

HeraldPOST

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

HP THURSDAY
Dec. 6, 2012

Speed Read

HERALD POST CHANGES

Due to ongoing transformation efforts, the Herald Post will be printed on a biweekly basis starting Jan. 10.

D.A.R.E GRADUATION

More than 80 fifth-graders at Patrick Henry Elementary School pledge to remain drug-free and resist peer pressure and violence. 3



NEW COMMANDER

The 7th Civilian Support Command welcomes Brig. Gen. Paul M. Benenati. 9



CROSSFIT

Community members in Kaiserslautern join the CrossFit workout craze. 13

Defense Details

HEROES AT WORK

The Labor Department, in concert with two other federal agencies, has provided a tool to guide potential employers seeking to hire disabled veterans, a Labor Department official said Monday. John K. Moran, deputy assistant secretary of labor for veterans' employment and training service, said "America's Heroes at Work," www.americasheroesatwork.gov, provides resources to organizations looking to hire veterans with or without disabilities. "What it does for the employer is it gives them some information about ... a lot of the issues around the disabilities that many veterans might have - particularly, traumatic brain injury [and] post-traumatic stress disorder. It advises and helps an employer understand what those issues are, what they're not, and how they can effectively recruit and hire veterans who may have those issues into their workforce without any particular problems." The website, first launched in 2008 but updated in November, guides employers to understand the disabilities and potential accommodations that may be necessary, and how they can be made, he added. "One of the indicators that we look at, that we believe lends itself to the fact that this website is working well for the employers, is that veteran unemployment continues to go down," Moran said.

www.defense.gov

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New US Army Europe, 7th Army commander

USAREUR Public Affairs

Lt. Gen. Donald M. Campbell Jr. assumed command of U.S. Army Europe and 7th Army Monday. Outgoing commander Lt. Gen. Mark P. Hertling retired in November.

Campbell relinquished command of III Corps and Fort Hood in Texas, Nov. 28.

He is the 38th commander in USAREUR's history and the last in Heidelberg before USAREUR's move to Wiesbaden in 2013.

Campbell will lead the organization primarily from Clay Kaserne in Wiesbaden.

"Ann and I are delighted to be returning to Europe, and I am personally looking forward to working with our many partners as the commanding general of U.S. Army Europe and Seventh Army," Campbell said.

A distinguished military graduate of Kansas State University, Campbell was commissioned as an armor officer in May 1978. He has served numerous assignments in Europe.

In June 1984, he was assigned as a G1 (personnel) staff officer at the 8th Infantry Division in Bad Kreuznach, and later as the S3 (operations) officer for 4th Battalion, 69th Armor, in Mainz. He was then selected as the aide-de-camp to the commanding general, 8th Infantry Division, in Bad Kreuznach.

Among his other assignments was a tour as deputy director for the Supreme Headquarters Allied Powers Europe, in Mons, Belgium from June 1999 until May 2001.

His most recent assignment in Europe was in 2005, when he was selected as the chief of staff, V Corps, then based in Heidelberg. He deployed with the unit to Operation Iraqi Freedom, where he served as the chief of staff for Multi-National Corps-Iraq from January through December 2006.

A formal assumption of command ceremony will follow after the new year.

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Planned rabbit hunts on Patrick Henry Village

By Sabine Salamon
DIRECTORATE OF PUBLIC WORKS

Tightly-controlled hunts to reduce the rabbit population will be conducted mornings and evenings for about two hours Mondays, Wednesdays, Fridays and Sundays, beginning Friday and until Feb. 15 on Patrick Henry Village in Heidelberg.

Hunts around Child Development Centers and schools will be conducted during weekends, holidays or late evening, when they are not occupied. Hunts are coordinated with the Military Police, who will block off hunting areas to ensure public safety. The hunts and hunters are permitted by the German government through Installation Management Command-Europe. The hunts will be conducted by a team of registered hunters and are fully-coordinated with the MP.

The hunts will help prevent disease - particularly myxomatosis - and property damage and accidents caused by overpopulation.

Myxomatosis is a nontreatable viral disease that is widespread throughout Europe, Australia and parts of North and South America. It is not transferable to humans, dogs or cats; it only afflicts rabbits, including domesticated ones. The disease spreads by direct or indirect contact with affected rabbits or by fleas or mosquitoes that have bitten affected rabbits.

Myxomatosis has periodically become a problem on PHV because the rabbits are fenced in, and their natural predators are unable to keep the population under control.

The rabbit population blossoms every see **RABBITS** page 9

Holiday Magic



Dijon Rolle

Hope and Faith Sanchez work together to design a gingerbread house using candy, frosting and other sweet goodies during U.S. Army Garrison Baden-Württemberg's annual Holiday Magic event at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg, Friday. The activity was one of several free holiday crafts available to community members and families. Read the story on page 6.

EMPLOYMENT TRAINING

Landstuhl Regional Medical Center needs medical coders

Information meeting scheduled for January at Landstuhl Learning Resource Center

By **Chuck Roberts**
LRMC PUBLIC AFFAIRS

Landstuhl Regional Medical Center is seeking military family members to become certified professional medical coders at LRMC and its outlying health clinics in Belgium, Germany and Italy.

The next training course is scheduled for 9-11:45 a.m. Jan. 28 - Feb. 12.

An informational meeting for participants and prospective students will be held 9:30-11 a.m. Jan. 25.

Both the meeting and courses will be held at the Landstuhl Learning Resource Center in Bldg. 3718 (by the Army and Air Force Exchange Service gas station).

Participants must register by sending an e-mail to john.bouis@amedd.army.mil.

About 10 free training courses are conducted annually at LRMC and other Military Treatment Facilities in Europe.

Courses include 36 hours of class time by a certified coding instructor and 44 hours of independent study.

The cost for similar courses in the United States can range between

\$1,000 and \$4,000.

Books are loaned to students as available, or may be purchased at a cost of about \$170 for members of the American Academy of Professional Coders, or \$220 for non-AAFP members. The certification exam costs \$260 for AAPC members or \$300 for nonmembers.

Entry-level coders are hired as General Schedule 6, GS-7 or GS-8 employees, depending on experience.

For those who do not meet the minimum requirement for experience, a one-year American Red Cross program is available to volunteer as a medical coder.

Minimum requirements are a passing score on the certification exam (70 percent or higher), plus one year of medical records related experience.

Taking this course and passing the certification test does not guarantee a student a position as a coder. All hiring actions are processed through the Civilian Personnel Advisory Center.

Medical coders are essential in the health information industry. Medical coders read medical documentation – including patient charts – and then assign the proper code to the completed

“We want to encourage military family members to reach out to us to see if they qualify for this program.”

– Gregory Milliger, Landstuhl Regional Medical Center.

service or procedure.

These records are then translated and billed or submitted to insurance companies for reimbursement for physician services. Some medical coders also have the opportunity to work from home.

LRMC employs about 50 coders in Europe, but faces a turnover of as many as 15 employees each year because of permanent change of station moves by military family members.

About 80 percent of LRMC coders are military family members. This group is specifically targeted to support the Department of Defense effort to assist family members who face difficulties finding employment due to frequent moves.

“We want to encourage military family members to reach out to us to

see if they qualify for this program,” said Gregory Milliger, Chief of Training, Auditing and Compliance Branch at LRMC.

“This is a huge opportunity for military family members to begin a professional career in medical coding.”

Milliger said about 85 percent of military spouses either want or need employment, and there is a 26 percent unemployment rate among them.

About 84 percent of spouses have some college background, including a bachelor’s degree (25 percent) and a post-graduate or advanced degree (10 percent).

Military spouses are also special because of their frequent moves – military families relocate 14 percent more often than their civilian counterparts.

LRMC has trained hundreds of coders through its “Grow Our Own Coders” program, Milliger said.

About 70 percent of all LRMC coders are home grown through the program, which Milliger said is the only one of its kind in the Army.

For more information on the program and upcoming training dates, call DSN 590-6892, civ. 06371-9464-6892.



www.facebook.com/BWnow

DISCUSSION BOARD

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

“Big thank you to everyone who came out to the Holiday Magic event on Patrick Henry Village in Heidelberg. Awesome time and lots of great food, entertainment and photos. Check out the Dec. 6 edition of the Herald Post for more information.”

– BWnow Facebook Administrator

“Thank you for the awesome gingerbread houses the children were able to make!”

– Shauna Coleman Moffett, BWnow Facebook Fan

“Tightly-controlled hunts to reduce the rabbit population will be conducted mornings and evenings for about two hours Mondays, Wednesdays, Fridays and Sundays Dec. 7-Feb. 15 on Patrick Henry Village in Heidelberg. The hunts will help prevent disease, property damage and accidents caused by overpopulation of rabbits ...”

– BWnow Facebook Administrator

“Are bows permitted?”

– Billi N Igor Ardister, BWnow Facebook Fan

“I doubt bows are permitted because it is against German hunting law. How do I become one of the hunters?”

– Nina Fierro Mack, BWnow Facebook Fan



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

Major changes coming to Heidelberg clinic in January

By Stefan Alford
LRMC PUBLIC AFFAIRS OFFICE

The Heidelberg Army Health Clinic will move some services to new locations and discontinue others Jan. 1 as part of continuing transformation efforts to meet mandated timelines for the clinic's closure in June 2013.

Dermatology will relocate to within the Soldier Team Clinic on the second floor of Bldg. 3617 with no change in services.

The Soldier Primary Care section of the STC consolidates with and will move into the Family Practice Clinic on the first floor of Bldg. 3617 with no change in services.

The Wellness Center consolidates with and moves to the Physical Therapy Clinic with no change in

services.

Beginning Dec. 15, the Tricare Service Center will no longer be open Wednesdays and Fridays due to staff shortages and will cease new enrollments at their Nachrichten Kaserne office Jan. 1. All new enrollments (for example the birth of a child) will need to be a done at the TRICARE office in the shopping center complex.

Lastly, mammogram services will no longer be available at the Heidelberg Clinic beginning Jan. 1. Appointments for mammograms can be made at Landstuhl Regional Medical Center via self referral by calling DSN 486-5037 or civ. 06371-9464-5037 or by visiting host-nation medical treatment facilities in the Heidelberg and Mannheim area.

Appointments on the local economy will require

a referral from the Heidelberg Clinic. "Continued access to uninterrupted, quality health care remains available locally," said Lt. Col. Rachele Smith, health clinic commander. "We have a network of outstanding German health care providers and hospitals that has been developed over many years and we will continue to refer our patients to these providers with confidence."

While these changes and future realignments and service reductions will impact beneficiaries, Smith reiterated her commitment to providing the same level of access-to-care options now available.

"Our mission remains unchanged through this process," she said. "We will continue to provide a trained, ready medical force to care for our Soldiers, their families and beneficiaries."

Heidelberg students D.A.R.E. to be drug-free

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

More than 80 fifth-graders from Patrick Henry Elementary school in Heidelberg joined the ranks of nearly 40 million children around the world, Nov. 27.

After 10 weeks of instruction on topics like drugs, alcohol, decision-making skills, resisting peer pressure and alternatives for drug use and violence, the students received graduation certificates for completing the Drug Abuse Resistance Education program.

Their instructor, U.S. Army Garrison Baden-Württemberg D.A.R.E. officer Sgt. Jeremy Pough, hopes the students will carry this training with them well beyond their elementary school days.

"The kids have learned a lot over the previous weeks. We've met 45 minutes each week to discuss the effects of drugs and how it can affect their future dreams and what they wish to pursue. It's really important, because these are skills that they can keep with them for the rest of their lives," he said.

This is Pough's second year serving as the garrison's D.A.R.E. officer. He also runs the Heidelberg Middle School program for seventh graders.

"I volunteered for it, because I like working with children, and I feel that coming into the school has benefited me, as well. I get to learn more about the kids and the community," he said. "It's a good feeling especially, because I have a small child at home, and watching the kids grow over the past few weeks and gain the knowledge has helped me a lot."

One of Pough's students, fifth-grader Tomryanna Perry, shared some of the things she learned during their time in the program. "I learned how drugs are harmful for your body.

You shouldn't use drugs. Just because your friends may be doing it, doesn't mean you should," Perry said.

Fellow fifth-grader Amelia Stevens offered this advice to kids who may be faced with the decision to take drugs: "I would tell them that it's really bad to take drugs, and if they know anybody who is taking drugs, then they should tell them that they are really bad," Stevens said. "You shouldn't take drugs if you want to have a better future."

Many of the students said they were excited to complete the D.A.R.E. program and finally receive their certificates.

"It feels like I'm a senior," said Catherine San Miguel. Even before the graduation ceremony, San Miguel said she had already picked out the perfect spot for her certificate. "I'm going to put it on the fridge because I eat food every day and that way I'll be able to see it every day," she said.

Garrison Command Sgt. Maj. Kenneth J. Kraus was the guest speaker for the event. "To accomplish any success, drugs cannot be a part of your future. Today we celebrate your accomplishments," he said.

"Every day, more students must decide against using drugs, and scientific studies have shown that their grades have improved, their health has improved and they overall become happier children and have more fun," Kraus said.

"I wish the DARE program had been around when I was your age, for if it were, some of my classmates would still be alive today," he added.

Afterward, Kraus, Pough, school principal Allison Peltz and the D.A.R.E. mascot presented each of the graduates with certificates and awards. Some of the students were also given a chance to read their essays on being drug-free to the audience.

Due to the garrison's scheduled deactivation next year, Pough said that this will be the school's final D.A.R.E. graduation.

Heidelberg Middle School's seventh-grade D.A.R.E. graduation is scheduled for 1:30 p.m. Tuesday.



Photos by Dijon Rolle

Garrison Drug Abuse Resistance Education program instructor Sgt. Jeremy Pough poses for a picture with the D.A.R.E. mascot Nov. 27 at Patrick Henry Village Elementary School in Heidelberg.



More than 80 fifth-graders from PHV Elementary sit quietly before receiving their certificates during their graduation from the D.A.R.E. program. The students went through 10 weeks of training on topics like the effects of drugs on the human body, ways to say no to peer pressure and alternatives to drug use and violence.

transformation UPDATE

Updates To Transformation Page

This weekly page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to usaghdpost@eur.army.mil or usarmy.badenwur.usag.mbx.pao@mail.mil for publication in the Herald Post.

Frequently Asked Questions

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

E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm.

NEW – "I am an Army civilian whose spouse is active duty. My spouse has orders for the U.S. and will be moving there within the next few months, but I'd like to stay here where I have a job. How can I get orders to move back to the States and move my household goods too, if I'm still here working full-time? Am I authorized to be put under my spouse's orders when my job ends, or do I need to go now?"

Your spouse must submit a 4187 through his or her unit requesting deferred travel. The garrison commander may approve deferred travel for a period of 90 days in normal situations. However, due to the closure of the Heidelberg military community, no deferred travel will be granted past **Sept. 30, 2013**.

"I have heard that since U.S. Army Garrison Baden-Württemberg is closing, I can perhaps retire early. Is this true? What criteria do I have to meet in order to do this, and what kind of benefits can I receive if I retire early?"

Voluntary Early Retirement and Voluntary Separation Incentive Pay was already offered to USAG Baden-Württemberg employees. The window for applications closed **Nov. 23**.

We all know the Garrison is set to close next September, but now I'm hearing no front-door offices will be open after mid-June. I am a civilian, and what if I don't have my orders or a place to move to before then? How will I schedule household goods pick up and ship my car?

Not all front door services will close in June. The support for the processing of orders will come from the Civilian Personnel Advisory Center in Kaiserslautern. As services close in Heidelberg, the Kaiserslautern garrison will assist those remaining behind until the garrison's closure next year.

My husband and I live on Patrick Henry Village housing in Heidelberg. We are scheduled to move to on post housing in Wiesbaden sometime in January. We currently have a government washer and dryer in our residence. Do we need to turn them back in before we leave, or will we be allowed to take them with us to Wiesbaden?

Residents will not be allowed to take any government issued appliances. All appliances will remain here. Replacement appliances will be issued in Wiesbaden depending on the type of quarters new residents are assigned to. For additional information call the U.S. Army Garrison Wiesbaden housing office at DSN 337-7058, civ. 0611-705-7058 (on-post housing) and DSN 337-7059, civ. 0611-705-7059 (off-post housing) or visit www.wiesbaden.army.mil/sites/newcomers/housing/HousingWebsite.htm.

Facilities Operations Changes and Closures Mannheim

Base Operations – The Mannheim Base Operations office is located in Bldg. 1408 on Coleman Barracks, Room 101. DSN 382-4724, civ. 0162-272-8632.

UPDATED – **Banks** – Banking services are no longer available on Sullivan Barracks. The Community Bank branch on Coleman Barracks is scheduled to close **Dec. 14**. Community Bank is also located in the Community Support Center (Heidelberg Shopping Center) and on

Campbell Barracks in Heidelberg. Community Support Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Coleman Barracks: DSN 382-4187, civ. 0621-784-158. Service Credit Union is located in the Community Support Center (the Shopping Center), Bldg. 3850, in Heidelberg. DSN 370-7138, civ. 06221-57-7138.

UPDATED – **Coleman Clinics** – All services at the Coleman Troop Medical Clinic have ended. However, the facility itself is scheduled to remain open until **March or April 2013** in the event units are unable to depart the garrison on time and care is needed for a larger population than currently anticipated. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Soldiers who require sick call services can be seen at the Heidelberg Clinic. DSN 371-2605, civ. 06221-17-2605.

Coleman Express – The Coleman Express shoppette has new operating hours. The facility is open 7 a.m.-7 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday and Sunday.

Hazardous Waste Disposal Center – The Household Hazardous Waste Disposal Center on Sullivan Barracks, Bldg. 249A (previously the Funari Sort Center) is closed. The Patrick Henry Village Recycle Center located in Bldg. 4485 in Heidelberg remains open to provide disposal services to community members. DSN 373-5396, civ. 06221-17-5396.

UPDATED – **Postal Office Hours Change** – Postal facilities on Coleman Barracks (Postal Service Center 418) have new operating hours. Package pick-up is open 11 a.m.-6 p.m. Monday-Friday and closed weekends and U.S. holidays. The post office (outgoing mail) is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. Customers have 24/7 access to personal mailboxes. The official mail and distribution center is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. DSN 382-5204/5220, civ. 0621-779-5204/5220.

UPDATED – **Spinelli Barracks** – The hours for the contract security guard and access control points on Spinelli Barracks are now 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-6 p.m. Saturday and closed Sundays and U.S. holidays.

UPDATED – **Supply Center** – The Self Service Supply Center on Spinelli Barracks is closed. Customers can continue to get their supplies from the Kaiserslautern Office Supply Store (DSN 483-8831) or by using The Exchange (also known as the Army and Air Force Exchange Service) Warehouse Ordering Web system. Government Purchase Card holders can register for accounts at <https://partners.aafes.com/epol/login.aspx>.

UPDATED – **Vehicle Registration** – New vehicle registration hours are 8 a.m.-4 p.m. Monday-Friday. Vehicle inspection hours remain 7:45 a.m.-3:30 p.m. Monday-Thursday and 7:45 a.m.-3:20 p.m. Fridays. Both facilities are located on Spinelli Barracks.

Heidelberg

Airport Shuttle Buses – The free shuttle bus for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

Arts and Cultural Center – The Arts and Cultural Center on Patrick Henry Village will close **Dec. 31**. The center is scheduled to relocate to the Kaiserslautern area **March 2013**.

UPDATED – **CIF Hours** – The Heidelberg Central Issue Facility in Bldg. 3850, located on the Community Support Center (the Shopping Center) is open 8 a.m.-3 p.m. Mondays and Wednesdays only to assist service members with out-processing. The facility is closed for lunch noon-1 p.m. The CIF located in Bldg. 1515 on Spinelli Barracks in Mannheim is also open to provide customer service.

UPDATED – **Community Mail Rooms** – Community Mail Room 418 on Coleman Barracks in Mannheim and the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village are the only postal facilities available in the Mannheim and Heidelberg communities. The consolidated PSC is open 9 a.m.-noon and 1-4 p.m. for official mail Monday-Friday, 11 a.m.-6:30 p.m. Monday-Friday for customer service and parcel pick-up, and the Army Post Office is open 11 a.m.-5 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturdays. Customers have 24/7 access to personal mailboxes. Postal customers can e-mail questions or concerns to usarmy.badenwur.usag.mbx.cmr419@mail.mil, contact their local postal customer service representative or call DSN 388-9488/9491, civ. 06221-338-9488/9491

Dental Clinic – Sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and records from Nachrichten Kaserne Dental Clinic were transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

NEW – **Exchange** – Due to ongoing transformation efforts, the Exchange will adjust the operating hours of some facilities in the Heidelberg area. These changes are intended to maximize available staffing in order to maintain adequate service levels based on the community's use of these facilities. Beginning **Dec. 17**, Patrick Henry Village Express will change its operating hours to 6 a.m.-10 p.m. Sunday-Thursday and 6 a.m.-midnight Friday and Saturday. The last weekend of 24-hour operations will be **Dec. 15-16**. Campbell Express will be closed Sundays beginning **Dec. 23**. The facility will now be open 7 a.m.-6 p.m. weekdays beginning the week of **Dec. 24** to allow duty-bus riders the opportunity to shop before bus departs at 8 a.m.

ID Cards – All ID Card and Defense Enrollment Eligibility Reporting System services located on the Community Support Center in Bldg. 3850 (the Shopping Center) have relocated from Room 122 to Room 180. The ID Card and DEERS office hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and U.S. holidays. Walk-in service is available, but customers are encouraged to schedule appointments online at <https://rapids-appointments.dmdc.osd.mil>. The new ID Card and DEERS office phone numbers are DSN 370-7348/8570, civ. 06221-57-7348/8570.

Immunizations – The Heidelberg Army Health Clinic's Immunizations Clinic has moved. The clinic is now located within the Soldier Medical Team, on the 2nd Floor of Bldg. 3617 on Nachrichten Kaserne. The new hours of operation are 7:40 a.m.-4 p.m. Monday-Thursday and 7:40 a.m.-noon Fridays. DSN 371-3220, civ. 06221-17-3220.

UPDATED – **Passports** – All passport services located at the Community Support Center in Bldg. 3850 (on the Shopping Center) have relocated from Room 232 to Room 180. Hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and federal holidays. The new passport office phone numbers are DSN 370-8536/7262, civ. 06221-57-8536/7262.

Pediatrics – The pediatrics section of the Heidelberg Army Health Center has consolidated under family practice. The change is part of continuing transformation efforts toward the **June 2013** closure of the clinic on Nachrichten Kaserne.

Heidelberg community hosts final Holiday magic event



Linda Steil

One-year-old twins Michael and Michelle Lane, children of Dean and Daniela Lane, sit on Santa's lap during the annual Holiday Magic event in Heidelberg, Friday.



Dijon Rolle

Talon Reinsch, left, and Elias Blount pose for a photo in their candy cane costumes Friday at the Holiday Magic event in Heidelberg. The two boys, from the Child Youth and School Services Strong Beginnings Program, sang holiday songs to entertain the crowd of families and community members in attendance.

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The sounds of smooth holiday jazz and the sights of singing candy canes and tiny Christmas elves set the stage for U.S. Army Garrison Baden-Württemberg's final Holiday Magic event Friday at the Village Pavilion Community Center in Heidelberg.

The annual celebration featured live music, a Christmas market, train rides, food, horse carriage rides, a prize drawing, holiday crafts and a community tree-lighting ceremony. The stage inside the commu-

nity center was turned into a sparkling winter wonderland, where members of the Child, Youth and School Services Strong Beginnings program, PHV Elementary School, Roadside Theater Chorus, The Schools of Knowledge, Inspiration, Exploration and Skills program, Heidelberg Middle School, Heidelberg High School and the PHV Gospel Choir entertained the growing crowd of community members gathered inside the center's ballroom.

A projection screen was also set up on the front lawn to stream the festivities to everyone still eating and min-

gling outside.

One of the biggest hits of the night was the gingerbread house table manned by members of Better Opportunities for Single Soldiers. Children of all ages flocked to the station to build their very own edible creations adorned with rainbow sprinkles, gym drops, cookies, licorice, gummy bears and jellybeans. Hugh Denny helped his 8-year-old daughter Kristin carefully construct her own little gingerbread structure using bright red frosting.

"I think that the [F]MWR [Family and Morale, Welfare and Recreation] staff puts a lot of thought into what they do, and they try to make it sort of multi-dimensional and provide for all of the community members. There's always something for everyone," Denny said. "It's sad to see the community closing. It's events like this that make Heidelberg what it is."

Family and MWR special events coordinator Leslie Green and his staff have planned for the event for the past six months, and for many of them, the evening proved to be a bittersweet one. "It's very sad, because this is the end of an era," Green said.

"We've been in Heidelberg many years, and it's always been a great place to serve the nation. There are great families here. That's what [F]MWR is all about, taking care of folks," Green said. "We're gonna miss doing this here," Green added.

According to Green, the Holiday Magic event has been going on since the early '80s.

Outside the community center, local organizations served up hot bowls of chili, cupcakes, pretzels, popcorn and other goodies to hungry event goers. Tables of jewelry, lanterns, art and holiday fare also awaited visitors.

Inside, long lines of parents and kids snaked around the Copper Lounge for a chance to sit on Santa's lap. Jacqueline Zackery and her 6-year-old son, Hayden, stood patiently among the sea of strollers and excited families.

"This is something we've done since we've been here for the past four and a half years, and since the base is closing, we wanted to come out one last time," Zackery said.

"It saddens me, because we



Dijon Rolle

Hugh Denny offers a steady hand to his 8-year-old daughter, Kristin, as she constructs her own gingerbread house during the Garrison's Holiday Magic event in Heidelberg, Friday. Members of the Better Opportunities for Single Soldiers program stocked the table with Skittles, jellybeans, frosting, cookies and other confections to help children and parents design their edible creations. The gingerbread station was one of several free holiday crafts available to community members and families.



Dijon Rolle

Kaylee Frasco stands patiently as Lugenia Rosenfeld paints a holiday design on her cheek during the annual Holiday Magic event at the Village Pavilion Community Center in Heidelberg, Friday. Face painting was one of several free holiday activities available to community members.

love Heidelberg and we're fortunate to be here, but we're going to enjoy the night and make lots of memories," she added.

Later in the evening, Garrison Commander Col. Bryan DeCoster led the community tree lighting on the outdoor stage to officially usher in the holiday season.

"To see the children and families laughing and singing is one of my favorite things," Green said.

"We hope everyone that came out to Holiday Magic takes with them a strong sense of togetherness that we have here and continue to spread Christmas cheer throughout the entire year."



Staff Sgt. Brendan Mackie

Spc. Richard Burton, a crew chief with the 25th Infantry Division's 2nd Battalion, 25th Combat Aviation Brigade, provides security in a Black Hawk helicopter during a flight mission over Afghanistan's Kandahar province, Nov. 26. Burton is from Athens, Ga.



Capt. Michael Barranti

A crew chief with the 12th Combat Aviation Brigade pulls security for a UH-60 Blackhawk pilot during refueling operations in Regional Command North, Afghanistan, Nov. 26.

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U.S. Air Force Senior Airman Patrice Clarke

Capt. Peggy Hu, Zabul Provincial Reconstruction Team civil affairs, speaks with an Afghan child during a routine patrol in the local area, Nov. 21.



Staff Sgt. Nicolas Morales

A Soldier watches the impact area as rounds are fired during a live fire exercise in eastern Afghanistan, Nov. 25.

An ocean closer: 7th Civil Support Command welcomes commander

By Sgt. 1st Class Matthew Chlosta
7TH CSC PUBLIC AFFAIRS, 21ST TSC

Brig. Gen. Paul M. Benenati assumed command of the 7th Civil Support Command during a change of command ceremony Friday on Rhine Ordnance Barracks in Kaiserslautern.

Maj. Gen. Aundre F. Piggee, commanding general, 21st Theater Sustainment Command, presided over the ceremony that passed the responsibility of command from Brig. Gen. Mark S. Hendrix, who departed after 17 months in command, to Benenati.

"To the outstanding Soldiers and civilians who are the heart and soul of the 7th CSC, I am truly awed by the great work you have done over these past couple of years in standing up this amazing outfit, training and proving your mettle in real-world missions," Piggee said.

"Thank you for your service and your extraordinary contributions to our nation. Through the hard work you have given this unit under [Gen.] Hendrix, and the same dedication I

know you will provide to [Gen.] Benenati, you will move this organization forward, keeping it 'An Ocean Closer.'"

After Piggee's remarks, the outgoing 7th CSC commander expressed his thanks and appreciation for the 7th CSC Soldiers.

He highlighted two units currently deployed to Afghanistan; the 793rd Movement Control Team and Company D, 457th Civil Affairs Battalion.

"For me today is just a day to say thanks," Hendrix said. "To all of you, thank you so much for everything."

After Hendrix's comments, the new 7th CSC commander spoke.

"It is a real honor to be chosen as the 7th CSC's commander and to serve with you," Benenati said.

"I'm excited about being a member of this team. On a team, every member, regardless of their position, plays a critical and vital part in the overall success of the organization. After a decade of war, our Soldiers have begun to come home, but still, we continue to deploy Soldiers to Afghanistan to support the warfighter.



Sgt. 1st Class Matthew Chlosta

New 7th Civil Support Command Commander Brig. Gen. Paul M. Benenati, left, shakes the hand of Lt. Col. Juergen Heinz, right, from the German Army Joint Support Command, after the 7th CSC's change of command ceremony, Friday, as Brigitte Benezet, host nation advisor, 21st Theater Sustainment Command, looks on.

"We must be ready, tactically and technically proficient at all times, to answer the call of our leaders with little notice," Benenati said.

"There is much to do, and I am confident that you are the right team to take us through this strategic turning point. It's time to get back to work."

Engineer Soldiers hold vehicle rodeo, test skills

By Pvt. Terrell Osborne
18TH ENGINEER BDE PUBLIC AFFAIRS

SCHWEINFURT – Soldiers of the 21st Theater Sustainment Command's 15th Engineer Battalion, 18th Engineer Brigade, held a vehicle rodeo to evaluate their knowledge and driving skills at Camp Robertson and Conn Barracks, Nov. 19.

The rodeo was comprised of events to evaluate a Soldier's ability to conduct Preventive Maintenance Checks and Services, drive and perform mission-essential tasks with a Humvee.

"We did scenarios in the motor pool, such as how to react if fuel or some kind of chemical got in your eyes, how to

hook up a Humvee to a generator, how to turn on the generator, how to switch out a spare tire on a Humvee and then how to react to enemies," said Pfc. Fredrick Buxton, a fueler with the 500th Engineer Company and a native of Bronx, N.Y.

"We did a little bit of everything; it was great," Buxton added.

The rodeo was a learning experience for many, and a few junior officers also had the opportunity to participate.

"It made me think about a lot of things to maybe plan better next time. It helped me visualize how these things would really go. It's one thing to do it in a simulated environment and another thing to actually



Pvt. Terrell Osborne

Sgt. Roger Binning, a Forward Support Company squad leader, and 2nd Lt. Jonathan Craun, an FSC platoon leader, start a generator at the vehicle rodeo on Conn Barracks in Schweinfurt, Nov. 19.

do it for real," said 2nd Lt. Jonathan Craun, a platoon leader with the Forward Support Company and a native of Berea, Ohio.

Safety, like always, was taken into special consideration during the event. Organizers made

sure all Soldiers had a realistic (yet safe) training exercise, where nobody would be harmed.

"The most important aspect of the training was safety. That was the number-one thing I was taught; whatever we're doing and whatever

we're going to do, safety is key. Everybody wants to go out breathing and come back breathing," Buxton said.

Proper PMCS was a major theme at the daytime portion of the rodeo. Soldiers were encouraged to perform thorough PMCS of vehicles to ensure they were mission-ready.

"The last thing you want to happen is taking a vehicle or some type of machine out in a combat zone and then it fails on you," said Sgt. Roger Binning, an FSC squad leader from Brooklyn, N.Y.

The drills required Soldiers to go out as teams and execute convoy operations, like driving with night vi-

sion goggles and recovering an inoperable Humvee.

"I think this really opened up peoples' eyes to the importance of convoy operation[s]," Craun said.

Even though the vehicle rodeo was meant to improve convoy operations effectiveness and familiarization with the Humvee, Soldiers felt it reinforced the Army value of teamwork.

"It makes you see who's capable of doing what, what their strengths are and what their weaknesses are, so if I'm weak in an area someone else is stronger in we can help each other out and that definitely builds unit cohesion," Binning said.

RABBITS

continued from page 1

spring, and the disease spreads amongst these increased numbers.

Affected rabbits generally develop swelling of the eyelids and nose.

The disease rapidly progresses to fever, causing thick eye discharge and blindness,

and sometimes respiratory infection. Death occurs within a day to a couple of weeks.

While humans, dogs, cats and other domestic animals cannot get sick from the virus, officials from the Directorate of Public Works recommend owners keep pets away from affected rabbits, as they can carry fleas or other parasites.

Vaccines for pet rabbits are recommended, especially if they spend time outdoors. It does not completely protect against the disease, but reduces its severity if exposed. Vaccinated rabbits generally recover.

Vaccines are available in Heidelberg from Kleintierpraxis Christine Bay (civ.

06221-433-7999) or the Fachklinik für Kleintiere with Dr. Maurer (civ. 06221-16-6800).

Other ways to prevent myxomatosis include controlling external parasites, screening outdoor animals and keeping pet rabbits indoors during times of peak insect activity.

Wild rabbits that are dead or sick can be brought to the

Veterinary Treatment Facility on PHV in a box or a plastic bag 8 a.m.-noon and 1:30-4 p.m. Monday, Tuesday and Friday, and 11 a.m.-2:30 p.m. and 4-7 p.m. Wednesdays.

To have dead rabbits picked up, call DSN 387-3310/11, or submit a service order at www.bw.eur.army.mil/dpw/serviceorder.

GERMAN NEWS

Teens Strip Searched Over Missing €5

Four police officers who forced teenagers at the Friedrich-List Economics School in Munich to strip – some of them completely naked – are now being investigated themselves, the *Süddeutsche Zeitung* newspaper reported Monday. Police officers were at the school last week to talk to 13- and 14-year-old students about moral courage in a public setting, when one girl complained that €5 was missing from her jacket pocket. The officers split the students according to gender and searched them in separate classrooms. One 14-year-old boy told the newspaper a police officer had looked up his backside with a flashlight after he initially refused to take his underpants off. By afternoon, relatives of one student had called the police to complain. The newspaper reported that some students were so upset, they did not go to school the next day. Police stressed that none of the students were forced to take off all their clothes, and that the strip search had taken place only after checking with school authorities, but students told the newspaper they all had to take off their T-shirts and pants, and that in some cases, their genitals were checked. The €5 was not found during the search.

Giant Fruitcake Baked

A team of 20 bakers in Dresden has created a giant holiday fruitcake weighing some three tons to celebrate the Saxon delicacy Stollen, a sweet and bready treat first made centuries ago. Also known as a Striezel, it has become a Christmas staple across Germany. This year's giant Stollen consists of 390 pieces made by 52 regional bakeries. It contains 170 million raisins, 1,014 pounds of butter, 608 pounds of sugar, 2,035 pounds of flour and an entire keg of Jamaican rum. The fruitcake is 12 feet long, 5.7 feet wide and about 3.3 feet tall. It will be carved Saturday at Dresden's annual Christmas market. A 1.1 pound portion costs €4, with proceeds going to train young bakers. The giant fruitcake tradition goes back to 1730, when Saxony's king, August the Strong, ordered a huge Stollen baked at a massive military exercise near the town of Riesa. In 2000, the largest Stollen ever made weighed 9,259 pounds.

SOURCE: www.thelocal.de



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.

Dear Ms. Vicki,

Do you have any quick advice for surviving deployment? My husband left right after Thanksgiving, and it seems that I'm in a fog. I'm not sure how I'm going to make it for 12 months.

My family wants me to come back to California and live with them, because I will have the support of family and friends, but I am 27 years old and married with two sons. I can't run home every time my husband deploys. This is my husband's third deployment.

I know it will be really tough, but I'm working part-time and attending school, too. We also live on base. Why should I give up everything and have to start all over when my husband returns?

I know there are many Army

wives who are not fortunate enough to have loving family to help them through tough times. I know I should be more appreciative, and I am.

However, I'm not a baby anymore. I have children now. Should I show everyone I am capable enough to make it on my own, or should I just accept the help and support from my parents and other family and friends?

Maybe it will be for the best in the end.

From: Surviving Deployment Dear Surviving Deployment,

Twelve months is a long time to be away from a spouse. I won't say it will be easy, because it won't. In your situation, it's great you have supportive family and friends. You are right; many people don't have the same support.

However, I don't think there is a right or wrong answer in this situation. It's about making the best choice for you, your children and your husband.

From your report, it sounds like you are doing well by working part-time and attending school. These factors can be a source of esteem and even protective factors against loneliness, isolation and depression. For this reason, I think it's a good idea if you don't go to California.

On the other hand, you have to weigh the pros and cons with your husband and come to a consensus. Yes, you will be starting all over again, perhaps searching for employment and losing college credits. Your family and friends could be a great help and support.

Again, this isn't a right or wrong answer. You will have to make a

decision.

Just remember, some spouses think they can save money by returning home, only to end up spending more money. So think about your finances, employment, school, child care and other expenses.

Also, think about ways you can get spiritual support, which can be instrumental in helping you make it through this deployment.

Expect changes to occur, expect to have the "blues" every now and then, but on the other hand, grasp opportunities for personal growth, which will come, too.

Keep in touch and let me know how you are doing. I think you can make it through.

Dear Ms. Vicki,

I have a question, but I don't know if you can help me out. Have you ever heard of a fee to apply on behalf of your husband in order to be the beneficiary? I'm just curious here.

Thank you for your time, and hope you might be able to help me with this. I am new to this and was just wondering who had to fill out the paperwork.

Do I have to fill it out, or does he have to fill it out?

M.E.

Dear M.E.,

Thanks for writing. I know people who have served in all capacities, and I have never heard of this.

By the way, how much is the fee? To whom do you pay the fee? Readers, do you know about the fees this writer is referring to?

Please write and let me know so we can help her.

December is national Drunk, Drugged Driving Prevention Month

By Beth Ann Cameron
U.S. ARMY PUBLIC HEALTH COMMAND

The holiday season is the time of the year when drunk and impaired driving accidents are most prevalent.

Drug and alcohol use impair judgment, delay reaction times and can result in deadly consequences when driving.

According to the National Highway Traffic Safety Administration, drugs (for example, marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. Drunk driving accidents account for 31 percent of all motor vehicle accidents, and thousands of drivers and passengers lose their lives each year because of drunk and drugged driv-

ing.

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.

Most people would never imagine that their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

The following list includes a few simple tips for celebrating and driving safely this holiday season:

- ♦ Designate a non-drinking driver ahead of time.
- ♦ If drinking alcohol at a

party or other celebration, allow at least one hour between drinks.

It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1½-ounce shot of liquor).

- ♦ Set limits beforehand of the number of drinks to have and stick with it.

- ♦ Alternate drinking alcoholic beverages with soda, juice or water and eat food.

- ♦ Don't mix alcohol with other drugs, including over-the-counter and prescription medications.

- ♦ Don't ride with someone who is impaired. Use other means of transportation, like a taxi, public transportation or driver who is sober.

If you are hosting a party, here are some steps to take to help your guests drive safely:

- ♦ Plan ahead and designate a sober driver.

- ♦ Collect each guest's keys upon arrival and store in a designated basket.

- ♦ Serve food along with alcohol-free beverages like soda, juice or water.

- ♦ If making an alcoholic punch, use fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.

- ♦ Stop serving alcohol 1 to 1½ hours before the party actually ends.

If you take a medication that makes you drowsy, do not drive. Have someone drive you.

Recommit yourself to preventing the loss of life by reminding others to be sober and drug free, and use safe driving practices on the road.

Drink responsibly and encourage family members, friends and co-workers to be safe and responsible drivers for the holidays and beyond.

For more information, visit the National Highway Traffic Safety Administration, www.nhtsa.dot.gov/Impaired; U.S. Centers for Disease Control and Prevention, www.cdc.gov/Motorvehicle-safety/Impaired_Driving/index.html or Mothers Against Drunk Driving, www.madd.org/feature-stories/december/december-is-national-drunk.html.

GET OUT!

area events

More events online at www.facebook.com/BWnow

December 6

Chocolate Festival – For a few days each December, the town of Tübingen is transformed into a mecca for chocolate lovers. More than 300,000 visitors are expected to visit during one of the world's most prestigious chocolate festivals ChocoART. Master chocolatiers from France, Italy, Austria, Denmark, Ghana, the U.S., Switzerland and Germany will present, sell and compete their finest chocolates. Visitors can sample dozens of flavors while picking up some Christmas stocking fillers. Festival includes chocolate painting, massages, cooking demonstrations and more. Festival runs through Dec. 9 in the town's center. www.buzzoffbase.com

Castle Christmas Market – The city of Heidelberg hosts a Christmas market at the Heidelberg Castle through Dec. 18. Enjoy local arts and crafts. Visitors can use the cog wheel train from Kornmarkt station to get to the market (there is no parking at the castle). Ticket is also valid for entry into the castle courtyard, the big wine barrel and the pharmaceutical museum 10 a.m.-6 p.m.

Ice Skating – Enjoy a spin on the ice skating rink in the Schwetzingen Schloßplatz (the main square facing the main entrance to the palace). Food and refreshments are available. The rink is open 11 a.m.-10 p.m. daily. Several events are scheduled through Jan. 20. For more details and admission fees, visit www.schwetzingen-eiszauber.de

Heidelberg Christmas Market – Stroll through more than 140 stalls covering the Heidelberg Christmas market. The Christmas market is spread across five festive squares: Bismarckplatz, Anatomiegarten, University Square, Kornmarkt and Market Square. The historical Old Town houses a magical atmosphere designed to help usher in the holiday season. Sip mulled wine, or taste baked apples, gingerbread, "Christstollen" (a special Christmas cake) and grilled sausages through Dec. 22.

Frankfurt Christmas Market – Explore the Frankfurt Christmas Market through Dec. 23. The market is spread across several locations throughout the city center, including Roemerberg, Paulsplatz, Liebfrauenberg, Fahrtdor and Mainkai.

December 7

Cinnamon and Waffle Market – During the holiday season, the fountain in Ramstein's market square turns into the largest Advent wreath in the Pfalz. Grouped around it will be booths offering glühwein,

food and Christmas items. Enjoy the holiday spirit and live music on the stage in front of the civic center. Market runs through Dec. 9. www.buzzoffbase.com

Kaiserslautern Christmas Market – The Kaiserslautern Christmas Market will take place in the historic Fruchthalle and outside on Schillerplatz square. International vendors will offer hand-crafted gifts, jewelry, ceramics, unusual accessories, toys, Christmas decorations, glass, flowers, furniture, books and more from all over the world. Outside on Schillerplatz is the traditional German Christmas market with glühwein, food and assorted stalls selling Christmas treats and presents. www.buzzoffbase.com

December 8

Wiesbaden Christmas Market – Golden lilies decorate the Wiesbaden Christmas Market, along with several other surprises. Enjoy live entertainment, food, children's rides and more. Visitors can also browse through more than 100 booths. Market is located in the Schlossplatz through Dec. 23.

Winter Village – Explore the Winter Village in Ludwigshafen at the Platz der deutschen Einheit through Jan. 8.

December 10

Palmen Garten – Every year, the Palmen Garten in Frankfurt transforms into a holiday wonderland. Visitors can join in the festive spirit and see the Christmas exhibition of decorated fir trees and advent decorations and crowns through Dec. 26. A floral display includes a collection of traditional, bright red poinsettias and delicate Christmas roses. www.buzzoffbase.com

December 14

Holiday Concert – Members of the U.S. Air Forces in Europe band will perform a concert at the Fruchthalle in Kaiserslautern 8 p.m. Free tickets can be picked up at the German-American Community Office in Kaiserslautern, Willy-Brandt-Platz 1, 67657.

December 22

Late Night Shopping – The city of Heidelberg hosts late-night shopping. Stores are scheduled to remain open to at least 10 p.m. for those searching for last minute gifts.

Strasbourg Christmas Market – Experience France's famous Alsatian Christmas market in Strasbourg, the capital of Alsace. Begin the day with a

city orientation, where visitors can view a Gothic cathedral that took nearly 400 years to build, and see the famous La Petite France section of the old city. After the city orientation, sample one of the regional dishes, Flammkuche, at one of the colorful restaurants, shop in the large department stores or visit the French Christmas market in the center of town.

<http://affiliates.usa.org/Kaiserslautern>

Cologne Christmas Market – Enjoy the enticing smells of hot spiced wine, roasted chestnuts and gingerbread at the Cologne Christmas markets. There are five different markets taking place, all within walking distance of each other. The markets are full of color and smells, decorations, candles, lights, food and drink and Christmas carol singers. The traffic-free streets make for easy access to the local Christmas markets. <http://affiliates.usa.org/Kaiserslautern>

Upcoming concerts

David Guetta – House and electronic disc jockey David Guetta comes to Mannheim Dec. 14.

Catch Guetta at the Maimarkthalle, Xaver-Fuhr-Strasse 101, 68163. Tickets: 0621-42509-0.

Gospel Stars – The New York Gospel Stars will perform at the Heidelberg Castle Königssaal 8 p.m. Dec. 22. www.eventim.de

Harlem Gospel Singers – The Harlem Gospel Singers will perform at the Rosengarten in Mannheim 7 p.m. Dec. 26. And at the Frankfurt Alte Oper 8 p.m. Jan. 7. For tickets, call civ. 018-052-001.

Glenn Miller Orchestra – The Glenn Miller Orchestra directed by Will Salden comes to Mannheim's Rosengarten 8 p.m. Jan. 4.

Ongoing

Art Exhibit – Local artist David Sohl invites community members to view his latest art exhibit at the Rathaus. 69231 Rauenberg, Wieslocher Straße 21. Exhibit runs through Jan. 18.

Ice Festival – Visit the Snow and Ice Sculpture Festival in Bruges, Belgium. Visitors can discover the mystery of the ice palace and other surprises. The festival is open daily 10 a.m.-7 p.m. through Jan. 6, including Christmas and New Year's Day. Kids 4 and under are free. www.buzzoffbase.com

Paintings – View an exhibition of 50 oil paintings by Chinese artist Qiu Shihua through Jan. 6 at the museum Pfalzgalerie in Kaiserslautern. www.mpk.de

coming to THEATERS

KILLING THEM SOFTLY

(Brad Pitt, James Gandolfini) A trio of brave gamblers rob a Mob protected card game, causing the local criminal economy to collapse. Brad Pitt plays professional enforcer, Jackie Cogan, hired to track them down and restore order. (Rated R for violence, sexual references, pervasive language, and some drug use) 97 minutes.

PREMIUM RUSH

(Joseph Gordon-Levitt) Wilee, a bicycle messenger, is used to putting his life on the line as he speeds through the crowded streets of New York. However, his last delivery of the day, a routine premium rush, turns into a life or death chase through the streets of Manhattan. (Rated PG-13 for some violence, intense action sequences and language) 91 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Dec. 7 - KILLING THEM SOFTLY (R) 7 p.m.; PREMIUM RUSH (PG-13) 10 p.m.
Dec. 8 - THE POSSESSION (PG-13) 4 p.m.; KILLING THEM SOFTLY (R) 7 p.m.
Dec. 9 - PREMIUM RUSH (PG-13) 4 p.m.
Dec. 10 - KILLING THEM SOFTLY (R) 7 p.m.
Dec. 12 - THE POSSESSION (PG-13) 7 p.m.

Vogelweh, Galaxy

Dec. 7 - LIFE OF PI (PG) 7 p.m.
Dec. 8 - RISE OF THE GUARDIANS (PG) 4 p.m.; RED DAWN (PG-13) 7 p.m.
Dec. 9 - TROUBLE WITH THE CURVE (PG-13) 7 p.m.

Ramstein, Gateway Cineplex

Dec. 6 - LIFE OF PI (PG) 11 a.m., 3 p.m., 6 p.m.; RISE OF THE GUARDIANS (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 7 p.m.; RED DAWN (PG-13) 11:30 a.m., 2:45 p.m., 5:30 p.m., 8 p.m.
Dec. 7 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; THE POSSESSION (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9 p.m.; KATY PERRY: PART OF ME (PG) 11:30 a.m., 2 p.m., 4:15 p.m.
Dec. 8 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; THE POSSESSION (PG-13) 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m., 8:45 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9 p.m.; MIRROR MIRROR (PG) 11:30 a.m., 1:30 p.m.
Dec. 9 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4 p.m., 8:45 p.m.; THE POSSESSION (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 6 p.m., 8:15 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; KATY PERRY: PART OF ME (PG) 4 p.m.; MIRROR MIRROR (PG) 11:30 a.m., 6:30 p.m.
Dec. 10 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4 p.m., 8:45 p.m.; THE POSSESSION (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 6 p.m., 8:15 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; MIRROR MIRROR (PG) 11:30 a.m., 2 p.m., 4:45 p.m., 7 p.m.
Dec. 11 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4 p.m., 8:45 p.m.; THE POSSESSION (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 6 p.m., 8:15 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Dec. 12 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4 p.m., 8:45 p.m.; THE POSSESSION (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 6 p.m., 8:15 p.m.; PREMIUM RUSH (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; MIRROR MIRROR (PG) 11:30 a.m., 2 p.m., 4:45 p.m., 7 p.m.
Dec. 13 - KILLING THEM SOFTLY (R) 11 a.m., 1:30 p.m., 4 p.m., 8:45 p.m.; THE POSSESSION (PG-13) 11 a.m., 1:15 p.m., 3:30 p.m., 6 p.m., 8:15 p.m.; PREMIUM RUSH (PG-13) 2 p.m., 7 p.m.; MIRROR MIRROR (PG) 11:30 a.m., 4:45 p.m.



THEATER INFORMATION

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

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Louisiana Runoff Election

The state of Louisiana will hold a runoff election Dec. 8 in the 3rd Congressional district (cities of Chalmette, Gonzales, Houma, Thibodaux, Morgan City and New Iberia) to decide between Republican incumbent Jeff Landry and Charles Boustany Jr. Absentee ballots may be requested using the Federal Voting Assistance Program wizard at www.fvap.gov by 4:30 p.m. Central Standard Time Dec. 7. Ballots must be returned by 8 p.m. CST Dec. 8.

Holiday Mailing Deadlines

The U.S. Army Garrison Baden-Württemberg postmaster recommends the following holiday mailing deadlines: priority parcels and first-class letters and cards, Dec. 10 and express mail, Dec. 18. Remember, send items as early as possible to avoid delays. DSN 370-3347, civ. 06221-573347.

Extended Postal Hours

U.S. Army Garrison Baden-Württemberg has extended postal customer service operations until Dec. 29 to coincide with the holiday season. The Postal Service Center on Patrick Henry Village in Heidelberg is open for out-going mail 10 a.m.-5 p.m. Monday-Friday and 9 a.m.-4 p.m. Saturdays. Parcel pick-up at the PHV PSC is 10 a.m.-6:30 p.m. Monday-Saturday. PSC 418 on Coleman Barracks in Mannheim is open for out-going mail 10 a.m.-4 p.m. Monday-Friday, and parcel pick-up will be 10 a.m.-6 p.m. Monday-Saturday. DSN 370-3347, civ. 06221-57-3347.

Wounded Warriors

The Wounded Warrior Project and Operation Homefront recently announced a partnership that extends emergency financial assistance to service members and veterans who incurred a physical or mental injury, illness or wound (not due to misconduct), coincident to military service on or after Sept. 11, 2001. Funded by WWP, requests for basic needs assistance (food, rent and utilities), are fulfilled by Operation Homefront. www.OperationHomefront.net.

Lithium Batteries

On Nov. 9, the U.S. Postal Service posted a bulletin on their website, and the Stars and Stripes newspaper followed with an article Nov. 15 that stated Army, Air Force and Fleet Post Offices may once again receive mail that contains lithium batteries. This is inaccurate. Until the issue is clarified, APOs in Germany, Belgium and the Netherlands will continue to not accept items that contain lithium batteries for shipment on commercial airlines. APO mail from Italy can be routed to the continental U.S. using Military Air at Aviano. For the time being, no European APO or FPO can receive items containing lithium for mailing. DSN 388-9493, civ. 06221-338-9493.

Winter Tires

A law passed in Germany in December 2010 requires vehicles be equipped with dedicated winter tires (with the "three-peak-mountain" marking), mud and snow (with M+S marking) or all-weather and all-year tires when winter weather conditions (black ice, snow, slush and ice) are expected. While the law does not specify a certain time period, a rule of thumb for central Europe is to have winter-capable tires mounted October to April. Drivers caught with summer tires will be fined €40, even if they have not caused a hazard or accident. If a vehicle equipped with summer tires is blocking traffic or gets involved in an accident, the owner or operator of the vehicle will be fined €80 and may lose insurance coverage.

KAISERSLAUTERN

Education

♦ **Couples Communication** – Family Advocacy presents a 2-part series that teaches the keys to better communication and effective listening and understanding 5:30-7:30 p.m. Dec. 6 and 13 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

♦ **English As A Second Language** – Free beginners English As A Second Language classes that cover language fundamentals are offered noon Mondays. Intermediate ESL classes are noon Fridays at Army Community Service, Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

Community

♦ **A Christmas Story** – KMC Onstage will present "A Christmas Story," a family holiday classic featuring little Ralphie, a Red Ryder BB gun, a leg lamp and a tongue stuck to a frozen pole, 7:30 p.m. Dec. 7, 8, 14 and 15 and 3 p.m. Dec. 9 and 16 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Tickets are \$14 for adults and \$12 for students. DSN 483-6626, civ. 0631-411-6626.

♦ **Boss In Paris** – Better Opportunities for Single Soldiers travels to Paris to bring in the New Year. Bus departs noon Dec. 31 from Vogelweh Bowling Center and returns about 9 a.m. Jan. 1. Register with Army Outdoor Recreation in Bldg. 2905 on Pulaski Barracks by Dec. 21. DSN 493-4117, civ. 0631-3406-4117, www.kaiserslautern.armymwr.com.

♦ **Holiday Cheer Bingo** – There will be a Holiday Cheer bingo with games, free food, Christmas goodies, a visit from Santa and more 3-7 p.m. Dec. 23 at the Kazabra Club, Bldg. 2057 on Vogelweh Housing. DSN 489-7261, civ. 0631-536-7261.

♦ **KMC Onstage** – KMC Onstage in Bldg. 3232 on Kleber Kaserne offers all programming free of charge to Wounded Warriors and their guests at the Fisher House. Landstuhl patrons may be able to receive transportation for weekend shows if arrangements are made by 2 p.m. Friday. DSN 483-6626, civ. 0631-411-6626, KMConstage@eur.army.mil.

♦ **Kazabra New Years** – Bring in the new year, take home party favors, enjoy a buffet and watch the ball drop 9 p.m.-3 a.m. Dec. 31 at the Kazabra Club, Bldg. 2057 on Vogelweh Housing. Call the club to purchase tickets: DSN 489-7261, civ. 0631-536-7261.

♦ **Sembach New Years** – A disc jockey will spin tunes while partygoers enjoy a buffet 9 p.m.-3 a.m. Dec. 31 in the all-new Community Activities Center in Bldg. 220 on Sembach Kaserne. Call the center to purchase discounted tickets, or buy at the door: DSN 496-5140,

civ. 06302-67-5140.

♦ **Armstrong's Lights Out Party** – Send 2012 out with a bang, with a midnight Champagne toast, dancing, favors and breakfast buffet, 9 p.m.-4 a.m. Dec. 31 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Tickets: civ. 0631-354-9986.

♦ **Gate Closure** – Vogelweh Housing's outbound Gate 9 will be closed until further notice. The gate is adjacent to B270, heading toward Hohenacker. DSN 493-4176, civ. 0631-3406-4176.

HEIDELBERG

Education

♦ **College Application Tips** – Parent to Parent offers a college admissions, strategies and tips workshop for parents and students 6:30 p.m. Dec. 12 at Heidelberg High School, Room 142. DSN 370-8004, civ. 06221-57-8004.

♦ **Employment Seminar** – Army Community Service hosts readiness seminars to assist U.S. Army Garrison Baden-Württemberg employees with using the USAJOBS Resume Builder, the federal job application process and more. Seminars are scheduled for Dec. 17, Jan. 14, Feb. 11 and March 11, with times to be determined. Supervisors must e-mail a participant list to erin.v.paulus.civ@mail.mil. www.heidelberg.armymwr.com.

♦ **University Of Maryland** – Registration for the University of Maryland University College Europe's "Holiday Express Intersession," an opportunity to earn credit over the holidays, is open. Registration is also open until Dec. 23 for field study courses in Paris and Florence, Italy, Jan. 5-12. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu.

♦ **University Of Oklahoma** – The University of Oklahoma is now accepting enrollments for its Master of Human Relations and Master of Arts programs, with an emphasis in International Relations. Courses are taught face-to-face or on-line in a condensed one-week format. DSN 373-7919, civ. 06221-17-7919, aphidelberg@ou.edu.

Community

♦ **Lapsit Story** – Parents and babies or toddlers can enjoy a story 11 a.m. Dec. 6 and Thursdays at the Patrick Henry Village Library, Bldg. 4509. DSN 370-1740, civ. 06221-57-1740.

♦ **Holiday Cheer Pottery Bingo** – The Heidelberg Community and Spouses Club presents "Holiday Cheer" European pottery bingo 10 a.m. Dec. 11 in the Village Pavilion Community Center Ballroom on Patrick Henry Village. Reservations required by Dec. 6 at www.hcsc-heidelberg.com. Child care available with Child, Youth and School Services: https://webtrac.mwr.army.mil.

♦ **It's A Wonderful Life** – The be-

loved holiday classic "It's A Wonderful Life: A Live Radio Play," adapted by Joe Landry, comes alive 7:30 p.m. Dec. 7, 8, 14 and 15 and 3 p.m. Dec. 9 and 16 at the Roadside Theater on Patton Barracks. Reservations: www.roadsidetheater.com.

♦ **"Calendar Girls" Auditions** – Open auditions for the show "Calendar Girls" will be 7 p.m. Dec. 11 and 12 at the Roadside Theater, Bldg. 109 on Patton Barracks. This play requires 10 females and four males ages 20 and up, as well as technical staff and crew. No experience required. Perusal scripts available at the Roadside Theater. DSN 373-5020, civ. 06221-17-5020, www.roadsidetheater.com.

♦ **Caracalla Spa** – De-stress at the Caracalla baths in Baden-Baden with Outdoor Recreation. Bus departs from the Park and Ride outside the Patrick Henry Village Commissary gate 8:30 a.m. Dec. 16 and returns about 6 p.m. Register by Dec. 12: DSN 388-9282, civ. 06221-338-9282.

♦ **Art Expo** – School-aged children will showcase watercolors, mixed media, sculptures and more at the 11th annual art expo 6-8 p.m. Dec. 15 at the Village Pavilion Community Center on Patrick Henry Village. www.heidelberg.armymwr.com

♦ **Protestant Holiday Programs** – There will be a children's Christmas pageant 10:15 a.m. Dec. 16, a Christmas musical 7 p.m. Dec. 16, a Boy and Girl Scout peace light service 6:30 p.m. Dec. 18, a Christmas Eve candlelight service 7 p.m. Dec. 24 and a Gospel watch-night service 10 p.m. Dec. 31 at the Patrick Henry Village Chapel. DSN 373-6190, civ. 06221-17-6190.

♦ **Heidelberg Community Choir** – The Heidelberg Community Choir will present an evening of Advent music sponsored by the U.S. Army Garrison Baden-Württemberg Religious Support Office 7 p.m. Dec. 16 at the Patrick Henry Village Chapel. The choir will also perform at the Heiliggeist Kirche in downtown Heidelberg 6 p.m. Dec. 21. Civ. 06221-7590-2316.

♦ **Parent's Day, Night Out** – The next Parent's Night Out is scheduled for Dec. 21, and Parent's Day Out is Dec. 22. Reservations with Central Enrollment required by noon Dec. 17. DSN 388-9340, civ. 06221-338-9341, www.heidelberg.armymwr.com

♦ **Winter Festival** – Children enrolled in the School-Age Center and their families can attend a winter festival that includes art, a talent show and treats prepared by the SAC Cooking Club 3:30-5:30 p.m. Dec. 20 in the Community Support Center, Bldg. 3850 (the Shopping Center). DSN 370-8994, civ. 06221-370-8994.

♦ **Single Soldier Dinner** – Better Opportunities for Single Soldiers and

the USO will provide free food and Christmas goodies for single Soldiers 5-8 p.m. Dec. 21 at the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Bilingual Advent Service** – There will be an Advent service in English and German 6 p.m. Dec. 21 at the Heiliggeistkirche (Church of the Holy Spirit) in the Heidelberg Hauptstraße. Contact the U.S. Army Garrison Baden-Württemberg Chaplains Office at DSN 373-6190, civ. 06221-17-6190 for more information.

♦ **Community Bank** – Community Bank on Campbell Barracks will be closed Dec. 24. The branch on the Shopping Center will be open 9:30 a.m.-noon. DSN 373-1410, civ. 06221-17-1410.

♦ **Customs Field Office** – The U.S. Forces Customs Field in the Community Support Center, Bldg. 3850, will be closed 11:30 a.m.-4 p.m. Dec. 14 and all day Dec. 24-26 and 31. DSN 370-7142, civ. 06221-57-7142.

♦ **Catholic Holiday Worship** – Christmas Eve Mass will be 5 p.m. Dec. 24, Christmas Day Mass will be noon Dec. 25, a Mass will be held 5 p.m. Dec. 31 and New Year's Day Mass will be noon Jan. 1 at the Patrick Henry Village Chapel. DSN 373-6190, civ. 06221-17-6190.

♦ **Slapshots Casino Room** – Slapshots Casino Room in Bldg. 104 on Patton Barracks offers a large selection of electronic and video slot games and is now open 9 a.m.-11 p.m. Monday-Thursday, 9 a.m.-2 a.m. Fridays and noon-10 p.m. Sundays. DSN 373-5190, civ. 06221-17-5190.

♦ **Pharmacy Hours** – The Heidelberg Army Health Clinic on Nachrichten Kaserne has adjusted its pharmacy operating hours until further notice, due to staffing changes: 8-11 a.m. and noon-5 p.m. Monday-Friday. DSN 371-2673, civ. 06221-17-2673.

MANNHEIM

♦ **Housing Furnishings Closure** – The Directorate of Public Works Housing Centralized Furnishings Management Office in Bldg. 1534 on Spinelli Barracks will be closed Dec. 6-7 for annual inventory. For short notice (emergencies only) delivery or pick-up of Army Family or Unaccompanied Personnel Housing furniture or appliances, call DSN 387-3302/3305, civ. 06221-4380-3302/3305.

♦ **BASOPS Closure** – The Base Support Operations maintenance division's customer service team (including the privately-owned vehicle station) on Spinelli Barracks will be closed noon-4 p.m. Dec. 7 for a Christmas party. DSN 475-8847, civ. 09641-83-8847.

CrossFit: Soldiers, athletes flock to latest workout trend

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Some jokingly refer to it as a cult, while others think it's just the latest fitness fad.

However, a small but growing number of Kaiserslautern Military Community Soldiers, Airmen and civilians are turning to CrossFit at facilities on Landstuhl and Sembach as their answer to staying fit and healthy.

With its own lingo – that includes words like “functional,” “scalability” and “WODs,” or “workouts of the day” – CrossFit is a strength and conditioning program that features high intensity workouts that can be tailored to anyone's ability.

Developed in 2000 by Greg Glassman, the program is great all-around workout and is inclusive, said Sgt. 1st Class Kevin Bross, Company C, Landstuhl Regional Medical Center, who is the new director of the Landstuhl CrossFit facility.

“You can make it as hard for elite athletes or simple for people like my wife, who just had a baby,” Bross said.

One of the many benefits that CrossFit devotees like about the program is the functionality of the movements. Each of the nine core CrossFit movements mimic everyday life scenarios, said Master Sgt. Marcus McClain, 4th Airborne Brigade Combat Team, 25th Infantry Division, unit liaison officer at LRMCC.

“For example, we do squats, which we do every day, from bending down to get groceries, playing with kids, to going to the bathroom,” McClain said.

“On the other hand, typically at the gym we do bicep curls. It makes your arms look good, but what does it do? We don't really

lift anything like that.”

Another benefit is its ability to be done with a minimal amount of equipment.

When Lt. Col. James Walker, U.S. Army Garrison Kaiserslautern provost marshal, was deployed to Camp Eggers in Kabul, Afghanistan, he had little gym equipment. He saw a group of Soldiers doing CrossFit daily, but was hesitant at first. Then, he tried it once and was hooked.

“I was sold after that,” Walker said. “It is all about the intensity you put into it. At 42, I don't have the time to spend an hour and a half at the gym anymore.”

After returning from Afghanistan, Walker bought a few pieces of equipment and set up his own CrossFit home gym. He's gotten his wife and young daughter participating as well.

“Bodywise, I may not be as large anymore, but I see tremendous benefits,” Walker said. “I have had no decrease in ability and am able to hang with these young kids.”

Another benefit, according to those who take part, is the CrossFit camaraderie.

After being injured in Afghanistan, McClain was sent to LRMCC. The first thing he did was seek out a CrossFit gym.

“I knew that is where I would feel at home,” he said. “I wanted to be around people with similar attitudes and goals ... it is a community. It's not a way of working out, but a lifestyle. If you choose this, you are choosing to adapt to a healthy lifestyle. It is a challenge everyday just like life, but you have the support of others.”

Instead of plugging in headphones and tuning the world out while working out, CrossFit participants can be heard chatting and encouraging each other on as



CrossFit enthusiast Logan Johnson trains at the Landstuhl CrossFit center.

they work out, said Airman Rob Weybret. When not at the gym, he is talking to fellow CrossFitters and hanging out with them.

Weybret and two other members of the Landstuhl CrossFit facility attended a CrossFit invitational in Belgium and the Netherlands in October.

All three local competitors made it to the finals, with Weybret finishing in eighth place overall.

While some jokingly call it a cult, others see CrossFit as a welcoming and inclusive community.

“If it is, it is a good type of cult,” Walker said.

“It is all about striving to make yourself better. Working out in a community makes it a lot easier and a lot more fun.”

To find out more about local CrossFit programs, log on to <http://landstuhlcrossfit.com> or visit Sembach's “RageCage” page on Facebook.

staying ACTIVE

Jingle Jog in Baumholder

Baumholder hosts a Jingle Jog 9 a.m. Dec. 7, with registration starting 7:30 a.m. at the Hall of Champions on Smith Barracks. Souvenir T-shirts are available for \$5 each at the Mountaineer Fitness Center, Bldg. 8220. DSN 485-7176, civ. 0678-36-7176.

Sembach and Pulaski Youth Pro Soccer

Soccer clinics are available through SKIESUnlimited until the end of December for Kaiserslautern-area players aged 3-18. To register, visit Parent Central Services, Bldg. 2898 on Pulaski Barracks (DSN 493-4516, civ. 0631-3406-4516) or One Stop Shop, Bldg. 3810 on Landstuhl Post (DSN 486-8943, civ. 06371-86-8943.)

New Year's Eve Bowling Party

Families can enjoy cosmic bowling, Disney and Pixar movies and a buffet featuring child-friendly food like pizza, hot dogs and chicken fingers, 3-6 p.m. Dec. 31 at the Patrick Henry Village Bowling and Entertainment Center in Heidelberg. DSN 388-9040, civ. 06221-338-9040.

Youth Rock Climbing Classes

Sign up now for rock climbing classes for ages 7-16. Classes begin Jan. 3 at Ramstein Outdoor Recreation, Bldg. 3336. Register at <https://webtrac.mwr.army.mil> or visit Parent Central Services on Pulaski Barracks, Bldg. 2898. DSN 493-4516, civ. 0631-3406-4516.

Ice Skating

Go for a spin on the ice skating rink at the Karlsplatz square in downtown Heidelberg through Jan. 4. A 90-minute session costs €2.50 for adults and €2 for children. Skates can be rented for €2.60 a pair.

Firearm Safety Courses

Firearm safety courses are available by appointment at the Rod and Gun Club in Bldg. 4130 in Oftersheim (an der Bundesstr. 291). Civ. 06202-51193.

Parent And Me Yoga

Yoga classes are available to parents and their children birth to age 12, who are enrolled in Child, Youth and School Services' SKIESUnlimited program in Kaiserslautern. Register at Parent Central Services, Bldg. 2898 on Pulaski Barracks or at the One Stop Shop, Bldg. 3810 on Landstuhl Post. DSN 493-4516/4122, civ. 0631-3406-4516/4122.

Family Fitness

Families can participate in circuit training that incorporates cardio, body bars, obstacle courses and more 9:30-10:30 a.m. Tuesdays and Thursdays in the Miesau Physical Fitness Center, Bldg. 1220. DSN 481-3797, civ. 06372-842-3797.

FemFusion

Ladies 16 and older can enjoy a workout that uses a unique combination of mat work and dance to burn fat, sculpt and tone muscles, improve balance and more, 10-11 a.m. Wednesdays at the Landstuhl Physical Fitness Center, Bldg. 3720. \$4 per class. www.kaiserslautern.armymwr.com

Wii Sports, Wii Fit

Shake up your routine by playing Wii Sports or Wii Fit free of charge at the Fitness Center, Bldg. 172 on Rhine Ordnance Barracks in Kaiserslautern. DSN 493-2241, civ. 0631-3406-2241.

Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the dates, details and names of those pictured to usarmy.badenwuer.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**

Warrior Games set for Friday

By Ed Drohan

ERMCC PUBLIC AFFAIRS

Warrior Transition Battalion-Europe Soldiers will compete Friday in the Warrior Games Commander's Cup in Heidelberg's Patton Barracks gym.

The games will feature wounded and ill Soldiers from across Germany and Italy in the adaptive sports of wheelchair basketball and sitting volleyball.

The opening ceremonies will take place at 8 a.m., with the Commander's Cup presentation scheduled for noon.

Adaptive sports are part of the reconditioning program used to help WTBE Soldiers get back into condition, said Rehabilitation Therapy Technician Ryan Paddock. Paddock works with Soldiers from the WTBE's A Company in the Kaiserslautern area and is coordinating the

upcoming Commander's Cup event.

“This reinforces the fact that they're not broken, that they can still participate actively,” Paddock said.

In addition to wheelchair basketball and sitting volleyball, preliminary events included a marathon relay, cycling and archery, with each company amassing points based on their finishes in the events.

Paddock said he

expects about 30 Soldiers to compete, but more than 100 of their comrades should also be there to help cheer them on.

“This is all friendly competition,” said Staff Sgt. Christopher Pelley, WTBE operations non-commissioned officer and one of the event organizers.

“This is a community event and we'd like to invite everybody to come out and watch.”