

HeraldPOST

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

HP THURSDAY
Dec. 15, 2011

Speed Read

HERALD POST

The last issue of Herald Post for 2011 will be Dec. 22. Publication will resume Jan. 12.

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LAST TREE LIGHTING

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HOLIDAY AROMAS

Bakeries and homes abound with the smell of the season – anise, cardamom, cinnamon and other important spices for baking this time of year. 13

Defense Details

GERMAN MEDAL OF HONOR

In combat, it doesn't make a difference what language your allies speak – every Soldier who fights alongside you is like a brother, said a German who was saved by Americans in Afghanistan. The German government highlighted the reality of war Dec. 8 when Ambassador of the Federal Republic of Germany Peter Ammon presented Staff Sgt. Peter Woken with the German Medal of Honor for Gallantry in Action, an award similar to the American Silver Star, in Washington, D.C. Woken's actions were instrumental in saving the life of German Cpl. Tim Focken, Ammon said. Woken is the first American to receive the medal on American soil.

www.defense.gov
www.army.mil/news

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Wiesbaden to Heidelberg shuttles start Jan. 3

By Sgt. Maj. Lisa Hunter
USAREUR PUBLIC AFFAIRS

Free commuter bus service, one of the many steps in U.S. Army Europe Headquarters' move from Heidelberg to Wiesbaden, will start Jan. 3.

The bus will transport USA-REUR Soldiers and Department of the Army employees from Wiesbaden to Heidelberg on week days.

"USAREUR Soldiers and DA employees who are just now joining the command are moving directly to Wiesbaden," explained Lt. Col. John Callery, the USAREUR logistics officer for the relocation task force.

"We are trying to make this move as smooth as possible. The commuter bus is just one of the means we will use to accomplish that mission," Callery said.

The commuter route 2 bus will pick up in Hainerberg at 6:15 a.m. week days excluding Federal and training holidays. Passengers will be dropped off at Campbell Barracks at 7:30 a.m. The bus will then pick up the return passengers at 4 p.m. to be dropped off in Hainerberg at approximately 5:15 p.m.

"We've tried to work the schedule so that it meets the varied requirements for both civilian employees and Soldiers," Callery said.

"But, a word of caution: The bus will depart on time. If a passenger is late, he or she will have to find another means of getting to work that day," he added.

The bus is available to USA-REUR Soldiers and civilian employees who live in Wiesbaden and commute to work in Heidelberg; however, they must sign up in advance to ride the bus.

The commuter bus service will expand to meet requirements as more people move to Wiesbaden who will then commute to Heidelberg.

As USAREUR directorates start to move their offices to Wiesbaden, USAREUR will sponsor a commuter bus that will carry employees living in Heidelberg to work in Wiesbaden, Callery said.

For information, call DSN 370-6642, civ. 06221-57-6642.



Heidelberg cub scout Benjamin Chapman, left, stands with World War II veteran Robert Izumi, who happened to meet the Scouts from Heidelberg's Troop 284 Saturday in Bastogne, Belgium, following the annual Bastogne Walk. Next to Izumi are, from left, Tommy Fitzgerald, Shane Colbert and Declan Colbert, who attended the walk that commemorates the Battle of the Bulge, a fight that lasted 41 days from Dec. 16, 1944, to Jan. 25, 1945, in the cold and snow-covered Ardennes Forest. Izumi joined the Army at 17 years old and participated in the liberation of Bastogne. See the story and more photos on page 12.

Patriot Express flights track newcomers

USAREUR Public Affairs

Beginning Feb. 6, commanders and sponsors of new U.S. Army in Europe employees will find it easier to track incoming personnel with a duty station in Germany.

All personnel on permanent change of station orders to Germany will fly over-

seas using a new phase of the Patriot Express Department of Defense-chartered air travel, which originates at Baltimore-Washington International Airport in Maryland and lands at Ramstein Air Base in Germany.

The twice weekly flights are expected to enhance the international travel see **TRACKING** page 12

Linda Steil



Dijon Rolle

U.S. Army Garrison Baden-Württemberg community members mingle and meet following the lighting of the Christmas tree on Patrick Henry Village in Heidelberg Dec. 2. When trees are indoors, they dry out and can quickly catch fire. The garrison commander asks community members to be safe and take precautions to prevent tree fires and fires in the kitchen during the holiday season.

COMMAND MESSAGE

Keep season joyous by being safe

By Col. Bryan D. DeCoster
USAG BADEN-WÜRTTEMBERG COMMANDER

The holiday season is a special time of year filled with celebrations and joy.

When preparing for the holidays, please prevent tragedy by taking fire safety into consideration.

A house fire, most often sparked by faulty holiday lights on the tree or in the house, can consume a living room in a shocking 46 seconds.

Check your tree lights to ensure the lights and wires are in good condition. Turn them off before you go to bed.

Keeping your tree adequately watered can also prevent fire by keeping the needles from drying out.

Fire kills, but you can prevent it. Protect yourself and those you love. Be safe at home over this festive season.

Give kitchen fire safety special attention during the festive season.

Do not leave your stove or cooking equipment unattended.

Keep flammable materials such as aprons, pot holders

and food wrappings away from stoves and other cooking appliances.

Be prepared by knowing what actions to take in the event of a kitchen fire.

For those who smoke or entertain those who do, provide plenty of large, deep ashtrays and check them frequently.

Cigarette butts can smolder in the trash causing a fire, so completely douse cigarette butts with water before discarding the cigarette butts.

After a party, always check on, between and under upholstery and cushions and inside trash cans for cigarette butts that may be smoldering.

Keep matches and lighters up high, out of the sight and reach of children (preferably in a locked cabinet).

When smokers visit your home, ask them to keep their smoking materials with them so young children do not touch them.

On behalf of the U.S. Army Garrison Baden-Württemberg command team, we wish you a safe, happy and festive holiday season.

Please view these links to videos

- ◆ **Christmas Tree Fire** – www.youtube.com/watch?v=hMjGf0tYs
- ◆ **Kitchen Fire** – www.youtube.com/watch?v=sZgbd0lvUE
- ◆ **Cigarette Butt Can Cause Fires** – www.youtube.com/watch?v=b4RmRQCyDQM
- ◆ **Test your smoke alarm weekly** – www.youtube.com/watch?v=9Kh3Ag4j1Ng

When preparing for the holidays, please prevent tragedy by taking fire safety into consideration ... Fire kills, but you can prevent it. Protect yourself and those you love. Be safe at home over this festive season.



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

"Can someone tell me when the next town hall meeting is? Thanks in advance!"

– Susan, BWnow Facebook fan

"Susan, The garrison is planning to possibly host a meeting on Feb. 16. The details on location and time are still being worked out at this point. As soon as everything is officially confirmed we will post it

immediately."

– BWnow Facebook Administrator

"Where is Santa going to be this weekend? Cannot find anywhere online about dates and times."

– Bo Batten, BWnow Facebook fan

"Bo, Santa is scheduled to be at the Commissary

[Patrick Henry Village in Heidelberg] 1-5 p.m. Saturday-Sunday, courtesy of the USO. The details are under "Events" on this [Facebook] page, on BWnow and will also be on the Announcements page in this week's Herald Post."

– BWnow Facebook Administrator



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

Holiday tree shines one last time

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

As light gradually faded the afternoon of Dec. 7, excited voices of children got louder as they waited for their chance to decorate a tree outside Kilbourne Kaserne in Schwetzingen.

For 24 years, the city of Schwetzingen and U.S. forces from nearby installations have partnered with locals and Americans alike for a tree lighting ceremony.

Due to the transfer of organizations and the closure of both Tompkins Barracks and Kilbourne Kaserne, this ceremony – the last official one – was particularly bittersweet.

U.S. Army NATO Brigade Commander Col. B.J. Constantine Jr. gave the opening remarks, and Command Sgt. Maj. Mark K. Schindler translated his words into German.

“We thank you for the warm friendship and our hosts, who for so many years opened their hearts and homes for us. We really appreciate all you’ve done for us over the years,” Constantine said.

Lord Mayor René Pörtl said that while there will no longer be an official lighting, the city will always remember and cherish the partnership that existed for so many years. He also asked the crowd to remember deployed service members from both countries.

“This is a very special time for all families, but don’t forget the German and American Soldiers who are alone somewhere in the world, doing their duty for their nations,” Pörtl said.

After the speeches, the classic poem “’Twas the Night Before Christmas” was read in English and German. Soldiers passed out ornaments to the children, some of whom came with their own.

Julia Miller, nearly 3, daughter of Staff Sgt. Mitch Miller from American Forces Network, rode on her dad’s shoulders and toted a small felt reindeer. When the children were given the go-ahead, the toddler joined what resembled a race to decorate the tree as quickly as possible.

Some children needed help reaching branches. Sgt. Imelda Winslow, a supply sergeant with the NATO Brigade, lifted a small boy a few feet in the air so he could place his ornament on the tree.

Police chief Hubert Böllinger picked up his 3-year-old niece Lilly Lou who he said was so excited by last year’s events that she asked to come again.

Just a few minutes into decorating, Santa Claus appeared from a firetruck, and the children turned away from the tree to flock to the jolly man while the U.S. Army Europe Band played “Here Comes Santa Claus.”

The band then played the German classic “O Tannenbaum” and “We Wish you a Merry Christmas,” and the crowd sang along. After, refreshments were served in the kantine on Tompkins Barracks.

The tree decorating ceremony was started at Kilbourne Kaserne in 1987 by then commander of 1st Personnel Command, Maj. Gen. Ronald Brooks, and Norbert J. Hooks, at the time a liaison officer. Hooks is now the U.S. Army Europe protocol officer.

“Soon thereafter, we had [the] best contacts with the principal of the Nordstadtschule, which is located in the Schwetzingen Nordstadt. For many years, the principal and a few teachers as well as some parents along with Soldiers and their children from 1st PERSCOM, made this event a truly great

example of German and American friendship,” Hooks said.

Each year, the mayor’s office obtains a tree and decorates it with lights, which are not turned on until after the children hang their ornaments.

“The Nordstadtschule has always attended (at our invitation) to come over with school children for the opportunity to see the tree and greet Santa Claus,” said Richard Pevoski, USANATO Brigade’s chief of staff.

In 2008, 1st PERSCOM was inactivated, but many wanted to keep the tradition alive.

“The mayor’s office approached us in the fall of 2008 and asked if we’d still be doing a ceremony now that the 1st PERSCOM was no longer active,” Pevoski said.

Hooks said he asked then NATO Brigade Commander Col. Leah R. Fuller-Friel to continue the tradition. Fuller-Friel was the first female USANATO brigade commander.

“She, having been a member of 1st PERSCOM when she was a captain, gladly accepted this request and so the tradition lived on,” Hooks said.

Tompkins Barracks and Kilbourne Kaserne are scheduled to close within the next year, but many believe the partnership between the U.S. forces and Schwetzingen is everlasting.

“Over the last few years, USANATO has had a very good relationship with the Schwetzingen mayor’s office. [In fact], Fredericksburg, Va. is now one of Schwetzingen’s official partner cities, and the city has agreed to assist us in the coordination for use of the Schwetzingen Schloss for the USANATO 2012 change of command ceremony,” Pevoski said.



Photos by Elizabeth Casebeer

Above, Schwetzingen Police chief Hubert Böllinger holds his 3-year-old niece Lilly Lou who he said was so excited by last year’s events she asked him to take her Dec. 7 to the tree lighting ceremony on Kilbourne Kaserne, a 24-year tradition that ends this year since Kilbourne will close next year. Below, Sgt. Imelda Winslow, a supply sergeant with the NATO Brigade, helps a German boy place his ornament during a tree lighting ceremony hosted by U.S. Army NATO Brigade and the city of Schwetzingen in front of Kilbourne Kaserne Dec. 7. Lord Mayor René Pörtl said the ceremony marked many years of partnership with the U.S. and Germany and will always hold a special place in his heart.



Still need a tree? Sales points available until Dec. 24

The city of Heidelberg has announced the following locations and times for the sale of Christmas trees.

Open until Dec. 24, sales are ongoing at Römerplatz (intersection Bergheimer Straße/Römerstraße) and the Marktplatz square in Neuenheim,

Wilhelmsplatz square in Weststadt.

Open until Dec. 23, sales are ongoing at Neckarmünzplatz square (downtown, riverside just before Karlstor arch).

Permitted opening hours for all locations are 6 a.m.-8 p.m. Monday-Saturday, but actual sales

times may differ slightly in each location. Sales end 2 p.m. Friday, Dec. 24.

Christmas trees are also sold at the Bierhelderhof farm up the hill near Rohrbach. Sales days and times are 9 a.m.-4:30 p.m. Dec. 16-23.

TRANSLATION: Thomas Heiss

Mannheim commissary to reduce hours Jan. 8

Staff Report

Beginning Jan. 8, the commissary on Sullivan Barracks in Mannheim will change its hours to accommodate ongoing transformation efforts.

"We are an appropriated fund agency, so hours are based on military population within that service area. With the drawdown of troops, we have a drawdown to

the commissary," said Leslie Brown, Defense Commissary Agency-Europe public affairs specialist.

"We're working very closely with the garrison to determine the appropriate hours. We're here to serve the military men and women and their families," she said.

Currently, the commissary is closed Mondays and is open 8:30 a.m.-8 p.m. Tuesday-Friday and 7:30

a.m.-7 p.m. Saturday and Sunday. Starting Jan. 8, the commissary will close Mondays and Tuesdays and will be open 8:30 a.m.-7 p.m. Wednesday-Sunday.

Early bird hours will be 8:30-10 a.m. Wednesday-Sunday.

The amount of bakery items available in the store will also decrease. However, customers can still special order any of the

products they may need, as long as they provide two days' notice, Brown said.

The commissary on Patrick Henry Village in Heidelberg is open 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday. Early bird hours in Heidelberg are 7:30-9 a.m. daily.

Customers may address questions to store director Angel Garcia at DSN 385-3940 or civ. 0621-728-3611.

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.

When will the Mannheim commissary and Exchange close?

The Mannheim commissary and PX are scheduled to close in September 2012 and their actual closure dates will only be accelerated if customer demand or commissary and Exchange resources decline more rapidly than expected.

Facilities Operations Changes Mannheim

Base Operations – For assistance, residents should contact Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, damiens.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, robert.n.isbell2.civ@mail.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.satsatin@mail.mil, DSN 373-1300, civ. 06221-17-1310.

Education Center – The Mannheim Education Center is closed. Education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. GPS: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176, www.bw.eur.army.mil/contacts/service_directory.html.

Gospel Service – The Gospel Church Service for Mannheim members is now held in Heidelberg at the chapel on Mark Twain Village. DSN 373-6190, civ. 06221-17-6190.

Guest Lodging – Mannheim customers may use the guest house on Patrick Henry Village in Heidelberg or receive a certificate of nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV.

Health and Dental – Health and dental care for Mannheim members are now offered in Heidelberg only. TRICARE enrollment offices are on the Heidelberg Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne, Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500. Retirees and their family members who have been disenrolled may seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

Library Support – A library support office is open in Bldg. 246, Room 118, to assist community members 9 a.m.-1 p.m. and 2-6 p.m. Monday, Tuesday, Wednesday and Friday and 1-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and to receive library materials in their mailboxes. Services include assistance with electronic databases, registration and clearing. Computers, a small study room and free paperbacks are available. Items may be returned to

the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

Overpass Closure – The overpass from Benjamin Franklin Village to Columbus Street has permanently closed.

Postal Service Center – Hours for the Postal Service Center on Coleman Barracks are 10 a.m.-1 p.m. and 2-5 p.m. Monday - Friday. The Consolidated Mail Room customer service package pick-up window hours remain 11 a.m.-6 p.m. Monday-Friday.

School Age Center – The School Age Center on Benjamin Franklin Village in Mannheim is in Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

Self-Help – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays and closed on American and German holidays. DSN 380-4435, civ. 0621-730-4633.

Tax Relief Office – The Tax Relief Office on Sullivan Barracks is open 8 a.m.-4 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

Transportation Motor Pool – The Transportation Motor Pool on Spinelli Barracks has closed and all vehicles are dispatched at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, www.bw.eur.army.mil/Directories/DOL/TMP.html.

Vehicle Inspection – Spinelli Barracks is the single-service location for vehicle inspections. Telephone numbers are: vehicle registration manager DSN 384-6100, civ. 0621-730-6100; support DSN 384-6911, civ. 0621-17-6911; vehicle inspection DSN 384-6120, civ. 0621-730-6120. The GPS address is: 68259 Mannheim-Feudenheim.

Vehicle Registration – The vehicle registration office on Spinelli Barracks in Mannheim is in Bldg. 1563. Customers should first call or visit the official homepage for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction, and bring checks or money orders to pay fees. The Spinelli office is open 7:30 a.m.-5 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, www.hqusa.eur.army.mil/rmv.

Veterinary Treatment Facility – The vet office will close Dec. 22. Veterinary care will continue to be available through the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. To prepare for closing, the Mannheim VTF has reduced its hours. It is open 8 a.m.-1 p.m. Monday for over-the-counter services only, 11 a.m.-7 p.m. Wednesday and 8 a.m.-1 p.m. Friday for sick call and preventative medicine appointments. Clients requesting surgery will be referred to Heidelberg VTF or an off post veterinarian. Records remaining at the clinic after Dec. 22 will be transferred to Heidelberg. Those scheduled to PCS before that date should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

Work Orders – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service

order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312.

Heidelberg

Army Emergency Relief – AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975.

Commissary Gate – The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. daily. Commissary hours are 7:30-9 a.m. daily for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

Drivers Testing – All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

Health Center – Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care is provided on the economy by host-nation providers. Health Center normal hours are 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <http://ermc.amedd.army.mil/heidelberg/index.cfm>. The nurse advice line, civ. 0800-825-1600. For help after hours, call civ. 06221-17-2605.

Library – The library on Patrick Henry Village is open 10 a.m.-7 p.m. Tuesday, 10:30 a.m.-7 p.m. Wednesday and Thursday, 10 a.m.-6 p.m. Friday-Sunday and closed Mondays. Patrons can go online and check out, download and renew services at the MYACCOUNT on-line library service, www.library.eur.army.mil. To set up an account, visit <http://mylibraryeu.fmw.net/screens/firsttime.html>. Library staff at civ. 06221-338-9443 can answer questions, or assist in setting up an account when patrons visit the library. The ILMCOM-Europe library is also available online at www.library.ulinet.army.mil.

Mark Twain Village Shoppette – The shoppette on Mark Twain Village and the Campbell Barracks shoppette are open 10 a.m.-5 p.m. Saturdays and Sundays to support the Soldiers and families who live on MTV.

Postal Finance and Official Mail Service – The Postal Finance and Official Mail service at PSC 432 on Tompkins Barracks has been discontinued. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19, respectively. Consolidated mail room operations at PSC 432 continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

Red Cross – All Red Cross services are handled by the Heidelberg station, Bldg. 3850, on the Shopping Center. In case of a family emergency when a communication message is needed, the Heidelberg number will reach an emergency caseworker. The Heidelberg station is open 8 a.m.-4:30 p.m. Monday-Friday. DSN 370-1760, civ. 06221-57-1760.

Sexual Assault Hotline – The 24-hour sexual assault and domestic violence hotline for Mannheim and Heidelberg is civ. 0170-609-2862.



Dawn Sykulla

Serving Volunteers

U.S. Army Garrison Acting Command Sgt. Maj. Romeo Satsatsin serves one of the 45 volunteers and survivors attending the Army Community Service recognition luncheon Dec. 2 for those who serve in ACS offices in Heidelberg and Mannheim. In addition, ACS supports Survivor Outreach Services as part of the Army Family Covenant commitment, designed to deliver on the Army's commitment to families of the fallen. SOS connects them with people who can provide the right support and, most importantly, it keeps them connected with the Army for as long as they desire. Most survivors in the garrison are local German citizens whose spouses were retirees.

Garrison recognizes employees

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Forty years ago, just one day after Erika Darsow left school in Zweibrücken, she landed a job with the U.S. Army.

And she's been helping Soldiers ever since.

Darsow was among more than 40 U.S. Army Garrison Kaiserslautern employees recognized for their length of service during a Dec. 6 ceremony on Vogelweh. Dozens of garrison staff, family and friends joined Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern, to congratulate them.

"Your dedication and commitment to the Army is admirable and we owe you our gratitude," Zetterstrom said.

While Darsow has held various positions over the past four decades, she's spent the past 18 years as a purchasing agent with the garrison's logistics directorate. When Soldiers misplace a government car key, bump a fender or run over a nail, they turn to Darsow to offer solutions that help them complete their missions.

"I try to help and we do what we can," Darsow said. "When you can help, for me that's good."

In 1971, a neighbor who worked on Kreuzberg Kaserne – then a U.S. installation



Rick Scavetta

Erika Darsow, a civilian employee at U.S. Army Garrison Kaiserslautern's directorate of logistics assists a Soldier with a vehicle maintenance issue at her office on Daenner Kaserne. She was among more than 40 garrison employees recognized recently.

in Zweibrücken – suggested that Darsow start work there. Then 18, Darsow took that advice. When the post closed in 1993, Darsow migrated to Kaiserslautern. She admits after all these years, she never really learned the Army ranks.

"You just say hello to the customer," Darsow said. "For me, a private is the same as anyone."

Now a grandmother whose son serves in the German Army, Darsow looks forward to local soccer games and taking vacations. Sometimes she wonders where the time has gone, she said.

"I never was thinking when I started that I would work with the Army 40 years," Dar-

sow said. "Not everybody can work 40 years at one place."

During the event, Zetterstrom highlighted the contributions that civilians add to the Army's missions.

"The dedication of our civilian work force has remained constant through changing times," Zetterstrom said. "I'm always amazed at their perseverance in the face of the many challenges they face."

Among the recipients was Bradford Harris, who joined the U.S. Air Force in 1961, when computers he used filled entire rooms and processed data using punch cards. After retiring at Sembach in the late 1980s, Harris sold encyclopedias in Kaiserslautern and worked for the U.S. census before landing a civilian job at Vogelweh's bowling center.

"I did that same job when I was 18 back in Oklahoma," Harris said. "My life did a complete circle."

Soon after, the Army hired Harris for his computer skills – which he uses each day to assist colleagues within the garrison's directorate of Family and Morale, Welfare and Recreation. During the ceremony, Harris was recognized for 45 years of government service.

"It makes me feel good and useful, that my talents still help people do their job," Harris said.

LEGAL ASSISTANCE

Mistakes to avoid this tax season

Patton Law Center

The federal tax filing season will soon be upon us. The Internal Revenue Service reviews tax returns each year and identifies the most common mistakes made by taxpayers when they file their returns. These mistakes cost taxpayers millions of dollars and sometimes result in substantial penalties and interest payments from taxpayers.

The most common mistakes include:

- ◆ Choosing the wrong filing status whether single, joint or head of household
- ◆ Failing to include social security numbers or providing incorrect numbers
- ◆ Failing to sign and date the return
- ◆ Claiming ineligible dependents
- ◆ Failing to file for the earned income credit
- ◆ Improperly claiming the earned income credit
- ◆ Failing to use the correct forms and schedules when completing the return
- ◆ Failing to report all income because it was not included on the Form W-2 that was submitted or under-reporting income because not all Forms W-2 or Forms 1099 were included with the return.

Tax centers throughout Europe will open in the next few months to help Soldiers, retirees, federal civilian employees and their family members file their federal and state tax returns.

Tax centers will be staffed with trained and certified tax preparers and will offer free tax preparation and electronic tax filing services.

All eligible customers are encouraged to take advantage of this service in the military community to save money, time and hassle.

45 noncommissioned officers inducted into corps

By **Sgt. Megan R. Boyer**
10TH AAMDC PUBLIC AFFAIRS

The 5th Battalion, 7th Air Defense Artillery Regiment held an induction ceremony for 45 Soldiers from the Non-commissioned Officer Corps on Rhine Ordnance Barracks in Kaiserslautern Nov. 30.

The NCO induction ceremony is a welcoming of all the newly promoted sergeants into the NCO Corps and a reminder to honor those who have served and continue to serve with pride in the ranks.

Induction ceremonies are important because they provide unit cohesion and develop a bond among NCOs.

"These inducted Soldiers will become the platoon sergeants, the first sergeants and the sergeants major for our forces in the future and they will continue to uphold the tradition for our great Army that has so much been instilled in our minds for over

230 something years," said U.S. Army Europe Command Sgt. Maj. Thomas Capel.

The NCO induction ceremony dates back to December 1988 when then Command Sgt. Maj. Horvath observed a German Army NCO induction ceremony and suggested the U.S. Army adopt a similar program, which they did in April 1989 when the first ceremony was held.

Now, NCO induction ceremonies continue to be a part of the Army worldwide, celebrating new additions to the elite corps of NCOs.

Guest speaker Master Sgt. Alan C. Jonason provided the inductees the definition of a leader during his remarks.

"Leaders are not born, they are developed. Leaders are guided by others but for the most part they lead essentially by themselves," said Jonason, the intelligence NCO in charge with 5-7 ADA.

"We cannot expect our



Sgt. Megan Boyer

An inductee signs the non-commissioned officer induction book during a Noncommissioned Officer Corps induction ceremony Nov. 30 on Rhine Ordnance Barracks in Kaiserslautern. Forty-five inductees were welcomed into the elite NCO Corps.

Soldiers to live by the Army values when their leaders and mentors are not upholding the standard. Values plus the warrior ethos guide the way we conduct ourselves as an army and as a profession of arms. We must be an uncompromising standard bearer for our Soldiers."

Once the inductees received their plaque and marched through the NCO arch, they followed the lead of 5-7 ADA Command Sgt. Maj. Norrieh Fahie as they recited the Charge of the NCO.

"It means a lot. I know I'm a leader so it's easy for me. I look forward to getting ready

to lead Soldiers that I have been working with so far," said Sgt. Shoyan C. France, the command Standard Army Management Information System operator assigned to Headquarters and Headquarters Battery, 10th Army Air and Missile Defense Detachment, who was inducted during the ceremony.

"Being a military spouse, it's nice to see recognition for his hard work and just being able to see him recognized in front of his peers meant a lot. I'm just so proud of him and I'm glad that we are here to support him," said Jackie Tran, wife of Sgt. Thiet Tran, who was an NCO Corps inductee.

Every month specialists are promoted to NCOs, leaders and mentors.

"I look at our future and looking at you right now, our future looks good," Capel said.

ICE gets results

To submit an ICE comment, look for "ICE-HD" for Heidelberg, "ICE-MA" for Mannheim or "ICE-KL" for Kaiserslautern at the bottom of the garrison website's home page at www.bw.eur.army.mil.

Interactive Customer Evaluation allows customers to rate products and services provided by Department of Defense offices and facilities worldwide.

Comment card ratings are used to improve the products and services in the U.S. Army Garrison Baden-Württemberg. Community members are encouraged to use the ICE system to provide feedback, both positive and constructive, about

garrison issues.

The garrison convenes a Chill Board each quarter to discuss and evaluate the satisfaction rates received from customers throughout the community.

The Herald Post will periodically feature issues brought to leaders through the ICE system and ask readers to submit comments on garrison social media sites.

Issue: Children's area at gym on Patrick Henry Village

Scope

The Stronghold fitness room on Patrick Henry Village in Heidelberg had no area for children to stay while family members used the gym.

Customer Feedback

♦ Family members who live on PHV with an interest in physical fitness had

to go to Patton Barracks for a gym that offered a children's area, making it difficult if the family owned one car.

♦ The PHV child care facility is located a good distance from the workout room and requires scheduling in advance.

♦ Most families live on PHV so a family friendly facility there makes sense.

Command Response

The Family and Morale, Welfare and Recreation Directorate's Community Recreation Division joined with Child, Youth and School Services and designed an appropriate area with toys and furniture for children to use while parents and guardians worked out.

What do you think?

Express your opinion on Facebook (www.facebook.com/bwnow) and BNow (mybnow.ning.com) by answering the Question of the Week: "What do you think of the Stronghold workout room on Patrick Henry Village in Heidelberg now that there's a children's area available?" Comments may also be emailed to the Herald Post at usaghd.post@eur.army.mil.

BWnow feedback on last week's ICE issue: hours at the commissary gate

How do you feel about the change in hours at the commissary gate on PHV?

- ♦ What are the hours? At first it closed at 1800 but lately I've seen it open later.
- ♦ Gate hours are 6 a.m.-8 p.m. daily.
- ♦ I think it should stay open as late as the commissary does at least. I understand they have to save money, but an extra 3 hours won't hurt.
- ♦ I think 6-8 is much better then closing at 6 p.m.

- ♦ I live off post and when it closed at 6 p.m. it caused problems getting my girls to and from activities. Having it close at 8 p.m. works out much better. Thank you for the change.
- ♦ I didn't know it was open until 8 either. That is great to know! Thank you!
- ♦ Should be 24/7 and the other gate should be the one to close early.
- ♦ I was thrilled when it reopened back up to 8

- p.m., since my husband works on Coleman, but honestly, if I'm not back home before 8 (which I'm not Friday nights), it doesn't take that much longer to drive to the other gate.
- ♦ There was a huge banner that said the new hours in front of the Commissary gate. I don't know how people missed that sign. I like the new hours since my husband works at Coleman as well. =)

- ♦ I had no idea that gate opened up later. That's where our GPS leads us when we come back home and took a few times to get used to taking the other exit so we weren't doing circles there. Should have been posted somewhere other than in front of that gate.
- ♦ Like the new hours at the Commissary gate, Thank you for changing :-), very much appreciated.



U.S. Air Force Senior Airman Sean Martin

A Soldier scans the area from the back of a CH-47 Chinook helicopter during a flight to Nesh District, Afghanistan, Dec. 7. Members of the Kandahar Provincial Reconstruction Team attended a governance, reconstruction and development meeting held at the Nesh District Center.



U.S. Army

As Soldiers and equipment come through Khabari Crossing, tactical vehicles and equipment will go to the Four Corners yard to be downloaded before they are staged for redeployment to the United States Dec. 6. The transition of troops and equipment are part of the Dec. 31 security agreement deadline in Iraq. Third Army is shaping the future by meeting the security agreement while building and maintaining multinational partnerships throughout the region.



U.S. Army

Pfc. R. Hoffmeyer, a gunner with Troop A, 1st Squadron, 32nd Cavalry, 1st Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky., fires a tube-launched, optically-tracked, wire command data link missile from the turret of a Humvee Dec. 6 at Observation Point-12, on Fort Knox, Ky. The squadron trained at Fort Knox to complete gunnery tables.

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Sgt. Thao Vangsouan, Division Headquarters and Headquarters Battalion, 1st Infantry Division, shows Pfc. Jacques Harrington, Headquarters and Headquarters Company, 705th Military Police Battalion, Fort Leavenworth, Kan., how to properly filet a Dover sole during a cook off as part of the Big Red One's Food Service NCO and Soldier of the Quarter Competition. Five Soldiers participated in a cook off, demonstrating their cooking and presentation skills and were required to make a meal using Dover sole, bacon, leeks and rice. Competitors took a written test after the cook off and attended a board Dec. 8.



Amanda Kim Stairrett



Sgt. 1st Class Christopher Fincham

An Honest Assessment

Chaplain (Col.) Thomas Day, the Baden-Württemberg Garrison Chaplain, speaks during the 30th Medical Command Prayer Breakfast at the Heidelberg Medical Activity dining facility on Nachrichten Kaserne in Heidelberg Friday. The prayer breakfast was part of the 30th MEDCOM's Comprehensive Soldier Fitness program and offered Soldiers an opportunity to build their spiritual resilience. Day emphasized that an individual's ability to perform an honest self-assessment is key to developing one's resilience. "Whether completing the Global Assessment Tool online, or looking at yourself in your daily life, we should focus on nurturing not nagging, encouraging not discouraging, influencing not antagonizing," Day said.

Perioperative nurses provide patient advocacy, added safety

By Sgt. Tina Villalobos
LRMC PUBLIC AFFAIRS

More than three decades of dedicated service was celebrated last month at Landstuhl Regional Medical Center during Perioperative Nurses Week. This year's theme was freedom to Speak Out."

"This year's theme ... gives nurses autonomy to speak out as the patient's advocate when the patient is asleep and unable to speak for themselves. They [perioperative nurses] are recognized as professionals and patient advocates," said Maj. Kenny Harryman, chief of critical care and perioperative nursing.

Perioperative nurses provide, manage, teach and study the care of patients undergoing operative or other invasive procedures. At Landstuhl, that consisted of 7,478 surgeries in 2010 and perioperative nurses were involved in all of them," said Harryman.

The team of 20 perioperative nurses are active duty Army and Air Force, Army Reserve and civilian nurses with more than 150 years of experience combined. Together, they ensure patient safety and comfort during every surgery.

They play a key role in the LRMC wartime mission that has treated more than 65,000 service members medically evacuated from Afghanistan

and Iraq during the past 10 years. LRMC serves as the sole link between downrange care and subsequent care in the United States and in other coalition nations.

LRMC is often referred to as a prism or center of the hourglass, receiving daily a chaotic mix of patients and diagnoses that are then treated and triaged to appropriate destinations throughout the world.

"For me, the most rewarding aspect of being a perioperative nurse is knowing I've been a part of what could be a life-changing event for a patient at their most vulnerable," said Harryman. "They are frightened and looking to you to guide them through the experience."

Perioperative nurses play a pivotal role in any trauma center. According to Harryman, LRMC has the resources necessary to care for "the worst of the worst" trauma cases. LRMC is the only American College of Surgeons Level I Trauma Center outside the U.S., and one of only 142 U.S. Level I Trauma Centers.

"LRMC is one of the leading facilities in surgical care for other agencies to emulate," said Harryman. "Patients and their families can take comfort in coming to LRMC, knowing they will get the best care that can be pro-



Sgt. Tina Villalobos

From left, Hospital Corpsman 3rd Class Rebecca Burke, Lt. Col. (Dr.) Moon Lee, Maj. (Dr.) Thomas Dowd and Hospital Corpsman 2nd Class Albert Rico perform a surgical procedure at Landstuhl Regional Medical Center.

vided anywhere in the world by some of the most caring and compassionate caregivers in the world."

For many, the lure of a more challenging and varied environment, coupled with enhanced training and higher professional expectations, make perioperative nursing an attractive option. For others, the elements of strategic planning and organization are a draw. Most consistently, however, the role of patient advocate is identified as the overarching responsibility most enjoyed by this LRMC team.

Capt. Robert S. Lawson, one of LRMC's perioperative nurses, explained the difference between military and ci-

vilian perioperative nursing. "Priority number one is the patient," said Lawson. "There's a different kind of patient population here. You still have your standard patient population as well. But here you also have the Soldiers that come in within 24 hours to three days of being injured, so we help manage the acute. What you get in the civilian world is a stabbing or shooting. These are blast wounds and burns and out-of-the-ordinary injuries."

Perioperative nurses can work in a variety of disciplines, including scrub nurse, circulating nurse, registered nurse first assistant, patient educator or operating room director. Each of these areas

provides a critical element of patient care and enhances the overall efficiency and effectiveness of the team as they work to ensure optimal patient care. The primary role of the military perioperative nurse is in the role of the circulator, coordinating the activities of a multidisciplinary surgical team.

"Each year, new equipment is developed for use in the operating room. The physicians love the latest and greatest. Not only is it new and fancy, it helps reduce surgical time and helps improve recovery time and also reduces likelihood of operating on a wrong area.

"Say, for example, if we were doing a craniotomy. Now they have equipment where they can take a patient to MRI and find out exactly where the tumor is and build it into a computer and three-dimensionally approach it using computer assistance to get to the best approach to that tumor," Lawson said.

"Every day at LRMC is rewarding for me, knowing that in some way - be it large or small - I've been able to help those heroes fighting for our freedom, putting their lives on the line every minute of every day so my family and I can enjoy our way of life. I am honored to be a part of it," Harryman said.

Scouts walk in Bastogne with World War II veterans



Photos by Linda Steil



Staff Report

Boy Scouts and Cub Scouts from Heidelberg's Troop 284 walked in the footsteps Saturday of the Allied forces who fought in the Battle of the Bulge in the Ardennes Forest in Belgium.

The Scouts were among thousands who travel to Bastogne annually to walk 8, 18 or 22 kilometers to remember the battle that lasted from Dec. 16, 1944, to Jan. 25, 1945. The Battle of the Bulge is considered the largest land battle in U.S. Army history.

Along the route, reenactors dress in period uniforms, drive World War II jeeps,

carry authentic equipment and march in formation during the afternoon parade following the walk. Often, they enact a scene from that harsh winter, reviving the details of the war for those nearby. They pop out of a foxhole, create a makeshift hospital or crouch behind bunkers.

As young people in Europe, the Scouts appreciated the first-hand experience the trip offered them. This year as always, veterans of the battle attended and one of them, Robert Izumi, talked to Cub Scouts from Troop 284.

"We met him at the Café 1900 on the town square in Bastogne," said Shane Col-

bert, 10. "He told us what he was in the military and about his life."

Izumi told the boys he joined the Army when he was 17 years old, that he was a sergeant major with the 101st Airborne Division and that he was one of the Soldiers who liberated Bastogne in World War II. Izumi currently lives in California.

Colbert walked the 8-kilometer route and said it was "rainy and muddy." Yet, he learned, conditions were colder and snowier 66 years ago.

In all, German, American and British casualties totaled more than 181,000. The American troops fought under the command of Gen. Anthony Clement McAuliffe, 101st Airborne Division, who is best remembered for what he said when surrounded by the Germans. When McAuliffe received an ultimatum from the Germans that he should surrender, he responded with, "Nuts!"

Now, every year during the battle commemoration, certain folks stand at the city's town hall to throw nuts. The honor is reserved for veterans of the battle like Izumi and other dignitaries.



Top left, a reenactor wears socks on his hands and carries a blanket around his neck as he plays the part of a medic. Above, veterans of the Battle of the Bulge march in the parade. Many of the veterans also walk the 8 or 18-kilometer trail. Right, Cub scout Aaron Steil from Heidelberg Troop 284 carries a gas mask and meets reenactors on the Bastogne Walk including one with an unlit cigarette. Left, a jeep full of Soldiers in period uniforms rides through Bastogne Saturday, taking part in the commemoration of the historic battle.



TRACKING

continued from page 1

experience for Army personnel and their families. U.S. Army in Europe leaders expect the PE flight program to help commanders and sponsors, too.

The PE program was created as part of force protection, anti-terrorism measures for the Army.

Reception operations at Ramstein will increase force protection by providing a se-

cure arrival point and a tighter span of control for arriving personnel. The reception team will track flights and possible delays and will be available to receive incoming personnel regardless of the time the flight arrives.

The team also will help passengers clear customs and then get onto pre-arranged military transportation to their new duty station.

Commanders of receiving units or agencies will know

in advance when a Soldier or civilian is arriving so as to better coordinate in-processing requirements.

Commanders and sponsors are reminded that, just as with incoming personnel arriving at the Frankfurt International Airport, sponsors are not authorized to pick up incoming personnel from Ramstein.

Military transportation will be in place to bring newcomers to their area of assignment so they can spend their first

night in their new community. This consolidates transportation needs, keeping Soldiers from traveling unnecessarily and providing cost efficiencies for the command.

Sponsors can visit the USA-REUR and Installation Management Command-Europe newcomer's sites for information in preparation for the flight program. Leaders anticipate adding a Patriot Express frequently-asked-questions page to the USAREUR and

IMCOM-E websites early next year.

To inform patrons of this new service, the Army has updated the assignment and verification processes and coordinated with Human Resources Command to the Enlisted Distribution Assignment System.

The Army is also providing instructions through a military personnel message to Soldiers on assignment to Germany.

Sugar
and
spice
and
everything
nice



Oma's Zimtsterne

By Elisabeth Andres

- 3 egg whites
- 1 cup icing sugar, sifted
- 1 1/2 cups ground nuts (half almonds and half hazelnuts)
- 2 teaspoons ground cinnamon
- pinch of salt

Preheat oven 300 F. Add a pinch of salt to the egg whites and beat to stiff peaks. Gradually add the icing sugar and beat until well combined. Reserve three tablespoons of this mixture for the topping. Add the cinnamon and ground nuts to the egg white mixture and stir until you have a kneadable dough. Sift icing sugar over your working area and roll the dough out to a thickness of approximately 1/4 inch. With a star-shaped cookie cutter, cut stars out of the dough and place on a baking tray lined with wax paper and icing sugar. Use the reserved egg white mixture to top the stars. Bake 30-40 minutes.

Oma's Coconut Macaroons

By Elisabeth Andres

- 1 cup coconut flakes
- 7 tablespoons sugar
- 1 pack of round baking wafers
- 3 egg whites
- 1 pinch cinnamon

Preheat oven to 300 F. Beat egg whites until stiff, then stir in sugar and cinnamon. Fold in coconut flakes. With a spoon, drop mixture on baking wafers. Bake 20 minutes. Makes about 35.

Speciality cookies supply sweet start to holidays

As the days get shorter and the calendar moves toward the end of the year, many Germans start with their preparation for what is called a *gelungenes Fest*, a successful Christmas celebration. Walk into bakeries and smell the spices of this season: anise, cardamom, cinnamon and more. According to *chefkoch.de*, the following ingredients are the most important to stock this time of year.

By Birgit Thompson
USAG STUTTGART PUBLIC AFFAIRS

Anise has a sweet-spicy taste and adds an unmistakable flavor to baked goods. It's used as whole seeds or finely ground. Since it has a very intense taste, anise is used sparingly in *lebkuchen* or gingerbread as well as in *Springerle*, a Swabian soft cookie. Bitter almond extract is used in cookies and cakes in combination with *marzipan*.

Stollen, a traditional sweet bread, uses bitter almond as a main ingredient. This extract is poisonous when taken in large amounts so one should not use more than the recipe calls for, and it should be kept out of reach of children.

Spice cloves are the dried flower buds of the carnation tree. Their aroma gives *glühwein*, gingerbread and many other foods an intense taste. It's used as whole cloves or finely ground.

Hazelnuts are used whole, chopped, or ground. They can be peeled easily if roasted in the oven for a few minutes. The peel slides right off when you rub them lightly.

Hirschhornsalz is ammonium carbonate or formerly known as salts of Hartshorne. This is a typical Christmas ingredient and is used in the heavy, sugary dough for *Lebkuchen*.

Honey is used in gingerbread and honey cakes as the main ingredient. Which honey to use depends on its

origin, plants or geographical origin, and will be noted in the individual recipe.

Ginger can be purchased in its original root form, candied or finely ground. Fresh ginger is more aromatic and mostly called for in Christmas recipes. Candied ginger is often used to decorate cookies and pralines. Since ginger has a distinct, sharp taste it's meant to be used sparingly.

Cardamom comes in its original shape in capsules or is finely ground. It is a spice from the ginger family and used in *stollen*, because of its fresh lemony fragrance and aroma.

Coconut, although not typical for Germany, is an often used fruit in winter recipes. Due to its high fat content it does not keep too long and should be stored in the refrigerator to keep fresh.

Cilantro is found in Germany under the name of *Koriander*. Cilantro finds its uses in the Christmas bakery where it is used dry and finely ground in gingerbread spice mixes.

Currants are small and almost black wine berries (raisin like) originating in Greece. The dried berries give *stollen* and gingerbread a fresh flavor.

Gingerbread spice is a mix made from anise, star anise, cloves, cardamom, nutmeg, allspice, vanilla and cinnamon. This spice mix can be purchased as *Lebkuchengewürz* during the holiday season.

Raw *marzipan* is made of sugar, almonds and almond oil. The *Marzipanrohmasse*, as it is called in Germany, can be purchased year round in German grocery stores and is the base for many baking recipes.

Nutmeg is used sparingly due to its intense flavor. It is an ingredient in gingerbread spice.

Allspice is known as *Piment* in Germany. Its aroma is similar to cloves, nutmeg and cinnamon. The small berry is harvested of myrtle bushes and can be purchased as dried, whole berries or finely ground.

Pine nuts have a sweet almond like taste and are used for decorating Christmas cookies and cakes.

Potash is potassium carbonate. In Germany, it's called *Potasche* and can be found in stores around the holiday season. It's used as a raising agent instead of baking powder.

Beet syrup is the juice pressed from fresh sugar beets. *Rübensirup* is golden in color and can be substituted with regular brown syrup. The syrup is used in gingerbread.

Saffron, or *Safran*, are dried flower styles which possess a honey-like taste. Saffron is used to add a fine aroma and golden color to cake. Since it is a very expensive spice, saffron is used sparingly.

Baking chocolate is called *Block Schokolade*, or *Kuvertüre*, in Germany and is used shaved, melted or finely ground. This is a must have staple for baking during the holiday season.

Star anise is, as the name states, a star formed capsule fruit of a bush from the magnolia family. Its bitter-sweet aroma is used for baking, *glühwein* and because of

its unique shape, for decoration.

Candied fruit peels are called *Orangeat* for orange peels and *Zitronat* for lemon peels in Germany. These peels are used in *stollen*, *lebkuchen*, fruit cakes and more.

Vanilla is used in many baked goods and desert recipes. Often used is *bourbon* or the mark of the vanilla bean. Vanilla sugar can be found as *Vanilin* or *Vanillezucker* in German stores.

Walnuts, or *Wallnüsse*, add a finely tart flavor to cakes and cookies. Their unique shape make walnut halves great for decorating.

Cinnamon, or *Zimt*, is considered one of the main ingredients in holiday baking. Cinnamon can be found as rolled sticks or finely ground. Cinnamon sticks have a wonderful fragrance. Use them to decorate your home or to stir hot drinks.



GERMAN COOKING

After Eight cookies

Ingredients

- 10 After-Eight chocolate squares
- 1/2 cup butter
- 3 1/2 tablespoons powdered sugar
- 1 egg
- 1 cup flour
- 4 teaspoons cocoa powder
- 7 tablespoons white baking chocolate
- Pinch of salt

Preparation

- Cut the After-Eight into smaller squares and mix with softened butter, powdered sugar and salt.
- Add egg, flour and cocoa powder and mix for two minutes.
- Roll the mixture into plastic wrap and refrigerate two hours.
- Heat oven to 300 F.
- Roll dough out on a wood board and cut with cookie cutters.
- Bake cookies for 12 minutes.
- When cooled, decorate with white chocolate and serve.

Elisen Lebkuchen Gluten-free Gingerbread Cookies

Ingredients

- 5 eggs
- 2 cups sugar
- 3/4 cups raw marzipan (Rohmasse)
- 1 pack gingerbread spice
- 1 lemon, squeezed
- 7 tablespoons candied lemon peel
- 7 tablespoons candied orange peel
- 1 cup hazelnuts, grounded
- 7 tablespoons chopped almonds
- 1 cup almonds, grounded
- 15 Lebkuchen (Oblaten) wafers
- 1 cup baking chocolate

Preparation

- Preheat oven to 320 F.
- Mix eggs, sugar and raw marzipan in a medium bowl until well blended. Add lemon peel lemon juice and mix well.
- Add gingerbread spice, lemon and orange candied peel, hazelnuts and almonds and blend until smooth.
- Cover a baking sheet with the Lebkuchen wafers and spread two tablespoons of gingerbread mix onto each one.
- Bake 20 minutes on the middle rack, then let cool.
- Using the double-boiler method, melt baking chocolate and cover the Lebkuchen with the chocolate evenly.

Easy Gingerbread

- 1 cup sugar
- 4 eggs
- 1 3/4 cups honey
- 1 pack baking powder
- 1 3/4 cups flour
- 1 3/4 cups ground hazelnuts
- 2 tablespoons gingerbread spice mix

Preparation

- Blend together sugar, eggs and honey.
- Mix the baking powder with the flour, hazelnuts, gingerbread spice and other ingredients.
- Spread the dough onto a baking tray and bake 45 minutes at 350 F.

SOURCE: Birgit Thompson, USAG Stuttgart Public Affairs



Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

I saw your column and I figured, what it would hurt? I seem to be crying out for help here, and I just don't know what to do. My husband recently arrived in Kentucky from Germany, and he spent some time in Iraq fueling planes.

In July of this year, things took a turn for the worst. All of a sudden he started sending nasty emails about how he should never have married me and that we have nothing in common.

He also joked that he has two wives: one who sends him something (through a military care program) and me, who sends him nothing. He is tired of the way I look, that I don't even try to exercise and that I talk about being depressed. He stated many times he wants a divorce and that I need to file the papers. I was in total shock with how badly he put me down. I'm in counseling but still in pain.

He is being off and on. One moment he seems OK, and the next he is tired of this long distance relationship and says it's not going to work. Through this whole thing, I have been nice. I always say I love him and I never put him down, but I wonder if I'm stupid.

I am a Christian but currently am not involved in a church and I don't know anyone in my situation. I don't regret marrying him; I just feel like I have failed him. My husband had a rough childhood but would never talk about it and claims he is OK.

At this time in my life, I don't trust him with my heart or life. I see him as someone who cares about himself and could care less if I live or die. I understand he is in the military and it's hard, but that does not give him the right to emotionally abuse me. I can't confide anything in him without him using it against me. For example, I told him that I will need his help to work out because I start and stop that it's not working for me. His response was that he is only going to be home for 20 days and he is not going to waste his time. He said he is tired of my excuses and then he goes into how this relationship is not going to work. Sometimes I wish there is someone I can report him to because he is out of control. I feel alone. Thanks for your time. It's much appreciated. Military Wife

Dear Military Wife,

I really appreciate you writing me and sharing what is going on in your life. I can see this is causing you much emotional turmoil. I'm glad to know you are working with a counselor. I commend you for this, and I encourage you to continue with this process.

With counseling, hopefully you will learn more about yourself and also receive much insight and support from your counselor.

From your report your husband is abusive toward you, so why do you feel that you have failed him? I have to be honest: you have an abusive husband. You stated "I wish there is someone I can report him to because he is out of control." Listen, you don't have to continue on this merry-go-round.

Your husband puts you down, verbally assaults you and he is also emotionally abusive. I think you should speak to a victim's advocate at your nearest post. Contact the social work service department or Army Community Service.

The advocate will be happy to sit down and provide guidance regarding your situation. It also appears your husband is giving you inconsistent messages, i.e. sometimes he acts like he loves you and other times he is saying he never should have married you. You deserve much better than this, but you must believe this yourself.

It's obvious you have lost your confidence and your self-esteem. How can you trust a man like this? He sounds like he is very immature, although you did not mention his age. At any rate, I'm here to support you, and I'm on your side about this issue. I'm an advocate for saving marriages. However, I believe it takes two people who are willing to make a marriage work and who are faithful, loving and respectful of each other. It doesn't sound like you have this.

Keep in touch and let me know where you are and what happened. Enjoy the holidays too.

Keep holidays safe and happy

By Robert Szostek

USAREUR OFFICE OF THE PROVOST MARSHAL

The holiday season is a time when people buy gifts, eat out and go on vacation, and U.S. Army Europe Office of the Provost Marshal officials say that makes it a perfect time for thieves and pickpockets.

"USAREUR personnel can fall victim to pickpockets this time of year," said Lt. Col. Raymond Stuhn, chief of law enforcement at the USAREUR OPM.

Most victims are targeted in bars and clubs or in other crowded places such as on buses, in train stations, airports, stores or restaurants, he added.

To deter pickpockets at this time of year, Stuhn recommends people remain vigilant and not carry large amounts of cash if they can avoid

it.

"Think of safe places to keep your wallet or purse and don't leave valuables in your coat if you hang it up at a restaurant," he advised.

It is also good to be aware of distractions such as a stranger asking questions or someone helping you move packages to get on a bus or train. These could be distractions to allow an accomplice behind you to pick your pocket, purse or backpack.

Stuhn added that satellite navigation devices are still the most popular items stolen from vehicles.

"The main problem is that SAT-NAVs and other property are left in plain view inside vehicles," he said. Another problem is that some U.S. personnel and their family members in Europe often don't

lock their vehicles – even if it's the smart thing to do.

Stuhn also offered a few more tips for people traveling this holiday season:

- Don't advertise that you will be away from your home or barracks room. Only give the information to people who need to know.
- Soldiers living in barracks should secure their personal belongings in a wall locker.
- Make a list of your valuables and their serial numbers and take photos of them, to make it easier for the military police to recover any stolen goods.

More useful tips to keep your holidays safe and happy are available online from the National Crime Prevention Council at www.ncpc.org/cms/cms-upload/ncpc/files/holiday04.pdf.

GET OUT!

area events

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

December 15

Frankfurt Christmas Market - Located in Frankfurt's historic market square, the Frankfurt Christmas Market is one of Germany's oldest and most popular. The city has hosted an annual Christmas market for more than 600 years. Shop for Christmas trinkets and treats. Sample a selection of cakes, cookies, gingerbread, wine, honey, and more as you shop for souvenirs and other hand-embroidered keepsakes. The market is spread across several locations throughout the city center, including Römerberg, Paulsplatz, Liebfrauenberg, Fahrtr and Mainkai and is open 10 a.m. - 9 p.m. Monday -Saturday and 11 a.m. -9 p.m. Sunday.

December 17

Long Night of Shopping - Heidelberg beckons with a shop-til-midnight opportunity for extra gift shopping in downtown stores. In addition, old town Heidelberg still has the charming atmosphere - and the tasty food varieties - of the Christmas market. The city will provide extra public transportation. Starting at 2 p.m., free parking will be available at 600 spots which are otherwise paid parking and parking garages will offer extended hours for the 7,000 spots they provide.

Stuttgart Flea Market - The Stuttgart Flea Market will be held 10 a.m. - 4 p.m. at the Karlsplatz. Bargain hunters can browse a vast collection of artwork, antiques, furniture, music, toys, books and more. Karlsplatz, Schlossplatz 2, Stuttgart.

USAREUR Europe Band and Chorus - The U.S. Army Europe Band and Chorus performs 7 p.m. at Rhein Neckar Halle in Eppelheim featuring a member of the very first chorus acting as master of ceremonies. Lawrence Fogelberg sang with the then all-men's chorus in 1963 and returns this week to emcee the event for the group.

Karlsruhe Christmas Market - Meet at the Heidelberg Main Train Station at 9:30 a.m. and return by 7:30 p.m. after seeing the Karlsruhe holiday market. See Germany's only pyramid, the round church of St. Stephan and the national history museum. <http://affiliates.uso.org/rheinmain>.

Ski Europe - Heidelberg Outdoor Recreation offers two ski trips: to Paris or Ski Express. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

December 22

Musical Tribute - The Kammgarn theater in Kaiserslautern will host 'Remembering the Man in Black,' a musical tribute to singer Johnny Cash at 8 p.m. Tickets are €22. Civ. 0631-365-2607. www.kammgarn.de.

December 23

Ski Christmas Weekends - Ski for the

holiday Dec. 23-26 in Garmisch or Inter-laken, Switzerland, with Heidelberg Outdoor Recreation. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

Christmas on Ice - As part of the Christmas market in Heidelberg, the Karlsplatz has been transformed into a winter wonderland complete with an open-air ice skating rink. The rink is open 10:00 a.m.-9:30 p.m. daily until Jan. 3, closed Dec. 24 and open noon-9:30 p.m. Dec. 25 and 26. Karlsplatz 69117 Heidelberg. www.heidelberg-marketing.de.

December 25

Madama Butterfly - The Pfalztheater in Kaiserslautern will host a performance of the Madama Butterfly, an operetta by Giacomo Puccini at 6 p.m. Civ. 0631-3675-209. www.pfalztheater.de.

December 26

Black Forest White Christmas - Travel early to the Black Forest in Triberg for cuckoo clock shopping, and journey to the Triberg festival alive with local artisans, international musicians, pyro-stunts and holiday attractions. At sundown, watch as the town powers up its 250,000 lights, amazing onlookers with unusual visual effects and nighttime illumination of the surrounding mountains, including the Triberg Falls, Germany's highest waterfall. Wear warm clothes and bring euro. <http://affiliates.uso.org/rheinmain>.

December 29

London Tour - Enjoy three nights in London as you explore England's famous capital. Included in this tour are three nights in a centrally-located, 5-star hotel featuring spacious rooms, swimming pool, spa, gym and close proximity to London's underground train system. During the tour, see picture postcard sights such as Tower Bridge, the Houses of Parliament with Big Ben, Westminster Abbey, Buckingham Palace and changing of the Guard, Trafalgar Square, Piccadilly Circus and the new London Eye. <http://affiliates.uso.org/kaiserslautern>.

December 31

Löwenstein Torch Lighting - This traditional city event starting at 5 p.m. finds its roots in pagan times. On New Year's Eve, the castle courtyard is lit with a large fire and the castle walls are illuminated with numerous torches while an entertainment program rings in the new year.

January 4

Ski Switzerland - Register by today to ski the slopes with the Heidelberg International Ski Club. The club's next open trip will be to the border town of Portes Du Soleil with ski-

ing available in Switzerland and France Jan. 13-16. www.facebook.com/HISC1956.

January 5

Berlin State Opera - Located on the Unter den Linden in the heart of Berlin, the Berlin State Opera is one of Germany's premier opera companies, with a rich history (the original building was commissioned in 1741) and a program that will delight connoisseurs as well as the curious. See world-famous ballets, operas and concerts by contemporary artists, or catch one of the inspired youth performances - there's no better way to turn cynical children into fans of classical music. Civ. 030 2035 4555. www.buzzoffbase.com.

January 7

World War II Museum - Take a tour of the Overloon World War II museum in Holland. Visitors will learn about the Battle of Overloon and Venray, known as the Forgotten Battle. The Battle of Overloon was the largest tank engagement in Holland. The museum is broken into two parts dedicated to the battle and the day-to-day life of the local people. The other section is a display of more than 150 historical vehicles, vessels and aircraft with many of them being recovered from the actual battlefield. The tour will also visit to the German cemetery in Ysselstyen. <http://affiliates.uso.org/kaiserslautern>.

Irish Dance - Enjoy the best of Irish Dance 8 p.m. at the Haus des Bürgers in Ramstein-Miesenbach. www.hausdesbuergers.de.

Mannheim Concerts

Rocky Horror and Gospel Singers - Due to high demand, BB Promotion announces extra performances for two concerts at Mannheim's Rosengarten: a third show of Richard O'Brien's Rocky Horror Show is scheduled for 2 p.m. Dec. 31. Queen Esther Marrows Harlem Gospel Singers Show will play 3 p.m. Dec 26. www.rheinneckarticket.de or www.bb-promotion.com.

Alex Max Band - Tickets are now on sale for the Alex Max Band Forever Yours Tour at the Capitol Mannheim 8 p.m. Jan. 17. Civ. 0621-101011, www.bb-promotion.com.

Chris Rea Concert - The British singer and songwriter will perform his Santo Spirito Tour 2012 at the Rosengarten in Mannheim Feb. 25. Concert starts at 8 p.m. Civ. 0621-101011, www.bb-promotion.com.

Bryan Adams - The singer and songwriter will perform at the SAP Arena in Mannheim March 29. Concert begins at 8 p.m. Civ. 0621-101011, www.bb-promotion.com.

Jethro Tull's Ian Anderson and Band - Celebrating the 40th anniversary, Anderson will perform the Thick As a Brick Tour at the Rosengarten in Mannheim at 8 p.m. May 27. Civ. 0621-101011, www.bb-promotion.com.

coming to THEATERS

NEW YEARS EVE

(Halle Berry, Jessica Biel, Jon Bon Jovi)
New Year's Eve celebrates love, hope, forgiveness, second chances and fresh starts in intertwining stories told amidst the pulse and promise of New York City on the most dazzling night of the year. (Rated PG-13 for language including some sexual references.) 117 minutes.



MONEYBALL

(Brad Pitt, Jonah Hill) Real life tale of Major League Baseball general manager Billy Beane who built up a winning team despite a decreased budget thanks to his sly use of statistical data to calculate the best-and cheapest players for his roster. (Rated PG-13 for some violence, intense action and brief language.) 133 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 15 - DRIVE (R) 7 p.m.
Dec. 16 - NEW YEAR'S EVE (PG-13) 7 p.m., 10 p.m.
Dec. 17 - NEW YEAR'S EVE (PG-13) 4 p.m.; REAL STEEL (PG-13) 7 p.m.; THE IDES OF MARCH (R) 10 p.m.
Dec. 18 - NEW YEAR'S EVE (PG-13) 4 p.m.; MONEYBALL (PG-13) 7 p.m.
Dec. 19 - THE IDES OF MARCH (R) 7 p.m.
Dec. 20 - MONEYBALL (PG-13) 7 p.m.
Dec. 21 - NEW YEAR'S EVE (PG-13) 7 p.m.
Dec. 22 - THE IDES OF MARCH (R) 7 p.m.

Vogelweh, Galaxy

Dec. 16 - ARTHUR CHRISTMAS (PG) 7 p.m.
Dec. 17 - DREAM HOUSE (PG-13) 4 p.m.; DRIVE (R) 7 p.m.
Dec. 18 - 50/50 (R) 4 p.m.

Ramstein, Gateway Movieplex

Dec. 15 - ARTHUR CHRISTMAS (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DREAM HOUSE (PG-13) 11:30 a.m., 2:15 p.m., 4:30 p.m., 7 p.m.; DRIVE (R) 11:15 a.m., 4 p.m.; 50/50 (R) 1:45 p.m., 7:30 p.m.
Dec. 16 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.; MONEYBALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 10 p.m.
Dec. 17 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.; MONEYBALL (PG-13) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 10 p.m.
Dec. 18 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) noon, 3 p.m., 6:15 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.
Dec. 19 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) noon, 3 p.m., 6:15 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.
Dec. 20 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) noon, 3 p.m., 6:15 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.
Dec. 21 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) noon, 3 p.m., 6:15 p.m.; THE IDES OF MARCH (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.
Dec. 22 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) 11:15 a.m., 5 p.m.; THE IDES OF MARCH (R) 2:15 p.m., 8 p.m.

THEATER INFORMATION

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

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

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Dec. 15-21 - MISSION IMPOSSIBLE GHOST PROTOCOL (PG-13) 7:45 p.m.; 11 p.m. at CinemaxX
Dec. 21 - SHERLOCK HOLMES (PG-13) 8 p.m. NEW YEAR'S EVE (PG-13) 8:45 p.m. at Cineplex

community HIGHLIGHTS

Mail Customs Restrictions

Avoid mail delays and customs issues by not including prohibited or restricted items in holiday packages. Restricted items include weapons, explosives and ammunition; coffee; cigarettes and other tobacco products; meat or meat products; alcohol and alcohol-filled candy; fruits; animals, live plants; medicines (including prescription, over the counter, vitamins, dietary aids and supplements); butane lighters; obscene articles; aerosol cans and "Kinder Eggs" with the prize enclosed. The Military Postal Service also cannot be used for humanitarian aid or business ventures. When in doubt contact the local postal clerk for guidance.

Science Fair

Students in grades 6-9 can put teams together by Dec. 16 to participate in a free science fair where winners can earn up to \$8,000 in U.S. savings bonds toward a college education. Sponsored by the U.S. Army, eCYBERMISSION is designed to share the importance of science, technology, engineering and mathematics with the leaders of tomorrow and encourage them to understand the real-life applications of these subjects. <https://www.ecybermission.com/public/Login.aspx?ReturnUrl=%2FDefault.aspx>.

Equal Opportunity Training

All civilian employees, military and local nationals who supervise civilian employees are required to attend annual classroom equal opportunity training. Employees must have classroom training every other year and the online version, www.bw.army.mil/Directories/EEO/Training/EEONoFEAR.pdf, on the alternating year. Classes are scheduled 1-2 p.m. Jan. 18, Feb. 15 and every month through September in the U.S. Army Garrison Baden-Württemberg EEO Training Room, Bldg. 128, on Patton Barracks in Heidelberg. Registration: DSN 373-5494.

Army OCS Board 2012

Completed packets must be submitted by Jan. 20 to the military personnel division in Bldg. 3850 on the Community Support Center in Heidelberg for the next Department of the Army level Officer Candidate School selection board April 23-27. USAG Baden-Württemberg will host a structured interview (local board) 9 a.m. Feb. 2-3 in the MPD conference room. OCS requirements can be found at <https://www.hrc.army.mil/site/protect/branches/officer/operations/accissions/ocs/index.htm> or by contacting unit S1s. DSN 370-8054, usaghd.mpd.pss@eur.army.mil.

Army Homefront Fund

The Army Homefront Fund provides financial aid to wounded warriors and their families. It partners with the Warrior Transition Command and non-profit agencies to provide grants for emergency financial assistance and food, transitional family housing, emergency home repairs, critical baby items, vehicle repair service, furniture and household items, local moving assistance and retreats for spouses of wounded warriors. Its goal is to provide wounded

local

EMPLOYMENT

Zumba

Certified Zumba instructors are needed to fill Family and Morale, Welfare and Recreation contractor positions at Gernersheim Army Depot. DSN 370-6489, civ. 06221-57-6489.

KAISERSLAUTERN Education

• **Language Classes** – Beginner English as a Second Language for adults, 9:30 a.m. Mondays; Intermediate English as a Second Language for adults, 9:30 a.m. Fridays; Conversational Spanish, 10 a.m. Tuesdays. Classes are in Bldg. 2891 on Pulaski Barracks. Registration is required. Conversational German (10-week series; sign-up required), noon-1 p.m. Tuesdays and 6-7 p.m. Tuesday, Thursday in Bldg. 2926 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

Community

• **HIRED!** – Applications for winter term will be accepted through Dec. 16 for teens 15-18 interested in preparing for college and the future workforce. Apply online, at Parent Central Services, Bldg. 2898, Pulaski Barracks or at One Stop Shop, Landstuhl Library, Bldg. 3810. www.mwgermany.com.

• **Merengue Competition** – Prizes will be awarded for first through third place during a merengue dance competition 9 p.m.-2 a.m. Dec. 17 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986.

• **Holiday Cinema Sunday** – Families can watch the movie It's a Wonderful Life while snacking on free popcorn 2:30-6:30 p.m. Dec. 18 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Free snack bags will be available for children 12 and under. Civ. 0631-536-6000.

• **Holiday Trivia** – See if you can outsmart Santa's trivia masters and enjoy snacks, coffee and more 6-8 p.m. Dec. 21 in Bldg. 273 on Rhine Ordnance Barracks.

• **Quilt Guild** – The Rheinland Pfalz Quilt Guild meets 6 p.m. Dec. 22 in the Kaiserslautern Landstuhl Spouses Association Building on Pulaski Barracks.

• **LRMC Clinic Closures** – Most Landstuhl Regional Medical Center clinics will be closed Dec. 23 for a training holiday. The primary care clinics will have a limited number of appointments available. The pharmacy's hours will be 8 a.m.-5 p.m., and the emergency room will remain open.

• **Holiday Services** – A Lessons and Carols service will be held 5 p.m. Dec. 24 at the Landstuhl Regional Medical Center chapel with music performed by former White House musician Erin Sammon.

• **New Years Lights Out Party** – Bring in the new year with a Lights Out party 9 p.m.-4 a.m. Dec. 31 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Enjoy a champagne toast at midnight and 2 a.m. breakfast buffet. Civ. 0631-354-9986.

• **Kazabra Club New Years** – New Years festivities for adults 18 and up include a midnight balloon drop.

Party is 9 p.m.-4 a.m. Dec. 31 at Kazabra Club, Bldg. 2057, on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

• **New Years in Prague** – Spend new years in Prague in the Czech Republic with Outdoor Recreation. Trip is Dec. 30-Jan. 2. DSN 493-4117, civ. 0631-3406-4117.

• **Kleber CDC Hours** – The Kleber Kaserne Child Development Center's hours are now 6 a.m.-6 p.m. Monday-Friday.

HEIDELBERG Education

• **University of Phoenix** – Free information sessions for those who wish to pursue a master's in Education or Business Administration are 11 a.m.-noon Tuesdays in Room 112, Patton Barracks Education Center. DSN 373-7650, civ. 06221-588-0492.

• **ACS Classes** – Time Management for Warriors in Transition, 1-2:30 p.m. Dec. 16, Nachrichten Kaserne, Bldg. 3622, WTU conference room; Care Team Training, 2:30 p.m. Dec. 16; Parenting with a Purpose, 10:30 a.m.-12:30 p.m. Dec. 17, ACS Annex, PHV, Bldg. 4531, Room 17; Single Parent Network, 1-2 p.m. Dec. 17, ACS Annex, PHV, Bldg. 4531, Room 17; Interview Skills, 9-11 a.m. Dec. 19; Introduction to Microsoft Excel, 9-11 a.m. Dec. 20-21; Be Your Own Personal Financial Manager, noon-2 p.m. Dec. 21; Life in Balance for Warriors in Transition, 1-2:30 p.m. Dec. 22, Nachrichten Kaserne, Bldg. 3622, WTU conference room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

Community

• **Trivia Challenge** – Bring a team or join one to win weekly prizes at Trivia Challenge 7-9 p.m. Dec. 15 and every Thursday at Legends on Patrick Henry Village. DSN 388-9570.

• **Postal Facilities** – All Heidelberg postal facilities, including official mail and distribution, consolidated mail rooms, postal service centers and Army post offices will close at noon Dec. 16. DSN 370-7940.

• **Parents Night Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Dec. 16, 17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **Jewish Services** – There will be no Shabbat service Dec. 16. Following regular Shabbat services 7 p.m. Dec. 23 at the Mark Twain Village Chapel, there will be a First Shabbat meal and Shabbat Hanukkah program. Jewish services are also available at the Ramstein South Chapel in Bldg. 2403 or the local Heidelberg synagogue. Heidelberg: DSN 370-6506, civ.

06221-57-6506. Ramstein: DSN 480-5753, civ. 06371-47-5753.

• **Christmas Market** – ID card holders 14 and older can take public transportation 11 a.m. Dec. 17 to the Mannheim Christmas Market. Bus departs from ACS at the Community Support Center. DSN 370-6883, civ. 06221-57-6883.

• **Customs Field offices** – U.S. Forces Customs Field offices in Heidelberg and Mannheim will be closed 11:30 a.m. Dec. 23, all day Dec. 26 and after 10:30 a.m. Dec. 30.

• **Gym Hours** – On Dec. 24, Tompkins Gym will be closed, Patton Gym will be open 7 a.m.-2 p.m. and Campbell Gym will be open 9 a.m.-2 p.m. Stronghold workout room on Patrick Henry Village will be open Dec. 25 and Jan. 1.

• **CYS Services** – Child, Youth and Schools Services will be closed Dec. 24-26 and Jan. 2.

• **Warrior Zone** – The Warrior Zone on Patton Barracks will be open noon-6 p.m. Dec. 25 and 31 and noon-8 p.m. Jan. 1.

• **Slapshots** – Slapshots will be open 4-11 p.m. Dec. 25.

• **Hanukkah** – Hanukkah menorahs, candles and Jewish Welfare Board calendars are available from the Heidelberg Jewish lay leader. DSN 370-7217, civ. 06221-57-7217.

• **Big Lebowski New Years Eve** – Watch the movie The Big Lebowski dressed as your favorite character, with best costume and bathrobe prizes awarded starting 7 p.m. Dec. 31 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

• **Legends** – Legends on Patrick Henry Village will be closed Dec. 24-26 and open 8 p.m.-3 a.m. Dec. 31 and 4 p.m.-1 a.m. Jan. 1.

• **Library** – The library on Patrick Henry Village will be open 10 a.m.-6 p.m. Dec. 24 and 31.

• **Check Writing** – Starting Jan. 1, Family and Morale, Welfare and Recreation will no longer cash checks without purchase and will not allow cash back above the amount of the purchase. Customers will still be able to write checks for the amount of their purchase or program fee.

• **Breastfeeding 101** – Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne 9 a.m.-noon Jan. 3 and first Tuesdays. Sign-up is required. Civ. 06221-17-3200.

• **Coats for Afghan Girls** – Until Jan. 15, Girl Scout Senior Troop 732 is collecting coats for Afghan girls ages 6-16 for Razia's Ray Of Hope, an organization which promotes education for girls in Afghanistan. Donation boxes are located in the library and chapel on Patrick Henry Village, the Mark Twain Village chapel and DODDS schools.

• **On-site Tutoring** – The Lion's Den on Patrick Henry Village offers on-site tutoring 4-8 p.m. Monday-Friday. DSN 388-9396, civ. 06221-338-9396.

• **ACS Satellite Office** – The Army Community Service satellite office hours are now 8 a.m.-noon Monday-Wednesday, Friday, 1-4:30 p.m. Thursdays and closed U.S. holidays. DSN 385-3101, civ. 0621-730-3101.

• **Preschool Openings** – The Child Development Center on Patrick Henry Village has vacancies in its part-day preschool program from 1-4 p.m. Monday-Friday for potty trained children ages 3-5. To enroll, visit Parent Central Services, Bldg 4443, on PHV. DSN 388-9301, civ. 06221-338-9301.

MANNHEIM Community

• **Postal Facilities** – All Mannheim postal facilities, including official mail and distribution, consolidated mail rooms, postal service centers and Army post offices will close at noon Dec. 16. DSN 370-7940.

• **Call of Duty Night** – Challenge yourself or your buddies on X-Box or PlayStation 3 4:30-10 p.m. Dec. 16 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Movie Night** – Enjoy an action or adventure-themed movie in an HD home theater room with surround sound 4:30 p.m.-midnight Dec. 17 and every Saturday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Comedy Movie Night** – Laugh out loud with a comedy movie 4:30-10 p.m. Dec. 18 and every Sunday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Retirement Ceremony** – The quarterly U.S. Army Garrison Baden-Württemberg retirement ceremony is scheduled for 11 a.m. Dec. 19 at Coleman Barracks in Mannheim.

• **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or PlayStation 3 4:30-10 p.m. Dec. 21 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Customs Field offices** – U.S. Forces Customs Field offices in Heidelberg and Mannheim will close 11:30 a.m. Dec. 23, all day Dec. 26 and 10:30 a.m. Dec. 30.

• **Coleman Gym** – Coleman Gym will be open 7 a.m.-2 a.m. Dec. 24.

• **Top Hat Club** – The Top Hat Club will be open 8 p.m.-2 a.m. Dec. 24.

• **New Years Eve** – Tickets for a New Years Eve party at the Top Hat Club include champagne, breakfast and party favors and entertainment by disc jockeys Big Money and Lil Money 9 p.m.-4 a.m. Dec. 31.

• **Warrior Zone** – The Warrior Zone on Coleman Barracks will be open 2-8 p.m. Jan. 1.



Sgt. Brian Rodan

Sgt. Franklin E. Ojeda-Holt, a chaplain assistant with 2nd Signal Brigade, 5th Signal Command, and volunteer assistant coach for the Wiesbaden high school football team, throws the football at a recent practice on receiving drills. Ojeda-Holt's volunteer efforts reflect the Army value of selfless service and support the ongoing effort of 5th Signal Command's Operation Solemn Promise to re-emphasize a dialogue of Army values.

Soldier volunteers for football passion

By Sgt. Brian Rodan
5TH SIGNAL COMMAND PUBLIC AFFAIRS

WIESBADEN – Volunteering to join the Army comes with the sacrifice of personal time. But even in an all-volunteer Army, some Soldiers give more of their free time to their local communities.

Sgt. Franklin E. Ojeda-Holt, chaplain assistant in 5th Signal Command's 2nd Signal Brigade in Wiesbaden, partners with his community by volunteering as an assistant coach with the Wiesbaden Warriors high school football team.

"Sgt. Ojeda-Holt is a self-starter," said Command Sgt. Maj. Patrick Brooks, 2nd Signal Brigade. "When he arrived to the brigade, he immediately blended in with the other Soldiers.

"As a Soldier, he's committed and eager to learn what it takes to be proficient at his job. He's an exceptional Soldier and a role model for others to emulate," Brooks added.

The opportunity to volunteer for something that Ojeda-Holt loves presented itself through 2nd Signal Brigade's school sponsorship program, and the rest was his desire to give to the community.

"Our brigade sponsors the high school, and football has been one of my passions my entire life," said Ojeda-Holt.

"The chance to mentor and teach these great young men the fundamentals of the sport I love is a great feeling," he said.

Becoming an assistant coach

was not hard for Franklin. The coaching staff helped make him feel like a member of the team, creating an environment conducive to player development.

"The most rewarding moment while coaching was when we played against Filton Sports Academy. We were down by a few touchdowns and the team toughed it out to pull off a 37-34 win in England," Ojeda-Holt said.

"These young boys became young men in my eyes that day. They played their hearts out and left it all out on the field," Ojeda-Holt said.

None of these rewarding experiences would have been possible without the support and help from his chain of command in 2nd Signal Brigade.

"My chain of command has been very supportive of me coaching the team. In fact it was 1st Sgt. Davis who gave me the opportunity to become a coach. Chaplain (Capt.) Claude Hoffman, Col. Mitchell Kilgo, 2nd Signal Brigade Commander and Command Sgt. Maj. Brooks have been very supportive as well," he said.

Soldiers like Ojeda-Holt give to their community selflessly, and without the expectations of favors or something in return for the service they've provided.

"We can never repay the countless hours that our Soldiers volunteer; however, we can recommend them for the Military Outstanding Volunteer Service Medal," Brooks said.

Volunteering in the community represents the Army value of

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—Sgt. Franklin E. Ojeda-Holt

selfless service.

This supports the ongoing effort of 5th Signal Command's Operation Solemn Promise to re-emphasize a dialogue of Army values, which is highlighted on the command's Web site www.5sigcmd.army.mil.

"Get involved with your community. It is very important to show our support. As Soldiers we tend to get very busy with our daily tasks and missions. Time management is the key to becoming a successful volunteer," said Ojeda-Holt.

Volunteering reflects and supports a complete picture of the individual. It is the best way to give back to our community.

"Remember, when a Soldier volunteers they not only bring credit to themselves, but to the military and our country," said Brooks.

staying ACTIVE

Heidelberg Community Basketball

The Heidelberg unit level basketball league upcoming games at the Fitness Center on Patton Barracks in Heidelberg are:

Dec. 19 – Warriors vs. 529th Military Police at 6 p.m., Slayers vs. 60th Geospatial Engineer Team at 7 p.m. and NATO vs. Medical Department Activity at 8 p.m.; **Dec. 21** – 1-214th Aviation vs. NATO vs. at 6 p.m., Warriors vs. Medical Command at 7 p.m. and Slayers vs. MEDCOM at 8 p.m.; **Jan. 9** – Slayers vs. NATO vs. NATO at 6 p.m., 1-214th vs. Warriors at 7 p.m. and 60th Eng. vs. 529th MP at 8 p.m.; **Jan. 10** – 60th Eng. vs. MEDCOM at 6 p.m.; 529th MP vs. MEDDAC at 7 p.m. and 1-214th vs. Slayers at 8 p.m.

Rod and Gun Club

The Rod and Gun Club in Oftersheim will offer a trap course 1 p.m. Dec. 17, a fishermen's meeting 7 p.m. Dec. 28 and a running rabbit shoot 1 p.m. Dec. 30. Civ. 06202-51193.

Kleber Slam Dunk

Better Opportunities for Single Soldiers is hosting a Slam Dunk, three-on-three and three-point basketball competition 11 a.m. Dec. 17 at the Kleber Fitness Center, Bldg. 3235, for ID card holders over 18. Register: DSN 493-2088, civ. 0631-3406-2088.

New Year's Eve Bowling Party

A New Year's Eve party will be held 3-6 p.m. Dec. 31 for families and 8 p.m.-1 a.m. for adults at the Heidelberg Bowling Center featuring buffet, sparkling cider and champagne at midnight. DSN 388-9040, civ. 06221-338-9040.

Heidelberg Sports Camp Instructors

U.S. Army Garrison Baden-Württemberg Child, Youth and School Services seeks summer camp instructors for 2012 summer camps. Experience in instructing and coaching in a specific sport is required. DSN 388-9397, civ. 06221-338-9397.

Heidelberg Volleyball

Heidelberg sports is seeking men and women players for community volleyball teams. DSN 373-8032, civ. 06221-17-8032.

Heidelberg Basketball

The Heidelberg sports branch men and women community basketball teams players practice are 6-9 p.m. Monday-Thursday at the fitness center on Patton Barracks. DSN 373-8032, civ. 06221-17-8032.

Heidelberg Paint Ball

Paint ball play days for units and groups at the Heidelberg Rod and Gun Club in Oftersheim are noon-4:30 p.m. Wednesday through Friday. Open days are 10 a.m.-4:30 p.m. Saturday and 10 a.m.-1:30 p.m. Sunday for ID card holders ages 16 and up. Civ. 06202-51193.

Kleber Free Cycling

A RealRyder Cycling Class is offered 11:45 a.m.-12:45 p.m. Mondays and Wednesdays at the Kleber Kaserne Fitness Center, Bldg. 3235. This indoor cycling training is free the month of December. DSN 483-7610, civ. 0631-411-7610.

Kaiserslautern Instructors Wanted

Instructors are needed for youth self defense classes and for dance classes for teens ages 13-18. Must have certifications. DSN 486-5412, civ. 06371-86-5412.

Sunday Night Football

Watch your favorite football team on a big screen television 7-10 p.m. Sundays until Jan. 1 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

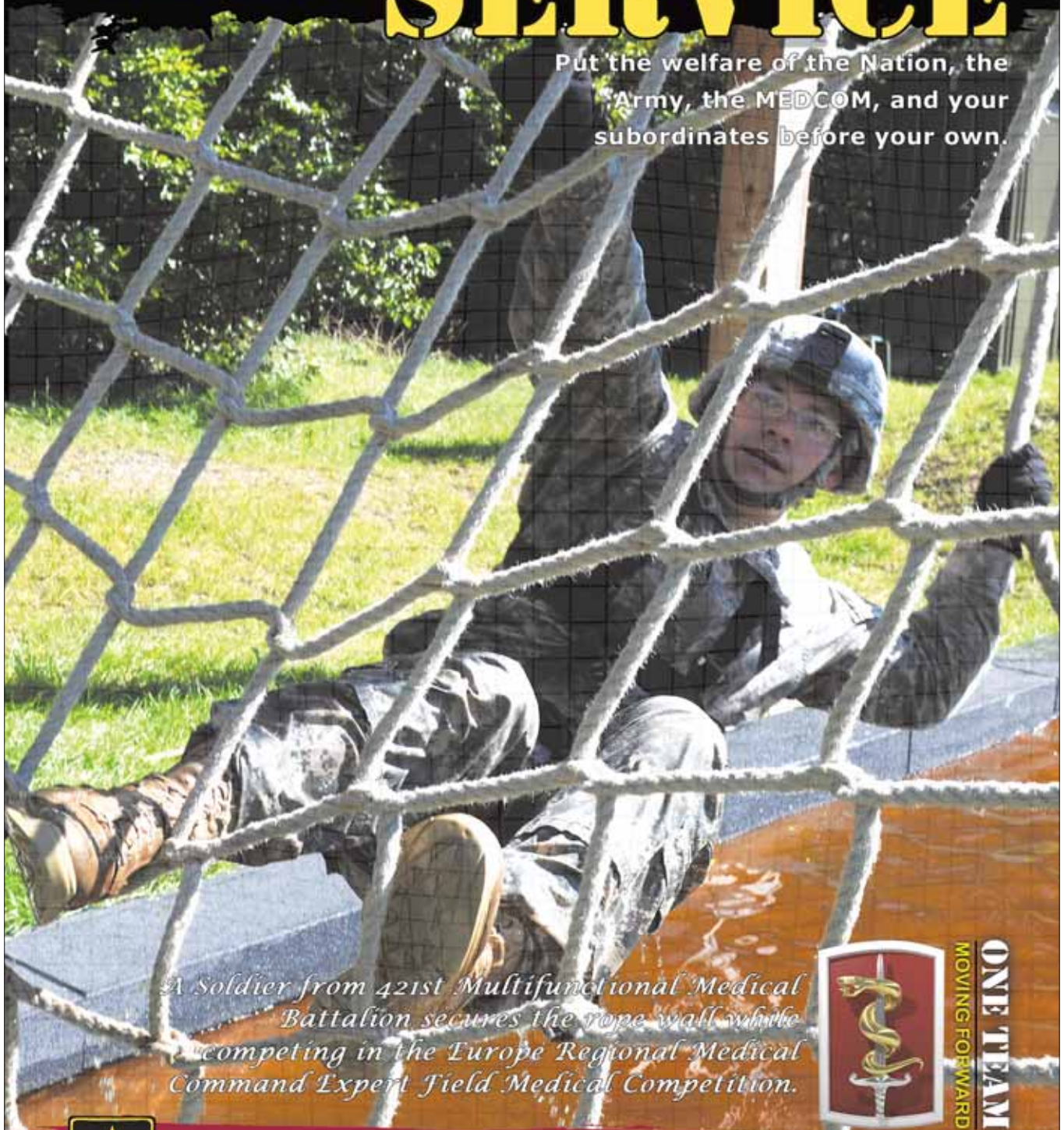
Send the Herald Post your photos

If you have photos from sporting events in your community, e-mail them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.

SELFLESS

SERVICE

Put the welfare of the Nation, the Army, the MEDCOM, and your subordinates before your own.



A Soldier from 421st Multifunctional Medical Battalion secures the rope wall while competing in the Europe Regional Medical Command Expert Field Medical Competition.



ONE TEAM
MOVING FORWARD



U.S. ARMY

ARMY STRONG.

ARMY VALUES