

HeraldPOST

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

HP THURSDAY
Nov. 29, 2012

Speed Read

HERALD POST CHANGES

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

WOUNDED WARRIORS

The Undersecretary of the Army and the Army Vice Chief of Staff visit Soldiers at Landstuhl Regional Medical Center during Thanksgiving. 5



GERMAN HONOR SOCIETY

A group of Heidelberg High Schoolers are inducted into the National German Honor Society. 5



SEA LIONS

The Heidelberg Sea Lions compete against Stuttgart and Berlin teams Nov. 17. 13

Defense Details

CIVILIAN CREDENTIALS

After completing an analysis of industry and employment trends, the Defense Department has embarked on a pilot program to help service members obtain civilian professional credentials, the department's director of training readiness and strategy told reporters Nov. 20. Frank C. DiGiovanni said five occupational areas were selected for the pilot program — aircraft mechanic, automotive mechanic, health care, supply and logistics and truck driver. A total of 17 military specialties are covered, which aligns with the Department of Labor's standard occupational classifications. To select the occupations, the department looked at the private sector for where there would be average or better growth coinciding with high numbers of projected job openings. "What we've asked the services to do... is to look at those five areas, look at their specific military occupational codes, marry them up and get some people into the pilot program," DiGiovanni said. The program began in October, and as it progresses, officials will examine whether existing military training is sufficient to qualify service members for civilian credentials. If insufficient, the department will determine if the program can be adjusted or if training from external sources is necessary.

www.army.mil/news

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Riggers host event for partnership nations



Staff Sgt. Michael J. Taylor

Spc. Jeannette K. Mason, center, a parachute rigger with 21st Theater Sustainment Command's 5th Quartermaster Detachment and Catskill, N.Y., native, shows several Italian army Soldiers how to tie down boxes on a Low-cost Aerial Delivery System during a familiarization of aerial delivery methods training at the 5th QM rigger shed on Rhine Ordnance Barracks in Kaiserslautern, Nov. 7. The training was organized for U.S. Army Africa and 5th QM to conduct the familiarization event with U.S. and African soldiers participating in exercise Central Accord 13 and Flintlock 13, to refine and rehearse procedures to be used in the aerial delivery exercises.

By Staff Sgt. Michael J. Taylor

21ST TSC PUBLIC AFFAIRS

Members of U.S. Army Africa and 21st Theater Sustainment Command's 5th Quartermaster Detachment jointly conducted an aerial delivery familiarization event Nov. 5-8 on Rhine Ordnance Barracks in Kaiserslautern with U.S., African and Italian Soldiers.

The purpose of the event was to refine and rehearse aerial delivery tactics, techniques and procedures to be applied during major upcoming exercises — Central Accord 13 and Flintlock 13.

African partnership nations participating in the event were Cameroon and Mauritania. There were representatives from the Italian army, as well as U.S. Soldiers from 824th Quartermaster

Company, 10th Special Forces Group, 560th Battlefield Surveillance Brigade and 11th Aviation Brigade.

"I think this familiarization is a great opportunity, because it allows us to associate soldiers from partnership nations with [the] Low-cost, Low-altitude Delivery System prior to the exercise, which makes things easier.

see RIGGERS page 9

Garrison organizations help ease holiday stress

Chaplain office, Army Community Service, USO provide programs

By Elizabeth Behring

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

With Thanksgiving over and winter holidays on the horizon, U.S. Army Garrison Baden-Württemberg directorates have looked for ways to help ensure community members can afford a dish on the table or a little sparkle on the tree.

The garrison's chaplains office will give \$50 vouchers good at the Patrick

Henry Village Commissary in Heidelberg to deserving Soldiers in the pay grade of E-5 and below, or to their families.

Unit commanders can submit names in-person by Monday to Christa Marx in Bldg. 101 on Patton Barracks in Heidelberg, by e-mailing christa.a.marx.ln@mail.mil or by calling DSN 373-6190, civ. 06621-17-6190.

Commanders, with the help of the unit chaplain, will prioritize families by

greatest need, but the chaplains office will make the final decision as to whom is selected for the vouchers, said Chaplain (Maj.) Roderick D. Swanson, Family Life Chaplain. The recipients will be chosen Dec. 7, Swanson said.

"The Operation Helping Hand Christmas Voucher Program is available to assist Soldier's families who are in need of an extra helping hand," Swanson said.

see HOLIDAY page 9

HEALTH WATCH

Secondhand smoke: a danger in the air

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

Do you know if the following statements are true?

•Nonsmokers who live with smokers are more likely to develop lung cancer.

•If you have asthma, secondhand smoke can make your breathing problems worse.

•Children exposed to secondhand smoke in the home are more likely to have ear infections.

The answer is "yes" to all three questions. Secondhand smoke is a mixture of the smoke from the burning end of a cigarette, pipe or cigar combined with the smoke breathed out by a smoker.

People breathe in secondhand smoke when they are near others who are smoking. Secondhand smoke is also known as environmental tobacco smoke, passive, side-stream smoke or involuntary smoke.

Secondhand smoke contains more than 60 chemicals that are known to cause cancer. A few are:

- Arsenic (a hazardous gas)
- Benzene (a hazardous gas)
- Beryllium (a toxic metal)
- 1,3-Butadiene (a hazardous gas)
- Chromium (a metal)
- Ethylene oxide (a gas)
- Nickel (a metal)

•Vinyl chloride (a hazardous gas)

The U.S. Surgeon General estimates that living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent.

According to the American Cancer Society, approximately 3,400 nonsmokers die from lung cancer each year. Some research also suggests that secondhand smoke may increase the risk of breast, nose and throat cancers, as well as leukemia.

Secondhand smoke contributes to various health problems in adults and children. It irritates the airways and makes respiratory conditions worse for people who have lung diseases like asthma or chronic obstructive pulmonary disease.

Secondhand smoke damages a person's heart and blood vessels and interferes with circulation, increasing the risk of heart disease and heart attack. An estimated 46,000 non-smokers die annually from heart disease because of secondhand smoke.

In children, secondhand smoke can cause:

- Ear infections
- Frequent and severe asthma attacks
- Shortness of breath
- Bronchitis and pneumonia
- Risk for sudden infant death syndrome

A baby who lives in a home where

one or both parents smoke is more likely to have lung disease. A child with lung disease usually requires treatment in a hospital for their first two years of life. Secondhand smoke slows the growth of children's lungs and can cause them to cough, wheeze and feel out of breath.

Here are some ways to protect yourself and those you love from secondhand smoke:

•Don't allow smoking in your home by family members, baby sitters or guests. Ask them to step outside.

•Don't allow smoking in your vehicle. If a passenger must smoke on the road, stop for a smoke break outside of the car.

•Avoid places that allow smoking. Choose smoke-free facilities for dining, child care and elder care. Request nonsmoking hotel rooms.

•If you have a partner, family member or other loved one who smokes, offer encouragement and support to help them stop smoking.

In others' homes:

•Ask others nicely to not smoke around you or your children, even outside.

•Socialize outdoors, if possible.

•Let smokers know if you're having problems because of their smoking (such as coughing or itchy eyes).

•While a person is smoking, let them know you don't want yourself

and your children to be exposed to the smoke, then leave.

Smoke-free areas can be tough on smokers. Here are some coping tips:

•Do something different to take your mind off smoking. Drink a glass of water. Take a walk or stretch.

•If you must smoke, make sure you are in a designated smoking area before lighting up. Completely put out a smoldering cigarette.

•Try to quit smoking. Quit for a day. See if your installation or organization offers any programs to help you with quitting.

Where there's secondhand smoke, there is danger in the air. There is no safe level of exposure to secondhand smoke. Prevent lung cancer and lung diseases. Take action and reduce or eliminate the risk of exposure to secondhand smoke.

For more information about secondhand smoke, visit the American Cancer Society, www.cancer.org/docroot/home/index.asp; the American Lung Association, www.lungusa.org; Become an EX, Online Tobacco Cessation Program, www.becomeanex.org; Campaign for Tobacco-Free Kids, www.tobaccofreekids.org/index.php; U.S. Centers for Disease Control and Prevention, www.cdc.gov/tobacco; National Cancer Institute, www.cancer.gov; Quit Tobacco: Make Everyone Proud, www.ucasquit2.org.



www.facebook.com/BWnow

DISCUSSION BOARD

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

"Hey BWnowers ... what were your LEAST favorite Thanksgiving foods (i.e. brussels sprout casserole ... yes there is such a thing?)"

— BWnow Facebook Administrator

"Brussels sprout casserole would definitely be high on my list ... ugh!"

— BrigitteundJohn O'Preska, BWnow Facebook Fan

"Anything with Brussels sprouts! Those things are disgusting!"

— Jonny Thayer, BWnow Facebook Fan

"Can you please clarify your earlier announcement from Nov. 15 that lithium batteries can now be shipped to and from Army Post Offices? There is a conflicting article from the Stars and Stripes page that it has not been lifted by the Dept. of Defense

for Army Post Offices and Military Postal Service. Thank you."

— Vicki Williams-Potter, BWnow Facebook Fan

"The Nov. 15 Stars and Stripes article is correct. The ban on lithium batteries has NOT been lifted by Department of Defense for MPS mail to and from our APOs. When or if the MPS or APO ban is lifted, it will be announced to our community and customers."

— Ivor Watson, 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.

U.S. Army Public Health Command tracks food from farm to fork

By Master Sgt. Lennard Bookman
U.S. ARMY PUBLIC HEALTH COMMAND VETERINARY SERVICES

One of the most important duties for members of the U.S. Army Public Health Command is to help ingrain the overall concept of food safety into the Department of Defense culture. The command is also focused on helping these same principles become common practice at home as well as in the workplace.

"Great food safety habits can start simply and lead to a healthier lifestyle," explained Chief Warrant Officer 5 Ronald Biddle, USAPHC senior food safety officer. "Food safety begins and ends with proper hand washing."

But hand washing is just one piece in the total food safety picture.

USAPHC's Veterinary Services Portfolio provides food quality, safety and defense guidelines, policies and procedures for Army veterinary service personnel worldwide. These guidelines enable Army veterinary food inspectors to provide customers with a high-quality and wholesome food supply.

Army veterinary service personnel provide public health services in many locations around the world.

"They perform sanitation inspections of facilities, to include inspection of products received, stored and sold," Biddle said. "They provide these services to the Army and Air Forces Exchange Service establishments, the Defense Commissary Agency, Family and Morale, Welfare and Recreation facilities and troop feeding activities. These inspections are performed on Navy and Marine installations throughout the nation and abroad."



Christina Graber

Pfc. Brigetta Fisher, a veterinary food inspector at the U.S. Army Public Health Command, performs an inspection on a shipment of carrots at a commissary, Jan. 17.

Ken Salazar, secretary of the U.S. Department of the Interior and a farmer and rancher noted the importance of food safety and defense.

"I think it is paramount that we take proper steps to ensure the safety of our food supply and domestic livestock herd," he said.

Col. Paul Whippo, Food Protection Program manager, said Salazar's comment not only reminds individuals of how important the safety and security of the food supply is, but how it is integrated from farm to fork.

"As members of [the] Public Health Command, we develop and implement food safety policies for the Army. We also work in support of our sister services to ensure that the DOD food supply is safe for service members, retirees and their family members," Whippo explained.

"We work with other federal and foreign regula-

tory agencies to make sure that we cover as much of the total picture possible. The bottom line is, without the inspector in the commissary, Troop Issue Subsistence Agency, Meal, Ready-to-Eat plant, [Family and] MWR, Army and Air Force Exchange Service facilities and the auditor in the commercial plants, our system and the safety and security of our military food supply would not exist. They ensure our military forces and their families are not at risk," Whippo said.

Military inspectors are frequently engaged in highlighting food safety and providing information to DOD personnel and their families on installations around the world.

"Visual aids such as flyers and food safety displays are placed near our military food servicing facilities," Biddle said.

The USAPHC also provides educational outreach through electronic (e-mails and presentations) and physical (information booths and posters) means to better prepare consumers to understand the importance of food safety.

"We all must be vigilant to prevent food-borne illness," Biddle said.

Food-borne illnesses can be as incapacitating as bombs and bullets, and they occur in homes as well as on the battlefield.

Col. Robert Webb, director of the Veterinary Services Portfolio, is well aware of the impact that safe and quality food has on the DOD. "It was Napoleon Bonaparte who said, 'An Army marches on its stomach,'" Webb said. "By that, Napoleon meant a well-fed Army is a formidable one, and his statement is as true today as it was in Napoleon's time."

Human Resources Soldiers



Spc. Iesha Howard

Sgt. Joycelyn Quinn, a human resources sergeant with the 21st Theater Sustainment Command's 1st Human Resources Sustainment Center, and a native of Montgomery, Ala., chats with her husband, Travis, in the Rhine Ordnance Barracks Deployment Processing Center before boarding a plane for deployment, Nov. 14. The departure of the 21st TSC and U.S. Army Europe HR specialists marked the first deployment of the HRSC from Europe.

Veterans Day ceremonies



Mike Bowers

Soldiers of the 21st Theater Sustainment Command display uniforms representing World War I to the present at a Veterans Day and quarterly awards ceremony held in the Galaxy Theater on the Vogelweh Military Complex, Nov. 8.

By Mike Bowers
21ST TSC PUBLIC AFFAIRS

Kaiserslautern's 21st Theater Sustainment Command commemorated Veterans Day with a wreath-laying on Panzer Kaserne and a quarterly awards ceremony wrapped around a Veterans Day theme at the Vogelweh Military Complex's Galaxy Theater, Nov. 8.

At the wreath laying, Maj. Gen. Aundre E. Piggee, commanding general of the 21st TSC, and Command Sgt. Maj. Michael A. Sanchez, command sergeant ma-

yor of the 21st TSC, placed flowers at the site of the command's memorial monument on the Panzer parade field.

The names of the 33 fallen Soldiers whose names are engraved on the monument were read aloud to the Soldiers, civilians and family members in attendance. Later in the day, Soldiers wore uniforms representing World War I to the present at a nearly packed Galaxy Theater, which set the stage for Piggee's Veterans Day speech that focused on Soldiers' legacy.

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 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.

NEW – 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.

NEW – "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.

UPDATED – "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 that affected operations at the PSC on Patrick Henry Village was 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. As far as staffing, there are enough postal employees to provide service to the community. However, the Garrison is seeking volunteers to assist in the PSC during the holiday season. Anyone who is interested should call DSN 388-9493/6611 or civ. 06221-338-9493/6611. Also, 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. The PSC has relocated 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.

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.

NEW – Coleman Express – The Coleman Express shopette 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@gmail.com, 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 – Beginning **Dec. 1**, all ID Card and Defense Enrollment Eligibility Reporting System services located on the Community Support Center in Bldg. 3850 (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.

Under Secretary visits Wounded Warriors

By Chuck Roberts
LRMC PUBLIC AFFAIRS

It was a trip to look, listen and give thanks that led Under Secretary of the Army Joseph W. Westphal to Afghanistan and Germany over the Thanksgiving holidays.

Joined by Army Vice Chief of Staff Gen. Lloyd J. Austin III, Westphal shared a holiday meal with Soldiers in Afghanistan, facing what he said is the critical task of training Afghan forces in preparation for the 2014 withdrawal of NATO forces. The transition, he said, is going well.

"I think morale is high, because they are seeing huge results as they turn over the mission to an Afghan army that is large and well-equipped," Westphal said during an American Forces Network interview at Landstuhl Regional Medical Center at the conclusion of his trip, Friday.

The Afghan army's mission also includes working alongside an Afghan police force that Westphal said is probably the strongest link in fighting the Taliban.

"As we leave, we are leaving it to an Afghan army that is strong and solid," Westphal said.

On a similar note, the under secretary addressed the transformation of U.S. Army in Europe as part of the overall reduction of military forces

and withdrawal of Soldiers in Europe.

Even though the Army presence in Europe is growing smaller, Westphal said Europe remains an important and critical ally and that the U.S. is unquestionably linked to its NATO partners.

Westphal said he does not foresee further Army reduction in forces, unless necessitated by significant future budget cuts. While forces in Europe are being reduced, there are plans to increase the Army's role within U.S. Pacific Command, which currently includes Hawaii, Korea and Japan. PACOM's mission will include strategic changes among U.S. forces and allies.

One thing that never changes regardless where his travels take him, said Westphal, is the Army commitment in taking care of its Wounded Warriors. When asked about the prioritization of medical care for Wounded Warriors as the Army faces budget constraints and possible sequestration, Westphal said that commitment "is a priority – not a negotiated priority ... A wound to a Soldier is a wound to the Army. A wound to the Army is a wound to the nation. We'll never compromise our care for our Wounded Warriors."

Westphal said he always makes a stop at LRMC when in Europe because "it's so important to connect with Wounded Warriors, no matter where you are in the world."



Phil A. Jones

Under Secretary of the Army Joseph W. Westphal and Army Vice Chief of Staff Gen. Lloyd J. Austin III visit Wounded Warriors at Landstuhl Regional Medical Center, Friday. The pair visited Wounded Warriors after spending Thanksgiving with Soldiers in Afghanistan.

Westphal praised the continuum of military medical care from combat zones, to LRMC, to long-term definitive care at stateside hospitals, such as Walter Reed Army Medical Center in Washington, D.C.

"It's miraculous for us to see how effective this process is. Soldiers deserve such care because of what they are doing for Americans now, and have been doing for more than 237 years," Westphal said.

German Honor Society



Linda Steil

Rashida Peters (center) lights a candle during an induction ceremony for the National German Honor Society at Heidelberg High School, Nov. 14, while Katherine Clark (co-president with Michaela Steil) and Andrew Griffith look on. This year, seven students were inducted, including Peters, Clark, Griffith, Shanon Walker, Ana Osborne, Benjamin Little, Shanice Harmon and Justyna Hinz. Inductees must have an overall 3.4 grade point average in all high school classes and a 3.8 or higher in all German classes. Students must also show they have performed community service and held leadership positions.



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Sgt. Adam L. Mathis

Soldiers with the 657th Forward Support Company, 5th Battalion, 3rd Field Artillery Regiment, 17th Fires Brigade, move into position to engage cardboard targets as part of a recent convoy exercise at Yakima Training Center, Wash., Nov. 19.



U.S. Army

Under Secretary of the Army Dr. Joseph W. Westphal and Vice Chief of Staff of the Army Gen. Lloyd J. Austin III spend time with troops at Combat Outpost Base Zangabad, Afghanistan, during a Thanksgiving visit, Nov. 22. The Army officials visited the base and several others to show Soldiers their appreciation.



Staff Sgt. Teddy Wade

From left, U.S. Army Chief of Staff Gen. Raymond T. Odierno; Hon. John McHugh, Secretary of the Army; Gen. Martin E. Dempsey and wife Deanie unveil Dempsey's portrait during a ceremony at the Hall of Heroes in the Pentagon, Nov. 20. Dempsey served as the 37th Chief of Staff of the Army and is the current Chairman of the Joint Chiefs of Staff.

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Sgt. Kimberly Hackbarth

Capt. Jefferson Mason, left, serves Thanksgiving dinner to a Soldier on Joint Combat Outpost Mushan, Afghanistan, Nov. 22. Mason commands the 2nd Infantry Division's 38th Engineer Company, 4th Stryker Brigade Combat Team.



U.S. Navy Chief Hospital Corpsman Josh Ives

Spc. David White, a security force team member for Provincial Reconstruction Team Farah, stands guard during a key leader engagement in Farah City, Afghanistan, Nov. 18. PRT Farah's mission is to train, advise and assist Afghan government leaders at the municipal, district and provincial levels within the province. Their civil military team is comprised of members of the U.S. Navy, U.S. Army, the U.S. Department of State and the Agency for International Development.

RIGGERS

continued from page 1

"It's also good to meet with some of the Soldiers we will be working side-by-side with during the exercise and build a relationship with them," said Chief Warrant Officer 2 Orlando Velez, an airdrop assistant technician for 5th QM aerial delivery section and a native of Westchester, N.Y.

"This familiarization is important, because instead of 5th QM showing up in Africa during the exercise and taking two weeks to familiarize 50 soldiers about [the] LCLA, they had the opportunity to familiarize a handful of Soldiers who now can take what they've learned back and teach their people prior to the exercise," said Walter L. Murrell, an exercise planner for USARAF and Melbourne, Fla., native.

During the four-day event, 5th QMs introduced partnership nation soldiers to the LCLA delivery system. They, along with U.S. Soldiers, were subsequently introduced to the Free-drop Delivery System.

The Low-Cost Aerial Delivery System is a suite of expendable parachute and container air items designed to be a low-cost alternative to older aerial delivery equipment.

The system can be used for either low-velocity (descent rate of 28.5 feet per second or less) or high-velocity (descent rate of 50-90 feet per second) airdrop of all classes of supply from typical container delivery system altitudes and payloads.

LCLA parachutes are a specialized subset of LCADS and have the same

low-cost, expendable attributes. They are uniquely suited to support Soldiers operating in harsh, austere locations, such as the mountainous terrain of Afghanistan. LCLA capabilities are designed for delivering payloads between 80 and 1,000 pounds at altitudes below 500 feet above ground level. LCLA is a one-time use system.

The FDS is one facet of LCLA aerial resupply that requires no parachute. Instead, FDS is an innovative packaging system, whereby supplies can be freely dropped at low altitudes.

According to Murrell, learning the low-cost process of getting supplies to Soldiers engaged in operations is very important to partnership nations.

"This familiarization is specifically good for our special forces," said Capt. Adgnau Babe, a Soldier with the Mauritanian army. "We like the material we were introduced to, because it's new and efficient, and it's a good way to deliver assistance to our Soldiers."

Other participants said they believe the training is useful long-term.

"I am glad we had the opportunity to learn about this new system, and now I will take what I have learned back to my superiors and tell them how much this could help us in our future operations," said Sgt. Maj. Roberto Bose, an Italian special forces Soldier.

Participants also received a small portion of pathfinder training and were allowed to apply what they learned about aerial delivery systems as they practiced assembling and disassembling them several times.

Toward the end of the familiariza-



Staff Sgt. Michael J. Taylor

U.S. Army, U.S. Air Force, African and Italian service members stand and watch as a Low-cost, Low-altitude Delivery System bundle falls from a C-130 Hercules at the Alzey drop zone in Alzey, Germany, Nov. 8. The airdrop is a product of an aerial delivery familiarization event, which was jointly conducted by U.S. Army Africa and the 5th Quartermaster Detachment.

tion, partnership soldiers prepared and assembled four LCLA system bundles and on the final day, they watched exactly how the systems worked as they were dropped from a C-130 Hercules.

"This whole experience for me was fantastic, because I feel like I've learned so much in so little time," said Adjutant Chief Nagi Linegih El-Mamy, a Soldier with the Mauritanian army.

"It was also good to see the professionalism of the U.S. Soldiers and see a well-trained Army that is really proud of the job they do."

Based off feedback from after-action reviews from Soldiers who participated in previous familiarization events,

USARAF determined this familiarization event was essential to the success of the upcoming Central Accord 13 and Flintlock 13 aerial exercises.

"The intent of this entire event is for partner nations to carry forward with the knowledge they learned and go back and train their Soldiers," Murrell said.

"I have no doubt in my mind that what we've learned over these past few days can greatly help us make things easier for future missions, and I will definitely ensure I pass what I have learned to my fellow soldiers as we prepare for exercise Flintlock 13," El-Mamy said.

HOLIDAY

continued from page 1

"The program is not a handout, but a hand-up. The chaplaincy [has] always given back to the community, and [this program] is just one of the avenues used to give back to the community. We are here to help all that are in need," he added.

Vouchers can be picked up 1-3 p.m. Dec. 10-14 only in Bldg. 101, second floor, on Patton Barracks.

The individual picking up the vouchers must bring in a copy of the completed nomination or request form, as well as a valid identification card.

Garrison children infant to 17 who are in need also have the opportunity to receive gifts during the annual Army Community Service Angel Tree drive in Heidelberg, which began Tuesday.

Jutta Summers, with ACS' Army Emergency Relief, is in her second year with the Angel Tree program.

"... Believe me, I am inspired. I did not know this program before, but it is amazing to me to see how many community members participate in this program and support families and their children that are in financial need," Summers said.

"Sharing with others who have less than yourself is the meaning of the Angel Tree Program, and the members of the [U.S. Army] Garrison Baden-Württemberg fully accept and support this program," she added.

Summers obtained a list of families from garrison units in late November, and this week, she cut out paper angels at the Arts and Crafts shop on Patrick

Henry Village and wrote the child's first name, his or her age and clothing sizes on each angel.

The tags will be placed on trees at ACS in Bldg. 3850 on the Community Support Center (the Shopping Center) and the PHV Commissary, where community members can pick up a tag and purchase a present for that child.

The unwrapped gifts can be placed in a drop-off box under the Angel Tree. All donations must be new and unwrapped due to security reasons, Summers said.

Gifts will be picked up frequently at the commissary by ACS staff and delivered to the ACS office for safekeeping, Summers added.

The Angel Trees will stay up until Dec. 14.

"The aim of this program is to ensure that all children in the USAG BW community enjoy special and meaningful holidays," Summers said.

Each unit or organization must designate an individual to pick up gifts at ACS 9 a.m.-3 p.m. Dec. 17-19, Summers added.

Holiday cheer is also available for single Soldiers. The USO, located on the Community Support Center (the Shopping Center), will sponsor a free dinner for single Soldiers 5-8 p.m. Dec. 21 at the Warrior Zone on Patton Barracks in Heidelberg.

The USO also held a 2-week-long giveaway on its Facebook page just in time for turkey day, for service members in the pay grade of E-6 and below.

Nearly everyone who entered won one of 21 free Thanksgiving dinners, said USO Information Specialist Christina Hadden.

The packages included a green reusable bag from the Commissary, turkey, stuffing, mashed potatoes, yams with marshmallows, green beans, cream soup, gravy, pumpkin pie, cranberry sauce, broth and cream of mushroom soup, enough to prepare a full dinner, Hadden said.

"We got a grant from the Heidelberg Community and Spouses Club of \$950, because we know a lot of people can't afford a Thanksgiving dinner," Hadden added.

For more information about chaplain programs, call DSN 373-6190, civ. 06621-17-6190.

For more information about ACS, visit www.heidelberg.armymwr.com or visit their office in the Community Support Center. For more about the USO, visit <http://affiliates.uso.org/rheinneckar>.

GERMAN NEWS

Giant Scorpion Found On Street

A dog owner got a nasty shock when their four-legged friend discovered a nearly 8-inch-long African giant emperor scorpion while out for a stroll in Munich Saturday. Upon spotting the monster arthropod, the dog owner immediately alerted emergency services, according to a fire brigade spokesman. Native to the African rainforests, the giant emperor scorpion is the largest in the world. However, it is not usually aggressive and carries only a mild venom, which made catching the specimen all the easier, the spokesman said. Believed to be an abandoned pet, the animal has found a temporary home with an enthusiast fireman and will later be taken to an animal shelter.

Woman Ordered To Learn German

A 61-year-old Turkish mother of six who speaks no German has been ordered by a court in Karlsruhe to take an integration course 30 years after her arrival in Germany. The ruling released this week confirmed an order made by a public authority for foreign residents, requiring her to attend a class. The woman sued to be freed from the course on the grounds her children were all well-educated, paid taxes and had become German citizens. She said her poor language skills were due to her general illiteracy, but the Baden-Württemberg administrative court rejected her argument, ruling there was societal interest "that all foreigners living permanently in Germany can at least verbally express themselves in a rudimentary fashion." The woman has filed an appeal against the decision.

English Slang Popular With German Youth

"YOLO," short for "you only live once," has been voted the most popular new German youth expression of the year by dictionary maker Langenscheidt, the second time in four years a word derived from English has won. The nation's youth appear to love taking English phrases, abbreviating them and adopting into everyday slang, particularly online. Last year, Langenscheidt's choice of "swag," taken from the English word "swagger" and originally used in rap music to mean "envious, casual-cool charisma," was slammed by the Verein Deutsche Sprache for promoting indiscriminate (and not to mention improper) use of English. But English and internet slang aren't the only influences on the German youth. This year's list also included the Arabic word "Yalla," which means "hurry."

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, or visit www.dearmsvicki.com.

Dear Ms. Vicki,

I have a serious problem in my family that has existed forever. It has caused me a lot of hurt and humiliation.

I'm an Army brat, and now I'm an Army wife. My husband is good to me. He loves me to death. I have other people who are good to me, too, like my in-laws and great friends who I still keep in touch with from high school, college and even my military travels growing up.

But, my mother is not good to me. She never has been. She is rude, condescending and abusive toward me. I've tried my whole life to try and have a good relationship with my mother, but I cannot please her.

Now I'm 33 years old, and I still hear things like: "You have a basket weaving degree," "You're not light-skinned enough," "You're too dark," "You should use bleaching cream," "You're too fat," "You didn't marry the right person," and even, "I'm disappointed in you for the way your life turned out."

Ms. Vicki, I just don't know what to do to get through to my mother that I'm not going to accept this from her anymore. My father is just as guilty, because he refuses to do anything about it. I have one older sister and a younger sister. My mother used to play us against each other so that we could fight and not get along. It's only during the past two years that we are trying to mend our relationship.

My sisters have apologized and said they knew my mother treated me differently. I couldn't eat ice cream or pizza at a sleepover because I was too chubby; instead, I would have to do some form of exercise before I went to bed. I could just go on and on talking about the hell my mother put me through.

It's getting harder for me to enter my parents' house without becoming physically nauseated. I can never get a hug and a smile from my mother and father. My mother will snarl and make a rude comment toward me, and my father will speak, and that's it.

Please give me one reason why I should keep trying to have a relationship with my mother and father? The holidays are coming soon, and people will be visiting parents and spreading their holiday cheer. I will want the same thing, but I can't continue to accept my parents' abusive behavior. What should I do?

In The Pit of Hell

Dear Pit,

You should stop visiting your parents. Please understand that you are writing to a woman who adores her mother. My mother is at the end stage of her life, and I care for her in my home. This is not a responsibility or a burden for me; it's a way for me to show gratitude.

Honestly, if my mother were abusive toward me or my family, I would not be able to do what I'm doing for her. I couldn't put myself

or my family through that.

Listen, here's the deal: for some reason, your mother is projecting her pain, low self-esteem and low self-worth on you. I don't know why it's projected on you, but you cannot live another day allowing her to treat you so badly.

You are right; both your parents are abusive. Your father doesn't say anything, but he is just as culpable. You have a lot of healing to do, because surely this has been a major source of pain. You should definitely consult with a good therapist, perhaps a licensed clinical social worker or a professional counselor.

On the other hand, for now you should be around people who love you and treat you well. Of course, we believe this source of happiness should start with your parents, but we don't always live in an ideal world. We have to make adjustments when we need to.

My advice is to not go to your parents' home anymore. Write each of them a letter stating why you are removing yourself.

Check on base for the availability of counseling services. If none are available, visit www.militaryonesource.com. They will connect you with a provider in your local community. Write the letters and process them with your therapist.

Don't expect your parents to accept responsibility or apologize, because they probably won't. This is about your healing, not theirs. Keep in touch when you can and let me know how you are doing. I think you are great.

Response to previous letters:

Dear Ms. Vicki,

You should think about writing a book based on the letters you receive. I think it would be a big success. You will have to come up with a very catchy title to reel people in. When you do, I know it would be a non-stop read. Thank you for sharing your life with us, Ms. Vicki.

Remove unauthorized decals from privately-owned vehicles

USAREUR Public Affairs

U.S. European Command anti-terrorism officials want to remind U.S. forces personnel stationed in Europe to avoid being targeted by terrorist or criminal forces by blending in and not standing out from the crowd.

One way to do that is to remove decals and stickers that identify a privately-owned vehicle as belonging to an American.

Army in Europe Regulation 190-1 (Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany) – which applies to forces stationed in Germany – states that installation and Department of Defense decals not issued in Europe, like installation access stickers issued at bases in the U.S., must be removed from vehicles before they are registered in Europe.

Displaying decals, stickers or banners on USAREUR-registered vehicles other than those authorized may result in cancellation of a vehicle's registration, failure of the mechanical inspection or both.

In addition, displaying license plates or decals in violation of AER 190-1 is a traffic violation that can result in a driver having two points assessed to his or her license.

The only emblems authorized for display on USAREUR-registered vehicles are:

- Installation verification decals issued to employees of non-DoD agencies who work on or have routine access to U.S. military installations
- German environmental emissions control decals
- Handicap parking permits
- European highway vignettes indicating that

highway fees have been paid

- Expiration decals issued with initial and renewal registrations
- An oval international "USA" decal purchased by the owner is required if the vehicle crosses international borders using U.S. Forces "non European-style" license plates

More information on registration and driving requirements for U.S. forces personnel in Europe can be found at https://aepubs.army.mil/pdfpubs/AER190-1_1003801.pdf or by checking with your local vehicle registration office.

The Mannheim vehicle registration office is located in Bldg. 1563 on Spinelli Barracks. Registration hours are 8 a.m.-4 p.m. Monday-Friday and closed U.S. holidays and noon last duty day of the month for inventory. DSN 384-6100, civ. 0621-730-6100.

GET OUT!

area events

More events online at www.facebook.com/BWnow

November 29

Concert – Members of the Rheinland-Pfalz Police Orchestra will perform an Advent Concert in Ludwigshafen 6 p.m. Friedenskirche, Leuschnerstr. 56.

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 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, Fahrtor 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

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.

November 30

Late Night Shopping – Enjoy a little

extra time for holiday shopping. Stores in Darmstadt will remain open until 11 p.m.

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

December 1

Munich – Munich hosts one of the largest and oldest Christmas markets in Germany. Catch the festivities at Munich's Marienplatz in front of the town hall through Dec. 24.

Christmas Bazaar – Visit Luisenpark in Mannheim during the park's annual Christmas Bazaar and winter market through Dec. 2. Enjoy food, live music, glühwein and shop for Advent wreaths, crafts, cookies and other homemade items. There will also be a live nativity scene set up at the main entrance and a special visit from Santa Claus. Tickets are €3 for adults, €1.20 for children 6 to 15 and free for children under 6.

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

St. Andreas Market – Purchase craftwork, clothing, jewelry and Christmas decorations from around the world during the St. Andreas Market in Landstuhl. The market will be set up in the Stadthalle (civic center) through Dec. 2.

December 4

Night of the Proms – AIDA Night of the Proms tour comes to Frankfurt, starring Jupiter Jones, Anastacia and Mick Hucknall. AIDA Night of the Proms will visit a total of 12 German cities on 19 different dates. www.notp.com/deutschland

December 5

Stammtisch – The English Language Stammtisch will meet 6:30 p.m. at the "Zum Gueldehen Schaff" restaurant, Hauptstraße 115, Heidelberg Altstadt. Discussion will focus on President Barack Obama's mandate regarding the middle class and Obama's priorities in the Far East and Middle East. Meeting is open to the public. There will be no meeting Jan. 2. The first meeting of the new year will be Feb. 6.

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

December 14

Holiday Concert – Members of the U.S. Air Forces in Europe band will perform in 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.

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 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

The Immortal Tour – Michael Jackson's The Immortal World Tour comes to Mannheim's SAP Arena 8 p.m. Dec. 5. Live show captures the music, soul and inspiration of the King of Pop. Tickets: civ. 0621-1819-0333.

David Guetta – House and electronic disc jockey 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.

Ongoing

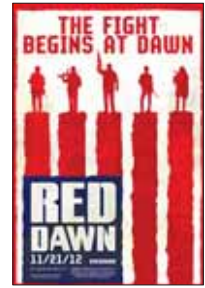
Ice Festival – Visit the Snow and Ice Sculpture Festival in Bruges, Belgium. Visitors can discover the mystery of the ice palace and other surprises. The festival is open daily 10 a.m.-7 p.m. through Jan. 6, including Christmas and New Year's Day. Kids 4 and under are free. www.buzzoffbase.com

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

RED DAWN

(Chris Hemsworth) In "Red Dawn," residents of a city in Washington state awaken to the surreal sight of foreign paratroopers dropping from the sky. The U.S. has been invaded, and their hometown is the initial target. The citizens find themselves prisoners and their town under enemy occupation. Determined to fight back, a group of young patriots seek refuge in the surrounding woods, training and reorganizing themselves into a guerilla group of fighters. Taking inspiration from their high school mascot, they call themselves the Wolverines, and band together to liberate their town from its captors and take back their freedom. (Rated PG-13 for sequences of intense war violence and action, and for language) 90 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 29 - THE TWILIGHT SAGA: BREAKING DAWN PART 2 (PG-13) 7 p.m.
Nov. 30 - RED DAWN (PG-13) 7 p.m.; LIFE OF PI (PG) 9:30 p.m.
Dec. 1 - RISE OF THE GUARDIANS (PG) 4 p.m.; LIFE OF PI (PG) 7 p.m.;
Dec. 2 - RISE OF THE GUARDIANS (PG) 4 p.m.
Dec. 3 - RED DAWN (PG-13) 7 p.m.
Dec. 5 - RISE OF THE GUARDIANS (PG) 7 p.m.

Vogelweh, Galaxy

Nov. 30 - THE TWILIGHT SAGA: BREAKING DAWN PART 2 (PG-13) 7 p.m.
Dec. 1 - MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 4 p.m.;
LAWLESS (R) 7 p.m.
Dec. 2 - BRAVE (PG) 7 p.m.

Ramstein, Gateway Cineplex

Nov. 29 - THE TWILIGHT SAGA: BREAKING DAWN PART 2 (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; LAWLESS (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;
MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 11:30 a.m., 4:30 p.m.;
BRAVE (PG) 2 p.m., 6:45 p.m.
Nov. 30 - LIFE OF PI (PG) 11 a.m., 2:15 p.m., 5:30 p.m., 8:30 p.m.;
RISE OF THE GUARDIANS (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.;
RED DAWN (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;
TROUBLE WITH THE CURVE (PG-13) noon, 2:45 p.m., 5:30 p.m., 8:15 p.m.
Dec. 1 - LIFE OF PI (PG) 11 a.m., 2:15 p.m., 5:30 p.m., 8:30 p.m.;
RISE OF THE GUARDIANS (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.;
RED DAWN (PG-13) 11:30 a.m., 2:45 p.m., 5:30 p.m., 8 p.m., 10:30 p.m.;
TROUBLE WITH THE CURVE (PG-13) noon, 2:45 p.m., 5:30 p.m., 8:15 p.m.
Dec. 2 - 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.;
TROUBLE WITH THE CURVE (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
Dec. 3 - 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.;
TROUBLE WITH THE CURVE (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
Dec. 4 - 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.;
TROUBLE WITH THE CURVE (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
Dec. 5 - 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.;
TROUBLE WITH THE CURVE (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
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.

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

Change Of Command

Brig. Gen. Paul M. Benenati will assume command of the 7th Civil Support Command in Kaiserslautern from Brig. Gen. Mark S. Hendrix 11 a.m. Nov. 30 in Bldg. 228 (section 6) on Rhine Ordnance Barracks. Maj. Gen. Aundre F. Piggee, commanding general, 21st Theater Sustainment Command, will preside over the ceremony. DSN 482-4725, civ. 0631-411-4725.

Holiday Mailing Deadlines

The U.S. Army Garrison Baden-Württemberg postmaster recommends the following holiday mailing deadlines: parcel air lift (parcel post) parcels, Dec. 3; 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. 06221-573347.

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 and Air Force and Fleet Post Offices may once again receive mail that contains lithium batteries. This is inaccurate, as postal clerks are still required to question customers on the contents of parcels received. Until the issue is clarified, APOs in Germany, Belgium and the Netherlands will continue to not accept any item containing lithium batteries for shipment on commercial airlines. APO mail from Italy can be routed to the continental United States 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.

Exchange Shuttle Program

The Army and Air Force Exchange Service offers a free "Shuttle Program," which transfers merchandise between Exchange facilities to fulfill customer requests. To use the program, shoppers can visit 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.

KAISERSLAUTERN

Education

♦ **Bank Account Management** – Learn how to establish a budget, track spending and maximize savings to increase net worth in a class offered by Army Community Service 9 a.m. Dec. 4 in Bldg. 2891 on Pulaski Barracks. Registration required: DSN 493-4015, civ. 0631-3406-4015.

♦ **Coupons And Coffee** – Army Community Service's Financial Readiness will teach ways to save hundreds of dollars with coupons 11:30 a.m. Dec. 4 at Java Café on Rhine Ordnance Barracks. Registration required: DSN 493-4015, civ. 0631-3406-4015.

♦ **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.

♦ **Buying And Selling A Car** – Army Community Service sponsors a class on how to obtain the best automobile interest rates and avoid scam lenders 2 p.m. Dec. 4 in Bldg. 2891 on Pulaski Barracks. Registration required: civ. 0631-3406-4151.

♦ **Midweek Money Series** – Classes on how to get out of debt, creating a savings plan, building good credit and debt management, successful money management and Thrift Savings Plan will be 9 a.m.-2:30 p.m. Dec. 5 in the Family Life Center, Bldg. 2919 on Pulaski Barracks. Registration required: civ. 0631-3406-4015.

♦ **Discipline For Pre-teens** – Parents and caregivers of pre-teenagers (age 10-12) can learn how the military environment effects youth development and social skills, and how to communicate better 6 p.m. Dec. 5 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4062/4203.

♦ **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

♦ **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.

♦ **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. Nov. 30 and Dec. 1, 7, 8, 14 and 15 and 3 p.m. Dec. 2, 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.

♦ **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. 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.

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

♦ **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.

HEIDELBERG

Education

♦ **Parent to Parent Workshop** – Parent to Parent will host a free European Education and Christmas Markets workshop for all parents 8:30-9:30 a.m. Dec. 6 at Patrick Henry Elementary School. DSN 388-9054, civ. 06221-338-9054.

♦ **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.

Community

♦ **Lapsit Story** – Parents and babies or toddlers can enjoy a story 11 a.m. Nov. 29 and Thursdays at the Patrick Henry Village Library, Bldg. 4509. DSN 370-1740, civ. 06221-57-1740.

♦ **International Food Festival** – Children enrolled in the School Age Center can prepare and enjoy dishes celebrating healthy food choices from around the world 3:30-5:30 p.m. Nov. 30 at the SAC, Bldg. 3850 on the Community Support Center (the Shopping Center). Families can also participate in this free activity. DSN 370-8994, civ. 06221-370-8994, www.heidelberg.armymwr.com

♦ **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. Reservations: www.roadside.theater.com.

♦ **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>.

♦ **Parent's Day, Night Out** – Par-

ent's Night Out is scheduled for Dec. 7 and 21, and Parent's Day Out is Dec. 8 and 22. Reservations with Central Enrollment required by noon the Monday prior. DSN 388-9340, civ. 06221-338-9341, www.heidelberg.armymwr.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.

♦ **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.

♦ **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.

♦ **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.

♦ **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

♦ **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.

Sea Lions snag triple individual wins

Heidelberg swimmers deliver impressive performance in Stuttgart



Heidelberg Sea Lion Max Petrunyak backstrokes during a long distance swim meet in Stuttgart, Nov. 17. The Sea Lion's team consists of swimmers from the Heidelberg and Mannheim military communities.

Swim meet draws teams from Stuttgart, Heidelberg, Berlin

By **Dahlia Lewis**
HEIDELBERG SEA LIONS BOOSTER CLUB

STUTT GART – Members of the Stuttgart Piranhas swim team hosted the Heidelberg Sea Lions and the Berlin Bear-A-Cudas at home, Nov. 17.

The combined team scores for the 43 events were Stuttgart Piranhas 711, Heidelberg Sea Lions 229 and Berlin Bear-A-Cudas 265.

The Heidelberg Sea Lions had two triple individual winners – Quinn Bigelow and Richard Bigelow.

Triple individual winners are swimmers who placed first in three individual events of breaststroke, freestyle, butterfly and backstroke. In addition, 10 swimmers from the Heidelberg Sea Lions dropped more than 12 seconds off their previous swim times, and two swimmers – Gabriella and Mikayla Shannon – dropped more than 20 seconds off their previous individual medley times.

The Sea Lions consists of swimmers from the Heidelberg and Mannheim military communities in Germany. The team is affiliated with the European Forces Swim League and competes with other swim teams throughout Europe.

The season starts in August and continues through the annual EFSL Short Course Championship meet in February.

For more details on the team or to find out how to become a part of the Heidelberg Sea Lions, visit www.heidelbergsealions.com or send an e-mail to efslsealions@yahoo.com.



Photos by Jennifer Ott

Heidelberg Sea Lion Macy Smith comes up for air while doing the breast stroke during a long distance swim meet in Stuttgart, Nov. 17. The Stuttgart Piranhas hosted teams from Heidelberg and Berlin at their home pool.



Heidelberg's Alexis Leipheimer glides through the water during a long distance swim meet in Stuttgart, Nov. 17.

staying ACTIVE

Combatives Tournament

Intermediate level combatives tournament 10 a.m. Dec. 1 at the Miesau Fitness Center, Bldg. 1220 in Miesau (near Kaiserslautern). Free entry to the public. DSN 481-3797, civ. 06372-842-3797.

Kid's Yoga

Children 5 and older can learn deep breathing and calming techniques in a relaxed and open environment during a kid's yoga class 3:45-4:30 p.m. Dec. 3, in Landstuhl. Sign up with WebTrac or call Parent Central Services at DSN 493-4516/4122, civ. 0631-3406-4516/4122.

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 contact 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.

Sembach and Pulaski Youth Pro Soccer

Soccer clinics are available through SKIESUnlimited 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.)

Child, Youth And School Services Sports

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

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.

Introduction To Brazilian JiuJitsu

Ages 18 and older can learn Brazilian JiuJitsu 5-7 p.m. Wednesdays and Fridays. Sign up at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. DSN 388-9421, civ. 06221-338-9421.

Salsa Dancing

Ages 16 and older can learn the basic steps of salsa, plus merengue, bachata, rumba and other dances 5-7 p.m. Saturdays. Sign up at the Arts and Cultural Center on Patrick Henry Village. DSN 388-9421, civ. 06221-338-9421.

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-newsletter@mail.mil.