

HeraldPOST

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

HP THURSDAY
Jan. 19, 2012

Speed Read

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Capt. Kelly Calway carved five minutes off her personal best and led all military runners with a 25th-place finish in the 2012 U.S. Olympic Marathon Team Trials Jan. 14. Calway, 27, a U.S. Army World Class Athlete Program runner and Bronze Star Medal recipient stationed at Fort Carson, Colo., completed the 26.2-mile course along the streets of downtown Houston in 2 hours, 37 minutes, 10 seconds. "It was a perfect, perfect day," said Calway, daughter of Maj. Gen. Robert B. Brown, the commanding general of Fort Benning, Ga. "Everything leading up to it went really well – the best training I've ever had for a marathon: carb-loading, tapering, everything felt great... First lap, stay in control. Second lap, pick it up a bit. Third lap, it's race time. I hung in there. It was tough. It turns into all gutt out there at mile 18 or 20."

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Garrison holds first Facebook town hall

Staff Report

The U.S. Army Garrison Baden-Württemberg will hold a town hall meeting 2 p.m. Jan. 26, and even those not attending can participate.

The town hall meeting at the Village Pavilion in Heidelberg will mark the first time the garrison will use Facebook to allow community members the chance to ask questions of the commander and staff while the meeting takes place by using the social network.

American Forces Network will live stream video of the meeting on Facebook. Public affairs personnel will monitor the site for questions from viewers online.

"We're holding the meeting during the day so it won't conflict with youth sports that typically occur in the evening," said USAG B-W Commander Col. Bryan DeCoster. "We hope using Facebook will allow everyone the chance to get their concerns addressed."

Town hall meetings occur once every three months for the commander to meet face-to-face with community members. The command staff explains services and the community brings opinions to the commander.

"We hope this Facebook town hall will attract more people than usual to the forum," DeCoster said. "The town hall is a two-way forum that provides me and the staff valuable feedback about what community members need."

Questions also may be emailed ahead of time to usaghd.post@eur.army.mil by Jan. 25. These questions will be addressed at the meeting and public affairs staff will respond to those who request a followup.

Next month, U.S. Army Europe will also host a Facebook town hall meeting. It will be 1 p.m. Feb. 16 at the Village Pavilion and will include a briefing from USAG Wiesbaden personnel who will present information about the garrison and the community to the USA-REUR personnel scheduled to move there as part of the Army in Europe transformation.



Courtesy photo

Pfc. Jacob Dummitt, 529th Military Police Company, left, and Polizeihauptmeister Sven Stadtrecher, German police liaison, greet residents during their joint patrol at the Heidelberg Christmas market in December. The patrols are designed to foster greater understanding between German and American police forces and increase overall security, safety and cooperation for members of the public.

German, American joint police patrols keep community safe

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A few short weeks ago, the streets of downtown Heidelberg were filled with hundreds of holiday revelers shopping and sharing the magic of the season. In their midst stood members of the 529th Military Police Company and the local German Polizei.

Their joint patrols in downtown Heidelberg during the Christmas market sea-

son provided a presence demonstrating a partnership formed to keep the community safe.

"The joint patrols further foster greater and better understanding for both agencies about the needs of the other one. It also demonstrates to the U.S. military police how the German police operate and increases overall security, safety and cooperation," said Polizeihauptmeister Sven Stadtrecher, German police liaison officer. see **PATROLS** page 12



Rick Scavetta

Laura Shapland and daughter Elizabeth, left, and Katy Edwards and son Henry, right, listen to a pediatric dentist discuss teeth brushing for toddlers during a recent new moms group at U.S. Army Garrison Kaiserslautern.

New moms learn lots

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Last summer, shortly after Laura Shapland's daughter Elizabeth was born, she joined a U.S. Army Garrison Kaiserslautern Army Community Service group for new parents.

While the ACS Family Advocacy Prevention Program regularly offers several free classes and workshops to prevent and educate parents about see **MOMS** page 12



<http://office.microsoft.com>

COMMENTARY

Common, over-the-counter medicine poses risks

By Kimberly Jeffery
HMEDDAC PUBLIC HEALTH NURSE

Earlier this year, the U.S. Food and Drug Administration issued warnings about a commonly used drug, acetaminophen, known to many by the popular brand name Tylenol.

This warning stems from studies indicating that acetaminophen is the leading cause of acute liver failure in the United States.

Many consumers are unaware that other products contain acetaminophen and unintentionally overdose.

I recently fielded a question from a parent in our community that was inquiring about a medication called Q-PAP. I explained that the medicine is

acetaminophen and is the same as Tylenol.

In cases involving children, the overdose often occurs because parents don't realize that two concentrations of acetaminophen exist: the elixir, which is 160 milligrams in 5 milliliters, and the highly concentrated infant drops, which are 100 mg in each milliliter.

Manufacturers have moved to producing only one formula to decrease confusion. However, both concentrations may be available well into 2012. This means caregivers need to be extremely vigilant to note the concentration (and dosage) of the particular product they have.

Overdoses can cause liver failure, and can happen rapidly. Too much acetaminophen overwhelms the liver's ability to detoxify the body and can result in

Acetaminophen Overdose

Acetaminophen overdose is one of the most common poisonings worldwide. People often think that acetaminophen, a pain-relieving medicine, is safe. However, it may be deadly if taken in large doses. Medicines that contain acetaminophen include Anacin-3, Liquiprin, Panadol, Percocet, Temptra and common cold and flu medicines. SOURCE: www.nlm.nih.gov/medlineplus/ency/article/002598.htm

death.

Review what is in your medicine cabinet and think twice before you take medication or administer any to your children. Don't take this common over-the-counter drug for granted.

For information, see www.fda.gov or www.cdc.gov.



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

Is it just us or do the fitness centers on post seem alot more crowded these days? Have you made plans to get in shape for the new year? If so ... how's it going?

—BWnow Facebook Administrator

"Don't worry. It'll die off by mid-Feb."

—Ellie Bunker, BWnow Facebook fan

"Although a crowded gym can be a bit of an inconvenience at times, it's awesome to see people making an effort to be healthy. Keep it up."

— Pam McKeon Allmon, BWnow Facebook fan

BWnow Facebook fan Saunya ODwyer resolved to eat vegan in the new year and she's writing a raw cookbook with the following recipe included.

"Raw Raspberry and Vanilla Cream Crepe-wrap — Ground flaxseeds, apples and water-dehydrated for 12 hours. Vanilla cream: cashews soaked for 24 hours, vanilla bean, creamed coconut and water. Raspberry cream: fresh dates soaked for 2 hours, raspberries & water. The sprinkle is fresh coconut."

—Saunya ODwyer, BWnow Facebook fan

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Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or endorsed

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Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 15,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09014. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil

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.

Spelling masters

Savannah Tudlong, left, eighth grade, won the spelling bee contest held Jan. 11 at Heidelberg Middle School. The annual contest is held in all Department of Defense Dependents Schools and is sponsored by Scripps National Spelling Bee. Next to Tudlong is Zach Krapf, grade 8, who tied for second place along with two other second place finishers – Erica Pooler, grade 6, second from right and Renee Sahli, grade 7, far right.



January is national blood donor month

By Stefan Alford
HMEDDAC PUBLIC AFFAIRS

One of the most common New Years' resolutions involves bettering one's health, usually through diet and exercise. While this personal goal is commendable, how many of us also make a resolution to improve the health of others?

Now you can, by simply resolving to donate blood this winter at one of the regular blood drives in the U.S. Army Garrison Baden-Württemberg communities.

January has been designated as National Blood Donor Month since 1970 because this is the time of year that donations are traditionally the lowest – making it even more crucial to give blood.

According to the American Red Cross, blood drives see significant drops in donations during the winter months – a challenge for blood banks since the shelf life of blood is so short.

The reasons for the decrease are varied, but may include the fact that people are still adjusting to changes in weather, holiday schedules and the increase of flu incidents.

The reasons for donating blood also vary by

individual, but the result is the same: the donations can be used during blood transfusions or operations and can potentially save a life.

The statistics from the American Red Cross are eye-opening: every two seconds someone needs blood and 44,000 blood donations are needed every day in the United States to help accident and burn victims, cancer patients, those having surgery, new mothers, premature babies and more.

While it's not always easy to stick to New Years' resolutions to eat less and exercise more, the resolution to give blood once this winter would seem more easily achievable and perhaps have longer-lasting effects.

Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded, and the actual blood donation typically takes less than 10-12 minutes.

The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.

For more information on giving blood, visit the Red Cross website at www.redcrossblood.org/donating-blood/first-time-donors.

USAG BADEN-WÜRTTEMBERG
YOUR HOME AWAY FROM HOME

How do you get your information?

The Public Affairs Office is conducting a survey to find out how community members in Heidelberg and Mannheim get their information

about what's happening.

The survey will be distributed by email. Results will show how to best get news and information to community members.

Everyone's opinion is important.

It takes just minutes to complete with about 30 clickable questions. All submissions are anonymous. You help tremendously when you

fill out the survey.

If you're viewing this newspaper online, you can click this link now to get to the survey: http://ice.disa.mil/index.cfm?fa=card&sp=125474&s=226&dep=*DoD&sc=1

Davenport selected as USAREUR command sergeant major

By Sgt. Maj. Lisa Hunter
USAREUR PUBLIC AFFAIRS

U.S. Army Europe commanding general Lt. Gen. Mark Hertling has selected the 1st Armored Division and Fort Bliss, Texas, command sergeant major to serve as his new senior enlisted advisor.

Command Sgt. Maj. David Davenport Sr. is scheduled to assume his new duties as the USAREUR command sergeant major Feb. 16.

"Command Sgt. Maj. Davenport is going to be a tremendously valuable member of the USAREUR team," Hertling said. "I've seen Dave Davenport in combat, and I've seen him over

the last four years as the senior NCO at Fort Bliss. He is a phenomenal leader and he is an especially terrific role model. He upholds the values of our Army, and he is a disciplined Soldier who will contribute significantly to training our units and partnering with our allies."

Davenport, a native of Nashville, Tenn., began his Army career in 1983, enlisting as a cavalry scout. During his career he has held enlisted leadership positions at every level of the Army.

He has served two previous tours in Germany, with the 1st Battalion, 63rd Armor in Vilseck, and the 1st Squadron, 1st U.S. Cavalry, in Buedingen.

Davenport has a master's degree in

business administration from Norwich University. In 2006, he earned the Association of the U.S. Army's Larry L. Strickland Leadership Award and Scholarship. The annual award, given in honor of Sgt. Maj. Larry L. Strickland, who was killed during the Sept. 11, 2001, terrorist attack on the Pentagon, is presented to the NCO who "best exemplifies the Army's vision and influences others in shaping future leaders."

Davenport earned the award for his own self-development through college education, as well as for creating edu-



DAVENPORT

cational opportunities for his Soldiers, helping them to raise their Armed Services Vocational Aptitude Battery scores and renovating a building for use as a distance learning center.

Davenport said he plans to continue taking care of Soldiers.

"Having worked with Lt. Gen. Hertling before allows me to understand his intent and direction," Davenport said. "We share a genuine concern for Soldiers and their families. My intent is to make sure USAREUR Soldiers are well-trained and they and their families are taken care of and to build upon the outstanding reputation of how great it is to serve in U.S. Army Europe."

transformation UPDATE

Frequently Asked Questions

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

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

NEW – When will a decision be made about employees that are not receiving Living Quarters Allowance during a Management Directive Reassignment?

Officials from the Heidelberg Civilian Personnel Advisory Center advise that the decision to provide LQA to employees relocating under a management directive reassignment (that are not currently receiving it) would be up to that particular organization. Employees may submit documentation through their supervisors to request LQA and their receiving organization would be responsible for either approving or disapproving the individual request, which is then sent to CPD for final approval.

When will the Mannheim commissary and Exchange close?

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

Facilities Operations Changes Mannheim

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

The Benjamin Franklin Village South Gate – The BFV South gate entrance is now closed 9 p.m.-5 a.m.

NEW – Commissary – The commissary is closed Mondays and Tuesdays and open 8:30 a.m.-7 p.m. Wednesday-Sunday. Early bird hours are 8:30-10 a.m. Wednesday-Sunday. Bakery items have been decreased, but customers can still special order products they need, if two days notice is provided. DSN 385-3940, civ. 0621-728-3611.

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

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

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

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

Library Support – A library support office is open in Bldg. 246, Room 118, to assist community members 9 a.m.-1 p.m. and 2-6 p.m. Monday, Tuesday, Wednesday and Friday and 1-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and

to receive library materials in their mailboxes. Services include assistance with electronic databases, registration and clearing. Computers, a small study room and free paperbacks are available. Items may be returned to the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

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

NEW – Postal Office Hours Change – Mannheim postal facilities will change their operating hours beginning Jan. 30. The finance window at Postal Service Center 418 on Coleman Barracks will be open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room hours will be 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays. At postal service center 437, finance will be open 10 a.m.-5 p.m. Tuesday and Thursday and 10 a.m.-4 p.m. Saturday. The community mail room will be open 11 a.m.-6 p.m. Tuesday and Thursday, 10 a.m.-4 p.m. Saturday and closed Mondays, Wednesdays and Fridays.

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, 10 a.m.-2 p.m. Saturdays and closed American and German holidays. DSN 380-4435, civ. 0621-730-4633.

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

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

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

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

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

Veterinary Treatment Facility – The vet office is closed. Veterinary care is available at the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. All records from the Mannheim clinic have been transferred to Heidelberg. DSN 388-9469, civ. 06221-338-9469.

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

Heidelberg

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

Drivers Testing – All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours

7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

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

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

Postal Finance and Official Mail Service – The Postal Finance and Official Mail service at postal service center 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.

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

NEW – Postal Office Hours Change – Beginning Jan. 30, the Heidelberg Army Post Office on the Shopping Center will be open 10 a.m.-4 p.m. Tuesday, Wednesday, Friday and Saturday, 11 a.m.-5 p.m. Thursday and closed Mondays. The post office on Patrick Henry Village in Heidelberg will be open 10 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays.

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

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

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

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

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

NEW – Wiesbaden Shuttle Bus – The weekday shuttle bus schedule for U.S. Army Europe Soldiers and Department of Defense employees traveling to and from Wiesbaden and Heidelberg has been set. The route 1 bus from Heidelberg to Wiesbaden will depart Patrick Henry Village Pavilion, Bldg. 4507, at 6:15 a.m. and arrive at the Community Bank, Bldg. 1021, on Wiesbaden Army Airfield at 7:30 a.m. The return bus will depart WAAF at 4 p.m. and arrive at the Village Pavilion at 5:15 p.m. The route 2 bus from Wiesbaden to Heidelberg departs from the Wiesbaden Entertainment Center, Bldg. 7891, on Hainerberg at 6:15 a.m. and arrives on Campbell Barracks, Bldg. 31M, at 7:30 a.m. It departs Campbell Barracks, Bldg. 31M, at 4 p.m. and arrives on Hainerberg at 5:15 p.m.

Faces of the community: Child Development Center



Rudi Frei

U.S. Army Europe Commanding General Lt. Gen. Mark Hertling and his wife Sue discuss possible transition plans for the Child Development Center on Patrick Henry Village in Heidelberg Jan. 9 while Micah Fields, U.S. Army Garrison Baden-Württemberg CDC director, looks on. The Hertlings visited Heidelberg to gauge the military community quality of life, to address the concerns of community members and garrison staff and to assess certain locations that will be affected by the upcoming community closure due to the Army transformation in Europe.

Army pauses joint Enterprise email migration

By Margaret McBride
ARMY NEWS SERVICE

WASHINGTON – The Army has suspended its migration to joint Enterprise email to comply with provisions in the fiscal year 2012 National Defense Authorization Act signed into law Dec. 31.

The Army expects that full operating capability for Enterprise email users on the non-classified network or NIPRNet – previously planned for March 31 – will slip at least 45 days and possibly more, officials said.

The NDAA requires the secretary of the Army to designate its implementation of joint Enterprise email as a formal acquisition program with the Army Acquisition Executive as the milestone decision authority – which is in progress.

The Army is acquiring Joint Enterprise Email as a service through an agreement with the Defense Information Systems Agency, or DISA.

“The Army is using email services from the DoD private cloud instead of obtaining email from local email servers at each installation,” said Lt. Gen. Susan S. Lawrence, Army chief information officer and G-6. Joint Enterprise mail users with a common access card can access email from anywhere in DoD and collaborate with any user worldwide via the global address list and enterprise calendar sharing.

“We are significantly improving capabilities and security and simultaneously reducing costs,”

Lawrence said.

The Army has projected \$500 million in savings over five years. The restrictions on migration pertain to the Army; other organizations are not affected. The Army will continue sustainment and maintenance of organizations and sites already migrated to joint Enterprise email.

Per the authorization act, the Army cannot use FY12 funds to start migration of new organizations and installations to joint Enterprise email until 30 days after the report to Congress is delivered. The Army is preparing the report.

Migrations currently scheduled for January to March 2012 will be rescheduled, pending submission of a report to Congress by the secretary of the Army. Planning for NIPRNet Enterprise Email migration of still unscheduled Army organizations and activities with operationally-related temporary extensions will continue, with migration targeted for the June 2012 to March 2013 timeframe, G-6 officials said.

Over 302,000 Army and joint service users supported by the Army have already migrated – 44 percent of the March 31 goal. The delay will impact about 234,000 exchange users and 400,000 webmail-only users. A revised NIPRNet migration schedule is expected in early February, officials said.

The Army secure network, or SIPRNet, Enterprise email transition is still expected to occur from April 1 to Sept. 30.

Go ahead -- 'like' us!

bike for likes



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www.facebook.com/usarmyeurope

Hertling to bike for likes

USAREUR Public Affairs

Get the commanding general to bike for likes. If the U.S. Army Europe Facebook page tops 10,000 likes by the end of January, USAREUR Commander Lt. Gen. Mark Hertling has vowed to bike one mile for every new “like” the page gets by month’s end. To add your miles to the general’s two-wheeled trek, go to USAREUR’s Facebook page at www.facebook.com/USArmyEurope.

Register now for state primary elections

Voters from the states listed below should visit the FVAP.gov web portal to register and request their absentee ballot for the February, March and April 2012 Presidential Preference Primaries (P) and State Primaries (S). Thirty, 60 and 90 day notices for the 2012 state primaries are:

February Primaries – (30-day notice)

- Missouri (P): Feb. 7
- Arizona (P): Feb. 28
- Michigan (P): Feb. 28

March Primaries – (60-day notice)

- Georgia (P): March 6
- Massachusetts (P): March 6
- Ohio (P,S): March 6
- Oklahoma (P): March 6
- Tennessee (P): March 6
- Vermont (P): March 6
- Virginia (P): March 6
- Alabama (P,S): March 13
- Mississippi (P,S): March 13
- Illinois (P,S): March 20
- Louisiana (P,S): March 24

April Primaries – (90-day notice)

- District of Columbia (P,S): April 3
- Maryland (P,S): April 3
- Texas (P,S): April 3 (This is a change, the election was originally scheduled March 6)
- Wisconsin (P): April 3
- Alabama (primary runoff): April 24
- Connecticut (P): April 24
- Delaware (P): April 24
- New York (P): April 24
- Pennsylvania (P,S): April 24
- Rhode Island (P): April 24

SOURCE: USAG B-W Human Resources, www.fvap.gov

Hatch Act provides guidelines for federal employees' political activity

The political activity of government employees has been a concern of government officials since the earliest days of the Republic. Thomas Jefferson, the nation's third president, was among the first to express concern about this issue.

In response to Jefferson's concern, the heads of the executive departments issued an order which stated that while it is "the right of any officer (federal employee) to give his vote at elections as a qualified citizen ... it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Constitution ..."

However, despite the concerns of Jefferson and other American statesmen, almost a century and a half elapsed before Congress enacted a comprehensive law regarding the political activities of government employees.

In 1939, Congress approved landmark legislation known as the Hatch Act to limit the political activities of federal employees, employees of the District of Columbia and certain employees of state and local governments.

In passing the Hatch Act, Congress determined that partisan activity by federal employees, employees of the District of Columbia government and certain employees of state and local governments must be limited for public institutions to function fairly and effectively. The courts have held that the Hatch Act is not an unconstitutional infringement on employees' first amendment right to freedom of speech

because it specifically provides that employees retain the right to speak out on political subjects and candidates.

In October of 1993, legislation which substantially amended the Hatch Act was signed into law.

The Hatch Act Reform Amendments of 1993 permit most federal employees to take an active part in partisan political management and partisan political campaigns.

While federal employees are still prohibited from seeking public office in partisan elections, most employees are free to work, while off duty, on the partisan campaigns of candidates of their choice.

Permitted and prohibited activities for employees who may engage in partisan activity

- May be candidates for public office in nonpartisan elections
- May register and vote as they choose
- May assist in voter registration drives
- May express opinions about candidates and issues
- May contribute money to political organizations
- May attend political fundraising functions
- May attend and be active at political rallies and meetings
- May join and be an active member of a political party or club
- May sign nominating petitions
- May campaign for or against referendum questions, constitutional amendments, municipal ordinances
- May campaign for or against candidates in partisan elections
- May make campaign speeches for

Most federal employees may take an active part in partisan political management and partisan political campaigns.

- candidates in partisan elections
- May distribute campaign literature in partisan elections
 - May hold office in political clubs or parties including serving as a delegate to a convention
 - May not use their official authority or influence to interfere with an election
 - May not solicit, accept or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee
 - May not knowingly solicit or discourage the political activity of any person who has business before the agency
 - May not engage in political activity while on duty
 - May not engage in political activity in any government office
 - May not engage in political activity while wearing an official uniform
 - May not engage in political activity while using a government vehicle
 - May not be candidates for public office in partisan elections
 - May not wear political buttons on duty
- SOURCE: Political Activity and the Federal Employee

ICE
gets
results

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

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

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

garrison issues.

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

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

Issue: Shuttle bus from Kaiserslautern east to Ramstein

Scope

Kaiserslautern community members stressed a need for transportation from Army bases on the east side of Kaiserslautern to Ramstein Air Base.

Customer Feedback

- Those without cars lacked a way

to get to life support facilities on Vogelweh when facilities there closed due to new construction.

Command Response

The USAG Kaiserslautern Directorate of Logistics extended its current shuttle bus route and added a stop at

the passenger terminal on Ramstein Air Base, which is centrally located.

The shuttle bus is primarily for single Soldiers to perform official business, but the route is also open to all ID card holders on a space available basis.

What do you think?

Express your opinion on Facebook (www.facebook.com/bwnow or www.facebook.com/army.kaiserslautern) and BWnow (mybwnow.ning.com) by answering the Question of the Week: "What do you think of the shuttle bus service available from Kaiserslautern East to Ramstein Air Base?" Comments may also be emailed to the Herald Post at usaghd.post@eur.army.mil.

Heidelberg chaplains provide service through faith

By Sgt. Michael Reinsch
USAREUR PUBLIC AFFAIRS

Since the Continental Congress established chaplains in the Army of the United States on July 29, 1775, more than 25,000 chaplains and their assistants have served approximately 8 million Soldiers.

No matter where Soldiers are, there is a chaplain to provide support, like U.S. Army Garrison Baden-Württemberg Chaplain (Maj.) Donald W. Kammer, chaplain for the Heidelberg community and the Mark Twain Village Chapel.

"If there is any kind of resource that a Soldier can reach out to, I would think one of the best is the Army chaplaincy," said Kammer, a 25-year Army veteran.

"A chaplain provides religious support for America's Army and family members while also assisting commanders to ensure the free exercise of religion for all Soldiers," he said.

Kammer enlisted in the Army in 1976 when he was 18 years old. He made his way through the ranks from private to specialist and left the Army to pursue other career opportunities.

During this time, the St. Louis native attended the Assemblies of God Theological Seminary where he earned a master's of divinity degree in counseling and historical studies. He is also a graduate of Missouri State University and the College of William and Mary.

Kammer said he was drawn to the Christian ministry as a young Soldier, so in 1992, he was commissioned in the Army Reserve as a chaplain, served in the California Army National Guard and then returned to active duty in 1996.

"Chaplains are professionals who have a unique expertise and they

"One of the things about Army chaplains: they are always available; they are with Soldiers at home in garrison and in a combat environment."

—Chaplain (Maj.) Donald Kammer, USAG Baden-Württemberg

choose to come into the military to share that unique ability," Kammer said. "Chaplains must be servant leaders of integrity and also be willing to give their lives for the flock, for the people we serve."

One of the major goals of all chaplains is to build a rapport with their community. Doing so gives the chaplain the ability to communicate freely with their potential audience, added Kammer.

"Chaplains strive to cultivate positive morale and build up communities of openness and trust," he said. "We try to bring our community together through increasing trust and nurturing community religious events."

But a chaplain doesn't provide this support alone. Wherever a chaplain serves, a chaplain assistant is also engaged.

Chaplain assistants are the right hand of every chaplain. They help with everything from administrative work to protecting the non-combatant chaplain from harm in combat.

"Our main job is to support the chaplain and the chaplain's job is to fulfill the religious needs of the unit and the community he or she is assigned to," said Sgt. Jason Robinson,



Dijon Rolle

Chaplain (Maj.) Donald Kammer skims the pages of a prayer guide during a few quiet moments in his office located downstairs in the Mark Twain Village Chapel in Heidelberg Jan.17.

Kammer's assistant and a Merritt Island, Fla., native.

Both the chaplain and the assistant must always protect the confidential information of Soldiers and family members who visit the chaplain for counseling. Chaplains are a good first source for anyone wishing to find help because of this confidentiality and because chaplains are aware of support networks for any situation.

"[Seeing a chaplain] is a good first stop because your chaplain isn't going to judge you," Robinson said. "They will sit there and listen to your issues and they will do their best to help you work through those issues or concerns."

According to Kammer, some of the biggest issues for our Army are the challenges of suicide prevention and sexual assault.

Chaplains assist with these issues by educating Soldiers on the topics and being available when Soldiers need someone to talk to if they have issues or questions.

The ability to trust a chaplain is absolutely important.

"I think Soldiers need to find help, and sometimes they have to do it immediately," Kammer said. "One of the things about Army chaplains: they are always available; they are with Soldiers at home in garrison and in a combat environment."

Unit Ministry Teams

Sgt. Esse Agnegue, left, a chaplain assistant for the U.S. Army Garrison Kaiserslautern, and Senior Master Sgt. Michael Golden, second from right, a chaplain assistant with the Landstuhl Regional Medical Center's chaplain ministry, provide cover for Capt. Andrew Arrington, second from left, a chaplain for 95th Military Police Battalion, and Capt. Archie Durham, right, a chaplain with the 21st Theater Sustainment Command's Special Troops Battalion, during Unit Ministry Team training in Kaiserslautern Jan. 5. UMT training keeps Soldiers ready for battlefield conditions to maintain readiness.



Sgt. Jasha Howard



U.S. Army

Army Reserve Soldiers render final honors at a Fallen Warrior ceremony at Fort Bragg, N.C., Jan. 10. The command's Soldiers and civilian employees honored seven Army Reserve Soldiers who made the ultimate sacrifice in Iraq and Afghanistan.



Sgt. Sean McLaughlin

Sgt. 1st Class Jason Parlor of the Joint Multinational Readiness Center's Badger Team, a specialized counter-improvised explosive device training team and counter-IED subject matter expert, briefs Bulgarian soldiers from Operational Mentor Liaison Team 10 during C-IED training at the Joint Multinational Readiness Center in Hohenfels Jan. 10. JMRC's OMLT training is NATO-centralized, pre-deployment training and prepares OMLTs for missions in Afghanistan. The JMRC is the U.S. Army's only training center outside the United States and forward-deployed in Europe and regularly trains U.S. and multi-national forces.



Staff Sgt. Matthew Graham

Soldiers use an engagement skills trainer at Fort Campbell, Ky., Jan. 10. The machine gives trainees a realistic experience from a simulated range scenario. The simulated ranges saves the Army money and lessens the risk associated with firing live ammunition. The Soldiers are assigned to the 101st Airborne Division's Company I, 2nd Battalion, 506th Infantry Regiment, 4th Brigade Combat Team.



Spc. Balinda O'Neal

Alaska Army National Guardsmen clear the roof on a building in Cordova, Alaska, Jan. 9. The Guardsmen were sent in to clear roads, roofs and boats after several winter storms dropped nearly 18 feet of snow in the region.

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U.S. Army

A Soldier wearing the Operation Enduring Freedom Camouflage Pattern, or OCP, uses an M14 Enhanced Battle Rifle. The OCP pattern was developed to help Soldiers blend in better in Afghanistan. Now, the Army is developing a new set of uniform patterns for all Soldiers, as part of the phase IV camouflage effort.

Army one step closer to replacement for ACU pattern

Four camouflage patterns to be tested in the next nine months

Army News Service

WASHINGTON – The Army is now one step closer to selecting a new set of camouflage patterns that could replace what Soldiers are wearing now in most places.

As part of the phase IV camouflage effort, the Army this week awarded contracts to five vendors – selected from an initial 20 – to each provide enough fabric in the new camouflage patterns they have developed to produce 150 uniforms for the Army to test.

Each vendor had been asked to produce a family of camouflage patterns, including one that would be suitable in a woodland environment, one that would be suitable in a desert environment and one that would work in a transitional environment.

The Army will spend the next nine months testing the effectiveness of those patterns.

“To really have confidence in being able to make a recommendation to senior leaders, we need to do field trials,” said Col. William Cole, of program executive office Soldier. “We are looking forward to getting out into the woods,

into the deserts, into the transitional areas and having real Soldiers wear these uniforms and have real Soldiers observe them.”

Cole said the Army will use both real world testing in varying terrains and conditions, as well as more advanced computer testing to evaluate the patterns.

“We’re going to put them through the ringer,” he said.

Due to the varying types of terrain Soldiers operate in, Cole said the Army had found “we can’t really have one pattern that is as effective as we’d like in every single terrain type.”

Today, most Soldiers wear the Army combat uniform. The ACU bears the Universal Camouflage Pattern, the familiar grey and blue digital pattern. In Afghanistan, Soldiers also have the Operation Enduring Freedom camouflage pattern, or OCP, available for wear.

Each vendor developed three patterns with the same geometry – the shapes on the fabric – but with different color palettes. Additionally, the vendors were to develop a fourth coordinated pattern, or name one of the three already in their family of pat-

terns, that would work well with all three patterns. That fourth pattern is for use on organizational clothing and individual equipment, or OCIE.

Cole said that OCIE, things like belts, protective vests, ruck sacks and plate carriers, are more expensive than a Soldier’s regular uniform. The Army doesn’t want to maintain OCIE in each of the three patterns, so instead the Army will have it in one pattern that looks good with all three of the uniform pattern variants.

Cole said other organizations have OCIE that is a solid color, but he said “we were hoping we could do better than that,” and the Army asked industry to come up with an OCIE pattern to break up solid color “and still look good on all three uniform patterns.”

“We had seen some examples of grossly mismatched OCIE in uniforms in the early part of Iraqi Freedom – we didn’t want to have any telltale signs of where the OCIE, the vest and armor stopped and where the rest of the body began,” Cole said.

Many vendors have chosen their transitional pattern for use on the OCIE, Cole said.

Each of the five vendors will now produce enough fabric to build 50 uniforms out of each of their three submitted patterns – for a total of 150 uniforms from each company. In all, the Army will have 750 uniforms for use in its testing.

“We are looking forward to getting out into the woods, into the deserts, into the transitional areas and having real Soldiers wear these uniforms and have real Soldiers observe them.”

–Col. William Cole, Program Executive Office Soldier

Cole said by October, PEO Soldier will have completed testing of the patterns and will be able to make recommendations to Army senior leadership about the way ahead.

“There’s a lot to do between now and October, but that’s our plan,” Cole said. “Complete the field trials and complete the more sensitive computer simulations and come back to senior leaders in October and lay out the results of what we found and have a recommendation.”

The five vendors awarded contracts are Atlantic Diving Supply, Inc., Virginia Beach, Va.; Brookwood Companies Inc., New York, N.Y.; Crye Precision, LLC, Brooklyn, N.Y.; Kryptek Inc., Fairbanks, Alaska; U.S. Army Natick Soldier Research, Development and Engineering Center, Natick, Mass.

Protect against identity theft

12 million targeted in two-year period

Patton Law Center

According to a recent Bureau of Justice statistics report, almost 12 million people experienced at least one attempted or successful incident of identity theft during a recent two year period.

Thus, the need for fraud prevention vigilance is growing. What follows are six common sense ideas to protect yourself against identity theft.

1st, the pervasiveness of the Internet has greatly changed the amount of personal information that is available to the general public. This gives criminals, hackers and other malicious people an easy opportunity to misuse personal data over which we sometimes have little or no control. Accordingly everyone should remain vigilant over what they place on the Internet and ensure proper controls and blockers are in place.

2nd, never anticipate that criminals only target wealthy people. Thieves target people who are vulnerable and these may be the young, old or even those with little assets. Bank statements, credit reports, credit card bills and similar documents should be carefully reviewed whenever received and any

discrepancies should be dealt with promptly.

3rd, protect your documents. Always shred personal documents before you place them in the trash to help ensure malicious people do not have easy access to much of your personal information.

4th, an unprotected Wi-Fi account can be very dangerous to the account holder. You should always secure your Wi-Fi account. It is dangerous to do banking or any on-line transaction at a public location through a wireless connection.

5th, thieves see social media outlets as great opportunities to gather all sorts of personal data that they can later use for identity theft and other criminal purposes. Anyone who uses such outlets should be particularly vigilant and employ safeguards offered by the outlet. It is also possible to purchase commercial products which help monitor whether your identity has been compromised and help maintain more control over your identity and prevent your personal information from getting into the wrong hands.

6th, within the digital realm ensure your protective software such as antivirus, antispyware and firewalls are installed and updated. You should also utilize strong passwords to help prevent unauthorized access to your records and accounts.

If you have issues pertaining to identity theft, your nearest legal assistance office can help.

PATROLS

continued from page 1

Stadtreicher added that joint patrols were conducted regularly until the late '80s and that there have been random ride-alongs and joint patrols in the Heidelberg area for the last four to five years.

Regular Christmas market patrols were conducted for the first time this past year.

In early November, Pfc. Jacob Dummitt was notified that he would be one of the Soldiers participating.

"I enjoyed going out," Dummitt said. "It was different for me because I was used to working on post where you know everybody and you're a bit more comfortable with everyone, but working downtown, you don't always know what's going on."

The Metropolis, Ill., native said he relied heavily on his knowledge of "working the road" to help him navigate the crowded cobblestone streets of downtown Heidelberg on foot and to handle a

swarm of local children that surrounded him and Stadtreicher upon sight.

During their shifts, patrol members focused on providing support to U.S. civilians and military personnel downtown and if necessary, assisting local authorities with processing them for committing crimes and misdemeanors.

Both Stadtreicher and Dummitt admitted they noticed more than a few stares as they made their way through

the heart of Heidelberg's annual Christmas market but overall the response to their presence was positive.

"It's good for us as military police to go out and put a face on what we do and interact with the local population and experience their culture," Dummitt said.

Stadtreicher has 17 years of experience in law enforcement, six of those on the streets of Heidelberg.

"It was very positive and very welcoming. Many were

surprised to see the patrols but they thought it was a great idea. This could be said for both German and U.S. citizens," Stadtreicher said. "Many German citizens also expressed their sadness about the U.S. Army leaving Heidelberg in the near future."

Stadtreicher added there are plans to continue to conduct the joint patrols randomly on Friday and Saturday nights in the downtown Heidelberg area and again during this year's holiday season.

MOMS

continued from page 1

child abuse and neglect, Shapland, 32, whose husband serves in the Air Force, had a far different motive in joining.

"I was simply looking for something social where I could share with and learn from other moms going through the same experiences," Shapland said.

It's that interaction, plus access to community resources, that can help parents when stressful or difficult situations arise, said Yonette Davison, manager of the garrison's FAP program.

"Our 'zero to three' program is the cornerstone prevention program for community members," Davison said. "New parent support also offers a home visiting program and ongoing classes such as Basic Training for New Parents and Boot Camp for Dads."

The FAP program also offers several stress and anger management classes. In addition, courses are available for couples and marriage enrichment, she said. In the new mom's group, coordinators organize interesting and informative guest speakers, Shapland said.

Since then, the program has offered some unique opportunities, to

include baby massage, baby signing, physical development, new mom exercise and pediatric dentistry.

"While moms are learning, the little ones are playing together on the floor or in our laps," Shapland said. "There's usually someone with a baby a little bigger than yours who can answer your questions, and equally someone with questions of their own."

The Kaiserslautern Military Community, like any other U.S. military community, sees cases of child abuse — often in the form of discipline that goes too far and bruises or marks are left on the child, said Lt. Col. Lars Zetterstrom, commander of U.S.

Army Garrison Kaiserslautern.

"This is a problem that we can stem by talking about it. Turning a blind eye or avoiding the problem is unacceptable," Zetterstrom said. "We need to know how to identify the problem and where to turn to for help."

Military community members found to be most at risk are younger parents, age 18 to 25, with their first child and on their first enlistment in the Army, Davison said.

"But, anyone can take advantages of these free resources," she said.

For information on classes offered through the Family Advocacy program, call civ. 0631-3406-4228.

Join BW's virtual community — BWnow

♦ Get a complete and up-to-date list of community events, announcements and news.

♦ Share your opinion with others in the community and find out what they think in the forum discussion boards.

♦ Let the command group know your thoughts on hot topics through the Question of the Week, and you might see your answer in the Herald Post.

QUESTION OF THE WEEK:

"What lifestyle changes have you implemented for the New Year?"

To join, go to mybwnow.ning.com. We're your source for community information.



*"... look at a kids' face.
A smile says a thousand words."*

File image

Youth sports offer something for everyone

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Kids don't have to be the next Lindsey Vonn or Kobe Bryant to participate in year-round youth sports offered by U.S. Army Garrison Baden-Württemberg Child, Youth and School Services.

Until March 17, CYSS-enrolled youth ages 4-15 of all athletic levels can still participate in winter sports, which include basketball, cheerleading and wrestling. Games for children ages 4-8 start Saturday.

According to CYSS Sport and Fitness Director John C. English, one of the program's goals is to make sure players have a good time and build friendships.

"We are all about having fun and presenting opportunities and creating dreams. I've not met a kid yet who played CYS ball and became an athlete the next day."

English should know. Since 1977, he has coached countless athletes, including celebrities Christina Aguilera, Mia Hamm and Shaquille O'Neil, but the CYSS program is different than those that only focus on the big win.

"Eighty percent of the sports these kids play, they will associate with the rest of their lives. Imagine if you're playing the Super Bowl, and it's all

you're shooting for. What happens when you don't win? Around the military, we are always talking about establishing a work ethic. Sports shouldn't be like that," he said.

CYSS sports are sought-after because Department of Defense Dependents Schools don't have the resources or the facilities to accommodate the volume of recreational sports.

The programs offered to the minors and below, or Bambinos (ages 4 and 5) and Peewees (ages 8 and 9), are non-competitive, but the older players compete against other teams.

Ten-12-year-olds play against teams within the USAG B-W footprint, which includes Heidelberg and Mannheim. Junior boys and girls age 13-15 play teams within IMCOM-E: USAG Wiesbaden, Baumholder and Stuttgart and USAG Schinnen in the Netherlands. Youth enrolled in Kaiserslautern's CYSS play in the Air Force league.

"It helps them meet new friends when they are coming from one post to the other. It also helps them to not be alone. If you know sports, when you get to a new post, it's how you meet those new friends. It's about being accepted and part of something. All you have to do is look at a kid's face. A smile says a thousand words,"



File image

English said.

Registration for spring sports for youth ages 4-15 is now through March 2 and starts on or about March 13. Winter sports will overlap spring sports by a few days.

Tournaments

Junior boys basketball tournament is scheduled March 9-11 in Wiesbaden, and the girls will be in Baumholder the same dates.

The cheerleading invitation tournament, the first one in six years, is March 17 at the Sports Arena in Mannheim.

Volunteers

Child, Youth and School Services always need volunteer coaches and officials. For information, call DSN 388-9397, civ. 06221-338-9397.

The upcoming season's sports leagues include baseball, softball and soccer.

For baseball and soccer, ages 4-5 can participate in T-ball, and 6-7 can play Pee Wee. Minors are ages 8-9, Bantam is for ages 10-12 and Junior is 13-15.

For softball, Bantam is for 10-12 and Junior for ages 13-15. Golf, tennis and track and field are also available for ages 8-15.

Interested players can sign up on the CYSS website, mwrgermany.com/cysservices.html, or visit Parent Central Services in Bldg. 4443 on Patrick Henry Village in Heidelberg. Physicals are not required at sign-up, but they must be provided before children can participate. Physicals must be valid the duration of the season.

GERMAN COOKING

Cabbage Stew

Ingredients

- 1 head of white cabbage
- 3 onions
- 3 cups plus 3 tablespoons soup stock
- 1 tablespoon coriander
- 1 tablespoon sugar
- 2 teaspoons pepper
- 1 tablespoon salt
- Cumin powder or seeds
- 1 pound ground beef
- 6 tablespoons olive oil

Preparation

- Remove the cabbage from its trunk and cut into thin strips.
- Using a big stock pot, heat the olive oil and add the cabbage.
- Brown the cabbage on high.
- In a separate pot, brown chopped onions and ground beef until well done.
- Add the mixture and the spices to the cabbage and cover with the soup stock.
- Bring mix to a boil, reduce heat and let simmer for 20 minutes.
- To thicken the stew mix, add a tablespoon of flour with some water and mix well.
- Add to the stew and bring to a short boil.

Source: Birgit Thompson, USAG Stuttgart Public Affairs



DEAR MS.
Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @ [dearmsvicki](https://twitter.com/dearmsvicki), or visit www.dearmsvicki.com.

Ms. Vicki's Quickie Quiz

Answering yes to any of the following questions might mean you're in an unhealthy relationship.

5 You can't see him often because he travels a lot for work, he's in the military on a covert assignment or he works undercover for the CIA. This guy won't give you any information about where he works, what company he works for or what type of job he holds. Everything is a secret. This is a red flag.

4 You've known him for only two weeks and he's already borrowing money from you. What's even more shocking is that you give him the money. Giving him the money means that you are desperate and are a true basket case. This guy is out for

three things: to sleep with you, and to take your money and run. However, don't be surprised if he surfaces again, but only because he ran out of money or options for his other needs.

3 He can't commit to you because he just got out of a bad relationship. If only he'd met you sooner, you would be the perfect angel sent straight from heaven. He's a gamer. He has a string of bad relationships, and he's the common denominator. If you think, "Well, I can change him, I'm different and not like the other women in his life and he will commit to me," you are dead wrong. In his relationships, it's all about him and not you.

2 He comes to your place late at night, and his place is off

limits. Again, he's so busy with his covert job and undercover missions that he has to see you at night; it's for your own protection. Being out together during the day would be placing your own life at risk. He doesn't want anything to happen to you. Now you're in hiding, too. If you believe this guy, I have some oceanside property to sell you in Dallas.

1 He won't introduce you to any of his family members or friends. Trust me, if you don't know any of them, it's because he has a lot to hide, and there are an enormous amount of skeletons in his closet just trying to get out. This guy is married with children, or he's in a relationship with you and several other women, too.

Minimalist running shoes: use caution

By Maj. Zack Solomon

PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

In 1974, Bill Bowerman (co-founder of Nike) created one of the first modern-day running shoes, the "Waffle Trainer," in an effort to create a lightweight shoe that would grip the road.

This shoe launched a revolution in running shoe design and probably triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s.

Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn't lived up to runners'

expectations as running injuries persisted. As well, multiple U.S. Army Public Health Command studies in basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged – the minimalist running shoe. A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries.

Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe

to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, for example stress fractures.

The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and fore-foot strike.

The following are a few tips to make a smooth transition.

- Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.
- No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.
- Avoid running two days in a row in minimalist running shoes for the first four weeks.



- Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.
- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For information or if problems develop from changes in training or equipment, Soldiers should contact a medical provider or physical therapist.

GET OUT!

area events

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

January 19

The North American Film Festival – Stuttgart hosts this film festival through Jan. 22 spotlighting the movies of Native American directors, producers and actors at the Treffpunkt Rottebühnplatz. Civ. 07531-57794.

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

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

Kaiserslautern on Ice – Glide and twirl over 600 square feet of ice under a cozy tent on the Kaiserslautern ice rink in the heart of the city in the area of the Kaiserslautern Gartenschau. Rink is open 9 a.m.-9 p.m. Monday-Thursday and 9 a.m.-10 p.m. Friday-Saturday through Feb. 13.

January 20

Music Festivals - Tickets are on sale for Germany's most popular twin open air festivals Rock at the Ring/Rock at the Park, held simultaneously at the Nürburgring race track and at Nuremberg's Zeppelinfeld June 1-3. International headlines include Metallica, Linkin Park, Soundgarden, Billy Talent, Gossip, The Offspring, Motorhead and Marilyn Manson. These artists are complemented by an impressive list of primarily British and German bands who have garnered national fame in their home countries. Ticket price includes sales fees, parking and camping permissions. For a complete listing of performers, ticket and other detailed info visit www.bb-promotion.com.

January 21

Martin Luther King Jr. – The Rhein-Neckar Branch of the National Association for the Advancement of Colored People and the Deutsch-Amerikanisches Institut will jointly sponsor the 26th annual international commemoration of the birthday of Dr. Martin Luther King Jr. 6 p.m. at the Providenz Kirche (Providence Church) in Heidelberg at Hauptstrasse 90a. A panel

discussion of King and social transformation relevance today will be held 7 p.m. Jan. 20. Both events are free and open to the public. Civ. 0176-8011-7851.

Fasching Parade – This parade in Bodelshausen celebrates the 35th anniversary of the Buzi Bodelshausen fools. The event also features a colorful foil village and more in the center of town starting at 2 p.m.

Frankfurt Airport Tour – Enjoy this exciting and unique tour of Frankfurt and the Frankfurt International Airport. Go behind the scenes and learn more about the operations, history and future plans of this world-class facility. Next explore some of the highlights of Frankfurt, including the Cathedral and the Römerplatz. Tour also includes time for exploring and shopping. <http://affiliates.uso.org/rheinmain>.

January 25

Gospel Singers – Queen Esther Marrow's The Harlem Gospel Singers will perform at the Alte Oper in Frankfurt 8 p.m. Jan. 25-26. Tickets available at www.bb-promotion.com.

January 26

Beatles Tribute – Tickets are now on sale for the musical All You Need is Love. The show inspired by the music of the Beatles, begins at 8 p.m. Feb. 28 at the Rosengarten's Congress Center in Mannheim. Tickets: www.bb-promotion.com.

January 27

Festspielhaus Baden-Baden – Festspielhaus Baden-Baden, the city's world-famous opera and concert hall, also bears the unique distinction of being Germany's largest. Take a guided, behind-the-scenes tour through the Festspielhaus and discover theater secrets, visit the artists' dressing rooms, and relive magical moments in the Festspielhaus' history. Advance reservations are essential as places on the tour are strictly limited. Past seasons have included performances of Othello, A Streetcar Named Desire performed by the Hamburg Ballet, the Children's Music Festival, a Celebrate Billie Holiday evening, the Trumpet Gala and a performance of The Nutcracker, performed by the Marinsky St. Petersburg Ballet. Check the Festspielhaus Baden-Baden's website for this season's special events. Beim Alten Bahnhof 2, Baden-Baden, 76530. Civ. 07221-301-3101. www.buzzoffbase.com.

January 28

Penny Bazaar – The 31st annual Mannheim Penny Bazaar will be at the Rosengarten in Mannheim through Feb. 4. Donations will be accepted 10 a.m.-3 p.m.

Jan. 28 and 10 a.m.-6 p.m. Jan. 30. The bazaar begins 11 a.m.-6 p.m. Feb. 2, 11 a.m., 10 a.m.-6 p.m. Feb. 3 and 10 a.m.-2 p.m. Feb. 4.

Brussels – Visit one of Europe's most famous capitals known for its international flair. A city bustling with activity, beautiful shops and myriad museums. Enjoy a city tour and visit the beautiful main square, La Grand Place, the famous statue Manneken-Pis and more. <http://affiliates.uso.org/kaiserslautern>.

January 29

Böblingen Night of Dance – This international dance show features scenes from classics such as Riverdance, Swan Lake, Dirty Dancing, Grease, Lord of the Dance and many more. Tickets: www.asa-event.de.

January 30

Ritter Sport Chocolate Factory – Take a sweet trip to one of the biggest chocolate stores in Germany and home to the company's actual production factory in Waldenbuch. Unfortunately, factory tours are not available, but the factory store houses hundreds of delicious offerings, a museum and a café for relaxing. Purchase Ritter chocolate at low factory prices and sample brand new, test products. Opening Hours: 8 a.m.-6:30 p.m. Monday to Friday and 9 a.m.-6 p.m. Saturday. Alfred-Ritter-Straße 25, Waldenbuch, 71111. www.buzzoffbase.com.

February 11

Art Exhibit – Local artists David Sohl and Andrew Washington will present their latest works to the public during Sohl and Washington: Two Artists - One Exhibition at 3 p.m. through Feb. 25. Schulstrasse 2, 69214, Eppelheim. Civ. 06221-79-4404.

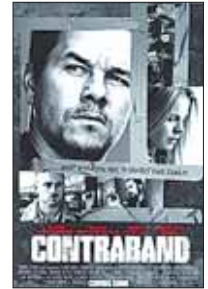
February 16

Carnevale in Venice – Experience Carnevale weekend in Venice and participate in this festive celebration while strolling through beautiful Northern Italy. Enjoy a guided tour through this famous city and see the canals, bridges and the imaginative, elaborate costumes of the Carnevale. After taking in the sights of Venice, the tour will proceed on to Florence, a city considered by many to be the cradle of the Renaissance. View the breathtaking buildings and works of art such as the Duomo and the Baptistery, and the Basilica of Santa Croce with the tombs of Michelangelo, Macchiavelli, and Galileo. On the Piazza di Signoria, enjoy a replica of Michelangelo's David. Florence is also full of gold shops, leather goods and large open-air markets that offer straw goods, embroidery, silver and unique souvenirs. <http://affiliates.uso.org/kaiserslautern>.

coming to THEATERS

CONTRABAND

(Mark Wahlberg) Chris Farraday long ago abandoned his life of crime, but after his brother-in-law, Andy, botches a drug deal for his ruthless boss, Chris is forced back into doing what he does best – running contraband-to settle Andy's debt. Chris is a legendary smuggler and quickly assembles a crew with the help of his best friend, Sebastian, to head to Panama and return with millions in counterfeit bills. (Rated R for violence, pervasive language and brief drug use) 110 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Jan. 19 - A VERY HAROLD & KUMAR CHRISTMAS (R) 7 p.m.
Jan. 20 - CONTRABAND (R) 7 p.m.; CONTRABAND (R) 10 p.m.
Jan. 21 - JACK AND JILL (PG) 4 p.m.; CONTRABAND (R) 7 p.m.; IMMORTALS (R) 10 p.m.
Jan. 22 - JACK AND JILL (PG) 4 p.m.; CONTRABAND (R) 7 p.m.
Jan. 23 - IMMORTALS (R) 7 p.m.
Jan. 24 - JACK AND JILL (PG) 7 p.m.
Jan. 25 - CONTRABAND (R) 7 p.m.
Jan. 26 - IMMORTALS (R) 7 p.m.

Vogelweh, Galaxy

Jan. 20 - JOYFUL NOISE (PG-13) 7 p.m.
Jan. 21 - TOWER HEIST (PG-13) 4 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 7 p.m.
Jan. 22 - TOWER HEIST (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

Jan. 19 - JOYFUL NOISE (PG-13) 11 a.m., 1:45 p.m., 4:45 p.m., 7:45 p.m.; TOWER HEIST (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; A VERY HAROLD & KUMAR CHRISTMAS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; CARS (G) 11:15 a.m., 1:45 p.m.
Jan. 20 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m., 9 p.m.; WINNIE THE POOH (G) 11:30 a.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.; Jan. 21 - CONTRABAND (R) 1100 1345 1630 1915 2200; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m., 9 p.m.; WINNIE THE POOH (G) 11:30 p.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.
Jan. 22 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; WINNIE THE POOH (G) 11:30 a.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.
Jan. 23 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; WINNIE THE POOH (G) 11:30 a.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.
Jan. 24 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; WINNIE THE POOH (G) 11:30 a.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.
Jan. 25 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; JACK AND JILL (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; WINNIE THE POOH (G) 11:30 a.m., 4 p.m.; KUNG FU PANDA 2 (PG) 1:15 p.m., 5:45 p.m.
Jan. 26 - CONTRABAND (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; JACK AND JILL (PG) 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; IMMORTALS (R) 11:15 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m., 9 p.m.; WINNIE THE POOH (G) 11:30 a.m.

THEATER INFORMATION

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

Visit www.aafes.com for updated listings and more movie descriptions
Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Jan. 19-25 - GIRL WITH THE DRAGON TATTOO (R) 7:30 p.m. at CinemaxX
Jan. 25 - J. EDGAR (R) 5:15 p.m. at Cineplex; DRIVE (R) 8 p.m. at CinemaxX

community HIGHLIGHTS

Army OCS Board

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

GSA Fleet Vehicle Sale

EURO Interagency Fleet Management System will hold a live public auction via the Internet of used U.S. government vehicles until Jan. 22. Photos, descriptions and minimum bid starting prices can be found at www.vebeg.de/web/en/auktionen/index.htm.

Town Hall Meetings

U.S. Army Garrison Baden-Württemberg will hold a town hall meeting 2 p.m. Jan. 26 in the Patrick Henry Village Pavilion in Heidelberg that will be streamed live on the garrison's Facebook page. Questions may be submitted in-person, to the garrison's Facebook wall at www.facebook.com/bwnow or to the BNow site at mybwnow.ning.com. Questions may also be emailed by Jan. 25 to the Herald Post with subject line "Jan. 26 Town Hall" at usaghd.post@eur.army.mil. U.S. Army Europe and USAG Wiesbaden will also host a town hall meeting 1 p.m. Feb. 16 at the Patrick Henry Village theater in Heidelberg.

Asymmetric Warfare Group

The U.S. Army Asymmetric Warfare Group is seeking experienced officers and non commissioned officers who are adaptive, problem solvers, highly trainable and motivated to fill operational advisor and operational support and staff positions. An information and recruiting brief will be held 10 a.m.-noon Jan. 30 in the Casablanca Room, Bldg. 31, on Campbell Barracks in Heidelberg. To apply, visit www.awg.army.mil prior to the brief. Civ. (U.S.) 301-833-5366, awg_recruiter@us.army.mil.

Army Homefront Fund

The Army Homefront Fund provides financial aid to wounded warriors and their families. It partners with the Warrior Transition Command and non-profit agencies to provide grants for emergency financial assistance and food, transitional family housing, emergency home repairs, critical baby items, vehicle repair service, furniture and household items, local moving assistance and retreats for spouses of wounded warriors. Soldiers can apply for assistance at www.armyhomefrontfund.org/Mafa.aspx.

local EMPLOYMENT

University Of Phoenix Faculty

Professionals who have graduate degrees and in-depth field knowledge are needed to teach 6-10 p.m. one night a week at the University of Phoenix campuses on Patton Barracks in Heidelberg and on Ramstein Air Base in Kaiserslautern. http://www.phoenix.edu/faculty/become_a_faculty_member/overseas_military_instruction.html.

KAISERSLAUTERN Education

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

Community

♦ **Open Mic Night** – Sign up to sing, play an instrument, recite poetry or show off comedy skills starting 6:30 p.m. Jan. 19 and Thursdays at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.
♦ **Stuffed Animal Sleepover** – Children can bring a stuffed animal for story time 6 p.m. Jan. 20 at the Kaiserslautern Library in Bldg. 3810 on Landstuhl, then return the next morning from 9-11 a.m. to enjoy a breakfast muffin to look at pictures from the sleepover. DSN 486-8390, civ. 0637-186-8390.

♦ **Trekkie Party** – Beam yourself up to Armstrong's Club, Bldg. 1036, Vogelweh Housing, for a cosmic evening of fun 9 p.m.-2 a.m. Jan. 20. Wear a Star Trek costume and play Star Trek trivia for prizes. Civ. 0631-354-9986.

♦ **Digital Cable** – Telepost Kabel-Service now offers digital cable TV to Ramstein Air Base, Landstuhl, Vogelweh and Daenner, Kleber, Panzer, Sembach Kasernes. The Exchange Europe commander and the TKS managing director will present the newly launched digiCABLE platform at noon Jan. 23 at TKS Shop Ramstein on the upper level of the KMCC. Civ. 0631-352-2302, www.tksable.com/cabletv/digicable.aspx.

♦ **Abuse Survivor Peer Group** – The incest, sexual abuse and assault survivors peer group meets 6-8 p.m. Jan. 25 and every Wednesday in the Yellow Ribbon Room in Bldg. 2926 on Pulaski Barracks. Children under 16 must be accompanied by a parent or guardian. Civ. 01609-797-8785.

♦ **Cinema Sunday** – Watch Bee Movie while snacking on free popcorn 2:30-6:30 p.m. Jan. 29 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Children 12 and younger receive free snack bags. Civ. 0631-536-6000.

HEIDELBERG Education

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

Education is a mandatory pre-test for FAST and must be completed by Jan. 24. DSN 373-6176.

♦ **Beginner Italian** – Beginner Italian classes are available for ages 15 and older 6:30-8 p.m. Mondays and Wednesdays March 5-May 30 at the USO on the Community Support Center. Enrollment is limited. Sign up at the USO. DSN 370-7924, civ. 06221-57-7924.

♦ **Beginner German** – Beginner German classes are available for ages 15 and older 6:30-8 p.m. Tuesdays and Thursdays March 6-May 31 at the USO on the Community Support Center. Enrollment is limited. Sign up at the USO. DSN 370-7924, civ. 06221-57-7924.

♦ **ACS Classes** – Car Seat Safety Checks (by appointment only) Jan. 23, ACS Annex, PHV, Bldg. 4531; Introduction to Microsoft Excel, 9-11 a.m. Jan. 24-25; Army Family Team Building Level III, 9 a.m.-2 p.m. Jan. 25-27; Volunteer Management Information System training, 10-11 a.m. Jan. 25; Bringing Baby Home, 5:30-8:30 p.m. Jan. 25; Anger Management for Warriors in Transition, 10-11:30 a.m. Jan. 26, 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 are in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted. DSN 370-6975, civ. 06221-57-6975.
Community
♦ **Parent To Parent** – Join Parent to Parent for coffee and a workshop about growing great readers 8:30 a.m. Jan. 20 at Patrick Henry Elementary School. PtoPHeidelberg@MilitaryChild.org.

♦ **After I Do** – Register by Jan. 20 to add spice and make marriage a priority in a four-part series 7-9 p.m. Feb. 3, March 2, 16 and April 6 at the ACS Annex, Bldg. 4531, PHV. Free child care is provided for children enrolled in Child, Youth and School Services. DSN 370-6975, civ. 06221-57-6975.
♦ **Technik Museum** – Visit the Sinsheim Technik Museum 9 a.m.-3 p.m. Jan. 21. The group will take public transportation from ACS, Bldg. 3850, Community Support Center. DSN 370-6975, civ. 06221-57-6975.

♦ **Swiss Chocolate, Cheese** – Join Army Outdoor Recreation on a chocolate and cheese tasting trip to the Swiss town of Gruyeres Jan. 21. DSN 338-9282, civ. 06221-338-9282.
♦ **Chinese New Year** – School Age Center-registered children and their families can celebrate the year of the dragon, make crafts, listen to Chinese folklore and watch the parade during a Chinese new year celebration 3:30-5:30 p.m. Jan. 23

at the School Age Center. DSN 370-8994, civ. 06221-57-8994.

♦ **Cooking Class** – Learn how to prepare Puerto Rico Lechón and Pigeon Peas rice during a free hands-on cooking class 10:30 a.m.-1 p.m. Jan. 25 at the commissary on Patrick Henry Village. Registration required: DSN 370-6883, civ. 06221-57-6883.

♦ **Community Bank** – The Community Bank on the Shopping Center will be closed Jan. 26 due to a teller systems upgrade. The Campbell Barracks branch will be open 9:30 a.m.-4 p.m. DSN 370-8580, civ. 06221-60-0862.

♦ **Bavarian Fairytale Castles** – Army Outdoor Recreation visits King Ludwig's Bavarian fairytale castles in Hohenschwangau Jan. 28. DSN 338-9282, civ. 06221-338-9282.

♦ **Disco Fever** – Dress in '70s-style clothing and join the disco party 4 p.m. Jan. 28 at Slapshots on Patton Barracks. DSN 373-5190, civ. 06221-17-5190. www.mwgermany.com.

♦ **HMS Yearbooks** – Heidelberg Middle School annuals for the 2011-12 school year are available online at internationalmemories.us and at the school. Contact HMS for user id and password to order online. DSN 388-9311, civ. 06221-338-9311.

♦ **Prayer Breakfast** – Tickets are available at the chaplain's office on Patton Barracks and the Mark Twain Village and Patrick Henry Village chapels for the National Prayer Breakfast 7-9 a.m. Feb. 3 at the Pavilion on PHV. Guest speaker is Bishop F. Richard Spencer, archdiocese for military services. DSN 373-6190, civ. 06221-17-6190.

♦ **Oratorical Scholarship** – High school students can compete in the 42nd annual American Legion high school oratorical scholarship program, sponsored by Rhein Neckar Post GR03, 10 a.m. Feb. 4 in Heidelberg High School, Room 342. Students will present an 8-10 minute oration. DSN 370-8236, civ. 06221-57-8236.

♦ **Breastfeeding 101** – Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne 9 a.m.-noon Feb. 7 and first Tuesdays. Sign-up is required. Civ. 06221-17-3200.

♦ **Tell Me A Story** – Parent to Parent will host Tell Me A Story 2-4 p.m. Feb. 12 at Patrick Henry Elementary School. Brig. Gen. Nadja West, commanding general of U.S. Army Europe Regional Medical Command, will read More Than Anything Else, the true story of Booker T. Washington and his quest to learn to read. Families will receive a copy of the book, and activities and snacks will be provided. Email registration request by Feb. 6 to PtoPHeidelberg@MilitaryChild.org.

♦ **Oklahoma! Auditions** – Actors, singers and dancers age 8 and older with and without experience can

bring prepared musical numbers to audition for the classic musical Oklahoma! 7 p.m. Feb. 21-22 at the Roadside Theater on Patton Barracks. Perusal scripts are available at the Roadside Theater. A pianist will be provided. Musicians, technical staff and crew are also needed. DSN 373-5020, civ. 06221-17-5020.

♦ **JROTC Uniforms** – The Heidelberg High School Army JROTC is accepting donations at the JROTC building (Bldg. 3744 on Mark Twain Village) of Army Combat Uniforms, Army Service Uniforms (Class As) and other equipment. DSN 370-8004, civ. 06221-57-8004.

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

♦ **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

Education

♦ **ACS Class** – Relationship Enrichment (three sessions), 6-8 p.m. Jan. 20, Feb. 17 and March 23, ACS, Sullivan Bks. Bldg. 246, Conference Room. DSN 370-6975, civ. 06221-57-6975.

Community

♦ **Prayer Breakfast** – Tickets are available at the chaplain's office on Benjamin Franklin Village for the National Prayer Breakfast 7-9 a.m. Feb. 3 at the Patrick Henry Village Pavilion in Heidelberg. Guest speaker is Bishop F. Richard Spencer. DSN 373-6190, civ. 06221-17-6190.

♦ **Variety Night** – Adults 18 and older can enjoy a variety of tunes 9 p.m.-2 a.m. Fridays at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370. www.mwgermany.com.

♦ **70s, 80s Night** – Adults 18 and older can enjoy a variety of 70s and 80s tunes 10 p.m.-3 a.m. Saturdays at the Top Hat Club on Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370. www.mwgermany.com.

♦ **Action, Adventure Movie** – Watch action and adventure movies 4:30-midnight Jan. 21 and every Saturday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Board Game Night** – Play board games 4:30-10 p.m. Jan. 23 and every Monday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Modern Warfare** – Play Modern Warfare 3 4:30-10 p.m. every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

Annual basketball tournament brings hoops action to Heidelberg

Staff Report

A parade of spectators and players packed the Patton Fitness Center for the 15th annual Dr. Martin Luther King Jr. men's and women's basketball tournament Friday through Monday in Heidelberg.

The Ramstein men took home the championship win after defeating Schweinfurt 63-53. Cedric Thomas earned most valuable player and three-point contest champion honors, while James Lewis (Stuttgart), Anthony Bynum (Schweinfurt), Troy Salvant (Schweinfurt), Wes Jordan (Ramstein) and Mike Sloan (Ramstein) were selected for All Tournament Team honors.

In ladies action, Spangdahlem pulled out a 46-45 win against Ramstein in overtime. Casey Castor was named most valuable player. Brenda Hawkins (Spangdahlem) won the three-point contest champion. PollyHendel (Wiesbaden), Monica Mason (Ramstein), Tashera Chilson (Ramstein) Sha Taylor (Spangdahlem) and Brenda Hawkins (Spangdahlem) won All-Tournament Team honors.

15th Annual Dr. Martin Luther King Jr. Men and Women Basketball Tournament

Men		Women	
Round-Robin Pool Play			
Lakenheath vs. Stuttgart	56-31	Stuttgart vs. Lakenheath	53-49
Heidelberg vs. Camp Darby	44-39	Lakenheath vs. Ramstein 2	50-34
Schweinfurt vs. Ramstein 2	52-46	Schweinfurt vs. Heidelberg	43-41
Ramstein vs. Ansbach	68-40	Schweinfurt vs. Lakenheath	44-40
Heidelberg vs. Geilenkirchen	55-30	Ramstein vs. Stuttgart	60-39
Lakenheath vs. Volkel Air Base	52-20	Schweinfurt vs. Stuttgart	57-53
Schweinfurt vs. Grafenwöhr	46-44	Women	
Ansbach vs. Wiesbaden	41-35	Ramstein vs. Wiesbaden	22-6
Camp Darby vs. Geilenkirchen	32-24	Spangdahlem vs. Lakenheath	32-31
Stuttgart vs. Volkel Air Base	57-46	Spangdahlem vs. Ramstein	28-22
Ramstein vs. Wiesbaden	57-40	Wiesbaden vs. Lakenheath	31-25
Ramstein 2 vs. Grafenwöhr	50-40	Wiesbaden vs. Spangdahlem	32-31
Double Elimination		Ramstein vs. Lakenheath	41-21
Schweinfurt vs. Ansbach	47-37	Single Elimination	
Ramstein vs. Ramstein 2	51-37	Ramstein vs. Lakenheath	42-23
Stuttgart vs. Heidelberg	52-42	Spangdahlem vs. Wiesbaden	28-16
Lakenheath vs. Camp Darby	62-25	Consolation	
Ramstein 2 vs. Ansbach	49-36	Lakenheath vs. Wiesbaden	25-21 (third place)
Heidelberg vs. Camp Darby	48-34		
Ramstein vs. Schweinfurt	50-38		

Heidelberg Sea Lions swim team whiz by Wiesbaden Wahoos in final contest

By Bryan Hilferty
HEIDELBERG SEA LIONS

The Heidelberg Sea Lions hosted Wiesbaden in their final home European Forces Swim League contest Sunday. In a close contest, the Sea Lions bested the Wahoos 338 to 326.

Top scorers for the home team with three first place finishes were Jordan Bray, Hunter Braun, Katie Bigelow, Wintress Harris and Reid Aldous.

Visitors were led by Christopher Bradford, Cassandra Johnson, Tyler Peng, Drew Parker, Zach Searight, Connor McGorrian, Lauren Brashear and Michaela Russell, all with three first place ribbons.

"This was our last home meet and a great way to close out the year," said Kim Bigelow, Heidelberg Sea Lions president.

"We are looking forward to the divisionals in Kaiserslautern and the championships in the Netherlands in February," she added.

The European Forces Swim League serves Department of Defense, Department of State, Department of Defense Dependents Schools and NATO military and civilian dependents throughout Europe.

The teams stress sportsmanship, personal responsibility, and competitive excellence.



Bryan Hilferty

Heidelberg coach Deanne DeMattos watches as Makaylah Dalton, Katie Bigelow and Mackenzie Walton hold the counter-board for a teammate in the 400-meter freestyle in Sunday's European Forces Swim League meet here Sunday.

staying ACTIVE

Heidelberg Community Basketball

Heidelberg unit level basketball league upcoming games at the fitness center are: **Jan. 23** – Medical Command vs. NATO at 6 p.m., 1-214th Aviation vs. 529th Military Police Company at 7 p.m. and Medical Department Activity vs. 60th Engineer Battalion at 8 p.m.; **Jan. 25** – MEDCOM vs. Slayers at 6 p.m., Warriors vs. NATO at 7 p.m. and MEDDAC vs. 1-214th at 8 p.m.; **Jan. 30** – 529th MP vs. MEDCOM at 6 p.m., 60th Eng. vs. NATO at 7 p.m. and Slayers vs. Warriors at 8 p.m.

Rod and Gun Club

The Rod and Gun Club in Oftersheim offers a skeet shoot 1 p.m. Jan. 21 and a fishermen's meeting 7 p.m. Jan. 25, a DJV-style rifle shoot 1 p.m. Jan. 28 and an archery safety course 1 p.m. Jan. 28. Civ. 06202-5119.

Heidelberg Golf Club

The golf course restaurant is closed due to a staffing shortage. It will reopen Jan. 21, weather permitting. Civ. 06221-57-5946.

Dodgeball Invitational

Register until Jan. 20 for a dodgeball invitational 11 a.m. Jan. 21 for ID card holders 18 or older at the Landstuhl Fitness Center, Bldg. 3720. DSN 493-2088, civ. 0631-3406-2088, www.mwrgermany.com.

Bike Maintenance Workshop

Novice and intermediate bike maintenance workshops 6:30-8 p.m. Jan. 26, Feb. 9 and 23, and March 8 include roadside repair, tire and tube changing, drive train repair, brake and derailleur systems and wheel and spoke service. Advanced payment required: DSN 370-6489, civ. 06221-57-6489, www.mwrgermany.com.

Super Bowl XLVI Party

The Patrick Henry Village Bowling and Entertainment Center in Heidelberg will host a Super Bowl XLVI party 11 p.m. Feb. 5 and will roast two pigs to be served at half time. Bowling is \$1 a game with the Super Bowl showing on all televisions. DSN 388-9040, civ. 06221-338-9040.

Adler Alliance

The Army, Air Force, Adler Alliance is currently looking for hockey sports writers. A4 is a non-profit sports media organization run by military members, providing information about professional and military hockey in Germany. Partnered with the Mannheim Adler, A4 has special access to players and team personnel. Anyone with a knack for writing and a passion for hockey should contact info@adleralliance.com or civ. 0172-626-3642.

Heidelberg Sports Camp Instructors

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

Heidelberg Volleyball

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

Heidelberg Basketball

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

Heidelberg Paint Ball

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



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