

HeraldPOST

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

HP WEDNESDAY
Oct. 31, 2012

Speed Read

HAPPY HALLOWEEN

Ghouls, ghosts and goblins will roam the streets of Heidelberg 6-9 p.m. tonight during the garrison's scheduled trick-or-treating hours.

PURPLE HEART AWARDED

A Sembach-based Soldier receives his long-awaited combat award 8 years after deploying to Iraq in 2004. 3



OFF THE HOOK

Computer crooks continue to use sophisticated phishing schemes to lure and hook unsuspecting network users. 7

HALLOWEEN FUN RUN

Heidelberg residents brave the rain to compete in the garrison's annual Halloween Fun Run Oct. 27. 13



Working group spotlights cyber security

By **Kristopher Joseph**
5TH SIGNAL COMMAND PUBLIC AFFAIRS

WIESBADEN – Brig. Gen. Bruce T. Crawford, commanding general, 5th Signal Command, shared his perspective on cyber security at Germany's third semi-annual Cyber-Security Working Group.

The event was hosted by Hessen Interior Ministry State Secretary Werner Koch at the Hessen Ministry of the Interior in Wiesbaden Oct. 11.

The interior ministries of 15 (out of 16) German states send representatives to the state secretary's cyber security working group to discuss common points of interest and elevate their concerns to the National Cyber Security Council.

They invited 5th Signal

Command to give a 45-minute presentation, along with several other speakers. The topics of the presentations were all focused on cyber security.

"It was truly an honor to engage in this meaningful dialogue with our German hosts, to strengthen our partnership by discussing our shared responsibilities in a contested cyber environment.

They were very grateful to hear our perspective on how the U.S. Army in Europe is dealing with the evolving cyber threats we face in our shared strategic environment," Crawford said.

The state secretaries took particular interest and posed a few questions about U.S. Army Europe's new policy that holds users and leaders accountable when violations



Kristopher Joseph

Brig. Gen. Bruce T. Crawford, commanding general, 5th Signal Command, shares his perspective on cyber security during Germany's third semi-annual Cyber-Security Working Group hosted by Hessen Interior Ministry State Secretary Werner Koch at the Hessen Ministry of the Interior in Wiesbaden Oct. 11.

occur on the network.

"I truly believe this engagement also showed them the importance of considering the "human dimension" in terms of training and leader development to

strengthen our overall cyber security posture," he added.

Crawford called the event "a groundbreaking opportunity to share ideas and explore our shared challenges as opportunities."

Heidelberg Arts, Cultural Center relocating

HD Arts and Cultural Center

The Heidelberg Arts and Cultural Center on Patrick Henry Village will relocate to Kaiserslautern as part of ongoing transformation efforts within the garrison.

The center's last day of operations will be Dec. 31 and it will reopen March 1, 2013 in the Daenner Kas-

erne Community Activities Center, Bldg. 3109, in Kaiserslautern.

Formerly known as the Heidelberg Arts and Crafts, the center has had a long history in the Heidelberg community, offering a variety of arts and crafts related programming for children and adults.

The facility moved to PHV

in March 2009 from Patton Barracks, and was renamed the Heidelberg Arts and Cultural Center. The new center offered an expanded and renewed arts and cultural program featuring art exhibitions, trips to museums, theaters, musical performances, the wine regions and various other local fests and celebrations.

The center currently offers framing, ceramics, fine arts, quilting, scrapbooking, sewing, photography and a retail store with the largest fabric selection in Europe.

Additionally, the center co-sponsored two annual Equal Opportunity special events, a "Taste of Soul" for

see **CENTER** page 9

Sign-up available for annual geopolitical training seminars

Annual seminars open to service members, civilians working across U.S. Army Europe

USAREUR Public Affairs

Members of U.S. Army Europe are helping to foster mutual understanding with their allies and partner nations by sponsoring geopolitical training seminars that focus on German and European military, political and economic systems.

Held six times a year in Hamburg at the Haus Rissen Institute, an international think tank for politics and

economics, the training seminars are primers on the European operating environment.

The seminar dates for Fiscal Year 2013 are:

For officers (all grades) and Department of Defense and Local National civilian employees.

•Dec. 10-14, 2012 (sign-up deadline Nov. 13, 2012)

•April 15-19, 2013 (sign-up deadline March 19, 2013)

•May 13-17, 2013 (sign-up deadline April 14, 2013)

•July 22-16, 2013 (sign-up deadline June 24, 2013)

For non-commissioned officers and civilian employees:

•Feb. 4-8, 2013 (sign-up deadline Jan. 7, 2013)

•June 24-28, 2013 (sign-up deadline March 23, 2013)

Seminar registration forms and see **GEO** page 9

Defense Details

TIME TICKING AWAY

Congress "is on the clock" and has critical work to accomplish when the House and Senate come back into session after the Nov. 6 election, Defense Secretary Leon E. Panetta said Thursday. During a Pentagon news conference, Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, discussed the need for lawmakers to act. First on the list is averting sequestration before it takes effect Jan. 2, Panetta said. Unless Congress decides on an alternative by that date, a sequestration provision in budget law requires an additional \$500 billion in defense spending cuts over the next decade, on top of a \$487 billion spending reduction already in effect for that period. The secretary said he also wants Congress to pass the fiscal 2013 defense authorization bill. "I'd like them to pass a ... defense appropriations bill, too, but in the very least, we really do need a defense authorization bill so that we can continue to implement our new defense strategy," he said. The secretary also stressed the need for Congress to act on a cyber security bill. "We really do need strong cyber security legislation to ensure that we can help defend the nation against a cyber attack," he said.

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

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SOLDIER READINESS

Officials urge Soldiers to update casualty documents

By Kevin Logan

CASUALTY AND MORTUARY AFFAIRS OPERATIONS CENTER

All Soldiers are responsible for updating their casualty documents and ensuring the correct changes are made to their Record of Emergency Data (DD Form 93) or Servicemembers' Group Life Insurance.

The Casualty and Mortuary Affairs Operations Center retrieves a copy for every reportable casualty from the Interactive Personnel Electronic Records Management System and requests copies from the unit to ensure it has the most current signed copy.

This form provides CMAOC with the most up-to-date contact information for immediate family members whom the Soldier wants notified if he or she becomes a casualty.

DD Form 93 is the official document that designates beneficiaries for death gratuity, unpaid pay and allowances and appoints the Person Authorized to Direct Disposition (of the remains.)

Common errors include:

- missing information for the mother and father
- choosing an ineligible organization, minor child or no designation at all for the \$100,000 death gratuity and unpaid pay and allowances
- disallowed portion distributions for death gratuity
- electing an ineligible person to dis-

pose of the final remains

Some Soldiers aren't designating anyone to receive the death gratuity. Failure to designate a death-gratuity recipient causes the Defense Finance and Accounting Service to distribute it "by law." Therefore,

- if the Soldier is married, the spouse gets 100 percent of the death gratuity
- if unmarried with children, they divide it equally among all children
- if unmarried without children, they divide it equally among both parents, whether or not they are married.

Soldiers sometimes

- fail to update death-gratuity beneficiaries after a divorce
- choose an organization or another non-human entity that cannot be paid according to the law or leave death gratuity to a minor child.

The guardian, even the biological parent, must go to court and have themselves declared guardian of the child, after which DFAS will pay the guardian on behalf of the child.

Overall, these designations – or lack of designations – can result in unnecessary stress for the survivors during an already difficult time.

One of the more sensitive elections that execute the Soldier's intent is the selection of the Person Authorized to Direct Disposition.

Soldiers need to think about who the best person is to make decisions regarding how and where they are laid

to rest. By law, this person must be the spouse or a blood relative. When a Soldier doesn't elect anyone or elects someone who isn't a blood relative, the Soldier's PADD will be determined by the order of precedence. If immediate family isn't available, the Army will attempt to find a relative. If that fails, the Secretary of the Army will make these decisions.

After a reported death, CMAOC obtains the most current SGLV Form 8286 (Servicemembers' Group Life Insurance Election and Certificate) from the Soldier's personnel file at the unit or by checking with the Electronic Military Personnel Office.

SGLV Form 8286 is used to designate principal and contingent beneficiaries for the Soldier's SGLI of up to \$400,000. Soldiers can elect anyone to be a beneficiary, including organizations and agencies, unlike with the death gratuity.

Issues can occur when Soldiers decrease their insurance coverage and then want to change the coverage back to a higher amount.

Whenever there is a change in coverage, the new forms must be transmitted to iPERMS, or the Soldier database of record. Lack of documentation can result in payment to other past beneficiaries.

For example, an ex-spouse who was listed on an older SGLV Form 8286 may receive 100 percent of the monies

if the Soldier didn't update his or her beneficiaries after the divorce.

When Soldiers elect a beneficiary for SGLI, they may designate any person, firm, corporation or legal entity, including charitable organizations.

Whenever a Soldier designates a person other than the spouse or children to receive all or a portion of the death gratuity or SGLI, the Army must attempt to notify the spouse in writing.

U.S. Army Human Resources Command has taken steps to improve visibility and execution of these tasks:

- enabling unit's identification of missing casualty documents and
- forecasting ability for required annual updates.

Soldiers can digitally sign DD Form 93 and SGLV forms within eMILPO, which automatically uploads them to iPERMS.

Additionally, all services are currently working with the Office of the Secretary of Defense to automate the entire SGLV process, including forms completion and automatic iPERMS upload.

Again, it is each Soldier's responsibility to keep their casualty documents up-to-date.

If a Soldier becomes a casualty, the Army works to quickly notify the appropriate family members and ensures the Soldier's intent is executed as he or she wished.



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 huge storm lashing the eastern part of the United States may interrupt the radio and TV services American Forces Network Europe gets from its satellite uplink site in New Jersey, and its back-up satellite up-link site in Maryland. The signal drop-outs could happen today [Monday] through Wednesday [or later.] Go to www.afneurope.net for updates."

– BWnow Facebook Administrator

"Good Monday morning to you BWnowers. Did everyone remember to set their clocks back over the weekend?"

– BWnow Facebook Administrator

"Yes, but my kids didn't get the 'sleep an hour longer' memo."

– Jennifer Burrows Schlegel, BWnow Facebook Fan

"Is the Trunk or treat happening this year? When and

where?"

– Kristin Jones, BWnow Facebook Fan

"There will be no trunk or treat this year. You can check out this Thursday's edition of the Herald Post (Oct. 25) for more info on other Halloween events in Heidelberg, Mannheim and Kaiserslautern. Trick or treating is 6-9 p.m. Oct. 31."

– BWnow Facebook Administrator

HP

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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.

Patience, perseverance pay off for military policeman

By Capt. Amanda Kehrrington
18TH MP PUBLIC AFFAIRS

It was Nov. 2004 when Sgt. Lance Royce led his team during a convoy traveling in Fallujah, Iraq.

When his unit began to receive small arms fire, the Soldiers returned fire and continued the mission. As the convoy maneuvered down the road, an improvised explosive device detonated, shattering both windows and injuring the Soldiers inside.

Royce, the noncommissioned officer in charge of the vehicle, felt disoriented and was diagnosed with a moderate to severe concussion. He endured painful headaches, loss of balance and double vision as a result of the explosion.

“At the time, I was more concerned about the rest of my team and others on the convoy and making sure that we were not further ambushed by the insurgents who had just fired on us a few minutes earlier,” Royce said.

Eight years later, that sergeant is now a captain and the 709th Military Police Battalion chief of operations, 18th MP Brigade, headquartered on Sembach Kaserne near Kaiserslautern.

Royce, a native of St. Albans, Vt., was presented the Purple Heart by Maj. Gen. Aundre Piggee, 21st Theater Sustainment Command commanding general, Oct. 3 in Grafenwöhr, for a brain injury suffered during that IED attack in 2004 in Fallujah, Iraq.

In April 2011, the Secretary of the Army approved a policy allowing Soldiers to be awarded the Purple Heart for concussions and mild traumatic brain injuries not resulting in loss of consciousness, dating back to Sept. 2001.

According to the Center for Disease Control and Prevention, a Traumatic Brain Injury is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain.

After years of headaches, mood swings and temper issues, Royce was officially diagnosed in 2007 after medical tests showed scarring on his brain.

“I think there is still a stigma surrounding traumatic brain injury and post traumatic stress disorder. Soldiers are afraid to come forward and admit there is a problem,” said Royce. “I wanted to show Soldiers that you can overcome a head injury and be successful in the Army.”

Despite his injury, he continued to pursue his goal



Capt. Lance Royce stands in front of a formation with his wife, Ellen Royce, during a ceremony where he was presented the Purple Heart, Oct. 3 in Grafenwöhr, for a traumatic brain injury suffered during an improvised explosive device explosion in 2004 in Fallujah, Iraq.

Capt. Amanda Kehrrington

of being a commissioned officer.

“My final determination to become an officer was that I wanted to lead troops at a broader level and feel like I had more of an impact on Soldier’s lives than I did as an NCO,” Royce said. “I do miss being an NCO at times and having a direct leadership with Soldiers, being able to affect the individual Soldier, teaching and mentoring them,” he added.

When the policy on the Purple Heart was re-written in 2011, the Army decided to allow Soldiers to re-submit paperwork to be reevaluated on whether they should have received a Purple Heart for a previously-diagnosed TBI.

“Finally receiving my Purple Heart has allowed me to put some final closure to the injury and know that it is recognized as a legitimate injury,” Royce said.

Kaiserslautern hosts first Armed Forces Action Plan conference

By Mark Heeter
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Army, Air Force and Navy communities came together for the first tri-community Armed Forces Action Plan conference held on Daenner Kaserne in Kaiserslautern Oct. 23-26.

Delegates, volunteers and subject-matter experts from the U.S. Army Garrisons Kaiserslautern, Baden-Württemberg and Baumholder, representing the Army, Air Force and Navy, blended together for the conference, which also included team members from the Airman Family and Readiness Center from the 86th Airlift Wing.

“This is a grassroots program and an opportunity for people in the community to bring up issues they see that they feel are important,” said Michelle Thomas, USAG Kaiserslautern Army Community Service director.

Delegates, representing a cross-section of the

community, were broken into six groups and each given 10 issues to prioritize, according to Thomas.

“If they can fix the issue locally, that is exactly what will happen. They will talk to the local resource behind that issue and see if they can fix it,” added Thomas, noting that each group had the chance to submit three issues for consideration to be elevated.

Over the years, the Army Family Action Plan has yielded increases in life insurance benefits, the Thrift Savings Plan for service members and transferability of their GI benefits to their eligible children, among many other quality of life improvements.

“It literally can have life-changing implications,” said Kristin James, AFAP program manager for the USAG Kaiserslautern.

“In some cases, it can literally change someone’s life; whether that’s capping the fees for child care, so that a family has more disposable income, whether it’s giving rights to a survivor, to have access not only

to their local installation but a recognizable ID card that allows them to go to an installation where their service member was serving to visit that memorial, it’s life-changing,” James said.

For AFAP volunteer supervisor Diane Isla, the program is a family affair; both her husband and daughter also participate in the program.

“I have done AFAP for about seven years now. I do it because I am enthralled with how the process works,” she said, “I think it’s amazing, [and] I think what it brings to the military community is shaping the future of the Army.”

By the end of the conference, the groups had selected 17 issues for prioritization, while the others were developed into disposition papers, closing them for this year’s conference, according to James.

To view the results of the AFAP conference, visit www.kaiserslautern.army.mil and click on the “Hot Topics” link.

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

U.S. Army Garrison Baden-Württemberg takes yet another step in its transformation. The Commander's Information Channel was discontinued Sept. 30 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.

"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.

"I am a retiree, and I maintain a mailbox on post. How long will the new consolidated postal center on Patrick Henry Village remain open, and what will I need to do for postal service once it closes?"

The PHV Postal Service Center will close at the same time as all other services in the Heidelberg community, which is on or about Aug. 30, 2013, and no later than Sept. 30, 2013. Retirees who wish to keep a retiree mailbox will have the option to establish one in another military community that provides retiree mail service. The garrison's Directorate of Human Resources will publish more details at a later date.

Facilities Operations Changes and Closures Mannheim

Base Operations – The Mannheim Base Operations office has relocated from Bldg. 246 on Sullivan Barracks to Bldg. 1408 on Coleman Barracks, Room 101. DSN 382-4724, civ. 0162-272-8632.

Banks – The Community Bank on Sullivan Barracks is closed. Banking services are available at the Heidelberg Branches on the Shopping Center, Campbell Barracks and in Mannheim on Coleman Barracks. Shopping 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. The Service Credit Union on Sullivan Barracks is closed. The Heidelberg Branch Office is located on the Community Support Center, Bldg. 3850. DSN 370-7138, civ. 06221-57-7138.

Coleman Cleaners and Alterations – The Coleman Cleaners with Alterations concession is closed due to low patronage. Laundry and dry cleaning services are available in Heidelberg on Patrick Henry Village, at Campbell Barracks and the Heidelberg Shopping Center. Alteration

service remains available at the Heidelberg Shopping Center. DSN 431-3458, civ. 0703-1439-5100.

Coleman Clinics – The Coleman Troop Medical Clinic has ended full patient care, dental and pharmacy services. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Sick call has ended. Soldiers assigned to Coleman Barracks who require sick call services can be seen at the Heidelberg Clinic. DSN 371-3130, civ. 06221-17-3130.

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 (location to be announced.) 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 will maintain 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.

Spinelli Barracks – Beginning Nov. 3, the hours for the contract security guard and access control points on Spinelli Barracks will change to 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 in Mannheim 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>.

Vehicle Registration – Beginning Nov. 5, the new vehicle registration hours will be 8 a.m. – 4 p.m. Monday-Friday. Vehicle inspection hours will 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 service 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.

NEW – 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 419 (Patton Barracks), CMR 420 (Campbell Barracks), CMR 432 (Tompkins Barracks) and Postal Service Center 437 (Sullivan Barracks) have relocated to the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village. CMR 432 and PSC 437 ceased operations at Tompkins Barracks and Sullivan Barracks. General delivery mail service is no longer available at Bldg. 4794 on PHV. Customers can choose to receive mail at Coleman Barracks (PSC 418) or begin forwarding mail to their gaining location if departing the Heidelberg and Mannheim communities. Email questions to usarmy.badenwur.usag.mbx.cmr419@mail.mil or contact your local postal customer service representative. The new 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.

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.

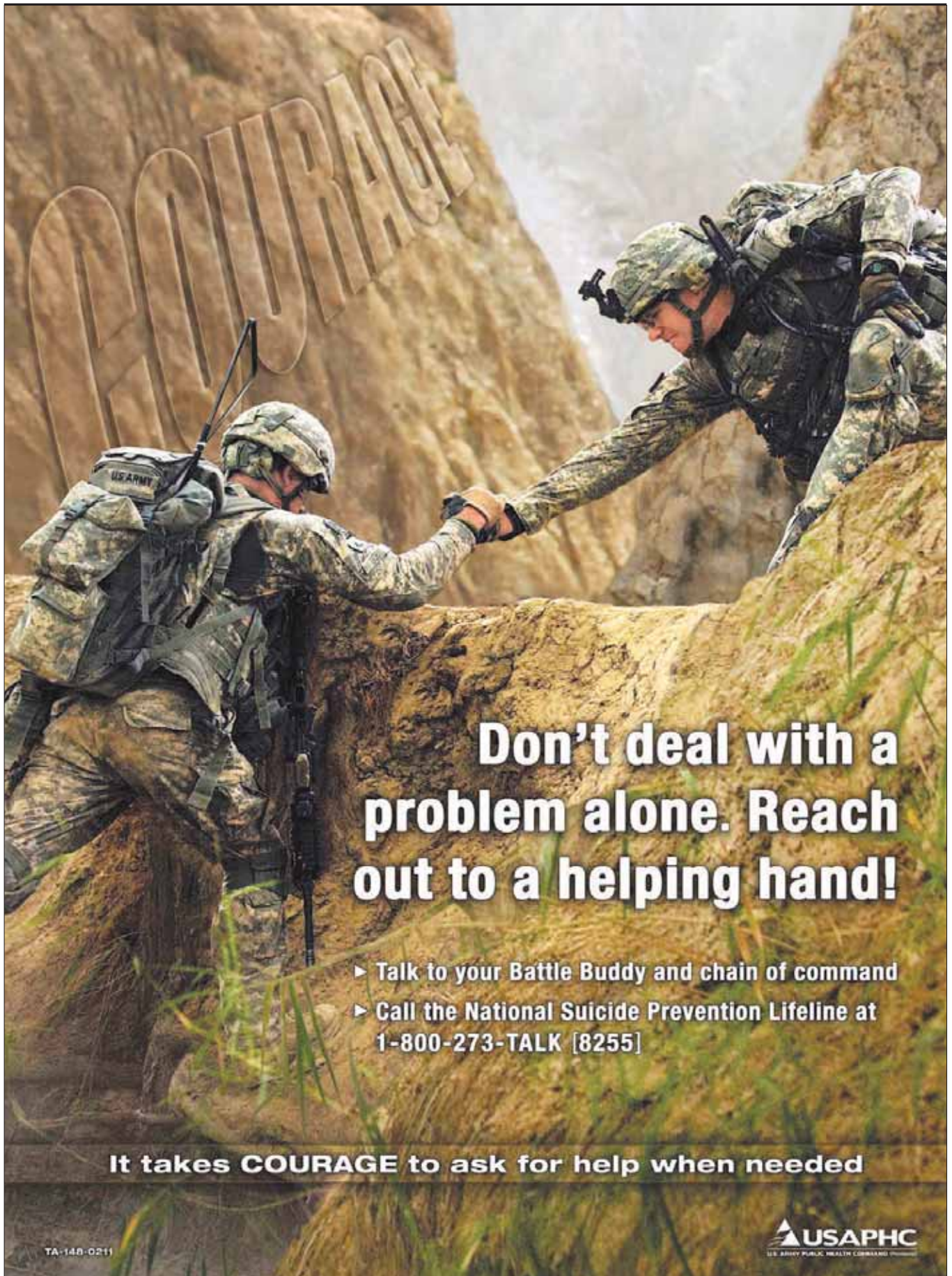
NEW – ID Cards – Beginning Dec. 1, all ID Card and Defense Enrollment Eligibility Reporting System services located at the Community Support Center in Bldg. 3850 (on the Shopping Center) will relocate from Room 122 to Room 180. The ID Card and DEERS office hours of operation are 8 a.m. – noon and 1-4 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/.

NEW – Immunizations – The Heidelberg Army Health Clinic's Immunizations Clinic has moved. The Immunizations 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

NEW – Passports – All passport services located at the Community Support Center in Bldg. 3850 (on the Shopping Center) will relocate from Room 232 to Room 180 effective Nov. 1. The passport office's 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.

NEW – Veterinary Treatment Facility – Services at the Heidelberg Veterinary Treatment Facility will be reduced beginning Nov. 1, 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 Thrift Shop in Bldg. 4455 on Patrick Henry Village is Feb. 2, 2013 and the store will close March 30, 2013.



Don't deal with a problem alone. Reach out to a helping hand!

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

It takes COURAGE to ask for help when needed

Best Paralegal Competition winners announced



Berry



Hillberry

By Staff Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS

Paralegal specialists from across U.S. Army Europe gathered in Heidelberg Oct. 19 to prove their skills during USAREUR's 2012 Best Paralegal Competition.

But if you think the event was all about researching case law or preparing legal docu-

ments, think again. This is a soldiering challenge.

The event started at 6 a.m. when the competitors arrived at Patrick Henry Village Elementary School for an Army Physical Fitness Test.

Following the APFT, this year's 13 competitors moved on to an 8-mile rucksack march to the USAREUR firing ranges at the U.S. Army Garrison Baden-Württemberg Rod and Gun Club in Oftersheim.

There they fired a weapons qualification test on the Engagement Skills Trainer 2000 marksmanship simulator and completed a warrior task skills assessment that included several stations that

tested the paralegals on their land navigation, first aid and weapons abilities.

The competition gives Soldiers a chance to showcase their skills and engage in a bit of camaraderie with fellow paralegal specialists from across Europe, said Spc. Blair Berry, a paralegal specialist with the 5th Battalion, 7th Air Defense Artillery.

"Competing is something I like to do, and I think it's great that we all get together to compete and at the end of the day we still have a mission; we're, 'one team, one fight.' I think that's just great," he said.

The completion of the challenges at the range only

marked the end of the physical portion of the test. Next came the mental phase.

Competitors took a written exam that tested their mastery of paralegal skills and then changed into their dress uniforms for the competition's final event: an appearance before a board of judges that tested both their military and paralegal knowledge.

The day finished with the announcement of the winners at an awards ceremony and barbecue.

Berry was named Best Paralegal Soldier, while the title of Best Paralegal non-commissioned officer went to Staff Sgt. Andrew Hillberry of

the 21st Theater Sustainment Command.

Hillberry works at the Baumholder legal center, and Berry works at the 21st TSC Staff Judge Advocate Office in Kaiserslautern.

Berry said the competition brings out the best in the paralegals and helps uphold Army standards.

It's not just about showing the paralegals have mastered legal terms and Army facts, Hillberry added, but also about determination and perseverance. "This shows that if you put the hard work into it, just keep at it and don't quit, that anyone can do anything," he said.

Heidelberg Middle Schoolers take reading to next level

By Diane Abeyta
HEIDELBERG MIDDLE SCHOOL

Ukuleles, porcupine ties, mismatched socks, unique, colorful attire and pigtails could all be seen hopping around the Heidelberg Middle School gym Oct. 23.

The colorful costumes were part of the school's annual event that celebrates Jerry Spinelli's book "Stargirl."

The seventh grade Language Arts classes culminated the completion of the novel with "Stargirl" songs and dances in the gym, and a bunny hop line that circled the cafeteria and then wound its way through the school.

Language Arts teacher Dennis Osborne led the celebration with his guitar in hand.

Osborne has taught the novel at

HMS for seven years, and each year, his students make projects to showcase the themes of the book.

This year's projects included a movie trailer made for a hypothetical "Stargirl" movie, a tissue paper impressionistic collage, a calendar, aprons, porcupine ties, cakes with figurines and other items.

Osborne said he uses this book "because it's a powerful example of a relatively simple read that covers all three levels of great literature: story, art and meaning."

He added that by using clever metaphors and creative symbolism, Spinelli's character "Stargirl" teaches the power of celebrating uniqueness, surprising others with unexpected kindness and opening one's eyes wide for life's little daily joys.



Diane Abeyta

Heidelberg Middle School students take part in "Stargirl" festivities at the school Oct. 23. For the past seven years, Language Arts teacher Dennis Osborne has used Newbery Medalist Jerry Spinelli's book "Stargirl" to teach students the power of uniqueness and kindness, with activities, crafts and more.



Mary Slattery-Green

Art Show

Heidelberg Middle School art teacher displays work through Nov. 17

Artist and Heidelberg Middle School art teacher Dora Olivares and Heidelberg Middle School Principal Stephanie El Sayed pose next to one of Olivares' paintings at the grand opening of the Dora Olivares Art Exhibition and Latin Party in the Copper Lounge in the Village Pavilion Community Center on Patrick Henry Village in Heidelberg, Oct. 20. Olivares has shown internationally and has mentored the children of the U.S. Army Garrison Baden-Württemberg community so they excel not only in the arts but in all areas of their lives. The exhibit runs through Nov. 17 and is sponsored by the Arts and Cultural Center on PHV, which will permanently close Dec. 31 and reopen March 1 in the Community Activities Center in Bldg. 3109 on Daerner Kaserne in Kaiserslautern. The move is due to the transformation of USAG Baden-Württemberg. The Arts and Cultural Center continues to provide classes for all ages and skill levels, including painting, quilting, sewing and framing. For more information about classes or events, call DSN 388-9418, civ. 06221-338-9418. Read more about the closure on page 1.

Cyber security: beware of phishing

By Staff Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS



Cyber attacks are a real threat to government and personal networks.

These attacks can range from stealing personal information or money to installing malicious software that can monitor or hamper an infected computer. One method

used by cyber criminals to conduct these attacks is phishing.

Phishing is defined by the U.S. Computer Emergency Readiness Team as an attempt by an individual or group to solicit personal information from unsuspecting users or employees by employing social engineering techniques.

A social engineering attack uses human interaction to obtain or compromise information about an organization or its computer systems. An attacker may seem unassuming and respectable, and may even claim to be a new employee, repair person or researcher and offer credentials to support that claim. By asking questions, the attacker may be able to piece together enough information to infiltrate an organization's network.

This can affect government networks by allowing cyber criminals to access sensitive or classified military information or personally identifiable information such as Social Security numbers.

Department of Defense employees are required to

complete annual information assurance awareness training to help prevent cyber attacks.

Below are some tips from the Federal Trade Commission on how to avoid being a victim of phishing.

•**Do not reply to e-mail or pop-up messages that ask for personal or financial information or click on links in the message.** Legitimate companies don't ask for this information via e-mail. If you are concerned about your account, contact the organization mentioned in the e-mail using a telephone number you know to be genuine, or open a new Internet browser session and type in the company's correct website address yourself. Don't cut and paste the link from the message into your Internet browser – phishers can make links look like they go to one place, but that actually send users to a different site.

•**Area codes can mislead.** Some scammers send e-mail that appears to be from a legitimate business and ask users to call a phone number to update their account or access a "refund." Because they use Voice Over Internet Protocol technology, the area code you call does not reflect where the scammers really are. If you need to reach an organization or business, call the number on your financial statements or the back of your credit card. Delete random e-mails that ask you to confirm or divulge your financial information.

•**Use anti-virus and anti-spyware software, as well as a firewall, and update them regularly.** Some phishing e-mails contain software that can harm your computer or track your activities on the Internet without your knowledge. Anti-virus software and a firewall can protect you from inadvertently accepting such unwanted files. Anti-virus software scans incoming communications for troublesome files. Look for anti-virus software that recognizes current viruses as well as older

ones, that can effectively reverse the damage and that updates automatically. U.S. Army employees can access free antivirus software for their home computers through Army Knowledge Online.

A firewall helps make you invisible on the Internet and blocks all communications from unauthorized sources. It's especially important to run a firewall if you have a broadband connection. Operating systems (like Windows or Linux) or browsers (like Internet Explorer or Chrome) also may offer free software "patches" to close holes in the system that hackers or phishers could exploit.

•**Don't e-mail personal or financial information.** E-mail is not a secure method of transmitting personal information. If you initiate a transaction and want to provide your personal or financial information through an organization's website, look for indicators that the site is secure, like a lock icon on the browser's status bar or an URL for a website tagged with "https" – the "s" stands for "secure." Unfortunately, no indicator is foolproof. Some phishers have forged security icons.

•**Review credit card and bank account statements as soon as you receive them.** Check for unauthorized charges. If your statement is late by more than a few days, call your credit card company or bank to confirm your billing address and account balances.

•**Be cautious about opening any attachment or downloading any files from e-mails you receive.** These files can contain viruses or other software that can weaken your computer's security.

For more information, visit the U.S. Computer Emergency Readiness Team website, www.us-cert.gov, or the Department of Homeland Security's National Cybersecurity Awareness Month page, www.dhs.gov/national-cyber-security-awareness-month.

Study to test benefits of Omega 3 in reducing suicides

Omega 3 fatty acids found in fish, flax seeds, walnuts

By Donna Miles
AMERICAN FORCES PRESS SERVICE

Members of the Defense Department are funding a new study to determine if something as simple as drinking smoothies with high concentrations of the fatty acids found in fish oils can help reduce suicides among veterans.

The study, to kick off in January, will assess the effect of Omega 3 fatty acids on 350 volunteer participants who have attempted suicide or are considered to be at risk of doing so, said Bernadette Marriott, a Medical University of South Carolina professor who is the study's principal investigator.

The university is collaborating in the clinical trial with researchers from the

Ralph H. Johnson VA Medical Center in Charleston, S.C., and the National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health. Ron Acierno, director of the post-traumatic stress disorder clinic at the Charleston VA center, will partner with Marriott as an on-site collaborator.

The Military Operational Medicine Joint Program Committee is funding the study, and the Army Medical Research and Materiel Command's Congressional Directed Medical Research Programs Office will manage it.

The test subjects, to be recruited over the next three years from the Charleston VA center and the local veteran population, will drink two child-size juice boxes of commercially available, smoothie-type drinks each day for six months, Marriott said.

Half the veterans will receive about four grams of Omega 3 fatty acids in their drinks each day, said Joseph Hibbeln, acting chief of NIAA's nutritional neurosciences section. This, he said, should elevate the concentration of Omega 3s in the experimental group's blood to levels commonly found among populations of fish-eat-

ing countries like Japan and Iceland. The other half of the test subjects, the control group, will receive placebos. Both groups will continue to receive the same mental health care services as before the study.

Meanwhile, researchers will evaluate them as they begin the study and periodically over its course to assess their depression and anxiety levels and performance on cognitive tests, Marriott said. They also will take blood samples to measure Omega 3 levels. The investigators will have no idea until after the study which test subjects received Omega 3 doses and which were in the control, Marriott said.

Based on previous studies in both animals and humans, Marriott said she expects to see much higher Omega 3 levels in the experimental group, with corresponding improvements in their mood and performance levels.

Hibbeln has been a pioneer in linking Omega 3 deficiencies with depression and violent or impulsive disorders. For the past 20 years, he has advanced the theory that the brain, made up of fats and oils, depends on Omega 3 nutrients to operate properly and fully experience pleasure.

He uses the analogy of a tree that grows deep roots, a sturdy trunk and abundance of leaves only if it's properly fertilized and gets the nutrients it needs.

The problem, he explained, is that the human body gets Omega 3s only through food and nutritional supplements. And the typical American diet is extremely low in Omega 3 fatty acids – with military populations consuming even fewer.

Exacerbating the problem, Hibbeln said, is that their diets tend to be high in Omega 6s, the oils commonly found in french fries, chips and other processed foods. Within red blood cells, Omega 6s are like "insurgents" who crowd out the few good-guy Omega 3s, he explained.

That double-whammy, he said, puts people at increased risk of suicide and other emotional distress.

Recognizing the potential benefits of Omega 3s, the Army Natick Soldier Systems Center in Massachusetts, has started infusing them into combat rations. Natick food scientists already have started introducing them into lemon poppy seed cake and a salmon in alfredo sauce entree.



Staff Sgt. Tramel Garrett

Col. Brian Bisacre, the 18th Military Police Brigade commander, leads Soldiers during a run on Sembach Kaserne in Kaiserslautern, Oct. 19. The run marked the first time in more than 10 years that the entire unit has been together in one location. More than 600 Soldiers stationed throughout Germany, Belgium and Italy gathered for an organizational day, which included competitive sporting events to promote esprit de corps within the brigade.

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Staff Sgt. Teddy Wade

Basic trainees negotiate "Victory Tower" at Fort Jackson, S.C. Thursday. Victory Tower is a military obstacle course designed to build confidence in new Army recruits.



U.S. Army

Soldiers load a simulated patient onto an ambulance during an exercise at Bagram Army Air Field, Afghanistan, Oct. 12.

Army officials prepare to do more with less

Secretary of the Army highlights effects of budget cuts, force reductions

By C. Todd Lopez
ARMY NEWS SERVICE

WASHINGTON – With budget cuts already in place, and more cuts possible next year – the Army can expect fewer resources to accomplish a mission that will likely not shrink, said Secretary of the Army John M. McHugh.

Speaking before the opening session of the 2012 Association of the United States Army Annual Meeting and Exposition in Washington, D.C., McHugh said the nation's economy, and how it affects the Army budget, is something that worries him. After more than 11 years of war, he said, "the Army is going to do its job with less."

Budget cuts and force reductions were a long time coming, he said, and the Army has been aware of them for some time.

"We've seen this day coming for some time," he said. "We've been given the opportunity and the time to get it right, to plan, to prioritize and adjust force structure, equipment and training; we are doing it."

A critical component of the Army's future is integration of Reserve forces. Since 2001, McHugh said, the Army has learned the importance of an operational Reserve component in meeting mission requirements.

Continued training and readiness of the Re-

serve components is "paramount to the Army's overall readiness and stability, and our nation's security," McHugh said. "We are going to make sure we do that, and we do it right."

Part of the Army's effort in that direction includes a McHugh-signed directive that establishes a "total force policy" for the Army.

That directive says the Army will man, train and equip active and Reserve components "in an integrated operational force," the purpose of which is to provide "predictable, recurring, and sustainable capabilities."

McHugh said the directive outlines a number of measures to make integration of those forces seamless.

Some of those measures include uniform processes and procedures for validating pre-deployment readiness; developing and implementing unified personnel management and pay systems; ensuring that equipping strategies promote procurement programs for a total force and facilitating opportunities for Soldiers to move between active and Reserve-component assignments throughout their career.

At a press conference following the opening ceremony of this year's AUSA conference, Chief of Staff of the Army Gen. Raymond T. Odierno said that as the Army heads into an uncertain future, it starts

from a "position of strength," as a result of veterans and Army leaders who have been in combat for 11 years. And because the Army is an all-volunteer force, he said, he expects many of those same leaders to stay in the Army "and to pull the Army into the future."

The Army will adapt readiness and training models to prepare units to better operate "in what we believe will be more and more complex environments that we are going to have to fight," Odierno added.

To deal with those complex environments of the future, the general said he is now focused on an Army that can deploy at "several speeds," at "several sizes," and that can respond to "several contingencies."

"The Army provides a depth and capability that no other service provides – tooth to tail – [from] combat, all the way down to every kind of logistics and combat service support that you can provide," he said. "We're the only service that does that completely, tooth to tail."

McHugh said the Army's "key to the future is our full-spectrum capability, and the capacity to go anywhere and do any mission." The ability to do that, he said – the Army's adaptability – means that it can serve as a hedge for the uncertainty of the future.

GEO

continued from page 1

additional information can be found at www.eur.army.mil/geopoliticalseminars/default.htm.

The training seminars are an investment in the Army's future, designed to develop adaptable and thoughtful leaders.

Army commanders and senior staff officers, civilians and non-commissioned officers and other personnel who regularly interact with host nation authorities and institutions spend a week discussing current and historical geopolitical issues with Air Force and German Forces personnel in a joint and combined educational environment.

Even though topics are updated frequently to keep pace with current events, typical subjects at the seminars – taught by journalists, scientists and professors from the University of Hamburg, Berlin Free University and Haus Rissen – include:

- The European Union as a strategic actor in international crisis management;
- Current U.S. and European issues
- Comparative analysis of the German and the U.S. political system

USAREUR, via the Office of the Chief of Public Affairs, funds the training seminar costs, including lodging and meals for U.S. Army Europe, U.S. European Command, U.S. Africa Command and Installation Management Command-Europe participants. Sending commands or organizations fund travel and per diem.

Interested applicants must have at least one year remaining on their tour after attending the training seminar and temporary duty approval from their unit or organization.

For more details, call DSN 370-6647 or civ. 06221-57-6647.

CENTER

continued from page 1

Black History Month and "Latin Flavors" for Hispanic Heritage month.

Despite shrinking budgets and the garrison's accelerated closure date, the center will remain open.

Garrison leaders and Family and Morale, Welfare and Recreation officials decided to move the center to Kaiserslautern, where it can continue to serve the military community into the distant future.

The center's staff encourages customers to continue to participate in the diverse cultural and arts programming at their new location in Kaiserslautern.

Due to the center's relocation, framing and quilting orders will not be taken after Nov. 15.

Customers are encouraged to submit their framing and longarm quilting orders early so staff can have the required time to complete the projects.

"As a way of showing our appreciation for your support throughout the years, we will be holding a series of "thank you and farewell" mega sales, where you can find extraordinary savings on gifts for your loved ones just in time for Christmas," said the center's director, Edward Codina.

"We also invite you to our Grand Opening March 1, 2013 in Kaiserslautern. Come spread the love."



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GERMAN COOKING

Beer and Horseradish Bratwurst Bites

Ingredients:

- 1 1/4 pounds boneless country-style pork spareribs
- 1/3 pound pork fat, cut into 3/4-inch cubes
- 1 1/2 teaspoons finely chopped fresh sage
- 1 1/4 teaspoons coarse kosher salt
- 3/4 teaspoon ground mace
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground coriander
- 1/2 teaspoon sugar
- 3/4 cup lager beer, divided
- Beer and horseradish mustard

Preparation:

- Cut spareribs into 3/4-inch cubs and place them and the pork fat inside the freezer for about 30 minutes.
- Place half the pork into a food processor and blend until finely ground. Transfer mixture to bowl, and repeat with remaining pork and pork fat. Gently mix sage and next five ingredients into ground pork mixture.
- Stir in 1/4 cup beer, then cover and chill overnight.
- Form pork mixture by tablespoonfuls into 1 1/4- to 1 1/2-inch-diameter patties; place on baking sheet. Cover and chill.
- Heat large nonstick skillet over medium heat. Working in batches, add sausage patties to skillet and cook until browned on bottom, or about 5 minutes.
- Add remaining 1/2 cup beer to skillet; cover with lid slightly ajar and cook until beer evaporates (6 to 7 minutes.)
- Turn patties over and cook until brown on bottom and cooked through (about 5 minutes.) Transfer sausage patties to platter.
- Serve with beer and horseradish mustard and soft pretzels.

SOURCE: www.epicurious.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've been with my Soldier some time now. We're getting married in June, but I won't be able to see him after another nine months. This is going to be hard.

Do you think it's a good idea to start school in my hometown in the Virgin Islands? I hope I can transfer my credits when it's time to leave.

Do you have any advice on what I should do or how to surprise him when he comes home next month?

Dear Virgin Islands,

This sounds very exciting. Congratulations on your engagement. I wish you all the best and much happiness.

These are all great questions. Regarding surprising him, just be ready for anything. I'm sure he will be happy and very surprised to be in your arms again.

About school, there are still too many unknowns. Where will he be stationed when he completes the next nine months? What college will you attend in the VI, and will the credits transfer to any college or university here in the mainland?

You may think about discussing this with someone in the admissions office, because there is no guarantee. College is quite expensive. If you begin now, and you're unable to transfer the credits later, then you've spent a lot of time and money and received no benefits.

On the other hand, you can consider one of two options: begin college in the VI and complete your degree or program, then join your husband. Many military spouses choose this option.

Secondly – and this could be a great option – you could consider enrolling in one of the military-friendly schools that will allow you to complete many courses online and will usually transfer to a college in the military communities.

Speak to someone in admissions at your local college, or Google “military-friendly schools.”

I hope I wasn't too confusing. Please know that you will have many options, so choose the best one for you and your fiancé.

Things will work out great, I'm

sure. Please stay in touch, and thank you for taking the time to write and for reading the column. Your support means a lot to me.

Dear Ms. Vicki,

I am an ex-wife of a veteran; we were married more than 22 years. When we divorced, he agreed to pay me half his Veterans Affairs benefits (in our divorce decree) when our daughter turned 18. She is now of age, and he was sent to prison a month before her birthday for a felony. My question is will I – and how do I – get my share while he is incarcerated?

Dear Ex-Wife,

This is a very good question. I didn't know if VA benefits change if the veteran or the spouse is incarcerated, so I tried contacting the VA to ask, but it was an extremely high call volume day. As a result, I did not get to ask this very important question. I suggest you contact them or even visit one of the local offices in your city.

If something has changed because he is incarcerated, they will let you know. I really regret this happening and what this has done to you and your daughter. This is such a drastic change of events: to go from serving your country to being convicted of a felony and serving time in prison. Contact the VA at U.S. civ. 800-827-1000. You also may be able to chat with someone online at www.va.gov. Stay in touch and let me know what you find out. It will be helpful to me and other readers.

Army continuing 'sacred duty' to wounded warriors

By Elizabeth M. Collins
SOLDIERS LIVE

WASHINGTON – To date, the Warrior Transition Command has cared for some 45,000 wounded, ill and injured Soldiers and has transitioned 51 percent of them back to the force, WTC's commanding general said.

Brig. Gen. David J. Bishop, who is also the Army's assistant surgeon general for warrior care and transition, presented the stats during a family forum at the Association of the United States Army's annual meeting, Oct. 23. He explained that the Army's commitment to its wounded warriors will continue beyond the draw downs in Iraq and Afghanistan.

If anything, he said, the Army has increased its commitment to ensuring Soldiers are either able to return to duty or able to find gainful, meaningful civilian employment.

“Each Soldier develops [a comprehensive transition plan] for himself or herself with the support of an interdisciplinary team and, of course, their

families, who are very much invited to participate,” Bishop explained.

“Soldiers set short and long-term goals that align with the domains of strength which you'll find in the Comprehensive Soldier Fitness model and, as you know, they're physical, emotional, social, family [and] spiritual,” he said. “At WTC, we've integrated another one called career, because we think it's so important to enable the transition. This [comprehensive transition plan] is the Soldier's road map to his or her desired future,” Bishop added.

The Civilian Human Resource Agency is helping maintain a resumé database for wounded warriors. Operation Warfighter, managed by the Office of the Secretary of Defense for Warrior Care Policy, provides federal internships so wounded warriors can gain work experience.

The Navy's Sea Systems and Air Systems Commands also recently approached WTC about hiring Army wounded warriors.

The Department of Veterans Affairs provides vocational rehabilitation and

employment counseling for Soldiers in warrior transition units, and the Department of Labor supports local veterans employment representatives and disabled veterans outreach placement specialists.

“Now, while our Soldiers are focused on recovery, that can put a lot of pressure on family members,” Bishop said. That's why the majority of WTUs provide a family readiness support assistant who can help connect families with community agencies and help solve challenges and problems they face.

Most WTUs are also located near a Soldier and Family Assistance Center, which offers information, referral services and education and career counseling, financial counseling and services, Army Emergency Relief referrals, human resources and military benefits. The centers also usually offer child care, added Maj. Gen. John Uberti, the deputy commanding general for support at Installation Management Command, so spouses can easily accompany their Soldiers to medical appointments.

“Each family is unique, each family member is unique and the way they handle each of those transitions is unique,” Uberti said. “Our goal is to make sure we're providing the services or access to the services to help our wounded, ill and injured and their families make it through those transitions successfully.”

Families are as affected by an emotional or physical injury as the Soldier, said Catherine Mogil, Ph.D., an assistant clinical professor at the Nathanson Family Resiliency Center at the University of California, Los Angeles' Semel Institute for Neuroscience and Human Behavior. She also helps run a resiliency training program for military families called Families Overcoming Under Stress.

“Families do recover,” she said. “They may not ever go back to the way it was, but they can move forward,” and it's important for wounded warriors to recognize that they can still parent, that they're still vital members of their families. They may just need to learn some new skills, Mogil added.

GET OUT!

area events

More events online at www.facebook.com/BWnow

October 31

Heidelberg Halloween – Visit the Heidelberg Castle and enjoy two special Halloween tours beginning at 6 p.m. for children and adults. Cost is €7. Children can also make spooky Halloween crafts beginning at 2 p.m. Cost is €3. Registration is required for all activities. Call civ. 06221-538440.

Frankenstein – Ghouls and ghosts await visitors venturing to Burg Frankenstein near Darmstadt. Doors open 7 p.m. Enjoy Halloween fun through Nov. 4. For tickets and other information, visit, www.frankenstein-halloween.de

Pumpkin Festival – Visit Hitscherhof Farm for a pumpkin festival 1-6 p.m. Monday-Sunday. See more than 50 different kinds of pumpkins and sample an array of pumpkin flavored goodies. Massweiler 66506. Civ. 06336-839989. www.hitscherhof.com

November 1

Stuttgarter Jazztage – Members of the IG Jazz Stuttgart host their annual jazz festival through Nov. 4. Festival features seven concerts at venues around the city.

Fall Fest – Take in all the sights and sounds of the Speyer fall festival at the festplatz through Nov. 4.

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. Haßloch Rathausplatz 1, 67454 Civ. 06324-935-291.

November 2

Holiday Bazaar – Members of U.S. Army Garrison Kaiserslautern and Family and Morale, Welfare and Recreation host a holiday bazaar in Bldg. 237 on Rhine Ordnance Barracks 10 a.m. - 8 p.m. Nov. 2, 10 a.m. - 7 p.m. Nov. 3 and 10 a.m. - 5 p.m. Nov. 4. Bazaar is open to ID card holders only and strollers are welcome. More than 90 vendors will sell crystal, leather, antiques, chocolates, clothing, toys and more. DSN 493-4184, civ. 0631-3406-4184. www.mwrgermany.com.

November 3

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.

Sauerkrautmarkt – St. Leon - Rot, near Heidelberg, hosts a Sauerkrautmarkt through Nov. 5 along Marktstraße and Schulstraße.

November 4

Sunday Shopping – Enjoy Sunday shopping in Heidelberg 1-6 p.m.

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

November 7

Stammtisch – Members of the English Language Stammtisch will meet 6:30 p.m. at the "Zum Güldenem Schaf" restaurant in Heidelberg to discuss the results of the U.S. presidential election. The restaurant is located at Hauptstraße 115. Heidelberg Altstadt.

November 10

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

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/>

November 15

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

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 21

Heidelberg Christmas Market – Stroll through more than 140 stalls during 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, gingerbreads, "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, Hyde Park and the London Eye. Tour also includes admission to the Tower of London, St. Paul's Cathedral and Windsor Castle. <http://affiliates.uso.org/Kaiserslautern/>

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 Year's day. Admission is €9 - €13 depending on age. Kids 4 and under are free. www.buzzoffbase.com.

Upcoming concerts

Alice Cooper – Heavy-metal singer Alice Cooper will perform at the Jahrhunderthalle in Frankfurt 8 p.m. Nov. 3. www.eventim.de.

Herbie Hancock in concert – Jazz legend Herbie Hancock performs 8 p.m. Nov. 7 at the Feierabendhaus, Leuschnerstr. 47 in Ludwigshafen. www.eventide.com

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.

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.

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

coming to THEATERS

FUN SIZE

(Chelsea Handler, Thomas Mann) This teen comedy centers on a sarcastic high school senior, Wren, who is eager to distance herself from her dysfunctional family by going off to college. Before that can happen, Wren's mother, Joy, insists that she watch her little brother Albert on Halloween night, so Joy can go to a rager with her much younger boyfriend. When Wren gets distracted by an invitation to the party of the year, Albert disappears into a sea of trick-or-treaters. Wren enlists the help of her friends to find him. The unlikely foursome embark on a high-stakes, all-night adventure, while crossing paths with outrageous characters every step of the way. (Rated PG-13 for crude and suggestive material, partying and language) 95 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Oct. 31 - THE BOURNE LEGACY (PG-13) 7 p.m.
- Nov. 1 - PARANORMAL ACTIVITY 4 (R) 7 p.m.
- Nov. 2 - CHASING MAVERICKS (PG) 7 p.m.; FUN SIZE (PG-13) 10 p.m.
- Nov. 3 - CHASING MAVERICKS (PG) 4 p.m.; FUN SIZE (PG-13) 7 p.m.; Hit and Run (R) 10 p.m.
- Nov. 4 - SPARKLE (PG-13) 4 p.m.; FUN SIZE (PG-13) 7 p.m.
- Nov. 5 - CHASING MAVERICKS (PG) 7 p.m.
- Nov. 7 - HIT AND RUN (R) 7 p.m.
- Nov. 8 - FUN SIZE (PG-13) 7 p.m.

Vogelweh, Galaxy

- Nov. 2 - PARANORMAL ACTIVITY 4 (R) 7 p.m.
- Nov. 3 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.; ALEX CROSS (PG-13) 7 p.m.
- Nov. 4 - PARANORMAL ACTIVITY 4 (R) 4 p.m.

Ramstein, Gateway Cineplex

- Oct. 31 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m.; 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 2:15 p.m.; MARVEL'S: THE AVENGERS (PG-13) 11 a.m.; 5:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.
- Nov. 1 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m.; 2 p.m., 4:45 p.m., 7:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.
- Nov. 2 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
- Nov. 3 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
- Nov. 4 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 3 p.m., 6 p.m.
- Nov. 5 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 3 p.m., 6 p.m.
- Nov. 6 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 3 p.m., 6 p.m.
- Nov. 7 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SPARKLE (PG-13) noon, 3 p.m., 6 p.m., 9 p.m.; HIT AND RUN (R) 11:30 a.m., 3 p.m., 6 p.m.
- Nov. 8 - FUN SIZE (PG-13) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; CHASING MAVERICKS (PG) 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.

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

Officers Association of America

The First European Chapter of the Military Officers Association of America will host an annual membership meeting for active duty, National Guard, Army Reserve, former and retired commissioned and warrant officers 11:30 a.m.-1:30 p.m. Nov. 3 at the Restaurant Barbarossahof in Eselthurth (near Kaiserslautern.) Registration: fleitnaker@t-online.de.

Tell Me A Story

Parent to Parent will host Tell Me A Story 2-4 p.m. Nov. 4 at Patrick Henry Elementary School in Heidelberg. Maj. Gen. James C. Boozer, Deputy Commanding General, U.S. Army Europe, will read Jon Muth's "The Three Questions," based on a story by Leo Tolstoy. Tell Me A Story, an initiative of the Military Child Education Coalition, is geared toward ages 4-12. Each family will receive a copy of the book. The event is free, but space is limited. E-mail reservation requests to PtoPtoHeidelberg@MilitaryChild.org.

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 in Heidelberg. 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, by e-mailing Tstvice@hcs-heidelberg.com or in-person 2-4 p.m. Nov. 2 at Java Cafe on PHV. Information: www.hcsc-heidelberg.com/LuncheonNew.html.

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.

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-O in Heidelberg, call DSN 370-7687, civ. 06221-57-7687.

local EMPLOYMENT

The University of Oklahoma

The University of Oklahoma is looking for a 30-hour-per-week assistant to the director in Heidelberg, with a probable move to the Kaiserslautern Military Community in summer 2013. To apply, visit www.jobs.ou.edu and search for "15400" or call civ. 06221-76-8118.

KAISERSLAUTERN

Education

• **Couples Communication** – Family Advocacy offers a two-part couples class to teach the keys to better communication and effective listening and understanding in a fun learning atmosphere, 5:30-7:30 p.m. Nov. 1 and 8 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

• **123 Parenting Is Magic** – A 3-part parenting class addresses the difficult task of disciplining children by using humor, keen insight and proven experience 10 a.m. Nov. 6, 13 and 20 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

• **Coupons and Coffee** – Army Community Service's Financial Readiness will teach how to save hundreds of dollars through the use of organized couponing 11:30 a.m. Nov. 6 at the Java Café on Rhine Ordnance Barracks. Registration required: DSN 493-4015, civ. 0631-3406-4015.

• **Stress Management** – A two-part stress management class teaches about different kinds of stress and healthy ways to cope 11:30 a.m.-12:30 p.m. Nov. 6 and 13 in Bldg. 2917 on Pulaski Barracks. Registration required: DSN 493-4062, civ. 0631-3406-4062.

• **Pre-Teen, Teen Discipline** – Parents and caregivers of pre-teenagers (ages 10-12) can learn how the military environment impacts development and social skills and discover proven discipline techniques 6 p.m. Nov. 7 in Bldg. 2917 on Pulaski Barracks. Parents of teenagers (ages 13-17) meet 6 p.m. Nov. 14 in Bldg. 2917. Registration required: civ. 0631-3406-4062.

• **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 snowball out of 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.

• **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, and intermediate ESL classes are offered noon Fridays at Army Community Service, Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

Community

• **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

ANNOUNCEMENTS

novel series "Bones." Participants will be entered in a drawing for a chance to win one of two bone toys. DSN 486-7322, civ. 06371-86-7322.

• **Pulaski VAT Office Closure** – The Pulaski Value Added Tax Office will be closed Nov. 2 in support of the Holiday Bazaar on Rhine Ordnance Barracks. The Kleber, Landstuhl and Miesau VAT offices will be open. Full-service operations will commence Nov. 5. www.facebook.com/KaiserslauternMWR.

• **Music Café** – KMC Onstage hosts the free Music Café for musicians and music lovers of all ages 7-10 p.m. Nov. 2 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. DSN 483-6626, civ. 0631-411-6626.

• **HUGS Playgroup** – The Help Us Grow Securely playgroup, for parents and children ages 0-4, will meet 10-11:30 a.m. Nov. 2 and 16 at the Vogelweh Community Center. DSN 493-4203, civ. 0631-3406-4203.

• **Job Fair** – Representatives from various agencies will be at a job fair 10 a.m.-2 p.m. Nov. 6 at the Kazabra Club, Bldg. 2057 on Vogelweh. Applicants should be prepared to interview. Civ. 0631-3406-4029.

• **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. Tickets are \$8 for front seats, \$6 for rear seats and \$4 for children under 12. Reserve tickets online at www.khsdrama2012.weebly.com.

• **BOSS Prague Trip** – Better Opportunities for Single Soldiers will host a "Prague at Night" trip to Prague, Czech Republic, with bus departing 10 a.m. Nov. 10 from Vogelweh Bowling Center and returning about noon Nov. 11. Trip is open to all single service members and geographical bachelors. Register with Army Outdoor Recreation in Bldg. 2905 on Pulaski Barracks. DSN 493-4117, civ. 0631-3406-4117.

• **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.

• **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.

• **BOSS Thanksgiving** – Better Opportunities for Single Soldiers will host Thanksgiving dinner for single service members and geographical bachelors 2-7 p.m. Nov. 24 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.

• **LRMC Java Café** – The hours of operation for the Java Café located in Landstuhl Regional Medical Center are now 6 a.m.-5 p.m. Monday-Friday, 7 a.m.-2 p.m. training holidays and closed U.S. holidays. DSN 486-7666, civ. 06371-86-7666.

HEIDELBERG

Education

• **ACS Classes** – The New You: Transition to Civilian Life, 10-11:30 a.m. Nov. 1, 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 with smart phones and compact digital cameras by using the right composition, lighting, Photoshop editing and more 5:30-7 p.m. Nov. 6 and 13 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Materials not included in \$15 fee. DSN 388-9421, civ. 06221-338-9421.

• **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.gooou.edu, DSN 373-7919, civ. 06221-17-7919.

Community

• **TMP Closure** – The Transportation Motor Pool on Patton Barracks will be closed Nov. 1 due to a holiday in several German states (All Saints' Day.) DSN 373-6951, civ. 06221-17-6951.

• **Customs Field Office** – The U.S. Forces Customs Field Office will be closed Nov. 1, 12, 22 and 23 due to U.S. and German holidays. DSN 370-7142, civ. 06221-57-7142.

• **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. 1, 8, 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.

• **Creative Printing** – Ages 12 and older can explore basic printing processes and create designs by making stamps for artwork, card making and scrapbooks in a 2-session class 5-7 p.m. Nov. 6 and 7 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Course is \$30. DSN 388-9418, civ. 06221-338-9418.

• **Introduction To Ceramics II** – Ages 16 and older can develop skills to make a jar or teapot 5:30-7 p.m. Nov. 6, 8, 13 and 15 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. \$40 fee does not include materials. DSN 388-9418, civ. 06221-338-9418.

• **Heidelberg Ski Club** – The Heidelberg International Ski Club will meet 7 p.m. Nov. 7 at the Gasthaus "Zum Goldenen Löwen" ("The Golden Lion") in Eppelheim. The theme will be "Thanks to Veterans." Sign up for ski trips to Portebühl, Austria; Arabba; St. Veit and Cortes du Soleil. www.heidelbergski.com.

• **Magician Rob Lake** – Rob Lake, the youngest illusionist to ever win the Merlin Award, will perform 7 p.m. Nov. 12 at the Village Pavilion Community Center on Patrick Henry Village. The Armed Forces Entertainment event is free for ID cardholders. DSN 388-9326, civ. 06221-338-9326, www.armyforcesentertainment.com/RobLake.htm.

• **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.

• **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. \$35 fee does not include materials. DSN 388-9418, civ. 06221-338-9418.

• **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 by calling DSN 370-6883, civ. 06221-57-6883-6975.

MANNHEIM

• **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. Nov. 7 at the Warrior Zone on Coleman Barracks. DSN 373-5275, civ. 06221-17-5275.

Heidelberg Sea Lions compete



Photos by Jennifer Ott

Left, Erin Ott of the Heidelberg Sea Lions swims the 200m butterfly at a swim meet held in Wiesbaden, Oct. 20. Above, Joy Kim competes in the 50m breast stroke. Kim and fellow swimmer Wintress Harris both qualified for the European Forces Swim League Championships in the 800m Freestyle.

Spooky fun run attracts ghouls, witches



Photos by Linda Stiel

Community members of all ages brave freezing cold temperatures and rain to participate in a Halloween Fun Run Saturday on Patrick Henry Village in Heidelberg.

Run to the tower



Ladies of the Heidelberg International Marathon Club strike a pose in front of the Leaning Tower of Pisa in Italy after completing the 30th Annual Run to the Tower Oct 19. The trip was organized by Steffanie Curren-Paoletti, second from left, of Heidelberg Sports and Fitness as part of a "fitness outside the box" initiative.

Sgt. 1st Class John Queen

staying ACTIVE

Campbell Fitness Center Closure

The Campbell Fitness Center in Heidelberg will be closed 10 a.m. Nov. 2 through Nov. 4 for deep cleaning. It will re-open 5:30 a.m. Nov. 5. DSN 370-6350, civ. 06221-57-6350.

Bundesliga Soccer

Catch a home game of TSG 1899 Hoffenheim e.V. when the team plays Fußball-Club Gelsenkirchen-Schalke 04, 3:30 p.m. Nov. 3 at the Rhein-Neckar Arena in Sinsheim. Tickets can be purchased at www.achtzehn99.de.

Kaiserslautern Youth Soccer Clinics

Youth soccer clinics begin Nov. 5 in Kaiserslautern. Clinics take place in Bldg. 237 at the Special Event Center on Rhine Ordnance Barracks for youth ages 3-18. 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.

Sölden Ski Weekend

Heidelberg Outdoor Recreation takes you to Sölden, Austria, Nov. 9-12. Cost is \$369 and includes transportation, lodging and spa admission. Contact Outdoor Recreation, Bldg. 4540 on Patrick Henry Village for more information. DSN 388-9282, civ. 06221-3389282.

Zeiler Waldmarathon

Run through the scenic Zeiler forest at the Zeiler Waldmarathon 10 a.m. Nov. 10 in Zeil am See, near Schweinfurt. www.zeiler-waldmarathon.de.

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. 06202-53-767.

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.

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.

Rock Climbing Classes for Youth

Sign up now for rock climbing classes for youth ages 7-16. Classes begin Jan. 3, 2013 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.badenwur.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**

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