

HeraldPOST

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

HP THURSDAY
Nov. 8, 2012

Speed Read

VETERANS DAY

Veterans Day is Monday. The Herald Post thanks those who have served.

TAKING A STAND

Heidelberg High puts stop to bullying. 3

INTERNATIONAL QUILTS

The Arts and Cultural Center in Heidelberg hosts its first international quilt show. 6

LAST FRIENDSHIP CONCERT

The U.S. Army Europe Band and Chorus gives its final German-American Friendship Concert in Schwetzingen Oct. 28. 8



TOP SOCIAL WORKER

A Europe Regional Medical Command captain has been chosen as the Army's Social Worker of the Year. 17



Defense Details

HURRICANE SANDY UPDATE

The Department of Defense remains fully engaged in the ongoing federal disaster response efforts under way in the eastern and northeastern United States as a result of Hurricane Sandy, according to a DOD news release issued Monday. The department, the release said, is focused on providing unique capabilities to support civilian efforts to restore power to vital facilities and to assist with the resumption of mass transit services in the New York and New Jersey area. The Defense Logistics Agency is using its normal business funds and processes to purchase goods and services in support of disaster relief efforts, including fuel, food, health and comfort items, pumps and generators. In addition, the U.S. Army Corps of Engineers has more than 600 personnel supporting Hurricane Sandy response operations. Priority missions include water removal, temporary emergency power, restoration of ports and debris cleanup. The National Guard continues significant response and recovery efforts throughout the region affected by Sandy, where 7,666 National Guard personnel are assisting in response and recovery efforts.

www.defense.gov
www.army.mil/news

What's Inside

Transformation Update.....	4
Our Army.....	10
Dear Ms. Vicki	12
GET OUT!	13
Movies.....	13
Announcements.....	14
Sports.....	15

Clear away ice, snow after storms

USAG BW Directorate of Public Works

The anticipation of a cold and snowy winter season brings with it reminders of how snow and ice are removed in U.S. Army Garrison Baden-Württemberg housing.

According to the Directorate of Public Works, residents in single-family houses and duplexes are responsible for removing snow and ice from basement stairs and within 50 feet of the building.

In addition, tenant unit occupants of buildings, single Soldier Housing and agencies occupying installation facilities are responsible for snow and ice removal in parking lots and common areas.

Occupants are required to sweep and spread salt or grit to make the areas around their building safe. Building coordinators can pick up supplies, including salt, scrapers, shovels and brooms at the Heidelberg self-help store, located in Bldg. 4548 (near the bowling center) on Patrick Henry Village. Hours are 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturdays and closed U.S. holidays.

The garrison hires contractors responsible for removing snow and ice on primary roads, primary parking areas and some pavements, starting when snow levels reach two inches, in accordance with Army Regulation 420-1, Army Facilities Management.

The crews will start at 4 a.m. to ensure main roads are functional by 7 a.m. Work generally is completed by 10 a.m. each day snow and ice removal is required.

The weather and road conditions information line for Heidelberg and Mannheim is DSN 388-2223, civ. 06221-678-2223. There are three voice-recorded lines to minimize phone delays. In Kaiserslautern, call DSN 480-2653, civ. 06371-47-2653.

Check inclement weather road conditions at www.imcom-europe.army.mil.

Road Conditions

Green – Unrestricted vehicle dispatches authorized. Ideal road, visibility and temperature conditions exist.

Yellow – Road surface is wet, slushy; snow is less than 4 inches; visibility is 20-50 meters and temperatures are 30 F to 35 F degrees.

Red – Only mission-essential and emergency vehicles are authorized. Road surface is flooded, snow is drifting 4 to 8 inches, visibility is 15-20 meters and temperature is 10 F to 30 F.

Black – Only emergency-essential vehicles authorized. Road surface is heavily flooded; 8 inches or more of snow; visibility is less than 15 meters; temperature is below 10 F.

Razia little hope



Elizabeth Behring

Left, a Girl Scout asks Razia Jan (far right) a question after Jan's speech in the Village Pavilion Community Center in Heidelberg, Oct. 30, while Carolyn Burmedi, mother of Cara Burmedi (who invited Jan as part of her Gold Award,) holds the microphone. Jan founded the Zabuli Education Center in 2008 and provides free tuition, meals, uniforms, books and supplies to more than 350 girls in rural Afghanistan. Jan was recently nominated as one of CNN's Top Ten Heroes due to her efforts.

Afghan girls' school founder speaks to Heidelberg community

By Elizabeth Behring
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

When Heidelberg Girl Scout Cara Burmedi, 17, started working with Razia's Ray of Hope two years ago, she didn't realize the impact the Afghanistan-based organization would have on her.

On Oct. 30, Burmedi invited friend and mentor Razia Jan to speak with community members at the Village Pavilion Community Center in Heidelberg.

During her Germany tour, Jan also spoke in Kaiserslautern, at Ramstein Air Base and other communities and schools.

Jan is the founder of Razia's Ray of Hope, a non-profit based in the village of Deh'Subz, northeast of Kabul, that focuses on improving the lives of women and children through community-based education, particularly the Zabuli Education Center.

"Razia's efforts are amazing; she has sacrificed so much to help others, it is really inspiring," Burmedi said.

Jan, 68, an Afghan national who moved to Duxbury, Mass., in 1970 to pursue a master's degree, was a small-business and homeowner. She

moved back to Kabul in October 2008 and has dedicated her life and own money to provide girls a free education.

"I have a passion for really helping ... one person can make a lot of changes in the world. You don't have to be rich, to have money," Jan said.

After the Sept. 11 attacks, Jan – the only Afghan or Muslim in her community – rallied her town to send some 400 homemade blankets to rescue workers at Ground Zero. She has sent care packages to deployed troops in Afghanistan and she coordinated for the delivery of more than 30,000 pairs of shoes to needy Afghan children through Operation Shoe Fly.

"9/11 changed my life," Jan said, adding she was working on a wedding gown while watching TV in her shop when it happened. "What really struck me was the only people going back were firemen and some policemen. They went in and risked their lives," she said.

Jan realized then she also wanted to do more than help from afar.

"The terrorists who attacked were not Afghans, [but] the cancer was in Afghanistan. With all this chaos and see **AFGHAN** page 16

RETIREMENT SERVICES SUPPORT

Retirees to discuss services following garrison closure

Retiree council meets noon Saturday in Kirchheim

By Retired Lt. Col. Lawrence Applebaum
USAG BADEN-WÜRTTEMBERG RETIREE COUNCIL PRESIDENT

As most military retirees and military widows already know, the Heidelberg military community will close by Sept. 30, 2013. This is a year earlier than the date previously announced.

The impact on retirees and widowed spouses living in and around Heidelberg is that the nearest retirement services office will be about 100 kilometers away in either Kaiserslautern or Wiesbaden.

For those of you without an automobile or the ability to drive those distances, it would appear that receiving retirement services support is out-of-the-question. This isn't so.

Since we learned that our community would one day close, the U.S. Army Garrison Baden-Württemberg Retiree Council has considered alternatives to providing retirement services support.

We developed a concept, and it will

be discussed at the Retiree Council meeting noon Saturday at the Goldener Hirsch Restaurant, Schwetzing-erstraße 29, in Heidelberg-Kirchheim.

All retirees, widowed spouses of retirees, family members and their guests are invited to attend.

The guest speaker will be Col. Bryan D. DeCoster, USAG Baden-Württemberg Commander.

Essentially, the concept calls for the formation of a retiree support group that will include volunteer subject-matter experts who, collectively, can accomplish nearly all the required retirement services actions.

The subject-matter experts would logically be able to provide advice and assistance in the following areas:

- Defense Finance and Accounting Service
- Social Security
- Veterans Affairs
- Letter writing
- Income taxes
- Host nation health care
- TRICARE claims

Retirees and widows who need assistance could call one of the support group coordinators who, in turn, would match a subject-matter expert with the person needing help.

Usually, the assistance includes filling out a form, writing a letter, making a telephone call, sending a fax or just providing advice.

While the subject-matter experts can find 99.9 percent of the required

... The concept calls for the formation of a retiree support group that will include volunteer subject-matter experts who, collectively, can accomplish nearly all the required retirement services actions.

information online, they also have the option of making contact with the retirement services offices at Kaiserslautern and Wiesbaden.

There are two support areas that are very important to retirees: casualty assistance and United States income taxes.

Every retiree should ask this question, "If I die before my spouse, would she or he be able to handle all of the immediate and near-term casualty assistance actions?"

Ninety or more percent of the time, the answer to the question will be "no." For the foreseeable future, casualty assistance officers will be provided.

However, the RSG will have the capability to provide this assistance should the need arise.

Income tax support is also possible; however, the subject matter expert can only provide advice on filling out the forms (the subject area experts are not tax return preparers.)

Based on the complexity of the income tax return, the advice could be for the individual to go to a community tax center for assistance.

Based on past experience helping retirees and widows with problems to

include some aspects of casualty assistance, we are confident the support concept detailed above can become a reality.

Nearly every retiree or widow will, at some future date, need some type of retirement services support.

Many of us in the military retiree community have detailed survivor assistance plans for our spouses. Doing this planning provides us with the expertise to help others on an as-needed basis.

The overall success will be based on the willingness of the retiree community to step forward to accept the challenge to expand their subject-matter expertise and, in doing so, be in a position to help others in need.

Many retirees and widowed spouses in the Heidelberg area are depending on us to provide the assistance that they will surely need after the garrison closes.

We want to establish our volunteer support organization by April 30, 2013. I ask you join the effort to provide retirement services support.

For more information, send an e-mail to L-M.Applebaum@t-online.de or call me at civ. 06224-92-6000.



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 Christmas Market begins Nov. 21 in downtown Heidelberg. Food, decorations and lots of shopping."
— BWnow Facebook Administrator

"Do you have any recommendations for getting to the market? ... the carparks I usually use are zoos."
— Christina Hoffer Melott, BWnow Facebook Fan

"... You can park at Parkplatz 13 by the ... castle. Or park where H&M is at. The entrance should be in the

middle of Bismarckplatz."
— Claudine Bactol, BWnow Facebook Fan

"I always park at the Saturn parking garage right at the beginning of the Hauptstraße ..."
— Justin Harrington, BWnow Facebook Fan

"Enjoy the annual Holiday Magic event 4 p.m. Nov. 30 at the Village Pavilion Community Center on Patrick

Henry Village in Heidelberg."
— BWnow Facebook Administrator

"The USO will be there with warm beverages, cookies and free Advent calendars."
— USO Heidelberg, BWnow Facebook Fan

"We received our Santa picture last year and we really enjoyed this event :)."
— Pam Cherek Buie, 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.

Heidelberg High students, staff gang up on bullies



Photos by Dijon Rolle

Left to right, Heidelberg High School students Celina Frye, Hannah Mayfield, Sarah Hart and Rachel Hart read through several of the student anti-bullying pledges posted on a special wall near the school's entrance Friday on Mark Twain Village.



Heidelberg High School Assistant Principal Connie Turner, applies her anti-bullying sticker during the signing of the school's anti-bullying proclamation Friday on Mark Twain Village in Heidelberg.

Lions put pen to paper, pledge to 'take a stand, lend a hand' against school bullying

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Heidelberg High School faculty and staff members gathered in the school's gymnasium Friday to show their support for the school's latest initiative against bullying.

Group members, several of whom were clad in navy-blue and gold school sweatshirts and 'stop bullying now' stickers, took turns signing copies of the Heidelberg High School Anti-Bullying Pledge. The pledge is designed to help faculty and staff educate and empower students to take a stand against bullying.

Superintendent of the Heidelberg School District, Steven L. Sanchez, and Chief of staff of the Heidelberg District Carol Kuzmick, also signed and presented the Department of Defense Dependents Schools-Europe Anti-Bullying Proclamation to Heidelberg High School principal Kevin Brewer.

"We look at this as a year-round program. We don't just put it aside at the end of the month. This is not just a one-time thing. But we will continue throughout the school year, because it's important for us to have a united effort," Brewer said.

Copies of the blue and yellow teacher and faculty anti-bullying pledges will soon join a sea of student

pledges covering a large wall near the school's entrance. Sarah Hart, a freshman at the school, said she saw the pledge as a way to help fellow students.

"I signed it, because I feel like I should take a stand for my friends," Hart said. "If I see one of my friends being bullied or someone I don't even know being bullied, I want to stand up for them. I don't want them to be hurt or scared to come back to school. I want them to have fun and enjoy their time here," Hart said.

Seniors were the first to sign the school's student anti-bullying pledges and add them to the growing wall. "I think by having the Seniors sign it first, it set the right example for the rest of the student body. It also gives us all a sense of unity and if we feel unity with each other, then we're less likely to put each other down," said Heidelberg Senior Celina Frye.

Assistant Principal Connie Turner, an educator for 40 years, spearheaded much of the school's recent anti-bullying initiative, including the pledge and proclamation signings.

"It's to help safeguard kids so they can feel free. It's important that we empower them so that they can respond appropriately if they are being bullied," Turner said. "If a student is being bullied, they should report it to a trusted adult and when they go to that adult, that adult will come to me as the as-

sistant principal. We will then have a conversation with the student [suspected of bullying,] call his or her parents." A 3-day suspension may also be issued.

Turner offered this advice to parents who suspect their child may a victim of bullying: "Parents can talk with their children and share with teachers and administration when they feel there is a problem, but I think that the best thing for parents, teachers, administrators and the community working together is to empower students so that they can react appropriately," Turner said. "Usually bullying escalates. So, if you don't stop it when it first starts, it will escalate. It's important for us to react and react quickly."

Turner said in addition to the pledges and ongoing education efforts, the school's drama and video communications clubs collaborated earlier this year to produce anti-bullying public service announcements that air on the school's information channel.

Educators have also pulled from public examples, like Wisconsin television anchor Jennifer Livingston, who publicly responded to comments made by a male viewer who criticized her weight.

"Bullying is not just in schools, but it's also in the workplace, and it's not just students that experience it, but adults are experiencing it, too," Turner said.

More school-wide programs are planned.

Warrior Care Month honors service members, families

U.S. Army Warrior Transition Command

ALEXANDRIA, Va. – Throughout the month of November, the military services will observe Warrior Care Month.

This time is designated to commemorate the sacred obligation and enduring mission to care for the nation's wounded, ill and injured service members and to support them as they transition back to duty or leave military service.

The theme for this year's observance is "Success through Transition – Education, Employment, Entrepreneurship."

Across the Army, leaders will host employment fairs, professional development sessions, open houses, media days, adaptive sports and reconditioning events, and celebrate the resiliency of Soldiers and their families.

Wounded, ill and injured Soldiers from Warrior Transition Units will

also speak with local community groups and share personal experiences from health care to training, education and employment.

Members of the WTU in Heidelberg will host an open house 9 a.m. - noon Nov. 15 in Bldg. 3622 on Nachrichten Kaserne.

The Warrior Transition Command will launch an employment campaign Nov. 19. Similar activities are planned across the Army.

Currently about 10,000 wounded, ill or injured Soldiers are assigned to

WTUs and Community Based Warrior Transition Units, and 87 percent of Soldiers assigned to a WTU have deployed at some point in their careers. The Army supports 29 WTUs and 9 Community-Based WTUs.

For details on upcoming Army Warrior Care Month events, visit www.wtc.army.mil/about_us/warrior_care_month_2012.html.

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.

Command Information Channel

The Command Information Channel was discontinued due to personnel and budget constraints. To receive current up-to-date, useful quality information refer to the garrison's website at www.bw.eur.army.mil, and the garrison's Facebook page at www.facebook.com/bwnow.

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 – "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.

"I heard that civilian employees can sign up early for the Priority Placement Program. What type of program is this, and how do I sign up for it?"

The Priority Placement Program is an automated mandatory placement program that is used when Reduction in Force Notices are issued. It matches eligible well-qualified employees, most of whom are subject to displacement, with vacant Department of Defense positions. It also enables the department to maintain a relatively stable work force during RIF and other displacement actions, and minimizes the adverse effect of these actions on employees. The commander may authorize registration for PPP up to one year prior to the effective date of the RIF. The garrison is scheduled to close **Sept. 30, 2013**, and early PPP registration was authorized **Oct. 1, 2012**. RIF letters are scheduled to be issued **April 1, 2013**. Once this occurs, registration in PPP will be mandatory. Anyone interested in signing up for early PPP registration can call the Heidelberg Civilian Personnel Action Center at DSN 370-8514 or civ. 06221-57-8514 to make an appointment.

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 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.

Coleman Clinics – The Coleman Troop Medical Clinic is closed. 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. A temporary Hazardous Waste Disposal Center will be open 10 a.m.-noon **Nov. 9** (only) on Coleman Barracks in Bldg. 1300. 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.

Audiology – Audiology services at the Heidelberg Health Center have been reduced due to limited staff. Medical technicians will still be able to provide screening and hearing conservation services. All other audiology services will be referred to host nation providers or Landstuhl Regional Medical Center.

Chapels – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

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.

UPDATED – Veterinary Treatment Facility – Services at the Heidelberg Veterinary Treatment Facility have been reduced due to staff losses. Requests for sick call and surgical services will largely be referred off post or to other military VTFs. Owners are encouraged to contact the VTF as soon as possible to ensure vaccination and other travel requirements are met prior to departure dates. Final closure is projected for **June 2013**. Medical records remaining at the VTF after this time will be transferred to the Wiesbaden VTF. DSN 388-9469, civ. 06221-338-9469.

Thrift Shop – The last day to consign items at the Heidelberg Community and Spouses Club Thrift Shop in Bldg. 4455 on Patrick Henry Village is **Feb. 2, 2013**. The shop is expected to close **March 30, 2013**.

Optometry Clinic – The Heidelberg Health Center's optometry department has reduced care to provide services only for active duty military and family members enrolled in TRICARE Prime.

Arts, Cultural Center holds first international quilt show

HD Arts and Cultural Center

The Arts and Cultural Center held its first-ever international quilt show Oct. 27 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg.

More than 150 visitors, ranging from professional quilters to Soldiers and teens from as far away as Hohenfels, Grafenwöhr, Kaiserslautern, Stuttgart, France and Belgium, attended. The event featured more than 95 quilts and 24 custom-made handbags created by artists from all over Europe, New Zealand and military communities in Germany.

Arts and Cultural Center director Edward Codina said he is "always looking to expand and enrich the cultural and artistic experience of our community," and after being invited to a meeting of the "Quilted Chaos" quilt guild about two months ago, he decided then and there the center would hold a quilt show.

"Quilted Chaos" is a guild comprised of about 20 members who get together to quilt, talk shop, swap fabric, share patterns and engage in various group-led quilting proj-

ects and challenges.

To Codina's surprise, the guild met in the same apartment complex as his own and their lead quilter, Marita Brüggemann, has been his neighbor all along.

"When I arrived, I was met by a group of six ladies sitting around a coffee table in Marita's penthouse living room overlooking the city of Sandhausen," Codina said.

"At the entrance was a table set with all manners of food and pastries, as the ladies always have a potluck during their meetings. What was most striking, however, were the quilts hanging on the walls of the apartment.

"For lack of a better word, each quilt was a veritable 'masterpiece' in the way we normally associate that word with modern art, specifically modern abstract painting," Codina said.

Within less than a week of the show fliers going out, the Arts and Cultural Center had confirmations from the Rhineland-Pfalz Quilt Guild, the Black Forest Quilt Group in Stuttgart, every member of "Quilted Chaos" and various quilters who frequently shop for fabric in the center's retail



Colleen Richmond, lead quilter and instructor, helps set up the first-ever international quilt show in the hallway of the Arts and Cultural Center on Patrick Henry Village in Heidelberg, Oct. 27. The event, which boasted some 95 quilts and 24 custom-made handbags, was attended by more than 150 visitors from as far away as Belgium.

store.

The number of submissions grew by the day, with quilts coming in right up to the show's opening.

"Little did we know how much work it takes to put on a quilt show," Codina said.

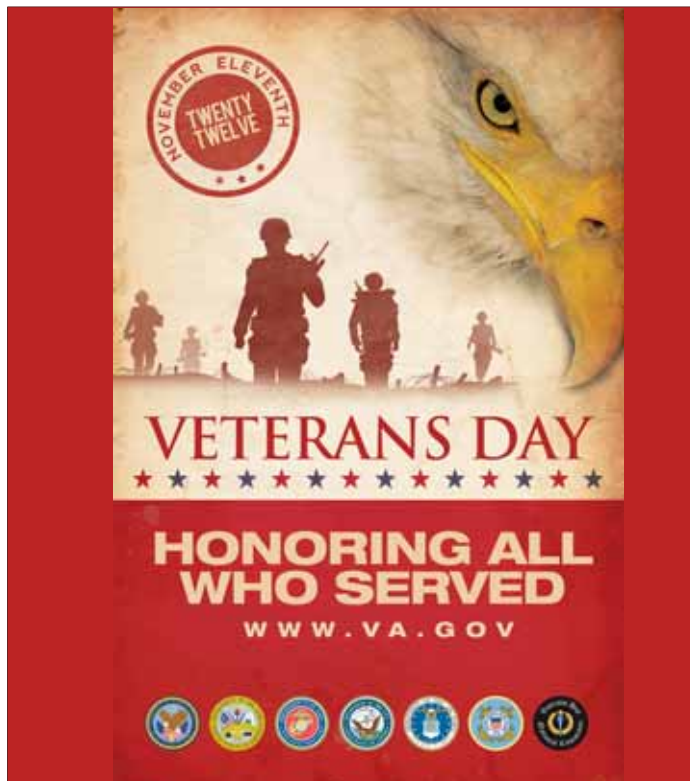
"Luckily for us, we were able to enlist the help of three of the quilt guild members, Colleen Richmond, our in-house lead quilter and instructor at the center and Gabrielle Col-

bert and Margarete McElroy, two fantastic ladies and master quilters," Codina added.

Al Coleman, assistant director, coordinated the exhibition with the newly-decorated VPCC lobby. Coleman and Jeanne Wasko, the Cultural Club coordinator, transformed the center's studio into a one-woman show featuring the quilted artwork of local Heidelberg High School art teacher Cindy Peterson.

"[Peterson's] re-interpretation in fabric of modern artist Roy Lichtenstein's work was but one of the many surprising avant-garde highlights of the exhibition," Codina said.

For more information about the Arts and Cultural Center, including upcoming events through the center's anticipated closure of Dec. 31, call DSN 388-9422, civ. 06221-338-9421 or e-mail usaghd.artscrafts@mail.mil.



Faces of the Community: Pumpkin Carving Contest



Melissa Kincannon cuts a self-doodled design during a pumpkin carving contest Oct. 31 at the Village Grille on Patrick Henry Village in Heidelberg. Nina Fierro and friend Claudia Thomas tied for first place, winning a \$25 gift card to the Village Grille from Family and Morale, Welfare and Recreation. Fierro's children Felicia, 5, Emilio, 2, and Thomas' daughter, Mya, 2, also helped.

US Army Europe Band, Chorus performs final friendship concert

By Elizabeth Behring

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The United States Army Europe Band and Chorus gave its last German-American Friendship Concert hosted by U.S. Army Garrison Baden-Württemberg at the Rokokotheater in the Schwetzingen Palace, Oct. 28.

The USAREUR Band and Chorus, now based on Sembach Kaserne near Kaiserslautern, has performed the concert for 26 years, said Regina Hingtgen, USAG Baden-Württemberg Public Affairs Director and coordinator for the event.

In 2006, USAG BW took over hosting duties from 1st Personnel Command.

1st PERSCOM, which was headquartered in Schwetzingen but deactivated in 2008, started the traditional concert to thank the Schwetzingen citizens for their friendship and support to Soldiers, civilians and their families living and working in Schwetzingen and the surrounding towns.

About 340 guests attended, including host nation civic and political leaders, supporters and friends of the U.S. military and military members themselves, which included general officers, commanders, staff directors and their spouses.



G. Patrick Harris

Maj. Bruce R. Pulver, left, Commander and Conductor of the U.S. Army Europe Band and Chorus, leads the band during the final German-American Friendship concert at the Rokokotheater in the Schwetzingen Palace, Oct. 28. The band and chorus recently relocated from Schwetzingen's Tompkins Barracks to Sembach Kaserne near Kaiserslautern as part of USAREUR headquarters' move from Heidelberg.

Prior to the show, attendees enjoyed appetizers and sparkling wine during a reception hosted by Col. Bryan D. DeCoster, USAG Baden-Württemberg Commander.

"While we can never fully repay you for your kindness and generosity, we hope you will enjoy this concert as a small expression of our gratitude," De-

Coster said before the concert start.

"Although we leave Schwetzingen, we know our bonds and friendships with you are ever lasting," he added.

The band and chorus, led by Maj. Bruce R. Pulver, commander and conductor, entertained the audience with more than a dozen songs, including '80s rock band Toto's hit song "Africa,"

which the chorus sang A Capella, and "Cartoon Music" by Peter Graham, which spliced well-known cartoon sound effects with the smooth sounds of the band.

Sgt. Paul Grant from Columbia, S.C., serenaded the crowd with his rendition of "Wooden Heart," made famous by Elvis Presley in the 1960 film "G.I. Blues."

The song itself is based on Friedrich Silcher's German folk song "Muss i' denn zum Städtle hinaus," roughly translated to, "Must I leave this town..." (and continues with, "And you my 'Schatz-treasure,' stay here.")

Sgt. Michael A. Webb, from Tampa, Fla., played his own mash up of Ludwig Van Beethoven's "Fifth Song" on the piano, much to the delight of the audience, who tapped their feet along.

Capt. Bryan J. Ralls, executive officer, and Sgt. Maj. Frank T. Suri, the enlisted bandleader, each conducted a song, and the band received three encores from the audience, which they obliged with additional tunes.

For more information on the USA-REUR Band and Chorus, visit www.eur.army.mil/band.

To see more photos of the friendship concert, visit www.flickr.com/photos/usarmyeurope_images/sets/72157631934570482/.

Heidelberg pharmacist picked for advisory board

By Ed Drohan

EUROPE REGIONAL MEDICAL COMMAND PUBLIC AFFAIRS

A Heidelberg Army Health Clinic pharmacist has been selected to be part of a new civilian advisory board for U.S. Army Medical Command.

Julia Gannon, the clinic's pharmacy chief, will join 11 other civilians from MEDCOM units around the world as a member of the new Civilian Corps Chief Board of Advisors. She is scheduled to attend the initial training with the other new board members in San Antonio this month.

"I was shocked ... flattered ... surprised," Gannon said of the news she'd been selected from more than 100 applicants for the board, and the only member selected from the European theater. "I told them I'm really not deserving of this."

According to MEDCOM Civilian Corps Chief Gregg Stevens, the board of advisors will participate in committee meetings and collaborative review of issues related to the Civilian Corps and Army Medicine.

"[Participants] will learn about the Civilian Corps and the workings of the Corps Chief's office; gain hands-on experience identifying, working on, and providing input to Civilian Corps initiatives; and collaborate with other AMEDD [Army Medical De-

partment] Corps members, both civilian and military," Stevens said in a release describing expectations for the new board of advisors. "[Participants] will work with the Civilian Corps Chief and the staff of the Corps Specific Branch Proponent Office to help shape the future of the Corps."

The AMEDD Civilian Corps represents more than 45,000 civilians serving in more than 200 different specialties. The new advisory board includes representatives from both clinical and support career fields within MEDCOM.

Gannon said she wasn't sure what the new position would entail, but she knows what she'd like to bring to the table.

"I want to become an advisor to help make a difference and help shape the future for the next generation of civilian medical professionals," she said in an essay that was part of her application for the position. "With the support of my command and the Army Pharmacy Council, I believe I can make a difference by representing clinical services and by communicating all initiatives and membership requirements to our fellow civilians and leaders."

While the position will require occasional trips to MEDCOM headquarters, the majority of the work will



Ed Drohan

Heidelberg Army Health Clinic Pharmacy Chief Julia Gannon was recently tapped to join 11 other civilians from U.S. Army Medical Command units around the world as a member of the new Civilian Corps Chief Board of Advisors.

be done through phone and video conferences. Each person selected will serve on the board for up to two years.

Gannon has been with the Army as a pharmacist for more than 23 years and is currently working on both her master's degree and completing the Pharmacy Leadership Academy through the American Society of Health Systems Pharmacists.

Despite the extra work that the new position brings, she said she's looking forward to the challenge.

"I've come to the point in my career where I've seen a lot of different leadership styles," she explained. "Now I have a chance to make a difference at the ground level. What a great opportunity to be part of that."



Staff Sgt. Jaime L. Witt

Staff Sgt. Tarik Tomlinson of Stone Mountain, Ga., Platoon Sergeant of 3rd Platoon, Company C, 1st Battalion, 14th Infantry Regiment out of Schofield Barracks, Hawaii, aids Japan Ground Defense Force Deputy Commanding General Kawamoto as he holds an AT4 anti-tank weapon Oct. 29 during Orient Shield 12. Orient Shield is an annual bilateral tactical field-training exercise where both forces exchange ideas, techniques, military experience and exercise capabilities.



Air Force Tech. Sgt. Matt Hecht

New Jersey Army National Guardsman Staff Sgt. Kenneth Williams, hands out sand bags from the back of a cargo truck in Atlantic City, N.J., Oct. 29 in support of ongoing relief efforts to aid victims of Hurricane Sandy.

our ARMY around the world

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U.S. Army

Staff Sgt. Jeffrey Yap, Singaporean Armed Forces crew chief, explains to Brig. Gen. Brian McKiernan, U.S. Army Chief of Field Artillery, the details of a Singaporean infantry carrier Oct. 30 at Fort Sill, Okla., during Operation Daring Warrior. Operation Daring Warrior is a month-long, bi-lateral exercise, now in its fourth year at Fort Sill.



U.S. Army

Snipers from 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, provide over-watch for a fire team during a live fire training event at the Yukon Training Area, Fort Wainwright, Alaska, Oct. 30.



Air Force Tech. Sgt. Bradley Church

General Martin E. Dempsey, Chairman of the Joint Chiefs of Staff, speaks with West Point cadet football players after the Army versus Air Force game in West Point, N.Y., on Nov. 3. The Army Black Knights won the game by a score of 41 to 21.

GERMAN COOKING

Raw Winter Fennel Salad

Ingredients:

- 1 medium fennel bulb
- 1 red apple
- 2 oranges
- Several slices of red or green onions
- 3 tablespoons olive oil
- Freshly ground pepper
- Salt, to taste

Preparation:

- Remove any brown parts from fennel and wash, reserving some weed for garnish. Slice fennel very thin.
- Peel orange with a knife, removing the pits. Fillet orange sections over a bowl and reserve the extra juice.
- Wash, quarter and core apple. Slice thinly and place in reserved orange juice.
- Arrange salad on plates. Fan out apple so the red skin shows, place fennel in a heap in the middle and add orange sections and onion slices. Drizzle all with olive oil.
- Grind pepper over each plate and provide extra salt if needed.

Sauerkraut With White Wine

Ingredients:

- 1 small onion
- 1 small potato
- 1 tablespoon lard or oil
- 3/4 cup white wine
- 1 large can sauerkraut (about 28 ounces)
- 2 teaspoon sugar
- 8 ounces green grapes, halved (optional)
- 1 teaspoon caraway seed (optional)
- 2 ounces cooked, diced bacon (optional)

Preparation:

- Peel and dice onion, then peel and grate potato.
- Sauté onion about 5 minutes in the lard or oil.
- Loosen sauerkraut with a fork and rinse if too salty. Add sauerkraut to onion.
- Add potato, wine and sugar. Stir and then simmer at least 20 minutes.
- If desired, add grapes, bacon and caraway seeds to the sauerkraut 10 minutes before serving.

SOURCE: www.germanfood.about.com



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,

I have read the advice you give to other people for many years now. I have even followed you online when we have moved to a location that doesn't have you in the paper.

You helped me so much when I was in Germany, and when I moved to Fort Campbell, I was so happy to find your advice column again.

I have a huge dilemma. The tone may sound serious, but it's not dangerous or about physical abuse or anything.

I know nothing about the military, the commissary, the post exchange, the Family Readiness Group, the military base or the military community.

I don't have access to the bank account or my husband's Leave and Earnings Statement, but he gives me plenty of money to pay our bills and get things I need.

We never attend family day events, hail and farewells or any other unit events. Why? Because my husband doesn't think it's necessary. He thinks it's a waste of time.

I feel so isolated. When I am talking to a neighbor or someone at my son's school, I am shocked at how isolated I am.

I have been an Army wife five years ... embarrassing.

I went to the commissary last week for the first time ever. Honestly, I felt that I had to sneak and hide to go there, like an alarm would sound when I walked through the entrance.

My husband is a good man and a good provider, but I feel like I am going crazy.

He doesn't get it, and I don't know why he doesn't want me to be part of anything. He should see that he at least has his career and friends in his unit.

I want to finish my degree, work part time or at least volunteer, but he won't hear of it.

Please let me know where I go from here. I really don't know how to handle this.

— My Hidden Life

Dear Hidden,

You report many things that are clearly red flags to me.

OK, your husband works hard and is a good provider. He doesn't hit you and he doesn't scream, yell and call you names. However, he is all over the wheel of power and control.

He has control of everything: the money, financial resources and even your life. You need his permission to seek higher education, to seek employment or to do basic everyday activities like shopping at the commissary or the Exchange.

My goodness, you recently shopped at the commissary for the first time, unbeknownst to him.

This is not a good situation, and I think the reason he doesn't scream, yell or hit you is because you do everything he wants you to do.

Surely you deserve independence. That is a normal stage of lifespan development. You are allowing your husband to deter this necessary part of individual growth for you.

I don't know why he wants to isolate you, but you must know his behavior is abusive.

Conversely, what you shouldn't do is make the following announcement tonight over din-

ner: "Honey, things are going to change starting today. I'm getting a job, I'm going to school and I'm shopping at the commissary."

I can't guarantee he won't go off, so don't do that.

Furthermore, I don't think you are truly ready to exert that level of independence yet.

I think you should seek the professional guidance of an experienced clinical social worker, family therapist or counselor.

Moreover, I think you should seek someone individually and then hopefully move into joint marriage therapy. You could use support, guidance and insight on how to move forward in a positive and safe manner.

Check on base for the availability of counseling services. If none are available, then contact Military OneSource at www.militaryonesource.com. They will connect you with a provider in the local community.

Also, visit Army Community Services. They have a wealth of information, resources and classes that will help you learn everything about the Army, finance and budget information, education, employment, volunteer opportunities and more.

I love ACS; they were definitely a great help to me as a young military spouse.

Something does have to change, but this won't change overnight.

Keep in touch and let me know how you are doing and what you decide to do.

Response to previous letters:

Dear Ms. Vicki,

I'm just dropping a line to let you know how much I love your work. Keep it up.

I can't believe how many people write you, giving you a piece of their minds like you're the person who did something wrong. You are just giving advice, and many of the people who write you are off their rockers.

They need some tough, hard love. You're the best.

—Anonymous

Recalled vaccine not used in military medical facilities

Europe Regional Medical Command Public Affairs

Influenza vaccines that have been recently recalled in both Germany and Italy are not used in military medical treatment facilities, according to the U.S. Army Medical Material Center, Europe.

The vaccines, which are manufactured by the Switzerland-based company Novartis, are being recalled as a precautionary measure because of reports by the company of small particles found in some vials of the vaccine, a Novartis news release stated. There have been no reports of any ill effects from people who have received the vaccines at this point.

Military medical treatment facilities in Europe do

not use any of the affected vaccines, a spokesman for USAMMCE said. USAMMCE provides vaccines for all military medical facilities in Europe, and confirmed that they have not purchased any of the vaccines provided by Novartis, the spokesman said. He added that the seasonal flu vaccines being provided to beneficiaries through the MTFs are not affected in any way by this recall.

The dominant strain of influenza during the upcoming flu season is still expected to be the H1N1 strain from the 2009 pandemic.

Col. Richard Looney, director of the Army's Military Vaccination Program, said, "H1N1 is still circulating, but due to outstanding efforts and im-

munization campaigns of the past few years, people are more aware and likely to be adequately protected during the height of flu season.

"Immunization is the very best protection against disease and related complications. Vaccines are safe and effective, and have saved more lives than any other medical measure in history," he added.

The recalled vaccines are marketed in Germany under the trade name Begrippal, and in Italy additionally under the trade names Influpozzi sub unita and Influpozzi adiuvato. People who received their seasonal influenza vaccination from host nation medical providers should check with their providers if they have any concerns.

GET OUT!

area events

More events online at www.facebook.com/BWnow

November 8

International Jazz Festival – The annual Enjoy Jazz International Music Festival is back. Enjoy a lively mix of jazz infused with classical, pop, rock, hip-hop and electronic music. Program runs through Nov. 10 in Heidelberg, Mannheim and Ludwigshafen. www.enjoyjazz.de

Hazelnut Fest – The town of Hassloch hosts a hazelnut festival through Nov. 11. Stroll the streets and savor the smells of hazelnut bread, beverages and other culinary creations. The festival takes place at the Hasslocher Jahnplatz near the townhall. HaBloch Rathausplatz 1, 67454 Civ. 06324-935-291.

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 10

Band of Brothers – Enjoy a special Veterans Day tour to Bastogne. Tour travels to the area in and around the city of Bastogne, where thousands of Soldiers from the 101st Airborne, 10th Armored Division and other units fought against all odds to hold the city during World War II. Visit the American Cemetery in Luxembourg where Gen. George S. Patton is buried and experience the special Veterans Day ceremonies. <http://affiliates.uso.org/Kaiserslautern>

Parade – The city of Mannheim will host a St. Martin's Parade at Herzogenriedpark 4:30 p.m. Admission is €1 for adults and €0.40 for kids. Max-Joseph-Str. 64.

Munich – Munich is Germany's third largest city and is the heart of German technology. Visitors can enjoy traditional local costumes, music, dance, food and festivals. See some of the city's famous sights and spend time exploring alone. Tour features a visit to the first Nazi concentration camp in Dachau. The camp stands today as a memorial to the horrors endured during World War II. <http://affiliates.uso.org/Kaiserslautern/>

Flea Market – Browse and hunt for special bargains during a large, open air bazaar and flea market 8 a.m. on the Gutleutstraße in Bad Dürkheim.

November 12

Magic Show – Magician Rob Lake will perform 7 p.m. at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Free show for all ID card holders. www.armedforcesentertainment.com/RobLake.htm

November 15

Mama Africa – Musical ensemble Mama Africa (Nagoon) 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

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

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 – Stroll 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 – Looking for something different to do this Thanksgiving? 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 – Seeing is believing during 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 Years' 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 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

Ryan Leslie – Rhythm and Blues singer and Hip-Hop artist Ryan Leslie will perform 9 p.m. Nov. 10 at the Halle 02 in Heidelberg. Güteramtsstraße 2, 69115. Tickets are on sale now. www.lesismoretour.com.

The Human League – Legendary '80s electronic new wave band The Human League will perform live 8 p.m. Nov. 16 at the Garage Club in Saarbrücken. 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

coming to THEATERS

FLIGHT

(Denzel Washington, Nadine Velazquez) In this action-packed mystery thriller, Academy Award winner Denzel Washington stars as Whip Whitaker, a seasoned airline pilot who miraculously lands his plane after a mid-air problem, saving nearly every soul on board. Afterward, Whip is hailed a hero, but as time goes on, more questions than answers arise as to who – or what – was really at fault, and what really happened. (Rated R for drug and alcohol abuse, language, sexuality and nudity and an intense action sequence) 138 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 8 - FUN SIZE (PG-13) 7 p.m.
 Nov. 9 - THE MAN WITH THE IRON FISTS (R) 7 p.m.; FLIGHT (R) 9:30 p.m.
 Nov. 10 - WRECK-IT RALPH (PG) 4 p.m.; FLIGHT (R) 7 p.m.; THE EXPENDABLES 2 (R) 10 p.m.
 Nov. 11 - WRECK-IT RALPH (PG) 4 p.m.; THE MAN WITH THE IRON FISTS (R) 7 p.m.
 Nov. 12 - FLIGHT (R) 7 p.m.
 Nov. 14 - THE EXPENDABLES 2 (R) 7 p.m.
 Nov. 15 - THE MAN WITH THE IRON FISTS (R) 7 p.m.

Vogelweh, Galaxy

Nov. 9 - FUN SIZE (PG-13) 7 p.m.
 Nov. 10 - CHASING MAVERICKS (PG) 4 p.m.; HIT AND RUN (R) 7 p.m.
 Nov. 11 - SPARKLE (PG-13) 4 p.m.

Ramstein, Gateway Cineplex

Nov. 8 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; HIT AND RUN (R) 11:30 a.m., 3 p.m., 6 p.m.
 Nov. 9 - 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 FIST (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., 10 p.m.
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 Nov. 14 - 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. 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.

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

Some Mail Impacted By Sandy

Mail flow has been interrupted by the damage caused by Hurricane Sandy, 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, and some buildings are still without power. Limited mail processing is being done at these facilities, causing the temporary rerouting of parcels (only) until Nov. 14 to the Chicago facility for onward movement to Europe. Express mail, letters and flat packages will continue to be processed at JFK Airport in New York. Mail going back to other U.S. mail gateways is also being rerouted until the JFK and Newark facilities can resume normal operations. Postal Operations asks customers to be patient and understanding during this time. DSN 370-3347, civ. 06221-573347.

American Education Week

American Education Week is Nov. 11-17. 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. For more information, visit the Army Education Center, Bldg. 106 on Patton Barracks in Heidelberg. DSN 373-8700, civ. 06221-17-8700.

Americans Around the Globe

The Americans Working Around the Globe Rhein Neckar Fall Conference, which provides professional training for all private organization volunteers, Family Readiness Groups and individuals, is scheduled for 9 a.m.-2 p.m. Nov. 15 in the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Author and speaker Ron Archer will talk about team building. Registration: bowendana@gmail.com.

Human Resources Awards Program

Through Nov. 15, U.S. Army Europe commanders can nominate top-performing military and civilian human resources personnel for the third annual USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence. DSN 370-8396, civ. 06221-57-8396.

Combined Federal Campaign

The Combined Federal Campaign-Overseas program runs through Nov. 16. This year's theme is "Serve to Honor Your Country. Give Because You Care." For details on CFC-0 in Heidelberg, call DSN 370-7687, civ. 06221-57-7687.

Landstuhl Main Gate

Until about Nov. 26, 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 will remain open for outbound traffic, and Gate 2 will open for outbound traffic during rush hour, 4-6 p.m. Monday-Friday except U.S. holidays.

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.

KAISERSLAUTERN

Education

• **Boot Camp for Dads** – New fathers and dads-to-be can learn how to raise a child during a free class 11 a.m. Nov. 13 in Bldg. 2917 on Pulaski Barracks. Civ. 0631-3406-4066.

• **Midweek Money Series** – Learn how to pay off debt and build a savings plan in a free 3-part class 9 a.m.-2:30 p.m. Nov. 14 in the Family Life Center, Bldg. 2919 on Pulaski Barracks. Civ. 0631-3406-4015.

• **Teen Discipline** – Parents and caregivers of teenagers (ages 13-17) can learn how the military environment impacts development and social skills and discover proven discipline techniques 6 p.m. Nov. 14 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4062.

• **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.

Community

• **USA Jobs** – Employment readiness experts can assist community members with finding and applying for jobs on www.usajobs.gov 10 a.m. Nov. 9 and 30 at Army Community Service, Bldg. 2917, on Pulaski Barracks. Appointments recommended. DSN 493-4029, civ. 0631-3406-4029.

• **Mamma Mia!** – Kaiserslautern High School presents the musical "Mamma Mia!" 7 p.m. Nov. 9, 2 p.m. and 7 p.m. Nov. 10 and 2 p.m. Nov. 11 in the Kaiserslautern High School auditorium, Bldg. 2001 on Vogelweh Housing. Reserve tickets online at www.khsdrama2012.weebly.com.

• **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 Community Activity Center in Bldg. 220 on Sembach Kaserne will offer dining options starting Nov. 19. The CAC, which opened Nov. 1, 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.

• **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.

• **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.

• **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.

• **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** – Family Resiliency Training, 12:30-2:30 p.m. and 6-8 p.m. Nov. 13, Army Community Service Annex, Patrick Henry Village, Bldg. 4531, Room 16; Pregnancy Support Group, 1-2:30 p.m. Nov. 14, ACS Annex, PHV, Bldg. 4531, Conference Room; How to Have a Good Night's Sleep, 10-11:30 a.m. Nov. 15, Nachrichten Kaserne, Bldg. 3622, Warriors In Transition Conference Room; 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.)

• **Digital Photography** – Professional photographers will teach how to make better photos 5:30-7 p.m. Nov. 13 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Materials not included in fee. DSN 388-9421, civ. 06221-338-9421.

• **UMUC Application Waivers** – University of Maryland University Col-

lege Europe is celebrating American Education Week with application fee waivers for new students who apply Nov. 11-17. 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.gouou.edu, DSN 373-7919, civ. 06221-17-7919.

Community

• **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. 12, 22 and 23 for Veterans Day and Thanksgiving. DSN 373-5144, civ. 06221-17-5144.

• **Customs Field Office** – The U.S. Forces Customs Field Office will be closed Nov. 12, 22 and 23 due to U.S. holidays. DSN 370-7142, civ. 06221-57-7142.

• **Parent's Day, Night Out** – The next Parent's Night Out is scheduled for Nov. 16 and Parent's Day Out is Nov. 17. Reservations with Central Enrollment required by noon Nov. 12. DSN 388-9340, civ. 06221-338-9341.

• **Murder Mystery Dinner** – Army Community Service will host a free murder mystery dinner 6-9 p.m. Nov. 20 at the Copper Lounge inside the Village Pavilion Community Center on Patrick Henry Village. Register by Nov. 12: DSN 370-6883, civ. 06221-57-6883-6975.

• **Painting** – Ages 12 and older and all skill levels can learn basic elements of painting and will complete a canvas using acrylic or oil techniques 5-7 p.m. Nov. 13, 14 and 20 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. DSN 388-9418, civ. 06221-338-9418.

• **Wine Soirée, Live Auction** – The Heidelberg Community and Spouses Club presents a wine tasting, dinner and a European Treasure Find live auction for all ID cardholders 7-10 p.m. Nov. 16 in the Village Pavilion Community Center's ballroom on Patrick Henry Village. Tickets are \$25; proceeds will go toward scholarship and grants for deserving students. Tickets can be purchased from an HCSC board member by Nov. 13 or by e-mailing 1stvice@hscs-heidelberg.com. Information: www.hscs-heidelberg.com/LuncheonNew.html.

• **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. 15, 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.

• **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.

• **Quilting** – Ages 18 and older can learn how to make a baby quilt 11 a.m.-4 p.m. Nov. 13 and 14 or 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.

• **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.

• **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.

• **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. Season ticket reservations begin Nov. 13; general reservations open Nov. 20. www.roadsideheater.com.

Lions compete at European Championships



Sharon Brady

Members of the Heidelberg High School Lions Boys Cross Country team brave a snowy course at the European Championship meet held at Rolling Hills Golf Course in Baumholder, Oct. 27.

By Sharon Brady
HHS CROSS COUNTRY COACH

The Heidelberg High School Cross Country teams raced in their final European Championship Oct. 27 at Rolling Hills Golf Course in Baumholder.

The snow-covered course provided quite a challenge to all of the runners, but the Heidelberg ladies proved tougher than the elements.

As one of the smallest Division One schools, the ladies team worked together and were able to defeat five other larger schools and come away with a third place finish.

Two lady lions earned All-Europe honors as they finished in the top 14. Shanice Harmon placed 6th out of 123 runners to earn All-Europe first team, and Rachel Braun finished 12th to earn All-Europe second team.

Rounding out the Lady Lions were Hannah Mayfield (27th), Maggie Hogue (37th) and Kathryn Tehranfar (41st).

The boys team also finished strong, posting some of their best times, despite the snowy conditions. Ian Hall led the boys team running his 5k in 18:49. Other top Lion Boys were Camden Stokes, Matt Hall, Micah Williams and Sven Cardona.

Congratulations to all of the Lion runners on a great race and a fantastic final season.



Sharon Brady

Heidelberg High School Lady Lion Shanice Harmon surges ahead during an Oct. 27 track meet in Baumholder. Harmon went on to finish 6th out of 123 runners.

staying ACTIVE

Ice Skating in Schwetzingen

An ice skating rink has been set up in the Schloßplatz, the main square in downtown Schwetzingen, along with several tents offering food and refreshments. The rink is open 11 a.m. - 10 p.m. daily. For more details and admission fees, check www.schwetzingen-eiszauber.de.

Basketball Officials' Clinic and Tournament

Heidelberg Sports and Fitness is sponsoring an officials' clinic 6-9 p.m. Nov. 13-16 at the Heidelberg Sports Office on Patton Barracks. Tournament is scheduled for Nov. 17. DSN 373-8032, civ. 06221-17-8032.

Turkey Trot 5K Fun Run

Family and Morale, Welfare and Recreation will hold a Turkey Trot 9 a.m. Nov. 17. Registration starts 8:30 a.m. at the commissary parking lot on Patrick Henry Village in Heidelberg. Free T-shirts while supplies last.

Golf Club Turkey Shoot

The Heidelberg Golf Club will hold a Turkey Shoot 10 a.m. Nov. 18. First, second and third place winners will be awarded a turkey; last place wins Cornish hens. Register by Nov. 11. Contact the Golf Club DSN 379-6139, civ. 06202-53767.

Basketball League

Sign up for the U.S. Army Garrison Baden-Württemberg recreational level basketball league by Nov. 21. Season runs Nov. 28-March 4. League is open to all military units assigned to the Heidelberg and Mannheim communities. 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.

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.

Jingle Jog in Baumholder

Baumholder hosts a Jingle Jog 9 a.m. Dec. 7. Registration begins 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. Call DSN 485-7176.

Youth Rock Climbing Classes

Sign up now for rock climbing classes for youth 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.

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 at 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.badenwue.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**

AFGHAN

continued from page 1

things that happen, there is still a lot of lawlessness, corruption. But I can see hope in these things," Jan said.

Jan herself went to school in the '60s, where young ladies sometimes wore miniskirts and shorts and went without head coverings, but with the rise of the Taliban and other factors, many girls were being forced to marry much-older men while still teenagers.

An all-girls school was the answer to help break the cycle, Jan figured.

"I think Razia is right when she says education is the only way for the girls to gain self-respect.

"If people don't explain their rights to them, how should they now that they don't have to marry when they are 12?" Burmedi said.

Jan took about \$120,000 in raised funds to build a school that services some seven nearby villages, where Jan said many of the

families are particularly conservative and whose daughters otherwise would not get any sort of education.

"The local men were very stubborn. They wanted a boys' school. When we opened, they didn't think it would last. "But we've already registered another 50 for kindergarten [this year,] and the girls are learning much better than their brothers," Jan said.

The school, now about to start its fifth year, opened with 108 girls and now has about 350, the oldest being 19.

Jan and her staff – former refugees educated in Pakistan who travel daily from Kabul – provide textbooks, school supplies, uniforms and snacks for the students, who study about 10 subjects, including English one hour a day.

"They will learn things they need to know, like how to speak English and how to use proper grammar and spelling so that one



BURMEDI

day maybe they can leave Afghanistan and shape their own future, away from the Taliban's influence," Burmedi said.

With 424 private schools that charge a fee, Jan said hers is the only one that's free.

"We've had certificates from the Minister of Education for the past three years, and we keep the best records," Jan said.

"But I'm one person, and I'm not young. I really want to focus on the school and make it flourish.

"Maybe 100 years from now, it will still be a girl's school," she added.



JAN

Her efforts have not gone unnoticed; Jan is currently one of 10 candidates for CNN's annual Top Ten Heroes competition.

If Jan wins Dec. 2, she will donate the \$250,000 prize to the school. In addition, Razia's Ray of Hope is supported in part by the Khaled Hosseini Foundation, named for Afghan-born American Khaled Hosseini, whose New York Times best-seller "The Kite Runner" was made into a film in 2007.

When Burmedi heard about the initiative from friend Anita Sheehan, who knew people who worked with Razia's Ray of Hope, she decided

the organization was the perfect service project for the Girl Scout Girtlopa Award.

"Part of the Girl Scout Promise is, 'I promise [...] to be a sister to every Girl Scout,'" Burmedi said.

"That's why I thought this project fit perfectly for my Girtlopa Journey, because I would be helping girls around the world."

With that, Burmedi started her first book drive with donated books in late 2010, raising \$1,260 for Razia's Ray of Hope.

Touched by Burmedi's enthusiasm, Jan asked to meet when she was in Augsburg in July 2011.

Burmedi said that meeting was the inspiration she needed to continue working with the foundation.

"After that, I started working on my Gold Award, and the first step was the coat drive.

"These girls often have a long way to walk to school, [so] we

started collecting coats a few months before Christmas, but were finally able to send the boxes around March 2012," Burmedi said.

About 200 coats were donated by U.S. Army Garrison Baden-Württemberg community members.

"Razia just got the boxes a few weeks ago, so now the girls will have warm winter coats on their way to the school this winter," she added.

The coats are much-needed, as the country's temperatures can dip into the negative digits during winter. Having a coat also means there is one less excuse for a girl to not come to class.

"Every day, I can see a difference. I have a lot of fun; that's what's keeping me alive.

"Otherwise, I would have been gone a long time ago," Jan said.

For more information about Razia's Ray of Hope, visit www.raziarayofhope.org.

Kosher food scavenger hunt



Diane Abeyta

Commissary management intern Craig Deatrack, left, shows Heidelberg Middle School student Thomas Anderson an example of kosher food during a trip to the store on Patrick Henry Village in Heidelberg, Oct. 24. The HMS Humanities class and the Book Café classes recently read "Anne Frank, The Diary of A Young Girl," and wanted to learn more about Jewish culture and customs. Commissary Manager Cheryl Ludington arranged for Deatrack to orient the class on a scavenger hunt, in which pairs of students competed to see who could find the items the fastest.

Seasonal tires law

Violators can face fines up to €80

German Transportation Ministry

A federal law passed in December 2010 in Germany requires vehicles to be equipped with appropriate tires when winter weather conditions are expected.

Typical winter road conditions include black ice, snow, slush, ice and freezing rain or dew.

The only tires considered appropriate are dedicated winter tires (with the "three-peak-mountain" marking,) mud and snow (with M+S marking) and all-weather or all-year tires.

While the law does not specify a certain time period, a sound rule of thumb for central Europe is to have winter-capable tires mounted from October to April.

Drivers caught with summer tires in winter weather will be fined €40, even without causing a traffic 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 their insurance coverage (the insurance company will likely hold the customer liable for a refund.)

For more information, visit www.germanway.com/ice-snow-tires.html (English language) or www.bmvbs.de/SharedDocs/DE/Pressemitteilungen/2010/367-ramsauer-winterreifen.html (German language.)

Translation: Thomas Heiss

Army captain named social worker of year



Ed Drohan

Capt. Janet Payne, a social worker at Europe Regional Medical Command in Heidelberg, was recently named Army Social Worker of the Year. Payne also works closely with the Exceptional Family Member Program.

By Ed Drohan
ERMIC PUBLIC AFFAIRS

She helped first responders overcome the trauma of the Fort Hood shootings, provided mental health treatment for Iraqi detainees and aided Croatia with improving their treatment of Post Traumatic Stress Disorder.

Not bad for somebody with just over five years in the Army.

Now Capt. Janet Payne can add another line to her resume – Army Social Worker of the Year.

The announcement of her selection for the award came as a surprise to Payne, who said she was honored.

“It’s pretty humbling to be selected from among your peers for something like this,” she said.

“There are a lot of extremely talented social workers out there.”

Payne has served as an Army social worker since 2007, but was a social worker in the civilian community nine years before that.

Her first Army assignment was at Fort Hood, Texas, where she was working at Marriage and Family Therapy Clinic on Nov. 5, 2009.

That was the day Army psychiatrist Maj. Nidal Hasan is accused of walking into the post’s Soldier Readiness Processing Center and opening fire with a handgun.

Before he was shot and captured, 13 people had been killed and 32 others injured.

Payne’s clinic was put on lockdown as a precautionary measure since little accurate information was known about the incident at the time.

“We were on lockdown until 8 p.m. We didn’t have a lot of communications because the system was overwhelmed,” Payne said.

“There was a lot of misinformation in the media that made people feel less safe than they really were.

“There were stories that there was more than one shooter, and that it was taking place on and off post. Everybody feared for their safety.”

After the shooting, Fort Hood leadership ordered that everybody involved – those who were in the building, first responders and personnel involved in treating the injured – receive counseling because of the scope of the tragedy.

Payne said that close to 500 people were directly impacted by the traumatic events that day.

Payne had participated in a traumatic event management course as part of her social work training and helped lead group sessions, along with small group and individual follow-ups, in what she termed “psychological first aid.”

“An event like that affects everyone,” Payne said. “It challenges ideas of what it means to be safe and who you can trust.”

While her work usually involves Soldiers and family members, her deployment to Camp Bucca, Iraq, in 2008 and 2009 led to her working with an

entirely different group of patients.

The camp was home to a detention center that housed thousands of Iraqi detainees, along with more than 10,000 U.S. military members from all services.

The Geneva Conventions states that detainees must be given the same treatment U.S. Soldiers receive, which includes assistance for mental health issues, Payne explained.

Her primary mission during the deployment was detainee operations.

“We were there to identify individuals who needed help and provide them with treatment,” Payne said.

“This was especially important for people suffering from more chronic mental illnesses like schizophrenia and getting them the proper medications and care.”

While she was primarily deployed to deal with detainees, she and the team she worked with were “... the only mental health in town.”

As such, she used her time to assist the U.S. military members, as well.

“I’d go down to the wire [the fenced-in detainee compound] to see patients and along the way I’d talk to no less than five guards,” she explained.

“I’d talk to them, see how they were doing and establish a rapport.”

It was an interesting assignment because she was able to take care of a perceived enemy and also take care of those detaining them along the way, she added.

The captain reported to ERMIC headquarters in January 2010 and now works closely with the Exceptional Family Member Program that helps ensure Soldiers who have family members with special needs are assigned to locations where those needs can be met.

She was also asked to be part of a team that went to Croatia earlier this year to assess and evaluate how the country’s medical system provides Post Traumatic Stress Disorder treatment.

While the Croatian military was a part of the NATO response in Afghanistan, the majority of PTSD problems stem from what Croatians call the “Homeland War” in the 1990s, Payne said.

Many of those who fought were untrained, and the effects of that fighting are still being felt.

“We were there to conduct a review of their system and make recommendations for improvements,” Payne said.

“The biggest problem is that their health care system is so different than ours, so the assessment went beyond what treatment methods they can use to the capability and capacity of how to provide health care.”

As an example, Payne said, the Croatian health care system doesn’t have the scope of nursing services that the U.S. system does. Nurses usually are either highly skilled intensive care nurses or nurse’s aids – there is no middle ground.

“We couldn’t say ‘do like us’ because we have a whole different support system,” Payne explained.

“It came down to something bigger than just how to treat PTSD.”

According to Lt. Col. Graeme Bicknell, ERMIC Behavioral Health Director and Payne’s supervisor, the Social Worker of the Year award was well-deserved.

“No social work officers that I know of, at this early stage in their Army career could have performed as well as Captain Payne has in such an extensively staff focused environment,” Bicknell said.

“Her accomplishments exceed those of more senior social work officers.”

While she’s excited about the award, Payne said she felt credit needed to go to those around her as well.

“I would not be where I am without the team of people around me,” she said. “The thing I love about the Army is we have great people. I get to work with great people.”



MILITARY FAMILY
APPRECIATION MONTH

NOVEMBER 2012