

# HeraldPOST

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

**HP THURSDAY**  
Nov. 17, 2011

## Speed Read

### HERALD POST EARLY

Because of the Thanksgiving holiday, the next issue Herald Post will be published a day early, on Wednesday, Nov. 23.

### NO SMOKING KANTINES

German kantines are now included in the ban on smoking in all U.S. Army buildings in Europe. 2

### PATTON REMEMBRANCE

The Heidelberg Health Center held its final Gen. George Patton remembrance ceremony Nov. 9 on Nachrichten Kaserne. 3

### INFRASTRUCTURE PROJECT

A \$7.1 million voice and infrastructure improvement project broke ground on Sembach Kaserne Nov. 9. 3

### SGT. MORALES MEMBER



A 515th Transportation Co. motor transport operator was inducted into the Sgt. Morales Club in Mannheim Oct. 25. 8

### ART EXHIBIT

The works of artist David Sohl will be on display at the Arts and Cultural Center on Patrick Henry Village in Heidelberg through Nov. 27. 13

### FLAG FOOTBALL

The 10th Army Air and Defense Missile Command from Kaiserslautern won the IMCOM-E flag football championship 21-20 against Heidelberg's 529th Military Police Company Nov. 5 in Hohenfels. 17

## Defense Details

### AFGHAN OLYMPIC SPORTS

An expansion of youth sports programs nationwide and the potential for future training opportunities for Afghan athletes and coaches are among the benefits of a developing partnership between the national Olympic committees of the United States and Afghanistan and other U.S. sports associations, officials said. Navy Rear Adm. Harold "Hal" Pittman and Lt. Gen. Muhammad Zahir Aghbar, president of the Afghanistan National Olympic Committee, announced the U.S.-Afghan Olympic sports initiative at a news conference in the Ghazi National Olympic Complex in Kabul, Afghanistan, Monday.

[www.defense.gov](http://www.defense.gov)

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## Serving



Michael Mouritsen

Benjamin Mouritsen, 11, from Heidelberg's Boy Scout Troop 59, scrubs the headstone of an American who lost his life near Flanders Field, Belgium, during World War I. Thirteen Scouts and two leaders scrubbed 368 grave markers as part of a service project Nov. 4-5 to commemorate Veterans Day and the Soldiers who lost their lives during the war.

## Scouts pay tribute to veterans with project at Flanders Field

### Staff Report

Armed with brushes, sponges and water buckets, Heidelberg's Boy Scout Troop 59 traveled 325 miles to Flanders Field American Cemetery and Memorial in Waregem, Belgium, Nov. 4-5.

As part of a service project and to commemorate Veterans Day, 13 Scouts and two leaders scrubbed 368 headstones of Americans who gave their lives liberating Belgium during World War I.

"The Scouts were able to gain a see **SCOUTS** page 12



Rick Scavetta

Mathias Baum, Grünstadt bakery manager, shows U.S. Army Garrison Kaiserslautern Commander Lt. Col. Lars Zetterstrom the wide variety of breads and pastries the depot produces.

## Bakery transferred to Kaiserslautern

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Most breads and pastries Americans buy on post are baked at Grünstadt Depot – a recent addition to U.S. Army Garrison Kaiserslautern following its turnover Nov. 1 from USAG Baden-Württemberg.

Kaiserslautern Commander Lt. Col. Lars Zetterstrom and key garrison leaders recently toured the depot, meeting staff at the Exchange bakery and Culligan bottled water plant. Zetterstrom was impressed with Grünstadt's operations.

"It's pretty amazing. They produce hun- see **BAKERY** page 12

## Strong support for Army family continues

By Lt. Gen. Rick Lynch

IMCOM COMMANDER

When I took command of the Installation Management Command in November 2009, we set out to validate that we were doing the right things and doing things right and to find better ways of doing business.

This self-evaluation was particularly important at the time, as the Army was focused on finding the right kinds and levels of support for Soldiers and families stressed by repeated and extended deployments.

First we started expanding our identity. Today when we talk about providing for Soldier, civilian and family quality of life, we don't just mean the Installation Management Command – we mean the Installation Management Community, see **SUPPORT** page 12

## HEALTH ADVICE

# Great American Smokeout today

By **BethAnn Cameron**  
U.S. ARMY PUBLIC HEALTH COMMAND

The Great American Smokeout challenges people to lead healthier lives by quitting smoking. Every year on the third Thursday in November, smokers are encouraged to earmark this date and make a plan to quit smoking.

A plan to quit smoking is an important step toward leading a healthier life. One can breathe better, have more energy and increase exercise ability.

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.

Soldiers who quit tobacco enhance their performance during a mission with increased night vision and mental sharpness, reduce their risk of heat and cold injuries and improve wound healing.

Quitting smoking is not easy, but it can be done. For the best chance of quitting successfully, know what you're up against, what your options are and where to go for help.

### Challenges

Cigarettes and tobacco products such as dip or chew contain an addictive drug called nicotine. You are addicted to nicotine if you are tense, fidgety, crabby, have poor concentration and get headaches if you haven't smoked in a few hours.

Nicotine cravings and urges to use tobacco can be triggered by a situation, event or behavior such as drinking coffee, talking on the phone or eating a big meal that sets off the urge to smoke or dip.

### Options

Do what you need to do to become tobacco-free. It won't be just one thing that helps you quit or keeps you quit for good.

Make a plan and get ready to quit. Preparation for change is the key to success. Get rid of all tobacco, ashtrays, lighters and matches in the house or car. Place stop signs as reminders in your home, car or other areas that trigger your desire to smoke.

Decide on a quit method.

- Cold turkey – quit at once.
- Tapering – gradually cut back on the amount smoked.
- Postponing – put off smoking until later each day.
- Medication – talk with your health-care provider about getting medication to help with quitting. Keep in mind that medication cannot take away the triggers that are related to smoking.

### Resist triggers

Here are some tips for finding ways to cope with triggers and urges to smoke.

- Avoid situations where people smoke, if possible.
- Alter or change the situation.
- Look for alternatives or substi-

### Quit Tobacco Resources

- Quit Tobacco – Make Everyone Proud 24-hour quit line assistance [www.ucanquit2.org](http://www.ucanquit2.org)
- San Antonio Military Medical Center quit line – 1-877-SAMMC-11. [www.sammquitline.org](http://www.sammquitline.org)
- American Lung Association, [www.lungusa.org/stop-smoking/workplace-wellness](http://www.lungusa.org/stop-smoking/workplace-wellness)
- American Cancer Society – [www.cancer.org/Healthy/StayAwayfromTobacco/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/index)
- Become an EX – online tobacco cessation program, [www.becomeanex.org](http://www.becomeanex.org)

tutes for smoking such as chewing sugar-free gum, playing with a pen or rubber band or picturing something pleasant in your mind.

- Use the four Ds:
- Delay. Wait 15 minutes.
- Deep breaths. Deep breathing relieves stress.
- Drink water.
- Do something else. Take a walk. Go for a run.

### Where to go for help

Rally the forces and find some social support. Friends, co-workers and family members can provide encouragement and support in your efforts to quit. Quitting with a buddy or enlisting the aid of someone who has quit using tobacco can provide additional support and ideas of how to break the habit. Consider counseling.

Check websites, quit lines and online programs for support. Chat with a peer helper on [www.ucanquit2.org](http://www.ucanquit2.org).

# Smoking ban now includes kantines

### Staff Report

Officials at headquarters U.S. Army Europe and the USAREUR local national Head Works Council representing all local national employees in Germany have announced a general smoking ban in all U.S. Army buildings in Germany.

In a Nov. 3 legally binding shop agreement, the works council made the smoking ban effective immediately.

Installation Management Command Europe Director of Human Resources Alfred Lang said the shop agreement overrides any local agreements permitting smoking in selected buildings or parts of buildings, such as German kantines.

"The purpose of this shop agreement is to regulate the protection of employees from the unwanted second-hand smoke and from the consequences of tobacco smoke particles," the agreement states.

Smoking areas outside of buildings are not affected by the agreement.

"Labor advisors in civilian personnel advisory centers are available to provide appropriate advice and guidance on the implementation of the agreement, if needed," Lang said.



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)  
<http://myBWnow.ning.com>

## DISCUSSION BOARD

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

The Grasweg gate near Burger King on Patrick Henry Village will be closed 7-8 a.m. Saturday for software checks and repairs. The gate near the commissary will remain open. All participants in the Turkey Trot which starts at 9 a.m. at the commissary (registration at 8 a.m.) should enter through the commissary gate.

—BWnow Facebook Administrator

"Still plenty of room in the CPR/FA class 19 November sponsored by American Red Cross Heidelberg. Check out the American Red Cross Heidelberg FB page for details or [redcross.org](http://redcross.org) "Take a Class."

—Peter Buttner, BWnow Facebook fan

"This is a reminder to all American Red Cross Health & Safety Instructors out there. If you haven't

completed your update to the new 2011 materials, your certification will expire 31 DEC 2011 ... as of 30 SEP 2011, the 2006 materials are no longer authorized to be used for classes. If you have questions please contact our office to setup an appointment to get updated."

—Peter Buttner, BWnow Facebook fan



**Commander, U.S. Army Garrison Baden-Württemberg:**  
Col. Bryan D. DeCoster

**Public Affairs Officer:**  
Regina Abrigo-Hingten

**Editor:**  
Donna Walker

**Social Media Chief, Reporter:**  
Dijon Rolle

**Reporters:**  
Elizabeth Casebeer, Heidelberg  
Rick Scavetta, Kaiserslautern  
**Web Author:** Brandon Spragins

Contact information:  
**Herald Post**  
Building 107, Patton Barracks  
373-7277/7243 or 06221-17-7277/7243  
[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)  
**Baden-Württemberg Public Affairs**  
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[usaghd.pao@eur.army.mil](mailto:usaghd.pao@eur.army.mil)  
**Kaiserslautern Public Affairs**  
493-4072 or 0631-3406-4062  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)

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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.

# Health Center holds final Patton remembrance ceremony

By Stefan Alford  
HMEDDAC PUBLIC AFFAIRS

Nobody at the Heidelberg Health Center is really sure just how long the annual remembrance ceremony for Gen. George S. Patton has been observed outside of the room in which he died 12 days after suffering a spinal injury when the vehicle he was riding in collided with a truck in Mannheim.

Some previous garrison newspaper clippings report that the ceremony has taken place every year since his death in December 1945, making the Nov. 9 event at Nachrichten Kaserne possibly the 65th occasion that a tribute presentation has taken place.

One local employee who has worked with the medical contingent in Heidelberg since 1969 doesn't recall the ceremonies taking place until the early 1990s, but added that perhaps they might have taken place before but were just low key.



Stefan Alford

Heidelberg Health Center Honor Guard members Spcs. Justin Francis and Megan Davies prepare to place a garland above the encased plaque honoring Gen. George S. Patton outside of the room where he passed away in December 1945. The event was part of the annual Patton Remembrance Ceremony at Nachrichten Kaserne Nov. 9.

The only thing for certain about the timeline regarding last week's Patton remembrance ceremony is that it will be the last.

With the Medical Department Activity-Heidelberg deactivating next summer and the kaserne closing its doors

in 2013, the Patton memorabilia donated by his son will be returned to the family.

"This was the last ceremony here," said Capt. Vic Johnson, MEDDAC company commander and project officer for the event the past two years. "We are in touch with

the family to return the items [which include an encased book shelf and plaque]."

Johnson was responsible last year for moving the date of the annual event from Dec. 21, the day Patton died, closer to Nov. 11, the day he was born.

"We are honoring his life, not his death," he explained. "This is a remembrance ceremony, not a memorial service."

That reasoning ties in well to one of Patton's own famous quotes given in a speech about the losses of the men under his command: "It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived."

The ceremony included comments by MEDDAC Commander Col. Telita Crosland; a brief retrospective and prayer by Chaplain (Capt.) Eric Dean; a ceremonial laying of garland by an Honor Guard team; and a video presentation of a History Channel documentary

**"It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived."**

—Gen. George S. Patton

about Patton.

Despite the ceremony being the last, its significance will be carried forward by the youngest generation of Soldiers attending the observance.

"I think the importance of the Patton ceremony is to remember our important leaders and what they accomplished," said Spc. Makenzie Smallfoot, a radiology technician who attended last week's event. "The progress we have made over the years is all due to these leaders. It is important to remember where, how and the people who assisted the progression of the United States Army to where we are today."

## \$7.1 million project improves Sembach

By Elizabeth Casebeer  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A \$7.1 million voice and data infrastructure project to upgrade Sembach Kaserne's network and communication capability broke ground near Bldg. 109 Nov. 9.

Scheduled for completion in February 2013, the Installation, Information and Infrastructure Modernization Program, or I3MP, will improve and upgrade communication infrastructure for 2,500 personnel in 67 buildings, said Frank Waitt, Sembach Communications Officer.

The Department of Defense now requires installations to utilize Voice Over Internet Protocol, replacing the use of digital switches.

"The current technology determined what network and communicator devices can be put on DOD networks. The advantages [of VOIP include the] ability to send video over the phone lines," which helps enhance connectivity between units deployed and their rear detachments, Waitt said.

About 15 miles of copper and fiber cables must be buried, so there will be some intermittent traffic disruption until the project is completed. U.S. Army Garrisons Baden-Württemberg and Kaiserslautern will keep community members updated on these interruptions as they arise, Waitt said.

According to its mission statement, I3MP procures, engineers, installs and upgrades the capacity and reliability of voice and data infrastructure, in order to enable mission command in U.S. Army Europe.

In addition, the updated technology, contracted by AT&T Inc., will support installation communications during readiness, training and mobilization for sustaining bases and for tactical and strategic systems that operate within the confines of the installation.

"[This project] will position Sembach for the current standard and for the future," Waitt said.

## Survivors



Chuck Roberts

Singer Gloria Gaynor meets a wounded warrior during her Nov. 6 visit with staff and patients at Landstuhl Regional Medical Center. Afterward, Gaynor sang her classic hit "I Will Survive" for troops at the USO.

## transformation UPDATE

### Frequently Asked Questions

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

E-mail [usaghd.post@eur.army.mil](mailto: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](http://www.bw.eur.army.mil/transformation).

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

#### New – What will happen to the people who have a teenager at Heidelberg High School? My son graduates in 2014. Do we know when HHS will close?

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

#### 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 laundrette 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.

### Facilities Operations Changes Mannheim

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

**Base Operations** – For assistance, residents should contact Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, [damien.r.hunt@eur.army.mil](mailto:damien.r.hunt@eur.army.mil); Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, [bob.isbell@eur.army.mil](mailto:bob.isbell@eur.army.mil); Ralph Santaliz, Interim Deputy Garrison Commander, [rafael.santaliz@eur.army.mil](mailto:rafael.santaliz@eur.army.mil); or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, [romeo.satsatin@eur.army.mil](mailto:romeo.satsatin@eur.army.mil), DSN 373-1300, civ. 06221-17-1310.

**Coleman 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.

**Exchange Facilities** – Hours of operation at 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. GPS: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176, [www.bw.eur.army.mil/contacts/service\\_directory.html](http://www.bw.eur.army.mil/contacts/service_directory.html).

**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.

**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.

**Hours change for ID cards/DEERS and passports** – ID cards, DEERS and passport 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/Directorates/DHR/home.html](http://www.bw.eur.army.mil/Directorates/DHR/home.html).

**Library Support** – A library support office is open in Bldg. 246, Room 118, to assist community members. 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.

**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/Directorates/DOL/TMP.html](http://www.bw.eur.army.mil/Directorates/DOL/TMP.html).

**New – Vehicle Registration** – The vehicle registration office on Spinelli Barracks in Mannheim has relocated to Bldg. 1563. The new office has a bathroom, a larger waiting area and a numbering system to ensure customers are seen in the correct order. Customers should first call or visit the official homepage for the U.S. Army Europe Registry of Motor Vehicles to ensure they have the proper paperwork and fee amount for their transaction, and bring checks or money orders to pay fees. The satellite registration office on Patrick Henry Village in Heidelberg is closed. The Spinelli office is open 7:30 a.m.-5:00 p.m. Monday through Friday (including training holidays) and closed American holidays. DSN 384-6909/6100, civ. 0621-730-6909, [www.hqusaure.army.mil/rmv](http://www.hqusaure.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** – Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care is provided on the economy by host-nation providers. Health Center normal hours are 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

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

**Vehicle Registration Satellite Office** – The satellite registration office on Patrick Henry Village has closed. The vehicle registration office on Spinelli Barracks in Mannheim is the only location for both communities. Civ. 06221-678-2586.



Capt. Charles Patterson

U.S. Army Europe Commander Lt. Gen. Mark P. Hertling, left, speaks with the Europe Regional Medical Command commander and USAREUR Command Surgeon Brig. Gen. Nadja Y. West during the ERMC Leaders Conference in Heidelberg Nov. 1.

## Medical community focuses future on being agile, versatile, adaptable

By Sgt. 1st Class Chris Fincham  
ERMC PUBLIC AFFAIRS

Leaders from across Army medicine gathered in Heidelberg Oct. 31-Nov. 3 to participate in the Europe Regional Medical Command Leaders Conference.

With a focus on leading through change, the conference was designed to prepare commanders and senior enlisted leaders for management of ongoing transformation challenges and to create an environment and program for sharing best practices from throughout the field.

"These are times that require us to be agile and versatile," explained Brig. Gen. Nadja Y. West, the commanding general of ERMC and the U.S. Army Europe command surgeon.

"Can you stay agile and versatile enough to adapt to the skill set that you are required to provide? In our field we are required to provide medical support, so how do we provide that support in whatever environment that we find ourselves?" West said.

Discussions ranged from the importance of regular counseling for Soldiers and taking care of families, to how medicine remains relevant in an ever-changing Army while bridging the gap between strategic vision and successful implementation of that vision.

"In order to remain relevant we have to remember who we take care of ... keep educated on what is going on around us. We can't simply stay in our own arena. We have to know what the important issues are, and what the next move is for those that we support so that we can stay with them," she said.

Retired Maj. Gen. Carla G. Hawley-Bowland, the first female Med-

ical Corps general in the history of the U.S. Army, said that Army medicine must remain mission-focused in order to maintain its relevance in coming years.

"I think the Army Medical Command needs to focus on what our relevance is to the Army instead of focusing on the business of medicine and trying to compare ourselves to civilian medicine. Civilian medicine – yes, peacetime health care – we're very similar, but we still have to focus on our wartime mission and we never know when the next mission is going to come," said Hawley-Bowland.

She also stressed the importance of taking care of Army families, from both medical and Army standpoints alike.

"We need to reassure them that we're still going to take care of them," she said. "The main thing is to keep them informed of all the changes that are going through the Army, as well as Army medicine, and then what it means for the families and how we're going to change how we take care of them, keeping them informed in every forum that we can [about] how it affects them and what it means for them."

Overall, the conference initiated productive discussions and offered an opportunity for medical leaders to share ideas in order to continue to take care of Soldiers and family members as the Army and USAREUR continue to evolve in the coming years.

"It's about being agile, adaptable, versatile – all those terms send the message that we must be able to rapidly evolve and execute. Maintaining the skill set and the resiliency is crucial in order to respond in a turbulent environment," West said.

## Singing for Fun



Linda Steil

Educator and recording artist Dan Crow performs for students at Patrick Henry Elementary School Nov. 10 as part of his European tour. The PHES PTA sponsored Crow who performed twice for students and once in the evening for families. Crow is the star of the Emmy award winning "Just For Fun," and he is seen regularly on Nickelodeon and The Learning Channel. He has composed songs for Winnie the Pooh and Dumbo, and he performed the title song for the family classic film, "The Adventures of Milo and Otis." As an educator, Dan Crow presents over 200 Reading, Writing and Rhythm school assemblies a year and is a recipient of the Professional Artists In Schools lifetime achievement award, according to the artist's website.

## Shoplifting at Exchanges decrease

AAFES Public Affairs

DALLAS – An abundance of shoplifting prevention measures such as closed circuit televisions with [digital video recorder] technology, expanded use of high-tech electronic article surveillance and an aggressive youth awareness campaign produced a decrease in theft at Army and Air Force Exchange Service facilities from 5,950 incidents in 2009 to 5,444 last year, a reduction of 8.5 percent.

The sophisticated anti-shoplifting measures are also being cited as a factor in reducing the costs of products involved in detected cases from \$655,169 to \$534,525 in 2010.

The Exchange, which has contributed more than \$2.4 billion to Air Force Services and Army Family and Morale, Welfare and Recreation programs in the past 10 years, continues to focus its efforts on reducing theft.

"Shoplifting at the Exchange results in a reduced return on investment to our primary shareholders – the military community," said Exchange Senior Enlisted Advisor Chief Master Sgt. Jeffrey Helm. "Because the Exchange is a command with a mission to return earnings to quality of life programs, people who steal from the Exchange don't only harm themselves but directly impact FM-WRC's and Service's ability to complete its mission."

If shoplifting is suspected, the Exchange loss prevention office turns the issue over to local law enforcement. In addition to possible disciplinary action or criminal prosecution, the Federal Claims Collection Act allows the Exchange to enact a flat, administrative cost (Civil Recovery) of \$200. There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

# Vogelweh Elementary presents 'Wall of Honor'

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

The walls of the Vogelweh Elementary School gymnasium in Kaiserslautern transformed into a monument of students' colorful collages, dedicated to veterans and all those who are serving and have served.

During the week of Veteran's Day, the school hosted two celebrations for the "Wall of Honor," which included veterans and Kaiserslautern Military Community leaders offering thoughts on the meaning of being a veteran and why they have served.

"Whatever you do in life, you should do it in service," whether to the country or simply to other people, said Lt. Col. Lars Zetterstrom, U.S. Army Garrison Kaiserslautern commander, guest speaker at the Nov. 8 event.

Zetterstrom, whose parents enrolled him in the U.S. Military Academy at the age of 17, noted that he has been in uniform for more than half his life.

"I love serving our country," he said. "Would I do it over? Absolutely. In a heartbeat."

USAG Kaiserslautern Command Sgt. Maj. Gene Canada, who grew up with the military and attended Department of Defense Dependents Schools, thanked school officials who hosted the event and thanked the audience for their contributions to the military.

And he had a special message for the many children in the crowd.

"I've deployed a couple times. And I had the honor of working with Iraqis and interacting with children there. They want to learn, just like you," Canada said.

"I love America. I love our country. I love where we come from," Canada said, on his reasons for continuing in his father's footsteps. "Selfless service is part of being a veteran."

A third veteran, George Robert Meachem Sr., who served two tours in Vietnam with a stint in Germany in between, was joined by Can-



Mark Heeter

Sgt. Nicholas Meurer, 95th Military Police Battalion, holds his son, Corey, as he admires the Wall of Honor unveiled Nov. 8 at Vogelweh Elementary School as part of the school's observance of Veterans Day.

ada and fellow Third Infantry Division veteran Zetterstrom, for a rendition of the division

song, "Dog Face Soldier."

"I didn't want to go (to Vietnam)," Meachem said.

"But I went, because I believed in the cause for which we fought."

## 515th Transportation Company NCO receives special induction

By Staff Sgt. Lynne Lantini

16TH SUSTAINMENT BDE PUBLIC AFFAIRS

Staff Sgt. Megan Curtis, a motor transport operator with the 515th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, received a special honor from 21st Theater Sustainment Commander Brig. Gen. Aundre Piggee at Coleman Barracks in Mannheim Oct. 25.

Curtis was inducted into the Sergeant Morales Club during a special ceremony at the company headquarters. The Sergeant Morales Club recognizes noncommissioned officers who exemplify exceptional leadership qualities. Curtis was one of three NCOs chosen out of nine competitors.

Piggee and Command Sgt. Maj. James Spencer arrived from Kaiserslautern to hold the induction ceremony for Curtis who was preparing to deploy and would not



CURTIS

be able to attend the scheduled ceremony with her peers.

"I really feel honored because they're taking their time out to do this for me before I deploy," said Curtis. "It's an honor to become inducted and to be chosen among the other NCOs."

According to Spencer, the competition is only a condensed view of each competitor's skills, knowledge and expertise and just confirms the high standards of professionalism and leadership each NCO exhibits on a daily basis.

"That's really the validation phase," said Spencer about the competition. "What this noncommissioned officer does each and every day for this organization is really what this program is about, and what she

is really about."

According to Curtis, earning the honor did not come without a lot of hard work.

"It was very challenging. It was very hard and not just studying the material but being in front of the board members," said Curtis. "This was probably the most challenging thing I've ever done."

"This is a high honor for me," said Piggee after presenting Curtis with the SMC medallion.

"I have always had the utmost respect for those outstanding Soldiers, those select few, who met the criteria to be selected and inducted to be a member of this outstanding organization. [Staff] Sgt. Curtis, it speaks volumes about you," Piggee said.

"This is a great organization to be a part of. I would encourage all of you to consider striving to be part of the best as [Staff] Sgt. Curtis has done," he added.

## Where do you turn when Severe Weather hits?

### Road conditions by phone

In Heidelberg and Mannheim – DSN 388-2223, civ. 06221-678-2223

In Kaiserslautern – DSN 480-2653, civ. 06371-47-2653

### Road, weather and school closures online

[www.imcom-europe.army.mil](http://www.imcom-europe.army.mil) – Click 'road conditions' under the safety tab

[www.bw.eur.army.mil](http://www.bw.eur.army.mil) – Click 'road conditions' under hot topics at the bottom of the home page

### AFN Radio

Heidelberg – 104.6FM, 1143 AM

Mannheim – 107.3FM, 1143AM

Kaiserslautern – 100.2FM, 1107AM

### AFN Decoders

FM signal is channel 152

AM signal is channel 153

For duty schedule variations, contact your chain of command

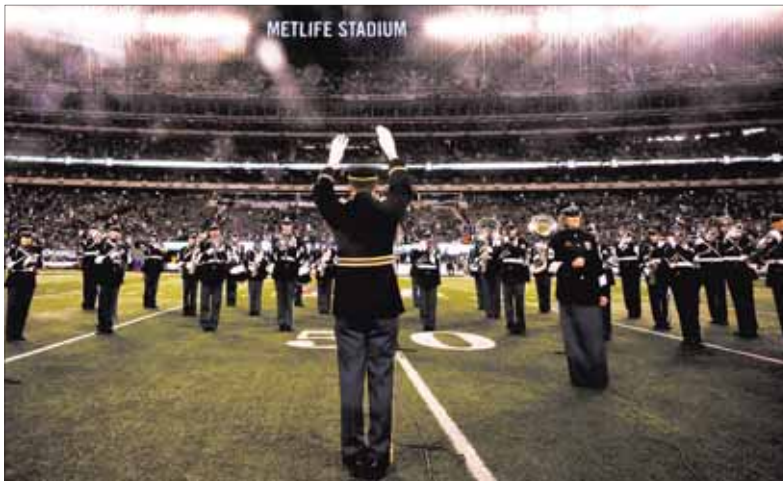


U.S. Air Force Senior Airman, Grouse Fuentes-Contreras

# our ARMY around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)

Richard Mills greets a shy Afghan girl in Shinkai, Afghanistan, Nov. 7. Mills is a rifleman assigned to Provincial Reconstruction Team Zabul and is deployed with Company C, 182nd Infantry Division, Massachusetts National Guard.



U.S. Marine Corps Sgt. Randall Clinton

The U.S. Military Academy's West Point Band performs at halftime during the military appreciation game between the New York Jets and New England Patriots in East Rutherford, N.J., Sunday. Marines, Sailors, Coast Guardsmen, Airmen and Soldiers unfurled an American flag across the field during a pre-game ceremony as part of the Jets' celebration of veterans.



Staff Sgt. Teddy Wade

U.S. Army Chief of Staff Gen. Raymond T. Odierno accompanies New York Mayor Michael Bloomberg and other city officials during the Veterans Day Parade in New York City Friday.



Courtesy photo

Ryan Newman's No. 39 U.S. Army Chevrolet Impala featuring the faces of more than 350 military veterans took part in the Veterans Day weekend race. As a Veterans Day tribute, the U.S. Army Racing cars for drivers Tony Schumacher and Ryan Newman were both adorned with the images of Army Vietnam Veterans.



Sgt. Jessica Kuhn

Staff Sgt. Michael Bernquist holds his arms out for his daughter Evelyn, center, during a welcome home ceremony on Fort Bragg, N.C., Nov. 4. Bernquist is assigned to the XVIII Airborne Corps and just returned from a 12-month deployment in Iraq.

# HONOR

Live up to all the  
Army Values.



*The color guard from the Europe  
Regional Medical Command marches  
during the Memorial Day Ceremony May  
29, at the Somme American Cemetery and  
Memorial in Bony, France.*



ARMY STRONG.

**ARMY  
VALUES**



## SCOUTS

continued from page 1

better appreciation for the vast amount of lives lost near Flanders Field during World War I,” said Maj. Michael Mouritsen, assistant scoutmaster and Headquarters Execution Branch, U.S. Army Europe G8.

Service projects are opportunities for Scouts to plan and organize events that render service to a significant historical site, Mouritsen said.

The Scouts also visited the Menin Gate Memorial to the Missing in Ypres, which bears the names of more than 54,389 British Soldiers who died in the area but have no known graves. Every day since 1928 (except during the German occupation of Ypres during World War II), the Last Post, a bugle call honoring those who died, has been sounded.

“We were very grateful that the director of the Flanders Field Memorial, Chris Sims, allowed us an opportunity to provide service at the American Cemetery. The boys gained a greater appreciation for the sacrifices that many young men made during World War I, [and they] did a great job cleaning each and every head stone at the cemetery,” said Scoutmaster Jacob Gadd.

# Veterans Day Tribute



U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster and Eagle Scout Jeremy Goss from Heidelberg Troop 26 carry a wreath to place on the memorial stone at Memorial Park on Patrick Henry Village in Heidelberg on Veterans Day Friday. Suellen Crowley

## BAKERY

continued from page 1

dreds of product lines and are able to push those out each day to customers across Europe,” Zetterstrom said. “It’s a tremendous operation and we’re happy to now be partners with them.”

Situated a few miles north of Bad Dürkheim, just east of the Palatinate Forest along German Autobahn 6, the depot has been a U.S. Army post since the early 1950s. In the past, workers there produced ice cream, packaged meat and photo prints. The bakery opened in the early 1980s. In 1996, the

depot began producing bottled water.

In May, when U.S. Army Garrison Mannheim deactivated, the depot briefly fell under Heidelberg-based U.S. Army Garrison Baden-Württemberg, which is also due to inactivate.

On Nov. 1, U.S. Army Garrison Kaiserslautern became responsible for the depot.

Last year, U.S. Army Garrison Kaiserslautern also assumed responsibility of Sembach Kaserne, previously a U.S. Air Force installation. Next year, the garrison assumes responsibility for Germersheim Army Depot.

“Our garrison is growing,” Zetterstrom said. “This is just the continuation of the transformation of the Army in Europe.”

Kaiserslautern is more convenient than driving into Heidelberg, said Klaus Schlosser, a bakery production manager who worked at the depot for the past 25 years.

“Heidelberg is too far. When I need an installation card, it takes a half day,” Schlosser said. “It’s easier to go to Kaiserslautern. That’s closer to our facility. So, I can save two to three hours.”

The depot visit offered Zetterstrom and his staff a closer look at the depot’s structures. The garrison now oversees maintenance and repair for roughly 20 buildings, plus security and safety for depot employees, he said.

“It’s a new location for us. We have to figure out their issues, understand their concerns and come up with a plan to address them,” Zetterstrom said.

“It’s a great partnership we are developing. We look forward to providing great services to employees,” he added.

## SUPPORT

continued from page 1

which also includes the office of the assistant chief of staff for installation management and the offices of the assistant secretaries of the Army for installations, energy and environment and manpower and reserve affairs.

And then we started to focus the talent and expertise of this diverse community on our common goal: providing Soldiers, civilians and families with a quality of life commensurate with their service

In March 2010 we published version one of the Installation Management Campaign Plan, which outlines how we provide the facilities, infrastructure, programs and services

required to support Soldier, civilian and family readiness and well-being. Since then, each update has reflected a stronger sense of community and more robust strategy for addressing the challenges we face.

Over the past two years the IMC has reviewed programs, services and infrastructure in areas such as child care, youth development, housing, education, employment, recreation and behavioral health.

As a result, a number of programs and services have been enhanced, to include Survivor Outreach Services, the Exceptional Family Member Program, the Army Community Service, Child, Youth and School Services, the Army

Substance Abuse Program, the Total Army Sponsorship Program, the Army Career and Alumni Program and Soldier and Family Assistance Centers.

At the same time that we have enhanced the effectiveness of programs, services and infrastructure, we have worked to improve the efficiency of delivery at every level, starting from the top.

As we moved IMCOM’s headquarters from Virginia to Texas under Base Realignment and Closure, we also integrated a subcommand, the Family and Morale, Welfare and Recreation Command, into the headquarters and reduced from seven to four regions worldwide. In doing

so, we reduced overhead costs and streamlined delivery of services to our customers.

Even as we are addressing today’s fiscal challenges, we are looking to the future and how we will support the Army of 2020. Through BRAC, our installations have built and renovated facilities to support the reshaped Army.

Through initiatives such as Army Net Zero, our installations are developing sustainable practices to ensure we will continue to have the resources to accomplish our mission.

Through improved knowledge management, we continue to strengthen our shared understanding of how to operate in a dynamic environ-

ment in ways that save time and money.

And we continue to invest in our most important asset: our people. Through a new command-wide approach to talent management and workforce development, we are making sure we will have in place the right people with the right skills to take on future challenges.

The IMC has a huge impact on the lives of Soldiers, Civilians and families – on how we work, train, live and play. The immediate resource challenges only intensify our focus on the mission. We are dedicated to doing our best in serving Soldiers and Families today – and we will find ways to serve even better tomorrow.

# Art and Sohl

## Painter's exhibition drips with color, depicts German-American relationship

By Alyx Fuhriman  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

There is no classification or genre that can encompass all of David Sohl's work. His canvases range from Jackson Pollock paint splatters to expressionist portraits of bulls and Spanish matadors.

However paint is not his only medium. Out of the 55 artworks currently on display at the Arts and Cultural Center on Patrick Henry Village in Heidelberg, a third of the pieces include photography and sculpture.

"An artist must be multi-faceted," Sohl said.

Sohl's exhibition drips with color, a reflection of his passion and dedication to his craft.

"He would spend up to eight hours in his room just painting and creating," his mother said, proudly standing by her son at the gallery opening.

Impressively, he has yet to attend an art academy.

This is Sohl's first American gallery, so he made a personal effort to reflect the German and U.S. Army relationship. However, with the garrison closing soon, there is a wistful air to the Americana pieces.

Greeting visitors at the entrance to the Arts and Cultural Center is a 5-foot tall acrylic painting depicting the Mannheim garrison closing ceremony. It almost looks unfinished, for there are no defining details. Faces are muted and the crowd in the background blends together in a haze.

"I wanted to capture the moment like a memory," Sohl explained. "As time passes, you don't remember what earrings a person wore or their hairstyle. You remember the outlines of the moment."

To the left stands a reversed American flag. Painted on a rippled piece of plastic, the flag is frozen mid wave. Sohl was intrigued and inspired by the backwards flag patches American soldiers wear on their uniforms; therefore most of his depictions of the flag fly to the left.

A particularly thought-provoking photograph shows one of Sohl's paintings on a track, just under the wheel of a train car. The acid green paint from the canvas is reflected in the wheel's cold metallic shine.

Sohl's art will be on display at the Arts and Cultural Center on Patrick Henry Village in Heidelberg through Nov. 27.



Photos by Alyx Fuhriman

The Heidelberg Arts and Cultural Center on Patrick Henry Village currently hosts an exhibition of the paintings, photographs and sculptures of artist David Sohl. Among them are *The Bull*, right, an acrylic entitled *New York*, above, and a sculpture, top right. The exhibit continues through Nov. 27.



Greeting visitors to the Heidelberg Arts and Cultural Center is a David Sohl painting depicting the U.S. Army Garrison Mannheim inactivation ceremony held May 31, 2011, on Benjamin Franklin Village.

## GERMAN NEWS

### No-Delay Trains

This winter, the German train system Deutsche Bahn plans to invest €70 million to ensure trains run smoothly during adverse weather conditions. The Deutsche Bahn will designate 16,000 staff members responsible for snow removal on station platforms at the beginning of daily operations and pledges that mission-critical equipment will be operational within four to five hours of snow or ice accumulation. Other enhancements include trimming trees and bushes along 2,000 kilometers of tracks so branches don't fall and block trains. In addition, the Deutsche Bahn will build nearly 30 facilities and equipment that will de-ice the overhead electrical lines, which power the trains. The company hopes to avoid a repeat of last winter, when thousands of train customers were stranded or delayed due to service failures.

### Compostable Sports Gear

German sports clothing manufacturer Puma announced it plans to develop biodegradable sports clothes that can be recycled or thrown onto a compost heap. The company is working with product development partners on the principle of eco-effectiveness design. Puma chief executive officer Franz Koch said the design follows two cycles, the technical and the biological. He said he can use old shoes to make new ones or something completely different like car tires (the technical cycle). For the biological cycle, he can produce shoes and shirts that are compostable, so they can be shredded and buried in the garden.

### Toddler Rides to Kindergarten

While his family lay asleep at 6 a.m. Saturday, a 4-year-old Köln boy put his jacket on over his pajamas, slipped out of the house, hopped on his bicycle and rode to his kindergarten. The building was closed, and a concerned neighbor called the police. The boy told authorities he had woken with a deep desire to go to his kindergarten. The child was promptly returned to his parents, who had not yet realized that he was missing.

SOURCE: [www.thelocal.de](http://www.thelocal.de)



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

**Dear Ms. Vicki,**

*I have been married to a wonderful man for three years. He loves my kids as his own. He provides us everything, food, a place to live. But he has a bad habit that I don't like. He loves to watch pornography.*

*When he gets drunk, he hides it, and he lies to me, saying he doesn't watch it or go on the websites. The hard part is that he does get some numbers and he starts texting.*

*Before he left for his last deployment I caught him and he got so angry. He said he's not going to do it again.*

*He just got back from deployment it's starting again. He told me that I am treating him like he's my "n..." I don't know the meaning of that.*

*He said what he is doing is*

*not cheating, and he's not doing anything wrong. I cannot handle the stress and depression I am going through. He also tells me about what he does in the military and then blames me for what he is going through.*

*I got injured in my work place and that's why I cannot work yet. It feels like a slap in the face when I get criticized about this and then he says he provides everything.*

*I love him, but I cannot handle the stress and heartache.*

*Please give me some advice. Aloha Lady*

**Dear Aloha Lady,**

I think you could be from one of the most enjoyable places I've lived. I love Hawaii, but forgive me-I digress. Let me get to the point quickly.

I'm sure you wrote to me for my honest and unbiased opinion. So here goes. I think your marriage is in serious trouble.

The truth is that many people are into porn both men and women. Many married people say it stimulates and helps their sex life.

However, I think your husband is very abusive towards you, and I'm not saying this because he likes porn. He may provide for you and your children, but you are paying a great cost with his abusive ways.

He is demeaning toward you. He talks down to you, criticizes you, and he blames you for everything even his career. He doesn't accept responsibility for his actions.

Honestly, many women stay in abusive relationships because

of financial resources, that is, the ability to pay for a place to live, food and care for their children.

I truly don't know the price you are willing to pay. It would definitely be too high for me. Right now you don't have peace of mind. You sound miserable, and you don't know what to expect next when it comes to his behavior. You really deserve someone with better character.

My quick advice is for you to connect with a Victims Advocate at your local base. You can talk to the counselors there without anything being placed on record.

They will let you know how and if they can help you. For sure they will be supportive of you. You should be able to find one in your family services office. Please let me know how you are doing since you first wrote to me. I'm concerned about you.

**Dear Ms. Vicki,**

*I do not have anyone close to me in the military, but I would like to thank you for your tender heart and concern for those who do.*

*All too often it is easy to say or think, "I have my own problems and others can just deal with it." But you care, and I can see that you have made a difference.*

*I am a pastor's wife and I know how difficult it is to deal with hurting people and how important a kind word or a caring ear can be.*

*So from someone who is not in the military system, thank you. You are awesome and us regular people appreciate your work.*

## Diabetes month highlights prevention

By **Melanie O'Brien**

HEIDELBERG HEALTH CENTER FAMILY PRACTICE

The Friends for Diabetes group will hold its quarterly class 9-10 a.m. Dec. 7 in the dining facility on Nachrichten Kaserne in Heidelberg. The topic is Making it Through the Holidays and features a dietician and a physical therapy representative as guest speakers.

November is American Diabetes Month, time to communicate the seriousness of diabetes and the importance of prevention and control.

With nearly 26 million children and adults in America living with diabetes and another 79 million at high risk for developing type two diabetes, the disease is taking a devastating physical, emotional and financial toll on our country.

Statistics show that: two out of three people with diabetes die from heart disease or stroke; diabetes is the leading cause of kidney failure and new cases of blindness among adults; and the rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

Early detection can help prevent the progression of kidney disease to kidney failure. High risk groups include those with diabetes, hypertension and a family history of kidney disease.

## Be good to your diabetic feet

By **Jennifer Davis**

U.S. ARMY PUBLIC HEALTH COMMAND

Diabetes sufferers may have many negative health effects, and foot problems are among the issues that affect this population.

Conditions like nerve damage (also called neuropathy), skin changes, calluses, foot ulcers and poor circulation can lead to a host of other health complications and even result in amputation of the leg or foot. Ensuring proper foot health is essential in effectively managing diabetes.

According to the National Diabetes Information Clearinghouse, almost everyone knows someone with diabetes. In the United States, approximately 25 million adults and children suffer from diabetes. Most of these individuals (18 million of them) are aware that they have the disease; however, about 6 million

have yet to be diagnosed.

Put simply, diabetes is a disorder of the metabolism, which is the way the body uses food for growth and energy. Diabetes produces little to no insulin (a hormone produced by the pancreas), or don't respond well to the insulin that is produced by the pancreas. As a result, the body has difficulty retaining its fuel.

Simple daily foot care can prevent serious problems. According to the National Diabetes Information Clearinghouse, being good to your feet will help prevent serious complications from diabetes.

People with diabetes should work with their health care providers and support network of family and friends to take steps to control the disease. Ensuring proper foot health means lowering the risk of complications and helps to ensure one can live a happy, healthy and active life.

### Tips for Good Foot Care

- Take care of your diabetes. Work with a health care team to monitor blood glucose levels.
- Check your feet every day. Look for red spots, cuts, swelling or blisters.
- Keep blood flowing to your feet. Exercise and be active.
- Don't smoke. Smoking affects small blood vessels and can cause decreased blood flow to the feet.
- Ask your doctor about orthopedic shoes to improve circulation in your feet.
- Wash your feet every day and dry them carefully, especially between the toes.
- Keep your skin soft and smooth; use lotion to keep your feet moisturized.
- Keep toenails trimmed and filed.
- Wear comfortable shoes and socks at all times and try to never walk barefoot.
- Remember to schedule annual comprehensive foot exams with your podiatrist.

### For information

American Diabetes Association, <http://www.diabetes.org>; Centers for Disease Control and Prevention, <http://www.cdc.gov/diabetes>; National Diabetes Information Clearinghouse, <http://diabetes.niddk.nih.gov/index.aspx>

# GET OUT!

## area events

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

### November 17

**Mannheim-Heidelberg Film Festival** – The International Film Festival Mannheim-Heidelberg, which celebrates its 60th anniversary, is one of the top 100 film festivals worldwide 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](http://www.iffmh.de/en/FAQ), [www.buzzoffbase.com](http://www.buzzoffbase.com).

**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 through Nov. 18. Concert listings: [www.enjoyjazz.de](http://www.enjoyjazz.de) or [www.inkwire.de/enjoy-jazz.html](http://www.inkwire.de/enjoy-jazz.html). Tickets: [www.reservix.de](http://www.reservix.de), click Enjoy Jazz 2011.

**Thuringian Jazz Mile Erfurt** – Erfurt hosts the Thuringian Jazz Mile. The festival, considered to be one of the biggest jazz festivals in Europe, blends the sounds of international and German jazz bands with several performances around the city through Nov. 27. [www.jazzmeile.org](http://www.jazzmeile.org).

### November 18

**Holiday Bazaar** – Hunt for holiday gifts at the Eifel Holiday Bazaar sponsored by the 52nd Force Support Squadron. More than 100 vendors will display their goods inside 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 in the 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. 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](http://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/heinmain>.

### 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 US0 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 including bands that perform twice daily in front of the Kurhaus. 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

**Thanksgiving Ski Trip** – Heidelberg International Ski Club travels to Obergurgl, Austria, Nov. 23-27 where nearby glacier skiing is available in Solden with snow is practically guaranteed. <http://heidelbergski.com>.

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

**Mühlacker Christmas Market** – More than 100 vendors will sell their wares at the Kelterplatz and the Konrad-Adenauer-Platz during this market through Nov. 27. A smaller variety market is set up adjacent to the Christmas market on Mühlhof. Both markets open 10 a.m. Wednesday-Saturday and 11 a.m. Sunday.

### November 24

**Heilbronn Christmas Market** – This market features small wooden huts along the Salmer- and Fleinerstrasse as well as the

Marktplatz. An ice rink and a daily children's program are also offered. The market opens daily at 11 a.m. through Dec. 22.

### 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](http://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](http://www.mwrgermany.com).

### December 8

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

### 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](http://www.rheinneckarticket.de) or [www.bb-promotion.com](http://www.bb-promotion.com).

**Thriller** – This spectacular show will feature the legendary songs and dancing of late pop idol Michael Jackson. Fans can enjoy this live celebration of the legendary career of the beloved King of Pop at the Rosengarten in Mannheim Feb. 10. Tickets: civ. 0621-10-1011, [www.bb-promotion.com](http://www.bb-promotion.com).

### Ongoing

**Painting** – View more than 130 paintings from renowned artists such as Rubens, Cranach, Teniers and Kobell at the Reiss-Engelhorn-Museum in Mannheim, CS, ongoing through Jan. 8. [www.rem-mannheim.de/index.php](http://www.rem-mannheim.de/index.php).

**Christmas markets** – For a list of markets in Baden-Württemberg, visit [www.weihnachtsmarkt-deutschland.de/baden-wuerttemberg.html](http://www.weihnachtsmarkt-deutschland.de/baden-wuerttemberg.html).

**Stuttgart Flea Market** – Scoop up a bargain or two at the Stuttgart Flea Market. 10 a.m.-4 p.m. Saturdays at the Karlsplatz.

## coming to THEATERS

### JACK AND JILL

(Adam Sandler, Katie Holmes, Al Pacino) Jack Sadelstein, a successful advertising executive in Los Angeles with a beautiful wife and kids dreads one event each year: the Thanksgiving visit of his identical twin sister Jill. Jill's neediness and passive-aggressiveness is maddening to Jack, turning his normally tranquil life upside down. (Rated PG for crude and sexual humor, language, comic violence and brief smoking.) No running time available.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Nov. 17 - APOLLO 18 (PG-13) 7 p.m.  
 Nov. 18 - JACK AND JILL (PG) 7 p.m.; 10 p.m.  
 Nov. 19 - THE HELP (PG-13) 4 p.m.;  
 JACK AND JILL (PG) 7 p.m.; THE DEBT (R) 10 p.m.  
 Nov. 20 - THE HELP (PG-13) 4 p.m.; JACK AND JILL (PG) 7 p.m.  
 Nov. 21 - THE DEBT (R) 7 p.m.  
 Nov. 22 - JACK AND JILL (PG) 7 p.m.  
 Nov. 23 - COLOMBIANA (PG-13) 7 p.m.  
 Nov. 24 - HAPPY FEET 2 (PG) 4 p.m.;  
 THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.

#### Vogelweh, Galaxy

Nov. 18 - PUSS IN BOOTS (PG) 7 p.m.  
 Nov. 19 - APOLLO 18 (PG-13) 4 p.m.; BUCKY LARSON: BORN TO BE A STAR (R) 7 p.m.  
 Nov. 20 - WARRIOR (PG-13) 4 p.m.

#### Ramstein, Gateway Movieplex

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.  
 Nov. 18 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;  
 THE HELP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.;  
 COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.;  
 THE DEBT (R) 7:15 p.m., 9:45 p.m.  
 Nov. 19 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;  
 THE HELP (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.;  
 COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.;  
 THE DEBT (R) noon, 3 p.m., 5:30 p.m., 8 p.m.  
 Nov. 20 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.;  
 THE HELP (PG-13) 11 a.m., 3 p.m., 6:30 p.m.;  
 COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.;  
 THE DEBT (R) 7:30 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m.  
 Nov. 21 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.;  
 THE HELP (PG-13) 11 a.m., 3 p.m., 6:30 p.m.; COLOMBIANA (PG-13) 11:15 a.m.,  
 2 p.m., 4:30 p.m., 7 p.m.; THE DEBT (R) 12 p.m., 3 p.m., 5:30 p.m., 8 p.m.  
 Nov. 22 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.,  
 THE HELP (PG-13) 11 a.m., 3 p.m., 6:30 p.m.;  
 COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.;  
 THE DEBT (R) 12 p.m., 3 p.m., 5:30 p.m., 8 p.m.  
 Nov. 23 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.,  
 THE HELP (PG-13) 11 a.m., 3 p.m., 6:30 p.m.;  
 COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.;  
 THE TWILIGHT SAGA: NEW MOON (PG-13) 4:30 p.m.,  
 THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.  
 Nov. 24 - JACK AND JILL (PG) 11:30, 2 p.m., 4:30 p.m., 7:15 p.m.;  
 THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m.,  
 5:15 p.m.; HAPPY FEET TWO (PG) 11:30 a.m., 2:15 p.m., 4:45 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](http://www.aafes.com) for updated listings and more movie descriptions

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

Nov. 17-19 - A DANGEROUS METHOD (R) 8:15 p.m. at Cineplex  
 Nov. 17-20 - THE LION KING 3D (G) 10:15 p.m. at CinemaxX  
 Nov. 17-23 - TOWER HEIST (PG-13) 11 p.m. at CinemaxX

## 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.

### 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.

### Autobahn closures

The connecting ramp from B38 Mannheim toward A6 Frankfurt Kaiserslautern and the connecting ramp from A6 to A659 and B38 westbound to Mannheim are closed through Nov. 28.

### Inventory Closure

The U.S. Army Garrison Baden Württemberg Department of Logistics and the Central Issue 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. 06221-730-6050.

### 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.

### Tompkins Barracks DSN

All Defense Switch 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](http://www.bw.eur.army.mil/contacts/service_directory.html). DSN 370-1640, civ. 06221-57-1640.

### Fuel Cards

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

local

## EMPLOYMENT

### Boy Scouts

Heidelberg Boy Scout Troop 1 is looking for a new Scoutmaster. Civ. 01522-489-8817, <http://hdtroop1.club.officelive.com>.

### Girl Scouts

Energetic community-minded volunteers are needed for the Heidelberg Girl Scouts. Training and mentoring provided. [HeidelbergGS@yahoo.com](mailto:HeidelbergGS@yahoo.com).

### KAISERSLAUTERN

#### Community

#### •Military Family Appreciation

—Join Army Community Service for Military Family Appreciation Month at the KMCC Mall 4 p.m. Nov. 18 and receive a free movie pass valid at the Exchange Real Time Movie Theater. DSN 493-4203, civ. 0631-3406-4203.

•**Military Officers Association** — Active duty, National Guard, Reserve, former and retired commissioned and warrant officers can register for 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 Eselthurf. 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.

•**New Parent Basic Training** — New parents can participate in hands-on learning, the importance of bonding and attachment, safety issues, common syndromes and more 10 a.m.-4 p.m. Nov. 21 in Bldg. 2917 on Pulaski Barracks. Participants also receive a free diaper bag and book. DSN 493-4203, civ. 0631-3406-4203.

•**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.

•**Landstuhl Clinics Closure** — Landstuhl Regional Medical Center clinics will be closed Nov. 25 due to a training holiday. The LRMC pharmacy will be open 8 a.m.-4 p.m. The emergency room will remain open. DSN 590-8144, civ. 06371-9464-8144.

•**Game-A-Ganza** — Participate in nine and eight-ball tournaments, chess, 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.

•**Miesau CDC Hours** — The Kleber Kaserne Child Development Center's new hours will be 6 a.m.-6 p.m. Monday-Friday starting Dec. 1.

•**Cards For A Cause** — The Ramstein Middle School National Junior Honor Society will make cards as a service project 2:30-4 p.m. Dec. 14 at the school. Civ. 06301-719376. 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.

•**Quilt Guild** — The Rheinland Pfalz

Quilt Guild will hold a meeting 9:30 a.m. Dec. 15 and third Thursdays in the Ramstein North Chapel.

•**HIRE!** — Applications for winter term are accepted through Dec. 16 for teens 15-18 interested in preparing for college and the future workforce. Apply online, at Parent Central Services, Bldg. 2898, Pulaski Barracks or at One Stop Shop, Landstuhl Library, Bldg. 3810. [www.mwrgermany.com](http://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](http://www.mwrgermany.com).

•**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.

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

### HEIDELBERG

#### Education

•**ACS Classes** — How to Have a Good Night's Sleep for Warriors in Transition, 1-2:30 p.m. Nov. 18, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition conference room; Family Readiness Group Funds Management, 2:30 p.m. Nov. 18; International Cooking Class, 10:30 a.m.-1 p.m. Nov. 21, Patrick Henry Village Commissary; Volunteer Management Information System Training, 10-11 a.m. Nov. 23; Investment Intelligence, noon-2 p.m. Nov. 23; Stress During the Holidays for Warriors in Transition, 1-2:30 p.m. Nov. 23, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition conference room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, 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**

•**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.

•**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.

•**Grasweg Gate** — The Grasweg gate near Burger King on Patrick Henry Village will be closed 7-8 a.m. Nov. 19 for software checks and repairs. The gate near the commissary will remain open.

•**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](http://www.mwrgermany.com).

•**Community Bank** — Due to the Thanksgiving holiday, all Community Banking Centers in Heidelberg will be open 9:30 a.m.-noon Nov. 24. ATMs, telephone banking and online banking will remain available. DSN 370-8580, civ. 06221-600862.

•**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.

•**Recycling, Reuse Centers** — The recycling and reuse centers on Patrick Henry Village will be open during normal business hours Nov. 25. Recycling center: 8 a.m.-4 p.m. Reuse center: 8 a.m.-3:30 p.m. DSN 387-3180, civ. 06221-4380-3180.

•**Christmas Market** — Travel to Nürnberg with Outdoor Recreation for a Christmas market Nov. 26. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://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.

•**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.

•**Native American Heritage** —

Enjoy chicken pot pie, pueblo posole, skillet squash, wild rice and sweet potato pie in honor of Native American Heritage Month 11:15 a.m.-1:15 p.m. Nov. 29 at the Campbell Barracks Dining Facility. DSN 373-7955, civ. 06221-17-7955.

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

•**Breastfeeding 101** — Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne Dec. 6 and first Tuesdays. Sign-up is required. Civ. 06221-17-2533.

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

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

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

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

### MANNHEIM

#### Community

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

•**Comedy Movie Night** — Laugh out loud with a comedy movie 4:30-10 p.m. Nov. 20 and every Sunday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

•**Madden 11 Night** — Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Nov. 23 and every Wednesday at the Warrior Zone on Coleman Barracks. 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, [www.mwrgermany.com](http://www.mwrgermany.com).

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

•**Coleman Gym** — Coleman Gym's hours will be 10 a.m.-5 p.m. Nov. 25.

•**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. 06221-730-3101.



Courtesy photo

Deremy Wilson, 24, a supply clerk from Kaiserslautern-based 10th Army Air and Defense Missile Command, grabs a pitch on the option play during the Installation Management Command-Europe flag football championship game against Heidelberg's 529th Military Police Company in Hohenfels Nov. 5. The 10th AADMC won 21-20.

## Kaiserslautern unit wins flag football

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Returning victorious from the Installation Management Command-Europe flag football championship, Soldiers from the 10th Army Air and Defense Missile Command are setting their sights on an undefeated Air Force team.

The 10th AADMC team prevailed during U.S. Army Garrison Kaiserslautern's tournament, beating local rivals Landstuhl Regional Medical Center, 32-12, during finals at Daenner Kaserne. During the IMCOM-E championship held Nov. 5 in Hohenfels, Kaiserslautern beat Soldiers from the Heidelberg based 529th Military Police Company, 21-20.

With just seven players on the field – football normally has 11 – teams modify plays to gain advantages, often using speed and deception to score, said Danny Jones, 43, a lineman from Toledo, Ohio.

"We came up with some pretty creative plays that allowed us to

move up the field quickly and to have really big plays for touchdowns," Jones said. "Lots of fakes and movement, screens, you name it."

Beating Heidelberg was a challenge, as the MPs dominated most teams during championship play. In four hours, Kaiserslautern faced the MPs three times, contests of endurance that pushed players on both sides to their limits, Jones said.

"They were a very fast team, with a very good quarterback. They used plays that were just as effective as ours," Jones said. "It really came down to who could minimize their mistakes and, of course, we were fortunate two of those three times."

In the end, the deciding play was a mishandled pass by Heidelberg, picked off by Kaiserslautern cornerback J.R. Roberson.

"Everyone was a hero, but he made the key play to seal the deal," Jones said.

Command Sgt. Maj. Darrin Jefferies, senior enlisted leader at the 10th AADMC, said he is proud

of the Soldiers, for their performance both on and off the field.

"Victory is achieved through teamwork, whether on the gridiron or the battlefield," Jefferies said. "It takes a team to accomplish the ultimate goal."

Deremy Wilson, 24, a supply clerk from Hopkinsville, Ky., said the competition offered an adrenaline rush only found through athletics.

"Sports keeps me out of trouble, keeps me focused and keeps me healthy. That's why I play flag football," Wilson said. "We had odds against us, height difference and speed of other teams, but we still prevailed in talent and the overall smartness."

They returned to Kaiserslautern champions, but they know a team of U.S. Air Force security police from Ramstein Air Base are undefeated.

"It would be a nice friendly challenge, to see who is the best team in Kaiserslautern – Army versus Air Force," Jones said. "Hopefully, they will take us up on that."

## 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 Bundesstrasse 291 in Oftersheim offers a trap course and 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.

### 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](http://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.

### Bowl for Kids in Ludwigshafen

Big Brothers Big Sisters Deutschland Bowl will host a 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](http://www.bbbsd.org).

### 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.

### Send the Herald Post your photos

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



Staff Sgt. Joel Salgado

## Bowling for Turkeys

Crashes and cheers echoed through the Patrick Henry Village Bowling and Entertainment Center in Heidelberg during the first Heidelberg Sergeants Major Association Turkey Bowl Nov. 5. The event was held to gather donations for HSMA-supported programs and to purchase Thanksgiving basket vouchers from the commissary for military families. "The association's sole purpose is to support our community," said Sgt. Maj. Brad Weber, HSMA president. "We want to make sure that every child ... has a great Christmas."

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