

# HeraldPOST

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

**HP THURSDAY**  
Jan. 10, 2013

## Speed Read

### TAX CENTER

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### ARTS AND CULTURAL

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### SOLDIERS HELP IN CRASH

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### FIT FEST



Community members can try their choice of free fitness classes Saturday on Campbell Barracks in Heidelberg. **13**

## Defense Details

### HOUSING ALLOWANCES

The Defense Department is extending housing allowances by one year for DOD civilians employed overseas by the U.S. European Command who were mistakenly granted the benefit, a Pentagon official said Tuesday. Seth Shulman, director of compensation for civilian personnel policy, said the issue resulted from a misinterpretation at EUCOM of Department of State Standardized Regulations, which govern allowances and benefits available to U.S. government civilians assigned to foreign areas. According to the regulations, a living quarters allowance can't be paid to an individual who is hired overseas after working for more than one employer. At EUCOM, Shulman said, such employees were receiving living-quarters allowances. "We're very sensitive to the fact that employees who have been erroneously receiving LQA – through no fault of their own – have made life choices based on [its] continued payment," Shulman said. "So we're going to do everything we can to help them work through this." After some Office of Personnel Management claims decisions, EUCOM officials brought the situation to DOD's attention and requested a one-year continuation of LQA payments and a waiver of indebtedness for affected employees.

[www.defense.gov](http://www.defense.gov)

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## Heidelberg Clinic to close in June

LRMC Public Affairs

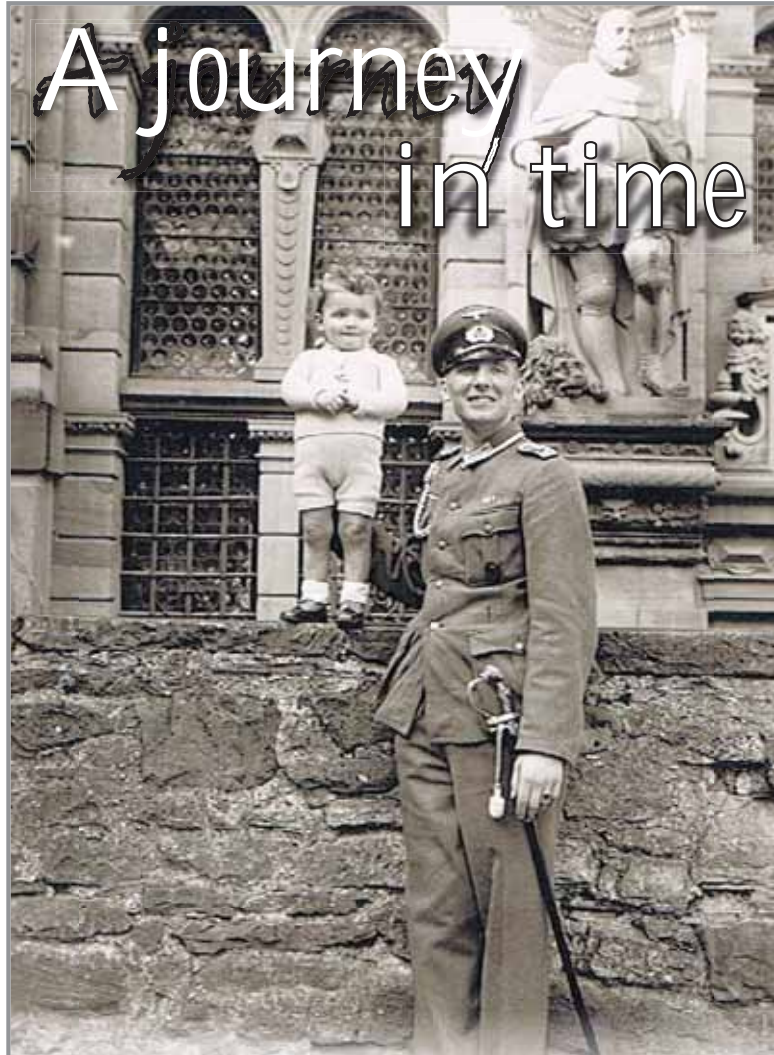
The Heidelberg Army Health Clinic will scale back services and access to care for beneficiaries in June, leading up to the clinic's final closure in July.

The clinic transitions to acute care services for active duty and their family members only, beginning June 14.

All other beneficiaries (for example, Department of Defense civilians and military retirees) will need to seek health care services in the local area or at another military treatment facility, if desired, where space is available.

The pharmacy also transitions its services to active duty and their family members that same day, filling only acute care medicines prescribed for same-day pick up. In addition, refill services will be discontinued June 14.

Final closure of the clinic and all remaining services is scheduled for July 12, when Nachrichten Kaserne shuts its doors.



## US Soldier finds grave of German grandfather in Italy

By Mindy Campbell

USAG KAISERSLAUTERN PUBLIC AFFAIRS

On a serene Sicilian hillside, an American Soldier recently placed a small flower bouquet beside the name of a fallen German soldier.

An emotional family journey brought Maj. Nik Guran, a 19th Battlefield Coordination Detachment Soldier, from his post at Ramstein Air Base to Mot-

ta Sant'Anastasia.

Amid olive trees, with Mount Etna looming nearby, several thousand German soldiers who were killed during the Allied invasion of Sicily during World War II, rest in peace.

One of them, Jakob Nikolaus Forell, is Guran's grandfather.

Guran and his wife, Michelle, recently paid respects to a man he never met, but heard many sto-

ries, about. Along with the bouquet, they placed American and German flags.

"I never thought I would be there," said Guran, the only blood relative to visit his grandfather's grave. "It was always just stories before."

### The journey begins

Born in July 13, 1916 in Bad Kreuznach, Forell

see JOURNEY page 9

After being wounded on the Eastern Front during World War II, Jakob Nikolaus Forell returned to Heidelberg, where his wife and young son, Claude, lived. During his recovery, Forell visited Heidelberg Castle with son Claude, father of Army Maj. Nik Guran. (Courtesy photo)

### The Exchange Inventory Closures

The Army and Air Force Exchange Service will conduct annual physical inventory and will be closed the following dates. Food facilities will be open during regular hours.

- **Jan. 14:** Coleman Shoppette (Mannheim) and Germersheim Shoppette
- **Jan. 15:** Campbell and Patton Barracks Shoppettes (Heidelberg)
- **Jan. 16:** Patrick Henry Village Shoppette (Heidelberg)
- **Jan. 18:** Heidelberg Main Store and Military Clothing (on the Heidelberg Community Support Center)

## TAX ADVICE

# 2012 filing season fast approaching for US tax-payers

## Heidelberg tax center set to open doors on Shopping Center in February



By Capt. Sara J. Nicholson  
HEIDELBERG TAX CENTER

It is almost that time of year again: tax season.

If the mere thought of filing federal and state income taxes puts a damper on your mood, the Heidelberg Tax Center is here to help.

The trained and certified professionals of the Heidelberg Tax Center provide eligible members of the community free services including United States federal and state income tax preparation, filing and amendments for the current and prior tax years.

The staff is also trained to answer a variety of tax

questions and they can also explain how community members can save time and money by using the center's services this tax season.

The Heidelberg tax center is scheduled to open in early February, on the Shopping Center, but customers can contact the Legal Assistance Office on Patton Barracks if they have questions before then.

The tax center provides free tax preparation services for eligible members of the military community, including active duty service members and their dependents, military retirees receiving pay and benefits and Department of Defense civilian employees. Status as a Department of Defense contractor or a Reservist (unless called to active duty) does not grant eligibility for tax center services.

Additionally, Army regulations prohibit the tax center from providing assistance to those engaged in private business activities, except for

registered Army Family Child Care providers.

For Soldiers and civilians who may have just arrived overseas for their tour, their taxes should not be affected by their geographical location.

If all of your family's income is derived from employment with the United States government, your income is treated the same as if you were in the United States.

However, if you or your spouse were employed on the economy, self-employed while stationed overseas or employed by a non-government support agency on post, there are differences in how your income will be treated for tax purposes.

You may be able to exclude all or parts of this income from taxation or you may be able to receive a credit for any income taxes paid to a foreign government.

Additionally, if you put substantial sums of money in a foreign bank or investment

account, you are required to report this to the Internal Revenue Service.

If at any time in 2012 (even for a single day) you had more than \$10,000 in foreign financial accounts, this must be reported to the IRS by filing a Report of Foreign Bank and Financial Accounts.

This reporting requirement may apply if you used a local national account to put a down payment on a new home purchase, pay rent deposits and immobiliens fees or purchase a privately owned vehicle.

There are no specific tax consequences or penalties for using foreign accounts, but the penalties are severe for failing to report these assets.

On-post bank accounts like those from Community Bank and Andrews Federal Credit Union are exempt from the reporting requirement.

Clients should bring to their appointment their DoD identification card, W-2s, proof of social security num-

ber for all members of the household, direct deposit account information and any other documents specific to their tax situation.

Any tax payer with foreign tax issues or who has received communications from the Internal Revenue Service, including levies and garnishments, should contact the Legal Assistance Office at Patton Barracks, Bldg. 107 in Heidelberg.

This year, the Heidelberg Tax Center will be preparing tax returns by appointment only, starting in early February. Walk-in services will not be available.

The Tax Center is located on the Shopping Center Kaserne and will be open 10 a.m.-5 p.m. Monday-Friday and on training holidays.

Customers can start making appointments the last week in January. The tax center is scheduled to close April 15. Call DSN 373-7510, civ. 06221-57-7510, to make an appointment.



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)

### DISCUSSION BOARD

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

"I recall in one of the town hall meetings there was a discussion about the closing of the recycling and reuse center here in Heidelberg. I was wondering if there is an actual date?"

— LaTanya Norfleet McDaniels, BWnow Facebook Fan

"LaTanya, we have not received any confirmed dates yet for a closure. Please continue to check our Transformation Page in the Herald Post each week.

All of our closure info is listed there and also posted right here on our FB page. We'll let you know if we hear anything new."

— BWnow Facebook Administrator

"The sporting goods have already been taken out of the Post Exchange – not helpful for families staying until the end of the school year and still have spring sports to think of. Please keep those of us who are

staying until the end of the school year in mind when these decisions are made. Driving an hour or more one way to buy items that were in the store last month is not good for morale or the pocket book."

— Miki Tedesco, BWnow Facebook Fan

"We discovered that when we tried to buy a football for one of our sons for Christmas!"

— Beth Shaw, 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.

## New Year Baby



Phil A. Jones

Landstuhl Regional Medical Center Commander Col. Barbara Holcomb presents a gift basket on behalf of the USO to the parents of the first baby born at the hospital in 2013. Landon Andrew Bomar arrived at 1:12 a.m. Jan. 1, weighing 8 pounds, 6 ounces and measuring 21 inches. He just made it past his Dec. 31 expected due date to arrive before two other babies born at LRMHC on New Year's Day. His parents are Melissa and Sgt. Dillon Bomar, with Headquarters and Headquarters Battalion, 57th Air Defense Artillery, stationed at Rhine Ordnance Barracks in Kaiserslautern.

## Casualty assistance, notification officer training available

### Staff Report

Casualty Assistance Officer and Casualty Notification Officer training is available for U.S. Army Garrison Baden-Württemberg directorates and tenant units 8:30 a.m.-4:30 p.m. Jan. 23-25 in room 131 in the Community Support Center, Bldg. 3850 (on the Shopping Center) in Heidelberg.

Organizations should provide a list of candidates by Jan. 18 to Ruben Soto, Casualty Manager and Memorial Affairs Coordinator, by calling DSN 370-8392, civ. 06221-57-8392, or by e-mailing [usarmy.badenwur.usag.mbx.casualty@mail.mil](mailto:usarmy.badenwur.usag.mbx.casualty@mail.mil).

Mature Soldiers in the rank of master sergeant or higher, captain and higher and chief warrant officer 2 or above, are

eligible to attend the course Jan. 24 and 25 only.

All CAOs, regardless of pay grade, must have been on active duty six or more years.

If officers in the rank of captain or above are not available, or enlisted Soldiers or warrant officers in the appropriate grade are unavailable, an exception to policy can be requested.

Department of the Army

civilians are invited to attend one-day training Jan. 23 only.

Each organization that has civilian employees has the responsibility to provide casualty assistance for their civilian workforce in accordance with Army Regulation 600-8-1, chapter 6, section II, paragraphs 6-9.

Civilians will not be tasked by the garrison to support other organizations.

The purpose of the training is to ensure organizations have qualified civilian employees who are able to provide casualty assistance to their civilian employees' next-of-kin in the event of a civilian casualty.

The training is also intended to maintain a pool of qualified CAO and CNOs to the Heidelberg and Mannheim communities when tasked.



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## 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](mailto:usaghdpost@eur.army.mil) or [usarmy.badenwur.usag.mbx.pao@mail.mil](mailto:usarmy.badenwur.usag.mbx.pao@mail.mil) for publication in the Herald Post.

### Frequently Asked Questions

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

E-mail [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto: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](http://www.bw.eur.army.mil/news/personnel.htm).

### NEW—Will there be sufficient personal property office, moving companies and housing resources remaining in Heidelberg to handle the summer surge of departing personnel?

Yes, there will be. The garrison will do everything possible to ensure that community members have a successful move to their next location. U.S. Army Garrison Baden-Württemberg is fully aware that a large number of Soldiers, civilians and family members will be departing the area due to the closure of Patrick Henry Village housing by **Aug. 30, 2013**. Personal Property is working with members of U.S. Army Garrison Kaiserslautern and the 405th Army Field Support Brigade to ensure there is sufficient relocation support for counseling, group counseling and the Defense Personal Property System (an Internet-based system that manages household goods shipments). Counselors from other garrisons will be brought in as necessary to support relocation efforts. There are a sufficient number of moving companies in the European theater, however, due to the high demand, it may not be possible for all community members to receive their first choice of moving dates. Every provider is required to meet high operation standards that are established by the surface deployment and distribution command in their tender of service. The Heidelberg Housing Office will continue to have sufficient personnel to support the community through at least **Aug. 30, 2013**, but after this date personnel will be referred to their gaining community (Kaiserslautern, Baumholder or Wiesbaden) for housing support in accordance with the U.S. Army Europe directive that all personnel move to their gaining community by **Aug. 30, 2013**.

### NEW—Why is the Post Exchange in Heidelberg already shipping things to other PKs? I went in looking for a Christmas gift and the toy section was cleaned out. When I asked the sales person, they informed me that they have already started shipping toys to other locations. Christmas had not come yet, and there are still families here. I understand they have to downsize but why couldn't they have at least waited until after Christmas?

According to Heidelberg Exchange officials, excess toys were sent to the Kaiserslautern Military Community Exchange to fill holiday demand. The Heidelberg Exchange did not lower its assortment. The store only shared some of the items that were available. The Exchange offers customers a free shuttle service that transfers merchandise between Exchange facilities to fulfill specific customer requests. If customers do not see what they are looking for, they can ask a manager if it can be brought in from another location. To use the shuttle program, shoppers can go to an Exchange customer service area and ask to speak to a manager. After recording the request and checking availability, shoppers will be advised of a projected arrival date.

### 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 in the Mannheim community. Customers will still be able to use the remaining ATMs until the garrison's closure later this year. Community Bank is located in the Community Support Center (Heidelberg Shopping Center) and on Campbell Barracks in Heidelberg. Community Support Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Service Credit Union is located in the Community Support Center (the Shopping Center), Bldg. 3850, in Heidelberg. DSN 370-7138, civ. 06221-57-7138.

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

**Coleman Express**—The Coleman Express (Shoppette) has new operating hours. The facility is open 7 a.m.-7 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday and Sunday.

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

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

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

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

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

### Heidelberg

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

**Arts and Cultural Center**—The Arts and Cultural Center on Patrick Henry Village is closed. The center is scheduled to relocate to Daenner Kaserne in Kaiserslautern **March 2013**.

**Child Development Center**—The Child Development Center on Mark Twain Village is closed. Remaining children will be transferred to the CDC facility on Patrick Henry Village.

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

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

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

**UPDATED—Exchange**—Due to ongoing transformation efforts, the Exchange has adjusted the operating hours of some facilities in the Heidelberg area. Patrick Henry Village Express Shoppette's new operating hours are 6 a.m.-10 p.m. Sunday-Thursday and 6 a.m.-midnight Friday and Saturday. The facility no longer maintains 24-hour operations. Campbell Express is closed Sundays. The facility is now open 7 a.m.-6 p.m. weekdays to allow duty-bus riders the opportunity to shop before bus departs at 8 a.m.

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

**UPDATED—Veterinary Treatment Facility**—Due to staff shortages, hours at the Heidelberg Veterinary Treatment Facility have been reduced. The new hours of operation are Monday, Tuesday and Friday 8:30 a.m.-noon and 1:30-4 p.m., and Wednesday 11 a.m.-2:30 p.m. and 4-7 p.m. The VTF is closed Thursdays. The facility's 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.

## Arts, Cultural Center to reopen in Kaiserslautern in March



Courtesy photo

Children and parents enjoy a ceramics birthday party at the U.S. Army Garrison Baden-Württemberg Arts and Cultural Center in Heidelberg in 2011. The center recently closed and will reopen in March in Kaiserslautern.

By Edward Codina  
USAG BW ARTS AND CULTURAL CENTER DIRECTOR

The U.S. Army Garrison Baden-Württemberg Arts and Cultural Center on Patrick Henry Village in Heidelberg may have closed its doors Dec. 31, but a grand reopening ceremony is planned for early March in the Community Activities Center, Bldg. 3109 on Daenner Kaserne in Kaiserslautern.

The move was part of the Garrison's ongoing transformation efforts. Community members can still look forward to receiving the same level of service, products and arts programming they received in Heidelberg.

The new center will continue to offer framing, ceramics, fine arts, quilting, scrapbooking, sewing, photography and a retail store with the largest fabric selection in Europe. Moving the facility to the larger population in Kaiserslautern will allow for expanded product offerings, a larger selection of fabrics, increased children's programming and a seamless continuity in arts engagement between the two communities.

The command has approved an extension of the center's long-arm quilting services until Feb. 22. Community members are encouraged to submit



Sandra Walker

U.S. Army Garrison Baden-Württemberg Arts and Cultural Center Assistant Director Al Coleman discusses the art of Larry Epstein with teens from the Child, Youth and School Services Middle School Teen Center in 2012.

quilts early to allow enough time to complete orders.

The Arts and Cultural staff say that plans for the grand opening are in the beginning stages, and they are also considering having a large quilt show alongside many other attractions and activities in the various arts.

## Soldiers rescue family after vehicle accident

By Ignacio Rubalcava  
U.S. ARMY GARRISON BAUMHOLDER PUBLIC AFFAIRS

**BAUMHOLDER** – An early morning drive to Baumholder quickly turned into a nightmare recently for Heather Majorwitz and her children, Kaitie and Bret.

They were on their way to school when the car hit a patch of ice and started to skid across the road toward an oncoming bus. Majorwitz swerved to avoid the bus and slid off the road, rolling the car.

"One minute we were on the road, and the next we were hanging from our seat belts," Majorwitz said.

The car wheels were still turning when four Soldiers from the 421st Multifunctional Medical Battalion came upon the scene. Without hesitation and not knowing who was in the car, Chief Warrant Officer 2 Vladimir Sequera and three other Soldiers stopped their Humvee and dashed out to help. The children were already making their way out of the shattered back window when the Soldiers approached the vehicle.

Sequera and the other Soldiers, Sgt. 1st Class Winston Smith, Sgt. 1st Class Nathan Lehman and Sgt. Cheryl Henneberry, quickly brought the children to safety and wrapped them with their jackets so they could stay warm. By then, Majorwitz was making her way out of the car, so Sequera and the other Soldiers turned their attention to helping her.

"When we saw the vehicle, we immediately pulled our vehicle to the side. We all had the same thought: 'There's somebody in the vehicle,'" Sequera said. "We didn't know if they were American or German. We just wanted to help, so it only took us an instant to stop," he said.

"I just remember the car rolling and lots of glass," Majorwitz said. "I felt blessed to walk away from the wreck, but I also felt really blessed that we had Soldiers there that would go above and beyond and help us. You guys are my heroes," she said.

The Soldiers said they were just happy to assist. "I'm glad that we were there to help out. I don't think it's a hero thing. I think it's a human behavior that we help each other out. It's part of what we do in the military," Sequera said.

Madeleine Dwoiakowski, public affairs officer for U.S. Army Garrison Baumholder, drives the same route on her way to work. When she approached the site, she saw numerous first responders already assisting. "I saw Soldiers and hoped that none of our guys were injured, not knowing that the Soldiers were actually assisting on the scene," Dwoiakowski said. "I then saw the car and it looked like it had gone through a press. They were extremely fortunate to walk away from there with no injuries, and they were also equally fortunate that the Soldiers were there almost immediately to help."

For Majorwitz, it was the scariest moment she's

experienced as a mother.

"I wasn't sure if the children were OK. Everybody said they were OK, but even at the hospital, I wasn't sure. My little boy gets anxious about things, and I was worried that he'd have this anxiety and wouldn't want to ride in a car again," she said, recalling that they had a flat tire once, and for the next year, her son checked the tires before getting in the car.

"But he was fine, he was a trooper," Majorwitz said. Turning to Sequera, she added, "I think he was fine because you guys were there immediately. There wasn't that second to even worry about it, because we were taken care of right away."

Later on the day of the accident, Majorwitz, who is the librarian at Smith Elementary School, called her 15-year-old daughter in the States and told her, "This is why I do what I do to serve these guys, because they're there and they step in no matter what. It's automatic, because that's who they are. This makes me even more proud to be able to teach the kids of our Soldiers, because I know that they're out there taking care of everybody else."

Fighting back tears, Majorwitz turned to the Soldiers who rescued her and her children and said, "I think that's why you all are in the Army and you're Soldiers. We could have died, but we didn't. We were very fortunate all around, so I just want to thank you." Majorwitz then embraced Sequera and repeated her appreciation: "You guys are my heroes."

## Heidelberg community blood drive set for Friday

LRMC Public Affairs

The next U.S. Army Garrison Baden-Württemberg blood drive is scheduled to take place 10 a.m.-2 p.m. Friday in the Casablanca Room, next to the food court on Campbell Bar-

racks in Heidelberg.

The Armed Services Blood Program only collects blood from the military community (service members, family members, Department of Defense civilians, contractors and retirees), and the blood is only used for the military

community.

Donors are encouraged to make appointments online at [www.militarydonor.com/index.cfm?group=op&hgid=1](http://www.militarydonor.com/index.cfm?group=op&hgid=1), but walk-ins are also welcome, said Spc. Maria Wroblewski, coordinator for the local drive sponsored by the

Heidelberg Army Health Clinic.

Donors must be at least 17 years old. For more information, call Wroblewski at DSN 371-2352, civ. 06221-17-2352 or visit the Armed Services Blood Program's website at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## 21st Theater Sustainment Command wins Lean Six Sigma award

By Staff Sgt. Warren W. Wright Jr.  
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command's Lean Six Sigma program again received Department of the Army accolades for saving the Army and the American tax payers millions of dollars and discovering methods of conducting operations more efficiently.

For the third straight year, the 21st TSC won the Army's Lean Six Sigma Excellence Awards Program Organizational Deployment Award for the 2012 fiscal year.

Also receiving the Army level LSS Project Team Award is the command's 266th Financial Management Support Center, for improving the implementation and control of foreign language proficiency bonus pay, saving the Army more than \$5 million.

The LSS program is a flexible cost and waste elimination method used successfully in both private and public organizations to increase efficiency and enhance effectiveness within an organization.

According to the nomination narrative for the Organizational Deployment Award, the 21st TSC won for completing 28 LSS projects that are expected to produce \$16 million in validated financial benefits to the organization as well as multiple operational efficiency improvements.

"This award recognizes the command's dedication to continued self-improvement, first-class support, and our commitment to using our nation's resources in the most efficient manner possible," said Col. Michael Snyder, the 21st TSC's deputy commanding officer, and a Dallas, Ore., native.

"It's definitely very prestigious; it's prestigious for our command to have won an award that recognizes our organization," said Ron Stanley, 21st



U.S. Army  
Mark Mueller, an equipment and improvement specialist and master black belt assigned to the Theater Logistics Support Center-Europe, and Gerd Sprissler, a quality management specialist and green belt, TLSC-E, explain their Lean Six Sigma loading process management chart. The LSS program is a flexible cost and waste elimination method that has been used successfully in both private and public organizations to increase efficiency and enhance effectiveness within an organization.

TSC operations research analyst and a native of Tucson, Ariz.

"It recognizes the command group on down across the whole command and [shows] the depth and breadth of the program," Stanley said.

"It's a team effort from all of the brigades and all of the people involved in the program," said Maj. Christopher Bachmann, the 21st TSC chief, Operations Research System Analysis section and a native of Windthorst, Texas.

"It affirms to the people outside of the command that we do a lot of things right. We're also looking to improve the organization and improve the Army, and this award is proof that we're doing that," Bachmann said.

When asked about the award for the 266th FMSC, Stanley said: "This is the second year in a row that 266th FMSC has had a project recognized by the Department of the Army. [It] reflects the organization's commitment to Lean Six Sigma."

Bachmann added there are hundreds of LSS projects initiated in the Army every year.

Of those, only two are given project level awards by the Army, and the 266th FMSC has won one of those awards.

"All my team members are excited to be a part of this project, not only because it saved millions of taxpayers' dollars, but also that it made history by changing the way the FLPB process is operating," said Vladimir Koltsov, the project lead and a native of Harrisburg, Pa.

"We also achieved a better Soldiers' satisfaction with the process," added Koltsov, who is also the 266th FMSC chief of military pay review, debt management and special actions section. "Now the recipients of FLPB have trust in finance personnel to get it right the first time."

Lean Six Sigma projects carried out within an organization follow a

defined sequence of steps and have quantified financial targets such as cost reduction and/or profit increase.

"It's important now, because if you look at the dwindling defense budget, it has gotten smaller," Bachmann said.

"And this is all about finding efficiencies in your organization, whether it's simply an operational efficiency and we're doing something faster and better, or trying to find those financial benefits, especially now that we're trying to save money."

While saving money is an important aspect of the LSS program, it's also about improving efficiency through operational means.

"That's a large part of why you do [LSS] in an organization like the 21st TSC. It's not just about dollars," Stanley said. "Here in an operationally focused command, we find that a lot of our projects are really more about operational benefits and efficiencies that are achieved."

"LSS creates opportunities to make any organization better and more viable in the future," Snyder added.

"Project outcomes usually result in shorter process times, fewer man hours, and tangible cost savings. Because it is a holistic process, it also cuts across several command functions creating enhanced interaction, teamwork, and collective solutions with broad buy-in."

Since it began implementing the LSS program in 2006, the 21st TSC has trained a total of 138 green belts and 19 black belts.

Green Belts are individuals who apply LSS to their daily work environments by driving improvements within their facility, department, or natural work group and black belts are process improvement leaders who work on large-scale and often cross-organizational process improvements.

## 21st Theater Sustainment Command selected for sponsorship pilot program

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

The 21st Theater Sustainment Command is one of five units selected by the Department of the Army's personnel division to participate in a 180-day sponsorship test pilot program aimed at enhancing the effectiveness of the Total Army Sponsorship Program.

The objective of the program is to develop a process that will ensure the assignment of a sponsor prior to receiving permanent change of station orders for those in the ranks of colonel and below.

The pilot requires the 21st TSC to provide monthly Soldier sponsorship data and feedback directly to the Army's deputy chief of staff for personnel. Results could potentially lead to modifying the current TASP and

enhance the Army's ability to sponsor, receive, and integrate newly arriving Soldiers and their families into their unit of assignment.

"The purpose of the current program is to make sure that as our Soldiers and families transition from one location to another, there is someone there who can help them in their transition before they come and once they arrive as well," said Sgt. Maj. Bryan L. Novak, the human resources sergeant major for the 21st TSC. Novak is overseeing the 21st TSC's effort in gathering and forwarding data.

Initially, the 21st TSC submitted a report annotating the number of Soldiers identified for assignment instructions. There are currently about 500 Soldiers on orders to the 21st TSC, according to Novak. The command must then annotate the number of

assignment instructions issued to Soldiers in 30-day increments to capture if assignments instructions are issued with sufficient lead time to appoint sponsors. The command will validate its own sponsorship program by recording the number of sponsors validated by the losing units in accordance with established timelines.

Lastly, the pilot data will track the number of orders published and distributed to the 21st TSC, regardless of when the Soldiers were placed on assignment instructions.

According to Novak, the vast 21st TSC's geographic footprint makes it an ideal unit for the test pilot program.

"... I can tell you that I think that we're probably one of the best units in the Army to test the program," Novak said. "The 21st TSC is in every community within Europe, so if you can

do it right in the 21st, then you can do it right anywhere."

The 21st TSC is the only sustainment unit in Europe and has nearly 11,000 Soldiers assigned to more than 15 different communities within U.S. Army Europe.

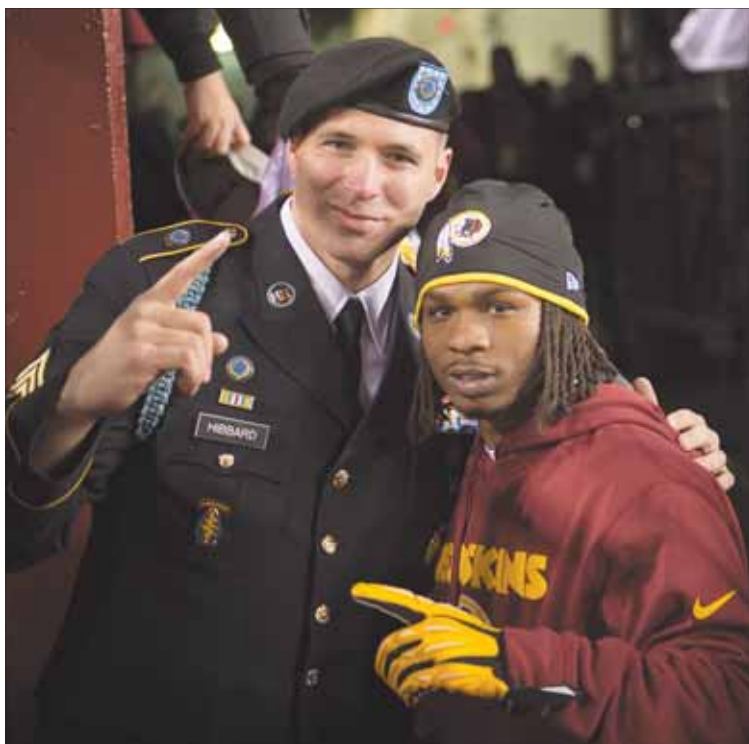
According to Patrick E. Vestal, chief of military personnel for Installation Management Command-Europe personnel division, the overall goal of the pilot program is not only to make the quality of the sponsorship program better, but also to better link Soldiers and ensure that their transition to a new place is as smooth as possible.

"I think that this pilot is just to validate that the Army is doing a good job in sponsorship already and to see if there is anything else that can be done to make the program even better for Soldiers," Novak said.



U.S. Navy HMC Josh Nes

Lt. Col. Mark Martin (left), civil affairs team lead for Provincial Reconstruction Team Farah, carries a box of school supplies while Spc. Vancil Casebolt, center, PRT civil affairs team member, unloads additional boxes during a key leader engagement with the Director of Hajj and Endowment in Farah City, Afghanistan, Dec. 29.



Sgt. 1st Class Mark Burrell

Washington Redskins wide receiver, Brandon Banks, poses with Staff Sgt. Shawn Hibbard, an infantryman assigned to Joint Staff - Army Reserve Element out of Suffolk, Va., before the Redskins played the Dallas Cowboys at FedEx Field in Landover, Md., Dec. 30. Hibbard is a Bronze Star with Valor recipient who was honored at the game by the United Services Automobile Association.



Sgt. 1st Class Carlos J. Lazo

Sgt. Maj. of the Army Raymond F. Chandler III (left) speaks with Staff Sgt. Donald Starks, with the 101st Airborne Division (Air Assault), during the U.S. Army All-American Bowl in the Alamodome in San Antonio, Saturday. The Army has hosted the All-American Bowl in San Antonio since 2002. The event highlights the best high school football players, marching band musicians and color guard members from across the United States.

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JOURNEY

continued from page 1



Courtesy photo

Maj. Nik Guran visits the final resting place of his grandfather, Jakob Nikolaus Forell, a German army non-commissioned officer killed during the Battle of Gela in Sicily.

joined the German Army during the 1930s. He lived on Heidelberg's Hauptstraße, now the city's pedestrian shopping zone.

When World War II started, the family story goes, Forell and his two brothers were sent to fight on the Eastern Front, Guran said.

Wounded there, Forell returned to Germany to convalesce with his wife, Anneliese, and his young son, Claude, Guran's father. Photos from that time show Claude with his father, in dress uniform, in Heidelberg.

After recovering, Forell was sent to Sicily. U.S. forces landed at Gela, along Sicily's southern coast, July 10, 1943.

Forell was killed July 12, the day before his 27th birthday.

After the war, Forell's widow and son immigrated to America. She remarried and her new husband adopted Guran's father.

"It's always been a mystery who my grandfather was," Guran said.

"It has always been a bit of a touchy subject, based on the fact that my dad wanted us to be American and never taught us the language," Guran added.

Serving in uniform was a theme that resonated within Guran's family.

His father served in the U.S. Air Force. In the 1970s, during a tour in Germany, Claude rediscovered his German roots, Guran said. Unfortunately, at that time, he couldn't find more information about his father.

**The search continues**

A couple years ago, when the Gurans moved to the Kaiserslautern Military Community, they renewed the search. Armed with historical documents that Guran's family kept, they found some clues.

Still, they couldn't pinpoint Forell's grave.



Courtesy photo

Maj. Nik Guran's grandmother, Anneliese, and his father, Claude, (as a baby), pose for a photo with Guran's grandfather, Jakob Nikolaus Forell.

"I just couldn't believe, in this day and age, there wasn't a way we [could] find if he was actually buried somewhere," Michelle Guran said.

During one late-night research session, where Michelle Guran used computer translating services and the German War Graves Commission's site, she found what they had been searching for.

Guran's grandfather's gravesite was at Motta Sant'Anastasia, on the island of Sicily.

"When I finally found it, I started crying," Michelle said. "We have been looking for so long."

She called her husband, who was training elsewhere in Germany, with the news. Thrilled, Guran began planning to visit the cemetery, which he expected to be in disrepair.

"It's probably dilapidated and grown over," Guran thought.

"The tomb markers [are] probably knocked over, if there are any still there."

**A Soldier finds closure**

When the Gurans arrived at the cemetery, just eight kilometers from Catania, they were amazed at how well-preserved the cemetery was.

The Volksbund Deutsche Kriegsgräberfürsorge e. V., which translates into "Federation for the Care of German War Graves," is a private organization that is responsible for the maintenance and care of German graves worldwide, and maintains the cemetery in Sicily, the final resting place of 4,552 German troops.

Guran paid his respects at the cemetery, putting closure to his search.

"It was very moving," Guran said.

"Truth is, if he hadn't died in Sicily and the Germans hadn't lost the war, I wouldn't be here.



Courtesy photo

Born in Bad Kreuznach, Germany, Jakob Nikolaus Forell served in World War II on the Eastern Front and was later killed in Sicily during the Allied invasion. His grandson, Army Maj. Nik Guran and his wife, Michelle, recently found his final resting place.

So, he sacrificed for me in that way. I was instilled with an obligation to serve our nation. I was raised that way.

My father was raised that way. He wanted me to be an American, but that all stems from his German upbringing," Guran said.

Guran's father died in 2009. Visiting his grandfather's final resting place also honored his father, who never got to pay his respects to his father.

"That is why it was important for Nik to put both a German flag and an American flag at the grave," Michelle Guran said. "It all came full circle.



## GERMAN NEWS

### Joke Calendar Hot Seller

Two German women have created a different take on clichéd pinup calendars. Designer Janet Schürmeyer told *The Local* newspaper that she and Magdalena Schaarwächter, a photographer, worked together to make a product that consciously makes fun of the traditional calendars featuring bikini-wearing women lounging across high-powered cars. "We only use male models – actually most are our friends – and they are often not wearing the most attractive underwear," Schürmeyer said. The cars used are also not Ferraris or Maseratis, but include a Citroën 2CV, an AMC Pacer and a Fiat 500. "There is a minimum age of 20 years for the cars. For the men it is 18," she said. They called their calendar *Autowäsche*, a combination of the German words for "car" and "underwear," and the subtitle reads, "Milestones of men's underwear meet automobile history." Having started with a print run of 400 for the 2010 calendar, the pair have expanded to produce around 2,500 for 2013, as well as a range of table mats bearing a selection of cars and men in their underpants. Buyers are not only women, Schürmeyer said. "I would say it is about equal with men and women buying them. It is not a question of gender; rather it is a question of a person's sense of humor." But she said she and Schaarwächter were not planning a calendar featuring women. "I don't know if it would work with women. There are only a few calendars with men and cars, and we have a niche now."

### 'Sick' teacher rakes in Swiss cash

A German teacher who went into early retirement on a state pension after he was classified as too sick to work has been found to have been earning about €9,900 a month pre-tax at a private business school in Bern, Switzerland, since 2001. Martin B., 61, taught economics and social studies in Wetzlar, Hesse, until 1997. After he fell out with the school directors, he reported himself sick and retired at 46. *Bild* newspaper reported Wednesday. Martin B. continued to take state pension benefits of up to €2,000 a month until 2004, when Hesse learned of his Swiss job. Despite this, he continued to claim private occupational disability insurance of €988 a month, even though a federal administrative court ruled he was fit to work in 2010. The court confirmed an earlier verdict, sentencing Martin B. to a suspended sentence of one year and a €20,000 fine. His lawyer said his client intends to appeal. Martin B. has since been fired by the Bern school, and faces a claim for €90,000 from his private insurer, but he is entitled to €4,000 a month of Swiss unemployment benefits for up to two and a half years.

SOURCE: [www.thelocal.de](http://www.thelocal.de)



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com), follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

### Dear Ms. Vicki,

*I am in the whirlwind of my life with my 13-year-old daughter. My husband (her father) left three months ago for his fourth deployment to Afghanistan. I have to admit that each deployment has been increasingly tougher each time. It hasn't become any easier to see him leave on a bus and head to the airport to go thousands of miles away.*

*It has been hard on my children, too. The truth is, my 13-year-old was getting more difficult – even before her father deployed this time – but I said it was because she's a teenager now and she is angry because her dad left again.*

*There is always an excuse for her to be hostile and rude about anything I say or request. I can't even ask her to clean her room or help with any chores, because she will refuse. She only wants to hang out with friends at their house, go to sleep overs and hang out at school after school hours are over.*

*Last week she came home with a big, purple hickey on her neck. She tried to deny it, but I know exactly what it is. I heard her on her cell phone laughing with one of her friends about our confrontation. I don't think it's very funny, because I don't know who the boy is or what in the world is going on. Where or how do I start trying to reel her back in before something terrible happens? Do you think this hickey means my daughter is having sex?*

*Ms. Vicki, what in the world can I do? I think my daughter is out of control. – Confused Mother*

### Dear Mother,

Now is not the time to be confused. You need to put on armor like a gladiator, because you are in for a fight.

The hickey means your daughter is sexually active, trust me. We are talking about 2013, not 1980 when we started out with holding hands and progressed to pressing our lips against our boyfriend.

Everything has escalated, and teenagers today start out with sex first and everything that's in between. I hate to startle you, but I have to keep it real: teens are reporting that they have sex at school because there are many "nooks and crannies," (like closets and stairwells.)

They also say they like to stay late and hang out at school as the school becomes more isolated. Also, reports show that babies are conceived during the hours of 3-5:30 p.m. I'm thinking it's because those are hours when they are leaving school and parents aren't home from work yet.

Some red flags are that your daughter is hanging out at school without a purpose and that she wants to hang out at her friend's house. Moreover, she is becoming more rude and ill-mannered toward you.

Listen, your daughter is 13.

There is no reason you can't put the lock down and monitor her behavior more. It sounds like she has too much freedom and you don't want to make her angry because you think she is dealing with too many stressors like her father's absence. That's true, but you don't need a pregnant 13-year-old.

Here are my suggestions:

- Be more visible at her school so you can find out who her friends are and who this hickey boy is.

- Take her to school and pick her up after school; do not let her go to any of her friends' houses unless you know who the parents are and you know the parents are home.

- Take the cell phone from her after 5 p.m., because she doesn't need to be talking or texting anyone at that time.

- Speak to her school counselor and the school principal.

- Your daughter must earn all her privileges. Deployments are tough on children, too, but you can't let her "act out" because her father is deployed.

- Keep her father involved and encourage plenty of communication between the two of them.

- Solicit the help of family members like grandparents, uncles and aunts who can have a positive influence and visit your family while your husband is deployed. Their presence will be very helpful.

- Finally, consider spiritual support. Seek the help of a youth pastor or allow her to attend youth programs offered at church. This can be very beneficial.

I'm sorry I unloaded like a ton of bricks, but this is a very serious issue to me. Your daughter could be acting out because of peer pressure or for many other reasons.

You have to move quickly so she will channel her emotions in the right direction.

# New Year's resolutions: secrets to losing weight

By Amy Cowell

U.S. ARMY PUBLIC HEALTH COMMAND

A quick Web search for "weight loss" yields more than 500,000 results, headlined by advertisements for the latest and greatest diets.

The Atkins, Baby Food, Caveman and Grapefruit diets promise quick and easy results – not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams.

"Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets," said Dawn Jackson-Blatner, a spokesperson for

the American Dietetic Association.

These diets limit nutritional intake, can be unhealthy and tend to fail in the long run. The ADA advises consumers to stay away from any diet, pills or products that claim:

- **Rapid Weight Loss** Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

- **Quantities and Limitations** Ditch diets that allow unlimited quantities of any food, like grapefruit and cabbage soup. It's boring to eat the same

thing over and over and hard to stick with monotonous plans. Avoid diets that eliminate or severely restrict entire food groups, like carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

- **Specific Food Combinations**

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations doesn't cause them to turn to fat immediately or produce toxins in your intestines, as some plans claim.

- **Rigid Menus** Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask

yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

- **No Need to Exercise** Regular physical activity is essential for good health and healthy weight management. The key is to find physical activities you enjoy, then aim for 30 to 60 minutes of activity most days.

If a diet or product sounds too good to be true, it probably is. The key to achieving and maintaining a healthy weight isn't about short-term changes. To maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. For more information, visit [www.eatright.org](http://www.eatright.org).

# GET OUT!

## area events

More events online at [www.facebook.com/BWnow](http://www.facebook.com/BWnow)

### January 10

**National Park** – Explore the Bavarian Forest National Park in Neuschönau, in southeastern Germany, near the border of the Czech Republic. The park is one of the largest areas of protected forest in Europe. Visitors can enjoy a botanical garden, wildlife enclosure, visitor center and other surprises. For hours of operation, call civ. 0855-899-6150 or visit [www.nationalpark-bayerischer-wald.de](http://www.nationalpark-bayerischer-wald.de), [www.buzzoffbase.com](http://www.buzzoffbase.com).

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

**Barockschloss** – The Barockschloss offers a peek into the storied history of the city of Mannheim. The palace is located on Bismarckstraße near the edge of the city center. The palace is open 10 a.m.-5 p.m. Tuesday through Friday. Last admission is 4:30 p.m. [www.schloss-mannheim.de/de/schloss-mannheim](http://www.schloss-mannheim.de/de/schloss-mannheim)

**Toy Museum** – Founded in 1971, Nürnberg's Toy Museum, or Spielzeug Museum, showcases toys from the 14th century to the present. Marvel at tin soldiers, porcelain dolls, wooden doll houses, plastic figurines and other favorites. Museum is located at Karlstraße 13 in Nürnberg's old town.

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

### January 11

**Sweet Charity** – Catch a performance of "Sweet Charity," a musical by Cy Coleman, Dorothy Fields and Neil Simon, through Feb. 17 at the English Theatre in Frankfurt. Performances are 7:30 p.m. Tuesdays-Saturdays and 6 p.m. Sundays. [www.english-theatre.org](http://www.english-theatre.org)

**Rock museum** – Rock fans can check out guitars autographed by musical legends Frank Zappa, Pink Floyd, ZZ Top, Bruce Springsteen, The Rolling Stones, Kiss, Sting, Queen and others during a trip to Munich's Rockmuseum. The museum also houses gold records, clothing, rare recordings, concert tickets, unpublished photographs, original

letters and autographs. Spiridon-Louis-Ring 7, 80809. Civ. 0172-891-6881. [www.rockmuseum.de](http://www.rockmuseum.de) [www.buzzoffbase.com](http://www.buzzoffbase.com)

### January 13

**Concert** – Members of the symphony orchestra in Kaiserslautern will present a New Year's concert 8 p.m. at the Haus des Bürgers in Ramstein-Miesenbach. Tickets are €23-€29. [www.hausdesbuergers.de](http://www.hausdesbuergers.de)

### January 15

**Sleeping Beauty** – Enjoy a performance of "Sleeping Beauty," a ballet by Stefano Giannetti, 7:30 p.m. at the Pfalztheater Kaiserslautern.

### January 18

**Wine Forum** – Sample more than 140 wines from more than 100 wineries from the Moselle Valley during the Wine Forum Moselle. Forum runs through Jan. 20 at the Viehmarkt in Trier.

**Paris** – Spend the day in Paris shopping, sightseeing, visiting museums or just people watching. Enjoy a guided tour to the City of Lights and travel by high-speed train. <http://affiliates.uso.org/Kaiserslautern/>

### January 23

**Film Festival** – Check out the 42nd International Film Festival in Rotterdam. The annual film festival hosts film screenings in various cinemas in Rotterdam, the Netherlands. Festival runs through Feb. 3. For ticket information and locations, visit [www.filmfestivalrotterdam.com/en/](http://www.filmfestivalrotterdam.com/en/)

### January 24

**Chinese Circus** – Members of the Chinese National Circus will tumble, twirl and entertain audiences at Mannheim's Rosengarten 8 p.m. Ticket hotline: civ. 0621-101-011. [www.bb-promotion.com](http://www.bb-promotion.com)

### January 26

**Magic Tour** – Explore downtown Wiesbaden during a magical history tour. Tour goers can marvel at magic tricks performed during different stops along the route and can visit well-known historical locations, including the Market Square church, the Kurhaus and Casino, the

Kochbrunnen and the Roman Wall. Learn the basic streets and landmarks downtown and about local restaurants and pubs. Tour meets at the fountain behind the Church in the Marktplatz. For private groups, different dates or more information, visit [www.magichistorytour.com](http://www.magichistorytour.com) <http://affiliates.uso.org/rheinmain/>

**Free Museum Day** – Enjoy free admission to several museums in Frankfurt. Free Museum Day is usually held the last Saturday of each month. [www.buzzoffbase.com](http://www.buzzoffbase.com).

**Car Museums** – Visit the Mercedes-Benz and Porsche car museums in Stuttgart. Enjoy a guided tour of the Mercedes-Benz Museum and see exhibits showcasing some of the achievements of Professor Ferdinand Porsche. <http://affiliates.uso.org/rheinmain>

### February 2

**Venice Carnival** – The Carnival of Venice is one of the most famous carnivals in Europe. Visitors and residents don elaborate masks and take to the streets to celebrate during the annual event. The carnival runs for the two weeks leading up to Fat Tuesday, which is Feb. 12.

**Schweine Museum** – The Schweine Museum in Stuttgart has a sweet spot for swine. Visitors can check out some 50,000 pieces of pig memorabilia displayed throughout the museum. The museum is open 11 a.m.-7:30 p.m. Monday-Sunday. Civ. 0711-664-19600. <http://schweinemuseum.de>

### February 11

**Fasching Parade** – Grab a Fasching hat and head to Mainz for the famous Rosenmontag Parade. Although Fasching (Mardi Gras or carnival) officially begins in November, it reaches its climax during the "drei tolle Tage," the three crazy days before Ash Wednesday. Fasching is a time of celebration and fun for Germans from all walks of life. See scores of decorated floats, groups wearing colorful costumes and wild masks, hundreds of horses and musical bands. <http://affiliates.uso.org/Kaiserslautern/>

### Upcoming concerts

**Lil' Wayne** – Rapper Lil' Wayne will perform in concert at the Festhalle in Frankfurt 8 p.m. March 26. Tickets on sale now. [www.worldticketshop.com](http://www.worldticketshop.com).

## coming to THEATERS

### CLOUD ATLAS

(Tom Hanks, Halle Berry) Cloud Atlas explores how the actions and consequences of individual lives impact one another throughout the past, the present and the future. Action, mystery and romance weave dramatically through the story as one soul is shaped from a killer into a hero and a single act of kindness ripples across centuries to inspire a revolution in the distant future. Rated R for violence, language, sexuality and nudity and some drug use) 164 minutes.



### PARENTAL GUIDANCE

(Billy Crystal, Bette Midler) Old school grandfather Artie, who is accustomed to calling the shots, meets his match when he and his eager-to-please wife Diane agree to baby-sit their three grandkids when their type-A parents go away for work. (Rated PG for some rude humor) 104 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Jan. 10 - WON'T BACK DOWN (PG) 7 p.m.  
Jan. 11 - THE MAN WITH THE IRON FISTS (R) 7 p.m.; CLOUD ATLAS (R) 9:30 p.m.  
Jan. 12 - FUN SIZE (PG-13) 4 p.m.; PARANORMAL ACTIVITY 4 (R) 7 p.m.  
Jan. 13 - FUN SIZE (PG-13) 4 p.m.  
Jan. 14 - THE MAN WITH THE IRON FISTS (R) 7 p.m.  
Jan. 16 - PARANORMAL ACTIVITY 4 (R) 7 p.m.

#### Vogelweh, Galaxy

Jan. 10 - KILLING THEM SOFTLY (R) 7 p.m.  
Jan. 11 - PARENTAL GUIDANCE (PG) 7 p.m.  
Jan. 12 - THE BOURNE LEGACY (PG-13) 4 p.m.; THE MAN WITH THE IRON FISTS (PG-13) 7 p.m.  
Jan. 13 - CLOUD ATLAS (PG) 4 p.m.  
**Ramstein, Gateway Cineplex**  
Jan. 10 - PARENTAL GUIDANCE (PG) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; CLOUD ATLAS (R) 11 a.m., 3 p.m. 7 p.m.; THE MAN WITH THE IRON FISTS (R) 11:30 a.m., 2 p.m., 5 p.m. 7:30 p.m., 8:15 p.m., 10:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; END OF WATCH (R) 11:45 a.m., 2:30 p.m., 5 p.m., 10 p.m.  
Jan. 12 - FUN SIZE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m., 10:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; END OF WATCH (R) 11:45 a.m., 2:30 p.m., 5 p.m., 10 p.m.  
Jan. 13 - FUN SIZE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 5 p.m., 8 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; END OF WATCH (R) 11:45 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Jan. 14 - FUN SIZE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 5 p.m., 8 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; END OF WATCH (R) 11:45 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Jan. 16 - FUN SIZE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 5 p.m., 8 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 p.m.; END OF WATCH (R) 11:45 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.  
Jan. 17 - FUN SIZE (PG-13) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 2 p.m., 5 p.m., 8 p.m.; THE LORAX (PG) 11 a.m., 1:45 p.m., 4 p.m., 6:30 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](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Dr. Martin Luther King Jr. Birthday

The Heidelberg Equal Opportunity Working Group and the U.S. Army Garrison Baden-Württemberg Chaplains Office present the 2013 Rev. Dr. Martin Luther King Jr. birthday celebration 11:30 a.m.-12:30 p.m. Jan. 16 in the movie theater on Patrick Henry Village. Guest speaker is Bonnie J. Ballard, USAG B-W Equal Employment Opportunity Officer. Jazz music and choral group will be provided by the Heidelberg Middle School Band and the Choral Panthers. Lunch served afterward. DSN 373-7955, civ. 06221-17-7955.

### Signaleer Forum

Chief Information Officers, signal officers, non-commissioned officers and information technology professionals throughout U.S. Army Europe are invited to the bi-annual Signaleer Forum 9 a.m.-5 p.m. Jan. 23 in Room A-1, Bldg. 2000, on Camp Aachen in Grafenwöhr. The forum will allow participants to share experiences, concerns and challenges with USAREUR leadership and staff, and will include a strategic and tactical signal discussion. DSN 370-3138, civ. 06221-57-3138.

### Kaiserslautern Town Hall

U.S. Army Garrison Kaiserslautern and the 21st Theater Sustainment Command will host a quarterly community town hall noon-2 p.m. Jan. 29 at Armstrong's Club on Vogelweh Housing. Subject-matter experts from the Defense Commissary Agency, the Army and Air Force Exchange Service, Department of Defense Dependents Schools, U.S. Air Force in Europe and others will provide information, followed by an open forum for audience members to ask questions and share concerns. [www.kaiserslautern.army.mil](http://www.kaiserslautern.army.mil)

### Military Officers Association

Active duty, Guard, Reserve, former or retired commissioned and warrant officers of the uniformed services are invited to a First European Chapter of the Military Officers Association of America's membership meeting 11:30 a.m.-1:30 p.m. Feb. 2 at the Restaurant Barbarossa Hof in Eselfurth (Kaiserslautern area). Register by e-mailing [fleitmaker@t-online.de](mailto:fleitmaker@t-online.de).

### Exchange Shuttle Program

The Army and Air Force Exchange Service offers a free "shuttle program," which transfers merchandise between Exchange facilities to fulfill customer requests. To use the program, shoppers can visit an Exchange customer service area and speak with a manager. [www.shopmyexchange.com](http://www.shopmyexchange.com).

### Wounded Warriors

The Wounded Warrior Project and Operation Homefront recently announced a partnership that extends emergency financial assistance to service members and veterans who incurred a physical or mental injury, illness or wound (not due to misconduct), co-incident to military service on or after Sept. 11, 2001.

## local

## EMPLOYMENT

### Fitness Instructor

Heidelberg Sports and Fitness is looking for fitness instructors to teach Zumba and Spin classes until May. This is a contract position. DSN 370-7294/7506, civ. 06221-57-7294/7506.

## KAISERSLAUTERN Education

♦ **Security Clearance Workshop** – Army Community Service Financial Readiness presents a hands-on learning workshop on how to obtain and maintain a security clearance and how to establish a sound financial future 3 p.m. Jan. 14 in the Heaton Auditorium on Landstuhl Post. Civ. 0631-3406-4015/4151.

♦ **123 Parenting Is Magic** – A 3-part class offered by Army Community Service will address the difficult task of disciplining young children with humor, keen insight and proven experience 10 a.m. Jan. 15, 22 and 29 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

♦ **Culture College** – Army Community Service will teach newcomers German culture and customs, then will go on a tour of the local area during a free two-part class 9 a.m. Jan. 17 and 18 in Bldg. 2891 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

♦ **Co-Parenting Class** – Parents going through a divorce or separation can learn ways to maintain a sense of love and normalcy in a class provided by Army Community Service Family Advocacy 5:30 p.m. Jan. 17 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4062/4228.

♦ **Spouses 101** – New military spouses will receive an introduction to the military lifestyle, including how to decode acronyms, customs and cultures, how to read a Leave and Earnings Statement and more during a free, two-part class (time to be determined) Jan. 23 and 30 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203/4232.

♦ **Family Resilience Training** – Army Community Service offers a free seminar designed specifically to help family members build stronger family units by teaching skills to increase resiliency and core competencies 9:30 a.m. Jan. 24 in Bldg. 2891 on Pulaski Barracks. Civ. 0631-3406-4203.

♦ **Coupons And Coffee** – Army Community Service's Financial Readiness will teach how to save money through the use of organized couponing 11:30 a.m. Jan. 26 at the Java Café on Rhine Ordnance Barracks. Registration required: DSN 493-4015/4151, civ. 0631-3406-4015/4151.

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

racks. DSN 493-4203, civ. 0631-3406-4203.

## Community

♦ **One-Act Play** – "The Compleat Hstry of the Rmy (Abridged)" crams 238 years of Army history into a one-act play 7:30 p.m. Jan. 11 and 12 and 3 p.m. Jan. 13 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Tickets can be purchased at [www.webtrac.mwr.army.mil/webtrac/kaiserslauternctract.html](http://www.webtrac.mwr.army.mil/webtrac/kaiserslauternctract.html), through the One Stop Shop or at the door. DSN 483-6626, civ. 0631-411-6626.

♦ **Deployed Spouses Group** – Community members whose spouses are deployed can join Army Community Service for a night of free Bunco for prizes 6-9 p.m. Jan. 17 in the Heaton Auditorium at Landstuhl Regional Medical Center. Registration required: civ. 0631-3406-4203.

♦ **HUGS Playgroup** – Help Us Grow Securely playgroup, for parents and their children ages 0-4, will meet 10-11:30 a.m. Jan. 18 at the Vogelweh Community Center. DSN 493-4203, civ. 0631-3406-4203.

♦ **Festival Of Plays** – KMC Onstage in Bldg. 3232 on Kleber Kaserne will present the annual Installation Management Command-Europe's Festival of One Act Plays 9 a.m.-10 p.m. Jan. 18-20, showcasing dozens of U.S. Army theater productions and featuring workshops and special events, including a guest production and awards ceremony. Events are free and open to the public. DSN 483-6626, civ. 0631-411-6626.

♦ **Tropical Islands** – Join Kaiserslautern Outdoor Recreation on a getaway to Tropical Gardens, home to the world's largest indoor rainforest, a village with restaurants, shops, white beaches, a Balinese Lagoon and more. Package includes transportation, admission, lodging and more. Bus departs from Kaiserslautern Outdoor Recreation 12:01 a.m. Jan. 19 and returns about 8 p.m. Jan. 20. DSN 493-4117, civ. 06313-406-4117.

♦ **Swiss Chocolate And Cheese** – Join Outdoor Recreation on a trip to Gruyères, Switzerland, to sample world-famous chocolate and 3, 6 and 9-month cheese, then spend the rest of the day visiting the medieval castle, other museums or dine on fondue. Bus departs from Kaiserslautern Outdoor Recreation 4 a.m. Jan. 26 and returns about midnight. Reservations required by Jan. 23. DSN 493-4117, civ. 0631-3406-4117.

♦ **Multicultural Spouses Club** – Bring a favorite dish to share for lunch 11 a.m. Jan. 25 in the Yellow Ribbon Room, Bldg. 2926 on Pulaski Barracks. Civ. 0631-3406-4203.

♦ **ADHD Support Group** – Join the Army Community Service Exceptional Family Member Program to learn

more about Attention Deficit Hyperactivity Disorder 6-7:30 p.m. Jan. 29 in the Yellow Ribbon Room on Pulaski Barracks. Reservations required: DSN 493-4094, civ. 0631-3406-4094.

♦ **Landstuhl Car Wash** – The car wash in Bldg. 97370 on Landstuhl Post is open 10 a.m.-3 p.m. Monday-Sunday and is closed on federal holidays. DSN 486-5153, civ. 06371-86-5193.

## HEIDELBERG Education

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

♦ **Army Community Service** – Job Search Overview and USAJOBS Application Process, 10 a.m.-noon Jan. 22, Village Pavilion Community Center, Patrick Henry Village; Professional Resume Writing, 10 a.m.-noon Jan. 23, VPCC; English As A Second Language, 6-7:30 p.m. Mondays, ACS Annex, Bldg. 4531, PHV; Permanent Change of Station Briefings, 1:30-3:15 p.m. first and third Tuesdays, Community Support Center, Bldg. 3850, room 141; Re-integration Briefing, 9 a.m. Tuesdays, Community Support Center, Bldg. 3850, room 141. DSN 373-8068, civ. 06221-17-8068, [www.heidelberg.armymwr.com](http://www.heidelberg.armymwr.com).

♦ **Conversational German** – Conversational German classes, for ages 16 and older, will be offered by Family and Morale, Welfare and Recreation 5:30-7 p.m. Feb. 19, 21, 26 and 28 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Classes will also be held March 19, 21, 26, 28 and April 16, 18, 23 and 25. Cost is \$50. Registration required: DSN 388-9438, civ. 06221-338-9438, [www.heidelberg.armymwr.com](http://www.heidelberg.armymwr.com).

## Community

♦ **NAF Job Fair** – There will be a Family and Morale, Welfare and Recreation job fair 10 a.m.-2 p.m. Jan. 11 in the Village Grille, Bldg. 4506 on Patrick Henry Village. Applicants can interview or submit resumes on the spot. DSN 370-7500, civ. 06221-57-7500.

♦ **HCSC All-American Roundup** – The Heidelberg Community and Spouses Club presents free bowling at its "All American Roundup" 11 a.m. Jan. 17 at the Patrick Henry Village Bowling and Entertainment

Center. Reservations required by Jan. 11: [www.hsc-heidelberg.com](http://www.hsc-heidelberg.com). Child care available with Child, Youth and School Services.

♦ **Roadside Theater Show** – "An Examination of the Whole Playwright/Actor Relationship Presented as Some Kind of Cop Show Parody," a one-act comedy, will be performed 7:30 p.m.

Jan. 11 and 12 at the Roadside Theater on Patton Barracks. Free admission; recommended for mature audiences. DSN 373-5020, civ. 06221-17-5020, [www.roadsideheater.com](http://www.roadsideheater.com).

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers will meet 3:30 p.m. Jan. 16 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Parent Advisory Council** – A Child, Youth and School Services parent advisory council meeting, open to all parents, will be held 5:30-6:30 p.m. Jan. 16 at CYSS, Bldg. 4443, on Patrick Henry Village. A workshop on the topic "Growing Great Readers" will follow. Parents will earn two Parent Participation Points if they attend. DSN 388-9240/9241, civ. 06221-338-9240/9241.

♦ **AUSA Wine Tasting** – The General C.W. Abrams Chapter of the Association of the United States Army will host a wine tasting event and winery tour 7-9 p.m. Jan. 8 at Weingut Clauer in Heidelberg. Proceeds will benefit the chapter's scholarship program. Reservations recommended: civ. 0171-496-3564.

♦ **Karaoke Saturdays** – Sign up starting 8:30 p.m. to sing karaoke 9 p.m.-2 a.m. first and third Saturdays at Slapshots, Bldg. 104 on Patton Barracks. DSN 373-5190, civ. 0622-17-5190.

♦ **College Night** – Show your college identification card to receive a prize and enjoy draft beer specials all evening Saturdays at Slapshots, Bldg. 104 on Patton Barracks. DSN 373-5190, civ. 0622-17-5190.

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

## MANNHEIM Community

♦ **Bargain Warehouse Sale** – Used Outdoor Recreation equipment, office and children's furniture, air conditioning units and more will be available for cash purchase at a Non-Appropriated Funds bargain warehouse sale, 9 a.m.-2 p.m. Jan. 19 in Bldg. 1518 on Spinelli Barracks. DSN 388-9438, civ. 06221-338-9438.

# Final fitness fest kicks off Saturday

## Community members invited to attend free fitness classes

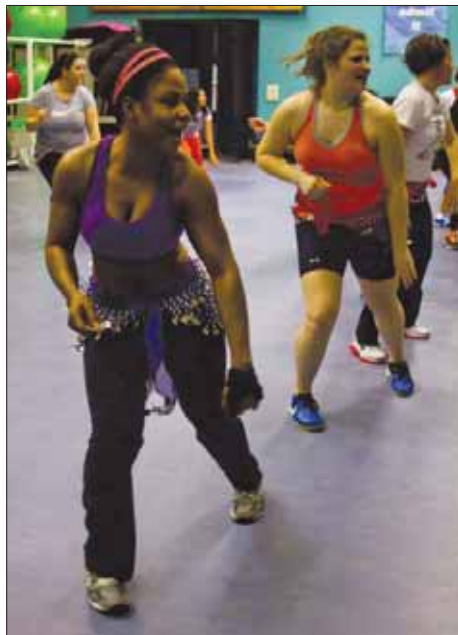
### Staff Report

Community members can participate in the garrison's annual fitness fest 10 a.m.-noon Saturday at the Campbell Fitness Center on Campbell Barracks in Heidelberg.

This will be the final festival before the garrison's closure later this year. The Heidelberg Sports and Fitness office will host.

Participants can break a sweat during free Zumba, Total Body Conditioning, spin and yoga classes. Event registration begins at 9 a.m. and free T-shirts, door prizes and refreshments will be available while supplies last.

For more details, call DSN 370-6489, civ. 06221-57-6489, or visit [www.heidelberg.mwr.com](http://www.heidelberg.mwr.com).



Jaime Williams

Participants of all ages wear colorful, shimmering scarves around their waists and get into the groove at a Zumba class in Heidelberg. Zumba classes will be offered during the annual fitness fest at Campbell Fitness Center Saturday.



Steffanie Paoletti

Heidelberg community members participate in a group exercise class during a fitness event in the Campbell Barracks Fitness Center. Heidelberg Sports and Fitness will sponsor its final annual fitness fest Saturday.



Mindy Campbell

Maj. Victor Won teaches fellow Soldiers and family members from U.S. Army Garrison Kaiserslautern yoga techniques to reduce stress and improve resiliency. Instructors in Heidelberg will offer community members a free yoga class during USAG Baden-Württemberg's annual fitness festival Saturday.

## staying ACTIVE

### Kleber Kaserne Fitness Center Closure

The Kleber Sports and Fitness Center main gym in Bldg. 3235 on Kleber Kaserne in Kaiserslautern is closed for facility renovations. No towels will be issued during this time. DSN 483-7610, civ. 0631-411-7610.

### Rhine Ordnance Barracks Fitness Center

January hours of operation for the Fitness Center in Bldg. 172 on Rhine Ordnance Barracks in Kaiserslautern are 5 a.m.-8 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday-Sunday. DSN 493-2241, civ. 0631-3406-2241.

### Gymnastics Classes

Family and Morale, Welfare and Recreation SKIESUnlimited is now offering gymnastics classes for toddlers and children. For class offerings, times and prices, contact Parent Central Services at DSN 493-4156, civ. 0631-3406-4516.

### Cycling Classes

Enjoy outdoor cycle training indoors at the Miesau Physical Fitness Center. RealRyder Cycling Classes are available 6:30-7:30 a.m. Tuesdays and Thursdays in Bldg. 1220 on Miesau in Kaiserslautern. DSN 481-3797, civ. 06372-842-3797.

### Dynamic Yoga

Revitalize the body and awaken the mind and spirit during a Dynamic Yoga class 6:30-7:45 p.m. Wednesdays at the Landstuhl Fitness Center, Bldg. 3720 on Landstuhl Post in Kaiserslautern. Class uses challenging posture flow, meditation and breathing exercises to create a unique workout. DSN 486-7172, civ. 06371-86-7172.

### Firearm Safety Courses

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

### Parent And Me Yoga

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

### Family Fitness

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

### FemFusion

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

### Wii Sports, Wii Fit

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

### Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the dates, details and names of those pictured to [usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil).

**Deadline is noon Monday.**