

HeraldPOST

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

HP THURSDAY
Dec. 1, 2011

Speed Read

EMAIL MIGRATION

U.S. Army Europe is migrating to the Enterprise email system, set to be implemented throughout DOD by March. 3



CULINARY WINNERS

Soldiers and dining facilities in Europe were recognized at the Installation Management Command-Europe and U.S. Army Europe Food Service Awards ceremony in Heidelberg Nov. 18. 6

SNOW TIRES REMINDER

Office of the Provost Marshal officials want to remind drivers that German law requires snow tires on motor vehicles. 8

UNDER SECRETARY VISIT

Under Secretary of the Army Joseph Westphal and Yankees player Nick Swisher and wife Joanna visited Landstuhl Nov. 22. 8



Defense Details

EXTREME MAKEOVER

The cast of ABC's Extreme Makeover: Home Edition would like to brighten the holidays for a deserving military family this year. The reality show is seeking nominations for military families in desperate need of a home makeover. The selected family will be featured in an upcoming holiday episode. For information on how to apply, visit the show's website at <http://abc.go.com/primetime/extremehome/index?pn=apply>.

DODDS DIRECTOR

As acting director of the Department of Defense Education Activity, Marilee Fitzgerald set out on a journey more than a year ago to transport Defense Department schools into the 21st century. It's an ambitious agenda, she acknowledged, but one she intends to keep now that she's been named the activity's new director. Fitzgerald accepted the appointment in early November, giving her oversight of DOD schools, stateside and overseas. The system includes 194 schools in 14 districts that serve more than 87,000 students.

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

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Elizabeth Casebeer

Actress Joanna García Swisher and her husband, New York Yankees outfielder Nick Swisher, sign a baseball bat belonging to Capt. Eric Haas, intelligence officer, 24th Military Intelligence Battalion, at the Warrior Zone on Patton Barracks in Heidelberg Nov. 22. The Swishers were invited by Under Secretary of the Army Joseph W. Westphal and the USO to tour Europe and Southwest Asia during the Thanksgiving holidays. The couple's first stop was in Landstuhl.

Celebrity couple hits home run with community

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

U.S. Army Garrison Baden-Württemberg community members received an early Thanksgiving treat when major league baseball player Nick Swisher and his actress wife Joanna García Swisher visited Patton Barracks in Heidelberg Nov. 22.

The couple was invited by the USO and the Honorable Joseph W. Westphal, the Under Secretary of the Army, to visit overseas troops and families during the Thanksgiving holidays.

The visit was part of Westphal's intent to recognize the service and sacrifices of Soldiers, families and civilian employees.

The New York Yankees outfielder and the actress perhaps best known for the long-running sitcom "Reba," see **SWISHERS** page 12

Native American Heritage



Stefan Alford

Sgt. 1st Class Michael Nestell from the Apache tribe of Oklahoma performs a crow dance Monday at the Wilson Theater on Nachrichten Kaserne in Heidelberg in celebration of National Native American Heritage Month sponsored by the Equal Opportunity Office. The observance, celebrated with the theme Service, Honor, Respect: Strengthening Our Cultures and Communities, also featured a flute demonstration, historical presentation and cultural food sampling.

Military police rededicate memorial on Sembach

By Staff Sgt. Tramel Garrett
18TH MP BDE PUBLIC AFFAIRS

Soldiers, civilians, families and friends of the 18th Military Police Brigade came together for a rededication ceremony on Sembach Kaserne in Kaiserslautern Nov. 17 to honor Soldiers who gave their lives for freedom.

The brigade's memorial recently moved from Funari Barracks in Mannheim to Sembach Kaserne, solidifying the relocation of the 18th MP Bde. to Sembach.

The memorial itself is a marble pillar set within a sea of smooth white stones which holds a plaque for each of the 67 military police men and women who gave their lives in support of Operation Enduring Freedom and Operation Iraqi Freedom. The brigade crest sits atop the pillar, a

reminder of the common bond between each of the Soldiers remembered on the memorial.

"We vow never to forget. We remember in many ways," said 18th MP Bde. commander Col. Brian Bisacre.

"It may be the black band you wear on your wrist, a dog tag you saved or a photo of a past time," he said.

Bisacre acknowledged the hard work of Command Sgt. Maj. Brenda Curfman and the senior noncommissioned officers who were involved in the memorial's movement to Sembach.

"A lot of hard work went into ensuring that this was done right. That work was led by Brenda Curfman and delivered by our senior NCOs at the Headquarters and Headquarters Company," he said.

see **MEMORIAL** page 12

COMMAND SAFETY MESSAGE

Top Army leaders spotlight importance of Soldier safety skills

In year ahead, focus on keeping each other safe, on duty, off duty

The safety and well being of every Soldier is vital to keeping our Army the most decisive land force in the world.

Since fiscal year 2005, our Army has continually reduced preventable accidents and losses: a feat unprecedented in our 236-year history during a time of war and absolutely critical to maintaining our readiness for the nation.

We commend each of you for your hard work and diligence in making safety a top priority.

Moving forward into fiscal year 2012, our focus must remain on keeping our Soldiers safe on duty, but our primary safety focus should be preventing losses off duty.

Our leaders and Soldiers have done an amazing job in keeping one another safe on the job, especially given the demands placed on our force in

garrison and in theater.

Off duty, however, we continue to struggle with losses resulting from indiscipline and high risk behavior – particularly on our nation's roadways and specifically accidents involving speed, failure to wear personal protective equipment or seat belts and driving under the influence.

In fiscal year 2011 alone, motorcycle fatalities increased 21 percent, and accidents in privately owned vehicles continue to claim far too many of our Soldiers' lives every year.

Army leaders, at all levels, must get back to the basics of enforcing standards and reaffirming the principle that Soldiers have a duty and an obligation to stay safe 24/7, on and off duty.

We must ensure the example we set is morally and ethically right – when leaders fail to maintain the standard or lack discipline themselves, they set a climate of tolerance for risky behavior in their subordinates.

This is unacceptable in today's Army. Our Soldiers deserve better from the leaders they trust.

This year, we ask that you look inward – at your personal leadership and within your formations – to find areas you can improve upon for safety.

In fiscal year 2011 alone, motorcycle fatalities increased 21 percent, and accidents in privately owned vehicles continue to claim far too many of our Soldiers lives every year.

Communicate your expectations clearly to your subordinates and uphold Army standards and discipline personally and consistently.

We are getting better as an Army, and by working together to do what we know is right, we will keep even more Soldiers safe in the year ahead.

Thank you for striving every day to keep our Army safe. Together, we are the strength of the nation!

*Sgt. Maj. Raymond F. Chandler III,
Sergeant Major of the Army*

*Gen. Raymond T. Odierno,
Chief of Staff of the Army*

*John M. McHugh,
Secretary of the Army*

Emergency Numbers

Heidelberg, Mannheim and Kaiserslautern
Emergency – DSN 114
Heidelberg civ. 06221-57-114
Mannheim civ. 0621-730-114
Kaiserslautern civ. 0631-536-114

Fire and Ambulance – DSN 117
Heidelberg civ. 06221-57-117
Mannheim civ. 0621-730-117
Kaiserslautern civ. 0631-536-117
When traveling in Europe or Germany, dial 112 to reach emergency services.

Non-Emergency Numbers

Heidelberg
MP Desk
DSN 388-2222, civ. 06221-678-2333
German Police Liaison
DSN 388-2564, civ. 06221-678-2581
Mannheim
MP Desk
DSN 385-3359, civ. 06221-730-3359
German Police Liaison
DSN 385-2550, civ. 0621-730-2559
Kaiserslautern
MP Desk
DSN 489-7070, civ. 0631-536-6060
German Police Liaison (Ramstein Air Base)
DSN 480-1985, civ. 06371-47-1985



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<http://myBWnow.ning.com>

DISCUSSION BOARD

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

"Did anybody notice that since that 'successful' email migration most of the phone numbers in the global are missing? And I would like to know why there is so much info on the people there. I mean now you can even see where they are from (GER,US,LE,AF) ... why is that necessary? Is that even ok with EEO? Just a simple question."

–Daniela Rode, BWnow Facebook fan

"Daniela, recommend you contact EEO directly at DSN 373-7234 or visit their civilian office on Patton Barracks in Bldg. 128 in Heidelberg. They're the best ones to address your specific EEO concerns. Also, if you have questions about the new email migration or its design you can contact the Enterprise Service Desk at civ. 0631-411-119 or DSN 119."

–BWnow Facebook Administrator

"Did you know and perhaps would you care to share the fact that there is a performance of Handel's Messiah at the MTV Chapel this Sunday, Dec 4th, at 7 p.m. It's free entry, and many of the performers are from the military community and there is also a full professional orchestra playing. Free childcare is even provided!"

–Ellie Bunker, BWnow Facebook fan



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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.

Users navigate through new email system

USAREUR Public Affairs

The Defense Information Systems Agency is implementing the new Enterprise e-mail system, for service members and civilians throughout the Department of Defense.

On Sept. 26, U.S. Army Europe began migrating to the new e-mail system, set to be fully implemented by March.

This new system is based on the need for the DOD to enhance messaging capabilities for everyone, while helping the military with cost-savings, said Charles Day, project manager for USAREUR's 5th Signal Command operations office.

Users of the new e-mail are classified into two categories, business class users and non-business class users. A business class user is someone who has been set up with a Microsoft Outlook email account because it is needed in the place of work.

A non-business class user is someone who does not have an account because the job does not require it.

Non-business class users will have 500 megabytes of storage for their mailbox, and business class users are upgraded to 4 gigabytes of storage. Users now have access to their email through Outlook Web Access from any common access card enabled computer, and they'll have easier access to more than 3.9 million users through an enhanced search function that links Enterprise with other government email systems.

Day also stated that the new system will make things easier on users by as-



Donna Walker

Radmila Tanner, system administrator with the U.S. Army Garrison Baden-Württemberg Directorate of Plans, Training and Security, works with Herald Post newspaper reporter Dijon Rolle Nov. 18 in Heidelberg to configure Outlook on her computer so that she can successfully migrate to her civilian mail.mil email account. Rolle's computer is one of hundreds USAG B-W technicians and 43rd Signal Battalion are visiting on throughout the garrison to successfully achieve the complete changeover of all army.mil accounts in USAG Baden-Württemberg.

signing employees one email account for the rest of their careers. This in turn will make for an easier transition to a new duty station by eliminating the need to establish new accounts.

"This will help with keeping the user networking with other users without having to look for a new email address every time that person changes duty stations," said Warrant Officer Carlos E. Sanchez, the contingency command post network technician for Headquarters and Headquarters Detach-

ment, 43rd Signal Battalion.

Another key feature is that Enterprise users will be able to communicate with personnel from any branch of service within the DOD.

After users migrate to the new Enterprise email, Army personnel will be able to communicate more easily with other services like the Air Force and Marines and vice-versa.

Day also said some users may experience problems such as email delays and various other problems while they

Top things to know about Enterprise email

- ◆ Enterprise Email will provide access to about 3.4 million users across DOD
- ◆ Business class users will have 4 gigabytes of email storage, 40 times the current limit (500 MB online, 3.5 GB archived)
- ◆ Non-business class users (users who typically do not require an email account for business purposes) will have a 500 megabyte webmail account
- ◆ Users will be able to access their email through Outlook Web Access from any computer with common access card accessibility
- ◆ This email account will follow you for the rest of your career. You will no longer have to setup a new account every time you change duty stations
- ◆ Users will now have the ability to search and email members from other branches of service.

migrate their computers to the new email system.

Users are urged to report to their Information Management Office or unit communications office if they experience problems with Enterprise.

Day added that they are currently working on migrating all users to the new enterprise email, hoping for a USAREUR-wide finish in March 2012.

Users should not get discouraged with any problems they encounter, Day said. This is a really great new system and with anything that's new there are going to be a few bumps in the road.

"This is a very good change that needed to happen," said Sanchez.

Conference offers two-way training

Richard Bumgardner
USAREUR PUBLIC AFFAIRS

The Combined Training Conference, held at the NATO School in Oberammergau Nov. 14-18, is the biannual conference of military and civilian training managers and planners from European Command and U.S. Army Europe's area of responsibility.

Co-sponsored by EU-COM, Joint Force Command Brunssum and USAREUR, this year's conference brought more than 250 U.S. and multinational attendees from 37 countries, looking for ways to increase training opportunities for their Soldiers while supporting national and international missions.

"If you think this is just the United States saying come

join us. Let us show you how it works. What I would suggest to you from my perspective as the commanding general of U.S. Army Europe, is that this is a two-way street," said Lt. Gen. Mark Hertling, USAREUR Commander.

During his remarks, Hertling also added that it's not just how U.S. and multinational soldiers are going to train and exercise together, it's how they are going to use this forum to connect with each other and to ask the question, "What are the opportunities where we can come together?"

With those words, Hertling challenged attendees to find ways to train together as they also deploy together.

"Having recently deployed to Afghanistan, I can see now what USAREUR brings to

the training environment because of Kandahar," said Lt. Col. Mike McCullough, Operations Branch Chief with USAREUR's Multinational Training Division. "It's very common to see multinationals everywhere because of the [International Security Assistance Force] environment. There's no other training forum that offers that same type of training opportunity than USAREUR ... and the way we get to that point is by organizing it here at the Combined Training Conference."

USAREUR planners guided discussions through large-scale briefings and individualized meetings, all to maximize training resources and to understand training needs. Even smaller countries like Estonia

"Having recently deployed to Afghanistan, I can see now what USAREUR brings to the training environment because of Kandahar ... It's very common to see multinationals everywhere."

—Lt. Col. Mike McCullough, USAREUR Multinational Training Division

had a chance to participate and schedule training. Capt. Aron Kalmus from the Estonian Armed Forces came here to look for training opportunities for his country.

"It's like a store house. We can pick different products, different capabilities in here and bring them back home, make analyses and afterwards confirm if that is okay and doable in our training and missions," he said.

"The Combined Train-

ing Conference is scheduled for twice a year. Last May we scheduled 82 events which trained over 10,000 Soldiers. On the first day of this conference, we had 7,000 Soldiers signed up and 17 rotations at JMTC currently filled. By the end of this conference, 25 countries signed up more than 17,000 Soldiers in a total of 165 training events, doubling the previous conference's accomplishments," McCullough said.

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.

Quiet Hours Clarification—The Directorate of Public Works Resident Guide will be revised soon to reflect quiet hours in housing areas as 10 p.m.-6:30 a.m. Due to force protection and other security concerns, large groups of Soldiers are no longer allowed to run together off post. As a result, units may continue cohesion runs and cadence calling through on post housing areas during their scheduled physical training times in the mornings. The command understands this is an inconvenience for family members who don't get up prior to 6:30 a.m. but asks that both Soldiers and residents be considerate of each other and do their part to minimize this inconvenience for everyone. If anyone notices outright abuse of this policy by the units, please report it to housing or building coordinators.

What will happen to the students at Heidelberg High School? My son graduates in 2014. Do we know when HHS will close?

Heidelberg High School as we know it today on Mark Twain Village will close after the 2012-13 school year, but DODDS may establish a combined high school and middle school on Patrick Henry Village for the 2013-14 school year if there are sufficient high school students remaining. Current projections of personnel remaining in the Heidelberg and Mannheim communities justifies maintaining an elementary school, middle school and high school in Heidelberg through 2012-13. The determination of how the schools will be configured in Heidelberg on PHV for the 2013-14 school year will be based on the projected number of assigned personnel and school age children remaining. As we gain more fidelity on these projections, we will work closely with DODDS to determine how assigned personnel will receive DODDS school services. If there are DODDS schools on PHV for the 2013-14 school year, community members can anticipate that some schools will be combined (either elementary combined with middle school or middle school combined with high school) and curriculum, faculty and activities will be reduced given the much smaller population remaining in Heidelberg and Mannheim.

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, damien.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, bob.isbell@eur.army.mil; Ralph Santaliz, Interim Deputy Garrison Commander, rafael.santaliz@eur.army.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.satsatin@eur.army.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 prescrip-

tion 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 387-3325.

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 Registration—The vehicle registration office on Spinelli Barracks in Mannheim has relocated to Bldg. 1563. The new office has a bathroom, a larger waiting area and a numbering system to ensure customers are seen in the correct order. 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 satellite registration office on Patrick Henry Village in Heidelberg is closed. 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.hqusaeur.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. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

Commissary Gate—The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. Monday-Saturday and 6 a.m.-6 p.m. Sun-

day. Commissary hours remain the same: 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 <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

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.

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.

Customs Field Office—The Customs office in Mannheim is in Bldg. 256 (the Military Police station) on Sullivan Barracks.

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.fimwr.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 IMCOM-Europe library is also available online at www.library.ulinet.army.mil.

Barber Shops—Barber services are offered at the Patton Barber Shop in Heidelberg 10 a.m.-5 p.m. Mondays, Wednesdays and Fridays. The Tompkins shop in Schwetzingen serves customers 10 a.m.-5 p.m. Tuesdays and Thursdays.

Red Cross—All Red Cross services have transferred to the Heidelberg station, Bldg. 3850, on the Shopping Center. In cases 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.

Social Work Services—Social Work Services has moved to the Heidelberg Health Center on Nachrichten Kaserne. DSN 371-2084, civ. 06221-17-2084.

Physical Therapy—Physical Therapy serves the active duty population who must go to the Heidelberg Health Center on Nachrichten Kaserne for this treatment.

Tompkins Gym—The Fitness Center on Tompkins Barracks in Schwetzingen has new hours: 5:30 a.m.-8 p.m. Monday-Friday. The facility is closed Saturdays, Sundays and U.S. holidays. DSN 379-7700, civ. 06202-80-7700.

Village Grille—The Village Grille on Patrick Henry Village closes 3 p.m. Sundays.

Vehicle Registration and Inspection—A consolidated vehicle inspection station for Heidelberg and Mannheim is available on Spinelli Barracks in Mannheim. Civ. 06221-678-2586. 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.

Changes coming to Army supply system

USAREUR Public Affairs

Senior leaders from U.S. Army Europe came together in Heidelberg Nov. 14 for a briefing on a new system designed to streamline the Army's supply system.

The Global Combat Support System-Army should increase visibility of supply actions.

To help those who will use the system, a team is traveling to commands across Europe showing how the system operates and giving leaders time to develop steps to implement it.

The GCSS-Army should improve the supply process from orders to storage, Russ Carter, chief of the logistics division GCSS-Army, told leaders during his briefing in Heidelberg.

The new logistics business enterprise system is expected to yield savings of more than \$2 billion in inventory reductions alone, according to a testimony presented by Lt. Gen. Mitchell Stevenson, the Department of the Army director of logistics (G4) to the House Armed Service Committee Sept. 15.

GCSS-Army will also eliminate

40,000 separate software programs and databases now in use that are costly to maintain and provide an inaccurate financial picture.

"GCSS-Army anticipates, allocates and synchronizes the flow of resources in support of combatant commanders and provides near-real-time and highly accurate visibility of assets and costs required to support missions and sustainment," said Col. Steven Shapiro, deputy chief of staff, G4 (logistics) for U.S. Army Europe.

The system will affect all operators of current logistics information systems at the tactical and installation levels, logistics experts said, including operators using the Standard Army Retail Supply System, Standard Army Maintenance System and the Property Book Unit Supply Enhanced.

USAREUR is scheduled to field the first wave of the system in fiscal year 2013 through fiscal year 2014 and the second wave in fiscal year 2015 through fiscal year 2017, Shapiro said.

For information on the GCSS-Army system visit <https://gcss.army.mil>.

FINANCIAL READINESS

MWR

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Angel Tree Program

Tree and drop box locations:

- ACC, Community Support Center, Bldg. 3630
- PHV Library, Bldg. 4109
- PHV Commissary
- Mannheim PX Main Exchange, BVC Bldg. 313

Nov. 28 - Dec. 9

Help a child in need this holiday season. Select an angel, purchase a gift that corresponds to the age & gender written on the back, then place the gift with its angel into a drop box by Dec. 9.

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Culinary Soldiers savor top honors

Annual ceremony recognizes top performers in food service community

USAREUR Public Affairs

Soldiers and dining facilities from across Europe were recognized for their achievements at the Installation Management Command-Europe and U.S. Army Europe 44th Annual Food Service Awards ceremony on Campbell Barracks in Heidelberg Nov. 18.

"Today we will recognize members of the USAREUR/IMCOM-E Food Service community who have reached the pinnacle of our trade," said Chief Warrant Officer 4 James Donaldson, the USAREUR Theater Food Advisor. "These food service personnel have gone the extra step in food preparation and service."

The U.S. Army Europe Soldiers are being recognized as part of the 18th annual culinary noncommissioned officer and warrior of the year competition.

The IMCOM-E facilities are being recognized for excellence in food service as part of the USAREUR/IMCOM-E Phillip A. Connelly Awards Program for Excellence in Army Food

Service.

The objective of the Culinary Warrior of the Year program is to recognize excellence, professionalism and the selfless service displayed by food service Soldiers on a daily basis across the command.

The competition is divided into two categories, private through specialist and corporal through staff sergeant.

"The CWOY competition provides a tangible incentive for all assigned food service Soldiers and food operations noncommissioned officers to strive to attain," said Robert Shamberger, the IMCOM-E Food Program Manager.

The winner of the Culinary Warrior of the Year NCO competition was Staff Sgt. Robert Szatkowski assigned to the 44th Expeditionary Signal Battalion, and Sgt. Julio Rodriguez from 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade was the runner up.

The winner of the Culinary Warrior of the Year for junior Soldiers was Spc. Calvin Parker from the 1st Battalion, 214th Aviation Regiment, 12th CAB,

and Spc. Nathan Rohlik assigned to the 72nd ESB was the runner-up.

The USAREUR and IMCOM-E Phillip A. Connelly Awards recognize the best military and civilian dining facilities in Europe.

"The Connelly program recognizes and commends those Army dining facilities and field kitchens that meet the highest standards of food service excellence," Donaldson said.

In the USAREUR and IMCOM-E Phillip A. Connelly Awards competition, the winner for the military dining facility category is the 1st Battalion, 10th Special Forces Dining Facility representing U.S. Army Garrison Stuttgart with the 44th Signal Dining Facility being the runner up.

In the civilian dining facility category the winner was the Warrior Sports Café representing USAG Hohenfels. The Stryker Inn Dining Facility, also from USAG Hohenfels, was the runner up.

The winner of the field dining facility was the Headquarters and

"Today we will recognize members of the USAREUR and IMCOM-E Food Service community who have reached the pinnacle of our trade."

—Chief Warrant Officer 4 James Donaldson, USAREUR Theater Food Advisor

Headquarters 16th Special Troops Battalion, 16th Sustainment Brigade, representing USAG Hohenfels.

Awardees were presented with a trophy for their achievements and the winning facilities will go on to compete in the Department of the Army Phillip A. Connelly competition.

The Culinary Warriors of the Year were further recognized with the Army Commendation Medal and the runners-up received the Army Achievement Medal.

Officials remind drivers of German snow tire laws

USAREUR Public Affairs

The snowy season is coming again, and U.S. Army Europe Office of the Provost Marshal officials want to remind drivers that German law states that motor vehicles, including motorcycles and four-wheel drive vehicles, must have clearly marked winter or all-season tires when there is black ice, snow, slush, ice or frost on German roads.

"A winter tire is any tire marked by the manufacturer with the snowflake logo or M+S symbol, which stands for mud and snow – matsch und schnee," said Tom Lorenzini, of the USAREUR Vehicle Registry.

All-season tires, whether European or U.S. manufactured, have the M+S symbol,

added Robert Szostek of the USAREUR Office of the Provost Marshal.

The German automobile association ADAC recommends tires bearing the snowflake logo – sometimes also called the "three-mountain" logo – because those tires meet the highest standards for winter driving.

The minimum legal tire tread depth for Germany is 1.6 millimeters, although ADAC recommends 4 millimeters for winter driving.

Other countries have more stringent requirements – Austrian law mandates 4 millimeters minimum tread depth for winter tires, and other European countries have distinct winter driving laws as well.

OPM officials said drivers should check with local

authorities before crossing borders.

In some areas of Germany, snow chains may be required during winter, but only as directed by police or road signs. The maximum speed limit while driving a vehicle with chains is 50 kilometers per hour.

Though the law does not mandate calendar dates during which snow tires are required, German drivers often use the rule of thumb "von O bis O" – from O to O – meaning snow tires should be mounted in October and remain until Ostern, or Easter.

Drivers caught using summer tires in ice, snow or slush will be fined €40, and those who cause an accident or obstruct traffic because they used inappropriate tires during winter conditions will be

slapped with an €80 fine.

In addition, some insurance companies may deny coverage to motorists driving with summer tires on wintry roads.

Safety experts warn, however, that winter tires are no magic potion against accidents and that drivers should always drive at reasonable speeds and keep a safe following distance from other vehicles.

Drivers unsure about winter tire requirements can contact the local vehicle registration or safety office.

A list of vehicle registration locations and other information for U.S. forces personnel who drive in Europe is available at the USAREUR Registry of Motor Vehicles web site at www.hqusareur.army.mil/rmv.



Top, the German automobile association ADAC recommends tires bearing the snowflake logo shown above – sometimes also called the "three-mountain" logo – because those tires meet the highest standards for winter driving. In some areas of Germany, snow chains may be required during winter, but only as directed by police or road signs such as the one above.

Engagement Skills



Rick Scavetta

Sgt. Shariece Summers, 32, of Jacksonville, Fla., a school noncommissioned officer from the 21st Theater Sustainment Command, shows Shannon Devera, an Army civilian from the 405th Army Field Support Brigade, how to fire an AT-4 simulator at the Engagement Skills Trainer on Panzer Kaserne. The community was invited to try out the combat simulator and view other training devices during the Nov. 21 Training Support Center Kaiserslautern open house.



Phil A. Jones

U.S. Army Europe Commander Lt. Gen. Mark P. Hertling, left, and Under Secretary of the Army Dr. Joseph W. Westphal meet a wounded warrior at Landstuhl Regional Medical Center Nov. 22.

Under Secretary of the Army visits Soldiers during Thanksgiving holiday

USAREUR Public Affairs

The Honorable Dr. Joseph W. Westphal, the Under Secretary of the Army, along with guests, New York Yankees Outfielder Nick Swisher and his wife, Joanna Garcia Swisher, visited U.S. Army in Europe Soldiers Nov. 22 on their way to Afghanistan to spend Thanksgiving with deployed Soldiers.

During their trip, USAREUR Commander Lt. Gen. Mark P. Hertling accompanied Westphal and the Swishers while they visited wounded warriors at Landstuhl Regional Medical Center, as well as the USO Warrior Center and Fisher House in Landstuhl.

They also visited Heidelberg, where Westphal met with USAREUR senior leaders, while the Swishers met with ser-

vice members and family members at the dining facility on Campbell Barracks and the Warrior Zone on Patton Barracks in Heidelberg.

The intent of Westphal's visit was to reiterate Army senior leaders' appreciation for the service and sacrifices that Soldiers, families and Department of the Army civilians have made.

Westphal's overseas tour included several locations to meet with service members and civilians serving there.

His messages to service members and civilians were that people are our Army, and we must ensure a highly capable force despite cost restraints.

Westphal also emphasized the Army's continued commitment to wounded warriors, energy innovation and the transformation of the institutional Army.



U.S. Army

Soldiers of the 436th Chemical Detachment, Joint Task Force 71, the "Minuteman Brigade" (Texas Military Forces), assist with cleaning up debris from the wild fires Nov. 19 in Bastrop, Texas.



U.S. Army

Pfc. Charles Washington, Provincial Reconstruction Team Zabul automatic rifleman, holds a gate open for an Afghan man as he exits the hospital in Shah Joy, Afghanistan, Nov. 21. Members of PRT Zabul went to the hospital to conduct a key leader engagement. Washington is deployed with Charlie Company, 182nd Infantry Regiment, Massachusetts National Guard.

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Sgt. Scott Lamberson

A Soldier with Headquarters and Headquarters Company, 4th Infantry Brigade Combat Team, 1st Infantry Division, Fort Riley, Kan., looks through a Lightweight Laser Designator Range Finder to determine where he needs to have artillery rounds placed during the brigades best Fister competition Nov. 21.

Holiday Magic



Village Pavilion

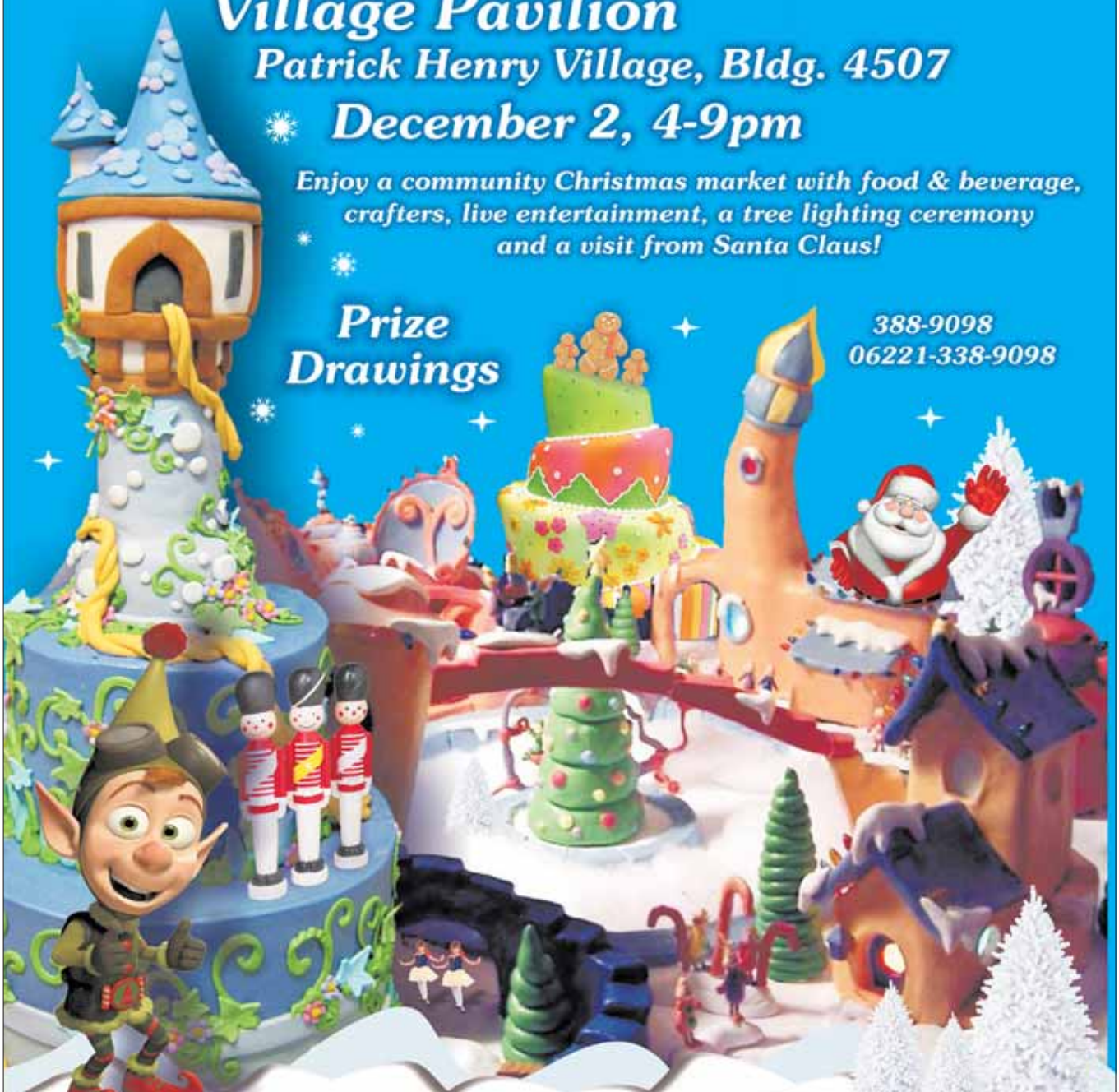
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December 2, 4-9pm

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Staff Sgt. Tramel S. Garrett

Col. Brian Bisacre, commander of the 18th Military Police Brigade, his wife Cyndi and Command Sgt. Maj. Brenda Curfman honor the brigade's fallen warriors during a rededication ceremony of the brigade's fallen warrior memorial on Sembach Kaserne Nov. 17.

MEMORIAL

continued from page 1

"It is their unwritten commitment to ensure as a unit, army and nation that our Soldiers who died in combat will never be forgotten," Bisacre said.

Curfman led the charge to find the precise location, which is close enough to the brigade headquarters to be noticed by Soldiers visiting the area.

"I wanted to ensure it was a place where Soldiers who come to the headquarters would see it and visit it," said Curfman.

"It feels awesome rededicating the memorial. It's the right thing to do and I feel we owe it to the Soldiers, their families and the Soldiers who are still here that served with them," Curfman said.

"These Soldiers fought and died for our country and we can't ever forget," she added.

Bisacre and Curfman placed a wreath in front of the memorial, honoring the fallen. The wreath portrays the intense green and yellow colors that represent the 18th MP Bde.

"For a unit like ours we rededicate our memorials so we never forget the names, the Soldiers, their families, the sacrifice and the honor," Bisacre said.

SWISHERS

continued from page 1

will celebrate their first wedding anniversary Dec. 11.

They decided to make the tour into their belated honeymoon.

"It's just so much better to be here in person, to say thank you," Nick said to fan Sgt. Anthony Tewksbury from the 529th Military Police.

The tour group flew to Ramstein Air Base Nov. 22 and were met by Lt. Gen. Mark P. Hertling, the U.S. Army Europe commander, who accompanied them to Landstuhl Regional Medical Center, the USO Warrior Center and the Fisher House in Landstuhl.

After visiting wounded warriors, the group traveled to Heidelberg. While Westphal met with USAREUR senior leaders, the Swishers signed autographs and met fans at the dining facility on Campbell Barracks and the Warrior Zone on Patton Barracks.

"It's such an honor to be here, man," Nick remarked as he posed with a Yankees-clad fan.

USO tour producer Jeremy Wilcox said the whirlwind tour, officially called the Thanksgiving Holiday Troop Visit, included at least six stops in Afghanistan and a final visit in Belgium.

"We're moving and shaking. We don't have time for jet lag; we simply don't," Joanna said to a fan, smiling.

Wilcox provided glossy photographs to more than 100 excited fans, many of whom came dressed in Yan-



Elizabeth Casebeer

Actress Joanna García Swisher, left, stands next to Randy Ewart, a civilian with the Heidelberg Golf Club, and her husband New York Yankees outfielder Nick Swisher, center, during the couple's Thanksgiving Holiday Troop Visit at the Warrior Zone on Patton Barracks in Heidelberg Nov. 22. Britney Ewart, second from right, and her brother Leroy, right, also pose with their father and the Swishers who were on a USO tour during the Thanksgiving holidays to meet troops, family members and civilian personnel in Landstuhl, Afghanistan and Belgium.

kees jerseys and ball caps.

Some also carried memorabilia ranging from newspaper articles to baseballs, excitedly waiting their turn for a warm greeting and photograph with the celebrity couple.

Capt. Eric Haas, an intelligence officer with the 24th

Military Intelligence Battalion, brought two mementos for the Swishers to sign: a baseball bat and a baseball originally signed by Hank Bauer. Bauer, a World War II Marine Corps veteran who was awarded the Purple Heart and Bronze Star twice each,

played on seven World-Series winning Yankee teams and still holds the World Series record for the longest hitting streak. Haas said Joanna mentioned this was the first baseball bat she'd been asked to sign.

The pair also inscribed it

"It's just so much better to be here in person, to say thank you."

—Nick Swisher, New York Yankees outfielder

with their wedding anniversary date and posed for a photo.

Other fans included Gaby and Theresa Tersigni, a mother-daughter pair from New York, Spc. Devin Stout, a cannon crew member assigned to Alpha Company, Warrior Transition Unit and Randy Ewart, a civilian employee at the Heidelberg Golf Club.

Ewart, who had a giant baseball in tow, served as an umpire in the 2009 Little League Europe, Middle East, Africa Region.

With him were his son Leroy, a player in the German Bundesliga, and daughter Britney, who was dressed in a pink Yankees sweatshirt.

Not everyone was a baseball fan, though. Sgt. Marie Johnson, a supply specialist with the Army Band, was excited to meet Joanna — or "Jo," as she warmly asked a fan to call her.

"I love her. She was awesome as Cheyenne on 'Reba,' and I've seen her interviews on TV. I'm really excited to meet her," she said.

After about 90 minutes at the Warrior Zone, and speaking privately to each fan, the couple with the unwavering smiles packed up to get ready for their flight to Afghanistan.

"Thanks so much for being there for us," Jo said.



Beautiful Belgrade



Photos by cjohnwood@usa.net

Left, Belgrade's St. Sava Orthodox church towers over the city in homage to the saint and spiritual founder of the Serbian nation. Above, surrounding the Belgrade Fortress (Kalemegdan) is the spectacular half-kilometer long exhibit of well restored tanks and artillery.

Vibrant, charming, hints of past, Serbia's capital a city of contrasts

cjohnwood@usa.net

Belgrade re-energizes the tired traveler with its lush parks and tree lined boulevards that encourage wandering.

Its sad past haunts its many old neighborhoods and contrasts sharply with its Victorian charm and friendly population. Belgrade's beautiful museums beckon travelers to remember Serbia's tumultuous history and relish its natural beauty.

Belgrade Fortress (Kalemegdan) houses the incredible Military Museum Belgrade which chronicles military archaeology from Celtic times to the present. The collection is extensive and takes a minimum of three hours to see.

Original weaponry and artifacts are set against wall displays explained in passable English. The museum was built during the communist era with exhibits that are ideologically biased and worth seeing.

Kalemegdan has little left from ancient times – only Roman headstones – since most of the fort was built in the 18th century. Surrounding the museum is a spectacular half-kilometer long exhibit of well-restored tanks and artillery.

The Natural History Museum near the front entrance in Kalemegdan contains a small, bizarre collection of local and foreign animals and somewhat lumpy taxidermy.

Kalemegdan has enticing vistas of the Sava and Danube Rivers. Near the junction of the two rivers is the island



Communist-era public housing looks down at flea markets and kiosks in Belgrade.

park Ada Ciganlija with peaceful bike trails and an old paddle wheel steamer.

Belgrade itself is a city of contrasts as communist era trams compete with luxury cars on hectic streets. Near Kalemegdan, the trendy cafes and fashion shops of Knez Milhailova Street contrast starkly with the crowded kiosks and flea markets near socialist era public housing high rises.

The Knez Milhailova district is also the home of the Serbian National Bank, which has a money exhibit showing colorful national bonds and currency manufacturing during different eras of Serb history.

The National History Museum, downtown on Trg Republika, is a gloomy Victorian monstrosity with only a small exhibition area on the

first floor. The rest of the building is an empty creepy dark marble cavern.

The Ethnographic Museum, nearby Trg Republika, on Studenski trg 3, displayed three floors of 19th century folk dress, household goods, village architecture and retro communist fashion from the '60s. It was well worth the 100 dinar (about €1) admission fee.

Belgrade's varied kiosks are its trademark and were (ironically) encouraged by the former communist government to create entrepreneurship. The present Serbian government would like to clear the kiosks away but has no plans for those left jobless.

The growing divide between rich and poor is evident in Belgrade, yet for Serbia's working class life goes on in the bustling streets and hectic nightlife of the capital. Sanctioned graffiti wall murals give the city a youthful edge.

Towering over Belgrade is the Orthodox Church of St. Sava. The saint, the spiritual founder of the Serbian nation, is honored with a ferro-cement domed church that towers over Belgrade at 79 meters and is floodlit at night like a glittering jewel.

St. Sava's exterior is a modern interpretation of Serbian-Byzantine architecture started in 1935 but is still not finished. Inside, the church's painted splendor and sculpted artwork strikes awe in the visitor.

The Nicola Tesla Museum dedicated to the famous Serbian-American

electrical inventor looks like the movie set of "Frankenstein" circa 1935, with electrical inductors shooting sparks across the room at neon tubes. Don't go if you wear a pacemaker.

No trip to the former socialist Yugoslavia would be complete without visiting the mausoleum of Marshall Tito. Tito's grave is near three museums reflecting Tito's global travels for non alignment and world peace.

The Museum of Yugoslav History near the grave shows the sophistication of Belgrade's fashion scene during the Tito years. In the new Serbia, Tito remains a popular icon of a peaceful, happy past. Tito's close relationship with the United States brought prosperity to Serbia, then part of Yugoslavia during the Cold War years.

Novi Sad appears weary, greeting the traveler with gray rows of depressed public housing around the bus and train station. A shuttered museum in the train station reveals interesting pictures and artifacts from the partisan conflict during World War II but seems to be closed to the public.

Further downtown, Novi Sad livens up a bit with a lively Ottoman era central market and the dramatically lit Petrovaradin Citadel along the Danube.

The trip between Novi Sad and Subotica near the Hungarian border in autumn takes the traveler past cornfields dotted with haystacks and Larch forests in burnt yellow glory.

How To Get There, Where To Stay, How To Get Around

Travel by Air to Serbia – Serbia's Jat Airways flies frequently from Frankfurt International Airport.

Two Hotels in Belgrade – Cheap and comfortably worn, the communist-era Park Hotel and the remodeled Belgrade City Hotel, both

in central Belgrade, are good values and well located.

Park Hotel Belgrade – Njegoseva 2 Belgrade 11000. Civ. 381 (11) 364 0383.

Belgrade City Hotel – Savski trg 7, 11000 Belgrade. Civ. 381 (11)

6644055 across from the main bus and train station.

Travel By Bus in Serbia – Bus travel in Serbia is cheap, frequent and represents a better value than the train system. A bus ticket from Belgrade to Novi Sad is about €5.

GERMAN NEWS

No Seat Belt for Pope Benedict

A Dortmund man recently filed a legal complaint against German-born Pope Benedict XVI for not wearing a seat belt in the "Popemobile" during a September trip to Freiburg. YouTube videos are offered as evidence and calls have been made to the Archbishop of Freiburg, the chairman of Germany's Bishops Conference and Winfried Kretschmann, the Green Party politician who heads the state government in Baden-Württemberg. Neither the plaintiff nor the lawyer are members of the Roman Catholic Church. In a worst-case scenario, the pope would be fined between €30 and €2,500.

World's Most-Pierced Man

With 453 piercings, 52-year-old Rolf Buchholz from Dortmund is now the most-pierced person, according to Guinness World Records. On his face alone, Buchholz has 170 rings and studs, 94 of them on his lips. The Deutsche Telekom employee got his first piercing in 1999.

Stuttgart 21 Rail Project

Opponents of the Stuttgart 21 rail project did not get enough votes in Sunday's referendum to force the state to stop funding it. The project involves rebuilding the city's main train station underground and turning it 90 degrees, as well as laying 57 kilometers of new tracks. The aim is to make the city a major European rail hub. Opponents called the project too costly and unnecessary, but needed a clear majority vote to force the state government to pull out of the multibillion euro project.

Toyota, BMW Green Car Alliance

Under a possible deal, Germany's BMW would provide diesel engines for European-market, medium-sized Toyota vehicles, while Toyota in Japan would share its hybrid technology. Toyota has struggled to expand its hybrid market share in a region where roughly 60 percent of passenger cars are powered by diesel engines. Demand for diesel vehicles is forecast to grow, since they are thought to be an effective way to cut carbon dioxide emissions.

SOURCE: www.thelocal.de



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,

My husband came home from his first combat deployment nearly three months ago, and a conversation we had the first week he was home is still gnawing at me.

We were in a crowded place, and suddenly he broke off from the group very aggressively and basically took off. I had his cell phone so I had no way of figuring out how to meet up with him.

He continued to be a bit edgy for the rest of the night, but I wrote it off as typical guy behavior. It really bothered me though, so on our way back to the car he asked me why I seemed upset and I told him how what he did rubbed me wrong.

He got really quiet and said he wasn't right in the head. I kept asking him to explain, but he wouldn't.

Before he deployed, I'd made him promise that if he had anything akin

to Post Traumatic Stress Disorder, he would get help.

So I mentioned the promise, and he said he would not go because if he admitted to the military he was having psychological issues, he would be put in an isolated 42-week program. I don't know how true that is or if he's just saying that.

I know that if the military found out he was having issues, it would affect his career significantly in the way of promotions, et cetera.

We're currently back at his duty station, settled into our new house, and things have been normal as far as our relationship and his treatment of me goes. But he made a comment a few weeks ago when we were having – not a fight, but more of a spat. He said he was angry all the time, but he usually had a handle on it. He didn't want to argue for fear of that anger surfacing.

I'd like to establish that he's never laid a hand on me, nor intentionally hurt me with his words through our whole three year relationship.

I know these mental battles go on constantly and it's something he struggles with and I want to help him, but I don't know how. I can't and won't go to the military with this. Frankly, I don't trust them. But I can't just do nothing, either. Help. Signed, I Don't Know

Dear Don't Know,

I won't try to diagnose your husband with PTSD, but it definitely sounds like he has some symptoms of combat stress.

Combat stress can make you fearful or uncomfortable in crowds. It can make you more edgy and can even increase anger.

For now, I suggest staying away

from crowded places. His behavior is not "typical guy behavior."

Here's the deal: you can't make him speak to a professional. What you can tell him is he may not be having trouble on his job now, but if the problems persists, it will definitely affect him in his job.

Speaking to a counselor or a therapist does not make you weak and he should not fear reprisal for doing so. Again, things will get worse if he doesn't.

I can say there is not a 42-week isolated program. It does not exist. I know service members do not want their unit to think they have any problems. They fear reprisal, and some feel like they may become discarded like used goods.

There is also the fear of not getting promoted or even the fear of losing a security clearance.

Let's face it though: when it comes to combat stress, PTSD and mood instability, there are some jobs they may not need to be in. It's for their benefit and for everyone else involved.

I know this is difficult for you and for other family members too. I hope you have close family and friends who are supportive. You should also get as much education as you can on this topic. Some helpful websites are The Defense Centers of Excellence at www.dcoe.health.mil and the Department of Veterans Affairs at www.va.gov.

I also recommend you speak to a licensed social worker or therapist. If you contact Military OneSource, you will be connected to a provider in your community at no charge. The phone number is civ. 800-342-9647. You can also check on base for counseling services.

Deskside snacks: Eat well in workplace

By Lt. Col. Twyla Leigh
U.S. ARMY PUBLIC HEALTH COMMAND

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name – stop.

The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if eaten on most work days, will create a weight gain of a jumbo 25 pounds per year.

Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or "goodies" to the office, or what about that desktop candy jar?

These office hazards add to inevitable weight gain that most of us blame on aging, heredity or metabolism.

We are not doomed to work in "obesifying" office conditions and can make positive changes to manage our health and weight. Be prepared for office pitfalls (even if you work from home) and plan

ahead.

Here is a list of strategies to consider for a healthier work environment.

- ♦ **Eat breakfast.** Breakfast skippers start the day at a disadvantage and may start grazing early and feel they have no will power or resistance to sugary and fatty foods that they might otherwise avoid.
- ♦ **Bring healthy (and portion-controlled) snacks.** Prepare snacks the night before and put them in snack bags. Use a coolie bag if needed. Some examples of healthy snacks include roasted almonds, low-fat cheese wedges (non-refrigerated, like Laughing Cow), fresh seasonal fruit (apples, grapes, cherries or berries), fresh cut vegetables (celery, cucumbers, bell peppers, grape tomatoes, baby carrots with or without low-fat dressing, or maybe with a couple of olives or slices of pickle), 100-calorie prepackaged snacks, low-fat popcorn if a microwave is available, hard-boiled eggs and low-fat, low-sugar yogurt.
- ♦ **Eat Mindfully.** No matter what you are eating, focus on the smell, taste and crunch. Don't eat

and work or watch the screen at the same time.

This type of multi-tasking doesn't allow you to realize that you are satisfied with your snack and you may be tempted to keep grazing.

- ♦ **Think thirsty, not hungry.** Have lots of cool water on hand to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids.
- ♦ **Read labels.** Look at the content of the vending machine. Ask the person who works with the vending company to add lower calorie, lower fat and higher protein snacks to the mix.
- ♦ **Move more.** Take a walk. Stand up and stretch.
- ♦ **Identify supportive co-workers.** Share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.
- ♦ **Change the office culture.** Model good eating. If you bring in a snack to share, make it healthy by using fresh fruit, whole grains and lower fat recipes. Suggest non-food rewards and celebrations. Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

GET OUT!

area events

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

December 1

ChocolArt Festival – The ChocolArt festival in Tübingen brings together chocolate producers and vendors from all around the world. The market is located in the historical city center. Visitors can enjoy old favorites as well as new chocolate creations and a large entertainment program. The long chocolate shopping night is set for Dec. 2 when stores will stay open until 10 p.m. The market is open 10 a.m.-8 p.m. Monday-Friday, 10 a.m.-11 p.m. Saturday and 11 a.m.-7 p.m. Sunday. www.chocolart.de.

Nokia Night of the Proms – Inspired by the idea of the British Last Night of the Proms, this musical event mixes pop and classical music. It was developed in 1984 by two Belgian students and was such a success, it has continued yearly and been presented in many countries and in Germany since 1994. Audiences are taken on a journey through familiar classical repertoire, timeless pop classics, sing-along tunes and get-up-and-dance music. Festhalle, Ludwig-Erhard-Anlage 1, 60327 Frankfurt. Civ. 069 9200 9213. www.buzzoffbase.com.

Ice Magic – Visitors can enjoy a special attraction of the holiday season as Eiszauber, or Ice Magic, returns to Schwetzingen. A 4,520-square foot ice skating rink will be set up on Schlossplatz, the main square facing the front of the palace. Inside the adjoining tents, Café Journal will offer a range of alpine food specialties in Niki's Stadel apres ski lounge. The rink and its sideshows will remain open until Jan. 29. Hours are 11 a.m.-10 p.m. There will also be an ice soccer tournament, live music and candle light performances. Reservations at Niki's Stadel, a popular venue for office Christmas parties and other events, may be placed by calling Café Journal in Schwetzingen, civ. 06202-93270. www.cafejournal.de.

Kaiserslautern on Ice – Glide and twirl over 600 square feet of ice under a cozy tent. Each year visitors flock to the Kaiserslautern ice rink in the heart of the city. The rink will be set up in a new event hall on the area of the Kaiserslautern Gartenschau and will feature some festive surprises in the run up to Christmas. Throughout December the rink will be visited by Santa Claus himself. Rink is open 9 a.m.-9 p.m. Monday-Thursday and 9 a.m.-10 p.m. Friday-Saturday through Feb. 13.

Stuttgart Christmas Market – Experience Germany's 315-year-old Christmas Market in Stuttgart spread across the squares between the cathedral and the castle. Nearly 2 million visitors flock to see the city lights and to visit nearly 300 stalls with wooden toys, hand-crafted gifts, glassware, sheepskin clothing, gingerbread, honey waffles, wine and baked apples. A daily Christmas concert begins at 6 p.m. at the Old Castle. The market is open 10 a.m.-9 p.m. Monday-Saturday and 11 a.m.-8 p.m. Sunday through Dec. 23. www.stuttgarterweihnachtsmarkt.de/index.php.

Baden-Baden Christmas Market – The Baden-Baden Christkindelsmarkt, held near the distinctive Kurhaus, draws thousands of tourists from all over the world to celebrate the holiday season. Visitors can enjoy live music from bands that will perform twice daily in front of the Kurhaus. There are more than 50 vendors selling cakes, candy, crafts, cookies, jewelry, holiday gifts and more. The market is open 11 a.m.-9 p.m. Monday-Friday through Dec. 26 and 11 a.m.-3 p.m. Christmas Eve.

Wiesbaden Christmas Market – Check out live entertainment and more than 100 booths during the Wiesbaden Christmas market. The market, located on the Schlossplatz, is open 10:30 a.m.-9 p.m. Monday-Thursday, 10:30 a.m.-9:30 p.m. Friday-Saturday and noon-9 p.m. Sunday through Dec. 23.

Heilbronn Christmas Market – This market features small wooden huts along the Salmer- and Fleinerstrasse as well as the Marktplatz. An ice rink and a daily children's program are also offered. The market opens daily at 11 a.m. through Dec. 22.

December 2

Holiday Magic – The magic of the season shines at the Village Pavilion on Patrick Henry Village in Heidelberg 4-9 p.m. at the community Christmas market with crafts, entertainment, a tree lighting ceremony and a visit from Santa Claus. DSN 388-9098, civ. 06221-338-9098, www.mwrgermany.com.

Europa Park Christmas Market – Europa Park hosts an unforgettable Christmas Market. The park transforms into a winter wonderland with thousands of light displays, exciting performances and shows on ice that will please all ages. The park is open 11 a.m.-7 p.m. daily through Jan. 9 and closed Christmas Eve and Day. Europa-Park-Strasse 2, 77977, Rust. www.europapark.de.

December 3

Bavaria Film Studios – Bavaria Film Studios on the outskirts of Munich is a popular destination for tourists and families because of the exciting stunt shows, special effects and interesting collection of German film historical memorabilia. A guided English tour is offered each day at 1 p.m. Many famous German films and television shows were shot in the studio, including Das Boot. The studio's interactive museum also includes plenty of attractions to entertain children and adults. Studio is open 10 a.m.-3 p.m. Civ. 089 6499 2304. Bavariafilmplatz 7, Grünwald, Germany, 82031. www.buzzoffbase.com.

Medieval Market – The city of Kaiserslautern will host a medieval arts and crafts market through Dec. 5. Take a journey through this unique market set in the ruins of Emperor Barbarossa's former palace. This medieval market will transport you back in

time for an unforgettable day of shopping and dining. Kaiserpfalz, Willy-Brandt-Platz, 67657 Kaiserslautern. www.dielegende.com.

December 4

Christmas Concert – The Mannheim Philharmonic Orchestra will give its yearly Nikolauskonzert 5 p.m. at the Mozartsaal in the Rosengarten in Mannheim. Tickets: info@mbp-ev.de or e.breitwieser@google-mail.com.

December 5

Last Minute Shopper's Mini Bazaar – Find exquisite European treasures at a last minute shopper's mini bazaar 9 a.m.-6 p.m. in Heaton Hall, Landstuhl Regional Medical Center through Dec. 8. DSN 493-4184, civ. 0631-3406-4184.

December 7

English Language Stammtisch – The stammtisch group will discuss the Rise and Decline and Fall of Contemporary Empires, led by Mary Louise Murray-Johnson, stammtisch group founder. The meeting will be 6:30 p.m. in a new location – the Restaurant Zum Gueldenens Schaf, Hauptstrasse 115, Heidelberg Altstadt. Civ. 06221-20879.

December 8

Ski Austria Weekend – Heidelberg International Ski Club travels to Stuben, Austria, Dec. 8-11 where the slopes are less than a two-minute walk from the hotel. Ski pass covers Stuben, St. Christoph, Lech, Zurs and St. Anton. <http://heidelbergski.com>.

December 10

CentrO Mall – Shop till you drop on this tour to CentrO Mall, the largest mall in Europe, located in Oberhausen, north of Düsseldorf. CentrO houses more than 200 stores and boutiques and several restaurants, snack bars and pubs. The mall also features one of the most popular Christmas markets in the Ruhr area. More than 3 million lights and 65,000 new Christmas decorations help to create a festive mood throughout the mall. The Christmas market houses more than 135 huts with international goods. <http://affiliates.usa.org/kaiserslautern>.

Mannheim Concerts

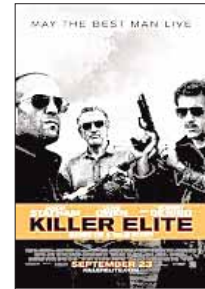
Rocky Horror and Gospel Singers – Due to high demand, BB Promotion announces extra performances for two concerts at Mannheim's Rosengarten: a third show of Richard O'Brien's Rocky Horror Show is scheduled for 2 p.m. Dec. 31. Queen Esther Marrows Harlem Gospel Singers Show will play 3 p.m. Dec. 26. www.rheinneckarticket.

coming to THEATERS

KILLER ELITE

(Robert De Niro, Clive Owen)

It's a match-up made in tough-guy heaven and one based on a shocking true story of the same real-life events that inspired Ranulph Fiennes' gripping best seller *The Feather Men*. *Killer Elite* pits two of the most elite operatives – Danny, an ex-special ops agent and Hunter, his long time mentor – against the cunning leader of a secret military society. Covering the globe from Australia to Paris, London and the Middle East, Danny and Hunter are plunged into a highly dangerous game of cat and mouse where the predators become the prey. (Rated R for strong violence, language and some sexuality and nudity.) 100 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 1 – THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.
Dec. 2 – HUGO (PG) 7 p.m.; KILLER ELITE (R) 10 p.m.
Dec. 3 – HUGO (PG) 4 p.m.; ABDUCTION (PG-13) 7 p.m.; KILLER ELITE (R) 9:30 p.m.
Dec. 4 – HUGO (PG) 4 p.m.; DOLPHIN TALE (PG) 7 p.m.
Dec. 5 – HUGO (PG) 7 p.m.
Dec. 6 – ABDUCTION (PG-13) 7 p.m.
Dec. 7 – HUGO (PG) 7 p.m.
Dec. 8 – KILLER ELITE (R) 7 p.m.

Vogelweh, Galaxy

Dec. 2-8 – THEATER CLOSED

Ramstein, Gateway Movieplex

Dec. 1 – THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) noon, 2:30 p.m., 5 p.m., 7:15 p.m.
Dec. 2 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 4 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m.; ABDUCTION (PG-13) 2 p.m., 10 p.m.; DOLPHIN TALE (PG) 11:15 a.m., 4:45 p.m., 7:30 p.m.; KILLER ELITE (R) 5 p.m., 7:30 p.m., 9 p.m.
Dec. 3 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10 p.m.; DOLPHIN TALE (PG) noon, 2:45 p.m., 5:15 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; KILLER ELITE (R) 4:30 p.m., 7 p.m., 9 p.m.; MR. POPPER'S PENGUINS (PG) 11:30 a.m., 2 p.m.
Dec. 4 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DOLPHIN TALE (PG) noon, 2:45 p.m., 5:15 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m.; KILLER ELITE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Dec. 5 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DOLPHIN TALE (PG) noon, 2:45 p.m., 5:15 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLER ELITE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Dec. 6 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DOLPHIN TALE (PG) noon, 2:45 p.m., 5:15 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLER ELITE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Dec. 7 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DOLPHIN TALE (PG) noon, 2:45 p.m., 5:15 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLER ELITE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Dec. 8 – HUGO (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; ABDUCTION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLER ELITE (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 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. 1-7 – TWILIGHT SAGA: BREAKING DAWN PT 1 (PG-13) 10:45 p.m. at CinemaxX
Dec. 4 – PUSS IN BOOTS (PG) 5 p.m. at Cineplex
Dec. 7 – HAPPY FEET 2 (PG) 4:45 p.m.; ARTHUR CHRISTMAS (PG) 5:30 p.m.; ANONYMOUS (PG-13) 8:15 p.m. at Cineplex

community HIGHLIGHTS

CIF Closure For Inventory

The U.S. Army Garrison Baden Württemberg Department of Logistics and the Central Issue Facilities in Mannheim, Heidelberg and Kaiserslautern will be closed until Dec. 2 for annual inventory. Assistance will be provided for mission essential and emergency cases only. DSN 384-6050, civ. 0621-730-6050.

Combined Federal Campaign

The Combined Federal Campaign Overseas campaign continues through Dec. 2 with a goal of reaching \$2.5 million in contributions. More than 2,400 charities are supported by CFC contributions, as well as family and youth programs, of which 100 percent will be returned to the community. Each charity has been researched and vetted to ensure all donations are spent reasonably and responsibly. Military and civilian employees can donate using a pledge form, online at www.cfoverseas.org or through an online payroll deduction.

Christmas Tree Lighting

German and American children can decorate a large Christmas tree 4 p.m. Dec. 7 directly across from Kilbourne Kaserne main gate. This will be the U.S. Army NATO Brigade's final Christmas tree lighting ceremony due to the relocation and the closure of Tompkins Barracks and Kilbourne Kaserne. Christmas caroling and live music will be provided by the U.S. Army Europe Band, and there will be an appearance from Santa Claus.

Angel Tree Program

Army Community Service is sponsoring Angel Trees at the commissary and library on Patrick Henry Village in Heidelberg, ACS at the Community Support Center and at the Mannheim Main Exchange. Participants select angels and purchase a gift that corresponds to the age and gender, then return the unwrapped gift with its angel to a drop box at these same locations by Dec. 9. DSN 370-6975, civ. 06221-576975.

Trial Defense Services

Service members who are questioned by law enforcement, Criminal Investigation Services or members of the command about suspected acts of misconduct have the right to remain silent, to refuse to answer questions (even from the commander) and the right to speak with an attorney. Service members are entitled to free consultation and representation by a military defense counsel, which is privileged and will not be released to the command. Trial Defense is located in Bldg. 107 on Patton Barracks in Heidelberg and in Bldg. 3210 on Kleber Kaserne in Kaiserslautern. Heidelberg: DSN 373-5082, civ. 06221-17-5350. Kaiserslautern: DSN 483-8397, civ. 0631-411-8397.

Fuel Cards

Exchange fuel cards have expiration dates printed on the lower right corner. Customers should renew before that date and be proactive in renewing vehicle registration.

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

• **Bank Account Management** – Learn how to establish a budget, track spending and maximize savings to increase net worth 9-11 a.m. Dec. 13 in Bldg. 2917 on Pulaski Barracks. Registration is required. DSN 493-4151, civ. 0631-3406-4151.

• **Resume Writing Workshop** – Learn how to write and refine resumes and practice interview techniques 10 a.m. Dec. 13 in Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.

• **Midweek Money Series** – Learn how to snowball out of debt, how to build credit and manage debt and what bankruptcy really means 9 a.m. Dec. 14 in the Kaiserslautern Community Activity Center on Deanner Kaserne. Registration is required. DSN 493-4151, civ. 0631-3406-4151.

• **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

• **A Christmas Carol** – KMC On-stage presents A Christmas Carol 7:30 p.m. Dec. 1-3, 5-10 and 3 p.m. Dec. 4 and 11 at the Galaxy Theater on Vogelweh. The song-filled adaptation of Dickens' classic tale reawakens the true spirit of Christmas in a heart-warming carol of beauty and redemption. Tickets are available in the One Stop Shop in Landstuhl or at webtrac.mwr.army.mil.

• **Family Bingo** – Children can participate in a coloring contest and enjoy free hot dogs and drinks during family bingo 3-6 p.m. Dec. 4 at the Kazabra Club, Bldg. 2057, on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

• **Cards For A Cause** – The Cards for a Cause Club seeks volunteers to make blank cards and small projects for wounded warriors 11 a.m.-4 p.m. Dec. 5 at the Woodlawn Golf Course on Ramstein Air Base. Coming up, the Ramstein Middle School National Junior Honor Society will make cards as a service project 2:30-4 p.m. Dec. 14 at the school. Civ. 06301-719376.

• **Bastogne Memorial** – Join Outdoor Recreation on the Bastogne Memorial March in Belgium Dec. 10. DSN 493-4117, civ. 0631-3406-4117.

• **Quilt Guild** – The Rheinland Pfalz Quilt Guild meets 9:30 a.m. Dec. 15 in the Ramstein North Chapel and 6 p.m. Dec. 22 in the Kaiserslautern Landstuhl Spouses Association

Building on Pulaski Barracks.

• **HIRE!** – Applications for winter term are 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.mwrgermany.com.

• **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.

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

HEIDELBERG

Education

• **ACS Classes** – Using Your Leisure Time Well (for Warriors in Transition), 1-2:30 p.m. Dec. 2, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; Introduction to the Heidelberg Job Market, 9-11 a.m. Dec. 5; ACS Volunteer Orientation, 10-11 a.m. Dec. 5; Introduction to Microsoft Word, 9-11 a.m. Dec. 5-6; Financial Planning: Using Credit Wisely, noon-1:30 p.m. Dec. 7; Family Advocacy Teens in Action, 1-3 p.m. Dec. 8. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

• **University of Oklahoma** – The University of Oklahoma Advanced Programs-Europe is now accepting enrollments for Master of Human Relations and Master of Arts with an emphasis in International Relations degree programs. Courses are taught on-site, on-line and through independent study by campus professors. DSN 373-7919, civ. 011-49-6221-17-7919.

Community

• **Book Club** – Discuss the book The Uncommon Reader by Alan Bennett 7 p.m. Dec. 1 at the library on Patrick Henry Village. DSN 388-9443, civ. 06221-338-9443.

• **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. 2-3 and 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **EFMP Teen Social** – Exceptional Family Member Program teens can enjoy music, games and other activities 7-9 p.m. Dec. 2 and first Fridays at the Panther's Place on Patrick Henry Village. DSN 388-9003, civ. 06221-338-9003.

• **Jewish Services** – Services in December will be held in the Mark Twain Village Chapel 7 p.m. second and fourth Fridays. There will be no Shabbat service Dec. 2 and 16.

Following regular Shabbat services Dec. 9 and 23, there will be a First Shabbat meal and a hail and farewell (Dec. 9) and Shabbat Hanukkah program (Dec. 23). Jewish services are also available at the Ramstein Air Base South Chapel in Bldg. 2403 or at the local Heidelberg synagogue. Heidelberg: DSN 370-6506, civ. 06221-57-6506. Ramstein: DSN 480-5753, civ. 06371-47-5753.

• **The Secret Garden** – Roadside Theater on Patton Barracks presents The Secret Garden 7:30 p.m. Dec. 2, 3, 9, 10, 16 and 17 and Jan. 6, 7, 13 and 14 and matinee 3 p.m. Dec. 11, 18 and Jan. 8, 15. The Tony-award winning musical, based on the children's classic, tells the story of 10-year-old Mary Lennox who is orphaned by a cholera epidemic in India. She is sent to live with her uncle in England. Reservations are recommended. DSN 373-5020, civ. 06221-175020, www.roadsidetheater.com.

• **Texas Hold'em Tournament** – Texas Hold'em tournament buy-in starts 6 p.m., with game start 7 p.m. Dec. 3 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

• **Messiah Concert** – Handel's Messiah will be performed 7 p.m. Dec. 4 at the Mark Twain Village chapel. Civ. 06221-17-6190.

• **Life Teen** – Catholic teens meet 10:30 a.m. Dec. 4 and 11 at Patrick Henry Elementary School. Civ. 01515-292-5550.

• **Phantasialand and more** – Youth ages 12-18 enrolled in Child and Youth Services can register by Dec. 6 for a trip to Phantasialand theme park, the chocolate museum, the Cologne Cathedral and Christmas markets Dec. 19-21. DSN 388-9396, civ. 06221-338-9396, www.mwrgermany.com.

• **Breastfeeding 101** – Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne 9 a.m.-noon Dec. 6 and first Tuesdays. Sign-up is required. Civ. 06221-17-3200.

• **Elves Workshop** – Children in kindergarten-sixth grade can make Christmas ornaments 3:30-5 p.m. Dec. 7 at the library on Patrick Henry Village. Sign-up at front desk. DSN 388-9443, civ. 06221-338-9443.

• **Holiday Open House** – Enjoy holiday stories and refreshments 11 a.m.-2 p.m. Dec. 11 at the library on Patrick Henry Village. DSN 388-9443, civ. 06221-338-9443.

• **Council of Catholic Women** – The Military Council of Catholic Women meets 6:30 p.m. Dec. 13 at the Mark Twain Village chapel and 9 a.m. Dec. 15 at the Patrick Henry Village chapel. Civ. 01515-292-5550.

• **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Dec. 15 at Child, Youth and School

Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-73-67033.

• **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.

• **Mannheim 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.

• **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.

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

• **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.

MANNHEIM

Community

• **Call of Duty Night** – Challenge yourself or your buddies on X-Box or Play Station 3 4:30-10 p.m. Dec. 2 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Action, Adventure Movie** – Enjoy an action or adventure-themed movie in an December, HD home theater room with surround sound 4:30 p.m.-midnight Dec. 3 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. 4 and every Sunday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Dec. 7 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Gstaad Ski Weekend** – Outdoor Recreation goes skiing in Gstaad, Switzerland Dec. 9-11. DSN 493-4117, civ. 0631-3406-4117.

• **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.

• **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.



Gloria Montgomery

Fishing trips such as those sponsored by Project Healing Waters help Soldiers focus on something besides a barrage of medical appointments. The Project's program provides basic fly fishing, fly casting, fly tying and rod-building classes, along with clinics for wounded and injured personnel ranging from beginners to those with prior fly fishing and tying experience who are adapting their skills to their new abilities. Fishing trips also are provided at no cost to the participants.

Warrior care year-round commitment

By Gloria Montgomery
ARMY MEDICINE

FORT HOOD, Texas – With the Civil War and its death toll weighing heavy on his soul, President Abraham Lincoln would often find solace visiting wounded Soldiers at Washington-area military hospitals.

During one of these visits, Lincoln witnessed an amputation procedure on one of his Soldiers.

Shocked at the surgeons' enthusiasm with their knife skills and indifference to their patients, a troubled Lincoln asked them a poignant question: "But what about the Soldier?"

Ten years of non-stop war has revolutionized the way the Army is treating its wounded, ill or injured Soldiers. Gone are the days when the Army would tell Soldiers, "Good bye and good luck," after handing them their discharge papers.

Today, thanks to a sea change in cultural and organizational philosophy, the Army of the 21st century is going "New Age" in healing the mind, body and spirits of its hurting and ill.

In a nutshell, Army leadership is telling the Soldier, "It's OK if you hurt. We're going to let you

heal and take care of you and your family until you do."

To recognize the invaluable sacrifices of our wounded, ill and injured Soldiers and their families, the Army annually dedicates November as Warrior Care Month to celebrate their unlimited potential and to raise awareness and support for the many programs and initiatives designed to help them heal and transition.

For the Soldiers, cadre and civilians of the Fort Hood Warrior Transition Brigade, or WTB, warrior care is a year-round challenge, defined by its creed: Soldiers First; Soldiers Always.

"Soldier care is the center of our foundation," said Maj. Jason Good, commander of Company F, on the WTB's commitment to helping Soldiers heal and transition either back to Soldiering or to becoming a civilian member of the community.

An Army Reservist who was a military analyst for the Center for Army Lessons Learned in his civilian vocation, said warrior care to him is about relationship building as both a teacher and a mentor.

"To be good at what we do we have to be life coaches," he said.

"All we're doing here is using a common sense approach in the overall care of the warrior. Our Soldiers are no different than 'line' warriors. They just have serious medical issues."

An abundance of outdoor activities such as exotic game hunts and fly-fishing trips are helping wounded warriors redirect their energies miles outside the Fort Hood gate to South Texas or Lake Texoma, courtesy of nonprofits like the Rocky Mountain Elk Foundation and Project Healing Waters, among several organizations with close ties to the WTB. Adaptive sports such as Ride 2 Recovery bike rides are challenging a Soldier's endurance level while the Department of Defense-sponsored Warrior Games are demonstrating athleticism is not about disability, but about ability.

More importantly, for the Soldier who soon will be trading Army Combat Uniforms for a two-piece suit, Operation Warfighter's job internship program is arming Soldiers with the tools to walk confidently down the path of success, and, more often than not, a job with a federal agency.

For the full story, see www.army.mil/news.

staying ACTIVE

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 is seeking men and women players for community basketball teams. Practices are 6-9 p.m. Monday-Thursday at the fitness center on Patton Barracks. DSN 373-8032, civ. 06221-17-8032.

Kaiserslautern Combatives Tournament

A Combatives Tournament open to active duty women and men takes place at the Miesau Fitness Center, Bldg. 1220, in Kaiserslautern Dec. 3 with registration and weigh-in 8-10:30 a.m. and tournament at 11 a.m. \$5 spectator entry fee. Miesau Fitness Center, Bldg. 1220. DSN 493-2088, civ. 0631-3406-2088.

Landstuhl Wrestling Officials Clinic

A Child, Youth and School Services wrestling officials clinic for adults takes place 9 a.m.-5 p.m. Dec. 7-9 at the Landstuhl Learning Center, Bldg. 3718. Training material provided. DSN 475-7576, civ. 0964-183-7576.

Kaiserslautern Wrestling Invitational

A wrestling invitational takes place Dec. 10 at the Miesau gym, Bldg. 1220, in Kaiserslautern with weigh-ins and physicals 8-9:30 a.m., coaches meeting at 9:30 a.m. and invitational start at 11 a.m. Register: DSN 493-2088, civ. 0631-3406-2088.

Heidelberg Paint Ball

Paintball play days for units and groups at the Heidelberg Rod and Gun Club in Oeffersheim 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. DSN 06202-51193.

Kleber Free Cycling

A RealRyder Cycling Class will be 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 entire month of December. DSN 483-7610, civ. 0631-411-7610.

Instructors Wanted in Kaiserslautern

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.

New Year's Eve Bowling Party

A New Year's Eve party will be held 3-6 p.m. 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.

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.

Mannheim Bowling Hours

The Bowling Center on Benjamin Franklin Village has new hours: 11 a.m.-10 p.m. Monday, Wednesday and Thursday, 11-1 a.m. Friday and Saturday, 2-9 p.m. Sunday and closed Tuesdays and holidays. DSN 380-9528, civ. 0621-730-9528.

Sembach Bowling Center Extended Hours

The Sembach Bowling Center is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday. DSN 497-7569, civ. 06302-67-7569.

Find Photos Online

Don't forget to check out the photos we couldn't fit in this edition of the Herald Post online at www.flickr.com/heraldpost.