

HeraldPOST

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

H1N1 vaccines available for all beneficiaries

ERMCC Public Affairs

Army health clinics are vaccinating all authorized beneficiaries with H1N1 influenza vaccine using all existing stocks, Europe Regional Medical Command officials announced Dec. 10. The decision frees immu-

nization clinic staffs to use vaccine stocks regardless of whether or not they were purchased for uniformed service members.

"All authorized beneficiaries should check with their local immunization clinic for times and locations where the vaccine will be available,"

said Col. Theresa Moser, director, Force Health Protection, Europe Regional Medical Command.

She said clinics will be bound by the vaccine's FDA-approved age ranges, which are 6 months and up for Sanofi-Pasteur and 4 years see **VACCINES** page 15

Where to Go

Heidelberg Health Center
Immunization Clinic Hours: 7:40 a.m.-noon Monday-Friday and 1-3:45 p.m. Monday-Thursday.
Mannheim Health Clinic
Walk-ins are encouraged 8:30-11:30 a.m. and 1-4:30 p.m. Monday-Friday.

Ring in the season

Mannheim's Benjamin Franklin Village Kinderchoir, under the direction of Burkhard Link, sings "Oh Christmas Tree" as Col. Gerald Miller (left), commander 2nd Signal Brigade depresses the plunger to illuminate the two Christmas trees on either side of BFV Chapel Dec. 7. Leaders from the Baden-Württemberg and Mannheim garrisons, along with the crowd of about 200 community members at the event were treated to hot drinks and cookies as Santa Claus arrived in a fire truck to pass out candy canes to the children. About 50 host nation guests from area communities, including representatives from the Bundeswehr and German police, were also present at the event.



Sieg Heppner

Heidelberg will be home to new Europe-wide appointment call center

HMEDDAC Public Affairs

A Europe Regional Medical Command initiative to streamline the process of making medical appointments will begin Jan. 4 with the opening of an enhanced Central Call Center co-located with the U.S. Army Health Center Heidelberg.

The call center will initially serve the Heidelberg Health Center and outlying Army health clinics at Mannheim and

Coleman Barracks.

Thirty booking clerks will be employed to make medical appointments at the call center. Hours of operation will be 6 a.m.-6 p.m. weekdays. The call center will be closed on weekends and federal holidays.

"This is an efficient phone call tree system designed to streamline the appointment process by providing quick access to appointment clerks, the Nurse Advice Line and clinic-specific informa-

"This is a new ERMCC initiative to centralize medical appointments Europe-wide in order to improve access to care."

-Capt. Raul Jurado, HMEDDAC Clinical Operations

tion," said Capt. Raul Jurado, chief of the clinical operations division for Heidelberg Medical Department Activity and project officer for the call center initiative.

The phone numbers for Heidelberg see **CALL CENTER** page 15

HP THURSDAY
Dec. 17, 2009

Speed Read

LAST ISSUE OF THE YEAR

This is the final issue of the Herald Post this year. Regular weekly distribution will begin again with the Jan. 7 issue.

HOLIDAY CELEBRATION

Mannheim and Kaiserslautern prepared for the coming holidays with visits from Santa Claus and activities for local children. 3



PEACE LIGHT

Boy Scouts from Heidelberg, Kaiserslautern and Mannheim transported the Peace Light, which was lit in Bethlehem, from Vienna to communities throughout Germany. 4

2009: YEAR OF THE NCO

The Air Defense Artillery Command's regimental command sergeant major visited troops in Kaiserslautern to wrap up year of the NCO. 6

BATTLE OF THE BULGE

Local Soldiers and Boy Scouts traveled to Bastogne, Belgium, over the weekend to retrace the steps of American Soldiers who fought in World War II. 8



VISITING THE WOUNDED

Soldiers from the Heidelberg BOSS program brought holiday gifts to wounded warriors at Landstuhl Regional Medical Center to show support for their fellow troops. 11

Defense Details

GUANTANAMO DETAINEES

President Barack Obama's administration plans to transfer a limited number of detainees held at the detention center at Guantanamo Bay, Cuba, to a prison in rural western Illinois, senior administration officials said Tuesday. The federal government plans to acquire Thomson Correctional Center, a 10-year-old maximum security prison in Thomson, Ill., a farming community about 150 miles west of Chicago, officials said in a background briefing.

Army news: www.army.mil
Defense news: www.defenselink.mil

What's Inside

Our Army Around the World	10
Dear Ms. Vicki	16
GET OUT!	17
Movies	17
Leisure	18
Announcements	19
Sports	20

COMMENTARY

Taking a look at the Comprehensive Soldier Fitness program

By **Jesse Massey**
COMPREHENSIVE SOLDIER FITNESS COORDINATOR

There is an old proverb that talks about two builders. One builds his house on an embankment of sand, the other on a more firm foundation. Eventually, as life would have it, trials and tribulations begin to work against the buildings. In the end, only the home built on a solid foundation remains.

The moral of this story is simple; build your life on a secure foundation. But an underlying message in this proverb is easily overlooked. It is important to note that trials and tribulations visited each builder equally. The home on the sand foundation was not able to withstand the destructive force. The one on the solid foundation survived, though beset by the same difficulties.

So how do we apply this metaphor to our lives today? The answer can be found in the Army's newest program – Comprehensive Soldier Fitness.

CSF is a program initiated by Chief of Staff of the Army Gen. George Casey. It is comprehensive in that it includes five dimensions of strength: spiritual, physical, emotional, social and family.

CSF is the foundation upon which the Army will launch a program designed to teach and institutionalize resiliency. Designed in coordination with researchers at the University of Pennsylvania, CSF seeks to create

conditions upon which the Army can build a long-lasting, holistic program that includes Soldiers, family members and DA civilians.

The initial ingredients in the mix are pretty straight forward. Each brigade and battalion level organization in the Army sends a senior non-commissioned officer to the University of Pennsylvania for a two-week course. Upon completion, the NCO returns to their unit as a master resiliency trainer.

In close coordination with the unit commander, the MRT develops and implements a resiliency training program that teaches 28.5 hours of deliberate resiliency training. It is essential to understand that in the end, CSF is a commander's program, designed to enhance unit readiness.

It is here, however, that the waters get a bit muddy. While Soldiers and DA civilians are captive audiences, it is more difficult to develop and implement a program that incorporates family members.

Teaching the Soldiers and civilians is critical, but the family members represent the third leg of this strategic triangle. Any program that does not include them misses the mark by a wide margin.

U.S. Army Europe is a far-reaching community, spread throughout 20 communities in multiple countries. Building a realistic and sustainable program is no easy task.

The key to getting family members

CSF represents a sea change in how we think about fitness. For years we have pressed our Soldiers on the benefits of physical fitness. The payoff has been astounding, resulting in the most physically fit Soldiers in the world. It is time now to focus on the other aspects of fitness, including mental, social, spiritual and family fitness.

on board is three fold. First, we have to have a presence in the community, beyond the unit level. The Installation Management Command will help with this, through their Army Community Service representatives. Second, we must leverage existing programs and be creative in how we link resiliency training.

Community chapels are an excellent example of how we can link resiliency training – the spiritual aspect – to existing events.

Finally, we must be willing to commit resources – both time and money – to the program in order to establish the conditions upon which the program can succeed.

CSF represents a sea change in how we think about fitness. For years we have pressed our Soldiers on the benefits of physical fitness. The payoff has been astounding, resulting in the most physically fit Soldiers in the world.

It is time now to focus on the other aspects of fitness, including mental, social, spiritual and family fitness. CSF accomplishes this goal.

The task is daunting; holistic fitness is a journey, not a destination. We must be willing to recognize and accept that the program will not deliver results overnight.

In the long run, however, CSF represents the commanders best bet to establish a firm foundation of resiliency.

Helpful CSF Tools

For more information on the Comprehensive Soldier Fitness program and to help you get a snapshot of your level of fitness in the five focus areas mentioned above, visit www.army.mil/csf. The University of Pennsylvania also has a Strength of Character Survey to get a snapshot of your top strengths. It is another great tool for the entire family, available at www.authentic happiness.com.



Join the virtual community today
<http://myBWnow.ning.com>

BLOG ROLL

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

If you are hosting a party, don't push alcoholic drinks. Offer non-alcoholic alternatives and snacks throughout the evening to give people an alternative and counter the effects of the alcohol. Ensure guests that have consumed alcoholic beverages have a plan to get home safely that doesn't involve them getting behind the wheel. Have the phone number of local taxi companies handy. Don't hesitate to call a taxi or offer your guest a cot to sleep of

the effects of the alcohol.

-USAG-BW Safety Office

I have heard so many different stories about why our cable is the way it is here and so I thought I would ask on here and see if anyone actually knows the honest truth about the matter. I was told that we are supposed to get AFN channels in government housing for free. is this true? I have cable

outlets in every room in my house and yet they won't work unless I pay some German company to come out and turn them on which I was told would cost 90 Euro per outlet. why is this? I have never have so many issues as far as getting cable to work in a house before and I am beginning to feel ripped off quite frankly. I also would like to know if anyone knows why there are no DVR's here!!!

-Susan, BWnow member



Commander, U.S. Army Garrison Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Editor:
Lynn Davis
Reporters:
Christine June, Kaiserslautern
Dijon Rolle, Baden-Württemberg
Ina Stewitz, Baden-Württemberg

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.pal@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg, Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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.

IMCOM MESSAGE

Resourcing the Army home: Installation funding levels are in the decline this year

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

WASHINGTON – In recent years, the Army and its installations have enjoyed unprecedented levels of funding. In fiscal year 2008, the Army hit a high water mark in its fiscal history with a total annual budget exceeding \$250 billion – three times more than FY 2001 funding level.

Much of this growth is attributed to funding the war, rebalancing our Army through investments in Army's force structure, equipment, infrastructure and key Soldier and family programs.

Funding levels of this magnitude are unsustainable year after the year, and as the country faces some stiff economic challenges, we are forced to reduce funding and exact a greater level of stewardship over our resources.

The Installation Management Command – like other commands throughout our Army – will operate at reduced funding levels. This means that starting in 2010, performance levels for some installation services will be notably less than what we have had in recent years and will remain at that level for the foreseeable future.

Our challenge is to ensure those key, higher-priority programs across our installations do not suffer. We will maintain our full support to life, health and safety programs, the Army Family Covenant and those services that prepare our Soldiers and their families for deployment in support of the Army's Force Generation model.

These are non-negotiables that will remain fully funded. This is our commitment; we will not depart from it. However, there will be other installation services that will clearly be reduced.

We have grown accustomed to some very high levels of service across the board in recent years, and we all need to be forthcoming with the expectation that things will be different in some areas.

Help manage this expectation across your garrisons. Educate everyone as to which changes they can expect to see. A simple explanation can go a long way to helping understand the changes some of our installation services will undergo.

Across the Army's installations, we can do much to help ourselves by becoming better stewards of our resources. It starts with the individual; everybody has a role. Simple things like turning the lights off, powering down your computer at night, driving tactical vehicles instead of TMP vehicles, or conducting a VTC instead of traveling to a distant site unnecessarily all save money – and no savings is too small to forego.

Commanders and leaders across the installation have a key role and are responsible for the efficient use of our resources. Costs should be an inherent consideration in your every decision. We too often marginalize this key factor in making good, resource-informed decisions, but we can no longer afford to do so.

As I travel throughout the Army community, I carry the message that we can do business smarter and more efficiently without sacrificing the quality of service that our Soldiers and their families so richly deserve.

I challenge everyone to do the same – to work together to ensure that those key installation programs that mean so much are well resourced and operated, that we do away with wasteful and unnecessary spending.

Every person – whether you are a Soldier, family member, one of our great DA civilians or a contractor serving our Army – is needed and can make a difference.

Ask yourself if you are doing the right things and then, are you doing them right. Doing things right means doing them in the most cost efficient way without sacrificing effectiveness.

Holiday celebration



Sgt. Maj. Cameron Porter

Capt. Terrance "Santa Claus" Kratz, commander of Headquarters and Headquarters Company, 21st Theater Sustainment Command, and his wife, Katie, wait for children as they line up to receive holiday gifts from Santa and Mrs. Claus. More than 200 Soldiers and their families attended the HHC, 21st TSC Family Readiness Group's annual holiday party and potluck at the Vogelweh Elementary School Gym Dec. 3.



Princess Brown-Burkert

Mannheim community members decorate paper stockings during the annual Santa's Workshop event on Benjamin Franklin Village Dec. 5. Mannheim's Child, Youth and School Services hosted the event for kids of all ages. The community children were able to meet Santa and Mrs. Claus and tell "Father Christmas" what they wanted this holiday season and mail him their wish list. One of Santa's helpers made sure a photograph was taken of each child with Santa and Mrs. Claus. Many families joined in the fun and had a family picture taken with Santa. Other stations available for families included face painting, Christmas stockings, cookie decorating, gingerbread houses and a "pine tree" toss. A continuous showing of the film "Rudolph the Red-Nosed Reindeer" on a big screen complete with popcorn, hot chocolate and big floor bean bags gave families a quiet respite from all the activity. Families quickly lined up for the immensely popular Operation Missing You, where Santa's helpers took family pictures and heat transferred the pictures to T-shirts, which families can send to deployed loved ones.



Christine June

A 2-year-old girl visits with Santa Claus Dec. 8 at the U.S. Army Garrison Kaiserslautern's 2009 Holiday Lights Christmas tree lighting ceremony at the Java Café on Rhine Ordnance Barracks.

Local Boy Scouts receive Peace Light from Bethlehem

By Ina Stiewitz

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Boy Scouts from the Heidelberg, Mannheim and Kaiserslautern communities gathered at Mannheim's main train station Sunday to receive the Peace Light from Bethlehem, which was picked-up in Vienna, Austria, by representatives of Heidelberg's Scout Troop 1.

"The Peace Light originates in the church of Bethlehem," said Andrew Johnson, den leader of the Webelos II Pack 284. "The goal is to spread the light during the holiday season – a spirit of world peace and unity around the world."

In 1986, the Austrian radio station ORF had the idea to light a candle from the eternal flame in the Church of Nativity in Bethlehem. Since then, an Austrian child travels to Bethlehem every year during the Christmas season and lights a candle, which serves as the ambassador of peace around the world.

From Bethlehem, the light is brought back to Vienna, where it starts to spread throughout the world. Boy and Girl Scouts spread the light to their communities, which helps to send the light to the United States, too.

"Heidelberg Boy Scouts went to pick up the Peace Light in Vienna, and they (brought) it back to Germany," Johnson said. "Along the way, there (were) Scouts waiting at each train station to receive the light. They spread it out to their local communities."

During a Peace Light ceremony in an Orthodox church in Vienna Saturday, more than 1,000 scouts from 20 different countries gathered to receive the light while speaking a "peace wish."

"During the ceremony there stood a single light, and everybody was focused on that one light, which came from Bethlehem," said Phil Quinn, scoutmaster of Scout Troop 1. "The

scouts came in and they took that challenge to spread the peace around the world. No matter where you're from, all came in on one mission – to spread the peace."

Quinn received the light two years in a row at the train station before he could finally arrange a trip with all other European scouts this year.

"This year, we were fortunate enough to be part of the ceremony and to go to Vienna," said Quinn, who accompanied nine scouts and three adults.

"(My son and I) heard about it when we lived in Italy, and we wanted to be a part of it then. We moved to Germany and looked around, and we knew that the Germans were taking part in it, but it was something new for the Americans."

After receiving the light Saturday, they went on the train, heading back to Mannheim, with a lot of other scouts departing the train in Cologne. At every train station along the way, people on the platforms could receive the light from the scouts.

"The spirit and camaraderie that the actual Peace Light itself brings, is the most important thing," Johnson said. "There is the understanding to promote world peace, but I have found it very unique in the fact that it has brought boys together from the Mannheim community and Heidelberg community, and we are here on a Sunday morning at a train station platform, and everybody is having a good time. The one little moment of unity captures the whole spirit of Peace Light."

According to Scout Troop 1 Senior Patrol Leader Michael Tinnelly-Williams, 15, friendship is what goes hand-in-hand with the Peace Light.

"All scouts come together for one thing," he said. Tinnelly-Williams bore the scout flag during the ceremony in the church.



Ina Stiewitz

Kobie Keir, 9, a scout from Ramstein's Webelos Pack 232, receives the Peace Light Sunday at Mannheim's main train station from Heidelberg's Troop 1 scout Sean Quinn, who came back from the Peace Light ceremony in Vienna, Austria.

"The scouts came in and they took that challenge to spread the peace around the world. No matter where you're from, all came in on one mission – to spread the peace."

- Phil Quinn, Scout Troop 1 Scoutmaster

"The boys really enjoy meeting people from Croatia, France or Ukraine, because they have a common friendship already in scouting," Quinn said. "I enjoy seeing their opportunity to meet other cultures."

Since Quinn received the light for the first time three years ago, the amount of people waiting at the train station for the light has been growing.

"Every year we get more and more people; it is a fantastic event," Quinn

said. "Our German scout friends already want to continue this, and that was part of it. It was part of building friendships, within Germany and within Europe."

Johnson took the Peace Light back to the Heidelberg community, where it will be delivered to the Protestant and Catholic services at Patrick Henry Village and Mark Twain Village chapels Sunday. The light will be available for community members there.

**CRUSH THE
SLUSH**

GET OUT OF THE COLD
AND INTO MWR!



**BW
now**

<http://myBWnow.ning.com>

USAG BADEN WÜRTTEMBERG

Win a **FREE**
all-inclusive beach
vacation for two
in the Mediterranean

For info and rules, go to www.mwrgermany.com
or call 373-5007 or 06221-17-5007

2009: The Year of the NCO

ADA's regimental CSM provides career advice to Kaiserslautern Soldiers

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The Regimental Air Defense Artillery Command's senior NCO's career advice to 357th Air Missile Defense Detachment Soldiers was "2-keep it moving" Dec. 10 during the Noncommissioned Officer Developmental Program at the Galaxy Theater on Vogelweh.

Referring to the Army's NCO Evaluation Report's five-point scale where "1" is the highest level, Command Sgt. Maj. James Carr gave specific information on how Soldiers can get ready now for senior advancement boards.

"(Board members) are only looking at '1s' – the best of the best," said Sgt. Neil Betty, the 357th AMD-D, Headquarters and Headquarters Detachment weight control NCO, on what he took away from Carr's presentation on career progression for sergeants first class and above.

"I want to give E-5s and E-6s an opportunity right now to start looking at what they need to do in order to advance to E-7, E-8 and E-9," said Carr, who just finished being a member of a master sergeant promotion board.

What junior NCOs need to do right now, Carr said, is start asking for assignments to be a drill sergeant, instructor or recruiter.

"I didn't think about those assignments when I was a junior NCO trying to advance, so I want to make sure those today know," but as he stressed in his presentation, "only the best of the best get those assignments so the first thing they need to do is do their jobs and do them very well."

Getting one of these assignments never crossed Betty's mind before, but while listening to Carr, he began remapping his path.

"(Carr) explained the process of elimination for E-7 and above, and he really motivated me and bought to the surface what I need to do," said Betty, a seven-year veteran who wants to make the Army a career.

Other more obvious paths such as membership in the Sergeant Audie Murphy and Sergeant Morales Clubs, and earning a college degree toward advancement were also discussed during Carr's presentation.

Carr has been in his present position in four months, and he has made it a point to visit and talk about NCO career progression to Soldiers assigned to ADA detachments in the States, Germany, Korea, Afghanistan and Iraq. The driving force for these visits, he said, was that the Year of the NCO, which goes until Jan. 1.

"Being that it's the Year of the NCO, I wanted to talk to every NCO in the Air Defense Branch and support staff, so they can have a better understanding of who I am and how the system works, and to make sure that they are leading from the front," said Carr, who mentioned the roles and responsibilities of the NCO throughout his presentation.

The developmental program also consisted of presentations on the Army transformation, specific career choices and paths, and NCO leadership from the 357th AMD-D Command Sgt. Maj. Bryan McGhee and counselors.

Local Soldiers share personal history

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Growing up in Houston, Sgt. 1st Class Estela Delgado wanted to be an elementary school teacher. So much so that she even had her own set of schoolbooks she dreamed would one day fill the shelves of her classroom.

Today instead of text books, she reaches for regulations and field manuals to teach and train Soldiers.

Delgado is a human resources sergeant at USA North Atlantic Treaty Organization, or USAN-ATO Brigade, on Tompkins Barracks in Schwetzingen.

She is also the first person in her family to join the Army.

"I knew I wanted to succeed and do something with my life," Delgado said. "As well as be a good example to my family."

The nine-year Army vet has indeed set a good example to not just her family but also to her Soldiers and peers.

Her long list of achievements and military education includes everything from airborne school to the Army's Battle Staff Course. That's in addition to her duties as a unit prevention leader and combat life saver.

Now Delgado is hoping to add another accomplishment to the list. She's currently studying full-time to become a member of the Army's highly prestigious Sergeant Morales Club. She's scheduled to attend the membership board sometime in February.

"I am ready for the challenge," she said. "I wanted to do it so that I could stand in front of my Soldiers and tell them that they can do it, too."

Delgado also remembers what it was like when she first pinned on her chevrons. "It was definitely a new experience," she said. "I had to learn how to separate myself from being a Soldier to being an NCO ... You're now telling your peers that you talk to every day what they had to do to accomplish the mission, and sometimes they didn't want to listen."

Now with seven years of experience as an NCO under her belt, Delgado sums up her feelings on 2009 being designated as the Year of the NCO.

"I feel that it's very important ... because we train and mentor our Soldiers and help them to



Spc. Jovanne Montanez, a military policeman with the 529th Military Police Company, conducts a preventive maintenance check on a Humvee in a motorpool on Patton Barracks in Heidelberg.

understand and be better; that's what it's all about," she said.

Delgado also offers some advice to those hoping to one day join the NCO Corps.

"Don't cut yourself short," she said. "Sometimes the Soldiers think that they are not ready. I think everybody is ready to be an NCO, they just have to accept the challenge."

Spc. Jovanne Montanez, a military policeman with the 529th Military Police Company's honor guard in Heidelberg is one who's ready for the challenge.

The 21-year-old always knew he wanted to be in law enforcement, but he never imagined the route he chose to get there would take him so far from the streets of his Bronx, N.Y., neighborhood.

"I always knew that I wanted to do something with my life. I always knew I wanted to achieve something," Montanez said.

"My focus was to complete high school and then after that go on to college and just keep going and not allow other people to keep me down or tell me what I couldn't do," he said.

Montanez is quick to credit the NCOs in his unit for helping him progress during his two years in the military.

"Since they've been training me and I've seen how they work ... I've learned so much from them," the Soldier said. "I figured that I can actually pass that down to other Soldiers who are coming into the Army, so that they can also have good leadership and

they can learn the best. NCOs always lead the way."

Montanez has served as an escort for World War II veterans at the 65th D-Day anniversary celebration in Normandy, France, and he's participated in several salute batteries to include the U.S. Army Europe change of command.

His most recent accomplishment – going before a promotion board to become an NCO. Montanez admits at first he was reluctant, until his NCOs got involved.

"To me I didn't believe I was ready," he said. "They were the ones who helped me and pushed me ... if it wasn't for my first sergeant or my platoon sergeant and my squad leader, I would have never went to the board."

Now that it's over, the soon-to-be sergeant is thankful and once again credits his leaders for not allowing him to underestimate himself or his ability to help lead the next generation of Soldiers.

"When I become an NCO, I can do the same thing for my Soldiers, make sure they're ready and actually push them even if they think they can't," Montanez said.

Army officials designated 2009 as the Year of the NCO to recognize these professionals and leaders of Soldiers serving throughout the U.S. Army and their 200 plus years of service to the nation.

Throughout the year, the world has seen their stories, and as 2009 draws to a close, the Army Family thanks all the NCOs on the frontlines of today's military who are excelling and leading the way.

From the COURTROOM

Heidelberg

Sgt. Antonie Hilliard was convicted by a military judge at a general court-martial Nov. 10 of two specifications of violating Article 107 of the Uniform Code of Military Justice, False Official Statements; and of one specification of violating Article 121 of the UCMJ, Larceny. Hilliard was convicted of submitting false documents in order to steal basic allowance for housing in the amount of \$76,022.59 and was sentenced to be reduced to the grade of E-1, total forfeitures of all pay and allowances, to be confined for a period of 14 months, and to be discharged from the U.S. Army with a bad conduct discharge.

Spc. Jeremy C. Clifton was convicted by an enlisted panel at a general court-martial Dec. 2 of one specification of violating Article 107, Uniform Code of Military Justice, False Official Statement, and one specification of violating Article 128, UCMJ, Aggravated Assault with a Means Likely to Produce Death or Grievous Bodily Injury on a child under the age of 16. Clifton was sentenced to be confined for six months and to be discharged from the U.S. Army with a bad conduct discharge.

Courts-Martial Results
The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.

Seasonal flu vaccine still available

HMEDDAC Public Affairs

Medical experts with the Heidelberg Medical Department Activity have seen plenty of flu cases come through the clinics this season, but they want to remind beneficiaries that just because you haven't gotten the flu yet doesn't mean you can't still get it.

"Flu season is by no means over yet," said Lt. Col. Lena F. Gaudreau, HMEDDAC's deputy commander for nursing. "We are trying to urge beneficiaries to still get themselves and their loved ones vaccinated and continue to take necessary precautions to help prevent the spread of viruses."

Seasonal flu vaccinations are still available at clinics in the HMEDDAC footprint, and more will be ordered, Gaudreau said.

The novel H1N1 vaccine is a different vaccine, and updates on its availability are given as often as possible.

"There are still many months to go where flu germs spread rapidly," Gaudreau said.

"The vaccinations are available, and we encourage our beneficiaries to come in, get vaccinated and stay healthy this season," she added.

The influenza virus, more commonly known as the flu, is a contagious disease that can be spread by coughing, sneezing or nasal secretions.

More than 200,000 people are hospitalized each year with influenza, with 36,000 who die from the disease, according to the Centers for Disease Control and Prevention. Common symptoms include fever, sore throat, coughing, chills, fatigue, headaches and

muscle aches.

The seasonal flu vaccine protects against the three main seasonal flu strains that research indicates will cause the most illness during the flu season. For this reason, the seasonal flu vaccine can protect you from getting sick from these viruses, or it can make your illness milder if you get a related flu virus.

Vaccination is mandatory for all active-duty personnel, DoD civilians that provide direct patient care and reserve personnel on active duty. TRICARE beneficiaries are also offered the vaccine to protect against influenza.

HMEDDAC officials also recommend you follow CDC guidelines on taking everyday steps to protect your health.

More information on how to protect yourself is available at www.cdc.gov.

65 years later

Remembering the Battle of the Bulge

BASTOGNE, Belgium – History was made 65 years ago when the U.S. Army's 101st Airborne Division rolled into Bastogne, Belgium, and liberated the town during World War II.

Over the weekend, Bastogne was once again taken over by Americans, as hundreds gathered for the commemoration of the famous Battle of the Bulge, one of the largest and bloodiest battles for the Americans throughout the war.

The Heidelberg and Kaiserslautern military communities were well represented as Soldiers and local Boy Scouts made the trip to Belgium to participate

in the commemorative events, which included a walk (8, 12, 18 or 22-kilometer options), a wreath laying ceremony, reenactments and the historical "throwing of the nuts," as well as a historic vehicle parade.

Pack 264 from Patrick Henry Elementary School arrived with more than 140 scouts and family members and shared quarters with Heidelberg Boy Scout troops 1, 4 and 59.

The scouts along with thousands of people from all over Europe and the United States spent Saturday walking in the footsteps of the Soldiers of World War II.

SOURCE: Linda Steil



Photos by Linda Steil



(Above) Re-enactors drive around Bastogne, Belgium, to give the thousands of visitors to the commemoration of the 65th anniversary of the Battle of the Bulge a feeling for what the town looked like during World War II.

(Left) Aaron Steil, a Heidelberg Boy Scout, looks out of the Sherman Tank on the main square of Bastogne, Belgium, over the weekend. Aaron and his family traveled to Belgium to retrace the steps of American Soldiers during World War II.

(Far left) Re-enactors dressed in World War II uniforms participate in the 22-kilometer march to commemorate the 65th anniversary of the Battle of the Bulge, one of the largest and bloodiest battles for the Americans during World War II.





Damon J. Moritz

U.S. Navy wide receiver Mario Washington (85) brings down a catch against Army defensive back Mario Hill (1) during the 110th Army-Navy college football game at Lincoln Financial Field in Philadelphia Saturday.

(Right) A U.S. Soldier celebrates during the 110th Army-Navy college football game at Lincoln Financial Field in Philadelphia Saturday.



U.S. Navy Mass Communication Spc. 1st Class Chad McNeely



Sgt. Jose Castellon

Staff Sgt. Reagan Cruz and Airman 1st Class Tara Lizama stuff holiday stockings for members of Joint Special Operations Task Force-Philippines in Zamboanga, Republic of the Philippines, Saturday.

(Right) An interpreter with Provincial Reconstruction Team Paktika drinks a glass of chai tea while Armed Forces Network reporter Sgt. Ryan Hall films footage of the team's visit to an orphanage in Sharana, Afghanistan, Dec. 5.

ourARMY
around the world

For more Army news,
visit www.army.mil



U.S. Air Force 2nd Lt. Brooke Brzozowski

The season for giving



Ina Stiewitz

Better Opportunities for Single Soldiers volunteer Pfc. Andrea Robinson, Heidelberg Medical Department Activity, hands over a bag with Christmas gifts to Landstuhl Regional Medical Center patient Pfc. Cassandra Bailey, 704th Brigade Support Battalion, during the BOSS program's holiday visit at LRMCC Friday.

Heidelberg BOSS group visits wounded warriors at LRMCC

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A group of 21 Soldiers from Heidelberg's Better Opportunities for Single Soldiers program and volunteers from the 43rd Signal Battalion, cur-

rently located in Landstuhl, visited wounded warriors at Landstuhl Regional Medical Center Friday.

They presented the Soldiers with gift bags filled with a BOSS shirt, a DVD with holiday greetings, homemade cookies, and other little gifts to show support for the wounded troops during the holiday season.

"These Soldiers are doing great things for our country," said BOSS volunteer Sgt. Johnny Allen, 181st Signal Company.

"We can't replace their families,"

Allen said, "but we can show our support to them."

Especially during the holiday season, the patients at LRMCC get a lot of visitors showing respect for what their comrades have sacrificed for all Soldiers.

"It's great that they are here," said Staff Sgt. Benjamin Jimenez, 2nd Battalion, 82nd Aviation Regiment, who suffers from a knee injury.

"We had many visitors during the last days," Jimenez added. "They are making things easier for us."

How do holiday visitors gain installation access?

If you have family or friends visiting for the holidays and would like for them to have access to your installation, visit your local Installation Access Control Office.

Visitors will fall into one of three categories: short-term visitor, family or friend from outside of Europe, or immediate family member living in Europe.

Short-term visitor

A short-term visitor is anyone staying less than 72 hours. You can sign-in your short-term visitor at the gate. The sponsor of the visitor will need a valid ID card, and each visitor will need a valid federally issued identification document (passport or ausweis). One sponsor can sign-in up to four guests. This pass is good for a 24-hour period.

Family or friend from outside Europe

A family member or friend, age 10 or older, who is not considered an immediate family member falls into this category.

The sponsor must bring the applicant to the Installation Access Control Office. The applicant must prove they are staying with the sponsor, fill out AE Form 190-16A, bring their flight itinerary with departure date and passport to be issued a pass.

The pass is valid for the length of the visitor's stay, not to exceed 90 days. This category of pass will not be used for local friends or family.

Immediate family member living in Europe

An individual, age 10 or older, who is an immediate family member of the requestor and lives in Europe falls into this category. Immediate family members include the sponsor's son, daughter, mother, father, brother, sister, mother-in-law, father-in-law, brother-in-law, sister-in-law, grandparents and grandparents-in-law.

The sponsor must bring the applicant to the Installation Access Control Office. The applicant must prove through documentation that they are an immediate family member and that they reside in Europe.

Call your local Installation Access Control Office prior to your guest arriving, as each community may have its own specific policies toward visitor passes. It is important to bring all the documents required to avoid delays in the issuing of the visitor pass.

SOURCE: USAG Mannheim

Understanding the Military Spouses Residency Relief Act

Patton Law Center

President Barack Obama signed the Military Spouses Residency Relief Act into law Nov. 11 to allow some spouses of service members to retain or regain a state of domicile for tax purposes, retroactive to Jan. 1.

While the law, which amends the Servicemembers' Civil Relief Act, provides a benefit to many spouses and service members, it is important to understand what the law does and does not allow.

For example, the MSRRRA does not permit a spouse to "pick" a state of legal residence or domicile simply because it is the same as the state of legal residence

or domicile of the service member spouse.

The non-military spouse must have at one time met the requirements of physical presence in the state of residence of the service member and currently be able to show proof of intent to make or keep that state the spouse's permanent home.

Thus, a spouse who has legal residence in a state outside Texas would not be able to claim Texas as the state of legal residence or domicile merely because the spouse married a Service member who was a Texas domiciliary.

The MSRRRA would allow the following to occur, though: The service member is a legal resident

of Texas. While physically in Texas, the non-military spouse took the required steps to establish and maintain legal residency in Texas. The service member and family then move to Virginia, and the non-military spouse works in Virginia. The non-military spouse could invoke the MSRRRA/SCRA, and Virginia could not tax the spouse's income earned in Virginia.

Because the MSRRRA is so new, many states are in the process of sorting out how they will react to the law.

Several states have indicated that they will scrutinize claims of out-of-state residency very carefully since it could result in

decreased tax revenues to those states.

Moreover, invocation of the MSRRRA may also increase the likelihood that a service member's legal residency claim will be investigated.

Until more is determined about the effect of the MSRRRA and how each state will interpret it, individuals should be hesitant to change their state tax withholding or make other changes relating to their legal residence or domicile.

More information about the Military Spouses Residency Relief Act can be obtained at your local legal assistance office or your local tax center once it opens in January.

Local Contacts

Heidelberg:
DSN 370-3312, civ. 06221-57-3314
Kaiserslautern:
DSN 493-4020, civ. 0631-3406-4020
Mannheim:
DSN 380-9165, civ. 0621-730-9165

Retirees can benefit from new arrangements with German government

USAREUR Public Affairs

Retired service members who live in Germany as ordinary residents can benefit from new arrangements with the German government regarding duties charged on purchases made in American military exchange and commissary facilities and packages received through U.S. forces post offices.

The arrangements, which took effect Nov. 1, put into law benefits which previously had been agreed to but for which no law existed, said Rula Strumpen with the U.S. Army Europe Office of the Provost Marshal Host Nation Customs Policy Branch.

"The concession, meaning the authorization for retired military personnel to shop at U.S. forces sales facilities – which applies also to surviving dependents, retired reservists, 100 percent disabled veterans and unaccompanied dependents whose sponsor is serving in a restricted tour

area – granted by the German Federal Ministry of Finance Customs Department during the past 50 years now has the force of law," Strumpen said. "This is a great benefit. The ruling applies not only to U.S. personnel, but also to the personnel of the other Sending States Forces in Germany."

In 1964, Strumpen explained, the German FMOF Customs Department granted an exception to retired military personnel who live in Germany or who visit Germany for at least 30 days but are not covered by the Status of Forces Agreement and Supplementary Agreement for Germany.

The exception allowed them and their accompanying dependents to shop in Army and Air Force Exchange Service and Defense Commissary Agency facilities. However, because of the European Community Customs Code, this ruling was always subject to revocation, she added.

The new Forces Customs

Ordinance codifies that privilege and allows retirees to shop for non-rationed items in AAFES and commissary facilities in Germany and pay German Customs a flat rate of duty of 17.5 percent for goods that cost less than the equivalent of €50 per item, Strumpen said.

For purchases of items with a single-item sales price of the equivalent of €50 and more, German Customs will apply the 19 percent value-added-tax plus the customs tariff for the item. German Customs personnel will determine what the final rate will be.

Web sites are available to help retirees determine their duty rates. A list of the tariff rates used to determine duty rates for specific items in English can be found at www.zolltarifnummern.de and in German at www.ezt-online.de. The euro rate German Customs uses to calculate the value of items is available at www.zoll.de. German Customs will use the euro rate

applicable for the month the purchases were made.

Retirees must still report purchases monthly to local German Customs offices and register annually with U.S. Forces Customs-Europe offices, stressed Bill Johnson, director of the USAREUR OPM Customs Executive Agency. They cannot shop unless they have been issued the so-called "pink card" by a German Customs office.

Another benefit for retirees is that the German FMOF Customs Department agreed they can use the U.S. forces postal system and receive packages in Germany up to a value equivalent to €22 without paying taxes or duties, Strumpen said.

She added that efforts are currently ongoing with the FMOF Customs Department to work out procedures for declaring parcels to German Customs authorities. The 16-ounce Department of Defense-mandated weight restriction when using the U.S.

forces postal system has not changed, Johnson added.

"Our job is to facilitate procedures to support U.S. personnel," Strumpen said.

The German FMOF Customs Department has been willing to come to these arrangements because they appreciate the continuing partnership with the USAREUR Provost Marshal as the customs executive agent for the U.S. forces, she said, adding that this is also proven by the fact that Germany is the only European Union member state that grants customs benefits to U.S. retirees codified by statute.

Johnson said USAREUR customs officials take part in community retiree open houses and pre-retirement briefings to help educate U.S. personnel about customs policies and procedures.

He also recommended that retirees who have questions visit their local retirement services or military customs offices.

Schützenschnur range a 'hit' for 18th MPs

By Cpl. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

Of the many perks that come with being stationed in Germany – the traveling, the schnitzel and the beer – the one thing many Soldiers seem most eager to accomplish during their tour here is earning themselves a Schützenschnur, the German marksmanship badge.

For a select group of "Roughnecks" from the Headquarters and Headquarters Company, 18th Military Police Brigade, their chance to prove themselves on a German range came Dec. 3 at German Feldjäger Battalion 251's range in Mainz.

The American MP company has maintained a strong partnership with the German battalion over the years, and the joint effort of participating in one another's ceremonies and events has given countless Soldiers the opportunity to set their sights on the coveted badge.

It is as common a sight to find German feldjägers at

the brigade's ranges trying to earn American marksmanship badges as well as it is to find Americans on a German range.

The Schützenschnur is earned by qualifying on a series of German weapons at either a gold, silver or bronze level.

The lowest qualification earned on any given weapon serves as the level that the badge is awarded.

For a Soldier to qualify as an expert, he must qualify at the gold level on every weapon.

Depending on the range that the Soldiers attend, they may fire various combinations of the G36 rifle, P8 pistol and the MG3 machine gun.

The Soldiers of the Headquarters and Headquarters Company were tested on two pistol ranges and one rifle range.

After a full day of firing, the Soldiers headed back to the Feldjäger Battalion's headquarters for a barbecue put on by their hosts and a chance to socialize with their German counterparts.

Lean Six Sigma



Sgt. Maj. Cameron Porter

Lt. Col. Tom Hays, the chief of Operations Research and Systems Analysis for the 21st Theater Sustainment Command, briefs leaders of the 21st TSC and its subordinate units on Lean Six Sigma at the 21st TSC commander's conference Dec. 4 at Fritz-Walter Stadium in Kaiserslautern. Lean Six Sigma focuses on improving repetitive processes by eliminating non-value added steps and reducing variation.

Heidelberg receives refurbished fire trucks as part of IMCOM-Europe program to provide updated capabilities

IMCOM-Europe Public Affairs

U.S. Army Garrison Heidelberg firefighters took part in familiarization training to get to know the ins and outs of a refurbished fire truck the station received Nov. 24 as part of the Installation Management Command-Europe Region's standardized refurbishing program.

USAG Heidelberg joined USAG Kaiserslautern as recipients of refurbished fire trucks as part of the program designed to provide selected Europe locations with updated capability.

"We realized a significant cost savings by refurbishing the trucks versus buying new trucks. And, the up-to-date technology and equipment is on par with any new trucks," said Sigurd Mack, IMCOM-Europe fire protection specialist.

"These refurbished trucks carry more specialized equipment and overall capabilities to meet the challenges of today versus what they were designed to do 20 years ago," he added.

Upgrades include more equipment space and improved hazmat, rescue and firefighting equipment, such as thermal imaging, Mack said.

The vehicles are part of a stan-



USAG Heidelberg firefighter Thorsten Stuerz (right) gets a close look as Stefan Groetschel, chief of the IMCOM-Europe and USAREUR Firefighting Training Center at USAG Ansbach Fire Department (left), explains preventive maintenance checks and inspection procedures on the transmission of the new newly refurbished fire truck to USAG Heidelberg firefighters during initial training session.

standardized European refurbishment program, extending the life cycle of 1980s Amertek fire trucks, according to Mack. The refurbishment essentially includes retaining the engine and transmission – which are usually still in a very good condition – and installing them into a new chassis

with body.

Mack said that by consolidating IMCOM-Europe and U.S. Army Europe refurbishment requirements into one contract, the U.S. military realized significant cost reduction.

"Requirements from different USAGs and USAREUR were consolidated

into one centralized contract with vehicles meeting both U.S. performance requirements and special challenges of operating in an (overseas) environment," Mack said. "Currently, a total of 11 vehicles are in production, with an estimated saving of \$50,000 per vehicle thanks to the consolidated contracting effort."

Other fire stations scheduled to receive revamped vehicles in the next few months as part of the Installation Management Command-Europe Region's standardized refurbishing program are located in Katterbach, Baumholder, Illesheim and U.S. Army Europe Joint Task Force-East.

"These locations were chosen based on mission needs and budgetary limits," Mack said. "While it would be perfect to be able to provide all garrisons with refurbished trucks, the reality is that the equipment we have at our other garrisons is very capable of performing any mission required. These select locations just happened to have a more compelling need for updated trucks."

Training on the operations of the trucks will be provided at each fire station before putting the trucks into service, Mack added.

Where do you turn when Severe Weather hits?

For road condition information call:	DSN	Civilian
USAG Heidelberg:	388-2223	06221-678-2223
USAG Kaiserslautern:	480-2653	06371-47-2653
USAG Mannheim:	385-2589	0621-730-2589

Road, weather conditions, school closure information online:
<http://g3operations.hqsareur.army.mil/Divisions/OPS/ASGConditions/default.asp>

** A link can be found under the safety menu on the USAG Baden-Württemberg homepage: www.bw.eur.army.mil.

Listen to AFN for updates:	FM	AM
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

Enjoy the holidays safely

Holiday Travel

- When you travel, know where you are going and how to get there and back. Always check for construction detours, and for longer trips, get a weather forecast.
- If you are traveling to the States for the holidays, remember most state law enforcement agencies provide road and highway information. Check to see what conditions they report before leaving for your destination. Inform family members where you will be and when you expect to be back.
- Travel and do your Christmas shopping during daylight hours, if possible.
- If you have access to a cellular telephone, carry or take it with you at all times.
- If possible, know the emergency cell codes for the area you are in. When driving, keep doors locked and windows rolled up. Always maintain at least a half a tank of fuel.
- If your vehicle breaks down, pull as far onto the shoulder as possible, and turn on your emergency flashers. Set out your warning triangle, and if you have a phone available, summon assistance from a reputable source or call for law enforcement response.
- On longer trips, be sure you have water, food and blankets in the vehicle!

What if there's a fire?

- In case of fire emergencies in Army Family Housing, activate the fire alarm push button in the stairwell to sound the audible alarm, and evacuate the building. Benjamin Franklin Village, Mannheim; Patrick Henry Village and Mark Twain Village, Heidelberg – Fire alarm systems are not connected to the Fire Department. In case of fire, you need to call the Fire Department. Dial 06221-57-117 from a civilian phone and 117 from a military phone.
- If you are located off post, the emergency phone number is 112.

Holiday Decorations

- Use caution with holiday decorations and whenever possible, choose those made with flame-resistant, flame-retardant or noncombustible materials.
- Keep candles away from decorations and other combustible materials, and do not use candles to decorate Christmas trees.
- Purchase only lights and electrical decorations bearing the name of an independent testing lab (e.g. TÜV, GS or UL), and follow the manufacturer's instructions.
- Carefully inspect new and previously used light strings and replace damaged items before plugging lights in. Do not overload extension cords or leave them coiled up.
- Always unplug lights before replacing light bulbs or fuses.
- Don't mount lights in any way that can damage the cord's wire insulation.
- Make sure the tree is at least three feet away from any heat source, such as fireplaces and radiators. Try to position the tree near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- Special attention should be given to fire safety in the kitchen during the festive season. Cooking should not be left unattended. Flammable materials such as aprons, pot holders and food wrappings should be kept away from stoves and other cooking appliances. Know what actions to take in the event of a kitchen fire.
- When you have company over, provide plenty of large, deep ashtrays and check them frequently. Cigarette butts can smolder in the trash and cause a fire, so completely douse cigarette butts with water before discarding.
- After a party, always check for cigarette butts that may be smoldering.
- Keep matches and lighters up high, out of sight and reach of children. When smokers visit your home, ask them to keep their smoking materials with them so young children do not touch them.
- Test your smoke alarms in your apartment, and let guests know what your fire escape plan is.

VACCINES
continued from page 1

and up for Novartis. Other than that, any beneficiary may receive either Sanofi-Pasteur or Novartis H1N1 vaccine without restriction.

"Sanofi-Pasteur is the vaccine that is FDA-approved for those aged 6 months and up," Moser said. "But we are prepared to cross-level the two vaccines throughout ERMIC to ensure that clinics are able to immunize all their beneficiaries as quickly as possible. We expect adequate vaccine supplies to immunize everyone."

"Since all active duty are required to be immunized with H1N1, we encourage commanders to ensure their Soldiers report for immunization as soon as possible," Moser added.

More vaccine is on its way. This decision makes the vaccine available now for all beneficiaries.

It's expected that the move will help reduce the risk of the spread of the disease during the holidays, Moser said.

Heidelberg

The Heidelberg Health Center currently is offering the novel H1N1 vaccine to all beneficiaries ages 4 years and older. Walk-in hours at the Immunization Clinic are 7:40 a.m.-noon Monday-Friday and 1-3:45 p.m. Monday-Thursday.

Vaccinations will also be scheduled at Heidelberg schools. The health center's staff encourages all beneficiaries to get the vaccination.

Mannheim

The Mannheim Health Clinic is currently vaccinating all military beneficiaries greater than 4 years of age with the H1N1 vaccine.

Walk-ins are encouraged 8:30-11:30 a.m. and 1-4:30 p.m. Monday-Friday.

A special evening clinic is scheduled for 5-8 p.m. today at the clinic, located on Washington Street on Benjamin Franklin Village.

CALL CENTER

continued from page 1

area beneficiaries will be DSN 371-2622, civ. 06221-17-2622, and the toll-free number will be 0800-914-6133.

"Our goal is to add Katterbach and Illesheim by Feb. 1," Jurado said.

It is anticipated that by summer 2010,

Making history personal

Heidelberg club brings real-life perspective to historical events

By Dave Melancon
HEIDELBERG HISTORY CLUB

History is not an academic pursuit for members of the Heidelberg History Club – it is personal.

Some members of the year – old club grew up in Heidelberg during World War II and the allied occupation of the city. Another's father served in the U.S. Army regiment that captured the city. Another's father-in-law served in the Wehrmacht during the war.

Some are just curious about what life was like in their communities during the conflict.

The youngest member attends the monthly meetings to supplement his home school history studies. He learns from firsthand accounts what it was like to grow up during the Nazi regime, who the U.S. Soldiers were who fought in the area – and he gets to try on uniforms and handle U.S. and German artifacts from the period.

The club was founded by Karl Heinz Kleine, a former German army defense force Soldier from October 1981 until September 1992 and 25-year Army and Air Force Exchange employee.

"I witnessed the occupation of Heidelberg by the U.S. Army in April 1945," he said.

In addition to the informal study of Heidelberg area World War II history, he said the club promotes comradeship among members sharing the same interests and lively discussions. Local historians and authors sometimes join in the discussions and share their work over hamburgers.

Recent visits to former battle sites in Mannheim, Heilbronn, Schwetzingen and Ketsch brought back many personal memories, he added.

"Personal study is livelier," the collector and re-enactor said. "If you have no history, you have no future. History should be passed on to future generations."

Club activities give members "a better grasp of how things really were at the time," said club member Jim Haley. "It makes it more three-dimensional and brings out more detail with the personal encounters."

Haley's father served in the former U.S. Army Air Corps in the Far East during the war, flying in the last fire-bomb mission over Japan in August 1945. His father-in-law served as a paratrooper, Fallschirmjäger, in the 27th Fallschirmjäger Regiment, which saw service on the Eastern Front.

Haley, former aircraft mechanic in Thailand during the early 1970s and whose interest in local history extends from the Roman era to the present, said he enjoys sharing his collection of period photographs and artifacts with fellow club members.

There is a sense of urgency behind George Byrnes' club participation.

"On one of our field trips, we stopped in Ketsch where we found a local woman who had been there when the Americans came. She pointed out for us the spot where an American tank had burned," the career Department of the Army civilian employee said.

According to some reports, a column of U.S. tanks passing through the town came under fire. The lead tank exploded. Shell and ammunition fragments were found embedded in trees lining Brüheler Strasse as recently as 10 years ago.

Part of the account includes retracing his father's and the 399th Infantry Regiment,



Thomas Melancon, an 11-year-old Heidelberg Home School Group student, demonstrates a World War II German soldier's field kit while club member Jim Haley shows off typical Wehrmacht foot gear during the Heidelberg History Club's November meeting. The club meets monthly at the Heidelberg Rod and Gun Club.

100th Infantry Division's path through France and Germany.

After landing in October 1944, the "Century Division" fought its way through the Vosges Mountains in November, took part in the battles in and around Bitche from December to March when it crossed the Rhein River.

The 399th passed through Mannheim, Bruhl, Ketsch, Schwetzingen, Hockenheim, Walldorf and Reilingen in April 1945, Byrnes said.

"I have been able to walk the same streets and fields where my father walked. I know where his company was at different times," he said. "Last year at a fest in Heilbronn, I realized we were sitting in the very spot his battalion was in as they prepared to cross the Neckar in the bloody battle there. Seeing these same places gives me an incredible feeling of connection with these men."

Taking members of the group to the places where his father and the 399th fought is one of the most enjoyable and

personally satisfying aspects of the club, Byrnes said.

"I like to share my meetings with people in the areas where my father fought," he said. "It is extra special for me."

Walking over the former battlefields and talking with people who lived through those times are enjoyable and enriching, he said. But remembering, documenting and sharing with others – especially with young people – what took place in the Heidelberg area during World War II is essential.

And, time is running out, Byrnes warns. "Perhaps 10 or 15 years from now there will be no one there who would even know what had happened," he said. "There have already been too many memories lost to history. It is important to keep an accurate accounting of what happened for future generations."

The Heidelberg History Club holds its next meeting at 7 p.m. Jan. 7 at the Rod and Gun Club. For information, e-mail centhistjsq@online.de.

appointments at all Army health clinics across Germany – including primary health care clinics at Landstuhl Regional Medical Center – will be made by calling a common phone number at the call center.

"This new initiative to centralize medical appointments Europe-wide

will improve access to care," Jurado said. "As we transition the clinic and primary care appointing process in Germany, we will continue to work towards the inclusion of our Army clinics in Belgium and Italy."

The appointing process is a four-tiered system, said Lt. Col. Michael

Richardson, ERMIC Patient Administration Division director. It includes the new centralized appointing system, the Nurse Advice Line, clinic appointing capability for walk-ins and limited call-ins, and TRICARE Online.

Beneficiaries can make appointments online at www.tricareonline.com.

GERMAN COOKING

Beef Rolls (Rinderroulade)

Serves: 4

Ingredients:

- 4 sandwich or roll steaks; should weigh about 6 ounces each
- 2 teaspoons mustard; dijon-style
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pickles; cut in long thin strips
- 4 bacon strips
- 1 onion; large, chopped
- 1/4 cup vegetable oil
- 1 1/2 cup beef broth; hot
- 4 peppercorns
- 1/2 bay leaf
- 1 tablespoon cornstarch

Directions:

- Lay steaks on a flat surface. Spread each with mustard; sprinkle with salt and pepper.
- Divide pickles, bacon and onion among the steaks equally.
- Roll up steaks jelly-roll fashion; secure with beef-roll clamps, toothpicks or thread.
- Heat oil in a heavy saucepan, add the steak roll, and brown well on all sides for about 15 minutes.
- Pour in hot beef broth, peppercorns and bay leaf. Cover and simmer for 1 hour and 20 minutes.
- Remove beef rolls, discard clamps, and arrange on a preheated platter.
- Blend cornstarch with a small amount of cold water, stir into gravy and bring to a boil. Boil until gravy is thick and bubbly. Correct seasonings and serve separately.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



DEAR MS. Vicki

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.

Responses to previous columns: Dear Ms. Vicki,

I am so outraged at your response to "A Teacher Who Can't Take It Any Longer" that I felt compelled to write.

The response addressed none of her issues and instead insulted a writer who took the time out to point out some inequalities in the DoDDS school system.

I was a teacher with DoDEA as well, and I have to agree with her on many points: 1. The parents are often the problem, and 2. Rank plays an important part in the school's penal system.

I agree with you that the children will be children and that today's military children deal with much more stress than the average child, but that is no excuse for kids that act out and school systems that fail to deal with issues like drug use and plagiarism because of who the kid's father or mother may be.

We are doing a disservice to these kids, and your defensive response

simply exacerbates the problem.

You wouldn't survive 10 minutes in a classroom of seventh graders in Europe, even if you had an effective discipline system, and shooing away what might have been a decent teacher simply because your feathers were ruffled was an ineffective response.

Does the truth hurt? Do her points hit a little too close to home?

Kids learn respect or disrespect from their parents whom they have been with for the majority of time – not a teacher who may have them for 1 hour a day 5 days a week.

It takes a village to raise a child and if the village is a bunch of idiots too blind to the true behavior, then chances are pretty good that the child will be an idiot, too.

The school system should be a two-way road with the parents and educators working together for the greater good not looking to whom they should blame.

Dear Ms. Vicki,

"Wife needing a change" should think twice before she leaves and returns home to her family.

She should remain where she is with her children. This will make her husband much happier and capable of coping with the deployment much better.

Right now, her main focus should be on her husband. He is the one who is sacrificing the most. He will be the one who is dodging bullets, IEDs and trying his best to stay alive.

Moreover, he will have other people to think about and their safety. He should know that his wife and children are settled and not moving around from place to place.

This will be an extra burden on him. Everyone knows that living on

a military post is much safer than living anywhere else.

This is my husband's fifth deployment and me and my children continue to live in post housing while he is gone and when he returns.

It's important to me for my husband to have a home to return to that is in tact.

If she uproots and leaves, then, when her husband returns, he will have to move his family to a new location. It's too much of a hassle.

Ms. Vicki, she should do the right thing and stay put for the sake of her family.

From: An Army Wife Who Knows How It Is

Dear Ms. Vicki,

I think the wife should go home to be with her family instead of staying on post with her children. It's really hard facing one deployment after another.

Honestly, I don't think anyone really even cares about our husbands and how much they are doing for their country.

People just don't get it.

It's been proving time after time that Bush and Cheney lied about this war. It never should have happened.

The stress of it has been too much for me. I went to live with my parents after my husband's second deployment. It was the only way I could make it.

Everyone talks about get involved and keep busy, and take advantage of all the activities with your FRG.

Well, most FRGs are not cracked up to what they say they are. It's an all girls club with nothing but cliques.

I don't mean to sound mean, but I think she should get away while she has the chance.

Taxpayers must report foreign bank accounts of \$ 10,000 or more

By Capt. J. Patrick Robinson
USAG HEIDELBERG TAX CENTER

Many U.S. taxpayers in Germany maintain accounts with German banks. A lot of them are not aware that they may be violating U.S. law by failing to disclose information about those accounts to the U.S. Department of the Treasury.

A U.S. citizen or resident must inform the Department of the Treasury, if he has \$10,000 or more in any foreign bank account or in aggregate of all foreign bank accounts.

For the purposes of this law, Community Bank, Service Credit Union, and all other U.S. military banking facilities operated by a U.S. financial institution to serve U.S. government installations abroad are not considered "foreign" banks.

To fulfill the reporting require-

ment for 2009, taxpayers must fill out a form that has to be mailed to the Department of the Treasury by end of June 2010.

This form must be submitted each year that the foreign bank account or accounts in the aggregate have, for any period of time, more than \$10,000 in deposits.

Account holders who do not comply with the Foreign Bank Account Reporting requirement may be subject to civil penalties, criminal penalties or both.

U.S. taxpayers who failed to fulfill the FBAR requirements for years prior to 2009 should contact their local legal assistance office immediately and plan to submit FBAR for prior years.

U.S. citizens and resident aliens are not prohibited from having bank accounts in foreign countries.

The FBAR, however, prevents U.S. citizens and resident aliens from hiding money in foreign bank accounts, which are not subject to the same reporting requirements as domestic banks.

The FBAR is a tool to help the U.S. government identify persons who may be using foreign financial accounts to circumvent U.S. law.

Investigators use FBARs to help identify or trace funds used for illicit purposes including terrorist activity and to identify unreported income maintained or generated abroad.

The FBAR is not an Internal Revenue Service program, although the IRS may use the information to identify persons engaging in tax evasion.

A person who holds a foreign account may have a reporting obligation even though the account

produces no taxable income.

The FBAR is not to be filed with the filer's federal income tax return.

Additionally, the granting by the IRS of an extension to file federal income tax returns does not extend the due date for filing an FBAR. There is no extension available for filing the FBAR.

For more information, please contact your local legal assistance office or tax center.

Heidelberg Legal Center on Patton Barracks can be reached at DSN 373-5059.

The Heidelberg Tax Center will open Jan. 25 and can be reached at DSN 370-7510.

To fulfill the reporting requirements, Form 90.22.1 must be filled out and mailed to the Department of the Treasury, P.O. Box 32621, Detroit, MI 48232-0621 no later than June 30.

GET OUT!

area events

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

December 18

Dinosaur "Live" Show – After years of planning, the award-winning BBC TV series, "Walking with Dinosaurs" comes to life in a stunning theatrical event. Internationally renowned designers have worked with scientists to create 15 life-size dinosaurs, including the terror of the ancient terrain, Tyrannosaurus-rex! Be amazed and thrilled as the greatest creatures ever to walk the earth return before your eyes. Through Dec. 20 at SAP Arena in Mannheim. www.dinosaurlive.com.

Luge Racing – Head to Berchtesgaden with Heidelberg Outdoor Recreation through Dec. 20. DSN 388-9282, www.mwrgermany.com.

"OLIVER!" – Based on the beloved Charles Dickens novel, this Tony Award-winning musical tale is full of pathos, drama and wonderful musical numbers. Young Oliver is an orphan in the streets of Victorian London. His ongoing adventures include meeting up with the Artful Dodger and the dastardly criminal, Fagin. It's a holiday tale for the whole family. Performances will be held Dec. 18 and 19 and Jan. 8, 9, 15, 16, 22 and 23 at 7:30 p.m. and Jan. 10 and 17 at 3 p.m. at the Roadside Theater on Patton Barracks in Heidelberg. DSN 373-5020, www.roadsideheater.com.

"The Sound of Music" – The hills are alive at KMC Onstage Dec. 18 and 19 and Jan. 8-10, 14-17. All shows will be performed at 7:30 p.m. excluding Sundays at 3 p.m. Tickets are now on sale and can be purchased through the theater box office (Kleber, Bldg. 3232 – DSN 483-6626, civ. 0631-411-6626) or the FMWR One Stop Landstuhl, Bldg. 3810 – DSN 486-8146, civ. 06371-86-8146.

December 19

Rüdesheim and Christmas Rhein Cruise – The romantic Rhein sparkles and shines for the holidays. Enjoy the festive Christmas atmosphere both on board and in town. The first stop, Rüdesheim, is one of Germany's most popular tourist destinations. There will be time to shop at the Christmas market, sample the wines and have lunch before boarding the boat. The ship will be decorated for the season and alive with music. <http://affiliates.usa.org/rheinneckar>.

Köln Christmas Market – Köln has three different markets to visit by shuttle, train or foot. Start off with one of the nicest, and then move on to the world famous cathedral. <http://affiliates.usa.org/rheinneckar>.

Paris Express – Head to France with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Brussels City Tour – One of Europe's capitals and an international city with flair. That's the Brussels you'll see as we start our day with a city tour, during which you'll see the beautiful main square, La Grand'Place, the famous statue Manneken-

Pis, and much more. We'll even stop at a Belgian lace shop for a demonstration after which you can buy some of the beautiful handmade lace. <http://affiliates.usa.org/Kaiserslautern>.

Crystal Shopping and Christmas Market – Join the USO on a special trip to Innsbruck, Austria, the capital of Tyrol, and Munich, capital of Bavaria. En route, we'll stop for a German breakfast (not included), and shortly before arriving in Innsbruck, you'll have a chance to visit a Swarovski crystal museum and factory outlet where you can buy crystal jewelry and figurines. On our return trip home, we'll stop in Munich. Nestled in natural Bavarian settings, Munich is Germany at its picture-perfect best. You'll have time to enjoy the city on your own, have dinner, or shop at the Christmas market. <http://affiliates.usa.org/Kaiserslautern>.

December 20

Ludwigsburg Castle and Stuttgart Christmas Market – Start the day with a guided tour of the baroque palace in Ludwigsburg; after which you can shop at one of the porcelain factories where products are still made by hand. The next stop is Stuttgart, where the Christmas Market is not only one of the oldest, but certainly also one of the most beautiful and largest in Europe. In the weeks before Christmas, the market square is transformed into a winter paradise. The "fairy-tale land" and open-air ice skating area in front of the palace form a fabulous backdrop with a magical atmosphere. <http://affiliates.usa.org/rheinneckar>.

December 27

Caracalla Thermo Baths – Enjoy the hot springs that bubble beneath Baden-Baden. The Caracalla Thermo is a state-of-the-art thermal and sauna environment, where you can relax completely, far removed from the demands of daily life. Choose between the pool, sauna, solarium (tanning beds), inhalation or the aroma steam bath or enjoy all of them. Don't forget your swimsuit, towel and light change of clothes. <http://affiliates.usa.org/rheinneckar>.

Blackforest Winter Wonderland – Head to Triberg, the unofficial capital of cuckoo clocks. During the day enjoy a stroll through the city to the sound of live music. Craftsmen will exhibit the traditional art of wood carving and clock painting. Dinner is served at the restaurant, next to the waterfall. In the evening over 300,000 lights will illuminate Germany's highest waterfall, as performers create their magic. <http://affiliates.usa.org/rheinneckar>.

December 31

New Year's in Prague Weekend – Head to the Czech Republic and ring in the New

Year in Prague through Jan. 3 with Heidelberg Outdoor Recreation. DSN 388-9282, www.mwrgermany.com.

New Year's Eve Scholarship Ball – The Theta Rho Chapter of Omega Psi Phi Fraternity, Inc. is hosting a New Year's Eve Scholarship Ball at 7 p.m. at the Holiday Inn Waldorf. All proceeds support the DODEA scholarship fund. civ. 0151-129-42717.

New Year's Eve in Mannheim – Tickets are now on sale at the Top Hat Club and BFV Bowling Center in Mannheim. The Top Hat Club will host a '70s and '80s R&B party including free breakfast, party favors and complimentary champagne 9 p.m.-4 a.m. Tickets are \$20 in advance and \$25 at the door. BFV Bowling Center's family party includes disco bowling, a champagne toast, finger food, and music and party favors 8 p.m.-2 a.m. Tickets are \$22 for adults and \$15 for kids (ages 4-12).

New Year's Eve in Heidelberg – Head to the Bowling Center on Patrick Henry Village 8 p.m.-2 a.m. for a hot buffet, unlimited bowling, shoe rentals, party favors, cosmic jewelry, door prizes and champagne for the adults. Admission is \$40 for ages 12+, \$25 for ages 5-11 and free for kids 5 and under. www.mwrgermany.com.

New Year's Eve in Kaiserslautern – Armstrong's is hosting a New Year's Eve Karaoke Party at the Irish Pub 9 p.m.-1 a.m. Ring in the new year with a free finger food buffet and party favors. www.mwrgermany.com.

January 15

Tropical Islands – What better way to relax than taking a Tropical Vacation. Explore the world's largest indoor rain forest, and then slip into the warm water of the Bali Lagoon. Or simply play on a sandy beach in the South Seas village. At the Tropical Village, choosing between the barbeque and tasty crepes may be the hardest thing you'll do all day. Swimsuit and changes of light clothing are all that you'll need to feel in the mood. <http://affiliates.usa.org/rheinneckar>.

London Express – On the city tour you will see the famous Tower of London, Buckingham Palace, Big Ben, Piccadilly Circus, Trafalgar Square and St. Paul's Cathedral. You will also have time to explore the city on your own, and maybe a short stop by the world famous Harrod's or for a stroll through Hyde Park. The tour includes transportation, ferry, a city tour and a USO tour guide. Through Jan. 17. <http://affiliates.usa.org/rheinneckar>.

January 22

Prime Rib Dinner – The Village Pavilion presents the Prime Rib Dinner. Come join us for a fabulous dinner 5:30-9 p.m. Youth 5 and under eat free. Adults, \$19.95; children 6-11, \$12.95. Reservations recommended, walk-ins welcome. DSN 388-9455.

coming to THEATERS

INVICTUS

(Matt Damon, Morgan Freeman) Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's underdog rugby team as they make an unlikely run to the 1995 World Cup Championship match. Rated PG-13 (brief strong language) 133 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Dec. 17 - ARMORED (PG-13) 7 p.m.
- Dec. 18 - THE PRINCESS AND THE FROG (G) 7 p.m.; INVICTUS (PG-13) 9 p.m.
- Dec. 19 - THE PRINCESS AND THE FROG (G) 4 p.m.; INVICTUS (PG-13) 7 p.m.; PANDORUM (R) 9 p.m.
- Dec. 20 - THE PRINCESS AND THE FROG (G) 4 p.m.; INVICTUS (PG-13) 7 p.m.
- Dec. 21 - COUPLES RETREAT (PG-13) 7 p.m.
- Dec. 22 - INVICTUS (PG-13) 7 p.m.
- Dec. 23 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.
- Dec. 24 - THE PRINCESS AND THE FROG (G) 7 p.m.

Mannheim, Schuh

- Dec. 17 - THE BLIND SIDE (PG-13) 7 p.m.
- Dec. 18 - ARMORED (PG-13) 7 p.m.
- Dec. 19 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 4 p.m.; ARMORED (PG-13) 7 p.m.; PANDORUM (R) 9 p.m.
- Dec. 20 - ARMORED (PG-13) 4 p.m.; COUPLES RETREAT (PG-13) 7 p.m.
- Dec. 21 - PANDORUM (R) 7 p.m.
- Dec. 24 - ARMORED (PG-13) 7 p.m.

Vogelweh, Galaxy

- Dec. 17 - THE INVENTION OF LYING (PG-13) 7 p.m.
- Dec. 18 - ARMORED (PG-13) 7 p.m.
- Dec. 19 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 3 p.m.; COUPLES RETREAT (PG-13) 7 p.m.
- Dec. 20 - ARMORED (PG-13) 3 p.m.; PANDORUM (R) 7 p.m.
- Dec. 24 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.

Ramstein, Gateway Movieplex

- Dec. 17 - THE INVENTION OF LYING (PG-13) 11 a.m., 2 p.m., 7 p.m.; FAME (PG) 12 p.m., 3 p.m., 6:30 p.m.; CARS (G) 11:30 a.m., 3:45 p.m., 6:45 p.m.
- Dec. 18 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m., 8 p.m.; INVICTUS (PG-13) 12 p.m., 3 p.m., 7 p.m., 8:30 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 4 p.m., 6:15 p.m.; COUPLES RETREAT (PG-13) 11:30 a.m., 2 p.m., 6:30 p.m.; PANDORUM (R) 9 p.m.
- Dec. 19 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m., 8 p.m.; INVICTUS (PG-13) 12 p.m., 3 p.m., 7 p.m., 8:30 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 4 p.m., 6:15 p.m.; COUPLES RETREAT (PG-13) 9 p.m.; PANDORUM (R) 11:30 a.m., 2 p.m., 6:30 p.m.
- Dec. 20 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m.; INVICTUS (PG-13) 12 p.m., 2:30 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 3 p.m., 6:15 p.m.
- Dec. 21 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m.; INVICTUS (PG-13) 12 p.m., 2:30 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 3:30 p.m., 6:15 p.m.; COUPLES RETREAT (PG-13) 11:30 a.m., 2 p.m., 6:30 p.m.
- Dec. 22 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m.; INVICTUS (PG-13) 12 p.m., 2:30 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 3:30 p.m., 6:15 p.m.; PANDORUM (R) 11:30 a.m., 2 p.m., 6:30 p.m.
- Dec. 23 - THE PRINCESS AND THE FROG (G) 11 a.m., 3:45 p.m., 6 p.m.; INVICTUS (PG-13) 12 p.m., 2:30 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 3:30 p.m.; FOUR CHRISTMASSES (PG-13) 6:30 p.m.
- Dec. 24 - COUPLES RETREAT (PG-13) 11 a.m., 3:45 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11:15 a.m., 3:30 p.m.; FOUR CHRISTMASSES (PG-13) 12 p.m., 2:30 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

Outdoor Recreation offers ski options for the holiday season

Celebrate Christmas or bring in the New Year in one of the snowy regions of Europe during a ski trip with Army Outdoor Recreation. Heidelberg, Mannheim and Kaiserslautern offer various opportunities to spend the holidays at popular ski locations.

Garmisch-Partenkirchen

Garmisch-Partenkirchen is located in the Bavarian Alps on the German Austrian border. It is nestled in a broad valley at the confluence of the Loisach, a tributary river with its source in Tyrol, and the Partnach, a mountain stream springing from the Wetterstein Mountain Range.

Garmisch-Partenkirchen is surrounded by the Ammer Mountain Range, the Ester Mountains and the Wetterstein Mountain Range, which includes Germany's highest peak, the Zugspitze. The area is Germany's number one location for winter sports. With its overwhelming view on the mountains, the town is located within a beautiful panorama.

More than 60 kilometers of skiing slopes, the perfect snow from November to May, well-prepared slopes ranging from easy to demanding, modern lift facilities, beautiful views and cozy ski huts invite you to spend your day on the mountain.

Besides winter sport, the town itself is worth a trip. Historical sites, art and culture, or typical Bavarian shops can be found along the streets and alleyways. The town hosts special events throughout the year like the New Year's Ski Jump Jan. 1 or the Richard Strauss concert week during summer.

About 800 different accommodation opportunities are available and more than 100 restaurants offer everything from Bavarian delicacies to international cuisine.

Interlaken, Switzerland

Interlaken in Switzerland is nestled between two Alpine lakes, Thun and Brienz, and situated at the foot of the famous trio of peaks, the Eiger, the Mönch and the Jungfrau. This area can boast world-class skiing or boarding, as well as some of the most beautiful lakes, rivers and water-filled valleys in the world.

With more than 165 kilometers of skiing slopes (depending on snow conditions), there is something for the beginner to the expert skier or boarder.

Interlaken has a variety of dining options, ranging from local delicacies to international cuisine. The Rugen Wood near Interlaken is home to the Rugen Brewery, where traditional Rugenbräu beer has been brewed for centuries.

The city also offers a large choice in shopping for souvenirs, gifts and food, as well as numerous specialty stores. Combine your shopping tour with a cozy promenade along the Höhematte meadow. In the outlying areas you'll find smaller shops and grocery stores.

The nightlife in Interlaken is worth a visit to one of the bars, traditional pubs or trendy spots.

With attractive events and activities year-round, like the Jungfrau Music Festival, or snowshoe trekking, Interlaken is a place where its guests won't get bored.

Escape to the mountains



Kaiserslautern Army Outdoor Recreation

One-Day Ski Express: Dec. 19, 25 and 26 and Jan. 1, 2 and 9, 16, 17, 23 and 30

Garmisch-Partenkirchen: Dec. 24-27

Interlaken, Switzerland: Dec. 24-27 and Dec. 31-Jan. 3

More information: www.mwrgermany.com/kl/odr/odr.htm

Heidelberg Army Outdoor Recreation

One-Day Ski Express: Dec. 19, 25 and 26 and Jan. 1, 2, 9, 13, 16, 17, 23, 27 and 30

Garmisch-Partenkirchen: Dec. 24-27

Interlaken, Switzerland: Dec. 24-27 and Dec. 31-Jan. 3

More information: www.mwrgermany.com/HD/odr/odr.htm

Mannheim Army Outdoor Recreation

One-day ski trips

Engelberg, Switzerland: Dec. 19 and 26 and Jan. 23

Oberstdorf, Germany: Jan. 2

Feldberg, Germany: Jan. 9, 18 and 30

More information: www.mwrgermany.com/ma/odr/odr.htm

community
HIGHLIGHTS

Snow and Ice Removal Changes

The new common levels of service standards require main roads to be cleared within four hours after snowfall stops and designated parking lots and sidewalks within 24 hours. These are changes to the previous contract, which required roads and sidewalks to be cleared within three hours of being called in, and parking lots within four hours, if needed. There is still a policy in effect that makes each office building's occupants responsible for 50 feet from the building. Those areas will no longer be cleared by the contractor. Also, snow plows do not work unless there is more than two inches of snow on the ground, or roads are covered with ice. There will be no road clearing 9 p.m.-5 a.m. Road clearing begins no later than 5 a.m. on week days and 7 a.m. on weekends and holidays and ends at 9 p.m. The contractor will spread grit and salt after clearing, so roads will remain passable 9 p.m.-5 a.m. All sidewalks will be done 24 hours after snowfall stops unless it is a weekend or holiday and the area is not used, to conserve funds. The Self Help Store has salt, grit and shovels available, which are issued free of charge to all ID card holders for Army-owned or leased facilities. DSN 387-3104.

AFN Holiday Programming

The AFN Broadcast Center is offering U.S. troops around the world a special holiday-programming Web site this season. The "Home for the Holidays" link from www.mynafn.net enables TV viewers to quickly find all the holiday specials AFN is scheduling through Dec. 31. In all there are more than 300 chances to see special holiday programs on AFN TV this season.

AWAG Annual Conference

The 54th Annual American Women's Activities Germany Conference will be held May 9-13 at Edelweiss Lodge and Resort in Garmisch. Registration deadline is March 26. www.awagonline.org.

Civilian Travel Claims

Effective in January, all civilian travel claims will be processed through DFAS-Columbus. The last day civilian travel claims will be accepted at the Heidelberg Finance Office is Dec. 14. All new orders will include a remark that travel claims need to be submitted to DFAS-Columbus. COL-TRAVEL-CLAIMS@dfas.mil.

local
EMPLOYMENT

Career Fair

Looking for employment? Recruit them at the Heidelberg ACS Career Fair Jan. 30. Register online: www.mwrgermany.com/hd/acs and click the "Employment Readiness" link.

Mannheim Elementary School

MES seeks substitute teachers and teacher/classroom aides. DSN 380-4705, cv. 0621-730-4705, joanne.griffin@eu.dodea.edu.

Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes, pottery, singing, performing arts and sculpture. DSN 388-9418, cv. 06221-338-9418.

KAISERSLAUTERN

Community
• Holiday Hours at APOs – The Army post offices on Landstuhl Regional Medical Center and Daenner Kaserne have started holiday customer service hours 9 a.m.-4 p.m. until Dec. 23. The APO on Miesau Army Depot will be open 10 a.m.-3 p.m. Tuesdays and Fridays. Finance services at these Army post offices will not be offered Dec. 24 and 31. The Pulaski mail room is open noon-3 p.m. Saturdays until Jan. 2.

• No LRMCA Appointments Dec. 18 – Routine patient appointments and walk-in appointments will not be scheduled Dec. 18 at Landstuhl Regional Medical Center during the LRMCA Safety Stand-Down Day. Emergency care will remain available.

• Texas Hold 'Em Tournament – The Landstuhl Community Club will host a Texas Hold 'Em Tournament Championship Game Dec. 18, registration at 6 p.m., first deal at 7 p.m. DSN 486-7244, cv. 06371-86-7244.

• Holiday Worship Schedule – Catholic services at Landstuhl Chapel: Children's Mass and Midnight Mass, 6:30 p.m. Dec. 24; Christmas Mass, 9 a.m. Dec. 25; and Feast of Mary Mass, noon Jan. 1. Catholic services at Daenner Chapel: Children's Mass, 5 p.m. Dec. 24; Christmas Mass, 11:30 a.m. Dec. 25; and Feast of Mary Mass, 6:30 p.m. Jan. 1. Protestant services are Christmas Eve Candlelight Service at 7 p.m. Dec. 24 at the Daenner Chapel, and 8 p.m. Dec. 24 at Landstuhl Chapel. DSN 493-4098.

• HHD Command Opportunity – The Headquarters and Headquarters Detachment, U.S. Army Garrison Kaiserslautern commander position comes available March 12. Submission deadline is Jan. 4. Interview of prospective commanders will begin Jan. 5. DSN 493-4373, johnathan.evans@eur.army.mil.

• Hugs Playgroup Changes – HUGS (Help Us Grow Securely) has been temporarily moved to the Vogelweh Community Center, Bldg. 2059 and takes place 10:30 a.m.-noon, Thursdays. HUGS is open to children birth to 4 years old. This playgroup is an interactional and educational group, which is designed to develop parenting skills, socialization and educational activities. HUGS will be not meet Dec. 24 and 31. The normal schedule will resume Jan. 7. DSN 493-4203, cv. 0631-3406-4203, www.mwrgermany.com.

• Kids in the Kitchen – During the month of January, Child, Youth and School Services Edge Program offers "Kids in the Kitchen" at Landstuhl Community Club. Participants will learn to prepare, present and serve basic foods, read a recipe, measure ingredients, and shop for ingredients. This free workshop is open to the first 10 registrants in each grade

division. Must register before Dec. 30. DSN 493-4516, cv. 0631-3406-4122, www.mwrgermany.com.

• Midnight Bingo – Enjoy a fun evening of bingo at the Kazabra Club 9 p.m.-midnight Jan. 17. Two guaranteed \$1,000 games along with special games for special prizes will be played. Free food and soft drinks will be available all night. Doors open at 7 p.m. DSN 489-7261, cv. 0631-536-7261, www.mwrgermany.com.

• Armstrong's Club – Sunday breakfast buffet is temporarily suspended for the holiday season. The American-style all-you-can-eat buffet will reopen again in January.

HEIDELBERG

Education
• ACS Classes and Events – Deployment Support - Children and youth training for parents, 1-4 p.m. Dec. 28; Community Orientation Briefing, 12-3 p.m. Mondays; Reintegration Briefing, 9 a.m. Tuesdays; English as a Second Language is offered at various times throughout the week. DSN 370-6883, www.mwrgermany.com/hd/acs.

• German Language Classes – Eight-week classes 5:45-7:30 p.m. Jan. 19-March 15: German 1 and 2, Tuesdays and Thursdays; German 3, Mondays and Wednesdays. German 4 morning classes will be held Feb. 9-March 14 Tuesdays, Wednesdays and Thursdays. Cost: €80 for German 1, €100 for higher levels. Register: germanatpatton@aks-heidelberg.com.

Community
• Holiday Worship Schedule – Services at PHV Chapel: Roman Catholic Mass, 5 p.m. Dec. 24; Protestant Service, 7 p.m. Dec. 24; Christmas Day Mass noon Dec. 25. Services at MTV: Roman Catholic Mass, 5 p.m. Dec. 24; Roman Catholic Mass, 10 p.m. Dec. 24; New Year's Eve Mass, 5 p.m. Dec. 31; New Year's Mass, noon Jan. 1; Protestant Service, 7 p.m. Dec. 24; Gospel Watch Night Service, Dec. 31. Services at Nachrichten Chapel: Lutheran Service, 6:30 p.m. Dec. 24; Episcopal Service, 8:30 p.m. Dec. 24; Christmas Day Lutheran Service, 10:45 a.m. Dec. 25.

• Right Arm Night – Grab your coworkers and head to Right Arm Night at Legends 4:30-7 p.m. Dec. 18. Enjoy a fun happy hour including free snacks.

• Holiday Refuse Collection Schedule – The collection and disposal of refuse will change for the following dates: Scheduled Dec. 21 collection will be Dec. 19; Dec. 22 collection will be Dec. 21; Dec. 23 09 collection will be Dec. 22; Dec. 24 collection will be Dec. 23; Dec. 25 collection will be Dec. 24; Jan. 1 collection will be Jan. 4; Jan. 4 collection will be Jan. 5; Jan. 5 collection will be Jan. 7;

Jan. 6 collection will be Jan. 8; Jan. 7 collection will be Jan. 9; Jan. 8 collection will be Jan. 11; Jan. 11 collection will be Jan. 12; Jan. 12 collection will be Jan. 13; Jan. 13 collection will be Jan. 14; Jan. 14 collection will be Jan. 15; and Jan. 15 collection will be Jan. 16. The PHV housing area will have an additional collection of paper Dec. 28, rubbish Dec. 29 and packaging Dec. 30.

• Recycling Center Closure – The PHV recycling center will be closed starting at 1 p.m. Dec. 24 through Dec. 28. It will also be close at 1 p.m. Dec. 31 and reopen at 8 a.m. Jan. 2. The center will be closed Jan. 6.

• Memorial Ceremony – The Heidelberg Health Center will host the General George S. Patton Jr. Memorial Ceremony at 1:30 p.m. Dec. 22, in the first floor of Bldg. 3613 on Nachrichten Kaserne. Guest speakers will be the granddaughter of Patton and Denny Hair. The community is invited to join in the celebration of this great American hero.

• Thrift Shop Closure – The shop will be closed for winter break Dec. 19-Jan. 2. Consignors wishing to withdraw expiring consignments must do so prior to the closure.

• Welfare Grant Applications – Heidelberg Community and Spouses' Club is accepting applications for Block 2 (January-April). Deadline is Dec. 31. Applications, guidelines and additional grant information: www.hcs-heidelberg.com.

• Toastmasters – Toastmasters will meet the first and third Thursday of every month. <http://heidelberg.freetoasthost.net>.

• DES Closures – The following Directorate of Emergency Services offices be closed all day Dec. 24-25 and Dec. 31-Jan. 1: IACS Offices in Bldgs. 3962 and 3850; Vehicle Registration Offices in Bldg. 3850 and on the DPW compound.

• DPW Closures – Germersheim AST will close at noon Dec. 18. Heidelberg Housing Division will be closed Dec. 24.

• Holiday Gift Wrapping – The Red Cross will wrap gifts 2-7 p.m. Dec. 18 and 10 a.m.-4 p.m. Dec. 24 at the Main PX. Volunteers are needed. DSN 370-1760, cv. 06221-57-1760.

• Holiday Shuttle Bus Schedule – The holiday shuttle bus schedule goes in effect Dec. 21-Jan. 1 and will be posted at all shuttle bus stops. DSN 373-1800, cv. 06221-17-1800.

• Odyssey of the Mind Judges Needed – Judges from the community are needed for the district-wide Odyssey of the Mind tournament to be held at Heidelberg Middle School Feb. 6. Judges will watch and score the students on their eight-minute creative solutions. Training is provided. kina.stallings@eu.dodea.edu.

MANNHEIM

Education
• ACS Classes – Tschuess Teens, 3:30-4:30 p.m. Dec. 23; English as a Second Language, 9-11 a.m. Dec. 18, 21 and 23 and 6-7:30 p.m. Dec. 22 and 24; Levy and Out-processing Briefing, 1-2:45 p.m. Dec. 22; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Dec. 21 and 23. DSN 385-3101, cv. 0621-730-3101.

Community
• Holiday Worship Schedule – Services at BFV Chapel: Christmas Eve Children's Mass, 4:30 p.m. Dec. 24; Christmas Carols, 9:30 p.m. Dec. 24; Christmas Eve Mass, 10 p.m. Dec. 24; Christmas Day Mass, 10 a.m. Dec. 25; Combined Watchnight Service, 10 p.m. Dec. 25; New Year's Day Mass, 10 a.m. Jan. 1.

• Early Identification of Developmental Delays – Mannheim Elementary School offers Child Find monthly to identify children ages 3-5 who may have developmental delays or educational disabilities and who are in need of special education or related services. Appointments: DSN 380-9201, cv. 0621-730-9201.

• Office Closures – The Directorate of Public Works and the Public Affairs Office will close at noon Dec. 18, and the Budget Office will close at 9 a.m. Dec. 18. The Community Banks located at Sullivan Barracks and Coleman Barracks will be closed for the holidays Dec. 24-27. Operating hours for New Year's eve will be 9 a.m.-noon. Community Banks will be closed through Jan. 3. The Mannheim Customs Field Office will be closed Dec. 24, Jan. 1 and 6. They will be open 7:30-10:30 a.m. Dec. 31.

• Outreach Services – FRG/Unit Night, 5:30-8:30 p.m. Dec. 17, reservations: DSN 385-2750, cv. 0621-730-2353; Parents' Night Out 6:30-10 p.m. Dec. 18, reservations: DSN 380-4851, cv. 0621-730-4850.

• AFAP Issues – Submit issues and concerns for February's local Army Family Action Plan conference on www.mwrgermany.com/afap page (under Mannheim ACS). DSN 385-3101, cv. 0621-730-3101.

• Family Bingo – The Top Hat Club presents family bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. DSN 380-9370, cv. 0621-730-9370, www.mwrgermany.com.

• Youth Sponsorship Program – Youth sponsors in grades 1-12 help with the relocation of youth so they can become more familiar with their new home in Mannheim. DSN 385-2353, cv. 0621-730-2353.

• PX Operating Hours – Starting Jan. 4, the main exchange in Benjamin Franklin Village will have the following operating hours: Monday – Saturday 10 a.m.-8 p.m. and Sunday 10 a.m.-7 p.m.

Lions wrestlers have strong start to the season

By Krista Bye-Nagel
HERALD POST INTERN

The Heidelberg High School wrestling team held strong with the first home match of the season against Patch, Vilseck, Hohenfels and Ansbach Saturday.

Andres Nanez, 145, and Felix Perry, 160, came in first for their weight classes.

Following close behind were Turner Vite, 189, Jimmie McBride, 152, and Devon Meachum, 215, with second-place finishes.

In third place were Christopher Peter-Lopez, Jacobi Sarsatin, Corbin Henniger, Jaron Henniger, Montgomery Smith and Nicolasa Torres.

"Each one performed very well in

"I'm pretty confident about this year. We should be able to do some damage."

-Nicolasa Torres, HHS wrestler

Saturday's matches; I'm very proud of my team," said Jason Duckworth, the team's head coach.

"We fought hard and came to win," added Perry, who wrestled up a weight class from the previous week and still managed to get first.

In the first meet of the season Dec. 5 against Vilseck, Bamberg and Kaiserslautern, Zach Smith, Vite and both Hennigers came out undefeated. In other success the same day, three Heidelberg wrestlers came away with their first victory: Mont-

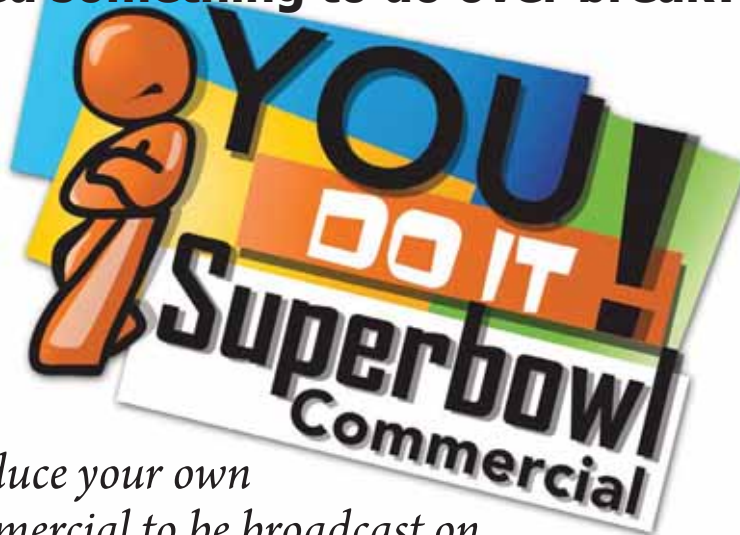
gomery Smith, 112, Kyle Johnson, 171, and Torres, 215.

With a good group returning from last season along with eager new wrestlers, the Heidelberg wrestling team shows a promising future, Duckworth said.

After multiple third-place finishes in last year's European championships, the Lion team is ready for more wins.

"I'm pretty confident about this year," Torres said. "We should be able to do some damage."

Need something to do over break?



Produce your own commercial to be broadcast on AFN for the Super Bowl

By George A. Smith
AFN EUROPE

Tired of the same old AFN commercials? Maybe you have your own idea for an American Forces Network TV commercial. Then "YOU Do It," and AFN may play your masterpiece during the Super Bowl for more than 500,000 Americans in Europe, Iraq and Afghanistan.

"The 'You Do It' videos are a way to let the audience show us what they want to see," said AFN Europe Commander Col. Bill Bigelow. "I know not all of our current commercials are exciting or dynamic, so I thought, why not give the audiences a crack at making their own commercials."

Bigelow said he believes the Super Bowl provides a perfect venue for 'You Do It.'

"For years AFN has heard viewer complaints about not

being able to see the iconic Super Bowl commercials," he said. "Obviously, the rules prevent from us airing them, so we thought why not do the next best thing and give our viewers some air time.

"Now when the game is playing, instead of seeing another 'pick up your dog's poop' commercial for the 500th time, you may see a neighbor's commercial, or, better yet, your own. So, go ahead, you do it."

US DoD ID card holders are eligible to participate. Videos need to be 14 or 29 seconds long and sent to afnyoudoit@gmail.com now through Jan. 10.

AFN will select videos to air during the Super Bowl based on topic, originality and entertainment value.

All videos eligible for airing will be posted to the Web at www.afneurope.net the day after the Super Bowl.

The Super Bowl is Feb. 7 in Miami, with the game airing in Europe Feb. 8. Further details on "You Do It" are on the AFN Web site.

staying ACTIVE

Heidelberg Unit-Level Basketball

Standings as of Dec. 14: 43rd Signal 3-0; HQ USAREUR 2-1; 4th ASOG 2-1; AMEDD 1-2; NATO 1-2; 529th MPs 0-3. Games to be played at Patton Gym Jan. 6: NATO vs. 529th MPs, 6 p.m.; AMEDD vs. 43rd Signal, 7 p.m.; 4th ASOG vs. HQ USAREUR, 8 p.m.

Youth Swimming Results

In European Forces Swim League action Sunday at Hohenfels: Team scoring – Heidelberg 636, Hohenfels 402, Bamberg 276, Vilseck-Grafenwöhr 197, Sigonella 30. Triple individual winners – Rachel Rodriguez, Chase Simmons, Andrew Simmons, and Michael Simmons (Heidelberg); Alexandra Ellis and Katherine Gamble (Hohenfels); William Luciani, Jeremy Hall, and Josh Hall (Bamberg); Cal Dermody (Sigonella).

Basketball Tournaments

Mannheim – The Fifth Annual Mannheim Mustangs Invitational Basketball Tournament will be held Dec. 18-20 at the BFV Sports Arena and Sullivan Gym. Free for spectators. DSN 385-3164, civ. 0621-730-3164.

Heidelberg – The 2010 Dr. Martin Luther King Jr. Basketball Invitational will be held Jan. 15-18 at the Patton Fitness Center. Competition is open to the first 12 men's and first eight women's community teams that sign up. www.mwrgermany.com.

Kaiserslautern – A Europe-wide invitational basketball tournament will be held Jan. 29-31 in the Kleber and Landstuhl gyms. Entry is open to all men's and women's teams. DSN 493-2088, usagklnsports@eur.army.mil.

Rock Wall Climbing 101

Kaiserslautern Child, Youth and School Services EDGE Program offers rock wall climbing 4:30-5:30 p.m. Wednesdays in January at the KMCC Mall Outdoor Recreation. Participants will learn: wall safety, terminology, knot tying, harness fitting, belaying techniques and climbing 101. Registration is limited to the first six to register from grades six to eight and the first 10 to register from grades nine through 12. This is a free class and no health assessment is required. DSN 493-4516, civ. 0631-3406-4122, www.mwrgermany.com.

Road to the Super Bowl

Kazabra Club in Kaiserslautern brings you "Sunday Night Football: Road to the Super Bowl" 6:30 p.m.-1 a.m. through Feb. 7. DSN 489-7261, civ. 0631-536-7261.

Skiing and Snowboarding

Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses for the upcoming season. DSN 381-7215.

Running With a Purpose

Kaiserslautern Child, Youth and School Services EDGE Program offers Running With a Purpose 4-5 p.m. Mondays in January at the Landstuhl Fitness Facility. This free workshop is open to youth in grades six through 12. Gain cardiovascular strength and endurance, and learn speed skills, pacing and distance running. Limited to the first 10 registrants. Bring running shoes and workout clothes. No health assessment is required. DSN 493-4516, civ. 0631-3406-4122, www.mwrgermany.com.