

# Herald POST

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

**HP THURSDAY**  
Dec. 16, 2010

## Speed Read

### HERALD POST HOLIDAY

This is the last issue of the Herald Post for this year. The next issue will be Jan. 6. The U.S. Army Garrison Baden-Württemberg Public Affairs Office and the Herald Post staff send best wishes for a happy holiday season.

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### ACAP ASSISTS

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## Defense Details

### COMMEMORATIVE COINS

Army Chief of Staff Gen. George W. Casey Jr. and Army Historical Foundation Executive Director Retired Brig. Gen. Creighton W. Abrams Jr. unveiled designs for three 2011 Army Commemorative Coins during the 111th Army-Navy football classic Saturday at Philadelphia's Lincoln Financial Field. The U.S. Mint will produce the \$5 gold coin, the silver dollar, and the clad half-dollar in proof and uncirculated versions. The \$5 coin's theme is "Service in War;" the Army silver dollar's theme is "modern Army service;" and the theme of the clad half-dollar is "Service in Peace."

Army news: [www.army.mil](http://www.army.mil)  
Defense news: [www.defense.gov](http://www.defense.gov)

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Heidelberg Marketing GmbH

A sparkling fairy tale holiday takes place in Heidelberg's Old Town 11 a.m.-9 p.m. daily through Dec. 22 where merry makers discover picturesque alley ways, famous sights and 140 stalls selling enchanting gifts in five town squares: Bismarckplatz, Anatomiegarten, University Square, Kornmarkt and Market Square. The smells of German culinary specialties such as mulled wine, baked apples, gingerbreads and grilled sausages draw people from around the world. All ages can enjoy entertainment, including choirs, orchestras, storytellers and rides for children.



Wray Holan

Heidelberg High School Cheerleader Jacqueline Monfleury cheers during the AFN Army vs. AFN Air Force Saturday in Mannheim.

## Bowl game brings smiles

By Staff Sgt. Victor Gardner  
AFN PUBLIC AFFAIRS

The Air Force and Army battled it out Dec. 11 at Woods Field on Benjamin Franklin Village in Mannheim in an event with an odd but memorable name, "The Toilet Bowl." see **SPORTS** page 17

## Army promises quality programs

Lt. Gen. Rick Lynch  
IMCOM COMMANDER

The Army made significant promises when it unveiled the Army Family Covenant in 2007. With the covenant, the Army commits to providing Soldiers and families a quality of life that acknowledges their service, sacrifice and dedication. Practically speaking, that means providing family programs, health care, housing, recreation, education and employment opportunities and child, school and youth services that build Soldier and family well-being, resilience and readiness.

As the lead for executing the Army Family Covenant, I wholeheartedly support delivering programs and services that help Soldiers and families thrive.

Soon after I took my post, the Installation Management community conducted a holistic review of AFC programs to assess if we have the right programs in place. We wanted to know if there were gaps in services and if we were delivering services effectively. In short, could Soldiers and families easily get the assistance they need? What Soldiers and see **AFC** page 12

Illustration by Brandon Spragens

## COMMENTARY

# Follow the plan for happy holidays

By K.R. Pinkston  
BWNOW MEMBER

So, the other day I took a pen and pad to create a holiday plan.

With a plan, December would be a month of strolling through the Christmas markets, sipping glühwein and reading Charles Dickens in front of the fireplace. It would be a month of spiritual preparation and peace.

All you need is a plan ... only problem is that life seldom works according to plan.

Start with a detailed list of gifts. Then, make unscheduled trips to stores because you could not find the gifts you had planned on buying; go back to the PX because you run out of gift wrap; juggle a pile of boxes to the mail room where you discuss weather, world politics and the upcoming changes in the community while swapping holiday recipes to pass time while waiting in line; run back to the stores to get your supplies for homemade crafts; and then abandon all thoughts of making your own Christmas cards and getting them in the mail in time.

Continue to compile a menu, a list of ingredients and a grocery list; discover the commissary ran out of eggs and pecans; drive to a German store to buy the eggs and substitute walnuts for the pecans; bake several batches of cookies, and leave them on the kitchen counter; bake more a few days later because all those cookies that nobody ate are gone; purchase a gingerbread house kit and set aside an afternoon to assemble it; place gingerbread house in the back corner on top of your highest shelf (no one can see it there but at least the cat can't lick off all the frosting from the roof).

Keep planning and set aside a weekend to get a tree; move furniture around to make room for

the tree and decorate not only the tree but also the entire house; spend the morning balancing on a stepladder to string a long line of new icicle lights around the front door; spend the afternoon taking down the icicle lights because half of the light bulbs blew.

Also, get yourself into the holiday mood by going to a winter concert; spend hours before the concert using your limited sewing skills to extend the waist line of your pants and then wear a wide dress instead; realize that you have absolutely nothing to wear for the unit's holiday party so make an unscheduled trip downtown to buy yourself a new dress, shoes and matching purse.

In addition, make sure to leave plenty of room in your holiday plan for other errands and activities that life just throws at you and keeps you from strolling through the markets.

You will have to clean the house, wash the sheets and then find a large, sticky patch of dried egg nog on the carpet. Count on other distractions coming your way, such as replacing the car's timing belt, shoveling snow with a broom after the snow shovel splits in half, taking the cat to the vet because of a sudden upset stomach, and searching for tree ornaments that match those remaining after a soccer ball hit the tree by accident.

Most important, do not get the sniffles unless you had them planned. Persistent cold symptoms, accompanied by sleepless nights and collapsing in front of the TV wreak havoc on carefully planned out days.

"I love the Advent calendar," our son told me yesterday morning. "It stops right at my birthday. And then we'll have my birthday party, Christmas, dad's birthday party and the New Year's party."

Okay, where did I put my plan? I need to add tons of errands.

## Letter to the Editor

Thank you, Jacqui Haggerty, for saying it as it is! (Dec. 9 edition, page 2, "Spread cheer, say it the way you like.")

I have always hated to say "Happy Holidays" out of political correctness when I really wanted to say "Merry Christmas." From now on, thanks to you, Jacqui, I will say "Merry Christmas" again.

And maybe one day we will even say "stupid" instead of "different" and "gross" instead of "interesting" again.

Thank you much,  
Thomas Wolf

*Note: Letters to the editor are purely the opinion of the writer and do not reflect endorsement by the Herald Post and its Public Affairs Office or the U.S. Army Garrison Baden-Württemberg.*

## Herald Post welcomes letters

The Herald Post welcomes letters from readers. If you would like to submit a letter, please follow these guidelines.

You must include your full name, mailing address and telephone number for verification purposes.

Names are published in the paper with accompanying letters but addresses and phone numbers are not published.

We request letters be no more than 250 words. The editor reserves the right to reject letters or edit for clarity, brevity, good taste and accuracy and to prevent libel. We don't accept poetry, attacks on private individuals or letter-writing campaigns.

Letters may be mailed to the Herald Post, PAO, Unit 29237, APO AE 09102. Letters also may be e-mailed. E-mailed letters must include full name, mailing address and telephone number as well.

We do not accept anonymous letters.

Letters to the editor are purely the opinion of the writer and do not reflect endorsement by the Herald Post and its Public Affairs Office or the U.S. Army Garrison Baden-Württemberg.



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<http://myBWnow.ning.com>

## DISCUSSION BOARD

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

**Question: The vehicle inspection station on Taylor Barracks (Mannheim) and the DPW compound (Heidelberg) will consolidate Jan. 18 and move to Spinelli Barracks. What concerns or questions do you have about the change?**

Why are they moving anything to Mannheim? I thought it was all closing down.

—Bri Toof, BWnow Facebook fan

Spinelli is one of the installations that will remain open for a longer period of time to provide support to the remaining troops and civilians still living and working in Mannheim. The process of closing down Mannheim is scheduled to take place in phases as well as the eventual closing of the Heidelberg community.

—BWnow Administrator

Will there be a registration place there next to the

inspection point on Spinelli? If yes, will Heidelberg residents be able to use it?

—Susan BWnow Facebook fan

Yes, there will be vehicle registration next to the inspection point on Spinelli and all U.S. Army Garrison Baden-Württemberg community members can use it including Heidelberg residents.

—BWnow Administrator



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



## 'Phishing' attack attempt against Europe personnel

### USAREUR Public Affairs

U.S. Army Europe officials said some USAREUR personnel received e-mail messages Dec. 7 from a sender falsely claiming to represent Army Knowledge Online and asking them to provide their AKO account details, including passwords.

The "phishing" attack, which warned that recipients who did not respond could lose their AKO accounts, was reported to network security officials.

Department of Defense information assurance experts said phishing is an attempt to commit financial

crimes, gather intelligence or disrupt operations by using authentic-looking but phony e-mails and web sites to trick computer users into giving up private or sensitive information.

The experts said the best defense against phishing is to avoid opening suspicious e-mails; to never follow links in unsolicited e-mails, and to give sensitive information only to trusted, verified requestors.

More information about phishing and other security and force protection topics is available on USAREUR's "vigilance" web page at [www.hqusareur.army.mil/vigilance](http://www.hqusareur.army.mil/vigilance).



Rick Scavetta

Soldiers watch as Jacob "Stitch" Duran wraps U.S. Army Garrison Kaiserslautern Command Sgt. Maj. Richard Jessup's hands during a Dec. 9 suicide awareness briefing in Kaiserslautern.

### The Phishing Facts

**What is phishing?** Phishing is the use of deceptive e-mails to evade security measures and steal privacy information that can be used to commit fraud or thefts. The most common phishing technique involves the use of a fraudulent or manipulated e-mail to entice victims to visit a malicious Web site that claims to be authentic. For example, U.S. Army Europe computer users have recently been the target of phishing attempts that used falsified e-mails that claimed to originate from Army Knowledge Online and asked for AKO account, login and password information.

**How does phishing work?** Experts say that like fishing, a phishing e-mail attack uses a lure, hook, and catch to snare victims. The lure is something used to entice or encourage the recipient to provide confidential information; the hook is an authentic-looking request for information; and the catch is when the sender uses a victim's information to conduct illegal transactions. Often the lure will encourage the recipient to follow a link that appears to be legitimate and take them to what appears to be a legitimate Web site. This belief that the e-mails, and the sites they lead to, are authentic is the primary reason phishing attacks continue to succeed, experts say. But in phishing attacks the e-mails and sites are not authentic — both are frauds that mimic the look and feel of the legitimate versions. Victims who go to these sites are asked to provide privacy-related information.

**What is spear phishing?** Spear phishing is the name for phishing attacks aimed at a specific group of people. The attacker sends an e-mail to several people in the same group or organization. A spear fishing e-mail is often "spoofed" to appear as if it was sent by another legitimate member of the group.

**What are phishers after?** Phishing e-mails are usually attempts to gather password, credit card validation codes or ATM, bank account, debit card or social security numbers. Information assurance experts say spear phishers usually try to commit financial fraud, while phishing can be used by terrorists, nations or military forces to steal credentials and create "back doors" into networks that allow them to gather military intelligence, conduct espionage and information warfare, alter information and disrupt systems during important events. This can be true even with unclassified networks and takes advantage of users' trust, complacency or lack of knowledge.

## 'Stitch' shares life experiences

By Rick Scavetta  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Ultimate Fighting Championship cut man Jacob "Stitch" Duran shared memories from his unique life and career during a Dec. 9 event at the Daenner Kaserne chapel in Kaiserslautern.

Duran focused on the importance of maintaining a healthy lifestyle, emphasizing awareness of suicide prevention and prevention of drug and alcohol abuse. When people have problems, they show it, Duran said.

"If you look into a fighter's eyes, if you look in any person's eyes, it will tell you everything," Duran said.

The event began with Lisa Velez, the Army garrison's suicide prevention program coordinator, offering a briefing on the signs to look for in people considering suicide and the importance of safety around the holiday season.

Duran told the Soldiers about working as a child in California migrant camps where he labored in farm

fields, dreaming about becoming a baseball player.

He ended up joining the U.S. Air Force and serving in Thailand, where he was introduced to kickboxing. Back in the states, he continued to train and began teaching — eventually opening his own kickboxing school.

Duran then learned how to be a "cutman" — the valued professionals fighters count on to fix cuts.

He moved into the boxing world and learned the art of wrapping fighters hands. He's worked with boxers, to include Mike Tyson, and had roles in movies.

He currently works with boxers Andre Ward and the Klitschko brothers among others. In 2001, Duran became a cutman for UFC, working with most of the top UFC fighters.

After his chat, Duran wrapped the hands of U.S. Army Garrison Kaiserslautern Command Sgt. Maj. Richard Jessup. Duran also signed autographs, posed for snapshots with fans and gave away a few

copies of his new book "From the Fields to the Garden." A day earlier, Duran visited with troops at Landstuhl Regional Medical Center, to include Soldiers injured in Afghanistan.

Duran's briefing, which counted for Soldiers mandatory suicide prevention awareness training, was a great way to get their attention, said Spc. Nicholas Philips, a mechanic from the 21st Theater Sustainment Command.

"It really caught my interest, better than the usual PowerPoint," Philips said.

A huge UFC fan, Philips, 22, of Gardnerville, Nev., grew up wrestling and has won two Army combatives tournaments. He enjoyed hearing about Duran's life but also took away tips to keep his comrades from taking their lives, he said.

"There are a lot of little signs that people often overlook that could prevent a suicide," Philips said. "The more the Army tells us about this, the more we can catch on to those signs with our peers."

### Avoid becoming a phishing victim

- Digitally signing e-mails to ensure their integrity is a good practice in general, but particularly vital for messages that ask a user to provide personal or sensitive information. You should avoid opening or answering any e-mail asking for personal, sensitive or other critical information unless the message has been authenticated.
- Don't click on links in unsolicited e-mails, especially those asking for personal or sensitive information. Even if you do not supply the requested information, just clicking on a link may enable the sender to access your computer, record keystrokes and capture passwords.
- Never call telephone numbers listed in suspicious e-mails.

- Go directly to Web sites by typing a site's address into your browser and then bookmarking it.
- When possible, set up a login "cookie" that helps a site to "remember" your user ID. That way, when you return to the site to sign on, your user ID will appear in the site's sign-in box — something spoof or phishing Web sites cannot do. One exception: never set up a login cookie on a public or shared computer.
- Create a different "hard-to-guess" password for each account you access. At a minimum, use at least six characters and a mix of letters, numbers and special characters. Do not use all or part of your user iden-

tification name or e-mail address or the names of your spouse, children, relatives or pets.

- For more information and resources on information assurance, force protection and operational security, visit the U.S. Army Europe "Vigilance" web page at [www.hqusareur.army.mil/vigilance](http://www.hqusareur.army.mil/vigilance).
- Sources: Information Assurance Technology Analysis Center newsletter, Winter 2008 (IATAC is a DOD-sponsored information analysis center managed by the Defense Technical Information Center and the director of Defense Research and Engineering); the Department of the Navy, and the Defense Travel Management Office.

## Hazardous Journalism



Sgt. Fay Conroy

Spc. Dustin Colwell, a rigger with the 5th Quartermaster Detachment, 21st Theater Sustainment Command, explains how to pack a parachute to Spc. Joni Hazard, a broadcast journalist with American Forces Network Kaiserslautern, at the parachute packing facility on Rhine Ordnance Barracks Dec. 6. Hazard spent the afternoon learning the job of a parachute rigger for her show "Hazard at Work" that is expected to air on AFN in an upcoming newscast.

## Viewer-produced TV spots air for Super Bowl

### AFN Public Affairs

Be a star. Produce a TV commercial and watch it air on Armed Forces Network during the Super Bowl.

Last year, AFN Europe's YouDoIt Campaign resulted in 145 viewer produced commercials airing on AFN TV during the NFL Championship game.

After the Super Bowl the commercials were posted on YouTube and, for several days, were in the top 11 most viewed on the YouTube Director channel in Germany.

Several viewer-produced commercials are still airing on AFN. Now, YouDoIt is back!

"This is my favorite event of the year. We know our viewers miss the advertiser's Super Bowl commercials, but the next best thing is letting the audience make their own Super Bowl commercials," says AFN Europe Commander Col. Bill Bigelow.

"Last year's You Do It was a hit with the viewers so why mess with success? We at AFN look forward to this year's batch of commercials

created by the viewers. We know they will be creative, funny and a welcome break from the commercials they see the rest of the year."

Submit your 14 or 29 second commercial to AFN by Jan. 10. If it meets submission criteria, it will air during the Super Bowl and pre-game show in February.

AFN can't air standard stateside commercials at any time, to include the Super Bowl.

Producers give AFN free live sports and entertainment out of a sense patriotism and be-

cause AFN is non-profit.

If AFN aired talking frog, Internet service and soda commercials, the military network would have to pay for live sports and entertainment, just like commercial broadcast stations – something AFN can't afford to do, AFN officials said.

The best way to see stateside Super Bowl commercials is on-line or on TV news shows the day following the Super Bowl.

Find YouDoIt details and entry release forms at [afneurope.net](http://afneurope.net).

## Third-hand smoke a danger

### Public Health Command Public Affairs

Tobacco smoke has added a new potential danger to its list of hazards: third-hand smoke, the interaction of tobacco smoke with indoor surfaces.

First-hand smoke is inhaled directly by a smoker and second-hand smoke is passively inhaled by people near a smoker. Researchers say third-hand smoke is the residue left on surfaces from second-hand smoke.

The pungent scent of smoke that lingers in enclosed spaces long after a cigarette has been extinguished gives away the presence of third-hand smoke.

Parents often smoke when their children are out of the house to try to reduce second-hand smoke exposure. They turn on fans inside or lower windows in

cars to dissipate cigarette smoke. However, these actions do not eliminate the health hazards.

A study published in the journal, "Tobacco Control," found the sticky residue from nicotine and tar persists in carpets, drapes, dust and on skin and clothes for months after smoking had ceased.

Research show residual nicotine reacts with a common air pollutant, nitrous acid, which is a combustion product generated with the use of gas-powered appliances and vehicle engines.

The nicotine and nitrous acid combine to form carcinogenic compounds. These small particles can enter the body either through skin exposure, dust inhalation or ingestion.

Mayo Clinic officials say it takes two to three minutes for smokers to stop exhaling smoke toxins after their last puff. Third-hand smoke remains long enough to settle in places considered smoke-free.

## transformation UPDATE

### Frequently Asked Questions

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

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

### As a retiree I have a mail box at the post office. What will happen when the area closes down?

Retirees are authorized a general delivery post office box in Community Mail Rooms or Postal Service Centers. A retiree's box is a Box R general delivery, and the retirees are authorized to receive and send mail as long as the weight of the single piece doesn't exceed 16 ounces. If the Mannheim mail room closes, then patrons have the option of establishing a retiree mail box in Heidelberg, Kaiserslautern or Wiesbaden.

### Facilities Operations Changes

**Mannheim Work Orders** – Effective Jan. 1, the Heidelberg Directorate of Public Works will take over the Mannheim service order and work reception functions. This shouldn't be noticeable to the customer because the current Mannheim phone numbers will be automatically forwarded until May. Customers may use the current Mannheim phone numbers or call the Heidelberg work reception at DSN 387-3310, civ. 06221-4380-3310, [www.bw.eur.army.mil](http://www.bw.eur.army.mil) under public works/work reception.

### Military Personnel Division

– Mannheim's Military Personnel Division will transfer functions to Heidelberg MPD Jan. 18. Included in the transfer are soldier actions, reassignments processing, transition services, Army Career and Alumni Program, casualty and memorial affairs, community in- and out-processing, and retirement services. Passports, ID cards/ DEERS and Installation Access Control services will remain in Bldg. 255 on Sullivan Barracks in Mannheim until a later date to be determined. The Mannheim community will be notified when these services relocate to Heidelberg. Heidelberg MPD chief: DSN 370-3347, civ. 06221-57-3347. Heidelberg MPD is in the Community Support Center on the Shopping Center Kaserne. The GPS Address is Czemyring 14, 69115 Heidelberg, [www.bw.eur.army.mil/DHR/DHR\\_milpo.html](http://www.bw.eur.army.mil/DHR/DHR_milpo.html).

**Retirement Services** – Mannheim's Retirement Services Office will transfer to Heidelberg Jan. 18. To receive the U.S. Army Garrison Baden-Württemberg Retiree Newsletter, call civ. 06224-52-741. Area retirees or surviving spouses of retirees needing assistance should call Monday-Friday 8 a.m.-2 p.m. DSN 370-8236, civ. 06221-57-8236. An alternate number is DSN 370-8399, civ. 06221-57-8399. The RSO is located in the Community Support Center on the Shopping Center Kaserne. GPS Address is Czemyring 14, 69115 Heidelberg.

**Vehicle Inspection** – A new, consolidated vehicle inspection station for the Heidelberg and Mannheim communities will open for business on Spinelli Barracks in Mannheim Jan. 18. The new station will replace the vehicle inspection stations at Heidelberg's DPW compound and Taylor Barracks in Mannheim. The Spinelli Barracks operation will be the single-service location for all customers requiring vehicle inspections in Heidelberg and Mannheim. For minimal disruption to service, the consolidation will take place Jan. 14-17 during the four-day weekend. The GPS address for Spinelli is: Spinelli Barracks 1587, 68259 Mannheim-Freudenheim.

**Self-Help and SORT Center** – Plans are on schedule to open the Self-Help Center in Bldg. 804 and the SORT center in Bldgs. 804 and 806 on Funari Barracks in Mannheim Dec. 20. Operating hours will remain the same and no disruption in service is anticipated as a result of the move from the Taylor Barracks location. However, telephone numbers will change after Dec. 20. Until then, Self-Help DSN 381-7525, civ. 0621-730-7525; SORT DSN 381-7678, civ. 0621-730-7678.

[www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation)



## Stay healthy for holiday travels

HMEDDAC Public Affairs

The holiday season usually means travel season for many families, and being stationed overseas means you probably have that much farther to travel to get home in time for the holidays.

Heidelberg Medical Department Activity experts urge travelers to stay smart about their health while on the go this year.

“The winter is prime time for colds and flu bugs to hit,” said Col. P.K. Underwood, HMEDDAC commander. “First and foremost, make sure you and your families have been vaccinated against the influenza.”

The immunization clinics in Heidelberg and Mannheim still have flu vaccinations available. In Heidelberg, visit the new location on the third floor of Bldg. 3617 on Nachrichten Kaserne. In Mannheim, visit either of the two health clinics.

Following these tips can help keep you and others stay healthy during the winter weeks ahead.

If you have recently been sick, you should probably visit a doctor before traveling to ensure you are healthy enough to travel. Traveling while sick could increase your health risk or put others at risk of getting sick.

When packing, make sure to put all of your prescriptions in your carry-on luggage in case your luggage is lost or misplaced.

Also, bringing over-the-counter medicines such as cough drops, antihistamine, antidiarrheal medicine, decongestant, antacids, and pain medicine such as acetaminophen, aspirin or ibuprofen is a must according to the Centers for Disease Control and Prevention.

As always, washing your hands, or using hand sanitizer when soap and water is unavailable is important while traveling. Bringing a travel-sized hand sanitizer with you on an airplane is a smart idea to cut down on germs you may encounter during long flights.

Simple steps such as drinking plenty of water to stay hydrated and getting the right amount of sleep will also help prevent sickness during traveling.

The holidays are a time of being together with loved ones – so make sure to follow these simple tips to stay healthy and enjoy your holidays to the fullest.

For more information, visit <http://www.ncc.cdc.gov/travel/>.

## Faces of the community: Patton Law Center



Dijon Rolle

Pfc. Kayla Klotz, paralegal specialist and Sgt. Michelle Lathe, legal assistance non-commissioned officer, review a copy of the Manual for Courts-Martial in a courtroom on the second floor of the Patton Law Center in Bldg. 107 on Patton Barracks Dec. 5. The center offers legal assistance to the Heidelberg and Mannheim communities for divorces, child custody issues, wills, military administrative actions and select German legal issues. Notary Public and Power of Attorneys are also available on a walk-in basis. The center is open 9 a.m.-4 p.m. Mondays, Tuesdays, Wednesdays and Fridays and 1:30-4 p.m. Thursdays. It is closed on training holidays and all day on the first Thursday of the month. DSN 373-5058, civ. 06221-17-5058.

## Be aware of mailing banned items

By Robert Szostek  
OPM PUBLIC AFFAIRS

U.S. personnel stationed in Germany often order products by mail or have relatives send things from the states. However, U.S. Army Europe Provost Marshal Office officials caution that some items may not be mailed to Army Post Office addresses.

U.S. and German customs personnel conduct checks of APO mail for unauthorized items and recent seizures show that some people are violating these laws, OPM officials said.

Items banned include counterfeits of trademarked items, some medications, diet pills and supplements, some foods, some firearms, products made from endangered species, and items that are rationed in Germany.

“Trademark violations are the illegal use of signs, names, logos and business names that brand manufacturers use to distinguish their products,” said Bill Johnson, chief of the USAREUR Customs Executive Agency. Many producers of DVDs and CDs or designer goods such as purses, shoes or clothing

have registered their trademarks with customs officials who inspect the mail for fake products.

Johnson added that people should consult a postal officer before ordering medications, diet pills or nutrition supplements by mail as the rules governing their importation are complicated. Even items like vitamins or ginseng in highly measured doses may not be mailed.

Meat or meat products like beef jerky, game or ham are banned from the mail, as are canned meats and soup mixes or pasta containing meat, potatoes, milk products and eggs. Caviar from sturgeon is forbidden due to the endangering of all species of sturgeon.

Endangered species products are banned because buying them adds to the risk of animals and plants becoming extinct. Skins – crocodile, lizard, snake, sea turtle – are often used in watchbands, handbags, belts, wallets, and shoes. Ivory and whale teeth decorations known as scrimshaw and net-suke and many plants such as cacti and orchids are also banned.

Firearms and ammunition require

permits to be mailed to Germany. Some paintball guns and air rifles are more powerful than German law allows.

“People should also remember that coffee, tobacco products and alcoholic beverages are rationed in Germany and may not be mailed via the APO,” Johnson stated. He said it is perfectly legal to have things like coffee, liqueurs or cigars sent to a German home address via the German mail system or a commercial parcel service, but the sender may have to pay tax and import duty that can sometimes be quite expensive.

Using the APO to import items for resale for a business or volunteer organization is banned as well. This requires using the civilian postal system or a parcel service, and paying the appropriate import tax. Those who use the APO to transport these types of goods are violating the law and U.S. military regulations by evading those taxes, OPM officials said. Visit the USAREUR Customs Executive Agency Web site at [www.hqusareur.army.mil/opm/gercustoms.htm](http://www.hqusareur.army.mil/opm/gercustoms.htm).

# 21st century bully moves through cyber space

By Donna Walker

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

## A 12 year-old girl from Virginia plots revenge on a bully even though she probably won't follow through.

*"Being bullied makes me feel really bad, and I often get depressed later at home. I would also plot revenge and privately express my 'hatred' towards the bully, but I doubt I would really do anything about it. I don't usually go to adults to 'tattle' on people even though I know it's not tattling, it's real," she writes on www.cyberbullying.us.*

As youth become more cyber savvy, so do instances of cyberbullying, a form of harassment that occurs as e-mail, Instant Messaging, chats, texting and sexting (sexual texts) and on Web sites.

Cyberbullying is enough of a concern in Department of Defense schools that Heidelberg High School principal K.J. Brewer sent a letter home to parents Dec. 2 warning of the dangers as students have more time during holidays and cold winter days.

"Our students will be spending more time indoors and for many that means spending more time on a social networking sites such as Facebook or MySpace," he wrote. "Teenagers ... often spend hours daily posting and socializing. While there are many positive aspects about these sites, an unfortunate reality is the associated misuse ... in the form of cyberbullying."

Like many schools, the high school has blocked access to social networking sites and a big part of the reason is the cyberbullying could happen inside the school the same way it occurs off school grounds – 24/7 and by anyone.

Even though the sites are blocked, Brewer said, "that doesn't stop them from texting."

Mannheim High School principal Shelia Smith said cyberbullying starts off school grounds then in-

evitably makes its way into the school and becomes part of the day.

"(We) just had one on Friday," Smith said. "Nothing really major. It is just so time consuming to get to the root of the issue ... mainly girls just talking about other girls and then it spills over into school."

Brewer, Smith and educators throughout the U.S. Army Baden-Württemberg community have conversations about it often.

"We talk about educating parents," Brewer said. "When (students) are on the Internet and it's there for everyone to see, it doesn't go away. When it spills over, schools do what we can to stop it here but it's the long term effect that nobody has a handle on."

But encouraging parents who are less knowledgeable about cyberspace than their children to monitor Internet usage is difficult. "Some parents may find it daunting," Brewer suggested.

Still, the conversation helps teach children about using the Internet and phones responsibly.

"Sit around the table and talk to kids about it and ask, 'How would you feel if this happened to you?' Kids say hurtful things."

Hurtful words, seen time after time by a cyber victim, make their mark.

"Would the parents want to know?" asked Brewer. "How could the parents help that kid?"

Neither Mannheim or Heidelberg has seen an increase in the number of incidents at school but both principals are concerned.

"I just think parents need to know what their child is doing online and have access to their social networking sites," Smith said.

A resource for parents is the National Crime Prevention Council. Its publication "Stop Cyberbullying Before it Starts" provides tips for parents about how to approach their children.

"No longer can parents count on seeing the tell-tale physical signs of bullying—a black eye, bloody lip, torn clothes," says *iSafe.org*, a leader in Internet safety education. "But the damage done by cyber bullies is no less real, and can be infinitely more painful."

### Tips for Parents

- ♦ Share examples of inappropriate incidents that can happen online (e.g., a stranger initiating a conversation with a teen regarding pictures the teen has posted of him- or herself)
- ♦ Learn what children are doing online and keep track of their online behavior
- ♦ Tell them never to give out personal information online (including their names, addresses, phone numbers, school names, or credit card numbers)
- ♦ Let them know that they should never arrange a face-to-face meeting with someone they meet online
- ♦ Communicate online rules and responsibilities to teens and enforce rules with tangible consequences
- ♦ Keep computers in a highly trafficked room in the house where online activities are hard for teens to hide
- ♦ Teach youth about cyberbullying and let them know that it is unacceptable
- ♦ Explain that youth who cyberbully sometimes bully because they have a feeling of anonymity and a lack of accountability; however, cyberbullying is harmful and can have negative consequences
- ♦ Explain that youth who cyberbully aren't always anonymous; they can be traced, located and punished if the bullying becomes harassment
- ♦ Speak to teens about how to react if they are cyberbullied

### Eye-Opening Statistics

- According to the National Crime Prevention Council Web site,
- ♦ 43 percent of teens have been victims of cyberbullying in the last year.
  - ♦ 81 percent of youth said that others cyberbully because they think it's funny.
  - ♦ 80 percent of teens said they didn't have parental rules about Internet use or found ways around the rules.
  - ♦ Nearly 30 percent of teens wanted to seek revenge on those who cyberbullied them.
  - ♦ Only 11 percent of teens talked to parents about incidents of cyberbullying.
  - ♦ Over 70 percent of teens said that being able to block cyberbullies was the most effective method of prevention.

SOURCE: [www.npcp.org](http://www.npcp.org)

## Making Cookies

The Moms and Kids group of the Mannheim German-American Women's Club made their annual trek to enjoy the hospitality of the Hollenbach bakery in the neighboring town of Käferthal to assist in the baking of traditional German holiday cookies. Approximately 20 children accompanied by nine moms descended upon the local bakery's industrial kitchen to roll dough, cut shapes and decorate traditional holiday treats. *Pictured from left:* Lauren McManus, Katie Schosek, John Schosek, Brian LeMauk and Bobby Wingate decorate the cookies before baking.



K.R. Pinkston

## From the COURTROOM

### Heidelberg

On Dec. 7, Sgt. 1st Class Adolfo Arias Jr. was convicted by a Military Judge at a General Court-Martial of one specification of violating Article 134 of the Uniform Code of Military Justice for possession of child pornography and one specification of violating Article 134 of the Uniform Code of Military Justice for distribution of child pornography. Arias was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 30 months and to be discharged from the U.S. Army with a bad conduct discharge.

### Courts-Martial Results

The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.





Dawn Stroop

Col. James A. Lewis, division staff judge advocate, volunteered his time to read to children at the Battle of the Bulge Library on Fort Meade. "Grinch" Lewis and Max the Dog pose with one of the many children who attended Saturday's reading.



Spc. Jared Forsyth

The U.S. Army honor guard places a wreath at the Tomb of the Unknowns in Arlington National Cemetery, Va., Saturday. Over 7,000 volunteers placed 24,000 wreaths on the headstones of fallen service members.



Charlie Herschbach

Hundreds of bikes and thousands of toys donated by Corpus Christi Army Depot employees are stacked on CCAD's flight line Dec. 8 ready to be handed over the U.S. Marine Corps reservists for their "Toys for Tots" campaign.



U.S. Army Photo

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around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)

Chief Warrant Officer 2 Daniel Boggs, currently deployed with the 10th Mountain Division to Afghanistan, participates via Skype in the wedding of his older brother, Capt. Michael Boggs, stationed with the Baltimore Recruiting Battalion, and his bride, Robin. The Boggs' brothers surprised family and friends with the live feed during the wedding reception Friday in Baltimore.

## NCOs drill students

By Staff Sgt. Tramel S. Garrett  
21ST TSC PUBLIC AFFAIRS

As the snow falls and the winter gets colder, students of Kaiserslautern High School's Junior Reserve Officer Training Corps team received drill and ceremony training with the help of two noncommissioned officers from the 21st Theater Sustainment Command.

"We recently joined a partnership with KHS to support activities at the school. As far as the JROTC team, they asked for help and we came," said Sgt. 1st Class George Isla, a communications plans NCO with the 21st TSC.

Maj. Gen. Patricia McQuiston, 21st TSC commander, along with KHS Principal Jennifer Beckwith signed a proclamation announcing 21st TSC's partnership with KHS in October.

"We had been looking for drill sergeants across the KMC. We didn't have the technical leadership like we have now with the 21st TSC," said retired Air Force Col. Leon Stamm, senior aerospace science instructor at KHS.

Isla, along with Sgt. 1st

Class Michael Short, a 21st TSC support operations ammunition and logistics NCO, instructs students every Monday and Thursday from 3:30 to 5:30 p.m. This part of the program allows Soldiers to mentor students at the school during the duty day and helps the cadets practice for upcoming drill and ceremony competitions.

"This has helped the cadets a great deal, especially the freshmen who have never drilled before, and it encourages the upper level cadets too, Stamm said.

Professionalism, self confidence and discipline are some of the qualities these former drill instructors are instilling in the drill team, Stamm said.

The KHS JROTC program has been in place since 1973, and it is the second oldest in Germany.

"The cadets can see the enthusiasm of the Soldiers who are helping them, and they see the results in their own performance," Stamm said.

The competition the cadets are training for will take place the first week of March at Rhine Ordnance Barracks in Kaiserslautern.

## AFC

continued from page 1

families told us is that they have too much and too little information on available services. Sometimes they did not know that there is a program to help with a specific need.

Sometimes they knew of several programs available through different service providers but could not tell which would be best for their situation.

We took away from the review that we have the right programs in place, but can do a better job of helping Soldiers and families access those programs. To that end, we turned to Army Community Service.

Army Community Service staff do a lot of heavy lifting delivering on the promises made in the Army Family Covenant.

In fiscal year 2010 ACS staff had more than 14 million contacts with Soldiers, family members and civilians through Mobilization/Deployment Readiness, Relocation Readiness, Financial Readiness, Army Emergency Relief, Employment Readiness, the Army Spouse Employment Partnership, the Exceptional Family Member Program, the Family Advocacy Program, Survivor Outreach Services, Soldier and family Assistance Centers, Army Family Team Building and the

Army Family Action Plan.

From its beginning in 1965, when relocation assistance and the lending closet were among its first services, ACS has continued to grow and evolve. Today it is often the first place Soldiers and family members go for information, for personal development and for help in an emergency.

We want to build on ACS's strengths and central role in the life of an installation.

Based on feedback from 10 focus groups conducted in October, we have developed several ideas for enhancing ACS's capabilities and processes.

One is transitioning a number of ACS staff into generalist positions which focus on helping Soldiers and family members navigate services.

These staffs will be fully cross-trained in basic ACS services and familiar with other services available across the installation, and they will have the tools to do more in-depth assessments of client needs.

With this information, they will be able to help clients not only access the programs that address their immediate concerns but also take advantage of programs that help them meet longer-term goals.

If clients need specialized assistance, staffs will make sure they see the right person and follow up until they have

gotten the help they need.

Another idea is to decentralize service delivery locations. ACS will continue to deliver services in traditional ACS centers, but they will also move out to units, in/out processing centers, post exchanges, commissaries, Soldier readiness processing sites, community centers, off-post locations – wherever they need to support their communities.

In addition, ACS will increase its delivery of services online through Army OneSource at [www.myArmyOneSource.com](http://www.myArmyOneSource.com) to reach Soldiers and family members regardless of location or component.

We will continue to seek feedback on proposed changes during focus groups I will hold during my upcoming visits to installations. I want to hear from you, Soldiers and family members, about what will work for you and from your leaders about how to enhance ACS support.

Once you have helped us refine our thinking, we will use your input to design pilot programs at five installations. The pilot programs will run from April to October 2011.

The intent behind the proposals – and behind any change ultimately made permanent – is to ensure that Soldiers and family members find the right service at the right time, the first

time they seek assistance.

There is no wrong door for accessing ACS services.

No matter with whom Soldiers and family members talk or where they seek services, they have come to the right place.

ACS is there for them when they are dealing with today's concerns and as they pursue long-term personal goals.

ACS is often the first place Soldiers and Families look to for services and programs that contribute to quality of life.

So it is a natural place for the Installation Management community to look to as well, as we continually seek ways to make the delivery of services as effective as possible.

The work of ACS and other quality-of-life service providers is highly visible, tangible proof that the Army is delivering on the promises of the Army Family Covenant.

Because of the importance of those promises, we in the installation management community take our responsibility for the delivery of services seriously. We are committed to providing a strong, supportive environment.

The long-term strength of our all-volunteer Army depends on the well-being of Soldiers and families, but more than that, we owe it to them, for their ongoing service and dedication.

## Turning Off Vehicle Ignition INSTRUCTIONS

### STEP 1:

Firmly grasp key in desired hand using thumb and forefingers.



Hand Placement

### STEP 2:

Rotate in the direction of the off position.



### STEP 3:

When the key reaches the off position, the engine has shut off, now you are saving the environment.



## Turn off the Key... be Idle Free!!!

- ◆When it's cold, drivers like to warm their vehicles but idling a car without a purpose in Germany is illegal. This includes idling an engine to warm up the vehicle while cleaning ice and snow from the car.
- ◆Drivers face losing driving privileges and paying fines if they allow their cars to idle.
- ◆Idling a vehicle affects the environment – an operating vehicle emits hazardous pollutants, such as carbon dioxide, carbon monoxide, nitrogen oxides, sulfur oxides and volatile organic compounds.
- ◆Idling of engines also tends to burn more fuel and excessive idling can actually damage parts of your car's engine including cylinders, sparkplugs and the exhaust system.
- ◆In addition, leaving a vehicle unlocked, windows rolled down or keys in the ignition is illegal. German police will take keys, secure the vehicle and the owner must then go to the police station to claim the keys.

Turn the key. Be idle free.



# ACAP positions Soldiers for jobs in civilian world

*Soldiers prepare to make the separation process a smooth one*

**By Dijon Rolle**  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

On the second floor of Bldg. 3850 on the Heidelberg Shopping Center Kaserne, there's a flurry of activity. A chorus of voices, intermingled with the clicking of computer keys floods the room.

One of those voices is that of Master Sgt. Robert Zuch, 30th Medical Command Soldier. After 21 years of service Zuch is just about ready to hang up his boots and he came to the Heidelberg Army Career and Alumni Program office to begin looking at retirement options.

"I think it's time and I want to get my family settled," Zuch said. "I have a younger family. My oldest is 8 and I go down to 2 and I'm trying to get them settled into one location versus moving every two to three years."

Although he's still wading through the initial stages, Zuch admits his experience so far has been slightly overwhelming.

"(There's) a lot of stuff and a lot of information. I mean I knew there was a lot involved just from speaking to people that I knew here that had retired. But once you get in here and sit down and play with the computers and begin going through it all you realize just how much it involves."

Zuch has not submitted his official retirement paperwork yet but the New York state native says once he does, he hopes to continue his service as a government civilian.

At the other end of the room is Cpl. Jennifer Jagelewski, an information systems analyst

and operator for U.S. Army Europe Battle Command Systems Division G-3.

After 5 and a-half-years in the military, Jagelewski decided to separate from the Army to pursue other career opportunities. She participated in the Transition Assistance Program workshop where she, and other Soldiers like her, learned resume writing tips, interview techniques and other professional skills to help them land a job in the civilian market.

Although she's decided to leave the military, Jagelewski said she's also grateful for all the skills she learned during her time in uniform.

"The Army taught me a lot and I also grew up a lot. When I first joined I didn't know what I wanted to do with my life. I had no direction. And I didn't know anything about computers when I joined and now I can build computer networks from scratch," she said. The Michigan native is scheduled to separate sometime in June.

Julie Hodge is the contract installation manager for ACAP offices in Mannheim, Heidelberg and Stuttgart. She, and her staff assist the many different faces flowing in and out of the ACAP office. Hodge is often one of the first people new clients meet as they plot their transition from Soldier to civilian, some voluntarily and some not.

Regardless of the circumstances, Hodge said every Soldier coming through their doors, should take full advantage of ACAP, especially now.

"For Soldiers that are getting out or retiring, if they



Master Sgt. Robert Zuch speaks with Army Career and Alumni Program counselor Maria Stephens during his appointment at the ACAP office on the Shopping Center Kaserne Dec. 8 in Heidelberg.

don't have these professional skills, it will take them much longer to find a job and we want to help them with that," Hodge said. "For Soldiers who may be separating involuntarily, they may have an even more difficult time finding a job. Unemployment with veterans is higher than the national average, so the program is designed to assist them in knowing, finding or learning those skills so that they can be successful in the civilian world.

Hodge added that she feels there are still misconceptions among leaders about the ACAP program. "Sometimes I think the supervisors at varying levels, not necessarily at the command level or the first sergeant level but sometimes platoon sergeants or supervisors, have the misconception that ACAP is just something

that you go in and do and you check the block and you get the information and then you're done. That's not true. It really is a process and that's why we encourage clients to come as soon as they're eligible."

All transitioning Soldiers are required to attend a pre-separation brief where they have the opportunity to learn about ACAP services available to them. Soldiers who are separating from the military can start using ACAP services one year out and Soldiers that are retiring can begin two years out. The program also provides information on veteran's benefits.

"We don't try and candy-coat things," Hodge said. "The job market is tough out there and I think if Soldiers would come in early and look at all the work that needs to be

done to apply for jobs and search for jobs, then they could consider their options a little bit better. We actually encourage them to look at all their options so they are not waiting until the last minute to make their decision."

For information on ACAP services in Mannheim and Heidelberg contact the Heidelberg office at DSN 370-7505.

Services for both communities will be consolidated beginning Jan. 18 when the U.S. Army Garrison Mannheim Military Personnel Division transfers its functions, including ACAP services, to USAG Baden-Württemberg.

In the Kaiserslautern area, contact DSN 483-7089. The Kaiserslautern ACAP is located office in Bldg. 3245 on Kleber Kaserne. You can also visit [www.acap.army.mil](http://www.acap.army.mil).

# Adoption expenses reimbursable up to \$2,000 per child

**Patton Law Center**

Federal law allows reimbursement to service members for certain adoption expenses to a maximum of \$2,000 per child, not to exceed \$5,000 in any calendar year.

In order to qualify, the adoption must have been arranged by either a qualified adoption agency or other service authorized to place children for an adoption under state or local law.

Independent adoptions, such as private or step-parent adoptions, are authorized reimbursement only if they are finalized in a U.S. court.

In order to qualify for reimbursement, service members must be serving on continuous active duty for at least 180 days and the adoption must be finalized while on active duty.

Additionally, the claim for reimbursement must be submitted while on active duty and within one year of

the date the adoption was finalized.

DD Form 2675 is used to request reimbursement. It is submitted through the chain of command to the servicing personnel office and then sent to the Defense Finance and Accounting Service.

However, not all adoption expenses are reimbursable. Travel costs and costs for personal items, such as clothing, toys, bedding or books are usually not reimbursable. Also more

documentation is required to support requests for reimbursement for foreign adoptions than is required for domestic adoptions.

The DFAS Web site contains an information on adoption reimbursement. It is also possible to e-mail questions to DFAS regarding adoption reimbursement.

Your nearest legal assistance office can help with information about adoption.

## GERMAN NEWS

### German Army in France

A battalion of German combat troops was officially stationed in eastern France on Friday for the first time since Nazi forces ended their occupation at the end of World War II. The battalion, part of the joint Franco-German Brigade, is stationed at Illkirch-Graffenstaden outside Strasbourg near the German border and by 2012 will consist of 600 battle-ready soldiers. The historic move, aimed at cementing friendship between the neighbors who fought three devastating wars in 75 years, was agreed to by French President Nicolas Sarkozy and German Chancellor Angela Merkel at a Munich summit in 2009. French Defense Minister Alain Juppe and his German counterpart Karl-Theodor zu Guttenberg attended a ceremony to mark the event.

### Gentlemen Robbers

Police said Friday that two bank robbers killed during a shootout with cops in Karlsruhe were likely the "Gentlemen Robbers" who have stolen some €2 million and evaded police custody for the past 15 years. Investigators must wait for the results of DNA testing to confirm whether the Czech married couple involved in Friday's robbery match that profile. The alarm at the bank in central Karlsruhe sounded around 4 p.m. Friday. After leaving the building, the robbers were intercepted by police about 30 meters from the bank. The pair immediately opened fire. Police shot and killed one, a 40-year-old man. The injuries sustained by his female accomplice, 38, indicated a probable suicide. The "Gentlemen Robbers" got their nickname after the pair apologized during one of their earlier robberies. They also reportedly returned the car keys of a getaway vehicle to their rightful owner.

### Unions and Health Insurance

Germany's trade unions are calling for the abolition of private health insurance for all workers — including public servants and the self-employed — to be gradually brought into a consolidated public system. According to the Berliner Zeitung, the Confederation of German Trade Unions has calculated that the overhaul would shave 2.5 percentage points from the 15.5 percent of gross income that workers are set to pay from next year for statutory health insurance. The paper reported Monday that a DGB health insurance reform committee would recommend gradually bringing public servants and self-employed people into the state system, to which the overwhelming majority of Germans already belong. It would also call for high income-earners to pay a higher share and for people's investment and rental incomes to be taken into account when calculating their insurance premiums. The committee was due to release its recommendations on Monday, the paper wrote.

SOURCE: [www.thelocal.de](http://www.thelocal.de)



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](mailto:dearmsvicki@yahoo.com).

Dear Ms. Vicki,

*I am married but I am in love with another man and I don't know how it happened.*

*This is a man who works in the same unit as my husband but not in the same company. He began coming home with my husband for lunch. I liked him from the moment I saw him. He was so genuine and caring.*

*I remember the first time we met he wanted to know how my day was going. He actually sat and listened while my husband played video games. This led to phone calls, text messages and e-mails. Now I can hardly wait until I see or talk to him.*

*He gives me the energy I need to make it through the day. We have met for lunch, dinner, went to the movies and he even took me to the zoo. It was fun that I never knew existed. To be honest, we have kissed and hugged each other passionately but have never had sex. I feel he has become my best friend even though I would like to take it to the next level.*

*I shared this with my sister. She thinks I am dirty and deceitful especially since this is someone whom my husband considers a friend. I don't know what to do. I am confused.*

*This man loves me and wants to be with me. He says he will accept*

*me and my children. He already loves them and they love him, too. He spends time with them when my husband is in the field or on training exercises.*

*I love my husband and I know he deserves better than a wife who is dreaming of another man while making love. How do I get out of this even though I'm not sure I want to?*

From: 2 Emotional,

**Dear Emotional,**  
If you want to get out of this relationship, simply stop. You call the guy and say, "Hey, look, I'm not pleased with the way I handled my friendship with you. I've taken it too far. I'm wrong for my actions. I should not have led you on. I want my marriage to work and me depending on you will not allow that to happen. I'm sorry for the way I've led you on. I'm not going to call or see you again. Don't contact me again. Forgive me but my efforts will be focused on mending my marriage. I wish you well."

Then you need to hang up the phone and close your front door.

Get the picture?  
You also need to seek marital counseling. You sound lonely and vulnerable and your husband is unavailable even when he is home. He needs to know that you need him to be more participatory in his marriage.

To be real with you, I don't think you will end this affair and let me remind you that it is an affair and it is cheating.

You are playing with fire and a lot of people will be hurt if you continue to let your lust guide you.

Please, keep your children out of this! You have this guy coming to your house, spending time with your children while your husband is away. What do they call him "uncle?" You are very wrong and immature to involve your children in this way. Get a clue. You are not on the road to happiness.

Dear Ms. Vicki,

*I am depressed because people*

*seem to take advantage of me. I told my family and my boyfriend about my reenlistment bonus. I helped my boyfriend pay some of his bills, and bought things for my family to include my mother and my younger brothers and sisters. I helped my mother get a better apartment and bought furniture and school clothes for my siblings. I also loaned my older brother \$500.*

*All my money is gone and I can't believe it. I can't sleep and I can't eat. I'm worried because now I'm having financial problems and no one will pay me back. I told them I needed the money to pay my rent and my car payment but they refuse. My friends tell me to get over it because there's nothing I can do about it. They say it's my fault. I've had to pay my rent with my credit card so I would not get evicted. Should I take them to court? Everybody says I need to go to the doctor to get medicine for my depression.*

From: 2nice2family and friends.

**Dear 2 nice,**

I'm not a medical doctor so I won't give you advice on medication. However, if you want to see your medical doctor then do. I think you may be depressed because of the situation and what's happened to your family and finances. Blowing your reenlistment bonus on family and friends who are showing little gratitude is enough to make someone depressed.

Let this be a lesson for you in the future. Pay your rent first. Make sure you are taken care of. You can't save the world if you don't take care of yourself. You can't save the world any way.

It's okay to be charitable and kind but you can't give beyond your means. Now your family wishes you would get lost and your friends are tired of hearing your sob story. It's a tough lesson.

Please go to ACS and speak with a financial counselor to get your finances back on track. From now on, take care of you. Oh, and dump your boyfriend.

## Memo for teens: Drinking rules differ in Germany

By Asia Buss

CAREER PRACTICUM STUDENT, OSJA

Here in Germany, the festive Christmas holiday season brings Christmas markets to nearly every town. Whether you're getting in last minute shopping or just enjoying the Christkindlmarkt, your hat and gloves may not keep you from feeling the wintry cold.

Even though adults can warm up with traditional glühwein, teens should consider buying heavier coats instead.

Glühwein is a traditional German drink that contains mulled wine. Glühwein vendors may gladly sell you a mug without verifying your age, but teenagers need to understand the laws and regulations governing the minimum drinking age for alcoholic beverages in Germany if they want to stay on Santa's "good" list.

In the United States, the minimum drinking age is 21 in all states. Army installations must enforce the minimum drinking age of

the state in which they are located.

The minimum drinking age for overseas military installations is 18. When off the installation, overseas Soldiers, dependents, and civilian employees must comply with host-nation laws establishing minimum drinking ages in the local community.

German law sets a two-tier threshold for drinking alcohol. The minimum drinking age is 16 for fermented alcoholic beverages, such as beer, wine and cider (unless

supervised by a parent or guardian). The minimum drinking age for distilled alcoholic beverages is 18.

Although the minimum drinking age in Germany is currently lower for beer, wine and cider, German politicians are considering raising it to 18 for all alcohol because of associated health risks.

So can a 16 year old drink glühwein? Yes, but only off the installation.

While German law may permit teens to drink at an earlier age, teens and parents

should talk openly about alcohol consumption. When a teen begins drinking, the risk of dependency on alcohol in the future increases.

Apart from long-term issues, intoxication can quickly lead to slurred speech, distorted vision, slowed reaction time and (as if we weren't impulsive enough) loss of judgment. Setting aside the age restrictions, teens should consider the health risks associated with drinking at a young age before downing a few glühweins too many.



# GET OUT!

## area events

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

### December 17

**Disney's Beauty and the Beast** – The Broadway musical featuring singing tea pots, swinging candle sticks, chomping wolves, a beautiful maiden and the beast himself come to KMC Onstage 7:30 p.m. Dec. 17-18 on Kleber Kaserne, Bldg. 3232. Tickets must be picked up at the theater or the One Stop Shop in the Kaiserslautern Library on Landstuhl Post.

**The Lion, the Witch and the Wardrobe** – C.S. Lewis' beloved and magical "Chronicles of Narnia: The Lion, the Witch and the Wardrobe" will be presented at the Roadside Theater on Patton Barracks at 7:30 p.m. Dec. 17, 18 and Jan. 7, 8, 14, 15, 21 and 22 and special family matinees at 3 p.m. Dec. 19 and Jan. 9. Tickets: [www.roadside-theater.com](http://www.roadside-theater.com).

### December 18

**BMW Car Museum** – Car enthusiasts will enjoy this one of a kind interactive museum and factory located in Munich. The museum allows visitors to sit inside vehicles while exploring the world of BMW. The largest collection of BMW art cars is currently on display through June 30. View designs by Roy Lichtenstein, Andy Warhol and Jeff Koons. Operating hours are 10 a.m.-8 p.m. Tuesdays-Sundays. Advanced booking is recommended. The museum will be closed Dec. 24-26 and Jan. 1. <http://bmw-museum.de/2/webmill.php>

**Switzerland** – Visit beautiful Bern, the romantic capital of Switzerland. The city features a famous bear pit, clock tower, fountains and quaint specialty shops. During a guided tour through Bern's old town, you'll see the city's best sights. You'll also have time to shop for Swiss chocolate, cheeses, watches, and other souvenirs on the six-kilometer long arched shopping promenade, the largest in Europe. <http://affiliates.uso.org/Kaiserslautern>.

**The U.S. Army-Europe Band and Chorus** – The Army in Europe's band and chorus continues its holiday appearances at 7 p.m. at the Congress Centrum, Grosser Saal on Am Waisenhausplatz 1-3 in Pforzheim 75172.

### December 22

**Kaiserslautern On Ice** – Head down to the heart of Kaiserslautern for some winter time fun now through Feb. 13. Enjoy gliding across 600-square feet of ice under a cozy decorated tent. Admission is €2 for children and €3 for adults. Operating hours are 9 a.m.-9 p.m. on weekdays and 9 a.m.-10 p.m. on weekends. The rink is located An der Kalause 9, 67659 Kaiserslautern. <http://www.kl-on-ice.de/>.

**The Nutcracker** – Enjoy the beauty

and magic of the holidays wrapped up in this timeless production 7:30 p.m. at the Mannheim Rosengarten. Tickets: civ. 0621-392-1710.

### December 23

**Valkenburg Caves** – Under the castle of Valkenburg near Maastricht in the Netherlands is the Velvet Cave, a labyrinth of passages more than a thousand years old and rediscovered in 1937. Christmas transforms this underground world with twinkling lights, magic illumination and music. You can shop at stalls for Christmas gifts, watch demonstrations of Old Dutch handicrafts and take a trip to the Lindt Chocolate factory outlet in Aachen where you can stock up on Christmas sweets. <http://affiliates.uso.org/Kaiserslautern>.

**Christmas Ski Weekends** – Spend Christmas skiing in Garmish or Interlocken, Switzerland, through Dec. 26 with Heidelberg Outdoor Recreation. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

### December 28

**Star of Bethlehem** – The Mannheim Planetarium presents "The Star of Bethlehem" in English at 6 p.m. Take a journey to ancient times in Bethlehem highlighting the different astronomical explanations of the Christmas star. The 45-minute show is suitable for children 10 and up. Civ. 0621-41-5692, [www.planetarium-mannheim.de](http://www.planetarium-mannheim.de).

### December 29

**New Year's Eve Trips** – Better Opportunities for Single Soldiers offers two chances to ring in the New Year in Europe. Travel to Paris and mention Heidelberg BOSS when you register. Tour includes breakfast at Hotel Kyriad plus sightseeing. Or, welcome the New Year at Berlin's Brandenburg Gate open air festivals. Register: 0173-313-2075.

### December 30

**Edge of Universe** – The Mannheim Planetarium presents "Edge of the Universe" in English at 6 p.m. The program introduces the new satellite missions Planck and Herschel as well as the upcoming robot exploration of Mars. Civ. 0621-41 56 92, [www.planetarium-mannheim.de](http://www.planetarium-mannheim.de).

### December 31

**Top Hat New Year's Eve Party** – The Top Hat Club in Mannheim hosts a New Year's Eve party 9 p.m.-4 a.m. Advance tickets are \$20 per person and \$25 at the door. Champagne, party favors and breakfast are included. Music by Disc Jockey Big Money.

Must be 18 years or older to attend. The Top Hat is located on Benjamin Franklin Village. [www.mwrgermany.com](http://www.mwrgermany.com).

**New Years in Paris** – Enjoy the beauty of Paris' avenues, streets and historic squares with their special Christmas decorations and ring in the new year in the City of Lights. After some free time enjoy an authentic five-course meal in the Latin Quarter followed by an evening boat cruise on the Seine River. <http://affiliates.uso.org/Kaiserslautern/>  
**Bowling and Entertainment Center** – Celebrate the New Year at the Heidelberg bowling and entertainment center on Patrick Henry Village 8 p.m.-2 a.m. Tickets are \$30 for adults and \$20 for kids 17 and under. Entertainment, prizes, a large food buffet and champagne and apple cider for toasting are included. DSN 388-9040 [www.mwrgermany.com](http://www.mwrgermany.com).

### January 8

**Levi Strauss Museum** – This interactive museum gives visitors an intriguing look at the life of Levi Strauss who was born and raised in Buttenheim. Strauss would later go on to become a world-famous fashion icon and one of the wealthiest men on the planet. Discover the man behind the famous brand. <http://www.levi-strauss-museum.com/english/levi-strauss.htm>. Civ. 09545442602.

**Amsterdam** – Explore beautiful Holland during this day-long excursion. Visit a wooden-shoe maker and cheese farm where you can see how shoes and cheese are made and enjoy a short orientation of downtown Amsterdam before exploring the city on your own. <http://affiliates.uso.org/Kaiserslautern/>

### January 9

**Tango Passion** – The tango company "Tango Pasión" is coming to Mannheim's Rosengarten at 7 p.m. Tickets: Civ. 0621-10-1011, [www.rheinneckarticket.de](http://www.rheinneckarticket.de) or [www.bb-promotion.com](http://www.bb-promotion.com) or local ticket offices.

### January 15

**Art Exhibition** – The Heidelberg Arts and Cultural Center hosts the art exhibition "Reflections of Generosity: Toward Restoration and Peace" 7 p.m. in the Patrick Henry Village Pavilion in Heidelberg featuring the works of over 50 Soldier and civilian artists from the Heidelberg, Kaiserslautern and Mannheim communities as well as from the United States and around the world. The artwork and performances reflect the spirit of ongoing generosity demonstrated by the military and honors the men and women who have sacrificed their lives as a result of ongoing conflicts.

## coming to THEATERS



### CASE 39

(Renee Zellweger, Ian McShane) In her many years as a social worker, Emily Jenkins believes she has seen it all, until she meets 10-year-old Lilith and the girl's cruel parents. Emily's worst fears are confirmed when the parents try to harm the child, and so Emily assumes custody of Lilith while she looks for a foster family. However, Emily soon finds that dark forces surround the seemingly innocent girl, and the more she tries to protect Lilith, the more horrors she encounters. Rated R (violence and terror, including disturbing images) 109 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Dec. 16 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (PG) 7 p.m.  
 Dec. 17 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 7 p.m.; MY SOUL TO TAKE (R) 9 p.m.  
 Dec. 18 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 4 p.m.; CASE 39 (R) 7 p.m.; MY SOUL TO TAKE (R) 9 p.m.  
 Dec. 19 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 4 p.m.; SECRETARIAT (PG) 7 p.m.  
 Dec. 20 - SECRETARIAT (PG) 7 p.m.  
 Dec. 21 - CASE 39 (R) 7 p.m.  
 Dec. 22 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 7 p.m.  
 Dec. 23 - MY SOUL TO TAKE (R) 7 p.m.

#### Mannheim, Schuh

Dec. 17 - THE TOURIST (PG-13) 7 p.m.  
 Dec. 18 - SECRETARIAT (PG) 4 p.m.; MY SOUL TO TAKE (R) 7 p.m.; CASE 39 (R) 9 p.m.  
 Dec. 19 - SECRETARIAT (PG) 4 p.m.; THE TOURIST (PG-13) 7 p.m.

#### Vogelweh, Galaxy

Dec. 17 - SECRETARIAT (PG) 4 p.m.; CASE 39 (R) 7 p.m.  
 Dec. 18 - THE TOURIST (PG-13) 4 p.m.; MY SOUL TO TAKE (R) 7 p.m.  
 Dec. 19 - THE TOURIST (PG-13) 4 p.m.; CASE 39 (R) 7 p.m.

#### Ramstein, Gateway Movieplex

Dec. 16 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (PG) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; EASY A (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 7:30 p.m.; WALL STREET: MONEY NEVER SLEEPS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.  
 Dec. 17 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m., 9:15 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m., 9:30 p.m.  
 Dec. 18 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m., 9:15 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m., 9:30 p.m.  
 Dec. 19 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m.  
 Dec. 20 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m.; SECRETARIAT 12 p.m., 3 p.m., 5 p.m., 7:45 p.m.  
 Dec. 21 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m.; SECRETARIAT 12 p.m., 3 p.m., 5 p.m., 7:45 p.m.  
 Dec. 22 - THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m.; SECRETARIAT 12 p.m., 3 p.m., 5 p.m., 7:45 p.m.  
 Dec. 23 - CASE 39 (R) 11:15 a.m., 1 p.m., 3:45 p.m., 6:30 p.m.; MY SOUL TO TAKE (R) 11:30 a.m., 1:15 p.m., 4 p.m., 6:45 p.m.; SECRETARIAT 12 p.m., 3 p.m., 5 p.m., 7:45 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, 06371-47-5550

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Herald Post Holiday Break

Publication of the Herald Post ceases during the last two weeks of December. This is the last issue of the newspaper before the end of the year. The first issue for 2011 will be Jan. 6.

### Education Centers Closure

All Education Centers will be closed Dec. 23-24 and 30-31. The Patton Barracks and Landstuhl Education Centers are open 7:30 a.m.-4:30 p.m. Dec. 20-22 and 27-29. The Sullivan Barracks and Rhine Ordnance Barracks Education Centers will be open 7:30 a.m.-4:30 p.m. Dec. 20, 22, 27 and 29 and closed Dec. 22 and 28. DSN 493-2592, civ. 0631-3406-2592.

### Care Call Center

The European Regional Medical Command Care Call Center will change its hours Dec. 20. Families in the Coleman, Mannheim and Heidelberg areas can make appointments 6:30 a.m.-5 p.m. after that date. DSN at 371-2622, civ. 06221-17-2622 or toll free 00800-3762-2273.

### Call for Entries

The Arts and Cultural Center is putting on "The Reflections of Generosity Toward Restoration and Peace" art exhibition Jan. 15-30. Soldiers and civilians in the Heidelberg, Kaiserslautern and Mannheim communities are encouraged to participate in the exhibition by submitting their work by Dec. 30. Featured prominently is the work of local artist Andrew Washington whose "Portrait of a Soldier" has been commissioned by West Point and will be presented for the first time at the Heidelberg exhibition. Interested artists must submit entry forms by Dec. 30. DSN 388-9418, civ. 06221-338-9418.

### Teen Clinic

The Teen Clinic at Heidelberg High School will be closed for approximately six weeks until late January due to staffing issues at the Heidelberg Health Center. Closure of the clinic allows increased provider availability in the pediatric clinic. The Heidelberg Medical Department Activity will coordinate with the high school to ensure unforeseen medical needs are met. HEMEDDACC thanks you for your patience during this time.

### Ammunition Amnesty

The 21st Theater Sustainment Command has scheduled an amnesty day 8 a.m. to 2:30 p.m. Jan. 11 at the Theater Logistics Support Center - Europe's Ammunition Supply Point 9 at Miesau Army Depot in Kaiserslautern to allow individuals to turn in ammunition and explosives. DSN 481-3516, civ. 06372-842-3664.

## local EMPLOYMENT

### Mannheim Volunteers Needed

Mannheim USO is seeking customer service representatives to work in the office noon-5 p.m. Tuesdays and Thursdays. DSN 385-3195. Mannheim Child, Youth and School Services is looking for cheerleading coaches for 8-9 year-olds and 10-11 year-old girls. DSN 380-4864. The Mannheim American Red Cross and Health Clinic is seeking council members to enhance patient and family-centered care at the clinic and promote patient and family advocacy and involvement. Civ. 0621-730-2759.

### KAISERSLAUTERN

#### Community

• **Kleber Health Clinic** - Ongoing renovations to the clinic will not reduce services at the Kleber clinic in Kaiserslautern. Until renovations are complete medical services will continue in Bldg. 3287a 6:30-7 a.m. for sick call, 7-8 a.m. for in-processing, 7:30 a.m.-noon and 1 p.m.-4 p.m. Mondays-Thursdays and 7:30 a.m.-noon Fridays. DSN 483-1750, civ. 0631-411-1750.

• **Santa Visit** - Santa visits the Kaiserslautern Community Activity Center 3-6 p.m. Dec. 17.

• **Armstrong's Club** - Bring your best vocals to Karaoke night at Armstrong's Club on Vogelweh Housing 9 p.m.-2 a.m. Dec. 17. Armstrong's also features Old School R & B 9 p.m.-2 a.m. Dec. 18. DSN 489-6000, civ. 0631-536-6000, [www.mwrgermany.com](http://www.mwrgermany.com).

• **Holiday Bingo** - Stop by the Kazabra Club on Vogelweh 3-6 p.m. Dec. 19 for holiday bingo and a visit from Santa himself. The early bird game begins at 2 p.m. and doors open at 1 p.m. DSN 489-7261, civ. 0631-536-7261.

• **New Year's Karaoke** - Armstrong's Club on Vogelweh will hold a New Year's Eve karaoke singing contest 9 p.m.-2 a.m. Dec. 31.

• **Family Bingo** - Enjoy an afternoon of bingo with free hot dogs and drinks 3-8 p.m. Jan. 2 at the Kazabra Club on Vogelweh. DSN 489-7261, civ. 0631-536-7261, [www.mwrgermany.com](http://www.mwrgermany.com).

• **National Spaghetti Week** - Celebrate an Italian treasure at the Kaiserslautern Community Activity Center on Daenner Kaserne 1:30 p.m. Jan. 3-7 and try marinara, Bolognese, carbonara or butter pasta. DSN 483-6500, civ. 0631-411-6500. [www.mwrgermany.com](http://www.mwrgermany.com).

• **Tow Services** - Pulaski Auto Skills now offers tow services 10 a.m.-5 p.m. Monday-Friday and after hours for an additional fee. DSN 493-4167, civ. 0631-3406-4167.

• **Ski Weekend** - Join Kaiserslautern Outdoor Recreation on this ski weekend Jan. 28-30 to Grasgerhen in the Bavarian Allgäu Alps for the first FIS World Cup Ski Cross race in Germany. DSN 493-4117, civ. 0631-3406-4117.

• **Kinder Music** - SKIES Unlimited is now offering "ABC Music and Me" for children enrolled in a child care or pre-K program for literacy development through music. DSN 493-4516, civ. 0631-3406-4516.

### HEIDELBERG

#### Education

• **ACS Classes** - Smart Banking, 9-11:30 a.m. Dec. 17; Communicat-ing Assertiveness, 1-3 p.m. Dec. 21; Coping with Divorce, 1-3 p.m. Dec. 23.

# ANNOUNCEMENTS

• **FAST Class** - Functional Academic Skills Training to reinforce basic math or reading skills will be held 8 a.m.-noon Jan. 19 at the Patton Education Center in Heidelberg. DSN 373-6226.

• **University of Maryland** - UMUC announces Holiday Express, a shortened session that allows students to earn credit in half the time over the holidays. Class starts Dec. 19. Also, two field study courses will be offered Jan. 8-15: Renaissance Art in Florence held in Italy and Van Gogh: Life and Work held in the Netherlands. Register through Dec. 19 for all: DSN 370-6762, civ. 06221-3780, [www.ed.umuc.edu/holidayexpress](http://www.ed.umuc.edu/holidayexpress), [www.ed.umuc.edu/fieldstudyorfieldstudies@europa.umuc.edu](http://www.ed.umuc.edu/fieldstudyorfieldstudies@europa.umuc.edu).

• **University of Phoenix** - Pursue a master's of business administration at the Patton Barracks Education Center starting Jan. 25. Civ. 06371-46-6876.

#### Community

• **Work Orders** - The Directorate of Public Works no longer accepts walk-in work requests. All requests will be accepted through phone calls, fax or Internet. [www.bw.eur.army.mil](http://www.bw.eur.army.mil) under 'Public Works' DSN 387-3240, civ. 6221-4380-3240.

• **Civilian Personnel Closure** - The CPAC will be closed Dec. 17 in the afternoon. For emergencies, call civ. 0162-271-1649.

• **ACS Closure** - Army Community Service will close at noon Dec. 17.

• **Ivy and Ice Ball** - Alpha Kappa Alpha Sorority, Inc., Mu Psi Omega Chapter and Alpha Phi Alpha Fraternity, Inc., Theta Theta Lambda Chapter will host their Ivy and Ice Christmas Ball 6 p.m. Dec. 18 at the Patrick Henry Village Pavilion. Civ. 06222-3071-750.

• **Grasweg Gate** - The gate near Burger King on Patrick Henry Village will be closed 7 a.m.-3 p.m. Dec. 20. All inbound and outbound traffic will be rerouted to the commissary gate where three lanes will be available.

• **Kontakt Club** - The Kontakt club will meet 6 p.m. Dec. 21 in front of the main entrance of the Holy Ghost church (Heiliggeistkirche) on the Hauptstrasse followed by a Christmas market visit and dinner.

• **Martin Luther King Breakfast** - A Dr. Martin Luther King Jr. holiday prayer breakfast with the Installation Management Command-Europe chaplain as the keynote speaker will be held at the Patton Barracks dining facility 7:30-9 a.m. Jan. 13. DSN 373-6469.

• **Pharmacy Hours** - The pharmacy inside the Heidelberg Health Center will have reduced holiday hours: 8 a.m.-4 p.m. Dec. 23, closed Dec. 24 and 25, 8 a.m.-4 p.m. Dec. 30, closed Dec. 31 and Jan. 1.

• **Acute Care Clinic** - The Acute Care Clinic at the Heidelberg Health Center will have reduced hours 9

a.m.-5 p.m. Dec. 24 and will be closed Dec. 25. Normal hours, 9 a.m.-7 p.m., resume for the remainder of the holiday period.

• **Christmas Eve Services** - Catholic Masses are at the Mark Twain Village chapel at 5 p.m. and 10 p.m. and at the Patrick Henry Village chapel at 5 p.m. Protestant services are at 7 p.m. at the Mark Twain Village chapel and 7 p.m. at the Patrick Henry Village chapel.

• **Holiday Services** - Catholic Mass will be held at noon Dec. 25 at the Patrick Henry Village chapel. Holy Family Mass will be 9 a.m. at the Mark Twain Village chapel and at noon Dec. 26 at the Patrick Henry Village chapel. Mass will be held 5 p.m. Dec. 31 at the Patrick Henry Village chapel. A Gospel Service Watch Night service will be held 11:30 p.m. Dec. 31 at the Mark Twain Village chapel. A Mass will be held at 5 p.m. Jan. 1 in the Mark Twain Village chapel.

• **Heidelberg Housing** - The housing office is open with limited service from 8-10:30 a.m. Dec. 31.

• **Legends New Year's Party** - Welcome the new year 8 p.m.-2 a.m. at Legends on Patrick Henry Village. DSN telephone: 388-9570.

• **Why Catholic?** - A presentation on Catholic beliefs and faith will take place 10 a.m. Jan. 6 in the Patrick Henry Village Chapel. DSN 370-8238, civ. 06221-57-8238.

• **Trash Pickup** - There will be no changes to the refuse collection during the holiday season. However, on Three Kings Day Jan. 6, trash pickup at Mark Twain Village moves to Jan. 7 and the Friday pickup on Patrick Henry Village moves to Jan. 8.

### MANNHEIM

#### Education

• **Suicide Intervention Class** - The 18th MP BDE is hosting an Applied Suicide Intervention Skills Training workshop 8 a.m.-5 p.m. Dec. 16-17 at Bldg. 818, Funari Barracks for anyone who wants to feel more comfortable and competent in helping to prevent suicide. The workshop is open to any military or military affiliated personnel in the Mannheim community. Register: DSN 380-5577.

• **American Red Cross** - Health and Safety Courses will be 8 a.m.-5 p.m. Jan. 8 for Adult, Child and Infant CPR, AED and First Aid; and Community CPR Instructor course 8 a.m.-5 p.m. Jan. 11-15 at the Red Cross on Sullivan Barracks, Bldg. 242. DSN 385-1760, civ. 0621-730-1760.

• **Financial Planning Workshop** - Learn planning strategies to secure your financial future 4-5 p.m. Jan. 18 at the Sullivan Library. DSN 385-2688, civ. 0621-730-2688.

#### Community

• **Orphanage Collection** - The Stars of Orion Chapter 43, Order of the Eastern Star will be accepting do-

nations of sock, scarves, hats, gloves, body wash, perfume body spray, board games (in German), books (in German), ping pong paddles and balls for children 1-19 of the St. Josef Orphanage in Käfartal. Donations may be dropped at the Mannheim PX Dec. 16-19. Civ. 06221-6487088.

• **School Age Center** - Watch the talent of Mannheim youth 4-5:30 p.m. Dec. 17 at the winter talent show and listen to holiday carols noon-1:30 p.m. Dec. 22-23 at the center, Bldg. 737. DSN 380-4321, civ. 0621-730-4321, [www.mwrgermany.com](http://www.mwrgermany.com).

• **Youth Center** - A showcase of holidays around the world will happen 3-6 p.m. Dec. 18 at the Youth Center, Bldg. 696 on Benjamin Franklin Village. DSN 380-4887, civ. 0621-730-4887, [www.mwrgermany.com](http://www.mwrgermany.com).

• **Engelberg Ski Trips** - Outdoor Recreation will offer one-day ski trips to Engelberg, Switzerland, Dec. 18 and 26. Depart from Mannheim Outdoor Recreation on Spinelli Barracks at 4:15 a.m. and return at 10 p.m. Tickets: DSN 384-6215 and 6232, fax 384-6707, civ. 0170 451-4102.

• **Christmas Eve Services** - Children's Mass will be held 5 p.m., Protestant service at 7 p.m., Catholic Caroling at 9:30 p.m. and Mass at 10 p.m., all at the Benjamin Franklin Village chapel. An Orthodox Vigil will be held at 5 p.m. at the Coleman Barracks chapel.

• **Holiday Services** - A Mass will be held at 10 a.m. Dec. 25; a Holy Family Mass 9 a.m. Dec. 26; A Gospel Service Watch-Night concert 9 p.m. Dec. 31; a Protestant Watch Night service and game night will be held at 11 p.m. Dec. 31; a Mass at 10 a.m. Jan. 1 and a Mass at 9 a.m. Jan. 2, all at the Benjamin Franklin Village Chapel.

• **Animal Care Drive** - Child, Youth and School Services will be collecting toys and blankets and supplies for animals in the Viernheim and Worms animal shelters. Drop off donations through the end of December to the School Age Center, Bldg. 737, on Benjamin Franklin Village. DSN 380-4321, civ. 0621-730-4321, [www.mwrgermany.com](http://www.mwrgermany.com).

• **School Advisory Committee** - The high school's School Advisory Committee will meet 3:15 p.m. Jan. 20 in the Media Center.

• **Yearbook Congratulations Ads** - Student dedication ads are now available for the yearbook, the last for Mannheim high school before its closure in June. Individuals and organizations can dedicate ads for students or a community farewell in general. Design is provided. DSN 380-4092, civ. 0621-730-4092.

• **Fashion Show** - The Warrior Zone on Coleman Barracks is looking for Soldier models to walk the runway at its winter fashion show Jan. 29. All clothing will be provided by AAFES. DSN 382-4410, civ. 0621-730-4410.



# AFN plays in bowl game – seriously

*Army plays Air Force in flag football game that ends in fun*

continued from page 1

It started as a low-key AFN Europe Army versus Air Force flag-football game.

But then somehow, like a snowball rolling down an Alpine slope, the game gathered momentum until it morphed into something much bigger – a don't-take-us-seriously Family and Morale, Welfare and Recreation event complete with the Mannheim and Heidelberg cheerleaders, live play-by-play announcements and giveaways of a 32" flat screen television, 4GB iPod, 21-speed mountain bike and a gas operated barbecue grill.

In front of a chilled audience of 130, the Army team opened scoring in the second quarter with Adam Shaw throwing a 34-yard strike to Jesse Belford.

The two-point conversion was unsuccessful and the quarter ended 6-0.

While the Army and Air Force teams fought it out on the field, there was entertainment aplenty on the side-lines. Military Police from the Mannheim correctional facility on Coleman Barracks arrested spectators and players alike and put them in "jail" with "bail" money donated to charity.

One arrest target, AFN Europe Command Sgt. Major John Brenci, ran from his jailers yelling, "You can't arrest me, I'm a command sergeant major," before he was nabbed and put behind bars.

The game's play-by-play announcer was hauled off to jail, leaving behind color commentator Jacqui Haggerty, who told the crowd, "Well, I don't know much about football, so let's talk about fashion and the cheerleaders."

Half-time included a competition to see who could hold a "Heisman Pose" for the longest time while enduring getting covered in toilet paper.

The game resumed, and in the third quarter, Air Force player Nathaniel Sanchious took a pitch up the right sideline for a 64-yard touchdown. The Air Force went for an extra point and made it, going ahead 7-6.

The Army threatened in the third quarter. On the third down with five yards to go from their 35-yard line, Shaw took the snap and threw another bomb to Belford for what appeared to be a 45-yard touchdown.

But holding was called on the Army squad, and the ball was called back.

After a punt by the Army team to open the fourth quarter, the Air Force team went back to their ground game with Sanchious as the work-horse.

In another key play on third down and 20, Sanchious took a sweep down the sideline, slipped to the ground and a pursuing Army player fell on top of him for a personal foul.

The penalty gave the Air Force team a first down.

Three plays later Air Force quarterback Joshua Peargin connected with a large target, 6-foot-7-inch receiver Don Gurganous. The two-point conversion attempt failed.

The Air Force team proceeded to run the clock out and win the game 13-6.

In the end, most everyone had a good time, according to AFN Europe Commander Col. Bill Bigelow who summed it up.

"I'm glad so many people turned out to participate in a great FMWR event," Bigelow said.



Wray Holan

Army player Adam Shaw throws a short pass to Victor Gardner over the outstretched arms of the Air Force's Nathaniel Sanchious during the AFN Europe Toilet Bowl Saturday at Woods Field in Mannheim. Gardner caught the pass and gained several yards on the play.



Wray Holan

Pfc. Julie Ann Riddle and Sgt. Michael May, U.S. Army Correctional Activity-Europe, participate in the "Heisman Trophy Pose" competition in hopes of winning a 4GB iPod courtesy of Heidelberg and Mannheim Family and MWR. Their orange suits identify them as jailers who arrested people attending the AFN Europe Toilet Bowl held at Woods Field in Mannheim Saturday. Those incarcerated had to bail themselves out of jail with money to be donated to charity.

## staying ACTIVE

### Winter Hunting Course

Register by Jan. 15 for Heidelberg's Rod and Gun Club winter hunting course Jan. 26 through March 19 from 6-8 p.m. Wednesdays, Thursdays and Fridays and 9 a.m.-5 p.m. Saturdays. The course is open to ID-card holders 18 and above. The course covers the history of European hunting traditions and the game animals in Germany. Upon completion, students are given paperwork to obtain German hunting licenses via the local German courthouse, and will have the ability to purchase and store firearms at their homes. Civ. 0620-25-1193.

### Rod and Gun Club

The Heidelberg Rod and Gun Club located An der Bundesstrasse 291 in Oftersheim will host a trap course 1 p.m. Dec. 18 and a turkey shoot 10 a.m. Dec. 19. Civ. 06202-51193, [www.mwrgermany.com](http://www.mwrgermany.com)

### Unit Basketball

Upcoming unit-level basketball games scheduled at the Thompkins Fitness Center are: 43rd Signal vs. NATO at 6 p.m., USAG Baden-Württemberg vs. 4th Air Support Operations Group at 7 p.m. and USAREUR vs. MEDCOM at 8 p.m. Dec. 20; NATO vs. 4th ASOG at 6 p.m., 43rd Signal vs. MEDCOM at 7 p.m. and USAG-BW vs. USAREUR at 8 p.m. Dec. 22; and MEDCOM vs. NATO at 6 p.m., USAG-BW vs. 43rd Signal at 7 p.m. and USAREUR vs. 4th ASOG at 8 p.m. Jan. 5.

### Heidelberg Basketball Practices

Heidelberg Community Basketball Team practices and open tryouts will take place 6-9 p.m. Tuesdays and Thursdays during the month of December at Tompkins Fitness Center due to the Patton Fitness Center renovation. The Patton basketball court is closed for renovation until Jan. 11. DSN 373-6110.

### Sullivan Gym Free Classes

Mannheim's Sullivan Gym now has free zumba classes at 7 p.m. Thursdays. Classes will be free until Feb. 1. Additional classes will be added at 5 p.m. Mondays and Wednesdays starting in January. Also, starting Jan. 10, two free interval cardio training classes that include nutritional information. The class will be held 7:15 a.m. and noon Mondays and Wednesdays. DSN 385-3149, civ. 0621-730-3149.

### Heidelberg Golf Club

The Heidelberg Golf Club an der Bundesstrasse 291 in Oftersheim will close its restaurant for renovation in January and February and reopen March 1. The restaurant is closed Monday through Friday during December and open 10 a.m.-5 p.m. Dec. 18-19. Civ. 06202-537-67.

### Camp for Student Athletes

An Opportunity Knocks Camp will be held at the Wiesbaden Fitness Center Dec. 27-31, a weeklong camp for DoDDS-E students with courses in self-marketing and promotion, money and time management and public speaking. Student athletes in football, track and field, and basketball will be evaluated in their sport. Upon completion, the No Books No Ball Foundation will promote the student athletes in their database to colleges and universities at Division I, II, III and junior college levels. Cost \$500. Register by Dec. 10. Civ. 06222-307-1750 or 06221-576-543, [caseau@earthlink.net](mailto:caseau@earthlink.net), [nobooksnoballfoundation@yahoo.com](mailto:nobooksnoballfoundation@yahoo.com).

### Coaches Needed

Volunteer coaches are needed for winter sports teams in Mannheim and Heidelberg. The new fee policy allows all family members of the head coach to play for free and one family member for the assistant coach. DSN 388-9397, civ. 06221-388-9397. DSN 380-9135, civ. 0621-730-9132.

### Bowl on New Year's Eve

Bring the family and rock your way into the New Year starting at 8 p.m. Dec. 31 at the Benjamin Franklin Village Bowling Center, Bldg. 724 in Mannheim. DSN 380-9528, civ. 0621-730-9528,