

HeraldPOST

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

HP THURSDAY
Nov. 18, 2010

Speed Read

WINTER TIRES

German law requires winter tires or specially-designated all-season tires during winter. 2

VETERANS DAY EVENTS

Wreath laying ceremonies at Patton Barracks and the health center in Heidelberg had special significance for families and service members of today. 3

HIGHWAY SCAMS

Travelers in Europe should protect themselves and be sure to get the antiterrorism/force protection briefing for their destination country. 6

STUDENTS VOICES

Heidelberg High School students gathered in their gym Friday morning united in a classic case of freedom of expression. 8

MOVEMBER

The moustache has become a symbol of support for men's health issues and male Soldiers at the Heidelberg Health Center have joined the Movember cause. 16

MAGINOT LINE

The famous French fortress of underground bunkers is an easy day-trip. 17

43RD SIGNAL

Heidelberg's 43rd Signal Battalion won the 2010 Installation Management Command-Europe unit-level flag football championship. 21

Defense Details

CHILDRENS MENTAL HEALTH

Young children from military families are more likely to seek mental and behavioral health care when a parent is deployed than when a parent is at home, a military study has concluded. Findings also show that children of married couples – with the father as the service member – are more likely to seek care than children with a married military mother or with a single service member parent, said lead researcher Navy Cmdr. (Dr.) Gregory H. Gorman, a staff pediatrician with the Uniformed Services University of the Health Sciences.

Army news: www.army.mil
Defense news: www.defense.gov

What's Inside

Transformation Update.....	4
Our Army Around the World	10
Dear Ms. Vicki	18
GET OUT!	19
Movies	19
Announcements.....	20
Sports.....	21

First Lady visits staff, patients at Landstuhl

By **Chuck Roberts**
LRMC PUBLIC AFFAIRS

On a day set aside to signify the armistice of World War I and to honor veterans of the armed forces, it seemed apropos that First Lady Michelle Obama spent the 11th hour of the 11th day of the

11th month with wounded warriors, their families and staff at Landstuhl Regional Medical Center.

Among them was Pvt. Eric Griego, reunited with his mother Brenda, father Peter and sister Ariana, after being medically evacuated from Afghanistan where he sus-

tained a near-fatal gunshot wound.

The family's spirits were already lifted by Eric's recovery, but Mrs. Griego said the visit was yet another positive for the family.

"It's Veterans Day, so I think it's been really neat that she took the time to

come here. We were really surprised and impressed how personable she is. She came in, and the first thing she did was extend her hand and then just hugged me. You could tell that she's a mom, and that she really wanted to be here and that it wasn't see **OBAMA** page 14



The military family

Moms strengthen each other

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

Denise Narramore was busy carrying in the last few items from her son's stroller, all while toting large bottles of juice, a diaper bag and a tiny pair of pants and shoes for her son, a balancing act that's become second-nature for the mother of three.

Narramore is the chair of the hospitality steering committee for Mothers of Preschoolers. The group meets on Wednesdays at the Mark Twain Village Chapel in Heidelberg.

MOPS is a Christian based non-profit organization and support group for mothers of infants through kindergarten. The group provides members with an outlet to share their experi-

see **MOMS** page 14

Kellie Taylor and her son 3-year-old Landon, enjoy a little playtime before Taylor attends a Mothers of Preschoolers meeting. The Mark Twain Village MOPS group meets bi-weekly at the MTV chapel in Heidelberg and provides free childcare to members during meetings.

Food service Soldiers prepare Thanksgiving delights

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

Customary orange, red, brown and yellow crepe streamers hang from the ceiling of the Patton Barrack's dining facility in Heidelberg as patrons enjoy a little casual conversation or steal a glance or two at a nearby television screen in between bites.

The streamers are the only telltale signs of the transformation that will take place here this time next week.

Staff Sgt. Willie Wilkins, assistant dining facility manager, and his Soldiers are in the final stages of planning for this year's Thanksgiving meal. The facility expects to feed between 400-500 Soldiers, civilians and families.

To pull off the feat, Wilkins and his

crew will need at least six turkeys, 20 pies, 300 cookies, 67 pounds of sweet potatoes, 24 pounds of macaroni noodles and a galore of other tasty holiday goodies and side dishes.

Planning for the annual meal began earlier this year, as the staff reviewed the menu from last year, created a "wish list" and placed orders for the items they

see **THANKSGIVING** page 14

COMMENTARY

Blogger learns: Getting winter tires is the better choice

By **K.R. Pinkston**
BWNOW MEMBER

So, the other day I realized that we needed to buy new tires.

Driving without winter tires is like living without Nuernberger lebkuchen during the colder months. The secret is in the ingredients.

I must confess that the versatility, durability and consistency of tires have never sparked my interest; therefore, I visited the Mannheim car care center and several German shops to check out prices and find out the difference between summer and winter tires.

A patient car mechanic explained that the rubber on winter tires will stay more pliable as the temperature drops below 40 degrees Fahrenheit.

Such a tire, combined with a special tread compound, will have a better grip not only in the snow but also in the rainy, icy conditions that we get more frequently.

I got it. It would be like putting on ballet shoes to go outside and shovel snow.

It all made sense until I saw the prices. Let's just say that I could buy five big chests of the German gingerbread cookies at the commissary for that money.

Perhaps all-season tires would be just as good?

I have never bought all-season tires; however, I know neighbors who have never bought winter or snow tires in

their lives and drive around with all-season tires throughout the year.

I checked on the ADAC Web site and found that all-season tires are acceptable in Germany as long as the sidewalls display either a snowflake symbol or the letters M and S, either as MS, M+S, M/S or M&S.

On the other hand, German Transport Minister Peter Ramsauer wants to tighten the current vague rules about putting a suitable set of tires on your vehicle. If you are caught without suitable tires on your vehicle, especially if you are involved in an accident, you pay a hefty fine.

Ramsauer is pushing for a uniform European regulation that would require all of us to make sure that the tires on our vehicles are appropriate and safe.

This means that buying winter tires may not be a choice next year but a requirement. Of course, there is always the option of not driving whenever the white stuff falls from the skies or whenever you can use the street as your makeup mirror.

Nonetheless, the weather is unpredictable. Last year I left the house with sunny winter skies to drive my son to guitar practice. On our walk to the building, we darted under a bus shelter and watched icy rain and hail pound down upon us.

After some deliberation, I decided to spend the money on winter tires – but not without considerable regret for my sweet tooth.



File photo

German law requires all vehicles use winter tires or all-season tires which have a snowflake on them or the letters M and S identifying them as safe for winter use.



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DISCUSSION BOARD

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

As I See It - WHY WE DO WHAT WE DO

"... Why do we serve? Why would anyone knowingly and deliberately leave their family and friends behind to travel to a foreign country just to work on a military installation? What makes someone decide that 'playing GI Joe' is a better option than going to college or just even getting a job in their hometown?"

How does a foreign national decide to dedicate their life to serving American forces stationed in their nation?

I asked an active duty Soldier, an American civilian and a German local national this question... 'I joined the military 13 years ago – primarily because in the town I grew up...'

'I was a teacher in the states and came over to Ger-

many to visit a friend who happened to work for the Army as a civilian. My background was in Athletics, and I saw an opportunity to provide services to our Soldiers and their families that weren't readily available on the local economy at that time..."

—by Jacqui Haggerty, BWnow member

Read the rest of Jacqui's blog at <http://myBWnow.ning.com> by clicking on 'blogs.'



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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.

A grateful nation marks historic day

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A day observed with solemn pride by a grateful nation holds even greater meaning for the Doyle family whose Veterans Day began by marking time.

Melissa and her daughters Emily and Maggie attended the Nov. 11 ceremony at Patton Barracks in Heidelberg with one big thought in their minds – husband and dad Maj. Brian Doyle had departed that morning for Afghanistan.

Emily participated in the ceremony with Girl Scout Troop 207 along with her best friend Elizabeth Thomson. Thomson understood what the day meant.

“We celebrate all the veterans that died for us and served our country,” she said. But for her, “It was sad because Mr. Brian deployed and it made me think of him.”

“We call Veterans Day a holiday. But for many veterans, it’s another day of memories that drive them to live their lives each day as best they possibly can,” said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher in his remarks.

Butcher laid the wreath at memorial stone of Benjamin G. Berry who died shortly after his 19th birthday in 1998.

The American Legion Rhein Neckar Post GR-03 of Heidelberg hosted the ceremony with participation from local scouts and the Heidelberg High School Junior ROTC.

The event also marked the 40th anniversary of the Legion in Heidelberg.

The Doyles moved to Heidelberg a year ago from the states and stayed when Brian was re-assigned to Baumholder with the 3-4 Infantry because, Melissa said, they have a great circle of support here in the Heidelberg community.

She expressed her appreciation for the ceremony with understandable emotion.

“It’s a great celebration of our Soldiers who sacrificed so much for us to



photos by Donna Walker
U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher and Eagle Scout Aaron St. John, Troop 1, salute during the playing of taps following their placing of the wreath at the memorial stone of Benjamin G. Berry on Patton Barracks in Heidelberg Nov. 11.



Scouts came in great numbers to honor veterans at the Nov. 11 ceremony on Patton Barracks in Heidelberg. Third from left, looking to her right, is Emily Doyle, cadet troop 207.

be able to be here and celebrate our country, to let our children grow up as free as we did, to experience the freedom we experienced as children,”

she said. “They’re out there fighting to preserve that as the world changes,” Doyle said.

Butcher’s remarks echoed her sentiment.

“It’s a day we keep in our minds the brave men and women of our nation – generations of them – who above all else believed in and fought for a set of ideals...”

“For our deployed troops, it is another day in harm’s way. For their families, it is another day to feel the absence of a loved one and concern for their safety,” he said.

Doyle will be gone a year – “a year today,” Melissa said and while she found it somewhat ironic, she also felt it fitting.

Her girls Emily and Maggie were surrounded by friends who had their own perspectives.

“It made me think of when my dad was deployed and also of my grandpa who fought in the (Vietnam) war,” said Megan Goss, Girl Scout Troop 207.

Gen. Patton honored at health center on birthday

ERMIC Public Affairs

The Heidelberg Medical Department Activity hosted a General George S. Patton Remembrance Ceremony Nov. 10 at the Heidelberg Health Center.

Patton passed away inside Heidelberg Army Hospital on Dec. 21, 1945, after suffering injuries in a car accident in Mannheim.

“Each year we have done a memorial ceremony on the anniversary of his death,” said Col. P.K. Underwood,

HMEDDAC commander. “But this year, we decided to have the ceremony coincide with his birthday, as we are really honoring his life. How appropriate that his birthday actually falls on what is now celebrated as Veteran’s Day, Nov. 11,” she said.

The ceremony included an introduction from Underwood, remarks from Chaplain (Maj.) Ralph Bieganeck and guests of Patton’s family who attended on behalf of his granddaughter, Helen Patton-

Plusczyk. After the remarks, two HMEDDAC Soldiers placed a wreath on the plaque commemorating him, which is located on the first floor of Bldg. 3613. Patton died in what is now a radiology exam room.

Patton was one of the Army’s most revered leaders and is widely known for leading the Third Army, which was instrumental in liberating Europe during World War II. He is buried in the American Military Cemetery at Hamm, Luxembourg.



Courtesy photo
Sgt. Paige Hernandez and Spc. Anthony Revillas place a wreath on the Gen. George S. Patton Jr. memorial.

Drinking water okay

Staff Report

Results of tap water samplings for lead and copper show the water in Heidelberg is safe to drink, Directorate of Public Works officials said.

"All of the samples taken were well below the allowed levels for lead and for copper," said Sabine Salomon from the DPW operations and maintenance division. "Therefore, the (garrison) complied with the lead and copper monitoring requirements for drinking water established in the German Final Governing Standard of fiscal year 2010."

The Heidelberg Lead and Copper Program is in a reduced monitoring phase because of good results in past years, Salomon said, and testing is conducted every third year in each area.

Both Mark Twain Village and Patrick Henry Village housing areas and all installations in Heidelberg were tested, including Patton Barracks, Heidelberg Heliport, Campbell Barracks and Nachrichten Kaserne. The Schwetzingen area and Germersheim will be tested in 2011.

"A continuous program of monitoring ensures the safety of our drinking water," Salomon said.

Jewish life photo expo



Frank Schleehuber

Brig. Gen. Jeffrey G. Smith, Jr., commander, 5th Signal Command, speaks with German Army Lt. Col. Gideon Roemer-Hillebrecht, during the Jewish Life in Germany photo expo at the Hessen State Parliament. Roemer-Hillebrecht is responsible for communication and information systems in the Bonn Ministry of Defense.



Courtesy photo

Fire fighters Dennis Schulz and Tim Sauer, both with Germersheim, practice performing treatment and emergency medical care on a patient.

Fire fighters train for medical emergencies

By Daniel Toellner
FIRE AND EMERGENCY SERVICES

Ten fire fighters of the Germersheim Fire and Emergency Services successfully completed 80 hours of "Emergency Medical Techni-

cian Basic" training.

During the two weeks from Oct. 18 to Oct. 29 the trainees played in numerous roles dealing with emergency medical procedures in the Advanced Life Support class. Training included learn-

ing about medical interventions such as wound treatment, patient condition assessment, cardiopulmonary resuscitation and defibrillation. This training was conducted in cooperation with instructors from the

German Red Cross Germersheim, the local Emergency Medical Service.

The skills learned during training allow the fire fighters to perform medical treatment to patients until emergency professionals arrive.

transformation UPDATE

Frequently Asked Questions

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

E-mail 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.

Facility Operations Changes

AAFES Auto Store – The auto store on Taylor Barracks will close Dec. 1. Family and Morale, Welfare and Recreation is in the process of hiring a mechanic at the Auto Skills Center to do minor repairs similar to what's done at AAFES now. AAFES will sell oil, tires and car care products at the gas station on Benjamin Franklin South in Mannheim.

Outdoor Recreation – Mannheim Outdoor Recreation offices have moved to Bldg. 1570 on Spinelli Barracks in Mannheim. Heidelberg Outdoor Recreation will remain on Patrick Henry Village until the spring when it will consolidate its offices with Mannheim on Spinelli Barracks.

Auto Skills Center – The center, including Speedy Lube, located on Taylor Barracks has moved to Bldg. 1577 on Spinelli Barracks. The Spinelli location does not provide car wash services. An Auto Skills Center is available on Tompkins Barracks and a Speedy Lube and Car Wash is available on Patton Barracks.

Vehicle Registration and Inspection

– The registration and inspection station on Taylor Barracks will relocate to Bldg. 1567 on Spinelli Barracks Dec. 16 (tentative). The Taylor Barracks location will operate until the new facility is complete.

Vehicle Processing Center

– The center, which serves as a shipping and receiving point for vehicles, will move to Bldg. 1570 on Spinelli Barracks Dec. 16. There will be no disruption in services.

AAFES Military Clothing Sales

– The Taylor Barracks location will close Dec. 3 and will re-open on Coleman Barracks Dec. 13. Currently there is a small MCS in the back of the Coleman shopette that will remain open until the store consolidates at Coleman. The MCS will use the old Vision Center location.

Mannheim PX

– New hours will begin Jan. 3. The facility will be closed on Mondays and open 10 a.m.-8 p.m. Tuesdays-Saturdays and 10 a.m.-7 p.m. Sundays.

Mannheim Commissary

– New hours at the commissary become effective Jan. 3. The facility will be closed on Mondays and open 10 a.m.-8 p.m. Tuesdays-Fridays and 9 a.m.-7 p.m. Saturdays and Sundays.

www.bw.eur.army.mil/transformation

Say 'scram' to road scammers

By Robert Szostek
OPM PUBLIC AFFAIRS

U.S. forces members in Europe may be accustomed to traveling in countries in which they live, but what about driving in unfamiliar European countries?

"Go and get the antiterrorism/force protection brief for the country you will be traveling in," advised Lt. Col. Lon Walker, deputy provost marshal for U.S. Army Europe.

Walker said the briefing explains which countries have extra road safety rules, such as requiring drivers to use headlights during daylight hours or enforcing zero-tolerance for drinking and driving. In addition, he said, some countries are more prone to crime and scams than others.

One new trend is for a driver to flash his lights in an attempt to get another driver to pull over. Walker said that if the driver believes the vehicle is not an unmarked police car that it's probably best to wait until reaching a busy rest stop or border crossing before stopping.

"If you are traveling in an unfamiliar country and think an unmarked police car is trying to stop you, my advice is to put on your emergency lights but not stop until you arrive at a crowded rest stop or police station," Walker said. After stopping, lock the doors, stay inside the vehicle and ask the officers for identification, he added.

Drivers who attempt to stop others on the highway in this fashion are usually scammers, he said. They may try to sell their victims "gold" jewelry such as rings or chains that are in fact brass imitations. Or they may claim to have run out of money and offer to sell apparently expensive goods – often jackets or coats – at a huge discount so they can buy gas to get home. Unfortunately, the articles with fancy brand names turn out to be cheap fakes.

Walker recommends that victims report incidents like these to local or border police immediately, and to their local Provost Marshal Office when they return home. He strongly suggested victims write down fraudsters' license plate numbers so police can investigate later.

For information, download the U.S. State Department pamphlet "Personal Security--At Home, On the Street, While Traveling" at www.state.gov/m/ds/rls/rpt/19773.htm.

Faces of the community: Heidelberg Post Office



Brandon Spragins

Arthur Jackson a Heidelberg postal clerk weighs tags and bags packages for Gary and Esther Maier. The Heidelberg Shopping Center Post Office in Bldg. 3850 room 121 will change its hours of operation for the holiday seasons until Jan. 15. Holiday hours will be 9 a.m.-4 p.m. Mondays, Tuesdays, Wednesdays and Fridays and Saturdays and 9 a.m.-5 p.m. Thursdays. DSN 370-8128, civ. 06221-17-8128. Hours on Patrick Henry Village are 9:30 a.m-4 p.m. Monday-Friday and closed Saturdays. DSN 388-9237, civ. 06221-17-9237.

Holiday postal deadlines quickly approaching

Staff Report

Deadlines for packages to arrive in the states by Dec. 25 are quickly approaching. Plan now to send space available mail by Nov. 26, parcel airlift

mail by Dec. 3, first-class mail, letters and cards by Dec. 10 and express mail military service by Dec. 17. Priority-mail flat-rate boxes are free at any post office. Each APO/FPO address has specific restrictions but patrons

should be aware of the specific items that are prohibited in the regions their packages are destined to go. All U.S. Army Garrison Baden-Württemberg postal centers have holiday hours to serve the community.

Angels lead the way to boxing championship

USAG Family and MWR Marketing

Heidelberg and Mannheim Family and MWR has partnered with Armed Forces Network to promote the Army Community Service Angel Tree program by giving away two tickets to the World Boxing Heavyweight Championship match Dec. 11 at the SAP Arena in Mannheim.

"The seats are so good you'll probably be sitting next to P. Diddy," said AFN Heidelberg's Chad "the Hitman" Highland, host of the weekly morning show.

Pick up an angel from the Heidelberg or Mannheim ACS Angel trees, purchase a gift and bring it to

the Bowling Center (unwrapped) on Dec. 4.

The Hitman and AFN Heidelberg will be on-hand to select the winning ticket, and announce the results live on-air at 8 p.m. Players from the Mannheim Adlers professional hockey team will also be there to sign autographs.

The Angel Tree Program provides an opportunity for community members to purchase gifts for children ranging in age from infant to 17 years who come from families dealing with financial hardships.

"It's an awesome program and really makes a difference to the kids receiving the gifts," said Dawn Sykulla,

Army Community Service marketing specialist.

Angel trees are located in Heidelberg at the Community Bank on Campbell Barracks, the ACS building at the Community Support Center and at the PHV Library.

In Mannheim, the trees are located at the AAFES main exchange and at ACS on Sullivan Barracks, Bldg. 253.

The boxing fight features world champion Wladimir Klitschko taking on up-and-coming British boxer Dereck Chisora.

The drawing is open to authorized Family and MWR patrons ages 18 and older. You must be present to win.

Sgt. 1st Class John Haidu, marksmanship unit member from Phoenix City, Ala., listens as Afghan National Army student-instructors explain why their target grouping is off and how to correct it during the Basic Rifle Marksmanship Instructor Course at the Kabul Military Training Center, Afghanistan, Nov. 6. After the 10-day course the Soldiers will be able to instruct ANA trainees in basic marksmanship.



Our ARMY around the world

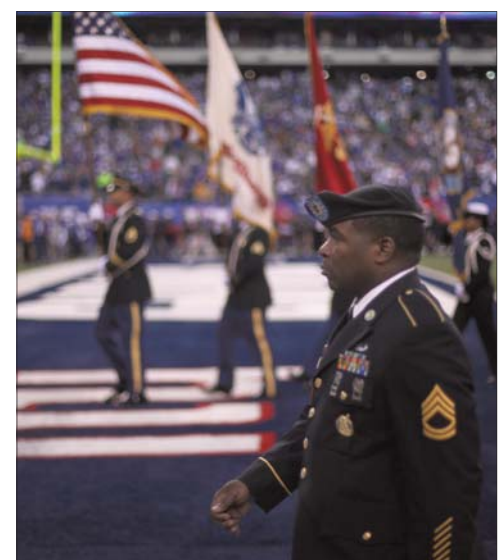
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U.S. Army Photo

Indiana National Guard Soldiers of Battery A, 2nd Battalion, 150th Field Artillery Regiment, headquartered in Greencastle, Ind., work together to execute a fire mission using their M777 Howitzers at Camp Atterbury Joint Maneuver Training Center in central Indiana Nov. 4. The Indiana Guard is one of the first states to receive this piece of equipment.

U.S. Army Pfc. Yiraldy Aloma, a native of Panama City, Panama, wipes a tear from her eye after becoming a U.S. citizen during a naturalization ceremony sponsored by U.S. Forces-Iraq at Al Faw Palace on Camp Victory, Iraq, Nov. 11. During the ceremony, 50 troops took the oath of allegiance.



U.S. Marine Corps Sgt. Randall A. Clinton

A joint service color guard marches off the field along with Marines, Sailors, Coast Guardsmen and Soldiers at the conclusion of a ceremony at the New York Giants military appreciation game versus the Dallas Cowboys Nov. 14 at the New Meadowlands Stadium.



Pfc. Joseph Rogers, a supply specialist for the 18th Engineer Brigade and a native of Riverside, Calif., takes cover during the unit's Army Warrior Task certification lanes Nov. 5 at the Grafenwöhr Training Area. Soldiers were certified on Army Warrior Tasks.

Engineers train with grit

By **Spc. Aislinn Amig**
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Battling cold, wet and foggy weather, Soldiers from Headquarters and Headquarters Company, 18th Engineer Brigade, conducted Army Warrior Task Training Nov. 2-7 at the training area here.

Soldiers focused on tasks such as weapon familiarization, land navigation skills, squad movement techniques, radio communications, first aid, and nuclear, biological, and chemical decontamination.

"This training reinforced the Soldier tasks that we were all taught at the earlier part of our careers," said Maj. Charles Hall, brigade adjutant and a native of Wake Forest, N.C.

"It gave us, as leaders, the opportunity to work with Soldiers outside our normal staff sections, assess their skills, knowledge and abilities, and execute the task to standard," Hall said.

On the final day of training, Soldiers were tested on their ability to move

through certification lanes as a squad. They had to react to contact, transmit reports over the radio and evacuate casualties, all while trying to reach their objective.

"I think it was important for team building," said Capt. Ingrid Bruning, a battle captain for 18th Engineer Brigade and a native of Waterport, N.Y.

"Everyone's experience level is different, and it was good that we could all add something and apply our knowledge to a real-world scenario," she said.

Chief Warrant Officer 2 Felix SanMiguel, a prime power technician for the brigade and a native of Guam, said the certification was a great opportunity to learn as a leader, and it emphasized the importance of planning and preparation when conducting a mission.

Multiple ranges were coordinated so that Soldiers could qualify on their assigned weapons and on the M-240B machine gun, the MK19 automatic grenade launcher, the M2 .50-caliber machine gun and the M249 squad automatic weapon.



Left photo, Master Sgt. Kevin Bardy, left, evaluates a simulated casualty while Sgt. Andrew Voll, right, applies a tourniquet to the casualty.

Right photo, Sgt. Andrew Voll provides suppressive fire as Lt. Col. Allan Fehr bounds forward to provide security with his M249 squad automatic weapon during an Army Warrior Task training Nov. 6 at Grafenwöhr.



Diabetes, a serious disease sometimes overlooked

HMEDDAC Public Affairs

For National Diabetes Month in November, healthcare experts are urging everyone to learn the facts about a disease that is sometimes overlooked in its seriousness.

According to the American Diabetes Association, there are 23.6 million children and adults in the United States living with the disease, and 5.7 million who don't even know they have it.

Each year, 1.6 million new cases are diagnosed in people aged 20 years and older. Fifty-seven million Ameri-

cans have pre-diabetes.

Diabetes can lead to potentially life-threatening complications such as heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system disease (neuropathy), or even skin ulcers which may necessitate amputation.

"If you are experiencing any symptoms and are aware of your risk for diabetes, please make an appointment with your primary care manager as soon as possible," said Capt. Leilani R. Cesneros, HMEDDAC nurse educator. "We will create an individualized care plan and the goal is to

take small steps to control your blood sugar."

Being overweight is a leading risk factor for developing Type 2 diabetes, according to the ADA.

Studies have shown that overweight people who lost as little as 10-15 lbs. and exercised just 30 minutes a day, five times a week, reduced their risk of developing the disease by nearly 60 percent.

HMEDDAC officials urge people to know the signs and symptoms of the disease and get tested if they think they're at risk.

Symptoms include unusual thirst, frequent need

to urinate, blurred vision, tired feeling for no apparent reason, extreme hunger, irritability, or a tingling/numbness in the hands or feet. "Being tested is simple with laboratory testing," Cesneros said.

"Diabetes can be manageable. It involves commitment, motivation and with the proper resources from your healthcare team of providers, nutritionist, pharmacist and the nursing staff, taking control of your health can save your life," Cesneros said.

To make an appointment, call DSN 371-2622, civ. 06221-17-2622.

Types of diabetes

- ◆ Type 1 diabetes usually first develops in children, teenagers or young adults. The cells of the pancreas stop making insulin because the body has attacked or destroyed these cells. Once patients have type 1 diabetes, they will have it for the remainder of their lives.
- ◆ Type 2 diabetes is the most common form of diabetes and can develop at any age. In people with Type 2 diabetes, the body does not make enough insulin or the insulin that the body makes does not work the way that it should.
- ◆ Gestational diabetes can occur during the last stages of pregnancy but usually goes away after the baby is born.
- ◆ Pre-diabetes is a condition in which blood glucose levels are higher than normal, but are not as high as in diabetes. This condition increases the risk of getting diabetes.

THANKSGIVING

continued from page 1

wanted to serve this Thanksgiving.

Selections on the menu this year will be turkey, prime rib, ham, Cornish hens, collard greens, dressing, macaroni and cheese, sweet potatoes and apple and pecan and pumpkin pies and more.

Wilkins has only been here a little over six months but he already has nearly a decade of experience in Army food service under his belt and that same experience has helped the North Carolina native remain cool as the big day approaches.

"I have confidence in my Soldiers and I know they'll do their job. We'll all jump in there to get it done. We'll be good," Wilkins said.

And to get it done the Soldiers will have to work in two separate shifts starting the day before. One team will be responsible for starting the meal preparations, while a second team will come in several hours later to finish up the last of the cooking and to help get all the items ready to serve.

One of those Soldiers will be Spc. Carlton Wesley. "This is where we shine right here. This day and I'd say the Army birthday is a close second. This is the day where people come and they bring their families and they get to see what we do," the food service specialist said.

"When you come in the night before, you're cooking all night almost nonstop. During the meal itself, it can be pretty hectic because you're getting pulled in every direction, 'Hey we need this, and hey we need that, did we make enough? Do we have enough?' But once it's all done, it's like 'good job' and you get pats on the back from everywhere. It's a really good feeling especially being over here and knowing you helped to give the Soldiers that little piece of home."

As part of the Army's long-standing tradition, senior military leaders from local units will again don their dress blues to serve Soldiers and families.

"I feel great because originally we weren't supposed to serve the meal on Thanksgiving. We were supposed to do it on the 24th," Wilkins said. "I'm an NCO and I'm all about Soldiers and I want to do whatever it takes to take care of them. I remember how it was when I first came in and being away from my family. So anything we can do to make these Soldiers feel more comfortable as far as being away from their families, I'm all for it. It's going to be a great meal and we invite everyone to come out," Wilkins said.

The Patton Barracks dining facility will serve its Thanksgiving meal 11 a.m.-3 p.m. Nov. 25. The cost is \$7 for Soldiers and civilians and \$5.95 for the families of Soldiers E4 and below.



Dijon Rolle

Spc. Jennifer Meadows, food service specialist, prepares to cook one of her favorite dishes, red beans and rice, for customers at the Patton Barracks Dining Facility in Heidelberg. Meadows and her fellow Soldiers expect to feed 400-500 people on Thanksgiving day.

MOMS

continued from page 1

ences, ask questions and gather valuable tools to balance the demands of being a mother.

Today Narramore was on her way to prepare the meeting room upstairs. She expertly spread table clothes, arranged chairs and neatly stacked plates and utensils. A small table in the back awaited coffee cake, a sausage frittata, a cheese and cracker plate, fresh fruit and homemade apple pie -- all donated from group members.

"I actually tell my kids it's my mommy play group. They have their play groups and this is my play group," Narramore laughed. "It gives you a break and it gives you a chance to revitalize yourself. MOPS is good because it puts the focus back on mom. Sometimes we lose ourselves when we have

lots of little children or even just one. You can lose your identity sometimes. You're not Denise anymore, you're Edward's mom. Your interests or activities get pushed aside."

Narramore said she joined the group to connect with other mothers such as herself and to have a source of support during her husband's deployment.

The MTV group started about three years ago and currently has about 45 registered members. It falls under MOPS International.

"Our primary function is to help our members grow in their roles as moms, women and leaders," said Jane Gargett, MTV MOPS President and mother to three-year old Brennan.

"Our motto is, 'No mom alone.' Especially over here it's really important to have a network because it does take a village to raise a kid, and when you

don't have your family or close friends around, you have to create a new village and that's what we do for each other," she said. "Better moms make a better world and we're raising the next generation. The better job we do, the better job they'll do."

MOPS members receive free supervised child care during the meetings so moms can focus on interacting with each other and participating in their own activities. This support factor and camaraderie can be especially important for mothers living overseas.

"Women in the states will frequently have family close by and MOPS can be sisters to one another and we can take care of each other when we're far away from our families," said Jeanne Longmuir, mentor mom and MOPS International Area developer for Europe.

"When mom is happy everybody is

happy. MOPS helps to strengthen the mom to strengthen the family and it's a great support," Longmuir said.

The first MOPS group began in 1973 in Wheat Ridge, Colorado, and in 1988 MOPS International, Inc. was formed to reach mothers overseas.

MTV MOPS meets the second and fourth Wednesdays of the month at the MTV chapel in Heidelberg. Moms interested in joining the MTV group should first contact mtv.mops@hotmail.com.

A second group meets at the Patrick Henry Village Chapel 9-11:30 a.m. the second and fourth Wednesdays. In Kaiserslautern the Vogelweh MOPS meet 9:30-11:30 a.m. Wednesdays at the Kapaun Chapel Annex. There are currently no active MOPS groups in Mannheim. Visit www.mops.org.com and www.facebook.com/MOPS.Int.

OBAMA

continued from page 1

it wasn't something that she felt that she had to do. You could tell that she really cared."

Although her son Eric was feeling tired before the visit, Mrs. Griego said he "perked up" when the First Lady arrived and presented him with a commander's coin from her

husband. "That was pretty neat," said Mrs. Griego. "He appreciates it, I'm sure. It made him feel important, like people care. Everybody in this hospital is so amazing, so I know that he feels like people care, but I think this kind of made him feel special, and that's what he needed, to feel special," Griego said.

It was also a special visit for

19-year-old Larry Bridges, a lance corporal being treated for a gunshot wound to his leg that occurred during a firefight in Afghanistan.

"It was pretty sweet. I never met anyone that famous before," said Bridges, a native of Morristown, Tenn.

The First Lady also helped the young Marine jump start his commander's coin col-

lection by making the first coin of his career the distinctive oval medallion from the commander-in-chief, as well as giving him a box of candy distinguished by the White House seal.

Across the hallway in another hospital bed was Army Staff Sgt. Tamara Soto, a chemical specialist being treated for an injury that occurred in Iraq.

"It was very uplifting and inspirational for her to take the time out to come and see everyone and to encourage us to keep on doing what we're doing," said Soto.

As part of a worldwide tour, the Landstuhl medical center was just one of the First Lady's stops in the Kaiserslautern Military Community on Veterans Day.

Moustache movement takes hold at medical center, raises awareness about men's cancers

HMEDDAC Public Affairs

Breast cancer has a pink ribbon, AIDS has a red ribbon, and kidney cancer has an orange ribbon. But, what about prostate cancer and other men's health issues?

The moustache has taken center stage as a way to show support for men's health issues – and around the Heidelberg Health Center, many male Soldiers have decided to take part in "Movember."

Sgt. Sean Kennedy, non-commissioned officer in charge of the family practice clinic, first heard about Movember in September 2009. After doing a little research, he and some friends decided to try it out.

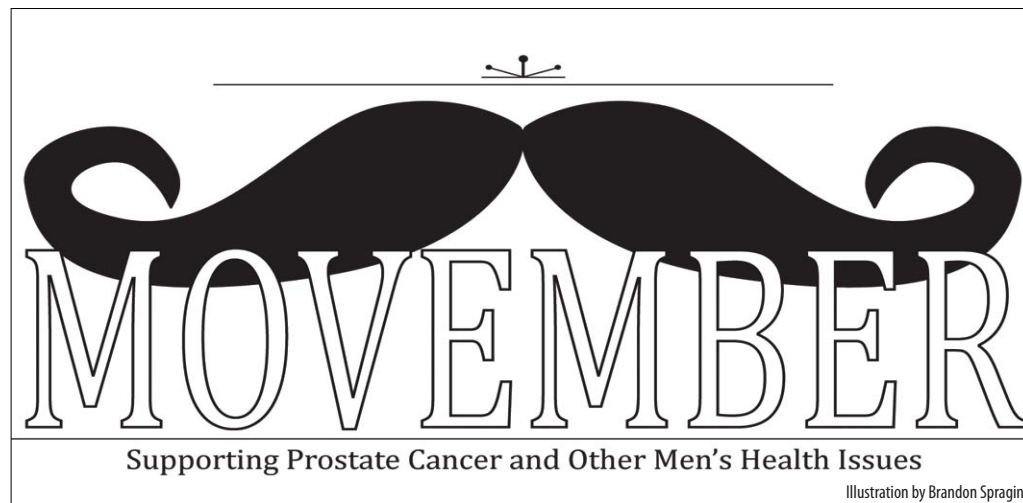
"It gave us a good laugh, as well as helped to spread some awareness about some issues that are not talked about too much," he said.

The idea for Movember was started in Melbourne, Australia, in 2003, according to the official Web site at <http://us.movember.com>.

It was the somewhat serious plan of a few friends who wanted to change their appearance and the face of men's health by growing a moustache. It grew into a respected organization that raises money for prostate cancer.

Movember participants begin Nov. 1 clean-shaven and then grow their moustaches for the entire month. The moustache becomes the "ribbon" for men's health.

Kennedy said he decided to



participate because it seemed like a fun idea and a good chance to raise awareness about an important issue that is often overlooked.

"I was also astonished to learn how serious a lot of these issues were, such as prostate and testicular cancer, yet it received so little attention even though it is just as prevalent as breast cancer," he said.

"I thought it would be a good idea to help out, raise some funds, and spread the word to other men that it is important to get checked out. Unfortunately, many men do not get the treatment they need because they do not get seen, even when they know there is something wrong with them," Kennedy said.

Around 20 Soldiers of HMEDDAC are participating this year, and so far, people are noticing the change in their appearance.

"Now that we have grown

them out a little bit, a lot of people have been asking why we're doing it, which is good," Kennedy said. "We put up some posters around the health center to try and get people curious and to ask what's going on."

According to the National Cancer Institute, there will be an estimated 8,480 new cases of testicular cancer in the United States in 2010, with 350 deaths. Testicular cancer is the most common form of cancer for men between the ages of 15-34.

One in every six men will be diagnosed with prostate cancer in their lifetime. In 2010, the National Cancer Institute estimates 217,730 new cases of prostate cancer, with 32,050 deaths.

"Both of these cancers have a high survival rate, if caught early enough," Kennedy said. "Unfortunately, there is a stigma for men about getting checked, as they often feel un-

comfortable or embarrassed.

"We often don't think that the few minutes of being uncomfortable can help save our lives in the long run, and this needs to change.

"If we push out the information to let other men and their families know that it is important to get checked if you notice something wrong with your body, as well as receiving annual checkups, we will have a lot less deaths or further health issues with issues that are easily treated when caught in the early stages."

The Movember movement climbed to 255,755 global participants in 2009, with over one million donors raising the equivalent of \$42 million for Movember's global beneficiary partners, according to the Web site.

"I was approached by Sgt. Kennedy about the idea and the exposure for this disease we could help create," said 1st Sgt. William J. Smith, HMED-

DAC medical company's first sergeant.

"He was very passionate about it, and had me roped in just by his enthusiasm," Smith said.

"I wanted to support both him and the family practice clinic, so I told them I would get involved and help raise awareness. It is a great opportunity to get the word out to our community," Smith said he is extremely proud of the Soldiers for supporting such a cause.

"I am very proud to be the first sergeant of such an outstanding group of Soldiers and strong organization," he said.

"That one of our junior leaders decided to take this on is a tribute to the type of leadership we have here. We have Soldiers involved in all areas of our community through Better Opportunities for Single Soldiers, and volunteering at just about every event in our area," Smith said.

"HMEDDAC always has a strong presence in everything that is going on, and I am so proud of them for their efforts," he said.

"This is a deadly disease that not many pay attention to. Getting the word out is the right thing to do, and could save the life of someone in our community. I applaud their efforts and am very proud of them," Smith said.

For information on men's health issues, visit <http://www.cdc.gov/men/> or call your local health clinic.

Holiday Magic

at the **Village Pavilion**
Patrick Henry Village, Bldg. 4507
December 3, 4-9pm

Enjoy a community Christmas market with food & beverage, crafters, live entertainment, a tree lighting ceremony and a visit from Santa Claus!





MWRGERMANY.COM

Maginot Line

A day trip to historic site provides World War II history lesson

By Lt. Col. David L. Walker
OFFICE OF THE PROVOST MARSHAL

The Maginot Line, built by the French in the 1930s to keep the Germans from invading, is an easy day trip for Baden-Württemberg military community members.

Tours are available at numerous locations along the Maginot line, an extensive underground structure of mortars, cannon, machine guns and obstacles, all with interlocking fields of fire that stretches along the French-German border.

While time and enemy shellings have taken their toll in places, the Maginot Line looks very much as it did 70 years ago at the Hackenberg fortress in Veckring, France.

Tours take place at 2 p.m. Saturdays in either German or French, but a booklet in English is available upon request. The tour is not handicapped accessible so wheelchairs and strollers

are not recommended.

The two-hour-15-minute tour starts on foot at the Hackenberg Fortress ammunition entrance. First up is a visit to bunkers for storage of ammunition, a kitchen, barracks, chapel, beer hall and the power plant. The ammunition train, still in service today, takes visitors down several kilometers of tunnel where a pair of the heavy gun bunkers sits. The tour guide raises and lowers the weapons and sighting devices.

After a ride up the 70-year-old elevator, a short walk outside reveals the gouges caused by 75-mm tank rounds in the reinforced concrete walls, evidence of the American attack against the Germans who had captured the fortress.

The museum is the final stop where thousands of weapons, uniforms from the French and occupying Germans and other memorabilia are on display.



Getting There

Time: Veckring is about a two hour drive.
GPS address: Veckring, France 57920. Some roads are narrow but passable.
Once there: Continue straight on D60 just through the town and look for the landmark to turn right, an American tank and a sign for Hackenberg. Entry is €8 per person and parking is free.



photos by David Walker

The statue in front of Hackenberg Fortress from the French thanks Allied Forces for freedom.



Tours of the Maginot Line begin at the ammunition entrance of the Hackenberg Fortress.



Miles and miles of tunnels make up the underground structure of the Maginot Line, an underground structure built by the French in Hackenberg, France, to protect them in World War II.

GERMAN NEWS

U.S. Soldier Guilty

A U.S. serviceman was found guilty Monday of second degree murder and witness tampering charges in connection with the death of Army Sgt. Juwan Johnson in Germany in 2005, officials said. The Justice Department said Rico Williams, 33, a former Air Force senior airman, was convicted in a federal court in Washington. According to the prosecutors, Williams was the leader of a gang called the Gangster Disciples sect, in Ramstein, Germany. Williams and others gathered in the small town of Hohenneck near Ramstein Air Base and killed 25-year-old Johnson in a gang initiation ceremony in July 2005.

Ultimate Fighting

Despite being banned from German television for allegedly glorifying violence, the Ultimate Fighting Championship brought its brand of mixed martial arts to the western German city of Oberhausen last weekend. Dennis Siver, a Russian of German heritage, won a dramatic first-round choke submission victory against England's Andre Winner in front of a near-capacity crowd Saturday night. UFC president Dana White said the reality is this is a safe sport with incredible athletes and it should be sanctioned here just like everywhere else. He declared at a post-fight press conference that his organization had made a statement by staging the contest in Germany in the face of stiff resistance. The UFC hopes to make ultimate fighting a global sport, he said.

Swan Roundup

In a centuries-old ritual that signals chilly weather is officially on the way, Hamburg's famous Alster swans were rounded up from the open water on Monday and transported to their winter quarters where they will be held until spring. The port city's "swan father" Olaf Nieß and a group of helpers plucked some 35 of the 120 snowy white birds from the outer Alster Lake with a flurry of plumage, binding their feet and wings for the trip before a large group of observers. Nieß, who 15 years ago inherited the post from his father Harald, the swans' caretaker for 40 years, said on Monday only a fraction of the swans could be picked up thanks to a recent storm that pushed the birds into outlying canals. In the coming days Nieß and his assistants will continue wrangling swans until they're all safely housed in the Eppendorf district's mill pond, which is kept free of ice year round. The birds have been a part of the city landscape since the 11th century, under the care of a "swan father" - Hamburg's oldest municipal post - since 1674. The birds now grace the Hamburg city emblem, with their seasonal migrations between the mill pond and the Alster lake heralding both winter and spring.

Adidas

German sports apparel giant Adidas said Monday it hoped to win sales of more than €1 billion with a new brand aimed at the lucrative 12 to 19-year-old market that is already being launched in Asia. With Adidas Neo, the firm hopes to "slice off a nice piece of the cake" of the worldwide fashion market, expected to be around €125 billion (\$170 billion) by 2015, said Erich Stamminger, an Adidas board member. Hoping to appeal to fashion-conscious teens, the brand's collection will include items inspired by English football star and notorious clothes horse David Beckham. The new products would be priced roughly 10 percent above those offered by Hennes and Mauritz and around the same price as Zara. Stamminger said Neo stores in markets like China, Russia, India and the Philippines are expected to reach sales of up to 400 million in 2010 and more than €1 billion by 2015. Last week, Adidas laid down an ambitious gauntlet to arch U.S. rival Nike, saying it aimed to outgrow the world number one firm over the next five years. Adidas said that by 2015 annual sales would reach €17 billion, representing growth of 45-50 percent from 2009. Profits, meanwhile, would grow at an annual pace of 15 percent.

SOURCE: www.thelocal.de



Hi Ms. Vicki,
I am an ex-military wife that served her country side by side with her military husband. My ex is living life large with lots of money. I am 50 and receive none of his military retirement. I was married to him for 25 years.

I got ripped off by a civilian attorney and now I cannot get my divorce papers rewritten to get what I should have. I am living on \$600 dollars a month and am living with my daughter and getting food stamps.

I guess the military did not issue me and I do not exist. I have tried to get help from the closest JAG or any military lawyer near me. I cannot find anyone to help me.

Is there a coalition of divorced wives organization? I need help.

Listen, ladies, do not trust your military husband to look out for you even if you spent your life raising your children and paying all the bills and running a household. No one will help you even if your cause is true. Make sure you take care of your divorce before you move to the civilian world. No one out here cares what you and your children sacrificed for their freedom.

Sincerely, Ex-Wife

Dear Ex,

I'm very sorry to hear about your current situation. Regretfully, I hear from spouses who have experienced the same all too often. Your letter will bring credence to the situation and enlighten others.

The only organization I know of is Ex-Partners of Service members of Equality (EX-POSE). Their Web site is www.ex-pose.org and their number (in the states) is 703-941-5844. You should contact them for information about their free services.

Are you planning to seek the help of a different attorney? I know you are thinking "I can't afford another attorney," but maybe you should contact the legal aid society in your area to see if they could help pro-bono.

I'm sure you did a great job be-

ing a supportive wife and mother. It doesn't seem fair that after 25 years of traveling and putting yourself last that you should end up 50 and penniless.

From the tone of your letter I can see this has been devastating for you. You even sound like you have been experiencing some depression, too. This is normal and I'm not putting this all in your lap like it's your entire fault.

I only hope you can be empowered in some way to find your way back to a financial stability if you are in good health and can do so.

Hopefully other readers will be able to send information and resources, too. Please keep in touch with me and let me know how you are doing ok. Take care.

Ms Vicki,

Please help. My fiancé is overseas in Iraq and wants to come home to be married. He has asked for my help in doing so by writing to Gen. Ray Odierno, and addressing the situation to militarydatabase.com.

Can you please tell me, is there really a site like that? I love him and he says that other military men have had their loved ones do the same thing and now they are home and married.

Does this really seem logical? Just doesn't sound too concrete that it could happen just like that. Please help.

Confused

Dear Confused,

I'm with you, this sounds confusing to me, too. I've heard of military data bases, but I don't know how that would assist you in getting your fiancé home.

Moreover, I certainly don't think your writing to Gen. Odierno will help you get your fiancé home. So I urge you not to do that. Service members are not released from down range so they can get married.

On the other hand, when is his R and R? Maybe you could be married then or after his deployment is over.

I regret if this is causing you more confusion and anxiety. I know you love your fiancé, but just hang in there. I know that deployments are stressful for everyone. At any rate, stay in touch and let me know any other information you discover.

Hello Ms. Vicki

I am in a long-term relationship with a soldier. Last year he returned to a regular unit as a tanker. His

unit is preparing to deploy soon and he is not currently medically ready.

Although he has previously deployed, he seems a little disappointed that he is not going with them. He knows he is not physically capable of deploying, but I get the impression he is upset that he is not going, too.

My question is how do I help when he gets quiet when discussing the upcoming deployment? When he talks about the situation over there and how things can be handled, he gets a little sparkle in his eyes. He is 100 percent Soldier. He has served over 17 years and he wants to lead his Soldiers. Thank you for your input and advice.

Loves a Soldier

Dear LAS,

Your Soldier's emotions and lack of words around this subject are normal. He wants to be with his unit and he might feel guilty and like he is letting everyone down because he cannot deploy.

You can expect these emotions throughout the deployment. Prayerfully, everyone in his unit makes it back safe because his feelings of sadness could increase.

Let him know it's important for him to be healthy. If he doesn't take care of himself his health could become worse.

Continue to normalize his feelings and let him know he is a great Soldier and that we are all proud of him. However, he will be needed by the families on the home front, too. Is he with the rear detachment? If so, that's also a very important mission because he is the link between the families and those down range.

Let him talk and don't try to read too much into what he says. Believe me, you won't have all of the answers and I don't want you to become frustrated while trying to help him with all of his feelings.

If he wants to, encourage him to speak to a professional counselor or therapist. You can also try your chaplain, your pastor or other member of the clergy for support during this tough time.

Don't try to handle all of this alone. Reach out to close family and friends who will understand and show support.

More importantly, I don't want you to feel guilty that your husband is not deployed with his unit. Spouses around the world have reported feelings of guilt because their husbands were not deployed when all of their friends' husbands and wives were deployed.

Enjoy your Soldier and take care

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

GET OUT!

area events

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

November 20

Lord of the Dance – Don't miss this mesmerizing mix of traditional and modern Irish dance and music. Catch a performance of "Lord of the Dance" at the SAP Arena in Mannheim starting at 8 p.m. <http://www.saparena.de/>

Spa Package – Travel to the town of Bingen-Büdesheim and meet Evelin who is waiting to pamper you in her new location on the Rhine. Enjoy a relaxing 1 1/2 hour aroma treatment which includes a facial with a décolleté treatment, neck and shoulder massage and foot massage. The remainder of the day will include a visit to Bingen on the Rhine River. There will also be time for a meal (included), shopping and sightseeing before the return to Kaiserslautern. <http://affiliates.uso.org/Kaiserslautern/>

French Christmas Markets – Visit Valenbourg Caves and the Aachen Christmas Market in France for A Charles Dickens Christmas. Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Paris Express – Enjoy romantic Paris or take the ski express with Heidelberg Outdoor Recreation DSN 373-7889, civ. 06221-17-7889.

Christmas Market – Experience an indoor Christmas Market with all hand-made, inexpensive items 1-4 p.m. through Nov. 21 at the Vereinsheim Bassermann, Marstallstrasse 51, 68723 Schwetzingen. Shop for decorations then enjoy home-made German cakes in the cafeteria.

Old School R&B Night – Dance the night away to your favorite hits 9 p.m.-1 a.m. at Armstrong's Club on Vogelweh in Kaiserslautern. DSN 489-6000, civ. 0631-536-6000.

Country Nights – Check out Germany's largest country party 8 p.m.-4 a.m. Learn the line dance, barn dance or two step or ride the mechanical bull at the Kazabra Club on Vogelweh. DSN 489-7261, civ. 0631-536-7261. www.mwrgermany.com

November 21

Wine Tour – For over 40 years "Eric the Red" has been entertaining Americans, including John F. Kennedy Sr., in Germany for years. Enjoy a personal tour with Eric through his homeland, the vineyards of the Rheingau wine region. Visit one of the oldest wine-growing estates in the Rheingau and their 800-year old wine cellar while enjoying a home-cooked meal and wine tasting. Sign up at the Heidelberg USO Center. For details visit www.uso.org/rheinmain.

Heidelberg International Wandering Club – Experience the beauty of Germany

on foot with the Heidelberg International Wandering Club. HIWC is registered at the Elgersweier volkmarsch near Offenburg. www.hiwc.de.

Caracalla Day Spa – Spoil yourself with this spa package in Baden Baden. Kaiserslautern Outdoor Recreation, DSN 493-4117, civ. 0631-3406-4117 and Heidelberg Outdoor Recreation DSN 373-7889, civ. 06221-17-7889.

November 22

Onion Market - Don't miss the famous Onion Market in Bern, the romantic capital of Switzerland. This unique market has drawn people from all over Europe since 1860 who come here to sample the wonderful tasty specialties made with onions and cheese. This is a celebration of the palate and of the changing seasons. You'll also have time to shop for Swiss chocolate, cheeses, watches, and other souvenirs. <http://affiliates.uso.org/Kaiserslautern/>

Geocaching adventure - Join this GPS treasure hunt Nov. 22-28 for adventure seekers only. Heidelberg and Mannheim Army Community Service will post on the ACS Heidelberg Facebook page the coordinates of three different caches (hidden treasures). Put them in your GPS, locate the geocache(s) and share your experiences online. For every discovered cache, you get entered for a chance to win a geocaching GPS and other gear. Winners will be announced Nov. 30. Work as a group or individually. GPS units are available for check out on a first-come, first-served basis.

November 24

Special Christmas Market – Cozy arts and crafts are on display through Dec. 23 near Engelhorn and Sturm downtown Mannheim, N4 Kapuzinerplanken.

Heidelberg Christmas market – A perfect blend of tradition and romance is spread across seven squares in the old quarter in Heidelberg 11 a.m.-9 p.m. Nov. 24-Dec. 22. Magic and old-fashioned charm dance among the festively decorated stalls on Bismarckplatz. The stalls continue on Anatomiegarten square and Universitätsplatz, the main location for the Christmas market and then on to the market square. Don't miss the magnificent Kornmarkt square with its Madonna statue. Beneath the castle on Karlsplatz square will be the ice-skating rink 10 a.m.-9:30 p.m. every day through Jan. 2. www.heidelberg-marketing.de

November 25

A European Thanksgiving – Spend Thanksgiving in Berlin and Dresden. Enjoy

guided tours to Berlin's and Dresden's most popular sights and take a trip to the local Christmas markets. <http://affiliates.uso.org/Kaiserslautern/>

Thanksgiving Ski Weekend – Ski for Thanksgiving for four days through Nov. 28 at Zell Am See, Austria with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Thanksgiving Dinner in a Castle – Step back into the age of royal courts and experience how feudal lords, ladies and knights feasted. Take the USO trip to Cochem Castle and partake of a medieval banquet and be entertained by minstrels while you eat. Trip includes a guided tour through the 1,000-year-old Reichsburg of Cochem situated on a hilltop over the Mosel River. Wear comfortable walking shoes and bring euro for drinks and souvenirs. Tour includes transportation, castle tour, dinner with two drinks and tour guide. This tour is not recommended for children under 11. German bus departs from the Vogelweh Bowling Center 11:30 a.m. and returns about 12:30 a.m. the next day. Cost \$99. <http://affiliates.uso.org/kaiserslautern>.

November 27

Simply Red Farewell Tour – Simply Red will perform at the SAP Arena in Mannheim at 8 p.m. <http://www.saparena.de/>

Switzerland – Travel to Lucerne, one of Switzerland's most beautiful cities. Take in the mountain air, great shopping and Swiss hospitality. Tour features a walking tour of famous landmarks as the covered Mill Bridge. <http://affiliates.uso.org/Kaiserslautern/>

November 29

Charles Dickens "A Christmas Carol" – Make a new Christmas memory with the USO during this special evening at the Saarbrücken Theate for an English language performance of Charles Dickens' "A Christmas Carol." The group arrives prior to the show and has time to visit St. Johanner Markt. Tour includes transportation, tickets and escort. German bus departs 4:30 p.m. from the Vogelweh Bowling Center and returns about 11:30 p.m. Cost \$69 adults, \$59 children. <http://affiliates.uso.org/Kaiserslautern>.

December 4

Belgium – Medieval Brugge is a romantic city that slept through the Middle Ages, leaving a perfectly preserved gem among the loveliest places in Europe. Tour the city, stroll through the markets and eat at a local cafe. <http://affiliates.uso.org/Kaiserslautern>.

coming to THEATERS

UNSTOPPABLE

(Denzel Washington, Chris Pine, Rosario Dawson) A veteran engineer and a young conductor try frantically to stop a half-mile-long freight train carrying enough combustible liquids and poisonous gas to wipe out a nearby city. Rated PG-13 (sequences of action and peril and some language) 98 minutes.



HARRY POTTER AND THE DEATHLY HALLOWS PART 1

(Daniel Radcliffe, Emma Watson) Harry, Ron and Hermione seek Voldemort's destruction in the first part of the movie based on J.K. Rowling's final Harry Potter book. Rated PG-13 (some sequences of intense action violence and frightening images) 145 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 18 - MEGAMIND (PG) 7 p.m.
Nov. 19 - UNSTOPPABLE (PG-13) 7 p.m.; THE AMERICAN (R) 9 p.m.
Nov. 20 - UNSTOPPABLE (PG-13) 4 p.m.; THE AMERICAN (R) 7 p.m.; RESIDENT EVIL: AFTERLIFE (R) 9 p.m.
Nov. 21 - UNSTOPPABLE (PG-13) 4 p.m.; RESIDENT EVIL: AFTERLIFE (R) 7 p.m.
Nov. 22 - THE AMERICAN (R) 7 p.m.
Nov. 23 - UNSTOPPABLE (PG-13) 7 p.m.
Nov. 24 - RESIDENT EVIL: AFTERLIFE (R) 7 p.m.
Nov. 25 - HARRY POTTER AND THE DEATHLY HALLOWS – PART 1 (PG-13) 4 p.m.

Mannheim, Schuh

Nov. 19 - DUE DATE (R) 7 p.m.
Nov. 20 - MEGAMIND (PG) 4 p.m.; RESIDENT EVIL: AFTERLIFE (R) 7 p.m.; THE AMERICAN (R) 9 p.m.
Nov. 21 - MEGAMIND (PG) 4 p.m.; RESIDENT EVIL: AFTERLIFE (R) 7 p.m.

Vogelweh, Galaxy

Nov. 19 - THE GOLDEN COMPASS (PG-13) 4 p.m.; THE AMERICAN (R) 7 p.m.
Nov. 20 - MEGAMIND (PG) 4 p.m.; DUE DATE (R) 7 p.m.
Nov. 21 - MEGAMIND (PG) 4 p.m.; DUE DATE (R) 7 p.m.
Nov. 24 - THE SWITCH (PG-13) 4 p.m.; LOTTERY TICKET (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Nov. 18 - MACHETE (R) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; GOING THE DISTANCE (R) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; TAKERS (PG-13) 11 a.m., 1:45 p.m., 4 p.m., 6:45 p.m.
Nov. 19 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.; THE AMERICAN (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
Nov. 20 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.; THE AMERICAN (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
Nov. 21 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE AMERICAN (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
Nov. 22 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE AMERICAN (R) 11 a.m., 4 p.m., 6:30 p.m.
Nov. 23 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE AMERICAN (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
Nov. 24 - UNSTOPPABLE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE AMERICAN (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
Nov. 25 - HARRY POTTER AND THE DEATHLY HALLOWS – PART 1 (PG-13) 11 a.m., 2:15 p.m.; RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2 p.m., 4:30 p.m.; THE AMERICAN (R) 11:15 a.m., 1:45 p.m., 4:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

119 Service Delays

The Enterprise Service Desk in Kaiserslautern will be upgrading their facility Nov. 22-26 and customers may experience some delays when contacting the 119 support hotline and Web site. Customers in the EUR domain with computer, phone or network issues should still contact the ESD by dialing 119 on their DSN phones or by visiting <http://119.eur.army.mil>. Services will return to normal Nov. 27.

Band Concerts

The U.S. Army Europe Band and Chorus first holiday concert will be 7 p.m. Dec. 6 at the Konrad-Frey-Halle, Ringstrasse 12 in Bad Kreuznach 55545. Future concerts are 7:30 p.m. Dec. 9 in the Rhein-Neckar-Halle, Pestalozzistrasse 10 in Epfelheim 69214; 6 p.m. Dec. 12 at the Kongresshaus Stadthalle, Untere Neckarstrasse in Heidelberg 69117; 8 p.m. Dec. 13 at the Kongresszentrum Stadthalle on Ettlinger Strasse in Karlsruhe 76137; 6 p.m. Dec. 16 in the post gym Bldg. 3 on Hohenfels; and 7 p.m. Dec. 18 at the Congress Centrum, Grosse Saal on Am Waisenhausplatz 1-3 in Pforzheim 75172.

Free FCC Certification

November is Unauthorized Care Amnesty Month, offering amnesty for those who provide more than 10 hours of child care per week on regular basis but are not certified family child care providers through Child, Youth and School Services. This practice violates Army Regulation 608-10. Avoid the trouble and get free certification training. In Heidelberg, call DSN 388-9378, civ. 06221-338-9378. In Mannheim, call civ. 0621-730-9668 or log on to www.mwrgermany.com.

Shades of Green

Shades of Green, an Armed Forces Recreation Center on the Walt Disney World Resort, is now offering a Let the Memories Begin program providing special offers on theme park tickets and accommodations for active and retired U.S. military personnel (including U.S. Coast Guard, National Guard and Reservists) or their spouses. Civ. 407-824-3400, www.ArmyMWR.com.

AAFES

Customer comments in stores, online and over the phone have resulted in a modification to a recently implemented age verification process at Army and Air Force Exchange Service facilities. Cashiers at Exchange operations worldwide have resumed visual inspections instead of electronically scanning ID cards to determine patrons' eligibility to purchase products such as knives, mature-rated music, videos and games as well as tobacco and alcohol.

Vehicle Registration Rules

Rules for registering new cars have changed to match what German law requires. Brand new cars can now be registered for up to three years without an inspection, and owners may opt to register for one, two or three years. After that, an inspection is required with each registration renewal, and the owner may choose a one or two year registration until the car is 10 years old whereupon an annual inspection and registration is required.

local EMPLOYMENT

Volunteers Needed

Army Community Service – The Heidelberg Exceptional Family Member program navigator needs volunteer assistance for office administration. Civ. 06221-57-6883.

KAISERSLAUTERN

Community

- ◆ **Toy Shop 2010** – Donate a new, unwrapped toy to a child in the U.S. Army Garrison Kaiserslautern. Army Community Service is accepting donations through Dec. 15 at Bldg. 2891, Pulaski Barracks. DSN 493-4221, civ. 0631-3406-4221.
- ◆ **Kids' Zone** – The Kids' Zone hours have changed. New hours of operation are Wednesday-Friday 11 a.m.-7 p.m., Saturday noon-8 p.m. and Sunday noon-6 p.m., closed Mondays and Tuesdays. DSN 493-4099, civ. 0631-3406-4099.
- ◆ **Family Bingo** – Army Community Service sponsors an afternoon of bingo 3-5 p.m. Nov. 21 at the Kazabra Club on Vogelweh to celebrate Military Families Appreciation Month. Join in the coloring contest, enjoy hot dogs and earn prizes. DSN 493-4331, civ. 0631-3406-4203.
- ◆ **Basic Parenting** – This class will be 10 a.m.-5 p.m. Nov. 21 in Bldg. 2917 on Pulaski Barracks. From the recovery period following childbirth to basic baby care, bonding and attachment, find out what to expect after you bring your baby home and how to comfort a crying baby. Register: civ. 0631-3406-4058.
- ◆ **Green Business** – The American German Business Club will hold a Making Businesses and Communities Greener program 6:30 p.m. Nov. 22 in the conference hall of the Atlantic Academy, Lauterstrasse 2, 67657 Kaiserslautern. Reservations by Nov. 18: kaiserslautern@agbc. Bazaar – Visit the mini-shoppers Bazaar 9 a.m.-6 p.m. Dec. 6, 7 and 9 and 9 a.m.-8:30 p.m. Dec. 8 in Heaton Hall at Landstuhl Regional Medical Center. www.mwrgermany.com
- ◆ **Family Bingo** – Enjoy an afternoon of bingo with free hot dogs and drinks 3-8 p.m. Dec. 5, at the Kazabra Club on Vogelweh. Call DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.
- ◆ **A Visit from Santa** – Good boys and girls should stop by the Kaiserslautern Community Activity Center 3-6 p.m. Dec. 17 to meet Santa. A photographer will also be available to capture the moment.
- ◆ **Pulaski VAT Office** – The VAT office has moved to Bldg. 2925, Wing C, room 109. Hours of operation are 11 a.m.-3 p.m. Monday-Friday. DSN 493-4035, civ. 0631-3406-4035.
- ◆ **Paws and Pals** – Help children improve their literacy skills by teaming up with a dog to read book every third Tuesday 3:30 p.m. at the Kaiserslautern Main Library on Landstuhl. DSN 486-7322, civ. 06371-86-7322/8390.

HEIDELBERG

Education

- ◆ **ACS Classes** – Introduction to Microsoft PowerPoint, 9 a.m.-noon

Nov. 22 and 23; Smooth Move, 10-11 a.m. Nov. 23; Anger Management, 1-3 p.m. Nov. 23; Volunteer Management Information System Training, 10-11 a.m. Nov. 24; and Sponsorship Assistance Training, 10-11 a.m. Nov. 24.

◆ **Education Centers Closure** – The Education Centers will be closed Nov. 24 and Dec. 23 and 30 due to traditionally low volume on those days. The centers are usually closed Fridays and training holidays. DSN 493-2592, civ. 0631-3406-2592.

◆ **MBA Offered** – The University of Phoenix announces enrollment for the next Master of Business Administration face-to-face cohort in January. No graduate exams required. Civ. 06221-588 0492.

Community

◆ **New Drains** – The Directorate of Public Works is installing new drains along the vehicle entrance to the Community Support Center. Be aware of potential traffic lane shifts through Nov. 30. Barriers will be temporarily relocated but traffic volume access will not be affected.

◆ **TRICARE hours change** – The hours of the TRICARE Service Center in the Heidelberg Health Center will change Nov. 15. New hours are 8 a.m.-4 p.m. Monday, Tuesday and Thursday and 8 a.m.-noon Wednesday and Friday.

◆ **Housing Office closure** – The Heidelberg Housing Office will close at noon Nov. 19. Full services will resume Nov. 22.

◆ **Thanksgiving Meal** - Heidelberg Health Center dining facility will offer a Thanksgiving meal 11 a.m.-2 p.m. Nov. 19. Try the Tuscan turkey with gravy and glazed ham, along with a variety of appetizers, breads, vegetables, side dishes and desserts.

◆ **First Aid/CPR Course** – Standard First Aid CPR/AED for adult, child and infant 8 a.m.-5 p.m. Nov. 20 in Bldg. 3850, Heidelberg Shopping Center. Cost: \$40. Civ. 06221-57-1760.

◆ **Advent Wreath Workshop** – In celebration of the Christian tradition of Advent, the Chaplains Office will host a community Advent wreath workshop 4-6 p.m. Nov. 21 at the Casa Blanca Room on Campbell Barracks. DSN 379-6488.

◆ **Angel Tree** - ACS will sponsor the Angel Tree program Nov. 23-Dec. 7 to help children in need during the holidays. Look for trees at the Community Bank on Campbell Barracks, ACS, Community Support Center and the Patrick Henry Village Library. Select an angel and purchase a gift that corresponds to the age and gender. Return the gift and its angel into drop boxes by Dec. 7. www.mwrgermany.com.

◆ **Customs office closure** – Due to mandatory meetings the U.S. Forces Customs Europe field offices in Heidelberg and Mannheim will be

closed noon-4 p.m. Dec. 8.

◆ **Parent Support Group** – There will be a breastfeeding support group meeting 10 a.m. Nov. 24 and Dec. 8, in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

◆ **Angel Tree** - ACS will sponsor the Angel Tree program Nov. 23-Dec. 7 to help children in need during the holidays. Look for trees at the Community Bank on Campbell Barracks, ACS, Community Support Center and the Patrick Henry Village Library. Select an angel and purchase a gift that corresponds to the age and gender. Return the gift and its angel into drop boxes by Dec. 7. www.mwrgermany.com.

◆ **The Bowling Center** – The Bowling Center on Patrick Henry Village will offer two events during Thanksgiving week: Cosmic Bowling 10 p.m.-1 a.m. Nov. 24 and turkey bowling during the weekend Nov. 26-28.

◆ **Thanksgiving Lunch** – The Village Pavilion will serve lunch noon-4 p.m. on Thanksgiving Nov. 25. Get traditional American dishes like roasted turkey, Virginia baked ham, roast beef and desserts. Reservations: DSN 388-9098.

◆ **Christmas Tree Lighting** – The annual Schwetzingen Christmas tree lighting ceremony will be 4 p.m. Dec. 1 in front of Kilbourne Kaserne.

◆ **Fair Fighting** – Learn the rules for fighting fair in a healthy relationship 1-2 p.m. Dec. 2 at the Army Community Service Bldg. 3850. DSN 370-6883, civ. 06221-57-6883.

◆ **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.

◆ **Free Tutoring** – Child, Youth and School Services provides free tutoring for high school students at the Lion's Den on Patrick Henry Village in Heidelberg Monday-Thursday. Tutoring is also available at the high school on Gold Days during seminar. DSN 388-9396, civ. 06221-338-939.

◆ **Handel's Messiah** – The Heidelberg Community Chapel Chorus seeks singers for the Handel's Messiah production happening Dec. 11. Rehearsals are ongoing every Monday night at 7 p.m. in the Fellowship Hall of the Mark Twain Village Chapel. Civ. 06221-301269.

◆ **Roadside Volunteers Needed** – The Roadside Theater needs building, painting and sewing help Tuesday-Friday afternoons to prepare for its next production. E-mail www.roadside-theater.com.

◆ **Join Girl Scouts** – Girls ages 5-17 are invited to become Girl Scouts to build confidence and character.

If your daughter is not a Girl Scout, visit www.gsusa.org and click 'join now.'

◆ **Arts and Cultural center closes early** - The Arts and Cultural Center on Patrick Henry Village will be open from 11 a.m.-3 p.m. Nov. 24. DSN 388-9418.

MANNHEIM

Community

◆ **Parent-Teacher Conferences** – Mannheim High School Parent-Teacher conferences will be 8:30-11:30 a.m. and 12:30-3 p.m. Nov. 19. Report cards can be picked up in the main office. Parents may contact teachers to schedule conferences, or drop by during these hours.

◆ **Give Blood** – The Mannheim Health Clinic is sponsoring a blood drive 10 a.m.-3 p.m. Nov. 23 at the Sullivan Fitness Center. Please make an appointment: DSN 380-9308, civ. 0621-730-9308.

◆ **Child, Youth and School Services** – Parents registered with CYSS get free child care on: Family Readiness Group/unit night 5:30-8:30 p.m. Nov. 18; Parents' Night Out 6:30-10 p.m. Nov. 19. Reserve space: DSN 385-3550, civ. 0621-730-3550.

◆ **After School Reading** – The Sullivan Library After School Reading Program with Soldiers of the 2nd Platoon, 529th MP Company will be on hold until Nov. 23, resuming Nov. 30 at 3:30 p.m. every Tuesday. Open to school age children. DSN 385-2688.

◆ **Sullivan Library** – The scrapbook club meets noon-3 p.m. Nov. 27; free movie shows 4-5:30 p.m. Nov. 27.

◆ **PWOC Meetings** – The Protestant Women of the Chapel meet 9:30 a.m.-noon and 6-8 p.m. every Tuesday through Dec. 14 in the BFV Chapel basement.

◆ **Strong Bonds Retreats** – Sign up at the Benjamin Franklin Village chapel by Dec. 6 for either the single Soldier retreat Dec. 17-19 or the family retreat Dec. 17-20 to the Edelweiss Lodge. Buses leave 7 a.m. from the Schuh Theater.

◆ **Card Lane** – ACS is sponsoring a Holiday Card Lane through Dec. 15. Decorate an oversized holiday card for display around the Mannheim community. Contact Dan's Wood Shop for materials. DSN 385-2596.

◆ **Angel Tree** – Angel Trees will be located at the Mannheim PX and at ACS on Sullivan Barracks through Dec. 15. Select an angel from the tree, purchase a gift for the child described and place the unwrapped gift in the drop box.

◆ **Team Jeopardy Challenge** – Celebrate Army Family Team Building's 16th birthday 10 a.m.-1 p.m. Dec. 16 at ACS Bldg. 254 on Sullivan Barracks. Four-person teams can compete for prizes. Register by Dec. 9. www.mwrgermany.com. Heidelberg: DSN 370-6883, civ. 06221-57-6975;

43rd Signal wins unit flag football championships

Heidelberg's team from the 43rd Signal Battalion won the 2010 Installation Management Command-Europe unit-level flag football championship Nov. 7.

Samuel Garrett of the 43rd Signal was voted Most Valu-

able Player. He led the team to a 25-13 victory over a squad from NATO headquarters in Belgium. En route to the championship, 43rd Signal beat Headquarters and Headquarters Company 1/4 Infantry with a score of 7-6, the

24th Military Intelligence Battalion with a score of 14-6 and NATO with a score of 13-6 in the winner brackets final during the double elimination championship tournament.

SOURCE: Thomas Benson

21st TSC Soldier Army's best female golfer

By Staff Sgt. Michael Taylor
21ST TSC PUBLIC AFFAIRS

The old saying "practice makes perfect" actually holds true in many cases.

For one 21st Theater Sustainment Command Soldier, a lifetime of practice finally paid off. Capt. Daniela P. Kessler, the deputy secretary of the general staff for the 21st TSC and a Pinehurst, N.C., native, now holds the prestigious title of the number one female golfer in the Army.

In October Kessler competed in Fort Lee, Va., against six others in hopes of making the All Army Golf Team. The 29-year-old captain finished at the top, making her the number one female golfer.

"It was nice to compete for the chance to represent the U.S. Army in the All Armed Forces Tournament," said Kessler.

Although this was Kessler's first time trying out for the Army team, she is no amateur. Kessler started learning golf at a very young age as her mother was a professional who played in the Ladies Professional Golf Association in the '70s and is now a professional golf coach.

"I found out she was a good golfer after talking to her boss and meeting her mother, who was a professional golfer, so I told her she should look into trying out for the All Army Golf Team," said Maj. Ayodele Lawson, the executive officer for the 21st TSC.

Kessler played golf in high school and earned a scholarship to Wingate University which is known for its golf program.

After winning the top spot on the All Army Golf Team, Kessler went on to lead her team to second place in the All Armed Forces Golf Tournament a week later. The tournament features the best players from every service.

"It was a great experience for me," said Kessler. "Just knowing and seeing that there are other females in the military that play golf on that level and play fairly well made me feel proud."

What could be considered an upper hand for Kessler was the fact that her mother coached her throughout the tournaments. With her mother's guidance, Kessler was able to focus more on golf instead of finding a coach and dealing with the cost that comes with it.

"Luckily my mom is a coach and she was able to help me, and I didn't have to pay for the lessons," Kessler said. "She was very, very pleased and happy with my performance."

Kessler submitted an application in June for the All Army Golf Team. She found out in September that she was selected to tryout. After submitting her application she began to focus. "I had to realize that golf is more important than going out on the weekends," said Kessler. "I focused on traveling a lot while I have been here in Europe, but when I submitted the application I knew that had to stop. So every weekend I was at the course practicing."

"I used to practice three to four hours a day during the week and about five hours a day on the weekend," said



Spc. Jason Nolte

Capt. Daniela Kessler, the deputy secretary of the general staff for the 21st Theater Sustainment Command putts during a 2009 golf competition at the Woodlawn Golf Course on Ramstein Air Base. Kessler was named the best female golfer in the Army.

Kessler. Due to the high demands of serving in the Army, she now tries to shoot 18 holes of golf every Saturday and 18 holes every Sunday to get practice. For other Soldiers who are trying to pursue an Army sport, Kessler suggests good time management, dedication and motivation.

With the military being her first priority, Kessler said she will try

to continue playing on the All Army Golf Team every year but will not try to pursue an actual career in golf until she retires.

Kessler's goal for golf while she is in the military is to ultimately make it to the Conseil International du Sport Militaire-Military World Games, a multi-sports event organized every four years, one year before the Olympic Games.

staying ACTIVE

Turkey Shoot

Head to the Heidelberg Golf Club at 10 a.m. Nov. 21 for the annual Turkey Shoot. First, second and third place winners get a turkey and last place gets a Cornish hen. \$30 plus green fee. Register by Nov. 15 DSN 379-6139, civ. 06202-53-767.

Unit Level Basketball

If your unit has what it takes to own the courts then sign up now. The battle for the courts takes place 6 p.m. Nov. 22 at the Kleber Kaserne gym in Kaiserslautern. Register by Nov. 20. DSN 493-2087, civ. 0631-340-62087.

Boxing Invitational

The battle of gloves and guts boxing invitational is open to all active duty service members who register by Nov. 27 at USAGKINSPO@eur.army.mil. The event will be 7 p.m. Dec. 4 at the Miesau Fitness Center, Bldg. 1220 in Kaiserslautern. www.mwrgermany.com.

Racquetball Tournament

Raise money for the Angel Tree program by joining the Angel Tree Racquetball Tournament Dec. 4-5 at the Campbell Fitness Center. Player check-in begins at 8:30 a.m. \$15 entry, \$10 per additional event. Register by Dec. 1. Divisions: 19-34, 35-49, 50-59, 60 and up, men's open, women's open, A, B, C, and novice. Register: DSN 370-6489. or www.r2sports.com. DSN 370-6489.

New Fitness Classes

New classes for November have been added at the Campbell Fitness Center. Join Spin class on Mondays and Wednesdays 9-10 a.m., and Get on the Ball 9-10 a.m. Fridays. DSN 370-6489.

Bowling in Mannheim

The Benjamin Franklin Village Bowling Center in Mannheim has new hours: Mondays, Wednesdays and Thursdays 11 a.m.-10 p.m., Fridays-Saturdays 11 a.m.-1 a.m., Sunday and holidays 2-9 p.m. and closed Tuesdays. DSN 380-9528.

Patton Gym Temporary Closure

The Patton Fitness Center basketball court is closed for renovation until Jan. 11. Renovations include installation of the new center court logo, which will be unveiled at the 2011 MLK Basketball Tournament in January. The Tompkins Fitness Center will have extended hours until 9:30 p.m. through Jan. 7. DSN 373-6110.

Heidelberg CYSS Edge Program

Teens can get in shape with an EDGE spin class every Wednesday 3:15-4:15 p.m. at the Campbell Fitness Center. Open to the first 25 students in grades 9-12. Also for teens, weight lifting and endurance training the correct way is available at the Campbell Fitness Center. DSN 388-9240, www.mwrgermany.com.

Aerobics Instructors Needed

Kaiserslautern Sports and Fitness centers are looking for aerobics instructors for power pump, hip-hop aerobics, step turbo kick, Latin aerobics, hi-low step, martial arts, combatives and kickboxing. DSN 493-2086, civ. 0631-3406-2086.

Basketball

Heidelberg Sports and Fitness is seeking male and female players for the Heidelberg Community basketball team. Practices are Tuesday and Thursday evenings at the Patton Fitness Center. DSN 373-8032.

Zumba

Enjoy the hot sounds of Cuban music and moves. Family classes are 11 a.m.-noon Mondays and Wednesdays at the Landstuhl Fitness Center. DSN 486-7172, civ. 0631-86-7172. Adult classes are 11:45-12:45 p.m. Tuesdays and Thursdays at the Kleber Kaserne Fitness Center. DSN 483-7610, civ. 0631-411-7610.

Photos Online

See more sports photos at www.flickr.com/heraldpost.