany.com.

December 20

Ludwigsberg Castle and Stuttgart Christmas Market – Start the day with a guided tour of the baroque palace in Ludwigsburg; after which you can shop

at one of the porcelain factories where products are still made by hand. The next stop is Stuttgart, where the Christmas Market is not only one of the oldest, but certainly also one of the most beautiful and largest in Europe. In the weeks before Christmas, the market square is transformed into a winter paradise. The "fairy-tale land" and open-air ice skating area in front of the Palace form a fabulous backdrop with a magical atmosphere. <http://affiliates.usa.org/rhein-neckar>.

December 24

Garmisch Christmas Ski Weekend – Through Dec. 27 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

Ski and Christmas Party Weekend – Head to Interlaken, Switzerland, through Dec. 27 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

December 27

Caracalla Thermo Baths – Enjoy the hot springs that bubble beneath Baden-Baden. The Caracalla Thermo is a state-of-the-art thermal and sauna environment, where you can relax completely, far removed from the demands of daily life. Choose between the pool, sauna, solarium (tanning beds), inhalation or the aroma steam bath or enjoy all of them. Don't forget your swimsuit, towel and light change of clothes. <http://affiliates.usa.org/rhein-neckar>.

Blackforest Winter Wonderland – Head to Triberg, the unofficial capital of cuckoo clocks. During the day enjoy a stroll through the city to the sound of live music. Craftsmen will exhibit the traditional art of wood carving and clock painting. Dinner (included) is served at the restaurant, next to the waterfall. In the evening over 300,000 lights will illuminate Germany's highest waterfall, as performers create their magic. <http://affiliates.usa.org/rhein-neckar>.

December 31

New Year's Ski and Party Weekend – Head to Interlaken, Switzerland to ski and party through Jan. 3 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

New Year's in Prague Weekend – Head to the Czech Republic and ring in the New Year in Prague through Jan. 3 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

New Year's Eve Scholarship Ball – The Theta Rho Chapter of Omega Psi Phi Fraternity, Inc. is hosting a New Year's Eve Scholarship Ball at 7 p.m. at the Holiday Inn Waldorf. All proceeds support the DODEA scholarship fund. civ. 0151-129-42717.

coming to THEATERS



FAME

(Kay Panabaker, Naturi Naughton)
A group of students attending the renowned New York School of Performing Arts from audition through graduation as they discover their burgeoning talents and define their identities. Caught up in the intense atmosphere of a performing arts high school in New York, the student artists in the film confront both the tantalizing promise of success and the challenges of thriving in a highly competitive environment. Rate PG (thematic material including teen drinking, a sexual situation and language) 107 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 10 - THE BLIND SIDE (PG-13) 7 p.m.
Dec. 11 - ARMORED (PG-13) 7 p.m.; FAME (PG) 9 p.m.
Dec. 12 - FAME (PG) 4 p.m.; THE INVENTION OF LYING (PG-13) 7 p.m.; ARMORED (PG-13) 9 p.m.
Dec. 13 - FAME (PG) 4 p.m.; ARMORED (PG-13) 7 p.m.
Dec. 14 - THE INVENTION OF LYING (PG-13) 7 p.m.
Dec. 15 - JENNIFER'S BODY (R) 7 p.m.
Dec. 16 - FAME (PG) 7 p.m.
Dec. 17 - ARMORED (PG-13) 7 p.m.

Mannheim, Schuh

Dec. 10 - THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.
Dec. 11 - THE BLIND SIDE (PG-13) 7 p.m.
Dec. 12 - FAME (PG) 4 p.m.; OLD DOGS (PG) 7 p.m.; THE INVENTION OF LYING (PG-13) 9 p.m.
Dec. 13 - OLD DOGS (PG) 4 p.m.; JENNIFER'S BODY (R) 7 p.m.
Dec. 14 and 17 - THE BLIND SIDE (PG-13) 7 p.m.

Vogelweh, Galaxy

Dec. 10 - LOVE HAPPENS (PG-13) 7 p.m.
Dec. 11 - OLD DOGS (PG) 7 p.m.
Dec. 12 - OLD DOGS (PG) 3 p.m.; THE INVENTION OF LYING (PG-13) 7 p.m.
Dec. 13 - FAME (PG) 3 p.m.; THE BLIND SIDE (PG-13) 7 p.m.
Dec. 17 - THE INVENTION OF LYING (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Dec. 10 - OLD DOGS (PG) 12 p.m., 3:30 p.m., 7 p.m.; ZOMBIELAND (R) 11 a.m., 3:45 p.m., 6 p.m.; HIGH SCHOOL MUSICAL 3 (PG) 12:15 p.m., 4 p.m., 6:30 p.m.
Dec. 11 and 12 - ARMORED (PG-13) 12:15 p.m., 2:30 p.m., 7 p.m., 9:45 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m., 9 p.m.; THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 6 p.m., 8:30 p.m.; JENNIFER'S BODY (R) 9:30 p.m.; CARS (G) 11:30 a.m., 3:45 p.m., 6:15 p.m.
Dec. 13 - ARMORED (PG-13) 12:15 p.m., 2:30 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 6 p.m.; CARS (G) 11:30 a.m., 3:45 p.m.
Dec. 14 - ARMORED (PG-13) 12:15 p.m., 2:30 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 6 p.m.; CARS (G) 11:30 a.m., 3:45 p.m., 6:45 p.m.
Dec. 15 - ARMORED (PG-13) 12:15 p.m., 2:30 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 6 p.m.; CARS (G) 11:30 a.m., 3:45 p.m., 6:45 p.m.
Dec. 16 - ARMORED (PG-13) 12:15 p.m., 2:30 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; THE INVENTION OF LYING (PG-13) 6 p.m.; CARS (G) 11:30 a.m., 3:45 p.m.
Dec. 17 - THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; CARS (G) 11:30 a.m., 3:45 p.m., 6:45 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, 06371-47-5500
Visit www.aafes.com for updated listings and more movie descriptions

HIGHLIGHTS

H1N1 Vaccines

The Heidelberg Health Center and Mannheim Army Health Clinic received their first shipment of the Sanofi-Pasteur H1N1 vaccines for non-uniformed beneficiaries. Due to the small size of the shipment, certain target groups will need to be immunized first. Parents of high-risk children will be notified via phone to schedule vaccination. Civ. 06221-17-2177.

AFN Holiday Programming

The AFN Broadcast Center is offering U.S. troops around the world a special holiday-programming Web site this season. The "Home for the Holidays" link from www.myafn.net enables TV viewers to quickly find all the holiday specials AFN is scheduling through Dec. 31. In all there are more than 300 chances to see special holiday programs on AFN TV this season.

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.

Civilian Travel Claims

Effective in January, all civilian travel claims will be processed through DFAS-Columbus. The last day civilian travel claims will be accepted at the Heidelberg Finance Office is Dec. 14. All new orders will include a remark that travel claims need to be submitted to DFAS-Columbus. COL-TRAVEL-CLAIMS@dfas.mil.

Social Networking Briefing

U.S. Army Europe will host training on social networking systems (Facebook, Twitter, etc.) for all Soldiers, family members and DA employees 9:30-11:30 a.m. and 1:30-3:30 p.m. at Galaxy Theater in Kaiserslautern Dec. 16. DSN 379-5551, civ. 06202-80-6217.

Field Study in Paris and Florence

University of Maryland University College Europe has two three-credit undergraduate field study courses, Impressionism and Post-Impressionism held in Paris, France, and Renaissance Art held in Florence, Italy. The registration deadline for these courses is Dec. 18 with classes running Jan. 9-16. DSN 370-6762, civ. 06221-378367, www.ed.umuc.edu/fieldstudy.

local
EMPLOYMENT**Career Fair**

Looking for employees? Recruit them at the Heidelberg ACS Career Fair Jan. 30. Register online: www.mwrgermany.com/hd/acs and click the "Employment Readiness" link.

Mannheim Elementary School

MES seeks front office support clerk, education tech (teacher/classroom aides) and substitute teachers. DSN 380-4705, civ. 0621-730-4705, matthew.bush@eu.dodea.edu.

Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes, pottery, singing, performing arts and sculpture. DSN 388-9418, civ. 06221-338-9418.

KAISERSLAUTERN Education

• **CSB Briefing** – The Kaiserslautern Transition Center hosts a briefing on Career Status Bonus Dec. 16 in Bldg. 3245 on Kleber Kaserne. Register: DSN 483-7071, civ. 0631-411-7071.

• **Toy Shop 2009 Toy Drive** – Army Community Service is hosting a community-wide toy drive through Dec. 15. Donate a new, unwrapped gift for a child in the KMC. DSN 493-4062, www.mwrgermany.com.

• **Holiday Hours at APOs** – The Army post offices on Landstuhl Regional Medical Center and Daenner Kaserne have started holiday customer service hours 9 a.m.-4 p.m. until Dec. 23. The APO on Miesau Army Depot will be open 10 a.m.-3 p.m. Tuesdays and Fridays. Finance services at these Army post offices will not be offered Dec. 24 and 31. The Pulaski mail room is open noon-3 p.m. Saturdays until Jan. 2.

• **Winter Extravaganza** – The Landstuhl SAS will host its Winter Extravaganza 5-8 p.m. Dec. 14 at the Landstuhl Elementary and Middle School cafeteria. The program will include children's musical performances, an art and photography exhibit, costumes, decorations and refreshments. DSN 486-7281, civ. 06371-86-7281.

• **Independent and Foreign Films** – The library at Landstuhl and the Landstuhl Community Club team up for independent and foreign films. All shows start at 6 p.m. Upcoming shows: "Her Name is Sabine" (French with English subtitles) Dec. 16. DSN 486-7322, civ. 06371-86-7322.

• **No LRMCA Appointments Dec. 18** – Routine patient appointments and walk-in appointments will not be scheduled Dec. 18 at Landstuhl Regional Medical Center during the LRMCA Safety Stand-Down Day. Emergency care will remain available.

• **Texas Hold 'Em Tournament** – The Landstuhl Community Club will host a Texas Hold 'Em Tournament Championship Game Dec. 18, registration at 6 p.m., first deal at 7 p.m. DSN 486-7244, civ. 06371-86-7244.

• **Holiday Worship Schedule** – Catholic services at Landstuhl Chapel: Children's Mass and Midnight Mass, 6:30 p.m. Dec. 24; Christmas Mass 9 a.m. Dec. 25; and Feast of Mary Mass, noon Jan. 1. Catholic services at Daenner Chapel: Children's Mass, 5 p.m. Dec. 24; Christmas Mass, 11:30 a.m. Dec. 25; and Feast of Mary Mass, 6:30 p.m. Jan. 1. Protestant services are Christmas Eve Candlelight Service at 7 p.m. Dec. 24 at the Daenner Chapel, and 8 p.m. Dec. 24 at Landstuhl Chapel. DSN 493-4098.

• **HHO Command Opportunity** – The Headquarters and Headquarters Detachment, U.S. Army Garrison Kaiserslautern commander position

comes available March 12. Submission deadline is Jan. 4. Interview of prospective commanders will begin Jan. 5. DSN 493-4373, johnathan.evans@eur.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** – Families Learning About Germany, 9 a.m.-2 p.m. Dec. 14-16 with a field trip at 8:30 a.m. Dec. 19; Intro to MS Excel, 9 a.m.-2 p.m. Dec. 14 and 16; Resume Writing, 9 a.m.-2 p.m. Dec. 15; PCS Briefing, 12:30-3 p.m. Dec. 15; First-Termers Money Management, 8 a.m.-noon Dec. 17. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **German Language Classes** – Eight-week classes 5:45-7:30 p.m. Jan. 19-March 15: German 1 and 2, Tuesdays and Thursdays; German 3, Mondays and Wednesdays. German 4 morning classes will be held Feb. 9-March 14 Tuesdays, Wednesdays and Thursdays. Cost: €80 for German 1, €100 for higher levels. Register: germanatpatton@is-heidelberg.com.

• **Village Grille No Longer Open for Lunch** – The Village Grille on PHV is closed for lunch Monday-Friday. Lunch will still be served on the weekends. Java Café offers a salad bar, soup of the day, subs and wraps 11 a.m.-4 p.m. Monday-Friday, and the Strike Zone at the Bowling Center also has lunch options.

• **Free Kindling** – The MWR Woodshop in Bldg. 108 on Patton Barracks has free fire wood and kindling available during regular hours 11 a.m.-7 p.m. Saturdays, Sundays and training holidays. If you have a fireplace, make sure to get a chimney sweep inspection each year as required by German law.

• **Customs Office Closure** – The customs field office will be closed 10 a.m. onward Dec. 11. DSN 370-7142, civ. 06221-57-8998.

• **Fashionista** – The Ladies of Alpha Kappa Alpha Sorority Inc., Mu Psi Omega Chapter are hosting a Fashionista featuring 10 young ladies 5-7 p.m. Dec. 12 at the Patrick Henry Village Pavilion. Tickets are \$35. All proceeds go to providing scholarships for DoDDS students.

• **KONTAKT Club Events** – Bowling on PHV, noon Dec. 13 and 20; Christmas markets, Dec. 12 and 19; Christmas Party, 6 p.m. Dec. 15. Civ. 0171-537-8380, www.heidelberg-kontakt.viviti.com.

• **MTES Events** – Mark Twain Elementary School students will perform a selection of seasonal songs during Holiday Magic at 5:30 p.m. Dec. 15 in the high school auditorium. MTES PTA will host a reading event 8:30-11:40 a.m. Dec. 17 when students can wear pajamas to school and enjoy hot chocolate and cookies

with the reading of "Polar Express."

• **Thrift Shop Closure** – The shop will be closed for winter break Dec. 19-Jan. 2. Consignors wishing to withdraw expiring consignments must do so prior to the closure.

• **Welfare Grant Applications** – Heidelberg Community and Spouses' Club is accepting applications for Block 2 (January-April). Deadline is Dec. 31. Applications, guidelines and additional grant information: www.hcs-heidelberg.com.

• **Toastmasters** – Toastmasters will meet the first and third Thursday of every month. <http://heidelberg.freetoasthost.net>.

• **DES Closures** – The following Directorate of Emergency Services offices will close at 10:30 a.m. Dec. 11 and will be closed all day Dec. 24-25 and Dec. 31-Jan. 1: IACS Offices in Bldgs. 3962 and 3850; Vehicle Registration Offices in Bldg. 3850 and on the DPW compound.

• **DPW Closures** – The Directorate of Public Works will close at noon Dec. 11, and the Housing Division will only have limited services available that afternoon. Germersheim AST will close at noon Dec. 18. Heidelberg Housing Division will be closed Dec. 24.

• **Holiday Gift Wrapping** – The Red Cross will wrap gifts 2-7 p.m. Dec. 18 and 10 a.m.-4 p.m. Dec. 24 at the Main PX. Volunteers are needed. DSN 370-1760, civ. 06221-57-1760.

• **Holiday Shuttle Bus Schedule** – The holiday shuttle bus schedule goes in effect Dec. 21-Jan. 1 and will be posted at all shuttle bus stops. DSN 373-1800, civ. 06221-17-1800.

• **Odyssey of the Mind Judges Needed** – Judges from the community are needed for the district-wide Odyssey of the Mind tournament to be held at Heidelberg Middle School Feb. 6. Judges will watch and score the students on their eight-minute creative solutions. Training is provided. kina.stallings@eu.dodea.edu.

MANNHEIM Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Dec. 11, 14 and 16 and 6-7:30 p.m. Dec. 15 and 17; Volunteer Training, 1-2 p.m. and 3-4 p.m. Dec. 14 and 16; 1-2-3 Career Fair Ready, 10 a.m.-noon Dec. 14; Multi-cultural Club, 11:30 a.m.-1 p.m. Dec. 14; Mannheim Orientation Spouses' Tour (MOST), 9 a.m.-2 p.m. Dec. 14-16; Hearts Apart, 11 a.m.-1 p.m. Dec. 15; Sponsorship Training for Leaders, 3-4 p.m. Dec. 16; Marital Conflicts, 1-2:30 p.m. Dec. 17; Organization POCVMS Training, 3-4 p.m. Dec. 17; Account and Budget Management, 9-11 a.m. Dec. 21. DSN 385-3101, civ. 0621-730-3101.

• **Angel Breakfast** – BFV Chapel hosts its annual Angel Breakfast 6-8

p.m. Dec. 11. All community children are invited for arts and crafts, angel wings, gingerbread houses, free food and more. Admission is free.

• **Law Center Closure** – The Law Center will be closed Dec. 11 because office personnel will be attending a conference. Personnel requiring immediate assistance can contact the Heidelberg office: Legal Assistance, DSN 373-5058; Claims, DSN 373-5263.

• **Early Identification of Developmental Delays** – Mannheim Elementary School offers Child Find monthly to identify children ages 3-5 who may have developmental delays or educational disabilities and who are in need of special education or related services. Appointments: DSN 380-9201, civ. 0621-730-9201.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Dec. 12; Free Movie, 4-5:30 p.m. Dec. 12; Adult Book Discussion Meeting, noon-1 p.m. Dec. 15; Story Hour, 10:30-11:30 a.m. Dec. 17; Just for Teens Book Discussion, 4 p.m. Dec. 17. DSN 380-1740, civ. 0621-730-1740.

• **Auditions for "Chicago"** – FMWR is seeking 10 female and nine male roles for an upcoming performance featuring the music of the Broadway hit "Chicago," which will take place at the Top Hat Club Feb. 13. Auditions will be held 5-7 p.m. Dec. 14 and 2-4 p.m. Dec. 12. Costumers, hair/makeup techs/light and sound techs are also needed. DSN 385-2342.

• **Office Closures** – The Directorate of Public Works and the Public Affairs Office will close at noon Dec. 18, and the Budget Office will close at 9 a.m. Dec. 18.

• **Outreach Services** – Super Saturday, 10 a.m.-4 p.m. Dec. 12, reservations: DSN 380-4851, civ. 0621-730-4850; FRG Unit Night, 5:30-8:30 p.m. Dec. 17, reservations: DSN 385-2750, civ. 0621-730-2353; Parents' Night Out 6:30-10 p.m. Dec. 18, reservations: DSN 380-4851, civ. 0621-730-4850.

• **Installation Advisory Committee** – Parents of students enrolled in Mannheim schools are invited to attend the IAC meeting 3:30-4:30 p.m. Dec. 14 in the garrison command conference room on Sullivan Barracks, Bldg. 245. The IAC presents an opportunity for the command team to assist the schools in resolving any issues that require command support.

• **AFAP Issues** – Submit issues and concerns for February's Local Army Family Action Plan conference on www.mwrgermany.com/afap page (under Mannheim ACS). DSN 385-3101, civ. 0621-730-3101.

• **Family Bingo** – The Top Hat Club presents family bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

Sea Lions host invitational



Photos by Wray Holan

Heidelberg Sea Lions team captain Reid Aldous swims the butterfly stroke during the 200-meter individual medley at the Eppelheim Hallenbad Sunday.

Heidelberg swimmers take third behind Stuttgart, Wiesbaden

The Heidelberg Sea Lions swim team hosted its second invitational of the season at the Eppelheim Hallenbad Sunday.

The Sea Lions finished in third place behind Stuttgart and Wiesbaden. Naples finished fourth, followed by the Vilseck/Grafenwöhr team.

The Sea Lions travel to Hohenfels Sunday.

The Heidelberg Sea Lions are affiliated with the European Forces Swim League. More information can be found online at www.heidelbergsealions.com.



(Above) Noah Craig swims the 50-meter freestyle for the Heidelberg Sea Lions during the team's second home invitational of the season Sunday. (Left) Katherine Crusan swims the 50-meter breast stroke for the Sea Lions swim team at the Eppelheim Hallenbad. The Heidelberg team took third place at the event and will compete again in Hohenfels Sunday.

staying ACTIVE

Heidelberg Basketball

Unit-level games will be played at Patton Gym. Dec. 14: 529th MPs vs. 4th ASOG at 6 p.m., HQ USAREUR vs. 43rd Signal at 7 p.m., NATO vs. AMEDD at 8 p.m. Dec. 16: 4th ASOG vs. 43rd Signal at 6 p.m., NATO vs. HQ USAREUR at 7 p.m., AMEDD vs. 529th MPs at 8 p.m.

Army-Navy Game

Celebrate the 110th Army-Navy Game 7:30 p.m.-midnight Dec. 12 at the Recovery Room Club on Nachrichten Kaserne in Heidelberg. Civ. 06221-17-2762.

Road to the Super Bowl

Kazabra Club in Kaiserslautern brings you "Sunday Night Football: Road to the Super Bowl" 6:30 p.m.-1 a.m. through Feb. 7. DSN 489-7261, civ. 0631-536-7261.

Skiing and Snowboarding

Instructors – Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses for the upcoming season. DSN 381-7215.

Tune-up Clinic – Learn how to maintain ski and snowboard equipment, including edge sharpening, base repair and waxing. Dec. 12 in Mannheim. Pre-registration required. DSN 381-7215.

Youth Sports and Fitness

Kaiserslautern – Sign up for Youth Winter Sports through Jan. 3 at Central Enrollment. Open to ages 5-15. DSN 493-4516, civ. 0631-3406-4122.

Dodgeball Tournament

Sign your eight-man team up for this extreme dodgeball tournament at the Patton Fitness Center at 6 p.m. Dec. 10 and 11. Coaches meeting starts at 6 p.m. Open to U.S. and NATO ID card holders ages 18+. No entry fee. DSN 373-6110.

14th Annual Jingle Bell Jog

This fun 5-kilometer run will take place at Sullivan Gym in Mannheim starting at 9 a.m. Dec. 12. This event is open to all ages; runners will receive T-shirts and jingle bells. Trophies will be awarded. Registration begins at 8 a.m. \$5 entry fee.

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.

Basketball Tournaments

Mannheim – The Fifth Annual Mannheim Mustangs Invitational Basketball Tournament will be held Dec. 18-20 at the BFV Sports Arena and Sullivan Gym. Free for spectators. DSN 385-3164, civ. 0621-730-3164.

Heidelberg – The 2010 Dr. Martin Luther King Jr. Basketball Invitational will be held Jan. 15-18 at the Patton Fitness Center. Competition is open to the first 12 men's and first eight women's community teams that sign up. www.mwrgermany.com.

Kaiserslautern – A Europe-wide invitational basketball tournament will be held Jan. 29-31 in the Kleber and Landstuhl gyms. Entry is open to all men's and women's teams. DSN 493-2088, usagklsports@eur.army.mil.