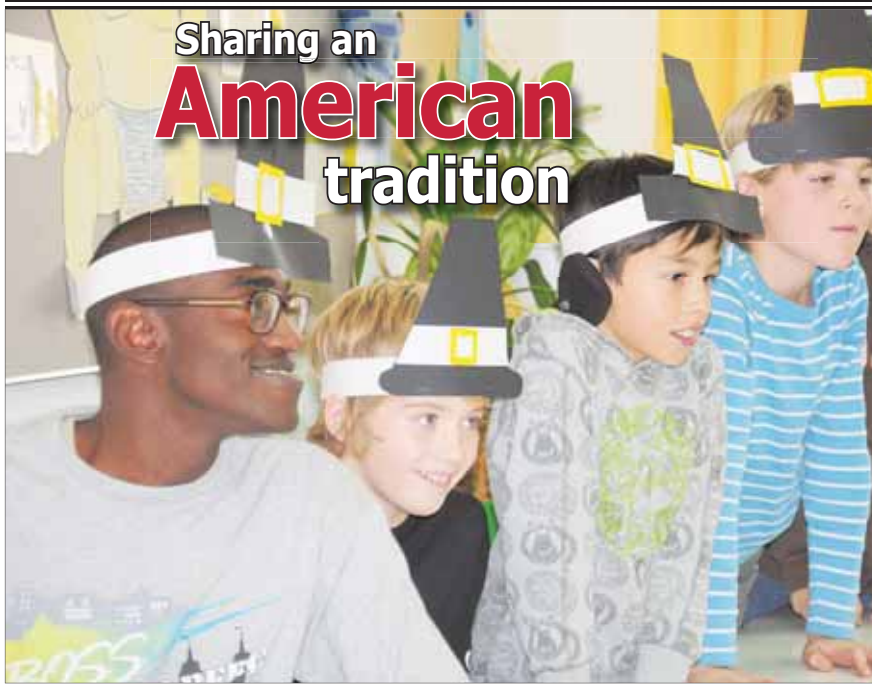


HeraldPOST

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



Sharing an American tradition

Photos by Kelli Bland

Pfc. David Henderson, 43rd Signal Battalion, and fourth-grade students from the Englisches Institut Grundschule, wearing their newly made pilgrim hats wait for the pumpkin pie to be cut during a "Thanksgiving feast" at the school near Mark Twain Village in Heidelberg Friday. Soldiers from Heidelberg's Better Opportunities for Single Soldiers program volunteered to share the American Thanksgiving tradition with about 20 students during their English lesson to help the students practice their English with native speakers. (Below) Spc. William Perkins, Heidelberg BOSS president, holds his bow and arrow while serving as one of the "Indians" for the Thanksgiving feast. More photos are available online at www.flickr.com/heraldpost.

BOSS troops volunteer at local German school

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Fourth graders at a local German elementary school were able to get a little taste of celebrating Thanksgiving with a group of Soldiers who were willing to share the American tradition.

"The Americans are coming," yelled a group of students at the Englisches Institut Grundschule, as troops from the Better Opportunities for Single Soldiers program entered the bilingual German elementary

school in Heidelberg to celebrate Thanksgiving Friday afternoon.

The German students welcomed their visitors by sharing their knowledge about the holiday and telling them why their American English teacher likes Thanksgiving so much. All children agreed that "the yummy food" must be the best part of celebrating this day.

Following the event's educational part, the kids and the BOSS Soldiers were divided into two groups – the Indians and the Pilgrims. see **VOLUNTEERS** page 11



AAFES brings taxi service on post in Heidelberg

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Members of the Heidelberg military community now have access to a door-to-door taxi service to take them to and from both on- and off-post locations, including the airport in Frankfurt.

"The advantage of this taxi service is that the drivers will have access to the installation," said Lynn Machovec, services business manager at the Heidelberg AAFES Services Offices, who has worked closely with "Taxi Zentrale" to get the service up and running.

The German cabs are available

24/7 and have access to all Heidelberg military installations, except Campbell Barracks. The taxis' capacities are determined for up to four people. The prices are dictated by the city of Heidelberg and adapted to their usual rate. Customers are able to pay either in euro or see **TAXI** page 11

HP WEDNESDAY
Nov. 25, 2009

Speed Read

MOMMY-TO-BE

In part four of the series about pregnancy and host nation medical care, the mommy-to-be discusses nesting, glucose tolerance testing and breastfeeding. 2

H1N1 VACCINES

Army health clinics will begin vaccinating infants 6 months to 4 years from an initial shipment of H1N1 flu vaccine expected to arrive this week for non-uniformed beneficiaries. 3

LABOR OF LOVE

Senior leaders from the 21st Theater Sustainment Command and the 7th Civil Support Command prepared and served meals for service members and their families residing at the Landstuhl Fisher houses. 4



HANDEL'S 'MESSIAH'

Once again, the traditional performance of Handel's "Messiah" will be performed by about 60 community members at Mark Twain Village Chapel Dec. 5. 8

TURKEY TROT

More than 150 community members ran and walked in Mannheim's Seventh Annual Turkey Trot. 16



Defense Details

AFGHANISTAN CHALLENGES

Everything in Afghanistan – including combating improvised explosive devices – is made more difficult because the nation is at the end of a long and complicated logistics trail, Undersecretary of Defense Ashton B. Carter said Monday. Carter, who has charge of acquisitions, technology and logistics, said there is no higher mission than devising ways to counter the IED threat.

FORT HOOD INVESTIGATION

The leaders of the Pentagon's review board on the Fort Hood, Texas, rampage reported for duty Monday to begin their 45-day investigation to what led to the mass shooting Nov. 5.

Army news: www.army.mil

Defense news: www.defenselink.mil

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COMMENTARY

Mommy-to-be: Beach ball belly and breastfeeding

By Kelli Bland
HERALD POST EDITOR

Things I've learned not to take for granted: tying my shoes before walking my dog, picking up my ID card when I drop it on the floor in the car, seeing my feet without having to bend forward, finding clothes in my closet that fit (and that I haven't worn in the last three days), carrying my own packages from the mail room to my car – oh, and I can't forget sleeping.

I am now 32 weeks pregnant, just eight weeks (give or take a few) until I bring new life into this world. As I look more and more like I have a beach ball attached to my torso, I am starting to feel less and less prepared for what is to come. The idea of having a baby is becoming more of a reality, and I'm counting on those natural instincts everyone keeps telling me about to kick in when our daughter arrives.

The nesting has certainly kicked in; my husband can attest to that. He thinks I'm crazy because I decided I wanted to make all the bedding for the baby's room. What's so crazy about that?

Well I never touched a sewing machine until about a month and a half ago when I enrolled in the Heidelberg Arts and Cultural Center's introduction to sewing class. It was great – for three hours, I learned the ins and outs of a sewing machine and how to get started on my project. My boss let me borrow her sewing machine, and I've already finished the curtains and crib skirt. I'm proud to say my husband no longer thinks I'm crazy – since the finished products actually look like curtains and a crib skirt. Next up – bumper pads.

As part of the sewing class, all participants received a free tape measure. Did I use it to measure fabric? No. The minute I got home from class, I promptly measured my belly. That week, it had grown 10 inches from its normal size, now it's up a whopping 13 1/2 inches. Some things are better left alone.

It's truly amazing to see and feel what happens to a woman when she's carrying a child. I've always

thought it was fascinating, but it's completely different to actually experience it for myself. I have a whole new appreciation for my mother already – something I'm sure will continue to increase as I learn what it's like to be a mom.

A few weeks ago I took a video of my belly moving, so both sets of grandparents could see how active their first grandchild is going to be. I've been blogging and posting photos regularly for them, so they can still share in the joys of pregnancy from across the ocean.

Just in time for Thanksgiving, my turkey timer of a belly button has indicated that what's cooking inside is nearly finished. My cute little "innie" is now a distorted "outie" with the linea negra running right through it. What's that strange dark stripe all about anyway?

As for the health portion of my pregnancy, life is pretty good. A little heartburn, a little back pain and swelling in my feet, but nothing unmanageable (not yet anyway). I took a glucose tolerance test at the doctor's office a few weeks ago. It was a struggle to not eat or drink anything for 12 hours beforehand – come on people, I'm pregnant; therefore, I am hungry! Of course, the first thing you get to have is a huge glass of nastiness that tastes sort of like juice, but not a juice you would willingly drink. I held my breath and chugged. But good news came from it – I am free of gestational diabetes.

At my last appointment, the doctor monitored the heartbeat of the baby and then did an ultrasound that showed the blood flow in the umbilical cord and the heart. All looks good so far, and my little girl's weighing in at nearly 4 pounds these days.

After the next visit, the doctor is bringing my husband and me over to the hospital to tour the birthing facilities – something I fear because of the pain I will experience there in the near future.

In Heidelberg, pregnant women obtain care on the economy, but the American health clinics do have some programs to help you prepare for a new child.

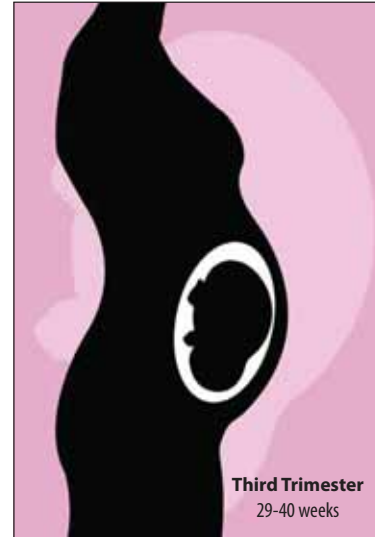


Illustration by Brandon Spragins

I recently took the breastfeeding class offered at the Heidelberg Health Center. It was very helpful for a clueless new mom like myself, and it couldn't have come at a better time, since I got the answer as to why I've started to notice wet spots on my shirts – and not just after brushing my teeth either.

The class was just a few hours, and it was very informative. I had no idea there were so many different breastfeeding positions or that the health center has top-of-the-line breast pumps you can check out for free for 90 days at a time. I can use the money I'll save on a pump to purchase the fancy cloth diapers I've been eyeing – now that's an adventure I'll have to write about *after* the baby arrives.

Editor's Note: This is the fourth part in a series about pregnancy and host nation medical care.



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

My husband has been exposed to children with H1N1, does he need to get tested just to be sure he doesn't have it?

Kelli Bland, BWnow member

Great question. No. It is not necessary for him to get tested. It is not even necessary for him to be seen by his provider, unless he is having complications. Most people can ride it out at home with

Tylenol and Motrin.

If someone is having complications such as shortness of breath ... or maybe they are not holding down fluids etc. then maybe they do need to consider being seen. This is why we offer the nurse advice line to help patients work through this decision whether or not to access care. 0800-825-1600 open 24 hrs 7 days a week.

Back to our tests ... they take several days for the result to turn-around. They are of little or no value to us.

If someone is high risk or experiencing complications, they would be treated ANYWAY as if they have H1N1 regardless of having that test result back or not.

-Heidelberg MEDDAC



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Garrison Commander: Have a Safe and Happy Thanksgiving

By Col. William Butcher
USAG BADEN-WÜRTTEMBERG COMMANDER



Thanksgiving Day is a time when Americans at home and abroad gather with their family and friends.

On this special day, take the time to reflect upon the blessings and lessons of the past year with gratitude and look toward the holidays with hope and anticipation.

This Thanksgiving Day, as you celebrate, I ask each of you to take a moment to remember the deployed military and civilian personnel separated from their families and loved ones and pray for their safe return.

Please remember to be safe, and don't take chances. We want everyone to return to duty after the holidays in good health and uninjured.

If you plan to travel, make sure your vehicle is prepared for the trip, and that you are well rested and ready for the drive. Leave plenty of time to reach your destination on schedule, and don't get in a hurry.

If you're expecting guests, be a good host/hostess – offer non-alcoholic beverages. Be responsible; don't hesitate to take the keys from a guest who has had one too many! After all, not only are they risking their life and career, but also the life, and financial future of an innocent family. Have a designated (non-drinking) driver take your guest home. Be prepared; have the phone number of the local taxi company readily available if needed.

Don't leave your Thanksgiving meal cooking unattended. Deep fat frying turkeys causes many fires and severe burns every year. Unattended stove top cooking frequently leads to kitchen fires; stay close to your stove. Be sure to have a portable ABC fire extinguisher handy.

Leaders and supervisors should make sure everyone receives a safety briefing before departing for the holiday, and remind those personnel who are going to leave the country that they need to check with their security officer to get a travel security briefing.

From my family to yours, have a safe and happy Thanksgiving.

KAISERSLAUTERN

Holiday programs to thank Soldiers, families

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The U.S. Army Garrison Kaiserslautern has found a way during the holidays – tried and true for the past 12 years – to thank Soldiers and their families for their service throughout the year.

This is possible by community involvement in the Army Community Services' Toy Outreach Program and Chaplain's Office Operation Helping Hands.

Both programs show the garrison's support to Soldiers and their families and are in direct line with the Army Family Covenant in improving their quality of life, said Selinda Torbert, the garrison's ACS outreach coordinator, who is co-organizing this year's Toy Outreach Program.

"The gift of giving is priceless," she said. "We ask the community to continue to support this program and help us to make a child's holidays a little brighter."

The garrison's Toy Outreach Program – sometimes referred to as the ACS Holi-

day Toy Drive – counts on the KMC to donate gift cards or new toys, for nominated children ages infant to 11. Donations of \$20 Army and Air Force Exchange Service gift certificates or movie cards are recommended for children, ages 12 to 18.

"This program makes it possible for children in our military families to receive a special gift from members of the community," said Arabella Quick, the garrison's Army Emergency Relief specialist and toy drive co-organizer.

Toy-collection boxes were placed in October and will remain until Dec. 15 at high-traffic areas. These areas are the Kaiserslautern Military Community Center, the 21st Theater Sustainment Command on Panzer Kaserne, Landstuhl Regional Medical Center, Vogelweh commissary, Pulaski shoppette, and the garrison's headquarters and ACS on Pulaski Barracks.

Community members can also donate toys during the annual American Forces Network – Kaiserslautern's Spirit Drive 10 a.m.-5 p.m. Dec. 4

at the KMCC. More than 500 toys were donated during last year's Spirit Drive.

Nominated families are referred to ACS by units' first sergeants and sergeants major. Last year, 793 children from 393 Army families received more than 1,600 toys, Torbert said. Quick said 75 AAFES gift cards were handed out to teens last year.

So far about 900 children from 454 families have been referred, Quick added.

Distribution to the nominated families will be done by unit appointment Dec. 15 and 16 at the Kaiserslautern-Landstuhl Spouses' Association Office, Bldg. 2923 on Pulaski Barracks. A make-up day is scheduled for 9 a.m.-2 p.m. Dec. 17 at the KLSA Office.

While toys are being distributed, these nominated families will also receive commissary food vouchers for holiday dinners from Operation Helping Hands, sponsored by the garrison chaplain's office.

"Operation Helping Hands is a program in which we see the community caring for the community," said Chaplain

(Capt.) Benjamin Hines, the garrison's deputy chaplain. "This program is 100 percent resourced by the generous giving hearts of the fine people of our community."

Hines added that OHH takes in more than \$10,000 each year and provides the families of junior enlisted Soldiers and families in need with a \$25 commissary food vouchers. "These vouchers are good only at the Vogelweh commissary and are gifts to bless the families with a good holiday meal," Hines said.

With one voucher, a family can buy a turkey or ham and some of the trimmings for the meal, Hines added.

Last year, the program gave more than 450 vouchers, and this year, it is anticipated that close to 500 vouchers will be given to families, Hines said. He added that the bigger the fund, the more vouchers are available for giving.

For more information about Toy Outreach, call DSN 493-4062, civ. 0631-3406-4062. For information about OHH, call DSN 493-4098, civ. 0631-3406-4098.



Thanks for Thanksgiving

Sgt. 1st Class Adam Lashley, the Headquarters and Headquarters Detachment U.S. Army Garrison Kaiserslautern first sergeant, grabs two turkeys for two of his Soldiers Saturday at the Kaiserslautern United Service Organizations' Thanks For Thanksgiving at the Vogelweh commissary. This program gives about \$10,000 worth of Thanksgiving meal items for junior enlisted Soldiers and Airmen referred by their unit first sergeants. The Kaiserslautern USO has sponsored this event for 11 years with assistance from the USAG Kaiserslautern's Army Community Service, KMC Sergeants Major Association, commissary vendors and Air Force units based on Vogelweh and Rhine Ordnance Barracks.

Additional H1N1 vaccines to arrive for infants soon

ERMC Public Affairs

Army health clinics will begin vaccinating infants 6 months to 4 years from an initial shipment of H1N1 flu vaccine arriving soon for non-uniformed beneficiaries.

The first shipment of roughly 2,000 doses of Sanofi-Pasteur H1N1 flu vaccine is due to arrive in Europe around Thanksgiving Day, but the small size of the shipment will mean continuing

limitations on who will receive it, said leaders at the Europe Regional Medical Command.

"With few doses coming in this first shipment, the ERM leadership decided to limit this batch to infants 6 months to 4 years," said Col. Theresa Moser, director, Force Health Protection, Europe Regional Medical Command. She said that was the one age group where the vaccine had the highest potential to prevent serious illness and that hadn't

been afforded any vaccine yet.

A panel of medical experts considered a number of options for sharing the limited supply. Although it won't cover the entire population of infants, it wouldn't have covered any other target group entirely, either. The fact tipping the scales toward infants was that the vaccine destined for uniformed service members and those at high risk from medical complications if they contract the flu wasn't FDA approved for those

aged 6 months to 4 years. So, no infants at greater risk from complications have received the vaccine.

"More vaccine is destined to come our way, and eventually we expect to have enough for everyone," Moser said. Until larger shipments of the Sanofi-Pasteur vaccine arrive, beneficiaries are being asked to remain patient while those at most risk are vaccinated. Dates for follow-on shipments are not yet available.

Labor of love

Senior leaders prepare meals for Fisher House guests

By Spc. Amanda Rigdon
21ST TSC PUBLIC AFFAIRS

The delectable aroma of their hard work – a labor of love – wafted across Landstuhl as volunteers helped to craft nutritious home-cooked meals for 15 guests currently residing at two Fisher houses on Landstuhl Nov. 15.

Senior leaders from the 21st Theater Sustainment Command and the 7th Civil Support Command volunteered to prepare and serve the meals to service members and their families staying at the Fisher houses.

Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th CSC, along with members of his staff cooked and served meals to the guests staying at the houses.

Maj. Gen. Patricia E. McQuiston, the commanding general of the 21st TSC, along with several officers from her staff, also helped to serve the appreciative guests at the Fisher houses.

"It's a privilege to be able to care for those who have served our nation, both our Soldiers as well as their family members. We have the



Spc. Amanda Rigdon

Key leaders from the 21st Theater Sustainment Command and the 7th Civil Support Command cook dinner for guests staying at Landstuhl's Fisher houses Nov. 15.

"It's a privilege to be able to care for those who have served our nation, both our Soldiers as well as their family members. We have the opportunity to give back in a small way but in a meaningful way."

-Chaplain (Col.) Thomas MacGregor, 21st TSC Chaplain

opportunity to give back in a small way but in a meaningful way," said Chaplain (Col.) Thomas MacGregor, the 21st TSC chaplain.

The small act of kindness was not overlooked.

"My family and I have gone through a lot this past month," said Tom Farrell, a guest at Fisher House II. "To see everybody do this is amazing."

The Fisher House Program

supports America's service members in their time of need by providing lodging for military hospital patients and their families.

Armed with a small staff, Fisher houses rely heavily on volunteers for everything, from taxiing families back and forth to the hospital to yard maintenance around the Fisher houses.

The program recognizes the special sacrifices of ser-

vice members and their families by meeting a humanitarian need beyond that normally provided by the Department of Defense and the Department of Veterans Affairs.

For additional information about the Fisher House Program or to volunteer, contact the Landstuhl Fisher House at civ. 06371-61833-11 or visit www.fisherhouse-landstuhl.org.

Thanksgiving Meals

Heidelberg

V Corps DFAC – 11:30 a.m.-2 p.m. Nov. 26 on Patton Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

Kaiserslautern

Landstuhl Regional Medical Center DFAC – 11 a.m.-1:30 p.m. Nov. 26. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

Patriot Gardens – 11 a.m.-3 p.m. Nov. 26 in Bldg. 163 on Rhine Ordnance Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

Clock Tower Café – 11 a.m.-3 p.m. Nov. 26 in Bldg. 3206 on Kleber Kaserne. Customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

Lindberg Hof DFAC – 11 a.m.-1 p.m. and 4-5:30 p.m. Nov. 26 in Bldg. 2791 on Kapaun Air Station. This dinner is open to all military enlisted ranks, retirees and their families. Family members of E-4 and below will not have to pay the surcharge, 33 percent of the meal cost. Prices vary depending on customers' meal selections.

Rheinland DFAC – 10:30 a.m.-1:30 p.m. Nov. 26 in Bldg. 2107 on Ramstein Air Force Base. This dinner is open to all military enlisted ranks, retirees and their families. Family members of E-4 and below will not have to pay the surcharge, 33 percent of the meal cost. Prices vary depending on customers' meal selections.

Mannheim

Sullivan Barracks DFAC – 11:30 a.m.-3 p.m. Nov. 26 in Bldg. 45 on Sullivan Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95. The Sullivan DFAC is open for this meal only on Thanksgiving Day.

Coleman DFAC – 11:30 a.m.-3 p.m. Nov. 26 in Bldg. 230 on Coleman Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

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Choir, orchestra brings Handel's 'Messiah' to MTV Chapel

By Jonathan Ochart
HERALD POST INTERN

Although some may feel burdened with the stress of shopping and decorating during the holiday season, Handel's "Messiah" will raise the community's spirits as high as its "Hallelujah" chorus.

George Frideric Handel's oratorio — or musical composition consisting of an orchestra, choir and soloists — premiered in 1742. More than 250 years later, musical director Ed Matthiessen brings Jesus' Christmas story to the Heidelberg community Dec. 5.

Matthiessen, a professional singer since college, owns more than 60 years of experience in the world of melodies. Moreover, he has worked with the "old musical," as he calls it, since 1976.

"More than 60 people are involved," the director said. "We had a fantastic turnout, especially with the singers. Most of the performers come from the military community, along with some



Community members perform Handel's "Messiah" at Mark Twain Village Chapel in 2008. This year's concert is scheduled for 7 p.m. Dec. 5 and features more than 60 people.

Germans."

In addition to a major choir, the performance will contain "profession-

al musicians from the city's orchestra," also known as the Heidelberg Philharmonic.

"It's exciting to see active-duty Soldiers, dependents and civilians doing something like this for other people of the community," the director said. "They are doing an excellent job of singing and demonstrate great musical ability."

With various harmonies, spectators can expect "to be moved, it is very exciting," Matthiessen said. "It's surprising as to how fresh Handel's 'Messiah' is and how it still speaks to people to this day."

Viewers do not need tickets to witness the spectacle, and admission is free. Doors open at 6:30 p.m., and the concert will commence at 7 p.m. in the Mark Twain Village Chapel.

Matthiessen "would recommend it to everyone. People should open some time to see it during the busy holiday season."

While stressing to find the hottest toy of the year, relax for a bit and see the show, for the performance is sure to make Handel proud.

Patton Barracks gate to be realigned

USAG Heidelberg DPW

The U.S. Army Garrison Heidelberg Directorate of Public Works announced plans to realign and improve its force protection posture at the Patton Barracks' main access control point main.

The realignment will provide for an additional entrance lane, enhanced pedestrian safety and upgraded force protection measures.

"The realigned entrance will improve the force protection, the traffic flow and the safety of the security guards with minimal disruption to travelers and drivers," said DPW Design Project Manager Karl-Heinz Engelhardt.

The project also will provide additional safety and lighting features to enhance the protection of the guards.

"The current layout has been in place since at least 2002," said Engineering Division Chief Richard Glass. "The features have been patched together over the years with no appreciable improvement to the traffic flow. Now the gate will be able to handle additional in and outbound traffic while also providing some much-needed force protection improvements."

The biggest changes will come in a new serpentine route that inbound and outbound traffic will be forced to use and a traffic circle to replace the confusing stop sign conditions.

"The serpentine feature is necessary to keep traffic slow and to ensure the safety of the guards," Glass said. "Drivers will need to be cautious and alert when driving through the new route."

The construction is expected to continue until May. No significant impacts are expected to the entering or exiting traffic. However, drivers are reminded to use extreme caution and to be patient.

Kaiserslautern hosts free car inspections

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Sgt. David Clements hadn't really thought about it, but when he did, he agreed that he was helping to save lives by volunteering Nov. 18 at the 2009 U.S. Army Garrison Kaiserslautern Vehicle Winter Safety Day at Pulaski Auto Skills.

A mechanic by trade with the 21st Theater Sustainment Command's motor pool, Clements has provided his expertise and skill by volunteering for two of these free car inspections hosted by the garrison's Family and Morale, Welfare and Recreation.

"We've found cars with brakes pads that need to be replaced and mufflers barely hanging on," said Clements, after inspecting 14 cars.

About 150 drivers found out whether or not their vehicles were safe to drive and ready for the winter, said Sharon Triscler, who works at the garrison's Pulaski Auto Skills.

This free car inspection marks the fifth one the garrison has hosted for the Kaiserslautern military community, and it is tied into the Army Family Covenant — a commitment by Army leadership to improve the quality of life for families.

"We are providing for the spouses of Soldiers and Airmen by ensuring their family vehicles are safe, especially when their military sponsor is deployed,"

said Bob Bigelow, the garrison's FMWR community recreation officer.

Ranging from checking windshield wipers to lifting vehicles to check underneath for any safety concerns, inspections took about 30 minutes.

"This list is very detailed," said Air Force Staff Sgt. CarRena Blas, with the U.S. Air Forces in Europe's Warrior Preparation Center, holding up her completed inspection sheet. "I'm surprised at how much time and dedication they are putting into this."

These free inspections are meant to be in depth, said Don Breton, the garrison's Pulaski Auto Skills manager, who initiated vehicle safety days in 2007, holding them twice a year in spring and winter. He added that these inspections could cost about \$80 to \$100 in the States.

Professionals throughout the community, like Clements, volunteered their services for free, Triscler said. She cited the more than 55 volunteers from the 21st TSC, Landstuhl Regional Medical Center, 5-7th Air Defense Artillery, Allgemeiner Deutscher Automobil-Club (Europe's largest automobile club), United Services Automobile Association, Polizei and several FMWR agencies.

Drivers who were parents of small children were also able to have their car safety seats inspected by the garrison Safety Office's two certified child safety seat in-



Sgt. David Clements, a mechanic with the 21st Theater Sustainment Command's Motor Pool, checks underneath a vehicle Nov. 18 during the U.S. Army Garrison Kaiserslautern's Vehicle Winter Safety Day at the garrison's Pulaski Auto Skills on Pulaski Barracks.

spectors. Inspections on each of the 16 car seats took about 30 minutes, said Scott Livingston, one of the garrison's certified child safety seat inspectors.

"The whole process is an education thing," he said. "We take the car seat completely out, talk to the parent and then, show them how to install it. We then take it out again and have the parent put it back on."

Livingston explained that it is a weeklong certification process to learn how to properly install car seats.

"And yet, parents are expected to be able to do this in five to 10 minutes," Livingston said.

Immediate Response 2010



Capt. Greg Jones

Working with a Georgian army radio operator, a U.S. squad leader from Company B, 1st Squadron, 2nd Stryker Cavalry Regiment, coordinates with a Georgian platoon attached to his company during a field-training exercise that served as the culminating event of Immediate Response 2010. The IR 10 exercise helps to prepare U.S. and Georgian forces for upcoming operations in Afghanistan.

21st TSC oversees U.S., Georgian exercise

By Staff Sgt. John Etheridge
IMMEDIATE RESPONSE 2010 PUBLIC AFFAIRS

VAZIANI TRAINING AREA, Georgia – In the ruins of a former Soviet air base, the windowless, skeletal remains of the military structures here provided the perfect backdrop for the company-level field-training exercise for Immediate Response 2010, a joint U.S. and Georgian military exercise overseen by the 21st Theater Sustainment Command.

The exercise, more commonly referred to as IR10, primarily focused on improving interoperability between the two militaries for future deployments to Afghanistan in support of Operation Enduring Freedom.

The field-training exercise took place at the Vaziani Training Area in Georgia in late October and early November. It paired two Georgian army platoons with one U.S. Army platoon to form a company-sized element that was trained and evaluated on practical combat exercises to include cordon and search, room clearing, and platoon and company battle drills.

The company-level exercise followed platoon-level training and exercises that the U.S. and Georgian soldiers participated

“...The company commander is totally taken out of the situation, and the focus is on the platoon leader and the decisions he makes during the mission.”

–Sgt. 1st Class Jamie Tompkins, an observer-controller with JMRC

in during the first week of the exercise.

The event gave U.S. and Georgian troops an opportunity to work together on techniques and an environment that will be similar to what they will encounter while deployed to Afghanistan.

“In the platoon phase of the exercise, the company commander is totally taken out of the situation, and the focus is on the platoon leader and the decisions he makes during the mission,” said Sgt. 1st Class Jamie Tompkins, an observer-controller with the Joint Multinational Readiness Center in Hohenfels. “During the company phase, the platoons are brought together and the focus is on the company commander and the decisions he makes to accomplish the mission.”

The scenarios for the exercise were carefully drafted and planned over several months by a team of trainers from JMRC. “Since last June, a team with

the JMRC has been planning the exercise to reflect similar situations that would be found in Afghanistan,” Tompkins said. “The training draws on the extensive combat experience of the JMRC teams to set up the situations for the exercise.”

The exercise enabled the Georgian and U.S. forces to work together to overcome the barriers of different languages and different tactics and come together as a cohesive team to accomplish combat missions.

“This is very interesting training, and the process is very intense,” said Cpl. Zedgenidze Merabi, a Georgian army soldier. “I’m very happy to work with the Americans and have gained a lot of experience.”

“I enjoy training with them, and I believe they enjoy training with us,” said Spc. Andrew Kirchoff, a U.S. Soldier with 1st Squadron, 2nd Stryker Cavalry Regiment, about the Georgians. “It gives us an idea of how we can work better together.”

NOVEMBER

National Diabetes Month

HMEDDAC Public Affairs

It’s a disease that can lead to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, or even skin ulcers which may necessitate amputation.

There are 24 million children and adults in the United States living with the disease, and 57 million more at risk for a type of the disease.

What is this disease? The answer may surprise you. It’s diabetes.

November is National Diabetes Month. According to the American Diabetes Association, the disease causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

“The fact is, diabetes is a serious disease,” said Dr. Karin Cox, Internal Medicine physician at Heidelberg Medical Department Activity. “Much of type 2 diabetes, the most common type of diabetes, is caused by a western world lifestyle. This means patients have some degree of control over whether they will develop the disease, how well their disease will be controlled and how many complications they will develop.”

The ADA urges people to get the facts about the disease. There are actually four different types of diabetes.

•Type 1 diabetes usually first develops in children, teenagers, or young adults. The cells of the pancreas stop making insulin because the body has attacked or destroyed these cells. Once a patient has type 1 diabetes, he will have it for the remainder of his life and will need Insulin therapy.

•Type 2 diabetes is the most common form of diabetes and can develop at any age. In people with type 2 diabetes, the body does not make enough insulin or the insulin that the body makes does not work the way that it should. Some patients are able to make lifestyle changes with weight loss, diet and exercise and can avoid medications or progression of their disease.

•Gestational diabetes can occur during the last stages of pregnancy but usually goes away after the baby is born.

•Pre-diabetes is a condition in which blood glucose levels are higher than normal, but are not as high as in diabetes. This condition increases the risk of getting diabetes.

“Many people have no symptoms for months or years, and by the time symptoms are noticed, the disease is already well established,” Cox said. “Some more common symptoms are frequent urination, being thirsty all the time, blurry vision, unintended weight loss, feeling fatigued and irritable, recurring yeast infections for women, and difficulty fighting off infections.”

Being overweight is a leading risk factor for developing type 2 diabetes, according to the ADA. Studies have shown that overweight people losing as little as 10-15 pounds and exercising just 30 minutes a day, five times a week, reduced their risk of developing the disease by nearly 60 percent.

Other risk factors are a strong family history of diabetes or having a diagnosis of high blood pressure or polycystic ovaries. Taking preventive measures early can prevent or delay the onset of the disease.

HMEDDAC officials urge people to know the signs and symptoms of the disease, and get tested if they think they’re at risk. The American Diabetes Association recommends getting a first screening at age 45, and then every three years thereafter for patients without any symptoms or risks.

Earlier and more frequent screening is advised if a person is overweight, has a strong family history, or high blood pressure, has polycystic ovaries or their physician deems it necessary.

“Being tested is simple,” Cox said. “It involves a simple blood test, taken after fasting for 8-12 hours. This is preferably done in the morning, without eating breakfast. It is important to talk to a medical provider before getting tested, to fully determine the patient’s risk and receive guidance on lifestyle interventions to avoid the disease.”

For more information or to schedule an appointment to get tested, call your local health clinic.



Pic. Cody A. Thompson

U.S. Army military police officers cross a bridge outside Surkhani Village after leaving an Afghan police checkpoint in eastern Kunar province, Afghanistan, Nov. 11. The Soldiers are assigned to the 49th Military Police Company, 759th MP Battalion. Military police regularly offer assistance and mentorship to their emerging Afghan police partners.



Spc. Michael J. MacLeod

American and Iraqi soldiers exit a helicopter during partnered air assault training between Iraqi commandos and scouts of 1st Iraqi army division and paratroopers, of 2nd Battalion, 504th Parachute Infantry Regiment, 1st Brigade, 82nd Airborne Division (Advise and Assist Brigade), at Camp Ramadi, Iraq, Nov. 15. The goal of the training is to familiarize the soldiers with the aircraft and to work on standard procedures for any possible future operations.



U.S. Army

Capt. Lawrence Minnis sits with his two adopted pit bulls at the Washington Humane Society's Behavior and Learning Center Nov. 12. Minnis met the dogs through the humane society's Dog Tags program, in which Soldiers recovering at Walter Reed Army Medical Center sign up to help teach animals, housed at the shelter, learn how to behave.

ourARMY
around the world

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visit www.army.mil

Jill Biden, wife of Vice President Joe Biden, and Speaker of the House Nancy Pelosi, participate Nov. 18, in a USO-sponsored event on Capitol Hill to build 2,000 care packages that contain items specifically targeted at female service members.



U.S. Army

VOLUNTEERS

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In separate rooms, students and Soldiers worked together in their respective groups to make Indian headdresses or Pilgrim hats.

Based on the historical background, the "Indians" then brought food to the Pilgrims and all sat together for a joint meal. The kids were thrilled about eating pumpkin pie, "Indian corn" made of crunchy cereal and melted marshmallows, and a "turkey" constructed from various fruits.

"The interaction with the kids was the best part today," said Pfc. David Henderson, 43rd Signal Battalion. "It's always interesting to see how kids react towards Americans or Soldiers."

While making their hats, the fourth graders were thankful for the Soldiers' help and excited about their ideas of how to create a fancy Indian hat.

"Working with kids is the best place to volunteer, because children don't have any prejudices against our culture, the military, or people in general," said Spc. William Perkins, Heidelberg BOSS president.

"The kids are excited about having visitors from outside," said Theo Schiff, learning group leader for the approximately 20 fourth graders involved in the event. "They are able to see how Americans feel about Thanksgiving and how they

celebrate it. They gain an insight in another culture."

To keep the holiday's actual meaning in mind, all participants shared with the group what they were thankful for. From a teacher's perspective, Dan Bland – an American who teaches third and fourth-grade English, science and sports all in English – thanked his students for the progress of their language skills.

Remembering the first year he taught them in English compared to how his students speak today makes him feel proud of what they have learned in the past years, said Bland, who coordinated the Thanksgiving event with the USAG Baden-Württemberg Public Affairs Office for the second year in a row.

"Events like this help our students to playfully use their language skills," Schiff said.

Depending on subject and topic in a grade, the school welcomes people who can share experiences, cultures or languages with the students, Schiff said. It helps the students make use of their knowledge in a different way.

"We would be interested to go back to that school to teach the students in American sports," Perkins said. "It is important to give something back to our host city or local communities, because they are partners with us."

Caring for deployed troops



Sgt. Maj. Lisa Hunter

McKenna Thomas-Franz, 12, stacks completed care packages Sunday for nearly 200 troops currently deployed to Iraq and Afghanistan with the V Corps. More than 30 volunteers from the Heidelberg community worked to assemble care packages for each of the Soldiers. The packages included a holiday letter from the V Corps Special Troops Battalion, homemade baked goods, candy, personal hygiene items and books. More photos from the event can be viewed online at www.flickr.com/heraldpost.

TAXI

continued from page 1

dollars.

Once a taxi drives through the gate, the driver will turn off the meter while the car is inspected. After the completed check, the meter will be turned on again and run under the same conditions as off post, Machovoe said.

"By getting every cab checked, we make sure that we still maintain force protection," said Master Sgt. Charles Cavanaugh, U.S. Army Garrison Baden-Württemberg's Directorate of Emergency Services.

"Every driver went through proper force protection procedures, including security and background checks," he said. "Only drivers with a U.S. installation pass have access to our installations, and they are subject to the same laws as any other driver on post."

This requires every customer to ask for a taxi driver with a U.S. installation pass while calling for a taxi. An advan-

tage is that those drivers also speak English.

"The best way to get a driver who has access to our installation at the Heidelberg main train station, for example, is to call the Taxi Zentrale and ask for one with an installation pass," Machovoe said. "In conjunction with the taxi company, we decided that this method is more convenient and safer for the customer than going from car to car and asking the respective drivers if they have an installation pass."

Besides the normal taxi service, the company also provides transfers from Heidelberg to Frankfurt airport. A one-way trip costs €99 for up to four people.

"(What is) important is that people inform the driver about how much luggage they have while ordering a taxi," Machovoe said.

"It is more costly than the shuttle service, which is available in Mannheim, but this here is a very person-

Procedures for Requesting a Taxi

- ♦ Call the Heidelberg Taxi Zentrale at civ. 06221-302030
- ♦ Ask for a driver with a U.S. installation pass (This is important! If the driver does not have a pass, he will not be allowed on post)
- ♦ Specify your pick-up point (clearly indicate Patrick Henry Village, Patton Barracks, Mark Twain Village, etc. and give a building number)
- ♦ Give your name
- ♦ Specify the number of passengers
- ♦ Specify your destination, payment in dollars or euro
- ♦ For advanced orders, specify the time of pick-up and give your phone number
- ♦ For airport transfer service, tell the driver how much luggage you have
- ♦ Taxis have two seats that raise for young age children to meet the standards; if you have infants, you will need to bring your own car safety seat
- ♦ Prices: pick-up €2,50, first two kilometers €2,40, after that each kilometer €1,40
- ♦ For more information, call AAFES Services Office at DSN 370-8220, civ. 06221-1375640

alized service," she added.

For those in need of a delivery service for items purchased from the shopping center to one's home, the taxi will be available, too. "It's another benefit for our community, especially for people who have just arrived here," Cavanaugh said. "Also commu-

nity members who like to spend their weekend downtown Heidelberg are another opportunity to avoid drinking and driving."

Business cards for the taxi service will be available soon at Army Community Service, and Heidelberg AAFES main stores and customer service.

GERMAN COOKING

Marinated Potato Salad

Serves: 6

Ingredients:

- 2 1/4 pounds thin-skinned potatoes
- 1/4 cup parsley; finely chopped
- 1/4 cup green onions, including tops; finely chopped
- 1 beef bouillon cube dissolved in 1/2 cup boiling water
- 1/4 cup salad oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon dill weed
- 2 tablespoons German-style mustard
- 3 tablespoons white wine vinegar

Directions:

- Steam potatoes over boiling water, covered, until tender when pierced. Cool and peel potatoes. Cut into 1/2-inch cubes.
- Place potatoes in bowl and stir in parsley and onions.
- In a bowl, combine bouillon liquid, oil, salt, pepper, sugar, dill weed, mustard and vinegar; stir until well blended.
- Pour liquid mixture over potato mixture and stir to coat.
- Cover and let stand at room temperature for 1 hour before serving.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

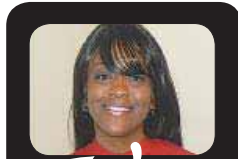
Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietitian who is fluent in the German language.

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 food store and visiting a typical grocery store. Both stores have an excellent bakery and meat and cheese counter.

We will identify local specialty foods and review the German nutrition facts label; topics discussed depend on the interest of the individual and questions from the group.

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 need some advice. At the beginning of the school year, my daughter was being bullied by another child — we'll call her Suzy. Suzy was calling my daughter stupid, stinky, retarded and other names. My daughter was at the point where she did not want to go to school, so naturally I took it to the counselor's office. The counselor spoke with my daughter, and we decided to remove my daughter from the classes she had with this bully.

I thought this would fix the problem, but then Suzy started to bully my daughter in the lunch room. Suzy had gone up to my daughter and her friends at the lunch table and said, "the counselor says your mom hates me," and a few other verbal words.

Suzy continued to repeat this several times. My daughter began to cry and asked the lunch monitor to excuse her to go to the counselor. As my daughter was walking away, Suzy said, "your choice is so retarded."

The counselor again spoke to Suzy, then verified the story from all the friends. She even stated in the counselors' office (and this was told by my daughter and the counselor) that Suzy admitted starting rumors about

my daughter because this is how she handles her anger.

During this time, Suzy began to harass us through Facebook, and we denied her and ignored her. Last week while Suzy was supposed to be at school, she began to harass us through Facebook again. I told her not to contact us, and she continued.

I wrote, "Do not contact us, or I will call the school and file a report." Later that night Suzy's mom called me yelling at me asking what the problem was and why I would not add her daughter on Facebook.

She then started accusing me of harassing her daughter and such, then threw in that her husband was a lieutenant colonel as she started to call my daughter names.

I basically lost it and told her not to call my home anymore and hung up on her. She tried to call a few times after that, and my husband unplugged the phone.

I filed a police report the next morning and went up to the school to explain the situation. The counselors stated they never contacted Suzy's mother about the bullying in the beginning of the year because they did not think it was serious enough. The counselor asked me if it was really necessary to file a police report. She also asked me if I was going to go through the chain of command.

I left the office even more upset because the counselor was acting as if I was in the wrong. She was completely in lala land when speaking to her. She had a look in her eye that was just off and shallow.

I left the office in complete shock because part of me was wondering if maybe my daughter should not be attending this school if there are employees like this.

While I was walking out, I ran into my daughter's previous teacher, and he told me to continue to document because he was aware of this child's behavior.

Does something sound wrong with

this picture? Am I being discriminated against because my husband is not a lieutenant colonel?

I thought the Europe schools have a "No Bullying Policy" and that rank does not matter. Why am I being made out to be the bad guy because I reported what was going on?

I also found out my husband's co-worker's family has been in the office, too, because Suzy has been harassing their boys on the bus, and the counselor has dismissed this, too. The mother had the same reaction as I did.

Something is definitely wrong with this system when a child is allowed to bully because of her father's rank!

I need some advice what to do. I am so stressed out from all of this. My daughter does not want to go back to school, and I'm not sure what to even do anymore.

Thank you: Bullied

Dear Bullied,

This seems incredible, but I believe you. Bullying occurs more than we think. I'm happy that your daughter came forward to report it.

No one should be allowed to bully anyone. This policy has nothing to do with the rank of the parent.

I don't think this is an issue for the service member's chain of command either. This is about what's happening at school, and the school should take care of this problem. I think you should go up higher within the school chain and above the counselor and the teachers. Take this matter to the principal and the superintendents, too.

Bullying is serious. This child's parents calling and harassing you is also inappropriate. If I were you, I would cut off all contact with them, even on Facebook. It will only make you look as if you are harassing the bully.

Again, continue to take this issue higher within the school chain of command, and please stay in touch with me and let me know what happens.

Heidelberg AFTB has 15 new instructors to educate Army families

By Mari Haley

HEIDELBERG ARMY FAMILY TEAM BUILDING

For the past 12 years Army Family Team Building has been at the forefront of educating Army families.

The seeds for AFTB first began to sprout in 1990 when, for the first time since the Vietnam era, troops began deploying in large numbers in support of operations Desert Shield and Desert Storm. Soldiers were becoming affected because their families were not prepared for the long deployments.

Family members, then called dependents, had to become independent quickly. From this, AFTB was born. The program now offers more than 40 free classes, divided into three levels.

Heidelberg's AFTB program recently graduated 15 new instructors through the Instructor Training Course. This has given the program renewed vitality

and offers the public superior classes with instruction from individuals with a wide range of backgrounds. All AFTB classes are taught by volunteer instructors who are committed to supporting the military community through education.

Level I was designed for newcomers to military life, needing basic Army knowledge.

The training in this level is focused on helping individuals become more self-sufficient by empowering them with the knowledge necessary to adapt to the ever-changing military lifestyle. Topics such as military acronyms and terms, the chain of command, and military customs and courtesies are covered.

Level II classes focus on personal development and offers advanced individual training. These classes include personal time management, stress management, enhancing personal relationships and

communication.

Leadership is the focus of Level III classes. The entire three days of training is geared toward professional and leadership development. Building cohesive teams, managing group conflict and leadership styles are just some of the topics covered in this level.

Army Family Team Building has classes for everyone. In addition, the instructors can tailor classes to fit your needs.

Furthermore, Soldiers can earn up to four promotion points by taking AFTB classes.

Scheduled classes are held 9 a.m.-2 p.m. at Army Community Service, located at the Community Support Center in Bldg. 3850. Upcoming classes: Level I, Jan. 20-21; Level II Feb. 2-4; Level III, Dec. 1-3 and March 2-4. For more information, call civ. 06221-57-6883.



Movie Lovers Online

Join the "Movie Lovers" group in the BWNOW virtual community at <http://myBWNOW.ning.com> to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

The Twilight Saga: New Moon

This is it folks, the movie you have all been waiting for – well mostly the ladies have been waiting for this one.

"New Moon" hits theaters this week, and I fully expect to have a massive showing at our theater on PHV.

I got a chance to watch this one a few days ago, and I was impressed, mostly with the graphics because the wolves are cool. The movie follows along with the first film, although the tone changes quite a bit.

Our favorite human-vampire duo returns, but things have changed. Bella (Kristen Stewart)

and Edward (Robert Pattinson) are very much still in love, and Bella is still very human. This leads to Edward trying to protect her – even if it means he has to keep her away from his kind.

He leaves her alone for one second and "the wolves descend," or so he said in the first movie. Everyone should have gotten that part from the previews and commercials, but I won't go into anymore because if you haven't read the book, I don't want to ruin anything.

This one is rated PG-13, so if you feel your kiddos are up for it, I don't think it's too bad, but they may not fully grasp the film.

Guys, you might as well give in and take your lady to see the movie. You might be surprised that you enjoy it as well.

I will see everyone there for the Friday night double feature.

GET OUT!
area events

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

November 25

Jazz Concert – Heidelberg's German American Institute (DAI) hosts an international modern jazz concert at 8:30 p.m. A well-rehearsed quartet in its prominent and seasoned cast meets the extraordinary trumpeter Alex Sipiagin from New York. www.dai-heidelberg.de.

November 26

Thanksgiving Luncheon – Head to the Village Pavilion for a Thanksgiving Luncheon noon-4 p.m. Reservations only. Prices: Adults, \$23.95; Kids 6-12, \$11.95. DSN 388-9098, villagepavilion@mwgermany.com.

November 27

Model Railroad Show – Model Railroad Friends of Ladenburg extend an invitation to military community members to a special exhibit 9 a.m.-6 p.m. through Nov. 29 at Autohaus Ford Kohlhoff, Obere Riedstraße 117 - 119 in Mannheim. Covering a total surface of over 1,200 square meters, you will see a model railroad with approximately 800 meters of tracks.

November 28

International Bazaar of Luxembourg – The 49th annual International Bazaar of Luxembourg will be held through Nov. 29 at the LuxExpo exhibition hall in the Kirchberg area just east of Luxembourg city. Organizations from more than 60 countries put on the bazaar to provide a wide array of national foods, groceries, drinks, merchandise and more. www.bazar-international.lu.

Strasbourg Christmas Market, France – Kaiserslautern Army Outdoor Recreation.

DSN 493-4117, civ. 0631-3406-4117. **Glacier Ski Express, Austria** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 30

Last Minute Shoppers' Mini Bazaar – Find exquisite European treasures at the FMWR Mini Bazaar through Dec. 3, 9 a.m.-6 p.m. at the LRMCC Heaton Hall Auditorium. DSN 493-4184, www.mwgermany.com.

December 3

"Our Country's Good" – The ESOC Theatre Group presents a play by Timberlake Wertenbaker at the Hoffart Theatre in Darmstadt through Dec. 5. "Our Country's Good" (performed in English) is set in the late 1780s and tells the heart-rending story of British convicts and Royal Marines "transported" to Australia to establish the first penal colony. The performance is suitable for mature audiences due to strong language and themes. Doors open at 6:30 p.m. for the 7:30 p.m. show. Tickets are €10 online or at the door. <http://ocg.eventbrite.com>.

December 4

"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. 4, 5, 11, 12, 18 and 19 and Jan. 8, 9, 15, 16, 22 and 23 at 7:30 p.m. and Dec. 6 and 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.

Comedy Show – At 9 p.m., the Kazabra Club in Kaiserslautern will host a comedy show featuring Jesse Taylor and Meechie. The show will be followed by a Christmas After-Party, hosted by DJ "Big Money" with raffles and prize giveaways. Advance tickets can be purchased for \$20 at Kazabra Club, Armstrong's Club or FMWR One Stop. DSN 489-6000, www.mwgermany.com.

After Work Christmas Market, Trier – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

"The Sound of Music" – The hills are alive at KMC Onstage Dec. 4-6, 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).

Holiday Magic – Enjoy a community Christmas market with food and beverage vendors, crafters, live entertainment, a tree-lighting ceremony and a visit from Santa Claus at the Patrick Henry Village Triangle in Heidelberg 4-9 p.m. Find out the winners of the Christmas Gard Lane competition. www.mwgermany.com.

December 5

Handel's Messiah Concert – The Heidelberg Chapel Community will present Handel's Messiah at 7 p.m. in the MTV Chapel. Admission is free for all, and doors open at 6:30 p.m. Civ. 06221-301269, ed.matthiessen@kabelbw.de.

Bernkastel-Kues Christmas Market – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

coming to
THEATERS

PLANET 51

(Dwayne Johnson, Jessica Biel) Planet 51 is a galactic sized animated alien adventure comedy revolving around American astronaut Captain Charles "Chuck" Baker, who lands on Planet 51 thinking he's the first person to step foot on it. To his surprise, he finds that this planet is inhabited by little green people who are happily living in a white picket fence world reminiscent of a cheerfully innocent 1950s America, and those only fear is that it will be overrun by alien invaders... like Chuck! With the help of his robot companion "Rover" and his new friend Lem, Chuck must navigate his way through the dazzling, but bewildering, landscape of Planet 51 in order to escape becoming a permanent part of the Planet 51 Alien Invaders Space Museum. Rated PG (mild sci-fi action and some suggestive humor) 96 minutes

THE INFORMANT

(Matt Damon, Lucas McHugh Carroll) Mark Whitacre is an Ivy League Ph.D. who was a rising star at Archer Daniels Midland in the early 1990s. The bipolar hero wound up blowing the whistle on the company's price fixing tactics and became the highest-ranked executive to ever turn whistleblower in U.S. history. Whitacre secretly gathered hundreds of hours of video and audio tapes over several years to present to the FBI, which became one of the largest price fixing cases in history. Rated R (language) 108 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 25 - SORORITY ROW (R) 7 p.m.
Nov. 26 - PLANET 51 (PG) 5 p.m.; I CAN DO BAD ALL BY MYSELF (PG-13) 7 p.m.
Nov. 27 - TWILIGHT (PG-13) 6 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 9 p.m.
Nov. 28 - PLANET 51 (PG) 4 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 9 p.m.
Nov. 29 - PLANET 51 (PG) 4 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.
Nov. 30 - THE INFORMANT! (R) 7 p.m.
Dec. 1 - THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.
Dec. 2 - PLANET 51 (PG) 7 p.m.
Dec. 3 - THE TWILIGHT SAGA: NEW MOON (PG-13) 7 p.m.

Mannheim, Schuh

Nov. 26 - SORORITY ROW (R) 7 p.m.
Nov. 27 - HALLOWEEN 2 (R) 7 p.m.
Nov. 28 - ALL ABOUT STEVE (PG-13) 4 p.m.; THE INFORMANT! (R) 7 p.m.; 2012 (PG-13) 9 p.m.
Nov. 29 - ALL ABOUT STEVE (PG-13) 4 p.m.; 2012 (PG-13) 7 p.m.
Nov. 30 - THE INFORMANT! (R) 7 p.m.
Dec. 3 - HALLOWEEN 2 (R) 7 p.m.

Vogelweh, Galaxy

Nov. 26 - MADAGASCAR: ESCAPE 2 AFRICA (PG) 3 p.m.; SORORITY ROW (R) 7 p.m.
Nov. 27 - 2012 (PG-13) 7 p.m.
Nov. 28 - 2012 (PG-13) 3 p.m.; THE INFORMANT! (R) 7 p.m.
Nov. 29 - 2012 (PG-13) 3 p.m.; HALLOWEEN 2 (R) 7 p.m.
Dec. 3 - THE INFORMANT! (R) 7 p.m.

Ramstein, Gateway Movieplex

Nov. 25 - 2012 (PG-13) 11:15 a.m., 2 p.m., 6:30 p.m.; WHITE OX (R) 12 p.m., 3 p.m.; ALVIN AND THE CHIPMUNKS (PG) 11 a.m., 3:45 p.m., 6 p.m.
Nov. 26 - PLANET 51 (PG) 11 a.m., 3:45 p.m., 6 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11:15 a.m., 2 p.m., 5:45 p.m.; THE INFORMANT! (R) 12 p.m., 3 p.m., 6:15 p.m.; HALLOWEEN 2 (R) 11:30 a.m., 2:30 p.m., 7 p.m.
Nov. 27 and 28 - PLANET 51 (PG-13) 11 a.m., 3:45 p.m., 6 p.m., 8 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11:15 a.m., 2 p.m., 5:45 p.m., 8:30 p.m.; THE INFORMANT! (R) 12 p.m., 3 p.m., 6:15 p.m., 9 p.m.; HALLOWEEN 2 (R) 11:30 a.m., 2:30 p.m., 7 p.m., 9:30 p.m.
Nov. 29 - PLANET 51 (PG-13) 11 a.m., 3:45 p.m., 6 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11:15 a.m., 2 p.m., 5:45 p.m.; THE INFORMANT! (R) 12 p.m., 3 p.m., 6:15 p.m.; HALLOWEEN 2 (R) 11:30 a.m., 2:30 p.m., 7 p.m.
Nov. 30 and Dec. 1 - PLANET 51 (PG) 11 a.m., 3:45 p.m., 6 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11:15 a.m., 4 p.m., 6:30 p.m.; THE INFORMANT! (R) 12 p.m., 3 p.m., 7 p.m.; HALLOWEEN 2 (R) 11:30 a.m., 2:30 p.m., 6:15 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.aaes.com for updated listings and more movie descriptions

A Christmas Carol

The American Drama Group Europe presents the traditional spirit of Christmas

Jonathan Ochart
HERALD POST INTERN

"Bah, Humbug" are not the words to describe The American Drama Group Europe's "A Christmas Carol," which will be performed for the Heidelberg and Mannheim military communities Dec. 6.

Due to popular demand, Mannheim USO Programs Manager Kris Davis requested that the ADGE present the moving phenomenon to the communities once more.

People enjoy Charles Dickens' tale because it "shows the traditional spirit of Christmas," Davis said. "Scrooge, who was a selfish person, changes into someone who learned that there is more to life than one's self."

Community members are not the only ones anticipating the group's arrival; according to the production's director, Richard Clodfelter, the ADGE "looks forward to performing for the military community. They're a great audience."

As director of the play since 1991, Clodfelter brings much theatrical knowledge to please viewers hungry for a Christmas treat.

"The actors are from New York," the director said. "They have extensive experience in acting and have traveled all over the world. A quarter million people in 15 countries have seen the production." As a result, the actors possess far-reaching abilities to please several crowds.

Performers successfully embody the adored characters, radiating with precision, emotion and humor, Clodfelter said.

One such actor is J.C. Hoyt, who takes on the challenge of personifying Ebenezer Scrooge – the

familiar grumpy character who prevents others from enjoying Christmas due to his ghastly past.

"Hoyt is fantastic," Clodfelter said. Playing the part for 15 years, the director believes "he is the best Scrooge and the heart of the production."

However, "A Christmas Carol" is not the average performance.

"It is an ensemble of eight actors who play 37 speaking roles," the director said. "The actors quickly change costumes, which are colorful and give the flavor of the Victorian period."

Performers use a variety of elements such as this to pleasantly surprise those familiar with the celebrated story.

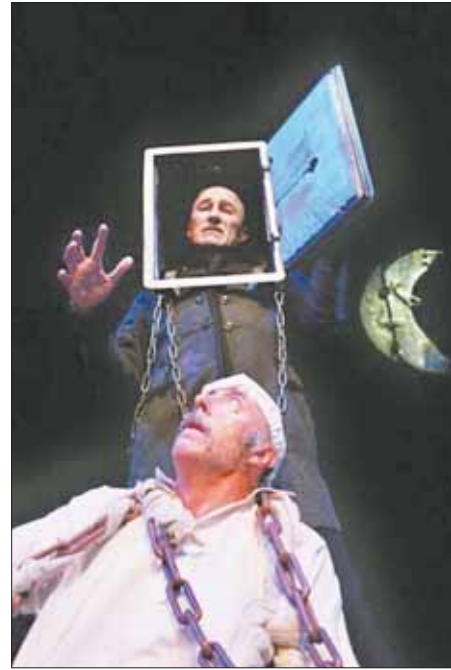
Although Clodfelter says "it is a very lively production with much movement accompanied by an original music score," he believes "it is traditional and stays to Dickens' story."

Along with experience, the director exudes enough passion to overcome Scrooge's grouchy attitude.

"It is a beautiful story," he said. "It can be enjoyed by everyone, from those aged 6 to 96. It makes us laugh and helps us remember our better natures."

"A Christmas Carol" will begin at 5 p.m. Dec. 6 in the Patrick Henry Village Pavilion in Heidelberg. Admission is €15 for adults and €10 for students ages 6 to 18.

According to Kris Davis, "tickets sell quickly. We sell 300 tickets on a first-come, first-serve basis. We usually have about 50 tickets left to sell at the door,

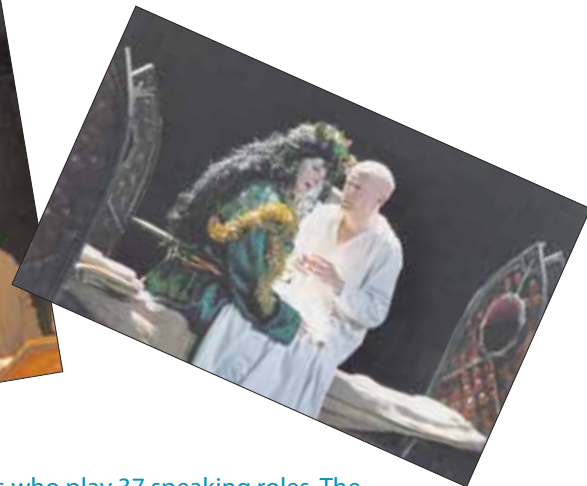


but it is better to buy them before the performance."

Call the USO at civ. 0621-730-3195 (Mannheim) or civ. 06221-57-7924 (Heidelberg) to purchase the ticket for a compelling memory.

Hopefully, it will not take the three ghosts of Christmas to persuade one to enjoy the magic of the ADGE's moving and innovative spin of the classic.

As said by director Clodfelter, "I think we do Dickens justice."



"It is an ensemble of eight actors who play 37 speaking roles. The actors quickly change costumes, which are colorful and give the flavor of the Victorian period."

-Richard Clodfelter, Director of "A Christmas Carol"

HIGHLIGHTS

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 PHV Theater in Heidelberg Dec. 1, at Schuh Theater in Mannheim Dec. 9 and at Galaxy Theater in Kaiserslautern Dec. 16. The training will discuss social networking systems, their features, and how to use these sites safely to protect against identity theft and ways to secure your online user accounts. DSN 379-5551, civ. 06202-80-6217.

TRICARE Online Maintenance

The TRICARE Online maintenance upgrade has been scheduled to begin at 8 p.m. Dec. 4. The upgrade will entail a system wide outage from the evening of Dec. 4 through Dec. 6, followed by a system degradation of services Dec. 7-8 during the final system checkouts. Full system restoration is expected no later than Dec. 9. TRICARE Online users may contact their assigned military treatment facility for their appointing and scheduling needs.

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.

Holiday Mail Deadlines

To ensure your packages make it in time for the holidays, note the following mailing deadlines: SAM parcels - Nov. 27; PAL parcels - Dec. 4; Priority Parcels and First Class letters - Dec. 11; Express Mail - Dec. 18.

Winter Driving Class

Commanders and supervisors are reminded to send their personnel through the annual winter driving classes in order to dispatch vehicles during the winter season. Classes are conducted by drivers testing station Heidelberg every Thursday at 2 p.m. through

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 techs (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

• **Pre-Separation Briefing** - The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Dec. 1 in Bldg. 3245 on Kleber Kaserne. Register: DSN 483-7071.

Community

• **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. The APO on Miesau Army Depot will be open 10 a.m.-3 p.m. These holiday hours are in effect until Dec. 28. The Pulaski mail room is open noon-3 p.m. Saturdays until Jan. 2.

• **Kids' Zone Closure** - The Kids' Zone on Pulaski Barracks will be closed for renovations November through March. This renovation will give the Kids' Zone a brand new look and feel with new décor, new gaming options and an expanded menu.

• **Independent and Foreign Films** - The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up for Independent and Foreign Films. All shows start at 6 p.m. Upcoming shows: Dec. 2 - "The Trap" by Srdan Golubovic (Serbian with English subtitles). DSN 486-7322, civ. 06371-86-7322.

• **Teen Apprenticeship Program** - Child, Youth and School Services and the HIRE! Program are now accepting applications for Term 2 apprenticeships. DSN 486-8658, civ. 06371-86-8658.

• **Community Information Forum** - The Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Dec. 2 at the Armstrong Community Club on Vogelweh Housing. The forum is a monthly outline that provides information on various programs, agencies and organizations within the KMC. There will not be a CIF in January. DSN 493-4093, civ. 0631-3406-4093.

HEIDELBERG Education

• **ACS Classes and Events** - Intro to MS PowerPoint, 9 a.m.-noon Nov. 30; Care Team Training, 1-4 p.m. Nov. 30; Federal Web-Based Application (Resumix), 9 a.m.-2 p.m. Dec. 1; AFTB Level 3, 9 a.m.-2 p.m. Dec. 1-3; PCS Briefing, 12:30-3 p.m. Dec. 1; Intro to MS PowerPoint (Part 2), 9 a.m.-2 p.m. Dec. 2; Healthy Relationships, 3-5 p.m. Dec. 3; EFMP Teen Social, 7-9 p.m. Dec. 4 at PHV Panther's Place. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **Education Center Closure** - The

ANNOUNCEMENTS

Patton Education Center will be closed Nov. 27 and resume normal operating hours Nov. 30.

• **German Language Class** - A beginner class will be offered 9-11:30 a.m. Monday-Thursday Nov. 30-Dec. 17. Registration by e-mail only: Germanatpatton@iks-heidelberg.com.

• **Lunch and Learn Seminar** - The University of Phoenix presents "Why Become a Certified Teacher?" by Phillip Pattakos 11 a.m.-1 p.m. Nov. 30 at the Patton Education Center, Room 118. RSVP: civ. 06221-588-0492, maria.neelands@phoenix.edu.

• **Red Cross Classes** - CPR/AED and Standard First Aid, 8 a.m.-5 p.m. Dec. 5, cost \$40; Babysitters Course, 5:30-8:30 p.m. Dec. 7-9, cost: \$35. DSN 370-1760, civ. 06221-57-1760.

Community

• **Traffic Pattern Change on Patton Barracks** - Three traffic lanes have been painted at the North-West corner of the car wash area to enhance safety. The three lanes are: southbound, northbound and a car wash lane. Keep the north bound lane free by lining up at the extreme right, in the event the car wash waiting area is occupied.

• **Volksmarching** - Join the Heidelberg International Wandering Club at the following volksmarches: Nov. 26, Ramstein (Turkey Trot); Nov. 28-29, Muenchwald (Spall) and Ketsch (Sunday only); Dec. 5-6, Höfen (Winnenden). The next open trip is a two-night trip to Verona, Italy. www.hiwc.de.

• **KONTAKT Club Events** - Thanksgiving Lunch at the Patton DFAC, 11:15 a.m. Nov. 26; Bowling on PHV, noon Nov. 29; Stammtisch at Makedonia, 6 p.m. and Dec. 1. Civ. 0171-537-8380, www.heidelberg-kontakt.viviti.com.

• **Customs Closure** - The Customs Field Office will be closed Nov. 26-27.

• **TSC Closure** - Training Support Center facilities - DA photo studio, graphics shop, passport photo studio, range and Training Resource Center - will be closed Nov. 27.

• **Welfare Grant Applications** - Heidelberg Community and Spouses' Club is accepting applications for Block 2 (January-April 2010). Deadline is Dec. 31. Applications, guidelines and additional grant information: www.hcsc-heidelberg.com. The next Grant Writing Workshop is at 6:30 p.m. Dec. 3 at Army Community Service. welfare@hcsc-heidelberg.com.

• **Thrift Shop Closure** - The shop will be closed Dec. 2.

• **Toastmasters** - Toastmasters will meet at 7:30 p.m. Dec. 3 at Casa Sorrento Italian Restaurant, Rohrbacher Strasse 176. <http://heidelberg.freetoasthost.net>.

• **Christmas Chaos** - Middle school students are invited to participate in fun games, eat festive food, win cool prizes, and try to catch Santa Claus 3-6

p.m. Dec. 4 at the HMS multi-purpose room. www.mwrgermany.com.

• **DES Closures** - The following Directorate of Emergency Services offices will be closed Nov. 26-27 and will close at 10:30 a.m. Dec. 11 for a holiday function: IACS Offices in Bldgs. 3962 and 3850; Vehicle Registration Offices in Bldg. 3850 and on the DPW compound.

• **MTES PTA Holiday Market** - Students of Mark Twain Elementary School will host a holiday market 9 a.m.-1 p.m. Dec. 9-11. Items cost \$1.50-10. Allows students to shop for family in a safe environment.

• **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.

• **Shooter's Winter Hours** - Shooter's Bar and Grill at the Rod and Gun Club is under new management. New hours of operation: 4-9 p.m. Wednesday-Friday, 9:30 a.m.-9 p.m. Saturday, 9:30 a.m.-5 p.m. Sunday and on American and training holidays. DSN 388-9429.

• **Is your child in need of glasses?** - The Heidelberg Community and Spouses' Club Bright Eyes Program might be able to help with the cost of your child's first pair of glasses. To qualify, they need to be part of or eligible for the Free and Reduced Fee Lunch Program. Applications are available at the school nurse's office, at CYSS Central Registration, or online through the Bright Eyes link: www.hcsc-heidelberg.com or e-mail welfare@hcsc-heidelberg.com.

MANNHEIM Education

• **ACS Classes** - English as a Second Language, 9-11 a.m. Nov. 27, 30 and Dec. 2 and 6-7:30 p.m. Dec. 1 and 3; Volunteer Training, 1-2 p.m. and 3-4 p.m. Nov. 30 and Dec. 2 and 5-6 p.m. Dec. 2; Levy and Out-processing Briefing, 1-2:45 p.m. Dec. 1; Sponsorship Training for Soldiers, 3-4 p.m. Dec. 2; Marital Conflict I, 1-2:30 p.m. Dec. 3; Organization POC VMIS Training, 3-4 p.m. and 5-6 p.m. Dec. 3; Anger/Conflict Management, 1-2:30 p.m. Dec. 4. DSN 385-3101, civ. 0621-730-3101.

Community

• **Angel Tree** - Help community children have a joyous holiday with the generosity of gift giving through Dec. 4. Select an angel at one of the trees located at the Mannheim AAFES Main Exchange, the PX-tra / Toyland or Army Community Service. Gifts need to be unwrapped. DSN 385-3101, civ. 0621-730-3101.

• **CDC and SAS Combine** - The Child Development Center and School Age Services programs will combine Nov. 27. Child care for children enrolled in full day and before and/or after school CDC and SAS will

take place at the CDC on BFV. Hours remain the same. DSN 385-2048.

• **Central Enrollment's New Office** - The CYSS Central Enrollment Office has moved to Benjamin Franklin Village, Bldg. 742. Hours: Appointment times - 8 a.m.-noon Monday, Wednesday and Friday, noon-4 p.m. Tuesday and 1-4 p.m. Thursday; Walk-in Times - 1-4 p.m. Monday, Wednesday and Friday, and 8-11:45 a.m. Tuesday. DSN 380-9135, civ. 0621-730-9132.

• **Youth Services Closure** - Youth Services will be closed Nov. 28 for building maintenance. Normal hours will resume Nov. 30.

• **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.

• **Blood Drive** - There will be an Armed Services Blood Program Blood Drive 10 a.m.-2 p.m. Dec. 4 at the Coleman Barracks Fitness Center. The ASBP can only collect blood from service members, family members, retirees, DoD civilians and contractors, and all blood collected stays in the military community. Appointments: www.militarylifeforce.com, click on "Landstuhl." Walk-ins are welcome.

• **Sullivan Library** - Homeschoolers Tour, 10:30-11:30 a.m. Dec. 8; Anime Club, 4:30-5 p.m. Dec. 3; Story Hour, 10:30-11:30 a.m. Dec. 3 and 10. DSN 380-1740, civ. 0621-730-1740.

• **Santa's Workshop** - Santa is moving a bit of the North Pole to BFV 10 a.m.-1 p.m. Dec. 5. Santa's village may be visited at Youth Services (Bldg. 696). Santa will be there to help CYSS provide games, fun activities, cake and hot chocolate. DSN 385-4887, civ. 0621-730-4887, george.robinson@us.army.mil.

• **Community Tree Lighting Ceremony** - Held at the main chapel on Benjamin Franklin Village at 6 p.m. Dec. 7.

• **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. First-round auditions will be held 5-7 p.m. Dec. 7 and 14 with final auditions 2-4 p.m. Dec. 12. Costumes, hair/makeup techs/light and sound techs are also needed. DSN 385-2342.

• **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.

Mannheim Turkey Trot



Martin Höpfner

Runners and walkers begin the Seventh Annual Turkey Trot in the Mannheim commissary parking lot Nov. 14. More than 150 community members participated in the event.

150 participate in annual fitness event

By Princess Brown-Burkert
MANNHEIM FMWR MARKETING

Though the weather was nippy and the skies were somewhat dark, more than 150 people from the Mannheim and Heidelberg communities participated in the Seventh Annual Turkey Trot 5-kilometer run and 2-kilometer walk starting at the Mannheim commissary Nov. 14.

The Turkey Trot is one of the most popular Sports and Fitness family events that attracts all ages of active-duty, family members

and civilians. Some people came out with their little ones bundled up snugly in strollers or brought their family pets.

A few parents attempted to keep up with their kids who blazed the way on inline skates, while one mom trailed behind her 2 ½ year old, who rode his shiny red bicycle with training wheels.

The Mannheim High School running team came out strong. It was Alex Cornelious who finished first for the men, and his brother Adam finished third. Leading the way for the women were Jennifer

Goltz and Veronica Carrion.

Though eight different units represented the Mannheim community, it was Mannheim garrison's Headquarters and Headquarters Detachment and AFN that came in first and second place.

Adding a little spice this year was the Mannheim Jazzercise instructor, Caryn Hamilton. She got the crowd pumped up before the event with a fun and funky Jazzercise dance routine. Jazzercise is a fitness routine that combines cardio, strength and stretch moves for a

Turkey Trot Results

Individual Awards

Men:

- 1 - Alex Cornelious 19:40
- 2 - Thomas Williams 20:38
- 3 - Adam Cornelious 22:04

Women:

- 1 - Jennifer Goltz 24:02
- 2 - Veronica Carrion 25:10
- 3 - Jessica Sutton 25:35

Unit-Level Awards

- 1 - HHB, USAG Mannheim
- 2 - AFN
- 3 - 18th MP Brigade

total body workout. Moves are taken from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. Classes are offered at Sullivan Gym 5-6 p.m. Tuesdays and 5:30-6 p.m. Thursdays.

Heading to Italy



Wray Holan

Bee Bronell is one of 12 members of the Heidelberg Sea Lions Swim Team who will be heading to Lignano, Italy, this weekend to compete in the European Forces Swim League Long Distance Championships. In addition to Bee, the following swimmers will participate: Reid Aldous, Katie Bronell, Checka and Therese Gatterburg, Ali and Sam Hifferty, Nathan Holan, Kristen Kelly, Ethan Parkhill, and Andrew, Chase and Michael Simmons. The swimmers will participate in the 1,500-meter freestyle, 800-meter freestyle, and the 400-meter Individual medley events during the two-day event.

Heidelberg Basketball Officials Clinic Tourney Results

The Heidelberg Basketball Officials Clinic Tournament was held at Patton Fitness Center Nov. 21.

Game 1

NATO 46, USAREUR 7th Army 53

Game 2

USAREUR 7th Army 32, AMEDD 41

Game 3

AMEDD 29, NATO 50

Championship

NATO 53, USAREUR 7th Army 29

staying ACTIVE

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 your ski and snowboard equipment, including edge sharpening, base repair and waxing, Dec. 12 in Mannheim. Pre-registration required. DSN 381-7215.

One-Day Trip – Hit the slopes for a day in Engelberg, Switzerland, Dec. 19 or 26. DSN 381-7215.

Youth Sports and Fitness

Mannheim – Basketball and cheerleading enrollment is ongoing through Nov. 30 at Central Enrollment on Sullivan Barracks. DSN 380-9290, civ. 0621-730-9290, darren.brown3@eur.army.mil.

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.

Combatives Tournament

The Rhine Ordnance Barracks Gym in Kaiserslautern will host the 2009 Combatives Tournament beginning at 9 a.m. Dec. 4. This tournament is open for participation to all active-duty service members. Register: DSN 493-2755, civ. 0631-3406-2755, www.mwrgermany.com.

Winter Fishing Course

Get your German fishing license at the Heidelberg Rod and Gun Club 9 a.m.-5 p.m. Dec. 5-6. Open to ID card holders ages 10+. \$65 course fee per person, or \$100 family fee for two or more family members. DSN 375-5022, www.mwrgermany.com.

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 US 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 1000 pounds, you are in the 1000-Pound Club. Receive a free T-shirt and your name will appear in all Heidelberg fitness facilities with the total amount of weight lifted. Get certified by any Sports and Fitness staff member. DSN 373-5006, www.mwrgermany.com.

Basketball Tournaments

Mannheim – The Mannheim community hosts its 5th Annual Mannheim Mustangs Invitational Basketball Tournament 9 a.m.-9 p.m. Dec. 18-20 at the BFV Sports Arena and Sullivan Gym. There will be male and female teams representing various garrisons throughout Europe. This event is 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. Entry fee is \$250 per team. www.mwrgermany.com.