

HeraldPOST

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

HP WEDNESDAY
Nov. 23, 2011

Speed Read

BEST COUNSELOR

A Kaiserslautern Soldier will compete for Army career counselor of the year following his selection as Europe's best. 3



THANKSGIVING MEALS

The garrison hosts dining facility meals and special events on Thanksgiving. 3

MAILING DEADLINES

The first postal mailing deadline for holiday packages is Friday for SAM parcels. Postal centers have special holiday hours. 8

VOLUNTEERS RECOGNIZED

Two ACS volunteers were recognized for their support of last summer's outdoor recreation programs. 11

BE SAFE IN KITCHEN

As holiday guests gather in the kitchen, simple safety measures will protect them from falling victim to the leading cause of fires, unattended cooking. 12

HOLIDAY MARKETS

Many of Germany's beloved Christmas markets start this week and continue until Dec. 24. 13

Defense Details

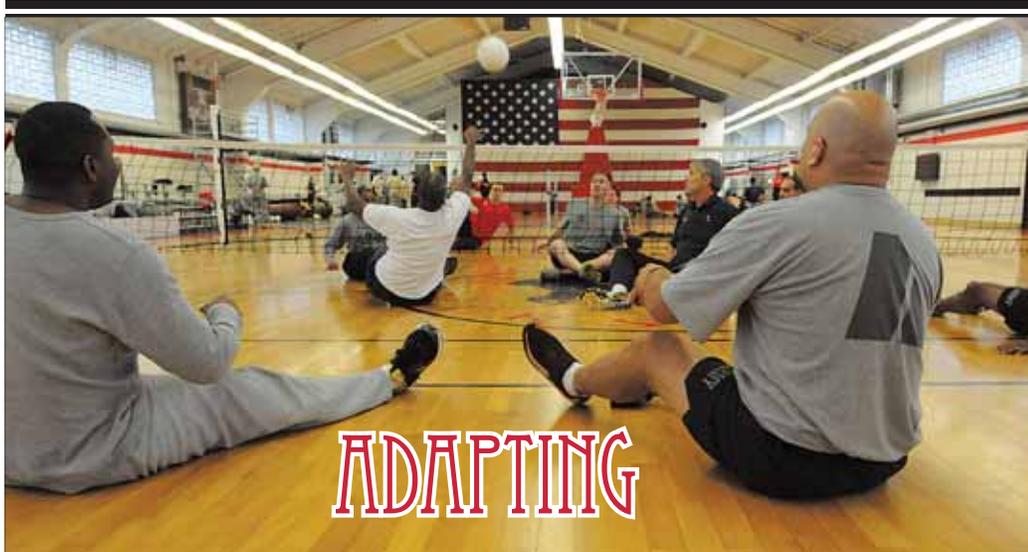
POUNDS OF FOOD

Service members deployed to Afghanistan and Iraq, as well as U.S. State Department employees serving there, will be able to savor the familiar taste of home on Thanksgiving Day thanks to the efforts of Defense Logistics Agency Troop Support workers in Philadelphia. More than 270 dining facilities have received their food deliveries and are postured to serve the special Thanksgiving holiday fare. Deliveries included 168,000 pounds of turkey, 37,800 pounds of stuffing, 93,876 pounds of beef, 43,560 pounds of sweet potatoes, 24,000 pounds of shrimp, 34,560 pies and 25,800 pounds of cranberry sauce, along with other holiday treats.

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

What's Inside

Transformation Update.....	4
Our Army Around the World.....	10
Dear Ms. Vicki.....	14
GET OUT!.....	15
Movies.....	15
Announcements.....	16
Sports.....	17



ADAPTING

Sgt. 1st Class Christopher Fincham

Warrior Transition Battalion-Europe Soldiers, cadre and Army Family and Morale Welfare and Recreation staff compete during a game of seated volleyball during an adaptive sports clinic at the Kleber Gym and Fitness Center in Kaiserslautern Nov. 7-10. The game was led by instructors from the U.S. Olympic Committee's Paralympic Military Program. See 'Adaptive sports training fosters spirit of competition' on page 8.



Elizabeth Casebeer

Rosemarie Smith and her son Riley, 8, register a 2012 Mini Cooper with the help of Maria Zeiler at the vehicle registration office on Spinelli Barracks in Mannheim Friday. Customers and employees submitted 30 to 50 Interactive Customer Evaluation comments prompting U.S. Army Garrison Baden-Württemberg officials to make adjustments to the vehicle registration process. The office, the only vehicle processing facility for Mannheim and Heidelberg customers, opened Nov. 15. It's hours are 7:30 a.m.-5 p.m. Monday-Friday (including training holidays) and closed U.S. holidays.

Vehicle registration relocates thanks to customer feedback

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The Vehicle Registration office on Spinelli Barracks in Mannheim recently received a facelift, thanks in part to feedback from customers and employees on the U.S. Army Garrison Baden-Württemberg Interactive Customer Evaluation website.

With bathrooms, separate waiting and individualized processing areas, a kids zone and a computer check-in desk, the new location is what vehicle registration technician Robert D. Peal considers an ICE success story.

"Many people, especially those who are new here, don't know whom to complain see **VEHICLE** page 12

Officials explain health care in Heidelberg, Mannheim

By Anthony Sosa
HMEDDAC INFORMATION SPECIALIST

With recent changes to health care services in the Heidelberg, Mannheim and Coleman Barracks areas, to include the discontinuation of urgent care and weekend services, officials with the Heidelberg Medical Department Activity want to remind beneficiaries of the new

health care access procedures.

"The HMEDDAC command team is dedicated to ensuring that all of our beneficiaries know how to access care at host nation health care facilities and that they share this information with new or transitioning Soldiers, civilians, contractors and their family members," said Col. Telita Crosland, HMEDDAC Commander.

Patients enrolled to a primary care manager in a military treatment facility will be able to schedule appointments based on provider availability and capacity, explained Crosland. Beneficiaries who are not enrolled may be seen on a space available basis only; thus, they should consider seeking health care through the host nation to expedite see **HEALTH CARE** page 12

MILITARY FAMILY APPRECIATION MONTH

Spouse learns meaning of resiliency

ACS hosted a Family Resiliency Seminar Nov. 9-10 in support of Military Family Appreciation Month. Participants were asked to write an essay about how this seminar impacted their life in a positive way. This is the winning article.

By Nicole Allen

ACS FAMILY RESILIENCY SEMINAR PARTICIPANT

Comprehensive Soldier fitness does not just apply to the Soldier. It also applies to their families.

My question before beginning the Family Resiliency Seminar was, "Why does this apply to me? The Army lifestyle is one of relocation and dealing with whatever cards are dealt. This should automatically make me resilient. So, am I just here because my friends are?"

Then I learned how resiliency affects your everyday life, not just the major changes that can and do happen.

This class taught me to examine myself as a whole and to maintain self-awareness to lead a happier life.

All of this is based on a seven-unit module that requires work, but the benefits outweigh the time spent on it.

Recognizing heat-of-the-moment thoughts, and dealing with these thoughts differently than you usually do, is a process that can be accomplished if you take a few seconds to think about your



response.

For example, when the lady cuts in front of you at the grocery store checkout, it is an instant thought to accidentally run into her with your cart and say, "Oops."

Her thought, "Oh no, she did not just do that," leads to angry emotions and feelings of negativity and a reaction of getting even.

Taking a few seconds to analyze the situation will benefit you. Maybe she has kids who are going to get out of school soon, or she has a home emergency and just needs to get out

of the store. If you can't control the situation, just keep on trucking. It is not good to always focus on the negative things in life.

Keeping all of this in mind, icebergs, or core beliefs, are just a part of life. You can only see 10 percent of them and 90 percent is still below the surface.

I believe in being straightforward with people and this is impossible to change. Yes, it offends some, but one can only take care of oneself, so don't sweat the small stuff.

All in all, it was wonderful training and it is refreshing to learn how Soldiers are taught to be resilient to perform their assigned duties and how we, as family members and best friends, can use this to better ourselves and make it easier when our Soldiers come home.

I have in mind a picture of what makes me resilient. All of the kids are sleeping and I have 15 minutes of quiet time. Time is limited to the hours in a day, but it is essential to take these 15 minutes for myself to just relax and think about nothing.

This does not make me selfish; it helps me re-group from a day in the life of an Army spouse and mother.

Just remember you cannot fix others; you can only fix yourself. Get on your path; be as polite as you can to diffuse situations, and the goodness in your life will follow.

NOTE: Allen is an Army spouse and the mother of Stella, 2, and Mable, 21 months.

LETTER TO THE EDITOR

Reader appreciates Sembach story

Hello, Herald Post Staff,

As the former Sembach library assistant, I would like to express my gratitude for your article about the plans for Sembach's future [Herald Post, Nov. 3, 2011].

I especially appreciate a natural warmth shining through your lines and the verve of engagement and passion put into the description of future projects.

Since the suspension of the former base paper "Tiger Talk," I have not read such a positive article about Sembach.

Due to its remote location, Sembach was often underestimated and dubbed with silly nicknames like "Little Siberia."

I think it is beautifully located; therefore, I will never forget my impression as I approached Sembach the first time. It was spring and sunny, which made the buildings almost look white and shiny from the distance, like an antique Greek panorama.

I hope Sembach will become a home again for another American generation.

Thank you!

Sincerely,
Elfriede Moehlenbrock

P.S. Reconsider your no-library decision.

DISCUSSION BOARD

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



www.facebook.com/BWnow
<http://myBWnow.ning.com>

"Just finished reading 'Smoking ban now includes Kantines' in the latest Herald Post and was a tad bit surprised. I have been going to lunch at the Kantine on Campbell Bks on a regular basis and haven't seen anybody smoke in there for years. Nevertheless, now the ban is official and that's good.

Here's a questions to the leadership: when will 'dipping' smokeless tobacco at the work place finally

be banned? Granted, you cannot speak of second-hand smoke in this case but, in my opinion, there is nothing more disgusting than spitting some sort of gunk in a Coke can."

— Brigitte O'Preska, BWnow Facebook fan

"Great question. The ban is USAREUR-wide and while the policy may have been followed at Campbell

Barracks, it may not have been elsewhere in Europe. The ban is first and foremost targeted at precluding the dangers of second-hand smoke. The general government ban on smoking does not address dipping and we know of no federal law that prohibits the practice ... even though some of us may not like it."

—BWnow Facebook Administrator



Commander, U.S. Army Garrison
Baden-Württemberg:
Col. Bryan D. DeCoster

Public Affairs Officer:
Regina Abrigo-Hingten

Editor:
Donna Walker

Social Media Chief, Reporter:
Dijon Rolle

Reporters:
Elizabeth Casebeer, Heidelberg
Rick Scavetta, Kaiserslautern
Web Author: Brandon Spragins

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil

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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.

Get your gobble on with Thanksgiving meals



From left, Col. Telita Crosland, U.S. Army Medical Department Activity Heidelberg commander; Command Sgt. Maj. Michael Mullen and his daughter Megan, serve the annual Thanksgiving meal to customers at the Heidelberg Health Center's dining facility on Nachrichten Kaserne Friday.

U.S. Army Garrison Baden-Württemberg dining and Family and Morale, Welfare and Recreation facilities are serving Thanksgiving meals to community members in Heidelberg, Mannheim and Kaiserslautern at the following times and dates.

Thanksgiving Meals

Heidelberg

- Patton Barracks Warrior Zone, potluck for service members and guests over 18, 7:30 p.m. Thanksgiving Day. www.mwrgermany.com
- Patrick Henry Village Pavilion, noon-4 p.m., Thanksgiving Day. Reservations required.
- Slapshots on Patton Barracks – Happy Thanksgiving party 4 p.m. Thanksgiving Day

Mannheim

- Coleman Warrior Zone, Plymouth Rock! 5:30 p.m. tonight with entertainment beginning at 8 p.m. www.mwrgermany.com
- Coleman Barracks Dining Facility,* 11 a.m.-3 p.m., Thanksgiving Day

Kaiserslautern

- Sembach Bowling Center, Bldg. 104 for single Soldiers, 2-10 p.m. Nov. 24. Reservations are required, DSN 493-4469, 0631-3406-4469. www.mwrgermany.com
 - Rhine Ordnance Barracks Dining Facility,* Soldiers and family members, 11 a.m.-12:30 p.m., civilians, 12:30-3 p.m. Thanksgiving Day
 - Landstuhl Regional Medical Center Dining Facility,* 11 a.m.-1:30 p.m. Thanksgiving Day
 - Kleber Kaserne Dining Facility,* 11 a.m.-3 p.m. Thanksgiving Day
- *Dining facility holiday meal prices – \$7 for Soldiers and civilians; \$5.95 for E-4 and below and their family members

Career counselor of the year heads to Army competition

Retention non-commissioned officer seeks to help Soldiers 'on a grander scale'

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Motivated by an infantryman's drive, Staff Sgt. Donmonic Simpson recently proved his ability to mentor Soldiers during U.S. Army Europe's career counselor competition.

Simpson, 28, the USAREUR Career Counselor of the Year, now heads home to Washington, where an Army-level board will determine the best career counselor in the Army.

Counselors advise Soldiers on career options and advise commanders on the retention program.

"We take care of Soldiers and family members, counseling them on the benefits of staying Army, to include retirement, choice of duty station and retraining," Simpson said.

An infantryman with a decade in uniform, Simpson deployed twice to Iraq with the Fort Hood-based 1st Cavalry Division and also took

part in a humanitarian aid mission following Hurricane Katrina.

Afterward, while assigned to Fort Jackson, S.C., Simpson made his own career change.

"I wanted to help Soldiers on a grander scale than what I was, working as a team leader or a squad leader," Simpson said.

In Kaiserslautern, Simpson first worked for the 21st Theater Sustainment Command. He recently moved to the Rhine Ordnance Barracks-based 10th Army Air and Missile Defense Command, a brigade-size headquarters that was recently known as the 357th Air and Missile Defense Detachment.

The two-day competition began Nov. 3 in Heidelberg. The first day included a physical training test and a written exam. The second day was a formal board.

Lt. Gen. Mark Hertling, commander of U.S. Army Europe, met the five top competitors, Simpson said, which included noncommissioned officers from the 21st TSC, 12th Combat Aviation Brigade and the 173rd Airborne Brigade Combat Team.

Overall, Simpson was selected as the best.

Command Sgt. Maj. Darrin Jefferies, senior enlisted leader at the 10th AAMDC, said he expected nothing less from Simpson.

"Since arriving to the 10th AAMDC, his work ethic and duty performance has been exceptional," Jefferies said. "An achievement of this magnitude is a capstone for this



Staff Sgt. Donmonic Simpson of the Kaiserslautern-based 10th Army Air and Missile Defense Command will compete at Department of the Army level for career counselor of the year following his selection as the U.S. Army Europe winner.

stellar noncommissioned officer."

The Army-level board is in late January. For Simpson, who has brothers serving in the Army and Air Force, that's also a trip home to friends and family.

As an infantry squad leader, Simpson couldn't imagine himself behind a desk, filing data and counseling Soldiers, he said. Yet, he's found that leadership skills honed as a squad leader translate well into his new role, mentoring Soldiers through the retention process.

"If you take care of Soldiers, Soldiers will take care of you. That's my driving force."

—Staff Sgt. Donmonic Simpson, USAREUR career counselor of the year

"If you take care of Soldiers, Soldiers will take care of you," Simpson said. "That's my driving force."

IMCOM Commander



Luke Elliott

Lt. Gen. Michael Ferriter delivers remarks Nov. 17 after assuming command of the Installation Management Command from Lt. Gen. Rick Lynch at Fort Sam Houston, Texas. Ferriter, a 1979 graduate of The Citadel, came from a tour as deputy commander for advising and training for United States Forces Iraq supporting Operation New Dawn. Before that, he commanded the U.S. Army Infantry Center and the Maneuver Center of Excellence at Fort Benning, Ga. As well as IMCOM commander, Ferriter is the Army's Assistant Chief of Staff for Installation Management. The ceremony also marked the passing of the responsibility of IMCOM from Command Sgt. Maj. Neil Ciotola to Command Sgt. Maj. Donald Felt, top noncommissioned officer for the IMCOM Central Region, will serve until the scheduled arrival of Command Sgt. Maj. Earl L. Rice.

7th Civil Support changes command

7th CSC Public Affairs

Lt. Col Leslie M. Dillard assumed command of the 773rd Civil Support Team, 7th Civil Support Command, from Maj. Michael J. Stribrny at NCO Field on Daenner Kaserne in Kaiserslautern Nov. 1.

Stribrny, a native of Toledo, Ohio, closes out a short command, having assumed the position last May as acting commander while waiting for the arrival of Dillard.

Stribrny has been with the unit since 2009 and will remain with the 773rd CST as the deputy commander.

Dillard, who hails from Huntsville, Ala., is an Army brat whose father is an Army chief warrant officer 5, and she a prior service enlisted Soldier. Dillard previously served as Chief of Homeland Defense for the 335th Signal Command responsible for 85 percent of the U.S. Army Reserve chemical, biological, radiological and nuclear forces. She also stood up the first Biological Integrated Detection System Company at Fort McClellan, Ala., and developed the initial doctrine for mass casualty decontamination.

transformation UPDATE

Frequently Asked Questions

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

E-mail usaghd.post@eur.army.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/transformation.

Quiet Hours Clarification— The Directorate of Public Works Resident Guide will be revised soon to reflect quiet hours in housing areas as 10 p.m.-6:30 a.m. Due to force protection and other security concerns, large groups of Soldiers are no longer allowed to run together off post. As a result, units may continue cohesion runs and cadence calling through on post housing areas during their scheduled physical training times in the mornings. The command understands this is an inconvenience for family members who don't get up prior to 6:30 a.m. but asks that both Soldiers and residents be considerate of each other and do their part to minimize this inconvenience for everyone. If anyone notices outright abuse of this policy by the units, please report it to housing or building coordinators.

New — What will happen to the students at Heidelberg High School? My son graduates in 2014. Do we know when HHS will close?

Heidelberg High School as we know it today on Mark Twain Village will close after the 2012-13 school year, but DODDS may establish a combined high school and middle school on Patrick Henry Village for the 2013-14 school year if there are sufficient high school students remaining. Current projections of personnel remaining in the Heidelberg and Mannheim communities justifies maintaining an elementary school, middle school and high school in Heidelberg through 2012-13. The determination of how the schools will be configured in Heidelberg on PHV for the 2013-14 school year will be based on the projected number of assigned personnel and school age children remaining. As we gain more fidelity on these projections, we will work closely with DODDS to determine how assigned personnel will receive DODDS school services. If there are DODDS schools on PHV for the 2013-14 school year, community members can anticipate that some schools will be combined (either elementary combined with middle school or middle school combined with high school) and curriculum, faculty and activities will be reduced given the much smaller population remaining in Heidelberg and Mannheim.

Facilities Operations Changes Mannheim

Base Operations — For assistance, residents should contact Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, 07622-70-0535_damien.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, bob.isbell@eur.army.mil; Ralph Santalizi, Interim Deputy Garrison Commander, rafael.santalizi@eur.army.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.satsatin@eur.army.mil, DSN 373-1300, civ. 06221-17-1310.

Education Center — The Mannheim Education Center is closed. Education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. GPS: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176, www.bw.eur.army.mil/contacts/service_directory.html.

Gospel Service — The Gospel Church Service for Mannheim members is now held in Heidelberg at the chapel on Mark Twain Village. DSN 373-6190, civ. 06221-17-6190.

Health and Dental — Health and dental care for Mannheim members are now offered in Heidelberg only. TRICARE enrollment offices are on the Heidelberg Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne, Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500. Retirees and their family members who have been disenrolled may seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

Library Support — A library support office is open in Bldg. 246, Room 118, to assist community members 9 a.m.-1 p.m. and 2-6 p.m. Monday, Tuesday, Wednesday and Friday and 1-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and to receive library materials in their mailboxes. Services include assistance with electronic databases, registration and clearing. Computers, a small study room and free paperbacks are available. Items may be returned to the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

Overpass Closure — The overpass from Benjamin Franklin Village to Columbus Street has permanently closed.

School Age Center — The School Age Center on Benjamin Franklin Village in Mannheim is in Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

Self-Help — The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays and closed on American and German holidays. DSN 387-3325.

Tax Relief Office — The Tax Relief Office on Sullivan Barracks is open 8 a.m.-4 p.m. Monday, Wednesday and Friday, closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

Transportation Motor Pool — The Transportation Motor Pool on Spinelli Barracks has closed and all vehicles are dispatched at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, www.bw.eur.army.mil/Directories/DOL/TMP.html.

Veterinary Treatment Facility — The vet office in Mannheim will close Dec. 22. Veterinary care will continue to be available through the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. To prepare for closing, the Mannheim VTF has reduced its hours. It is open 8 a.m.-1 p.m. Monday for over-the-counter services only, 11 a.m.-7 p.m. Wednesday and 8 a.m.-1 p.m. Friday for sick call and preventative medicine appointments. Clients requesting surgery will be referred to Heidelberg VTF or an off post veterinarian. Records remaining at the clinic after Dec. 22 will be transferred to Heidelberg. Those scheduled to PCS before that date should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

Work Orders — All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312.

Heidelberg

Army Emergency Relief — AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

Commissary Gate — The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. Monday-Saturday and 6 a.m.-6 p.m. Sunday. Commissary hours remain the same: 7:30-9 a.m. daily for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

Drivers Testing — All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

Health Center — Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care is provided on the economy by host-nation providers. Health Center normal hours are 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

Adaptive sports training fosters spirit of competition

Techniques make sports programs available to all community members

By Sgt. 1st Class Christopher Fincham
ERMC PUBLIC AFFAIRS

Instructors from the United States Olympic Committee's Paralympic Military Program led an adaptive sports clinic at the Kleber Gym and Fitness Center in Kaiserslautern Nov. 7-10 for Warrior Transition Battalion-Europe Soldiers, cadre, and Army Family and Morale Welfare and Recreation staff.

The training clinic, which included wheelchair basketball, archery, seated volleyball and several strength and

conditioning drills, was presented in a train-the-trainer design.

This method not only introduced Soldiers and leaders to adaptive sports techniques, it also taught them how to develop adaptive sports and fitness programs that can be incorporated into warrior transition units in Europe.

This lines up with the Army Warrior Transition Command's broader goal of promoting active lifestyles within the wounded warrior community, according to WTB-E Command Sgt. Maj. Michael Gragg.

"In the process of promoting active lifestyles, we're trying to foster the spirit of competition within our warriors here in the WTB-Europe," said Gragg. "We don't want to let that competitive fire die, because they

feel that they're limited by certain activities. Now we'll provide them activities that they can do within their limits and still stoke that fire."

Civilians from several Family and MWR facilities throughout Europe also participated in the training. Having them on hand served several purposes, according to Lt. Col. Michael Richardson, WTB-E commander.

The Family and MWR representatives are key resources as they manage and operate the facilities that will enable future adaptive sports programs to be successful. By having them participate, they saw first-hand the benefits of establishing these types of activities in their respective locations, which could benefit wounded warriors, as well as members of the U.S. Army Europe community,

Richardson said.

"There are more folks out there in our communities with physical challenges – family members, retirees, contractors. By showcasing what we can do with adaptive reconditioning sports, they can now incorporate things back into their programs for other members of the community as well as our warriors," Richardson said. Through partnerships with warrior transition units, the USOC Paralympic Military Program provides rehabilitation support and mentoring to servicemembers who have suffered injuries from traumatic brain injury and spinal cord injury to amputation and post-traumatic stress, according to the U.S. Paralympic website.

For information, visit <http://usparalympics.org>.

Postal mailing deadlines loom – send space available packages by Friday



Phil A. Jones

Mail Technician Mary Jo Brown completes the paperwork for incoming mail at the Landstuhl Regional Medical Center Mailroom.

Local post offices holiday operating hours

The U.S. Army Garrison Baden-Württemberg postmaster recommends these holiday mailing deadlines – space available parcels, Nov. 25; parcel air lift (parcel post) parcels, Dec. 2; priority parcels and first-class letters and cards, Dec. 9; express mail, Dec. 16. DSN 370-7940, civ. 06221-57-7940.

HEIDELBERG

Shopping Center – regular hours: 10 a.m.-4 p.m. Monday-Wednesday, 11 a.m.-5 p.m. Thursday and 10 a.m.-4 p.m. Friday and Saturday
Holiday hours: 9 a.m.-4 p.m. Monday-Wednesday, 10 a.m.-5 p.m. Thursday and 9 a.m.-4 p.m. Friday and Saturday
Patton Barracks – holiday hours for CMR 419:
 Package pickup 10 a.m.-6 p.m. Monday-Friday
Campbell Barracks – holiday hours for CMR 420: Package pickup 10 a.m.-6 p.m. Monday - Friday and 10 a.m.-2 p.m. Saturday

MANNHEIM

Coleman Barracks – holiday hours for CMR 418:
 Postal finance 10 a.m.-1 p.m. and 2 p.m.-5 p.m. Monday-Friday
 Package pickup 11 a.m.-4 p.m. Monday-Friday and 11 a.m.-2 p.m. Saturday
Sullivan Barracks – holiday hours for CMR 437:
 Postal finance 9 a.m.-3 p.m. Tuesday-Saturday
 Package pickup 11 a.m.-4 p.m. Monday-Friday and 11 a.m.-2 p.m. Saturday

KAISERSLAUTERN

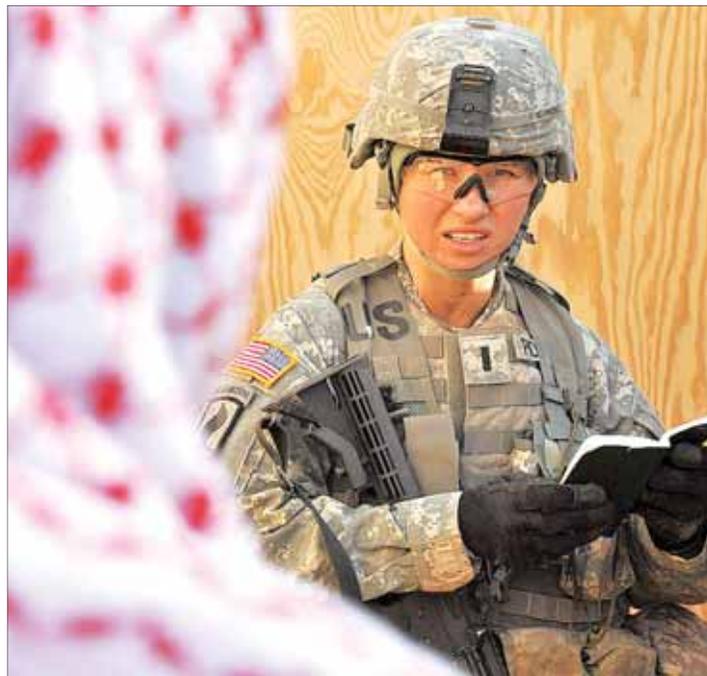
Landstuhl – finance window: 9:30 a.m.-4 p.m. Monday-Friday
Kleber – post office finance window: 9 a.m.-5 p.m. Monday-Friday
 Kleber post office package window: 10 a.m.-5:30 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday
Rhine Ordnance Barracks
 ROB post office finance window: 9 a.m.-5 p.m. Monday-Friday.
 ROB post office package window: 10 a.m.-5:30 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday
Sembach – Sembach post office finance window: 9 a.m.-5 p.m. Monday-Friday
 Sembach post office package window: 10 a.m.-5:30 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday

SOURCE: James Williams



Pamela J. Proper

Staff Sgt. Kwame Peterkin orchestrates his team to prepare for turn-in of tactical vehicles as convoys roll into Camp Virginia, Kuwait Nov. 14.



Markus Rauchenberger

First Lieutenant Emille Prosko of the 173rd Airborne Brigade Combat Team talks to an OPFOR civilian on the "Squad Attack" portion during the United States Army Europe's Best Junior Officer Competition in Grafenwöhr Nov. 15. The competition is the first of its kind in Europe and is designed to help leaders keep their skills up to date and their minds sharp.



Jonathon M. Gray

Lt. Gen. Mark Hertling, right, commanding general, U.S. Army Europe, re-administers the Oath of Office to Col. Bruce T. Crawford, commander, 5th Signal Command, during the Operation Solemn Promise kick-off event Nov. 17 at the Wiesbaden Army Airfield Gym. The operation is meant to re-energize a dialogue of leader accountability, standards and meaning of the Army Values. Crawford re-administered the Oath of Office to enlisted, officers and all Department of the Army civilians present at the event and through video teleconference.

our ARMY around the world

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visit www.army.mil

Right, Green Beret Soldiers from each of the Army's seven Special Forces groups stand silent watch during the wreath-laying ceremony at the grave of President John F. Kennedy Nov. 17 at Arlington National Cemetery. The ceremony marked a time-honored tradition to honor Kennedy for his support and advocacy of the Soldiers who would come to be known simply as "Green Berets."



515th Soldiers control nerves, excitement before deployment

By Capt. Edward Perrin
16TH SUST. BDE. PUBLIC AFFAIRS

For a unit getting ready for a deployment, the road to preparing for overseas contingency operations can be long and stressful with numerous training events and ceremonies. However, once a unit finally cases its colors, the Soldiers know it is time put on their game faces.

For Soldiers of the 515th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sust. Brigade, the Nov. 4 color casing ceremony in Mannheim triggered conflicting feelings of nervousness and excitement as the guidon disappeared underneath a green protective sleeve. Soldiers began to envision a new path leading to their deployment in support of Operation Enduring Freedom.

"I am excited, but I'm

also nervous and anxious to do well," said Sgt. Matthew Hendriks, a food services sergeant preparing for his first deployment. "I'm actually training with the line platoons, so my job is kind of back and forth because food service is not an exercise mission (for where we are going). There are civilians there that do that job. But all in all, I'm excited."

Like Hendriks, Sgt. Christopher Sloan, a truck driver from Dayton, Ohio, who is preparing for his second deployment and first to OEF, also feels a restless anticipation.

"I'm a little nervous and a little excited just because we've known about the deployment for so long, but we've done a lot of training so I believe we're ready for it and well prepared," said Sloan.

For the 515th Trans. Co., the road to support-

ing contingency operations has been long and tiring, but also rewarding, as the various training events the unit has conducted have made them confident and capable to execute their mission downrange.

"The training went extremely well. We came together as a team and everyone's ready and motivated to go and do our mission downrange," said 1st Sgt. Christopher Gilbreath, the first sergeant for the 515th Trans. Co. and a mechanical maintenance supervisor.

Although the unit's deployment to OEF will be the first deployment for Hendriks, he knows he has the support and confidence of his fellow Soldiers and is prepared to meet the challenges that lie ahead.

"I feel quite confident and ready to go. The 515th Trans. Co. is awesome," Hendriks said.

Pageant for Fisher House



Ismael Gomez

Margarita Karizskaja participates in the Miss Harley Davidson pageant before winning the Oct. 30 event held in Kaiserslautern as a fundraiser for the Landstuhl Fisher Houses. The event raised \$1,850. The two Landstuhl Fisher Houses provide lodging for families and patients receiving medical care at Landstuhl Regional Medical Center.

Challenges, rewards face outdoor recreation volunteers

By Jay Proctor
USAG KAISERSLAUTERN FAMILY AND MWR

Kristine Ratza and 2nd Lt. Delissa Ainsworth recently received volunteer awards from Kaiserslautern Army Community Service for their support of summer outdoor recreation programs.

"Volunteering with ODR is a great way for me to get familiar with the area and other community members, while experiencing all that Europe has to offer," said Ainsworth, a nurse at Landstuhl Regional Medical Center.

She led several day and weekend trips to locations throughout Europe, to include "The Climb," a 12-leg hiking program that covered 200 kilometers during the summer. That program challenged ODR, as it needed two trip leaders to provide vehicular support during one-way hikes.

During "The Climb," Ainsworth was needed twice for each hike, said ODR staffer Shannon Vitarbo, who was grateful for Ainsworth's assistance.

"Without a consistent volunteer we could not have made this program a success. We absolutely needed someone who would be there, rain or shine, for all 12 legs of this program," Vitarbo said. "Delissa had to do each leg twice



Courtesy photo

Volunteering with Kaiserslautern Outdoor Recreation offers 2nd Lt. Delissa Ainsworth, 28, of San Diego, a chance to travel in Europe. This past summer, she helped organize a series of weekend hikes and was recently recognized for her efforts.

so we could scout the routes."

Next summer, ODR plans to offer the program again, training additional staff to support each trek, Vitarbo said.

"I volunteer with ODR so that I can

have new travel experiences and share what I know about Europe with people who might otherwise be intimidated by unfamiliar environments," Ratza said. "Travel with ODR gets people out

and about and offers an easy way to visit some great locations in Europe."

Ratza also faced challenges during trips she led. In Spain, thieves targeted her group in their hotel lobby, dampening plans for kite surfing and sangria sipping. Ratza took the robbery victims to a nearby Spanish police station, staying with them to help communicate with the authorities and file necessary paperwork.

Police needed a description of the thieves. Ratza remembered seeing cameras in the hotel lobby and suggested they review recorded video. From that, police obtained images that would help convict the thieves, should they be apprehended.

Along with many other ODR volunteers, Ainsworth and Ratza are now eligible to receive the President's Volunteer Service Award in March. Kaiserslautern ODR relies on volunteer trip leaders for many of its trips, said Steve Selvey, who oversees the programs.

"Our volunteers are some of our most important assets," Selvey said. "Without our volunteers, we simply could not offer the diverse program we have. We are always on the lookout for mature and responsible adults to join the ranks of our volunteer corps."

Be careful in kitchen

Cooking related fires increase during holiday season

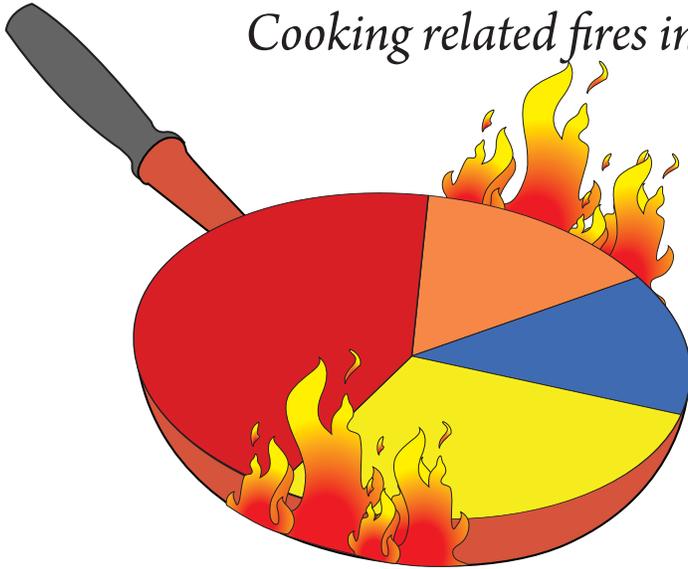


Illustration by Brandon Spragins

Cooking equipment, most often on the range or stovetop, is the leading cause of reported home fires and home fire injuries in U.S. Army Garrison Baden-Württemberg.

DPW Housing

The holiday season provides a great occasion to spend time with family and friends; however, it is also one of the most dangerous times of the year.

Families and friends often gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if residents don't practice safe cooking behaviors. Cooking equipment, most often on the range or stovetop, is the leading cause of reported home fires and home fire injuries in U.S. Army Garrison Baden-Württemberg.

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), to walk away from a cooking pot or to leave flammable materials, such as potholders or paper towels, near the stove. Whether cooking the family

holiday dinner or a snack for the children, practicing proper cooking behaviors will help keep families safe. Follow these cooking safety tips.

- ◆ Stay in the kitchen when frying, grilling or broiling food. If you leave, even for a short period of time, turn off the stove.

- ◆ When simmering, baking, roasting or boiling food, check it regularly. Stay home while food is cooking and use a timer.

- ◆ Stay alert. Don't cook when sleepy, drinking alcohol or taking medicine that causes drowsiness.

- ◆ Keep anything flammable (potholders, oven mitts, wooden utensils, paper or plastic bags, packaging, dish towels) away from the stove. Keeping the stove clean.

Call DSN 114, civ. 0621-730-115 in Mannheim or DSN 114, civ. 06221-17-114 in Heidelberg to contact the Fire Departments.

VEHICLE

continued from page 1

to or where to go to get their voice heard, particularly when it came to how they felt about customer service," Peal said.

"This is a prime example of utilizing ICE and seeing the results. With the input we [the staff] put in, combined with the comments we received from customers, it's very much a [team effort]," he said.

Peal estimated that 30 to 50 negative comments were received via ICE, with the majority about the lack of on-site bathrooms or the facility's hours of operation.

"We had some teachers and other folks who get off work when we were closed and adjusting the hours really helped them out. We are now open until 5 p.m. Monday through Friday, but we usually stop taking customers around 4:30 to make sure everyone is served," Peal said.

In the previous location, Peal said customers would have to use the bathrooms in the nearby kantine, which closed at 3 p.m. After that, there was no place for the customers to use.

"There were some times when people would complain, and we'd sometimes [point] them to the ICE channels. Now the difference here is like night and day, and everyone's happy. The transition was really smooth and the whole chain of command really worked hand-in-hand with us. It's been a long time coming."

Another improvement is the computer system that allows customers to sign in with three clicks of the mouse. While they wait their turn, AFN plays on the waiting room's new big-screen television, and children can enjoy the books and toys set up in the corner.

"I like it better here because it's not so crowded. It's more peaceful now, and the customer service is great. I like how they have more desks and more people," said Celia Alais, a Defense Commissary Agency logistician at Gernersheim Army Depot.

Vehicle registration clerk Sgt. William Gano, the only Soldier in the office, works when a civilian employee is absent. Gano followed Alais outside to help place shipping tags on her car without being asked.

"Overall, they're just very helpful," Alais said.

The individualized service is what customers said they really like about the new vehicle processing office.

Rosemarie Smith and her son Riley, 8, registered a 2012 Mini Cooper with the help of Maria Zeiler. Smith's first Mini, which she incidentally registered a few years ago

with Zeiler, went to Smith's daughter, a college student.

"I'm a frequent flier," laughed Smith. In regard to the new facility, Smith said. "There is a lot of information and I like the fast service."

Alais and Smith's remarks don't surprise Peal, who said the new setup is better for the employees and the customers.

"We've received a lot of [verbal] compliments. The customers really like the setup, and it's just been great. It has boosted our morale because we are finally able to work comfortably. It was hard sometimes to keep the smiles on our faces but now the service and smiles are more genuine," Peal said with a laugh.

Customers are encouraged to use the ICE websites or fill out comment cards. To submit feedback, visit www.bw.eur.army.mil. Clickable ICE icons are located at the

bottom of the home page.

The garrison's Facebook page, www.facebook.com/bwnow and the BNow site, www.mybwnow.ning.com, are also available for feedback, but the ICE is the official channel.

The vehicle registration office, in Bldg. 1563 on Spinelli Barracks, opened Nov. 15. It is open 7:30 a.m.-5 p.m. Monday through Friday (including training holidays), and it is closed American holidays. DSN 384-6909, civ. 0621-730-6909. From Heidelberg, take the A-656 exit toward Mannheim-Feudenheim and follow signs to U.S. facilities.

The satellite registration office on Patrick Henry Village in Heidelberg closed earlier this month, so the Spinelli office is the only vehicle processing facility for the Mannheim and Heidelberg communities.

HEALTH CARE

continued from page 1

treatment options.

"The important thing to keep in mind is that we will do our best to fill every appointment slot, every day, for every military health provider in our MTFs. That is our promise to all of our beneficiaries," Crosland said.

The closure of the Heidelberg Acute Care Clinic Sept. 30 marked the end of the provision of care for acute minor illnesses and urgent care, as well as all

weekend and holiday health care services.

Additionally, the Benjamin Franklin Village Clinic closure ended health care in an MTF for family members and enrolled beneficiaries in the Mannheim area.

Active duty Soldiers assigned in Mannheim continue to receive health care at the Coleman Barracks Troop Medical Clinic.

HMEDDAC officials emphasized

that all emergency and after hours care is provided on the German economy for the Heidelberg and Mannheim areas.

For emergencies and ambulance service in the Heidelberg area, call DSN 117, civ. 06221-57-117. In the Mannheim and Coleman Barracks areas, call DSN 116, civ. 0621-730-116.

The Call Care Center (medical appointment line) can be reached at DSN 371-2622, civ. 06221-17-2622,

toll free at 0800-3762-2273, or from outside Germany at 49-6221-17-2622. In addition, the Nurse Advice Line can be reached toll free at 0800-825-1600.

Beneficiaries can familiarize themselves with "The ERMIC Guide to Host Nation Care" for their respective communities. The guide can be found online at <http://ermc.amedd.army.mil/mannheim/HNGuide/index.cfm> or <http://ermc.amedd.army.mil/heidelberg/HNGuide/index.cfm>.

A German Holiday Tradition

Most Christmas markets begin this week

By Katja Pinkston

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Christmas in Germany would not be complete without visiting a traditional German Weihnachtsmarkt or Christmas market.

This is the time to stroll along pathways dotted with enchanting wooden booths that offer their goods on the town's square; it is the time to see the glowing lights of a Christmas tree surrounded by half-timbered houses and medieval church steeples; it is the time to breathe in the aromas of glühwein, roasted almonds and local delicacies that linger in the air.

Several of the old and popular Christmas markets became a tradition during the 15th century. During Advent – the four weeks preceding Christmas – local craftsmen presented their products at the market squares in towns like Augsburg or Dresden.

The merchants offered not only practical goods, but also foods like roasted chestnuts to the townsfolk. Over the years, the practice of offering a special market before the Christmas holidays was established.

Soon, culinary delights linked to Advent and Christmas became a tradition of their own in Germany. The most famous of these include Dresdner Stollen, a cake with candied fruit, Nürnberger Lebkuchen, a gingerbread-like sweet, or glühwein, a red

wine combined with spices and served warm.

In the last six centuries, Christmas markets have blossomed not only in size but also in quantity.

Larger cities like Frankfurt or Mannheim have approximately 200 booths, while visitors to Stuttgart's market will find close to 280 booths to capture their interest.

The Frankonian city of Nürnberg hosts one of Germany's most well-known markets – the Christkindlesmarkt.

But it's not size that makes the markets so enticing. Smaller markets such as the one in Ladenburg situated between Heidelberg and Mannheim are popular because of their more tranquil and romantic atmosphere.

Many other smaller towns and even villages hold their own, locally unique Christmas, Christkindles or Advent markets that are often set in the middle of the town's square and may be open only for one weekend.

A typical Christmas market hosts a number of booths that offer a wide variety of goods. Christmas decorations and gifts are a standard, but visitors can also find clothing, costume jewelry or toys. Also, handmade products like wooden figures or homemade jams and local honey are popular items at the markets.

However, just as each town has its unique history and setting, each Christmas market has its own

Local Holiday Markets

Mannheim Christmas Market – opens 6 p.m. today at the Friedrichsplatz Wasserturm. It is open daily 11 a.m.-9 p.m. until Dec. 23. www.weihnachtsmarkt-mannheim.de.

Heidelberg Christmas Market – opens 5 p.m. today at the Marktplatz. It has more than 140 booths spread over six locations. Open daily 11 a.m.-9 p.m. Sundays-Fridays and 11 a.m.-10 p.m. Saturdays until Dec. 22. www.heidelberg-marketing.de.

Kaiserslautern Christmas Market and New Year's Market – started Monday. It is open 10 a.m.-9 p.m. Mondays-Wednesdays, 10 a.m.-10 p.m. Thursdays-Saturdays and 1 p.m.-9 p.m. Sundays through Dec. 23 and Dec. 27-30. www.kaiserslautern.de.

For a complete list of markets – in Germany, Belgium or the Netherlands, visit www.usagschinnen.eur.army.mil/sites/local/leisure.html. For a list of markets in Baden-Württemberg, visit www.weihnachtsmarkt-deutschland.de/baden-wuerttemberg.html.

flair. Some offer rides for children, special attractions such as a Santa Claus or even a concert or play performed by the locals.

Generally, all Christmas markets offer food like roasted almonds or bratwurst and the customary glühwein. At many markets, glühwein is served in a cup with the town's name and the year printed on the front. If you don't redeem the deposit (pfand) on the cup, you can keep it as a souvenir.

With such a large variety of Christmas markets, it's difficult to resist visiting more than one. No matter where they are in Germany, Christmas markets will please the senses and evoke a festive mood.



Mannheimer Weihnachtsmarkt GmbH

The Mannheim Christmas market opens today and continues through Dec. 23. It is situated around the city's landmark, the historic water tower, or Wasserturm, near downtown Mannheim.

GERMAN NEWS

Children offer savings to robber

An armed robber who held up a babysitter at gunpoint in Lower Saxony Nov. 14 was shamed into leaving empty-handed by two young children who offered him their pocket money. The man, wearing a balaclava and a long black coat, rang the doorbell and forced his way into the house. He had the terrified babysitter at gunpoint when the children she was looking after came downstairs. When they offered him their savings, he appeared to be overcome with shame and left the house without a word – or a cent.

TV tower €1 million makeover

Germany's tallest structure – the Fernsehturm in central Berlin – is scheduled within the next few months for its first renovation in 15 years. At a cost of more than €1 million, the renovation will make the tower more attractive and better able to cope with growing crowds. It will remain open during renovations. A favorite with tourists for its East German kitsch and revolving restaurant at the top, it opened Oct. 3, 1969, and is visited by around 1.2 million people a year.

Alzheimer's detection via nose

Scientists at the Technical University of Darmstadt in central Germany believe Alzheimer's disease can be diagnosed years before any symptoms are noticed – by looking up patients' noses. According to researchers, early diagnosis can slow the development of incurable dementia. Until now diagnosis has only been possible by using radiological techniques like computer or magnetic resonance tomography, or with memory tests, which do not allow for early diagnosis. Examining a patient's nose is also less difficult and uncomfortable. So far tissues from 100 dead Alzheimer's patients have been inspected while nose examinations are being carried out on patients at Ludwig University in Munich.

Rocky musical in Hamburg

Sylvester Stallone recently visited the opera house in Hamburg to announce the world premier of the "Rocky" musical next November. The show will replace the currently-running "Sister Act." Casting has not yet started for the musical, which will tell the story of the outcast boxer, his struggles in and out of the ring and his romance with a woman named Adrian. In 1976, when Stallone was producing the first Rocky film, he had such difficulty finding an actor who he felt was right to take the role, he decided to do it himself. A different actor, however, will be cast in the musical.

SOURCE: www.thelocal.de



Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

I have been a military spouse for the past 10 years, and now my husband is seeking a divorce. I need to know what my entitlements are and what I should expect. We have a 7-year-old daughter and I work full-time, but he was the main financial support for our family. We were living with my mother prior to his deployment and had decided it was best for me to stay there until he redeployed this past summer.

When he returned, he dropped the bomb on me. Now I am about to move into a rental home with my daughter. He verbally promised me a monthly amount, since I am unable to afford it on my own, but he has now decreased it.

Regarding basic allowance for housing, during a separation (he left the home), am I entitled to it until the divorce is final? Should I go to his commander to set up an allotment? What ins and outs should I know about to protect myself and my daughter's well-being?

My husband has totally left us out. Thank you for your time, and I'm looking forward to hearing from you. NR

Dear NR,

I hope you and your daughter are doing well since you wrote.

Your situation is a running theme with many of the letters I receive. I get many responses regarding the advice I give on this issue. Some say commanders helped, while others report they did not. Many spouses stated they made an inspector general report and it was helpful.

The overwhelming consensus is to seek legal assistance, either with a legal separation until the divorce is filed, or with a court order stating a certain amount of child and spousal support.

I can't tell you exactly what you are entitled to, but I know your husband can't leave you and your daughter destitute. Starting with his commander would be a good idea and hopefully he or she will provide assistance.

I truly regret your husband dropped this bomb on you. I can tell from your letter that it was a shock. Hopefully, you can get support from family and friends at this time. Be strong and continue to take care of yourself and your daughter. Please keep in touch and let me know the outcome. I wish you the best.

Below you will find a brief summary of the regulation regarding this issue, which may be helpful when you speak with your husband's commander.

In accordance with Army Regulation 608-99, "Soldiers are required to manage their personal affairs in a manner that does not bring discredit upon themselves or the U. S. Army, to include financial support of family members.

The Army has designated a portion of a Soldier's basic allowance for housing entitlement to care for family members if the Soldier and spouse are separated (or simply living separately).

While rules apply for specific

circumstances, typically family members are authorized a portion of BAH Type II dependent on the number of dependants who can claim the Soldier's support. The amount is required to be paid to family members whether the Soldier is receiving BAH entitlements or not.

Commanders have a duty, by this regulation, to take certain actions whenever a non-support complaint is brought to their attention. The commander will gather facts by reviewing official documentation and speaking to the Soldier, spouse, JAG or whomever else with pertinent knowledge of the issue.

The commander then determines whether family support is owed, how much, and then formally counsels the Soldier on the findings, ordering him to make payments if required.

The Soldier can then decide how to make payment – cash, check, money order or voluntary allotment.

The commander must respond in writing to the spouse within 14 working days informing of his or her findings and what actions he or she ordered the Soldier to do.

Of note, the allowance is for housing of family members, so a Soldier is authorized to directly pay for rent, mortgage, et cetera on housing to family members to fulfill the support obligation.

However, if that cost is less than the BAH-II rate, the Soldier will pay dependants the difference. In extreme cases, the commander can order support for the family beyond BAH-II if the family's basic needs are not being met.

Any subsequent requests for non-support of family members will go to the higher level commander for resolution. If the spouse is not satisfied with the commander's decision, she or he should seek civil legal action."

Where do you turn when **Severe Weather** hits?

	DSN	Civilian
For road condition information call:		
In Heidelberg and Mannheim:	388-2223	06221-678-2223
In Kaiserslautern:	480-2653	06371-47-2653

Road, weather conditions, school closure information online:
www.imcom-europe.army.mil under Safety – Road Conditions
**A link can be found under Road Conditions on the USAG Baden-Württemberg homepage: www.bw.eur.army.mil.

Listen to AFN for updates:

Heidelberg:	104.6 FM	AM 1143
Kaiserslautern:	100.2 FM	AM 1107
Mannheim:	107.3 FM	AM 1143

Via AFN decoders: FM signal is Channel 152. The AM signal is Channel 153.
**For duty schedule variations contact your chain of command.

GET OUT!

area events

More events online at <http://myBWnow.ning.com>

November 23

Thuringian Jazz Mile Erfurt – Erfurt hosts the Thuringian Jazz Mile. The festival, considered to be one of the biggest jazz festivals in Europe, blends the sounds of international and German jazz bands with several performances around the city through Nov. 27. www.jazzmeile.org.

Ice Magic – Visitors can enjoy a special attraction of the holiday season as Eiszauber, or Ice Magic, returns to Schwetzingen. A 4,520-square foot ice skating rink will be set up on Schlossplatz, the main square facing the front of the palace. Inside the adjoining tents, Café Journal will offer a range of alpine food specialties in Niki's Stadel apres ski lounge. The rink and its sideshows will remain open until Jan. 29. Hours are 11 a.m.-10 p.m. There will also be an ice soccer tournament, live music and candle light performances. Reservations at Niki's Stadel, a popular venue for office Christmas parties and other events, may be placed by calling Café Journal in Schwetzingen, civ. 06202-93270. www.cafejournal.de.

Kaiserslautern on Ice – Glide and twirl over 600 square feet of ice under a cozy tent. Each year visitors flock to the Kaiserslautern ice rink in the heart of the city. The rink will be set up in a new event hall on the area of the Kaiserslautern Gartenschau and will feature some festive surprises in the run up to Christmas. Throughout November and December the rink will be visited by Santa Claus himself. Rink is open 9 a.m. - 9 p.m. Monday-Thursday and 9 a.m. - 10 p.m. Friday-Saturday through Feb. 13.

Stuttgart Christmas Market – Experience Germany's 315-year-old Christmas Market in Stuttgart spread across the squares between the cathedral and the castle. Nearly 2 million visitors flock to see the city lights and to visit nearly 300 stalls with wooden toys, hand-crafted gifts, glassware, sheepskin clothing, gingerbread, honey waffles, wine and baked apples. A daily Christmas concert begins at 6 p.m. at the Old Castle. The market is open 10 a.m.-9 p.m. Monday-Saturday and 11 a.m.-8 p.m. Sunday through Dec. 23. www.stuttgart-weihnachtsmarkt.de/index.php.

Baden-Baden Christmas Market – The Baden-Baden Christkindelsmarkt, held near the distinctive Kurhaus, draws thousands of tourists from all over the world to celebrate the holiday season including bands that perform twice daily in front of the Kurhaus. There are more than 50 vendors selling cakes, crafts, cookies, jewelry, holiday gifts and more. The market will be open through Dec. 26 11 a.m.-9 p.m. Monday-Friday and 11 a.m.-3 p.m. Christmas Eve.

November 24

Wiesbaden Christmas Market – Check out live entertainment and more than 100 booths during the Wiesbaden Christmas market. The market, located on the

Schlossplatz, is open 10:30 a.m. - 9 p.m. Monday-Thursday, 10:30 a.m. - 9:30 p.m. Friday-Saturday and noon-9 p.m. Sunday. Market runs through Dec. 23.

Heilbronn Christmas Market – This market features small wooden huts along the Salmer- and Fleinerstrasse as well as the Marktplatz. An ice rink and a daily children's program are also offered. The market opens daily at 11 a.m. through Dec. 22.

Mühlacker Christmas Market – More than 100 vendors will sell their wares at the Kelterplatz and the Konrad-Adenauer-Platz during this market through Nov. 27. A smaller variety market is set up adjacent to the Christmas market on Mühlhof. Both markets open 10 a.m. Wednesday-Saturday and 11 a.m. Sunday.

November 27

Europa Park Christmas Market – Europa Park hosts an unforgettable Christmas Market through Jan. 9 when it transforms into a Winter Wonderland with thousands of light displays, exciting performances and shows on ice that will please all ages. The park is open 11 a.m. - 7 p.m. daily and closed Christmas Eve and Day. Europa-Park-Strasse 2, 77977, Rust. www.europapark.de.

December 1

Nokia Night of the Proms – Inspired by the idea of the British Last Night of the Proms, this musical event mixes pop and classical music. It was developed in 1984 by two Belgian students and was such a success, it has continued yearly and been presented in many countries and in Germany since 1994. Audiences are taken on a journey through familiar classical repertoire, timeless pop classics, sing-along tunes and get-up-and-dance music. Festhalle, Ludwig-Erhard-Anlage 1, 60327 Frankfurt. Civ. 069 9200 9213. www.buzzoffbase.com.

December 2

Holiday Magic – The magic of the season shines at the Village Pavilion on Patrick Henry Village in Heidelberg 4-9 p.m. at the community Christmas market with crafts, entertainment, a tree lighting ceremony and a visit from Santa Claus. DSN 388-9098, civ. 06221-338-9098, www.mwrgermany.com.

December 3

Medieval Market – The city of Kaiserslautern will host a medieval arts and crafts market through Dec. 5. Take a journey through this unique market set in the ruins of Emperor Barbarossa's former palace. This medieval market will transport you back in time for an unforgettable day of shopping and dining. Kaiserpfalz, Willy-Brandt-Platz, 67657 Kaiserslautern. www.dielegende.com.

December 4

Christmas Concert – The Mannheim Philharmonic Orchestra will give its yearly Nikolauskonzert 5 p.m. at the Mozartsaal in the Rosengarten in Mannheim. Tickets: info@mbp-ev.de or e.breitwieser@google-mail.com.

December 5

Last Minute Shopper's Mini Bazaar – Find exquisite European treasures at a last minute shopper's mini bazaar 9 a.m.-6 p.m. in Heaton Hall, Landstuhl Regional Medical Center through Dec. 8. DSN 493-4184, civ. 0631-3406-4184.

December 7

English Language Stammtisch – The stammtisch group will discuss the Rise and Decline and Fall of Contemporary Empires, led by Mary Louise Murray-Johnson, stammtisch group founder. The meeting will be 6:30 p.m. in a new location – at the Restaurant Zum Gueldehen Schaf, Hauptstrasse 115, Heidelberg Altstadt Civ. 06221-20879.

December 8

Ski Austria Weekend – Heidelberg International Ski Club travels to Stuben, Austria, Dec. 8-11 where the slopes are less than a two-minute walk from the hotel. Ski pass covers Stuben, St. Christoph, Lech, Zurs and St. Anton. <http://heidelbergerski.com>.

Mannheim Concerts

Rocky Horror and Gospel Singers – Due to high demand, BB Promotion announces extra performances for two concerts at Mannheim's Rosengarten: a third show of Richard O'Brien's Rocky Horror Show is scheduled for 2 p.m. Dec. 31. Queen Esther Marrowes Harlem Gospel Singers Show will play 3 p.m. Dec. 26. www.rheinneckarticket.de or www.bb-promotion.com.

Alex Max Band – Tickets are now on sale for the Alex Max Band Forever Yours Tour at the Capitol Mannheim 8 p.m. Jan. 17. Tickets: civ. 0621-101011 or www.bb-promotion.com.

Chris Rea Concert – The British singer and songwriter will perform his Santo Spirito Tour 2012 at the Rosengarten in Mannheim Feb. 25. Concert starts at 8 p.m. Tickets: civ. 0621-10-1011, www.bb-promotion.com.

Bryan Adams – The singer and songwriter will perform at the SAP Arena in Mannheim March 29. Concert begins at 8 p.m. Tickets: civ. 0621-101011, www.bb-promotion.com.
Jethro Tull's Ian Anderson and Band – Celebrating the 40th anniversary, Anderson will perform the Thick As a Brick Tour at the Rosengarten, Mannheim, May 27 at 8 p.m. Tickets available now: civ. 0621-101011, www.bb-promotion.com.

coming to THEATERS

TWILIGHT SAGA: BREAKING DAWN PART 1

Bella and Edward, plus those they love, must deal with the chain of consequences brought on by marriage, honeymoon and the tumultuous birth of a child, which brings an unforeseen and shocking development for Jacob. (Rated PG-13 for disturbing images, violence, sexuality, partial nudity and some thematic elements.) 117 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Nov. 23 - COLOMBIANA (PG-13) 7 p.m.
Nov. 24 - HAPPY FEET 2 (PG) 4 p.m.;
THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.
Nov. 25 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.; 10 p.m.
Nov. 26 - HAPPY FEET 2 (PG) 4 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.; CONTAGION (PG-13) 10 p.m.
Nov. 27 - HAPPY FEET 2 (PG) 4 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.
Nov. 28 - CONTAGION (PG-13) 7 p.m.
Nov. 29 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.
Nov. 30 - HAPPY FEET 2 (PG) 7 p.m.
Dec. 1 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 7 p.m.

Vogelweh, Galaxy

Nov. 25 - JACK AND JILL (PG) 7 p.m.
Nov. 26 - COLOMBIANA (PG-13) 4 p.m.; THE DEBT (R) 7 p.m.
Nov. 27 - THE HELP (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

Nov. 23 - JACK AND JILL (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE HELP (PG-13) 11 a.m., 3 p.m., 6:30 p.m.; COLOMBIANA (PG-13) 11:15 a.m., 2 p.m., 4:30 p.m., 7 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 4:30 p.m., THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
Nov. 24 - JACK AND JILL (PG) 11:30, 2 p.m., 4:30 p.m., 7:15 p.m.; THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.
Nov. 25 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 10 p.m.
Nov. 26 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15, 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 10 p.m.
Nov. 27 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) 12 p.m., 2:30 p.m., 5 p.m., 7:15 p.m.
Nov. 28 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) 12 p.m., 2:30 p.m., 5 p.m., 7:15 p.m.
Nov. 29 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) 12 p.m., 2:30 p.m., 5 p.m., 7:15 p.m.
Nov. 30 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; CONTAGION (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) 12 p.m., 2:30 p.m., 5 p.m., 7:15 p.m.
Dec. 1 - THE TWILIGHT SAGA: BREAKING DAWN PART 1 (PG-13) 11 a.m., 2:15 p.m., 5:15 p.m.; HAPPY FEET 2 (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; I DON'T KNOW HOW SHE DOES IT (PG-13) 12 p.m., 2:30 p.m., 5 p.m., 7:15 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

Mannheim Cineplex (P4 13), Cinemax (M7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Nov. 24-30 - BREAKING DAWN PART 1 (PG-13) 10:15 p.m. at CinemaxX
Nov. 25-26 - A DANGEROUS METHOD (R) 10:45 p.m. at Cineplex

community HIGHLIGHTS

Autobahn closures

The connecting ramp from B38 Mannheim toward A6 Frankfurt Kaiserslautern and the connecting ramp from A6 to A659 and B38 westbound to Mannheim are closed through Nov. 28.

CIF Closure For Inventory

The U.S. Army Garrison Baden Württemberg Department of Logistics and the Central Issue Facilities in Mannheim, Heidelberg and Kaiserslautern will be closed Nov. 28-Dec. 2 for annual inventory. Assistance will be provided for mission essential and emergency cases only. DSN 384-6050, civ. 0621-730-6050.

Angel Tree Program

Army Community Service is sponsoring Angel Trees at the commissary and library on Patrick Henry Village in Heidelberg, ACS at the Community Support Center and at the Mannheim Main Exchange Nov. 28-Dec. 9. Participants select angels and purchase a gift that corresponds to the age and gender, then return the unwrapped gift with its angel to a drop box at these same locations by Dec. 9. DSN 370-6975, civ. 06221-576975.

Garrison Awards Ceremony

An awards ceremony for U.S. Army Garrison Baden-Württemberg civilians and military is scheduled 2:30 p.m. Nov. 29 at the Patrick Henry Village theater in Heidelberg. DSN 373-8789, civ. 06221-17-8789.

Christmas Tree Lighting Ceremony

German and American children can decorate a large Christmas tree 4 p.m. Dec. 7 directly across from Kilbourne Kaserne main gate. This will be the U.S. Army NATO Brigade's final Christmas tree lighting ceremony due to the relocation and the closure of Tompkins Barracks and Kilbourne Kaserne. Christmas caroling and live music will be provided by the U.S. Army Europe Band, and there will be an appearance from Santa Claus.

Combined Federal Campaign

The Combined Federal Campaign Overseas continues through Dec. 2. So far, the U.S. Army Europe and IMCOM-Europe manager has collected \$1,441,040.11 from 9,531 donors with a goal of \$2.5 million. This is an employee participation rate of 23 percent, an average contribution of \$151.20 and a per-capita contribution of \$34.25. More than 2,400 charities are supported by CFC contributions, as well as family and youth programs, of which 100 percent will be returned to the community. Each charity has been researched and vetted to ensure all donations are spent reasonably and responsibly. Military and civilian employees can donate using a pledge form, online at www.cfcoverseas.org or through an online payroll deduction.

local

EMPLOYMENT

Boy Scouts

Heidelberg Boy Scout Troop 1 is looking for a new Scoutmaster. Civ. 01522-489-8817, <http://hdtroop1.club.officelive.com>.

Girl Scouts

Energetic community-minded volunteers are needed for the Heidelberg Girl Scouts. Training and mentoring provided. HeidelbergGS@yahoo.com.

KAISERSLAUTERN

Community

•Single Soldiers Thanksgiving

— Single Soldiers can enjoy free Thanksgiving dinner and bowling 2-10 p.m. Nov. 24 at the Sembach Bowling Center, Bldg. 104.

Reservations are required. DSN 493-4469, civ. 0631-3406-4469.

•**Government Jobs** — Job seekers can learn more about work with the federal government 10 a.m. Nov. 25 at Army Community Service, Bldg. 2917 on Pulaski Barracks. DSN 493-4029, civ. 0631-3406-4029.

•**Landstuhl Clinics Closure** — Landstuhl Regional Medical Center clinics will be closed Nov. 25 due to a training holiday. The LRMPC pharmacy will be open 8 a.m.-4 p.m. The emergency room will remain open. DSN 590-8144, civ. 06371-9464-8144.

•**Game-A-Ganza** — Participate in nine and eight-ball tournaments, chess, card and board game competitions 2-6 p.m. Nov. 26 and last Saturdays at the Kaiserslautern Community Activity Center. DSN 483-6500, civ. 0631-411-6500.

•**Holiday Cinema Sunday** — Children 12 and under can enjoy the classic holiday film *Miracle* on 34th Street 2:30-6:30 p.m. Nov. 27 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-536-6000.

•**Army Family Team Building** — Registration is open for the Army Family Team Building leadership development class. Level II is Nov. 29-30 and level III is Dec. 6-8 in Bldg. 2917 on Pulaski Barracks. Topics include communication, personal time management, stress management and creative problem solving. Child care available for those who pre-register. DSN 493-4357, civ. 0631-3406-4357.

•**Great Ideas Support Group** — The Great Ideas Support Group, sponsored by the Exceptional Family Member Program, meets 6 p.m. Nov. 29 in Bldg. 2891 on Pulaski Barracks. The group supports those diagnosed with diabetes by offering information and resources. Registration is required. DSN 493-4094, civ. 0631-3406-4094.

•**Miesau CDC Hours** — The Kleber Kaserne Child Development Center's new hours will be 6 a.m.-6 p.m. Monday-Friday starting Dec. 1.

•**A Christmas Carol** — KMC Onstage presents A Christmas Carol 7:30 p.m. Dec. 1-3, 5-10 and 3 p.m. Dec. 4, 11 at the Galaxy Theater on Vogelweh. The song-filled adaptation of Dickens' classic tale reawakens the true spirit of Christmas in a heart-warming carol of beauty and redemption. Tickets are available in the One Stop Shop in Landstuhl or at webtrac.mwr.army.mil.

•**Cards For A Cause** — The Cards for a Cause Club seeks volunteers to make blank cards and small projects for wounded warriors 11 a.m.-4 p.m. Dec. 5 at the Woodlawn Golf Course

on Ramstein Air Base. Coming up, the Ramstein Middle School National Junior Honor Society will make cards as a service project 2:30-4 p.m. Dec. 14 at the school. Civ. 06301-719376.

•**Gstaad Ski Weekend** — Outdoor Recreation goes skiing in Gstaad, Switzerland Dec. 9-11. DSN 493-4117, civ. 0631-3406-4117.

•**Bastogne Memorial** — Join Outdoor Recreation on the Bastogne Memorial March in Belgium Dec. 10. DSN 493-4117, civ. 0631-3406-4117.

•**Quilt Guild** — The Rheinland Pfalz Quilt Guild meets 9:30 a.m. Dec. 15 in the Ramstein North Chapel and 6 p.m. Dec. 22 in the Kaiserslautern Landstuhl Spouses Association Building on Pulaski Barracks.

•**HIRE!D!** — Applications for winter term are accepted through Dec. 16 for teens 15-18 interested in preparing for college and the future workforce. Apply online, at Parent Central Services, Bldg. 2898, Pulaski Barracks or at One Stop Shop, Landstuhl Library, Bldg. 3810. mwrgermany.com

HEIDELBERG

Education

•**ACS Classes** — Applying for a Federal Job, 9-11 a.m. Nov. 28-29; Army Family Team Building Level I, 9 a.m.-2 p.m. Nov. 29-30; English as a Second Language 6-7:30 p.m. Mondays in the ACS Annex, Bldg. 4531 on PHV. Registration is required. Classes in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

•**University of Oklahoma** — The University of Oklahoma Advanced Programs-Europe is now accepting enrollments for Master of Human Relations and Master of Arts with an emphasis in International Relations degree programs. Courses are taught on-site, on-line and through independent study by campus professors. DSN 373-7919, civ. 011-49-6221-17-7919.

Community

•**Community Bank** — Due to the Thanksgiving holiday, all Community Banking Centers in Heidelberg will be open 9:30 a.m.-noon Nov. 24. ATMs, telephone banking and online banking will remain available. DSN 370-8580, civ. 06221-600862.

•**Slapshots Thanksgiving** — Join the Thanksgiving party at Slapshots on Patton Barracks starting 4 p.m. Nov. 24. mwrgermany.com

•**Thanksgiving Potluck** — Service members and guests 18 and older can bring favorite holiday dishes to the Thanksgiving meal at the Warrior Zone on Patton Barracks 7:30 p.m. Nov. 24. DSN 373-5190, civ. 06221-17-5190.

•**Gym Hours** — Due to a training holiday Nov. 25, the hours at Tompkins Gym will be 10 a.m.-4 p.m. and Patton Gym will be 9 a.m.-6 p.m. Stronghold Workout Room

and Campbell Gym will be open during normal hours.

•**Training Holiday Closures** — The library and the Arts and Cultural Center on Patrick Henry Village, the Wood Shop, Roadside Theater, the Graphics Office and the Passport Studio in Bldg. 105 on Patton Barracks and the Training Support Center Heidelberg Photo Lab in Bldg. 128 will all be closed Nov. 25 due to a training holiday.

•**Recycling, Reuse Centers** — The recycling and reuse centers on Patrick Henry Village will be open during normal business hours Nov. 25. Recycling center: 8 a.m.-4 p.m. Reuse center: 8 a.m.-3:30 p.m. DSN 387-3180, civ. 06221-4380-3180.

•**Christmas Market** — Travel to Nürnberg with Outdoor Recreation for a Christmas market Nov. 26. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

•**Advent Wreath Workshop** — All faiths are invited to participate in an Advent wreath workshop 4 p.m. Nov. 27 at the Patrick Henry Village Pavilion. Civ. 06221-17-6190.

•**The Art of David Sohl** — Artist David Sohl's art work is on display during business hours through Nov. 27 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. DSN 388-9418, civ. 06221-338-9418.

•**Native American Heritage** — Enjoy chicken pot pie, pueblo posole, skillet squash, wild rice and sweet potato pie in honor of Native American Heritage Month 11:30 a.m.-1 p.m. Nov. 29 at the Campbell Barracks Dining Facility. Displays will be available at School Age Services on the Shopping Center and the library on Patrick Henry Village. DSN 373-7955, civ. 06221-17-7955.

•**The Secret Garden** — Roadside Theater on Patton Barracks presents *The Secret Garden* 7:30 p.m. Dec. 2, 3, 9, 10, 16 and 17 and Jan. 6, 7, 13 and 14 and matinee 3 p.m. Dec. 11, 18 and Jan. 8, 15. The Tony-award winning musical, based on the children's classic, tells the story of 10-year-old Mary Lennox who is orphaned by a cholera epidemic in India. She is sent to live with her uncle in England. Reservations recommended. DSN 373-5020, civ. 06221-175020, www.roadside-theater.com.

•**Parents Night Out** — Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

•**Messiah Concert** — Handel's Messiah will be performed 7 p.m. Dec. 4 at the Mark Twain Village chapel. Civ. 06221-17-6190.

•**Life Teen** — Catholic teens meet 10:30 a.m. Dec. 4 and 11 at Patrick Henry Elementary School. Civ. 01515-292-5550.

•Phantasialand and more

— Youth ages 12-18 enrolled in Child and Youth Services can register by Dec. 6 for a trip to Phantasialand theme park, the chocolate museum, the Cologne Cathedral and Christmas markets Dec. 19-21. DSN 388-9396, civ. 06221-338-9396, www.mwrgermany.com.

•**Breastfeeding 101** — Parents can attend Breastfeeding 101 in the Wellness Center, Bldg. 3617, on Nachrichten Kaserne 9 a.m.-noon Dec. 6 and first Tuesdays. Sign-up is required. Civ. 06221-17-3200.

•**Council of Catholic Women** — The Military Council of Catholic Women meets 6:30 p.m. Dec. 13 at the Mark Twain Village chapel and 9 a.m. Dec. 15 at the Patrick Henry Village chapel. Civ. 01515-292-5550.

•**Cloth Diapers** — The cloth diapering group will meet 10 a.m. Dec. 15 at Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-73-67033.

•**On-site Tutoring** — The Lion's Den on Patrick Henry Village offers on-site tutoring 4-8 p.m. Monday-Friday. DSN 388-9396, civ. 06221-338-9396.

MANNHEIM

Community

•**Plymouth Rock** — Enjoy a full Thanksgiving potluck meal starting 5:30 p.m. with performances by local bands and hip hop acts starting 8 p.m. Nov. 23 at the Warrior Zone on Coleman Barracks. DSN 382-4410, www.mwrgermany.com.

•**BOSS in London** — Better Opportunities for Single Soldiers tours London and attends a musical; and goes to Lourdes, France. Both trips are scheduled for Nov. 24-28. Civ. 0173-313-2075.

•**Coleman Gym** — Coleman Gym's hours will be 10 a.m.-5 p.m. Nov. 25.

•**Call of Duty Night** — Challenge yourself or your buddies on X-Box or Play Station 3 4:30-10 p.m. Nov. 25 and every Friday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

•**Action, Adventure Movie** — Enjoy an action or adventure-themed movie in a HD home theater room with surround sound 4:30 p.m.-midnight Nov. 26 and every Saturday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

•**Comedy Movie Night** — Laugh out loud with a comedy movie 4:30-10 p.m. Nov. 27 and every Sunday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

•**Madden 11 Night** — Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Nov. 30 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

•**ACS Satellite Office** — The Army Community Service satellite office hours are now 8 a.m.-noon Monday-Wednesday, Friday, 1-4:30 p.m.

Army chaplain in waiting wins Marine Corps marathon

By Tim Hips
IMCOM

As if a fresh master's in divinity earned him some sort of divine assistance, Army Reserve 1st Lt. Chad Ware ran the fastest Marine Corps Marathon in 14 years on Halloween Eve. He won with a time of 2 hours, 19 minutes and 16 seconds.

Competing for the All-Army Team, Ware had set only one goal for the 26.2-mile run around Washington, D.C. He confessed that winning had not crossed his mind. He was not overly concerned about running his personal-best time. He did not even feel the need to run the qualifying standard to compete in the 2012 U.S. Olympic Team trials for marathon, which he missed by only 16 seconds. All that mattered, Ware said, was representing the U.S. Army, and being part of something larger than himself. Still feeling strong around the

14-mile mark, the game plan suddenly changed for Ware, who went on to accomplish a feat hundreds of thousands of runners before him could not.

"When I caught up to the leaders around mile 14," he explained, "there were two guys who had surged around mile eight or nine, and I did not go with them at that time because they just went way too fast. They did like a five-minute mile and I ran like 5:09 or 5:10 for that mile, which was still faster than my average pace ... I thought they were going to be gone and I wouldn't see them again. But just after the halfway point, I realized I was catching back up to them and then caught them at 14. And then at 19, when I didn't hear the last guy's steps behind me, I thought, 'Hey, I might have a good chance at this.'"

Ware still had a long way to go. And he had to go it alone, a distance runner's toughest task.



Brigitta Bruehl-St. Armand

Army Reserve 1st Lt. Chad Ware of Wheeling, Ill., points to heaven as he reaches the finish line of the Marine Corps Marathon in Washington, D.C., in 2 hours, 19 minutes, 16 seconds, the fastest winning time in the past 14 years of the event.

Hiking Success

Members of the Heidelberg community's Boy Scout Troop 1 conducted a 10-mile hike from Eberbach to Zwingenberg Saturday, stopping along the way to explore Eberbach, founded in 1230 by King Heinrich VII. The Burg Zwingenberg castle was built in the 13th century, and is ideally situated between the Neckar valley and the Wolfschlucht.



Courtesy photo



Stephanie ElSayed

All Stars

From left, Heidelberg High School football players James McClure, Carlos Dillon, Kevin Gray, Calvin Baisden and Mezzan ElSayed meet on the field following the All Star North-South Football Championship Nov. 12 in Grafenwöhr. McClure, an alternate, was placed on the All-Star North team that defeated South 23-14 while Dillon, Gray, Baisden and El-Sayed played for South. The five were among 61 chosen to participate in the Department of Defense Dependents Schools game, the first all star event played in Europe since 1982.

staying ACTIVE

Sembach Bowling Center Extended Hours

The Sembach Bowling Center is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday. DSN 497-7569, civ. 06302-67-7569.

Heidelberg Rod and Gun

The Heidelberg Rod and Gun Club an der Bundesstrasse 291 in Oftersheim offers a trap course and a skeet course 1 p.m. Nov. 22 and fishermen's meeting 7 p.m. Nov. 30. Civ. 06202-51-1931.

Bowl for Kids in Ludwigshafen

Big Brothers Big Sisters Deutschland Bowl will host a For Kids' Sake Bowling Tournament 3-6 p.m. Nov. 27 at Felix Bowling, Pasadena Allee 15, 67059 Ludwigshafen. Civ. 0621-3365-1302 www.bbbsd.org.

Winter Soccer Clinics Registration

Registration is open for Nov. 28-Dec. 19 co-ed soccer clinics at Miesau Fitness Center, Bldg. 1220, taught by a professional soccer coach for ages 3-15. Contact FMWR One Stop Shop, Landstuhl Post, Bldg. 3810, or Parent Central Services, Pulaski Barracks, Bldg. 2898. DSN 493-4516/4122, civ. 0631-3406-4516/4122.

Kaiserslautern Combatives Tournament

A Combatives Tournament open to active duty women and men takes place at the Miesau Fitness Center, Bldg. 1220, in Kaiserslautern Dec. 3 with registration and weigh-in 8-10:30 a.m. and tournament at 11 a.m. \$5 spectator entry fee. Miesau Fitness Center, Bldg. 1220. DSN 493-2088, civ. 0631-3406-2088.

Landstuhl Wrestling Officials Clinic

A Child, Youth and School Services wrestling officials clinic for adults takes place 9 a.m.-5 p.m. Dec. 7-9 at the Landstuhl Learning Center, Bldg. 3718. Training material provided. DSN 475-7576, civ. 0964-183-7576.

Kaiserslautern Wrestling Invitational

A wrestling invitational takes place Dec. 10 at the Miesau gym, Bldg. 1220, in Kaiserslautern with weigh-ins and physicals 8-9:30 a.m., coaches meeting at 9:30 a.m. and invitational start at 11 a.m. Register: DSN 493-2088, civ. 0631-3406-2088.

Sunday Night Football

Watch your favorite football team on a big screen television 7-10 p.m. Sundays until Jan. 1 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

Mannheim Bowling Hours

The Bowling Center on Benjamin Franklin Village has new hours: 11 a.m.-10 p.m. Monday, Wednesday and Thursday, 11-1 a.m. Friday and Saturday, 2-9 p.m. Sunday and closed Tuesdays and holidays. DSN 380-9528, civ. 0621-730-9528.

Ice Hockey

The Baden Bruins Army hockey team is looking for experienced ice hockey players. The team, coached by ex-NHL player Bob Sullivan and ex-German National player Volker Lindenzweig, is open to ID card holders and local nationals, and all games and practices are held locally. The season goes through mid April. Civ. 0172-626-3642, info@badenbruins.com.

20-20-20

Landstuhl Fitness offers a three-part class: 20 minutes cardio, 20 minutes body sculpt with Yoga and Pilates moves and 20 minutes resistance training 9:30-10:30 a.m. Tuesdays and Thursdays, on Landstuhl Post, Bldg. 3720, in Kaiserslautern. DSN 486-7172, civ. 06371-86-7172.

Send the Herald Post your photos

If you have photos from sporting events in your community, e-mail them along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.