

HeraldPOST

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

HP THURSDAY
Nov. 10, 2011

Speed Read

WREATH CEREMONY

The American Legion will hold a Veterans Day wreath laying ceremony 10 a.m. tomorrow at Memorial Park near the Patrick Henry Village Pavilion in Heidelberg.

HERALD POST EARLY

Because of the Thanksgiving holiday, the Herald Post will be published on Wednesday, Nov. 23. Deadlines for submission will be a day early, Nov. 16.

SOULFUL HEALING



A victim of domestic violence shares her story through poetry and song during Domestic Violence Awareness Month. 3

SHELTERING RATS

Residents can reduce the chances of rodents and animals moving in by performing a few small actions. 8

INCLEMENT WEATHER

U.S. Army Garrison Baden-Württemberg community members learn who to call when weather turns bad. 8

LADY LIONS VOLLEYBALL

Heidelberg High School's volleyball team accepted a heartbreaking third place at European championships Saturday. 17

Defense Details

RESERVE RELATIONSHIP

The relationship between the active duty and the reserve components has fundamentally changed in the past 10 years, Defense Secretary Leon E. Panetta said Tuesday in National Harbor, Md., at the National Guard's Joint Senior Leaders Convention.

GARRISONS TO DEACTIVATE

The Army in Europe in accordance with Department of Defense direction announced Tuesday that it will inactivate the command structures of three Army in Europe garrisons and redesignate them as satellite sites to realign their essential services under respective higher headquarters garrisons. USAG Garmisch will be incorporated into USAG Grafenwöhr; USAG Brussels and USAG Schinnen will be incorporated into USAG Benelux.

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

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Child care costs

Second of three fee increases to take effect Dec. 1

Staff Report

Officials from the Department of the Army announced that fees for Army child care and related child and youth programs will increase. The new fee policy will take effect here Dec. 1 and will increase most fees for 2011-2012 from \$4-8 a week depending on what category families fall under.

The scheduled increase is part of a three-year effort to align Army fees to the 2010 Department of Defense overall fee policy.

"Child Development Center patrons may see a small fee increase depending on see **CHILD CARE** page 12

Carolina Neuenfeldt, teacher assistant plays with a toddler at the Patrick Henry Village Child Development Center Friday in Heidelberg, providing interactive play that strengthens motor skills. A new child care fee policy takes effect here Dec. 1.

Dijon Rolle

Heidelberg medical activity 'hits home run'

By Stefan Alford
HMEDDAC PUBLIC AFFAIRS

The U.S. Army Medical Department Activity Heidelberg successfully completed its Joint Commission survey as an ambulatory care and behavioral health care center throughout the HMEDDAC footprint recently.

The Joint Commission, which surveys approximately 19,000 health care organizations worldwide, released the Heidelberg MEDDAC results Nov. 2 for the survey that took place at the Heidelberg Health Center and outlying clinics in Mannheim and Stuttgart Oct. 24-26.

"We did outstanding in our delivery of safe, quality care," said Col. Telita Crosland, Heidelberg see **HMEDDAC** page 12

Transformation continues

Army in Europe to reduce civilian staff

USAREUR Public Affairs

U.S. Army Europe officials in Heidelberg announced Tuesday two separate actions that will reduce the Army in Europe by 60 military positions, 619 local national and 389 Department of the Army civilian positions.

In the first action, the Department of Defense has directed U.S. Army garrisons in Belgium, Germany and the Netherlands to restructure or, in some cases, inactivate to realign and right-size essential

services provided to changing community populations.

This action will result in the reduction of 25 military positions, 401 local national and 205 Department of the Army civilian positions. In addition, this announcement includes a reduction of 35 military and an increase of 30 Department of the Army civilian positions associated with an inactivation and an activation of Army units in Italy.

In the second action, the Department of the Army has directed a worldwide reduction of headquarters staffs by Sept. 30. USAREUR has identified for reduction 432 civilian positions

on its headquarter staff and the headquarters staffs of the 21st Theater Sustainment Command and the Joint Multinational Training Command.

This action will result in the reduction of 218 local national and 214 Department of the Army civilian positions.

More than one-third of those positions are currently vacant. The remaining filled positions command wide include 93 Department of the Army civilians and 185 local nationals.

Managers within the headquarters of USAREUR, 21st TSC and JMTC were given the flexibility to look at their operations and assess see **TRANSFORMATION** pg. 12

COMMAND MESSAGES

Today's veterans have transformed Armed Forces

By Bryan D. DeCoster
USAG BADEN-WÜRTTEMBERG COMMANDER

Tomorrow is a day to remember those veterans who are part of our history and those who presently serve in the military to protect our future.

Being a Soldier never has been an easy job, but those in today's volunteer Army chose to serve a cause greater than themselves.

Many made this decision knowing they may be sent in harm's way. For the better part of a decade they have endured multiple deployments to give others the opportunity to live life in security.

Over the last 10 years, our Armed Forces have proven themselves in one of the most difficult environments this nation has ever faced.

They have displayed mental and physical toughness and courage under fire. They have transformed the Army into the most versatile, agile, rapidly deployable and sustainable strategic land force the world has ever known.

I am proud to be part of that Army every day, but on this Veterans Day, I am most proud to serve with the great men and women of the U.S. Army Garrison Baden-Württemberg. Here, whether we wear the uniform or not, our mission is to serve the nation in defense of freedom.

There are approximately 1.1 million men and women in uniform today who live by a professional ethos that asserts, "We will never accept defeat." They don't see themselves as being brave or special. They just say they're doing their jobs. Our democracy depends on the willingness of its men and women to step forward and to serve, to dedicate themselves to a greater cause, the cause of protecting our democracy.

The image of a veteran has changed in the last 10 years. Almost half of those serving in the military are between 22 and 30 years old. America

I am proud to be part of that Army every day, but on this Veterans Day, I am most proud to serve with the great men and women of the U.S. Army Garrison Baden-Württemberg. Here, whether we wear the uniform or not, our mission is to serve the nation in defense of freedom.

has the largest population of young veterans since the Vietnam War.

Many of these veterans have families. Being an Army family is challenging in its own way. When we think of all that our veterans and their families have done for our nation, it's hard to fathom the depth of their sacrifice and service.

On Veterans Day, Remembrance Day, Armistice Day or the Day of Peace – this day has many names – the world stops in silence to pay tribute to the heroes of the battlefield who never see themselves as heroes. We owe them more than our silence, our memories, our thanks.

President Kennedy said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

Tomorrow on Veterans Day, we say thanks to those who personify Kennedy's words, those members of the Armed Forces who came before us and who live among us.

General thanks veterans

By Lt. Gen. Mark P. Hertling
USAREUR COMMANDER

Ninety-three years ago in Compiegne, France, not too far from where U.S. Army Europe is located today, the Allies came to an agreement with Germany, officially ending World War I on "the 11th hour of the 11th day of the 11th month."

This day became known as Armistice Day, marking not only the ceasefire but also a day of remembrance for the nearly 20 million lost.

Now called Veterans Day, Nov. 11 commemorates generations of men and women who have served our nation. From the trenches of World War I to the deserts of Iraq, from the Pacific seas to the Afghan mountains, service members have sacrificed to defend the freedoms and liberties our country stands for, fighting whenever and wherever asked.

Today, as we enter our 11th year of persistent conflict, young men and women across our nation continue to join the military knowing they will be sent to combat. They are the generation who continuously exemplify our seven Army values – loyalty, duty, respect, selfless service, honor, integrity and personal courage. They are all volunteers, ready to contribute and willing to make the ultimate sacrifice.

On this Veterans Day, I encourage everyone to express their gratitude and take a moment on the 11th hour of the 11th day of the 11th month to remember those who have sacrificed, both from the U.S. military and from our Allies, who fight side by side every day in Afghanistan and around the world.

Thank you all for your service.



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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

Good morning everyone ... we had a wonderful weekend. How was yours?
—BWnow Facebook Administrator

"Great, attended the 30th MEDCOM FRG Fall Fest and had a wonderful evening with Families and Soldiers."
—Eleni Zachari, BWnow Facebook fan

"It was a gorgeous weekend, went to the St. Leon Saukerkraut Fest saw lots of other Soldiers and their families there, too."
—Pam Cherek Buie, BWnow Facebook fan

"A special thanks to the garrison and a very special thanks to Father Betz for hosting the Heidelberg Rod and Gun Club's St. Hubertus Mass [Saturday]."

We couldn't do this without the support of our community."
—Jennifer King, BWnow Facebook fan

The satellite vehicle registration office on Patrick Henry Village has closed and patrons should go to Spinelli Barracks in Mannheim. Civ. 06221-678-2586.
—BWnow Facebook Administrator



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

REVIEW

Soldier's soulful music reflects experience of domestic abuse

By Michele Barber
ACS FAMILY ADVOCACY

On Oct. 29, a group of about 30 community members gathered on Patrick Henry Village Pavilion in Heidelberg to listen to the soulful vocalizations of Sgt. 1st Class Tina Davis.

She told those assembled it was important to her to have this event during Domestic Violence Awareness Month celebrated during October.

"You can't tell, but I was once a victim of domestic violence. Now I am a survivor," she revealed.

When you look at her you see a petite but powerful woman who exudes confidence, a love of life and a wicked sense of humor. It's hard to believe that someone like her, an assertive woman, a model Soldier, could be a victim of abuse.

She shared her story with the military police Oct. 20 at the Army Community Service Domestic Violence Intervention Techniques training, helping them to understand domestic abuse. For 12 years her husband, also a Soldier, abused her. At first it was only hurtful words and broken things. Then he punched holes in the walls and made threats. Later he started hitting her.

She told of his manipulations with the police and her chain of command making it look as if she were the problem. For a long time she believed it was her fault and tried to be a better wife and keep the peace in the home. She was humiliated by the abuse and did everything she could to hide it from her friends, family and co-workers.

After 12 long years and a hospital-

At first it was only hurtful words and broken things. Then he punched holes in the walls and made threats. Later he started hitting her.

ization due to internal injuries suffered during an incident of abuse, she realized it would never stop. Like many victims, she began laying the foundation for her escape. With the help of a victim advocate she was able to leave the violence and end the relationship.

While in the relationship and afterward on the path of healing, one of the ways she coped with the pain of the abuse was through journaling. Those words are now powerfully emotive lyrics.

"Love Shouldn't Hurt So Bad" is her best known song. She shared it with participants at the Annual Women's Conference hosted by ACS and Americans Working Around the Globe, or AWAG, Oct. 25.

Both the song and spoken word versions of "Love Shouldn't Hurt So Bad" were written while she locked herself in a room of her house, in fear for her life, waiting for the police to arrive after a violent incident of abuse.

After recounting the lessons learned she recited,

"I know that love shouldn't hurt so bad ... and you see I'm movin' on - just like you said I don't mind sleeping in my empty bed ... I've erased you from my



Michele Barber

Sgt. 1st Class Tina Davis reveals the details of her experience as a victim of domestic abuse at a listening party Oct. 29 at the Patrick Henry Village Pavilion in Heidelberg. Davis told her audience it was important to her to have this event during Domestic Violence Awareness Month in October.

head ... take this ring ooh this marriage is dead."

When she received her divorce papers, synonyms for "liberated" filled her journal.

"I don't know how I put up with this so long ... your lying and doing me wrong ... No more disrespecting me ... You won't hurt me no more, no more, no more ... To a new reality, I'm rediscovering what you suppressed in me ... and I know who I am."

In the song "This Has Been My Dream" a song about her love of music and her childhood dream of being a singer, the lyrics tell of her journey through abuse to this point in her life.

"I've had my heartaches and been

through hell ... but my best revenge is to live well ... singing my songs has been my dream ... this has been my dream and I know I'm gonna do it ... it feels so good to me."

Davis' message is that domestic violence is real and there is hope for victims of abuse.

Her first album released in January 2009, titled "Falling in Love Again," was not about a man; it was about her triumph over abuse and learning to love herself again in the aftermath of domestic violence.

Davis' next album promises to be more about her emotional journey and messages of hope, faith and courage. Look for it in the spring of 2012.



Stefan Alford

Marrow search nets 200 samples

Staff Sgt. Johnny Gonzales, preventive medicine specialist at the Heidelberg Health Center, swabs a potential donor's cheek to collect a DNA sample at a bone marrow drive in support of Warrior Care Month at Nachrichten Kaserne Nov. 3. Nearly 200 community members showed their support by registering for the national database in hopes of finding a match for a Schweinfurt-area family member of a Soldier.

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.

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

Will the gate guards on Grant Circle in Mannheim be taken away? Grant Circle security will remain as it is now until it closes in September 2012.

How long will the launderette in Mannheim on Benjamin Franklin Village stay open?
The facility is scheduled to close in the summer of 2012.

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.

When are Patrick Henry Village and the PHV Shoppette closing?
The plan is for PHV and PHV Shoppette to close in late 2014. However, residents are asked to keep in mind that while this is the plan, a lot can change in three years which could affect the closure date.

I keep hearing different dates for when Tompkins Barracks is scheduled to close. Can you shed some light on this for me?
Tompkins Barracks will close no later than November 2012. Nearby Kilbourne Barracks is scheduled to be vacated by December.

Is there enough base housing in Wiesbaden?
Wiesbaden has enough Army family housing to meet the U.S. Army Europe housing policy, which is 100 percent of key and essential personnel, 100 percent of specialists and below and 10 percent of sergeants and above, excluding key and essential personnel.

Facilities Operations Changes Mannheim

Auto Skills – Spinelli Auto Skills has new hours of operation. It is closed Mondays, Sundays and U.S. holidays and open 11 a.m.-7 p.m. Tuesday-Fridays and 9 a.m.-5 p.m. Saturday and training holidays. DSN 373-5196, civ. 06221-17-5196.

Base Operations – For assistance in Mannheim, residents should contact the following individuals: 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, damienn.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, bob.isbell@eur.army.mil; Ralph Santaliz, Interim Deputy Garrison Commander, rafael.santaliz@eur.army.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.satsatin@eur.army.mil, DSN 373-1300, civ. 06221-17-1310.

Coleman Postal Service Center – The Postal Service Center on Coleman Barracks has changed its hours: 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.

Exchange Facilities – New hours of operation at Mannheim exchange facilities are:

Main Exchange – 11 a.m.-6 p.m. Tuesday-Sunday, closed Mondays.
Burger King – 7 a.m.-7 p.m. Monday-Friday for drive through service and 7 a.m.-6 p.m. for dining room service, 10:30 a.m.-7 p.m. Saturday and closed Sundays.

Anthony's Pizza – 4-6 p.m. Monday-Friday and closed Saturdays and Sundays.

Popeyes and Taco Bell – 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

Gas station – 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-7 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

Shoppette – 8 a.m.-8 p.m. Monday-Friday, 9 a.m.-8 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

Education Center – The Mannheim Education Center is closed. Education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. The GPS address is: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176. Information on education services can be found in the USAG Baden-Württemberg community services directory at www.bw.eur.army.mil/contacts/service_directory.html.

Franklin Guest Lodging – The hotel on Benjamin Franklin Village is closed. 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.

Gate – The Friendship Circle gate on Sullivan Barracks is closed although pedestrians may use it to exit the post. The pedestrian gate near Bldg. 254 (formerly the USO) remains open 24 hours a day for entry and exit with an ID card. DSN 385-3359, civ. 0621-730-3359.

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.

Health and Dental – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim have closed. 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.

Hours change for ID cards/DEERS and passports – The Mannheim ID cards, DEERS and passport offices located in Bldg. 246 on Sullivan Barracks have closed. These services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. Reports of birth are by appointment only. For passports, SOFA Cards, reports of birth and other consular services, contact DSN 370-3921, civ. 06221-57-3921, www.bw.eur.army.mil/Directories/DHR/home.html.

New – Library Support – A library support office is open in Bldg. 246, Room 118, to assist community members affected by the closure of the library on Sullivan Barracks. It is open 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.

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

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

Self-Help – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays

and closed on American and German holidays. DSN 387-3325.

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

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

New – Vehicle Registration – The vehicle registration office on Spinelli Barracks in Mannheim relocates to Bldg. 1563 Tuesday. The new office will have a bathroom, a larger waiting area and a numbering system to ensure customers are seen in the correct order. Customers should first call or visit the official homepage for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction, and bring checks or money orders to pay fees. The satellite registration office on Patrick Henry Village in Heidelberg is closed. The Spinelli office is open 7:30 a.m.-5:00 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, www.hqsareur.army.mil/rmv.

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

Work Orders – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312.

Heidelberg

Army Emergency Relief – AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

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

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

Health Center – The Acute Care Clinic on Nachrichten Kaserne is closed. Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care will be provided in the Heidelberg community by host-nation providers. 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>.

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

Faces of the community: Child Development Center



Dijon Rolle

Teal Podraza, teacher assistant plays the xylophone with 14-month old Jaden Ritch Friday at the Child Development Center on Patrick Henry Village in Heidelberg. The children participate in interactive play to strengthen their motor skills. The center provides full-day care (for infants 6 weeks to kindergarten age), part-day preschool (for children 3-5 years) and hourly care (for infants 6 weeks to kindergarten age). The center also provides space for training classes presented by Child, Youth and School Services, Army Community Service and other community agencies. The Child Development Center is located in Bldg. 4442 on Alamo Circle in Heidelberg. It is open 6 a.m.- 6 p.m. Monday-Friday. DSN 388-9301, civ. 06221-338-9301.

SAFETY MESSAGE

Word to the wise: buckle up, don't drink then drive

OPM Public Affairs

U.S. Army Europe Soldiers and their families will enjoy a four-day weekend that begins today in honor of Veterans Day. "As we celebrate this weekend, it is imperative that we do so safely and not risk losing a career, or even more importantly, risk the injury or death of a loved one," said Lt. Col. Lon Walker, USAREUR deputy provost marshal.

Military police will be out in force this weekend checking for drunk drivers as well as for those who don't wear seat belts, Walker said.

"We've seen too many Soldiers as well as civilian employees and family members arrested for drunk driving," Walker said. "So please, don't drink and drive, and be safe this Veterans Day weekend."

Walker said friends and family members should be responsible for each other.

"It's up to those family members and friends to ensure celebrating is done in moderation, especially as Soldiers return from deployments and reengage with family and friends."

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www.facebook.com/bwnow

UMUC Europe offers military families fee waivers

UMUC Europe

In celebration of National Military Family Month in November, University of Maryland University College Europe announces a get started gift, which waives the \$30 application fee for any student who applies to the university and is an overseas spouse or immediate family member of an active duty service member stationed in Europe, the Middle East or Africa.

The application fee waiver is available now through Nov. 30.

"UMUC is proud to serve the military commu-

nity and honored to support the education of the families who support our heroes," said Allan Berg, vice president and director of UMUC Europe and interim director of UMUC Asia.

Additionally, students can register from Dec. 5-18 for the special holiday express four-week session.

These on-site (face-to-face) and hybrid (50 percent online and 50 percent on-site) courses will take place Dec. 19-Jan. 15.

For information, visit www.ed.umuc.edu, or contact UMUC Europe at DSN 314-370-6762, civ. 06221-3780.



Kathrin Stahl

U.S. Air Force active duty service member Birgir Hrafnsson and wife Amy, both University of Maryland University College Europe students, show their sons textbooks from this term's courses at Ramstein Air Base.



If you feed them, they will come

DPW Housing

With the holiday season comes cold, wet, rainy and sometimes snowy weather.

Just as humans prefer to seek shelter from the cold, so do many rodents and animals living on or near military installations.

This is the time of year when mice, rats and oth-

er animals start to look for warm places to stay to get them through the approaching cold winter months.

Residents can help reduce the chances of rodents and animals moving into installation buildings by taking a few minutes to ensure the following small actions are taken.

♦Ensure that stairwell and

entrance doors to buildings remained closed all the time. It takes only a minute for a rodent to scurry inside.

♦Ensure basement doors and windows remain closed. Rodents are notorious for fitting through small spaces.

♦Ensure trash and garbage are policed up around dumpsters, trash

cans and outside buildings.

Should residents notice signs of rodents or see them around buildings, service orders can be placed with pest control at DSN 387-3310, civ. 06221-4380-3311 or 06221-4380-3312.

Service order requests also can be sent by email at so.hd@eur.army.mil.

How to keep rats out of your house

To avoid having to deal with rats inside the home, follow these steps. An ounce of prevention is worth 10 pounds of cure in this situation.

Instructions

1 Keep all areas in your home tidy. Unkempt areas give rats plenty of spaces to hide and ideal spots to nest. If your entire house is cluttered, your entire house can be a breeding ground for rats.

2 Keep your kitchen very clean. Keep all food in sealed containers and keep crumbs off the counters and floors. Empty your trash cans often.

3 If you eat in areas other than the kitchen, be sure to keep them well vacuumed so that rats are not attracted to crumbs in those areas.

4 On the outside of your home, be sure all possible entrance points are well sealed.

5 Keep garbage cans a good distance from your home.

6 Do not pile wood near the exterior of your home.

SOURCE: www.ehow.com

Clear away ice, snow after storms

USAG Baden-Württemberg DPW

The first snow storm of the season brings with it reminders of how snow and ice are removed in U.S. Army Garrison Baden-Württemberg family housing.

According to the Directorate of Public Works, residents in single family houses and duplexes are responsible for removing snow and ice from basement stairs and within 50 feet of the building.

In addition, tenant unit occupants of buildings, single Soldier Housing

and agencies occupying installation facilities are responsible for snow and ice removal in parking lots and common areas.

Occupants are required to sweep and spread salt or grit to make the areas around their buildings safe.

Building coordinators can pick up supplies, including salt, scrapers, shovels and brooms at the Mannheim or Heidelberg self-help stores.

The Mannheim self-help store is located in Bldg. 806 on Funari Barracks. The hours are 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays.

The Heidelberg self-help store is located in Bldg. 3962 near the family housing office. The hours are 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturdays and closed U.S. holidays.

The garrison hires contractors responsible for removing snow and ice on primary roads, primary parking areas and some pavements, starting when snow levels reach two inches, in accordance with Army Regulation 420-1, Army Facilities Management.

The crews will start at 4 a.m. to ensure main roads are functional by 7 a.m. Work generally is completed by

10 a.m. each day snow and ice removal is required.

Community members can check inclement weather road conditions at www.imcom-europe.army.mil by clicking on "road conditions" under the safety tab.

The inclement weather and road conditions information line for Heidelberg and Mannheim is DSN 388-2223, civ. 06221-678-2223. There are three separate voice recorded lines to help diminish phone delays.

In Kaiserslautern, call 480-2653, civ. 06371-47-2653.

Where do you turn when **Severe Weather** hits?

For road condition information call:	DSN	Civilian
In Heidelberg and Mannheim:	388-2223	06221-678-2223
In Kaiserslautern:	480-2653	06371-47-2653

Road, weather conditions, school closure information **online:**
www.imcom-europe.army.mil under Safety – Road Conditions

**A link can be found under Road Conditions on the USAG Baden-Württemberg homepage: www.bw.eur.army.mil.

Listen to **AFN** for updates:

Heidelberg:	104.6 FM	AM 1143
Kaiserslautern:	100.2 FM	AM 1107
Mannheim:	107.3 FM	AM 1143

Via AFN decoders: FM signal is Channel 152. The AM signal is Channel 153.

**For duty schedule variations contact your chain of command.



U.S. Army

Photo above, Sgt. Gary Melton, Provincial Reconstruction Team Uruzgan Security Forces, conducts vehicle and personnel searches at a traffic control point near Kakrak, Uruzgan, Afghanistan, Oct. 28. The TCP was set up while members of the PRT escorted a local contractor to a nearby culvert to assess damages for repair. Photo right, Soldiers of the Personal Security Detachment, 37th Infantry Brigade Combat Team, mount an M2 .50-caliber machine gun before conducting night fire drills during training at Camp Shelby Joint Forces Training Center, Miss., Oct. 31. The 37th IBCT is deploying to Afghanistan in support of Operation Enduring Freedom.



Sgt. Kimberly Lamb



Staff Sgt. Teddy Wade

Chief of Staff of the Army Gen. Raymond T. Odierno presents a Bronze Star Medal and the Army Chief of Staff coin to George Joe Sakato during the World War II Nisei Veterans Program National Veterans Network tribute to the 100th Infantry Battalion, 442nd Regimental Combat Team and Military Intelligence Service, Nov. 1 in Washington, D.C. Sakato is a Medal of Honor recipient and a Japanese-American World War II veteran.

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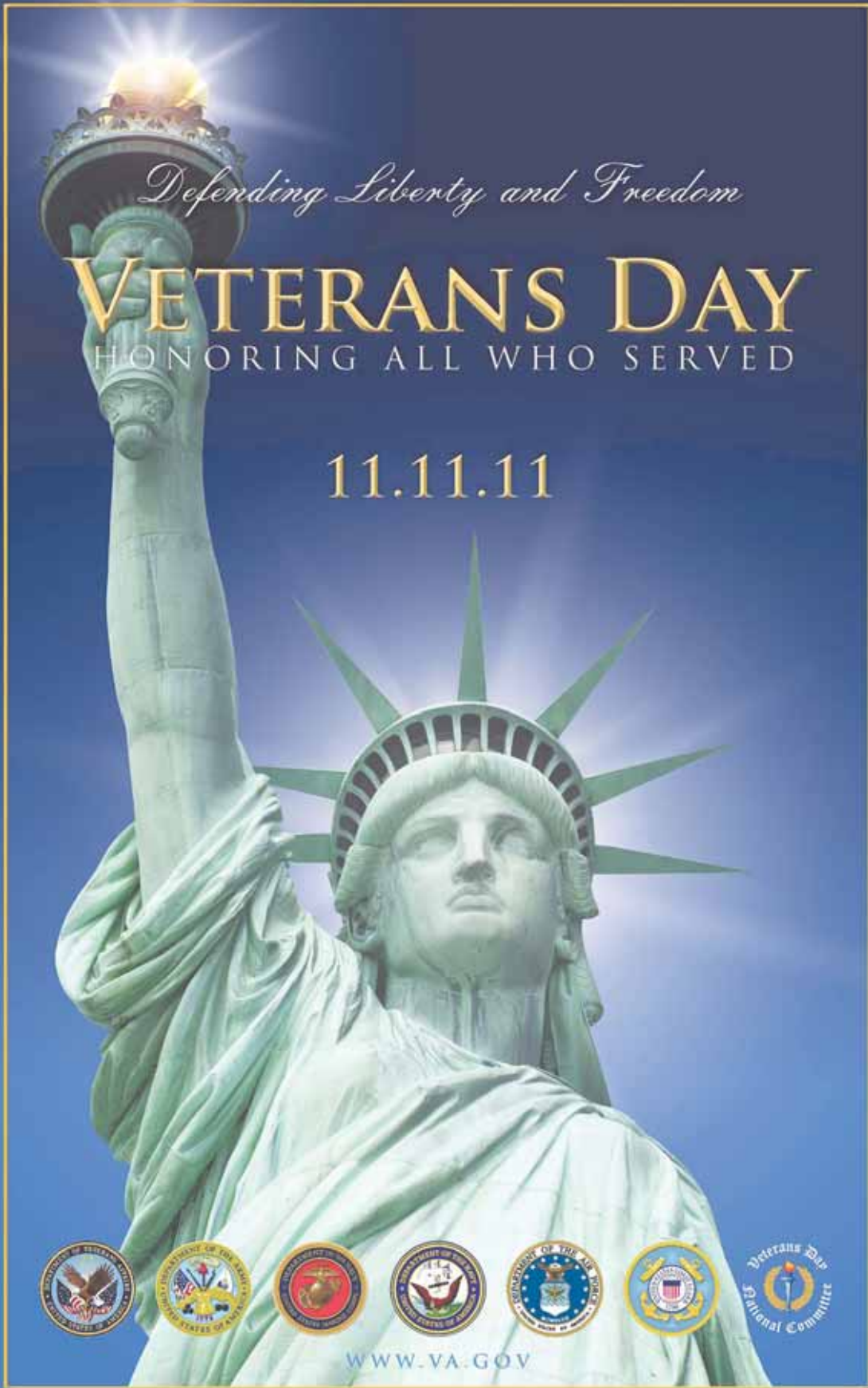
Staff Sgt. Sun L. Vega

Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, right, talks with Army cadets during the annual Army-Air Force football game at the Air Force Academy in Colorado Springs, Colo., Saturday.



Spc. Brian Godette

Soldiers from the 222nd Chemical Company in full Hazardous Material gear assist civilian participants during the decontamination phase of a joint force first responders exercise in reaction to a radioactive attack. New York National Army and Airmen Guardsmen collaborated with local authorities to help train for the response to a radioactive terrorist attack Sunday.



Defending Liberty and Freedom

VETERANS DAY

HONORING ALL WHO SERVED

11.11.11

DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA

DEPARTMENT OF COMMERCE
UNITED STATES OF AMERICA

DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

DEPARTMENT OF JUSTICE
UNITED STATES OF AMERICA

DEPARTMENT OF LABOR
UNITED STATES OF AMERICA

DEPARTMENT OF STATE
UNITED STATES OF AMERICA

Veterans Day
National Committee

WWW.VA.GOV

CHILD CARE

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the family's fee category. School Age fees and youth sports fees remain the same as last year's fees. With this new fee policy, parents will have a choice of either a two-week vacation plan or a four-week vacation plan," said Chief of Child, Youth and School Services for USAG Baden-Württemberg Sandy Hill.

"Parents will make this choice when they initially register with Child, Youth and School Services or at their annual re-registration," she said.

Hill added that this is the first year the Department of the Army is offering a vacation plan choice.

This is the second of three scheduled fee increases that will be phased in over the next two to three years.

"DA's goal is to reduce for Army families the sudden financial impact of a significant increase in fees. If a family is impacted by an increase in fees, the family may request a waiver for financial hardship. Parents who are involved in the CYSS parent participation program have an opportunity to earn credits in exchange for a fee reduction," Hill said.

Despite the increase, child care fees remain based on the total family income, not military rank or civilian grade.

Child care fees may differ from one installation to the next until the beginning of school year 2013-14 when the phase-in process is complete.

Parent Central

Heidelberg – Parent Central Services is located in Bldg. B-4443 on Patrick Henry Village in Heidelberg. The facility is open 8 a.m.-4:30 p.m. Monday, Tuesday, Wednesday and Friday. The office closes at 3:30 p.m. on Thursday and 12:30 p.m. on the first Thursday of each month. DSN 388-9240, civ. 06221-338-9240.

Mannheim – Parents enrolled in CYS Services CDC/SAC Complex in Bldg. B-699 on Benjamin Franklin Village in Mannheim can call DSN 380-4850, civ. 0621-730-4850. The facility is open 5:45 a.m.-5:45 p.m. Monday-Friday.

Civilian child care facilities often charge a flat rate per child, while the Department of the Army subsidizes the cost military families pay. Parent fees cover less than half of the cost of child care and the Army pays the remainder.

Hill said parents with children enrolled in a regularly scheduled childcare or school age program should have already received a letter informing them of the increase and a copy of the fee schedule.

In fact, the new policy requires parents receive a 30 day notice. When parents visit Parent Central Services to register and enroll, they will receive a copy as part of the registration and enrollment process and copies of the press release will be posted in all facilities.

Parents can contact Parent Central services directly for information or to obtain a copy of the fee policy.

TRANSFORMATION

continued from page 1

for themselves which positions could be eliminated without threatening the mission. None of these positions will be re-established as contractors or otherwise reinstated, as these reductions are required to gain true efficiencies in operations.

An additional part of the announcement included the decision that elements of Installation Management Command-Europe and the Heidelberg, Mannheim and Grafenwöhr sections of the host-nation liaison field-operating activity will move to consolidate in the Kaiserslautern area.

"USAREUR's Nov. 8 announcement on continuing transformation changes does not change the plan for inactivation of U.S. Army Garrison Baden-Württemberg and closure timelines for installations in Mannheim and Heidelberg that were previously announced with Round 56 of the base closures in Europe," said USAG Baden-Württemberg Commander Col. Bryan DeCoster.

"USAG Baden-Württemberg remains on schedule for inactivation no later than Sept. 30, 2013, with the last closures of Heidelberg and Mannheim installations no later than 2015," DeCoster added.

U.S. Army in Europe leaders understand that reductions in civilian manpower are difficult and Army in Europe leaders are fully aware of the potential effects – both professionally and personally – reductions can have on the workforce.

"I understand that these reductions will affect the lives of those who are dedicated employees of U.S. Army, Europe. For this reason, I am asking all senior leaders and supervisors of those affected to do their very best to mitigate the effects of these actions on our employees," USAREUR Commander Lt. Gen. Mark P. Hertling said.

"Local civilian personnel specialists will work with each affected employee to ensure they understand their rights, the options available and work with those effected in an attempt to ensure we assist them with new opportunities," Hertling said.

"The reductions announced by USAREUR and IMCOM-E are indicative of the fundamentally different fiscal reality of the

"USAREUR's Nov. 8 announcement on continuing transformation changes does not change the plan for inactivation of U.S. Army Garrison Baden-Württemberg and closure timelines for installations in Mannheim and Heidelberg that were previously announced with Round 56 of the base closures in Europe. USAG Baden-Württemberg remains on schedule for inactivation no later than Sept. 30, 2013, with the last closures of Heidelberg and Mannheim installations no later than 2015."

– Col. Bryan DeCoster, USAG Baden-Württemberg commander

United States and Department of Defense," DeCoster said.

"Our fiscal environment has changed dramatically and will continue to change in the future," he said.

"Tough choices are being made, but we are making them in a deliberate manner that ensures we will continue to care for the Soldiers, civilians, families and retirees in the Heidelberg, Germersheim, Mannheim and Kaiserslautern communities," DeCoster added.

More information is available at www.eur.army.mil.

HMEDDAC

continued from page 1

MEDDAC commander. "We hit a home run."

The Joint Commission grants accreditation and certification to organizations that meet certain performance standards, demonstrate a strong commitment to providing safe, high quality health care and continually strive to improve processes for their patients, according to its web site.

"They were truly impressed with how our staff focused on the mission of taking care of patients and taking care of each other," Crosland added. "It validated that we are doing the right things for our

patients every day."

During the survey, three Joint Commission staff members focused on 13 priority areas, as well as several primary clinical service groups (such as radiology, pharmacy, laboratory, family practice).

The priority areas included accreditation participation requirements; environment of care; emergency management; human resources; infection prevention and control; information management; leadership; medication management; national patient safety goals; provision of care, treatment and services; performance improvement; record of care, treatment, and services; and rights and

responsibilities of the individual.

"The Joint Commission surveyors said that if they had to give us a letter grade, it would be an 'A,'" said Maj. Alexander Misiewicz, HME-DAC's Joint Commission coordinator.

"The payoff is to our community – our beneficiaries. They know they will get safe and competent care here. They know they will be taken care of," Misiewicz said.

The patient care process was another area that Joint Commission surveyors examined through a patient tracer method.

During a patient tracer, a surveyor selects a patient to

observe as they transition through the varying stages of care. This includes monitoring the admission process, watching laboratory tests, checking patient records for accuracy and interviewing the patient about the quality of care they received.

The tracer process is thorough enough to provide a snapshot of the inner workings of the HME-DAC at the point of service to patients, as opposed to just a big picture view, said Rob Wilson, HME-DAC's quality management chief and part of the Joint Commission coordination team along with Misiewicz and Sgt. 1st Class Luis Teran.

Wilson added that the Joint Commission team was also impressed with the active engagement from all they came into contact with.

"Usually, when the surveyors go to evaluate a location, they are used to having people try to hide from them and stay out of their way, but our folks sought them out and the surveyors were very pleased with that proactive interaction," he said.

While the accreditation from the Joint Commission is good for three years, with the transformation to closure of the Heidelberg and Mannheim facilities, this will be the last survey, Wilson said.

LEGAL ASSISTANCE

Qualify for Post 9/11 GI bill

Patton Law Center

Did you retire or separate from military service shortly after the implementation of the Post 9/11 GI Bill in August 2009?

If so, did you miss transferring the educational benefit to your dependents before you actually retired or separated? If you fall into this category, you still might have an option to transfer the benefit.

That option is the Army, or other service, Board for Correction of Military Records.

While not an automatic approval process, if the board decides in your favor, the benefit can be reinstated.

The military services, not the Veterans Administration, control the transfer benefit.

You were eligible to transfer the benefit up until your

retirement or separation date, if that date was after August 1, 2009.

You must apply to your services' Board for Correction of Military Records to receive consideration.

The burden is on you to prove the Army neglected to provide the proper management or counsel that denied you benefits you intended to exercise or tried to exercise.

You must show evidence you were wronged by the Army through laws, regulations, policies, directives or deficient post-level programs.

Army Regulation 15-185 provides guidance and the form used to initiate your action.

For more information, consult your nearest Legal Assistance or Personnel Office.

Walking to England



Facebook photo

Well wishers and onlookers gather at Campbell Barracks in Heidelberg Friday to bid Col. Robert Jordan, U.S. Army Europe British Army liaison officer, adieu as he starts his journey on foot to England. Jordan plans to walk more than 480 miles from Heidelberg to the Royal Academy Sandhurst in Surrey, England, to mark his retirement in March and to support three charities for wounded British Soldiers. Jordan is expected to arrive at his alma mater Dec. 4. His progress can be followed on Facebook by searching "Exercise Home Stretch."

Change expected as Army adapts to budget

By Kari Hawkins
REDSTONE ARSENAL

REDSTONE ARSENAL, Ala. — The Army can learn a lot from baseball.

Success in baseball as detailed in the book "Moneyball: The Art of Winning an Unfair Game" by Michael Lewis is about changing expectations and common beliefs, being innovative, using resources wisely and challenging the old way of doing things.

And in today's economic climate, those lessons can help the Army as an organization ride the wave of financial troubles that now defines the nation, said one of the Army's three-star generals.

As the keynote speaker at the Women in Defense, Tennessee Valley Chapter's leadership workshop at the Huntsville Marriott on Oct. 27, Lt. Gen. Robert Lennox, deputy chief of staff for the Army's resource management, urged his audience to read "Moneyball" and to take away from it lessons they can apply professionally as the Army works to make deep cuts in its budget. His comments on the challenges facing today's Army fit with the workshop's theme — Leadership Challenges in Na-

tional Defense.

"You know what's coming," Lennox said. "There will be \$489 billion in cuts (in the Department of Defense budget) in the next 10 years. Based on what Congress does, that could grow to \$600 billion or even \$1 trillion. That's extraordinarily painful. We have to change how we do business."

Of that amount, "the Army takes more than its fair share. We are going to have to figure out how we're going to adapt," he said.

The general said the nation's economic problems are attributed to the recession, entitlements and defense spending. After each war — Korea, Vietnam, the Cold War — defense spending has seen a downturn. The problem this time, though, is the cuts are coming at a time when the nation is still at war, Lennox said, with just under 50,000 Soldiers in Iraq and some 75,000 Soldiers in Afghanistan.

"Those folks are still at risk," he said.

In the scheme of things, a \$489 billion cut over 10 years is challenging, but also workable as long as the nation is not at war, Lennox said. The

cut would mean "\$39 billion a year for the Department of Defense," he said. "For the Army, one-fourth of that cut is \$12 billion a year or by one-third, it's \$16 billion a year."

The fiscal 2011 Army budget was \$137.7 billion. The fiscal 2012 Army budget is now set at \$131.6 billion.

"The Army is involved in a negative growth period. The Army is losing when you consider inflation," Lennox said.

Currently, 21 percent of the Army budget is spent on equipping Soldiers. Forty-seven percent is spent on manning the Army, 13 percent on installations, 12 percent on training Soldiers, 5 percent on sustaining the Army and 2 percent on organization. Lennox said if the equipping budget falls below 20 percent it will have a detrimental effect on modernization.

"We won't be equipping for the future," he said.

The general said the Army has grown to be "very generous to Soldiers" in recent years. Ten years ago, a Soldier cost the Army \$75,000 a year. Today, that cost is \$138,000 a year for each Soldier. In addition, during World War II it cost \$2,533 to equip a Soldier. Today that cost is \$19,454 for



Kari Hawkins

Lt. Gen. Robert Lennox, deputy chief of staff for the Army's resource management, talks about the book "Moneyball" and how its lessons in innovative thinking can help Army leaders as they face issues pertaining to budget reductions. He spoke about leadership challenges in national defense in Huntsville, Ala.

each Soldier.

"Soldiers are what the Army is all about. But we're making them unaffordable," Lennox said.

"We're pricing ourselves out of the market. We're making Soldiers too expensive to have. We have to figure out how to get that back into balance or we will have a hollow Army with a lot of Soldiers who don't have training and

who don't have modernization."

The Army must ask itself, he said, how it will get into and stay in balance between all its expenses, how it will self-price itself in the market, how it will keep the trust of its families and how it will keep an all-volunteer force during a tough economic time.

"These are all critical issues," he said.

GERMAN NEWS

National Day of Mourning

Volkstrauertag, or the National Day of Mourning, is a federal holiday in Germany observed two Sundays before the first of Advent.

Germany's Volkstrauertag will be celebrated this Sunday, Nov. 13.

In its modern form – observed since 1952 – it commemorates all victims of war, violence and injustice regardless of nationality. Historically, Volkstrauertag was proposed in 1919 by the German War Graves Commission as a commemoration for all those killed in World War I.

The first observance was held in the German imperial parliament in spring of 1922, but political controversy over constitutional and clerical issues in the turmoil of the Weimar republic prevented it from becoming established as a federal holiday.

The Nazi regime deliberately subverted the day of remembrance into a National Heroes Memorial Day observed in mid-March, completely abandoning the concept of somber commemoration.

After World War II, the three western zones of occupation re-instituted the day of mourning with its original intent. In East Germany the day became a public holiday to commemorate the victims of fascist terror and to celebrate the struggle against fascism and imperialistic war.

In West Germany the day was formally established as a federal holiday in 1952 and, in coordination with the Christian churches, was scheduled toward the end of the ecclesiastical year.

SOURCE: <http://en.wikipedia.org/wiki/Volkstrauertag>, www.volksbund.de/vt-2011/geschichte-volkstrauertag.html (German language)



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

Dear Ms. Vicki,

In the last year, my life has been turned upside down. I don't know how to start getting myself out of this hole.

In February, I found out that my husband cheated on me a couple of months before we got married.

I found out through an old chat with one of his friends. It was archived when I found his chats.

I confronted him and he told me that he did it, but he hasn't cheated on me since we got married.

He even told me that he would do anything to keep my daughter and me.

Well, he still hasn't tried to seek out marriage counseling. He always has an excuse for why he cannot do it.

I even found out that he has been

texting female Soldier, texts that are inappropriate for a married man to make. I don't have any trust in him and I constantly think about it.

I don't want to toss our relationship away, but I need to get over his betrayal and secrets that he kept from me.

I feel that I am ruining everything because of a betrayal that happened before we were married.

I do know that I need marriage counseling but he is not here. He is at some school training and won't be back until December.

What can I do to get past this?
From Lost and Needs Help

Dear Lost,

Thanks for writing and sharing your story. I have to be honest with you, which is why you wrote me, right?

In my opinion, you can't hold anything over your husband's head that occurred before you married.

However, his current behavior is a different story, and it's serious.

He continues to act inappropriately with other females, and you are finding text messages to other female co-workers.

His behavior says he is not interested in having a committed, monogamous relationship, let alone a marriage.

Now you've become more suspicious and you have to check on him and continue to search for clues about his behavior.

Even more, the trust is destroyed. The lack of trust is damaging enough to your relationship, but the constant checking on him will truly destroy

your self-esteem and self-worth. You deserve better.

This is my suggestion: since he is at a school until December, it's still a great time for you to speak with a professional counselor or therapist.

You could use the insight and support, too.

This person could help you sort some things out and give you additional advice. Getting help and support from other caring family or friends and even speaking with your pastor would help.

Please stay in touch and let me know how you are doing. Continue to take care of yourself and your daughter.

Response to previous columns:

Dear Ms. Vicki,

This is not a love letter to you, but I just love you. You are a big reason my marriage was saved.

My wife and I were having some serious problems that led to a separation even though I was deployed. I thought my marriage was over. During my marriage I kept reading your column online and so did my wife.

One thing that stayed on my mind was when you told a writer you have seen marriages survive almost anything and emerge stronger. That one statement stayed with me.

My wife even read your column that day, too.

That was the day our marriage began to heal. We are still together and our marriage is much stronger.

Thank you so much for your help. Capt. C.T.

Laughter best medicine for healthier living

Humor easily creates positive thoughts

By Lt. Col. Scott Weichl
U.S. ARMY PUBLIC HEALTH COMMAND

Most have heard the saying, "Laughter is the best medicine." Many times medicine can improve our illness, but addressing the whole person calls for something more.

There is an increasing interest in studying how humor and laughter can lead to increased health and better immune function.

What is humor? The Merriam-Webster dictionary defines humor as "the mental faculty of discovering, expressing or appreciating the ludicrous or absurdly incongruous, or something that is or is designed to be comical or amusing."

In plain English, humor is both

a mental activity and a behavioral action.

Everyone has the potential to be humorous and appreciate humor, but one's humor level and type of humor appreciated differs among each of us.

Have you ever noticed that just the right sense of humor in a stressful situation can reduce tension?

Reducing the stress level brings us closer together, offers a way to take a breath and approach the issue in another way.

Communication through humor can reduce anxiety and fear, which comes from insecurity.

Humor helps build good working relationships and improves morale in the workplace. Humor can be something that stimulates us, much like the emotional response from laughter.

Humor can be used to express true concerns and disappointments in a non-confrontational way.

But yes, there is more. Humor can help to improve your health through:

- Hearty laughter. Laughing from the core can help reduce muscle tension

and exercise the heart. It also helps to increase endorphins and enriches blood.

Yes, laughter actually helps to improve overall health. So don't feel awkward the next time you burst forth with a full-bodied laugh; you are simply improving your health.

- Expressing positive emotions. Anything that can create positive thoughts serves the same purpose as humor. Feelings like love or success can help bring about a similar expression of these positive ways of living life.

- Humor easily creates positive thoughts, almost as easily as not being able to be angry while you whistle.

- Reducing stress. Who doesn't have stress? Here is another way of improving your health. Stress causes unhealthy effects on our bodies. It increases our risk of various infections, diseases and illnesses.

- Since humor can reduce stress, it can counteract this unhealthy lifestyle.

- Social Acceptance. Want more

Humor Benefits

- Carolina Health and Humor Association – www.carolinahandhumor.org
- University of Maryland Medical Center – www.umm.edu/features/laughter.htm
- Mayo Clinic – www.mayoclinic.com/health/stress-relief/SR00034

friends? Not only does humor increase our health, but this sincere, honest sense of humor makes one more socially desirable.

This leads to a larger support system that is satisfying and helps maintain resilience during those difficult times. Studies continue to examine the benefits of humor on health, both mental and physical.

Humor is a positive expression when used in good taste and at the right moments. It is quite possible that humor makes living a little easier by putting life into perspective.

As Mel Brooks once said, "Humor is just another defense against the universe." So, go ahead ... laugh a little.

GET OUT!

area events

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

November 10

Kaiserslautern Christmas Markets – Get in the spirit at the Kaiserslautern Christmas Market in the historic Fruchthalde and outside on the Schillerplatz. Vendors will offer jewelry, ceramics, unusual accessories, textiles, toys, Christmas decorations, glass, flowers, furniture, books, cushion work, decorative objects and much more. Markets are open 10 a.m. - 9 p.m. Monday-Wednesday, 10 a.m. - 10 p.m. Thursday-Saturday and 1-9 p.m. Market runs through Dec. 23. www.kaiserslautern.de.

Mannheim-Heidelberg Film Festival – The International Film Festival Mannheim-Heidelberg, which celebrates its 60th anniversary, is regarded as one of the top 100 film festivals worldwide. It is hosted jointly in November each year and is the second oldest such event in Germany. The festival will present 45 films made by up-and-coming directors from 23 countries. It runs through Nov. 20. www.iffmh.de/en/FAQ, www.buzzoffbase.com.

November 11

Berlin – Travel to Berlin, the capital of Germany and a city rich in history and culture for a city tour that emphasizes the historical, presents photo opportunities and concludes at the famous Checkpoint Charlie. Other highlights include Pariser Platz, Brandenburg Gate, Hitler's bunker, the Holocaust Memorial and museums. <http://affiliates.usa.org/rheinmain>.

November 12

Brussels – Brussels bustles with activity, shops and myriad museums. On the city tour you'll see the beautiful main square, La Grand Place and the famous statue Manneken-Pis. <http://affiliates.usa.org/kaiserslautern>.

Stuttgart Flea Market – Scoop up a bargain or two at the Stuttgart Flea Market. Dealers set up their stalls 10 a.m. - 4 p.m. every Saturday at the Karlsplatz Browse through artwork, antiques, furniture, old records, toys, books and various other treasures from the past.

November 13

Enjoy Jazz – The 13th annual International Enjoy Jazz Festival offers a variety of jazz musicians who perform daily concerts at venues throughout Heidelberg, Mannheim and Ludwigshafen including a jazz matinee Nov. 13. The festival runs through Nov. 18. Concert listings: www.enjoyjazz.de or www.inkwire.de/enjoy-jazz.html. Tickets: www.reservix.de, click Enjoy Jazz 2011.

November 15

Berlin Film Festival – The second oldest German short film festival (after

Oberhausen), the Berlin Film Festival is also the second most significant and oldest international film festival in Berlin after the Berlinale. More than 5,000 films with a maximum running time of 30 minutes are submitted each year. Festival runs through Nov. 20. Tempelhofer Ufer 1a, 10961 Berlin. www.buzzoffbase.com.

November 16

Sade Concert – Legendary songstress Sade will perform at the SAP Arena in Mannheim. Concert starts at 8 p.m. Tickets: www.bb-promotion.com.

November 18

Holiday Bazaar – Hunt for holiday gifts at the Eifel Holiday Bazaar sponsored by the 52nd Force Support Squadron and hosted by the Spangdahlem OCSC. More than 100 vendors will display their goods inside of two hangars. Shop for wine, furniture, clothing, jewelry, tapestries, paintings, antiques, cheese, home goods, pottery and more. The bazaar is open noon - 7 p.m. Nov. 18, 10 a.m.-7 p.m. Nov. 19 and 10 a.m. - 4 p.m. Nov. 20.

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

November 19

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

Heidelberg Walking Tour – Take a walking tour through Heidelberg's old town. Starting at the Karlstor, the tour will visit the old bridge, the market square with its beautiful city hall and the Heiliggeist Kirche

that contains the grave of the founder of Heidelberg castle and university. <http://affiliates.usa.org/rheinmain>.

November 20

Tommy The Who – Travel to Frankfurt for the English Theater's production of Pete Townshend's (The Who) rock musical Tommy. Tour price includes transportation, ticket and a USO escort. <http://affiliates.usa.org/kaiserslautern>.

November 22

Baden-Baden Christmas Market – The Baden-Baden Christkindelsmarkt, held near the distinctive Kurhaus, draws thousands of tourists from all over the world to celebrate the holiday season with warm mugs of glühwein and bands that perform twice a day in front of the Kurhaus to get visitors into the Christmas spirit. There are more than 50 vendors selling cakes, crafts, cookies, jewelry, holiday gifts and more. The market will be open through Dec. 26.

November 23

Stuttgart Christmas Market – Experience one of Germany's biggest and most festive Christmas Markets. Stuttgart's 315-year-old market is spread across several market squares between the cathedral and the castle. Nearly two million visitors flock to see the thousands of Christmas lights illuminating the city and to sample glühwein and other goodies. Nearly 300 stalls sell wooden toys, hand-crafted gifts and baubles, glassware, sheepskin clothing, gingerbread, honey waffles, wine, baked apples and fruitcake. There's a daily Christmas concert at 6 p.m. on the grounds of the Old Castle. The market is open 10 a.m.-9 p.m. Monday-Saturday and 11 a.m.-8 p.m. Sunday through Dec. 23. www.stuttgarter-weihnachtsmarkt.de/index.php.

November 27

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

December 2

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

coming to THEATERS

TOWER HEIST

(Ben Stiller, Eddie Murphy, Alan Alda) The workers at a posh Central Park condominium plot to steal back their pensions from the thieving Wall Street billionaire who's about to get away with the ultimate white-collar crime. Financial giant Arthur Shaw has just been placed under house arrest in his luxury New York City penthouse for cleaning out his investors to the tune of \$2 billion. Josh Kovacs, manager of the luxurious building where Shaw resides, recruits a crafty swindler to help get their money back. (Rated PG-13 for language and sexual content) 92 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 10 - IN TIME (PG-13) 7 p.m.
 Nov. 11 - PUSS IN BOOTS (PG) 7 p.m.; TOWER HEIST 9:30 p.m.
 Nov. 12 - PUSS IN BOOTS (PG) 4 p.m.; WARRIOR 7 p.m.; TOWER HEIST (PG-13) 10 p.m.
 Nov. 13 - PUSS IN BOOTS (PG) 4 p.m.; APOLLO 18 (PG-13) 7 p.m.
 Nov. 14 - TOWER HEIST (PG-13) 7 p.m.
 Nov. 15 - WARRIOR (PG-13) 7 p.m.
 Nov. 16 - PUSS IN BOOTS (PG) 7 p.m.
 Nov. 17 - APOLLO 18 (PG-13) 7 p.m.

Vogelweh, Galaxy

Nov. 11 - IN TIME (PG-13) 7 p.m.
 Nov. 12 - THE SMURFS (PG) 4 p.m.; FRIGHT NIGHT (R) 7 p.m.
 Nov. 13 - THE SMURFS (PG) 4 p.m.

Ramstein, Gateway Movieplex

Nov. 10 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; SOUL SURFER (PG) 4:30 p.m.; GNOME & JULIET (G) 11:15 a.m., 1:45 p.m.
 Nov. 11 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m.; WARRIOR (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.
 Nov. 12 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m., 10:30 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; APOLLO 18 (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m.; WARRIOR (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.; BUCKY LARSON: BORN TO BE A STAR (R) 9:30 p.m.
 Nov. 13 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; WARRIOR (PG-13) 11 a.m., 2 p.m., 7 p.m.
 Nov. 14 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; WARRIOR (PG-13) 2 p.m., 7 p.m.; MR. POPPER'S PENGUINS (PG) 11:15 a.m.
 Nov. 15 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 11:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; WARRIOR (PG-13) 11 a.m., 2 p.m., 5 p.m.; MR. POPPER'S PENGUINS (PG) 11:15 a.m.
 Nov. 16 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; WARRIOR (PG-13) 11 a.m., 2 p.m., 5 p.m.; MR. POPPER'S PENGUINS (PG) 11:15 a.m.
 Nov. 17 - PUSS IN BOOTS (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; TOWER HEIST (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; APOLLO 18 (PG-13) 11:15 a.m., 1:30 p.m.; WARRIOR (PG-13) 4 p.m., 7:15 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

Nov. 10-13 - THE LION KING (PG) 8:15 p.m. at CinemaxX
 Nov. 10-14 - A DANGEROUS METHOD (R) 8:30 p.m. at Cineplex
 Nov. 11-12 - A DANGEROUS METHOD (R) 11 p.m. at Cineplex

community HIGHLIGHTS

Fall Cleanup Continues

Fall cleanup for all residents and employees in Mannheim and Heidelberg continues through Nov. 18. DSN 387-3103, civ. 06221-4380-3103.

Tompkins Barracks DSN

All Defense Switched Network telephone numbers on Tompkins Barracks (379-XXXX) changed Nov. 7 to DSN 370-XXXX numbers, and the commercial prefix changed to 06221-57. Telephone numbers with prefixes 379 and 06202-80 were deactivated. A listing of new numbers can be found at www.bw.eur.army.mil/contacts/service_directory.html. DSN 370-1640, civ. 06221-57-1640.

White House Holiday Decorations

First Lady Michelle Obama is asking military children to help decorate the White House this holiday season. Children can submit five by eight-inch homemade holiday cards with words of appreciation for their military parents, as well as pictures and drawings by Nov. 16 to Reservation 1, Attn: Social Office, P.O. Box 8070, Washington, D.C., 20032. The White House will display as many cards as possible.

Threat Awareness Training

Threat Awareness and Reporting Program training is scheduled 10 a.m. for English speakers and 1 p.m. for German speakers Nov. 16 at the Patrick Henry Village theater in Heidelberg. DSN 373-9804.

Holiday Postal Deadlines

The U.S. Army Garrison Baden Württemberg postmaster recommends these holiday mailing deadlines: space available parcels, Nov. 25; parcel air lift (parcel post) parcels, Dec. 2; priority parcels and first-class letters and cards, Dec. 9; express mail, Dec. 16. DSN 370-7940.

Inventory Closure

The U.S. Army Garrison Baden Württemberg Department of Logistics and the Central Issuing Facilities in Mannheim, Heidelberg and Kaiserslautern will be closed Nov. 28-Dec. 2 for annual inventory. Assistance will be provided for mission essential and emergency cases only. DSN 384-6050, civ. 0621-730-6050.

Angel Tree Program

Army Community Service is sponsoring Angel Trees at the commissary and library on Patrick Henry Village in Heidelberg, ACS at the Community Support Center and at the Mannheim Main Exchange Nov. 28-Dec. 9. Participants select angels and purchase a gift that corresponds to the age and gender, then return the unwrapped gift with its angel to a drop box by Dec. 9. DSN 370-6975, civ. 06221-576975.

Garrison Awards Ceremony

An awards ceremony for U.S. Army Garrison Baden-Württemberg civilians and military is scheduled 2:30 p.m. Nov. 29 at the Patrick Henry Village theater in Heidelberg. DSN 373-8789, civ. 06221-17-8789.

Selection Boards How-To Videos

The Department of the Army Secretariat recently released a video to assist Soldiers preparing for centralized selection boards. The video explains how to prepare military records, convening dates and what board members look for. Log-on with an Army Knowledge Online user name and password at <http://goa.gl/qEy4v>.

KAISERSLAUTERN

Community

• **Cards For A Cause** – The Ramstein Middle School National Junior Honor Society will make cards as a service project 2:30-4 p.m. Nov. 12 and Dec. 14 at the school. Civ. 06301-719376. Coming up, Cards for a Cause Club needs volunteers to make blank cards and small projects for wounded warriors 11 a.m.-4 p.m. Dec. 5 at the Woodlawn Golf Course on Ramstein Air Base.

• **Country Nights** – Ride Tornado the mechanical bull, and enjoy country music 8 p.m.-4 a.m. Nov. 12 and every Saturday at the Kazabra Club, Bldg. 2057, on Vogelweh. DSN 489-7261, civ. 0631-536-7261.

• **Home Alone Workshops** – Parents and home-alone Child, Youth and School Services-enrolled children learn how to deal with conflict, handle emergency situations and be safe in the kitchen during Home Alone Workshops. Parents must attend the workshop prior to youth attending the program. Parent Workshop is 5-6:30 p.m. Nov. 14 and Youth Workshop is 5:30-7 p.m. Nov. 15-23 at the Landstuhl Youth Center, Bldg. 3819. DSN 493-4203, civ. 0631-536-4203, www.mwrgermany.com.

• **Quilt Guild** – The Rheinland Pfalz Quilt Guild will hold a meeting 9:30 a.m. Nov. 17 and third Thursdays in the Ramstein North Chapel.

• **Military Officers Association** – Active duty, National Guard, Reserve, former and retired commissioned and warrant officers are invited to the annual meeting of the first European chapter of the Military Officers Association of America 11:30 a.m.-1:30 p.m. Nov. 19 at Barbarossahof restaurant in Eselfurth. Registration requested. Civ. 06134-604859.

• **Santa's Home** – Outdoor Recreation visits Santa's home at the Valkenburg Caves, then stops at the Aachen Christmas markets Nov. 19. DSN 493-4117, civ. 0631-3406-4117.

• **Single Soldiers Thanksgiving** – Single Soldiers can enjoy free Thanksgiving dinner and bowling 2-10 p.m. Nov. 24 at the Sembach Bowling Center, Bldg. 104. Reservations are required. DSN 493-4469, civ. 0631-3406-4469.

• **Game-A-Ganza** – Participate in nine and eight-ball tournaments, chess tournaments, Texas Hold 'Em, poker, spades and board game competitions 2-6 p.m. Nov. 26 and last Saturdays at the Kaiserslautern Community Activity Center. DSN 483-6500, civ. 0631-411-6500.

• **Holiday Cinema Sunday** – Children 12 and under can enjoy the classic holiday film *Miracle* on 34th Street 2:30-6:30 p.m. Nov. 27 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-536-6000.

• **Bingo** – Play Bingo 7 p.m. Wednesdays, 8 p.m. Fridays and 3 p.m.

Sundays at the Kazabra Club, Bldg. 2057 on Vogelweh. DSN 489-7261, civ. 0631-536-7261. www.mwrgermany.com.

• **Tuesday Night Expressions** – ID card holders can display their talent on stage 7-10 p.m. Tuesdays at Landstuhl Community Club, Bldg. 3780, Landstuhl Post. Children can participate until 8 p.m. with parental supervision. www.mwrgermany.com.

• **Stitch 'n' Gab** – Stitch 'n' Gab meets 10 a.m.-6 p.m. Fridays at the Kapauin Chapel Annex, Bldg 2782.

HEIDELBERG Education

• **ACS Classes** – Culture College, 9 a.m.-2 p.m. Nov. 14-17 with field trip 9 a.m.-3 p.m. Nov. 19; Introduction to Microsoft Excel, 9-11 a.m. Nov. 15-16; The Volunteer Experience, 10-11 a.m. Nov. 16; Understanding the Thrift Savings Program, noon-1:30 p.m. Nov. 16; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, Patrick Henry Village, Bldg. 4531. Registration is required. Classes in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

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

Community

• **Community Bank** – Due to training on a new teller system, the Community Bank on the Heidelberg Shopping Center will be closed Nov. 17. ATMs, telephone and online banking remain available. The Campbell Barracks banking center office will be open 9:30 a.m.-4 p.m. DSN 370-8580, civ. 06221-600862.

• **Parents Night Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Nov. 18-19, Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **The Art of David Sohl** – Artist David Sohl's art work is on display during business hours through Nov. 27 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. DSN 388-9418, civ. 06221-338-9418.

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

• **Shabbat Services** – There will be a Shabbat candlelighting 4:31 p.m. Nov. 11, Shabbat services, Kiddush and first Shabbat meal 7 p.m. Nov. 12. Shabbat concludes 5:39 p.m. Nov. 12 at the Mark Twain Village chapel.

DSN 370-6506, civ. 0176-9711-1548.

• **Reading Night** – Heidelberg Middle School, in conjunction with Parent to Parent, will host a reading night and all-school potluck 5:30-7:30 p.m. Nov. 15 at the middle school. www.facebook.com/HMSPTSA.

• **Council of Catholic Women** – The Military Council of Catholic Women meets 6:30 p.m. Nov. 15 and Dec. 13 at the Mark Twain Village chapel and 9 a.m. Nov. 17 and Dec. 15 at the Patrick Henry Village chapel. Civ. 01515-292-5550.

• **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Nov. 16 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

• **Thanksgiving Crafts** – Children in kindergarten and up can make turkey arts and crafts and listen to stories 3:30 p.m. Nov. 16 at the Patrick Henry Village library. Sign up at front desk. DSN 370-1740.

• **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Nov. 17 and Dec. 15 at Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-73-67033.

• **Harvest And Wine Dinner** – The Heidelberg Community and Spouses' Club will host a Harvest and Wine dinner for ID card holders 18 and up starting 6 p.m. Nov. 18 at the Patrick Henry Village Pavilion. Register by Nov. 11 at www.hcsc-heidelberg.com/reservations.html.

• **Karaoke Toga Party** – Enjoy appetizers and jello shots at the karaoke toga party 9 p.m. Nov. 18 at Legends on Patrick Henry Village. Best toga will win a Thanksgiving turkey. DSN 388-9570, civ. 06221-338-9570.

• **Caracalla Day Spa** – Spend the day with Outdoor Recreation at Caracalla Day Spa in Baden-Baden Nov. 20. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

• **Thanksgiving Luncheon** – Reservations are required by Nov. 21 for a Thanksgiving luncheon at the Patrick Henry Village Pavilion noon-4 p.m. Nov. 24. DSN 388-9098, civ. 06221-338-9098.

• **Thanksgiving Potluck** – Service members and guests 18 and older can bring favorite holiday dishes to the Thanksgiving meal at the Warrior Zone on Patton Barracks 7:30 p.m. Nov. 24. DSN 373-5190, civ. 06221-17-5190.

• **Gym Hours** – Due to a training holiday Nov. 25, the hours at Tompkins Gym will be 10 a.m.-4 p.m. and Patton Gym will be 9 a.m.-6 p.m. Stronghold Workout Room and Campbell Gym will be open during normal hours.

• **Training Holiday Closures** – The library and the Arts and Cultural Center on Patrick Henry Village, the

Wood Shop, Roadside Theater, the Graphics Office and the Passport Studio in Bldg. 105 on Patton Barracks and the Training Support Center Heidelberg Photo Lab in Bldg. 128 will all be closed Nov. 25 due to a training holiday.

• **Christmas Market** – Travel to Nürnberg with Outdoor Recreation for a Christmas market Nov. 26. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

• **Advent Wreath Workshop** – All faiths are invited to participate in an advent wreath workshop 4 p.m. Nov. 27 at the Patrick Henry Village Pavilion. Civ. 06221-17-6190.

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

• **Girl Scouts** – Energetic community-minded volunteers are needed for the Heidelberg Girl Scouts. Training and mentoring provided. HeidelbergGS@yahoo.com.

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

MANNHEIM Community

• **Autobahn closures** – The connecting ramp from A6 Frankfurt toward A659 Weinheim will reopen late afternoon Nov. 14. Now closed through Nov. 28 are the connecting ramp from B38 Mannheim toward A6 Frankfurt Kaiserslautern and the connecting ramp from A6 to A659 and B38 westbound to Mannheim.

• **Comedy Movie Night** – Laugh out loud with a comedy movie 4:30-10 p.m. Nov. 13 and every Sunday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **ACS Satellite Office** – Starting Nov. 14, the Army Community Service satellite office hours will be 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.

• **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Nov. 16 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **Call of Duty Night** – Challenge yourself or your buddies on X-Box or Play Station 3 4:30-10 p.m. Nov. 18 and every Friday. DSN 382-4410.

• **Potluck Dinner** – Enjoy a full Thanksgiving potluck meal, performances by local bands and hip hop acts starting 5:30 p.m. Nov. 23 at the Warrior Zone on Coleman Barracks. DSN 382-4410.

• **BOSS in London** – Better Opportunities for Single Soldiers tours London and attends a musical; or goes to Lourdes, France, Nov. 24-28. Civ. 0173-313-2075.

Heartbreaking Third



Jennifer Ott

Chelsey MacCarty, center, passes a ball to the setter while Christina Muehlbauer, right, and Carrie Smith, left, stand ready to back her up during the first day of pool play Nov. 3 in Ramstein at the Department of Defense Dependents Schools European Volleyball Championships. Heidelberg went on to win the match against Lakenheath 2-1 but ended in third place overall.

Lions finish season with one loss, take third in championship despite earning best record among European Division I teams

Staff Report

The Heidelberg High School volleyball team came home Saturday following three days of tournament play at the European championships in Ramstein with a third place finish despite having the best record among Division I teams.

The Lions entered the tournament with a season record of 12-0 and were ranked number one.

Ramstein, the Division I winner, entered with a record of 10-2 and SHAPE, 8-4, was third.

Heidelberg was still undefeated after the first day of play with wins against Lakenheath (2-1), Kaiserslautern (2-0), SHAPE (2-1) and Vilseck (2-0).

Friday morning, however, started with a hard fought battle

and the Lady Lions had to accept their first loss of the season (0-2) to Ramstein.

For the rest of the day, Heidelberg remained on the winning side, defeating Wiesbaden (2-0) and Patch (2-0).

As play continued, the fate of the Heidelberg team was in the hands of Ramstein and SHAPE. At the end of pool play Ramstein, Heidelberg and SHAPE were tied 6-1. Due to the set up of the tournament and head to head records, Heidelberg was forced into the play off game for third, despite having beaten SHAPE.

While Heidelberg defeated SHAPE (2-1), SHAPE defeated Ramstein (2-0) thus giving SHAPE one less loss. Ramstein ultimately defeated SHAPE to take first place. Heidelberg played for third against Vilseck, easily

taking the victory (2-1).

Although Heidelberg did not win the tournament, the Lady Lions overall season record was 19-1. Ramstein's was 17-3 and SHAPE 14-6.

Allison Gunsch and Rebecca Luna were named to the all tournament team.

"We have the best record and we know we are the number one team even if we didn't win the tournament," said Head Coach Linda Steil.

"The team will graduate seven seniors this year and lose a few other players to PCSing," Steil said.

"That means 2011-12 will be a rebuilding year, while also probably being the last year Heidelberg will play volleyball in Department of Defense Dependents Schools," she added.

staying ACTIVE

Sembach Bowling Center Extended Hours

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

Heidelberg Rod and Gun

The Heidelberg Rod and Gun Club an der Bundestrasse 291 in Oftersheim offers a trap course 1 p.m. Nov. 12, a ladies handgun course 5 p.m. Nov. 18, a skeet course 1 p.m. Nov. 26 and fishermen's meeting 7 p.m. Nov. 30. Civ. 06202-51-1931.

Heidelberg Golf Turkey Shoot

Register by Nov. 13 for a Turkey Shoot 10 a.m. Nov. 20 at the Heidelberg Golf Club an der Bundestrasse 291 in Oftersheim. DSN 379-6139.

Bowl for Kids in Ludwigshafen

Register by Nov. 14 for the Big Brothers Big Sisters Deutschland Bowl for Kids' Sake Bowling Tournament 3-6 p.m. Nov. 27 at Felix Bowling, Pasadena Allee 15, 67059 Ludwigshafen. Civ. 0621-3365-1302 www.bbbsd.org.

Basketball Officials Clinic

Basketball officials' classroom instructions will be conducted 6-9 p.m. Nov. 15-19 at the Heidelberg sports office, Bldg. 128, on Patton Barracks. The officials' tournament will be 6-9 p.m. Nov. 19 at the Patton Fitness Center in Heidelberg. DSN 373-8032, civ. 06221-17-8032.

Turkey Trot

A 5-kilometer fun run and walk to promote family health and wellness will loop around Patrick Henry Village in Heidelberg Nov. 19 starting at the commissary at 9 a.m. with registration beginning at 8:30 a.m. DSN 370-6489, civ. 06221-57-7294.

Kaiserslautern Wrestling

The Kaiserslautern Officials Association will hold a wrestling rules and certification clinic 9 a.m.-2 p.m. Nov. 19 at Vilseck High School. Rule changes, referee techniques and complete registration of experienced and rookie officials will be covered along with pay procedures, uniform needs and scheduling referees for the matches in early December. Civ. 06371-94-6084.

Turkey Day Shoot Out

Join the Turkey Day Doubles Shoot Out 9 a.m.-6 p.m. Nov. 19-20 on Coleman Barracks in Mannheim at the Fitness Center. DSN 0621-779-4337. Register: www.r2sports.com/tourney/home.asp?TID=8677.

Kaiserslautern Basketball

Unit level basketball games begin 6 p.m. Nov. 22 in the Kleber gym, Bldg. 3235, Kleber Kaserne. DSN 483-7610, civ. 0631-411-7610.

Winter Soccer Clinics Registration

Registration is open for Nov. 28-Dec. 19 co-ed soccer clinics at Miesau Fitness Center, Bldg. 1220, taught by a professional soccer coach for ages 3-15. Contact FMWR One Stop Shop, Landstuhl Post, Bldg. 3810, or Parent Central Services, Pulaski Barracks, Bldg. 2898. DSN 493-4516/4122, civ. 0631-3406-4516/4122.

Sunday Night Football

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

Mannheim Bowling Hours

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

ARMY VALUES

- LOYALTY
- DUTY
- RESPECT
- SELFLESS SERVICE
- HONOR
- INTEGRITY
- PERSONAL COURAGE



The 30th Medical Command (Deployment Support) Color Guard stands at attention during the unit's uncasing ceremony.



ONE TEAM
MOVING FORWARD



U.S. ARMY

ARMY STRONG.

ARMY VALUES