

# HeraldPOST

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

## BW garrison commander discusses priorities

By Lira Frye  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Three months into his three-year tour, U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher says he's not the new guy anymore, and the training wheels are off.

"I made a promise that I was going to get out, see these three communities

(Heidelberg, Mannheim and Kaiserslautern) and understand more about them before I made decisions – as leaders should do – on our way ahead."

Butcher said he now feels like he has an understanding of the complexity of the garrison mission.

"We have an overarching responsibility to support the livelihood of more than 59,000 people (within the Baden-

Württemberg footprint)," he said. "It's an awesome responsibility, and one I'm comfortable with based on my analysis of these three communities, their leadership, their workforces and their intense desire to support the idea of providing a home away from home."

After significant time spent on the road between Heidelberg, Mannheim see **PRIORITIES** page 12

## Looking back: 21st TSC celebrates German reunification

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

"Wind of Change" by the German rock band The Scorpions is not a song you would expect to hear at a military ceremony.

Yet, it seemed the perfect prelude to the 21st Theater Sustainment Command's retreat and retirement ceremony at the parade field on Panzer Kaserne Friday.

Historic and poignant sound bites further reinforced the celebratory mood. Prominent among them was see **FALL OF THE WALL** page 3



**Freedom Without Walls**  
www.hqsareur.army.mil



U.S. Army Photo  
Staff Sgt. Bjoern J. Pietrzyk (left) and Sgt. Charles L. Smith, both Soldiers from the Heidelberg Medical Department Activity, compete in the obstacle course portion of the Expert Field Medical Competition held at Camp Bullis, Texas, Oct. 19-23. Pietrzyk and Smith claimed the title of "Best Medics in the Army."

## HMEDDAC Soldiers win at Army level

*"I'm proud of my teammate. Without him I would have never made it."*

-Staff Sgt. Bjoern J. Pietrzyk, 'Best Medic' competition winner

### HMEDDAC Public Affairs

Lt. Gen. Eric B. Schoomaker, U.S. Army surgeon general, visited the Heidelberg Medical Department Activity headquarters Oct. 28 to offer personal congratulations to two HMEDDAC Soldiers.

Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith were recently named the Department of the Army's "Best Medics" during the Expert Field Medical Competition at Camp Bullis, Texas, Oct. 19-23.

Smith and Pietrzyk earned the title of Europe Regional Medical Command "Best Medics" during the Europe competition in early October, earning them the right to compete at the Army level.

Schoomaker expressed his gratitude and best wishes to the two medics, who are both mobilized reservists from the 5502nd U.S. Army Hospital in Colorado.

After speaking to the Soldiers for several minutes, Schoomaker presented each with a coin. Then, on behalf of ERMC Commanding General Brig. Gen. Keith

Gallagher, he presented them each with an Army Achievement Medal.

"This has all been completely overwhelming," Smith said about the experience of winning the competition. "I think we are still in the awe phase."

Both Soldiers credit each other and the Soldiers they've worked with over the past year as helping them earn the Army-level title. The two were roommates over the past year and have been battle buddies for several missions throughout their Army careers.

see **BEST MEDIC** page 12

**HP THURSDAY**  
Nov. 5, 2009

### Speed Read

#### OPERATION RISING STAR



A Kaiserslautern Soldier has been selected as one of 12 semi-finalists for the Operation Rising Star competition, which begins Nov. 14 at Fort Belvoir, Va. 4

#### SAVE A LIFE TOUR

A multi-million dollar drinking and driving simulator begins its tour of USAG Baden-Württemberg today and continues through Nov. 25. 4

#### STUDENTS 'DODGE' DRUGS

Heidelberg High School students celebrated Red Ribbon Week by incorporating a dodgeball tournament into the annual drug prevention program. 6

#### HOLIDAY MAILING DATES

It's time to start thinking about packaging up those holiday gifts if you want them to arrive on time. Don't forget there are various weight, size and shipping restrictions that must be followed. 8

#### COOKING IN KITGUM

Mannheim food service Soldiers from the 18th Military Police Brigade are cooking it up in Kitgum, Uganda, for the troops participating in Natural Fire 10. 12



### Defense Details

#### VETERAN HOMELESSNESS

Secretary of Veterans Affairs Eric K. Shinseki Tuesday announced the framework of a bold initiative to end homelessness among veterans within five years. He outlined the comprehensive plan at the VA National Summit Ending Homelessness Among Veterans in Washington, calling the goal an ambitious one that will take a nationwide effort to be successful.

#### NEW ARMY SECRETARY

New Army Secretary John M. McHugh received an official welcome from Defense Secretary Robert M. Gates and the Army's top uniformed officer Monday at a ceremony held at Fort Myer, Va. Gates hailed the former New York Congressman, who became the 21st secretary of the Army Sept. 21.

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## COMMENTARY

# Reaching the peak: Local team climbs Mt. Kilimanjaro

By Col. Terri Moser  
ERMC

**BARAFU CAMP, Tanzania** – In the darkness at 15,000 feet, David Cabrera watched the line of small white lights snaking steeply upward behind the group of tents perched on the rocky plateau.

As he and his team prepared for the final ascent, Cabrera wondered if first light would find them all standing on Africa's highest point – Mt. Kilimanjaro.

Cabrera, his wife, August, and friends from the Europe Regional Medical Command and U.S. Army Europe had been planning and preparing for the seven-day ascent since 2007. The team selected the Lemoshu Route, a longer route to the top of Uhuru ("Freedom" in Swahili) Peak, Mt. Kilimanjaro, but one which afforded the team more time to acclimatize to the high altitude. Uhuru Peak stands at 19,340 feet.

The air at that altitude contains only 50 percent of the oxygen present at sea level, and the team's best chance for success was to allow their bodies enough time to adjust during the ascent. Overall, most published success rates for the climb are less than 40 percent, even though the standard trip requires climbers to carry only their water and a day pack.

Our heroes – the porters – are amazing local men who carried all of our tents, cooking equipment, food and additional gear for the trip. For the most part, they balanced these precarious loads on their heads, and passed us each day as they moved ahead up the trail to set up the next night's camp.

"Pole, pole" ("slowly" in Swahili) was a common refrain from the porters as we slowly made our way up the mountain. Our days ranged from four hours of hiking up to 14 hours on summit day.

Climbing Kilimanjaro is a unique experience aside from its extreme altitude. The climb treks through a total of five distinct climate zones and ecosystems,



A team of Soldiers and civilians from the Europe Regional Medical Command and U.S. Army Europe pose for a photo after reaching the peak of Mt. Kilimanjaro, the highest point in Africa. Courtesy Photo

and it's often compared to traveling from the Amazon to Antarctica in a week.

Located 3 degrees below the equator, a Kilimanjaro climb begins in rainforest, progressing through heath, moorlands, alpine desert and finally arctic zones. Temperatures steadily declined as we climbed, so the trek that began with shorts and T-shirts ended with multiple layers of down and fleece.

Our warm sleeping bags and water bottles the cooks filled with freshly boiled water for us to drink the next day were welcome additions to keep the cold temperatures at bay during the last few days of the

climb.

The team reached the summit precisely at 7:10 a.m. Sept. 4 and capped off the trip with a four-day safari in Tanzania.

The team consisted of: Maj. Rebecca Boucher, Maj. David and August Cabrera, Col. Terri Moser and Lt. Col. Kevin Mulalley from ERMC; Maj. Mandi MacWhirter from USAREUR; Capt. Mike Moser from V Corps; Lt. Col. Ellen Daly from TAMC and formerly from ERMC; retired Col. Mickey Miller, formerly from ERMC; and Marion Laragy, a civilian from USAREUR.



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

TRICARE ON LINE (TOL) is an official DoD website that lets you call up healthcare information, request refills of your medication, and, best of all, lets you book appointments whenever you wish, without making phone calls or waiting in a queue. The TOL Program managers recently added new features such as medication refills, and have made it possible to log on via CAC card.

If you are new to TOL, here is what you have to do

to take advantage of these services:

Register for TOL on TRICAREONLINE.COM ... To book an appointment, simply log on with your ID Number and Password or your CAC card and you will be able to see all available appointments with your primary care manager ... There are plenty of appointments available for booking; Heidelberg MEDDAC has designated more than 90% of its primary care appointments for booking via TOL.

If you've ever been frustrated by lengthy phone trees, "Sorry, we are currently closed" messages, or a long wait in a Central Appointments queue, only to find out that all appointments were gone when you finally got through – this is for you! TOL gives you control; you can book your appointments anytime, anywhere, without anyone's assistance.

–Anthony Sosa Clinical Operations Division



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

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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](mailto: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.

# Recalling history



U.S. Army Photo

Soldiers from the U.S. Army Berlin Command face off against police from the former East Germany during one of several standoffs at Checkpoint Charlie in 1961, the year construction began on the Berlin Wall. On several occasions that year, a U.S. quick reaction force of tanks and infantry Soldiers stood watch as armed military policemen escorted U.S. personnel across the border into East Berlin. It wasn't until Nov. 9, 1989 that the wall separating Germany finally came down.

## Berlin Wall Timeline

**1945 – World War II ends:** The Allied Powers split Germany into four occupation zones, and its capital Berlin into four sectors.

**1949 – Cold War:** The Federal Republic of Germany emerges out of the U.S., British and French zones in the West. The Soviet Union establishes the communist German Democratic Republic in their eastern zone, but cannot push the three Western powers out of Berlin.

**1950s:** Economic success of West Germany, fueled by the US Marshall Plan, and increased political repression at home swell the numbers of East Germans looking for a better life in the West. The GDR seals off the inner German border, leaving Berlin as the last loophole to the West.

**1961 – Aug. 13:** All crossing points between the East and West Berlin are closed by GDR forces. Construction of the Berlin Walls begins.

**1961 – Aug. 22:** The Wall claims its first of several hundred victims, when Ida Siekmann falls to her death while trying to escape to the West by jumping out of her apartment at Bernauer Strasse. The exact number of Wall victims remains unknown.

**1987 – June 12:** President Ronald Reagan delivers a speech in front of Berlin's iconic Brandenburg Gate in which he memorably demands: "Mr. Gorbachev, tear down this wall!"

**1989:** Amidst increasing economic failure of the communist regime, the first protesters gather in Leipzig with calls for democratic reforms and individual rights. Their movement quickly spreads to all major cities in the GDR.

**1989 – Nov. 9:** Unable to suppress this peaceful revolution and hoping to buy time, the GDR leadership lifts all previous travel restrictions to the West. Shortly before midnight, tens of thousands flock to the Berlin Wall. The border guards cannot hold them back. On the other side, jubilant crowds greet the first arrivals.

**1990 – Oct. 3:** After the Wall fell, it was to be another 11 months before Germany was reunited. In the first (and last) free elections to East Germany's Volkskammer (parliament) on March 18, 1990 the East German electorate voted by an overwhelming majority for those parties that demanded swift accession to West Germany. In summer 1990 a treaty to this effect was negotiated by the two Germanies. East Germany acceded to West Germany Oct. 3, 1990, which has since been celebrated as the Day of German Unity and is an official holiday in Germany.

SOURCE: [www.germany.info](http://www.germany.info)

## FALL OF THE WALL

continued from page 1

the famous excerpt from President Ronald Reagan's speech at the Brandenburg Gate in Berlin, June 12, 1987.

"Mr. Gorbachev, tear down this wall" echoed across the parade field just moments before the playing of the German and American national anthems.

After all, the ceremony served three very important functions. It served to honor the flags of Germany and United States during the sounding of retreat, it honored two 21st TSC Soldiers who were retiring from the Army after serving 20 years each, and it celebrated the 20th anniversary of the fall of the Berlin Wall and the reunification of Germany with a number of German dignitaries present and two guest speakers emphasizing the effects of the historic event.

"When the Berlin Wall fell, it was symbolic of many things. It signified the demise of communism and the end of the Cold War. Germany's unification was a major event that changed the political scene in Europe and worldwide," said Brig. Gen. Patricia E. McQuiston, commanding general of the 21st TSC.

Retired Bundeswehr Col. Hans-Adolf Wimmer, the first guest speaker, said hundreds of East German citizens were killed attempting to climb the Berlin Wall. He spoke of them living without the basic rights of freedom of speech, freedom of the press and freedom of religion often taken for granted.



Spc. Amanda Rigdon

Retired Bundeswehr Col. Hans-Adolf Wimmer speaks about his service in the German Army when the Berlin Wall was erected and when it was taken down. Wimmer was one of two guest speakers at the 21st Theater Sustainment Command's retreat and retirement ceremony Friday. The ceremony's main theme was the 20th anniversary of the fall of the Berlin Wall and the reunification of Germany.

Retired Lt. Col. Wesley Copeland, who currently serves as the support operations officer for the 21st TSC's Theater Logistics Support Center-Europe, spoke of his time in the Army during that eventful period. He recalled when his unit was detailed to reinforce the Berlin Brigade.

"It was Aug. 13 (1961), and the Berlin Wall was being erected. The commander of the 1/18th Infantry 'Vanguards'

was Col. Glover S. Johns, a veteran of WWII ... (he) led us over 435 miles in a 491 vehicle convoy through 20 Soviet divisions and 110,000 East German Soldiers to reinforce the U.S. garrison in that beleaguered city," he said.

While Copeland drew a picture of how military service and equipment of the time differed from today, he also emphasized some commonalities.

"Our deployment to Berlin to rein-

force the 11,000-man U.S. garrison was similar to your deployments to Operation Iraqi Freedom and Operation Enduring Freedom. Your (deployments) are a fight against global terrorism, and ours was a fight against world communism," he said.

"The people and democracy won," Copeland said of the Nov. 9, 1989, opening of the borders and the East German government allowing its citizens to visit the West.

The united Germany of today appeals to at least two people present at the ceremony. Sgt. 1st Felisha Williams and Sgt. 1st Class Ted Garcia have chosen to remain in Germany after their retirement.

Williams, who served with the 21st TSC support operations section, will stay in Kaiserslautern with her husband of 17 years, Ricky Williams.

"I love Germany and the German people. I also like to travel and learn about different cultures, so this is the place for now," she said.

Garcia, who served as the 21st TSC's supervisor for the transportation integrated branch land section, said he feels the same way.

"I have been in Germany since 1998, and love it here. I am not ready to leave yet."

Garcia will make Baumholder his home and hopes to transfer into a civilian career while continuing to work in the Army's transportation field.

## Save a Life Tour begins

*Multi-million dollar drinking and driving simulator to stop in all three BW communities*

By Amy Sensiba  
USAG HEIDELBERG

The multi-million dollar drinking and driving simulator, hosted by the Army Center for Substance Abuse Programs and supported by U.S. Army Garrison Baden-Württemberg, begins its European tour in Kaiserslautern today.

The simulator will be used as a teaching tool for Soldiers and high school students in the Kaiserslautern military community through Nov. 18.

It will then travel to Mannheim Nov. 19-21 and end in Heidelberg Nov. 23-25.

"We are trying to show people from a sober perspective how alcohol can affect them," said Heather Robinson, the USAG Kaiserslautern Army Substance Abuse Program prevention coordinator.

Robinson added that this program serves as an educational experience for Soldiers and local high school juniors and seniors as the only simulators in the nation that give participants a completely realistic, sober perspective on the effects of driving while intoxicated.

The 180-degree simulator is made by FAAC Incorporated, Ann Arbor, Mich., which is the nation's leader in training simulations for the military. The simulator increases the level of intoxication as you drive to show how the brain becomes impaired with each drink.

During the simulation, a driver is shown how his motor skills, judgment, reaction time and vision are affected.

The vehicle's seat, wheel and dashboard have five virtual monitors that simulate changes in roadways, wheel sensations and weather conditions.

All of this along with the show facilitators and hard-hitting impact videos create an experience that draws people in, changes attitudes, and saves lives, Robinson said.

Everyone will be able to participate. While one person is behind the wheel, bystanders will be able to view large projection screens showing the driver's view and a helicopter view of the simulation.

Ongoing multi-media presentations and an actual casket display bring home the permanent life-changing impact of drinking and driving. Spectators will quickly realize that this is not a game – it is real life, Robinson said.

Participants will receive "I'll take the keys!" bracelets to promote and identify designated drivers.

For more information, call DSN 370-1710 or e-mail [amy.sensiba@eur.army.mil](mailto:amy.sensiba@eur.army.mil).

## Kaiserslautern Soldier named one of 12 Operation Rising Star semi-finalists

By Tim Hippias  
FMWRC PUBLIC AFFAIRS

FORT BELVOIR, Va. – Twelve members of the U.S. military family have been selected to participate in the final week of competition in the Operation Rising Star singing contest, scheduled for Nov. 14, 16, 18 and 20 here.

Kaiserslautern's Staff Sgt. Tyrone Basnight was one of the semi-finalists and will travel to Fort Belvoir for the competition.

Music "helps me stay positive and upbeat when life gets stressful," he said.

Basnight, from the Warrior Transition Center on Landstuhl Regional Medical Center, sang Babyface's "Every Time I Close My Eyes" to win the Kaiserslautern competition at the Kazabra Club Sept. 27.

Twelve judges selected the semi-finalists after viewing the videotapes of local winners from 35 installations and duty stations worldwide. The Army Family and Morale, Welfare and Recreation Command-backed contest, based on the premises of FOX television's "American Idol," will be broadcast by the Pentagon Channel Nov. 15, 17, 19 and 21 at 8 p.m. in the United States, Korea and Europe, and 10 p.m. in the Middle East.

Audience members and Internet viewers can cast votes online at [www.oprisingstar.com](http://www.oprisingstar.com) for two hours after each broadcast.

In addition to Basnight, the semi-



Christine June

Staff Sgt. Tyrone Basnight competes in the local Kaiserslautern Operation Rising Star event Sept. 27. Basnight was selected as one of 12 semi-finalists to compete at Fort Belvoir, Va., beginning Nov. 14

finalists invited to attend the live elimination rounds are Thea Agnew, a military spouse at Fort Campbell, Ky.; Staff Sgt. Michael Gordon of Camp Humphreys, South Korea; Pfc. Andrea Griffith of Fort Eustis, Va.; Airman 1st Class Jamie Jarmon of Andrews Air Force Base, Md.; Staff Sgt. Chad Kneller of Fort Bragg, N.C.; Sgt. 1st Class Denise Patterson of Fort Bliss, Texas; 1st Lt. Sarah Payeur of Camp Bondsteel in Kosovo; Lisa Pratt, an Army wife at Fort Carson, Colo.; Sam Tang, a military spouse at Fort Irwin, Calif.; Capt. Donald Williamson, a chap-

lain at the U.S. Army Garrison in Bamberg; and Spc. Erin Sataloff of Wiesbaden.

Sataloff, though selected as a semi-finalist by the panel of judges, will not compete in the live elimination performances because of a mission-related conflict. An alternate will be selected by the panel of judges.

"We're disappointed Erin won't be able to join us," said Tim Higdon, Army Entertainment Division program manager for the competition.

"She's a solid performer and would have been a great addition to the live shows," he continued, "but these are Soldier programs, and mission comes first. We certainly hope to see her compete again next year."

Following a week of rehearsals, vocal coaching and choreography training, the dozen semifinals will be reduced to six Nov. 14 at Wallace Theater, where they will be accompanied by the U.S. Army Band on a stage built by members of Army Entertainment Division. That show will be broadcast Nov. 15 on the Pentagon Channel.

The six finalists will be announced during the Nov. 16 live show at Wallace, which will be broadcast Nov. 17. On Nov. 18, three competitors will be eliminated (that show will be broadcast Nov. 19) and the winner will be revealed live at Wallace on Nov. 20. The finale will be broadcast on the Pentagon Channel Nov. 21.

Visit [www.oprisingstar.com](http://www.oprisingstar.com) for show times, voting policies and details.

## Book Character Parade



Ina Snewitz

U.S. Army Garrison Heidelberg Commander Lt. Col. Robert White, dressed as Count Dracula, and USAG Baden-Württemberg's Command Sgt. Maj. Annette Weber, dressed as a Power Ranger, lead the Mark Twain Elementary School Book Character Parade, proceeding through MTV housing area Friday. This annual event takes place to help promote reading among the elementary school students, who were dressed as their favorite book character. The parade, escorted by the German fire department and the military police, began behind the school and weaved its way through the streets around the housing area back to the school.

## New name, patch, mission

### Reserve unit officially becomes 7th Civil Support Command

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

The brilliant autumn day provided a beautiful setting for the 7th Civil Support Command's reflagging ceremony at the Parade Field on Daenner Kaserne Oct. 25.

Brig. Gen. Jimmie Jaye Wells, 7th CSC commanding general, and 7th CSC Command Sgt. Maj. David Stading were present to case the 7th Army Reserve Command colors and unveil the colors of the 7th CSC.

Brig. Gen. Patricia E. McQuiston, commanding general of the 21st Theater Sustainment Command, gave the keynote speech.

"It is such an honor to be here for such an exciting and historic event – one which sets the final exclamation point to the distinguished history of the 7th Army Reserve Command and celebrates the activation of the 7th Civil Support Command," she said.

As part of the transformation process, the 7th ARCOM, which dates back to 1956, moved its headquarters from Schwetzingen to Kaiserslautern last summer. There it collocated with the 21st TSC, its higher headquarters before recently moving to Daenner Kaserne.



Sgt. Charles Jenkins, a squad leader with the 406th Human Resources Company, places a 7th Civil Support Command patch on Staff Sgt. Kermit Willman's shoulder, during the 7th CSC's reflagging ceremony at Daenner Kaserne Oct. 25.

"With the activation of the 7th Civil Support Command, we celebrate the transformation of this remarkable unit into the premier deployable civil support command not just in Europe, but within the United States Army. And though we will fold the flag of the 7th ARCOM, its history and accomplishments will be forever a part of the 7th CSC," McQuiston said.

The 7th CSC provides foreign consequence management command and control, civil support team and civil affairs capabilities, as directed by 21st TSC. The reserve unit prides itself on being "An Ocean Closer" to the world's potential trouble spots since its nearly 1,000 Soldiers assigned to 18 reserve units are all stationed overseas – in Vicenza, Italy, and throughout Germany.

"It is arguably the best inte-

grated unit in the U.S. Army with its unique relationships with its active Army counterparts and its growing relationship with NATO countries. The 7th CSC provides the 21st TSC, (U.S. Army Europe) and the 7th Army with trained and ready units," McQuiston said.

The transformation of the 7th CSC serves a two-fold purpose.

"The resultant restructuring meets the needs of today's battlefields and ensures that the command remains a relevant, ready, and responsive expeditionary force, strategically positioned and postured for the 21st century," McQuiston said.

As part of the ceremony, 7th CSC Soldiers on the parade field and in the bleachers took a moment to assist each other with replacing their 7th ARCOM unit patches with their new 7th CSC unit patches.

## High school students 'dodge' drugs, alcohol

By Jonathan Ochart  
HERALD POST INTERN

Adolescent Substance Abuse Counseling Services demonstrated how life can be much more than a toxic hallucination during a Red Ribbon Week event at Heidelberg High School Oct. 28.

Red Ribbon Week is "the oldest and largest drug prevention program in the USA," said Gage Riddoch, an ASACS counselor at HHS, and high school students commemorated the event with a dodge ball tournament.

There were 12 teams of five people, two of which contained faculty members.

"We just wanted to do more than had been done in years past. We consulted with Morgan Lacy, HHS student body president, and she gave us the wonderful idea for this tournament," Riddoch said.

Once U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Annette Weber spoke about the horrors of substance abuse and pumped up the crowd, the games began after much anticipation.

Complete with booming music, a kaleidoscope of lights and even a smoke machine, ASACS succeeded in helping "students realize that they can have fun in life without making poor decisions involving drugs and alcohol," as hoped by Rosana Zapata, another ASACS counselor at HHS.

When the last battle was fought against drugs and alcohol, all teams, along with spectators, joined together and danced as one.

"It was awesome," said Sam Shively, junior at HHS. "The tournament was the best thing I have ever seen during school, and I hope they have it again next year. It showed how learning about drugs isn't so boring after all. When having fun, we actually remember the things people teach us."

According to Riddoch, during Red Ribbon Week, "We pledge to live a drug-free life and pay tribute to Enrique Camarena, a Drug

Enforcement Administration Special Agent who was kidnapped, tortured and murdered by drug traffickers when he was close to solving a marijuana trafficking case in 1985."

The event at the high school was sponsored by ASACS, which is "a group of professionals stationed worldwide for military families," Zapata said. "We provide individual, family and group counseling sessions to help teenagers who are at risk for or are already using substances and alcohol, by teaching them skills to make healthy choices."

Through creative and hands-on projects that impart their knowledge of substance abuse, such as this one, the counselors believe they have succeeded in reaching their goal.

"We use a variety of therapies, such as cognitive behavioral therapy, where we help the client see how their thoughts and emotions are connected, and how they transfer them into action," Zapata said.

To demonstrate this, ASACS uses various "experimental models," such as one where students "would stand on a timeline and see what their life might be in the future if they were to continue using drugs and alcohol," Zapata added. Other games include the "Wheel of Misfortune," where students spin a wheel and answer questions that relate to poor decision-making.

ASACS's myriad of activities and counseling offer students with an accessible and positive way to deal with problems concerning substance abuse.

Counseling is available 8 a.m.-4 p.m. Monday through Friday.

"No matter what the problem is, what is going on, what they want to escape from or how much fun (students) want to have, there are other ways to deal with problems that don't involve drugs and alcohol," Zapata said. "They deserve to treat themselves with love and care, and substance abuse is not the right answer."

## Welcome home

Spc. Tyrone Tarrance hugs his sons, Tyrone Junior, 22 months, and Tristan, 8 months, at a welcome home ceremony for a small group of 30th Medical Command Soldiers who returned to Heidelberg from Afghanistan Oct. 27. Nearly 100 30th MEDCOM Soldiers deployed to Afghanistan in May to coordinate medical care for the units stationed there. This first group came home early, their mission complete. Tarrance is assigned to the unit headquarters. He and his wife, LaToya, are from Killeen, Texas.



## Europe's best culinary specialists and DFACs honored

By David Melancon  
USAREUR PUBLIC AFFAIRS

U.S. Army Europe and the Installation Management Command-Europe honored their best food service specialists and dining facilities at the USAREUR and IMCOM-Europe level during the 42nd annual Phillip A. Connelly Awards ceremony at Patrick Henry Village in Heidelberg Oct. 29.

Sgt. Jesse Parker, Headquarters and Headquarters Company, USAREUR, was named the Culinary Warrior Noncommissioned Officer of the Year, and Spc. Adrianna A. Cooper, Headquarters and Headquarters Detachment, 70th Engineer Battalion, 170th Infantry Brigade, captured Culinary Warrior of the Year

honors.

In addition to receiving a trophy, the Soldiers also earned the Army Commendation Medal.

Sgt. Edwin Lozano, 630th Military Police Company, 16th Sustainment Brigade, and Spc. Matthew D. Hendriks, Headquarters and Headquarters Detachment, 28th Transportation Battalion, earned runner-up honors and the Army Achievement Medal for their efforts.

"This award means a lot (to me), said Cooper, a 10-year veteran of Army food service. "I studied a lot, and this feels good."

Parker, food service NCO and enlisted aide for USAREUR commander Gen. Carter Ham, said earning the title took hard work, dedication,

commitment and "a passion for food service."

"Competitions like this let (food service Soldiers) really get out there and compete and show exactly what they know and their skills," he said.

The Connelly awards have been around for more than 40 years, and this year marks 17 years for the USAREUR Food Service Soldier and NCO of the year competition. The Soldiers who earned this year's honors had to demonstrate their basic Soldier skills, military bearing and skills as food service specialists before a panel of senior food service NCOs and warrant officers, explained Col. Michael Boone, chief of sustainment operations in the USAREUR logistics division.

"It is a tough, tough task," he said. "I commend anyone who

stands up to the pressure and comes out on top. They show the difference between an apprentice and a chef."

The Phillip A. Connelly Awards Program, known as the gold standard for Army culinary competitions, was developed to improve skills and provide a venue to recognize exceptional service provided by food service professionals. Connelly program judges evaluated dining facilities throughout Europe on the preparation and quality of their food and their customer approval ratings.

USAREUR and IMCOM-Europe's best small garrison dining facility is the U.S. Army Garrison Hohenfels dining facility. The Nevis Webb dining facility, USAG Bamberg, was named as runner-up.

The large garrison facility winner is the South of the Alps dining facility, USAG Vicenza, Italy, and the Command Sgt. Maj. Lawrence T. Hickey dining facility, USAG Grafenwöhr, is runner-up.

Col. Brian T. Boyle, IMCOM-Europe deputy regional director, called the awards one of the most prestigious recognition programs in the Army. "Under this program, thousands of Army cooks have been recognized for their skills and professionalism. They feed and nourish our most important asset ... the individual Soldier."

The individual and dining facility winners are now competing at the Department of the Army-level. The Army's best of the best will be announced in January.

## IMCOM-Europe postal officials announce holiday mailing dates

### IMCOM-Europe Public Affairs

The holiday season is approaching quickly, as are the deadlines for mailing those beloved holiday cards and packages.

To ensure packages from Europe and deployed locations reach their stateside destinations by Christmas, Installation Management Command Europe Region postal operations officials say packages must be mailed by:

- Nov. 27 for space-available mail (SAM) parcels.
- Dec. 4 for parcel airlift (PAL) parcels.
- Dec. 11 for priority mail and first class letters.
- Dec. 18 for express mail military service (EMMS).

The maximum weight allowed for any package shipped through the military postal system is 70 pounds.

In addition, the combined length and girth (the circumference of the item at its widest point) of the package must not be more than 130 inches. Each mail category, however, has its own limits, officials said.

Some items may not be mailed, regardless of the season. Alcohol and controlled substances are not mailable items. Lithium batteries may not be mailed, which means customers need to check toys, laptop computers, and other electronic devices that might use them.

Aerosol cans are also prohibited. Sharp objects, such as knives, must be sheathed or placed in some other type of protective covering to prevent them from damaging other packages or harming transporters or other postal workers.

Anything that uses flammable materials,

such as cigarette lighters, must be drained before being packaged for shipment.

Improper packaging is the biggest problem postal workers encounter during this season, officials said. Despite the extreme care given to packages while in postal custody, they may be damaged if they are not packaged properly.

Whether traveling by air or by land, packages are loaded into containers with other packages, some of which may weigh as much as 70 pounds. Postal patrons should pack items to withstand the pressure of this weight.

In addition, all box seams should be sealed with tape to prevent water or moisture from entering and damaging your package. Put the address of the recipient directly on the box to ensure that if the exterior wrapping is damaged, the package will still be delivered without delay.

Mailers must complete a U.S. customs form provided by the post office for each package to be sent. A complete, detailed list of the package contents must be included on this form.

If mailers want to keep the contents of a package unknown to the recipient until it is opened, provisions are available for this option, officials said. For this and other postal matters, consult local Army garrison postal employees.

To ensure packages arrive by Christmas, mail them early, officials said. The longer you wait, the longer the lines will be at the post office, and the more expensive the postage will be to ensure the package arrives by Christmas.

Shop early, mail early, and sit back and enjoy a wonderful holiday season.



Courtesy Photo

Lt. Col. Jose Nunez, 30th Medical Command, watches Michael Leam Boyle, Boy Scout Troop 26, make a card for the troops of Task Force 30th MEDCOM deployed to Afghanistan. Nunez visited the scouts while home on R&R to thank them for 10 boxes of popcorn they sent to his unit.

## 30th MEDCOM thanks local Boy Scouts for gift

### Staff Report

While home on R&R in October from his deployment to Afghanistan, Lt. Col. Jose I. Nunez paid a visit to some very special Heidelberg community members.

He wanted to personally thank Boy Scout Troop 26 for sending 10 boxes of popcorn to the Soldiers, Airmen and Sailors currently supporting Task Force 30th Medical Command downrange.

"I can't thank you enough for the great morale boost the popcorn has brought to the 30th MEDCOM," Nunez told the Boy Scouts. "It's kind of funny because if one section pops a bag of popcorn, you'll soon smell and hear more bags being popped."

Nunez gave the scouts a plaque from the unit and allowed them time to write thank you notes to the troops, which he is hand carrying back to Afghanistan.

He said he wanted to show his son that generosity must be thanked, so Nunez made the visit into a family event.

"It's cool daddy came to thank the Boy Scouts for the popcorn," said Jose I. Nunez Jr., 10. "I enjoyed attending their meeting, and at least I know what to look forward to next year when I cross over."



U.S. Army  
Sgt. Peter Bitter, a cavalry scout team leader and Javelin/Stryker gunner, and Sgt. Michael Resendez (left), a truck commander and Javelin gunner, both assigned to the 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, complete the first Javelin missile firing in India as part of Yudh Abhyas 09 in Babina, India, Oct. 23.

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Capt. Gregory Jones  
A combined U.S. and Georgian formation presents honors during the playing of each nation's national anthems during the Immediate Response 10 opening ceremony at Vaziani Training Area, Republic of Georgia, Oct. 26. IR 10 is a bilateral exercise in the spirit of the partnership for peace program and involves about 600 personnel from the U.S. and Georgian armed forces from Oct. 24 to Nov. 7. IR 10 will support the Georgian armed forces as they prepare to conduct counterinsurgency operations in Afghanistan in support of the International Security Assistance Force and partner forces. The 21st Theater Sustainment Command has deployed Soldiers to Georgia to support the exercise.



U.S. Army  
Sgt. Nicholas Raia of Altoona, Pa., strums his guitar on top of a CH-47 Chinook helicopter at Contingency Operating Base Adder, Iraq. Raia, who performs in the Pennsylvania National Guard's 28th Infantry Division Band, volunteered to deploy as a door gunner with the 28th Combat Aviation Brigade.



Miss North Carolina, Katherine Southard, gets some help from a paratrooper with 2nd Brigade Combat, 82nd Airborne Division, while donning a T-10 parachute at Pope Air Force Base, N.C., Oct. 27. Southard and other local civic leaders visited the Pope AFB and Fort Bragg areas to witness some of the key capabilities of XVIII Airborne Corps during a joint forcible entry exercise Oct. 27-30.

## 170 participate in Heidelberg's Halloween 5K Fun Run

By Holly Ogren  
HEIDELBERG SPORTS AND FITNESS

About 170 super heroes, fairy princesses, dinosaurs, witches and many more characters from the community came out Saturday morning for the U.S. Army Garrison Heidelberg Halloween 5K Fun Run on Patrick Henry Village.

After being welcomed by USAG Heidelberg Commander Lt. Col. Robert White, runners and walkers all completed the 3.1 mile route around PHV in a little over an hour.

Robert Zuch was the first male finisher with a time of 17:00. The first female finisher was Ann Miracle with a time of 23:22. The first child to finish

the course was Guss Kitch with a time of 25:18. Lastly, the first pet across the finish line was Cheyenne lead by George Staggs.

"We recognize the importance of fitness at all ages and by offering non-facility-based programs, like 5-kilometer fun runs, it encourages the whole family to participate," said Heidelberg Sports and Fitness Chief Michael Criswell.

All participants received a Halloween 5K Fun Run T-shirt with children 12 and under receiving a medal for their accomplishment. With plenty of bananas, water and candy available, participants were able to refuel before the evening of trick-or-treating in the Army Family Housing areas.



Two of the approximately 170 participants gear up for Saturday morning's Halloween 5K Fun Run on Patrick Henry Village in Heidelberg. The run/walk is intended to be a fun way for families to get involved in fitness. See more photos from the event online at [www.flickr.com/heraldpost](http://www.flickr.com/heraldpost).

## Movement support TASM-E offloads 3rd CAB equipment at naval station

By Frank Sanchez III  
21ST TSC PUBLIC AFFAIRS

ROTA, Spain – Even before the sun rose over the U.S. naval station in Rota, personnel from the Theater Aviation Sustainment Manager-Europe were working on the mammoth task of offloading a three-story cargo ship filled with critical equipment destined for Afghanistan.

The TASM-E personnel provided key movement support Oct. 25-27 to the Soldiers of the 3rd Combat Aviation Brigade based out of Hunter Army Airfield in Savannah, Ga. The movement included an array of helicopters, containers and various pieces of cargo essential to provide continued support for Operation Enduring Freedom.

TASM-E, headquartered at Coleman Barracks in Mannheim, falls under the operational control of the 405th Army Field Support Brigade, located in Kaiserslautern. TASM-E has the mission to provide field, sustainment and limited depot-level aviation maintenance to both aircraft and aviation ground support equipment.

Unloading the aircraft off the ship requires TASM-E's unique expertise in order to ensure safe and efficient movement. The cargo ship is filled with stairwells, beams

and steel support columns making it difficult to unload and offload over-sized pieces of equipment.

The Army helicopters from 3rd CAB were towed down the ship's main ramp by TASM-E drivers, maneuvering large tractors. Ground guides helped to navigate the aircraft along a narrow throughway made even more challenging by ongoing construction in the naval station's docking area.

Lt. Col. Tildon Allen, the commander for TASM-E, talked about the challenges TASM-E employees face conducting a mission such as this.

"When we are discharging a boat like this, it is loud, noisy and dirty. You cannot become complacent over a long day that lasts 12 to 16 hours. People have a tendency to start getting tired toward the end of the day. You have to be really cognizant of that and really concentrate to remain safe," Allen said.

Using caution is imperative because any bump to the aircraft could result in thousands of dollars in damages. The TASM-E crew safely moved all the equipment off the ship to the airfield without a single incident, no equipment damages or personnel injuries.

Al Partain, a quality assurance representative for TASM-E, talked about how



A Soldier from the 3rd Combat Aviation Brigade, based out of Hunter Army Airfield in Savannah, Ga., mans the cockpit of a CH-47 Chinook helicopter while personnel from the Theater Aviation Sustainment Manager-Europe maneuver and guide the aircraft through the shipyard.

**"When we are discharging a boat like this, it is loud, noisy and dirty. You cannot become complacent over a long day that lasts 12 to 16 hours."**

-Lt. Col. Tildon Allen, TASM-E Commander

this mission is a learning experience for the Soldiers of the 3rd CAB working alongside the TASM-E personnel.

When Soldiers from a new military unit arrive with their aircraft and equipment, they want to get the job done quickly because they are relieving someone who has been downrange 12 to 15 months, Partain said.

"Some of these Soldiers are fresh out of advanced individual training, and they have a

thirst for knowledge," Partain said.

The TASM-E personnel, who are mostly civilian employees, take pride in working with the young Soldiers and passing on their experience that they've gained over many years of working with Army aviation assets.

A number of UH-60 Black Hawk, AH-64 Apache, CH-47 Chinook and OH-58D Kiowa Warrior helicopters, along with many other pieces of

cargo, were moved to the airfield in Rota in order to begin preparations for the next leg of the journey.

This will require that the TASM-E crew to continue working alongside the 3rd CAB Soldiers as they reconfigure their helicopters for shipment.

Many of the aircraft components will be removed and stowed when the helicopters are loaded onto U.S. Air Force cargo transport planes.



## BEST MEDICS

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They decided that trying for the ERM Competition would be one last thing they could do together before returning home to Colorado.

They both admit they were completely surprised to then go on to win the Army-level competition.

"I'm proud of my teammate," Pietrzyk said. "Without him I would have never made it."

Pietrzyk, a firefighter in Littleton, Colo., and Smith, an emergency room radiology technician in Denver, will return home to the States this week.



Courtesy Photo

Lt. Gen. Eric B. Schoomaker (right), U.S. Army Surgeon General, congratulates Heidelberg Medical Department Activity headquarters Soldiers Staff Sgt. Bjoern J. Pietrzyk and Sgt. Charles L. Smith in Heidelberg Oct. 28 for being named the Department of the Army's "Best Medics" after the Expert Field Medical Competition at Camp Bullis, Texas, Oct. 19-23.

## 18th MPs cook it up in the Cobra Café

By Spc. Jason Nolte  
21STJSC PUBLIC AFFAIRS

KITGUM, Uganda – "It's always about the troops," said the food service specialist from the 9th Military Police Detachment, 95th MP Battalion, who is working at Life Support Area Fist here.

Staff Sgt. Terry Johnson's philosophy has served him well, he said. As the noncommissioned officer in charge of a Mobile Kitchen Trailer and the Cobra Café there, Johnson has been very busy meeting his own expectations and philosophy.

Johnson has been working out of a MKT for the last couple of weeks instead of the dining facility and kitchen where he normally works in Mannheim.

He named the large fest tent there, which serves as a dining area, the Cobra Café after an encounter he had with a snake during its construction.

"My job here is to make sure the troops get fed," said Johnson, "and to make sure the troops get a meal they can enjoy and are happy with, helping to make this mission more successful."

From Buffalo chicken to fresh fruits and vegetables, troops appreciate his efforts. When it comes to cooking and taking care of Soldiers, little details can make a big difference, Johnson said.



Spc. Jason Nolte

Navy Petty Officer 3rd Class Mary Ward, a construction electrician with Naval Mobile Construction Battalion 3, carries a tray of hot food into the Cobra Café in Kitgum, Uganda.

"Because we're food service, we're the first ones up in the morning and the last ones down at night," said Johnson, which is why he positioned his Soldiers' cots near the entrances to the sleep tents.

"I did that so it's easier for my Soldiers to get in and out of the tent without interrupting all of the other troops," he said.

"On a typical day, we get up at two in the morning and have to work until approximately 8:30 at night, and

then we have to do it all over again the next day – pretty long days and pretty hot days," said Sgt. Kevin Tolefree, a food service specialist with the 554th MP Company, 709th MP Battalion. "It makes it all worthwhile when you see the morale of the Soldiers when they come in and get fed, and they enjoy the chow."

While all of the cooks working at the Cobra Café serve under the 21st Theater Sustainment Command's 18th MP Brigade, they have been pulled from various companies to support the exercise.

Troops participating in Natural Fire 10 come from six different countries – Burundi, Kenya, Rwanda, Tanzania, Uganda and the United States.

While the service the Cobra Café provides is mainly for the U.S. forces, it has hosted partnership events and meeting for the leaders of the East African partner nations' militaries.

"It was a good experience seeing all the different leaders. We took pride in having fresh fruit, snacks and juice, so they could have a good meeting," Tolefree said.

Tolefree and Johnson also went over to the Kenyan encampment recently. The experience was eye opening for Tolefree, he said.

"We have it kind of easy compared to what they do over there, but the food was good," he said.

## PRIORITIES

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and Kaiserslautern, what were Butcher's conclusions?

Protecting the communities and providing for their residents' security and safety are the top priorities.

"We take that seriously," he said. "Without this nothing else can happen."

Installation access, contract security guard support, Soldiers, civilians and family member vigilance – all these things form the security network.

Butcher said he believes that unless the communities are safe, unless the family members feel comfortable, they're not going to get out and experience all the things available to them.

"We're in a wonderful country that accepts U.S. service members, but there are threats, and managing those threats appropriately is our responsibility," he stressed.

Transformation remains equally high in the battle for top priority. One of the most difficult aspects of command

is leading through change, and in the transforming Army in Europe, the changes occur daily.

For Butcher, the reality of having two non-enduring communities coupled with the reality of a growing enduring community makes life interesting, or as Butcher put it, "a bit schizophrenic."

To manage change, Butcher believes transparency is the key.

"We have to make sure that while we transform, those changes are transparent to community members, and that they're not affected at every turn by change," the commander said.

"We try and manage that anxiety by communicating approved changes as soon as we know."

Butcher recognized that in the future, the communities may not exist in the same form they are today.

But, he said, that doesn't change the garrison's commitment to serving Soldiers, civilians and their families – a commitment showcased

**"We have a superior workforce, excellent leadership and a good understanding of the Army Family Covenant and what it means to take care of Soldiers, civilians and family members – that's our way ahead."**

—Col. William Butcher, USAG Baden-Württemberg Commander

through the Army Family Covenant.

"We have to ensure whatever our status, we live the ideals of the Army Family Covenant – in all facets," he said.

"From funding family programs, to improving housing, to ensuring excellence in schools, to expanding education and employment opportunities – all of which demonstrate to Soldiers and their families our recognition of their immense contributions to the Army, to the United States and to its people. This is about doing what's right."

That feeling of value transfers to how people perceive their communities, the commander said. Butcher related an experience he had at a recent Heidelberg Community

Spouses' Club meeting.

"I asked the ladies of HCSC what they enjoyed about the community and what they were most proud of," he said. "A woman stood up and said she was most proud of how much this felt like home."

Creating a "home away from home" – that's the Baden-Württemberg garrison vision. A vision, according to Butcher, the local host nation community partners help bring into focus.

Committed to expanding those relationships, Butcher said he's been honored to represent the garrison at several recent activities.

"I've been impressed with the openness and welcome you get when you attend local community events," he said. "It's a by-product of more

than 60 years of relationship building."

It's a complex business, commanding a garrison. Being the "mayor" of an overseas installation brings unique concerns and responsibilities, but Butcher said he believes the three garrisons are positioned well to tackle whatever comes their way and continue taking care of residents.

"There are always challenges within our communities," he said, "but I believe we're in good shape."

"We have a superior workforce, excellent leadership and a good understanding of the Army Family Covenant and what it means to take care of Soldiers, civilians and family members – that's our way ahead."



Photos by Christine June

About 100 international vendors will be at this year's U.S. Army Garrison Kaiserslautern Holiday Bazaar to be held Friday-Sunday at the Special Events Center on Rhine Ordnance Barracks.

## Kaiserslautern hosts annual Holiday Bazaar this weekend

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

The holidays are just around the corner and so is the U.S. Army Garrison Kaiserslautern's Holiday Bazaar, which starts Friday and goes until Sunday at the Special Events Center on Rhine Ordnance Barracks.

About 100 international vendors will be at this year's Holiday Bazaar, said Gudrun Schuler-Heilman, the garrison's Family and Morale, Welfare and Recreation financial management chief, who has been organizing bazaars for more than 15 years.

"They will be selling a variety of European goods – typically those items that Europe-stationed service members like to take back home, such as jewelry, porcelain, rugs, antiques, heavy Belgium furniture, oil and military paintings, cutlery, pots and pans, purses, gloves, Christmas decorations, pewter....," said Schuler-Heilman, who added there are much more items – she just couldn't list them all.

One of the goals of the garrison's bazaar is to be as family friendly as possible.

"We want people to enjoy their shopping experience so we make every effort to make our bazaars customer and family friendly," Schuler-Heilman said.

She cites wide walkways for strollers, a large tent with tables and benches outside the bazaar for eating or just resting and an easy accessible parking lot. Also outside for families are a carousel, bouncy castle and petting zoo, which are all free.

Another family-friendly idea that was started at last year's Holiday Bazaar was to have a mobile



A free petting zoo will be available at the U.S. Army Garrison Kaiserslautern's Holiday Bazaar this weekend.

automatic teller machine available as a convenience to shoppers, Schuler-Heilman said.

"People like to pay for smaller purchases with cash and now they can (with the mobile ATM) right there at the bazaar," she said.

Garrison bazaars – five throughout the year – are sponsored by FMWR, which means proceeds generated go back into the directorate's budget, and are used to improve facilities equipment and programs.

Volunteers are always needed, Schuler-Heilman

said, to check ID cards on all three days of the bazaar, to cash out vendors on Sunday night, and to help tear down the event.

Hours are: 10 a.m.-8 p.m. Friday; 10 a.m.-7 p.m. Saturday; and 10 a.m.-5 p.m. Sunday.

The event is open to all U.S. and NATO ID card holders, and shoppers must present proper identification at the entrance.

Mannheim's Holiday Bazaar is scheduled for Nov. 20-22 at the Benjamin Franklin Village Sports Arena.

## GERMAN COOKING

### Chicken Fricassee

Serves: 4

#### Ingredients:

- 1 stewing chicken
- cold water
- salt
- 1 leek
- 1 celery stalk
- 1 carrot
- 1 whole clove
- 1 bay leaf
- 1 small onion, cut in half
- 1 small can button mushrooms, drained
- 1/3 cup butter
- 1/4 cup all purpose flour
- 1 pinch ground nutmeg
- 1 teaspoon worcestershire sauce
- dry white wine
- 1 teaspoon lemon juice
- 1 small can of peas, drained
- 1 egg yolk
- 6 tablespoons whipping cream

#### Directions:

- Cut chicken into pieces. Place chicken in a deep saucepan; cover with cold water.
- Add salt, leek, celery, carrot, whole clove, bay leaf and onion.
- Bring to boil; reduce heat. Simmer 1 to 2 hours, depending on size and tenderness of chicken. When joints linking thigh portions to main body move easily and seem flexible, chicken will be done.
- Remove chicken from cooking liquid; cool slightly. Remove skin and fat; cut flesh from bones in large pieces. Strain liquid.
- Cut mushrooms into thin slices. Sauté in a small amount of butter in a medium skillet. Melt butter in a large skillet.
- Stir in flour. Cook, stirring constantly, until light golden brown, about 3 minutes.
- Add a small amount of hot cooking liquid and season with salt, nutmeg, Worcestershire sauce, wine and lemon juice.
- Place chicken pieces, sautéed mushrooms and peas in sauce; warm gently over low heat. When all ingredients are hot, turn off heat. Let stand 3 to 4 minutes.
- Before serving, blend egg yolk and whipping cream in a small bowl. Stir egg yolk mixture into sauce to make it smooth and rich.
- Serve hot with rice.

SOURCE: www.mygermanrecipes.com



## 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](mailto:dearmsvicki@yahoo.com).

#### Responses to previous columns:

##### Dear Ms. Vicki,

You are telling the young girl in last week's column the truth. She needs to leave this married guy alone. He is never going to leave his wife and she will be left out in the cold.

To my demise, I have had affairs with married men. After receiving counseling, I realized I was suffering from depression and low self-esteem. These men took total advantage of me. Just like you said to her, "don't pass up a great guy to stay with this jerk." Well, when I finally changed my ways I found a great guy who loves and adores me. We met on E-Harmony and we married one year later. My life is totally on track now. I blamed myself for past mistakes, but not anymore. I received a second chance. She needs to leave this married man alone and don't look back!

##### Dear Ms. Vicki,

I would like for you to advise folks to seek out more pastoral counseling instead of your advice. Pastors are on call 24/7. Where will you be during their true times of trouble? I'm sure you are comfortable in your own bed. Where are pastors? They are visiting the hospital, comforting the sick, making house calls, visiting

community schools, preparing for and delivering sermons of substance to their congregations.

I let my congregation know they should not depend on you or people like you for the truth. This is only humor and entertainment for you, but to me this is about saving souls and salvation. You have nothing to give on this point.

##### Dear Ms. Vicki,

Let me first say that I think you are awesome. I've lived in Clarksville for three years and the (Fort Campbell) Courier is the only newspaper I read, and it's because of your column. My mother is the one who started me reading it, and I think you give great advice for everyone. Thank you so much for taking a stand and telling people who write you what's right and for speaking out the truth.

##### Dear Ms. Vicki,

Stand up, sit down, shut up, walk straight, chew, swallow, bend over, smile, frown, keep your panties on, close your legs. Is this the only thing you know how to do is chew people out and tell them what to do? I am so sick of you and your "supposed advice". You're a joke. The (Fort Campbell) Courier should fire you. This is not the proper venue for you; you should be in an advice comic book! Look in the dictionary for the word "joke," and you will find your picture.

##### Dear Ms. Vicki,

Thanks to you I applied to an MSW program and I was accepted in August. It's been great so far. When I started reading your column about two years ago, I was almost finished with my B.A. and I didn't know what I wanted to do after I graduated. What you are doing inspired me so much. I knew I wanted to be a social worker too. I know I could never do all of the great things you are doing, but I want you to know how much you have helped me find out what my passion is. Thank you, Ms. Vicki.

##### Dear Ms. Vicki,

My wife said she wrote to you about a little problem and you told her what she needed to do was to gain some independence, go back to school and get a job. Lady, you are way outta line!

Who do you think you are for telling my wife to get an education and get a job? I don't want her on a job, she needs to be at home with our children the way it's supposed to be. I work hard to take care of my family and my wife is just fine without your secular advice. I have no problem with you giving advice but you have no right to intrude in my home. That's where I will draw the line. Thanks for you I have taken my computer out of my home and had the cable disconnected too. If I have to confiscate every newspaper that's delivered to my home, I will. Thanks for the trouble, Ms. Vicki, great job!

##### Dear Ms. Vicki,

I share your advice with my teenage daughters on Saturday morning around the breakfast table. I love the advice you give to young women. You have helped me say things to my daughters that I've wanted to say but I didn't have the courage to say to them. Thanks for helping me always break the ice with them. I love what you are doing, keep up the good work.

##### Dear Ms. Vicki,

I'm not writing this to hurt your feelings, but I would like for you to pass this letter on. I think your column is way over the top and totally out of place. You should come with a disclaimer because you are way out of line. Your tone is condescending and despicable. How are you able to do this? The military is a conservative culture and our military newspapers are conservative, too. I know your kind, and I know that you are a bleeding heart liberal and you are doing nothing but spreading your liberal agenda. I would never use any of your advice for myself or to help me with my children or my marriage.

## Wild animal accidents – the danger during fall season

Ralph Brecht  
USAG HEIDELBERG

It's that time of the year again when you have to be very careful driving through wooded areas. Deer, boars and other wild animals will be crossing streets, especially in November.

Accident researchers of insurance companies say most accidents involving deer and wild animals happen from 5 to 8 a.m. as well as 5 p.m. to midnight. It is in the dark or twilight when these animals cross streets in wooded areas.

The most important thing is to drive very carefully by maintaining the given speed and expecting crossing animals at any given time.

Once an animal crosses your way, try not to avoid direct confrontation. The danger of crashing into a tree and suffer from bad injuries is much more

likely to happen than just causing damage on your car by the collision.

When you collide with an animal, hold your steering wheel straight and brake. How hard you should brake depends on the size of the animal.

In cases of small animals like foxes and rabbits, it is recommended to slowly brake your vehicle. In case you collide with a full size boar, which weighs between 650 or 1,000 pounds, a controlled full braking would be more appropriate.

Once, the accident happened, put on your emergency vest and secure the area by setting up the warning triangle.

After that, call the German police and report the accident, whereas your location is most important for them to know.

The German police will contact the local wildlife forester, who will care for the injured or dead

animal. The animal is property of the State Forestry and cannot be taken.

Do not remove any collision damages such as hair or blood stains. These will serve as evidence for your insurance to get reimbursed.

Approximately 240,000 wildlife accidents are reported to insurance companies in Germany every year.

The German Hunting Association (Deutscher Jagdschutz Verband) reported that from April 2007 through March 2008, about 200,000 deer and 23,000 boars were killed as a result of collision with vehicles.

In most cases, the result of the collision is car damage. But every year dozens of deaths and more than 3,000 badly injured drivers are reported. The rules above will help to avoid the worst-case accident or the collision at all.

# GET OUT!

area events

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

## November 5

**Herbstzauber** – The fall festival "Herbstzauber in Ludwigshafen runs through Nov. 9 at the Berliner Platz. Fairground rides, food and drinks and entertainment in the fest tent are offered from 11 a.m.-9 p.m. daily.

## November 6

**Holiday Bazaar** – Kaiserslautern's annual Holiday Bazaar is back and features handcrafts, wine, cheese, leather works, wood working and collectibles from around the world. Over 100 vendors will be available through Nov. 8 to help you with your holiday shopping. DSN 493-4184, civ. 0631-3406-4146, [www.mwrgemany.com](http://www.mwrgemany.com).

**Theater Performance** – The American Drama Group Europe performs an English language play "The Importance of Being Earnest" by Oscar Wilde at the Heidelberg castle, 7:30 p.m. Ticket reservation: civ. 06221-20909. [www.adg-europe.com](http://www.adg-europe.com).

## November 7

**Trout Fishing Trip** – No license is required. Enjoy a relaxing day of fishing at a private pond with Heidelberg Outdoor Recreation. \$25. DSN 388-9282.

**Glacier Ski Express** – Head to Austria with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Triburg City Tour** – Christmas shopping in the "home of Cuckoo Clocks" and visit the Church of Our Lady of the Fir-Trees with Mannheim Outdoor Recreation. DSN 381-7215, civ. 0621-739-251.

## November 8

**Intro to Indoor Rock Climbing** – Head to Zweibrücken with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

## November 9

**HYPE Family Concert** – Head to the Village Pavilion 7-8:30 p.m. for this free performance intended to reach out to military families with high school and middle school youth sponsored by the garrison chapel community and Club Beyond Heidelberg. HYPE stands for Helping Youth Prepare for Excellence. HYPE's goal is to inspire teenagers to strive to be kind to everyone, respectful of others, honest in all of their dealings, and to give their very best effort at whatever they set their hands to accomplish. All families are invited to join HYPE for their all out stomp, comedy, dance and rap performance. DSN 370-7824, [www.livetruth.org](http://www.livetruth.org).

## November 10

**Movie and Concert** – Heidelberg's

German-American Institute (DAI) shows "Lights of the City," at 8 p.m. It is a movie from 1931 that combines in the most impressive way all of the numerous talents of Charlie Chaplin. The director Chaplin inspires his audience exclusively with the force of images – without speaking a single word. The movie will be accompanied by a live piano player. Civ. 06221-607322. [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

## November 11

**Snowboard Lessons** – Head to Snowhall in Amneville, France, with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Lecture Performance** – Heidelberg's German-American Institute (DAI) hosts the lecture performance "What is the What?" by the Mannheim National Theater at 8 p.m. "What is the What?" is the moving life story of Valentino Achak Deng, who loses everything at the age of seven: his family, his friends and his home, southern Sudan. He flees from the civil war and after many years reaches the U.S. in a refugee camp with hundreds of other boys. In his lecture performance, the American actor Peter Pearce describes a life on the run, the genocide in Sudan and a civil war that – as an example for all the conflicts in the world – seems so obscure to the outside world that public interest dwindles far too fast. At the same time, he counts an extraordinary story of fighting spirit and confidence in a world without hope. Civ. 06221-607322. [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

## November 13

**"A Fall Cabernet Cabaret"** – The Heidelberg Roadside Theater presents "A Fall Cabernet Cabaret" at Mannheim's Off Main Street Theatre on Coleman Barracks Nov. 13, 14, 20 and 21 at 7:30 p.m. The internationally known performer, Andrea Huber, will again grace the stage this year with a marvelous musical evening. Come enjoy wine and cheese and the beautiful voice and charismatic performance of Andrea. Wine and cheese will begin at 7 p.m. Reservations and advanced payment is required. DSN 373-5020, civ. 06221-175020.

**Comedy After Dark and After Party** – This month will feature stateside professional comedian Courtney Gee and local Kaye Ree and Band 9 p.m.-4 a.m. at the Top Hat Club in Mannheim. Tickets are \$15 in advance and \$18 at the door; patrons must be 18 and older. DSN 380-9370, civ. 0621-730-9370.

## November 14

**Salsa Night** – Kaiserslautern's Armstrong's Club will have a salsa night Nov. 14 and 28, 8-11:45 p.m. This free event features a live disc jockey, margarita bar, chips and dips and an hour of free salsa lessons beginning

at 9 p.m. Civ. 0631-354-9926.

**GIG Ball** – Ararat Consistory #15 and James B. Sloan Commanders of Rite hold its 1st Annual Grand Inspectors General Ball at Heidelberg's Village Pavilion. Social hour begins at 6 p.m. Ticket prices are \$35. Dress: Men, semi-formal (coat-tie) and ladies, appropriate matching attire. Part of the proceeds will be donated to Ararat and Commanders of the Rite Scholarship Fund. Civ. 0160-96874957. Reserve your tickets: civ. 0170-5282-317 (Heidelberg), civ. 0162-1748-254 (Kaiserslautern), civ. 0151-5872-1197 (Mannheim).

## November 15

**Caracalla Spa Day** – Head to Baden-Baden to relax and rejuvenate at this famous spa with Heidelberg Outdoor Recreation. \$69. DSN 388-9282.

## November 20

**Mannheim Holiday Bazaar** – Through Nov. 22, there will be more than 40 international vendors with items such as antiques, rugs, paintings, crystals, ceramics, and more at the BFV Sports Arena. The event is open to U.S. I.D. card holders only. Strollers are welcome. Hours: 11 a.m.-7 p.m. Nov. 20-21 and 11 a.m.-5 p.m. Nov. 22. DSN 385-3169, civ. 0621-730-2342.

## November 21

**Hot Air Balloon Ride over Heidelberg** – See the beautiful city of Heidelberg from the bird's eye view with Heidelberg Outdoor Recreation. Participants must be 12 years or older. \$295. DSN 388-9282.

## November 26

**Escape to London** – Heidelberg Better Opportunities for Single Soldiers program will "Escape to London" through Nov. 29. The trip includes transportation, two overnights in London in a beautiful hotel with breakfast, sightseeing tours of London, a visit to the Dover Castle and WWII tunnels, plus a free London musical. All for €224. Space is limited so sign-up by Nov. 12. [www.mwrgemany.com](http://www.mwrgemany.com).

**Thanksgiving Ski Holiday** – Head to Kaprun, Austria, through Nov. 29 with Heidelberg Outdoor Recreation. Adults: \$329, children 6-14, \$289, under 6, \$169. DSN 388-9282.

**Thanksgiving Luncheon** – Head to the Village Pavilion for a Thanksgiving Luncheon noon-4 p.m. and enjoy roasted turkey, oven-baked ham, roast beef and all the fixins. Plus, you can satisfy your sweet tooth with our savory dessert buffet. Reservations only. Prices: Adults, \$23.95; Kids 6-12, \$11.95; 5 and under eat free. DSN 388-9098, civ. 06221-338-9098, [villagepavilion@mwrgemany.com](http://villagepavilion@mwrgemany.com).

# coming to THEATERS

## Julie & Julia

A frustrated temp secretary embarks on a year-long culinary quest to cook all 524 recipes in Julia Child's *Mastering the Art of French Cooking*. She chronicles her trials and tribulations in a blog that catches on with the food crowd. The film also covers the years Julia Child and her husband Paul spent in Paris during the 1940s and 1950s, when he was a foreign diplomat who was eventually investigated by Sen. Joseph McCarthy for alleged communist ties. Rated PG-13 (brief strong language, some sensuality) 123 minutes



## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Nov. 5 - THE STEPFATHER (PG-13) 7 p.m.  
 Nov. 6 - MICHAEL JACKSON'S THIS IS IT (PG) 7 p.m.; GAMER (R) 9 p.m.  
 Nov. 7 - JULIE & JULIA (PG-13) 4 p.m.; MICHAEL JACKSON'S THIS IS IT (PG) 7 p.m.; THE FINAL DESTINATION (R) 9 p.m.  
 Nov. 8 - JULIE & JULIA (PG-13) 4 p.m.; MICHAEL JACKSON'S THIS IS IT (PG) 7 p.m.  
 Nov. 9 - GAMER (R) 7 p.m.  
 Nov. 10 - MICHAEL JACKSON'S THIS IS IT (PG) 7 p.m.  
 Nov. 11 - JULIE & JULIA (PG-13) 7 p.m.  
 Nov. 12 - MICHAEL JACKSON'S THIS IS IT (PG) 7 p.m.

### Mannheim, Schuh

Nov. 5 - DISTRICT 9 (R) 7 p.m.  
 Nov. 6 - THE STEPFATHER (PG-13) 7 p.m.  
 Nov. 7 - THE STEPFATHER (PG-13) 4 p.m.; THE FINAL DESTINATION (R) 7 p.m.; GAMER (R) 9 p.m.  
 Nov. 8 - THE STEPFATHER (PG-13) 4 p.m.; JULIE & JULIA (PG-13) 7 p.m.  
 Nov. 9 - THE FINAL DESTINATION (R) 7 p.m.  
 Nov. 12 - GAMER (R) 7 p.m.

### Vogelweh, Galaxy

Nov. 5 - SHORTS (PG) 7 p.m.  
 Nov. 6 - THE STEPFATHER (PG-13) 7 p.m.  
 Nov. 7 - THE STEPFATHER (PG-13) 3 p.m.; THE FINAL DESTINATION (R) 7 p.m.  
 Nov. 8 - JULIE & JULIA (PG-13) 3 p.m.; THE STEPFATHER (PG-13) 7 p.m.  
 Nov. 12 - GAMER (R) 7 p.m.

### Ramstein, Gateway Movieplex

Nov. 5 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.  
 Nov. 6 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m., 9:45 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; THE FINAL DESTINATION (R) 11:30 a.m., 3:30 a.m., 7 p.m.; GAMER (R) 9:30 p.m.; Special Showing: RATATOUILLE (G) 12:30 p.m., 6 p.m.  
 Nov. 7 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m., 9:45 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m., 9:30 p.m.; Special Showing: RATATOUILLE (G) 12:30 p.m., 6 p.m.  
 Nov. 8 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m.; Special Showing: RATATOUILLE (G) 12:30 p.m., 6 p.m.  
 Nov. 9 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m.; Special Showing: RATATOUILLE (G) 12:30 p.m., 6 p.m.  
 Nov. 10 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m.  
 Nov. 11 - MICHAEL JACKSON'S THIS IS IT (PG) 12 p.m., 4 p.m., 7:30 p.m.; JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m.  
 Nov. 12 - JULIE & JULIA (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.; GAMER (R) 11:30 a.m., 3:30 p.m., 7 p.m.; Special Showing: RATATOUILLE (G) 12 p.m., 4 p.m., 6:15 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.aales.com](http://www.aales.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### CMR Package Notification

CMR customers can now be notified via e-mail when they receive packages at the CMR. Visit your local CMR to provide your name, box number and e-mail address to begin the service.

### Winter Driving Class

Commanders and supervisors are reminded to send their personnel through the annual winter driving classes in order to dispatch vehicles through the winter season. Classes are conducted by drivers testing station Heidelberg every Thursday at 2 p.m. through Nov. 30. DSN 370-7889.

### Master of Military Logistics

Applications are being accepted for consideration to attend the Master of Military Logistics program scheduled for August 2010 through August 2011 at North Dakota State University, Fargo, N.D. This 36-credit-hour program will prepare selected personnel to participate in DoD's strategic logistics transformation arena. Application deadline: Dec. 1. <https://imcom.eep.army.mil/sites/hrd/wd/default.aspx>.

### Sport Bike Course

IMCOM-Europe has launched the Motorcycle Safety Foundation Military Sport Bike Course. This is an alternative to the MSF Experienced Riders' Course. Course dates and registration: [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp).

## local EMPLOYMENT

### Heidelberg Thrift Shop Manager

The Heidelberg Thrift Shop on PHV is accepting applications for manager. Must be at least 18 years old with valid ID card. Submit resume in person by Nov. 5.

### Assistant Director

The University of Oklahoma seeks applicants for an assistant director at the Contract Support Office, Heidelberg. Bachelor's required, master's preferred; experience in marketing, budgeting, higher education administration; MS Office skills. DSN 370-6687, [apeuadmin@ou.edu](mailto:apeuadmin@ou.edu). Deadline is Nov. 12.

### Tours Manager

The USO seeks a part-time tours manager to plan, organize and oversee sightseeing and newcomer orientation tours for the Heidelberg and Mannheim communities. [gcurrie@usa.org](mailto:gcurrie@usa.org) or [www.usa.org](http://www.usa.org).

### Mannheim Elementary School

MES seeks a school registrar, a lunch room monitor (part-time), education techs (teacher/classroom aides) and substitute teachers. DSN 380-4705, [civ.0621-730-4705\\_saha.sakali@us.dodea.edu](mailto:civ.0621-730-4705_saha.sakali@us.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, [civ.06221-338-9418](mailto:civ.06221-338-9418).

### ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor for Mannheim. Must have master's degree, be computer literate, and at least two years of experience in job assistance, career or employment counseling, teaching, training or related field. DSN 370-7545, [darla.huck@us.army.mil](mailto:darla.huck@us.army.mil).

### KAISERSLAUTERN Education

• **Pre-Retirement Briefing** – The Kaiserslautern Transition Center hosts a pre-retirement briefing 8:30 a.m.-4:30 p.m. Nov. 12 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, [civ.0631-3406-7071](mailto:civ.0631-3406-7071).

• **PRAXIS Teacher Certification** – The PRAXIS Teacher Certification Exam will be offered at 8 a.m. Jan. 13 at Bldg. 286 on Rhine Ordnance Barracks. Deadline to register is noon Nov. 24. DSN 493-2593, [civ.0631-3406-2593](mailto:civ.0631-3406-2593).

### Community

• **Toy Shop 2009 Toy Drive** – Army Community Service is hosting a community-wide toy drive through Dec. 15. Donate a new, unwrapped gift for a child in the KMC. DSN 493-4062, [civ.0631-3406-4062](mailto:civ.0631-3406-4062), [www.mwgermany.com](http://www.mwgermany.com).

• **Gourmet Kitchenware Bunco** – The Landstuhl Community Club will host Gourmet Kitchenware Bunco 6:30-9:30 p.m. Nov. 17. Reserve a seat: DSN 486-7244, [civ.06371-86-7244](mailto:civ.06371-86-7244).

• **Vehicle Safety Day** – Pulaski Auto Skills is hosting Vehicle Safety Day 9 a.m.-6 p.m. Nov. 18. Get your free winter safety check. DSN 493-4167, [civ.0631-3406-4167](mailto:civ.0631-3406-4167).

• **Kids' Zone Closure** – The Kids' Zone on Pulaski Barracks will be closed for renovations November through March. This renovation will give the Kids' Zone a brand new look and feel with new décor, new gaming options and an expanded menu. [www.mwgermany.com](http://www.mwgermany.com).

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up for Independent and Foreign Films. All shows start at 6 p.m. Upcoming shows: Nov. 18 – "The Drummer" by Kenneth Bi (Mandarin & Cantonese with English subtitles). DSN 486-7322, [civ.06371-86-7322](mailto:civ.06371-86-7322).

• **Teen Apprenticeship Program** – Child, Youth and School Services and the HIRE! Program are now accepting applications for Term 2 apprenticeships. DSN 486-8658, [civ.06371-86-8658](mailto:civ.06371-86-8658).

### HEIDELBERG Education

• **ACS Classes and Events** – EFMP Teen Social, 7-9 p.m. Nov. 6 at PHV Panther's Place; Community Orientation Briefing, noon-3 p.m. Nov. 9; Reintegration Briefing, 9 a.m. Nov. 10; Checkbook Management, 9-11:30 a.m. Nov. 12. DSN 370-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Red Cross Classes** – CPR/AED for Adult, Child and Infant and Standard First Aid will be held 8 a.m.-5 p.m. Nov. 16 in Bldg. 3850, Room 272 on the Community Support Center. Cost: \$40. DSN 370-1760, [civ.06221-57-1760](mailto:civ.06221-57-1760).

• **Post-9/11 GI Bill Briefings** – Celebrate National Education Week by learning about the Post-9/11 GI Bill at the Patton Education Center 9:30-10:30 a.m. Nov. 17 and 2-3 p.m. Nov. 19. DSN 373-8660.

• **Lunch and Learn Seminar** – The University of Phoenix presents "Why Become a Certified Teacher?" by Phillip Pattakos 11 a.m.-1 p.m. Nov. 30 at the Patton Education Center, Room 118. Pizza and drinks provided. RSVP: [civ.06221-588-0492\\_maria.neelands@phoenix.edu](mailto:civ.06221-588-0492_maria.neelands@phoenix.edu).

### Community

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Nov. 7-8, Mustelbach and Mandel; Nov. 14-15, Ölbrunn – Dürm and Ludwigshafen (Sunday only). The next general membership meeting is Nov. 9 at the SG Gasthaus in Otfersheim. It's election time so come and vote for the 2010 council. [www.hiwc.de](http://www.hiwc.de).

• **Food and Clothing Drive** – Join the Panther's Place and Club Beyond as they "Help HOPE Thrive" with a food and clothing drive through Nov. 25. Drop off points are at Club Beyond Tuesday meetings and at the Panther's Place any day during November. DSN 388-9003.

• **Polish Pottery Bingo** – The Heidelberg High School Boosters Club will host Bingo Night Nov. 6 at the Heidelberg Middle School. Doors open at 5 p.m., play begins at 6 p.m.

• **NAACP 100th Anniversary** – The Rhein Neckar Branch of the NAACP will hold its 100-year anniversary celebration at 7 p.m. Nov. 7 at the Hotel Zagreb in Schwetzingen. Guest speaker is Maj. Gen. Byron S. Bagby. Donation: €30. 0162-296-0030.

• **Casualty Assistance Center Move** – The U.S. Army Europe Casualty Assistance Center will move from Tompkins Barracks to Bldg. 37 on Campbell Barracks Nov. 9. New contact information: DSN 370-4370, [fax.DSN.370-4368](mailto:fax.DSN.370-4368).

• **Rod and Gun Club Events** – Hunter's Meeting, 8:15 p.m. Nov. 11; Hunter's Graduation, 5 p.m. Nov. 14; St. Hubertus Mass, 5 p.m. Nov. 21 at Mark Twain Village Chapel to honor the patron saint of hunting – mass will be followed by hunter's soup and brotchen at the Rod and Gun Club; Fishermen's Meeting, 7 p.m. Nov. 25.

• **Veterans Day Ceremony** – This annual event will be held in front of Bldg. 101 on Patton Barracks at 10 a.m. Nov. 11. After the ceremony, the Boy Scouts and American Legion members will plant flags on the graves of U.S. service members buried in local cemeteries.

• **Heidelberg International Ski Club** – The Nov. 11 social is our Veterans Day celebration; be patriotic by wearing red, white and blue. The Heidelberg Ski Patrol will offer ski tuning. Sign up for the Martin Luther

King weekend trips, Portes du Soleil and Kitzbuhel.

• **Clothing and School Supplies Drive** – HMS students will hold a clothing and school supplies drive to help poor families and students at a school in Eger, Hungary. Clothing (clean, folded and sorted) of all types and sizes (sizes 0-20). Bring items to the multi-purpose room 9 a.m.-4 p.m. Nov. 15. [civ.0171-922-8082](mailto:civ.0171-922-8082).

• **H1N1 Briefing and Community Update** – HMEEDAC and USAG Heidelberg will team up to provide a community briefing about the H1N1 influenza virus and vaccine at 9 a.m. Nov. 18 at the PHV Theater. The briefing will be followed by the monthly Heidelberg Community Update.

• **Fall Clean-up** – Heidelberg's fall clean-up will be held Nov. 16-20 with make-up days Nov. 23-25.

• **Christmas Card Competition** – Get ready for Christmas. Pick up an oversized piece of plywood at Self-Help and show off your decorating skills. Turn your card in to the PHV installation coordinator by Nov. 17 and let the Heidelberg community vote on which card will take home the grand prize. [www.mwgermany.com](http://www.mwgermany.com).

• **Awards Ceremony and Town Hall Meeting** – Join the community in recognizing military and civilian personnel for outstanding achievements at 3 p.m. Nov. 24 at the Roadside Theater on Patton Barracks.

• **Holiday Magic Vendors Needed** – Local organizations can host a booth at the 2009 Holiday Magic on PHV, 4-9 p.m. Dec. 4. Sell hot chocolate, baked goods or anything else that interests your club. Crafters, sell your merchandise. Register for a booth: DSN 373-7414.

• **Handel's Messiah Concert Singers Needed** – The Heidelberg Chapel Community will present Handel's Messiah Dec. 5. Rehearsals are Mondays at 7 p.m. in the MTV Chapel Fellowship Hall. [civ.06221-301269\\_ed.matthiessen@kabelbw.de](mailto:civ.06221-301269_ed.matthiessen@kabelbw.de).

### MANNHEIM Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Nov. 6 and 9 and 6-7:30 p.m. Nov. 10 and 12; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Nov. 9; Levy and Out-processing Briefing, 1-2:45 p.m. Nov. 10. DSN 385-3101, [civ.0621-730-3101](mailto:civ.0621-730-3101).

• **GI Bill Briefings** – The Sullivan Barracks Education Center will hold Post 9/11 GI Bill briefings noon-1 p.m. every Wednesday during November in Bldg. 253. DSN 385-2053, [civ.0621-730-3361](mailto:civ.0621-730-3361).

### Community

• **CYS Services Closure** – All CYS programs will be closed Nov. 6 for mandatory training. Facilities include the Child Development Center, School Age Services, Family Child

Care, Youth Services, Youth Sports and Fitness, Central Enrollment and Registration and School Liaison Services.

• **Month of the Military Family** – Sullivan Library display of Military Family Books Nov. 1-30; Mannheim USO offers several tours and discounted tickets Nov. 1-30; Sullivan Gym offers a free introductory to "jazzercise" during the month of November 9-10 a.m. Tuesdays and Thursdays; Dollar Day Bowling on BFV and Coleman 2-6 p.m. Nov. 15 and 29; Outdoor Recreation offers a 15-percent discount on the Nov. 7 trip to Tribney and 10 percent discount on rentals; Village Grille offers 10 percent off family dinners Nov. 6-14; Auto Skill Center (Taylor Barracks) will provide free bay usage for military families 11 a.m.-5 p.m. Nov. 13 and 20; CYS will offer activities Nov. 9-14.

• **Mannheim Angel Tree** – Help community children have a joyous holiday with the generosity of gift giving through Dec. 4. Select an angel identifying the gender and age of the child, purchase a gift, and drop it off at one of the trees located at the Mannheim AAFES Main Exchange, the PX-tra / Toyland or Army Community Service. Gifts need to be unwrapped. Volunteers are needed for gift wrapping and inventory assistance. DSN 385-3101, [civ.0621-730-3101](mailto:civ.0621-730-3101).

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Nov. 14; Free Movie, 4-5:30 p.m. Nov. 14; Adult Book Discussion Meeting, noon-1 p.m. Nov. 17; Just for Teens – day modeling, 4 p.m. Nov. 19; Story Hour, 10:30-11:30 a.m. Thursdays. DSN 380-1740, [civ.0621-730-1740](mailto:civ.0621-730-1740).

• **21-214th Aviation Regiment Family Day** – Football tournament, activities for kids, barbecue, chili-cook off and more at Sullivan Field starting at 10 a.m. Nov. 11.

• **Blood Drive** – Mannheim Health Clinic will host a blood drive at the Sullivan Gym, 9 a.m.-2 p.m. Nov. 13. Military personnel, family members, DoD civilians and U.S. contractors with valid ID cards are eligible to participate. DSN 380-1750.

• **Outreach Services** – Super Saturday, 10 a.m.-4 p.m. Nov. 14, reservations: DSN 380-4851, [civ.0621-730-4850](mailto:civ.0621-730-4850); FRG/Unit Night 5:30-8:30 p.m. Nov. 19, reservations: DSN 385-2750, [civ.0621-730-2353](mailto:civ.0621-730-2353); Parents' Night Out 6:30-10 p.m. Nov. 20, reservations: DSN 380-4851, [civ.0621-730-4850](mailto:civ.0621-730-4850).

• **CDC and SAS Combine** – The Child Development Center and School Age Services programs will be combined Nov. 27. Child care for children currently enrolled in full day and before and/or after school CDC and SAS will take place at the CDC on BFV. Hours remain the same. DSN 385-2048, [civ.0621-730-2048](mailto:civ.0621-730-2048).

# Heidelberg golf team claims championship

By Krista Bye-Nagel  
HERALD POST INTERN

The Heidelberg High School boys' golf team placed first overall in Europeans in Wiesbaden Oct. 16-17.

The Heidelberg boys grabbed first, second, sixth and 10th place. Finishing in first was Lucas Clarke, followed closely by Mike Baltich.

"The strongest competition for Baltich and Clarke were each other

with Clarke finally pulling ahead in the back nine," said HHS golf coach Jim McCauley.

Junior Jack Cannon finished in sixth place, while freshman Joe Patrick took 10th place. Being one of very few freshmen at this year's Europeans, Patrick showed that he too could carry a strong presence.

Battling rain and crippling cold, the Heidelberg team was able to achieve what it had been working for all season

– a European championship. The final score of 265 put Heidelberg at the top of the rankings over defending champion Ramstein, which came out with a score of 217.

"The next team was more than 40 points behind us," McCauley said proudly.

After an undefeated season and all golfers planning to return next year, the chance of a repeat European championship is realistic.

## HHS, MHS tennis teams take European honors

By Krista Bye-Nagel  
HERALD POST INTERN

The Heidelberg tennis team finished off its season third overall, and the unranked Mannheim girls doubles team brought home a surprise third-place finish at the European Championships played at Wiesbaden Oct. 29-31.

Heidelberg junior James Chase, ranked fourth overall, was the only Lion found in a championship this year playing Shape's Nikolay Gospodinov, who was ranked third overall. Playing the longest match Saturday, Chase and Gospodinov kept the crowd entertained. After losing to Gospodinov: 6-7 (tiebreak 3-7), 6-3, 2-6; Chase was given the second-place medal while Shape took home the gold.

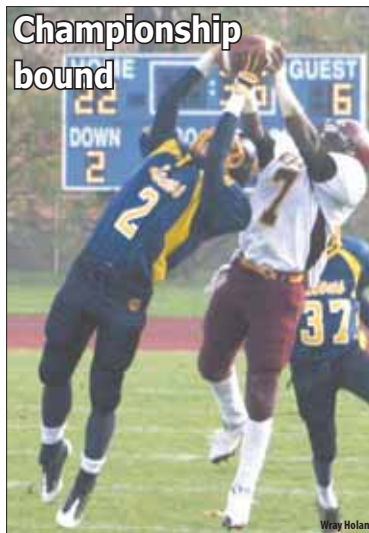
Playing on the girls' singles side for Heidelberg was senior Andrea Wheatcroft. After losing to the defending champion, Ginevra Bolla of Marymount, in the semi-finals, Wheatcroft met with No. 2 seed Carmen Fucillo of AOSR in the match for third and fourth.

"I'm more of a power hitter, but she hit everything back ensuring that I would not win on power shots," Wheatcroft said of her match with Bolla. "It was more a matter of who would hit the ball out or into the net first." Wheatcroft lost the match 8-9 in tiebreak (5-7).

In doubles action, the big surprise came from the Mannheim duo of senior Rachael Nevinger and sophomore Amber Veranen, who claimed third place after defeating Aviano in first-round action and then taking down local Heidelberg rivals. The two lost in a third-set tiebreaker to AFNORTH before gaining ground again to defeat Shape and third-seeded ISB. On the final day of the tournament, Nevinger and Veranen defeated No. 1 seed Patch to move on to the third-place match, where they defeated Ramstein to claim the medal.

Representing the Lions in boys doubles were junior Darien Ward and freshman Cameron Meeker. They took third place after losing to ISB in the semi-finals and winning over Wiesbaden in the consolation match for third and fourth.

With the Heidelberg girls doubles not placing, and a second, third and fourth-place finish, the Lions fell short of the overall second place by a mere three points behind Shape. Editor's Note: Mannheim coach Amanda Rogers contributed to this article.



**Championship bound**

Heidelberg junior Devin Helvie (2) intercepts the ball during Saturday's semi-final win against Wilsack, 36-12. Leading the Lions is senior Thomas Hogue, who rushed 27 times for 221 yards and two touchdowns. The Lions will defend their Division 1 title in the championship game against Ramstein at 5:30 p.m. Saturday in Baumholder. AFN will air the championships live on TV, radio and the Internet beginning with D-III at noon Saturday.

## HHS takes 2nd in CC Europeans

The Heidelberg cross country team hosted the European Cross Country Championship on Tompkins Barracks in Schwetzingen Saturday, with the Lady Lions earning a second-place team finish.

More than 140 girls competed in the race. Junior Olivia Darrow finished seventh to earn First Team All Europe honors. Not far behind Darrow were teammates Lindsey Duckworth and Maggie Cutler who earned All Europe Second Team honors by finishing ninth and 14th respectively.

Junior Jaron Henninger ran a season best 17:19 to capture seventh place and First Team All Europe honors out of 167 boys.

Source: Sharon Brady



Heidelberg junior Olivia Darrow places seventh in the European Cross Country Championship Saturday.

### Correction

Due to inconsistencies in the initial results posted to the official Army Ten-Miler race Web site, it was incorrectly reported that the combined U.S. Army Europe and Installation Management Command-Europe team finished in first in the men's active-duty team division at the 25th Army Ten-Miler in Washington, D.C., Oct. 4. Adjusted official results posted to the site have since verified that the team from Hawaii edged out the USAREUR team by three minutes. The USAREUR team time of 3:47:48 still secured them a second-place win. The initial results listed the IMCOM-E/USAREUR women's team as 10th-place finisher in the women's active-duty team division. The official Web site now lists them as moving up to sixth place.

## staying ACTIVE

### Flag Football Results

**Mannheim** – The 68th Transportation team beat Headquarters and Headquarters Detachment, 28th Transportation 45-13 to claim Mannheim's Unit-Level Flag Football Championship. The 51st Transportation team finished third. The top two teams will proceed to Hohenfels for the IMCOM-Europe Unit Flag Football Championships Friday-Sunday.

**Heidelberg** – The U.S. Army Europe Band and Chorus secured the 2009 Heidelberg Unit-Level Flag Football Double Elimination Post Season Championship Tournament by virtue of back-to-back wins (14-0, 24-0) over a depleted and undermanned 529th Military Police Company, which could not field their A-team due to a military commitment. The 529th MPs and DENTAC, the regular season league champions, will represent Heidelberg at the IMCOM-Europe tournament this weekend.

### Jazzercise Classes

Beginner, intermediate and advanced levels jazzercise classes are now offered at Sullivan Gym on Tuesdays (9-10 a.m. and 5-6 p.m.) and Thursdays (9-10 a.m. and 7-8 p.m.). Dance your way into fitness. DSN 385-2001, civ. 0621-730-2001, [www.mwgermany.com](http://www.mwgermany.com).

### Powerlifting Program

Thursdays through Dec. 3, head to the Campbell Fitness Center in Heidelberg 4-5:30 p.m. to learn all about the sport of powerlifting. Get ready to represent Heidelberg at the December Powerlifting invitational in Kaiserslautern. DSN 370-6350, [www.mwgermany.com](http://www.mwgermany.com).

### Volleyball Invitational

Heidelberg Sports and Fitness is hosting a volleyball invitational Nov. 8 for community volleyball teams. Men's, women's and co-ed teams from all garrisons are invited to participate. Registration begins at 9 a.m. DSN 373-8032, civ. 06221-17-8032.

### Become a Yoga Instructor

Train to be a Yoga Fit instructor at Campbell Fitness Center. Level I classes will be held Nov. 7 and 8 (no experience necessary) and Level II classes will be held Nov. 14 and 15 (pre-registration is Level I). Each class is \$450. Sign up: civ. 001-310-320-1277, [rtmerz@jps.net](mailto:rtmerz@jps.net).

### 7th Annual Turkey Trot

The Mannheim community will host the Turkey Trot in the commissary parking lot starting at 9 a.m. Nov. 14 This fun 5-kilometer run and 2-kilometer walk is open to ID card holders of all ages. Registration is not necessary. DSN 385-2001, civ. 0621-730-3314.

### Turkey Shoot

The 2009 Turkey Shoot at the Heidelberg Golf Club will take place at 10 a.m. Nov. 22 in Offersheim. Each player will receive a turkey and the last place team will receive a Cornish hen. Event is limited to first 64 paid participants. DSN 379-6139.

### LA Galaxy in Kaiserslautern

Tickets are on sale for the friendly soccer game between 1. FC Kaiserslautern and LA Galaxy Nov. 26. Civ. 01805-318800, [www.fc-kick-tickets.de](http://www.fc-kick-tickets.de). Seats are €45-60, and standing-room only tickets are €20-35.