

HeraldPOST

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



Sgt. Daniel J. Nichols

Spc. Daniel Micek, 18th Military Police Brigade, takes part in USAREUR's Soldier and NCO of the Year Competition held at the Grafenwöhr Training Area Aug. 9-13.

18th MP Soldier named best in USAREUR

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

A military police Soldier from U.S. Army Europe's 21st Theater Sustainment Command and a senior noncommissioned officer from the Joint Multinational Training Command were named as the 2009 USAREUR and 7th Army Soldier of the Year and NCO of the Year in a ceremony in Heidelberg, Aug. 27.

Spc. Daniel Micek of the 18th Military Police Brigade is the 2009 USAREUR Soldier of the Year and Sgt. 1st Class Aaron Beckman of the 7th Army Noncommissioned Officer Academy is the 2009 USAREUR NCO of the Year.

"I told them (the competitors) when this thing started that you're going to be tried, and you're going to be tested, and it will probably be one of the hardest things you ever do at this point in your military career," said USAREUR Command Sgt. Maj. Ralph Beam during the ceremony.

Beckman and Micek will go on to represent USAREUR in the Army's Best Warrior Competition at Fort Lee, Va., later this month, where they will compete with winners from the Army's major commands.

Beam said a few months ago Gen. Carter Ham, USAREUR's commanding general, told him to spare no effort or expense in finding USAREUR's top warriors.

"Sergeant major, we're going to pick see **SOY/NOY** page 8

September set aside for suicide prevention

IMCOM-Europe Public Affairs

Garrisons throughout Installation Management Command-Europe Region will observe Suicide Prevention Month throughout September as part of an Army-wide focus to promote health and risk reduction, as well as lower suicide rates.

"This year's Army theme is 'Improving our Soldiers and Families Health: A Healthy Force Combating High Risk Behaviors,'" said Michael Noyes, see **PREVENTION** page 8

Police on, off post to increase checks during holiday weekend

By Robert Szostek
USAREUR OPM PUBLIC AFFAIRS

Last year, police caught 544 Soldiers, Army civilian employees and family members — an average of more than 10 per week — driving under the influence of alcohol in Europe, according to law enforcement officials.

That is why U.S. Army Europe will once again conduct the "Booze it and Lose It" and "Click It or Ticket" campaigns during this year's long Labor Day weekend.

"U.S. military police will target

drunk driving and seat belt violations on military installations and in housing areas at various times between September 4th and 7th," said Maj. Vincent Amerena, deputy chief of law enforcement operations at the USAREUR Office of the Provost Marshal. "The aim is to prevent the deaths and serious injuries that result from people driving under the influence of alcohol or without seat belts."

Host nation police still catch most of the Americans stopped for drunk driving in Europe, and will increase

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Sept. 3, 2009

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Nearby wine-growing region boasts scenic views, culinary treats and hiking opportunities. Fall wine fests begin this month. 12

Defense Details

H1N1 FOR ALL MILITARY

All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said today. The H1N1 vaccination program will begin in early October. The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel. Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

Army news: www.army.mil

Defense news: www.defenselink.mil

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COMMAND MESSAGE

Positive risk decisions ensure safe Labor Day



By Col. William C. Butcher
USAG BADEN-WÜRTTEMBERG COMMANDER

Labor Day, the first Monday of September, was established as a federal holiday in 1894 to recognize the contributions of the American worker — the source of much of the nation's strength, prosperity, and leadership.

In many cities, the day is marked by parades of working people representing the labor unions. Most Americans consider Labor Day the end of the summer and we try to pack as much into the extended weekend as possible. Many of us will use the opportunity to travel and explore Europe's historic treasures, beautiful attractions, and countryside. Others will seek the beaches and other popular resort areas. Consequently, roadways and attractions are packed with people enjoying one last summer three-day weekend.

However, not all of our members will choose to travel, some will choose to stay close to home and participate in their favorite recreational pastimes. Regrettably, safety reports reflect that Labor Day weekend is often marred by accidents; especially those involving private motor vehicles and summer-related sports. But it doesn't have to be that way.

We know that mishaps are often the result of poor risk decisions. Many poor risk decisions are made on the spur of the moment with little or no thought of the risks involved. Others are often the result of peer pressure — decisions made under duress, such as when friends ask or goad us into doing something we know is risky, yet we choose to do it. With luck we may survive and learn from these experiences without experiencing an accident or injury.

The old adage "it's better to be lucky than dead" is true but luck is fickle and a poor substitute for personal risk management. Risk management is simply self preservation — recognizing the risks involved, making sound

The best risk management tool you have is your instinct. If something doesn't sound right, feel right, or look right; slow down and take a good look at it — your intuition has a great track-record and I ask that you trust it.

decisions based upon those risks to stay in control, and taking actions to ensure survival. The best risk management tool you have is your instinct. If something doesn't sound right, feel right, or look right; slow down and take a good look at it — your intuition has a great track record and I ask that you trust it.

This Labor Day weekend I need every supervisor to encourage their members (military and civilian) to use risk management to ensure their safety and that of friends and loved ones. I also need everyone to take care of their battle buddy. Your battle buddy is the person you're with at the time, and it changes with each situation. Your battle buddy may be a friend, loved one, teammate or co-worker depending on the situation or event. Taking care of your battle buddy means intervening, as needed, to ensure their safety, especially when in their enthusiasm to celebrate the last weekend of summer, they place themselves or others at risk. Battle buddies must not hesitate to act swiftly; it could prevent a tragedy.

As we pay tribute to the American worker, the backbone of the nation's economic and social strength, let's pull together and finish the last holiday of the fiscal year with no loss of life. Enjoy Labor Day but don't let your guard down. Remember, the most successful vacation is the one where you, loved ones, and friends return home safely!

Letter to Parents

Dear Parents,

As we begin the 2009-2010 School Year, I suggest that we work close partnership with you, our parents, to build a foundation for success in providing an exciting and challenging educational program for your sons and daughters. The administrators and teachers of the Heidelberg District Schools in the communities of Wiesbaden, Mannheim, Stuttgart and Heidelberg, are committed to enlist your support and feedback to give us a collective insight for continuous improvement.

We live and work in the transforming environment of the U.S. forces in Europe. Our primary purpose is to support the military and civilian personnel assigned to the communities in our district by providing a safe, secure and robust educational program to your school-age children — there is no higher calling! Your children's education is a high priority, quality-of-life program that is important to the accomplishment of the missions of the U.S. forces. We take this challenge very seriously but to ensure we are accomplishing our mission, we employ you to work with us by communicating your questions and suggestions to the teachers and administrators in our schools.

I encourage all parents and community members to support our students by visiting our schools and taking part in the multitude of opportunities and events the schools offer and by modeling for our students the importance of their education. A quality education should provide challenging, interesting, and relevant work for all students. This is only possible when all of the greater school community communicate and contribute to enhance programs for our students for their continued success as outlined in our DoDEA Community Strategic Plan. I am honored to lead the Heidelberg District as Superintendent of Schools and look forward to a very successful school year for all of our students.

- Frank E. Roehl,
Heidelberg School District Superintendent



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

BLOG ROLL

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

I saw this moving truck come up in front of my building today and the driver gets out and starts looking over my Harley-Davidson. I first thought he might be an enthusiast and wanted to check it out.

Then I see him start writing some stuff on some paper. The other guy with him is getting a wooden crate ready and about to move it out on to the tailgate when I quickly ran down stairs and asked the guy if I could help him and he starts telling me that he needs to mark down the condition of the bike. I

told him I believe you have the wrong one and he says "We have a pickup for a Harley-Davidson at 44 something on South Gettysburg." Well I said, "44 what?" and then he decided to make a phone call and drove off to the right destination hopefully. So Harley riders be on the look out! (LOL)

- Peter Buttner, American Red Cross

The USYS Heidelberg Select try outs were a huge success on Sunday! Thank you to all the volunteer

staff, coaches and evaluators, the CVS staff for providing the goals, and to the 104 players and their parents who came out and gave it all they had.

The competition is very good and soon we will start training our teams in the Heidelberg and Mannheim areas. Roster slots are still available for some age groups. It is not too late to join; please inquire at USYSHeidelberg@googlemail.com.

- Wendy Aldcroft



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Devens recognizes Army spouses, recalls childhood

Community members sing, read poetry during Heidelberg Women's Equality Day observance

By Juan R. Meléndez Jr.
HERALD POST STAFF



Devens

Installation Management Command-Europe director Diane Devens headlined the U.S. Army Garrison Heidelberg Women's Equality Day observance Aug. 26 with a call for recognition of Army spouses.

Speaking in the Casablanca Room on Campbell Barracks, Devens also highlighted the value of mentoring and its reciprocal obligations.

"I'm going to focus my talk on the changes military spouses have made in my lifetime, and on my experience in advancing through the civilian ranks to the Senior Executive Service," Devens said.

"I'm an old Army brat who remembers a different Army, and the special efforts military spouses made back in the 60s and 70s," she said.

Devens cited the example of her own mother, "... a great role model, a career Army spouse who hauled eight kids around the globe in a time when none of the programs families currently benefit from — ACS, Child Care, the Army Family Action Plan, the Army Family Covenant, and a host of others — were in existence."

Her father, a command sergeant major, had two tours in Vietnam and several unaccompanied tours. Devens recalled that in those days, when an enlisted Soldier or junior officer had an unaccompanied tour, his family

was forced to leave military housing.

"You just had to go home, wherever your home of record was," she said.

She said her mother held the family together through those experiences and several tours in Germany, Okinawa and a series of Stateside posts.

"And we all eight kids turned out to be successful adults — none of us are in jail — and my mom stayed sane," Devens said.

"My mom is a real hero every sense of the word," she said.

Devens said that Army spouses today play a huge role in determining what programs we have and they influence the institution in a multitude of positive ways that her mother would only have dreamed possible 30 years ago.

"That didn't happen by chance, but through the pain and sacrifice and efforts of a great many women who fought for the changes that Army families now enjoy," Devens said.

She cited the case of Julie Moore, the wife of later Lt. Gen. Hal Moore, co-author of the bestselling book "We Were Soldiers Once and Young."

In 1965, her husband was a battalion commander whose troops engaged in a bloody battle in the Ia Drang Valley in South Vietnam. The families of Soldiers killed in action were notified by

telegram, delivered by taxi drivers.

"Through her crusading efforts on behalf of families," Devens said, "Army leadership instituted a new policy within two weeks of that battle, one requiring an officer and a chaplain to personally deliver casualty news."

Shifting gears, Devens then spoke of the value of mentorship.

"I think as a woman, my own career can serve as an example to those of women and men who mentor subordinates today, as well as subordinates who seek that mentorship," she said.

She recalled how she started as a GS-2 recreation aide at Letterkenny Army Depot in Pennsylvania in 1975, tried to go to college while working, "but it was too hard."

Everything changed when the depot hired a chief for the newly-established MWR program

"Her name was Carol Beecher and she was my first boss," Devens said. "I can honestly say that I wouldn't be here today if it were not for her mentorship."

Beecher encouraged her to return to college and for four years changed Devens' work schedule every semester to help her get her degree.

"I was not appreciative at the time," said Devens, who sometimes had to work weekends and nights to take classes

"It was really cramping my partying style," Devens said to laughter.

She said Beecher would not let

her give up. "She was worse than my mother," Devens said.

"It took someone really pushing me to get me where I am today," Devens said. "... But for mentorship to work it takes more than a strong mentor, it also takes a mentee who will listen and do what a mentor suggests.

"Success in a career comes at a price, and family sacrifice is sometimes part of the deal, ask any Army spouse," Devens said.

"I owe my own success in a large part to my husband," she said, recalling how he gave up the tenure track at the college where he was teaching to accompany her to Germany, a move that she said was critical in her later moving up the ranks.

She called that decision "proof that behind this successful woman is an excellent man!"

Devens wrapped up her remarks with observations on this year's focus on "women in the environment," citing the career opportunities in this new and emerging field.

"Today's observance is an opportunity for us all to acknowledge the leadership, commitment, and contributions of all who preserve this new we all call home," Devens said.

Also as part of the observance, Heidelberg Arts and Cultural Center director Jen Bieser read an inspirational poem, and Jeanine Love, who called Devens "my hero," sang "Wing Beneath my Wings."

That's an order!



Spc. Adrienne Killingsworth

Charlotte Smith welcomes home her husband, Staff Sgt. Larry Smith of the 51st Transportation Company, 28th Transportation Battalion, during a ceremony Friday at Coleman Gym on Coleman Barracks in Mannheim. The "Silver Knights" returned from a 15-month deployment in Iraq providing convoy escort security and performing transportation missions in support of Operation Iraqi Freedom.

Landstuhl set to host Health Fair, answer questions about military health service, benefits

LRMC Public Affairs

A healthcare version of one-stop shopping will be available Sept. 17 at the Health Fair at Landstuhl Regional Medical Center.

From 9 a.m. to 2 p.m. in the Heaton Auditorium, approximately 24 representatives will be on hand to answer any questions about military health services and benefits.

"I believe the Health Fair will be fun, interactive and highly useful for everyone, and I encourage all military beneficiaries to come out and see what healthcare benefits are available to support them," said Yvette Weber, a Registered Dietitian at LRMC.

Access to healthcare is a topic everyone is interested in, Weber said, whether they've been living in the Kaiserslautern Military Community for years or new arrivals.

For example, Weber said it's impor-

tant for everyone to understand how the process works if they're required to seek medical care from a German doctor.

Other agencies of interest to many will include pediatrics, pharmacy, dental, optometry, women's health, and a representative to help register people on the spot to allow them to schedule medical appointments by computer through TRICARE Online.

The list of agencies at the Health Fair include: Army Wellness Center, Alcohol Substance Abuse Program, Behavioral Health Services, Dental Clinic, Exceptional Family Member Program, Kleber Health Clinic, Lactation Specialist, Library, Nutrition Care, OB/GYN, Optometry, Pediatrics, Pharmacy, Red Cross, TRICARE, Women's Health and Women, Infant & Children

For more information, DSN 486-6333, civ. 06371-86-6333.

21st TSC, DLA join together in supporting warfighters

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

It's a match made to support our warfighters. When the 21st Theater Sustainment Command bills itself as a "War Focused Unit – First in Support," it issues a clear declaration of intent. In a recent step to successfully accomplish its mission, the 21st TSC established an office for Defense Logistics Agency staff at its headquarters' location on Panzer Kaserne.

DLA is the Department of Defense's largest combat logistics support agency charged with providing best value integrated logistics solutions to military services, civilian agencies and some foreign countries. The 21st TSC mission is to provide theater sustainment throughout U.S. European Command and U.S. Africa Command areas of responsibility in support of U.S. Army Europe and 7th Army. Both organizations evolve around the same ultimate customer – the Soldier in combat, the warfighter.

Since first establishing a presence at the 21st TSC less than a year ago, DLA's Defense Logistics Agency Europe and Africa has increased its staff to four.

Lt. Col. John Rosnow serves as the DLA liaison officer with the 21st TSC. He explained that DLA-E/A serves as DLA's hub for EUCOM and AFRICOM issues, linking it with both combatant commands. Like the military, DLA is adapting to the warfighters'

changing environments and demands. Part of the process involved consolidating its German offices from the Wiesbaden and Mainz-Kastel areas at Kleber Kaserne.

"As part of the transformation efforts, the DLA elements moved to the area with the biggest sustainment mission and command – the 21st TSC," Rosnow said.

Fast, reliable support depends on close cooperation between the organizations, which is increased by their proximity. "Basically we moved the supply chain forward to the customer base, which allows us to engage face-to-face," said David Roath, another liaison officer at the 21st TSC, who works for DLA's Defense Supply Center Philadelphia, Europe.

DSCP-ACE is DLA's Troop Support Center and provides the military services with food, clothing, textiles, medicines, medical equipment, and construction supplies and equipment. They also support humanitarian and disaster relief efforts.

"We worked hand-in-hand with the 21st TSC during the Georgia crises last year and will support the Immediate Response 2010 exercise as well as a number of other exercises," said Steve Soisson, DLA-E/A warfighter support representative at the 21st TSC.

Jerry Madden, a plans specialist with the 21st TSC singles out two recent exercises the DLA staff here has been extremely helpful with.



Courtesy Photo

A Soldier moves cargo onto an Air Force cargo plane as part of a Defense Logistics Agency integrated logistics led mission. The 21st Theater Sustainment Command recently established an office for DLA staff at its headquarters location on Panzer Kaserne.

"Just last month, they have been critical to the shipment of unit group rations and bottled water to support 450 U.S. personnel in Uganda during the Natural Fire 10 exercise. Also, they were instrumental to our support of Exercise MEDFLAG 09, a medical exercise in Swaziland. We ended up shipping meals-ready-to-eat and bottled water to the U.S. and Swazi forces in country, and DLA moved these shipments on a moment's notice," he said.

DLA-E/A staff is also represented at the nucleus of the 21st TSC in the

Combined Operations and Intelligence Center. "From my perspective, the capability provided by having a DLA representative in the COIC is essential to ensuring the continuous and synchronized flow of supplies to support EUCOM and AFRICOM forces," said Lt. Col. Chris Brookie, the chief of current operations at the 21st TSC's plans and operations section.

In the end both organizations are all about supporting their customers with what they need when and where they need it.

Select DSN phones in Germany switching from analog to digital

5th Signal Command

The European Union Telecommunication Branch will be transitioning select Defense Switched Network circuits from analog to digital across Germany, which will affect some military installation support facilities, off-post houses and offices and control systems.

Sept. 30 will be the last day of analog support for any customer who currently has DSN phone service not directly connected to an Army switch via Army cable. Such customers include but are not limited to: Commissaries, schools, universities, banks, Army Lodging and Army and Air Force Exchange Service, off-post offices and houses.

This transition requires installation of new phone equipment to support digital DSN. Any customer that may be affected by this transition should contact their servicing signal director of information management or signal battalion before Sept. 15 to ensure continued DSN service.

Helping neighbors in need



Pfc. Charles J. Thompson

Capt. Myrna B. Howson, R.N., assigned to the 212th Combat Support Hospital in Kaiserslautern, checks the blood pressure of a Romanian woman from the village of Nicolae Balcescu Aug. 27. The HCA team screened an average of 100 people per day in the eight villages they visited.

Exchange and commissary privileges after retirement

USAREUR OPM Customs

Retired members of the U.S. military services, their accompanying dependents, and certain categories of widow(er)s and unaccompanied dependents may be authorized to use the post exchange and Defense Commissary Agency sales facilities in Germany under an agreement between the Customs Executive Agent and the German Ministry of Finance.

These arrangements also apply to "grey area" retirees (reservists who are otherwise eligible for retirement but are under 60 years of age) but do not apply to retired civilian employees and do not apply in other countries.

For you and your dependents to shop in U.S. sales outlets, you must first obtain a U.S. Forces Verification of Status of U.S. Forces Retired Personnel/Unaccompanied Dependents (AE Form 550-175K) from military customs offices in Germany.

For this, you will need to present your retirement orders, passport and ID card in person, and you must intend to live in or visit Germany for 30 days or longer. Military widows(er)s must be residents of Germany.

Then, take the verification to the German customs office serving your area of residence and you will receive a German Customs Certificate (Pink Card), which has an initial validity of two months. The Pink Card and your retiree ID card allow you access to post exchanges and commissaries in Germany where you may only buy non-rationed items.

Pink Card holders are required to return to this German customs office no later than the fifth day of every month and present all cash register sales receipts for the previous month.

The receipts are totaled and you then pay a fixed import tax (currently 17.5% but subject to change) on the total. Only then will your Pink Card be extended for another month. To ensure your Pink Card remains valid, it is important to report to German Customs even if you do not make any purchases.

If you plan to be away from home for some time, tell German Customs before you leave and make arrangements to pay the duty/tax on the purchases you plan to make elsewhere in Germany during that time upon return to your residence.

Due to the complexity of unaccompanied dependent authorizations, people seeking information should contact the CEA SOFA Office at DSN 381-8141/7354, civ. 0621-730-8141/7354.

Travel Health begins with preparation

TRICARE

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

It is important for you and your family to have the best health possible. The month of September is your Healthcare Benefits Awareness Month. We would like to focus on four important facets of your health: physical health, mental health, dental health, travel health

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 obtain travelers insurance.

•If traveling to a foreign country it is important to see if there are any recommended immunizations that 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 con-

tact 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.

•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 which 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 your TRICARE service center for guidance. TRICARE Standard beneficiaries can seek care locally.

Have a great holiday and be safe!

Sergeants Major Association meets needs of community

By Jonathan Ochart
HERALD POST VOLUNTEER

On Aug. 16, on a sunny German Saturday, there gathered sergeants major and their families at the Rod and Gun Club to participate in the Sergeants Major Association's membership drive and annual barbecue.

"Our responsibility is to support the community and have a better network for people to turn to if they need assistance," said Sgt. Maj. Brad Weber, president of the association for nearly 8 months.

This year in March, the association held its first annual bowling tournament to raise money. The funds "raised went to the Mannheim children's hospital for kids with cancer," Weber said.

That's not all, however. From offering scholarships to graduating high school students, awarding savings bonds to the Soldier and NCO of the

year, sponsoring Easter egg hunts to raise money for children with cancer, and granting vouchers and gift certificates to young Soldiers and their families for a Thanksgiving meal, the association has made a number of strikes (as in bowling) within the military and German communities.

But serving also comes with rewards more profound than the gunshots heard during the barbecue.

Sgt. Maj. Mark A. Barron, a new member of the SMA, is the perfect example of how serving selflessly may positively impact one's life.

"The very week I joined, I signed up to volunteer at the SMA booth (selling beverages to attendees of the Mannheim German-American Fest) for two days. It got me involved within the community, and even out to Mannheim for the first time. If it wasn't for this association, I never would've been there," Barron said.



Jonathan Ochart

Retired Sgt. Maj. Ivor Watson, treasurer Heidelberg Sergeant Major's Association, presents Sgt. Maj. Wardell Jefferson, 5th Corps, who is a new member, a gift certificate for winning a raffle held during a recent membership drive and barbecue.

"I see how we help Soldiers, giving to wounded warriors and even scholarships to graduates. I like the way the association helps the community. That was my biggest motivation to join," Barron said.

The association is also a winner with its 71 members. From active-duty and retired U.S. Army sergeants major, to members of equivalent ranks within U.S. forces and NATO, this association helps the bonding between people from differing backgrounds.

In addition, the group

offers guidance to those entering the retired life, and to those assuming the rank of sergeant major.

"We are from all walks of life, we're a variety of people and we're here for fellowship, getting to know each other, and doing something for the community," Weber said of the association.

This is what makes the Heidelberg and Mannheim Sergeants Major Association extraordinary; it is the perfect balance of service, community, team-work and self-growth.

SOY/NOY

continued from page 1

our warrior. We're going to pick our champion that is going to go forth and represent us at DA," Beam said the general told him.

The result was the competition at the Grafenwöhr Training Area in which the Micek and Beckman earned their titles in early August. The competition put 11 USAREUR Soldiers' physical, mental and warrior skills to the test over four grueling days of nearly non-stop challenges.

The Aug. 9-13 competition was designed to tax each contender's stamina and capabilities, as well as prepare the winners for the Army-level competition, said Sgt. Maj. Michael Kennedy of JMTC's operations division, who designed many of the tasks for event.

"The competitor that we're looking for to send to the Army level is the one that is very good at dealing with fatigue, physical and mental," Kennedy said during the competition.

"The Soldier that can operate on minimum amounts of rest and information for long periods of time and still remember to do the little things even when they're tired, sore, and not real happy about the situation they're in."

While at times they might have found it hard to work up some enthusiasm during the competition, the winners said they're honored to earn their titles and excited to move on to the next level.

"This is a tremendous honor right now," Micek said. "Not many people dream of it. Some people think they can do it, but like the sergeant major told us, we actually did it. And this is a huge honor, meeting everybody that competed ... and an honor to represent USAREUR."

"I'm really excited to represent all the fine NCOs and Soldiers from the JMTC and from USAREUR," Beckman added. "I'm just hoping I can continue to drive forward and represent well when I get to Fort Lee."

He said his plans are to "train, train, train" between now and then, including preparing with Micek, a fellow Grafenwöhr resident.

"I'll give all I've got for that one," Micek said. "There's nothing after that, so there's nothing to hold back."

PREVENTION

continued from page 1

Installation Management Command Europe's chief of Army Substance Abuse Program. "It's a multi-dimensional approach focusing on strengthening our Army team."

This theme, according to an Army announcement, conveys the message that the Army is committed to a holistic approach to improve the physical, spiritual and behavioral health of Soldiers, civilians and their families.

"Suicide is a complex issue, and it's a personal issue. What might drive me to consider suicide might not even vaguely be considered bothersome to someone else," explained Noyes. "Because it's complex, and because people react differently to certain situations, it's important that we focus on suicides in a holistic approach — holistically focusing on all needs, physical, spiritual and behavioral."

This year's theme is intended to remind people of the importance of focusing on all aspects of health necessary for overall fitness and to be aware of the signs and symptoms exhibited by most people who are considering self harm,

said Noyes.

"There is no exact science for eliminating suicides. But one way we can reduce suicides from happening is by improving the physical, spiritual and behavioral health of individuals and by reducing risks," Noyes said. "We also want to ensure that everyone knows the signs and symptoms of someone contemplating self harm, and what they should do about it. We are 'One' Army and each and every one of us needs to take care of each other."

Garrisons throughout Europe will feature a programs and events that do that, Noyes said. Leaders throughout IMCOM-Europe will plan, coordinate and execute suicide prevention education, awareness and training programs to promote total health across the force, focusing on all aspects of health and wellness.

Activities, he said, may include such things as displays and information booths, guest speakers, tree planting ceremonies, Ask, Care, Escort and Applied Suicide Intervention Skills training, walks and runs for life, banner or poster displays, articles in the newspaper and behavioral health screenings.

"There are countless ways garrisons can promote information, training and awareness," Noyes said.

"The Army challenges and empowers all leaders, particularly first-line leaders, to make units, installations and communities models for suicide prevention awareness," he said.

One of the most important thing individuals can do is to know where help or more information can be found, according to Noyes.

"A lot of this is about Soldiers helping Soldiers. Places to get help are Behavioral Health at the hospital clinics, chaplains, chain of command, etc," he said. He added that there is online information and support available, such as at www.militaryonesource.com.

Noyes said he wholeheartedly agreed with the Army announcement that stated, "We have the responsibility and commitment to help fellow Soldiers, Family members and Army civilians who need the strength of our team."

"I can't agree with that more. We — each and every person in Army Europe — have a responsibility to provide strength to those we believe are in need of help," he said.

BOOZE IT

continued from page 1

their off-post checks over the holiday weekend, officials added.

Amerena said drivers under 25 were more likely to be apprehended for alcohol-related offenses than other groups.

Questionnaires show that most of those apprehended mistakenly believed they were not under the influence of alcohol and could drive safely. "I think many Soldiers underestimate the alcohol strength of the beer and liquor in Europe and pay the price for that miscalculation when the police stop them," Amerena said.

He advised that drivers think about how they are going to get back home after a night on the town before they leave

home. "Designated drivers, unit-sponsored rides, taxis and public transportation are all good ways to get home without a career-ending conviction for drunk driving," he said.

For people who travel a long way to the nearest big city, he recommended booking a room as a better alternative to losing a driver's license. Those who can walk to their favorite night spots should do that instead of driving, he added.

Figures from previous seat belt campaigns indicate that most people have learned to "buckle up."

"The percentage of tickets issued per vehicles checked has remained consistently low for the past five holiday periods," Amerena noted. Privately owned vehicle operators are charged if any vehicle occupant is not using a proper restraining device, such as a seat belt or child car seat.

IMCOM seeks feedback on services, programs

By Lauren Gustetic
IMCOM PUBLIC AFFAIRS

ALEXANDRIA, Va. — Anyone who lives, works or plays on an Installation Management Command installation has an opportunity to give feedback on the services and programs they receive, thanks to a new online survey.

The 2009 Customer Service Assessment, an IMCOM Customer Management Services initiative, is a major element of the Installation Management Command's annual Armywide program for collecting customer feedback. This feedback provides data that will be used to help evaluate and improve programs and services and add value for Soldiers and their Families.

The 2009 CSA survey — found at www.myarmyvoice.org — will be available through Sept. 18. This year's survey is being expanded to include the 39 IMCOM installations with Customer Ser-



vice officers that were surveyed in 2008, as well as voluntary participation from 35 additional installations.

Participants will be asked to state their demographic information, which will then prompt the survey tool to ask only relevant questions. The survey should take 10 to 15 minutes to complete.

Participants will rate the performance of the services and programs on their installation on a scale of 1 (very poor) to 5 (excellent). Additionally, they will rate the importance of these services and programs. Leaders will be asked to rank their installations' top five services and programs in each Standard Garrison Organization. Participants can provide

personal feedback about specific installation services and programs.

"The 2009 survey gives a voice to the people who are served by our IMCOM garrisons," said Keith Joseph, CMS project manager. "The information we gain will give each installation, region office and IMCOM Headquarters valuable customer information that can help improve services and programs. We encourage everyone on the installations surveyed to tell us what they think about the services and programs they receive."

The results of the CSA survey are expected to be completed by the IMCOM's Garrison Commanders' Conference in early November.



Senior Airman Amber Grimm

Soldiers with the 82nd Airborne Division prepare for a static line jump at Fort Bragg, N.C., on Aug. 25

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Spc. Maurice A. Galloway

Spc. Nealy D. Edwards, Headquarters and Headquarters Battery, 17th Fires Brigade, and a native of Houston, works out after a very long day. "My goal is to leave Basra weighing 190 pounds, I'm at 170 now. I work out 6 times a week. I love working out, I love being physically fit," Edwards said.



Spc. William E. Henry

Task Force Cyclone staff judge advocate, Lt. Col. James Zieba, of Carmel, Ind., listens to the chief judge of Kapisa province, Abdul Manan Atazada, discuss building plans of a jail in the Tagab valley District Center area in Kapisa province, Afghanistan, Aug. 25. The purpose of the visit was to discuss the status of the judges in the area, the plans for construction of a new courthouse and jail and for incoming Task Force Cyclone staff judge advocate members to meet local lawmen in the area.



Germany's most popular wine region: the Weinstrasse

By Ina Stiewitz

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Have you ever thought about a relaxing day trip focusing a beautiful nature, picturesque villages and wine tasting? Have you ever thought about getting to know one of Germany's most popular regions that is just around the corner from your communities?

Between the foothills of the Palatinate Forest and the Rhein plain the German Weinstrasse extends over a distance of 85 kilometers.

It is the oldest wine street in Germany and it covers a quarter of Germany's total wine growing areas with its 23,400 hectares. The Weinstrasse, Germany's second largest wine growing region, offers several cultural and culinary opportunities.

From Bockenheim in the north to Schweigen in the south, the Weinstrasse is a significant region with Mediterranean flair.

The season begins in March with the blooming of the almond trees. As the year moves on you can also find lemon trees, kiwis, or even figs, which are all fruits usually growing in the South of Europe. When driving to this region, you will notice the change in nature and climate.

But, the nature isn't the only thing special about this area — several Roman remains like settlements, castles, or palaces are evidence of a long history.

Medieval festivals, which mostly take place in the summer months, try to mirror the Roman or medieval life. Some wine fests are celebrated in the many castles. The wine fest in Wa-

chenheim, which partly takes place at the Wachtenburg, is one example and it is a nice opportunity to experience the castle from a different perspective.

The culinary aspect is important along the Weinstrasse. Typical Palatinate food and even more, various kinds of wine, can be tasted in the vineyards. Europe's oldest cultivated vineyard can be found in the picturesque village Roth unter Rietburg.

While visiting Roth, which is meant to have the nicest avenues, you should plan a stop at the Rietburgbahn in Edenkoben. The Rietburgbahn is the first Palatinate chair lift and has operated since July 1954, carrying nearly 11 million people up the hill to the Rietburg castle ruins.

The idea of building a chair lift came from the former Edenkoben citizens Hermann Alles and Dr. Ludwig Urschbach.

"After my father saw a chair lift on a tour ... he stuck to the idea of building one here in Edenkoben," said Heinz Alles, son of Hermann Alles and manager of the Rietburgbahn for 30 years.

After Alles and Urschbach founded a chair lift association, which would support their construction plans they were looking for an investor. Oskar Lehr, the owner of the Athos cigarette company in Schwetzingen agreed to pay for the chair lift.

The contract was signed in April 1954 and the Cologne company Pohlig, which was famous for building the cableway at the Sugarloaf Mountain in Rio de Janeiro, Brazil, got the order to build the first Palatinate chair lift. In July 1954, the chair lift started its operations.

"They finished the work in a very short time, which is commendable, especially when you think of former technologies and methods," Alles said.

They had to cut down all trees and bushes to build a trail for the lift. Every bucket with sand, grit, or cement had to be manually carried up to the hill.

Still today, the manager refuses new methods and instead of using chemicals to keep the trail free from plants, they pay people to cut the bushes.

"We always set a value on the primarily character of the chair lift and we are interested in keeping old traditions alive," Alles said.

Another sign of old traditions are the wooden seats needing a lot of maintaining such as polishing and varnishing.

With its original character, the chair lift radiates coziness.

"While the lift brings you up to the Rietburg, you can enjoy the eight and a half minute trip without hearing anything except the rustling of the treetops," Alles said.

Once you reached the top station you are invited to enjoy the view from the castle at a height of 528 meters.

"The highlight of the lift is the Rietburg, which has been used as a viewpoint since our chair lift exists," Alles explained. "It is called the outlook of the German Weinstrasse."

While having this wonderful view from the castle, you can have a rest at the castle's restaurant and a short walk to the deer park.

If you are interested in hiking through the Palatinate Forest, from the Rietburg you can choose several ways and directions. The Palatinate

Forest is Germany's largest coherent forest and is very famous for hiking and biking.

Towns and villages along the Weinstrasse organize many festivals, wine fests and activity days throughout the year.

During summer time, you can choose between different wine fests every weekend.

Worth a trip is the town of Bad Duerkheim with the world's biggest barrel, "Riessenfass", in which 1.7 million liters of wine would fit if it were not being used as a restaurant.

Bad Duerkheim is also famous for the world's largest wine fest, the "Wurstmarkt" which takes place annually in September with fun rides, music, arts and crafts, as well as food and drinks. This year's fest spans two weekends, Sept. 11-15 and 18-21.

Late September or early October, the chestnuts will fall from the trees which could be found everywhere along the wine street and wait to be picked from the ground to be either cooked or baked in the oven. This is the time, when the new wine (Neue Wein) and onion cake (Zwiebelkuchen) will be served in the vineyards.

Winter time is also worth a trip to the Weinstrasse when some places, such as the village of Deidesheim, will organize a Christmas market. Their Christmas market has been rated as one of the most romantic markets in Germany and it offers a variety of arts and crafts, activities for kids, and food and drinks.

All over the year, Germany's most famous wine region offers opportunities to spend leisure time.

GERMAN COOKING

Jager-Eintopf (Hunter's Stew)

Serves: 4

Ingredients:

- 1 1/2 cup minced onions
- 1/4 pound sliced mushrooms
- 2 tablespoon vegetable oil
- 1 pound coarse ground beef*
- 1 cup beef broth
- 5/8 teaspoon nutmeg
- 1/2 teaspoon worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium potatoes
- 3 tablespoon butter
- 2 large eggs
- 4 tart apples
- 1/2 cup fine, dry bread crumbs

* Ground beef should only be ground once and be the leanest you can get.

Directions:

- In a frying pan sauté onions and mushrooms in vegetable oil until soft.
- Add ground beef; sauté mixture 3 to 4 minutes.
- Stir in broth; bring to a simmer.
- Add 1/2 teaspoon nutmeg, worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Peel the potatoes and boil them in salted water until tender, about 30 minutes. Drain and put through a food mill or grinder.
- Beat in 2 tablespoons butter, 1/2 teaspoon salt, 1/4 teaspoon pepper. Adjust seasonings to taste.
- Beat in eggs and remaining nutmeg.
- Peel, core, and slice apples.
- Layer mixtures in a 1 1/2-quart buttered baking dish — spread 1/3 of potatoes on bottom of dish. Top with 1/2 of the meat mixture and 1/2 of the apples. Continue with layers, ending with a layer of potatoes.
- Sprinkle the top with bread crumbs, and dot with remaining butter.
- Bake at 375 degrees for 45 minutes and then at 400 degrees for 10 minutes more.

Roggenbrot (Rye Bread)

Ingredients:

- 2 package active dry yeast
- 1/2 cup warm water (110-120 degrees)
- 1 1/2 cup lukewarm milk
- 2 tablespoon sugar
- 1 teaspoon salt
- 1/2 cup molasses
- 2 tablespoon butter
- 3 1/4 cup unsifted rye flour
- 2 1/2 cup unsifted bread flour

Directions:

- Dissolve yeast in warm water.
- In a large bowl combine milk, sugar, and salt.
- Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour.
- Use a wooden spoon to mix in the remaining rye flour.
- Add white flour until the dough is stiff enough to knead.
- Knead 5 to 10 minutes, adding flour as needed.
- Cover dough and let rise 1-1 1/2 hours or until double.
- Punch down dough and divide to form 2 round loaves.
- Let loaves rise on a greased baking sheet until double, about 1 1/2 hours.
- Preheat oven to 375 degrees, and bake for 30 to 35 minutes.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

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

Responses to previous columns: Dear Ms. Vicki,

"It keeps happening and it will continue until the Department of the Army decides to intervene and put measures in place to protect Soldiers.

No spouse should be able to have full control of Soldiers assets. Why do they need this? They only screw it up every time."

While I understand the comments above I am taking it very person-

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

ally, not all women are like the type they are talking about so don't start asking to have my hands tied. In my husband's case, I got my husband out of financial trouble, he has a great credit score and it happened because I have complete control of his money.

I have a good job, pay my own bills and pay my own way.

The reason Soldiers come home without money in the bank is because they married or are dating worthless moochers, they were thinking with their crotches and not their brain.

Not all women are like that you just have to keep the right one and throw out the wrong one.

From: My husband's keeper

Dear Mr. Vicki,

This week you had a response to one of your recent discussions that got me upset. The person said that no spouse should be able to have full control over Soldiers assets.

I disagree with this because when you get married you throw away

me for us and if a person cannot trust their spouse to take care of the home, family and keep their financial stables in mind then they married the wrong person.

I have been a military wife for over 14 years and believe me when I say my husband has never come home broke. We do not have bad credit and we are not in debt.

I like to shop and go places, but I do this on a realistic budget that my husband and me set for ourselves whether he is deployed or not.

I also work and bring home a decent week's pay. Taking care of my family and keeping my deployed spouse in a sound state of mind is always my first priority.

You cannot judge or punish every spouse by the negligent actions of another. Besides, I like knowing that I can go to this place and buy anything when I want to, instead of having to wait for next week's paycheck to get what I want.

From: I Got My Priorities In Order



Courtesy photo

Boy Scouts Austin Mayer, Luke Sobczak and John Owen help Chris Coote, and Joe Lewis from H.O.P.E. Ministries load boxes of clothing in a van.

Heidelberg's newest Eagle Scouts

Two Heidelberg Boy Scouts completed their Eagle Scout projects Aug. 26.

Luke Sobczak organized the collection of clothing donations for poor people in Afghanistan and Germany, and Jeffery Perkins led a group of Scouts to make improvements on the Sergeant York Discovery Trail in France.

Sobczak's Eagle project included leading more than 30 people in advertising, collecting, sorting and distributing clothes for the poor in Afghanistan and for the H.O.P.E. Ministry. Sobczak's group turned over more than 40 boxes of clothes to Joe Lewis, director of H.O.P.E. Ministry, which helps the homeless in Heidelberg.

Perkins led more than 30 people on three weekends in the Meuse-Argonne battlefield in eastern France, hauling and

spreading gravel and reinforcing revetments on the Sergeant York Discovery Trail.

The trail highlights the achievement of Alvin C. York of the 82nd Division in the Argonne Forest on Oct. 8, 1918. Then a corporal, he took charge when his unit was held up by German machine guns. Putting the guns out of action and killing several enemy soldiers, he accepted the surrender of the defending German unit and marched 132 prisoners back to the American lines. He was promoted to sergeant and received the Medal of Honor.

To attain the rank of Eagle Scout, a Scout must lead others in a project that they have designed and planned. The project must be of significant value to the community outside of Scouting.

SOURCE: Lt. Col. Steve Sobczak

Sorority raises local scholarships funds, encourage youth

The Alpha Kappa Alpha Sorority, Mu Psi Omega Chapter held their annual scholarships fundraiser Saturday at the Patrick Henry Village park.

This year the AKAs hosted "Deutsche Men Are Cookin," an event designed to present the culinary talents of men in the community.

In a competitive spirit these chefs prepared and served samples or "tastes" of their culinary delights.

Admission fees allowed the public to sample or all-you-can-eat cuisines of aspiring chefs as young as 14 years old and "par-taste" on exotic dishes such as; African Peanut Soup and "DAJACOSH" Chocolate Delight.

This family oriented event was filled with children's activities, music, the Electric-Slide dance and bragging rights given to the chefs.

Alpha Kappa Alpha Sorority, Inc, Mu Psi Omega Chapter awards scholarships to graduating DoDDS-Europe students to be applied to their continuing education. Scholarship recipients must be accepted by an accredited four-year college.

Bragging rights for this year's DMAC were awarded as follows; Best Presentation Chef, Montineze Cole, 14; Most Creative Chef Keith Cromartie; People's Choice Chef Maurice Hallett.

SOURCE: Shaheed Simms



Movie Lovers Online

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

End of Summer Recap

So as the summer draws to a close, I felt like taking a look back at this year's hits and flops.

We started off the summer kind of weak in my opinion. Terrible movies like "Transformers 2," disappointing movies about Hogwarts and comedies that were just not funny enough like "Year One." But all of these movies can be pushed aside and we can let the real gems shine.

There were a few movies I didn't get a chance to review before their release here in our theaters but I did get to see them and now I can give you the low down on what I thought.

I think the stars system is a bit constricting so we will simply go with my top 5 of the year.

Here goes.

Starting off at No. 5 we had "Wolverine: Origins." This was just a great movie, tons of action - few catchy one-liners and Liev Schreiber as "Sabertooth." Like I said, great movie but No. 5 is where it's at.

At No. 4 we have "Terminator Salvation." Christian Bale, our new favorite Batman, is

one of the actions stars to keep an eye on for the next few years. This was a great movie with some awesome effects that finally answered the question "So what happens after the robots take over?" Awesome, but 4 is their home.

At No. 3 we have the awe-inspiring "Star Trek." Creating a whole new generation of Trekkies was not the goal of this movie but it did so none the less. An awesome way of re-inventing the series and opening the door to more films, 3 is the niche it found.

At No. 2 we have the surprise hit "District 9." This was just an incredible movie. It struck up on all of us and took out the assumed box office giant "G.I. Joe," which all but flopped. Great movie, incredible story, "District 9" was just amazing and scored second place.

Last but certainly not least is "Inglorious Bastards" the awesome action movie inspired by a 1978 movie of a similar name. Quentin Tarantino pulled out all the stops and made one amazingly awesome movie. Brad Pitt was awesome and I was amazed by the performance of one Christopher Waltz who was the best antagonist I've ever seen in a movie (and that's saying much).

No. 1 belongs to "I.B."

Those are your hits folks, let me know what you think.

GET OUT!
area events
More events online at <http://myBWow.ning.com>

September 4

Austrian Hut Hike – Through Sept. 7, see the Austrian Alps from a whole new perspective. Register by Aug. 28. DSN 370-6489.

Lloret de Mar Spain – Kaiserslautern Outdoor Recreation invites you to Spain through Sept. 7. Trip includes transportation, three nights in a four-star hotel with breakfast, and an optional day trip to Barcelona. DSN 493-4117, civ. 0631-3406-4117.

TROUT Fishing Trip – Join Heidelberg Outdoor Recreation on a fishing expedition at a private pond 9 a.m.-5 p.m. Participants will be bussed to and from the pond, and rental equipment is available. Cost is \$25, plus €6.80 per kilogram of caught fish. DSN 388-9282.

Prime Rib Dinner – Head to the Patrick Henry Village Pavilion 5:30-9 p.m. for prime rib with au jus and creamy horseradish sauce, chicken Parmesan or grilled salmon fillet with dill sauce, all accompanied by side items, a fresh garden salad bar and dessert station. Reservations recommended, walk-ins welcome. DSN 388-9436.

Salsa Party – The Top Hat Club will host a Salsa Party 9 p.m.-4 a.m. The evening will include tantalizing music and dance lessons. There is a \$5 cover. The Top Hat Club is located in Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

Heidelberg Apollo Show

Think you've got what it takes to be the Apollo King or Queen? Show us what you got! Choose from categories like singing, musical instruments, impersonation acts, dancing, poetry, comedy and lip syncing. Interested acts must register by Sept. 10. All participants must be 18 years or older. \$10 cover charge includes a finger food buffet. First-place winner wins a \$500 AAES gift card. The event takes place at 9 p.m. Sept. 18 in the Recovery Room on Nachrichten Kaserne. DSN 371-2722.

September 5

Heidelberg Castle Illumination Cruise – Tickets are now on sale for the Heidelberg International Ski Club's riverboat cruise and Heidelberg Castle's fireworks/illumination. The event is open to all and the cost is €20 per person. The price includes complimentary food and beverages dockside prior to departure. DSN 370-8248, civ. 06221-4330905, www.heidelbergski.com.

Mannheim Comics Show – Head to the Großer Saal der Jakobus-Pfarrei in Mannheim-Sandhofen, Domstiftstr. 40, 9 a.m.-3 p.m. for this semi-annual event. More than 50 dealer tables will have U.S., French, German, and Asian comics and trading cards. Entry is free, and bargains abound.

Old School R&B Night – Armstrong's Club invites you to an Old School R&B Night, 9 p.m.-2 a.m. This free event features a live DJ, DJ Big Money, and free finger food. DSN 489-6000, civ. 0631-354-9986, www.mwrgermany.com.

September 6

Midnight Bingo – Kazabra Club will host Midnight Bingo 9 p.m.-midnight. Two guaranteed \$1,000 games will be played. Free soft-drinks and food will be available. Doors open at 7 p.m. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

September 10

Fall Hunting Course – The Heidelberg Rod and Gun Club will be offering a course to obtain your German federal hunting license and weapons ownership permit. Class runs through Oct. 31 on Thursday and Friday evenings as well as Saturdays. Participants are encouraged to use Sundays to hone their shooting skills. The same class will be offered in Kaiserslautern, Baumholder and Wiesbaden during the fall. Class fee is \$150 plus the cost of ammunition. Pre-registration is encouraged. Civ. 06202-51193, Wednesday - Sunday.

coming to
THEATERS

THE FINAL DESTINATION

(Bobby Campo, Shantel VanSanten) On what should have been a fun-filled day at the races, Nick O'Bannon has a horrific premonition in which multiple race cars crash, sending flaming debris into the stands, brutally killing his friends and causing the upper deck of the stands to collapse on him. When he comes out of this grisly nightmare Nick panics, persuading his girlfriend, Lori, and their friends, Janet and Hunt, to leave ... escaping seconds before Nick's frightening vision becomes a terrible reality. Thinking they've cheated death, the group has a new lease on life, but unfortunately for Nick and Lori, it is only the beginning. Rated R (strong violent/grotesque accidents, language and sexuality) 82 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 4 - THE FINAL DESTINATION (R) 7 p.m.; PUBLIC ENEMIES (R) 9 p.m.
Sept. 4 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 4 p.m.; THE FINAL DESTINATION (R) 7 p.m.; PUBLIC ENEMIES (R) 9 p.m.
Sept. 6 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 4 p.m.; PUBLIC ENEMIES (R) 7 p.m.
Sept. 7 - PUBLIC ENEMIES (R) 7 p.m.
Sept. 8 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
Sept. 9 - THE FINAL DESTINATION (R) 7 p.m.
Sept. 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.

Mannheim, Schuh

Sept. 4 - POST GRAD (PG-13) 7 p.m.
Sept. 5 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 4 p.m.; POST GRAD (PG-13) 7 p.m.; PUBLIC ENEMIES (R) 9:30 p.m.
Sept. 6 - POST GRAD (PG-13) 4 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
Sept. 7 - POST GRAD (PG-13) 7 p.m.
Sept. 8 - PUBLIC ENEMIES (R) 7 p.m.
Sept. 9 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
Sept. 10 - POST GRAD (PG-13) 7 p.m.

Vogelweh, Galaxy

Sept. 4 - POST GRAD (PG-13) 7 p.m.; POST GRAD (PG-13) 8:30 p.m.
Sept. 5 - THE PROPOSAL (PG-13) 7 p.m.; THE PROPOSAL (PG-13) 8:30 p.m.
Sept. 5 - POST GRAD (PG-13) 7 p.m.; POST GRAD (PG-13) 8:30 p.m.
Sept. 10 - PUBLIC ENEMIES (R) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 4 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 8 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m., 9:45 p.m.
Sept. 5 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 8 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m., 9:45 p.m.
Sept. 6 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.
Sept. 7 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.
Sept. 8 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.
Sept. 9 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.
Sept. 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Customer Service Assessment

The annual survey is available for everyone to take through Sept. 18. Go to www.mymilitaryvoice.org to take the survey. The results will be published December. The assessment enables the Garrison Commander to obtain critical customer service feedback on the service provider strengths and areas requiring improvement. Your voice makes a difference. Customer Management Services Regional Manager, DSN 379-5299, civ. 06202-80-5299.

Army Family Covenant Survey

Let the Army know how the Army Family Covenant is working for you. Through Sept. 15, fill out the Army Family Covenant Survey at www.armymwr.com/fimwrc/AFC/survey.htm and let them hear your thoughts. You can also access the link at www.mwrgermany.com.

GI Bill Briefings

Come with your questions about eligibility for and transferability of the new POST 9/11 GI Bill. **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 385-2053/3361, civ. 0621-730-2053/3361

OCs Board

The next Officer Candidate School Board will be conducted Sept. 16. Completed packets must be submitted no later than Sept. 8 to the Military Personnel Division. DSN 370-3347.

local EMPLOYMENT

Army Community Service

Heidelberg Army Community Service has three NPS contract positions available: Loan closet monitor, W912PE-09-T-0194; relocation educator, W912PE-09-T-0201; and family advocacy educator, W912PE-09-T-0193. Civ. 06202-80-7579.

Seeking Dance Instructors

SKIESUnlimited 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.

ACAP Counselor

The Army Career and Alumni Program seeks a part-time counselor for the Stuttgart ACAP Center and a full-time counselor in Mannheim. Applicants must have a master's degree, be computer literate and have at least two years of experience in job assistance, career or employment counseling, teaching, training or a related field. Applicants cannot be considered ordinarily resident and must have logistical support. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

Bank Employees

Employment is immediately available for a part-time teller and a part-time customer service associate at the Coleman Barracks Community Bank. Call Harlan Morse, banking center manager. DSN 382-4187, civ. 0621-784158. Applications are available for pick-up, drop off at any Community Banking Center.

• **Service Credit Union Closure** – All Service Credit Union branch offices will be closed Sept. 7 in observance of Labor Day. All Service Credit Union branch offices will resume normal hours of operation on Sept. 8.

KAISERSLAUTERN Education

• **ACS Classes and Events** – English as a Second Language, 9-11 a.m., Sept. 4 and 9, 6-7:30 p.m., Sept. 8 and 10; Mannheim Orientation Spouses' Tour, 9 a.m.-2 p.m., Sept. 14-16; Family Readiness Group Leader 101, 9:30-11:30 a.m. and 5:30-7:30 p.m., Sept. 15; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m., Sept. 9. DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.

• **POSH Training** – The Equal Opportunity Office hosts Prevention of Sexual Harassment refresher training 9-10 a.m. Sept. 17 in the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 493-4277, civ. 0631-3406-4277.

• **Fire Science Technology** – Central Texas College is launching a Fire Science Technology certificate and degree program this fall in the Mannheim and Heidelberg communities. Contact your local field representative at the Sullivan Education Center to learn more about CTC's programs and financial aid. Mannheim@europa.ctcd.edu, DSN 385-2815, civ. 0621-730-2815.

Community

• **Freedom Walk** – Join the Kaiserslautern Military Community for an Operation Homefront Freedom Walk to commemorate the lives lost Sept. 11, 2001 and honor veterans. The one-mile walk begins at the Rhine Ordnance Barracks flag pole at 5:30 p.m. Sept. 2 and continues to the American Legion Hall.

• **Operation: Meet the KMC** – Army Community Service hosts Operation: Meet the KMC 1-7 p.m. Sept. 10 at Armstrong Community Club on Vogelweh Housing. For details or to represent an agency: DSN 493-4062, civ. 0631-3406-4062, selinda.torburt@eur.army.mil.

• **Customer Services Assessment Survey** – The Installation Management Command Customer Services Assessment Survey of U.S. Army Garrison Kaiserslautern services will be conducted until Sept. 18. The Web-based survey can be accessed from any internet-ready computer. The survey can be reached via a link from the garrison Web site www.kaiserslautern.army.mil. The survey covers services provided by the garrison, and is open to all members of the Armed Forces, civilian personnel, family members, retirees and veterans. Those taking the survey will rate garrison services on importance and how well the service is performing.

The survey takes about 20-30 minutes to complete and is anonymous. DSN 493-4175.

• **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 stateside television and radio stations in all 50 states and U.S. territories: 9 a.m.-3 p.m. Sept. 17 in front of the dining facility in Landstuhl Regional Medical Center, DSN 486-8144, civ. 06371-86-8144; 8-10 a.m. Sept. 18 at the Parade Field on Panzer Kaserne, DSN 484-8104, civ. 0631-413-8104; 11 a.m.-1 p.m. Sept. 18 at the Kleber Dining Facility, DSN 484-8104, civ. 0631-413-8104; 4-7 p.m. Sept. 18 at the Java Café on Rhine Ordnance Barracks, DSN 493-4072, civ. 0631-3406-4072; 10 a.m.-6 p.m. Sept. 19 at the Vogelweh Commissary, DSN 493-4072, civ. 0631-3406-4072; 10 a.m.-6 p.m. Sept. 22 and 23 at the Kaiserslautern Military Community Center on Ramstein Air Base, DSN 480-2458, civ. 06371-47-2458.

• **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.mwrgermany.com/kl/acs/afap.htm or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, kln.afap.distro@eur.ds.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** – Intro to Computers, 9 a.m.-noon, Sept. 8; Re-Integration Briefing, 9 a.m., Sept. 8; IFMIP Autism Spectrum Support Group, 9:30 a.m., Sept. 9 PHV Java Café; English as a Second Language, contact ACS for class times and dates. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **CPR and First Aid** – The American Red Cross will offer CPR and first aid for adult, child and infant classes 8 a.m.-5 p.m. Sept. 12 in Bldg. 3850 on the Community Support Center. Cost is \$40. DSN 370-1760, civ. 06221-57-8711.

• **Outdoor Emergency Care Class** – The National Ski Patrol will have an outdoor emergency care class starting Sept. 8. This first-responder class is designed to teach you what to do in an outdoor emergency like what you might find hiking, biking, rafting, skiing, snowboarding, or any outdoor event. Service members, civilians, family members, local nationals and NATO forces can all take this course. DSN 370-6181, civ. 0174-165-8950.

• **POSH Training** – The final Prevention of Sexual Harassment training opportunity of the fiscal year will be 1-3 p.m. Sept. 16 in Bldg. 104 on

Patton Barracks. Reservations: DSN 373-5494.

• **Field Sanitation Course** – Register now to get certified in field sanitation and be part of your Unit Field Sanitation Team. The course will be held Sept. 14-18 in the ITC building on the Community Support Center. DSN 371-2833.

• **New On-Site Graduate Degree Program** – The University of Phoenix is currently enrolling students for Master of Arts in Education/Teacher Certification Program at Patton Education Center. Class starts Sept. 30. DSN 373-7650, civ. 06221-588-0492.

Community

• **Upcoming Volksmarchs** – Neckarsteinach, Sept. 5; Fuertth (Odenwald) and Bruchmühlbach-Miesau, Sept. 12-13. Civ. 06227-84-1226, hiwc@yahoo.com, www.hiwc.de.

• **Volksmarch Volunteers Needed** – The Heidelberg International Wandering Club is seeking volunteers for the 35th annual volksmarch Sept. 19-20. Help is needed in all areas – setting up benches and tables, marking and monitoring the trail, operating checkpoints, stamping cards, preparing and selling food, etc. Civ. 06227-84-1226, hiwc@yahoo.com, www.hiwc.de.

• **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, raffle giveaways and more. www.heidelberg-hcsc.com.

• **Field Trip** – The Heidelberg Homeschooling Group is sponsoring its first field trip Sept. 4 to the Messel Fossil Pit (Messel Grube) south of Darmstadt. Meet us at the Patrick Henry Village Park and Ride at 9:30 a.m. melcut@earthlink.net, <http://messel-fossils.eu>

• **Cost Estimates for CPI/Lean Six Sigma** – Work as team member in developing cost estimates for CPI/LS projects Sept. 9. DSN 370-7811/7870.

• **Thrift Store Closure** – The Heidelberg Thrift Shop will be closed Sept. 8 for the HCSC monthly luncheon.

• **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 stateside 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

• **Health Fair** – September is Healthcare Benefits Awareness Month. Join the Heidelberg Health Center for a health fair 12:30-4:30 p.m. Sept. 11 at the Community Support Center parking lot. Booths include the Wellness Center, behavioral health, nutrition, pharmacy, dental,

women's health and much more. DSN 371-3130, civ. 06221-17-3130.

MANNHEIM Education

• **ACS Classes** – DSN 385-3101, civ. 0621-730-3101.

Community

• **Central Enrollment Hours Change** – The Mannheim Central Enrollment and Registration (Child, Youth, and School Services) hours of operation will temporarily change through Nov. 30. Central Enrollment is located at Sullivan Barracks, Building 255, Room 106. DSN 385-2750/2353, civ. 0621-730-2750/2353. New appointment hours: 8 a.m.-noon Mondays, Wednesdays and Fridays; noon-4 p.m. Tuesdays; and 1-4 p.m. Thursdays. New walk-in hours: 1-4 p.m. Mondays, Wednesdays and Fridays; 8-11:45 a.m. Tuesdays; and closed 8 a.m.-1 p.m. Thursdays.

• **Emergency Placement Providers Needed** – Providers are needed for short-term care, 90 days or less. Training is provided by ACS. Providers can be active duty, family members, DoD civilians and retired military residing on or off post. DSN 385-3101, civ. 0621-730-3101.

• **Community Yard Sale** – 8 a.m.-2 p.m. Sept. 12. Only personnel with valid U.S. I.D. cards may sell and only personnel with SOFA status in Germany may make purchases. All items being sold must be used personal items. No new or commercial items may be sold. DSN 385-3169, civ. 0621-730-3169.

• **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 stateside 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

• **School Liaison Transition Services** – It's time to apply for free and reduced lunches for school year 2009/2010. You will need sponsor's and spouse's most current LES; sponsor's orders with family members listed. Apply with Central Registration. Applications at all Mannheim schools, and SLO office. You must re-apply every year.

• **Training Facilities** – Your local 7th Army Joint Multinational Training Command, Digital Training Facility on Coleman Barracks has several air-conditioned classrooms with 16 multi-media computer workstations with Internet access and video teletraining capability. These classrooms are ideal for individuals seeking a quiet place to work online on self-development courses. DSN 382-4384, civ. 0621-799-4384.

Human Foosball



Lira Frye

Eight teams participated in a Human Foosball Tournament Saturday during the '09 C.A.R.E. Fair at the PHV Village Pavilion. One of the two teams from the U.S. Army NATO Brigade beat out Headquarters and Headquarters Company U.S. Army Europe to take the title.

Youth Soccer hosts team tryouts

One hundred and four players and many supportive parents took the field Sunday to see if they have what it takes to join one of the U.S. Youth Soccer teams, and there was a high level of competition.

The USYS Heidelberg Select Staff and Coaches are all very excited about what

they saw.

The first practice date is Sept 13th, on PHV.

Roster slots are still available for some age groups, please e-mail: usys-heidelberg@googlemail.com for more information.

SOURCE: Paul Guelle and Wendy Aldcroft



Mannheim Youth Sports



Nancy Ward

The staff of the Mannheim Sullivan Gym hosted their first Youth Summer Sports Camp Aug. 17-18. It was a successful event filled with fun introductory sport activities and guidelines for the Mannheim youths ages 3-12 years old.

staying ACTIVE

Civilian Fitness Enrollment

Civilians have your supervisor authorize three hours of excused absence per week for up to six consecutive months. Participation is limited to one time only. Sign up 10 a.m.-1 p.m. Sept. 8 at Sullivan Gym in Mannheim. DSN 385-3164, civ. 0621-730-2001.

Army-Air Force Golf Challenge

Register now for the 2009 Army-Air Force Golf Challenge Sept. 19-20. This two-day event will see play at both the Ramstein Woodlawn Golf Course and the Heidelberg Golf Club. The event is open to all active-duty Army and Air Force and DoD civilians ages 18+. The lowest 54 handicaps from each branch will be selected for teams. Cost is \$100 plus applicable green fees. Register by Sept. 12. DSN 379-6139, www.mwrgermany.com.

Boxing Invitational

Join the Miesau Gym Oct. 17 for a free boxing invitational. Register and begin training now. Event begins at 6 p.m. Must be 18 or older to participate. DSN 489-2088, civ. 0631-3406-2088, usagkhsports@eur.army.mil.

Ice Hockey Players Wanted

Experienced ice hockey players wanted to play on an all-Army hockey team. The Baden Bruins are the 2008 USAF Hockey Champions, are coached by ex-NHLer Bob Sullivan, and play in the local German men's league. Civ. 0172-6263642, admin@badenbruins.com.

Mannheim Community Sports

Basketball – The Mannheim Mustang Community Women's Basketball Team is looking for players. DSN 385-3164, civ. 0621-730-3164.

Volleyball – Male and female players are needed for community volleyball teams. DSN 385-3164, civ. 0621-730-2001.

Soccer – Practice is held every Monday, Wednesday and Friday at 6 p.m. at Sullivan Gym Field. DSN 385-3149, civ. 0151-587-21197.

Unit-Level Flag Football

Heidelberg – Standings as of Aug. 31: 529th MP, 1-0; DENTAC, 1-0; USAREUR B&C, 1-0; USAG, 0-1; USAREUR, 0-1; 18th ENG, 0-1; MEDDAC, 0-0; B Co. 24th MI, 0-0.

Upcoming games – 6 p.m. Sept. 9, 529th MP vs. MEDDAC; 7 p.m. USAREUR vs. DENTAC; 8 p.m., V Corps vs. USAREUR B&C.

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.mwrgermany.com.

Free Aerobics Classes

FMWR's SKIESUnlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for youth. Classes offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. Contact Central Enrollment, DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.