

HeraldPOST

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

HP THURSDAY
Nov. 15, 2012

Speed Read

EARLY HERALD POST

The Herald Post will be published one day early next week due to Thanksgiving.

EQUAL OPPORTUNITY

The U.S. Army Garrison Baden-Württemberg Equal Opportunity Advisor is selected this year's best in U.S. Army Europe. **3**



TEENS SHARPEN SKILLS

Master Resiliency Trainers teach Kaiserslautern High Schoolers how to focus on five dimensions of strength. **6**

GIVING BACK

A medically retired Soldier helps Warrior Transition Battalion-Europe Soldiers transition to civilian life. **9**

Defense Details

FEMALE BODY ARMOR

An innovation that will leave female Soldiers safer and more comfortable on the battlefield was named one of Time Magazine's "Best Inventions of the Year 2012." A collaborative effort between the Natick (Mass.) Soldier Research, Development and Engineering Center and Program Executive Office Soldier resulted in an improved outer tactical vest designed specifically for women. The 101st Airborne Division's 1st Brigade will be the first unit to test the new female body armor in Afghanistan. The new armor was designed to offer better protection and to prevent bruised hip bones that women experienced when wearing IOTVs meant to fit smaller men. In a recent interview with National Public Radio, Lynne Hennessey of NSRDEC, lead designer of the body armor, related what she heard from Soldiers during testing at Fort Campbell: "Most of them, when they put it on, they were like, 'Oh, my goodness, I need this right now. Can I have this? I could wear this all day. It fits so well,'" Hennessey said. In a head-to-head comparison with the current IOTV, the female version was chosen by all 101st Soldiers who tested it. Soldiers had feedback about the location of the buckles on the shoulders and some other adjustability concerns, and modifications are expected to be made accordingly.

www.army.mil/news

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Sebastian Schmidt

Spc. Willy Hubbard, a wheeled-vehicle mechanic for Headquarters and Headquarters Company, 18th Military Police Brigade on Sembach Kaserne near Kaiserslautern, sings on stage during a recent X Factor Germany taping.

18th Military Police Soldier makes X Factor Germany finals

By Staff Sgt. Tramel Garrett
18TH MP PUBLIC AFFAIRS

A 21st Theater Sustainment Command Soldier's dream of becoming a recording artist is one step closer after he made the finals of the German X Factor show recently.

Spc. Willy Hubbard, a wheeled-vehicle mechanic for Headquarters and Headquarters Company, 18th Military Police Brigade, relied on audience votes to

determine his fate after enduring auditions, boot camp and the judge's house.

Hubbard, a Richmond, Va., native, made it through the first live show Nov. 4 and was voted off Monday.

X Factor Germany is a television music talent show competition for aspiring singers drawn from public auditions.

Hubbard said he walked onto the X Factor stage with butterflies in his stomach and wondered if he had the

talent to become a star in the music industry.

He was a United States Soldier on a German television show, and everyone in the building was focused on him, he said.

"I was nervous, so I imagined that everyone was my friend, and they all came to see me," Hubbard said.

Hubbard's noncommissioned officers and command ensured he had ample time to follow his dream.

When Hubbard was not

on stage, he spent his days on Sembach Kaserne ensuring Soldiers from the 18th Military Police Brigade are ready to deploy and carry out their everyday missions.

"I've got so much support from my command. Maj. Gen. Aundre F. Piggee, the commanding general of the 21st Theater Sustainment Command, called down to my unit and asked how I was doing on the show," Hubbard said.

see **FACTOR** page 9

Physical therapy available to family members

LRMC Public Affairs

The Heidelberg Army Health Clinic's Physical Therapy section is available again to active duty family members.

"Previously we were only seeing active duty Soldiers," said Capt. Paul Froehlich, chief of physical therapy.

"However, we now have a second physical therapist on board and are able to open access to active duty family members.

"Also, retirees and [Department of Defense] civilians and their family members will now be seen on a space available basis," Froehlich said.

"We want to reassure our beneficiaries that their health care remains at the forefront of what is important to us," added Lt. Col. Rachele Smith, health clinic commander.

"As we support transformation in Europe, we will continue to reassess our environment to optimize

our resources and ensure we meet our patients' needs throughout this transition to clinic closure in summer 2013," Smith said.

To make an appointment for physical therapy or other clinic services, call DSN 371-2622, civ. 06221-17-2622 between 6:30 a.m.-5 p.m., Monday-Friday.

COMMUNITY

Volunteers add personal touch, talents to military communities

By Tara Crooks
MILITARY.COM

I'm going to make a bold statement – one that I believe to be accurate. Our military would not run without volunteers. Period.

If you're not sure you agree, I would like you to make your way to your nearest installation. Visit a military hospital; those greeters are volunteers.

In some places, the people behind the pharmacy counter at the refill pharmacy are volunteers.

The man who taught your Army Community Services class – yes, a volunteer. The woman who leads your Family Readiness Group – also a volunteer.

According to the Blue Star Families' Military Family Lifestyle Survey 2010 (3,634 military families surveyed), 68 percent of respondents had volunteered in the last year.

A direct comparison with civilian volunteers isn't possible given the difference in definitions and populations, but the Corporation for National and Community Service indicated that in 2009, the national volunteer rate was just under 27 percent.

The majority of military-affiliated volunteers carve out less than ten hours a month in any one category of donated time (to military non-profits or church, for example).

However, 9 percent of the respon-

dents who declared hours put in more than 30 hours per month-equivalent to a part-time job.

Folks, that's some serious free people power (which translates to money saved) for our military. The question is – why do we do it? With so many people volunteering in so many ways, the individual reasons for volunteering are infinite.

Just recently I had a friend of a friend Facebook message me with a common concern of military spouses – meeting new people. She had recently relocated and was at an installation where she knew no one.

Desperate to “date” for some friendships, she reached out to me for advice on where to “score a few acquaintances” she may be able to turn into life-long friendships.

In my 14 years of experience as a military spouse, I have had the most luck finding friendships and “like minded” individuals by volunteering.

♦Meeting new people: What I considered my best form of payment for the time given. Of course there are many other reasons besides forming friendships, and hopefully you can find a few (some applicable to all volunteering and some military related only) reasons below that fit into your definition of why you do or would want to volunteer.

♦You're passionate about the cause: It could be that you want to empower

In my 14 years of experience as a military spouse, I have had the most luck finding friendships and “like minded” individuals by volunteering ...

military families through teaching a course on a certain topic. Maybe you just lost a loved one from a disease and want to educate or keep others from suffering the same fate. You could have a passion for animals, fitness, etc.

♦Benefit your professional resume and gain personal reference: Many employers and schools look favorably on volunteer experience and devotion to duty. You can meet professionals in the field you wish to work who will give you valuable references when it comes to employment time. Plus, you can test out a career and see if it's a good fit for you.

♦Use your existing skills in a productive way and develop new skills: Are you a good organizer of files but you desire to learn more about Microsoft Office? Volunteering in an office and showing some desire to learn can gain you new skills while using the ones you already possess in a produc-

tive manner.

♦Find a purpose and feel involved: There is nothing like feeling that you are part of something bigger than yourself.

♦Provide people, power or resources to a cause: Volunteering provides valuable community services so more money can be spent on organizational cause related improvements. The estimated value of a volunteer's time in 2011 is \$21.79 per hour.

♦Free admission and benefits: Volunteering at events like concerts and family fairs typically yield free admission for yourself and your family members. Who doesn't like to save money?

♦Trips and tours: Volunteering on the installation can allow you to be chosen for all-expense-paid trips to represent our military community.

♦Make a difference: Every person, every hour, every smile ... counts.

♦Your very own special reason: Remember that the motivations you have to select the place to offer your services may not be the reasons why you stay.

Once you're on the volunteer job, you will continue to serve as long as you feel that your efforts are accomplishing something, that your talents are appreciated, you love the people and that you have a positive impact on that organization.



www.facebook.com/BWnow

DISCUSSION BOARD

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

"The Rothenburg Christmas Market will start Nov. 27. Here's their website; www.rothenburg-tourist.de/en/christmasmarket.htm"

– Katja Hornbeck, BWnow Facebook Fan

"Love love love the Christmas market!"

– Adria McDowell Love, BWnow Facebook Fan

"Where is vet services in the Kaiserslautern Military

Community?"

– Chyla Willis, BWnow Facebook Fan

"Chyla, the Army Vet Services are in Bldg. 2928 on Pulaski Barracks. They are open by appointment only 7:30 a.m.–4 p.m. Monday-Friday. DSN 493-4444, civ. 0631-3406-4444."

– BWnow Facebook Administrator

"Mail flow has been interrupted by the damage

caused by Hurricane Sandy on the U.S. East Coast, resulting in delayed delivery of some mail to or from overseas customers. U.S. Army Garrison Baden-Württemberg Postal employees are asking community members for their patience until normal processing operations can fully resume at U.S. postal facilities."

– BWnow Facebook Administrator



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

Garrison equal opportunity advisor best in Europe

By Sgt. 1st Class Victor Aguirre
U.S. ARMY EUROPE PUBLIC AFFAIRS

Master Sgt. Alozie Wosu, U.S. Army Baden-Württemberg Equal Opportunity Advisor, was selected as the U.S. Army in Europe Equal Opportunity Advisor of the Year Oct. 22 in Heidelberg.

The award will allow him to compete for the 2012 Secretary of the Army Diversity and Leadership Award for Equal Opportunity Professionals.

"This is just one opportunity for commands in USAREUR to showcase their unit [or] community's Equal Opportunity Program and recognize their Equal Opportunity Advisor for his or her contributions to a successful EO program," said Sgt. Maj. Michael Fuller, USAREUR EO Program Sergeant Major.

EOAs help maintain equality in the workplace by identifying discrimination cases, assessing human relations climate and providing advice and assistance to commanders to prevent, reduce or eliminate discriminatory practices.

"I was pleasantly surprised to hear that I won, since I was not expecting

to win," Wosu said.

"You must have strong support from your leadership, and to receive that support, you must be visible so they value what you can contribute to mission readiness," Wosu said.

"Once that is established, the leadership will go out of their way to support you. Everyone must come together to get things done," he added.

To be eligible for award nomination, an individual must have performed the duties of an EOA for the entire fiscal year.

Each quarter, one EOA is recognized as the command Equal Opportunity Advisor of the Quarter.

At the end of the fiscal year, the four quarterly winners compete for the annual award, and the opportunity to compete at the Army level.

"Soldiers will always complain, regardless of what they do," Wosu said.

"You must be able to support the Soldier, no matter who they are, whether it is a young Soldier or a senior leader; it doesn't matter.

"Put the rank away and look at a person first and ask yourself, 'How can I make a positive impact,'" Wosu said.

"We have to be able to separate our



Sgt. 1st Class Victor Aguirre
Master Sgt. Alozie Wosu, U.S. Army Baden-Württemberg Equal Opportunity Advisor, speaks with a Soldier in his office Nov. 9. Wosu was named U.S. Army Europe EOA of the year Oct. 22 in Heidelberg.

status (rank) from being a human being."

Senior noncommissioned officers in all military occupational specialties are eligible to become EOAs.

Once selected, he or she must graduate the EOA course at the Defense Equal Opportunity Management Institute in Florida, and then serve a two- or three-year tour as an EOA.

Girl Scouts visit Heidelberg clinics



Ed Drohan
Heidelberg Army Health Clinic nurse Leeann Hendrix talks to Girl Scouts from Heidelberg Daisy Troop 222 about blood pressure before demonstrating the use of the blood pressure machine on Spc. Nathan Pickens, Nov. 5. The Scouts, all kindergarten and first grade students, visited the primary care and radiology clinics as part of their lessons on being friendly and helpful.

Leave, earnings statements may contain mistakes

Does not affect pay, entitlements

21st TSC Public Affairs

Some Soldiers stationed in Europe may find their cost of living allowance location omitted or listed incorrectly in the remarks section of their end-of-month leave and earnings statement for October 2012.

This system-generated error is only in the remarks section, and did not affect the actual COLA entitlement paid or overall pay.

The 21st Theater Sustainment Command's 266th Financial Management Center is working closely with the Defense Finance and Accounting Service to resolve the situation.

Soldiers with questions should submit an inquiry through their unit personnel administration center. They can also check their LES and other information 24/7 by visiting the MyPay website at www.mypay.dfas.mil.

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've noticed that it has taken a lot longer to receive my mail since my post office box was relocated to the new consolidated postal service center on Patrick Henry Village in Heidelberg. I thought the purpose of consolidating all the postal facilities was to make operations more efficient as we undergo Transformation. Is there not enough staff?"

One of the major issues currently affecting operations at the PSC on Patrick Henry Village has been Hurricane Sandy. Mail flow was interrupted by the damage caused by Hurricane Sandy on the East Coast, resulting in delayed delivery of some mail to and from overseas customers. The U.S. Postal Service experienced significant water damage at their East Coast mail processing facilities at John F. Kennedy and Newark International Airports, and some areas are still without power. Limited mail processing is being done at these facilities, causing the temporary rerouting of parcels (only) to the Chicago facility for onward movement to Europe. Express Mail, letters and flat rate mail will continue to be processed at JFK. Mail going back to the U.S. to other U.S. mail gateways is also being rerouted until JFK and Newark postal facilities can resume normal operations. As far as staffing, there are enough postal employees to provide service to the community. However, several customers still have not yet picked up their combinations, or have returned to customer service on multiple occasions to pick up their combinations again. As a result, at least two postal staff have had to be pulled from other duties to continue to give out post office box combinations. Effective this week, the PSC will relocate customer service to the Parcel Pick-Up window. Customer service (in-processing and out-processing, change of address, assistance with mail boxes and combinations) will still be available during normal business hours at one central customer service and parcel pick-up point.

NEW – "My wife is active duty and we have been authorized to live off-post in Wiesbaden. How do we start the process of locating off-post housing? We won't move to Wiesbaden until April."

The first step in obtaining new housing in the Wiesbaden area (for both on and off-post accommodations) is to 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) and provide them with a copy of your assignment orders. This will allow you to schedule an appointment to attend either the on-post or off-post housing briefings as required. Visit the U.S. Army Garrison Wiesbaden Housing web site at www.wiesbaden.army.mil/sites/newcomers/housing/HousingWebsite.htm to view a list of housing questions located under the Frequently Asked Question link.

"My husband's Date Eligible for Return From Overseas is in April of 2014, and we haven't heard anything on when we would possibly move to Wiesbaden. If we move anytime after April 1, we will have less than a year left in Germany. With less than a year left of our three-year tour, would we still be moving to Wiesbaden, or is an early curtailment possible to prevent moving twice in one year?"

Because each situation is different, we recommend you and your husband (if you have not already) first contact your chain of command and unit personnel office directly for specific guidance. They should be able to give you a definite answer based on their timeline for any planned unit moves, your husband's DEROS and any other variables that may arise in the future. They can also look at your time left in country and best decide which relocation or housing options would be most practical and cost effective for you and your family.

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, 2012**. 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, Bldg. 3850, in Heidelberg. DSN 370-7138, civ. 06221-57-7138.

Coleman Cleaners and Alterations – Dry Cleaning and alterations services are no longer available on Coleman Barracks. Customers can visit facilities on Patrick Henry Village, Campbell Barracks and the Heidelberg Shopping Center. DSN 431-3458, civ. 0703-1439-5100.

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.

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.afes.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 in the Community Support Center (on the shopping center) will be 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 (PSC customer service).

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 – **ID Cards** – Beginning **Dec. 1**, all ID Card and Defense Enrollment Eligibility Reporting System services located in the Community Support Center in Bldg. 3850 (on the Shopping Center) will relocate 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.

Soldiers help Kaiserslautern teens sharpen resiliency skills

By Staff Sgt. Michael J. Taylor
21ST TSC PUBLIC AFFAIRS

In support of the 21st Theater Sustainment Command's partnership with Kaiserslautern High School, several of the command's master resiliency trainers conducted master resiliency training with 9th and 12th-grade students at KHS Oct. 17.

Master resiliency training is designed to help Soldiers focus on the five dimensions of strength: emotional, social, spiritual, family and physical.

However, these resiliency skills have proven effective in contributing to the success of teams and leaders, families, students, executives and military personnel. Some of the skills learned include emotion awareness and regulation, impulse control, effective communication, challenging negative beliefs, problem solving and real-time resilience.

According to Sgt. 1st Class Veronica Short, an MRT for the 21st TSC and a Portland, Ore., native, the idea to conduct MRT training is an initiative by the 21st TSC leadership. The partnership between the 21st TSC and KHS provided a good opportunity to conduct the resiliency training with the students.

"We were invited out to the high school to talk to our seniors and freshmen to give them some insight on the training that their parents are going through and to provide them tools to use as they progress throughout the school year for the freshmen and then on to their adult lives for the seniors," Short said.



Staff Sgt. Michael J. Taylor
Sgt. 1st Class Veronica L. Short, a master resiliency trainer for the 21st Theater Sustainment Command, and a Portland, Ore., native, sits down with a group of Kaiserslautern High School 12th graders and talks with them about being resilient at the high school Oct. 17. MRTs from the 21st TSC conducted the training with 9th and 12th graders as a way to help them deal with the adversity and challenges that they may face in their lives.

The training was given to the students as a way to help them deal with the adversity and challenges that they may face in their lives. It can help them think about their situations and evaluate situations with a clear head instead of over-reacting or responding without thinking.

Teenagers can experience strong feelings of stress, confusion, self-doubt, pressure to succeed, financial uncertainty and other fears while growing up. For some teenagers, divorce, the formation of a new family with step-parents and step-siblings or moving to a new community can be very unsettling and can intensify self-doubts.

According to the American Academy of Child and Adolescent Psychiatry website, suicide among young people is a serious problem. Each year in the United States, thousands of teenagers commit suicide. Suicide is the third leading cause of death for 15-to-24-year-olds, and the sixth leading cause of death for 5-to-14-year-olds.

The resiliency training provided by the MRTs was intended to help students cope with some of those issues.

"This training for the students, I think is much needed, because sometimes they need help understanding how to bounce back from situations and how to deal with adversity," said Master Sgt. Gary Weir, an MRT and

contracting officer with the 409th Contracting Support Brigade, and a New York native.

During the training, the MRTs taught the students about activating events, thoughts and consequences, thinking traps, 'putting things into perspective', assertive communication and 'hunting for the good stuff'.

"The main thing that I learned, was about our thought process and the different traps that we get into when it comes to jumping to conclusions," said Britney M. Hall, a 12th-grade student at KHS and an Auburn, Ga., native. Hall is the daughter of Staff Sgt. Rukeya Hall from the 627th Movement Control Team.

"I am glad the 21st TSC MRTs came out here, because it shows that there are people that do care about the community and also care about the students," Hall said.

"[The] class was pretty good; the students were very interactive. They asked a lot of questions, and they understood the material that we spoke about," Weir said.

According to Short, being military children gives the students at KHS a head start. She said that while giving the training, a lot of students already knew about some of the areas that were talked about.

"Hopefully this training can become an annual event. There is a resilience week that takes place in March, and we have been invited to take part in that also, and so hopefully if all the feedback is good, then we should be coming back again next year for the same two events, if not more," Short said.

New thrift store opens on Pulaski Barracks

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Cutting the ribbon on Pulaski Barracks' new thrift store ushered in a new era to the Kaiserslautern Landstuhl Spouses Association's ongoing devotion to the Kaiserslautern Military Community.

Jeffrey Crisp, deputy to the U.S. Army Garrison Kaiserslautern commander, joined several KLSA members for the Nov. 1 opening at Bldg. 2923, next door the Pulaski Dental Clinic.

"The KLSA and their thrift stores are an important part of our community and have been nearly half a century," Crisp said. "We value their presence in our garrison and are proud to support their efforts."

The previous Pulaski store just didn't have enough space, said manager Christine Bohl-Bellajaro.

"We wanted to move somewhere bigger, so we can provide more for the community," she said.

Moving took volunteers two weeks of hard work, hauling inventory from their former building a few blocks away. The local rugby team helped, muscling cabinets and heavy items before their practice, she said.

On opening day, German crafts were raffled and browsing patrons quickly found bargains.

Children's items don't last long, Bohl-Bellajaro said. Electronics – especially transformers and 220 volt appliances – also sell fast.

Newcomers often find pots, pans and dishes or other things needed while awaiting their household shipments.

Each Thursday, customers can stuff a thrift store bag and pay \$5 for whatever fits, she said. The store accepts both consignments and donations from KMC members.

"Sometimes people come for souvenir gifts," Bohl-Bellajaro said. "People always are donating 'steins' and other original German stuff."

But the thrift store at Pulaski and its sister shop at Landstuhl's Wilson Barracks are more than just places to find a deal. Proceeds are donated to KMC organizations, to include youth groups, school programs, Scouting troops, chaplain's closets and Wounded Warrior Programs.

"It fully goes back into the community," Bohl-Bellajaro said.

In 2011, they donated more than \$184,000, according to their website.



Mark Heeter
Rosie Santillo, left, a consignment specialist from the Landstuhl Thrift Store, helps Bernice Jones, 2nd Vice President of the Kaiserslautern Landstuhl Spouses Association, prepare the ribbon for the opening of the new thrift store at Pulaski Barracks Nov. 1.

Each year, in fact, the KLSA donates thousands of dollars to local organizations – something they've been doing nearly five decades.

KLSA volunteers work hard, but they also have fun, Bohl-Bellajaro said.

"We're a great team, devoted to giving back to the community," she said.

To find out more about the KLSA and the local thrift stores, visit <http://klsagrapevine.org>

Reserve civil affairs unit completes mobilization training

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

GRAFENWÖHR – The first Army Reserve civil affairs unit to deploy to Afghanistan from a location outside the United States completed their mobilization readiness exercise culminating training event here Oct. 27-30.

Soldiers from the 7th Civil Support Command's Company D, 457th Civil Affairs Battalion, 361st CA Brigade, took part in the nearly two-week mobilization readiness exercise that consisted of core civil affairs classes, then Virtual Battle Space 2 simulator training prior to the culminating event.

"I think it's gone well," said Spc. Sara Batt, a Co. D team member from Mission, Kan. "There is a lot of prepping us for what we can expect when we go downrange."

The 7th CSC Soldiers trained in several areas of civil affairs operations including nation assistance, support to civil administration, transition operations, consequence management and synchronization of civil military operations.

During the mobilization readiness exercise, Soldiers also had the opportunity to interact with foreign-language speakers, who spoke Urdu, Dari and Pashto, the main native languages of Afghanistan.

Their role was to act as local Afghan villagers in vignette scenarios that simulated the different types of missions, tasks and challenges the company will face during their combat tour.

Another aspect of the training was recognizing and understanding local cultural and religious norms, like

female Soldiers wearing a head scarf when interacting with the local populace.

Vignette scenarios were determined using feedback from the civil affairs unit currently in theater that the unit will replace, according to Sgt. Jason Enriquez, 1st Training Brigade, U.S. Army Civil Affairs Psychological Operations Command (Airborne).

Enriquez mobilized from Fort Dix, N.J., to conduct the training.

"I think it's great that we have face-to-face [interaction] with real interpreters," said Sgt. 1st Class Larry Parker, team leader, Co. D, 457th CA Bn., and Rocky Mount, N.C., native.

"It will be good lessons learned to pass to the unit who replaces us next year. Civil affairs main goal is to work ourselves out of a job," Parker added.

Three contractors, one born in Pakistan, the others in Afghanistan, took on the roles of village midwife, local provincial council member and deputy minister of health, respectively.

"[We are teaching them] to know the basic customs and courtesies in Afghanistan.

"They need to work on providing solutions, not just listening," said Homa Abass, who played the role of deputy minister.

"It's interesting, entertaining and exhausting. I'm sure they're [the CA Soldiers] learning some things," Parker said.

The scenarios were part of training on evaluating measures of effectiveness and performance, with the underlying theme of transition, according to Staff Sgt. Charlie Brown, 1st Training Brigade, USACAPOC (A).



Sgt. 1st Class Matthew Chlosta

Foreign language speakers role-play as local Afghan natives as 1st Lt. Cristina Pillai, team leader with Company D, 457th Civil Affairs Battalion, 361st Civil Affairs Brigade, 7th Civil Support Command, listens and takes notes during a pre-deployment mobilization readiness exercise at Grafenwöhr Training Area, Oct. 29. Pillai is wearing a head scarf in recognition of Afghan religious and cultural norms and expectations, which is a critical element of civil affairs missions.

The mobilization readiness exercise marked a number of firsts for deploying U.S. Army Reserve civil affairs Soldiers.

Unlike other Army Reserve CA units, who mobilize and train at Fort Dix prior to deployment, Co. D conducted their pre- and post-mobilization training at their home station in Grafenwöhr, outside the U.S.

Also, the company's higher headquarters, the 361st CA Bde., stood up as a unit in 2010 as the only civil affairs brigade stationed outside the U.S.

Co. D's deployment from a loca-

tion outside the U.S. has led to the 1st Training Brigade's first-ever overseas training mission.

"It's the 'first time we've gone overseas to conduct the training," said Sgt. 1st Class Tim Henshall, mobile training team member, 1st Trng. Bde., USACAPOC (A). Henshall is a native of Blairstown, N.J.

"It's been beyond expectations. [They're] very enthusiastic about it; [it's the] best training I've seen, specific to civil affairs.

"They've really latched on to it," Henshall said.

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U.S. Army

Sgt. Kimberly Boyce, 401st Quartermaster Detachment, helps unload hoses from a vehicle necessary to pump water out of basements Nov. 7 at the Redfern Housing complex, Rockaway, N.Y. Residents at the complex were without power since Hurricane Sandy hit the Northeast. Despite the effects of a second large storm, Soldiers removed water from three buildings at the complex. The unit deployed into the area to support Federal Emergency Management Agency and state and local officials.



Sgt. Duncan Brennan

Spc. Thomas Appelhanz, C Company, 6th Battalion, 101st Combat Aviation Brigade flight medic, checks to ensure intravenous therapy fluid is flowing properly to a wounded Afghan National Army soldier during a patient transfer mission at Forward Operating Base Tagab, Kapisa province, Afghanistan, Nov. 5.



Spc. Ondirae Abdullah-Robinson

Emma Pratt, the daughter of fallen aviator Chief Warrant Officer 5 John C. Pratt, shows the key to the newly-named Pratt Headquarters building to 12th Combat Aviation Brigade Commander Col. Jay Voorhees during a Nov. 2 ceremony renaming the brigade headquarters on U.S. Army Garrison Ansbach in honor of her father, while her mother, Nicola Pratt, looks on.

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Sgt. Muy Thor inspects a large generator cable before installing it at a fuel depot in Carteret, N.J., Nov. 6. Thor and other Soldiers from the 249th Engineer Company installed generators to supply power to the depot, which lost power during Hurricane Sandy.



E.H. Jones.com

Former Soldier helps others make transition

Medically retired Soldier helps others prepare for civilian life

By Ed Drohan
EUROPE REGIONAL MEDICAL COMMAND PUBLIC AFFAIRS

A few months ago, Morris Russell was an active duty Soldier assigned to the Warrior Transition Battalion-Europe.

A deployment to South America and three to Iraq had taken their toll, and he was going through the process of being medically retired from the Army.

Today, Russell is using that experience to help other transitioning Soldiers prepare for life as civilians by helping them get ready for the job market. At the same time, his work is therapy for him, as well.

Russell is an instructor for the Wounded Warrior Project's Transition Training Academy in Baumholder.

Twice a week, WTB-E Soldiers travel from posts around Germany – some driving as many as three hours – to attend his Introduction to Computer Repair course. All hope to receive their CompTia A+ certification, something that opens employment doors in the information technology industry.

The course, which started Oct. 1, will run eight weeks before the 12 students get a three week break to study for their certification test. They then return for another eight weeks of training on practical applications that they'll need to work in the IT field, Russell said.

All the students had to first complete the TTA's Introduction to Computer Technology course before attending the computer repair course.

Russell said most of the students were surprised when he came in the first day as the course instructor, since he'd been one of their fellow students in the first course.

"The last time I was here [was] as a student in the Warrior Transition



Morris Russell, center, a former Soldier who now teaches computer repair for Warrior Transition Battalion-Europe Soldiers in Baumholder, describes the functions of different components on a computer motherboard for Maj. Robert Stohler, left, and Spc. Akindade Johnson during a recent class session. Stohler and Johnson are Soldiers assigned to the WTB-E.

Unit," Russell said.

"The first day of class, all the guys were looking around and asking where the instructor was, because I went to the first course with these guys."

While still a Soldier in the WTB-E, Russell was working on his degree in cyber security and pulling on-the-job training with the U.S. Army Europe IT help desk.

He was able to pass the test for his CompTia A+ certification, and, after medically retiring in Germany, was offered the instructor's position.

He said at first, though, he didn't think the job was right for him.

"I had just gotten the A+ certification and they [WWP] asked if I'd like to work with the Wounded Warriors," Russell explained.

"At first I didn't want to work with them. I had a lot of anxiety issues about speaking to groups of people because of my PTSD [post traumatic stress disorder], but I was working with my therapist to work out those issues, to get me out of my shell," he

said.

Eventually, Russell decided to accept the job offer, looking at it as a challenge.

"It forces me to get in front of the class," Russell said.

"It allows me to take small steps and work in a room full of guys I can relate to. It's therapy for me."

His students run the gamut in experience, from one Soldier who has worked in the IT field for years to another who has almost no experience at all.

"Some of the guys have been doing this stuff since they were 8, others have never touched a computer," Russell said.

"The end goal is that they absorb as much information as they can, not just from me, but from their classmates, research – anything that can give them the edge."

His students agree that the TTA is something they couldn't pass up.

"This is a fantastic opportunity," said Maj. Robert Stohler, who is a

member of WTB-E's D-Company in Vilseck. He's taking the course with his son, who is his registered caregiver.

"It's great that somebody would do all this, go through this large expense, all so we have something to take into our civilian career."

Russell said he makes it a point to tell his students something positive about themselves every day of class to plant the seeds of encouragement in them. His objective is the same as when he was active duty.

"My goal is to have these guys leave here knowing more than I do, with a better plan than I had, and go out and accomplish more than I did," Russell said.

"A good leader always wants his Soldiers to be better than they are."

He added that he gets as much out of the experience as his students do.

"Here I am teaching IT classes, still working with Soldiers and helping them," he said.

"I still feel like part of the team – I'm still serving."

FACTOR

continued from page 1

"In the first show I got four Xs, and the crowd gave me a standing ovation and started chanting finals.

"My performance really propelled me and increased my popularity," Hubbard said.

The audience's prediction became a reality when he was named a finalist.

"It's amazing to make the finals.

There is a lot of talent on this show. I expected to make it to the second round, and now I'm in the top 12.

"It's surreal," Hubbard said before the show aired.

"I worked really hard, and I'm really excited because this is an amazing opportunity for me," he added.

Hubbard's passion to sing began at an early age.

Growing up, he found many ways to hone his craft with church choirs

and even a five-man rhythm and blues group, which sang at local bars and small shows.

Whenever he needs to vent or relieve stress, he finds a way to do it through his music.

"I started singing when I was 5 years old. It was always something I liked doing.

"Music has always been there for me. I try to put a unique twist to it.

"I get all of my stress out with my

music," Hubbard said.

Now all this hard work has paid off, and he is now building a fan base.

"I have a lot of new fans, and that's even odd to me because I'm not used to having fans.

"I've taken pictures with baggers at the commissary and people at the airport.

"This has been a different experience and it's really exciting," Hubbard said.

GERMAN NEWS

Pig Head Found In Baby Carriage

Police on the island of Fehmarn have opened an investigation after a 31-year-old man found a roasted pig's head in the baby carriage he left in the hallway of his building. A spokesman told *Die Welt* newspaper Tuesday that it remained unclear whether the head, discovered Sunday, was a veiled mafia-style threat, a macabre joke or a neighbor's way of protesting the carriage's presence. The total damage cost was unclear.

Sugary Children's Tea Pulled

Baby food maker Hipp has pulled its heavily-criticized sugared tea (that won this year's "Golden Windbag" award from German watchdog group "Foodwatch" in June) off store shelves. The firm marketed the drink as a healthy tea for babies. Hipp rejected the criticism, but said the company withdrew the tea because it did not want to alienate customers. More than 34 percent of the 130,000 people who voted in this year's "Goldene Windbeutel" awards decided Hipp deserved the accolade for marketing a tea containing two and a half lumps of sugar per 200 milliliters. Hipp has started making a sugar-free instant tea.

Banana Peel Stops Stabbing

A banana skin saved a woman recently when her estranged husband slipped on it while trying to stab her with a steak knife. The 39-year-old was taking out the trash when her 42-year-old husband approached. The couple got into a fight, and as he produced a knife and slashed at her, the victim held up the bag to protect herself. The knife sliced through it, and a banana skin fell to the ground. When her husband tried to attack her again, he reportedly slipped on the peel, and she escaped. The man's lawyer told the *Bild*, "My client regrets the incident. He wanted his wife back, was in despair, and didn't know what to do next."

Rascal Raccoons In Suburbia

Residents should be mindful of raccoons breaking and entering. First brought to Hesse in the 1930s from North America, the animals have adapted and are now regularly seen throughout Germany. Believed to seek out human dwellings for safety from predators and for food, the omnivores have even been known to enter houses in search of a quick snack.

SOURCE: www.thelocal.de



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,

Our 22-year-old son is a Purple Heart recipient. He has been in a laundry list of trouble since he was released from the hospital spring of 2011. Recently, he smoked so much of the K2 Spice fake weed that he had a heart attack and was found early one morning. He was taken to emergency room and ultimately to rehab and was recently released.

My husband has been at the base trying to help the boy fight for his medical retirement (80 percent disabled due to injuries) and discharge. Foremost, though, we have to get a power of attorney to handle his affairs, because our son is not in his right mind to make decisions of this magnitude. He has more than displayed his inaptitude to care for himself. Do you have any advice on how to expedite the POA in this situation? My husband has to return to work very soon.

— Caring Mom

Dear Mom,

I hope your son is doing better, and I hope you and your husband are doing well, too. I know this is very stressful on both of you.

Spice is a growing problem in the military. I don't think young people realize how dangerous it is. I'm very thankful your son survived this ordeal.

It should not be a problem for you and your husband to get a POA. Your husband can contact the legal office on base for assistance. They should be willing to help with a POA, because it is for your son and will be beneficial for him. Please take care of yourself. I applaud you for being there and supporting your son.

Dear Ms. Vicki,

My husband hasn't been the same since he came back from his last deployment. He has been on four: three to Afghanistan, and one to Iraq. Each deployment became increasingly more difficult to handle for both of us. I knew my husband was suffering, but I couldn't do anything about it, because he loves his job and serving his country.

I love my husband, and I believe he loves me. However, we don't know each other anymore. I look at him and it's like I am looking at an empty shell, a person who lacks emotion and feelings. I have changed, too. Sometimes I think we have outgrown each other, or more that I have outgrown him. I don't spend my time crying about the lack of time we spend together talking or spending time together. We don't talk over breakfast or dinner; we don't have date night and sadly, we don't even sleep in the same bedroom together anymore. I don't know the last time we touched each other or made love. Honestly, it was more than eight months ago. Even then, there weren't any feelings at-

tached to the sex. It was just sex.

Like I said, I love my husband, and I have never cheated on him. However, I am 34, and I am human. I want to feel I am needed and wanted, and to feel desired by a man, especially my husband. Is the problem me or him or both of us? I really don't know what to do, but I know I can't continue like this. This is something I don't deserve.

— Possibly Resentful

Dear Resentful,

You both deserve to be in a relationship that is full of romance, passion and intimacy. It is normal to be resentful. You have experienced long separations, which can be challenging to any relationship.

Here are a few suggestions:

- ♦Talk to each other, but no emotionally-charged conversations. In other words, don't talk about anger or resentments; start with light conversations.
 - ♦Start doing things together, like yard work or cooking a meal.
 - ♦Touch each other. Hold hands; give hugs and kisses.
 - ♦Let the other person know they are appreciated; give compliments.
 - ♦Remove distractions that keep you from spending time with each other, including extra volunteer opportunities and staying additional hours at work when you could be home.
 - ♦Move back into the bedroom. The goal right now is to increase warmth, togetherness and closeness.
 - ♦You and your husband could greatly benefit from a licensed clinical social worker, a marriage and family therapist or professional counselor who specializes in helping couples and marriages.
- Check on base for the availability of counseling services. If none are available, visit www.militaryonesource.com to be connected with a provider in your community.

Antibiotic resistance worldwide public health problem

By Lisa Young

U.S. ARMY PUBLIC HEALTH COMMAND

To highlight the importance of using antibiotics wisely, the U.S. Centers for Disease Control and Prevention has established Nov. 12-18 as "Get Smart About Antibiotics Week."

Antibiotic resistance is a worldwide public health problem. Resistance occurs when bacteria can no longer be killed by a previously effective antibiotic and the bacteria continue to grow.

According to the Alliance for the Prudent Use of Antibiotics, if resistance to treatment continues to spread, our globally connected world may find itself back in the dark ages of medicine — before today's miracle

drugs existed.

This misuse and overuse of antibiotics is believed to be the cause of antibiotic resistance among bacteria.

The CDC estimated that more than 50 percent of antibiotics are unnecessarily prescribed for upper respiratory infections like cough and cold illness, most of which are caused by viruses.

This is one of the most common causes of improper use and misuse of antibiotic prescriptions. In addition, many people don't complete the full dosage of the antibiotic because they feel better or want to save some for the next time they are ill.

This practice leaves some bacteria alive and contributes to the bacteria's future resistance to antibiotic treat-

ment. Limited access to medical care and effective treatments may also lead to self-medication misuse, like sharing or using leftover antibiotics.

The American College of Physicians states that both physicians and patients have a role to play in decreasing the misuse of antibiotics.

Physicians should only prescribe antibiotics when tests indicate that a bacterial infection is present.

As a patient, you can prevent antibiotic resistance by doing the following:

- ♦Not requesting antibiotics from your doctor or taking antibiotics for a viral infection like a cold or the flu.

- ♦Not sharing prescriptions or using a prescription that was not written for you.

- ♦Taking all prescribed doses of the antibiotic.

- ♦Taking the antibiotics exactly as the doctor directs. Don't skip any doses.

- ♦Returning for care if symptoms persist.

Be smart when using antibiotics and keep in mind that antibiotics kill bacteria, not viruses. Antibiotics will not keep other people from catching the infection. Taking antibiotics for a viral infection not only wastes time and money, but contributes to increased antibiotic resistance. For the health of future generations, do your part to improve appropriate antibiotic use.

For more information, visit www.cdc.gov/getsmart/healthcare/index.html.

GET OUT!

area events

More events online at www.facebook.com/BWnow

November 15

Film Festival – The Mannheim-Heidelberg International Film Festival is the sixth oldest international film festival in the world (after Venice, Cannes, Berlin, Locarno and Karlovy Vary). The festival is devoted to the discovery of new talents, and shows only films that have never been played at another big festival before. Festival is open to the public and runs through Nov. 22. For times and locations in Mannheim and Heidelberg, visit www.iffmh.de/en

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

Mama Africa – Musical ensemble Mama Africa (Ngonoo) will perform at the Stadthalle in Otterberg 7 p.m. Proceeds benefit the Balthasar Children's Hospice. Tickets are €23. Civ. 06301-31-504. www.militarygermany.com

Art Exhibit – View paintings and other works during the Dora Olivares' art exhibition at the Heidelberg Arts and Cultural Center on Patrick Henry Village. Exhibit runs through Nov. 17.

November 16

Art Exhibit – Local artist David Sohl invites community members to the opening of his latest art exhibit 7 p.m. at the Rathaus. 69231 Rauenberg, Wieslocher Straße 21. Exhibit runs through Jan. 18.

November 18

A Christmas Carol – See a special English language showing of Charles Dickens' beloved holiday classic, "A Christmas Carol," at the Saarbrücken Theater. Visit the central market square "St. Johanner Markt" and several little huts selling all sorts of Christmas items. Browse through an array of original Christmas decorations, cakes, cookies, mulled wine and more. The winding streets surrounding the theater are home to many pubs and restaurants, where visitors can grab a quick dinner before the show. <http://affiliates.uso.org/Kaiserslautern/>

November 21

Heidelberg Christmas Market – Troll through more than 140 stalls covering

the Heidelberg Christmas market. The 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 and feast on culinary specialties like mulled wine, baked apples, gingerbread, "Christstollen" (a special Christmas cake) and grilled sausages. Enjoy amusement rides, choirs, orchestras and storytellers through Dec. 22.

London – Imagine, three nights in London. Spend time shopping, sampling London's diverse cuisine, visiting museums and exploring the city. See the Tower Bridge, the Houses of Parliament with Big Ben, Westminster Abbey, Buckingham Palace and changing of the Guard, Trafalgar Square, Piccadilly Circus, the London Eye and more. <http://affiliates.uso.org/Kaiserslautern/>

November 22

Black Forest – Enjoy a Thanksgiving Day tour of the Black Forest. Visit the glass works Dorotheenhütte in Wolfach for a demonstration of traditional glass-blowing, shop for cuckoo clocks and other souvenirs, visit the Triberger Wasserfälle, Germany's highest waterfall and savor a full Thanksgiving dinner specially prepared with all the holiday trimmings. <http://affiliates.uso.org/rheinmain>.

November 23

Ice Festival – Visit the Snow and Ice Sculpture Festival in Bruges, Belgium. Visitors can discover the mystery of the ice palace and other surprises. This year's theme is inspired by the stories of "Harry Potter," "The Lord of the Rings" and "The Hobbit." The festival is open every day 10 a.m.-7 p.m. through Jan. 6, including Christmas and New Year's Day. Admission is €9-€13 depending on age. Kids 4 and under are free. www.buzzoffbase.com

November 24

Heidelberg Tour – Tour Heidelberg's Altstadt or old town and visit the old bridge and other famous local sites. There will also be time for shopping and exploring the annual Heidelberg Christmas Market. <http://affiliates.uso.org/rheinmain>.

November 26

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, Fahrthor and Mainkai.

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

November 30

Holiday Magic – Enjoy the annual Holiday Magic event 4 p.m. at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Event will feature a Christmas market, crafts, food, live entertainment, tree lighting ceremony, prize drawings and a visit from Santa Claus. www.mwgermany.com

Upcoming concerts

Lianne La Havas – Singer Lianne La Havas performs live at Club Zoom in Frankfurt 9 p.m. Nov. 29. www.eventim.de

Chris Brown – Singer Chris Brown will perform at the Hanns-Martin-Schleyer-Halle in Stuttgart 8 p.m. Nov. 23 and the Frankfurt Festhalle 8 p.m. Nov. 29. www.eventim.de

Florence and the Machine – Florence and the Machine will perform at the Jahrhunderthalle in Frankfurt 8 p.m. Dec. 2. www.worldticketshop.com

Ongoing

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

Deutsches Museum – The Deutsches Museum in Munich provides a first-hand look at Germany's contributions to science, technology and industry. The interactive museum has plenty of places to get kids involved, where they can push buttons, turn cranks and move switches to work parts of the exhibit. The museum is set on an island inside the Isar River and is open 9 a.m.-5 p.m. daily. Tickets: €8.50 for adults and €3 for children. Museumsinsel 1, Munich, 80538. www.buzzoffbase.com

coming to THEATERS

SKYFALL

(Daniel Craig) Bond is back in the 23rd adventure in the longest-running film franchise of all time. In Skyfall, Bond's loyalty to the M16 (Britain's Secret Intelligence Service) is tested as her past comes back to haunt her. As M16 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. (Rated PG-13 for intense violent sequences throughout, some sexuality, language and smoking) 143 minutes.



PARANORMAN

(Anna Kendrick) Norman Babcock spends much of his days appreciating the finer points of scary movies and studying ghost lore. In fact, Norman is gifted with the ability to see and speak with the dead. Most days, he prefers their company to that of his flustered father, spacey mother and superficial older sister. Norman is contacted by his uncle Prenderghast, who reveals that a centuries-old witch's curse is about to come true, and that only Norman will be able to stop it from harming the townspeople. (Rated PG for scary action and images, thematic elements, some rude humor and language) 93 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 15 - THE MAN WITH THE IRON FISTS (R) 7 p.m.
 Nov. 16 - SKYFALL (PG-13) 7 p.m.; SKYFALL (PG-13) 10 p.m.
 Nov. 17 - PARANORMAN (PG) 4 p.m.; SKYFALL (PG-13) 7 p.m.; SKYFALL (PG-13) 10 p.m.
 Nov. 18 - THE ODD LIFE OF TIMOTHY GREEN (PG) 4 p.m.; SKYFALL (PG-13) 7 p.m.
 Nov. 19 - PARANORMAN (PG) 7 p.m.
 Nov. 21 - THE ODD LIFE OF TIMOTHY GREEN (PG) 7 p.m.
 Nov. 22 - TWILIGHT: BREAKING DAWN PART 1 (PG-13) 7 p.m.

Vogelweh, Galaxy

Nov. 16 - WRECK-IT RALPH (PG) 7 p.m.
 Nov. 18 - THE EXPENDABLES 2 (R) 4 p.m.

Ramstein, Gateway Cineplex

Nov. 15 - WRECK-IT RALPH (PG) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; FLIGHT (R) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE MAN WITH THE IRON FISTS (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; THE EXPENDABLES 2 (R) 11:30 a.m., 2:30 p.m., 5 p.m., 7:30 p.m.
 Nov. 16 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m., 9 p.m.
 Nov. 17 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m., 9 p.m.
 Nov. 18 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m.
 Nov. 19 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m.
 Nov. 20 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m.
 Nov. 21 - SKYFALL (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m., 4 p.m., 6 p.m.; TWILIGHT: BREAKING DAWN PART 1 (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.
 Nov. 22 - SKYFALL (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE ODD LIFE OF TIMOTHY GREEN (PG) 11 a.m., 1:15 p.m., 3:30 p.m.; 7 p.m.; PARANORMAN (PG) 11 a.m., 1:30 p.m.; TWILIGHT: BREAKING DAWN PART 1 (PG-13) 4:30 p.m., 7 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

American Education Week

American Education Week runs through Nov. 17. Army Continuing Education offers a variety of programs to assist Soldiers in obtaining college degrees or certificates. Once a degree plan is established, the Soldier can apply for tuition assistance and enroll in classes anywhere in the world via the GoArmyEd portal at www.goarmyed.com. For more information, visit the Army Education Center, Bldg. 106 on Patton Barracks in Heidelberg. DSN 373-8700, civ. 06221-17-8700.

Extended Postal Hours

U.S. Army Garrison Baden-Württemberg will extend postal customer service operations Nov. 24-Dec. 29 to coincide with the upcoming holiday season. The Postal Service Center on Patrick Henry Village in Heidelberg will be 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 will be 10 a.m.-6:30 p.m. Monday-Saturday. PSC 418 on Coleman Barracks in Mannheim will be 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. 06221-573347.

Holiday Mailing Deadlines

The U.S. Army Garrison Baden-Württemberg postmaster recommends the following holiday mailing deadlines: space available parcels, Nov. 26; parcel air lift (parcel post) parcels, Dec. 3; priority parcels and first-class letters and cards, Dec. 10; express mail, Dec. 18. Remember, send items as early as possible to avoid delays. DSN 370-3347, civ. 06221-573347.

Landstuhl Main Gate

Dr. Hitzelberger Straße, the street leading to Gate 3 (the main entry gate for Landstuhl Regional Medical Center), is open only to inbound traffic due to road construction. Gate 4 is open for outbound traffic, and Gate 2 is open for out-bound traffic during rush hour (4-6 p.m. Monday-Friday except U.S. holidays.) The gate is expected to re-open Nov. 26. DSN 590-7181, civ. 06371-9464-7181.

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 (including black ice, snow, slush and ice) are expected. While the law does not specify a certain time period, a sound rule of thumb for central Europe recommends having winter-capable tires mounted October to April. Drivers caught with summer tires in winter weather 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.

Exchange Shuttle Program

The Army and Air Force Exchange Service is delivering increased selection with its free "Shuttle Program." This initiative transfers merchandise between Exchange facilities to fulfill customer requests. To use the program, shoppers can go to an Exchange Customer Service area and speak with a manager. After recording the request and checking availability, shoppers will be advised of a projected arrival date. www.shopmyexchange.com.

KAISERSLAUTERN

Education

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

♦ **Sponsorship Training** – Learn how to sponsor families new to the community with a free sponsorship class taught by Army Community Service 3-4 p.m. Nov. 27 in Bldg. 2891 on Pulaski Barracks. Registration required. Civ. 0631-3406-4203.

♦ **Stress Management** – A 2-part stress management series will teach about different kinds of stress and healthy ways to cope 11:30 a.m.-12:30 p.m. Dec. 4 and 11 in the Family Life Center in Bldg. 2919 on Pulaski Barracks. Registration required. Civ. 0631-3406-4062.

♦ **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.

Community

♦ **HUGS Playgroup** – The Help Us Grow Securely playgroup, for parents and children ages 0-4, will meet 10:11:30 a.m. Nov. 16 at the Vogelweh Community Center. DSN 493-4203, civ. 0631-3406-4203.

♦ **Library Fun Day** – The Library on Landstuhl Post will host a day of activities for the whole family, with a puppet show, refreshments, scavenger hunts, board games, movies and prizes, starting noon Nov. 17. DSN 493-4215, civ. 0631-3406-4215.

♦ **Community Activity Center** – The new Community Activity Center in Bldg. 220 on Sembach Kaserne will offer dining options starting Nov. 19. The CAC also includes a One Stop Shop and a Warrior Zone. DSN 496-5175, civ. 06302-67-5175.

♦ **Harvest Time Gathering** – Enjoy fresh coffee, hot chocolate, music and refreshments to get in the mood for the upcoming holiday season 10 a.m.-7 p.m. Nov. 21 at the Kaiserslautern Main Library, Bldg. 3810 on Landstuhl Post. DSN 486-7322, civ. 06371-86-7322, www.kaiserslautern.armymwr.com.

♦ **BOSS Thanksgiving** – Better Opportunities for Single Soldiers will host Thanksgiving dinner for single service members and geographical bachelors 2-7 p.m. Nov. 22 at the Community Activities Center, Bldg. 220 on Sembach Kaserne, with free food served 3-6 p.m. Watch the

football game on big screen TVs, participate in pool tournaments and win prizes and trips. Reservations required through unit BOSS representatives or by calling the BOSS office, DSN 493-4469, civ. 0631-3406-4469.

♦ **Multicultural Spouses Club** – The multicultural spouses club, designed to bring people together from different backgrounds, will meet 11 a.m. Nov. 23 in Bldg. 2926 in the Yellow Ribbon Room on Pulaski Barracks. Participants should bring a dish to share that embodies his or her heritage. Civ. 0631-3406-4203.

♦ **Turkey Shoot Out** – Kazabra Club in Bldg. 2057 on Vogelweh will host an After Thanksgiving Turkey Shoot Out, with bingo 8-11 p.m. Nov. 23 for ages 18 and older. Doors open 6 p.m. DSN 489-7261, civ. 0631-536-7261.

♦ **GREAT Ideas** – GREAT ideas, a support group for those diagnosed with diabetes, will address coming to terms with the changes in life, answer questions and give information and support 6 p.m. Nov. 27 in Bldg. 2891 on Pulaski Barracks. Reservations required. Civ. 0631-3406-4094/4091.

♦ **Bones Experts** – Throughout November, the Kaiserslautern Main Library in Bldg. 3810 on Landstuhl Post offers readers the chance to take a quiz based on the popular graphic novel series "Bones." Participants will be entered in a prize drawing. DSN 486-7322, civ. 06371-86-7322.

♦ **USA Jobs** – Employment readiness experts can assist community members with finding and applying for jobs on www.usajobs.gov 10 a.m. Nov. 30 at Army Community Service, Bldg. 2917, on Pulaski Barracks. Appointments recommended. DSN 493-4029, civ. 0631-3406-4029.

♦ **Last-Minute Bazaar** – Shoppers can purchase Polish pottery, crystal, toys, Dutch cheese, jewelry and more 9 a.m.-6 p.m. Dec. 3-6 at the "Last Minute" holiday bazaar in the Heaton Hall Auditorium, Room 112 inside Landstuhl Regional Medical Center. DSN 493-4184, civ. 0631-3406-4184.

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

HEIDELBERG

Education

♦ **ACS Classes** – Pregnancy Support Group, 1-2:30 p.m. Nov. 28, Army Community Service Annex, Patrick Henry Village, Bldg. 4531, Conference Room; Job Search Overview and USAJOBS Application Process, 10 a.m.-noon Nov. 20, Village Pavilion

Community Center, PHV, Bldg. 4507; Professional Resume Writing, 10 a.m.-noon Nov. 21, Village Pavilion Community Center, PHV, Bldg. 4507; English as a Second Language, 6-7:30 p.m. Mondays, Army Community Service Annex, PHV; Financial Readiness Briefing Computer-Based Training (Mandatory for first-term Soldiers. Call ACS at DSN 370-6883, civ. 06221-57-6883 for class times.)

♦ **UMUC Application Waivers** – University of Maryland University College Europe is celebrating American Education Week with application fee waivers for new students who apply by Nov. 17. Prospective and current students can also receive a free UMUC Fast Plan with an academic advisor. Apply online at www.ed.umuc.edu. DSN 370-6762, civ. 06221-3780.

♦ **University Of Oklahoma** – The University of Oklahoma is accepting enrollments for their Master of Human Relations and Master of Arts with an emphasis in International Relations degree programs. Courses are taught face-to-face or online in a condensed format. www.gou.ou.edu, DSN 373-7919, civ. 06221-17-7919.

Community

♦ **America Recycles** – The U.S. Army Garrison Baden-Württemberg Recycling Team will celebrate "America Recycles Day" 3 p.m. Nov. 15 in the Patrick Henry Village Commissary. There will also be an open house 11 a.m.-3 p.m. Nov. 17 at the Recycling and Reuse Center in Bldg. 4830 on PHV, featuring events centered around re-using things. Children are invited to partake in a "crazy fashion show" using cleaned clothes and accessories from the Reuse center, with dressing up starting noon and fashion show beginning 2 p.m. DSN 387-3180, civ. 06221-4380-3180.

♦ **PTA Family Fun Night** – There will be a family fun night, with a student-only chili cook-off, a spelling bee and more, 6-7:30 p.m. Nov. 15 in the Patrick Henry Elementary School cafeteria. Civ. 0151-1244-0458.

♦ **International Cooking Class** – Learn how to make international cuisine during a cooking class sponsored by Army Community Service 10:30 a.m.-1 p.m. Nov. 16 at the Patrick Henry Village Commissary. DSN 370-6975, civ. 06221-57-6975.

♦ **Quilting** – Ages 18 and older can learn how to make a wedding ring quilt 11 a.m.-6:30 p.m. Nov. 17 and 24 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Fees do not include supplies. DSN 388-9418, civ. 06221-338-9418.

♦ **Advent Wreath Workshop** – A community Advent wreath workshop hosted by the U.S. Army Garrison Baden-Württemberg chaplain's office will be held 4-7 p.m. Nov. 18 at the Village Pavilion Community Center on

Patrick Henry Village. DSN 373-6190, civ. 06221-17-6190.

♦ **Black Mystery Sale** – The Arts and Cultural Center on Patrick Henry Village will have a Black Mystery Sale 11 a.m.-7 p.m. Nov. 20-24. DSN 388-9418, civ. 06221-338-9418.

♦ **It's A Wonderful Life** – The beloved holiday classic "It's A Wonderful Life: A Live Radio Play," adapted by Joe Landry, comes alive 7:30 p.m. Nov. 30, Dec. 1, 7, 8, 14 and 15 and 3 p.m. Dec. 9 and 16 at the Roadside Theater on Patton Barracks. General reservations open Nov. 20. www.roadsidetheater.com.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. Nov. 21 at BOSS Headquarters on Patton Barracks. DSN 373-5275, civ. 06221-17-5275, www.heidelberg.armymwr.com.

♦ **BOSS Cheap Eats** – Better Opportunities for Single Soldiers offers free barbecue for service members only 5 p.m. Nov. 21 at the Warrior Zone Patio on Patton Barracks. Service members can also bring food to grill. DSN 373-5275, civ. 06221-17-5275, www.heidelberg.armymwr.com.

♦ **Messy Tots Art** – Children ages 2 to 5 can use paint, brushes, nature, paste, papers and more to create art projects 11:30 a.m.-12:15 p.m. Nov. 22 and 29 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. \$12 per session. DSN 388-9418, civ. 06221-338-9418.

♦ **BOSS Thanksgiving** – Better Opportunities for Single Soldiers will serve a Thanksgiving dinner 4-8 p.m. Nov. 22 at the Warrior Zone on Patton Barracks. DSN 373-5275, civ. 06221-17-5275, www.heidelberg.armymwr.com.

♦ **Logistics Closures** – The Property Processing Office and Driver's Testing Station in Bldg. 3850 on the Community Support Center, the Transportation Motor Pool on Patton Barracks and the U.S. Army Garrison Baden-Württemberg bus shuttle service will be closed Nov. 22 and 23 for Thanksgiving. DSN 373-5144, civ. 06221-17-5144.

♦ **Customs** – The U.S. Forces Customs Field Office will be closed Nov. 22 and 23 for Thanksgiving. DSN 370-7142, civ. 06221-57-7142.

♦ **Parent's Day, Night Out** – The next Parent's Night Out is scheduled for Dec. 7 and Parent's Day Out is Dec. 8. Reservations with Central Enrollment required by noon Dec. 3. DSN 388-9340, civ. 06221-338-9341.

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

Youth soccer heats up in Heidelberg



Photos by George Glazier

Above, Katie Ebner (green shirt) of Heidelberg youth soccer Team 2, closes in on the goal during a playoff game against Team 3 held on Patton Barracks in Heidelberg, Nov. 3.



Left, Ryan Johnson heads the ball during the Nov. 3 youth soccer playoff game on Patton Barracks in Heidelberg. Right, Will Glazier boots the ball away from the goal as members of Team 3 hold pursuit.



Above, members of the Heidelberg youth soccer Team 2 celebrate their win at the soccer tournament Nov. 3 held on Patton Barracks in Heidelberg.

staying ACTIVE

Turkey Trot 5K Fun Runs

Family and Morale, Welfare and Recreation will hold a Turkey Trot 9 a.m. Nov. 17 at the commissary parking lot on Patrick Henry Village in Heidelberg. Registration starts 8:30 a.m. Free T-shirts while supplies last. Family and MWR will also host a 5K Turkey Trot Run and Walk for ID cardholders 18 and older 10 a.m. Nov. 17 at the Rhine Ordnance Barracks Special Events Center, Bldg. 237 in Kaiserslautern. Sign-up starts 8:30 a.m. No pets allowed. Register by Nov. 15: DSN 493-2088, civ. 0631-3406-2088.

Basketball League

All military units assigned to the Heidelberg and Mannheim communities can sign up for the U.S. Army Garrison Baden-Württemberg recreational level basketball league by Nov. 21, with season running Nov. 28-March 4. Participants must be 18. DSN 373-8032, civ. 06221-17-8032.

Thanksgiving Ski Trip

Heidelberg Outdoor Recreation hosts a trip to the Kitzsteinhorn Glacier in Zell Am See, Austria, Nov. 22-25. Trip departs 9 a.m. from the Heidelberg Park and Ride and returns Sunday evening. Call Outdoor Recreation for details, DSN 388-9282, civ. 06221-338-9282.

Ice Skating

An ice skating rink will be set up in Karlsplatz in downtown Heidelberg as part of the Weihnachtsmarkt Nov. 26-Jan. 4. A 90 minute sessions costs €2.50 for adults and €2.00 for children. Skates can be rented for €2.60 a pair.

Professional Soccer Game

1. FC Kaiserslautern will play SSV Jahn Regensburg 5:30 p.m. Nov. 27 at Fritz Walter Stadium in Kaiserslautern. Tickets available online, www.fck.de.

Youth Pro Soccer

Sembach and Pulaski Youth Pro Soccer 2012 Soccer clinics are now available through SKIESUnlimited for beginner, intermediate and advance youth players, ages 3-18. Clinics include scrimmages, drills, team tactics and more. To register, call Parent Central Services, Pulaski Barracks, Bldg. 2898 DSN 493-4516/4122, civ. 0631-3406-4516/4122 or One Stop Shop, Landstuhl Post, Bldg. 3810. DSN 486-8943, civ. 06371-86-8943.

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.

Youth Rock Climbing Classes

Sign up now for rock climbing classes for ages 7-16. Classes begin Jan. 3 and take place at Ramstein Outdoor Recreation, Bldg. 3336. Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, Bldg. 4443 on Patrick Henry Village. DSN 388-9240, civ. 06221-338-9240.

CYSS Winter Sports Sign-ups

Sign-ups for winter sports, including basketball, wrestling and cheerleading, are available in Heidelberg. Register at <https://webtrac.mwr.army.mil> or contact Parent Central Services, Bldg. 4443 on Patrick Henry Village. DSN 388-9240, civ. 06221-338-9240.

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.