

HeraldPOST

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

HP THURSDAY
Sept. 2, 2010

Speed Read

SUICIDE PREVENTION

September is National Suicide Prevention Awareness Month. Find out what Army Leaders can do to put a stop to the problem. 2

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Defense Details

PAKISTAN FLOOD RELIEF

Defense Department officials announced the deployment of 18 additional helicopters to Pakistan as part of the expanding U.S. contribution to flood-relief efforts there. It's the latest in a series of deployments in response to Pakistan's urgent request for flood-relief assistance. About 15 U.S. military helicopters and three C-130 Hercules aircraft are already supporting flood-relief efforts in Pakistan.

END OF COMBAT IN IRAQ

President Barack Obama called on the American people to provide new care, opportunity and commitment to the million military men and women who've served in Iraq. U.S. combat operations officially ended there earlier this week, however some U.S. troops will remain in Iraq to support and train Iraqi forces, partner with Iraqis in counterterrorism missions, and protect civilian and military efforts.

Army news: www.army.mil
Defense news: www.defense.gov

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COMMAND MESSAGE

IMCOM focuses on energy efficiencies

By Lt. Gen. Rick Lynch
IMCOM COMMANDING GENERAL

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or family members in the community, we did not give it much thought. Maybe we paid attention to the public service announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. So I intend to keep the issue front and center.

I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation see **ENERGY** page 12

Heidelberg to remember 9/11 victims with America Supports You Freedom Walk

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Although it's been almost nine years, Veronica Carreon says she, like most Americans, can still remember exactly where she was and what she was doing Sept. 11, 2001. This Sept. 11 Carreon, a Family and Mo-

rale, Welfare and Recreation financial assistant, plans to be one of many runners and walkers participating in the "America Supports You Freedom Walk" on Patrick Henry Village in Heidelberg.

"I truly believe that what happened on 9/11 taught me not to take things for see **FREEDOM WALK** page 12



from a **child's perspective**

Brandon Spragins

Brianna Lopez, 8, shows Gen. Carter Ham, U.S. Army Europe commanding general, how extra credit is earned during a tour of the School-Age Services facility on the Heidelberg Community Support Center during his visit to U.S. Army Garrison Baden-Württemberg Friday. During his visit, Ham also saw barracks facilities, the Warrior Zone, Army Community Service, the Panther's Place and Lion's Den youth centers, SKIES Unlimited and the military police station. See story on page 8.

COMMENTARY

What if someone you know is contemplating suicide?

Suicide Prevention Awareness Month is a good time to think about what you should do

By Sgt. Maj. Cameron Porter
21ST TSC PUBLIC AFFAIRS

September is National Suicide Prevention Awareness Month, and within the ranks Army leaders are becoming more and more engaged at every level. But is that enough, and do they really know what to look for and what to do?

Knowing the signs of someone who may be feeling suicidal is very important.

Most suicides and suicide attempts are reactions to intense feelings of loneliness, worthlessness, hopelessness, helplessness and guilt.

Leaders must take a personal interest and know what is going on in their Soldiers' lives in order to recognize these signs.

Promoting a command climate that encourages and enables Soldiers to seek help is also very important.

Belittling Soldiers who seek behavioral health assistance and perpetuating the stigma associated with thoughts of suicide is not acceptable and should not be tolerated.

Instead, leaders must ensure their Soldiers are properly educated and aware of the agencies and programs available for assistance.

Leaders should foster a sense of responsibility in their Soldiers to provide watchful care and support to their peers, and leaders should provide support for participation in suicide awareness and prevention activities and training.

The goal of suicide prevention is a continuum of awareness, assessments, and education and training. Prevention refers to all efforts that

Shoulder to Shoulder Video Contest

Want to show off your videography and editing skills? Create your own video Public Service Announcement (PSA) for the Army's new "Shoulder to Shoulder" suicide prevention campaign. Videos must be either 14 or 29 seconds long, and should include strong audio and visual elements. The Kaiserslautern, Mannheim and Heidelberg garrisons will each select a winner to receive a FREE two night stay at the Edelweiss Lodge and Resort in Garmisch! The top submissions may also be aired on AFNI.

Completed videos must be submitted to: suicidepreventionpsa@gmail.com, no later than September 21. Submissions may be viewed at www.youtube.com/BWtr10w.

For additional details, contact: lisa.m.velazquez@army.mil

Win a Two Night Stay at the Edelweiss Lodge and Resort in Garmisch!!

Army Suicide Prevention
Reach Out ★ Talk ★ Listen
Supported by the Army Substance Abuse Program

U.S. ARMY

build resilience, reduce stigma, and build awareness of suicide and related behaviors.

Establishing a culture that reinforces help-seeking behavior as an appropriate and accepted part of being a responsible Soldier is an important goal of suicide prevention and something that leaders must strive to achieve.

The acronym A.C.E. is easy to remember and will act as a guide for leaders when dealing with Soldiers who display the warning signs.

The A stands for Ask. Ask the question "Are you thinking about hurting or killing yourself?"

Don't be afraid to talk about suicide, and be willing to allow the individual a chance to express his feelings openly.

The acronym A.C.E. is easy to remember and will act as a guide for leaders when dealing with Soldiers who display the warning signs. The A stands for Ask. The C stands for Care. E stands for Escort.

The C stands for Care. Understand that your Soldier may be in pain. Use active listening to assist and provide relief.

Try to keep the individual calm and the situation under control as much as possible. Remove any lethal means, such as weapons or pills.

E stands for Escort. Get that Soldier to a chaplain or behavioral health professional immediately, and never leave the Soldier alone.

A suicidal person needs immedi-

ate attention. This is critical and will help to save his life.

Some helpful Web sites that leaders can use to obtain more information include the deputy chief of staff, G-1 suicide prevention (www.armyg1.army.mil/hr/suicide), Military OneSource (www.militaryonesource.com), Army Behavioral Health (www.behavioralhealth.army.mil), and AKO Suicide Prevention Resources and Services (<https://www.us.army.mil/suite/page/334798/>).



Commander, U.S. Army Garrison Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Editor:
vacant
Reporters:
Dijon Rolle, Baden-Württemberg
Web Author:
Brandon Spragins

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

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

Heidelberg uses AFAP to push issues to DA

By Mari Haley
HEIDELBERG AFAP

The Heidelberg Army Family Action Plan Steering Committee has addressed 40 of the 121 issues gathered during the AFAP conference March 30-April 1.

Four issues from the conference are being reviewed by the Department of the Army, to include:

- ♦ Child care categories for fees not fair and balanced;
- ♦ Survivor children of deceased active-duty Soldiers who have an active-duty step-parent must choose between an active-duty dependent ID card or the survivor ID card;
- ♦ Driver's training for overseas students; and
- ♦ Move-in allowance for both on- and off-post housing.

The largest number of issues presented at AFAP conferences Europe wide always are related to housing. Heidelberg was no exception as housing issues dominated the conference.

This issue has since been resolved in the Heidelberg community. The mandatory on-post housing restriction that made living on post mandatory for all Soldiers has now been lifted. Sergeant first class and above can now choose to live off post.

"This is the right approach to supporting our Soldiers and their families," said U.S. Army Garrison Baden-Württemberg Commander Col. Bill Butcher.

The other issue that dominated the Heidelberg conference this year was smoking within designated areas.

Butcher addressed this issue with a recent policy letter stating, "Smoking is not permitted in common spaces of multiple housing areas such as family housing apartments, unaccompanied personnel housing, transient housing and Army operated hotels. Common space is defined as any space within a building that is common to occupants and visitors."

One alternative many community members are unaware of is the option of requesting a "smoke-free" building from housing. Housing actually has these units pre-designated and is working to offer more of these buildings in the future.

For more information on the remaining 38 issues discussed at the steering committee meeting, log onto www.mwrgermany.com.

The Army Family Action Plan is a program that seeks input from Soldiers, Army Families, retirees and DA civilians on the most significant issues affecting the quality of life in today's Army.

For 26 years, delegates from the Army have gathered to review these critical issues. The issues are solicited directly from community members and presented to Army leaders to work toward resolution.

AFAP provides community leadership with real-time information on their community's satisfaction, concerns and challenges. AFAP also monitors the progress of issues through a formal protocol that dictates leadership involvement and approval.

Striving for excellence



Marny Malin

Sgt. Nicole Jenkins, a corrections officer with U.S. Army Regional Correctional Facility-Europe, 95th Military Police Battalion, 18th MP Brigade a native of Foxborough, Mass., competes as the Army Corrections Command representative in the National Capital Region Noncommissioned Officer of the Year competition.

Female corrections officer claims titles, displays Soldier skills

By Capt. Martyn Crighton
18TH MP BRIGADE PUBLIC AFFAIRS

Sgt. Nicole Jenkins, a corrections officer with the U.S. Army Confinement Facility-Europe, took the Army commercial that said Soldiers do more before breakfast than most people do all day to heart. She has lived it the last four years and shows no signs of stopping any time soon.

Recently selected as the 2010 Army Corrections Command Noncommissioned Officer of the Year, Jenkins will reach four years in the Army in October but has already achieved a lot in her short time in service.

The Foxborough, Mass., native is already a member of the Sgt. Morales Club and has competed in several competitions.

After winning the ACC NCO of the Year competition held Jan. 22-23 at McGill Air Force Base in Tampa, Fla., she went on to compete as the ACC representative at the National Capital Region NCO of the Year board held July 12-16 at Fort Belvoir, Va., where she placed third as the only female in a field of 14 NCOs, a major achievement by any measure.

The competition included weapons qualification and reflexive fire, a physical training test, a

formal board, combatives, a day and night urban land navigation course, and a long overland course with multiple stations where each competitor had to complete specific warrior tasks like first-aid, and reacting to an improvised explosive device.

The challenges she faced as the lone female competitor were illustrated by her experience during the combatives double elimination tournament where Jenkins had to compete against much larger males.

"In the first round, I was paired up against a guy who weighed 215 pounds. I didn't win, but he didn't make me tap during our five-minute round."

Nor did she tap out when it came to taking the PT test, which was scored by the male standards. Not only did she hold her own, but she outperformed every other NCO competitor. It was a grueling few days, but according to Jenkins, it was well worth it.

Although her successes might make it seem like Jenkins was destined to be in the Army, she did not always feel that way.

It was her promotion to sergeant that was most significant to Jenkins.

"I didn't know this was what I wanted to do with my life until af-

ter I got promoted to sergeant and became responsible for Soldiers," she said.

What began as a three-year commitment has become a calling and a career for Jenkins.

"I didn't think it would be such a good fit, but I think it turned out for the best. I really didn't think about law enforcement before, but I really like it," she said.

"The Military Police Corps is a really unique experience, and I'm glad I got to be a part of it," she added. "It's really humbling. You serve people, whether on the road or in the prison, who know they need you but don't necessarily like you."

Since joining the Army, she has received a bachelor's degree in social science from the University of Maryland and is currently enrolled at the Chicago School of Professional Psychology where she is working on a master's degree in forensic psychology.

The determination and ambition that has led her to succeed in the classroom has also led her to excel at work.

Jenkins will soon be moving on from USACF-E. She has been selected to become a drill sergeant at the MP school at Fort Leonard Wood, Mo., where she will continue to set the standard for Soldiers.

Where the HAZMAT goes



Hazardous materials do not belong in the trash; they should be turned in and can even be reused by others

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It can be one of the last things some units think about before or after a deployment or while preparing for deactivation, yet it's one of the most important.

That's where George Spears, U.S. Army Garrison Baden-Württemberg's Hazardous Material Reuse Center manager, and Dave Refusco, the center's supply specialist, come in.

Since 2002, the two men have run the facility located on Spinelli Barracks in Mannheim.

The center, housed inside of a special warehouse, is responsible for collecting hazardous materials – like paint, antifreeze, solvents and petroleum products – from military units for proper disposal or redistribution.

Many of these products are routinely used by military units in their daily operation such as building maintenance, motor pool functions and training missions, and often these very same products can be left behind when a unit leaves.

"It's important to dispose of hazardous materials properly so the U.S. government does not harm any of the environment we are occupying in Germany," Refusco said.

"We want to make sure when units are closing down or going downrange, they are not leaving anything hazardous behind," he added.

Spears echoes that same sentiment and urges units not to take short-cuts especially now with transformation

efforts picking up.

"We don't want to see these items in the Dumpster, poured in the ground, or just thrown anywhere," Spears said."

He also added some units have even hidden their hazardous materials, which is also a no-no.

In addition to the negative impact on the environment, unit commanders can also face stiff fines if Soldiers in their unit fail to dispose of hazardous materials properly.

Refusco says the center is there to take all the guesswork out of Hazmat disposal and units can simply pick up the phone and request an on-the-spot pick-up for their items.

"If you call us, we are going to come now," he said. "We don't make appointments because sometimes when we show up two or three days later, the person is not there. Soldiers cannot always know where they are going to be. So if someone calls us, we're on the way."

Once the items are collected, they are taken back to the center, categorized and stored until they can be redistributed to another unit.

Redistributing them saves the military money because other units can acquire the products they need for free directly from the center instead of re-purchasing them.

The center can also check to see if the expiration date on a product has been extended before it's marked for disposal.

"There are units out here that need these products, and sometimes they're not aware it's available or they don't

know where to get it," Spears said. "We can prevent other units from having to reorder them or ordering too much and having it expire and go to waste ... we should be their first source of supply for hazardous materials. Before units purchase anything, they should come to us first to see if we already have it on hand."

It actually costs more to dispose of an item than it does to initially purchase it, Spears said. For example a \$5 quart of oil can cost around \$50 just to properly dispose it.

The Hazardous Material Reuse Center is only open to USAG Baden-Württemberg military units. Its operating hours are 7:30 a.m.-4 p.m. Monday-Friday. The center is closed on weekends and American holidays. For more information or to request a pick-up, call DSN 384-6607.

For non-military personnel, household hazardous materials can be safely disposed of at the community recycle and sort centers.

For more information, call the Heidelberg Recycle Center located on Patrick Henry Village at DSN 387-3180 or the Mannheim Sort Center located on Taylor Barracks at DSN 381-7678.

The Kaiserslautern community has recycling centers and industrial hazardous waste collection points set up on Panzer Kaserne, Rhine Ordnance Barracks, Daenner Kaserne, Landstuhl Heliport and hospital, Kaiserslautern Army Depot, Kleber Kaserne, Pulaski Barracks, Miesau Army Depot and Husterhoech Kaserne.

The Air Force also provides support to Army customers living on Ramstein, Kapaun Air Station and Sembach Annex. For more information, call DSN 483-8271.

"It's just important in general that everyone does the right thing," Refusco said.

"We're guests here, and we don't want to leave our trash behind."

transformation UPDATE

Frequently Asked Questions

How will NAF employees from Mannheim be considered for jobs during closure?

In May 2011, all employees will be reviewed for eligibility for employment under the established civilian personnel rules. Both Mannheim and Heidelberg employee resumes will be compared and those meeting the highest qualifications/seniority will be placed in consolidated jobs. We make every effort possible to place employees in facilities and programs that will remain open until 2014/2015. We will also work closely with the region and the FMWRC for placing employees in other locations throughout Europe and in CONUS.

Will the Army help local national employees find new jobs after Mannheim and Heidelberg close?

During the Reduction-in-Force process, local national employees are registered in the Local National Priority Placement program, and it is the employer's obligation to try and find continued employment opportunities within the commuting area and also outside the commuting area. However, the latter option is applicable only provided the employee indicated willingness to relocate outside of commuting area. Positions with the Air Force and AAFES are also looked at as possible placement. Employees must meet qualification requirements for the vacant positions, and the positions may be at a lower grade than currently held, in which case the employees may also be entitled to an income protection supplement. Positions will be offered in retention order. The registration in the PP program is valid until the effective date of the termination. The establishment of a transfer company is planned. If approved, interested LN employees would transfer to this company upon expiration of the notice period; however, certain prerequisites must be met. Upon effective date of a termination notice, there is no further means of assisting.

Personnel Support

Mannheim NAF Workforce Briefing

The Heidelberg Non-Appropriated Fund Office will hold a Mannheim workforce briefing at 10 a.m. and 2 p.m. Sept. 7 and 6 p.m. Sept. 13 at the Top Hat Club to provide information for all Mannheim NAF employees about the upcoming closure of U.S. Army Garrison Mannheim. All Mannheim NAF employees are encouraged to attend.

Personnel Support - The Heidelberg CPAC now has a specialist available to assist Mannheim garrison personnel every Wednesday afternoon in Bldg. 246, Room 209 on Sullivan Barracks. For local national personnel, two LN specialists are available on an appointment basis Tuesday and Wednesday mornings to ensure the individual needs of personnel affected by employment termination get the attention they require.

www.bw.eur.army.mil/transformation

USAREUR welcomes new enlisted leader

By Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS

Command Sgt. Maj. Thomas R. Capel became the 16th U.S. Army Europe command sergeant major during an assumption of responsibility ceremony on Campbell Barracks in Heidelberg Aug. 25.

During the ceremony, Gen. Carter F. Ham, commander of USAREUR, welcomed Capel and spoke of the sergeant major's role in the USAREUR community.

"The command sergeant major is my right-hand man and the one I turn to first when dealing with any issue affecting Soldiers and families," Ham said.

In his remarks at the event, Capel spoke of his outlook for his time ahead in USAREUR and his devotion to its mission.

"We have the opportunity to work and train with our coalition partners before we meet them on the battlefield," Capel said. "Communication and partnerships are very important. As we continue to build our relationship with our coalition partners, we will continue to improve our mission in theater."

Capel comes to USAREUR following his assignment as command sergeant major of the 82nd Airborne Division at Fort Bragg, N.C. During two of his five combat tours in Afghanistan he served as the command sergeant major of the Combined Joint Task Force/82 Regional Command East.

For more information on Capel, listen to his podcast with USAREUR's Jesse Granger or visit the sergeant major's blog on www.hqusareur.army.mil.



Sgt. Joel Salgado

Command Sgt. Maj. Thomas R. Capel speaks at the ceremony in which he accepted responsibility for his new position as U.S. Army Europe's senior enlisted leader at Campbell Barracks in Heidelberg Aug. 25.

Faces of the community: United Service Organizations



Brandon Spragins

Joe Schmeltz, a USO Kaiserslautern employee, prepares hotdogs for customers at the Community Activities Registration and Education Fair held in the Patrick Henry Village Pavilion in Heidelberg Saturday. The USO for the U.S. Army Garrison Baden-Württemberg has offices in Kaiserslautern, Heidelberg and Mannheim. Kaiserslautern's Vogelweh office is open Monday-Friday 11 a.m.-5 p.m. and Saturday 10 a.m.-4 p.m. and can be reached at DSN 489-6033, civ. 06313-57-9279. Heidelberg's office on the Community Support Center is open Monday-Friday 11 a.m.-4 p.m. and can be reached at DSN 370-7924, civ. 06221-57-7924. Mannheim's office on Sullivan Barracks is open 8 a.m.-5 p.m. Monday-Friday and can be reached at DSN 385-2082, civ. 0621-730-2082.

'Family and MWR Maniacs' hit the road to focus on Family Child Care

USAG Baden-Württemberg Family and MWR Marketing

As a new season approaches, changes are inevitable. With that said, don't be alarmed if one day, as you're waiting to get your ID card checked at the gate, some random person knocks on your window and asks if you want a hot cup of coffee courtesy of Heidelberg Family and Morale, Welfare and Recreation.

They aren't stalkers. They aren't suspicious people you ought to report to the military police. They are, however, maniacs – the Family and MWR Maniacs, that is.

Get ready for some in-your-face action as the Maniacs bombard you with free goodies to get you hyped about upcoming Family and MWR activities.

Not sure what all the commotion is in the office down the hall? It's probably a Maniac filling candy jars with Family and MWR M&Ms, a small treat for the awesome folks in the community.

If you happen to be waiting for your doctor's appointment the Heidelberg Health Center and another smiling face hands you a golf ball with the Family and MWR logo, understand that you've just been given a free range token at the Heidelberg Golf Club.

Do you think that just because you live and work in the Mannheim garrison the Maniacs won't find you? Think again. When you look up from your desk and see a smiling face handing you a bag of free popcorn and telling you about Al's Sports Bar inside the Benjamin Franklin Village Bowling Center, the perfect place to



wash down all the salty goodness, that's just a Maniac doing her thing.

The Maniacs will be at Patrick Henry Elementary School 7:45-8:30 a.m. Tuesday with free coffee to the first 100 people. What kind of events and activities are on the line-up? Be there to find out. Get a sneak peak at the Maniacs online at www.facebook.com/HeidelbergMWR.

HEIDELBERG

USAREUR leader visits local youth at Panther's Place

Staff Report

During a visit to U.S. Army Garrison Baden-Württemberg, Gen. Carter Ham, U.S. Army Europe commanding general, spent time on Patrick Henry Village learning about youth programs in Heidelberg.

Two HIRED! Program teen apprentices guided Ham through the Panthers' Place Middle School Center and the Lion's Den Teen Center while he asked the youngsters questions and viewed the facilities and programs.

"Gen. Ham wanted to hear it directly from youth that Soldiers' families are receiving quality care after school and outside of home," said Anne Anderson, acting director of the garrison's Child, Youth and School Services Middle School/Teen Program. " (The) youth appreciated the opportunity to speak with a great leader about the great things they are doing in the USAG Baden-Württemberg community and their likes and dislikes."

Ham spoke to his young audience about the programs, clubs, trips and camps CYSS offers, Anderson said. He also was briefed on the renovation plans, new air conditioning in the facilities, and Lion's Den Activity Bus to provide free transportation to and from the high school on Mark Twain Village and the Lion's Den.

After his visit, the youth described Ham as "friendly, open-minded, approachable, down-to-earth and interested in youth's needs and likes and dislikes," Anderson said.

The Middle School/Teen Program is affiliated with the Boys and Girls Club of America and 4-H. It offers a wide range of activities for youth sixth through 12th grades. CYSS supports Soldiers with families by providing free after-school services for young people.

During his visit to USAG Baden-Württemberg, Ham also saw barracks facilities, the Warrior Zone, Army Community Service, School-Age Services, SKIES Unlimited and the military police station.



Anne Anderson

Jai'Lynn Anderson and Chyna Overton talk to Gen. Carter Ham, U.S. Army Europe commanding general, in the Panther's Place art room during his visit to the Heidelberg community Friday.

C.A.R.E. Fair



Brandon Spragins

Sgt. Bradley Crerend, a dog handler from the 529th Military Police Company, yells commands and Sgt. John McBride, from the same unit, acts as a decoy for Pitt, the Military Working Dog or "MWD" during the Community Activities Registration and Education Fair at the Patrick Henry Village Pavilion Saturday.



Linda Steil

Aaron Steil talks to MGage Riddoch of Adolescent Substance Abuse Counseling Service Heidelberg during the Community Activities Registration and Education Fair at the Patrick Henry Village Pavilion Saturday. More than 60 organizations were available for the more than 380 community members who attended the annual event hosted by Army Community Service.

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Survey open from Aug. 30 through Sept. 26, 2010



U.S. Navy Mass Communication Specialist 2nd Class Jonathan E. Davis
 Maj. Heather Shuey-Burton (right) and Pfc. Angela McCormick spray a flea-removal substance on a dog during a veterinary visit to a farm in Costa Rica Aug. 22.



U.S. Army Photo
 A Soldier from Flight-C Company, 6th Battalion, 101 Combat Aviation Brigade works to stabilize a patient. The brigade provides continuous, rapid-response medical evacuation support to coalition forces, Afghan National Security Forces and the local populace of Afghanistan.



Spc. Michael S. Alexander
 Soldiers from Company A, 3rd Battalion, 4th Infantry Regiment speak with role-players acting as village elders and leaders during training at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 17. The training is intended to prepare the Soldiers for an upcoming deployment to Afghanistan.

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Soldiers with the 173rd Airborne Brigade Combat Team out of Italy and Afghan uniform police officers discuss Humvees Aug. 19 at Forward Operating Base Airborne in the Wardak province of Afghanistan.
 Pfc. Donald Watkins

ENERGY

continued from page 1

Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort 6, was developed in support of the Army energy guidance.

The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

Since version 1 of the IMCOM Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the campaign plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the campaign plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential Communities Initiative housing on 45 Army installations in the U.S. are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption, so 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said vision without resources is hallucination, so the energy portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the energy portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo.; a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky.; the first wind turbine on

an active Army installation at Tooele Army Depot in Utah; and solar walls at Fort Drum, N.Y. The revised energy portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management Community.

In addition to version 2 of the campaign plan and the revised energy portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control, and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, civilian employee and family member on the installation is responsible for doing his part.

Occasionally someone who is less than committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights." Here is an idea: turn off the lights, and I will quit talking about it.

When we have achieved the energy efficiencies that are possible – when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources – then we can talk about other issues, such as which Soldier and family programs to which the savings should be applied.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies the Secretary of Defense is requiring from all the services.

We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and families, and to help address some critical environmental issues, so we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.

Warrior competition



Sgt. 1st Class Cory Wingfield

Soldiers from Headquarters and Headquarters Company, 18th Engineer Brigade push a High Mobility Multipurpose Wheeled Vehicle 50 meters during a unit warrior competition Aug. 9 at Tompkins Barracks in Schwetzingen. Six Soldiers per team participated in other team building events to include a log carry, pull-ups, litter carry, 200-meter dash while wearing a protective mask and a 50-meter low crawl through a sand pit.

FREEDOM WALK

continued from page 1

granted and to appreciate life," Carreon said. "Seeing so much unity and support for all those directly affected gave me strength in my day-to-day living."

When the terrorists crashed airplanes into the World Trade Center and the Pentagon, Carreon was working at Fort Carson, Colo.

"We had a small TV in our break room, and we were watching the Today Show when the breaking news alert came on. I will never forget the images I saw," Carreon said.

The 9/11 terrorist attacks left close to 3,000 people dead and thousands more injured.

The walk is held annually across the nation to remember the victims of those attacks.

"It's important to remember what happened on Sept. 11. We think the Freedom Walk is a great way to do that and be active at the same time as well as reflect as you run or walk the event," said Holly Ogren, Campbell Barracks Fitness Center facility manager and walk organizer.

"It's a great event to put on so that the whole family can remember. Even the young kids that don't remember what happened they can learn about it and learn about the sacrifices that

were made," she said.

Garrison Commander Col. Bill Butcher will speak during the event, and representatives from the Employee Assistance Program will have an information booth set up for National Suicide Prevention Month.

The on-post 5-kilometer walk and an on- and off-post 10-kilometer run begins at 7:30 a.m. at the Village Pavilion, and registration is free.

Kids, strollers and pets are all welcome, and there will be light refreshments available to participants after the race.

The first America Supports You Freedom Walk took place in 2005 in Washington, D.C., on the National Mall.

Pentagon employees wanted to come up with a way to honor the victims of the attack on the Pentagon and their families, and to pay tribute to those who responded to that attack and military members past and present. Close to 15,000 people participated.

The event has since grown to include walks in all 50 states and military installations overseas.

Last year, approximately 545 runners and walkers participated in the Heidelberg walk.

For more information, call DSN 370-6489.

GERMAN NEWS

Deutsche Bahn pays €2.7 mil

German national rail operator Deutsche Bahn on Sunday said it had paid €2.7 million in compensation to 23,000 passengers who suffered sweltering heat onboard high-speed trains with faulty air-conditioning units. A summer heat wave sent temperatures soaring past 30 C across much of the country last month, leading AC units on board about 50 C Deutsche Bahn trains to fail completely or within individual cars. ICE 2 trains were particularly affected. On July 10, temperatures reached up to 50 degrees Celsius on an ICE train from Berlin to Cologne after the cooling system broke down. Several passengers collapsed and nine students on a class field trip were subsequently hospitalized when they got off the train in Bielefeld.

France weighs into German wage debate

Eager to reap the benefits of higher German wages to boost its own economy, France this week threw its weight behind union demands for workers to get a bigger share of the profits of Germany's economic boom. French Finance Minister Christine Lagarde on Monday seized on remarks by German Chancellor Angela Merkel expressing sympathy for workers who had long shown restraint in wage negotiations with employers. Lagarde has repeatedly criticized Germany in the past for not doing enough to spur domestic demand. Germany's heavily export-driven economy has been helped by the wage restraint of recent years. But many of its neighbors argue it harms their economies by dampening consumer demand in Germany and giving Europe's biggest economy a competitive edge.

Citizenship test

An impressive 98 percent of immigrants taking Germany's citizenship test pass on the first try, prompting the Interior Ministry to wonder whether the questions are too easy, media reported Tuesday. The test, introduced two years ago, poses 33 questions on politics, history and civic affairs to foreigners who want to become naturalized as Germans.

SOURCE: www.thelocal.de



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.

Dear Ms Vicki,

I am a new Army wife. My husband has always wanted to join the Army like his father, and I agreed that it was now or never. He is about to finish AIT, and then he is being stationed in Hawaii. I work a full-time job on top of having 2-year-old twins. I was really looking forward to the move, even though I will be leaving behind a very close-knit family.

We just found out my husband will be deploying only two months after we arrive. I am trying to decide if it would be best for me to still pick up and move with him now, knowing he will be gone at least another year, or stay put where I am.

I am comfortable here. This life and my family is all I have ever known. I'm scared to get out there and live without family, friends or my husband. He is hoping I will go ahead and go, and my family is praying I

will stay.

What would be best for me, my husband and our children? I am having a hard time being the supportive wife I want to be.

Thank you for your thoughts, A.W.

Dear A.W.,

Deployments are tough for entire families. Often times there are perceptions that deployments only affect service members and their spouses. As you can see, your upcoming relocation and your husband's deployment are affecting even your extended family.

It's great to hear you have a loving and supportive family. Many people do not have family members they can depend on during tough times.

We were stationed in Hawaii for three years, and let me say this: As soon as we PCS'd there – all of a sudden my husband had so many TDY trips, trainings, schools, etc. He stayed off the island more than he was on the island. I sometimes wondered "hmmm, why am I here?"

Long story short, individually, professionally and as a family, it was a wonderful experience. I tell many people, Hawaii is where I learned cultural social work. I had the opportunity to work as a community social worker and school social worker.

What am I saying? Well, I think you will be where you are supposed to be, and things will work out in the end. I also think you and your husband should discuss it and try to come to some consensus before the decision is made not to join him.

I also think you should give careful consideration in not choosing to join him especially because he

wants you to PCS with him. Yes, he will be deploying, but he is thinking he wants to have you and his children with him for as long as possible. In this situation, I don't think there is a right or wrong answer, but it's important for you and your husband to be on one accord.

If you join him in Hawaii, it will be important for you to build you a strong wellness plan that includes emotional, physical and spiritual support. Either way, I think you will be OK. Keep in touch!

Responses to previous columns:

Dear Ms. Vicki,

Please tell "Mom," who wrote asking where to find support for mothers of Soldiers, about Blue Star Mothers of America. She can go to their Web page at www.bluestarmothers.org to see if there is a chapter near her. Keep up the good work.

From: Another Soldier's mom

Ms. Vicki,

I LOVE reading your column each week! As military wives, we know our husbands often lead seemingly secretive lives (whether out of necessity for their jobs or not is often hard to tell). In response to "Don't know what to do," if I were the wife secretly being cheated on, I would want someone to tell me!

I can't stand the thought of a woman standing by her man, putting her faith and trust in him, meanwhile being stabbed in the back. Spreading rumors would be one thing, but if someone has evidence that a man (or woman) is cheating, blow the whistle, already! That's just my two-cents.

Dear Ms. Vicki,

Health care benefits: What does TRICARE cover to help you maintain physical health?

TRICARE Public Affairs

The month of September is your Health Care Benefits Awareness Month. It is important for you and your family to have the best health possible.

This week, the focus is on maintaining your physical health.

TRICARE covers most inpatient and outpatient care that is medically necessary and considered proven. Equally important to primary care is preventive health care, which can help you live a healthier, longer life.

As a TRICARE beneficiary, you are eligible for a range of clinical preventive services, including examinations, immunizations and periodic screenings based on your age, health history and family history. Coverage varies for Prime and Standard beneficiaries – so it is best to double check your specific benefit.

Comprehensive health promotion and disease preventive examinations: One comprehensive disease preventive clinical evaluation should be accomplished for ages 24 months and older during the following age intervals: 2-4; 5-11; 12-17; 18-39; 40-64.

Targeted health promotion and disease prevention examinations: The following screening

examinations may be performed during either the above periodic comprehensive health promotion examination or as part of other patient encounters. The intent is to maximize preventive care.

Cancer screenings: Did you know that not all insurances pay for various preventive screenings? TRICARE leads the way in providing a robust preventive health screening opportunity for both TRICARE Prime and TRICARE Standard.

♦Female screenings include breast cancer screenings with physical exam and mammogram every 12 months for women 39 years and older, younger if you have a family history of breast cancer. Papanicolaou (Pap) annually starting at age 18 years – after three consecutive normal exams, may be done every three years.

♦Male screenings include testicular exam annually for males starting at age 13 to age 39 with history of cryptorchidism, orchiopexy or testicular atrophy. Prostate cancer examination is offered annually for all men beginning at age 50 (earlier if family history of prostate cancer). The screenings include physical exam and Prostate-Specific Antigen.

♦Colorectal Cancer exams for both men and women start at age 40 with physical exam and occult blood tests every year. Sigmoidoscopy exams should be done every three to five years beginning

at age 50 and colonoscopy every 10 years beginning at age 50.

Cardiovascular screenings: Everyone should get cholesterol - lipid panel - at least every five years beginning at age 18. Blood pressure checks should be done at least every two years.

Vision screening: Active-duty family prime enrolled beneficiaries, 3 years and older, are authorized one comprehensive eye exam by a specialist every year. Infants are screened by their primary care provider at birth and at 6 months of age. Children who are standard beneficiaries between the ages of 3-6 years are authorized two comprehensive eye exams by a specialist. Adult standard beneficiaries are not covered for visual screenings.

Immunizations: Age-appropriate vaccines (www.cdc.gov/vaccines) to include newly recommended vaccines:

♦Shingles (Herpes Zoster) - beneficiaries age 60-65
♦Human papillomavirus (HPV) - girls ages 11-12; or catch up for girls 13-26 years

This is not an all-inclusive list of the clinical preventive services offered by TRICARE, so make sure you check with your primary care provider to assure you are up to date on the appropriate screenings for yourself and your family.

Remember – prevention is the best way to take

GET OUT!

area events

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

September 3

Pumpkin Exhibition - Travel to Ludwigsburg for the world's largest pumpkin exhibition in the Blühendes Barock Park. The exhibition of the bizarre growths with the gorgeous colors and unusual forms has acquired a cult status. The pumpkin sale offers a unique variety of selected squashes and many delicacies are also offered in the pumpkin shop. More than 450 different kinds from all over the world can be admired. Open: daily 7:30 a.m.-8:30 p.m. Civ. 0714-197-5650, www.blueba.de.

Castle Garden Fair - Langenburg hosts a late summer festival for all the senses with an extensive offer of rare plants, accessories, garden furniture and show gardens as well as garden concerts, workshops, an educational environmental program for children and a sumptuous range of culinary delights. Fair runs now through Sept. 5. Civ. 0814-153-0103.

Horse Fair - Experience a traditional festival with riding and jumping competition in Bietigheim-Bissingen. There will be a judging of the horses and horse fair under the viaduct in the morning followed by a procession in the afternoon. Fair runs through Sept. 7. Civ. 0714-227-4257.

Middle Ages Re-enactment - Go back to the Middle Ages where brave knights could be found during the re-enactment in Kirrweiler on the Weinstrasse through Sept. 5. Experience the everyday life of ancestors - how they lived, worked, performed ceremonies and more. There is the opportunity to watch or take part in archery competitions, axe throwing, sword fencing and other medieval contests (pre-registration mandatory). Over 50 marketers invite you to be part of medieval everyday life and enjoy traditional food specialties. The events take place in Edelfhof and Kropfsbach located along the meadows beneath the castle pond where the three-day medieval festival takes place. If you show up dressed in medieval attire, you will receive a surprise at the entrance. www.winelandgames.de.

September 4

Guided Tour for Dogs - Explore Heidelberg with your dog during a guided tour of the city's historic spots. Your dog will have the opportunity to take a bath in the river Neckar or enjoy running in the woods. Tour starts at 11 a.m. in the small park area near Bismarck Platz. Cost is €9,50 for one person and a dog and €3 for any additional person or dog. Cost includes refreshment for dog and owner at the restaurant Zum Nepomuk. Pre-registration is recommended. Civ. 06221-14222325.

Belgian Beer Fest - Enjoy a Belgian Beer Festival in Brussels with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Salsa Night - Learn to salsa with an hour of free salsa lessons, free finger foods, margarita bar and live disc jockey 8 p.m.-1 a.m. at Armstrong's Club, Bldg. 1036, Vogelweh Housing. www.mrwgermany.com.

Rothenburg Imperial Festival - Take a step back in time as the Imperial City Festival of Rothenburg brings history alive with a thousand costumed participants. You can walk through the many unique encampments or along the city wall's walkways, see the gruesome medieval torture instruments in the criminal museum, or climb the old town tower for a magnificent view of the city. <http://affiliates.uso.org/Kaiserslautern>.

Castle Illumination Cruise - The Warrant Officer Association welcomes everyone to a river boat cruise and Heidelberg castle illumination with fireworks. Cost is €30 per person or €55 for two tickets. Children under 7 are free. The "Alt Heidelberg" will depart the docks in front of the Heidelberg Stadthalle at 8 p.m.; boarding begins at 7:30 p.m. www.Rhein-NeckarSilver.com.

September 5

Midnight Bingo - Come out for bingo action 9 p.m.-midnight and compete for a chance to win \$1,000. Doors open at 7 p.m. Enjoy free food and soft drinks at the Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261. www.mrwgermany.com.

September 10

Plum Festival - Enjoy the 63rd Buhl Plum Festival. This huge annual festival is in honor of the most important fruit of Bühl with wine village, music, cabaret, pageant and other attractions. Festival runs through Sept. 13.

Sausage Market and Wine Fest - Experience the sights, smells and tastes of the Bad Dürkheim Sausage Market and Wine Fest with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Heidelberg Rising Star - Do you have what it takes to become a star? Find out at Heidelberg Operation Rising Star, an Army-wide singing competition, and you could win the ultimate recording music experience! The grand prize winner will get an all expense paid trip for two to Los Angeles to get studio time, meet with a vocal coach and cut a three-song demo CD. Plus, the local winner will get \$500. Not a singer but want to make some cash anyway? \$300 will go to the most supported unit or FRG. Auditions are at 7 p.m. Sept. 10 with the semi-finals Sept. 17 and the finals Sept. 24, all at the Recovery Room on Nachrichten Kaserne. Contest rules and application: www.mrwgermany.com.

September 12

Cycling - Join Kaiserslautern Army Outdoor

Recreation for a Bikes without Borders, two-wheel bicycle excursion in Lauterbourg. DSN 493-4117, civ. 0631-3406-4117.

September 15

BOSS Cheap Eats - Celebrate Hispanic-American Heritage Month with Better Opportunities for Single Soldiers Cheap Eats 6-8:30 p.m. in the Patton Barracks Warrior Zone in Heidelberg. Learn how to cook quick and healthy meals on a budget. Open to ID card holders ages 18 and over. www.mrwgermany.com.

September 16

Ramstein Bazaar - The 45th Annual Ramstein Welfare Bazaar will be noon-8 p.m. on the Ramstein flightline. Enjoy shopping, eating, entertainment and goods from more than 130 vendors from across Europe. Bazaar runs through Sept. 19. www.ramstein-bazaar.org.

September 18

Oktoberfest - Travel to the world-famous Oktoberfest in Munich with the Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

September 24

European Castle Ball - Engineers across Europe are invited to the European Castle Ball Sept. 24 at the Wurzburg Castle. Tickets: DSN 314-379-5049, civ. 0620-280-5049.

Oktoberfest in Landstuhl - Celebrate Germany's largest tradition with games, prize giveaways, music and more 6 p.m.-midnight at Landstuhl Community Club, Bldg. 3780, Landstuhl Post. DSN 486-7244, civ. 06371-86-7244.

September 25

BOSS Scuba Day - Join Heidelberg Better Opportunities for Single Soldiers on a scuba diving adventure. The cost is \$75 and price includes transportation, equipment and instruction. Sign up at Heidelberg Outdoor Recreation, DSN 388-9282.

Ongoing

European Music Festival - Stuttgart hosts a series of concerts through Sept. 29. The festival's motto is "completely incomplete," and visitors can enjoy 30 concerts at different locations. Civ. 0711-619210, www.musikfest.de.

Dance Class - Sign up at the Mannheim USO for Afrikan and Latin Dance classes for beginners and all ages. The class schedule includes a warm up, introduction to step, practice using step, freestyle, and concludes in a group routine. Cost is \$75 for two months. www.uso.org/rheinnecker.

coming to THEATERS



TAKERS

(Zoe Saldana, Matt Dillon) A notorious group of criminals continue to baffle police by pulling off perfectly executed bank robberies. They are in and out like clockwork, leaving no evidence behind and laying low in between heists. But when they attempt to pull off one last job with more money at stake than ever before, the crew may find their plans interrupted by a hardened detective who is hell-bent on solving the case. Rated PG-13 (intense sequences of violence and action, a sexual situation/partial nudity and some language) 111 minutes.

KNIGHT AND DAY

(Cameron Diaz, Tom Cruise) A wholesome, Midwestern woman accidentally gets involved with an international super spy and is forced to flee the country with him while he protects a dangerous new piece of technology. Rated PG-13 (brief strong language and sequences of action violence) 130 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 2 - NANNY MCPHEE RETURNS (PG) 7 p.m.
 Sept. 3 - TAKERS (PG-13) 7 p.m.; GROWN UPS (PG-13) 9 p.m.
 Sept. 4 - GROWN UPS (PG-13) 4 p.m.; TAKERS (PG-13) 7 p.m.; KNIGHT AND DAY (PG-13) 9 p.m.
 Sept. 5 - GROWN UPS (PG-13) 4 p.m.; TAKERS (PG-13) 7 p.m.
 Sept. 6 - KNIGHT AND DAY (PG-13) 7 p.m.
 Sept. 7 - TAKERS (PG-13) 7 p.m.
 Sept. 8 - GROWN UPS (PG-13) 7 p.m.
 Sept. 9 - TAKERS (PG-13) 7 p.m.

Mannheim, Schuh

Theater under construction until further notice.

Vogelweh, Galaxy

Sept. 3 - GROWN UPS (PG-13) 7 p.m.
 Sept. 4 - NANNY MCPHEE RETURNS (PG) 3 p.m.; KNIGHT AND DAY (PG-13) 7 p.m.
 Sept. 5 - NANNY MCPHEE RETURNS (PG) 3 p.m.; GROWN UPS (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 2 - TOY STORY 3 (G) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; THE A-TEAM (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; FURRY VENGEANCE (PG) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
 Sept. 3 - TAKERS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; GROWN UPS (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.
 Sept. 4 - TAKERS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; GROWN UPS (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.
 Sept. 5 - TAKERS (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; GROWN UPS (PG-13) 11:30 p.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.
 Sept. 6 - TAKERS (PG-13) 11 a.m., 1:45 p.m., 4:20 p.m., 7 p.m.; GROWN UPS (PG-13) 11:30 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 p.m., 2 p.m., 4:35 p.m., 7:15 p.m.
 Sept. 7 - TAKERS (PG-13) 11 a.m., 1:45 p.m., 4:20 p.m., 7 p.m.; GROWN UPS (PG-13) 11:30 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 p.m., 2 p.m., 4:35 p.m., 7:15 p.m.; Sept. 8 - TAKERS (PG-13) 11 a.m., 1:45 p.m., 4:20 p.m., 7 p.m.; GROWN UPS (PG-13) 11:30 a.m., 1:45 p.m., 4:10 p.m., 6:30 p.m.; KNIGHT AND DAY (PG-13) 11:15 a.m., 2 p.m., 4:35 p.m., 7:15 p.m.; Sept. 9 - GROWN UPS (PG-13) 11:15 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m.; KNIGHT AND DAY (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:15 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Capital City Visitation Program

Be a guest of the State of Baden-Württemberg and the city of Stuttgart and learn more about your home state 7:30 a.m. Sept. 20 with a visitation tour. Tour is open to all Soldiers, DOD civilians and spouses. Transportation is free. This tour is for adults only. Deadline to register is Sept. 7. Registration: DSN 373-1600, civ. 06221-17-1600, usaghpao@eur.army.mil.

Garrison Organizational Day

U.S. Army Garrison Baden-Württemberg will host its annual organizational day Sept. 9. There will be limited staffing at many front-door services. The following offices will be closed: Installation Property Book Office on Patton Barracks; the Central Issue Facilities in Heidelberg, Mannheim and Kaiserslautern; the Hazardous Material Reuse Center and the Furnishing Management Office in Mannheim and the Mannheim and Heidelberg Consolidated Mail Rooms and Army Post Offices. Customers should call ahead.

Retiree Appreciation Day

Mark your calendars for the annual Retiree Appreciation Day Oct. 16. The event will begin at 9 a.m. (registration starts at 8 a.m.) in the Patrick Henry Village Pavilion with services opening at 10 a.m.

local EMPLOYMENT

RNs and LPNs

The Heidelberg Health Center is in need of registered nurses and licensed practical nurses, including a pediatric nurse practitioner and a preventive medicine RN. Position offers 10 paid federal holidays, plus 13 days vacation and 13 days sick leave per year and choice of affordable health care and vision plans, a retirement program and life insurance. Resumes may be delivered to HMEDDAC Department of Nursing in Bldg. 3612, Rm. 117 on Nachrichten Kaserne or e-mailed to charleen.miller@amedd.army.mil. DSN 371-2911, civ 06221-17-2911.

Preventive Medicine Assistant

The Heidelberg Health Center is seeking a motivated, versatile and creative thinker to work in preventive medicine services. Must possess good communication and organizational skills and be able to work independently in fast-paced environment to assist with Soldier readiness and other preventive medicine services. For questions or resumes, e-mail mark.killebrew@amedd.army.mil. DSN 370-2960, civ. 0162-270-3299.

Book Keeper

The Heidelberg Thrift Shop is accepting applications for a book keeper. Must be at least 18 years old with valid ID card. Submit resume in person to the Thrift Shop on Patrick Henry Village by Sept. 11. Must have experience and references.

ACS Mannheim Job Fair

Army Community Service is sponsoring a career fair, 10 a.m.-2 p.m. Sept. 18 at the Sports Arena, Bldg. 736, on Benjamin Franklin Village in Mannheim. Civ. 0621-730-3101.

Child Care Professionals

The Family Child Care programs in Heidelberg and Mannheim are recruiting family members who want a professional career with the benefit of working in their home. Training and assistance are provided at no cost. Civ. 06221-338-9378.

KAISERSLAUTERN

Education

♦Army Family Team Building

- The Level I class will be held 9:30 a.m.-2:30 p.m. Sept. 8-9 in Bldg. 2917 on Pulaski Barracks. The class is good for promotion points and teaches Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, use community resources, attain better financial readiness, and understand the goal and impact of the Army mission. Level II will be offered 8:30 a.m.-2:30 p.m. Sept. 13-17. DSN 493-4357, civ. 0631-3406-4357.

♦**Suicide Prevention Training** - Suicide Prevention Training for DA civilians will be held at Landstuhl Regional Medical Center 10 a.m.-noon Sept. 9. This briefing will fulfill the annual suicide prevention training requirement. DSN 486-5801, civ. 06371-86-5801.

♦**ASIST Training** - The Chaplain's Office will offer Applied Suicide Intervention Skills Training 9 a.m.-4 p.m. Sept. 16-17 at the Daenner Chapel Fellowship Hall, Bldg. 3150, Daenner Kaserne. The ASIST workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Registration: DSN 493-4098 or mirna.ocegura@eur.army.mil.

♦**Kinder Music** - SKIES Unlimited is now offering "ABC Music and Me." This program is open for children enrolled in a child care or pre-K program and is based on early language and literacy development through music and story time. DSN 493-4516, civ. 0631-3406-4516.

Community

♦**Clinic Closures** - The U.S. Army Health Clinic on Kleber Kaserne will be closed Sept. 3 for a training holiday and Sept. 6 for the Labor Day holiday.

♦**Cards for a Cause** - Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Sept. 13 in the Augusta Suite on Woodlawn Golf Course on Ramstein Air Force Base. Attendees will make cards and small projects for wounded warriors to send out to family and friends. \$5 materials fee. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. Future dates: Oct. 4, Nov. 8 and Dec. 6. pejachowski@juno.com.

♦**EFMP Support Group** - Clinical psychologist, Dr. Kristal White, PhD of Landstuhl Regional Medical Center's Pediatrics Behavioral Health, will speak and provide parents with a better understanding of children diagnosed with autism. The topic of discussion will be "Autism Diagnosis and Social Skills Implications." The support group will meet at Vogelweh Elementary School library, 6-7:30 p.m. Sept. 14. DSN 493-4016, civ.

0631-3406-4016.

♦Army Family Action Plan

Conference - The AFAP Conference will take place at the Kaiserslautern Community Activity Center Oct. 27-29. To submit issues or volunteer to work the conference, call DSN 493-4357, civ. 0631-3406-4357.

HEIDELBERG

Education

♦**ACS Classes** - Life in Balance, 1-3 p.m. Sept. 7; Using Credit Wisely, noon-1:30 p.m. Sept. 8; Building Resiliency, 10 a.m.-noon Sept. 9; From Couplehood to Parenthood, 1-3 p.m. Sept. 9; EFMP Teen Social, 7-9 p.m. first Friday of the month, PHV Panther's Place; and PCS Briefing, 12:30-3 p.m., first and third Tuesday of the month. www.mwrgermany.com/hd/acs.

Community

♦**Housing Division** - The Housing Division has changed its off-post housing procedures. All off-post services now will be done by appointment only. Customers need to call DSN 387-3302 or their individual counselor for an appointment.

♦**Volksmarch** - The Heidelberg International Wandering Club is registered at the following volksmarches in September: Gelnhausen and Neckarsteinnach, Sept. 4; and Rauhenberg, Sept. 5. www.hiwc.de or hiwc@yaho.com.

♦**PHV Construction** - Construction on the front entrance of the PHV theater is scheduled to start Sept. 6 and end in February. This is the third and final phase of construction and will complete the multi-year upgrade of the PHV Shopping Center Plaza.

♦**Graffiti Wall Grand Opening** - Child, Youth and School Services will host a grand opening for the new teen graffiti wall 4 p.m. Sept. 8 at the Lion's Den on Patrick Henry Village. All are invited for a graffiti art demonstration and refreshments.

♦**Jewish High Holidays** - The following Rosh Hashanah and Yom Kippur services will be held at Mark Twain Village Chapel: Rosh HaShanah, 7 p.m. Sept. 8 and 8:30 a.m. Sept. 9-10; and Yom Kippur, 7 p.m. Sept. 17 and 9:30 a.m. Sept. 18. For details on Rosh Hashanah meals, Shofar blowing and Break-the-Fast after Yom Kippur, call DSN 370-6506, civ. 06221-57-6506. weiss@us.army.mil.

♦**Parent Support Groups** - A new group for breastfeeding mothers will have its first meeting at 10 a.m. Sept. 8. There will also be a cloth diaper support group meeting at 10 a.m. Sept. 16. Both meetings will be held in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

♦**Burger King Closure** - The Burger King in the Campbell Barracks food court will close permanently Sept. 10.

The restaurant will be replaced by Sahim kebab/grilled foods.

♦**Spiritual Resiliency** - The Rev. Ron Archer will speak on the topic of "Spiritual resiliency of our warfighters and their families" at the Patrick Henry Village Chapel at 10:15 a.m. and 12:30 p.m. at the Mark Twain Village Chapel Sept. 12.

♦**Parking on PHV** - Due to the upcoming Holiday Bazaar Oct. 7-10, both sides of Saratoga Drive from Bldg. 4524 east to Gettysburg Avenue will be blocked off beginning Sept. 17. The parking on Gettysburg Avenue from Bldg. 4519 to the bus stop and the large bone stone parking area beside the Village Pavilion will be blocked off beginning Sept. 17. The drive way to the VP will be blocked off beginning Oct. 7.

♦**Toy Run** - The 17th annual Rhein Valley Legion Chapter Toy Run will be 11 a.m.-5 p.m. Sept. 24-26 at the Heidelberg Rod and Gun Club. There will be music, games, raffle drawings and giveaways. Donate a toy and get a raffle ticket. All toys must be new. No stuffed animals. \$20 donation fee for entry, camping, raffle ticket and pin. rheinvalley@hotmail.com.

♦**Hispanic Heritage Month** - There will be a Hispanic-American Heritage Month Observance at 4 p.m. Sept. 25 at the Recovery Room on Nachrichten Kaserne. Cost for meal is \$10. There will also be an afterparty with a live DJ at 11 p.m. DSN 373-7955.

♦**Volunteers Needed** - The Heidelberg Community Spouses Club needs volunteers for its 46th annual Heidelberg Holiday Bazaar Oct. 8-10. As a volunteer you'll be entered into ongoing raffles to win prizes. Teens can also volunteer. www.hsc-heidelberg.com, www.mwrgermany.com.

♦**Girl Scouts** - The Heidelberg Girl Scouts are looking for adult volunteers and girls ages 5-17 to participate in the organization. Training and mentoring are provided for adult volunteers. www.gsusahd.org/council.html.

♦**Children's Entertainment** - Klutz the Clown provides free entertainment for birthday parties, church, school, family readiness group functions and other events. Civ. 0152-23320847.

MANNHEIM

Education

♦**Red Cross Classes** - The American Red Cross offers the following courses: Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Sept. 11; and Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Oct. 2. There is a \$45 fee for both classes. Fee includes all materials. Stop by the American Red Cross offices, Bldg. 242, Sullivan Barracks or call DSN 385-1760, civ. 0621-730-1760.

♦**School Age Center** - Spaces are

available at the School Age Center. DSN 380-4321, civ. 0621 730-4321.

Community

♦**Weekend DFAC Hours** - Sullivan Dining Facility has changed its meal hours on weekends. Until further notice, meal hours will be brunch 9 a.m.-2 p.m. DSN 385-3001.

♦**Health Care Benefits Awareness** - The following outreach events will be held in honor of Health Benefits Awareness Month: Health benefits awareness table at the Coleman Dining Facility, 7-9 a.m. and 11 a.m.-1 p.m. Sept. 9; commissary 2-6 p.m. Sept. 15; Community Info Fair 10 a.m.-2 p.m. Sept. 18; and Coleman DFAC 7-9 a.m. and 11 a.m.-1 p.m. Sept. 22.

♦**PWOC Fall Kick-off** - The Protestant Women of the Chapel Fall Kick-Off will be held 9:30 a.m.-noon and 6-8 p.m. Sept. 7. All women of all faiths are welcome to attend Bible study, discussion, singing and prayer. The group will continue to meet at 9:30 a.m. and 6 p.m. every Tuesday in the BFV chapel basement. Free child care is provided.

♦**Free Pancake Breakfast** - There will be a free pancake breakfast 7-9 a.m. Sept. 8 at the USO. Enjoy free pancakes, bacon, eggs, sausage, coffee and juice.

♦**Library Activities** - Scrapbook Club meeting, noon-3 p.m. Sept. 11, Sept. 25; free movie screening, 4-5:30 p.m. Sept. 11, Sept. 25; Toddlers and Preschoolers Story Hour, 10:30-11:30 a.m. Sept. 9; Brown Bag Book Club, noon-1 p.m. Sept. 14; and Homeschooler's Meeting, 10:30-11:30 a.m. Sept. 15. Come for a library orientation and see what resources are available. DSN 380-1740, civ. 0621-730-1740, bobbie.carr1@eur.army.mil.

♦**Girl Scout Tea Party** - There will be a Girl Scout Tea Party for all school-age girls 1-3 p.m. Sept. 11 at the Mannheim Middle School Multi Purpose Room.

♦**Parent Advisory Council Meeting** - The School Age Center will host its monthly Parent Advisory Council meeting 6-7:30 p.m. Sept. 29 in Bldg. 737. The PAC meeting is open to SAC parents. A light dinner will be provided. DSN 380-4321, civ. 0621 730-4321.

♦**Volunteer Ceremony** - There will be a volunteer recognition ceremony, "Volunteers Falling Into Place" 11:30 a.m.-1 p.m. Sept. 30 at the USO on Sullivan Barracks, Bldg. 254. Open to all community volunteers. The event will be a potluck. Guests are asked to please bring a dish. DSN 385-3101.

♦**Joy Project** - Friends for a Better World is collecting donations of clothing, shoes, toys, bicycles, wheelchairs and dried goods to send to families in Ghana. Bring items to the BFV Chapel or call DSN 382-5827 or Landry114@hotmail.com for pick up through Oct. 1.

Human foosball battle



Brandon Spragins

Heidelberg community members battle it out during a human foosball tournament on Patrick Henry Village in Heidelberg Saturday. The tournament was held in conjunction with Army Community Service's annual Community Activities Registration and Education Fair. Eight teams participated, and the NATO team brought home first place, followed by Legends III in second and Legends II in third.

'Get Fit, Don't Quit'

Activities happening across Europe Sept. 18 for Region Fitness Day 2010

Staff Report

Garrison sports and fitness centers across Europe will offer a variety of health and fitness activities Sept. 18 as part of the Installation Management Command-Europe Directorate of Family and Morale, Welfare and Recreation's Region Fitness Day 2010.

The theme for the events is "Get Fit, Don't Quit." The day will promote and showcase fitness programs throughout the Army in Europe.

Each garrison sports and fitness center will offer a variety of free or low-cost health and fitness initiatives like aerobic classes, massage therapy and fun runs.

A limited number of T-shirts will be provided to participants

on a first-come, first-served basis.

Heidelberg

The Heidelberg community will support Region Fitness Day 2010 with free fitness classes – to include yoga, kick boxing, Pump Iron, BOSU and step – at Campbell Fitness Center 10 a.m.-2 p.m. Sept. 18.

A max the bench event also will occur throughout the day. For additional details, call DSN 370-6489.

Kaiserslautern

The Kaiserslautern fitness day will be held 10 a.m.-1 p.m. at Kleber Physical Fitness Center. Organizers will offer three fitness classes, beginning with a 20-20-20 class at 10 a.m., followed by indoor cycling at 11 a.m., and concluding with Zumba at noon. For more information, call DSN

493-2088, civ. 0631-3406-2088.

Mannheim

Mannheim's fitness day activities will happen 9 a.m.-12:30 p.m. at Sullivan Gym.

Registration begins at 8:30 a.m., and the event kicks off at 9 a.m. with yoga. A 3-kilometer fun run begins at 9:30 a.m. followed by circuit training at 10:10 a.m. and a spin class at 10:45 a.m.

Participants can relax with massage and body treatments from 10:45 a.m. until noon. Beginning at 11 a.m., information will be available on wellness, personal training and lifestyle management.

Throughout the day, there will be raffles for massages and body treatments.

For more details, call DSN 385-2001.

staying ACTIVE

Outdoor Emergency Care Course

Alpine skiers and snowboarders in the Heidelberg community who want to take their skills to the next level will have the opportunity to take a nationally accredited outdoor emergency care course starting Sept. 7. Join the Heidelberg Ski Patrol by enrolling in its twice-a-week Outdoor Emergency Care class, which will take place through late November at Heidelberg High School. Candidates will head to the mountains in January to apply classroom skills on the ski slopes in Bichlbach, Austria, and Lauterbrunnen, Switzerland. Sign up for the OEC course during HSP's orientation night at 6:30 p.m. Sept. 7 at HHS. jagcol@earthlink.net.

Fall Bowling Leagues

Fall bowling leagues kick off in September at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village; Ladies Night Out, 7 p.m. Mondays starting Sept. 13; Family and MWR Mixed, 7 p.m. Tuesdays starting Sept. 7; Fun League, 7 p.m. Thursdays Sept. 9-Dec. 9, no one allowed with over 175 average; Mixed, 7 p.m. Fridays starting Sept. 10; Heidelberg Juniors, Registration Sept. 11. Competition starts Sept. 18; Adult Junio Mixed, 3 p.m. Sundays starting Sept. 12. DSN 388-9040, www.mwrgermany.com.

Fantasy Football League

Family and Morale, Welfare and Recreation patrons from all five branches of the U.S. military are invited to play in a free fantasy football league with \$100,000, a trip to Super Bowl XLV and championship rings on the line. Participants can create an account and begin drafting teams to compete in the Rapid Draft Fantasy Football League at www.mwrfantasysports.com. Registration and all drafts must be started by Sept. 12 at 8 a.m. EDT. All participants must be 18 years of age or older at the time of registration in order to participate in the league. The league is open to all active-duty personnel, their family members, retirees, Reservists, National Guard, Department of Defense and Coast Guard civilians.

NFL Sundays

Heidelberg- Starting Sept. 15, watch football on the big screen at Slapshots on Patton Barracks. First game starts at 7 p.m. and second game starts at 10 p.m. DSN 373-5194, www.mwrgermany.com.

Kaiserslautern- Watch your favorite football team on the big screen 7-10 p.m. every Sunday, starting Sept. 5- through Dec. 26 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. DSN 489-6000, civ. 0631-536-6000.

Bowling Tournament

King of the Hill Bowling Tournament Series starts at noon Sept. 19 and every third Saturday afterwards at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. \$40 fee. The tournament will be played in conjunction with the Mannheim Bowling Center on Benjamin Franklin Village. There will be 14 qualifying tournaments with one final year-end tournament. www.mwrgermany.com.

Worldwide Day of Play

The worldwide day of play will be Sept. 25, 10 a.m.-2 p.m. at the Landstuhl Track Field. The day is designed to combat childhood obesity through physical active play. DSN 486-8375, civ. 06371-86-8315.

Strongman Run in France

Get ready for the Strongman Run in La Bresse, France, Oct. 17. This is no ordinary run. It's 13 kilometers of running through hills of tires, climbing over hay walls, crawling under ropes, and mud, sweat and maybe some tears. Start training now with Heidelberg Sports and Fitness to be prepared for this fun and challenging run. www.mwrgermany.com, www.strongmanrun.fr.