HeraldPOST

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

COMMAND MESSAGE

Resilience builds strength

By Lt. Gen. Rick Lynch

Given the Army's 235-year history, resiliency is a relatively new word in our vocabulary.

We hear it often nowadays, from the highest levels of leadership on down as we talk about how we are addressing the effects of nine years of conflict. There may be a danger that someone will hear the word once too often and tune it out as the latest buzz word.

However, we need to keep talking about it until every member of the Army community – every Soldier, civilian and family member – hears it and gets the message that we want them not only to survive but also to thrive.

The dictionary says resiliency is the ability to recover from misfortune or adjust easily to change. When we talk about resiliency, though, we are talking about more than the ability to bounce back from adversity. We are also talking about the ability to realize personal growth and development in the face of challenging situations. Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in your life between work, family and self, and living your dash – the line on the tombstone between the dates of birth and death – to the fullest.

During the last nine years of conflict, our Soldiers, civilians and family members have faced challenging situations and, in too many cases, tragedy. Multiple deployments and too little dwell time have strained our relationships.

We can see the stress manifest in rising rates of divorce, domestic violence, suicide and other destructive behaviors. We have to reverse the trends. We owe it to our Soldiers, civilians and family members to help them build the resiliency they need to cope with their challenges and come out stronger and better.

The Army recognizes the stress and strain on our forces and families. We are making resiliency a priority and part of Army culture

see **RESILIENCE** page 12



Senior enlisted advisor says begin with strong foundation

By Sgt. Maj. Lisa Hunter USAREUR PUBLIC AFFAIRS

Command Sgt. Major Roger Blackwood departed Germany Nov. 16 for Fort Belvoir, Va., to be the senior enlisted advisor for U.S. Army Cyber Command, leaving a legacy for the next generation of senior noncommissioned officers.

During his six-year tenure in Europe, Black-wood served five years – including two combat deployments – as the 1st Armored Division command sergeant major, giving him the distinction of being the longest-serving 1st AD command sergeant major. Blackwood left the

"You can't just put someone out there and say, 'You're in charge.' That's where the mentoring and involvement come in."

 $-\mbox{V}$ Corps Command Sgt. Maj. Roger Blackwood

division last year to assume the position as the V Corps command sergeant major.

But Blackwood doesn't measure his success by the positions he's held but by the success of his Soldiers. "My greatest achievement is when I see Soldiers that I had the privilege helping develop who are now command sergeants major and sergeants major. And, they — in turn — are continuing to develop and grow ju-

nior noncommissioned officers and Soldiers under them," he said.

The Nebraska native enlisted in 1978. His passion for the Army and tanks started in high school when he visited the state fair and became fascinated with the National Guard tank display. Along with the stories he had heard from the World War II veterans in his hometown, he was so captivated by the see **BLACKWOOD** page 12

Outgoing V Corps Command Sgt. Maj. Roger Blackwood briefs about U.S. Army Europe to students in Sergeants Major Course at the U.S. Army Sergeants Major Academy at Fort Bliss, Texas, in April. (U.S. Army photo)

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DINING FACILITIES

Baden-Württemberg community members can enjoy traditional Thanksgiving meals cooked by food service Soldiers and served by leaders at area dining facilities. 3

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NAVAJO SOLDIER



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PRIDE OF HEIDELBERG

The Heidelberg Pride football team finished an undefeated season with a 32-18 victory over Grafenwöhr to win the Installation Management Command-Europe Bantam championship in Bamberg Nov. 13. 17

Defense Details

MRAP AMBULANCE

A Pentagon team is working with the Army Medical Command and BAE Systems to build a new Caiman mineresistant ambush-protected ambulance that offers technological innovations. The MRAP ambulance will have more space to treat patients, more on-board electrical power for medical equipment and additional protection for patients and crew, officials from the Pentagon's Joint Program Office MRAP said. The prototype Caiman Ambulance, built on a Caiman MRAP chassis with a protective armor capsule and V-shaped hull, includes space for four litters and an attendant ventilation and on-hoard power to treat patients.

Army news:www.army.mil

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COMMENTARY

General gives nod to Native Americans contributions



Sweetwater L. Bear and Rodney Meldrum from the Shuswap Nation, British Columbia, Canada, perform at the Mannheim Native American Heritage celebration at the Top Hat Club on

USAG Baden-Württemberg EO

Gen. Carter Ham, U.S. Army Europe commander, sent a memorandum last month addressed to Soldiers, civilians and family members in the Army in Europe asking them to observe National American Indian

Here is the complete text of the memorandum.

"National American Indian Heritage Month originated in 1986 when Congress authorized and requested the president to proclaim the week of 23 through 30 November as American Indian Week. Time was set aside during this week to honor the first

"In 1990, the month of November was designated as National American Indian Heritage Month. Since 1995, presidents of the United States have issued annual proclamations designating November as National American Indian Heritage Month.

"Native Americans have made immeasurable contributions to our nation. They have fought in every major conflict in which American Soldiers have participated, and their selfless service has been vital to our country's freedom and security.

"During World War II, Native Americans were honored with 71 Air Medals, 47 Bronze Stars, 34 Distinguished Flying Crosses, 51 Silver Stars and six Medals of Honor.

"In Iraq, Spc. Lori Piestewa of the 507th Maintenance Company and a member of the Hopi Tribe was the first American service woman killed in Operation Iraqi Freedom and the only known American Indian woman killed in action in any conflict."

-Gen. Carter Ham, USAREUR commander

"In Iraq, Spc. Lori Piestewa of the 507th Maintenance Company and a member of the Hopi Tribe was the first American service woman killed in Operation Iraqi Freedom and the only known American Indian woman killed in action in any conflict. Her bravery and her sacrifice are inspirational.

"This November, I encourage all Soldiers, civilian employees and family members to participate in activities sponsored by units and communities throughout the Army in Europe in celebration of National American Indian Heritage Month to learn about and honor the accomplishments and culture of American Indians and Alaskan Natives.'



Benjamin Franklin Village in Mannheim Nov. 16.

www.facebook.com/BWnow 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: ... What "Turkey Day" traditions will you and your family take part in this year?

"Thanks giving in our house is pretty normal as I assume it is in most military households. As long as we all are together as a family it is considered a great year! It will go something like this ... Husband sleeps in. Kids sleep in. I wake up early (body clock won't

allow me to sleep in even if I wanted to .. grrrr) and start cooking. Husband wakes up and asks ... -Susan, BWnow Facebook fan

"Somehow I still don't understand how somebody can be in the kitchen all day to cook. People have tried to explain that to me, but still I can't see ... I wish you all a happy Thanksgiving. So please can

anybody explain what there is to do in the kitchen all day? Explain in a way that I understand? ... "

-by Daniela, BWnow Facebook fan

There's lots more to read of Susan's and Daniela's blogs at http://myBWnow.ning.com by clicking on 'blogs.'

Brandon Spragins

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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.

Giving and thanking



Col. P.K. Underwood (left) Heidelberg Medical Department Activity commander, and HMEDDAC Sgt. Maj. Michael Mullen, HMEDDAC Sgt. Maj., serve Thanksgiving lunch in the Heidelberg Health Center Dining Facility on Nachrichten Kaserne in Heidelberg Nov. 19.

Schools seek opinions

DODEA-Europe

The Department of Defense Education Activity is administering its biennial Customer Satisfaction Survey through Dec.

The survey is for students in grades 4-12 and all sponsors for children enrolled in Department of Defense schools from prekindergarten and SureStart through 12th grade. Sponsors should complete a survey for each school in which they have a child enrolled. Participation is voluntary.

Surveys take approximately 20 minutes to complete and are available online at *www.dodea.edu*. Parents who do not have access to the Internet should contact their child's school to determine other alternatives – such as using the school's computers.

Information derived from the surveys will be used to improve planning efforts at all levels throughout DODEA. Survey results will be used to gain insight into the satisfaction levels of sponsors and students, one of many measures used for future planning of programs and services DODEA offers. Results will also be used to monitor the DODEA Community Strategic Plan which contains the strategic direction for DODEA for 2006-2011.



Reserve Soldiers serve as chaplains in Iraq

By Spc. Glenn M. Anderson 7TH CSC PUBLIC AFFAIRS

Two Army Reserve Soldiers assigned to the 7th Warrior Training Brigade, 7th Civil Support Command returned to Kaiserslautern from their deployment in Iraq Nov. 2 with a few more medals and a lot more experience ministering to Soldiers.

Maj. Robert Crawford, the commander of the 88th Chaplain Detachment, and Staff Sgt. Joel H. Trammell Jr., noncommissioned officer in charge, deployed to Forward Operating Base Camp Bucca, Iraq, with the 1st Infantry Division last January to assist with religious activities there.

The Soldiers flew into Ramstein Air Base and were brought to the 7th CSC headquarters on Daenner Kaserne where everyone from the unit officially welcomed them home.

Trammell was awarded an Army Commendation Medal by the 1st Infantry Division for his performance in Iraq, along with a Navy and Marine Corps Commendation Medal.

"Helping so many people and working with different cultures is something that only happens in most people's lives once," Trammell said.

"We had the chance to see so many things," Trammell added. "We assisted with suicide intervention, Bible studies, music for Sunday services and even helped set up the choir."

The 88th Chaplain Detachment's mission while based out of Camp Bucca was to support the training mission and restoration of Umm Qasr Port in Iraq. This allowed Crawford and Trammell the opportunity to meet



Spc. Glenn M. Anderson

Maj. Robert Crawford, the commander of the 88th Chaplain Detachment, 7th Warrior Training Brigade, 7th Civil Support Command, and Staff Sgt. Joel H. Trammell Jr., the 88th Chaplain Detachment noncommissioned officer in charge, return from a yearlong deployment to Iraq with the 1st Armored Division. Crawford and Trammell, who flew into Ramstein Air Base Nov. 2, were supporting operations in Iraq when the mission transformed from Operation Iraqi Freedom to Operation New Dawn in September.

with local nationals and other service members during their deployment.

"The real work was with Soldiers, Sailors, Airmen, Marines and Coast Guardsmen – helping them deal with the stresses of combat and being separated from their families," said Crawford, a native of Madison, Ga., who received a Bronze Star while downrange.

Crawford said he will always recall some very unique challenges and some very memorable events.

One was the donation of a Camp Bucca flag to the widow of New York City Fire Marshal Ronald Bucca who died at the World Trade Center Sept. 11, 2001, and after whom Camp Bucca is named.

Crawford presided over

the memorial service held at Camp Bucca Sept. 11.

"Serving as an area unit ministry team working alongside of not only Army but Navy, Marines, Coast Guard and Ugandans, we were able to move around and see operations from a variety of perspectives," Crawford said.

"It was a great opportunity for both of us," he added.

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

Legal Assistance – The Law Center on Sullivan Barracks, Bldg. 244 provides power of attorney and notary services on a walk-in basis 9-11:30 a.m. Monday-Friday. Legal assistance and claims assistance are provided by Heidelberg Legal Assistance on Patton Barracks DSN 373-5058, civ. 06221-17-5058. Trial Defense Services also is located in Heidelberg in Bldg. 107 on Patton Barracks. Its new DSN is 373-5350.

Polizei Station-Mannheim - The Polizei Station co-located with the Mannheim Military Police Station on Sullivan Barracks is open 8 a.m.-1 p.m. Monday-Friday. DSN 385-2550, civ. 0621-738616. If polizei assistance is needed during afternoon duty hours, contact the Mannheim-Vogelstang station, Geraer Ring 6, 68309 Mannheim, civ. 0621-1289788. For assistance outside regular duty hours, please contact the Mannheim-Käfertal precinct at 0621-718490. In case of an emergency, dial 110.

Subway and John's Best BBQ – The Subway shop and John's Best BBQ on Sullivan Barracks are now open 10 a.m.-5 p.m. Monday-Friday.

Popeyes and Taco Bell — The restaurants located next to the post exchange will change their Monday hours to 11 a.m.-3 p.m. effective Jan. 3. This applies only on Monday because the PX will be closed Mondays starting Jan. 3.

Mannheim and Heidelberg Thrift

Shops — The Mannheim Thrift Shop will close April 15. Consignments will no longer be accepted after Jan. 15 and donations will no longer be accepted after March 31. The Heidelberg Thrift Shop is in Bldg. 4503 on Patrick Henry Village next to the movie theater. Its hours are 10:30 a.m.-2:30 p.m. Tuesdays and Wednesdays, 2-7 p.m. Thursdays and 10:30 a.m.-2:30 p.m. every first and third Saturday. Civ. 06221-76-7991.

Grant Circle Community Center –

The point of contact to reserve the Community Center at 59 Grant Circle will change Dec. 20 from Mike Groh, Area Installation Coordinator, to Sgt. 1st Class Damien Hunt and Spc. Sherbell Bishop. DSN 385-1610, civ. 0621-730-2790.

www.bw.eur.army.mil/ transformation

Still time to give

CFC-Overseas

Each day, men and women serving overseas reassert their commitment to serve their country by supporting the Combined Federal Campaign-Overseas program, the charitable workplacegiving campaign for the Department of Defense, said CFC-O officials in a news release.

The five combatant commands raised \$15.6 million in 2009. The 2010 goal of \$15.7 million recognizes that demand for charitable services continues to increase.

The CFC-O features more than 2,300 organizations working to address critical needs throughout the world.

Contributors can support local overseas military communities by directing contributions to Family Support and Youth Programs. Donations are returned to the installation to support quality of life programs for overseas service members and their families.

"The work of CFC charities affects all of us in some way," says Master Sgt. Cheek, a CFC-O representative who lost a friend during his tour of duty. "I joined the military to serve, and this is part of that duty."

The CFC-O runs through Dec. 3. CFC-O contributors can give by using the traditional paper pledge card or through e-giving at www.cfcoverseas. org.

Mannheim, Heidelberg hold town hall meetings

Staff Report

Heidelberg and Mannheim community members turned out for town hall meetings presented by their garrison commanders Nov. 17.

U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher started the Heidelberg meeting by commending the Heidelberg high school football team that won the European championship.

"There's not a person in the crowd who could have been more proud in Baumholder," Butcher said, referring to the site of the title game. "You did exactly what your great coach coached you to do, to stay in the game, to fight all the way through it, until it was done."

Butcher also congratulated the Mannheim Bison that took second in the Division II title game, and he encouraged Heidelberg students to welcome Mannheim.

"Next year, those guys are going to join you," Butcher said. "You would honor this community if you welcomed them into your midst and even organized ways to welcome them, academically and athletically so they feel part of our community."

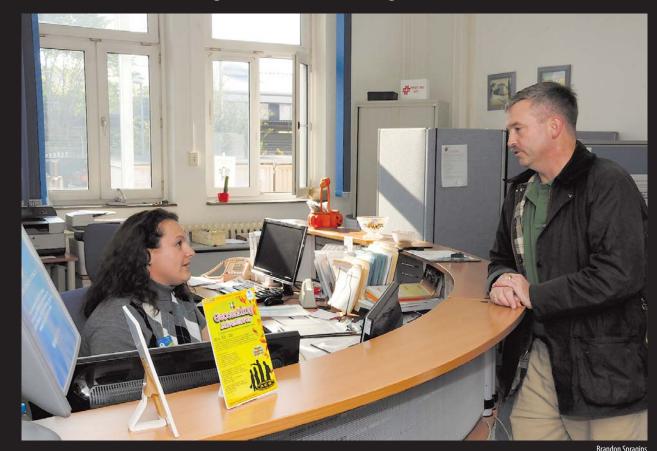
Butcher provided the community with updates on the teen center which recently added a graffiti wall and renovations that will total \$80,000 when completed.

Along with brief summaries from most USAG-BW directorates, Butcher provided information about transformation plans.

USAG Mannheim Commander Lt. Col. Lisa Griffin concentrated most of her updates on transformation information, including future changes to the command structure and changing hours and locations of facilities. USAG Mannheim is on schedule to deactivate May 31.

Information about transformation about the current and upcoming changes due to the transformation of the Heidelberg and Mannheim communities can be found at the USAG BW Web site, www.bw.eur.army.mil/transformation and the USAG Mannheim Web sites, http://home.mannheim.army.mil/transformation.

Faces of the community: Army Community Service



David Namiot expresses his gratitude to Army Community Service support member Alexia Russey for the use of items from the lending closet at the Heidelberg ACS office Bldg. 3850. ACS is open 8 a.m.-4:30 p.m. Mondays, Tuesdays, Wednesdays and Fridays and 11 a.m. to 4:30 p.m. Thursdays. DSN 370-6883/6975, www.mwrgermany.com/hd/acs.

Finance unit deploys on Veterans Day

By Sgt. Fay Conroy 21ST TSC PUBLIC AFFAIRS

On a day when most Americans were honoring the service of their veterans, the Soldiers of the 266th Financial Management Center, 21st Theater Sustainment Command boarded a plane for Camp Arifian, Kuwait.

Nov. 11 marked the start of a 12-month deployment for the 266th FMC in support of both Operation New Dawn and Operation Enduring Freedom.

Although the unit will be headquartered in Camp Arifjan, Soldiers from the unit will be deployed to both Iraq and Afghanistan. The unit will be responsible for technical oversight of financial management operations in Kuwait, Iraq and Afghanistan as well as maintaining responsibility for central funding in theater, financial systems and banking operations.



U.S. Army photo

Brig. Gen. Jimmie Jaye Wells, the deputy commanding general for 21st Theater Sustainment Command, talks to Soldiers of the 266th Financial Management Center Nov. 11 at Ramstein Air Base, Germany. The Soldiers were getting ready to board a flight to Kuwait where they will be supporting Operation New Dawn and Operation Enduring Freedom.

"I've been in the unit less than a year and am impressed by the quality of our Soldiers and civilians. As for the deployment, the morale can't be higher," said Sgt. Maj. Joe Johnson. "The Soldiers are motivated and ready to go downrange. Personally, I wanted to be in this mission to experience first-hand a split operations mission within this new FMC model."

In addition to its mission while deployed, the 266th FMC's civilian workforce will continue the unit's garrison support, and the rear detachment will handle exercises and contingencies in support of the 21st TSC and U.S. Army Europe.

"It's a great opportunity to validate the FMC concept in Europe - a deployable financial management organization augmented with a table of distribution and allowance to simultaneously support a contingency operation and its enduring mission in Europe," said Col. Luis Crespo, the director of 266th FMC. "Of all Army deployable FMCs, the 266th is the only one with a large garrison mission spanning several countries.'

This is the first unit deployment for the 266th FMC since its transformation in July 2008 from the 266th Finance Command into a directorate under the 21st TSC.



Innathan M. Curu

Pfc. Matthew Schenk, left, and Spc. Eric Wilson, 181st Signal Company, treat simulated casualty Spc. Freddy Torres during a three days of training that included a chemical, biological, radiological and nuclear training exercise in Mannheim Nov. 16-18.

Soldiers meet media in field

5th Signal Public Affairs

Soldiers with 5th Signal Command's 43rd Signal Battalion conducted a three-day field exercise at the Mannheim local training area using realworld scenarios to train warrior task skills Nov. 16-18.

In one scenario, Soldiers were deployed to Spain to conduct humanitarian aid to village people after a devastating earthquake. They encountered contact from enemy forces, and while securing the village, had to provide aid to simulated village casualties.

All the while, they were filmed and photographed and had to properly react to the media while accomplishing their mission.

"The training we are accomplishing here in the LTA is allencompassing. We are using all of our Warrior Task skills to accomplish each of the three lanes of training," said Lt. Col. John M. Demko, commander, 43rd Signal Battalion.

The 43rd also conducted chemical, biological, radiological and nuclear training in which Soldiers were attacked with a chemical agent and had to enter and mark the contaminated area.

They then conducted a chemical mask canister exchange in a tear gas chamber. Buddy-teams removed and replaced each other's mask canisters before that person was



Jonathon M. Gray

1st Lt. Robert Townsend, 181st Signal Company, talks into the camera of a 5th Signal Command public affairs specialist acting as a media representative who follows the Soldiers while they administer aid to simulated casualties of an earthquake during an exercise at Mannheim's local training area.

exposed to the tear gas.

"As the CBRN noncommissioned officer in charge, it is my responsibility to make this training as life-like as possible," said Sgt. Horatio Patterson, 43rd Signal Battalion chemical, biological, radiological and nuclear noncommissioned officer.

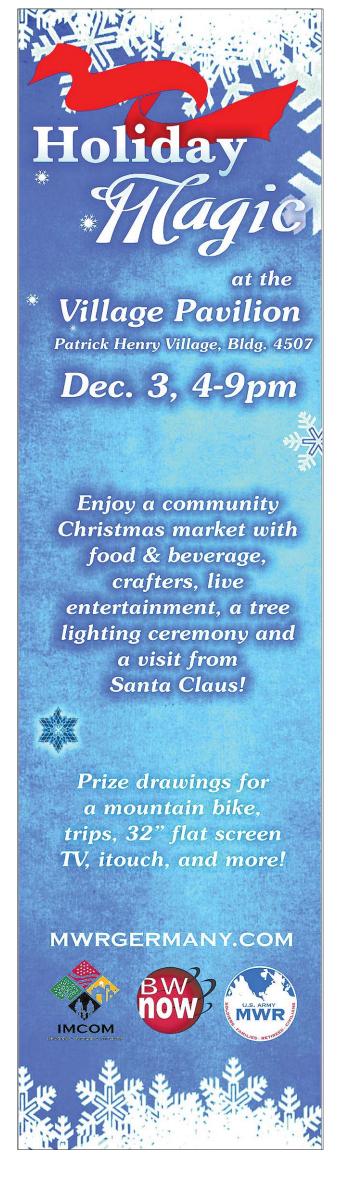
"The Soldiers have been doing great things to overcome the CBRN obstacles," Patterson said.

The 43rd Signal Battalion's Headquarters and Headquarters Company, 181st Signal Company and the 11th Signal Detachment simultaneously

navigated different scenarios during the field exercise.

"This training gets our Soldiers away from their desks and gives them the experience they need to survive," Demko said.

The 43rd Signal Battalion has its headquarters in Heidelberg and its mission is to install, operate, maintain and protect communications infrastructure, information systems and services that connect Army, joint, combined forces and non-military organizations in support of training and full spectrum operations from the Global Information Grid to the Tactical Edge.





U.S. Army Sgt. Derek Czerniak crawls under a barbed wire obstacle during Demon Fury, a competition designed to test the full spectrum of soldiers' combat skills on Camp Taji, Iraq, Nov. 7. Czerniak is assigned to the 1st Infantry Division's Enhanced Combat Aviation Brigade.



For more Army news, visit www.army.mil



Fred W. Baker III

Christopher Smallwood cries at the Vietnam Veterans Memorial in Washington, D.C., Nov. 11. His father's name, Eugene F. Smallwood, is etched into the memorial. He died in service in Vietnam, Sept. 8, 1969.



U.S. Army photo

Staff Sgt. Salvatore Giunta, the first living Medal of Honor recipient from the wars in Afghanistan and Iraq, receives a standing ovation from the crowd during the second quarter of the New York Jets' game against the Houston Texans Sunday.



Sgt. Antonieta Rico

Soldiers in a Stryker vehicle stop for a muster of turkeys crossing the road in the outskirts of Mosul Nov. 3. The Soldiers are with Headquarters and Headquarters Company, 5th Battalion, 20th Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division.



U.S. Air Force Senior Airman Courtney W

U.S. Army Staff Sgt. Jorge Solano, 1st Platoon, Company D, 1st Battalion, 181st Infantry Regiment, Massachusetts security forces and native of Worcester, Mass., stands guard during a visit to Tepe Sardar, Afghanistan's unique monument of sacred architecture, outside Ghazni City Nov. 17. The circa fifth to eighth century complex boasts ruins of a Buddhist stupa, monastery and shrines along with a Hindu chapel.

BLACKWOOD

continued from page 1

vehicles that he enlisted as an armored crewman.

Blackwood took his first flight ever when he traveled to Fort Knox, Ky., for basic training. "If someone had said, 'Hey, Blackwood, you don't have to do this,' I would have turned around right then. I was scared to death," Blackwood said. "I tell Soldiers, you're going to ask yourself, 'What did I get myself into?' As senior NCOs, we can help young Soldiers through that process."

The first few years in the service are critical for Soldiers' development, Blackwood said. "If you don't have a strong foundation at the beginning, you're going to start wavering at the top." One of Blackwood's first assignments, serving as a guard on the Czechoslovakian border at Camp Pittman in Weiden, Germany, from 1980 to 1983, was critical for him. "We had a legitimate mission and a focus, which were key," he said. "That's why I think people join the Army today, because there's a mission and a focus."

While assigned in Germany, he saw an AFN public service announcement recruiting tankers for airborne duty

at Fort Bragg, N.C. Black-wood volunteered for jump school and was assigned to the only tank battalion in the 82nd Airborne Division. He stayed at Fort Bragg for 12 years.

"That time at Fort Bragg in a tank battalion in the 82nd Airborne is where I grew. I had the opportunity to deploy as a platoon sergeant Division Ready Force 1 to Operations Desert Shield and Desert Storm," he said.

Those early assignments shaped the leader he was to become. He is passionate about mentoring Soldiers, particularly when it comes to teaching them how to handle authority.

"We have privates and privates first class leading teams," Blackwood explained.

"These Soldiers only have about a year in the Army. We have to help them grow. You can't just put someone out there and say, 'You're in charge.' That's where the mentoring and involvement come in," he said.

He is widely known for his easy rapport with Soldiers. In garrison, during field exercises and on combat deployments, Blackwood is known for imparting words of wisdom and encouragement to Soldiers. "People are the purpose of leadership, and leadership is all about people," Blackwood said. Blackwood explained the difference between leadership and what he calls involved leadership. "Leadership has to come from the heart, not just the mind, for it to be really successful and have an impact on people."

"Command Sgt. Maj. Blackwood pretty much told me what I had to do to be a successful CSM. He helped grow me as a CSM," said V Corps G3 Sgt. Maj. Terry Abel. Abel first met Blackwood in 1998 when they were both assigned as first sergeants in 1st Armored Division's 1st Battalion, 35th Armor in Baumholder. "Blackwood was the most respected first sergeant in the brigade."

Blackwood and Abel met up again when both were serving 15-month deployments in Iraq, Blackwood as the Multinational Division North command sergeant major and Abel as the 3rd Armored Cavalry Regiment Support Squadron command sergeant major. "He showed me a lot of mentorship while I was deployed in Mosul," Abel said.

Abel had been appointed

to CSM shortly after he deployed to Iraq. On several different occasions, Blackwood would travel to Mosul to visit Abel's Soldiers and bring them Twinkies. Blackwood would make it a point to stop by and talk with Abel – and bring him Twinkies, as well.

"The Twinkies were his claim to fame in Iraq," Abel said. "Some company had donated them, and he would always bring them to my Soldiers."

From Blackwood, Abel learned about the "three Ts" and "PT."

"Blackwood always said to use the three Ts. Whenever you're talking to Soldiers, he said you should thank them, tell them what you're going to tell them, and thank them," Abel explained. "And, he always has patience when he's mentoring Soldiers. He always talks about the importance of PT – patience and tolerance."

Abel and Blackwood met again when Abel was reassigned as the V Corps Special Troops Battalion command sergeant major. "Again, he offered me a lot of guidance that helped me be successful."

Altogether Blackwood served 32 years, nearly all of that time in leadership positions. He has seen the Army grow and change, especially in U.S. Army Europe where he served 12 years. He served on the Czechoslovakian/ West German border when the major threat was from behind the Iron Curtain, he explained.

"Now, in 2010, we're conducting combat operations with those countries that were once behind the Iron Curtain; we're engaged with those countries and partner with them. From 30 years ago to now, that's a significant difference. The U.S. Army in Europe has grown into that new role," he said.

Looking back, Blackwood said he has exceeded his own expectations. "I never said I'm going to serve 20 or 30 years. I never had expectations that I would be a CSM," Blackwood said.

"I never looked for that next promotion. I just soldiered. I just did what I was supposed to be doing and took on the responsibility that I had at the time."

Blackwood says that's why he stayed in the Army, because he liked what he was doing and the people – the Soldiers, families and coalition partners – with whom he has served.

RESILIENCE

continued from page 1

and have taken a number of steps to assess and build resiliency.

One of the initiatives is the Comprehensive Soldier Fitness Program. The program is designed to enhance resilience, readiness and potential by building strength in every area of life: not just physical fitness, but also emotional, social, spiritual and family.

CSF is mandatory for Soldiers but geared toward the whole Army community. It begins with the global assessment tool, which measures strength in five areas. The GAT is located at the CSF Web site www.army.mil/csf. The results direct an individualized training plan, which includes virtual training, classroom training and support from resilience experts. It is a longterm program, meant to help every member of our community succeed in his or her job and grow personally.

Another resource that helps

build resilience is the Army Wellness Centers. The wellness centers are focused on prevention. They are focused on helping individuals identify their problem areas and make positive changes for their health and well-being. Wellness center programs include metabolic and fitness testing, nutrition education, weight management, stress management and tobacco cessation.

One challenge for the Army is to make sure that every member of the Army community, including National Guard and Reserve Soldiers, and family members who are not located near an installation have access to the resources they need to build resiliency. Every member needs to know what support exists for them and where they can access it. We have plenty of great programs and services, but we need to make sure we are effective and efficient in delivering them to the Army community members who can use them.

In the spring I will be joining senior commanders and other Army leaders at Fort Hood to discuss the importance of resiliency and the different ways we are approaching the issue. We are meeting there to take a look at a bricksand-mortar model, the Fort Hood Resiliency Campus. The Resiliency Campus is a one-stop shop where Soldiers, civilians and families can go to strengthen their mind, body and spirit. Composed of several buildings located next to each other, the campus offers a comprehensive array of serspiritual and physical fitness programs, personal financial assistance, culinary classes, individual and family counseling, Warrior Adventure Quest, and family programs.

The symposium will also consider a virtual resiliency campus, which is in the beginning phases of conceptualization and development. IMCOM headquarters' chaplain ministry team will dem-

onstrate a virtual Spiritual Fitness Center, which would be a core component of a virtual resiliency campus. The center will be accessible both as a conventional Web site and in Second Life, on the Army One Source Survivor Island Web page. Both will provide Soldiers, civilians and family members faith-based and non-faith-based resources for building spiritual fitness.

The virtual campus merits serious consideration. Like a physical campus, it would offer a single point of access to assess needs and direct the individual to the best source of help, but it would also be available to Army community members anywhere and anytime. Ultimately, the symposium will consider what models of resiliency campuses, virtual and physical, can be standardized to benefit the whole Army.

The Army's focus on resiliency is important. It puts mental, emotional and spiritual fitness on par with physi-

cal fitness, all of which we need to perform successfully. It also acknowledges that the Soldiers who make up our all-volunteer Army and their family members need and want balance in their lives.

It is easy to get knocked offbalance by the challenges we face, which is why I encourage you to take the time to build your resiliency and find your balance. As I said, you have to live your dash. For me the dash signifies not only serving my country, but even more importantly, being a husband and father and making time for friends. When you are tak ing your last breaths, you are probably not going to wish you spent more time working, but more time doing the things you enjoy and being with the people you love.

Especially during the fastapproaching holiday season, take the time to do what recharges you, to spend time with those important to you, and ultimately, to live your dash well.

American Indian Heritage Month

Navajo Soldier shares culture

By Spc. Adam P. GarlingtonUSAREUR PUBLIC AFFAIRS

An adolescent girl awakes at dawn lying on sheep skin on the dirt floor of a hogan, an eight-sided structure built of mud, stone and wood.

The girl's days are routinely filled with tending to livestock, farming the land, chopping wood, hauling water and caring for siblings.

Welcome to the childhood of Pfc. Charmayne Nathaniel, a Navajo Native American from Sanostee, N.M.

"You have to learn early how to do things you're going to need in life," said Nathaniel, a 43rd Signal Battalion information technology specialist. "Females have to cook and clean. If a male person isn't there to do the outside work, you take over their role as well."

Outside work included feeding, watering and watching the sheep because the coyotes constantly stalked them. As a member of the Navajo culture, she had an atypical American childhood.

She said it was a new experience when, upon joining the Army, she saw people going to the mall or sporting events on a regular basis. She never stayed out past midnight with friends.

"I think I missed out on (having a) childhood like everyone else," Nathaniel said. "(My) fun would be with my family, like a movie night, basketball or games at home."

She said playing sports wasn't important because it didn't provide clothes and food. Chopping wood and cooking were important, because they provided warmth and food.

"I always took care of my brothers and sisters when my mom worked. I had to cook for them, clean for them, wash their clothes, do everything for them." She said it was important to do whatever her parents said and to share the burden of work because she knew the difficulties of everyday life.

Nathaniel's upbringing helped prepare her for Army life. A 16-month veteran, Nathaniel said joining the Army was a childhood goal, because she and her siblings spent the majority of their time outside.

Home comforts were some-



"You have to learn early how to do things you're going to need in life."

-Pfc. Charmayne Nathaniel, 43rd Signal Battalion

times sparse.

At times she lived without running water. At others, her family had no electricity. She also grew up without technology, which is why she chose information technology as her military occupational specialty.

"I didn't know anything about technology," she said. "I wanted to learn about it, so I can bring it back and teach it to the reservation."

Nathaniel said her family was proud and supported her decision to join the Army. She also said her dad had second thoughts when it was time to leave, but her uncles had a different way of showing emotions.

"'Don't get hurt,' was all they said. My uncles are mean! I always say they're like drill sergeants."

At basic training, she didn't mind being told what to do all the time, she said. "I didn't have any negative feelings. I always wanted to get done what the drill sergeant said. Cleaning wasn't a problem ei-

ther, because I started at such a young age."

In advanced individual training and now here, Nathaniel said, other Soldiers didn't understand why she would clean the buildings even when not on detail. "If something is dirty, I'm going to clean it, because that's the way I was taught," she said. "I'm not going to wait for someone else to do it."

Nathaniel attended high school off the reservation, which helped prepare her for the separation from family.

"Throughout those four years, I was only home during the summer and on breaks," the Navajo Soldier said. "Even for being overseas, I'm not homesick."

Nathaniel said as a young girl she spent plenty of time outdoors learning with her grandmother and hunting with her father, so she was familiar with being in the field.

Her grandmother taught her what plants can be used for medicinal purposes and what plants are hazardous, the Navajo Soldier said.

"I remember there was a huge thing that looked like an orange," she said. "I wanted to touch it and tell her it was an orange, but she said, 'Don't do that because it's a mushroom that will blind you.' Ever since then I was afraid of mushrooms, so I don't touch mushrooms."

The lessons learned from Nathaniel's childhood and culture have translated to success in the military, said Sgt. Erick O. Smith, 43rd Signal Battalion information technology specialist noncommissioned officer in charge.

Smith said he benefits from having Nathaniel on his team, because her mannerisms, military bearing and work ethic let him know that she is going to do the right thing.

Diversity allows people to experience situations from different perspectives, and that adds value, said Master Sgt. Mark Jordan, USAREUR equal opportunity advisor. "If the U.S. Army is to reach a global audience, diversity must be our mindset," he said. "We must be resilient in maintaining the different cultures, experiences and immeasurable talent that we all possess."

Sharing the tradition



Kelli Bland

Spc. Beajae McMahan, left, and Spc. Joe Cabrera of the Heidelberg Better Opportunities for Single Soldiers program shared an American Thanksgiving with German elementary school students at the Englisches Institut Grundschule in Heidelberg for the third year in a row Friday. The Soldiers and students shared a pumpkin pie feast.

Enlisted leader says 'watch, listen'

By Sgt. Maj. Lisa Hunter USAREUR PUBLIC AFFAIRS

One of the most important aspects of being a leader is developing and maintaining resiliency in the ranks.

That was the counsel Installation Management Command-Europe senior enlisted advisor Command Sgt. Maj. Barry Maieritsch gave to graduates of the Warrior Leader Course Friday in Grafenwöhr.

"As a graduate of the Warrior Leader Course, you are expected to be more than just a refined Soldier who is competent at land navigation, able to pass a physical fitness test and qualified at war fighting skills. You are expected to be a leader," Maieritsch said.

Maieritsch, who just recently assumed the position as the IMCOM-E command sergeant major, is a veteran of several deployments and understands the vital importance of building and maintaining resiliency.

"You will be expected to mitigate a crisis in the ranks during difficult times ... You will be expected to counsel fellow Soldiers in moments of despair or sorrow. You will be expected to recognize which of resiliency's five dimensions of strength a fellow Soldier may need help strengthening: emotional, social, spiritual, family or physical," he said.

Maieritsch said that during and following his deployments, he sensed a weakening in the emotional strength of a few fellow Soldiers and observed social weakening in others.

"I have seen veterans, old and new, suffering," he said.

"You might be forming an opinion that I'm nosey, that I do a lot of eavesdropping. You're right!" he said. "I'm a leader and I care. So, I watch and listen."

Some people who need help simply need to speak talk to someone. Maieritsch said he saw a positive change during and following his last deployment: Today's leaders are stepping up to bolster resiliency.

In closing, he charged the 217 graduating Soldiers to be leaders focused on resiliency in their ranks.

"Watch and listen. Have the courage to question those who appear weakened so that they may be strengthened."



Condoms For Catholics

Pope Benedict XVI has said for the first time that using condoms is acceptable in certain cases, notably to reduce the risk of HIV infection, in a book published this month, apparently softening his once hard-line stance. In a series of interviews published in his native German, the 83-year-old Benedict was asked whether the Catholic Church is not fundamentally against the use of condoms. "It of course does not see it as a real and moral solution," said the head of the world's 1.1 billion Catholics. The volume "Light of the World: The Pope, the Church and the Signs of the Times" is based on 20 hours of interviews conducted by German journalist Peter Seewald. Until now, the Vatican had prohibited the use of any form of contraception other than abstinence even as a guard against sexually transmitted disease.

Bayer Cuts Jobs

Bayer announced it would cut 4,500 jobs over the next year or so, with around 1,700 positions going in Germany, as managers focus on research, development and marketing new products in emerging markets. Around 2,500 new jobs will be created in developing countries, leaving the net loss of positions at around 2,000, most of them in Germany. Trades unions criticized the plan. Reiner Hoffmann, head of the IG BCE told the Rheinische Post paper it was right for Bayer to invest in emerging markets. but said he was concerned that the firm was not only cutting jobs in administration but also in research. Unions had known that managers were planning a savings program which would involve job losses but had not expected such large numbers to be involved. Bayer CEO Marijn Dekker only took over the position two months ago, announced the job cuts and some reorganization on Nov. 18. The plan is for costs to be reduced by €800 million a year from 2013 but until then €1 billion will have to be invested to reshape the firm. SOURCE: www.thelocal.de



Dear Ms. Vicki,

My husband and I have two pet dogs but they are back in the states with my mother. We have been trying to find a way for her to send them to us. They have all their shots and chips. We need to find a good way to send them to us, and I need

Do you know of an airline that offers a cheaper way to send them to us than when we moved overseas?

Thank you. RB Dear RB,

The only way would be to fly them. Most airlines fly pets. You will have to crate them first. You can call American, Delta, U.S.

Airways. You can find their phone numbers online, in the yellow pages or by calling information. Ask them about their rules for fly-

Hope everything works out! Stay in touch.

Dear Ms. Vicki,

I've been reading your column. I'm a father of six kids. My wife and I have been trying to save our house from getting foreclosed. I tried to get a VA loan, but they said no.

I am in Afghanistan on my second deployment, but I can't get any help from anyone so I was wondering if you could point me in the right direction on how to save our house.

Thanks. Dear Thanks,

I'm sorry to hear about your current financial situation and I hope you can keep your home out of foreclosure.

Some lenders are trying different options to try and help save homes from foreclosure. Make sure that you have exhausted all measures with them.

In the meantime, I'm not sure if you qualify for Housing Assistance Program but it's a Department of Defense program.

You and your wife should visit their Web site and contact them even if you don't qualify for their services. Maybe they can point you to other resources or programs that could help.

The Web site is www.hap.usace.

I know you are worried about your wife and your children, especially being deployed. You probably feel terrible knowing you are in another country serving others while your family is back at home and in need, too.

All in all, I want you to take care of yourself and try to stay focused on your current mission.

Hopefully, other readers will come forward with more information that's available so keep reading the column.

Dear Ms. Vicki,

I am a college student (double major in Psychology and Forensic Science), and I have friends who are stationed at Fort Campbell, Ky.

I have been there for them 24/7 while their husbands were deployed, and I just wanted to thank you for what you do to help those who need a shoulder and advice.

I know it isn't always easy and sometimes what you hear can be heart wrenching, but you are doing a great service for the people who are in or who are married to the

I wish I had that kind of support while I was growing up, as it would have helped me a lot. (Mv dad was in the Air Force, and was part of an *A-10 unit.*)

Please keep doing what you do. Thank you.

Hidden treasures abound in Heidelberg, Mannheim

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's a technological twist on an old-fashioned treasure hunt designed to challenge high-speed adventurers both young and old.

Army Community Service Mannheim and Heidelberg are sponsoring a geocaching adventure this week in observance of Military Family Appreciation Week.

The ACS geocaching event began Monday and ends Sunday.

Geocaching is an outdoor sporting activity where players hide and seek small weather-proof containers called geocaches or caches which are located by using GPS coordinates or other navigational techniques.

The caches can be hidden anywhere in the world but in this case ACS officials have narrowed down the search a bit by confining the hunt to military installations in

Mannheim and Heidelberg.

Players can use GPS coordinates posted on the Heidelberg ACS Facebook page now through Sunday to locate three different caches.

Once participants arrive at the location, they'll have to rely on their scavenger skills to physically find the actual

"There will be no digging and you won't need tools and you shouldn't have to climb on anything," said Dawn Sykulla, Heidelberg ACS marketing specialist.

"All you'll need is your GPS, and you can bring your to find. family and pets and something small to put inside of the cache," Sykulla said.

"It's a great way to get people out and about and encourage them to explore their community," she added.

For every item players remove from the cache, they are asked to replace it with a small weather-proof trinket of their own for other players



However, no food or highvalue items should be left in the caches and participants are asked to pick-up any trash they may see in the area.

They are also welcome to write about their experiences on the Heidelberg ACS Facebook page.

To make the task a little easier, all of the caches have ACS written on them and

contain a log book participants can use to write in their team names. Each log book entry will be entered into a prize drawing.

Both Mannheim and Heidelberg ACS offices have GPS units available for check-out on a first come first served basis.

This is a free event open to all ID card holders.

Winners will be an-

nounced Tuesday on the Heidelberg ACS Facebook page and prizes include geocaching gear and other items to help explorers continue their adventures.

To participate or to find more information, visit the ACS Facebook page at www. facebook.com/pages/ACS-Heidelberg/111732692178087 or the Family and MWR site at www.mwrgermany.com.

GET OUT!

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

November 26

Simply Red – The band Simply Red will stop in Stuttgart as part of its farewell tour. The band has performed classic pop and elegant ballads across the globe for 25 years and was always at the top of its game. Catch the farewell concert at 8 p.m. at the Schleyer Halle, Mercedesstr. 69, 70372 Stuttgart.

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 Theater 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 2

Black and White Club – Experience live acoustic soul music at this Kaiserslautern club where locals and military show off their talent when the mic opens. P.S. Don't be surprised when you go to the Web site and some ads are in Russian – there's plenty who frequent this club on Kantstrasse 10. www.black-white-club.com.

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.

Mannheim Christmas Market — Heidelberg Army Community Service travels to Mannheim's Christmas Market 10:45 a.m.-3 p.m. Meander around the historic water tower through more than 200 booths selling Christmas decorations from regions

throughout Germany. Open to all ID card holders. Cost for transportation is €5. Register: www.mwrgermany.com.

December 7

Nokia Night of the Proms – Enjoy a night of great music at the SAP Arena in Mannheim and see performances by Boy George, Kid Creole, The Coconuts and more. The concert starts at 8 p.m., www. saparena.de.

December 8

Learn to Ride German Trains – Learn how the German train system works on this USO train orientation and tour. Tour the Kaiserslautern train station, receive a briefing on the train system and take a trip. Buy a ticket and learn the specials (weekend tickets, family tickets and city specials). Meet 8 a.m. at Kaiserslautern Hauptbahnhof.

December 10

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 Dec. 10-12 and 17-18 on Kleber Kaserne, Bldg. 3232. Performances are 7:30 p.m. Dec. 10, 11, 17 and 18 and 3 p.m. Dec. 12. 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 – Presenting 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. 10, 11, 17, 18 and Jan. 7, 8, 14, 15, 21 and 22 and special family matinees at 3 p.m. Dec. 12, 19 and Jan. 9. Tickets: www.roadsidetheater.com.

December 11

Bachata Dance Competition — Bachata is a form of music and dance that originated in the countryside and rural neighborhoods of the Dominican Republic. Similar to the Salsa, this dance competition is sure to mesmerize and captivate 9 p.m.-2 a.m. at Armstrong's Club on Vogelweh Housing. 9:30-10:30 a.m. Civ. 0631-354-9986, www. mwraermany.com.

December 18

Ski St. Moritz – Escape to St. Moritz for a ski and snowboard adventure Dec. 18-19. \$149. Contact Heidelberg Outdoor Recreation DSN 373-7889, civ. 06221-17-7889.

Paris for a Day – Zoom from Kaiserslautern to Paris in 2 hours and 28 minutes at speeds of up to 320 km (200 mph) for a day in Paris with the USO. Space is limited and group size is small so sign up now. Travel lightly, backpacks are recommended as lockers are not always available. Be prepared to walk and ride the Metro to our destinations. This tour is not stroller-friendly and not recommended for small children. Bring passports. Meet at Kaiserslautern Hauptbahnhof main lobby at 6:45 a.m. \$199. http://affiliates.uso.org/Kaiserslautern.

December 22

The Nutcracker – Enjoy the beauty and magic of the holidays wrapped up into this timeless production 7:30 p.m. at the Mannheim Rosengarten. Tickets, civ.0621-392-1710.

Ongoing

Open-Air Farmers Market – Buy some of the freshest and best tasting produce, cheese, meet and eggs 7 a.m.-1 p.m. Tuesdays and Saturdays in the center of town on the Stiftsplatz in Kaiserslautern.

St. Wendel Christmas Market – The St. Wendel Christmas market near Kaiserslautern is a well-kept secret no more. Visit 11 a.m.-8 p.m. through Dec. 12 more than 150 wooden huts with hand-made items and an oriental market. Three wise men with their camels wind through town accompanied by musicians and fire eaters. See a giant Christmas pyramid, a gnomes' forest, a man-sized nutcracker and a toboggan run with real Alpine snow. www.sankt-wendel.de.

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.
through Dec. 22. The Anatomiegarten
square and Universitätsplatz are the main
locations. Beneath the castle on Karlsplatz
square will be the ice-skating rink 10

Special Christmas Market – Cozy arts

a.m.-9:30 p.m. every day through Jan. 2. www.heidelberg-marketing.de.

Courbet - A Dream of Modern Art —
French painter Gustave Courbet is one of the most compelling artists of the 19th century and is considered one of the most influential painters of the Realist movement. However, Courbet had a very different side, unknown until now: he was one of the greatest dreamers in history. The SCHIRN Kunsthalle in Frankfurt presents this perspective in a exhibition featuring more than 80 artworks from around the world. www.schirn.de.

coming to **THEATERS**

ALPHA AND OMEGA

(Hayden Panettiere, Justin Long) Kate and Humphrey are two wolves trying to get home after being taken by park rangers and shipped halfway across the country. Humphrey is an Omega wolf, whose days are about quick wit and snappy one-liners. Kate is an Alpha: duty, discipline and sleek. Humphrey's motto — make 'em laugh. Kate's motto — I'm the boss. And they have a thousand miles to go. Rated PG (rude humor and some mild action) 88 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 24 - RESIDENT EVIL: AFTERLIFE (R) 7 p.m.

Nov. 25 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 4 p.m. Nov. 26 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 7 p.m.;

Nov. 27 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 4 p.m.; 7 p.m.; DEVIL (PG-13) 10 p.m.

Nov. 28 - ALPHA AND OMEGA (PG) 4 p.m.;

HARRY POTTER AND THE DEATHLY HALLOWS - Part 1 (PG-13) 7 p.m.

Nov. 29 - DEVIL (PG-13) 7 p.m.

Nov. 30 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 7 p.m.

Dec. 1 - ALPHA AND OMEGA (PG) 7 p.m.

Dec. 2 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 7 p.m.

Mannheim, Schuh

Nov. 26 - UNSTOPPABLE (PG-13) 7 p.m.

Nov. 27 - UNSTOPPABLE (PG-13) 4 p.m.; ALPHA AND OMEGA (PG) 7 p.m.; DEVIL (PG-13) 9 p.m.

Nov. 28 - ALPHA AND OMEGA (PG) 4 p.m.; UNSTOPPABLE (PG-13) 7 p.m.

Vogelweh, Galaxy

Nov. $\overline{24}\,$ - The switch (PG-13) 4 p.m.; Lottery ticket (PG-13) 7 p.m.

Nov. 26 - ALPHA AND OMEGA (PG) 4 p.m.; DEVIL (PG-13) 7 p.m. Nov. 27 - DEVIL (PG-13) 4 p.m.; UNSTOPPABLE (PG-13) 7 p.m.

Nov. 28 - ALPHA AND OMEGA (PG) 4 p.m.; UNSTOPPABLE (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

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.

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.

Nov. 26 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m., 8:45 p.m.;

 $\label{eq:alpha} \mbox{ALPHA AND OMEGA (PG) } 11:15 \mbox{ a.m., } 1:30 \mbox{ p.m., } 3:45 \mbox{ p.m., } 4 \mbox{ p.m., } 8:15 \mbox{ p.m., } \\ \mbox{DEVIL (PG-13) } 11:30 \mbox{ a.m., } 1:45 \mbox{ p.m., } 4 \mbox{ p.m., } 6:15 \mbox{ p.m., } 8:30 \mbox{ p.m.} \\ \mbox{.}$

Nov. 27 - HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m., 8:45 p.m.;

ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; DEVIL (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m. Nov. 28 - HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; DEVIL (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8 p.m. Nov. 29 - HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; DEVIL (PG-13) - 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8 p.m., Nov. 30 - HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; DEVIL (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8 p.m. Dec. 1 - HARRY POTTER AND THE DEATHLY HALLOWS - PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; DEVIL (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8 p.m. Dec. 2 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) noon, 4 p.m., 7 p.m.; ALPHA AND OMEGA (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.;

DEVIL (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 1621-27-238
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

HP

community

HIGHLIGHTŚ

119 Service Delays

The Enterprise Service Desk in Kaiserslautern will be upgrading its facility so customers may experience some delays when contacting the 119 support hotline and Web site. Services will return to normal Nov. 27. 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.

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 Eppelheim 69214; 6 p.m. Dec. 12 at the Kongresshaus Stadthalle, Unterer Neckarstasse in Heidelberg 69117; 8 p.m. Dec. 13 at the Kongresszentrum Stadthalle on Ettlinger Strasse in Karsruhe 76137; 6 p.m. Dec. 16 in the post gym Bldg. 3 on Hohenfels; and 7 p.m. Dec. 18 at the Congress Centrum, Grosser Saal on Am Waisenhausplatz 1-3 in Pforzheim 75172.

Call for Art Work

The Arts and Cultural Center is putting on "The Reflections of Generosity Toward Restoration and Peace" art exhibition Jan. 15- Jan. 30. Soldiers and civilians in the Heidelberg, Kaiserslautern and Mannheim communities are encouraged to participate in the exhibition. 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.

Human Resources Award

Commanders have until Nov. 30 to nominate top performing human resource personnel for the first USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence program. Retired Lt. Gen. Frederick E. Vollrath served his entire 35-year career in the adjutant general field and was only the second AG officer to be promoted to lieutenant general. He is credited with the Army's use of the words "human resources" rather than "personnel." The program has five categories: second lieutenants through captains, warrant officers through chief warrant officers 3, sergeants through sergeants first class, privates through specialists and civilians GS-12 and below. For nomination packets, call DSN 370-8396, civ. 06221-57-8396.

TRICARE

The hours of the TRICARE Service Center in the Heidelberg Health Center on Nachrichten Kaserne will be 8 a.m.-4 p.m. Mondays, Tuesdays and Thursdays and 8 a.m.-noon Wednesdays and Fridays.

EMPLOYMENT

Job Fair

Child, Youth and School Services will interview and hire on the spot 10 a.m.-noon at the Youth Center on Landstuhl Post, Bldg. 3819, Dec. 7 in Kaiserslautern. Bring two letters of reference. Positions are open to U.S. ID card holders or NATO family members (excluding Germany).

ANNOUNCEMENTS

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 on Pulaski Barracks. DSN 493-4221, civ. 0631-3406-4221.
- ◆ 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. DSN 489-7261, civ. 0631-536-7261, www.mwraermany.com.
- ◆Mini Bazaar Visit the minishoppers 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
- Holiday Magic Come to the Kids' Zone on Pulaski Barracks 4 p.m. Dec. 8 for a special tree lighting event. Join the carolers, make arts and crafts projects, decorate cookies, and there are even whispers in the air that Santa might appear. www. mwrgermany.com
- ◆Stitch Duran Speaks Ultimate Fighting Championship Jacob 'Stitch' Duran will speak 1:30-3:30 p.m. Dec. 9 at Daenner Chapel about a healthy resilient lifestyle, which promotes staying in the fight with a focus on drug, alcohol and suicide prevention.
- ◆Holiday Puppet Show Santa will visit the Kaiserslautern Library on Landstuhl Post 10 a.m.-noon Dec. 11. Children can also see a holiday puppet show with free crafts. DSN 486-7322, civ. 06371-86-7322. www.mwrgermany.com.
- ◆ Volunteer Recognition —
 Submit nominations for the Army
 Community Service Volunteer of
 the quarter by Dec. 13 to ACS, Bldg.
 2891 on Pulaski Barracks. DSN 4934232, civ. 0631-3406-4232.
- ◆Steve Martin's Comedy KMC Onstage on Kleber Kaserne holds auditions 7 p.m. Dec. 14-15 for this witty and comical production. Casting calls for seven men and five women. KMConstage@eur. armv.mil.
- ◆ Free Movie The Kaiserslautern Library on Landstuhl Post will show the independent foreign film by Philippe Lioret "WELCOME" in French, English and Kurdish with English subtitles 6 p.m. Dec. 16. DSN 486-7322, civ. 06371-86-7322. www.mwrgermany.com.
- ◆Santa Visit Santa visits the Kaiserslautern Community Activity Center 3-6 p.m. Dec. 17.
- ◆ 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.

HEIDELBERG

Education

- ◆ACS Classes 1, 2, 3, 4 Parents! 2-4:30 p.m. Nov. 29, Dec. 1 and 6; Introduction to Microsoft Publisher, 9 a.m.-noon Nov. 30 and Dec. 1, Using Credit Wisely During the Holidays, noon-1:30 p.m. Dec. 1; Introduction to Computers, 9 a.m.noon Dec. 2; and Fair Fighting/Effects of Domestic Violence on Children, 1-3 p.m. Dec. 2.
- 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.
- ◆ 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.
- 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.
 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.
- ◆ 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.
- Volksmarches The Heidelberg International Wandering Club is registered at Muenchwald (northwest of Bad Kreuznach) and Ketsch (southwest of Heidelberg) Nov. 28, Grombach (east of Sinsheim) Dec.
- 4-5 and Metz, France, Dec. 11.
 ◆Tree Lighting The annual
 Schwetzingen Christmas tree lighting ceremony will be 4 p.m. Dec. 1 in
 front of Kilbourne Kaserne.
- Parent to Parent The Military Child Education Coalition's Parent to Parent team presents "German Winter Wonderland" 8:30 a.m. Dec. 3 at Patrick Henry Elementary School during Coffee Morning. Learn how to turn Christmas markets, holidays, sports and winter activities into educational and cultural experiences.
- Hanukkah Program A Hanukkah program will be held 3 p.m. Dec. 5 at the Mark Twain Village Chapel. DSN 373-6190, civ. 06221-17-6190.
- ◆Angel Tree ACS will sponsor the Angel Tree program until 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 unwrapped

gift and its angel into drop boxes

by Dec. 7. www.mwrgermany.com.

*Spouses Lunch — The Heidelberg
Community Spouses Club meets
10 a.m.-1 p.m. Dec. 8 at the Patrick
Henry Village Pavilion for its winter
wonderland lunch. Register by Dec.

3: www.hcsc-heidelberg.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.
- Feast of Immaculate Conception Special Masses for the Immaculate Conception holy day will be 12:05 p.m. at the Mark Twain Village Chapel and 6 p.m. at the Patrick Henry Village Chapel Dec. 8. DSN 373-6190, civ. 06221-17-6190.
- Parent Support Group There will be a cloth diaper group meeting Dec. 16 and a breastfeeding support group meeting Dec. 22, both at 10 a.m. in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.
- ◆ Handel's Messiah The Heidelberg Community Chapel Chorus performs Handel's Messiah 7 p.m. Dec. 11 in the Mark Twain Village Chapel. Civ. 06221-301269.
- Children's Pageant The Protestant children's Christmas pageant will be 10:15 a.m. Dec. 12 at the Patrick Henry Village Chapel.
- ◆IACS and Vehicle Registration —The Installation Access Control office and Vehicle Registration office will close at 11 a.m. Dec. 15. In case of emergency, contact the Military Police Desk at DSN 388-2222, civ. 06221-678-2222.
- Roadside Volunteers Needed —
 The Roadside Theater needs building,
 painting and sewing help TuesdayFriday afternoons to prepare for its
 next production. www.roadsidetheater.com.
- ◆ 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.

MANNHEIM

Education

- ◆ American Red Cross Health and Safety Courses will be 8 a.m.-5 p.m. Dec. 9 and Jan. 8 for Adult, Child and Infant CPR, AED and First Aid at the Red Cross on Sullivan Barracks, Bldg. 242. DSN 385-1760, civ. 0621-730-1760.
- Community
- ◆ Sullivan Library The scrapbook club meets noon-3 p.m. Nov. 27; free movie shows 4-5:30 p.m. Nov. 27.

- *After School Reading The Sullivan Library After School Reading Program with Soldiers of the 2nd Platoon, 529th MP Company resumes Nov. 30 at 3:30 p.m. and every Tuesday. Open to school-age children. DSN 385-2688.
- ◆ Parent to Parent The Military Child Education Coalition's Parent to Parent team will present a "Portfolios" workshop for middle and high school students and parents at 6 p.m. Nov. 30 at Mannheim Middle School. The workshop goes step-by-step through the process of organizing portfolios binders that hold all the records a student needs to put together a college or job application. Binders and dividers provided to the first 50 attendees.
- Feast of Immaculate Conception Special Masses for the Immaculate Conception holy day will be 12:05 p.m. and 6 p.m. Dec. 8 in the Benjamin Franklin Village Chapel. DSN 373-6190. civ. 06221-17-6190.
- ◆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 Army Community Service on Sullivan Barracks through Dec. 15. Select an angel from the tree, purchase a gift for the child described on the angel and place the unwrapped gift in the drop box.
- ◆Volunteers Recognized Recognize your volunteers at a "Staying Connected" ceremony 11:30 a.m.-1 p.m. Dec. 15 at the Mannheim USO. Nominate by Dec. 8. Packets are available at ACS. DSN 385-3101, mwrgermany.com.
- ◆Gospel Services A Gospel Service Christmas story reading will be held 7:30 p.m. Dec. 15 and a Gospel Service Cantata will be 12:30 p.m. Dec. 19, both at the Benjamin Franklin Chapel.
- ◆ 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 and Mannheim: DSN 385-3101, civ. 06221-730-3101.

The Pride of Heidelberg



The Heidelberg Pride bantam football team charges the field for the Installation Management Command-Europe's Child, Youth and School Services championship game against the Grafenwöhr Wolverines in Bamberg Nov. 13. The Pride won the game 32-

After undefeated season, team claims bantam championship against Grafenwöhr Wolverines

By Bryan Longmuir

HEIDELBERG PRIDE

The Heidelberg Pride football team finished off an undefeated season with a 32-18 victory over the Grafenwöhr Wolverines to win the Installation Management Command-Europe bantam championship on Warner Barracks in Bamberg Nov. 13.

After a three-hour bus ride the afternoon before the game, the boys, ages 9-12, expended some energy doing warm-up drills and laps around the grounds of the Schlosshotel in Pommerhel-

"We're staying in a castle tonight, because you all have proven yourselves kings of the gridiron," head coach Raul Jurado told the team the night before the face-off with the Wolverines, the 8-1 IMCOM East champions.

After the first kick-off, the vaunted Pride defense shut down the middle for Graf early and often and forced a few turnovers.

After the Pride took an early 18-0 lead, Graf began to open its offensive playbook, attempting reverses and quick passes to the flats. The Pride was able to pull within a touchdown shortly after

The rains had stopped, but the sustained 20 mph gusts made passing difficult. Consequently, the bread and butter running that was the staple of Heidelberg's attack carried the day.

"We have four of the most gifted backs I have seen at this age," said running back coach Ray

Hasty speaking of the Josiah "twins" fullbacks Josia "Jo Jo" Williams and Josiah Byron, and tailbacks, Andreas Torres-Lopez and Ahmed "Butters" Ber-

Their success was granted by a tenacious front line that created the holes for them.

"Since training camp, the line keeps getting stronger and stronger each game," said coach Jay Thomson. "They know their assignments and they are working hard to make gaps for us, which will make it easier for us to make plays and score points."

After a shaky start in the third quarter, the Pride ultimately found its stride in the final quarter. After some adept special teams play, to include recovery of a muffed kick-off, the Pride rolled on to victory to become the IMCOM-Europe champions.

"Since conditioning camp in August, we have kept these boys running," said assistant coach Carl Wilkerson. "They've been in constant motion, and consequently I would argue they are the best conditioned team in their division. We were able to complete all four quarters while the other teams grew tired."

Coach Jurado credited the team as well as the parents and the Heidelberg Child, Youth and School Services sports office for the successful season.

"Going undefeated is a monumental accomplishment, especially considering the talent level among the other teams," Jurado said.

ACTIVÉ

Boxing Invitational

The battle of gloves and guts boxing invitational is open to all active-duty service members who register by Nov. 27 at usagkinsports@eur.army.mil. The event will be 7 p.m. Dec. 4 at the Miesau Fitness Center 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 in Heidelberg. 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.

Winter Sports Registration

Registration is ongoing for Heidelberg youth winter sports basketball, cheerleading and wrestling - through Dec. 3 at Parent Central Services on Patrick Henry Village 8 a.m.-4:30 p.m. Mondays-Wednesday and Fridays 8 a.m.-3:30 p.m. Thursdays. DSN 388-9240, https://webtrac.mwr.army.mil/webtrac/heidelbergcyms.html.

Coaches Needed

Volunteer coaches are needed for winter sports teams. 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.

Sunday Night Football

Catch the football games on big screen televisions 7-10 p.m. every Sunday at Armstrong's Club in Kaiserslautern. DSN 489-6000.

New Fitness Classes

New classes for November have been added at the Campbell Fitness Center in Heidelberg. 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 Court 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. The Tompkins Barracks Fitness Center has 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. Weight lifting and endurance training 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. DSN 373-8032.

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.