

HeraldPOST

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

MANNHEIM

The Cove will close Wednesday

By Sieg Heppner
USAG MANNHEIM PUBLIC AFFAIRS

The Cove on Sullivan Barracks, one of Mannheim's oldest clubs, will shut down indefinitely Wednesday.

The good news is that none of the club's benchmark programs will go away. They're simply changing location to the more popular Top Hat Club, which is centrally located in the Benjamin Franklin Village complex.

The decision to consolidate events and activities was made from a business standpoint due to declining population in Sullivan Barracks. With the deployment of 7th Signal Brigade in May and the departure of 44th Expeditionary Signal Battalion to Schweinfurt this summer, the number of patrons at the Cove has declined dramatically.

The most popular events at the Cove – such as Texas Hold'em, Karaoke Night, and Country and Western Night – will move to the Top Hat Club beginning Oct. 5. The very popular Alternative Rock Night is scheduled for one Friday per month pending availability of a live band or disc jockey.

"The consolidation of programs at the Top Hat Club means customers have a central location with plenty of parking as well as the advantage of a see **COVE** page 12



Staff Sgt. Joshua L. DeMott

Spc. Derek Hughes and other Soldiers with Company B, 44th Expeditionary Signal Battalion, 7th Signal Brigade set up a satellite dish at Camp Willem Lodewijk Van Nassaukazerne, the Netherlands, Sept. 4, during exercise Combined Endeavor 2009.

5th Signal Command provides support for world's largest communication interoperability exercise

By Lawrence Torres III
5TH SIGNAL COMMAND PUBLIC AFFAIRS

Signal Soldiers with 5th Signal Command's 44th Expeditionary Signal Battalion, currently split-based in Schweinfurt and Mannheim, provided strategic and tactical communications support to teams from nearly 40 nations during Combined Endeavor 2009, the world's largest communication interoperability exercise.

The 40 nations crossed three unified commands – European Command, Central Command and Africa Command – see **ENDEAVOR** page 12

"Communication between nations is crucial for any coalition military operation. Combined Endeavor makes it possible for nations to progress through common security issues where they surface."

-Brig. Gen. Jeffrey Smith, 5th Signal Command

'Vaccination is best protection against influenza'

By Jerry Harben
U.S. ARMY MEDICAL COMMAND

"I don't want anybody to be alarmed, but I do want everybody to be prepared," said President Barack Obama about this year's influenza season.

This year health officials are preparing for the Novel H1N1 flu – initially known as "swine

flu" when it was first widely publicized – in addition to the seasonal flu vaccinations to which military personnel are accustomed.

Seasonal flu and H1N1 flu are different strains of influenza viruses, and vaccination against both is necessary to be fully protected.

"Influenza viruses change

from year to year. Protection that develops after a person is infected or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops. Vaccination is your best protection against influenza infection," said Lt. Col. see **INFLUENZA** page 3

Flu Symptoms

Symptoms include a fever greater than or equal to 100.5 F, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, sometimes diarrhea and vomiting.

HP THURSDAY Sept. 24, 2009

Speed Read

COLLEGE NIGHT



Kaiserslautern's annual College Night coming Oct. 8 will host about 120 colleges and universities. 4

MOVE!

The new Army MOVE! program will provide multiple educational approaches that lead to weight loss, including medical nutrition therapy, physical activity and cognitive/behavioral modifications. 4

LEADING LIGHTS

Heidelberg is leading the way in lighting by replacing old fluorescent light fixtures with light-emitting diode fixtures to save money and significantly reduce carbon dioxide emissions. 6

OVERSEAS COLA

Soldiers will have the chance to impact the Overseas Cost of Living Allowance when the next Living Pattern Survey for Germany begins in October. 8

POSTAL SERVICE

The Military Postal Service is designed to serve the members of the United States military. It is not set up to support humanitarian donations. 12



Defense Details

NEW ARMY SECRETARY

John McHugh was sworn in as the 21st secretary of the Army Monday following his nomination by President Barack Obama and confirmation by the U.S. Senate. As secretary, McHugh has statutory responsibility for all matters relating to the Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

SAFETY PACT

An agreement between the departments of Defense and Homeland Security that calls for sharing some intelligence data with emergency operations centers nationwide is part of post-9/11 efforts to harden America against another terrorist attack.

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COMMENTARY

Moving on: Another adventure in military life

By Ali Leone
USAG KAISERSLAUTERN PUBLIC AFFAIRS



On Sept. 14, I spent some time staring at a moving truck – yet another milestone in the adventures of life in the military.

Only this moving truck wasn't for my family. It was the truck that would hold all the belongings of our friends, Kay and Dave.

Dave is in my husband's unit, and we all became friends during an intramural bowling league last year. Every Thursday night, our families spent the evening bowling, laughing and supporting the unit in the quest to win the championships.

This event allowed us the time to hang out, getting to know one another.

We are in different stages of our lives – Kay and Dave with three young children, us with one about to hit her pre-teen years. However, where we are in our lives had no effect on how close we

It seems saying goodbye is a common theme in our military adventures – goodbye to your deploying spouse, goodbye to your duty station and goodbye to your friends.

became.

Our similarities in personality, future goals and hobbies drew us together.

Thursday night bowling spilled into occasional dinners and barbecues, and then to camping trips and card games. Kay and I began nightly walks and girls' nights out.

When Kay or I had issues to discuss, we were only across the road or a phone call away.

Dave and Mike could spend hours watching sports or discussing work, and, of course, cars. Football games and mixed martial arts fights were male bonding time.

And despite the age differences between our children, there was even a bond made there. My daughter loves to play with their kids.

Through thick and thin,

they've been there – even sitting outside a hospital in Garmisch on the way home from a vacation while we waited to be seen.

With three little ones and a dog piled in the car, they refused to leave us behind – waiting in the sun, eating chips, and playing games in the gravel.

All of this comes to an end this week, when Kay and Dave fly out.

This is an unavoidable part of military life – you make friends and say goodbye to friends. For me, this is the second hardest part of military life. The first is, of course, when my husband has to deploy.

It seems saying goodbye is a common theme in our military adventures – goodbye to your deploying spouse, goodbye to your

duty station and goodbye to your friends.

Moving on brings you to new friends and experiences. The trick is not to forget the old friends. And, I think that's one thing most military families are good at. We make friends quickly, bonding faster than most of our civilian counterparts.

Our time is limited – there's no room for politics, games or social dilly-dallying. The clock begins ticking when you hit your new duty station, and you'd better move fast.

The friendships we make move with us, too. Christmas cards, e-mails and phone calls keep you in touch with those you've left behind. Kay and Dave will always be a part of our lives. We are better off for having met them.

While they move on, we will stay here for another four years. Who knows what the future holds though? Maybe our next assignment after this, Kay and Dave could be right down the street again. I'll be ready – girls' nights out and evening walks.

Stay Vigilant

U.S. Department of State worldwide caution in preparation to German national elections

There is a heightened concern regarding the terrorist threat in Germany leading up to national elections Sept. 27 and in response, the German government has taken measures to enhance security throughout the country. The U.S. Embassy encourages Americans in Germany to increase their vigilance and take appropriate steps to bolster their own personal security.

While there is no specific threat to American personnel, you are advised to take these common sense measures:

- Be extra vigilant at any large gatherings or while using any mass transit systems.
- Avoid demonstrations.
- Maintain awareness of your surroundings so you will recognize conditions that may lead to danger.
- Do not draw attention to yourself.
- Do not travel alone, always travel in small groups.
- Always let someone know where you are going and when you expect to return.
- Stay away from high-risk areas.
- Know emergency numbers and potential safe areas.
- Carry a cell phone if possible.
- Keep your vehicle in good working order and the fuel tank at least half full.
- Monitor AFN, the U.S. Embassy Web site at <http://germany.usembassy.gov> and the U.S. Army Europe Web site at www.hqsareur.army.mil for updates.

BLOG ROLL

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



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

This past weekend (19-20 September) the garrison ran a test in order to measure usage and traffic patterns on Patrick Henry Village (PHV) specifically targeted at the commissary and Grasweg (BK) gates.

The operating hours at the commissary gate on PHV were changed from 0600-2200 to 0900-1900 for that weekend only. I know our MPs had to open the gate for some buses Friday night and a few deliveries on Saturday morning, but were there any other impacts to the community caused by the shift

in hours? Please holler back and let us know, your feedback is much appreciated.

-Lt. Col. Robert White, USAG Heidelberg Commander

What a GREAT turnout Sunday, September 20th for the Soccerfest. Heidelberg started the day with 92 players and ended the day with 99 registered players. Close to 200 children from all over Europe attended the Soccerfest.

-Wendy Aldcroft, BWnow member

Gather up your kids, pets and holiday gear – it's time to film your very own holiday greetings to be sent to your loved ones back home in the States – and it's free! Let the Army and Air Force Hometown News Service team tape your personal holiday greetings to loved ones for statewide broadcasting on local television stations this holiday season. Be sure to have addresses and phone numbers of family members to be greeted, so they can be notified before the messages are aired locally.

-BWnow administrator



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.



Preventive measures

- Cover your nose and mouth when you sneeze or cough.
- Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people who are sick.

If you think you have the flu

- Stay home from work or school. The Center for Disease Control recommends you stay home at least 24 hours after your fever is gone, except for medical treatment and other necessities. Your fever should be gone without the use of fever-reducing medicine.
- Get lots of rest, drink plenty of liquids, and avoid using alcohol or tobacco.
- Call the Nurse Advice Line and speak to a registered nurse about your symptoms 24 hours a day, seven days a week. The NAL can schedule an appointment for you at your local health clinic if you need one. Nurse Advice Line: civ. 00800-4759-2330.
- If you need to go to the clinic for an appointment, call the clinic first so the staff can take the necessary precautions to help prevent the spread of the virus.

Walk-in hours for seasonal flu vaccinations

- Heidelberg Health Center
Family Practice Clinic, 12:45-3:45 p.m. Monday-Thursday and 7:45-11:45 a.m. Friday;
Pediatrics clinic, 1-3 p.m. Monday-Thursday
- Mannheim Health Clinic
Immunization Clinic, 8:30-11:30 a.m. and 12:30-2:30 p.m. Monday-Thursday, 8:30-11:30 a.m. Friday

Upcoming seasonal flu vaccination dates

- Campbell Barracks, Casablanca Room
-Sept. 30, 8 a.m.-noon (active duty)
-Oct. 14, 7:30 a.m.-noon (active duty)
-Oct. 21, 8 a.m.-noon (active duty, civilians, family members)
-Oct. 28, 8 a.m.-noon (active duty, civilians, family members)
-Nov. 4, 7:30 a.m.-noon (active duty)
- Heidelberg Post Exchange
-Oct. 30, 8 a.m.-noon (all beneficiaries)

Note: Other dates and locations will be announced as they are confirmed.

Seasonal flu vaccinations now available in Heidelberg, Mannheim

HMEDDAC Public Affairs

The Heidelberg Medical Department Activity is now offering FluMist®, an intranasal vaccine that helps prevent seasonal influenza, at the Heidelberg Health Center and outlying clinics in Stuttgart and Mannheim.

Flu Zone, which is the injectable vaccine, is not yet available in the Heidelberg footprint.

When the shipments of injectable vaccines arrive, communities will be informed through local newspapers and AFN, according to Sgt. 1st Class Carlos Guerrero, HMEDDAC Preventive Medicine noncommissioned officer in charge.

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

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

"Influenza is not like having a cold that you can ignore," said Col. Robert A. Smith, HMEDDAC deputy commander for clinical services. "You should take it seriously. When you have the flu, you feel like you were hit by a truck."

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

Although some people may have gotten their flu vaccine last year, medical professionals recommend they get vaccinated again this year. Last year's flu vaccine will not protect against this year's

seasonal influenza.

"Influenza strains and disease trends are collected by 94 countries and analyzed by the World Health Organization to forecast which three flu strains will provide the most protection for people each year," Guerrero said. "You should get the flu vaccine each year to ensure you're protected against the most current strain."

HMEDDAC will offer three types of flu vaccination – FluMist®, the injectable flu vaccine and a pediatric injectable flu vaccine. Each patient will complete a pre-screening form, which covers information such as age and long-term health conditions, so health care providers can administer the most appropriate vaccine.

Although each individual is different, there are guidelines that determine which vaccine should be administered.

The FluMist®, which is sprayed up the nose, is approved for 2-49 year olds who are not pregnant and do not have serious health problems.

The injectable flu vaccine, which is administered as a shot, is approved for individuals who fall outside the 2-49 age range or have a medical condition that disqualifies them for the FluMist®, such as long-term health problems or pregnancy. The pediatric injectable vaccine is also available for 6-23 month olds.

Those interested in getting the FluMist® can go to their clinic during walk-in hours. Commanders interested in signing up their units for unit immunizations can call Guerrero at DSN 371-2899.

H1N1 Vaccine

An H1N1 vaccine is currently being developed. Once the vaccine is available, notices will be put out to the community through town hall meetings, local newspapers, the Internet and AFN.

INFLUENZA

continued from page 1

Patrick Garman, deputy director of the Military Vaccine Agency.

Flu vaccinations are mandatory for military personnel and civilian health-care personnel who provide direct patient care at military treatment facilities. It is highly recommended for other people.

Most members of the Army Reserve and National Guard should plan on obtaining vaccinations from their unit during drills. If they are vaccinated by a civilian provider, they must report immunization date, vaccine manufacturer and vaccine lot number to their unit's MEDPROS point of contact at their next drill.

"The seasonal influenza vaccine is already available. Vaccine shipments began in

early August. Military treatment facilities began their seasonal influenza vaccine program immediately upon receipt of influenza vaccine to protect individuals at risk from developing influenza or its complications. Our CONUS and OCONUS beneficiaries and retirees who are enrolled in TRICARE can receive their vaccination at their local MTE," Garman said. TRICARE covers the flu vaccination for beneficiaries, as long as it is administered in a doctor's office.

"It is DoD's primary goal to have more than 90 percent of service members vaccinated against seasonal influenza by Dec. 1. The secondary goal is to swiftly complete the seasonal influenza vaccinations and begin preparations for the impending H1N1 vaccination

program," Garman said.

The H1N1 vaccine should be available in October. People 10 years of age and older will receive one dose. Those 6 months of age to less than 10 years will require two doses separated by approximately one month. The vaccine will be available as both an injectable or nasally inhaled product, just as seasonal flu vaccine is.

Most service members will receive the injectable H1N1 vaccine. The Defense Department expects to receive enough doses of the vaccines for all military service members and DoD beneficiaries who wish to be vaccinated. To prepare for a possible pandemic disease, DoD has stockpiled antiviral treatments for 8 million people.

Novel H1N1 influenza so

far has been no more severe than seasonal flu. Garman said that experts expect it to be the dominant strain of circulating influenza this year because, until vaccination, most people lack immunity to it. The two diseases cause similar symptoms.

Novel H1N1 seems to infect young adults more frequently than seasonal flu, which is most dangerous to the elderly or the very young. Symptoms normally last three to five days, but a person may infect others for several days before showing symptoms and for as much as 10 days after symptoms end.

The nasal mist contains a live virus. "The live-virus vaccine can cause some mild flu-like symptoms, but you cannot get the flu from receiving any influenza vaccine. The

injectable influenza vaccine contains pieces of viruses that have been killed, so infection is not possible," Garman said.

"Side effects are usually mild, and can occur soon after vaccination and last for one to two days. Side effects include soreness, redness or swelling at the injection site; fever, weakness, headaches and muscle aches," Garman said. More serious side effects from these vaccines are rare. Anyone who has serious side effects should contact the health-care provider or clinic where the vaccination was administered.

DoD maintains a clearing house of influenza information at <http://hp.osd.mil/ai-watchboard>. Information also is available at www.armymedicine.army.mil, www.vaccines.mil and www.cdc.gov.

College Night: Discover your future

Kaiserslautern to host event featuring about 120 colleges and universities

by Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Finding the right college and subsequent financial assistance just got a lot easier for students living in military communities throughout Europe.

A one-stop shopping for higher education bonanza, College Night is scheduled to be held 6-8:30 p.m. Oct. 8 at the Special Events Center on Rhine Ordnance Barracks in Kaiserslautern.

College Night offers all Department of Defense Dependents Schools-Europe high school students and their parents a chance to get first-hand knowledge about colleges and univer-

sities, scholarships and financial assistance.

"Not all students can go back to the States to see colleges," said Lynn Rice, the U.S. Army Garrison Kaiserslautern's school liaison officer. "And by having College Night here, it actually gives them an idea – 'Do I want to go to this college?' or 'What does this college have to offer me?'"

A record number of 1,631 students, parents and teachers, and close to 200 representatives from 110 accredited colleges and universities, as well as scholarship and financial agencies from the U.S. and Europe attended last year's College Night.

"Unbelievable," said Air Force Col.

Tina Harvey, with the 3rd Air Force on Ramstein Air Base, who was there with her two teenage sons at last year's event. "What diversity – all the service academies were represented as well as some high-powered academic institutions like Harvard and Duke (universities), and the whole gamut like the New York Film Institute was there as well – there was something for everybody."

Free and open to all U.S. ID card holders, College Night is also a good opportunity for service members, civilians, retirees and their families wanting to pursue higher education. Participation from other military schools in Europe is strongly encouraged, said Rice, who added that middle school students may also attend.

About 120 accredited colleges and universities are expected to have representatives at this year's event, Rice said. These representatives are a mixture

of university staff from the U.S. and alumni living in Europe. There will also be representatives from scholarship and financial assistance agencies and military recruiters.

This is the 13th year the Kaiserslautern military community has held College Night with the two local high schools – Kaiserslautern and Ramstein – rotating logistics and sponsorship. This is the third year that the garrison's Family and Morale, Welfare and Recreation directorate will partner with the host school, which is KHS this year.

The Special Events Center, where the garrison's bazaars are held, is more than double the size of either school's gym. Space is a big consideration because, as Rice said, this event is designed for people to have direct contact with college and university representatives, so they can concentrate on this possibly major, life-changing decision.

Army MOVE! program benefits Soldiers in weight management

HMEDDAC Public Affairs

Soldiers in the Heidelberg area will soon have a new way to help manage their weight as well as get advice on staying healthy.

Health and fitness are directly linked to the performance of today's military, and to help ensure mission requirements are met, the Department of Defense is working with the Veterans Administration on an initiative to standardize weight management across all services.

The new standardized program, called Army MOVE!, will provide multiple educational approaches that lead to weight loss, including medical nutrition therapy, physical activity and cognitive/behavioral modifications.

"The new Army Weight Control Program is designed for smaller groups to better facilitate discussions, problem-solving and support versus the old way of long PowerPoint lectures," said Capt. Karen A. Rowey, chief of the Nutrition Care Branch at the Heidelberg Health Center. "In addition, we offer a multidisciplinary team of providers to include the registered dietitian, physical therapist and behavioral health pro-

fessional. We want to ensure participants get subject matter expertise in weight management, health, fitness and performance."

Army MOVE! has replaced the "Weigh-to-Stay" program and will be provided to Soldiers on the Army Weight Control Program. Soldiers not on the program, warriors in transition and family members desiring weight management support are also welcome to attend the classes.

Beginning Oct. 8, the Army MOVE! program will be offered at the Heidelberg Health Center. Health care providers will offer a tiered approach to weight management, including self-help, individual counseling and group support. The team will support those enrolled in the program with their individual weight management, health, fitness and performance goals. Classes will be available two Thursdays a month 8:45 a.m.-noon at the Wellness Center.

"This is a comprehensive program based on evidence-based guidelines," Rowey said. "The military has strong disciplinary incentives to maintain health and fitness, as well as body weight and body fat standards. Most want to lose that extra weight very quick,

which has created the market for fad diets, pills and supplements that have side effects and negative consequences on performance, health or future weight management progress. Therefore, it's important for Soldiers to learn optimal weight management interventions that include making new healthy habits.

"Also, the program will allow us to address other concerns Soldiers may have, for instance, hypertension, diabetes, high cholesterol, exercise limitations, stress management, disordered eating and supplement use."

Anyone desiring weight management support will benefit from this program because it offers assessment and education that addresses barriers to successful weight loss, according to Rowey. "In addition, a service member may want his or her spouse to attend the program as it's beneficial for families making gradual changes and gaining support at home."

For more information about the program or to schedule an appointment for Army MOVE! or an individual appointment with a registered dietitian, call DSN 371-2747, civ. 06221-17-2747 or e-mail karen.rowey1@us.army.mil

Army Transformation: 147th AG Company inactivates in Kaiserslautern



Sgt. Frank Sanchez III

Capt. Ramon Torres, commander of the 147th Adjutant General Company (Postal), and Staff Sgt. Jesse Dugan, the company's acting first sergeant, ease the unit's colors during an inactivation ceremony at Kleber Gym in Kaiserslautern Sept. 15. The Kaiserslautern-based 147th Adjutant General Company, a subordinate company of the 21st Special Troops Battalion, 21st Theater Sustainment Command, inactivated as part of a continuing realignment of forces in U.S. Army Europe. The 147th AG Company was attached to the 4th Brigade Combat Team, 10th Mountain Division, Multi National Division-Baghdad, and recently returned to Kaiserslautern after serving 15 months in Iraq. While there the company was responsible for providing postal operations to service members and Department of Defense civilians supporting Operation Iraqi Freedom.

Getting Rid of Bulky Items

What should you do with those things that are broken or no longer required that are much too large to go in the regular waste containers or require special treatment?

If you live on post in USAG Heidelberg there are two ways of disposing of your bulky items:

• **Bring them to the Recycling Center on Alamo Circle in PHV.** If the items are still good, they can be donated to the Reuse Center for someone else to use. If it is not reusable, dispose of it in the proper container (if you are not sure which container, please ask the attendant).

• **Request a bulky item pick-up.** To request a bulky item pick-up requires a phone call to the DPW at DSN 387-3217, civ. 06221-4380-3217. Should no one answer straight away, don't hang up because there is an answering machine on which you can leave your building and stairwell number as well as a brief description of what it is that you want removed. You can also put in your request for a bulky item pick-up via an e-mail to bernd.rau@eur.army.mil.

Bulky item pick-up is every Monday, unless it is a host nation public holiday; if this is the case, there will be no pick-up during that week. To keep the community looking good, please do not put out your bulky items until the evening before the scheduled pick-up (Sunday). Place the things in plain view next to your designated recycling island, not leaning on the trellis work, or place them next to the curb. In the case of non-Army Family Housing installations, the items are placed next to your dumpsters.

If you live off post, you should use the service provided by your local community.

What is a "bulky item"?

Some items that are considered bulky are sofas, bed springs, cabinets, chairs, tables, foot lockers, televisions, upright lamps, stereos, video recorders, large toys, bicycles and barbecue grills.

What are not considered bulky items are rubbish, grass cuttings and leaves, tree limbs, moving boxes (you need to call the moving company for them to come back and pick them up), paper and cardboard, small electrical goods (these need to be taken to the Recycling Center where there are special containers available), hazardous materials or waste (these need to be turned in at the hazardous collection point located in the Recycling Center — this includes household cleaning and washing materials.)

Guardian Shield 2009

7th CSC practices consequence management skills

By Lt. Col. Michele R. Satak
7TH CSC PUBLIC AFFAIRS

Key leaders from the 7th Civil Support Command participated in Guardian Shield 2009, a command post exercise held at Ramstein Air Base Sept. 2-4 and sponsored and supported by the Defense Threat Reduction Agency, Fort Belvoir, Va.

The headquarters elements of the 7th CSC showed up in force for the scenario-driven exercise where multiple agencies explained in detail their capabilities when reacting to a state of emergency.

Guardian Shield 2009 is an annual exercise hosted by U.S. Army Europe, to coach, mentor and improve how 7th CSC trains for and reacts to consequence management incidents.

In an effort to explain the evolution of the 7th CSC headquarters to meet today's challenges, Maj. Gen. Paul D. Patrick, the exercise director, noted that the 7th Army Reserve Command no longer exists.

"You are no longer the 7th Army Reserve Command," Patrick said. "You are transitioning into an operational and even an expeditionary headquarters."

The exercise participants included representatives



Sgt. 1st Class Eugene Pomeroy

Staff Sgt. Ralph Lahens and Sgt. Aldrin Coja explain the features of the Sentinel warning system on a Self-Contained Breathing Apparatus, to U.S. Air Force Maj. Nate Naidas, Defense Threat Reduction Agency, during Guardian Shield 2009 at Ramstein Air Base Sept. 2-4.

from the U.S. State Department, U.S. European Command, USAREUR, the Defense Threat Reduction Agency, the 20th Support Command, the U.S. Army Reserve-Consequence Management Unit, Joint Task Force-Civil Support, the U.S. Northern Command, the 773rd Civil Support Team and the 7th CSC.

"The challenge for the military is taking a supporting role because the State Department is the lead agency on the ground dealing with the host nation," said Joe Parente, from the U.S. Embassy in

Bucharest, Romania.

"Remember, host nation. It's their country, and they're in charge," said retired Lt. Gen. Robert Chelberg, a senior mentor for the exercise. "You are not in it alone; there are a lot of agencies to assist. Use them."

As the three-day exercise came to a close, Mark Terry, the lead facilitator for the DTRA, praised the team work and overall success of the 7th CSC.

The evolution between this year and last year was a major surge forward, Terry said.

"Alright 7th CSC ... the

challenge is for you to take what you have learned from this exercise and prepare for a real situation dealing with consequence management," Patrick said. "It's no longer if the situation is going to happen, but when."

Simultaneous to the exercise, briefings and operations, the 773rd Civil Support Team, commanded by Lt. Col. Timothy Pelfrey, provided an equipment capabilities demonstration using a Multi-Gas Detection System, and other chemical, biological, radiological and nuclear equipment capabilities were on display.

Heidelberg leads the way in LED lighting to reduce energy costs

By Jason L. Austin
HERALD POST STAFF

Heidelberg's Army Family Housing has in its common areas 50 hazardous waste items that each have a life expectancy of 2.4 years and consumes between 50 and 80 watts of electricity per second. They are slow to start, fragile and composed of multiple components.

What is it? Fluorescent light fixtures, which are being replaced with light-emitting diode fixtures.

LED lights are recyclable, have a life expectancy of 7.14 years, and consume only 18 watts of electricity per second.

The lights come on instantly, are durable plastic, and there are no ad-

ditional components to fail.

So far, only nine buildings on Patrick Henry Village have received the new lighting, and progress is slow — about two and a half days per building to re-lamp the common areas of the stairwells and basements.

U.S. Army Garrison Heidelberg is the first U.S. military entity to begin installing the lighting, and several other organizations are following the garrison's lead, to include the Air Force, the Defense Commissary Agency and others.

Heidelberg Housing Facility Manager Jay Felvus said the initial cost is significant, but the fixtures pay for themselves through reduced energy costs in 2.7 years, nearly five years before the first bulbs should need replacing.

The life expectancy figures assume eight hours of usage per day, but because the common area lights are on timers, the actual life expectancy is even longer, Felvus said.

And even when a LED tube, which houses 360 individual LED bulbs, needs replacing, it'll be considered a self-help fix because there are no additional components which could be faulty, like starters or ballasts.

With an average service order price of \$99 for an electrician to repair a light fixture, Felvus said the cost savings go beyond just energy consumption.

"This is a revolutionary way of lighting," said Marty Hanson, Heidelberg Pollution Prevention Program manager, who added that it also is a step

ahead of host nation laws.

Felvus said all the Army Family Housing on PHV will be complete by Christmas, and the remaining family housing on Mark Twain Village will be complete by June.

In the meantime, Hanson said, the Heidelberg Directorate of Public Works has plans to re-lamp the fitness center on Patton Barracks as a pilot project.

Additionally, once all the housing on PHV has been re-lamped, Felvus estimates an annual reduction in carbon dioxide emissions of 117,000 kilograms.

The project is saving money, reducing the garrison's impact on the earth, and creating a safer living environment for Army families.

18th Engineer Brigade uncases colors

USAREUR Public Affairs

U.S. Army Europe's 18th Engineer Brigade uncased its colors in Schwetzingen Sept. 14, officially marking its return home from a 15-month combat tour in Iraq.

The engineers returned to Germany in July, and the uncasing symbolizes that the brigade is now officially home and fully operational for V Corps and U.S. Army Europe.

Col. Matthew Russell, the 18th's commander, and brigade Command Sgt. Maj. David M. Clark unfurled the colors on the parade field at Tompkins Barracks under gray skies dropping intermittent rain.

During its deployment, the brigade logged some 20,000 miles as its Soldiers moved three times in the course of their tour in Iraq. Beginning their mission at Contingency Operating Base Speicher in Tikrit, the engineers moved to Forward Operating Base Warrior in Kirkuk in November, then to Contingency Operating Site Marez in Mosul in February.

The brigade worked to improve engineering in northern Iraq, surveying bridges and construction sites and working with civil-military operations experts to improve government and economic conditions.

The engineers also focused on non-lethal engagements such as route clearance, Iraqi engineer partnership and planning, funding and initiating construction projects.

Commanding four battalions during its tour, the 18th is credited



Col. Matthew Russell, commander of the 18th Engineer Brigade (left), and brigade Command Sgt. Maj. David M. Clark attach a Meritorious Unit Commendation streamer presented in recognition of the 18th's recent 15-month combat tour in Iraq, to the brigade colors during a ceremony at Tompkins Barracks in Schwetzingen Sept. 14.

with managing more than 3,000 route clearance missions; enhancing governance and infrastructure; building cooperation among reconstruction agencies, nongovernmental organizations and maneuver units; and providing engineer expertise and oversight for more than 200 construction projects for essential services such as waste management, electricity, water and sewage systems, estimated at \$241 million.

In his remarks during the ceremony, Brig. Gen. Michael A. Ryan, V Corps deputy commander, said the brigade was entrusted with a large and complex mission in Iraq and did an incredible job tackling that mission. Moving three times, often under fire, made the 18th's task particularly challenging, he

added.

"Every one of those moves was a combat operation in itself," the general said.

Following his remarks Ryan stepped onto the field to present the brigade with a Meritorious Unit Commendation in honor of its efforts during the deployment.

Russell accepted the commendation, then stepped to the podium and opened his remarks.

The colonel thanked the Soldiers of the brigade for their "phenomenal" efforts, for their service, and for helping the people of America and Iraq.

"I could not have written a better script than the conduct of our deployment," he said. "Your contributions will light up the pages of our nation's history."

Survey allows service members opportunity to impact OCOLA

By Angelika Lantz

21ST TSC PUBLIC AFFAIRS

The term is familiar to most service members, and the underlying philosophy is easy to grasp. Even the computation process is fairly straightforward. The source of frustration for its recipients is usually limited to only one aspect – it continuously changes.

COLA stands for cost-of-living allowance, and OCONUS refers to overseas as opposed to locations within the continental United States. Basically OCONUS COLA, or OCOLA, is a supplement designed to match the purchasing power of service members stationed overseas with service members stationed stateside. In other words, OCOLA is designed to offset the higher prices of non-housing goods and services overseas, so service members and their families can afford to purchase the same level of goods and services they are afforded while stationed in the United States.

"What you need to know about OCOLA is that it routinely fluctuates for numerous reasons," said Lt. Col. Thomas Seelig, the director of finance policy and operations at the 21st Theater Sustainment Command's 266th Financial Management Center.

The two components that affect the amount of OCOLA allowance are the exchange rate and data that measures the cost difference between prices overseas and U.S. prices.

"Rate of exchange fluctuations are calculated twice each month; therefore, it is possible for OCOLA to go up and down from one pay period to the next. Whenever the dollar gets stronger against the euro, OCOLA decreases and vice versa," Seelig said.

While there is nothing service members can do to influence the exchange rate, they play a vital role in determining the second component.

The second component compares prices of goods and services overseas with prices for similar goods and services in the United States, and it is derived from a number of surveys.

"It is not a given that a high number of survey participants results in a COLA increase, however, it does increase the chance of that happening. The higher the percentage of service members and their families who participate, the more likely it will be to obtain data that accurately reflects their economic reality," Seelig said.

Service members overseas are asked to participate in the Living Pattern Survey every three years. The survey seeks to identify where service members and their families shop for items like groceries and clothing and where they spend money on dining-out, personal products and services, car repairs, etc.

It also determines how much of their shopping is done at the commissary, Post Exchange or on the Internet.

Additionally, data compiled from follow-on surveys is analyzed, incorporated and used to compare prices overseas to those in the United States and to compute the Cost of Living Index, which in turn is used to establish the country's COLA rate per locality.

The next Living Pattern Survey for Germany is scheduled to be available online in early October and can be accessed at the U.S. Army Europe homepage at www.hqusareur.army.mil.

Service members are encouraged to take the survey, which takes less than 30 minutes to complete, at home with their families.

National Day for Kids

Jacqui Legrone helps her 5-year-old son, Logan, with a beaded art project Sept. 12 during the Boys and Girls Club's National Day for Kids at Donnelly Park on Ramstein Air Base. This was the first year the U.S. Army Garrison Kaiserslautern's Child, Youth and School Services co-sponsored the event with the 86th Airlift Wing Services Squadron's Family Member Program Flight. Close to 2,000 people throughout the community attended the event, which showcased activities, games, information booths and entertainment for all ages.





Staff Sgt. Andrew Smith

U.S. Army Soldiers awake in their hasty fighting position after a night patrol in the mountains near Sar Howza, in Paktika province, Afghanistan, Sept. 4. The Soldiers are deployed with Bulldog Troop, 1st Squadron, 40th Cavalry Regiment.

Paul and Janet Monti, the parents of U.S. Army Sgt. 1st Class Jared C. Monti, attend a Medal of Honor ceremony for their son in the East Room of the White House Sept. 17. President Barack Obama posthumously awarded the Medal of Honor to Monti, who was killed in action by insurgent fire in Afghanistan when he attempted to rescue a wounded Soldier.



D. Myler/Gallien

U.S. Army Staff Sgt. Jonathan Esposito with Bravo Troop, 1st Battalion, 7th Cavalry Regiment, out of Fort Hood, Texas, teaches Iraqi military police how to move in a stack at Joint Security Station Istiqlaal, in Baghdad Sept. 14.



Staff Sgt. Tyrone Mackey

Col. Joseph Gill, assistant deputy chief of staff, U.S. Army Europe G1, opens the Combined Federal Campaign-Overseas training for Heidelberg's CFC unit coordinators on Patton Barracks Aug. 27. CFC-Overseas Deputy Director Constance Baker conducted the training in preparation for the annual campaign kick-off Oct. 5. The CFC-Overseas raised more than \$15.8 million during the 2008 campaign.



U.S. Army Photo



U.S. Navy Petty Officer 1st Class Dan Meaney

U.S. Army Capt. Kellie Stewart (right) and Staff Sgt. Teresa Sipes prepare a dog for minor surgery during a medical civic action project in Monrovia, Liberia, Sept. 14. The Soldiers are participating in Africa Partnership Station, an international initiative developed by U.S. Naval Forces Europe/Africa to work with U.S. and international partners to improve maritime safety and security in African countries. Stewart is a veterinarian from U.S. Army Veterinary Command at Fort Sam Houston, Texas, and Sipes is from South Plains District Veterinary Command at Fort Hood, Texas.

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Garrison hosts 'sustainable economic management' workshop

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Environmental protection has become one of the big issues throughout the world.

A lot of organizations and companies aim to adopt methods and technologies of sustainable environmental management programs.

The target of those programs is to get certified with the "sustainable economic management" logo. As part of the evaluation process, one session of the current project cycle was hosted by the U.S. Army Garrison Baden-Württemberg's Environmental Division in Heidelberg Sept. 16.

The basis of appropriate environmental protection programs is permanent communication with local communities and organizations.

"Participating in those

workshops means communicating technologies amongst a group of experts," said Daniel Welch, chief of the USAG Baden-Württemberg's Environmental Division.

The city of Heidelberg offers these workshops annually and seeks new participants every year. After the project cycle in 2002/03, the garrison's Environmental Division attended this workshop a second time.

"Those workshops are important to achieve sustainability and success and to share technologies," Welch said. "It is a gain-gain-situation."

The target and intention of the "sustainable economic management" project is to support and help companies improve their individual environmental management systems by providing suggestions for energy saving, waste

management or water saving. In June 2001, the city of Heidelberg started the project with financial support by the German State Foundation Environment (Deutsche Bundestiftung Umwelt, DBU).

To be certified with the "sustainable economic management" logo, all organizations have to fulfill a criteria checklist, observe laws and regulations, and submit data and environmental measures.

"All companies spend a lot of time with developing or implementing technologies and reach certain standards," said workshop leader Eva-Maria Tigger, office manager at Arqum, a company for work safety, quality and environmental management in Frankfurt.

The certificate does not expire, but it is worth it to visit the workshops because

it serves as a platform for continuous improvement, according to Welch.

And it is not a secret that the Army developed several systems ahead of local organizations' technologies.

One example is the garrison-wide Environmental Management System, based on the International Organization for Standards series for Environmental Management (ISO14000) and which has been required for implementation at all appropriate Army facilities. It serves as a tool for identifying potential for improvement, setting environmental objectives, taking the steps to achieve these objectives, and tracking and documenting the achievements. It is based on the "plan, do, check, act" process.

"It is a process of being more efficient, providing

more quality, and saving more money," Welch said.

According to Welch, it is technology that preserves natural resources and saves money. "Our resources are not bottomless, and we need to start now with preserving our environment for our future generation."

Now that the workshop is over, a committee of people from the economy, associations and science with experience in environment and sustainability management will decide on the suitability of receiving the certificate after evaluating the submitted documents and an on-site inspection.

Besides the fact that living environmentally conscious is important, the new certificate will also "improve our image to the outside world," Welch said.

21st TSC hosts 9/11 retirement ceremony

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

Solemnity notwithstanding, the glorious late-summer day combined with the promise of new beginnings made the 21st Theater Sustainment Command's retreat and retirement ceremony on Panzer Parade Field Sept. 11 bright with hope and optimism.

Brig. Gen. Patricia E. McQuiston, the 21st TSC's commanding general, acknowledged the historical significance of the day at the beginning of her remarks when she recalled eight years of deployments and hardship and asked for a moment of silence to remember the nation's fallen.

But just as the monument at Panzer Parade Field honors those 21st TSC Warriors who paid the ultimate sacrifice, it also serves as testimony to the commitment and dedication of all service members and their families.

The three retirees – Chief Warrant Officer 4 Petra Waller, Sgt. 1st Class William Gairy and Sgt. 1st Class Christopher Williams – spoke with one voice when they said this being Sept. 11 makes the ceremony all the more poignant. And looking toward the future, three young voices unequivocally emphasized the hope inherent with starting a new chapter of life.

Lana, Waller's 9-year-old daughter, said she believes that without a doubt her mother's retirement is an entirely positive event.

"Naturally, I am very happy. My Oma (grandmother) was always by my side to take care of me when my mom couldn't. Now, it will be all three of us

It's like something totally new and so cool," Lana said.

Williams' children agreed. "Of course, I am so totally happy. It means Papa will be around so much more, and I will get to see him and spend more time with him," said Chiara Jacqueline, 9.

Her 5-year-old brother, Luca, was very succinct. "I am just very happy," he said.

Williams, who spent more than 24 years in Army's medical field, opted to have an official retirement ceremony mainly because of his children. A remark his daughter made prompted Williams to seek permission to participate in the 21st TSC ceremony, even though he retired a few months ago at Landstuhl Regional Medical Center.

"Chiara told me, 'Papa I think you have to be a very strong person to be a Soldier. When I grow up, I want to be a military doctor.' So today is for my children because I want them to experience and remember the dignity and honor of our profession," he said.

Similarly, Waller said the day would not be the same without her mother and daughter there to witness it.

"This is a difficult day for me. I am leaving behind a career that has given so much to me. Today being 9/11 makes it even more painful," said Waller whose distinguished military service spans more than 21 years. She said she plans on taking a year off while Lana finishes the school year and doing a lot of traveling.

Gairy, too, admitted to the same bitter-sweet mix of emotions.

"I am ready for and excited about



Angelika Lantz
Brig. Gen. Patricia E. McQuiston, commanding general of the 21st Theater Sustainment Command, presents a certificate of appreciation to Lana, the 9-year-old daughter of Chief Warrant Officer 4 Petra Waller, for supporting her mother during her Army service.

the challenges that will come with being a civilian. I have been a Marine for four years and in the Army for more than 23 years ... I will, at the very least, miss my brothers and sisters in arms and the camaraderie that comes with being one of them," Gairy said.

"I will never forget 9/11. I was in Germany and easily recall how life changed in an instant as we became a nation at war," added Gairy, who last served as the 21st TSC's force protection and emergency management noncommissioned officer in charge.

September is Suicide Prevention Awareness Month

By Chaplain (Lt. Col.) Scott Weich
U.S. ARMY CHPPM

September is designated Army Suicide Prevention Month with the intent of improving the health of the Army's most precious assets – Soldiers, families and Department of Army civilians.

Suicide is only one aspect of this health improvement. Healthy living also addresses high risk behaviors, which often mask underlying challenges in a person's life. The Army is committed to improving the physical, spiritual and behavioral health of all who serve.

The U.S. Army Center for Health Promotion and Preventive Medicine maintains a Web site linking users to many different resources to promote personal growth, leading toward more healthy behaviors. If you do not find what you are looking for, talk to your chaplain, a behavioral health provider or other trusted source to get you started in the right direction.

As we focus on health and wellness this month, each of us has an important role in supporting health promotion, risk reduction and suicide prevention efforts. If you are not involved, then who will be?

Visit CHPPM's AKO site for suicide prevention products, resources, research and prevention and many links to other sites: <https://www.us.army.mil/suite/page/503094>.

COVE

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full-service restaurant in the same facility," said Jacqui Haggerty, chief of the business operations division.

The Village Grille recently replaced the former Winger's Grille and Bar restaurant in the same building that houses the Top Hat Club.

The Top Hat Club's benchmark programs, which include Salsa Night, Live Comedy, Best of R&B 70s, and the Blue Sunday, featuring Old School R&B, card games, dominoes and free food, will alternate with the Cove's featured entertainment programs.

The former Cove employees have all been successfully reassigned to other facilities.



Sieg Heppner

Mannheim's Top Hat Club, located on Benjamin Franklin Village across from the Schuh Theater, will expand its entertainment schedule to include programs from the Cove, which is scheduled to close Wednesday. The decision to consolidate events and activities was made because of a declining population on Sullivan Barracks.

ENDEAVOR

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and three continents with more than 1,200 participants conducting more than 1,000 communications information systems interoperability tests Sept. 4-17.

This was the first time three separate locations were used during the communications event, with the Bosnia-Herzegovina, a Partnership for Peace Nation, as the main site. Other locations included Suz Base, Netherlands, and Copenhagen, Denmark.

The 44th ESB teams arrived early, with its Joint Network Node in Banja Luka, Bosnia, and Command Post Node in Zoutkamp, Netherlands, providing voice and data communications interoperability testing.

"We are forming remarkable partnerships," said Brig. Gen. Jeffrey G. Smith Jr., commanding general, 5th Signal Command. "Combined Endeavor is clearly one of the best training grounds for future military leaders at all levels. Participating nations send their brightest to learn from their

Military Postal System supports military customers, not humanitarian organizations

By Tom Saunders

IMCOM-EUROPE PUBLIC AFFAIRS

As temperatures dip and the season shifts toward fall, individuals may already start getting the holiday spirit, and some people may be motivated to start a holiday gift drive for children in Iraq or Afghanistan.

If that's the case, Installation Management Command-Europe postal operations officials advise people who want to send goods intended for the local populations downrange to contact the International Red Cross or other charitable organizations.

Using the Military Postal System is not authorized, said Keith Jones, IMCOM-Europe Postal Operations chief.

"We firmly appreciate the kind intent of people who wish to send gifts to children in Iraq, Afghanistan and elsewhere our troops serve, however, it's against postal policy to use the system," Jones said. "People should keep in mind that the MPS is funded by taxpayers for military mail delivered to authorized U.S. and allied recipients. Delivering parcels to non-authorized re-



John Little, Mannheim community postmaster, secures a mail bag for shipment.

Spc. Shane Eschenburg

ipients drains manpower and resources and can delay delivery of parcels intended for our troops."

Jones said that it's not uncommon for a number of military organizations or would-be do-gooders to col-

lect parcels and mail them through military postal locations. However, sending or receiving such donations violates postal regulations specified in DoD Postal Manual 4525.6-M and EU-COM Instruction 8701.01.

"There are agencies established specifically to provide that type of humanitarian service," Jones said. "We perform a vital military postal service ensuring our troops and families get their parcels when they need them. We can continue to do that efficiently during the holiday season if individuals wishing to mail humanitarian donations work with organizations designed to perform that noteworthy effort."

Jones explained that searching the Web yields numerous agencies that provide the humanitarian service. But, he cautioned, there are some individuals or groups that still suggest using FPO and APO systems to mail goods.

"Perhaps they aren't aware of the policy, but sooner or later, the policy will catch up to them," Jones said. "It's important that people understand that the Military Postal System is solely designed to meet the important needs of the military community."

peers from other nations."

The 44th ESB 1st Platoon leader, 2nd Lt. Courtney L. Jackson, said his Soldiers worked hard and gained communication knowledge and information from other countries.

"The most challenging part of the exercise was getting the systems to talk to each other," Jackson said. "We had to find out where we fit into the network by talking to the right people from other nations, with our lead nation, Croatia, helping us out."

"Communication between nations is crucial for any coalition military operation," Smith said. "Combined Endeavor makes it possible for nations to progress through common security issues where they surface."

Since 1995, the Combined Endeavor interoperability guide has been used by participating nations involved in every major military and humanitarian relief operation throughout the world, including the 2006 evacuation of Lebanon, the 2004 Tsunami relief efforts and the NATO operations in Iraq and Afghanistan.

This year's exercise became a platform for interoperability testing with the Area Processing Center Grafenwoehr and the NATO Battle Information Collection and Exploitation System network.

This was done as a platform in preparation for exercise Austere Challenge 10, where EUCOM intends on leveraging the existing BICES network as the coalition's primary means of communication.

The 5th Signal Command provided core services such as SharePoint, MS exchange and a call manager capability.

Jackson said his team of nine in Bosnia conducted several types of communication tests, including video teleconferences with the Netherlands, United Kingdom, Slovenia and Hungary. Jackson's team in the Netherlands provided NIPR, SIPR and telephone service for everyone.

"The best part of this exercise was being able to meet people from different countries," Jackson said. "I found out that one of the lieutenants from

Kazakhstan actually went to the same signal basic course I attended in Fort Gordon, Ga., which shows an ever-changing world."

Bosnia and Herzegovina Army Brig. Gen. Dragan Vuković, deputy commander of the Support Command and the Armed Forces of BiH and CE 09 senior manager said, "for us, this was a very big opportunity to learn something new to make new friendships with people from other countries."

The interoperability test locations and participation by NATO and PFP nations are unique.

Combined Endeavor sets conditions for multinational communication, computers, command and control network success and eliminates discovery learning upon deployment for military and humanitarian operations.

The test documentation gained from the series of exercises has been utilized in multinational deployments. CE 09 marks the 15th year this multinational community has come together to improve communication.

HEIDELBERG ROD AND GUN CLUB

By Juan R. Meléndez Jr.
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Drawn by adventure in the great outdoors or just looking for a tree-shaded hangout for the family? Heidelberg's Rod and Gun Club may be the place for you.

Besides supporting the hunter and the fisher, as its name implies, it also has a picnic area, a playground, a place to toss horseshoes, and space to pitch your tent and camp out, with hot showers.

Located in the forest near Ofersheim near the Golf Club, the site also hosts unit marksmanship training and paintball. A restaurant, the Shooters Bar & Grill, and a well-stocked retail store add to its attractions, and you can even rent guns to shoot on the ranges.

The site often hosts unit organization days, team-building events and private parties.

Throughout the year, the club holds a series of special community events. Among them are the annual Easter egg hunt, a Christmas party for children with leukemia, and the annual Chili Cook-Off.

Twice a year, in the fall and the spring, it sponsors hunting and fishing courses to allow Americans to acquire German hunting licenses.

Saturday from noon to 4 p.m., is the club's annual National Hunting and Fishing Day celebration, with games and activities for the whole family. There will be pistol and rifle competitions, air-gun moving pig games, fishing displays and games, a trophy show, archery demonstrations and games for the kids.

A shooter's paradise

The Rod and Gun Club offers plenty of opportunity to develop and test one's marksmanship skills with a wide variety of weapons. The site contains 25-to-100-meter military ranges which are open to club patrons when not in use for unit training.

There are also trap and skeet ranges, and an archery range for those who prefer quieter marksmanship (sorry, crossbows are not allowed).

For shooters with less lethal tastes, paintball is a popular option, and the club sells ammunition and rents gear.

Don't own a gun? Handguns, rifles and shotguns are available for rent at \$5 a day for shooting on the premises.

Want to buy a gun? The club is the place to go, and it will even help you through the complicated business of acquiring a German permit.



Rod and Gun Club Manager Paul Bell shows U.S. Army Garrison Baden-Württemberg Commander Col. William Butcher some of the weapons the club has for rent during Butcher's visit to the facility Sept. 1.

"There's this fallacy (among Americans) that you can't buy a gun in Germany," said club manager Paul Bell. That's not true, he said, but the process is a lot more time-intensive and complicated than what Stateside gun owners may be used to.

That's where the Rod and Gun Club can make it easier.

Customers can buy a weapon at the club's retail store and have it kept on the premises until they can earn their gun-owner's permit, the Waffensbesitzkarte. To acquire a permit, said Bell, the shooter must get a hunting license (see below) or a sports shooting permit.

The sports shooting permit involves a written test and the shooter must fire a given type of weapon on a range at least 18 times over a six-month period. The Rod and Gun Club can provide the shooting facilities, document the training, and store the weapon until the shooter gets the Waffensbesitzkarte from local German authorities.

The club can also serve as an arms room for private shooters to store their weapons and ammunition.

Learning to hunt the German way
Did you hunt in the States? Get ready to enter a whole new world.

"It's a whole different philosophy," said Bell, who is himself a hunter and has lived in Germany off and on for "about a third of my life," he said.

"German hunters consider themselves conservationists," Bell said. "They like to say 'hunters were the

first Greens.'"

The purpose of hunting is to maintain animal populations that are optimal for a particular area, Bell said. The hunting rights (and incidentally, any game taken) belong to the leaseholder of the property, be it the government or a private land owner.

One must get their permission beforehand, and they can designate precisely what kind of game can be taken, by species, size, sex or whatever.

"For example, the owner can say 'shoot only those over so-many kilos,' or 'shoot only newborns,'" Bell said.

Bell said that, in Germany, most of the game hunted are roe deer and wild boar. The boar are currently a particular problem, "approaching pest proportions." He said the population tripled over the 2008-2009 hunting season. Nocturnal in their habits, they must generally be hunted by moonlight, he said.

Another switch from the States is that the game taken belongs to the leaseholder of the hunting rights, not the hunter. It is up to the leaseholder to determine what, if anything, he will charge the hunter for it.

To get a hunting license, the best things American shooters can do is sign up for one of the two hunting courses the club offers annually, said Bell. It's a bargain – \$150 versus the €1,500 a German hunter would typically pay – and lasts eight weeks as compared to the six months to a year a course on the outside takes.

A course is in progress through

Oct. 30, and the one after that should begin in late February. Students will have classes every Thursday through Saturday, and are highly encouraged to practice their range skills Sundays. The training covers a wide variety of topics from types of fair game to gun safety to German hunting customs and traditions.

The course ends with a graduation banquet and ceremony presented by German hunters and horn blowers in a traditional bonfire setting.

Facilities and Hours

Days of operation: Wednesday through Sunday, closed Monday and Tuesday. It will also open on all training holidays and federal holidays except Christmas and New Year's Day.

Retail store: Stocks a wide range of outdoor gear, including clothing and hunting articles, plus firearms, ammunition and fishing gear and is in the process of expanding. Hours: 5-8 p.m. Wednesday, Thursday and Friday; 9 a.m.-8 p.m. Saturday; and 9 a.m.-4:30 p.m. Sunday.

25-100-meter ranges: Available 5-8 p.m. Wednesday through Friday; 9 a.m.-8 p.m. Saturday; and 9 a.m.-2 p.m. Sunday.

Trap and skeet ranges: Available noon-8 p.m. Wednesday-Friday (no equipment rental available before 5 p.m.); 9 a.m.-8 p.m. Saturday; and 9 a.m.-2 p.m. Sunday.

Paintball: Noon-4:30 p.m. Wednesday-Friday; 10 a.m.-4:30 p.m. Saturday and Sunday.

Shooters Bar & Grill: Wednesday and Thursday, lunch noon-2 p.m., dinner and bar 5-9 p.m.; Friday, lunch noon-2 p.m., dinner 5-9 p.m., bar 5-11 p.m.; Saturday and Sunday, breakfast 9:30 a.m.-2 p.m., lunch noon-2 p.m., dinner 5-9 p.m., bar 11 a.m.-11 p.m.

GERMAN COOKING

Chocolate Pound Cake

Serves: 12

Ingredients:

- 2 3/4 cups flour
- 3/4 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 1 1/2 teaspoon salt
- 1 3/4 cups sugar
- 1 cup margarine; softened
- 2/3 cup milk
- 1 teaspoon vanilla extract
- 3 large eggs
- 2 squares unsweetened chocolate, melted
- 1 powdered sugar for dusting

Directions:

- In large bowl, combine flour, cream of tartar, baking soda, salt and sugar.
- Add margarine, milk and vanilla.
- Beat on medium speed, for about two minutes to blend ingredients.
- Add eggs and melted chocolate, beating another two to three minutes to blend. Turn into greased 3 1/2-inch deep tube pan and bake at 350 degrees for one hour and 10 minutes, or until a toothpick inserted in center comes out clean.
- Remove from oven and cool in pan for 15 minutes.
- Invert pan and carefully remove cake.
- Serve warm or cool.
- Dust with powdered sugar if desired.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

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



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

Responses to previous columns:

Dear Ms. Vicki,

You go too far with the advice. Who are you to tell someone to get the mattress off their back and keep their legs close? That's not your place.

That woman was writing you and pouring out her heart to you, and you crapped on her.

As always you blame everything on the person who is writing you.

I am a lot like the writer. When I was younger, I was very promiscuous, and I use to drink a lot.

Yes, I had a tough upbringing with very little family support. I admit a lot of my mistakes were my own, but I had to grow up to realize it.

I will never write you and ask for advice, and I will not read the newspaper anymore for as long as they have you in it!

From: No longer a reader

Dear Ms. Vicki,

I think you should give more advice to young women who need to hear more from you. I'm always talking to my teenage daughters about respecting and loving themselves.

Sometimes they often don't understand what I mean, so, when appropriate, we sit and discuss some of the letters and answer from your advice column. It's always right on point.

I want to thank you for keeping in real and taking flack from other readers. Keep up the good work.

From: A big fan

Dear Ms. Vicki,

Please stop promoting your liberal views to women.

Every time a woman writes to you complaining about her awful husband, your answer is for her to have a career of her own.

My wife knows I'm a good man, and for that reason, she is happy to stay at home and be a happy housewife. This is the way God designed the family.

Many military marriages are failing because too many Army wives are listening to you.

From: Happy with wife at home

Dear Ms. Vicki,

Please tell the women who write you that they are giving military spouses a bad name.

They complain, they whine, they cheat, they lie and at the same time they want everything for free.

Stop the madness! Grow up because nobody owes you anything!

From: Stop the madness

Back-to-School Backpack Common Sense

Backpacks are incredibly handy. Compared with messenger bags and purses, backpacks are better because the strongest muscles in the body – the back and abdominal muscles – support the weight of the pack. But a backpack that is too heavy or worn improperly can strain muscles and joints.

A backpack carried over one shoulder makes muscles of the middle back, ribs and lower back strain to compensate for the uneven weight. In the short term, this strain can cause muscle spasm and back pain. In the long term, this muscle imbalance can lead to back problems later in life.

Too much weight in a pack can pull the child backward. To compensate, the child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally.

And a heavy load combined with tight narrow straps that dig into the shoulders can contribute to tingling, numbness and weakness in the arms and hands.

Most doctors and physical therapists recommend that a loaded backpack weigh no more 10 to 15 percent of a child's weight.

Backpack design features to look for:

- Lightweight material (canvas as opposed to leather)
- Two padded, adjustable shoulder straps at least 2 inches wide
- Padded back, which not only increases comfort, but also protects from being poked by pencils, rulers, etc., inside the pack
- Waist belt to help distribute the weight more evenly across the body
- Individualized compartments help distribute weight more evenly

Properly load and wear the backpack:

- Pack heaviest objects first so they are lower and closer to the body
- Use compartments so items don't shift during movement
- Distribute the load evenly throughout the backpack.
- Use both shoulder straps.
- Adjust straps to fit the backpack snugly to the body, holding the bottom of the backpack 2 inches above the waist.
- Do not carry the backpack low near the buttocks.

TRICARE Entitlement Program: How you can make it work for you

TRICARE

The month of September is your Health Benefits Awareness Month. This week's focus is on travel health.

There is nothing worse than starting off on a trip only to have the plans interrupted with an illness or accident.

Part of any travel plans should include: what if? Your travel plans should include a review of your medical coverage and what steps you must take if the need should arise.

Travel Preparations

- Pack your TRICARE Europe Passport.
- Keep your Defense Enrollment Eligibility Reporting System information for you and your family current.
- Get any routine care before you travel and obtain adequate routine medications which you should carry with you (not in your checked baggage). Any routine care obtained while traveling for Prime beneficiaries must be pre-approved by your Primary Care Provider or TRICARE Service Center.
- Recommend any non-TRICARE beneficiary

traveling to Europe check with their insurance carrier to see what is covered overseas and/or obtain travelers insurance.

- If traveling to a foreign country, it is important to see if there are any recommended immunizations you should get before you travel.

- If traveling to another country, it is wise to know the number for the American Embassy or Consulate and the local emergency phone numbers.

Emergency Care

TRICARE defines an emergency as a medical, maternity or psychiatric condition that would lead any prudent layperson to believe that a serious medical condition exists for which immediate medical treatment is needed to save life, limb or eyesight.

- Seek treatment immediately at the nearest military treatment facility or host nation hospital emergency room.

- Active-duty personnel traveling on TDY/TAD or leave and Prime enrolled family members should contact the TRICARE Global Remote Alarm Center immediately for assistance. Phone: 0044-208-762-

8429.

The alarm center can assist with locating appropriate medical care, emergency medical transportation and provide a guarantee of payment to the treating facility whenever possible. This is an expanded benefit – keep the phone number with you.

- Standard beneficiaries – should also seek care immediately at the nearest emergency room but be aware that most facilities in Europe will require up-front payment. You would have to pay for the services received and file a claim with TRICARE for reimbursement in the region where you live.

Urgent Care

TRICARE defines an urgent medical need as one for an illness or injury that does not require immediate treatment to avoid further disability or death, but requires professional attention and has the potential to become more serious if treatment is delayed longer than 24 hours.

TRICARE Prime beneficiaries should contact their TRICARE Service Center for guidance. TRICARE Standard beneficiaries can seek care locally and pay as claim as usual.



Clouds and Meatballs?

Hey folks, we're back with a strange and funny new movie which has kids and "big" kids pretty entertained.

"Cloudy with a Chance of Meatballs" is a movie based on a book written in 1978 by Judi and Ron Barrett.

The movie, however is almost a prequel to the book as they go into explaining how this town came to be what the book details.

The Town of Swallow Falls is a town where the only thing to eat are sardines, gross - I know.

So a young inventor creates a device that

Movie Lovers Online
Join the "Movie Lovers" group in the BWNOW virtual community at <http://myBWNOW.ning.com> to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

rains down food, hence the name.

I know it sounds kind of weird but I thought the movie was cute for the little ones and maybe even some older kids.

The movie has done great so far. About as far as kids movies go, the movie did better than Sony Pictures Animation Studios put out previously ("Surf's Up" and "Open Season" - great movies).

I think the movie was great, and it is pretty fast paced.

As I said before, the kids will love it!

And if your hungry, you may want to grab a snack before you watch the movie, otherwise someone is bound to go for the screen.

So grab the kiddos and strap in for a great time with food and fun.

See you there folks.

GET OUT!
area events

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

September 25

Stuttgart Beer Festival - The Stuttgart Beer Festival runs through Oct. 11 and has become one of the world's largest public festivals with a host of fairground rides and frequent new attractions. In the huge marquees of the Stuttgart breweries, each of which seats up to 5,000 guests, in the beer tents of the regional brewers and the beer gardens, the beer flows more or less unceasingly, and there is plenty of food too. The large huckster's market invites you daily to shop pots, pans or clothing at the Wasen. www.cannstatter-volksfest.de.

"Almost, Maine" - KMC Onstage will present John Canani's "Almost, Maine" Sept. 25 and 26 and Oct. 2 and 3. Dinner theater performances will take place Sept. 25 and 26 and Oct. 3. Doors will open at 6 p.m., Dinner at 6:30 p.m. and the show will begin at 7:30 p.m. An additional show-only presentation will be offered Oct. 2 with the show beginning at 7:30 p.m. All shows will be held at the Kaiserslautern Community Activities Center. Tickets can be purchased by e-mail at kmconstage@eur.army.mil or at the box office on Kleber Kaserne 1-5 p.m. Monday-Friday. DSN 483-6626, civ. 0631-411-6626, www.mwgermany.com.

September 26

Oktoberfest - Join Mannheim Outdoor Recreation at the biggest celebration in the world at Munich's Oktoberfest. Participate in one of the 14 beer tents, enjoy Bavarian specialties, and meet people from all over the world. Cost \$55. DSN 381-7215, civ. 0621-730-7232. The USO is also offering a trip to Oktoberfest Sept. 26 and Oct. 3. <http://affiliates.uso.org/rheinneckar>. Or join Kaiserslautern Army Outdoor Recreation's Oktoberfest Express. DSN 493-4117, civ. 0631-3406-4117.

Heidelberg Herbst - The traditional

Old Town Festival "Heidelberger Herbst" is turning 40 this year and the town comes up with a lot of specials Sept. 26 and 27. Other than the flea markets in the side streets of the Old Town and along the Neckar River, the historical market at the University Square, the music stages placed in the entire Old Town area as well as the cultural mile, as many more interesting surprises are waiting for all visitors.

Frankfurt Car Show - Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

September 27

Sunday Brunch - Enjoy a classic German-American brunch complete with a breakfast buffet, a meat carving station, a scrumptious dessert selection and more at the Patrick Henry Village Pavilion in Heidelberg 10 a.m.-2 p.m. Reservations are recommended as seating is limited. Prices: Adults: \$17.95; Kids 6-11, \$8.75; Children 5 and under eat free. DSN 388-9249.

Marksburg Castle and Rudesheim

- This is the only castle on the Rhein to survive the destruction of war. Built in the 12th century, Marksburg Castle has stayed virtually unchanged since Medieval Times. Travel through time, highlighting 2,000 years of armor, the cannon battery, knights hall, bedroom, wine cellar, and kitchen.

With breathtaking view of the Rhein River this is a must see castle. On the way back, we visit Rudesheim, one of Germany's most popular tourist destinations. <http://affiliates.uso.org/rheinneckar>.

Sesame Street Performances - Enjoy a free show featuring Elmo and his friends Rosita, Cookie Monster, Grover and more at 4:30 p.m. or 6:30 p.m. Sept. 27 at the BPF Sports Arena in Mannheim; or 4 p.m. or 6 p.m. Sept. 30 at the Patrick Henry Village Pavilion in Heidelberg. This free show is exclusively for military children and their families and will help educate the military

family community about helping children cope with the challenges of deployments.

Culinary Walk - Food and wine are the focus of this special culinary event held in the nearby Palatinate vineyards in an area called the Musikantenbuckel or musical hills surrounding the walled medieval town of Freinsheim. Along a 7-kilometer path through the vineyards, 16 culinary stands invite you to indulge in the traditional food and drink of the Palatinate. Each stand is sponsored by a vintner of the region who will have local wines and Palatinate specialties. <http://affiliates.uso.org/kaiserslautern>.

Operation Rising Star - Kaiserslautern FMWR will host the military singing contest at 6:30 p.m. at the Kazabra Club. The show will be open to all ID card holders to attend, tickets will be available at the door for \$2. DSN 483-6626, civ. 0631-3406-6626.

October 2

The German Wine Fest - The wine fest in Neustadt an der Weinstrasse is an annual event based on a long tradition. Through Oct. 12 the square in front of the train station turns into a festival area with wine, food, fairgrounds and music. With the election of the Palatinate Wine Queen and the longest wine fest procession at 2 p.m. Oct. 11, the German wine fest is a highlight during the wine season.

Garmisch Oktoberfest Weekend - Through Oct. 4 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

October 9

Heidelberg Holiday Bazaar - Through Oct. 12 the 2009 Heidelberg Holiday Bazaar will be held at the Patrick Henry Village Pavilion. Start your holiday shopping early with this huge selection of worldwide vendors. www.heidelberg-hsc.com.

coming to
THEATERS

THE COLLECTOR

Desperate for money to pay off a debt, a man targets a wealthy family's home and plans to break in and steal a valuable gem. He soon learns that he picked the wrong night to carry out his plans, for a masked madman has gotten there first, imprisoned the family, and lined the mansion with deadly traps. Rated R (pervasive sadistic bloody violence, language and some sexuality/nudity) 85 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Sept. 24 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
- Sept. 25 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.; THE COLLECTOR (R) 9 p.m.
- Sept. 26 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 4 p.m.; G-FORCE (PG) 7 p.m.; THE COLLECTOR (R) 9 p.m.
- Sept. 27 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 4 p.m.; G-FORCE (PG) 7 p.m.
- Sept. 28 - G-FORCE (PG) 7 p.m.
- Sept. 29 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.
- Sept. 30 - THE COLLECTOR (R) 7 p.m.
- Oct. 1 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.

Mannheim, Schuh

- Sept. 24 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
- Sept. 25 - WHITEOUT (R) 7 p.m.
- Sept. 26 - G-FORCE (PG) 4 p.m.; THE COLLECTOR (R) 7 p.m.; WHITEOUT (R) 9 p.m.
- Sept. 27 - G-FORCE (PG) 4 p.m.; WHITEOUT (R) 7 p.m.
- Sept. 28 - THE COLLECTOR (R) 7 p.m.
- Sept. 29 - WHITEOUT (R) 7 p.m.
- Sept. 30 - G-FORCE (PG) 7 p.m.
- Oct. 1 - THE COLLECTOR (R) 7 p.m.

Vogelweh, Galaxy

- Sept. 24 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.
- Sept. 25 - WHITEOUT (R) 7 p.m.; THE COLLECTOR (R) 10:30 p.m.
- Sept. 26 - G-FORCE (PG) 3 p.m.; WHITEOUT (R) 7 p.m.
- Sept. 27 - G-FORCE (PG) 3 p.m.; THE COLLECTOR (R) 7 p.m.
- Oct. 1 - G-FORCE (PG) 7 p.m.

Ramstein, Gateway Movieplex

- Sept. 24 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
- Sept. 25 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 11:15 a.m., 2:45 p.m., 7:15 p.m., 10:15 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:45 p.m.
- Sept. 26 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 11:15 a.m., 2:45 p.m., 7:15 p.m., 10:15 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:45 p.m.
- Sept. 27 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 11:15 a.m., 2:45 p.m., 7:15 p.m., 10:15 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:45 p.m.
- Sept. 28 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 11:15 a.m., 2:45 p.m., 7:15 p.m., 10:15 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m., 9:45 p.m.
- Sept. 29 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 7 p.m.
- Sept. 30 - G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.; CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m.
- Oct. 1 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m.; G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Carpooling

Carpooling saves natural resources by reducing the amount of gas spent per person. It reduces traffic by taking cars off the road, and saves you money because you share the cost of gas or diesel. You can extend the life of your vehicle by ride-sharing because you only drive half the days. Find local carpoolers at <http://bwcommunity.eriidshare.com>.

TMP NTV Operators

Personnel operating non-tactical vehicles are required to produce a valid TMP license (OF 346-U.S. Government Motor Vehicle Operator's Identification Card) and dispatch for TMP vehicles when asked by POND guards while entering an access control point. TMP requires all operators to show a valid license prior to dispatch, but there are some organizations that are authorized recurring dispatches for multiple drivers. It is the responsibility of that organization to ensure all personnel using the NTVs are properly licensed. When an individual enters an ACP and does not have the proper documentation, the military police will be called to issue a ticket for operating a TMP vehicle without a TMP license. The vehicle will remain parked until a properly licensed driver can operate the vehicle. A U.S. Forces Certificate of License is not a valid license to operate a TMP vehicle, however, it can be used to acquire a TMP license from the Driver's Testing Station.

Field Study Courses

University of Maryland University College Europe announces two three-credit undergraduate field study courses, "Dublin, Ireland: A Brief Literary History" and "Expatriate Writers in Venice: 1800 to Present," offered this October in Dublin, Ireland, and Venice, Italy. The registration deadline for both courses is Oct. 2. DSN 370-6762, www.edumuc.edu/fieldstudy.

GI Bill Briefings

Heidelberg – 9:30-10:30 a.m. Tuesdays and 2-3 p.m. Thursdays at the Heidelberg-Patton Education Center, Patton Barracks, Building 106, Room 109. DSN 373-8660/6176/8700.

Mannheim – Noon-1 p.m. every Wednesday at the Sullivan Education Center, Building 253, Room 302. DSN 385-2053, civ. 0621-730-3361.

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. The eight-hour course was developed especially for sport bike riders. Kaiserslautern and Heidelberg will host the training. Course dates and registration: www.imcom-europe.army.mil/sites/management/so_atstp.asp.

local EMPLOYMENT

Dog Groomer

Mannheim's Morale, Welfare and Recreation department is looking for a qualified, English-speaking licensed dog groomer who is interested in providing dog grooming services on post. DSN 385-3530, civ. 0621-730-3530.

Dance Instructors

SKIES Unlimited in Kaiserslautern is currently seeking individuals to become dance instructors. Styles of dance include ballet, tap, jazz, hip-hop and salsa. DSN 486-5412, civ. 06371-86-5412.

KAISERSLAUTERN

Education

• **Pre-Separation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Oct. 6 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071 or 0631-411-7071.

• **Teacher Certification Testing** – PRAXIS I and II Teacher Certification Testing will be held 8 a.m. Nov. 18 at the education center on Rhine Ordnance Barracks. Register by noon Sept. 30. DSN 493-2593, civ. 0631-3406, krystle.a.king@eur.army.mil.

Community

• **60th Anniversary Celebration for Miesau Army Depot** – Sept. 25 at Bldg. 1277 on Miesau, the celebration will include a tour of the Ammunition Center Europe pictorial museum, an ACE side-loader demonstration, a K-9 dog handlers demonstration, a history of Miesau and ACE slide show, a bouncy castle for the children, a gospel choir performance and more. A shuttle bus will pick up visitors at the Miesau main entrance every 25-30 minutes starting at 8:30 a.m. The event starts at 9 a.m. and is expected to run until about 3:30 p.m. Civ. 06372-842-3857.

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up to bring you an evening of independent and foreign films. "Noise" by Matthew Saville (in English) begins at 6 p.m. Sept. 30. www.mwgermany.com.

• **Community Information Forum** – The Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Oct. 7 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4093, civ. 0631-3406-4093.

• **Retiree Pay Operations Session** – 9 a.m.-1:30 p.m. Oct. 16 in Room 006 in Bldg. 3245 on Kleber Kaserne. The Defense Finance and Accounting Services Center in Cleveland will have two personnel finance subject-matter experts on military retiree pay to provide assistance on all retiree pay inquiries to include widows and widowers benefits. DSN 483-7333, civ. 0631-411-7333, john.haldeman@eur.army.mil.

• **AFAP Conference** – Volunteers are needed as delegates for the 2009 Army Family Action Plan Conference Oct. 28-30 at the Armstrong Community Club on Vogelweh Housing. Submit issues online at www.mwgermany.com/kl/acs/afap.htm or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, kl.afap.distro@eur.ds.army.mil.

HEIDELBERG

Education

• **ACS Classes and Events** – First-

Termers Money Management, 8 a.m.-noon Sept. 24; Intro to MS Word (two-part class), 9 a.m.-noon, Sept. 28; Family Assistance Center Training, 1-4 p.m. Sept. 28; AFTB Level 3, 9 a.m.-noon Sept. 29-Oct. 1; Deployment Dollar Decisions, noon-1 p.m. Sept. 30; Community Orientation, noon-3 p.m. Mondays; English as a Second Language offered throughout the week. DSN 370-6883, www.mwgermany.com/hd/acs.

• **Fire Science Technology** – Central Texas College is launching a Fire Science Technology certificate and degree program this fall in the Mannheim and Heidelberg communities. Mannheim@europe.ctcd.edu, DSN 385-2815, civ. 0621-730-2815.

• **Doggy Training Course** – The first course starts Oct. 5. Classes will be held 10-11:30 a.m. Mondays and 6-7:30 p.m. Tuesdays at the dog park on Patrick Henry Village each month through February. Cost is \$20 per class, and pets must be registered at least four days in advance. Register at the Arts and Cultural Center. DSN 388-9418.

• **Red Cross Classes** – Standard First Aid CPR and AED for Adult, Child and Infant will be offered 8 a.m.-5 p.m. Oct. 17 for \$40. Pet First Aid will be held 5-8 p.m. Nov. 2 for \$30. DSN 370-1760, civ. 06221-57-1760.

Community

• **CYS Services Parent Survey** – If you have a child registered with CYSS, fill out the online survey to let us know how we're doing, what we could do better, and what services you'd like to see us offer: www.mwgermany.com/hd/newcys/index.htm. Complete the survey in September and get 5 percent off October fees.

• **MTEF Picture Day** – Yearbook photos for Mark Twain Elementary School will be taken 8-11:30 a.m. Sept. 25. Parents, do not let your child wear green, as it interferes with the photographer's background. Prints can be ordered after the proofs arrive. Civ. 06221-57-6996.

• **Holiday Greetings** – The Joint Hometown News Service from San Antonio will film holiday greetings of U.S. ID card holders and their families for broadcast on local statewide television and radio stations in all 50 states and U.S. territories: 10 a.m.-7 p.m. Sept. 28 at the commissary on Patrick Henry Village. DSN 373-1400, civ. 06221-17-1400.

• **Patton DFAC Hours to Change** – The Patton Dining Facility will no longer serve dinner meals starting Oct. 1. The new DFAC operating hours will be 7-8:30 a.m. and 11:30 a.m.-1 p.m. Monday-Friday and 10:30 a.m.-1 p.m. Saturday-Sunday. DSN 373-6555.

• **Domestic Violence Awareness Month** – Oct. 1, ACS staff will hand out purple ribbons and information at the gates; Oct. 1, Poetry Slam

addresses domestic violence; Oct. 8 at 2 p.m. and Oct. 13 at 6 p.m., Hot Monogamy: Creating passion that makes relationships thrive; Oct. 19-23, 8 a.m.-4:30 p.m., Domestic Violence Intervention training. www.mwgermany.com/hd/acs.

• **Fall Yard Sale** – The Heidelberg community's Fall Yard Sale is set for 10 a.m.-4 p.m. Oct. 3. Space fee: \$10, tables provided. Look for the tent in front of the Village Pavilion. Sign up for space at Outdoor Recreation. DSN 388-9282, www.mwgermany.com.

• **CFAC Kick-Off Event** – The annual Combined Federal Campaign-Overseas will kick off in Heidelberg at 11:30 a.m. Oct. 5 in front of the PX on the Community Support Center. Contact unit representatives for donation details. www.cfcoverseas.org.

Holiday Bazaar Volunteers

• **Holiday Bazaar Volunteers Needed** – The 2009 Heidelberg Holiday Bazaar will be held Oct. 9-12 at the Patrick Henry Village Pavilion. Volunteers are needed and receive incentives like private shopping hours. www.heidelberg-hcsc.com.

• **European Regional Library Support Center's new hours** – Starting Oct. 11, the library will be open noon-6 p.m. Monday, Wednesday and Thursday. It will no longer be open on Sundays. DSN 370-6678, civ. 06221-57-6678, www.library.eur.army.mil.

• **American Hispanic Heritage Month** – Join the Equal Opportunity office for a luncheon and entertainment 11 a.m.-1 p.m. Oct. 15 at the Patrick Henry Village Pavilion. Tickets: \$5. Civ. 0162-273-3273, larry.gary1@eur.army.mil.

• **Retiree Appreciation Day** – The annual event will begin with registration at 7 a.m. Oct. 17 at the Patrick Henry Village Pavilion. Guest speakers will present information 8-9 a.m., and the services for retirees will begin at 9 a.m. DSN 370-3347, rsold@eur.army.mil.

• **Cultural Club** – The first Heidelberg Cultural Club meeting will be held 5:30-7 p.m. Oct. 17 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. Members will plan and attend trips in the region and in other European countries. DSN 388-9421, civ. 06221-338-9421.

• **College Night** – Middle and high schoolers can meet with college reps from the U.S. and Germany at Heidelberg College Night 2-6 p.m. Oct. 25. Workshops: Alternatives to 4-year Universities, College Admissions, FAFSA Application and more. College and university representatives are still needed. Find out how you can represent your alma mater. DSN 388-9377, www.mwgermany.com.

MANNHEIM

Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Sept. 25, 28

and 29 and 6-7:30 p.m. Sept. 29 and Oct. 1; Volunteer Orientation, 1-2 p.m. and 3-4 p.m. Sept. 28 and 30; Levy and Out-processing Briefing, 1-2:45 p.m. Sept. 29; Organization POCVMIS Training, 3-4 p.m. and 5-6 p.m. Oct. 1; Welcome to America for Foreign-Born Spouses, 9 a.m.-2:30 p.m. Oct. 3. DSN 385-3101, civ. 0621-730-3101.

Community

• **Top Hat Club Closure** – The Top Hat Club will be closed through Oct. 5 to allow for carpet replacement. The closure does not affect the Village Grille or the Slot Room.

• **Health Fair** – In recognition of Health Care Benefits Awareness Month, head to the Coleman Troop Medical Clinic on Coleman Barracks, 8:30 a.m.-1 p.m. Sept. 25. The health fair will feature booths with screenings and educational information on health care benefits.

• **Holiday Greetings** – The Joint Hometown News Service from San Antonio will film holiday greetings of U.S. ID card holders and their families for broadcast on local statewide television and radio stations in all 50 states and U.S. territories: 9:30 a.m.-5 p.m. Sept. 26 at the commissary on Sullivan Barracks. DSN 385-3886, civ. 0621-730-3886.

• **SSSC Last Shopping Day** – The last shopping day for fiscal year 09 at the Self Services Supply Center Mannheim on Spinelli Barracks is Sept. 25. SSSC will reopen at 8 a.m. Oct. 1 for customer service.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Sept. 26; Film Screening, 4-5:30 p.m. Sept. 26. DSN 380-1740, civ. 0621-730-1740.

• **Outreach Services** – Super Saturday, 10 a.m.-4 p.m. Oct. 10, reservations at DSN 380-4851; FRG/Unit Night, 5:30-8:30 p.m. Oct. 15, reservations at DSN 385-2750; Parents' Night Out, 6:30-10 p.m. Oct. 30, reservations at DSN 380-4851.

• **Domestic Violence Awareness Month** – Army Community Service will host a Domestic Violence 5K Run/Walk at Sullivan Gym at 9 a.m. Oct. 3. A candlelight vigil will take place at Sullivan Gym Field at 6 p.m. Oct. 16. A luncheon including various speakers talking about the impact of domestic violence will be held at the Top Hat Club 11:30 a.m.-1 p.m. Oct. 29. DSN 385-2027, civ. 0621-730-3101.

• **Bingo Program** – Starting Oct. 4, the Top Hat Club introduces a recreational bingo program for community members 2-4 p.m. the first Sunday of every month.

• **Youth Sponsorship Program** – Youth sponsors in grades 1-12 help with the relocation of youth so they can become more familiar with their new home in Mannheim. Sponsors are matched to youth according to their gender, age and interests. DSN 385-2353, civ. 0621-730-2353.

Cross country kick off

Heidelberg, Mannheim boys, girls teams compete in Wiesbaden meet

The Heidelberg Lions and Mannheim Bison cross country teams opened the 2009 season at Wiesbaden Saturday.

Heidelberg's defending European Champions girls set the standard high as they defeated Patch, Wiesbaden, Frankfurt International and Mannheim.

Leading the girls were juniors Olivia Darrow (third) and Lindsey Duckworth (fourth) followed by sophomore Stephanie Barlow (fifth). Other top Lion girls were Kerry O'Brien (10th) and Anne Von Seggern (14th).

The Lady Bison do not have the numbers for a team, but the individual runners, Daniell LaFleur with a time of 25:25 and Margaret Clevenger with a time of

27:52, completed the race despite some physical ailments.

Coming in first for the Mannheim Bison boys' team was Alex Cornelius with a time of 18:18, followed in eighth place by his brother Adam Cornelius with a time of 19:47.

The boys' team came in third place overall, with Billy Amos (20:33), Scott Floyd (23:03) and Travis Optenberg (23:39) completing the team score.

The Heidelberg boys team opened the season with newcomer Jan Henninger leading the group by finishing ninth overall. Other top Lion boys were Zach Smith, Brian Hannum, Andrew Bean and Ian Hall.

SOURCE: Sharon Brady and Dayna Wiederich



Mannheim High School
Alex Cornelius runs in Wiesbaden during the season opener for Mannheim's cross country team.



Lions fall to Royals

Heidelberg Lions senior Napolian Myhand tackles Ramstein quarterback Mike Wallace while Heidelberg senior Tanner Bauer backs him up during Saturday's home 2-7 loss to the Ramstein High School Royals.

All-Army Softball

Two members of the Heidelberg community were selected to the all-Army men's and women's softball teams.

Capt. Jessica Turner and Staff Sgt. Pablo Reed, both assigned to V Corps, were to participate in this week's 2009 U.S. Armed Forces Men and Women Softball Championships scheduled to wrap up today at Naval Air Station-Pensacola, Fla.

Turner earned her slot during competition at the 2009 All-Army Women Softball Trials Aug. 26-Sept. 18 at Fort Indiantown Gap, Penn., and Reed earned his slot at the 2009 All-Army Men Trials Aug. 26-Sept. 18 at Fort Benning, Ga.

K-town to host IMCOM-E powerlifting clinic, invitational

The U.S. Army Garrison Kaiserslautern Sports and Fitness department will host the 2009 Installation Management Command-Europe Powerlifting Officials' Clinic Oct. 27-30.

The clinic will be held 8 a.m.-5 p.m. daily at the Kleber Dining Facility class room.

Following the clinic, there will be a powerlifting invitational Oct. 31,

when the clinic participants can test their knowledge, skills and abilities as officials.

To register for the clinic, contact Tony Lee by Oct. 20 at tony.lee@eur.army.mil.

To register for the invitational, e-mail usagklnsports@eur.army.mil or call DSN 493-2088, civ. 0631-3406-2088 by Oct. 23.

staying ACTIVE

Civilian Fitness Program

The Civilian Fitness Program offers Department of the Army civilians and local nationals up to three hours a week to workout for six months. Supervisor's approval and fitness assessment appointments are required. Enrollment packet: www.chpmeur.healthcare.hqsusareur.army.mil/sites/dhpnw/civfit.aspx. The enrollment and screening dates in Kaiserslautern are 8 a.m.-3 p.m. Sept. 25 at the Landstuhl Regional Medical Center Fitness Center; and 10 a.m.-3 p.m. Sept. 29 at the Kleber Fitness Center. Appointments: DSN 493-4359, civ. 0631-3406-4359.

National Hunting and Fishing Day

The Heidelberg Rod and Gun Club will celebrate hunting and fishing with games and activities in honor of the 2009 National Hunting and Fishing Day noon-4 p.m. Sept. 26. The whole family can join in four hours of fun at the club located in Otfersheim during the only international celebration of National Hunting and Fishing Day. Civ. 06202-51193, www.mwgermany.com.

Team Adventure Race

Join Kaiserslautern Army Outdoor Recreation for the Team Adventure Race at 11 a.m. Sept. 26. Team-up to tackle the three disciplines: trail running/hiking, mountain biking and canoeing. Price is \$30 and includes race fee, T-shirt, and the use of canoes. Bring comfortable and weather appropriate athletic clothes, rain jacket, good pair of running shoes, water shoes/sandals, mountain bike (available for rent), a helmet and drinking water. DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

Community Basketball

The Heidelberg Generals men's basketball team will conduct tryouts 6:30-9 p.m. Sept. 28-29 at the Patton Fitness Center. DSN 373-8032.

Youth Sports & Fitness

Fall sports enrollment in Mannheim is Oct. 1-Nov. 30. Register for basketball and cheerleading at Central Enrollment on Sullivan Barracks. Basketball will be available for ages 6-15 and will cost \$46. Cheerleading will be available for ages 6-15 and will cost \$36. Volunteer basketball and cheerleading coaches are needed. Anyone over the age of 18 interested in becoming a volunteer coach: DSN 380-9290, civ. 0621-730-9290, darren.brown3@eur.army.mil.

Basketball Tournament

The Mannheim community hosts a Columbus Day Basketball Tournament Oct. 10-12. There will be men and women teams representing various military garrisons throughout Europe. Games will be held at the Sports Arena and Sullivan Gym. DSN 385-3164, civ. 0621-730-3164.

Adult Dance Classes

Learn to tap dance at the Mannheim USO starting Saturdays in October 10-11 a.m. Learn to belly dance 7-8:30 p.m. at Sullivan Gym for €40 per month. Sign up at the Heidelberg or Mannheim USO. <http://affiliates.uso.org/theinneckar>.

Football on the Big Screen

Watch the NFL on the big screen at Shooter's Bar & Grill located at the Heidelberg Rod & Gun Club in Otfersheim. Cheer your team on every Sunday from 6 p.m. until the end of the first game.