

# HeraldPOST

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

**HP THURSDAY**  
Nov. 3, 2011

**Speed Read**

**ANGEL TREES**

Army Community Service is gearing up for the holiday season and the Angel Tree program for families. **3**

**FALL CLEAN UP**

The U.S. Army Garrison Baden-Württemberg community-wide fall cleanup starts Monday and continues through Nov. 18 for all Soldiers and civilians assigned to or living in Mannheim and Heidelberg. **8**

**COMPACT KITCHEN**

A U.S. Army Europe food service specialist designed a compact field kitchen and won the first Food Advisor Innovation award. **11**



**HALLOWEEN TREATS**

U.S. Army Garrison Baden-Württemberg members celebrated Halloween and included German guests for Trick or Treat. **13**



**FLAG FOOTBALL**

The 529th Military Police Company won the Heidelberg unit level flag football championship tournament Monday. **17**

**Defense Details**

**MILITARY FAMILY MONTH**

Calling on the nation to celebrate military families' service and sacrifice, President Barack Obama signed proclamations Tuesday designating November as Military Family Month and National Family Caregivers Month.

**OCTOBER STORM**

Massachusetts Gov. Deval Patrick mobilized the Massachusetts National Guard late Saturday evening in the largest single-state response to a rare October snowstorm that dumped nearly two feet of snow in areas of central and western Massachusetts. About 392 Guard members are on duty in Massachusetts after the storm, with about 40 on duty in Connecticut and a dozen in New Hampshire, according to National Guard Bureau officials. In Massachusetts, the Guard is assisting the Massachusetts Emergency Management Agency.

[www.defense.gov](http://www.defense.gov)  
[www.army.mil/news](http://www.army.mil/news)

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## Sembach residents to see increase in services

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's the newest "gem" in U.S. Army Garrison Kaiserslautern's crown of Army installations. Last October, Installation Management Command officially acquired Sembach Kaserne, formerly known as Sembach annex, from the U.S. Air Force, which had occupied it since the early 1950s.

Prior to the turnover, many of Sembach's facilities had fallen into disrepair as the future of the small installation nestled in the rural farm hills northeast of Ramstein Air Base remained unclear.

As a result, anyone who has stepped

foot onto Sembach recently will notice this jewel is in need of polishing, and members of both the USAG Baden-Württemberg and Kaiserslautern garrisons are working to bring back the base's luster.

"We're fortunate to have Sembach Kaserne as part of our garrison. We have been working over the past year to prepare Sembach to receive our first tenant organizations and recently the 18th Military Police [Brigade] became the first large organization to be stationed out in Sembach," said USAG-KL Commander Lt. Col. Lars Zetterstrom. "Our goal is to continue to integrate Sembach into the Kaiserslautern community. It's not a see **SEMBACH** page 12

**"We're in the process of making Sembach a great place and we ask that people be patient with us because it takes a lot of time. We received the mission first and the time and money afterward."**

—Steven Pelletier, Kaiserslautern FMWR director

## Army observes warrior care month

Warrior Transition and HMEEDAC Public Affairs

Across the Army in November, events are planned to honor the wounded, ill and injured men and women in uniform in observance of Warrior Care Month.

As part of the local events, the Warrior Transition Battalion-Europe sponsors a bone marrow drive 9 a.m.-1 p.m. today at Wilson theater on Nachrichten Kaserne in Heidelberg.

WTB-E also provides Para-Olympic Team Training for warriors in transition 8 a.m.-4 p.m. Nov. 7-10 at the Kleber Gym on Kleber Kaserne in Kaiserslautern.

The event will provide training in archery, wheel chair basketball, seated volleyball and adaptive physical training in line with the Warrior Care Month theme "Healing the Mind, Body and Spirit: Unlocking Unlimited Potential."

"The survivability of today's injuries, especially in battle ... is remarkable, but those injuries and the subsequent disabilities are very lasting," said Lt. Col. Michael C. Richardson, WTB-E commander, during a recent speech at Baumholder. "What does it mean to those Soldiers ... who were injured in these

see **WARRIORS** page 12

## Legion of Merit conference held

USAREUR Public Affairs

European security cooperation and partnership.

Approximately 65 U.S. and European senior military leaders from six countries and members of leading military think tanks met in Heidelberg Oct. 27 to share their viewpoints and experiences in discussions of

The 31st U.S. Army Europe Legion of Merit conference brought together senior active and retired military members who have been awarded the U.S. Army Legion of Merit medal. This year see **MERIT** page 12

## Undefeated



Jennifer Ott

Heidelberg High School's Carrie Smith, right, dinks a ball while Allison Gunsch, left, readies to back her up during Saturday's match against Ansbach and Hohenfels. The undefeated Lady Lions travel to Ramstein Thursday for the volleyball European championships where Heidelberg, ranked number one in Division I, will face seven Division I schools in their quest for the title.

## HEALTH ADVICE

# Find ways to cope with deployment separation

By James W. Cartwright, Ph.D.  
U.S. ARMY PUBLIC HEALTH COMMAND

Separation from a loved one who is deployed to Iraq or Afghanistan can be an emotionally difficult time for all family members.

Emotions can vary from low energy levels, feelings of sadness, anger, excitement, restlessness, tension, frustration, resentment and depression.

Additionally, there are many challenges for military families to overcome during deployments. It is important to recognize and understand these challenges in order to effectively cope with the separation during deployment.

An important challenge for Soldiers and family members is to avoid the pitfalls often associated with deployments.

A common pitfall is arguments prior to deployment. These arguments are generally the result of distress due to the upcoming separation.

Realize this distress and try not to take these arguments too seriously. Another pitfall is failure to discuss expectations regarding child-rearing, financial management or intimacy concerns—these issues sometimes can be a source of misperception, distortion and hurt later during deployment.

Soldiers and spouses attempting to resolve these major pitfalls via long distance are often not successful.

Another pitfall is listening to or speaking rumors. It is best not to repeat the rumor. Because of rapid communi-

**A common pitfall is arguments prior to deployment ... Another pitfall is listening to or speaking rumors.**

cation, rumors can spread unchecked.

For example, one Family Readiness Group member passing on allegations of infidelity about another group member can cause a great deal of psychological damage to individuals identified in the rumor.

Such rumors also cause harm to Soldiers, family members, FRG members and unit cohesion. Avoiding these pitfalls will ensure that the stress related to deployment separation will be much more manageable.

Another challenge is to recognize the deployment-related stressors that will impact the Soldier and family during separation and then develop strategies to cope with these stressors.

To help minimize the impact of deployment-related stress, Soldiers and family members can take steps to help during deployments. (See sidebars.)

The bottom line is that the Soldiers and family members need to remain calm, go slow, stay informed and stay involved to cope during these challenges.

An excellent source of help during this time is the unit's Family Readiness Group.

## Reduce the impact of deployment-related stress

### Tips for couples

- Discuss expectations for managing finances, children and personal conduct before deployment.
- Expect changes in departure and return dates.
- Accept growth and change in all family members.
- Reserve disagreements for face-to-face encounters with your spouse.
- Put existing and unresolved marital issues on hold until the Soldier returns home.
- Communicate regularly and creatively with your Soldier. End communications on a positive note.
- Keep the Soldier's parents informed and give mutual support.

### Tips for parents

- Establish and maintain support that will help the family cope.
- Plan for family stress relievers like fun outings and get-togethers.
- Plan opportunities for the at-home parent to get breaks from the children to revive emotionally and physically.
- Encourage family members to share feelings and give assurances.
- Honestly discuss the Soldier's deployment. Share information about the Soldier's work and what the parent is doing for our country.
- Answer questions openly and honestly, using words your children can understand.
- Provide a calendar or some measure to help your child count the days the parent has been deployed.
- Maintain a structured and safe emotional and physical environment for your children.
- Make sure the deployed parent is part of everyday conversations.
- Help your children sort out what they hear and see in news reports.
- Find out what your children know and understand and talk with them about their feelings. Follow your child's lead. Give a small piece of information at a time and see how your child responds before deciding what to do next.
- Provide your children with a method to communicate to the deployed parent, such as letter writing or email access. Make it creative and fun.
- Maintain family routines and traditions during the other parent's absence.
- Keep children involved with outside activities and maintain communications with schools.



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## DISCUSSION BOARD

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

"AFN will cover the DoDDs volleyball championships, but not live. We have one satellite truck and it will be parked in Baumholder broadcasting from the Super6 (football championships). We have a reporter covering the volleyball championships and we will provide scores from the volleyball games during the Super6 coverage. AFN will also show some footage from the games during the Monday evening AFN

Europe report."

—George Alden Smith, AFN Public Affairs

"We had our 'Huge Halloween Bash' this weekend and vampire-themed costumes were out in full force ... baseball vampire ("Twilight"), pirate vampire, sexy vamp, evil vamp, classic vamp, etc. There were also quite a few movie-themed costumes: rebel Soldier

("Star Wars"), Shrek and Princess Fiona (winners of the 'Best Costume' contest), The Great Pumpkin (poor thing couldn't move or eat with that thing on), Jack Sparrow ("Pirates of the Caribbean"), and the ever-present variety of witches, fairies and medieval themes. Kim Kardashian showed up, as did a Dead Rapunzel, Capt. Morgan and Capt. America."

—Jacqui Haggerty, BWnow Facebook fan



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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.

## Angel tree program gears up

### ACS Marketing

Some might think it is a little early for the holiday season, but Army Community Service is already looking ahead to the annual Angel Tree Program.

“Every year, the ACS Financial Readiness staff coordinates this program to ensure every child in the USAG Baden-Württemberg Army community can enjoy a meaningful and special holiday season. This program gives the community an opportunity to take care of those families that need it the most by donating toys and gift cards to their children,” said Dawn Sykulla, ACS marketing specialist.

“We ask USAG BW commanders and first sergeants to identify and refer to us families that are most in need of assistance,” said Ainhoa Revuelta, ACS financial readiness program manager.

“Young Soldiers E-5 or below with dependents, single parents or families going through major financial stressors are usually the most vulnerable during this time of the year. Without the assistance of the unit commanders and first sergeants in identifying these families, the Angel Tree Program would not be successful,” Revuelta said.

To participate, choose an angel tag from an angel tree located at ACS on the Shopping Center, the library and the commissary on Pat-

### Angel Tree Locations

- ◆ Army Community Service, Bldg. 3850, on the Shopping Center in Heidelberg
- ◆ Library, Patrick Henry Village, Bldg. 4509, on Patrick Henry Village in Heidelberg
- ◆ Commissary on Patrick Henry Village in Heidelberg
- ◆ Main Exchange, Benjamin Franklin Village, Bldg. 313, in Mannheim

rick Henry Village in Heidelberg or the main Exchange in Mannheim. Purchase a gift that corresponds to the age and gender written on the back and place the gift with its angel into a drop box by Dec. 9. Do not gift wrap.

Angels will remain on the trees from Nov. 28 through Dec. 9. Once all have been returned with a gift, they will be distributed on Dec. 15 and 16 to allow time to deliver the gifts to families before the holiday season begins.

“Last year, our community donated gifts to 236 children among 11 units. It’s truly amazing the amount of generosity people have shown,” said Jutta Summers, Army Emergency Relief specialist. “This program is open to anyone who wishes to participate. We only ask that you buy a gift that is age appropriate and that you do not wrap the gifts.”

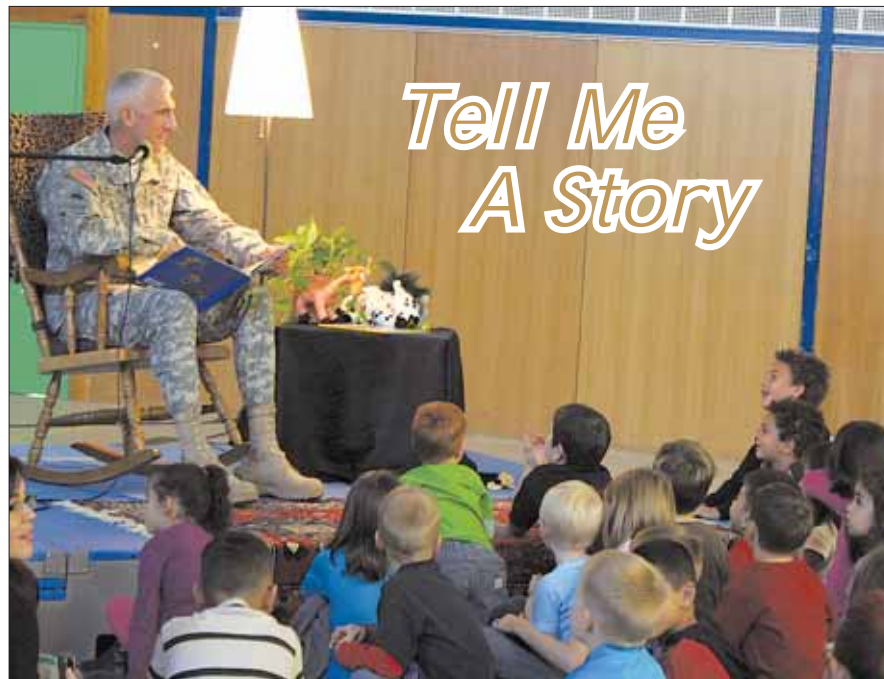
Contact ACS at DSN 370-6883, civ. 06221-57-6975 or [mwrgermany.com](mailto:mwrgermany.com).

## Heroes Homecoming



Sgt. Frank Sanchez III

Staff Sgt. Jesus Munoz, an intelligence control non-commissioned officer from the 21st Theater Sustainment Command's 266th Finance Management Center, embraces his family during a welcome home ceremony at Kleber gym on Kleber Kaserne in Kaiserslautern Oct. 24. The finance center completed a yearlong deployment providing full-spectrum, responsive financial management support for Operation New Dawn and Operation Enduring Freedom.



Kelly Schloesser

U.S. Army Europe Commander Lt. Gen. Mark P. Hertling shares a moment with young audience members attending Tell Me A Story, an event hosted Oct. 23 at Patrick Henry Elementary School by the Military Child Education Coalition's Parent to Parent cadre for the Heidelberg and Mannheim areas to reinforce military children's experiences through literature.

## Gym packed for special story time with guest reader

By Kathy Tone

MANHEIM/HEIDELBERG PARENT TO PARENT

The Patrick Henry Elementary school gymnasium looked like a giant picnic scene Oct. 23.

The gym floor was covered with blankets as more than 230 family members gathered for Tell Me A Story hosted by the Heidelberg and Mannheim Parent to Parent cadre and the Military Child Education Coalition.

Children and parents listened while guest reader U.S. Army Europe Commander Lt. Gen. Mark P. Hertling read the featured book “Giraffes Can’t Dance” by Giles Andreae.

It is the story of a giraffe named Gerald who loves to dance but feels like he has four left feet.

Gerald gets some good advice about dancing and being true to yourself from a wise cricket and learns to dance to his own tune.

Each of the 74 families attending received a free copy of the book thanks to a donation from the Service Credit Union. After the reading, Hertling signed each family's copy of the book.

Joe the Monkey, the Service Credit Union mascot, was also on hand to liven things up.

Families also made puppets, rain sticks and learned a few new dance moves from dance instructors Stasia Bryant and Arianna Heck. The next Tell Me A Story will take place early next year.

## transformation UPDATE

### Frequently Asked Questions

#### Have a transformation-related question you'd like answered?

E-mail [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil). We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at [www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation).

**New – Quiet Hours Clarification** – The Directorate of Public Works Resident Guide will be revised soon to reflect quiet hours in housing areas as 10 p.m.-6:30 a.m. Due to force protection and other security concerns, large groups of Soldiers are no longer allowed to run together off post. As a result, units may continue cohesion runs and cadence calling through on post housing areas during their scheduled physical training times in the mornings. The command understands this is an inconvenience for family members who don't get up prior to 6:30 a.m. but asks that both the Soldiers and residents be considerate of each other and do their part to minimize this inconvenience for everyone. If anyone notices outright abuse of this policy by the units, please report it to your housing or building coordinator.

**Will the gate guards on Grant Circle in Mannheim be taken away?** Grant Circle security will remain as it is now until it closes in September 2012.

#### How long will the launderette in Mannheim on Benjamin Franklin Village stay open?

The facility is scheduled to close in the summer of 2012.

#### When will the Mannheim commissary and Exchange close?

The Mannheim commissary and PX are scheduled to close in September 2012 and their actual closure dates will only be accelerated if customer demand or commissary and Exchange resources decline more rapidly than expected.

#### When are Patrick Henry Village and the PHV Shoppette closing?

The plan is for PHV and PHV Shoppette to close in late 2014. However, residents are asked to keep in mind that while this is the plan, a lot can change in three years which could affect the closure date.

#### I keep hearing different dates for when Tompkins Barracks is scheduled to close. Can you shed some light on this for me?

Tompkins Barracks will close no later than November 2012. Nearby Kilbourne Barracks is scheduled to be vacated by December.

#### Is there enough base housing in Wiesbaden?

Wiesbaden has enough Army family housing to meet the U.S. Army Europe housing policy, which is 100 percent of key and essential personnel, 100 percent of specialists and below and 10 percent of sergeants and above, excluding key and essential personnel.

### Facilities Operations Changes Mannheim

**Auto Skills** – Spinelli Auto Skills has new hours of operation. It is closed Mondays, Sundays and U.S. holidays and open 11 a.m.-7 p.m. Tuesday-Fridays and 9 a.m.-5 p.m. Saturday and training holidays. DSN 373-5196, civ. 06221-17-5196.

**Base Operations** – For assistance in Mannheim, residents should contact the following individuals: Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, [damiem.r.hunt@eur.army.mil](mailto:damiem.r.hunt@eur.army.mil); Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, [bob.isbell@eur.army.mil](mailto:bob.isbell@eur.army.mil); Ralph Santaliz, Interim Deputy Garrison Commander, [rafael.santaliz@eur.army.mil](mailto:rafael.santaliz@eur.army.mil); or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, [romeo.satsatin@eur.army.mil](mailto:romeo.satsatin@eur.army.mil), DSN 373-1300, civ. 06221-17-1310.

**Coleman Postal Service Center** – The Postal Service Center on Coleman Barracks has changed its hours: 10 a.m.-1 p.m. and 2-5 p.m. Monday - Friday. The Consolidated Mail Room customer service package pick-up window hours remain 11 a.m.-6 p.m. Monday-Friday.

**Exchange Facilities** – New hours of operation at Mannheim exchange facilities are:

**Main Exchange** – 11 a.m.-6 p.m. Tuesday-Sunday, closed Mondays.

**Burger King** – 7 a.m.-7 p.m. Monday-Friday for drive through service and 7 a.m.-6 p.m. for dining room service, 10:30 a.m.-7 p.m. Saturday and closed Sundays.

**Anthony's Pizza** – 4-6 p.m. Monday-Friday and closed Saturdays and Sundays.

**Popeyes and Taco Bell** – 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

**Gas station** – 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-7 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

**Shoppette** – 8 a.m.-8 p.m. Monday-Friday, 9 a.m.-8 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

**New – Education Center** – The Mannheim Education Center is closed. Education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. The GPS address is: Speyererstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176. Information on education services can be found in the USAG Baden-Württemberg community services directory at [www.bw.eur.army.mil/contacts/service\\_directory.html](http://www.bw.eur.army.mil/contacts/service_directory.html).

**Franklin Guest Lodging** – The hotel on Benjamin Franklin Village is closed. Customers may use the guest house on Patrick Henry Village in Heidelberg or receive a certificate of nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV.

**Gate** – The Friendship Circle gate on Sullivan Barracks is closed although pedestrians may use it to exit the post. The pedestrian gate near Bldg. 254 (formerly the USO) remains open 24 hours a day for entry and exit with an ID card. DSN 385-3359, civ. 0621-730-3359.

**Gospel Service** – The Gospel Church Service for Mannheim members is now held in Heidelberg at the chapel on Mark Twain Village. DSN 373-6190, civ. 06221-17-6190.

**Health and Dental** – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim have closed. TRICARE enrollment offices are on the Heidelberg Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne, Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500. Retirees and their family members who have been disenrolled may seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

**Hours change for ID cards/DEERS and passports** – The Mannheim ID cards, DEERS and passport offices located in Bldg. 246 on Sullivan Barracks have closed. These services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. Reports of birth are by appointment only. For passports, SOFA Cards, reports of birth and other consular services, contact DSN 370-3921, civ. 06221-57-3921, [www.bw.eur.army.mil/Directorates/DHR/home.html](http://www.bw.eur.army.mil/Directorates/DHR/home.html).

**New – Mannheim Library Support** – A library support office is open in Bldg. 246, Room 118, to assist community members affected by the closure of the library on Sullivan Barracks. It is open 9 a.m.-noon and 1-6 p.m. Monday, Tuesday, Wednesday and Friday and 2-6 p.m. Thursday. Patrons may activate online accounts to enable them to download books and videos and to receive library materials in their mailboxes. Services include assistance with electronic databases, registration and clearing. Computers, a small study room and free paperbacks are available. Items may be returned to the office or to the drop box outside. DSN 385-2688, civ. 0621-730-2688.

**New – Overpass Closure** – The overpass from Benjamin Franklin Village to Columbus Street has permanently closed.

**School Age Center** – The School Age Center on Benjamin Franklin Village in Mannheim is in Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

**Self-Help** – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays

and closed on American and German holidays. DSN 387-3325.

**Tax Relief Office** – The hours for the Tax Relief Office on Sullivan Barracks are 8 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

**Transportation Motor Pool** – The Transportation Motor Pool on Spinelli Barracks has closed and all vehicles are dispatched at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, [www.bw.eur.army.mil/Directorates/DOL/TMP.html](http://www.bw.eur.army.mil/Directorates/DOL/TMP.html).

**New – Vehicle Registration** – The vehicle registration office on Spinelli Barracks will relocate to Bldg. 1563 Nov. 15 with no disruption in service. Customers should call or visit [www.hqusaareu.army.mil/rmv](http://www.hqusaareu.army.mil/rmv) to make sure they arrive with the proper paperwork and fee amount. Check or money orders are strongly recommended. DSN 384-6909, civ. 0621-730-6909.

**Veterinary Treatment Facility** – The vet office in Mannheim will close Dec. 22. Veterinary care will continue to be available through the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. To prepare for closing, the Mannheim VTF has reduced its hours. It is open 8 a.m.-1 p.m. Monday for over-the-counter services only, 11 a.m.-7 p.m. Wednesday and 8 a.m.-1 p.m. Friday for sick call and preventative medicine appointments. Clients requesting surgery will be referred to Heidelberg VTF or an off post veterinarian. Records remaining at the clinic after Dec. 22 will be transferred to Heidelberg. Those scheduled to PCS before that date should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

**Work Orders** – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311, civ. 06221-4380-3312.

### Heidelberg

**Army Emergency Relief** – AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

**Commissary Gate** – The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. Monday-Saturday and 6 a.m.-6 p.m. Sunday. Commissary hours remain the same: 7:30-9 a.m. daily for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

**Drivers Testing** – All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221-57-6681.

**Health Center** – The Acute Care Clinic on Nachrichten Kaserne is closed. Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care will be provided in the Heidelberg community by host-nation providers. Normal hours are 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

**New – Postal Finance and Official Mail Service** – The Postal Finance and Official Mail service at PCS 432 on Tompkins Barracks has been discontinued. Services are now located at the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19, respectively. Consolidated mail room operations at PCS 432 will continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

**New – Vehicle Registration Satellite Office** – The satellite registration office on Patrick Henry Village has closed. The vehicle registration office on Spinelli Barracks in Mannheim is the only location for both communities. Civ. 06221-678-2586.

## Autumn triggers spider sense

By **Capt. Stefan Tonsberg**  
U.S. ARMY PUBLIC HEALTH COMMAND

For some, autumn triggers a sort of spider sense. The hair on the back of the neck rises in response to sightings of brazen spiders in the middle of a room.

This can conjure the belief that spiders have invaded dwellings and infested belongings. Contributing to the anxiety can be the knowledge of potentially dangerous species.

Most people are unable to distinguish between harmless and dangerous spiders. Entomologists at the U.S. Army Public Health Command receive an influx of spider questions, sightings and identification requests. The most frequently asked questions include, "Is it venomous? What happens if it bites me?" and, "What kind of bug spray should I use to kill it?"

First, almost all true spiders (order *Araneae*) are venomous. However, of the more than 40,000 species

identified, few (around 25 species) are considered medically significant. Funnel-web weaving spiders like the hobo spider, the giant house spider and the barn funnel weaving spider are frequently encountered in the western United States and often misidentified. Since these spiders are similar, people fear all of them because they resemble the hobo spider, which some scientists suggest may inflict a serious bite.

Spiders that are commonly found around barracks, homes and buildings in the eastern U.S. during the late summer and early fall include grass spiders, wolf spiders, ground spiders, jumping spiders, orb weaver spiders, cobweb spiders, cellar spiders, sac spiders and two less frequently encountered but medically important species, the black widow and brown recluse spider.

Even though it seems that the spider population has increased, spiders do not come inside for warmth as tem-

perature drop. Most species found outside adapt to the conditions and would probably not survive inside.

The same can be said for species found inside. The truth is that the autumn time period often coincides with the time when select species reach maturity in their lifecycle. In addition male spiders can exhibit a wandering behavior while in search of a mate.

Although often feared and unwanted, spiders can be beneficial. Spiders prey on numerous insect pests as well as other spiders. However, for safety, sanitation and peace of mind their presence is unwanted inside our living or working environment.

The best prevention is through exclusion and cleaning. This means removing rocks, wood piles, compost piles and other sheltering sites adjacent to the home.

Cracks and crevices around the foundation and windows should be sealed with caulk or sealant to avoid the entry



Capt. Stefan Tonsberg

This giant house spider, also known as a *Tegenaria duellia*, is often feared and unwanted but spiders like this one can be beneficial.

of spiders. Furniture or other items brought inside should be cleaned and free of egg sacs or spiders. Make sure all screens and doors to the exterior are sealed tight. Keep crawl spaces free of debris and limit other potential hiding places including basements and other dark storage areas.

Spiders may accumulate in large numbers especially around outdoor light sources, which attract their insect

prey. Pesticide application is not recommended as egg sacs may survive initial treatment and residual pesticides are not very effective against returning spiders. Vacuuming can be an effective means of removal, but remember to remove or empty the vacuum cleaner bag.

Finally, to ensure safety, wear gloves and use caution when handling boxes or firewood stored for long periods or in basements.

## Faces of the community: Human Resources



Elizabeth Casebeer

Sunny Acebo, a human resources assistant at the Civilian Personnel Advisory Center in Heidelberg, shreds privacy act documents. CPAC assists all civilian employees throughout U.S. Army Garrison Baden-Württemberg with human resources issues. CPAC, located across from the Shopping Center in Bldg. 3980, is open 8:30 a.m.-noon and 1-5 p.m. Monday-Wednesday, Friday and 1-5 p.m. Thursday. DSN 370-6914, civ. 06221-57-6914.

## World War II vets get 'I served' stickers

### Operation Home Front

NEW ORLEANS – Operation Homefront and The National World War II Museum in New Orleans announced its partnership to provide free World War II "I Served" stickers to veterans of "the greatest generation."

Operation Homefront is a national non-profit organization that provides emergency financial and other assistance to military families and wounded warriors. The National World War II Museum features tours and exhibits, teaching people about America's involvement in World War II.

The "I served" sticker program originally started in July 2009 as a way to recognize the military men and women who served in Iraq and Afghanistan. Due to the overwhelming number of requests, stickers recognizing Vietnam, Desert Storm, Korea and now WWII veterans were added.

"We are proud to partner with the National World War II Museum to distribute 'I served' stickers to World War II veterans as a way to show our appreciation," said Tawney Tallo, Executive Director of Operation Homefront – Louisiana. "It is important that we never forget some of our nation's oldest veterans, and we are honored to work with a museum that continues to tell their story."

"The National World War II Museum dedicates itself to preserving the history of America's involvement in World War II," explained Dr. Nick Mueller, President and CEO of the museum.

"With the help of Operation Homefront, we can continue to honor the service members who risked their lives for their country in a war that changed the world," he said.

With a common core value of honoring patriotism and service to country, expanding this program is a natural extension of both organizations existing programs. Stickers also can be requested at [www.operationhomefront.net/iservedstickerorder.aspx](http://www.operationhomefront.net/iservedstickerorder.aspx).

# Baden-Württemberg Fall Clean Up

*Leaves are changing, Halloween is over, daylight saving time has ended, now it's fall cleanup time*

By Elizabeth Casebeer  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The garrison's community-wide biannual cleanup starts Monday and continues through Nov. 18 for all Soldiers and civilians assigned to or living in Mannheim and Heidelberg. Inclement weather dates are Nov. 21-30.

Residents and employees are required to tidy up their work spaces, homes and shared areas during their assigned times. Common areas include playgrounds and the space around dumpsters.

Private organizations like the Boy and Girl Scouts and the thrift shop on Patrick Henry Village are responsible for work in and around the facilities they use.

According to a memorandum signed by U.S. Army Garrison Commander Col. Bryan DeCoster, unit commanders and supervisors will provide adequate time during the duty day for Soldiers and employees to police their areas.

The mornings will be used for sprucing up offices and work places. Soldiers who live in family housing will be released at 11 a.m. on the assigned date their area is to be cleaned, under the direction of the area or building coordinators.

"[We do this to be] good stewards of the facilities and to make sure we keep our standard and quality of life up," said Sgt. 1st Class Jamie Horton, Directorate of Public Works non-commissioned officer in charge.

Horton, who arrived in Heidel-

**"If we don't police up leaves that hit the ground, they [can] get into the runoff, clog street drains, back up in streets and prevent water from the street from draining properly."**

—Sgt. 1st Class Jamie Horton, Directorate of Public Works noncommissioned officer in charge

berg this summer from Fort Leonard Wood, Mo., is DPW's sole active duty Soldier and is the point of contact for the cleanup.

Building coordinators assign tasks to residents. These include cleaning washing machines and dryers in the laundry rooms, sweeping stairwells and common areas and replacing burned-out light bulbs.

While the garrison has a contract for lawnmowers, installation and building coordinators and residents should ensure flower beds adjacent to the buildings are weeded and bushes and shrubs are trimmed.

In addition, concrete picnic tables should be scrubbed clean (not painted) and storage rooms, basements, attics and hallways need to be cleaned.

Fallen leaves are part of the season, but they can be dangerous if they are not removed.

"If we don't police up leaves that hit the ground, they [can] get into the runoff, clog street drains, back up in streets and prevent water from the street from draining properly," Horton said.

Leaves, grass and small branches

should be separated from other debris and placed next to the curb. Leaves should be bagged in paper leaf bags, which are available at self-help, Horton said.

The self-help stores in Bldg. 3962 near the family housing office in Heidelberg and in Bldg. 806 on Funari Barracks in Mannheim will lend rakes, street brooms, hand shovels, hedge trimmers and more to building coordinators to provide to tenants.

These items should be picked up after 2 p.m. the day before the designated cleanup day.

Tools provided by DPW will supplement those tools normally hand-receipted to the buildings and installation coordinators.

Heidelberg's self-help hours are 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturdays and closed U.S. holidays. Mannheim's self-help hours are 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays.

Paper, glass and soiled trash items should be disposed of in appropriate color-coded dumpsters and bulky disposable items should be placed next to curbs, but not so close to streets as to restrict or prevent normal traffic flow.

These items will be picked up the day of and morning following the scheduled day of cleanup, said Marty Hanson, DPW assistant energy program manager. Household hazardous wastes, including tires, batteries, solvents and car parts are required to be turned in to the recycling center by the owner. DPW will not pick up or dispose of these items.

For information on fall cleanup or to schedule pickup of bulk items, call DSN 387-3103 or civ. 06221-4380-3103.

## Make fall cleanup easy

- ◆ Place bulky disposable items next to the curbs, but not so close to the streets as to restrict or prevent normal traffic flow.
- ◆ For safety reasons, remove the latches on old refrigerators and cabinets.
- ◆ Remember to remove all loose papers from dresser and cabinet drawers.
- ◆ Pickup crews will not enter any building to remove any items for disposal, so be sure you have a buddy to help you move things to the curb.
- ◆ Ensure paper, glass and soiled trash items are disposed of in the appropriate color-coded dumpsters.

## Check for household hazardous wastes

Check to be sure what you're about to throw away is not considered a household hazardous waste product. Take hazardous wastes to the Heidelberg collection point at the Patrick Henry Village recycling center on Alamo Circle behind the Child Development Center or to the Mannheim hazardous waste collection point at Bldg. 806 on Funari Barracks.

- ◆ Acids
- ◆ Air fresheners
- ◆ Antifreeze
- ◆ Car batteries
- ◆ Dry cell batteries
- ◆ Brake fluid
- ◆ Car wax or polish
- ◆ Chrome or furniture polish
- ◆ Detergent
- ◆ Disinfectants
- ◆ Drain, toilet, oven, metal and window cleaners
- ◆ Fabric softener
- ◆ Fuels
- ◆ Glues and adhesives
- ◆ Hobby chemicals
- ◆ Insecticides
- ◆ Medicine
- ◆ Mildew remover
- ◆ Moth balls
- ◆ Oil
- ◆ Oil filters
- ◆ Paint cans
- ◆ Paint remover
- ◆ Paints
- ◆ Paint thinner
- ◆ Photochemistry
- ◆ Rust remover
- ◆ Rust protection products
- ◆ Scale remover
- ◆ Scotch Guard
- ◆ Shoe polish
- ◆ Solvents
- ◆ Spray cans
- ◆ Stain remover
- ◆ Turpentine
- ◆ Thermometers
- ◆ Wood preservatives

## Clean Up Schedules

### Grant Circle

Nov. 7-9 – Grant Circle residents in single and duplex houses, Bldgs. 2000-2057, may participate any of the three days.

### Benjamin Franklin Village

Nov. 7 – Bldgs. 190-199 and 636-656  
Nov. 8 – Bldgs. 657-678  
Nov. 9 – Bldgs. 679-704

### Mark Twain Village

Nov. 7 – Area I: Bldgs. 3701-3710; Area II: Bldgs. 3711-3720; Area III: Bldgs. 3721-3728  
Nov. 8 – Area IV: Bldgs. 3729-3742; Area V: Bldgs. 3650-3653

### Patrick Henry Village

Nov. 9  
Area I: Bldgs. 4471, 4478, 4480, 4481, 4482, 4483, 4490, 4491; Area II: Bldgs. 4472-4477; Area III: Bldgs. 4463-4470; Area IV: Bldgs. 4426-4432; Area V: Bldgs. 4421-4425  
Nov. 14  
Area VI: Bldgs. 4405-4414; Area VII: Bldgs. 4401-4404, 4415-4420; Area VIII: Bldgs. 4449-4455, 4462; Area IX: Bldgs. 4433-4441  
Nov. 15  
Bachelor Officer and Senior Enlisted Quarters: Bldgs. 4512-4520; Area X: Bldgs. 4521-4523, 4531, 4532  
Nov. 9-15  
Occupants of single (Bldgs. 4701-4785) and duplex (Bldgs. 4480-4483) houses may participate any day of the week.

## Self Help Hours

- ◆ In Heidelberg, 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturdays, closed U.S. holidays.
- ◆ In Mannheim, 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays.



Cpl. Joseph Rentie, 1st Battalion, 279th Infantry Regiment, concludes a search of a truck at a Pakistan border crossing into Paktya province, Afghanistan, Oct. 24.

Cpl. Ruth Howe

# our ARMY around the world

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John Manley

A group of Soldiers take part in a naturalization ceremony at the Statue of Liberty in New York on the 125th anniversary of the Statue of Liberty's dedication Friday.



Capt. Anthony Chenault

Football player Brett Favre stands with Soldiers of Delta Company, 1-148, Task Force Roc, 37th Infantry Brigade Combat Team, Ohio Army National Guard after giving a motivational talk to them at Camp Shelby Joint Forces Training Center, Miss., Oct. 2. Favre visited the Soldiers prior to their deployment to Afghanistan in support of Operation Enduring Freedom.

# Food service specialist earns Army award for field kitchen design

By Spc. Joshua Leonard  
USAREUR PUBLIC AFFAIRS

Most Soldiers can probably tell you what it's like to live on MREs, and which field meals are their favorites. And most would probably agree that the monotony of eating them for days on end makes them crave something more.

Spc. Shaunta Cain, a food service specialist from U.S. Army Europe's Bravo Battery, 5th Battalion, 7th Air Defense Artillery in Kaiserslautern designed a new piece of equipment she said will make life easier for deployed Soldiers – though MRE salesmen might not like it much. Her idea, the Individual Kitchen, makes it possible to quickly feed Soldiers in remote areas.

The design won Cain the Department of the Army's first Food Advisor Innovation Award competition from the Joint Culinary Center of Excellence at Fort Lee, Va.

Cain heard about the competition from one of her mentors, Sgt. Rory Davis, who she said inspired her during their deployment by cooking for the Soldiers in their unit on just two

pieces of kitchen equipment.

The kitchen will benefit Soldiers and cooks in the field, she said. Packed inside the unit are a stove with two ovens, a tilt griddle, warming and cold cabinets, a 50-gallon water storage unit, work surfaces, storage, a serving window and serving tables.

The self-sustaining kitchen is also compact and environmentally friendly. Equipped with a solar generator and a water filtration system to provide clean water at times when potable water is not available on site, the unit is designed to be used by one or two cooks. It can easily be transported or air-dropped into austere locations where a full-sized field kitchen cannot be deployed easily or quickly.

"It's very small. It's for remote areas," Cain said. "You can bring the kitchen in and just start cooking."

"Modularity" is the new buzzword for future food service equipment and her design checks all the boxes," said Chief Warrant Officer 4 Georgene Davis, the U.S. Army Food Advisor. "It is amazing to see a junior Soldier so creative and in tune with food service. When I received the submission from Cain I could not believe a

specialist had created this design."

"If I was deployed this kitchen would allow me the flexibility to operate with less personnel," Davis said. "In today's Army ... doing more with less is critical."

Cain's supervisors should be proud, Davis added, because they have trained her well and she is a reflection of their commitment to excellence.

Chief Warrant Officer 4 James D. Donaldson, the U.S. Army Europe food advisor, said this new kitchen design could be a real boost to Soldiers by providing an efficient and effective means to feed more real food to troops engaged in remote operations.

"With the current trend in the U.S. Army toward downsizing or right-sizing our forces, and the way we are fighting our current battles, Spc. Cain's kitchen design is something that would not only benefit USA-REUR, but the Army as a whole," said Donaldson. "Spc. Cain's design allows commanders to deploy individual Soldiers to support small elements and be capable of cooking all types of rations within our family of rations."

Cain's design is currently being de-



Spc. Joshua Leonard

Spc. Shaunta Cain of U.S. Army Europe's Bravo Battery, 5th Battalion, 7th Air Defense Artillery displays a sketch of her design for a compact Army field kitchen. The design earned Cain the first individual Army Food Advisor Innovation Award.

veloped by the U.S. Army Soldier Systems Center at Natick, Mass., where its key components are expected to be combined with elements from other designs to create a working test model kitchen, said Gregg Gildea, Food Service Equipment Team Leader at Natick.

## Safety Streamer



Sgt. 1st Class Michelle Conrad

Brig. Gen. Mark Hendrix, left, the commanding general of the 7th Civil Support Command in Kaiserslautern, awards the Army Safety Excellence Streamer to Capt. Stephanie Mann, the transportation officer for the 793rd Movement Control Team, during battle assembly Oct. 15 at the Lampertheim Range in Mannheim. The Army Safety Excellence Streamer is presented to units that have met the prescribed eligibility criteria in completing 12 consecutive months without experiencing a Soldier at fault for a Class A or Class B accident and for having 100 per cent completion of Composite Risk Management training.

## Nation honors military families

By Michael Burkhalter  
INSTALLATION MANAGEMENT COMMAND

SAN ANTONIO – November is Military Family Appreciation Month, and the Army continues its focus on building strong, resilient families.

The Army campaign for MFAM, with a theme of "Taking Care of Those Who Care for You," aims to thank Army families for their sacrifices.

"During the last 10 years of conflict, our Soldiers and families have faced challenging situations, and in too many cases, tragedy," said Lt. Gen. Rick Lynch, commander of Installation Management Command. "Multiple deployments and too little dwell time have strained their relationships. We owe it to our people to help them build the resiliency needed in coping with their challenges – with folks coming out stronger and better."

"We have taken a number of steps to assess and build resiliency in our family members," Lynch continued. "The Army is keeping a key promise it made in the Army Family Covenant, fostering an environment in which families can thrive."

Lynch noted that U.S. armed forces now operate in a fundamentally different fiscal reality, adding that IMCOM must find smarter ways to provide services and programs while continuing to support the Army community.

"The Army's budget is smaller than it has been in previous years, and it will get smaller still," he said. "However, a different fiscal reality does not change the reality of what we owe to our families. The Army's commitment to families remains as strong as ever."

The effort to support military families continues throughout the year and throughout the nation. In April 2011, First Lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden, launched a national initiative named Joining Forces that calls on America to join in supporting and honoring service members and families.

"This campaign is about all of us, all of us joining together as Americans to give back to the extraordinary military families who serve and sacrifice so much every day so we can live in freedom and security," the first lady said.



## SEMBACH

continued from page 1

separate community. It's a kaserne that is part of USAG Kaiserslautern and the overall Kaiserslautern military community."

Members of the USAG Kaiserslautern Family and Morale, Welfare and Recreation and Directorate of Public Works have taken on the bulk of the multi-faceted mission to restore and revitalize the installation.

Sembach currently houses a commissary, post office, bowling center (with a Warrior Zone inside), fitness center, gas station, fire station, Exchange shopette, TKS concessionaire, an elementary and middle school (with plans for a new K-8 school in fiscal year 2016), a Community Bank, vehicle registration office, theater, community center, chapel, sports fields and Soldiers' barracks.

Several community members have voiced concerns about conditions on the base, specifically the lack of FMWR facilities, base services, limited facility operating hours and family housing.

"We're in the process of making Sembach a great place and we ask that people be patient with us because it takes a lot of time. We received the mission first and the time and money afterward," said Steven Pelletier, FMWR USAG

Kaiserslautern director. "The services are coming; they are on their way but it will take us time to get there."

Some of the major projects underway include renovations to the fitness center.

"We are doing a \$2 million renovation of the hull of the building, replacing the roof, windows and some renovations to the inside of the facility. We're also realigning the locker rooms and shower rooms, creating laundry spaces, correcting some deficiencies in the floors and taking down walls to give ourselves more programming space," Pelletier said.

The facility will remain open during the improvements.

Repairs are also being made to the community club which will provide a meeting place for community members, Family Readiness Groups and unit functions and a Java Café is also being constructed that will feature Starbucks coffee, sandwich wraps, salads and other grab-and-go items. Both are scheduled to open next summer.

Pelletier also revealed that the Exchange is planning to build a Subway sandwich shop in the existing shopette.

"There is a plan to increase more food options. DeCA, AAFES and I are doing an assessment to actually figure out how many eating facilities are

right for the population that we will have at Sembach at the end of the day. Right now, people can eat the grab-and-go food at the shopette and they can dine at the bowling center or Wednesday through Sunday they can dine at the deli at the commissary," he said.

The commissary is also looking at extending its hours to support the anticipated increase in the base population. Currently the facility is open Wednesday through Sunday. However, there are still no plans to add a base dining facility.

In regard to housing concerns, there are newly renovated single Soldier barracks available but according to IMCOM-Europe officials, there are currently no plans to provide on-post family housing for Soldiers stationed on Sembach. In 2007 the Air Force condemned numerous rows of vacant housing and there are no plans to renovate the units.

Families will instead report to the Ramstein Housing office to be assigned on post housing if available or receive assistance in locating off post rentals.

"I love Sembach. It's a great place and it will be a beautiful installation and work area when it's done," said Bill Holz, Deputy Director of the Department of Public Works for

USAG Kaiserslautern. "It's a gem but like any gem it needs some polishing and IMCOM is investing significantly in Sembach."

In fact, IMCOM-Europe headquarters is scheduled to relocate to Sembach next year.

Holz and his staff are responsible for handling the day to day maintenance issues on the installation. DPW extended its maintenance contract in the garrison to include an on post work center. The work center is responsible for grass cutting, snow and ice removal and performing routine service requirements.

German waste disposal company Jakob Becker is contracted to collect trash but Holz urged tenants and residents to contact DPW directly if there are problems.

DPW just received funding to renovate the pavilion and picnic areas, but Holz said they don't have a definite deadline for when the work will begin. No decision has been made on the future of the sports fields.

Holz added that the library and base health clinics will not be reopened but instead will be used for office space, and the Tiger Theater will become a meeting place for units and residents.

"It will be a little while before you begin to see a lot of these projects come online but they will be coming.

### Town Hall Meeting

The U.S. Army Garrison Kaiserslautern and the 21st Theater Sustainment Command will host a community town hall 10-11:30 a.m. Dec. 7 at the Sembach Elementary School Auditorium, Bldg. 17.

These are multi-million dollar projects and it takes time to actually sign the contract, do a design and get the work started," he said.

Holz said another major project on the horizon is the 5th Signal and AT&T upgrade of the base's fiber optic network.

Although it will take some time, Holz and others involved in the collective effort to restore the base agree that Sembach Kaserne is well on its way to becoming a premier installation.

"Sembach is a beautiful location and anyone who has not been here will be really amazed by its natural beauty. It's also a rural and scenic location. If you are there now just know that you are being integrated in the community and we are going to work hard to ensure that Sembach is a place that people know is important. It's a critical new addition to our kaserne portfolio and to the garrison," Zetterstrom said.

The Sembach service work order desk can be reached at DSN 483-7135, civ. 0631-411-7135.

## MERIT

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the conference, hosted by USAREUR commander Lt. Gen. Mark Hertling, included other military experts.

"You have a lot of high-level – both active and retired – allied general officers and colonels who are opinion shapers in their military," said Hertling. "This is a very good way to not only tell them what we're doing, but to get some good ideas from them on how we shape the future."

The purpose of the conference was to sustain and strengthen U.S. and partner nation relationships. Participants discussed topics such as building partner capacity, consequence management in Europe, theater logistical support and USAREUR transformation.

"For sure I think some of this information will be very useful for our decision-makers, when we're back home, to have one additional touch or one additional source of information to put into the evaluation process, see how we can do it better together for the better world that we are building together," said Croatian Army Col. Damir Terzic.

Retired Bundeswehr Gen. Leopold Chalupa, who has attended all 31 Legion of Merit conferences, said the events have always offered a good venue for renewing old partnerships and building new ones.

"From the beginning it's been important, because old comrades in arms are getting together to discuss some of their successes, their experiences, the new problems which have come up," said Chalupa.

## WARRIORS

continued from page 1

engagements and survived because of the recent medical innovations? What it means is life and the ability to continue to be productive, active and successful citizens of this great nation."

Other local events in Kaiserslautern include a Caregiver Appreciation, a Wounded Warrior Program brief, an adaptive sport marathon and metabolic testing. Planned events in the Heidelberg area include fitness hikes, community integration activities and life skills classes.

"Taking care of Soldiers is something we do every day," said Brig. Gen. Darryl Williams, Assistant Surgeon General for Warrior Care and Commander, Warrior Transition Command. "Observing Warrior Care Month allows us to highlight the significance of keeping Soldiers healthy and safe and taking care of them when they become wounded, ill or injured."

Williams said most people think of the combat injured when they hear the term warrior care.

"Taking care of our combat-injured is warrior care," he said. "Warrior care is also preventing illnesses and keeping Soldiers healthy and ready to deploy. Warrior care is arming Soldiers with tourniquets that they can use with only one hand. It's having the best trained medics in the world standing shoulder to shoulder with our combat Soldiers."

He points out that warrior care is an undertaking that encompasses a broad scope of efforts that extend beyond the battlefield including "understanding how to manage pain with medication and with complementary medicine such as acupuncture, massage and yoga. Warrior care means building resilience and ensuring our men and women in uniform are strong in mind, body and spirit. Warrior care is

our best researchers looking at how we can advance medicine, improve protective gear and deal with trauma and complex injuries. It's having a battle buddy who looks after you and a leader you can count on."

Williams outlined his three priorities for the wounded, ill and injured he represents – education, training and employment. There are 29 Warrior Transition Units at Army installations and nine community based Warrior Transition Units across the country to include Europe. The WTU structure represents the way the Army supports Soldiers who require at least six months of complex medical care.

Since 2007, through WTUs, the Army provides a standardized framework of care and support from medical appointments to adaptive or reconditioning sports programs and internships.

For a list of events, call DSN 371-3529.

# Tons of treats in Baden-Württemberg

Jenna Taylor holds her son Dyllen at the Mannheim Fall Fest Friday. Below, from left, Madison Mlack, Gabriel Hernandez, Sarah Benjamin and Katherine Fair from Brownie Troop 208 decorate cookies at the Mannheim Fall Fest Friday.



Sgt. Rickey Brown, Sgt. Jaret Smith and David Sohl, Better Opportunities for Single Soldiers members, act their parts at the BOSS Haunted Tour in the Patrick Henry Village Pavilion Saturday in Heidelberg.

## Communities celebrate season with style

### Staff Report

Americans love Halloween and this year German children from Eppelheim were treated to the flock of feathered, tulle, toothless and painted creatures that paraded through housing areas to collect candy.

A bus full of 21 children from Eppelheim invited by garrison commander Col. Bryan DeCoster joined children on Patrick Henry Village in Heidelberg Saturday to Trick or Treat. The guests favorite costumes were Chuckie from the movie "Killer," game stars Mario and Luigi and the twin skeletons seen roaming the streets. The candy of choice was Butterfingers.

Mannheim residents joined them, too, after having fun the night before at the Fall Fest on Benjamin Franklin Village. There, games, inflatable bouncers, food and a live AFN broadcast made the evening a smashing success. Volunteers from Mannheim Elementary School, the Child Development Center, Boy and Girl scouts and Veterans of Foreign Wars made sure all goodies and entertainment were free for festival goers.

[More Photos Online  
www.flickr.com/heraldpost](http://www.flickr.com/heraldpost)



photos by Donna Walker

U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster in Army football garb and his wife Kathy in witch robes hand out treats on Patrick Henry Village in Heidelberg Saturday. Photo below, USAG BW Fire and Emergency Services specialist Daniel Pommer shows Aiden Sommers, 21 months, the garrison fire truck at the Mannheim Fall Fest Friday. Sommers is a yo-gabba-gabba character.



Hundreds of costumed children and adults turn out for Trick or Treat on Patrick Henry Village in Heidelberg Saturday.

## GERMAN COOKING

### Oma's Kohl Rouladen Grandma's Stuffed Cabbage

#### Ingredients

- 1 head white cabbage
- 2 pounds ground beef
- 1 large onion
- 1 egg
- 1 stale bread roll or 2 tablespoons bread crumbs
- 1 teaspoon salt
- ground pepper
- 1 teaspoon mustard
- ground cumin
- ground nutmeg
- margarine
- 1 onion
- 1 tablespoon tomato paste
- kitchen thread

#### Preparation

- Cut out center of the cabbage.
- Bring water to a boil in a large pot. Add salt and cumin seeds to taste, if desired.
- Poke a large fork into the bottom (where the center was cut out) of the cabbage and dip into water.
- One by one remove the leaves from the stem, let dry and set cabbage stock aside.
- Mix the ground beef, finely chopped onion, egg and bread crumbs or ripped bread roll, salt, pepper, mustard, cumin and nutmeg.
- Cut the dried cabbage leaves at the ends so they lie flat.
- Overlap two leaves to form a bowl and add smaller ones in the middle. Place a tablespoon full of the ground beef mixture in the middle of the bowl and roll the ends in to form a small package. Secure with kitchen thread.
- Heat the margarine in medium pot. Add the rouladen one by one and brown evenly on all sides.
- Add cabbage stock, a tablespoon of tomato paste and coarsely chopped onion.
- Cook 60 minutes, adding cabbage stock as needed.
- For the sauce, remove the cabbage rouladen from the stock and stir well. Add salt and pepper as desired and bind the stock with flour. Replace the rouladen in the sauce.
- Serve with salty potatoes or mashed potatoes.

### Vanillekipferl Vanilla Biscuits

#### Ingredients

- 1 cup butter
- 1 cup flour
- 1/2 cup sugar
- 1/2 cup finely ground almonds
- 1/3 cup powdered sugar
- 2 packs of vanilla sugar (Vanillin or Vanillezucker) and powdered sugar to coat

#### Preparation

- Preheat oven to 300 F.
- Cut butter into small cubes and mix well with flour, sugar, nuts and powdered sugar.
- Let the mixture rest for 30 minutes.
- Form the dough into 1 1/2-inch long strips and form into half moons and place on baking paper-lined cooking sheet.
- Bake in middle of oven 15 minutes or until golden brown.
- Mix vanilla sugar with powdered sugar.
- Coat kipferl with sugar mixture and serve.

SOURCE: [www.chefkoch.de](http://www.chefkoch.de)



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

#### Dear Ms. Vicki,

*I need your help. I met the man of my dreams, a career Soldier with a lot of status. I'm not sure about this army gig, but he gets to tell a lot of people what to do.*

*We had a whirlwind romance. He wined and dined me to the fullest.*

*He sent me a credit card to do whatever I wanted to do with it.*

*I quit my job and left New York to live with him. My parents thought I was crazy, but you know how it is.*

*I'm 33 years old and I feel my clock is ticking and that I may never be married or have children.*

*Shortly after I moved in with my boyfriend, he informed me he would be deploying to Afghanistan.*

*I don't know anything about the military or this deploying stuff.*

*To tell you the truth, I was never interested in having a relationship with anyone in the Army; I just wanted to have a great relationship with my boyfriend who I think is a really great person and who would be a great father to our children.*

*I'm three months pregnant. Now*

*the man of my dreams does not want to commit.*

*He is acting like he does not even want me anymore. He even said he is not sure if the baby belongs to him.*

*He has some nerve. What am I supposed to do? Go back home to New York with a big belly? Who is supposed to help me take care of this baby?*

*My boyfriend is saying this is all too soon for him. He says he wants to get to know me better.*

*Now, granted, I know five months is not a long time to know someone, but life happens. Plus, internet dating is for real.*

*He is on his way to Afghanistan. He has not offered to marry me, support me in any way or provide for his child before and after the birth.*

*I can't believe him. I need some benefits.*

*What can I do? Aren't you a military spouse? Please give me some information.*

*From Crazy and Pregnant  
Dear Crazy Girl,*

And I do mean crazy. You sent me this guy's rank, name, unit and phone number.

You have some nerve. That was totally too much information.

What am I supposed to do, call him or pay him a visit? This is a crazy mess.

Why would you meet someone online or otherwise and move in with them in a couple months?

Now you're pregnant, all in the name of wine and dine and a credit card. Well, where is the credit card now? Hope you have enough to live on.

Listen, Crazy, you are 33 years old. With age comes wisdom and good judgment. Or at least it should.

Slow your roll and stop with the clock ticking. Sorry, but I can't

show you much sympathy, because you should know better. Now you're upset and wondering why he is questioning the paternity of the child.

You were caught up: caught up in a credit card, a whirlwind romance and rank.

You may act like you didn't understand rank, but the rank you emailed me is a lot of rank by military standards.

Conversely, rank doesn't mean anything when there is no character to back it up. He is not going to marry you, and I'm sure you will have to prove paternity of your child.

Yes, I think you should go back to New York and ask for the support of your family during this difficult time.

Reapply for your job and don't rush into any more relationships.

I truly hope you have a wonderful pregnancy and you give birth to a healthy child. Enjoy.

**Response to previous columns:  
Dear Ms. Vicki,**

*Why are women always writing to you complaining about what their Soldier boyfriend or their Soldier husband did?*

*These are women who always have their hands out. They want our money.*

*Let me speak for all men for just a moment and tell these begging, whining and complaining women what to do: get off your lazy duffs and get a j-o-b.*

*Stop writing and complaining to Ms. Vicki when you get dumped.*

*Stop expecting an allotment or support. No one owes you a thing.*

*So what – you lay on your backs and give it up and even get pregnant. It doesn't mean you are entitled to anything. I don't care if you are a girlfriend, a fiancée or a wife. Take care of yourself.*

## Card fees impact community

By Chris Ward

THE EXCHANGE PUBLIC AFFAIRS

DALLAS – Military shoppers who patronize their local All Services Exchange probably don't give a second thought as to which credit card to use at checkout.

What they may not be aware of, however, is that the use of bank-issued cards at the Exchange ultimately costs the military community millions annually.

This year alone, bank-issued card processing expenses at the Exchange are already up nearly 12 percent, sapping more than \$50 million from the Exchange and, in turn, critical funds that could be used for morale, welfare and recreation programs.

Last year, total fees topped the \$89 million mark.

One way military families can help reduce costs and strengthen their Exchange benefit is to take advantage of the Exchange's exclusive Military Star card.

Unlike bank cards, profits generated from the Military Star card are shared with military communities through contributions to the military service's quality-of-life funds.

"Using the Military Star card is one of the easiest ways for troops to directly impact their Exchange and morale, welfare and recreation benefits," said the Exchange's senior enlisted advisor, Air Force Chief Master Sgt. Jeffrey Helm.

"Reducing these unnecessary expenses can go a long way in maximizing the dividend the Exchange annually returns to the military community."

The Military Star card is accepted at all Army and Air Force, Navy, Marine Corps and Coast Guard Exchange activities as well as the Exchange catalog and the Exchange online store.

Authorized exchange shoppers can learn more about the Military Star card by visiting [www.shopmyexchange.com](http://www.shopmyexchange.com) and clicking credit services.

# GET OUT!

## area events

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

### November 5

**Berlin Military Music Festival** – Each year in November military bands from around the world gather at the Max Schmeling Halle in Berlin to perform during the annual Berlin Military Music Festival. Concert begins 8 p.m. Saturday and 2 p.m. and 8 p.m. Sunday. Tickets start at €31. [www.berlintattoo.com/de](http://www.berlintattoo.com/de).

**Black Forest** – Enjoy cuckoo clock shopping and a museum excursion during a visit to one of the most beautiful areas in Germany, the Black Forest. On the way to Triberg, stop at two clock shops, one with a wide selection of grandfather clocks. Upon arriving in Triberg, visit the Triberg museum and learn the history and story behind German clocks. See some ultra-modern time measuring instruments and other Black Forest traditions and customs. The museum offers one of the best time measuring collections in Europe. <http://affiliates.uso.org/kaiserslautern>.

### November 6

**Enjoy Jazz** – The 13th annual International Enjoy Jazz Festival returns. A variety of jazz musicians will perform daily concerts at venues throughout Heidelberg, Mannheim and Ludwigshafen and jazz matinees will be performed Nov. 6 and 13. The festival runs through Nov. 18. Concert listings: [www.enjoyjazz.de](http://www.enjoyjazz.de) or [www.inkwire.de/enjoy-jazz.html](http://www.inkwire.de/enjoy-jazz.html). Tickets: [www.reservix.de](http://www.reservix.de), click Enjoy Jazz 2011.

### November 10

**Kaiserslautern Christmas Markets** – Get in the holiday spirit at the Kaiserslautern Christmas Market in the historic Fruchthalle and outside in the Schillerplatz. In the Fruchthalle, vendors will offer hand-crafted gifts and products from charitable organizations: jewelry, ceramics, unusual accessories, textiles, toys, Christmas decorations, glass, flowers, furniture, books, cushion work, decorative objects and much more. In the Schillerplatz, there will be a traditional German Christmas market with glühwein, food and assorted Christmas treats and presents. The markets are open 10 a.m. - 9 p.m. Monday-Wednesday, 10 a.m. - 10 p.m. Thursday-Saturday and 1-9 p.m. Market runs through Dec. 23. [www.kaiserslautern.de](http://www.kaiserslautern.de).

**Mannheim-Heidelberg Film Festival** – The International Film Festival Mannheim-Heidelberg, which celebrates its 60th anniversary, is regarded as one of the top 100 film festivals worldwide. This famous festival is hosted jointly by the cities of Mannheim and Heidelberg in November each year. The Mannheim-Heidelberg film festival is the second oldest such festival in Germany. The festival has a reputation for presenting art house films by newcomer di-

rectors from across the world. A high point of the festival is a selection of films which have been directed by newcomers. The festival will present 45 feature films in several program sections. The program features 15 films in the international competition section and 10 films in international discoveries – films made by new directors from 23 different countries. Tickets are €7.50 and festival runs through Nov. 20. [www.iffmh.de/en/FAQ](http://www.iffmh.de/en/FAQ), [www.buzzoffbase.com](http://www.buzzoffbase.com).

### November 11

**Berlin** – Travel to the fascinating city of Berlin, the capital of Germany and a city rich in history and culture. The day in Berlin starts with a city tour that emphasizes the historical highlights, gives opportunities for photo-ops and concludes at the famous Checkpoint Charlie. Some of the tour highlights include Pariser Platz, Brandenburg Gate, Hitler's bunker and the Holocaust Memorial. Visit museums and experience the culture of Berlin. <http://affiliates.uso.org/rheinmain>.

### November 12

**Brussels** – Brussels is a city bustling with activity, beautiful shops and myriad museums. Take a city tour, during which you'll see the beautiful main square, La Grand'Place, the famous statue Manneken-Pis and much more. Enjoy free time to shop, explore the sights or visit one of Brussels' museums. <http://affiliates.uso.org/kaiserslautern>.

### November 15

**Berlin Film Festival** – The second oldest German short film festival (after Oberhausen), the Berlin Film Festival is recognized as the second most significant and oldest international film festival in Berlin after the Berlinale. More than 5,000 films with a maximum running time of 30 minutes are submitted each year. Festival runs through Nov. 20. Tempelhofer Ufer 1a, 10961 Berlin. [www.buzzoffbase.com](http://www.buzzoffbase.com).

### November 16

**Sade Concert** – Legendary songstress Sade will perform at the Sap Arena in Mannheim. Concert starts at 8 p.m. Tickets: [www.bb-promotion.com](http://www.bb-promotion.com).

### November 18

**Ice Rink** – For the sixth year in a row visitors can enjoy a special attraction of the holiday season as Eiszauber, or Ice Magic, returns to Schwetzingen. A 4,520-square foot ice skating rink will be set up on Schlossplatz, the main square facing the front of the palace. Inside the adjoining tents, Café Journal will offer a range of

alpine food specialties and glühwein in their popular Niki's Stadel apres ski lounge. The rink and its sideshows will remain open until Jan. 29. Hours are 11 a.m.-10 p.m. Enjoy curling competitions through December and January. There will also be an ice soccer tournament, live music and candle light performances. Reservations at Niki's Stadel, a popular venue for office Christmas parties and other events may be placed by calling Café Journal in Schwetzingen, civ. 06202-93270. [www.cafejournal.de](http://www.cafejournal.de).

### November 19

**Heidelberg Walking Tour** – Take a walking tour through Heidelberg's old town. Starting at the Karlstor, the tour will visit the old bridge, the market square with its beautiful city hall and the Heiliggeist Kirche at the Heidelberg castle and university. <http://affiliates.uso.org/rheinmain>.

### November 20

**Tommy The Who** – Travel to Frankfurt for the English Theater's production of Peter Townshend's (The Who) rock musical Tommy. Tour price includes transportation, ticket and a USO escort. <http://affiliates.uso.org/kaiserslautern>.

### November 22

**Baden-Baden Christmas Market** – The Baden-Baden Christkindelsmarkt, held near the beautiful Kurhaus, draws thousands of tourists from all over the world to celebrate the holiday season with warm mugs of glühwein, choirs, orchestras and bands that perform twice a day in front of the Kurhaus to get visitors into the Christmas spirit. There are more than 50 vendors selling cakes, crafts, cookies, jewelry, holiday gifts and more. The market will be open through Dec. 26.

### November 23

**Stuttgart Christmas Market** – Experience one of Germany's biggest, oldest and most festive Christmas Markets, Stuttgart's massive, 315-year-old market is spread across several different market squares, between the cathedral and the castle. Each year, nearly two million visitors flock to see the thousands of Christmas lights illuminating the city and to sample glühwein and other goodies. Visitors can shop from nearly 300 stalls full of wooden toys, hand-crafted gifts and baubles, glassware, sheepskin clothing, gingerbread, honey waffles, wine, baked apples and fruitcake. There's a daily Christmas concert at 6 p.m. on the grounds of the Old Castle. The market is open 10 a.m.-9 p.m. Monday-Saturday and 11 a.m.-8 p.m. Sunday through Dec. 23.

## coming to THEATERS

### THE SMURFS

(Neil Patrick Harris) When the evil wizard Gargamel chases the Smurfs out of their village, they're forced out of their world and into ours, landing in the middle of New York's Central Park. Three apples high and stuck in the Big Apple, the Smurfs must find a way to get back to their village before Gargamel tracks them down. (Rated PG for some mild rude humor and action.) 103 minutes.

### IN TIME

(Justin Timberlake, Amanda Seyfried) When Will Salas is falsely accused of murder, he must figure out a way to bring down a system where time is money literally enabling the wealthy to live forever while the poor, like Will, have to beg, borrow and steal enough minutes to make it through another day. (Rated PG-13 for violence, some sexuality and partial nudity, and strong language.) 105 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Nov. 3 - 30 MINUTES OR LESS (R) 7 p.m.  
 Nov. 4 - IN TIME (PG-13) 7 p.m.; 10 p.m.  
 Nov. 5 - THE SMURFS (PG) 4 p.m.; IN TIME (PG-13) 7 p.m.; FRIGHT NIGHT (R) 10 p.m.  
 Nov. 6 - THE SMURFS (PG) 4 p.m.; IN TIME (PG-13) 7 p.m.  
 Nov. 7 - FRIGHT NIGHT (R) 7 p.m.  
 Nov. 8 - THE SMURFS (PG) 7 p.m.  
 Nov. 9 - IN TIME (PG-13) 7 p.m.  
 Nov. 10 - IN TIME (PG-13) 7 p.m.

#### Vogelweh, Galaxy

Nov. 4 - PARANORMAL ACTIVITY 3 (R) 7 p.m.  
 Nov. 5 - SPY KIDS: ALL THE TIME IN THE WORLD (PG) 4 p.m.; 30 MINUTES OR LESS (R) 7 p.m.  
 Nov. 6 - SPY KIDS: ALL THE TIME IN THE WORLD (PG) 4 p.m.

#### Ramstein, Gateway Movieplex

Nov. 3 - PARANORMAL ACTIVITY 3 (R) 7:00 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 2:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; HOW TO TRAIN YOUR DRAGON (G) 1 p.m., 3:30 p.m.  
 Nov. 4 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; THE SMURFS (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; FRIGHT NIGHT (R) 7:15 p.m., 10 p.m.; MONTE CARLO (PG) 4:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m.  
 Nov. 5 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; THE SMURFS (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; FRIGHT NIGHT (R) 7:15 p.m., 10 p.m.; MONTE CARLO (PG) 4:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m.  
 Nov. 6 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; MONTE CARLO (PG) 4:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m.  
 Nov. 7 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; MONTE CARLO (PG) 4:30 p.m.; RIO (G) 11:15 a.m., 1:45 p.m.  
 Nov. 8 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; SOUL SURFER (PG) 4:30 p.m.; GNOME & JULIET (G) 11:15 a.m., 1:45 p.m.  
 Nov. 9 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; SOUL SURFER (PG) 4:30 p.m.; GNOME & JULIET (G) 11:15 a.m., 1:45 p.m.  
 Nov. 10 - IN TIME (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.; THE SMURFS (PG) 11 a.m., 2 p.m., 5 p.m., 7:30 p.m.; FRIGHT NIGHT (R) 7:15 p.m.; SOUL SURFER (PG) 4:30 p.m.; GNOME & JULIET (G) 11:15 a.m., 1:45 p.m.

#### THEATER INFORMATION

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

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions  
 Mannheim Cineplex (P4 13), Cinemax (N7 17), Mannheim, civ. 01805-625466, [www.cineplex.de](http://www.cineplex.de)

#### Mannheim, CinemaxX, Cineplex - English Language movies

Nov. 9 - CONTAGION (PG-13) 8:15 p.m. at Cineplex  
 Nov. 9 - THE CONSPIRATOR (PG-13) 4:30 p.m. at Cineplex

## community HIGHLIGHTS

### Fuel Card Outage

All German Esso gas stations will experience a scheduled system outage 5 a.m.-noon Nov. 6, which will prevent motorists from buying fuel with their fuel ration cards. The outage is necessary to perform critical system maintenance and adjustments due to the end of daylight saving time. The Exchange will not be able to issue or replace fuel ration cards, add money to fuel card accounts or conduct balance or ration inquiries.

### Tompkins Barracks DSN

All Defense Switched Network telephone numbers on Tompkins Barracks (379-XXXX) will change Nov. 7 to DSN 370-XXXX numbers, and the commercial prefix will change to 06221-57. Telephone numbers with prefixes 379 and 06202-80 will be deactivated. Customers may experience intermittent service from 11 a.m.-1 p.m. Nov. 7, but emergency numbers will be restored immediately. DSN 370-1640, civ. 06221-57-1640.

### Garrison Awards Ceremony

An awards ceremony for U.S. Army Garrison Baden-Württemberg civilians and military is scheduled 2:30 p.m. Nov. 22 at the Patrick Henry Village theater in Heidelberg. DSN 373-8789, civ. 06221-17-8789.

### Holiday Postal Deadlines

The U.S. Army Garrison Baden-Württemberg postmaster recommends the following holiday mailing deadlines: space available parcels, Nov. 25; parcel air lift (parcel post) parcels, Dec. 2; priority parcels and first-class letters and cards, Dec. 9; express mail, Dec. 16. Remember, send items as early as possible to avoid delays. DSN 370-7940.

### Human Resources Award Program

Through Nov. 15, U.S. Army Europe commanders can nominate top military and civilian human resource personnel for the second annual USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence Program. DSN 370-8396, civ. 06221-57-8396.

### Inventory Closure

The U.S. Army Garrison Baden-Württemberg Department of Logistics and the Central Issuing Facilities in Mannheim, Heidelberg and Kaiserslautern will be closed Nov. 28-Dec. 2 for annual inventory. Assistance provided for mission essential and emergency cases only. DSN 384-6050, civ. 0621-730-6050.

### Winter Driving Classes

Personnel with military drivers licenses should attend annual winter driving classes 1:30 p.m. Thursdays at the Drivers Testing Station in Heidelberg. DSN 370-7889, civ. 06221-57-7889.

## local EMPLOYMENT

### Hockey Sports Writers

The Army, Air Force, Adler Alliance is looking for hockey sports writers. A4 is a non-profit sports media organization run by military members and provides news and information about professional and military hockey in Germany. The A4 Alliance partners with the Mannheim Adler and has special access to players and team personnel. [info@adleralliance.com](mailto:info@adleralliance.com).

### KAISERSLAUTERN

#### Community

♦ **Holiday Bazaar** – Shop until you drop with more than 100 European vendors and treasures, paintings, jewelry, wine and more 10 a.m.-8 p.m. Nov. 4, 10 a.m.-7 p.m. Nov. 5 and 10 a.m.-5 p.m. Nov. 6 at the Special Events Center, Bldg. 237, on Rhine Ordnance Barracks. DSN 493-4184, civ. 0631-3406-4184, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **KMC Onstage Auditions** – KMC Onstage is holding auditions to cast four women in Why Do Fools Fall in Love? 7 p.m. Nov. 7-8 at the Community Activity Center, Bldg. 3109 on Daerner Kaserne. DSN 483-6626, civ. 0631-411-6626.

♦ **Cards For A Cause** – The Cards for a Cause Club needs volunteers to make blank cards and small projects for wounded warriors 11 a.m.-4 p.m. Nov. 7 and Dec. 5 at the Woodlawn Golf Course on Ramstein Air Base. In addition, the Ramstein Middle School National Junior Honor Society will make cards as a service project 2:30-4 p.m. Nov. 12 and Dec. 14 at the school. Civ. 06301-719376.

♦ **Home Alone Workshops** – Parents and home-alone Child, Youth and School Services-enrolled children learn how to deal with conflict, handle emergency situations and be safe in the kitchen during Home Alone Workshops. Parents must attend the workshop prior to youth attending the program. Parent Workshop is 5-6:30 p.m. Nov. 14 and Youth Workshop is 5:30-7 p.m. Nov. 15-23 at the Landstuhl Youth Center, Bldg. 3819. DSN 493-4203, civ. 0631-536-4203, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Military Officers Association** – Active duty, National Guard, Reserve, former and retired commissioned and warrant officers are invited to the annual meeting of the First European Chapter of the Military Officers Association of America 11:30 a.m.-1:30 p.m. Nov. 19 at Barbarosahof restaurant in Eselfurth. Registration requested, civ. 06134-604859.

♦ **Single Soldiers Thanksgiving** – Single Soldiers can enjoy free Thanksgiving dinner, bowling and can win prizes and trips 2-10 p.m. Nov. 24 at the Sembach Bowling Center, Bldg. 104. Reservations are required. DSN 493-4469, civ. 0631-3406-4469.

♦ **Tuesday Night Expressions** – ID card holders can display their talent on stage 7-10 p.m. Tuesdays at Landstuhl Community Club, Bldg. 3780, Landstuhl Post. Children can participate until 8 p.m. with parental supervision. [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Technical Science Scholarship** – The Armed Forces Communications and Electronics Association is offering scholarships of up to \$400 for students majoring in the technical sciences. Applicants must be active

duty junior officers, enlisted, current civil service or family members in the Kaiserslautern Military Community. [www.kmcfcea.org/kmcscholarship](http://www.kmcfcea.org/kmcscholarship).

### HEIDELBERG

#### Education

♦ **ACS Classes** – The New You: Transition to Civilian Life for Warriors in Transition, 1-2:30 p.m. Nov. 4, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; ACS Volunteer Orientation, 10-11 a.m. Nov. 7, ACS Annex, PHV, Bldg. 4531, Room 17; Applying for a Federal Job, 9-11 a.m. Nov. 8-9; Financial Readiness Training, 9 a.m.-1 p.m. Nov. 8; Family Resiliency seminar, 8:30 a.m.-2 p.m. Nov. 9-10 (register by Nov. 4); ACS Overview, 10-11 a.m. Nov. 9, ACS Annex, PHV, Bldg. 4531; Setting Boundaries for Warriors in Transition, 1-2:30 p.m. Nov. 9, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV, Bldg. 4531. All classes in the Community Support Center, Bldg. 3850, on the Shopping Center unless noted.

♦ **University of Maryland** – University of Maryland University College Europe announces registration for field study courses including Expatriate Writers in Paris: 1920s Jan. 7-14 in France and Renaissance Art in Florence Jan. 7-14 in Italy. DSN 370-6762, civ. 06221-3780, [www.ed.umuc.edu](http://www.ed.umuc.edu).

♦ **University of Phoenix** – Enroll by Nov. 7 for classes at the University of Phoenix. Classes start Nov. 7 at the Education Center on Patton Barracks. DSN 373-7650, civ. 06221-588-0492, [Heidelberg.campus@phoenix.edu](http://Heidelberg.campus@phoenix.edu).

♦ **Public Holiday** – Due to the Nov. 1 public holiday in the state of Baden-Württemberg, resident trash removal is one day after the scheduled pickup. Friday's pickup will move to Saturday.

♦ **Parents Night Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Nov. 4-5, 18-19, Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

♦ **EFMP Teen Social** – The Exceptional Family Member Program teen social is 7-9 p.m. Nov. 4 and first Fridays at the Panther's Place on Patrick Henry Village. DSN 373-8068, civ. 06221-17-8068.

♦ **The Art of David Sohl** – Artist David Sohl presents a wide-ranging, art collection with an opening reception 7 p.m. Nov. 5 with gallery open during normal business hours through Nov. 27 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. DSN 388-9418, civ. 06221-338-9418.

♦ **Dart Tournament** – Show your skills at the dart tournament 8 p.m. with buy-in 7 p.m. Nov. 5 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **Life Teen** – Catholic teens meet 10:30 a.m. Nov. 6 and Dec. 4, 11 at Patrick Henry Elementary School. Civ. 01515-292-5550.

♦ **St. Martin's Parade** – Meet at Army Community Service on the Shopping Center 5 p.m. Nov. 6 and take public transportation to the Heidelberg Hauptstrasse to enjoy the St. Martin's parade. DSN 370-6975, civ. 06221-576975, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Flu Shots** – FluMist and Fluzone immunizations will be available for active duty, civilians and family members 9 a.m.-1 p.m. Nov. 8 and noon-3 p.m. Nov. 9 in the Casablanca Room on Campbell Barracks.

♦ **Council of Catholic Women** – The Military Council of Catholic Women meets 6:30 p.m. Nov. 15, Dec. 13 at the Mark Twain Village chapel and 9 a.m. Nov. 17, Dec. 15 at the Patrick Henry Village chapel. Civ. 01515-292-5550.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Nov. 16 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Thanksgiving Crafts** – Children in kindergarten and up can make turkey arts and crafts and listen to stories 3:30 p.m. Nov. 16 at the Patrick Henry Village library. Sign up at front desk. DSN 370-1740.

♦ **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Nov. 17 and Dec. 15 at Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-73-67033.

♦ **Why Catholic?** – Explore the catechism of the Catholic Church 6:30-8 p.m. Nov. 17 and Dec. 1, 8 in the chapel's multipurpose room on Patrick Henry Village and 9:30-11 a.m. Nov. 7, 14, 21 and Dec. 5, 8, 12 in the chapel's multipurpose room on Mark Twain Village. Civ. 01515-292-5550.

♦ **Karaoke Toga Party** – Enjoy appetizers and jello shots at the karaoke toga party 9 p.m. Nov. 18 at Legends on Patrick Henry Village. Best toga will win a Thanksgiving turkey. DSN 388-9570, civ. 06221-338-9570.

♦ **Caracalla Day Spa** – Spend the day with Outdoor Recreation at Caracalla Day Spa in Baden-Baden Nov. 20. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Thanksgiving Luncheon** – Reservations required by Nov. 21 for a Thanksgiving luncheon at the Patrick Henry Village Pavilion noon-4 p.m. Nov. 24. DSN 388-9098, civ. 06221-338-9098.

♦ **BOSS in London** – Better

Opportunities for Single Soldiers tours London and attends a musical; or goes to Lourdes, France, Nov. 24-28. Civ. 0173-313-2075.

♦ **Thanksgiving Potluck** – Service members and guests 18 and older can bring favorite holiday dishes to the Thanksgiving meal at the Warrior Zone on Patton Barracks 7:30 p.m. Nov. 24. DSN 373-5190, civ. 06221-17-5190.

♦ **Gym Hours** – Due to a training holiday Nov. 25, the hours at Tompkins Gym will be 10 a.m.-4 p.m. and Patton Gym will be 9 a.m.-6 p.m. Stronghold Workout Room and Campbell Gym will be open during normal hours.

♦ **Training Holiday Closures** – The library and the Arts and Cultural Center on Patrick Henry Village, the wood shop, Roadside Theater, Graphics Office and the Passport Studio in Bldg. 105 on Patton Barracks and the Training Support Center Heidelberg Photo Lab in Bldg. 128 will all be closed Nov. 25 due to a training holiday.

♦ **Christmas Market** – Travel to Nürnberg with Outdoor Recreation for a Christmas market Nov. 26. DSN 388-9282, civ. 06221-338-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Girl Scouts** – Energetic community-minded volunteers are needed for the Heidelberg Girl Scouts. Training and mentoring provided. [HeidelbergGS@yahoo.com](mailto:HeidelbergGS@yahoo.com).

♦ **On-site Tutoring** – The Lion's Den on Patrick Henry Village offers on-site tutoring 4-8 p.m. Monday-Friday. DSN 388-9396, civ. 06221-338-9396.

### MANNHEIM

#### Education

♦ **ACS Classes** – Relationship Enrichment, 6-8 p.m. Nov. 4 at ACS on Sullivan Barracks, Bldg. 246.

#### Community

♦ **Call of Duty Night** – Challenge yourself or your buddies on X-Box or Play Station 3 4:30-10 p.m. Nov. 4 and every Friday. DSN 382-4410.

♦ **Tribery City Tour** – Spinelli Outdoor Recreation departs Schuh Theater 8 a.m. Nov. 5 for Tribery, home of the cuckoo clock and one of the most famous churches in Germany. Pre-registration required. DSN 384-6300, civ. 0621-730-6300, [www.mwrgermany.com](http://www.mwrgermany.com).

♦ **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Nov. 9 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Potluck Dinner** – Enjoy a full Thanksgiving potluck meal, performances by local bands and hip hop acts starting 5:30 p.m. Nov. 23 at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Coleman Gym** – Coleman Gym's hours will be 10 a.m.-5 p.m. Nov. 25.

## 529th wins flag football

Joseph Hughes, number 19, with the 529th Military Police Company takes the ball into the end zone for the extra point during the first game of the unit level flag football playoffs Oct. 24 on Patton Barracks in Heidelberg. The 529th MP won the Heidelberg championship tournament Monday in a 13-12 victory over 1-214th Aviation. NATO took third place honors. The tournament Most Valuable Player was Ryan Bach, 529th MP. The 529th will represent Heidelberg as defending champions at the 2011 Installation Management Command Europe Unit Level Flag Football Championship Nov. 4-6 at Hohenfels.



Donna Walker

## Halloween Fun Run

*Angels, monsters share fun, fitness for spooky holiday*

By Alyx Fuhrman  
USAG BW PUBLIC AFFAIRS

Skeletons, princesses and monsters raced through Patrick Henry Village in Heidelberg during the U.S. Army Garrison Baden-Württemberg Halloween Run and Walk.

Nearly 275 costumed entrants of every age gathered in the commissary parking lot to complete the 5-kilometer loop.

Several participants were costumed from head to toe despite the physical demand of the event. Suzanne Kusick from the U.S. Army Europe band ran with a tutu and full face makeup as Natalie Portman's character from the movie Black Swan.

Michael Kordonowry was the devil himself in a red, horned and hooded bodysuit.



Alyx Fuhrman

Trista Smith is chased by William Smith (no relation) across the finish line Saturday at the Halloween Fun Run on Patrick Henry Village in Heidelberg.

Others chose simpler outfits for the spooky holiday.

Deanna Rund put a small jack-o-lantern sticker on her cheek to acknowledge the occasion. When asked about her costume choice, she said with a laugh, "I would not finish with a wig on."

Child and Youth and School Services set up a harvest themed games area after the race, complete with hay bales and pumpkins.

Staff members from the Army Substance Abuse Program, there to promote Red Ribbon Week, provided medals for all children at the

finish line. Family and Morale, Welfare and Recreation volunteers also gave out candy to start filling the soon to be trick-or-treater's goody bags.

There were some who ran the race for the challenge, like James Arnett who came in first place with a time of 19 minutes, 7 seconds.

However, many ran or walked for family bonding, fun or to get more use out of their Halloween costumes. Mindy Tillet put it in best.

"You have goals," she said in response to her husband's ambitious final time estimate. "I'm here for the experience."

### Volleyball

The Heidelberg High school Lady Lions volleyball team finished its regular season with an undefeated 12-0 record Saturday following victories against Ansbach and Hohenfels. Heidelberg won in three straight sets 25-15, 25-23 and 25-16 against number one ranked Division II Ansbach. Against Hohenfels, Heidelberg won with scores of 25-11, 25-11 and 25-11. Gunsch, Morgan, Muehlbauer, Ellis, Smith, Luna and Perrotta celebrated their last time on the home court as Lady Lions. The team will travel to Ramstein Thursday for the European championships. Heidelberg has been ranked number one in Division I.

SOURCE: Linda Steil

### Cross Country

The Heidelberg Cross Country team hosted the Department of Defense Dependents Schools European Cross Country Championship Saturday in Schwetzingen with the Heidelberg boys finishing fourth place and the girls in fifth. Thirty teams including 140 girls and 175 boys ran in the championship races. Leading the Lady Lions girls were sophomore Anna Sieferth and senior Tiffany Matthews who finished in the top 25. For the boys, junior Marquez Ensey and senior Brian Hannum finished fourth and ninth, respectively, earning All Europe honors.

SOURCE: Sharon Brady

## staying ACTIVE

### Sembach Bowling Center Extended Hours

The Sembach Bowling Center is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday. DSN 497-7569, civ. 06302-67-7569.

### Turkey Bowl

Register now for the Heidelberg Sergeants Major Association Turkey Bowl, a nine-pin, no-tap bowling tournament starting 1 p.m. (check-in at noon) Nov. 5 at the Heidelberg Bowling Center on Patrick Henry Village. Fee includes bowling, shoes and lunch. Prizes will go to first and second place teams, men's and women's high game and men's and women's high series. Individuals are welcome to fill out other teams. Proceeds will go toward purchasing Thanksgiving baskets for Soldiers and their families. DSN 371-3357 or 370-3303.

### Unit Level Basketball

ID card holders ages 18 and older can sign up by Nov. 9 for unit level basketball with games beginning 6 p.m. Nov. 22 at Kleber Gym, Bldg. 3235 on Kleber Kaserne in Kaiserslautern. DSN 483-7610, civ. 0631-411-7610.

### Turkey Shoot

Register by Nov. 13 for a Turkey Shoot 10 a.m. Nov. 20 at the Heidelberg Golf Club an der Bundesstrasse 291 in Oftersheim. DSN 379-6139.

### Basketball Officials Clinic

Basketball officials classroom instructions will be conducted 6-9 p.m. Nov. 15-19 at the Heidelberg sports office, Bldg. 128, on Patton Barracks. The officials' tournament will be 6-9 p.m. Nov. 19 at the Patton Fitness Center in Heidelberg. DSN 373-8032, civ. 06221-17-8032.

### Turkey Day Shoot Out

Register by Nov. 17 for the Turkey Day Doubles Shoot Out 9 a.m.-6 p.m. Nov. 19-20 on Coleman Barracks in Mannheim at the Fitness Center. DSN 0621-779-4337. Register: [www.r2sports.com/tourney/home.asp?TID=8677](http://www.r2sports.com/tourney/home.asp?TID=8677).

### Turkey Trot

A 5-kilometer fun run and walk to promote family health and wellness will loop around Patrick Henry Village in Heidelberg Nov. 19 starting at the commissary at 9 a.m. with registration beginning at 8:30 a.m. DSN 370-6489, civ. 06221-57-7294.

### Winter Sports Registration

Registration for youth ages 5-15 in Landstuhl and Sembach is open for basketball and cheerleading, and Landstuhl youth ages 6-14 can sign up for wrestling. Sports physicals must be on file with Child, Youth and School Services. DSN 493-4516, civ. 0631-3406-4516.

### Sunday Night Football

Watch your favorite football team on a big screen television 7-10 p.m. Sundays until Jan. 1 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

### Ice Hockey Players Wanted

Experienced ice hockey players are wanted to play for the Baden Bruins Army hockey team. The Bruins, coached by ex-National Hockey League player Bob Sullivan, play in two hockey leagues. Civ. 0172-626-3642.

### Binkies and Babes

Moms with babies ages 6 weeks-2 years old can work out together during infant stimulation class 9-10 a.m. Thursdays at Landstuhl Fitness Center, Bldg. 3720. Bring baby's favorite blanket and toy. DSN 486-7172, civ. 0631-86-7172.

See Photos Online  
[www.flickr.com/heraldpost](http://www.flickr.com/heraldpost)



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