

HeraldPOST

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

HP THURSDAY
Dec. 22, 2011

Speed Read

HERALD POST

This is the last issue of Herald Post for 2011. Publication will resume Jan. 12.

BEST EO ADVISOR

USAG Baden-Württemberg's Sgt. 1st Class Casey Howard is the U.S. Army Europe Equal Opportunity Advisor of the Year. **3**



SHARING LOVE OF MUSIC

Members of the Heidelberg High School Concert Band shared their musical talents with students at Mannheim Elementary school. **3**

ENVIRONMENTALLY SUPER

USAG Baden-Württemberg completed its external environmental assessment Dec. 13 with outstanding results. **9**

DARE TO KEEP IT REAL

Heidelberg seventh graders graduated from Drug Abuse Resistance Education's 'Keepin' It Real' program Dec. 15. **11**



SMOKING HURTS

Soldiers who smoke have increased injury risk and reduced muscle endurance, night vision and mental sharpness. **17**



Staff Sgt. Michael J. Taylor

An Airman prepares to release a bundle of toys from a C-130 Hercules aircraft onto the drop zone during Operation Toy Drop in Alzey Dec. 8. The operation included troops from the U.S. Army and Air Force, the German Bundeswehr and the Italian Army who dropped bundles of toys destined for organizations in the Kaiserslautern Military Community. See "Multi-service Operation Toy Drop brings goodies to girls, boys" on page 6.

Teenagers prepare holiday meal for Heidelberg homeless

By Alyx Fuhriman
BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

HOPE (Helping Others Prosper Eternally) Ministry and the American Catholic Teen group provided a charity Christmas dinner for more than 50 homeless men and women Dec. 11 in a Heidelberg church auditorium.

The hall was decked in pine boughs, ribbon and tree lights, matching the festive air. A few live musical performances filled the auditorium with car-



Alyx Fuhriman

Carrie Smith, center, stands with other Catholic Teen group members getting ready to serve cookies for dessert after a meal sponsored by HOPE Ministry at a Heidelberg church Dec. 11.

ols, gospel and even some blues.

"Every year, it's the same atmosphere," shouted Rarry over the music and laughter.

Rarry (a nickname) has long been an attendee to HOPE's Christmas dinners. With fingerless gloves, he carried a box of leftovers.

"[It is] very good food,"

he smiled. Then he turned serious as he gestured to his dining companions. "For the people that are sad, that drink too much and all, Joe is the reason they are here ... why we are here."

Joe is Joe Lewis, founder of HOPE ministry and a U.S. Army veteran who was stationed in Germany.

see **TEENAGERS** page 12

Police step up holiday patrols

By Robert Szostek
USAREUR OPM PUBLIC AFFAIRS

Local German police announced they will increase mobile checkpoints during the holiday season to curb drunk driving.

Experience and statistics prove that office holiday parties, visits to Christmas markets and other seasonal events lead to an increase in alcohol related traffic incidents and fatalities. Police said December is the second deadliest month of the year when it comes to under-the-influence accidents.

Police strongly recommend designating a driver or using public transportation to avoid driving under the influence of glühwein (mulled wine) and consequently losing one's life or license.

In Heidelberg, Office of the Provost Marshal officials said statistics indicate that Soldiers and civilians under 25 years of age are the most likely to be apprehended see **POLICE** page 12

Defense Details

DEMPSEY TOWN HALL

On the final stop of his multi-country USO holiday tour, the chairman of the Joint Chiefs of Staff visited wounded warriors and held a town hall meeting with more than 400 service members in Ramstein Monday. Army Gen. Martin E. Dempsey has visited troops, combatant commanders and military leaders in Kuwait, Iraq, Afghanistan, Saudi Arabia and Germany on his first major trip as chairman.

RECRUITING GOALS

All four active-duty services and four of the six reserve components met or exceeded their recruiting goals in November, the second month of fiscal 2012, Pentagon officials announced Monday.

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

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COMMENTARY

Recycling, re-use centers: great service, caution required

Check safety of secondhand goods

By **Kimberly Jeffery-Wolfert**
HMEDDAC PUBLIC HEALTH NURSE

Supporting the use of recycled products and used items is not only good for the environment, it is also economical. However, many people are unfamiliar with the hidden dangers this may pose.

As I drive by the Recycling Center on Patrick Henry Village in Heidelberg, I often see items such as baby strollers and baby beds sitting out front. Numerous toys in large bins are also enticing.

Unfortunately, an essential process is lacking to check the safety of these discarded items. Products may be broken, have a history of misuse and even be listed on a consumer product recall or consumer product safety website. How would you know this? You wouldn't, and that is the hidden danger.

The safety culture in America is quite robust. Many people are familiar with recall information when it is announced in the news, but do you know how to seek out this information on your

own? Many do not. I encourage you to visit the U.S. Consumer Product Safety Commission website (www.cpsc.gov). It provides a wealth of information.

CPSC has contributed significantly to the 30 percent decline in the rate of deaths and injuries associated with consumer products over the past 30 years, according to their website.

The next time you pick up something at the recycling center or purchase something secondhand, please visit the website for safety information.

Additionally, if you feel you or a loved one have been injured while using a product, this should be reported. Injury data is collected to identify any trends and is used to assist in product recalls.

To report an incident, go to the CPSC website and click on the "consumer safety" tab at the top. Next, click on the top right button that says "report an unsafe product" and follow instructions.

You could prevent injury or even save a life by taking the time to report an incident.

Re-use center focused on safety, customer service

By **Travis Vowinkel**
USAG BADEN-WÜRTTEMBERG SOLID WASTE MANAGER

The Re-use Center located in Patrick Henry Village on Alamo Circle is part of the Recycling Center and has been in operation for a few years now. It provides a unique opportunity, especially for the low income Soldiers and their families, to supplement their tight budget. Thanks to the folks who volunteer their time to keep the center tidy, donated goods can be taken and reused for free.

A great money saver are the children's clothes. As every parent knows, our offspring grow fast and pretty soon have outgrown what they have. Well, bring the small and take some larger at the Reuse Center.

Another great saver is books. There many a gem to be found on the shelves, whether for fun or education. Electrical and electronic appliances are also on our shelves along with porcelain and a plethora of pots and pans.

A favorite with the children is the toy room where they can play while dad or mum shop. We do ask that people clean up, and, of course, any toys can be taken home.

A visit to the Re-use Center is nearly always worthwhile, and we try not to impose too many requirements on the patrons. I will mention a few to clarify misunderstandings that may be out there.

We do not accept responsibility for the items donated to or taken from the center. Donations are given in good trust, that they will go back to helping the military commu-

nity, not to be taken in bulk to send overseas to relatives or whatever, nor for sale at the local flea market or thrift shop.

We do not accept children's vehicle seats or bike helmets. We agree with the Public Health Nurse. These items have an unknown history and may have been damaged in the past. Food stuff is also something that we cannot accept.

To dispel another myth, the volunteers do not take bags and boxes into the back room so that they can keep the best. On the contrary, they have strict orders to keep the walkway clear for safety reasons, and, for safety reasons, they dispose of dangerous and unusable items.

You would probably not believe what we have found amongst the goods under the label dangerous. Syringes including needles, sharp knives, broken glass, chemicals and live ammunition. My favorite is a used toilet brush, neatly packed up in what was obviously the packaging from a new one.

The Recycling Center is open 8 a.m.-4 p.m. Monday-Saturday. The Reuse Center is open 8 a.m.-3:30 p.m. Monday-Saturday. Both are closed German holidays but normally open U.S. holidays.

During the holiday period, the centers will close at noon on Saturday, Dec. 24, and reopen Tuesday, Dec. 27. Both close at noon New Year's Eve and reopen Jan. 2. The Recycling Center and Reuse Center will be closed Jan. 6 for a German holiday.

We wish all our patrons a merry holiday period and a safe new year.



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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

What's the top item on your Christmas list this year?

"Gotta go with a GPS ... tired of getting lost riding around Germany."
—BWnow Facebook Administrator

"BMW 328i, with GPS, of course. lol."
—Johnny Hernandez, BWnow Facebook fan

"To get this medical board over with and go home."
—Tonya Robnolte, BWnow Facebook fan

"To have a wonderful holiday with all our friends. I was feeling bad that we weren't going home for Christmas and are without our family. But we are now hosting Christmas Day with a bunch of our friends."
—Dawn Hopkins Benford, BWnow Facebook fan

"Peace on Earth!"
—Paul Froehlich, BWnow Facebook fan

"I wish that every child have food in their belly and a place to lay their head."
—Tiffany N Leon, 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, label, 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.

Soldier takes home Equal Opportunity honors

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It was a phone call that Sgt. 1st Class Casey Howard would never forget. The brief exchange punctuated by a warm congratulation had left the Toledo, Ohio, native stunned.

Howard was recently selected as the U.S. Army Europe Equal Opportunity Advisor of the Year. He currently serves as a military Equal Opportunity Advisor at U.S. Army Garrison Baden-Württemberg in Heidelberg.

As an EOA, Howard and his military and civilian counterparts are responsible for helping commanders effectively manage their respective equal opportunity programs.

"We're the eyes and ears of the commander to make sure that people are not being mistreated ... and making sure that the EO program is being properly managed and implemented throughout the units," Howard said. "We also collect data that is required to be reported to higher headquarters and manage the spe-



Sgt. 1st Class Casey Howard, U.S. Army Equal Opportunity Advisor of the Year, reviews a briefing on sexual harassment prevention training in his office on Patton Barrack in Heidelberg.

cific emphasis programs like the ethnic observances that we have throughout the year."

Howard enlisted in the Army fresh out of high school more than 20 years ago as a field artillery Soldier, but it wasn't until he received encouragement from senior leadership that he decided to take the leap into the EO

realm.

After submitting his packet, Howard headed to Patrick Air Force Base, Fla., for training in October 2009. He arrived in Heidelberg in January 2010 and early in 2011 was selected as EO advisor of the quarter.

"It originally started a few months back when Command Sgt. Maj. [Annette] Weber was

here. She kind of asked me for some information and I didn't know why she was asking for it," he recalled. "She wanted my Enlisted Record Brief, photo and my bio."

Unbeknownst to Howard, Weber used the information to recommend him for EO advisor of the quarter. All four winners from each quarter compete at the USAREUR level. This year, Howard walked away with both quarterly and annual honors.

"I didn't think I was going to be in the running for it, and I found out when Sgt. Maj. Michael Fuller gave me a call and said congratulations. I was surprised and I felt really blessed, too," he said.

Howard is quick to credit his colleagues and his wife Felicia, also a sergeant first class in the Army, for their part in his success.

"I would like people to know that here at the Heidelberg Equal Opportunity working group, it was definitely a team effort. I by no means earned this award on my own. It was done with the support of my family and the

entire EO community," he said.

Howard expects to remain with the garrison for at least another year.

"I would like to stay in this career field but unfortunately in the Army, EO is not a Military Occupational Specialty so you're on a two-to-three-year assignment," he said. He is currently trying to get a tour extension that would allow him to remain with the EO program longer.

"EO is important because we're the voice to protect people who do not have a voice or who don't feel empowered to come forward or stand up for themselves," Howard said.

"I really love my job. It's about taking care of people and it goes hand and hand with my faith as a Christian. I just try to do my job each day to take care of people and do what I think God would want me to do and it just worked out," he said.

Casey competes next at the Department of the Army level for the Secretary of the Army Diversity and Leadership award for EOA professionals.

Heidelberg High School band visits Mannheim students

Staff Report

Members of the Heidelberg High School Concert Band shared their musical talents with the next generation of up and coming musicians during a visit to Mannheim Elementary school Nov. 30.

The band stopped by the school's auditorium for a performance that was designed to expose elementary school students to the wonders of music and the different instruments used to make it.

The band was well received by the crowd of kindergarten through fifth grade students who listened attentively to every note as they clapped and tapped along to the beat.

John Hodge, the Heidelberg Concert Band leader, introduced the children to the different sections and instruments that comprise the concert band.

"I was so excited to have the Heidelberg High School Band come and play for the students at Mannheim Elementary school. The band students demonstrated the various instruments which was such a treat for our students. I have been intro-

ducing the instruments in class, but since we don't have the actual instruments in our school, having them performed live was a real eye opener for them," said Annette Benton, Mannheim music teacher.

"The band did such a wonderful job and I hope to have another group back in the spring," she added.

The concert was a particularly special occasion for some of the high school students in the band as they returned to the elementary school they once attended.

Students like ninth grader Katherine Chipps were excited to see familiar faces of teachers and staff that still remain at Mannheim Elementary.

"I play the flute. It was really nice coming back being able to see all the familiar faces. My dad's class waved to me. It was so cool," she said.

"I feel it's a great way to meet new people, especially if you're new to the school so you can find people you have something in common with. I'm learning a lot, too," Chipps said. "It's really sad thinking about how Mannheim is closing. I was hoping I'd be able to say I graduated at the same place I started kindergarten."

Secretary of the Army Visit



Phil A. Jones

Secretary of the Army John McHugh meets a wounded warrior during his Dec. 13 visit with staff and patients at Landstuhl Regional Medical Center.

21st TSC changes responsibility

21st TSC Public Affairs

Command Sgt. Maj. Michael A. Sanchez took the reigns as the 21st Theater Sustainment Command Sergeant Major from Command Sgt. Maj. James E. Spencer during a change of responsibility ceremony held on Kleber Kaserne in Kaiserslautern Friday.

Sanchez previously served as the Central Command's J3 and J4 Sergeant Major at MacDill Air Force Base, Tampa, Fla.

Medical leaders get Polish medal

30th MEDCOM Public Affairs

Two leaders from the Europe Regional Medical Command were awarded the Polish Armed Forces Medal at a ceremony in Heidelberg Dec. 15.

On behalf of the Polish Minister of Defense, Col. Stefan Walowski, the Polish senior national representative for Ramstein, presented Polish Armed Forces Medals (Silver) to Col. John M. Cho, the 30th Medical Command commander, and Lt. Col. Rachele Smith, the Mannheim Army Health Center and Coleman Troop Medical Clinic commander, for their work while serving at Landstuhl Regional Medical Center and their support to wounded Polish service members receiving treatment there.

The award, established in 1999, is intended to recognize service to the Polish Army by foreign civilian and military personnel.

Army MP first German MP

Staff Report

U.S. Army Europe Deputy Provost Marshal Lt. Col. David L. Walker received the first honorary Feldjäger (German Army Military Police) award from Col. Hubert Katz, Commandant of the Feldjäger and German Army Staff School in Hannover.

The presentation took place during the USAREUR Provost Marshal conference hosted by the Feldjäger school.

Katz cited Walker's long-term leadership in partnership building dating from the early 1990s when he commanded the 385th Military Police Battalion and Katz was assigned to the 750th Feldjäger Battalion, a sister battalion, in Stuttgart.

transformation UPDATE

Frequently Asked Questions

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

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

When will the Mannheim commissary and Exchange close?

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

Facilities Operations Changes Mannheim

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

NEW – The Benjamin Franklin Village South Gate – The BFV South gate entrance will close from 9 p.m.-5 a.m. daily starting Jan. 1.

NEW – Commissary – Starting Jan. 8, the commissary will close Mondays and Tuesdays and will be open 8:30 a.m.-7 p.m. Wednesday-Sunday. Early bird hours will be 8:30-10 a.m. Wednesday-Sunday. Bakery items will also decrease, but customers can special order products they need, if two days notice is provided. DSN 385-3940, civ. 0621-728-3611.

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

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

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

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

seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

Library Support – A library support office is open in Bldg. 246, Room 118, to assist community members 9 a.m.-1 p.m. and 2-6 p.m. Monday, Tuesday, Wednesday and Friday and 1-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and to receive library materials in their mailboxes. Services include assistance with electronic databases, registration and clearing. Computers, a small study room and free paperbacks are available. Items may be returned to the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

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

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

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

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

NEW – Sullivan Gym Hours Change – The Sullivan Fitness Center will change hours of operation beginning Jan. 30. New hours will be 6 a.m.-8 p.m. Monday-Friday, 10 a.m.-5 p.m. Saturday, 11 a.m.-4 p.m. Sunday and 10 a.m.-5 p.m. federal and training holidays.

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/Directorates/DOL/TMP.html.

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

Vehicle Registration – The vehicle registration office on Spinelli Barracks in Mannheim is in Bldg. 1563. Customers should first call or visit the official homepage for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction,

and bring checks or money orders to pay fees. The Spinelli office is open 7:30 a.m.-5 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, www.hqusareur.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.

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>. The nurse advice line, civ. 0800-825-1600. For help after hours, call civ. 06221-17-2605.

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

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

Multi-service Operation Toy Drop brings goodies to girls, boys

By Spc. Iesha Howard
21ST TSC PUBLIC AFFAIRS

ALZEY, Germany – Hundreds assembled at the Alzey drop zone here Dec. 8 to watch the second annual Operation Toy Drop, as paratroopers from the U.S. Army and Air Force, the German Bundeswehr and the Italian Army dropped bundles of toys from U.S. military aircraft.

Hosted by the 21st Theater Sustainment Command's 5th Quartermaster Detachment, the drop is the culmination of a coordinated effort consisting of collecting donated toys for less fortunate military families and then handing them out during the holiday season.

"Operation Toy Drop was established to give back to junior enlisted Soldiers that cannot afford toys and other items for their children at Christmas time," said 1st Lt. Ulysses Nunez, an executive officer with the 5th QM Det. and a native of Manhattan, N.Y. "We collected donations from the 21st TSC and local establishments that wanted to donate."

Once the bundles of toys were on the ground, they were given to the Kaiserslautern Army Community Service which will disperse the toys among the many different organizations.

"It is an honor to serve in this operation because our target is to help less fortunate children," said Lt. Fabiano Beduini, an Ital-



Spc. Iesha Howard

Dressed as Santa Claus, Sgt. Robert Vasquez, training air non-commissioned officer in charge, 5th Quartermaster Detachment, walks from the Alzey drop zone after jumping from a C130 Hercules aircraft while taking part in Operation Toy Drop in Alzey Dec. 8.

ian paratrooper and training support officer in charge with the 3rd Italian Division. "To be involved in this operation with other jumpers, both German and American, is something special."

During the jump, a paratrooper dressed as Santa Claus jumped onto the drop zone to greet children and to hand out gifts.

"I came to see my husband jump and I brought our kids so that they can receive gifts from Santa," said Spc. Daniella Molinarez, a unit supply specialist with the 230th Military Police Company, 95th MP Battalion, 18th MP Brigade, and a native of Fairfield, Calif.

OTD is an annual event this time of the year and donations are accepted throughout the month of November and the beginning of December.

Faces of the community: DARE Instructors



Elizabeth Casebeer

Spc. Alexander Newlan dressed as the Drug Abuse Resistance Education lion mascot stands with instructor Sgt. Nicola Mascia after the DARE graduation at Heidelberg Middle School Dec. 15. Both Soldiers are from the U.S. Army Garrison Baden-Württemberg Provost Marshal Office, and Mascia taught the most recent 10-week program to Heidelberg Middle School seventh grade students. The DARE program was established in Los Angeles in 1983 and is the largest, most comprehensive drug education and violence prevention program in the world.

Mannheim storage facility supports Army Reserve units in Europe

By Sgt. 1st Class Michelle Conrad
7TH CSC PUBLIC AFFAIRS

The 7th Civil Support Command's Equipment Storage Site Expanded provides an efficient and value added asset for the Army Reserve in Europe. The Mannheim site serves 22 Army Reserve units in Europe by consolidating equipment storage and maintenance in one location.

The ESS-X provides Army Reserve units in Europe a full-time staff of mechanics and supply personnel to adequately maintain the unique equipment of the 7th CSC. The ESS-X is a readiness capability for commanders, which enables units to maintain higher unit status reporting across the command.

Local German nationals, along with Calvin Robinson, the Logistical Manager Supervisor and Contracting Officer Representative, and Sgt. 1st Class Arnold Olson III, the 7th CSC main-

tenance noncommissioned officer in charge, work to maintain the equipment and ensure the Army Reserve resources are efficiently utilized in keeping it in a fully deployable status at all times.

Quality control checks are a standard ESS-X procedure. The checks are based on the Standard Army Maintenance System, which analyzes trends for maintenance needs.

For example, if a vehicle's tires need to be replaced sooner than the expected wear-out period, then the quality control check would indicate a trend of a possible manufacturer defect preventing any future purchases of defective parts and equipment.

Lt. Col. Anthony Francia, 7th CSC deputy logistics officer, remembers the time before the ESS-X was stood up.

"All of our vehicles were parked in one warehouse," Francia said. "When I came back 10 years later, the 7th CSC grew exponentially. That made it nec-



Sgt. 1st Class Michelle Conrad

Army Reservists from Arkansas and Virginia conduct preventative maintenance checks on equipment at the Equipment Storage Site Expanded in Mannheim last month as part of their Overseas Deployment Training.

essary to expand this capability."

The ESS-X is not without challenges.

"We are working the kinks out of our SAMS system to ensure a better, smoother customer service oriented maintenance program similar to

working models already in existence in the Army Reserve," Olson said. "Once we work out the kinks, there will be significant increases in the availability of operating metrics and service to the customer units under the 7th CSC footprint."

The ESS-X is periodically augmented by U.S.-based Army Reserve Soldiers to supplement the workforce with maintenance support as part of the Overseas Deployment Training active duty program. A typical ODT rotation is two weeks long.

Kabaka Teague, a logistics analyst, works with stateside units to locate and identify qualified Army Reserve Soldiers to participate in and support the ODT program.

"It gives Army Reserve Soldiers an opportunity to work in Europe, which is both a personally and professionally enriching experience, especially since a lot of these Soldiers have never had a deployment," Teague said.

COMMAND MESSAGE

Caring exemplifies spirit of holiday season

By Lt. Gen. Michael Ferriter
IMCOM COMMANDER

One of the world's greatest leaders was a gate guard who worked at the main gate of Fort Benning, Ga.

What made Mr. McCoy so great was that he knew his job was more than checking ID cards. With his awesome attitude, he conveyed to every person passing through his lane that he cared.

Somehow he succeeded in making a difference just through his genuine message of, "Welcome home."

I've talked with many people who had contact with him – Soldiers, parents visiting their Soldiers, civilians going to work and visiting retirees who were stationed at Fort Benning years ago, and all agreed.

He made a difference.

We've all seen this type of inspired leadership on every installation. Showing that we care exemplifies the very spirit of the holiday season.

The great thing about being part of the Army Family is that caring goes



U.S. Army
Gate guard Mr. McCoy and then-Maj. Gen. Michael Ferriter when he was commanding general of the Maneuver Center of Excellence and Fort Benning, Ga., in 2010.

beyond the holiday season. It is day in, day out, year-round.

Margie and I and our four kids have lived and grown as a family on Army installations around the world. In addition to Mr. McCoy, we've met many whose sense of service far exceeded their job descriptions – really dedi-

cated people at a housing office, youth sports coaches and Child Development Services, to name just a few.

My family's experience is not unique. Every Soldier and family member can point to service providers on our garrisons who go out of their way to help.

The same sense of caring is why so many Soldiers, family members, civilians and retirees volunteer their time and talents across the installation.

Our volunteers welcome newcomers. They teach classes, mentor children and teens and run play groups for young mothers and toddlers.

They plan outings for wounded warriors, build houses for disabled veterans, support survivors, help prepare families for deployment and throw welcome home parties.

Caring and selfless service is ingrained in our Army culture, and we are much stronger because of it – Army Strong.

To everyone who has extended a helping hand this past year, whether in

a professional capacity or as a volunteer, thank you.

Thank you for choosing to go the extra mile to make a difference for Soldiers, civilians and families.

Let's all enjoy what the season offers, wherever we are and enjoy time with friends and loved ones. As we celebrate, let's remember those who are deployed and extend extra support to their families at home.

Let's also be mindful of those around us who may find this time of year more difficult. For those who need assistance, our installations provide a number of Soldier and family support services.

If you are unsure where to go, start with Army Community Service or the chaplain's office.

From my family to you and yours, we wish you safe and happy holidays and a blessed new year.

NOTE: Ferriter assumed command of the U.S. Army Installation Management Command at Joint Base San Antonio Nov. 17. He is also Assistant Chief of Staff for Installation Management.

ICE
gets
results

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

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

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

garrison issues.

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

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

Issue: ACS satellite office on Patrick Henry Village

Scope

Many families at Patrick Henry Village in Heidelberg have one car and cannot get to Army Community Service on the Shopping Center.

Customer Feedback

◆ For many Mannheim families relocating to Heidelberg, information and

referral services are essential, but ACS is located on the Shopping Center, not where the families live.

◆ ACS services such as parenting classes and adult education, translation help, the loan closet, help with filling out forms and other paperwork, and even help in emergencies were unavailable.

Command Response

ACS opened an annex on PHV so families that don't have transportation can receive information or attend classes. If a special service is needed that is only available at the main office, arrangements are made to bring it to the annex.

What do you think?

Express your opinion on Facebook (www.facebook.com/bwnow) and BNow (mybwnow.ning.com) by answering the Question of the Week: "How do you use the Army Community Service satellite office on Patrick Henry Village in Heidelberg?" Comments may also be emailed to the Herald Post at usaghd.post@eur.army.mil.

Bnow Feedback on last week's ICE issue: Children's Area in Stronghold Workout Room

What do you think of the Stronghold workout room on Patrick Henry Village in Heidelberg now that there's a children's area available?

◆ I think it's great that this was finally done. My daughter wouldn't stay in the designated area though and somebody threatened to throw us out if she wouldn't stay in and keep her screaming to a minimum, so we haven't been back. :(

The only way she'd stay quiet was on my lap on one of the bicycles. I'm so glad it works for others though. :)

◆ I don't much care for it. The last thing I want to hear when I am working out is unruly and crying kids.

◆ At other small stations where we've lived, the gyms had a baby-sitting coop. It was free but you had to volunteer for a few hours a month to use

their services. Maybe something like that could be implemented for the heaviest use hours?

◆ Baby-sitting co ops ... sound like a good idea-but don't always work. Moms of toddlers need a place to work out and I'm glad to see this. At Ft. Wainwright, Alaska, youth services set up a room three times a week for three hours. Each family paid a flat monthly fee. You drop off your kids, go work out. It was a huge success.

◆ It is a great idea. It works more than not. Most of the time you shouldn't be interrupted for a 30-45 minute workout

◆ I think there should be a gate (or something) to keep kids in the play area. The last time I was there, there weren't any toys, so I bring my own.
◆ No issues for me so long as parents monitor their children to ensure they are not interfering with the workouts of other users.

NOTE: The children's area is open daily from 9-11 a.m. and 1-3:30 p.m.

COMMAND MESSAGE

Help Soldiers transition

By SMA Raymond Chandler
SERGEANT MAJOR OF THE ARMY

Over the next five years, the Army is going to draw down the size of our active force by at least 50,000 Soldiers.

This is a huge shift for our Army, as we will have to make some tough choices on who we will retain and who we will ask to leave the service.

We're also drawing down at the same time our country's unemployment rate is extremely high. Right now, more than 850,000 veterans are looking for a job.

We owe it to our veterans, the ones who have fought and bled for this country, to give them the necessary tools to find work after leaving our service.

Last November, the commander-in-chief signed into law a tax credit for businesses who hire a veteran. He said in his speech that "for businesses out there, if you are hiring, hire a veteran. It's the right thing to do for you; it's the

right thing to do for them; and it's the right thing to do for our economy."

But more than just a tax credit, the president also announced three executive actions specifically tailored for veterans looking for work.

The first is a Veteran Gold Card, which gives veterans access to career services and includes six months of personalized counseling at one-stop career centers around the United States.

The government also launched an online tool called "My Next Move" that allows veterans to enter information about the skills they've used in the military and how that matches skill sets on the civilian side.

Finally, the president announced a new online service called Veterans Job Bank which partners with leading search engines that directly connect unemployed veterans to job openings.

In the Army, we rely on the Army Career and

Resources

- ♦ www.whitehouse.gov/joining-forces/resources
- ♦ www.hrc.army.mil/site/active/tagd/acap

Alumni Program as a huge part of the transition process. ACAP's goals are simple: reducing the more than \$500 million a year in unemployment compensation payments made to recently separated Soldiers and providing them detailed job assistance training, counseling and resources to quickly find a job.

We must allow our Soldiers time to attend the entire program, and not just a few hours a week or when it's convenient for the command.

An Army Research Institute study showed that the full use of all ACAP services reduces the time it takes for a transitioner to find a job and increases the amount of money they earn.

Holiday Greetings



Linda Steil

U.S. Army Europe Commander Lt. Gen. Mark Hertling, center, and his wife Sue Hertling, third from right, stand with students from Patrick Henry Elementary School in Heidelberg at the school on Patrick Henry Village during the American Forces Network taping of the couple's holiday greeting to be aired on AFN television throughout the holiday season.

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COMMAND MESSAGE

Environmental assessment nets 'outstanding' results

By Col. Bryan DeCoster
USAG BADEN-WÜRTTEMBERG COMMANDER

The Environmental Performance Assessment System is the Army's program for assessing installation-level environmental performance.

The assessment provides the garrison with an accurate picture of our compliance posture, the effectiveness of the Environmental Management System and the capability to mitigate potential environmental risks that could negatively impact mission, community and the well-being of our Soldiers.

USAG Baden-Württemberg completed its External - EPAS assessment Dec. 13. As we continue to increase Environmental Management System awareness, I would like to thank you - our Soldiers, civilian employees, families and community members.

From the results of our recent EPAS assessment, I am proud to inform the community that the hard work of all the tenant units, garrison directorates, environmental officers, family and community members produced outstanding results.

In comparison to the fiscal year 2009 external EPAS, which resulted in 76 environmentally related compliance findings for the Heidelberg community alone, this assessment, which included the Mannheim footprint, resulted in a 50 percent reduction with no major findings.

Our environmental policies and initiatives continue to be a success, because you understand their importance and continue to embrace them.

For example, our recycling program known as Rumbling Rubbish, was recognized for the unique and effective program that it is by the EPAS auditors from Army Environmental Command.

Walter Christensen, the Installation Management Command - Europe EPAS program manager made several positive comments during the exit brief.

He informed us that the experienced auditors from AEC simply did not find the kind of systemic failures here that they sometimes find at other garrisons, and he described the findings as "low key."

In addition, there were no high-

risk findings, which is unusual, and for which he congratulated the garrison.

The fact that we are a closing garrison did not deter people from ensuring that we are still committed to environmental excellence and are environmentally compliant.

I would also like to thank those units that have already begun the process of relocating to Wiesbaden (whose environmental officers returned to the garrison for the audit), the environmental officers that are returning to the states this December (who still demonstrated an efficiently run environmental program) as well as the members of the civilian workforce that were assigned new duty locations at different garrisons and delayed their departures.

This firm level of commitment from members of our community to ensure the garrison had a good assessment shows an outstanding level of dedication and pride in our environmental programs.

We are doing the right things, and we are producing a positive impact on our environment.

In comparison to the fiscal year 2009 external [environmental assessment] which resulted in 76 environmentally related compliance findings for the Heidelberg community alone, this assessment, which included the Mannheim footprint, resulted in a 50 percent reduction with no major findings.

Keep up the great work. We are ensuring a positive quality of life for today and for tomorrow and as garrison commander, I thank you for your hard work and commitment.



Master Sgt. Cecilio Ricardo

Gen. Lloyd James Austin III, commander, United States Forces-Iraq, and Command Sgt. Maj. Joseph R. Allen, case the USF-I flag during a flag casing ceremony that marked the end of Operation New Dawn, at the former Sather Air Base in Baghdad Dec. 15. Since 2003, more than 1 million Airmen, Soldiers, Sailors and Marines have served in Iraq.

Our ARMY around the world

For more Army news,
visit www.army.mil



Staff Sgt. Joe Armas

Spc. Ecclesia Walker from Clarksville, Tenn., a motor transport operator assigned to Company A, 615th Aviation Support Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division, ties down a cargo strap on a truck Friday at Camp Marmal, Afghanistan.



U.S. Army

Spc. Hans Haken, an infantryman from Manchester, N.H., assigned to 2nd Battalion, 34th Armor Regiment, 1st Heavy Brigade Combat Team, 1st Infantry Division, embraces his nephew for the first time following a redeployment ceremony at Fort Riley, Kan., Saturday. Two more units of the 1st HBCT are expected to return to Fort Riley from Afghanistan before the end of the year.

DARE program 'Keeps It Real' for students

By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

About 173 Heidelberg Middle School seventh graders graduated from Drug Abuse Resistance Education's 'Keepin' It Real' program at the school on Patrick Henry Village Dec. 15.

The 10-week program, which began in early October, was taught by Sgt. Nicola Mascia from the U.S. Army Garrison Baden-Württemberg Provost Marshal Office. This is Mascia's first time instructing DARE.

"I am learning as I go. I know how things are going to be on the battlefield, but with kids it's a different thing. There is an element of surprise. You know what the enemy is [when you're deployed], but here you don't. You have kids who maybe have a rough lifestyle, or those who've had a nice one, and you need to know how to react."

DARE lessons focus on providing accurate information about alcohol and drugs, teaching decision making skills, developing techniques to resist peer pressure and providing alternatives to drug use and violence.



Elizabeth Casebeer

From left, Dominic Vatcher, William Venable and Kaua Wong, all 12, share stories following their Drug Abuse Resistance Education graduation ceremony for seventh graders at Heidelberg Middle School Dec. 15. The DARE program is the most comprehensive drug education and violence prevention program in the world.

The Department of Defense Dependents Schools adopted the curriculum to assist local law enforcement officers and school officials to combat the temptations associated with today's youth.

Each term, principal Stephanie El Sayed decides which class is most prepared for the training, and this time she chose the seventh grade.

"This program emphasizes how to get out of a situation, which is more than what they

learned in the fifth grade," Mascia said. "With some kids, you have to be more sturdy and gentle, but you can't be monotonous."

The middle school program, subtitled "Keepin' It Real," builds on the curriculum students received two years ago at Patrick Henry Elementary.

The current program included interactive lessons and five youth-produced videos that were based on students'

real stories. The students were also required to submit essays that described how to make good choices.

Two students, Renee Sahli and Hannah Cornish, received honors for their essays, and Andres Torres-Lopez and Renee Sipos won Best Overall Student.

The Best Students were determined by participation in class, good behavior and true belief in the curriculum. While Mascia taught, teachers observed and later provided feedback to decide the winners.

San Antonio native Torres-Lopez said where he comes from, it's not unusual for children to try drugs as early as 9 years old.

"Kids don't know really, because they're in Germany. If you go to the states, you see people doing drugs," he said.

Sahli, a fellow Texas native, agreed.

"Although they do drugs here, it's just less of an influence because it's a whole different culture. They have different religions and how they do things. They do drugs really young, and they are influenced by friends because they don't know to say no, because

they don't see how it's going to hurt them as they grow up," Sahli said.

"People think, 'Oh, it's just in the movies or in this program,' but it's really going to happen to you one day. So, you just have to be prepared and make the right choices.

DARE was established in Los Angeles in 1983, and according to its website, is the largest, most comprehensive drug education and violence prevention program in the world. It impacts an estimated 36 million children in kindergarten through 12th grade in 400,000 classrooms each year, in 50 states and 54 countries.

According to DARE, the middle school program has effectively reduced (pre)-teen alcohol, marijuana and tobacco use by preparing them to act defensively when refusing offers to use, by helping to recognize risks and avoid drug-related situations, by building strong decision-making, communication, planning and assertive refusal skills and by teaching teens to value their own perceptions and feelings and make choices that support drug-free values.

For information about DARE, visit www.dare.com.

Cobalt Dragon prepares unit for disasters, terrorism

By Sgt. 1st Class Michelle Conrad

7TH CSC PUBLIC AFFAIRS

The ever-present threat of disasters and terrorist attacks necessitates the need for qualified Chemical, Biological, Radiological and Nuclear specialists to always be prepared to protect U.S. national interests.

The 773rd Civil Support Team, 7th Civil Support Command, put such expertise to the test during exercise Cobalt Dragon on Rhine Ordnance Barracks in Kaiserslautern Dec 5-9.

Because time is of the essence when a CBRN-type incident occurs, unit training and readiness are essential. Cobalt Dragon, which is a joint, interagency exercise focusing on survey, decontamination and analytical operations, combines the capabilities of various units and agencies. In addition to the 773rd CST, the Emergency Medical Assistance Team, the 12th Chemical Company Reconnaissance Team and members of the Defense Threat Reduction Agency formed Strike Team Dragon.

The exercise provided an opportunity for the 12th Chem. Co. Recon



Maj. Todd Buchhem

Brig. Gen. Mark Hendrix, right, Commander of the 7th Civil Support Command, simulates an injury during exercise Cobalt Dragon on Rhine Ordnance Barracks in Kaiserslautern Dec. 8 while Survey Operations Team Chief Staff Sgt. Ralph Lahens assists.

Team and 773rd CST a chance to work together and to standardize procedures. The exercise serves an additional purpose in ensuring that U.S. Army Europe maintains a CBRN capability

even as the EMAT transfers its CBRN responsibilities to the 773rd CST.

"Standardizing all surveying operation procedures and training on specialized equipment for decontamination gives us the ability to do site characterization analysis of the agent, which helps the incident commander and the host nation leadership make informed decisions on which course of action to take," said Sgt. 1st Class Jay C. Drucas, the 773rd CST operations non-commissioned officer.

Cobalt Dragon tested the Soldiers' reaction to a scenario in which terrorists release a chemical into the air during a holiday party. Strike Team Dragon quickly suited up and began surveying the office building to locate the source of the threat. Discretely hidden in a chest cooler was a simulated chemical bomb.

To experience the mission firsthand, 7th CSC Commander Brig. Gen. Mark S. Hendrix took part in the exercise as a survey operations team member. While he and his two team members surveyed the contaminated site, Hendrix became a casualty. This presented another training opportu-

nity for the 773rd CST team: evacuate a casualty from a dangerous contaminated site. The exercise observers and controllers instructed Hendrix to simulate a leg injury. This adds a degree of complexity to the scenario by requiring the team to evacuate an immobile casualty.

The hazardous material suit along with the oxygen tank weighs approximately 70 pounds. Within seconds, Hendrix's team members realized he was down and called for backup. In a matter of minutes, two more team members had Hendrix on a gurney and raced him to the decontamination tent. After Hendrix was decontaminated, a medical crew opened the suit and pulled off all the gear while checking to make sure Hendrix was breathing.

"The Soldiers who wear the suit have my respect and admiration," Hendrix said. "It is nice to know we have the best equipment for our Soldiers."

"Soldiers of the 773rd CST and 12th Chem. Co. Recon Team do what New York City firefighters did on 9/11 and that is run into a danger that everyone else is running away from," Hendrix said.

Force Command Heidelberg marks NATO's success

By Lt. Col. Randy Martin
HQFC HEIDELBERG PUBLIC AFFAIRS

Force Command Heidelberg leaders honored significant contributors to NATO's success during a holiday gathering Dec. 14 on Campbell Barracks.

Hundreds of military, civilian and family members had a sense of eager anticipation for the approach of the winter holiday season as they were led through a reflection on the past year and a rally for the challenges that lie ahead.

"It is so difficult in NATO

to bring people together. Our Soldiers are working in multiple bases and in different buildings. They speak multiple languages and represent many nations" said Chief Warrant Officer Mark Saulnier, the command sergeant major and a native of Canada.

"This ceremony is important because it shows the strength and fortitude of the headquarters and it allows the commander an opportunity to recognize the complete NATO team in front of their peers," Saulnier said.

Sgt. 1st Class Jose Tavaréz,

Force Command Heidelberg's transportation chief at the International Support Kaserne, was an award recipient. Since arriving in 2010, Tavaréz deployed to Afghanistan to support the International Security Assistance Force, to Italy to support Operation Unified Protector and to Lithuania where he proved key to the command in its NATO Response Force certification



TAVAREZ

exercise.

"If you don't get people to work with you, you don't get to this point. It's a team effort," Tavaréz said.

Lt. Gen. John W. Morgan III, the commander of Force Command Heidelberg, praised his unit for accomplishments which included support to ISAF in Afghanistan where 258 members have served or continue to serve. He also congratulated personnel that supported OUP, NATO's mission to protect Libyan civilians in the summer and fall.

Morgan congratulated leaders who had, in his words, done the right thing by taking care of people and recognizing their contributions.

"Uncertainty will be part of life for our headquarters in the coming years. However, we must stay focused on the mission and act in accordance with our priorities," he said.

Morgan thanked the Force Command Heidelberg Family Support Center for its support to the command's activities including helping set up the event and arranging a visit from Santa.

TEENAGERS

continued from page 1

Once homeless and a drug addict himself, Lewis has the unique perspective necessary to understand his ministry's needs.

"Nobody wants to have a Bible and cross shoved in their face and hear, 'Repent, repent!'" he said. "Show me love. I want them [the homeless] to form a unity, a fellowship, like we're doing here today. That's most important."

The Catholic Teen Group was responsible for serving the dinner, weaving between the tables wearing Santa hats and smiles on their faces. While only 10 volunteers were needed, a dozen or so teens came to help, bringing fresh baked cookies and plenty of good cheer.

"It's just something you want to be a part of," Carrie Smith shrugged modestly. Smith and Katie Perrotta, both seniors at Heidelberg High School, organized the teen volunteers and raised funds for this event.

"These kids are awesome," Lewis said, "I can't imagine doing this without them."

At the end of the meal, although the food was gone and the tablecloths were taken up, the auditorium was still

"Please let us ... be grateful for this holiday season, for tomorrow is not promised. The reason I do this and we do this is because we have all had problems."

—Joe Lewis, HOPE Ministry founder

full of people. Jennifer White, deputy chairman of HOPE, explained.

"Nobody wants to leave after dinner because everyone wants to hear Joe's prayer," she said.

Lewis then took the stage and delivered a heartfelt prayer in German, which White translated.

"Please let us enjoy one another and be grateful for this holiday season, for tomorrow is not promised. The reason I do this and we do this is because we have all had problems. The Savior says you don't have to be alone. He is here today, and he can be there, in your heart. I don't want anything less than this for you."

As the crowd dispersed, Lewis was approached by almost everyone



Alyx Fuhrman

Arthur celebrates his full stomach Dec. 11 at a Heidelberg church following a dinner prepared and served by volunteers from Heidelberg's Catholic Teen Group and HOPE (Helping Others Prosper Eternally) Ministry.

with handshakes, hugs and even a few handmade gifts. He and his wife received each with warmth and a fondness that so many only reserve for family.

Lewis saw them to the door, and then sat for a moment's rest at a now empty table.

"It's important for people to be

aware of others' situations, because then they can truly appreciate how awesomely blessed we are," he said.

HOPE sponsors many events during the year and is always looking for partners, donations and volunteers. For information about HOPE Ministry, visit www.hopeministry.de.

POLICE

continued from page 1

for driving under the influence. However, drivers of all ages should remember that blood alcohol limits are lower in Europe than in the United States. Officials warned that drivers who have not reached their 21st birthdays cannot have any alcohol in their system when driving.

"The easiest way to stay safe is to remember that two drinks are enough to bring a person of average build to or above the legal blood alcohol limit," said OPM Sgt. Maj.

Michael P. Cieslewski who stressed the importance of not drinking and driving.

He noted that the serving sizes of European beers are generally larger than their U.S. counterparts.

"Two beers in America measure 24 fluid ounces," Cieslewski explained. Two half-liter beers in Europe add up to 33.8 fluid ounces. "That's a lot more alcohol, and enough to put you over the limit," he said.

"European blood alcohol limits are also lower than American law," he added, not-

ing that some countries, such as the Czech Republic, Estonia, Hungary, Malta, Romania and Slovakia, have absolute zero tolerance.

The blood alcohol limit denotes how many milligrams of alcohol are contained in 100 milliliters of blood. The general standard in Europe is 0.5 mg per ml, and applies where U.S. forces are stationed in Europe – Belgium, Germany, Italy and the Netherlands. Germany has a 0.3 limit if you're in an accident. The average standard in the U.S. is 0.8 mg per ml.

Drivers younger than 21 who are found to have alcohol in their blood systems when driving in Germany face a €250 fine and two points assessed on their licenses.

If police catch Soldiers, civilians or family members under 21 driving with alcohol in their blood, U.S. Army Europe will suspend their driving privileges. A 30-day ban is imposed for a first offense, 60 days for a second offense and 90 days for a third offense.

Cieslewski advised people to think about how they are going to get home after a

night on the town, before they leave home.

"Designated drivers, unit sponsored rides, taxis and public transportation are all good ways to get home safely," he said.

Cieslewski also suggested that people who can walk to their favorite night spot do that instead of driving or book a room at a guest house, if the club is a long way from home. All these are better options than losing a license or having an accident, he said.

NOTE: Thomas Heiss contributed to this report.

Guess who's coming to dinner?

American actors take on British comedy sketch beloved by German audiences

American Drama Group Europe

For Germans, watching the short comedy sketch "Dinner for One" has become such a tradition that welcoming in the New Year is almost not imaginable without mentioning this production.

The American Drama Group Europe will perform "Dinner for One and Breakfast for Three," a nod to the beloved classic written by British author Lauri Wylie.

This production of "Dinner for One," is both traditional, in that it follows closely the structure of the famous television version, and extremely personal, proving that good theater cannot be replaced by television or movies.

Christine Kaufmann stars as the main character, Miss Sophie, and Richard Clodfelter plays the role of James the Butler.

Audience members are completely involved and magnetized by each of James's movements from his very first entrance until he escorts Miss Sophie from the stage.

They may even be a little concerned at times that he might not, due to too much alcohol, be able to complete the

role.

But Clodfelter not only makes it, he does it with flying colors causing many to exclaim that this is the best "Dinner for One" they have ever seen.

The audience response has in part to do with the live musical support of pianist Paul Flush.

This star entertainer in both classical music and jazz gives this production a certain touch that makes it so special.

Flush carefully selects his moments, never interrupting but always enhancing the flow, drawing both audience and actors into the performance.

Theater goers can catch the play at several different locations across Europe such as the Bernard-Theater, Falkenstrasse 1 in Zurich 8:30 p.m. Dec. 27; Bürgerhaus am Seepark in Freiburg 8 p.m. Dec. 28; Schauspielhaus in Kassel 8 p.m. Dec. 29; Theater im Pfalzbau, Ludwigshafen 7 p.m. Dec. 30; and Amerika Haus in Munich 6 p.m. and 7:30 p.m. Dec. 31.

For information on performances or the American Drama Group Europe visit www.adg-europe.com, or call civ. 004989-343803.



American Drama Group Europe

Actress Christine Kaufmann stars as Miss Sophie, an elderly upper-class English woman, in the American Drama Group Europe's production of "Dinner for One and Breakfast For Three." The comedy sketch revolves around Sophie's 90th birthday party and the parade of guests who line up to help her celebrate. The sketch is a huge favorite in Germany and many Germans make it a New Year's tradition to watch the short piece. The group is scheduled to perform in Switzerland and several cities in Germany between Christmas and New Year's Day.



*Dear Readers,
We wish you a wonderful holiday
season full of joy, peace and prosperity.
Thanks for another great year. May
2012 be even better.*

The Herald Post family



GERMAN COOKING

Rum-Coconut Truffels

Ingredients

- ◆ 3/4 cup plus 2 tablespoons butter
- ◆ 1 3/4 tablespoons coconut grease (Palmin)
- ◆ 3/4 cup plus 2 tablespoons chocolate
- ◆ 3/4 cup plus 2 tablespoons powdered sugar
- ◆ 1 package vanilla sugar
- ◆ 4 tablespoons rum
- ◆ 1/2 cup coconut shavings

Preparation

- ◆ Melt the butter and coconut grease in a medium sauce pan over low heat.
- ◆ Add baking chocolate and stir well until smooth, then add powdered sugar, vanilla sugar, rum and coconut shavings, setting half the shavings for coating aside.
- ◆ Store the liquid for two hours in the refrigerator, stirring occasionally. As soon as the mix has reached a solid consistency, divide into small balls using a teaspoon. (Truffels have to be formed fast to ensure consistency).
- ◆ Coat finished truffels with coconut shavings and store in a cool, dry place.

Source: Birgit Thompson, USAG Stuttgart Public Affairs

GERMAN NEWS

Norwegian of the Year

Rostock native Marcel Gleffe was named Norwegian of the Year Dec. 15 for helping rescue 30 survivors of the Utøya island massacre in July, in which 69 Norwegian Youth Labor Party participants were killed. Gleffe, 32, was on vacation with his family when he heard gunshots fired by far-right extremist Anders Behring Breivik. Gleffe jumped in a boat and pulled victims from the water surrounding the island. He made multiple trips in the hour that it took the police to arrive at the shooting, managing to bring between five and eight people at a time back to the mainland while being shot at by the attacker. In the past year, Gleffe has also received the German Federal Cross of Merit, the Ludwig-Beck Prize for civil courage and the Golden Hen German media prize.

Police Model Turned Thief

A €50,000-recruitment campaign recently launched by the Hamburg police took an ironic turn after a model hired to pose as an officer turned out to be a suspected thief. The man was one of four professional models dressed in full police uniform to be used in a series of posters on display in train stations and underground stations aimed at attracting new talent to the police force. A passer-by recognized the man he believes stole money from him in August, and the accused denies all charges. The Hamburg police stressed they had no indication the man was potentially a criminal before he was hired.

Gen. McChrystal Siemens Chairman

German industrial giant Siemens has hired Gen. Stanley McChrystal, who was fired in 2010 for criticizing President Barack Obama to a reporter from Rolling Stone magazine, as chairman of the board for the newly-created Government Technologies in Washington, D.C. The move is part of Siemens' strategy to attempt to double its annual \$1 billion business with the U.S. government by 2015.

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 dearstvicki@yahoo.com.

Dear Ms. Vicki,

My husband was in the military for 28 years. He decided to retire when he turned 50, and didn't really talk it over with me. We got married after he came home from boot camp. He was in the reserves, so one weekend a month and two weeks once a year was fine. Well, then he went full time.

So here I am: I quit college to get married and had three children right away. I loved being able to stay home with my children, but they are all grown up now. I have been looking for grants and aid to go back to school, but I cannot seem to find any. I was so happy to hear that husbands could give the GI Bill to spouses, then the next thing I hear is that it is just for the men who are still in and promise to give another four years.

My husband was in Special Forces and in his unit there's me and my husband and one other couple that are still married for more than 25 years. We have been married 32 years. I do not understand how couples that may only be together for five-10 years can give their GI Bill to their spouses and those who have stayed married for longer can't get the same. I would like to go to school and not have to worry about bills, and my husband is not going to use his GI Bill. Needing Money

Dear Money,

I get many questions about the current GI Bill. There are many sources for information to get your questions answered. I would like to refrain from trying to give matter-of-fact answers that could be incorrect. Yes, there are many changes to the GI Bill, including the service member transferring the benefit to the spouse. I suggest you contact the Department of Veterans Affairs at civ. 800-827-1000 or www.va.gov.

I wish you success in your future educational venture. Please keep in touch and let me know the outcome and I would also

like to discuss the stress you are experiencing and how I may be able to help. I would like to share the information with other readers. Enjoy the holidays.

Dear Ms. Vicki,

My husband got back from Iraq about nine months ago. During his tour, he lost two of the closest people in the world to him: his grandparents, who both died while he was in Iraq. I know that has taken a big toll on him. He has been very angry and agitated since he returned.

At first I let it slide because I figured the stress of being away for so long was an excuse, but now I am concerned. He says he is the way he is because Iraq changed him and that losing his grandparents killed the person he was.

I know he needs help, but I also know he is scared about getting help. How do I make it OK for him to get the help he needs? How do I help him at home? Whom do I contact? Can you help me in any way? I am scared of what could happen if he does not get the help he truly needs. Scared Wife

Dear Scared Wife,

I have much experience with post traumatic stress disorder and combat stress-related reactions. You are right: it can be different accessing care, but care is still available for him and for you and your family. First of all, let me say that you are not alone. I know this must be very frightening for you. Your husband has changed a lot and so have you. No one comes home from war the same.

Conversely, there can be good changes as well as challenges. In your husband's case, he has experienced much trauma, and to add to that, he lost close family members while he was deployed.

Some symptoms of PTSD are increased irritability and agitation, sleeplessness, depression, nightmares and night sweats. On the other hand, these are also symptoms of combat stress. It's important that he gets the right diagnosis. Let me add that this is not your fault, and I first apologize if I sound like I'm placing this burden on your shoulders to handle alone.

We both know that your husband must reach out for help and for services. Tell him he is not weak if he seeks help for his current difficulties. To the contrary, it will make him stronger and preserve his relationships with you, other family members and friends and his occupation.

Failing to do so could lead to a loss of employment, failed marriage or more. You get the picture. If he has a primary care physician, start with them first

to get a complete physical. Many people say "Well, Ms. Vicki, what does a physical have to do with combat stress and PTSD?" Well, it has everything to do with it. I'm not a medical doctor, but as a therapist who diagnoses PTSD, I need to know if he has any other medical conditions that could also affect or cause behavior changes.

For example, many service members have discovered they have high blood pressure or diabetes. We both know this can cause many problems.

Moreover, his symptoms and behavior changes should be carefully documented by a physician. I think this is imperative. If you have an emergency, please contact the police, or take him to the nearest emergency room. Here is a list of other resources I would also like for you to follow up with:

- ◆ Wounded Warrior Project is a great place to reach out for information and resources. The phone number is civ. 202-558-4302.

- ◆ PTSD support groups, www.support4hope.com/ptsd.

- ◆ The military mental health organization provides education screening services and support resources for service members and their families. The website is www.MilitaryMentalHealth.org and their number is civ. 877-877-3647.

From your report, it appears your husband is experiencing symptoms of combat stress. As a caregiver, it's important for you to get support, too. I thank you for writing and seeking information. Please stay in touch with me. I wish you all the best. Let me know how your husband is doing. Ms. Vicki

Responses from previous columns:

Dear Ms. Vicki,

Next month please print a section called "The Best Of Dear Ms. Vicki." I can't get enough of your advice.

Dear Ms. Vicki,

This is just a tip to help you out with resource information. Two excellent sources for help are service officers at the local and state level of the Veterans of Foreign Wars, and the Disabled American Veterans.

Dear Ms. Vicki,

I want to tell you how much I love reading your column. You don't know this, but you really helped me make it through a very tough year. Somehow I connected with your strength and found the will to keep moving.

Things are not perfect, but each day I'm learning to better cope with things instead of throwing in the towel. I hope you have a very merry Christmas and a great new year. Sharon M.

GET OUT!

area events

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

December 22

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

December 23

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

December 25

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

December 26

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

December 29

Mannheim Planetarium – The Mannheim Planetarium offers visitors the chance to view a variety of visual displays about the universe and science. Show times are 10 a.m. and 3 p.m. Tuesdays; 3 p.m. and 8 p.m. Wednesdays and Fridays; 3 p.m. Thursdays and 5-7 p.m. Saturday-Sunday. Admission is €6 for adults and €3 for children. Seckenheimer Straße 200, 68165 Mannheim.

December 29

London Tour – Enjoy three nights in London as you explore England's famous capital. Included in this tour are three nights in a centrally-located, five-star hotel featuring spacious rooms, swimming pool, spa, gym and close proximity to London's underground train system. The city is at your beck and call. During the tour see such picture postcard sights as Tower Bridge, the Houses of Parliament with Big Ben, Westminster Abbey, Buckingham Palace and changing of the Guard, Trafalgar Square,

Piccadilly Circus, Hyde Park, the new London Eye and more. There will also be time for sightseeing on your own and sampling the city's diverse cuisine. <http://affiliates.uso.org/kaiserslautern>.

Party in Paris – Usher in the New Year in the City of Lights during this two-night trip to Paris. Visit major tourist attractions as the Eiffel Tower, Notre Dame Cathedral and the Arch of Triumph. On New Year's Eve enjoy a special meal in the Latin Quarter followed by a brilliant display of fireworks to welcome in 2012. <http://affiliates.uso.org/kaiserslautern>.

December 31

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

New Year's Eve Party – Legends will host a New Year's Eve party 8 p.m.-2 a.m. Legends is located on Patrick Henry Village in Heidelberg in Bldg. 4506. There will be a disc jockey and karaoke to help ring in 2012. Free admission.

Kaiserslautern New Year's Eve – Party your way into 2012 at the Kazabra Club in Kaiserslautern 9 p.m.-4 p.m. Enjoy champagne, party favors, free buffet and a balloon drop at midnight. The Kazabra Club is located on Vogelweh in Bldg. 2057. 18 years and older. www.mwrgermany.com.

January 4

Ski Switzerland – Ski the slopes with the Heidelberg International Ski Club. The club's next open trip will be to the border town of Portes Du Soleil with skiing available in Switzerland and France Jan. 13-16. Deadline to register is Jan. 4. www.facebook.com/HISC1956.

January 5

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

January 7

Michael Jackson Concert – Youth will get the thrill of a lifetime while at the Michael Jackson Thriller Tribute Concert 3-9 p.m. in Frankfurt. Open to children in grades 6-12.

To participate, contact Landstuhl Youth Center, Landstuhl Post, Bldg. 3819. DSN 486-8658, civ. 06371-86-8658.

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

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

January 12

Olympia Park – Munich's Olympia Park was home to the 1972 Summer Olympics and the venue now hosts concerts, sporting events, conventions and other special events. Guided tours are available for visitors. There is ice skating and hockey games in the huge indoor ice rink. Dogs are welcome and there is plenty of space for children to play. Facilities include an Olympic size indoor pool, Sea Life Aquarium, Rock Music Museum and Olympic tower. Spiridon-Louis-Ring 21, Munich 80809. www.olympiapark.de/en/home/, www.buzzoffbase.com.

Mannheim Concerts

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

Abba – "Abba" the show comes to the SAP Arena in Mannheim. Hear all your favorite songs from the Swedish popgroups legendary career. Show starts at 8 p.m. Jan. 12. Tickets: www.saparena.de, civ. 0621-1819-0333.

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

Chris Rea Concert – The British singer and songwriter will perform his Santo Spirito Tour 2012 at the Rosengarten in Mannheim Feb. 25. Concert starts at 8 p.m. Tickets: civ. 0621-10-1011, www.bb-promotion.com.

Bryan Adams – The singer and songwriter will perform at the SAP Arena in Mannheim March 29. Concert begins at 8 p.m. Tickets: civ. 0621-10-1011, www.bb-promotion.com.

coming to THEATERS

THE IDES OF MARCH

(George Clooney, Ryan Gosling) An idealistic staffer for a presidential candidate gets a crash course on dirty politics during his stint on the campaign trail. The Ides of March takes place during the frantic last days before a heavily contested Ohio presidential primary, when an up-and-coming campaign press secretary finds himself involved in a political scandal that threatens to destroy his candidate's shot at the presidency. (Rated R for pervasive language) 101 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 22 - THE IDES OF MARCH (R) 7 p.m.
Dec. 23 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 7 p.m., 10 p.m.
Dec. 24 - ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 2 p.m.; SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 4 p.m.; JOHNNY ENGLISH REBORN (PG) 7:30 p.m.
Dec. 25 - ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 2 p.m., 4:30 p.m.
Dec. 26 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 7 p.m.
Dec. 27 - THE THING (R) 7 p.m.
Dec. 28 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 7 p.m.
Dec. 29 - SHARK NIGHT (PG-13) 7 p.m.

Vogelweh, Galaxy

Dec. 23 - NEW YEAR'S EVE (PG-13) 7 p.m.
Dec. 24 - REAL STEEL (PG-13) 4 p.m.; THE IDES OF MARCH (R) 7 p.m.

Ramstein, Gateway Movieplex

Dec. 22 - NEW YEAR'S EVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; MONEYBALL (PG-13) 11:15 a.m., 5 p.m.; THE IDES OF MARCH (R) 2:15 p.m., 8 p.m.
Dec. 23 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m.; SHARK NIGHT (PG-13) 8 p.m., 10:15 p.m.; THE THING (R) 2 p.m., 9:30 p.m.; JOHNNY ENGLISH REBORN (PG) 11:30 a.m., 4:30 p.m., 7 p.m.
Dec. 24 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m.; THE THING (R) 2 p.m.; JOHNNY ENGLISH REBORN (PG) 11:30 a.m., 4:30 p.m., 7 p.m.
Dec. 25 - CLOSED
Dec. 26 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m.; SHARK NIGHT (PG-13) 8 p.m.; THE THING (R) 11:30 a.m., 4:30 p.m.; JOHNNY ENGLISH REBORN (PG) 2 p.m., 7 p.m.
Dec. 27 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; SHARK NIGHT (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE THING (R) 11:30 a.m., 4:30 p.m.; JOHNNY ENGLISH REBORN (PG) 2 p.m., 7 p.m.
Dec. 28 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; SHARK NIGHT (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; THE THING (R) 2 p.m., 7 p.m.; JOHNNY ENGLISH REBORN (PG) 11:30 a.m., 4:30 p.m.
Dec. 29 - SHERLOCK HOLMES: A GAME OF SHADOWS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; ALVIN AND THE CHIPMUNKS: CHIPWRECKED (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; SHARK NIGHT (PG-13) 2 p.m., 7 p.m.; JOHNNY ENGLISH REBORN (PG) 11:30 a.m., 4:30 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), Cinemax (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Dec. 22, 23, 24, 27 and 28 - SHERLOCK HOLMES: GAME OF SHADOWS (PG-13) 8 p.m.; 11 p.m. at CinemaxX
Dec. 22, 23 and 27 - MISSION IMPOSSIBLE: GHOST PROTOCOL (PG-13) 10:30 p.m. at CinemaxX

community HIGHLIGHTS

Landstuhl Clinic Closures

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

Exchange Sweepstakes

Enter until Dec. 29 for the Army and Air Force Exchange Service Coke Holiday Sweepstakes to win one of five grand prizes of \$2,600 in American Express gift cards or 25 Coca-Cola plush polar bear first prizes. Drawing will take place on or about Feb. 10. Through Jan. 1, Exchange customers can also enter to win round trip airfare and seven nights' accommodation at an Armed Forces Recreation Center resort: Edelweiss in Garmisch, Shades of Green in Orlando, Fla., Hale Koa Hotel in Honolulu or Dragon Hill Lodge in Seoul, Korea. Drawing will take place on or about Feb. 6.

Amnesty Day

The 21st Theater Sustainment Command will sponsor an ammunition and explosives amnesty day at the Theater Logistics Support Center Europe Ammunition Supply Point 9 at Miesau Army Depot in Kaiserslautern 8 a.m.-2:30 p.m. Jan. 10. Personnel who have acquired abandoned or unauthorized ammunition and explosives could face disciplinary action if found in possession of these items. The program provides a means of turn-in with no repercussions or disciplinary action but is not intended to circumvent normal ammunition turn-in procedures. DSN 481-3516, civ. 06372-842-3516.

GSA Fleet Vehicle Sale

EURO Interagency Fleet Management System will hold a public auction of used U.S. government vehicles Jan. 13-22, with a public inspection period 9 a.m.-3 p.m. Jan. 18 at EURO IFMS Consolidated Vehicle Processing Center, McCully Barracks (Wackernheim). Bidding will be via live Internet auction Jan. 13-22. Starting Jan. 13, vehicle photos, descriptions and minimum bid starting prices can be found at <http://www.vebeg.de/web/en/auktionen/index.htm>. Bidders must be registered to participate.

Equal Opportunity Training

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

Army OCS Board 2012

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

KAISERSLAUTERN

Education

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

Community

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

♦ **House Party** – Meet up with old buddies or meet new friends 9 p.m.-2 a.m. Dec. 23 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986.

♦ **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.

♦ **My Library Tour** – Visit the Kleber Branch library, Bldg. 3205, to discover the more than 20 ways to use the Army Europe library card 11-11:30 a.m., 2-2:30 p.m. and 4:30-5 p.m. Dec. 28 and last Wednesdays. No sign-up required. DSN 483-1740, civ. 06371-411-1740.

♦ **Indoor Ski Lessons** – Learn to ski indoors in Amneville, France, Dec. 28 with Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

♦ **Karaoke** – Try singing rock, pop, country or soul 9 p.m.-2 a.m. Dec. 30 at Armstrong's Irish Pub, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

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

♦ **Kazabra Club New Years** – New Years festivities for adults 18 and up include a midnight balloon drop. Party is 9 p.m.-4 a.m. Dec. 31 at Kazabra Club, Bldg. 2057, on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

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

HEIDELBERG

Education

♦ **UMUC Europe** – The University of Maryland University College Europe offers on-site and online course registration for spring 2012 session 1 through Jan. 15, with class start

ANNOUNCEMENTS

Jan. 16. New students can receive a one-time \$700 award to help with tuition and books. In January, book awards increase to \$150 for active duty enlisted service members and military family members of all ranks. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu.

♦ **FAST Class** – Functional Academic Skills Training classes are 8 a.m.-noon Jan. 25-Feb. 14 at the Patton Education Center, Bldg. 106, on Patton Barracks. FAST can reinforce basic math or reading skills resulting in improved General Technical scores for reclassification and re-enlistment purposes. The Test for Adult Basic Education is a mandatory pre-test for FAST and must be completed by Jan. 24. DSN 373-6176.

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

♦ **ACS Classes** – Life in Balance for Warriors in Transition, 1-2:30 p.m. Dec. 22, Nachrichten Kaserne, Bldg. 3622, WTU Conference Room; Volunteer Management Information System training, 10-11 a.m. Dec. 28; Working in Teams for WTUs, 1-2:30 p.m. Dec. 28, Nachrichten Kaserne, Bldg. 3622, WTU Conference Room; Community Orientation Briefing, noon-3 p.m. Mondays; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531; Re-integration briefing, 9 a.m. Tuesdays. Registration is required. Classes are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

Community

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

♦ **Jewish Services** – Following regular Shabbat services 7 p.m. Dec. 23 at the Mark Twain Village Chapel, there will be a First Shabbat meal and Shabbat Hanukkah program. Jewish services are also available at the Ramstein South Chapel in Bldg. 2403 or the local Heidelberg synagogue. Heidelberg: DSN 370-6506, civ. 06221-57-6506. Ramstein: DSN 480-5753, civ. 06371-47-5753.

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

♦ **Catholic Holiday Worship** – Christmas Eve Mass will be 5 p.m. at the chapel on Patrick Henry Village and 9 p.m. at the Mark Twain Village chapel. Christmas Day Mass will be held noon at the PHV chapel. New

Years Eve Mass will be held 7 p.m. at the MTV chapel and New Years Day Mass will be held noon at the PHV chapel. DSN 373-6190.

♦ **Protestant Holiday Worship** – A community Christmas Eve service will be held 7 p.m. at the chapel on Patrick Henry Village, and a Gospel Watchnight service will be held 10 p.m. Dec. 31 at the Mark Twain Village chapel. All Protestant services Dec. 25 and Jan. 1 will be conducted at regular times. DSN 373-6190.

♦ **Trash Pickup** – Patrick Henry Village trash pick-up for Dec. 26-30 and Jan. 9-13 will be one day later than usual. DSN 387-3180, civ. 06221-4380-3180.

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

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

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

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

♦ **Slapshots** – Slapshots on Patton Barracks will be open 4-11 p.m. Dec. 25.

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

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

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

♦ **Toastmasters** – Learn to make successful speeches and how to effectively communicate by practicing public speaking, making presentations and more during Heidelberg International Toastmasters Club meetings 7:30-9:30 p.m. first and third Mondays. GPS address: Treff am Turm, Franz-Kruckenber-Str. 54, 69126 Heidelberg. www.heidelberg-toastmasters.de.

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

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

♦ **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Jan. 19 in the Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-736-7033.

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

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

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

MANNHEIM

Community

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

♦ **Catholic Holiday Worship** – Christmas Eve Mass will be 7 p.m. at the Benjamin Franklin Village chapel. New Years Eve Mass will be 5 p.m. at the BFV chapel. DSN 373-6190.

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

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

♦ **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Dec. 28 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Community Bank** – The Community Bank on Sullivan Barracks will be closed Dec. 29 for a teller systems upgrade. The bank will be open 9 a.m.-noon Dec. 31. DSN 385-2615, civ. 621-72514.

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

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



Studies Show Smokers

- ◆ Perform fewer pushups and situps on physical fitness tests
- ◆ Have reduced night vision and mental sharpness
- ◆ Have increased risk of heat and cold injuries
- ◆ Secondhand smoke damages children's health

Smoking Cessation Resources

- ◆ **Quit Tobacco-Make Everyone Proud** – includes on its contacts page a 24-hour quitline – www.ucanquit2.org
- ◆ **San Antonio Military Medical Center** – Quitline is 1-877-SAMMC-11, www.sammquitline.org
- ◆ **American Lung Association** – www.lungusa.org/stop-smoking/workplace-wellness
- ◆ **American Cancer Society** – www.cancer.org/Healthy/StayAwayfromTobacco/index
- ◆ **Become an EX, Online Tobacco Cessation Program** – www.becomeanex.org

Soldiers who smoke have increased injury risk; reduced muscle endurance

By Chanel S. Weaver
USAPHC PUBLIC AFFAIRS

Nearly one-third of active duty service members smoke, and that figure increases among troops in a combat zone, according to the 2008 Department of Defense Survey of Health-Related Behaviors.

Most Soldiers know that smoking cigarettes can eventually cause lung cancer and emphysema, but one does not have to wait 20 or 30 years to experience the adverse effects of smoking.

Multiple studies by U.S. Army Public Health Command scientists show that smoking has immediate health effects – such as increased injury risk and diminished physical performance.

“Past studies of Army basic trainees show the risk of injuries among Soldiers who smoke was as much as 90 percent higher than nonsmokers,” said Michelle Chervak, senior epidemiologist at the USAPHC.

“From past data as well as analysis of recent data collected on operational units, we can definitely say that smokers have a greater risk of any injury, and more specifically, overuse injuries – damage to musculoskeletal tissue that accumulates with repetitive activities such as running,” she added. “Higher injury risk is likely due to factors that impair the body’s healing and repair processes.”

USAPHC studies have also demonstrated that smoking negatively impacts muscle endurance, especially as Soldiers get older.

“Our data show that smokers perform fewer push-ups and sit-

ups on the Army physical fitness test,” said Chervak.

Smoking can also affect mission readiness. USAPHC studies have also shown that Soldiers who use tobacco have reduced night vision and mental sharpness, and increased risk of heat and cold injuries. Nicotine decreases oxygenated blood flow, resulting in a 30 percent reduction in night vision for normal eyes and 50 percent reduction in those wearing corrective lenses. Likewise, smoking also causes reduced blood flow to the extremities, which leads to more heat and cold injuries as the body is unable to cool and warm them, especially fingers and toes.

Adverse Effects

Not only does smoking have a negative effect on a Soldier’s performance, it also has poor health consequences for the smoker and those in his or her environment.

The president’s National Prevention Strategy report states that cigarette smoking causes approximately 443,000 U.S. deaths each year. These deaths occur as a result of lung cancer, chronic bronchitis, strokes, heart attacks, emphysema and other conditions.

Second-hand smoke can also be damaging to others’ health – especially children’s.

“If Soldiers knew the effect that smoking has on their children, I think more would be encouraged to quit,” said Col. Heidi Warrington, chief nurse executive at the USAPHC.

Children who are exposed to secondhand smoke are at increased risk of suffering from chronic ear infections, asthma

and learning disorders, said Warrington.

The financial costs of smoking are also significant. A recent Army Times article stated that tobacco use costs the Pentagon \$846 million a year in medical care and lost productivity. Not to mention the cost to the smoker, with cigarettes currently ranging from \$5 to \$12 a pack.

Benefits of Cessation

More than 80 percent of adult cigarette smokers start before their 18th birthday, so a key tool to preventing tobacco addiction is to encourage smokers not to start, said Warrington.

For those who wish to reduce smoking, there is good news.

USAPHC studies show that the risk of a heart attack decreases 24 hours after stopping smoking and, after one tobacco-free year, the risk for heart disease is one-half that of smokers.

Because the nicotine in cigarettes is so addictive, quitting the habit is not easy. But those who wish to quit smoking should not be discouraged, said Warrington.

“Any reduction in tobacco use is considered a success,” said Warrington. “Soldiers who are having trouble quitting should focus on reducing the amount of cigarettes they smoke – with an ultimate goal of achieving a tobacco-free lifestyle.”

Many military medical treatment facilities offer tobacco cessation classes, and physicians can prescribe medications to help smokers kick the habit. Many communities across the United States also offer tobacco cessation assistance and counseling.

staying
ACTIVE

Heidelberg Community Basketball

The Heidelberg unit level basketball league upcoming games at the Fitness Center on Patton Barracks in Heidelberg are: **Jan. 9** – Slayers vs. NATO at 6 p.m., 1-214th vs. Warriors at 7 p.m. and 60th Eng. vs. 529th MP at 8 p.m.; **Jan. 10** – 60th Eng. vs. MEDCOM at 6 p.m.; 529th MP vs. MEDDAC at 7 p.m. and 1-214th vs. Slayers at 8 p.m. **The 15th annual Dr. Martin Luther King Jr. Invitational** will be held Jan. 13-16 at the fitness center.

Rod and Gun Club

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

New Year’s Eve Bowling Party

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

Bike Maintenance Workshop

A \$60 payment must be made by Jan. 6 for a novice and intermediate bike maintenance workshop 6:30-8 p.m. Jan. 12 and 26, Feb. 9 and 23, and March 8. Receive hands-on instruction and lectures and learn roadside repair, tire and tube changing, drive train repair, brake and derailleur systems and wheel and spoke service. DSN 370-6489, civ. 06221-57-6489.

Heidelberg Sports Camp Instructors

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

Heidelberg Volleyball

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

Heidelberg Basketball

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

Heidelberg Paint Ball

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

Kleber Free Cycling

A RealRyder cycling class 11:45 a.m.-12:45 p.m. Mondays and Wednesdays at the Kleber Kaserne Fitness Center, Bldg. 3235, is free during December. DSN 483-7610, civ. 0631-411-7610.

Kaiserslautern Instructors Wanted

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

Tai-Chi at Rhine Ordnance Barracks

Tai-Chi is offered 6-7 p.m. Tuesdays and Thursdays at the fitness center on Rhine Ordnance Barracks in Kaiserslautern. DSN 493-2241, civ. 0631-3406-2241, www.mwrgermany.com.

Landstuhl HIT CLASS

A new high intensity training class including a variety of sports, agility drills and strength training is held 11:30 a.m.-12:30 p.m. Mondays and Wednesdays at the Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172, www.mwrgermany.com.