

HeraldPOST

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

HP THURSDAY
Oct. 18, 2012

Speed Read

BAYONETS BID FAREWELL

Soldiers from the 170th Infantry Brigade Combat Team case their brigade colors during a deactivation ceremony Oct. 9 in Baumholder. **3**

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Defense Details

FINANCIAL READINESS

The Department of Defense is reaching out to service members to help them effectively manage their personal finances. Barbara Thompson, director of DOD's Office of Family Policy and Children and Youth, is leading the information campaign with a different theme each month, starting with retirement savings to help service members and their families stay in top financial shape. "It's a way for us to really look at some basic principles of financial readiness so our service members and their families have financial goals and the tools to meet those goals," Thompson said Friday. "When people are worried about their financial situations or worried about their families at home, they're not focused on their mission, so that impacts readiness," she said, adding that some have lost their security clearances due to financial problems. The first start toward financial readiness is to have some savings, not carry too much debt and save for retirement, Thompson said. How much each person or family can do toward each of those goals will vary, she said.

www.defense.gov

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New postal center open for business



Elizabeth Behring

Chaplain (Col.) Thomas L. Day, U.S. Army Garrison Baden-Württemberg Garrison Chaplain, receives the combination to his new mailbox from Directorate of Human Resources Postal employee Richard Ranno at the grand opening of the consolidated Postal Service Center in the former Thrift Shop in Bldg. 4503 on Patrick Henry Village in Heidelberg Monday. The PSC merged Community Mail Rooms 419, 420, 432, Postal Service Center 437, the Heidelberg Shopping Center Army Post Office and the Campbell Barracks Official Mail Room as part of the garrison's ongoing transformation efforts. Customers who have not yet received the combination to their new mailbox (addresses have not changed) may pick it up at the customer service office. The PSC is open to send non-official mail 11 a.m.-5 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturdays. Packages may be picked up from the parcel pick-up window 11 a.m.-6:30 p.m. Monday-Friday, and access to mailboxes is available 24/7. Official Mail is open 9 a.m.-noon and 1-4 p.m. Monday-Friday. DSN 388-9488/9491/9493, civ. 06221-338-9488/9491/9493.

Hospital committed to 'Culture of Trust'

Staff to devote more than 13,000 hours for training

LRMC Public Affairs

The focus for hospital staff at Landstuhl Regional Medical Center this month is trust. Senior leaders, supervisors and employees will devote more than 13,000 training hours in support of a Culture of Trust program initiated by the Army Surgeon General.

The overarching goal of the initiative is to create an organization employees are proud to work for and to provide quality

health care to patients, beneficiaries, stakeholders, co-workers and the community at large. Through this program, the Army Medical Department is able to standardize the patient experience, reduce inconsistencies and improve the workplace environment.

To help realize this goal, LRMC staff will attend general overview session or a supervisory session to help understand the most basic and essential element of both

personal and professional success - trust. The focus is on valuing one another as individuals and not as components of a large bureaucratic machine.

In speaking on the subject of trust, Army Chief of Staff Gen. Raymond Odierno has stated: "Trust is the bedrock of our honored profession - trust between each other, trust between Soldiers and leaders, trust between Soldiers and their families and the

see **TRUST** page 9

Blood Drive Oct. 25

LRMC Public Affairs

U.S. Army Garrison Baden-Württemberg community members can participate in a blood drive sponsored by the Heidelberg Health Center 10 a.m.-2 p.m. Oct. 25 in the Casablanca Room, next to the food court on Campbell Barracks in Heidelberg.

The Armed Services Blood Program only collects blood from service members, family members, Department of Defense civilians, contractors, retirees and installation guests and the blood is only used for the military community, said Mike Peacock, blood donor recruiter with the Armed Services Blood Bank Center Europe at Landstuhl Regional Medical Center.

Community members are encouraged to make an appointment online at www.militarydonor.com/index.cfm?group=op&hgid=1 but walk-ins are also welcome.

COMMENTARY

Physical fitness can help combat depression, suicide

Exercise easy, safe, effective method in easing suicide symptoms

By **Patricia Tooson**
PREVENTION COORDINATOR, ASAP-BW

A large percentage of people who take their own lives have a mental illness at the time of their death, and the most common mental illness is depression.

An exercise program can be beneficial if you are depressed and are having suicidal thoughts. Of all the ways to improve your physical and mental health, exercise is one of the easiest, safest and most effective methods.

But you don't have to be a fitness fanatic to reap the benefits. Just a little regular exercise can help ease depression, boost energy and mood and

relieve stress.

Exercise has greater benefits than just improving physical health and your physique. Other benefits include an increase in energy, mood and brainpower.

A study in the American College of Sports Medicine Journal of Health and Fitness asked long-term exercisers what motivated them to continue exercising.

Rather than being motivated by building muscle or flattening their stomachs, for example, most exercisers cited the feelings of well-being they derived from exercise, along with increased energy, and that exercise helped them sleep better and made them more relaxed.

Regular mild to moderate exercise can improve your life by:

- Easing stress and anxiety. A 20-minute bike ride won't sweep away life's troubles, but exercising regularly helps you take charge of anxiety and reduce stress. Aerobic exercise releases hormones that relieve stress and promote a sense of well-being.

- Lifting your mood. Exercise can treat mild to moder-

ate depression as effectively as antidepressant medication. Exercise also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good.

- Sharpening brainpower. The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

- Improving self-esteem. Regular activity is an investment in your mind, body and soul. When it becomes a habit, it can foster your sense of self-worth and make you feel strong and powerful.

- Boosting energy. Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

Physical exercise releases chemicals that can help counter the effects of stress and depression.

To reap the benefits of exercise, you don't need to devote

How to get help

For assistance with depression, contact your unit chaplain or a mental health professional at DSN 371-2690/2407, civ. 06221-17-2690/2407.

Help is also available from the toll-free National Suicide Prevention Lifeline and Veterans Crisis Line. Dial DSN 118 from any Army garrison Defense Switch Network phone or commercially via a toll-free European number, 00800-1273-TALK (8255.)

hours out of your busy day, train at the gym, sweat buckets or run mile after monotonous mile.

You can gain all the physical and mental health benefits of exercise with 30 minutes of moderate exercise five times a week. Two 15-minute exercise sessions can also work just as well, so get moving.

Establish a time that is best for you, and stick with it; you

can certainly take days off when you need to.

The type of exercising you do depends on your fitness level, age and other factors, and you should always consult with your doctor before embarking on an exercise program.

For more information, visit www.suicidepreventionlifeline.org or www.helpguide.org/life/exercise.htm.



www.facebook.com/BWnow

DISCUSSION BOARD

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

"Grand opening celebration going on right now [Monday] for the new consolidated postal service center on Patrick Henry Village in Heidelberg."
— BNow Facebook Administrator

"Any word on when and if 442 will be moving?"
— Stephanie Hart, BNow Facebook Fan

"Stephanie: Yes, the plan is still to move 442 into the

PHV PSC. Your postal staff will inform you as soon as the date [is] decided."

— Ivor Watson, Chief MPD and Deputy DHR

"Nice facility; great job!"
— Christina Callaghan, BNow Facebook Fan

"Workers will dismantle the footbridge across Birkenauer Straße in Mannheim 10 p.m. Oct. 22 to 5 a.m. Oct. 23, and the road between Friendship Circle and

the Bensheimer Straße (near the old Funari Barracks gate) will be closed. Detours via B38 will be posted accordingly on all main roads leading to Benjamin Franklin Village. Pedestrians and cyclists will be able to pass except between 1 and 2 a.m. Oct. 23."

— BNow Facebook Administrator

"Sunday shopping in downtown Kaiserslautern 1-6 p.m. Oct. 21."

— BNow Facebook Administrator



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

'Bayonet Brigade' bids farewell to community



Staff Sgt. Brooks Fletcher

Soldiers from 170th Infantry Brigade Combat Team stand in formation during the brigade's deactivation ceremony, held in Baumholder Oct. 9.

170th Soldiers case colors during ceremony

By Staff Sgt. Brooks Fletcher
USAREUR PUBLIC AFFAIRS

BAUMHOLDER – The 170th Infantry Brigade Combat Team deactivated

during a ceremony at Smith Barracks in Baumholder Oct. 9, the first of a number of actions by the U.S. Army in Europe as part of its transformation.

"The U.S. Army and Baumholder community have a rich history and this ceremony simply highlights the latest transition, of many, that have occurred," said 170th IBCT Commander, Col. Mark Raschke.

U.S. Army Europe Commanding

General, Lt. Gen. Mark Hertling, added that the 170th IBCT's deactivation ended 50 years of combat units being stationed in Baumholder.

During the ceremony, the brigade cased its colors, and its component battalions received meritorious unit commendations for their service during their deployment to Afghanistan from February 2011 through February 2012.

The success of the 170th IBCT "Bayonet" Brigade was a direct reflection of the support from the local community, Hertling said.

"The German Baumholder community is our very strongest and most supportive," Hertling added. "[We] know you understand us and have proven so through supporting us over so many tough missions."

Hertling acknowledged that the Soldiers and family members of the 170th IBCT and the German citizens of Baumholder will keep the brigade's legacy alive.

"As each year passes, fewer will know the demands placed on this brigade and community. Even fewer will know the phenomenal history you have all recorded," Hertling said. "How you were tested and found victorious in combat. How you humbled your foes, gave hope to the desperate, focused on the dignity of a foreign people and remained true to our Army values and our national goals."

"The people that formed the [170th IBCT] are our legacy, a legacy we can all be very proud of," Hertling added.

For Staff Sgt. Robert Rivera, the brigade's color bearer for the ceremony, being a part of the deactivation was a special honor.

"[Unless the unit gets reactivated,] there isn't going to be anyone else carrying this guidon again," said the 24th Brigade Support Battalion Soldier and New York native. "To have been the last person to actually hold the guidon and have them case it was a proud moment."

In July 2009, the 2nd Brigade, 1st Infantry Division, was reflagged as the 170th IBCT. In early 2011, the 170th IBCT deployed in support of Operation Enduring Freedom.

170th IBCT units currently in Baumholder include the 16th Sustainment Brigade, 421st Multifunctional Medical Battalion, 240th Quartermaster Support Company, 317th Maintenance Company, 51st Transportation Company, 557th Medical Company and the 720th Explosive Ordnance Disposal Company.

"[The] partnership with the local community is in good hands," Raschke concluded. "You have made deployments a success, the deactivation seamless and Baumholder a home."

Signal Soldiers earn coveted Space Badge

Unique badge only presented to top performers, modeled after Air Force award

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

During his recent visit to Company C, 53rd Signal Battalion, Lt. Gen. Richard Formica awarded Soldiers with something unique to the Army – a Space Badge.

Formica, commander of U.S. Army Space and Missile Defense Command and Army Forces Strategic Command, pinned the Army's Basic Space Badges on two Soldiers and three Senior Space Badges on noncommissioned officers.

"When I come out to see them, it's always good to be able to recognize a few folks," Formica said. "The space qualification badge is one of those ways to recognize these heroes."

Earning their senior badges were Sgt. 1st Class Jeremy Marsac, Sgt. Vincent Samson and Sgt. Herman Ada. Earning their basic badges were Spc. Cynthia Dean and Pfc. Ryan Lesley.

The Oct. 2 ceremony was held at the Company C's small post on Landstuhl's Kirchberg, near an array of large white antennas used to manage military satellites hovering miles above Earth's surface.

Company C maintains satellite communications capabilities for a worldwide military network, said Capt. Jeffrey Keenan, Company C commander. The Army calls the Soldiers "space enablers."

To earn the badge, the Soldiers undergo train-

ing, plus demonstrate professionalism, either managing satellites or supporting customers' uplinks, Keenan said. "It's a unique thing, something Soldiers aspire for," he added. "It's a badge of acceptance in this community. It means you've been a controller, you've done the right thing and reached a high level of proficiency."

Most military members can easily recognize the Army's basic parachutist badge, combat infantryman badge or aviation badges. The Space Badge, however, often takes some explaining, as so few know what the badge represents. Soldiers who've earned it, may attract curiosity from others when describing their unique accoutrement – wryly calling it the "satellite door gunner" or "in-flight satellite repairman" badge.

The Space Badge is the Army's newest award. In fact, it has yet to make printed Army award regulations. Worn on the upper left chest, the Space Badge evolved from an Air Force Space Badge created in 2005. A year later, the Army first approved the Air Force badge for space Soldiers. By February 2011, the words "Air Force" were dropped, and now it's simply the space badge.

It's awarded to active Army, Army Reserve and National Guard Soldiers who complete space-related training and have significant space operations experience. The badge has three levels – basic, senior

"If a Soldier is doing the right thing as a technician and developing himself, he earns that badge ... It's not an automatic thing ..."

- Capt. Jeffrey Keenan, Company C Commander

and master. To those who earn it, the badge is a big deal and the command recognizes the achievement made, Keenan said.

"If a Soldier is doing the right thing as a technician and developing himself, he earns that badge," Keenan said. "It's not an automatic thing. It's for someone you can rely upon."

During a previous Landstuhl visit last September, Formica, a native of Connecticut who served much of his career as an artillery officer, also pinned Space Badges on several Company C Soldiers. He also wears a Space Badge and is proud to command Soldiers who provide the military such a unique capability, he said. "It's important for the Soldiers to know their commander and command sergeant major [are] checking on their ability and their well being," Formica said. "I like to be able to do that."

transformation UPDATE

Updates To Transformation Page

This weekly page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to usaghdpost@eur.army.mil or usarmy.badenwur.usag.mbx.pao@mail.mil for publication in the Herald Post.

Command Information Channel

U.S. Army Garrison Baden-Württemberg takes yet another step in its transformation. The Commander's Information Channel was discontinued Sept. 30 due to personnel and budget constraints. To receive current up-to-date, useful quality information refer to the garrison's website at www.bw.eur.army.mil, and the garrison's facebook page at www.facebook.com/bwnow.

Frequently Asked Questions

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

E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm.

NEW – "I am a Department of Defense civilian currently living in Mannheim, and I was wondering now that all the Family, Morale, Welfare and Recreation facilities are closed on Sullivan Barracks, what will happen to all the equipment?"

All excess equipment is first evaluated for re-use by other Family and MWR facilities within U.S. Army Garrison Baden-Württemberg. Any equipment that is not needed is reported to Installation Management Command-Europe. Family and MWR for redistribution to other garrisons in Europe.

NEW – "I am a retiree, and I maintain a mailbox on post. How long will the new consolidated postal center on Patrick Henry Village remain open, and what will I need to do for postal service once it closes?"

The PHV Postal Service Center will close at the same time as all other services in the Heidelberg community, which is on or about Aug. 30, 2013, and no later than Sept. 30, 2013. Retirees who wish to keep a retiree mailbox will have the option to establish one in another military community that provides retiree mail service. The garrison's Directorate of Human Resources will publish more details at a later date.

"Why did the garrison spend money renovating a Postal Service Center on Patrick Henry Village when we are closing next year?"

The garrison spent the money because of resources and quality service. It cost the garrison about \$500,000 to complete the renovated Postal Service Center on Patrick Henry Village, which opened Oct. 15. However, over the course of the next year, the garrison will save about \$1.5 million in reduced operating costs and labor by consolidating six postal facilities in Heidelberg, Mannheim and Schwetzingen into the single PSC at PHV. If the garrison had made no changes and continued to operate the current number of postal facilities, the service at each of the remaining postal facilities would have suffered due to the steadily departing workforce. Service hours would have also been reduced at each facility due to a smaller workforce spread out over a larger area. By centralizing the postal operations, community members will continue to receive high-quality postal service until the garrison's closure, with more than 4,000 mailboxes, 181 package lockers and 6-day-a-week full-service operations. Despite the pending closure, garrison officials will continue to look for affordable ways to improve the quality of service to the community right up to the last day.

Facilities Operations Changes and Closures Mannheim

Base Operations – The Mannheim Base Operations office has relocated from Bldg. 246 on Sullivan Barracks to Bldg. 1408 on Coleman Barracks, Room 101. For assistance, residents should call Gilbert Buster at DSN 382-4724, civ. 0162-272-8632.

Banks – The Community Bank on Sullivan Barracks is closed. Banking services are available at the Heidelberg Branches on the Shopping Center, Campbell Barracks and in Mannheim on Coleman Barracks. Shopping Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Coleman Barracks: DSN 382-4187, civ. 0621-784-158. The Service Credit Union on Sullivan Barracks is closed. The Heidelberg Branch Office is located on the Community Support Center, Bldg. 3850. DSN 370-7138, civ. 06221-57-7138.

BFV South Closure – Public access to Benjamin Franklin Village South is no longer available. The area and the access gate have been sealed off and the **Exchange main store, gas station, food court and concessionaires are closed.** Any items left on the installation have been impounded by the Military Police. Access to the area may only be arranged through the Provost Marshal Office at DSN 388-2222/2223, civ. 06221-678-2222/2223.

Coleman Cleaners and Alterations – The Coleman Cleaners with Alterations concession is closed due to low patronage. Laundry and dry cleaning services are available in Heidelberg on Patrick Henry Village, at Campbell Barracks and the Heidelberg Shopping Center. Alteration service remains available at the Heidelberg Shopping Center. DSN 431-3458, civ. 0703-1439-5100.

Coleman Clinics – The Coleman Troop Medical Clinic has ended full patient care, dental and pharmacy services. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Sick call has ended. Soldiers assigned to Coleman Barracks who require sick call services can be seen at the Heidelberg Clinic. DSN 371-3130, civ. 06221-17-3130.

Facility Closures – Army Community Service, the bowling center, Burger King, Benjamin Franklin Chapel, the Child Development Center, commissary, community center, customs office, fitness center, Grant Circle, the self-help store, Sullivan Express Shoppette, tax relief office, military police station, Top Hat Club, Womens, Infant and Children office and Woods Field are closed.

Hazardous Waste Disposal Center – The Household Hazardous Waste Disposal Center on Sullivan Barracks, Bldg. 249A (previously the Funari Sort Center) is closed. A temporary Hazardous Waste Disposal Center will be open 10 a.m. - noon **Nov. 9** (only) on Coleman Barracks (location to be announced.) The Patrick Henry Village Recycle Center located in Bldg. 4485 in Heidelberg remains open to provide disposal services to community members. DSN 373-5396, civ. 06221-17-5396.

UPDATED – Postal Office Hours Change – Postal facilities on Coleman Barracks (Postal Service Center 418) have new operating hours. Package pick-up is open 11 a.m. - 6 p.m. Monday-Friday and closed weekends and U.S. holidays. The post office (outgoing mail) is open 10 a.m. - 3 p.m. Monday - Friday and closed weekends and U.S. holidays. Customers will maintain 24/7 access to personal mailboxes. The official mail and distribution center is open 10 a.m. - 3 p.m. Monday - Friday and closed weekends and U.S. holidays.

NEW – Supply Center – The Self Service Supply Center on Spinelli Barracks in Mannheim is closed. Customers can continue to get their office supplies from the Kaiserslautern Office Supply Store (DSN 483-8831) or by using The Exchange (formerly known as the Army and Air Force Exchange Service) Warehouse Ordering Web system.

Heidelberg

Airport Shuttle Buses – The free shuttle service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711,

civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

Arts and Cultural Center – The Arts and Cultural Center on Patrick Henry Village will close **Dec. 31**. The center is scheduled to relocate to the Kaiserslautern area early next year.

Audiology – Audiology services at the Heidelberg Health Center have been reduced due to limited staff. Medical technicians will still be able to provide screening and hearing conservation services. All other audiology services will be referred to host nation providers or Landstuhl Regional Medical Center.

Chapels – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

UPDATED – CIF Closure – The Heidelberg Central Issue Facility in Bldg. 3850, located in the Community Support Center (on the shopping center) will remain open until further notice. The CIF located in Bldg. 1515 on Spinelli Barracks in Mannheim is also open to provide customer service.

UPDATED – Community Mail Rooms – Community Mail Room 419 (Patton Barracks), CMR 420 (Campbell Barracks), CMR 432 (Tompkins Barracks) and Postal Service Center 437 (Sullivan Barracks) have relocated to the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village. CMR 432 and PSC 437 ceased operations at Tompkins Barracks and Sullivan Barracks. General delivery mail service is no longer available at Bldg. 4794 on PHV. Customers can choose to have mail forwarded to the new postal center on PHV, receive mail at Coleman Barracks (PSC 418) or begin forwarding mail to their gaining location if departing the Heidelberg and Mannheim communities. Email questions to usarmy.badenwur.usag.mbx.cmr419@mail.mil or contact your local postal customer service representative. The new consolidated PSC is open 9 a.m.- noon and 1-4 p.m. for official mail Monday-Friday, 11 a.m. - 6:30 p.m. Monday-Friday for customer service and parcel pick-up and the Army Post Office is open 11 a.m. - 5 p.m. Monday - Friday and 10 a.m. - 4 p.m. Saturdays. Customers have 24/7 access to personal mailboxes.

Dental Clinic – Sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and records from Nachrichten Kaserne Dental Clinic were transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

Health Center Shoppette – The Exchange Shoppette on Nachrichten Kaserne is closed.

Optometry Clinic – The Heidelberg Health Center's optometry department has reduced care to provide services only for active duty military and family members enrolled in TRICARE Prime. Dependents or Department of the Army and Department of Defense civilian employees and contractors can obtain services via host nation providers.

Pediatrics – The pediatrics section of the Heidelberg Army Health Center has consolidated under family practice. The change is part of continuing transformation efforts toward next June's closure of the clinic on Nachrichten Kaserne.

Pharmacy Hours – The Heidelberg Health Center pharmacy has changed its operating hours to 8 a.m.-5 p.m. Monday-Friday and is closed weekends and federal holidays.

Single Soldier Housing – The Single Soldier Housing Office in Bldg. 3850 on the Community Support Center has relocated to Bldg. 3980 (the housing office.) DSN 387-3346, civ. 06221-4380-3346.

Teen Clinic – The Teen Clinic at Heidelberg High School is closed. Teens can be seen at the Heidelberg Health Center. DSN 371-2622, civ. 00800-376-22273.

Clinical Director named best in Army

Experience, skill, dedication cited as contributions to mission readiness

By **Mindy Campbell**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Kathryn Arnett is passionate about taking care of those who take care of others.

With a focus on both her clients and her co-workers, Arnett was recently recognized for her work with the U.S. Army Garrison Kaiserslautern's Army Substance Abuse Program.

Arnett, who has worked in the ASAP office at Landstuhl for the past two years, was named the Army Center for Substance Abuse Programs 2012 Clinical Director of the Year.

"Ms. Arnett's ingenuity, work ethic and high performance set the standard for ASAP Europe," wrote U.S. Army Garrison Kaiserslautern Commander Lt. Col. Lars Zetterstrom in his nomination letter. "Her experience, skill and dedication to the ASAP and the garrison contributed directly to mission readiness."

Arnett said she was thrilled to get the award and that the ASAPs in Europe were in the spotlight.

"I am a person that jumps in and is motivated, and [I] am excited that Europe is setting the pace for all the ASAPs," said Arnett, a licensed clinical social worker and certified alcohol and drug counselor. "That has been my goal, to see Europe shine."

Another goal of hers was to build a team of people who were excited about coming to their job.

"I want people to want to come to work here," Arnett said. "If you get out of bed and dread coming here, that is going to be reflected in your work."



Mindy Campbell

Army Substance Abuse Clinical Director Kathryn Arnett was named the Army Center for Substance Abuse Programs 2012 Clinical Director of the Year.

"If I take anything away from the clinical director of the year award, it is that I feel that I have succeeded in creating that kind of environment where I have protected people and insulated them from things that would have caused burdens and stress to their day."

Co-worker Lorraine Nyanza, a licensed social worker and substance abuse counselor, said Arnett's passion for her work makes her stand out.

"She is in this field to make a difference," she said. "She is professional, inspirational, transparent, compassionate, honest, has no hidden agendas and is a listener, which is very unique for a leader."

Nyanza also said Arnett has a great balance between professionalism and humor.

"Her sense of humor is intoxicating," she said. "She has a great balance between humor and seriousness that makes her very approachable and professional in a context that is genuine."

Arnett will soon begin a new position with the Europe Regional Medical Command in their Care Provider Support Program, which helps provide support for health care workers.

Fiesta Time



Ivelisse Davila-Marrero

Aiyannah Wickline, Ashley Merritt, Aria Goodman and Dae'eanna Johnson-Ford play with Latin musical instruments during the School Age Center's Hispanic-American Heritage month celebration Sept. 28 in Heidelberg. The children prepared and ate Latin dishes, displayed their art creations, enjoyed Latin music, dance lessons and broke open colorful piñatas filled with candy and treats.

Think globally, act locally

By **Petra Sauer**
DEPARTMENT OF PUBLIC WORKS



October is Energy Awareness Month. So what does that mean for the garrison as it prepares to close next year? It means that community members should still continue to conserve water and energy resources for generations to come. By doing this and by following the tips below, we can think globally and act locally.

Follow these Conservation Tips

Electricity

- Turn off lights in unused rooms
- Avoid standby use by using power strips with master switches
- Use natural light whenever possible
- Turn down the heat in quarters when left unused for a day or more
- Close doors and windows in heated or cooled rooms
- Use washing machine or dishwasher only with full loads

Water

- Water the lawn or garden late in the evening or early in the morning
- Use the proper flush on dual flush toilets and limit flushing when possible
- Shower instead of taking a bath
- Don't let the water run while brushing your teeth

Fossil Fuels

- Walk short distances instead of driving
- Drive moderately and don't idle your vehicle
- Carpool when possible
- Take public transportation or ride a bicycle
- Purchase vehicles that get better mileage
- Maintain your vehicle, especially tire pressure and tune-ups



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our ARMY around the world

For more Army news,
visit www.army.mil



Phil A. Jones

"Jeopardy!" game show host Alex Trebek visited Wounded Warriors at Landstuhl Regional Medical Center Oct. 10. Trebek autographed "Jeopardy!" hats and spent time with LPMC staff and patients during a break from his European search across U.S. military installations for contestants to appear on the show.



U.S. Army

Sgt. Jeremy Trop, a company sniper section leader with A Company, 2nd Battalion, 1st Infantry Regiment, 2nd Stryker Brigade Combat Team, 2nd Infantry Division, provides overwatch security during an operation to assist his Afghan National Army counterparts in the Zhary district of Kandahar province, Afghanistan, Oct. 10.



U.S. Army

Left, all-wheel vehicle mechanics with the Combat Repair Team attached to the 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, repair an M777 howitzer Oct. 14 at Yakima Training Center, Wash.



U.S. Army

Sgt. Shaun Welch holds his 3-year-old son, Aiden, before leaving for Afghanistan Oct. 8. Welch is part of the 541st Transportation Company, 129th Combat Sustainment Support Battalion, 101st Airborne Division (Air Assault) from Fort Campbell, Ky.



Sgt. 1st Class Michael J. Garden

Paratroopers from the 82nd Airborne Division's 2nd Brigade Combat team take time out to eat Oct. 8, at Pope Army Airfield, N.C., prior to an airborne operation. About 1,300 paratroopers from the brigade combat team jumped into Folk Polk, La., for a month-long Joint Readiness Training Exercise rotation.

Support Soldiers span the globe

By Rachel Clark
409TH CONTRACTING SUPPORT BRIGADE

The 21st Theater Sustainment Command's contracting partner, the 409th Contracting Support Brigade, has a geographic footprint that spans across 104 countries and is the Expeditionary Contracting Command's support link on the European and African continents.

"One of the biggest challenges for contracting officers is providing support to some challenging logistical requirements," said Col. William Bailey, commander of the 409th CSB and principal assistant responsible for contracting – in Europe.

"This is true while providing sustainment contracting services in our garrison environment or contingency contracting in a deployed environment," Bailey said. "Whether we are contracting for mules to cross the mountains of Afghanistan, camels in the Middle East or trains, planes and cars in Europe, we have to do so in a fashion that will ensure we meet our customer's requirements and enable them to accomplish their mission on time."

The 409th consists of one battalion and nine contingency contracting teams spread across Germany that provide support to 15 Army installations.

In the Ukraine, Capt. Kelley Smith, 649th Contingency Contracting Team, Kaiser-

slautern, was part of the support team for the Joint Chiefs of Staff exercise, Rapid Trident 2012. The exercise included 1,394 people from 16 nations. A total of 156 U.S. participants worked alongside exercise partners training on international security assistance force-focused peacekeeping tasks in field training and command post exercises.

According to Smith, synchronizing multiple exercise funding sources provided challenges to established contracting planning timelines. The mission was successfully executed and served as an example for complex expeditionary contracting operations.

In Belgium, Roland Becker, a contracting specialist in the Regional Contracting Office Benelux, supported the 68th Normandy invasion commemoration by writing contracts for food, generators, light stands, latrines and fencing for the event that supported more than 200 military members who were on temporary duty to Normandy, France, for the World War II D-Day commemoration.

At the Theater Contracting Center in Kaiserslautern, contracting officer Anita McLain works on a component of a total maintenance contract for the Kaiserslautern area. This large-scale contract, which awarded more than \$400 million in services, covers everything from grounds maintenance, equipment

maintenance and repair, as well as construction projects for the various bases.

McLain said it can be a challenge on both ends, as none of the three on-site military personnel are contingency contract specialists.

"What they lack in knowledge they make up for in the willingness to cooperate and support," McLain said of the Soldiers who work in conjunction with the assigned contracting specialists. "They have to deal with the language barriers while interfacing with the contractors on the existing contracts and they do all the leg work when gathering the information necessary to submit the packages for new requirements."

In Latvia supporting Saber Strike 2012, contracting officers Maj. Paul Tomcik and Staff Sgt. John Manurs from the 606th Senior Contingency Contracting Team, Kaiserslautern, work multiple contracts for fuel, life support areas, rental vehicles, bus transportation and material and handling equipment.

"Support to exercises such as Saber Strike provides contingency contracting officers the opportunity to work in a dynamic environment where we can offer contracting solutions from cradle-to-grave in a short span of time," Tomcik said.

Meanwhile in Cameroon, another team from the 606th SCCT worked through challenges normally associated



A pair of Ukrainian soldiers discuss the military contracting mission with Sgt. 1st Class Fred Warren, 170th Brigade Combat Team, and Capt. Kelley Smith, 649th Contingency Contracting Team contracting specialist. Smith and members of the 649th CCT were in the Ukraine in support of Rapid Trident 2012, a Joint Chiefs of Staff exercise, July 16-28.

with developing contracts in Africa.

"This exercise brought plenty of challenges, but we were able to meet them head on and accomplish the mission on time and under budget," said Maj. Mark Corn, 606th SCCT, Kaiserslautern, of African Endeavor 2012 in Douala, Cameroon.

"We had continuous support from the U.S. Embassy in Yaoundé, the host nation and reachback with the 903rd Contingency Contracting Battalion. Overall, more than 200 coalition and African partners were able to test the interoperability of their communications equipment and receive valuable training during the exercise," said Corn.

Sgt. 1st Class Cathleen Stadler-Frazier, 409th CSB operations and plans non-commissioned officer, who recently returned from a deployment in Djibouti, said the

key to getting the job done is teaching the locals how the Army does business.

"While deployed to countries like Djibouti, where resources are limited, we educated vendors of small businesses how to do business with the government," Stadler-Frazier said.

Whether it's supporting exercises including Saber Strike 2012, African Endeavor 2012, Rapid Trident 2012 or providing theater sustainment, Command Sgt. Maj. Bentura Fernandez, 409th CSB command sergeant major, said the 409th CSB plans and executes efficient, effective and agile contracting support for U.S. Army Europe.

"Not a day goes by where a 409th Soldier isn't deployed providing contracting service to the Army. The 409th CSB is going to be ready to provide contracting support anytime, anywhere," Fernandez said.

TRUST

continued from page 1

Army, and trust with the American people."

Since launching in September 2010, the program has infused all outlets of Army medicine to ensure patients receive quality health care while clinicians remain passionate about their organization. To gauge the effectiveness of the program, the Culture of Trust task force measures key indicators like patient outcomes, employee satisfaction and customer service.

Army medicine believes that trust happens when clinicians prove their commitment, capability and competence to a patient, thus gaining his or her respect and confidence.

The Army's trust behaviors,

known as A.C.T.I.V.E., include:

•**Accountability** means being honest, taking responsibility for performance and behavior, and to be answerable to self and others.

•**Congruency** means when the actions of individuals and organizations are consistent with their philosophy and values. Congruent individuals and organizations are viewed as practicing what they preach, walking the talk, actions matching words, following through, being sincere or real.

•**Transparency** means freely sharing information and removing barriers to open communication, understanding intent and desired outcomes. It involves actively working to rid the organization of gossip and shutting down

the rumor mill.

•**Integrity** means doing what is right legally, ethically and morally at all times regardless of whether or not someone is watching and despite the risk or reward.

•**Voice** means it is my obligation to use my voice to defend against injustices, to cause reconsideration of ideas, stimulate thinking and explore innovative ideas.

•**Engagement** means being actively involved, eager and dedicated to accomplishing the mission. It is when employees are passionate about their work and have a personal and emotional investment in the success of the services or products delivered.

For details, visit www.armymedicine.army.mil/cot/



GERMAN NEWS

Cosmetics Retailer Takeover

Founders of German perfume and cosmetics retailer Douglas said Monday they would be teaming up with U.S. private equity group Advent International to launch a €1.5 billion takeover of the group. Advent is offering €38 per share for all outstanding shares in the publicly-listed retailer, Douglas said in a statement. With €39.4 million shares in issue, that would value the company at €1.497 billion. Douglas, which also sells jewelry, chocolates and books, has annual sales of more than €3.0 billion and operates a network of some 2,000 stores across Europe.

School Bans Homework

For the next two years, fifth to ninth-graders at the Elsa-Brändström high school in North Rhine-Westphalia will not be assigned homework. A year was recently cut from Germany's high school system, causing school days to sometimes last until 6 p.m. "No child would be having their free time dominated by doing school work," head teacher Brigitte Fontein told the Westdeutsche *Allgemeine Zeitung*. Instead, teaching time would be used to do more work, as the school has mostly double periods, Fontein explained. The German school system has recently come under fire from the Education and Science Workers' Union, which said youngsters are put under too much pressure. "Children have a right to free time, to play games in the afternoon," said Cornelia Schiemanowski, head of the GEW in Oberhausen. Fontein said the majority of parents and teachers seem to be in favor of the idea. Older kids preparing to take their high school exam will not be included in the initiative. "Without homework, taking the exams would not be possible," Fontein said.

Nazi Dagger Stash Found

Customs authorities at the Hamburg port seized about 1,900 swords and daggers emblazoned with swastikas, including replicas used during the Nazi period by various organizations, Thursday. Early investigations indicated the weapons were produced in China and sent by ship to Hamburg and were intended to be transported to and sold in Poland. Importing such items to Germany is illegal, and the customs investigations department has taken over the inquiry into the matter, the *Hamburger Abendblatt* reported.

SOURCE: www.thelocal.de



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @dearmsvicki, or visit www.dearmsvicki.com.

Responses to previous columns:
Dear Ms. Vicki,

Even though I am an active duty Soldier and wounded warrior, I am not writing as a Soldier. I am writing as a concerned citizen regarding American Forces Network television and how AFN depicts our wounded warriors.

My wife and I were flipping through the AFN stations 6 p.m. Sept. 7 when we came across a program on Prime Atlantic called "TMZ, TVPG."

This program displayed a picture of a wounded warrior participating in the archery contest at the Paralympic games. The wounded warrior had no arms, and was shooting the bow with his feet.

The show's announcers asked how the participant was doing in the contest, and the other announcer replied, "Well, he's got no arms, he's shooting with his feet and he is not doing so well, because apparently he killed someone."

Would you please help me get the

word out that this is not the image we want our wounded warriors to have? I do not know what the broadcasting policies of AFN are, but I do know the potential for danger something like this can cause.

I did not at all find this to be in parallel with the broadcast that AFN airs that says, "This is what right looks like."

I would like the public to know this is not acceptable, especially to the wounded warriors competing in the games, nor other wounded warriors and the men and women who serve in uniform.

Very respectfully, Concerned Response from George Smith, AFN Europe:

We regret and totally understand why the viewer was offended by this episode of "TMZ."

Shows are selected for airing on AFN because of Stateside popularity, not content. We also don't edit or censor specific episodes of shows.

The AFN Broadcast Center in California gets the rights to the most popular shows airing on broadcast and cable networks in the United States, then schedules and airs them.

TMZ, one of the top-syndicated daily shows since it began in 2007, airs in 75 percent of the U.S. It ranks first in the 18-34 demographic and places second among the 18-49 and 25-54 groups.

The best way to avoid shows that are inappropriate or offensive to your family is to check the show's rating at www.myafn.net, watch for show advisories at the program's beginning or set your TV up with "V-Chip" technology to stop inappropriate shows from airing in your home.

Dear Ms. Vicki,
First and foremost, I would just like to tell you how much I love and enjoy your column.

I was not aware of the "Ms. Vicki" column until my husband and I moved to Germany, but now I make sure to pick up a copy of the paper each week just to read what you have to say.

I admire the fact that you do not beat around the bush, and you just tell it how it is. I know many people who need a dose of reality instead of a sugar-coated fantasy. So for that, I applaud you.

I am writing because of a recent letter I saw in your column. The writer was a woman on her third military husband, and she was confused that her husband wanted her to take care of the household and him. I believe her wording was that she refused to do it, because she is not a "slave who works for free."

I have to say that I was both outraged and saddened by her letter. As an Army wife and a former Air Force brat, I have to say this lifestyle is not for everyone. It takes a very special woman or man to be married – not only to your spouse, but to the military, as well.

Not everyone can live and function through multiple deployments, temporary duty assignments, constant moves and leaving family and friends behind every few years while still remaining strong for their own family. It's a very hard life, and so rewarding at the same time, if you can get past the deployments, TDYs and constant change of scenery. I would have to tell Miss "I'm on husband number 3" to not give up on love, but to maybe look for affection elsewhere.

To the military spouses who are loyal and committed to their families, I commend you. We are a very special breed, and we receive very little credit for what we do. Most times we are the "generals" of our home, but not everyone can see that and very, very few people understand it.

So for every military spouse out there, give yourself a huge pat on the back; you deserve it.

Internships expand child care options, jobs

By Lisa Daniel
AMERICAN FORCES PRESS SERVICE

The Defense Department is taking internship applications for a program that expands the availability of child care and youth programs, while also giving a leg up to jobseekers in that field, especially military spouses.

DOD and the Agriculture Department formed the Military Extension Internship Partnership in 2010 in concert with a major construction project that started in 2008 to accommodate the growing requests for child care and youth programs, said Barbara Thompson, director of DOD's Office of Family Policy and Children and Youth.

More than 200 college students and recent graduates have completed internships through the program, and 25 percent of them have gotten federal jobs in child development and youth programs, Thompson said.

Those management positions usually are at the general schedule 9 to 11 pay grades and, with benefits, make them highly-competitive against private-sector options, she noted.

As part of the department's efforts to help with military spouse employment, spouses are encouraged to apply for the internships, she said.

"We think it's important that spouses are going back for their education ... and we want to make sure there are jobs for them," she said.

MEIP places interns on military installations around the world. Compensation varies, but all interns receive assistance to cover basic living expenses, Thompson said.

"They are placed under a seasoned program director to learn our system from the bottom up," she said.

The internships, like the child development jobs, are varied and include full training and the most up-to-date information in the child development field, Thompson said.

Internship applicants must:

- Be U.S. citizens or permanent residents
- Have a grade point average of at least 2.75
- Have completed at least four

semesters of college classes by the beginning of the internship

- Be majoring in child development, youth development, recreation, management or a similar program
- Plan to pursue a professional career similar to one's major, such as those within education, child or youth programs or family services

The application requires an original essay of at least 600 words, two recommendations, official college transcripts and, if applicable, an outline of the institution's mandates for the receipt of academic credit.

The MEIP will take applications between Nov. 30 and Jan. 31 on its website, www.militaryfamilies.extension.org.

GET OUT!

area events

More events online at www.facebook.com/BWnow

October 18

International Jazz Festival – The annual Enjoy Jazz International Music Festival is back. Enjoy a lively mix of jazz infused with classical, pop, rock, hip-hop and electronic music. Program runs through Nov. 10 in Heidelberg, Mannheim and Ludwigshafen. For times and locations, visit www.enjoyjazz.de

Art Exhibit – Artist Robert Thompson shares his work with the public during the grand opening of his exhibit 7-9 p.m. in the Copper Lounge at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Guests can enjoy music, wine and cheese during the event. Exhibit and sale end Oct. 21. www.mwgermany.com.

Paintings – View an exhibition of 50 oil paintings by Chinese artist Qiu Shihua through Jan. 6 at the museum Pflalzgeralerie in Kaiserslautern. Museum is open 11 a.m. - 8 p.m. Tuesdays and 10 a.m. - 5 p.m. Wednesday-Sunday. www.mpk.de.

October 19

Carnival – Kaiserslautern's Oktoberkerwe carnival begins 7 p.m. at the Messeplatz fairgrounds. Visitors can enjoy amusement park rides, food, games and shopping. Take advantage of reduced prices and special offers during Family Day Oct. 24 (until 7 p.m.) Rides open 2-11 p.m. daily and some vendors will begin selling at 11 a.m. daily. Festival runs through Oct. 29.

Frankenstein – Ghouls and ghosts await visitors venturing to Burg Frankenstein near Darmstadt. Doors open 7 p.m. Enjoy Halloween fun through Nov. 4. For tickets and other information visit www.frankenstein-halloween.de

October 20

Philharmonic Night – The Pflalztheater Kaiserslautern hosts a Philharmonic Night to celebrate the 125th anniversary of the Pflalztheater Orchestra 7 p.m. - 1 a.m. at various locations. Call civ. 0631-3675-209 for details. www.pflalztheater.de

Flea Market – Look for hidden treasures and hard-to-find trinkets at a flea market in Mannheim 8 a.m. - 4 p.m. Neuer Messplatz, Am Herzogenriedpark, 20.

October 21

Sunday Shopping – Stroll the streets of Kaiserslautern and enjoy Sunday shopping 1-6 p.m.

Darmstadt Zoo – Darmstadt Zoo is spread over four acres of land, and is home to more than 700 animals and 150 species. From rare, endangered black vultures

to kangaroos, explore the zoo's many enclosures and a petting zoo that allows visitors to get up close to the friendlier animals. Adult tickets are priced at around €4.50 each, and children's tickets are €1.50. Family discounts are available. Schnampelweg 4, 64287. www.zoo-darmstadt.de

October 23

English Theatre – Catch a performance of the play "Breaking the Code," by Hugh Whitmore at the English Theatre in Frankfurt 7:30 p.m. Tuesdays-Saturdays and 6 p.m. Sundays through Oct. 27. www.english-theatre.org

October 25

Charity Concert – Members of the German Air Force Band 2 will perform a charity concert 7:30 p.m. at the art deco style Festhalle in Philippsburg. Udenheimer Straße, 76661. Tickets: civ. 0725-687-121.

October 26

Polish Pottery – Visit Bowleslawiec, Poland, for a day of pottery shopping and sightseeing. <http://affiliates.uso.org/rheinmain/>

October 27

Legoland Park – There's creepy fun for the whole family during Halloween at Legoland. The Legoland theme park transforms into a gruesomely decorated Halloween land full of tricks and treats. The Land of the Knights opens its doors to visitors brave enough to venture in. <http://affiliates.uso.org/Kaiserslautern/>

October 29

Haunted House – Enjoy scary Halloween fun at the Ramstein Community Center Haunted House located in Bldg. 412. The Haunted House is open 5:30-7:30 p.m. Oct. 29 and 30. Free witch's brew to all who dare to follow the haunted trail. DSN 480-6600, civ. 06371-47-6600.

October 31

Halloween Party – Break out your scariest costumes and come dressed for a frighteningly good time during a free Halloween Party at Luisenpark in Mannheim 5 p.m.

November 2

Holiday Bazaar – Members of U.S.

Army Garrison Kaiserslautern and Family and Morale, Welfare and Recreation host a holiday bazaar in Bldg. 237 on Rhine Ordnance Barracks 10 a.m. - 8 p.m. Nov. 2, 10 a.m. - 7 p.m. Nov. 3 and 10 a.m. - 5 p.m. Nov. 4. Bazaar is open to ID card holders only and strollers are welcome. More than 90 vendors will display and sell crystal, leather, antiques, chocolates, clothing, toys and more. DSN 493-4184, civ. 0631-3406-4184. www.mwgermany.com.

Upcoming concerts

Sweet Soul Music Revue – Rhythm and Blues group Sweet Soul Music Revue performs 8 p.m. Oct. 20 at the Capitol Mannheim. www.songkick.com

Herbie Hancock in concert – Jazz legend Herbie Hancock performs 8 p.m. Nov. 7 at the Feierabendhaus, Leuschnerstr. 47 in Ludwigshafen. www.eventde.com

Chris Brown – Singer Chris Brown performs at the Hanns-Martin-Schleyer-Halle in Stuttgart 8 p.m. Nov. 23 and the Frankfurt Festhalle 8 p.m. Nov. 29. Tickets for both shows on sale now. www.eventim.de.

The Human League – Legendary '80s electronic new wave band The Human League, will perform 8 p.m. Nov. 16 at the Garage Club in Saarbrücken. Tickets on sale now. www.eventim.de.

Ongoing

Deutsches Museum – The Deutsches Museum provides a first-hand look at Germany's contributions to science, technology and industry. The interactive museum has plenty of places to get kids involved, where they can push buttons, turn cranks and move switches to work parts of the exhibit. The museum is set on an island inside the Isar River and is open 9 a.m. - 5 p.m. daily. Tickets: €8.50 for adults and €3 for children. Museumsinsel 1, Munich, 80538. www.buzzoffbase.com.

Xocoatl Chocolate Shop – Sample the huge array of white, dark and milk chocolates during a trip to the Xocoatl chocolate shop in Wiesbaden. Enjoy a hot mug of their special cocoa as you explore the shelves for delicious treats. The shop is located at Grabenstraße 24, 65183. Civ. 06113-41-7364.

Levi Strauss Museum – The award-winning Levi Strauss Museum tells the story of Levi Strauss, who immigrated to the U.S. from Germany and founded Levi's Jeans, which are still popular world-wide. Marktstr. 33, Buttenheim, 96155. Civ. 09545 442602.

coming to THEATERS

ARGO

(Ben Affleck, John Goodman, Alan Arkin)
On November 4, 1979, as the Iranian revolution reaches its boiling point, militants storm the U.S. Embassy in Tehran, taking 52 Americans hostage. But, in the midst of the chaos, six Americans manage to slip away and find refuge in the home of the Canadian ambassador. Knowing it is only a matter of time before the six are found out and likely killed, a CIA "exfiltration" specialist named Tony Mendez comes up with a risky plan to get them safely out of the country. A plan so incredible, it could only happen in the movies. (Rated R for language and some violent images) 120 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 18 - ICE AGE: CONTINENTAL DRIFT (PG) 7 p.m.
Oct. 19 - HERE COMES THE BOOM (PG) 7 p.m.; ARGO (R) 10 p.m.
Oct. 20 - HERE COMES THE BOOM (PG) 4 p.m.; THE CAMPAIGN (R) 7 p.m.; SINISTER (R) 10 p.m.
Oct. 21 - THE CAMPAIGN (R) 4 p.m.; SINISTER (R) 7 p.m.
Oct. 22 - HERE COMES THE BOOM (PG) 7 p.m.
Oct. 23 - SINISTER (R) 7 p.m.
Oct. 24 - THE CAMPAIGN (R) 7 p.m.
Oct. 25 - ARGO (R) 7 p.m.

Vogelweh, Galaxy

Oct. 19 - FRANKENWEENIE (PG) 4 p.m.; TAKEN 2 (PG-13) 7 p.m.
Oct. 20 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.; THE BOURNE LEGACY (PG-13) 7 p.m.
Oct. 21 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.

Ramstein, Gateway Cineplex

Oct. 18 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
Oct. 19 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m., 10 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m., 10 p.m.; TANGLED (PG) 11 a.m., 1:30 p.m.
Oct. 20 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m., 10 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 3:30 p.m., 7:45 p.m., 10 p.m.; BRAVE (PG) 11 a.m., 1:30 p.m.
Oct. 21 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 5:30 p.m., 7:45 p.m.; ICE AGE: CONTINENTAL DRIFT 11 a.m., 1:30 p.m.
Oct. 22 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 5:30 p.m., 7:45 p.m.; TANGLED (PG) 11 a.m., 1:30 p.m.
Oct. 23 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 5:30 p.m., 7:45 p.m.; BRAVE (PG) 11 a.m., 1:30 p.m.
Oct. 24 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m., 5:30 p.m., 7:45 p.m.; TANGLED (PG) 11 a.m., 1:30 p.m.
Oct. 25 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 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 for updated listings and more movie descriptions

community HIGHLIGHTS

Non-Appropriated Funds Job Fair

A non-appropriated funds job fair will be held 10 a.m.-4 p.m. Oct. 18 at the Village Grille on Patrick Henry Village in Heidelberg. Applicants can meet with prospective employers and interview on the spot. www.facebook.com/HeidelbergMWR.

Presidential Debates Live On AFN

American Forces Network Europe will air the third and final presidential debate live 3-5 a.m. Oct. 23 and again 11 a.m.-1 p.m. and 7-9 p.m.

Tri-Community AFAP Conference

The Army Family Action Plan Conference will be 9 a.m.-4:30 p.m. Oct. 23-26 at the Kaiserslautern Community Activity Center on Daenner Kaserne. DSN 493-4357, civ. 0631-3406-4357.

Halloween Events

The 18th Military Police Brigade will host a haunted house 6-9 p.m. Oct. 26 in Bldg. 200 on Sembach Kaserne near Kaiserslautern. There will be a fall festival and "trunk-or-treat" 9 a.m.-3:30 p.m. Oct. 27 at Sembach Commissary. Trick-or-treating on Ramstein, Vogelweh Housing and Landstuhl Housing in Kaiserslautern will be 5-7 p.m. Oct. 31. Trick-or-treating on Patrick Henry Village in Heidelberg will be 6-9 p.m. Oct. 31. An annual adults-only Halloween costume party and contest will be 9 p.m.-close Oct. 31 at the Village Grille After Hours on PHV. DSN 388-9570, civ. 06221-338-9570.

Civilian Insurance Open Season

Civilian personnel can talk directly with insurance representatives from Bluecross Blueshield, Foreign Service Benefit Plan and Mailhandlers 11:30 a.m.-2:30 p.m. Oct. 31 at the Civilian Personnel Advisory Center, Room 010, Bldg. 3980 in Heidelberg, across from the Community Support Center (Shopping Center). DSN 370-1430, civ. 06221-57-1430.

Domestic Violence Awareness

October is Domestic Violence Awareness Month. Army Community Service has set up Silent Witness exhibits throughout U.S. Army Garrison Baden-Württemberg to honor the lives of victims of domestic violence. Community members can show support by taking a pledge to stand up against domestic violence and by wearing purple wristbands, which will be available at the exhibits. Report domestic violence to the 24-hour hotline, civ. 0170-609-2862.

General Election Absentee Ballots

Voters who have not yet received state ballots for the Nov. 6 election can use the Federal Write-In Absentee Ballot. The Military Postal Service Agency began free expedited ballot delivery and tracking to local election offices Sept. 1 for military and family members stationed overseas. www.usps.com.

Human Resources Awards Program

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

Combined Federal Campaign

The Combined Federal Campaign-Overseas program runs through Nov. 16. CFC-O in Heidelberg: DSN 370-7687, civ. 06221-57-7687.

KAISERSLAUTERN

Community

◆ **Hairspray The Musical** – KMC Onstage presents the musical "Hairspray!" 7:30 p.m. Oct. 19, 20, 25, 26, 27 and 3 p.m. Oct. 21, 27 and 28 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Adults are \$14 and students are \$12; no children under 5 admitted. DSN 483-6626, civ. 0631-411-6626, www.mwrgermany.com.

◆ **Sponsorship Training** – Army Community Service offers a class that can help sponsors in providing the best experience possible to new community members and their families 3-4 p.m. Oct. 23 in Bldg. 2891 on Pulaski Barracks. Registration required. Civ. 0631-3406-4203.

◆ **Dine-In Movies** – Enjoy the movie "Herbie Fully Loaded" while eating meal specials at Bruno's Pasta Bar 7 p.m. Oct. 23 and Tuesdays in the Landstuhl Community Club, Bldg. 3780. The Oct. 30 movie will be "Mrs. Doubtfire." DSN 486-6107, civ. 06371-86-6107.

◆ **USA Jobs** – Employment readiness experts can assist community members with finding and applying for jobs on www.usajobs.gov 10 a.m. Oct. 26 at Army Community Service, Bldg. 2917, on Pulaski Barracks. Appointments recommended. DSN 493-4029, civ. 0631-3406-4029.

◆ **Winter Vehicle Safety Day** – Family and Morale, Welfare and Recreation will host a winter vehicle safety day 10 a.m.-6 p.m. Oct. 26 at Pulaski Auto Skills in Bldg. 2859 on Pulaski Barracks. Participants can receive free safety checks, enjoy refreshments, participate in a demonstration and enter to win prizes. DSN 493-4167, civ. 0631-3406-4167.

◆ **Domestic Violence Vigil** – Army Community Service will host a candlelight vigil and walk 6-9 p.m. Oct. 26 starting at the Youth Center baseball field on Vogelweh Housing. The event's intent is to remember victims of domestic violence and promote awareness against it. Civ. 0631-3406-4228.

◆ **Bingo** – Kazabra Club in Bldg. 2057 on Vogelweh Housing hosts a progressive bingo program 7 p.m. Wednesdays, 8 p.m. Fridays and 3 p.m. Sundays for chances to win cash, a car and other prizes. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

HEIDELBERG

Education

◆ **ACS Classes** – Sponsorship Training, 10-11 a.m. Oct. 22, Army Community Service, Community Support Center (on the Shopping Center), Bldg. 3850, Room 172; Pregnancy Support Group, 1-2:30 p.m. Oct. 24, ACS Annex, Patrick Henry Village, Bldg. 4531, Conference Room; Care to Prevent Compassionate Fatigue for

Warriors in Transition Staff, 10-11:30 a.m., Nachrichten Kaserne, Bldg. 3622, WTU Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV; Financial Readiness Briefing Computer-Based Training (Mandatory for first-term Soldiers. Contact ACS at DSN 370-6883, civ. 06221-57-6883 for details and class times.)

◆ **UMUC Europe Registration** – Registration is open until Oct. 21 for Fall Session 2 at the University of Maryland University College Europe for undergraduate and graduate on-site courses, as well as undergraduate online courses. Classes begin Oct. 22. DSN 370-6762, civ. 06221-3780.

◆ **UMUC Europe Test Centers** – Service members and eligible civilians deployed to Al Udeid, Ali Al Salem (Kuwait) and Al Dhafra (United Arab Emirates) can now earn university credit and certifications at new UMUC-sponsored national test centers. The NTCs will feature on-site exams, face-to-face support and instant score results. Testing schedules: www.ed.umuc.edu/intc.

◆ **Book Award, Scholarship** – University of Maryland University College Europe offers a \$150 military book award for active duty service members and their spouses and dependents. Both new and current students are eligible to apply. UMUC Europe also offers new student scholarships. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/financialaid.

Community

◆ **Breakfast At Tiffany's** – The Heidelberg Community and Spouses Club will host a "Breakfast at Tiffany's" luncheon starting 10 a.m. Oct. 25 at the Village Pavilion Community Center on Patrick Henry Village. At 10:30 a.m., a guest speaker will provide information about changes that can be expected in the next year, and the film "Breakfast at Tiffany's" will be screened at noon. Limited number of child care slots available until Oct. 22. Reservation deadline is 5 p.m. Oct. 19. www.hsc-heidelberg.com/reservations.html.

◆ **Roadside Theater** – The Roadside Theater in Bldg. 109 on Patton Barracks presents the musical "[title of show]" 7:30 p.m. Oct. 19, 20, 26 and 27 and 3 p.m. Oct. 21. Show recommended for adult audiences. DSN 373-5020, civ. 06221-17-5020.

◆ **Haunted Europa Park** – Army Outdoor Recreation heads to Europa Park 6:30 a.m.-9 p.m. Oct. 20, where each themed area of the park will be decorated for Halloween. Visitors will find a host of witches, werewolves, ghouls, ghosts and goblins. Trip includes transportation and park admission. DSN 388-9282,

civ. 06221-338-9282.

◆ International Quilt Show

There will be an international quilt show open to the public, featuring sewing demonstrations, refreshments, classes, guest quilter Marita Bruggeman and more 11 a.m.-5 p.m. Oct. 27 at the Arts and Cultural Center on Patrick Henry Village. The show will run concurrently with a farewell and thank you sale open to ID cardholders only from 11 a.m.-7 p.m. Registration recommended. DSN 388-9418, civ. 06221-338-9418.

◆ **Frankenstein Castle** – Army Outdoor Recreation goes to Frankenstein Castle for a Halloween party Oct. 27. Bus leaves from the Park and Ride lot outside the Patrick Henry Village Commissary 5:30 p.m. and returns about 12:30 a.m. Costumes encouraged, but must not include weapons. No children under 14. DSN 388-9282, civ. 06221-338-9282.

◆ **Tell Me A Story** – Parent to Parent will host Tell Me A Story 2-4 p.m. Nov. 4 at Patrick Henry Elementary School. Maj. Gen. James C. Boozer, Deputy Commanding General, U.S. Army Europe, will read Jon Muth's "The Three Questions," based on a story by Leo Tolstoy. It tells the tale of a boy who seeks answers to life's fundamental questions. Tell Me A Story, an initiative of the Military Child Education Coalition, is geared toward ages 4-12. Each family will receive a copy of the book. The event is free, but space is limited. E-mail reservation requests to PtoPHeidelberg@MilitaryChild.org by Oct. 29.

◆ **Veterinary Treatment Facility** – Services at the Heidelberg Veterinary Treatment Facility will be reduced beginning Nov. 1, due to staff losses. Appointments for health certificates and vaccines will be prioritized. Requests for sick call and surgical services will largely be referred off post or to other military VTFs. Owners are encouraged to contact the VTF as soon as possible to ensure vaccination and other travel requirements are met prior to departure dates. Final closure is projected for June 2013. Medical records remaining at the VTF after this time will be transferred to the Wiesbaden VTF. DSN 388-9472, civ. 06221-338-9472.

◆ **Parent's Day, Night Out** – Reservations for Parent's Night Out and Parent's Day Out now close at noon the Monday before the event. A minimum enrollment of five children will be required in order to offer the programs. Parents will be contacted the Monday before and given a refund if the program is canceled due to low enrollment. Parent's Night Out is scheduled for Nov. 2 and 16 and Parent's Day Out will be Nov. 3 and 17. Call Central Enrollment on Patrick Henry Village for reservations. Civ. 06221-338-9340, DSN 388-9340.

◆ **Heidelberg High JROTC** – The Heidelberg High School JROTC seeks serviceable Army Service Uniforms, Army Combat Uniforms and components, particularly in smaller sizes, for cadets. Donations may be dropped off at the school's front office. Any excess uniforms will be placed onto a Europe-wide database for schools to request. DSN 370-8004, civ. 06221-57-8004.

◆ **Photo Printing** – Print services are now available at the Arts and Cultural Center in Bldg. 4507 on Patrick Henry Village. Customers can order express prints, custom books, banners, custom calendars and more. DSN 388-9418, civ. 06221-338-9418, usaghd.artscrafts@mail.mil.

◆ **Heidelberg Lodging** – Heidelberg Army Lodging in Bldg. 4527 on Patrick Henry Village offers discounted weekend rates of 25 percent. DSN 370-1700, civ. 06221-795100.

◆ **Copper Lounge** – The Copper Lounge, located in the Village Pavilion Community Center on Patrick Henry Village, is now open 4-9 p.m. Wednesday-Friday. Menu includes an extensive list of martinis, top quality wine, beer and full bar. www.mwrgermany.com.

◆ **Library Hours** – The Patrick Henry Village library has new hours: closed Monday, 11 a.m.-7 p.m. Tuesday-Thursday and 11 a.m.-6 p.m. Friday-Sunday. Story time is 11 a.m. Wednesdays for ages 3-5 and 11 a.m. Thursdays for babies and toddlers. Parents are also invited to this free activity. DSN 388-9443, civ. 06221-338-9443.

◆ **Slapshots** – The Slapshots Casino Room on Patton Barracks has new hours: 9 a.m.-11 p.m. Monday-Thursday, 9 a.m.-2 a.m. Friday and noon-10 p.m. Sunday. Facility offers a large selection of electronic and video games. www.mwrgermany.com.

◆ **Trivia Challenge** – Bring a team or join one for a chance to win prizes during Trivia Challenge 7-9 p.m. Thursdays at the Village Grille After Hours on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570, www.mwrgermany.com.

MANNHEIM

◆ **Road Closure** – Workers will dismantle the footbridge across Birkenauer Straße (the bridge that connected the high and middle schools) Oct. 22, and the road will be closed to all traffic between Friendship Circle and Bensheimer Straße (near the old Funari Barracks gate) 10 p.m. Oct. 22 to 5 a.m. Oct. 23. Detours via B38 will be posted accordingly on all main roads leading to Benjamin Franklin Village. Pedestrians and cyclists will be able to pass through the construction site except between 1 and 2 a.m. Oct. 23.

Heidelberg Lions beat Wiesbaden



Thomas Hogue



Linda Steil



Linda Steil

Top, Timothy Cuthbert (#1) runs the ball after recovering a fumble and goes on to score a touchdown in Saturday's game against the Wiesbaden Warriors at Patrick Henry Village in Heidelberg. Above left, Daniel White (#25) prepares to punt the ball. Above right, Andre Brown (#39) makes his way through the Wiesbaden defenses. The Lions defeated the Warriors 27-7.

More Photos Online
www.Flickr.com/heraldpost

Tennis Match



Linda Steil

Cameron Meeker returns a shot to his opponent Michael Hanrahan of Ansbach at Saturday's tennis match on Patrick Henry Village in Heidelberg. Meeker went on to easily defeat Hanrahan 6-0, 6-0. He remains undefeated in play this season.

Run reinforces healthy choices

By Rick Scavetta
 USAG KAISERSLAUTERN PUBLIC AFFAIRS



Hundreds of service members, government civilians and family members came out for U.S. Army Garrison Kaiserslautern's 2012 Red Ribbon Run held Saturday at Rhine Ordnance Barracks.

The annual run, the largest of its kind in the Kaiserslautern Military Community and one of the largest Army-wide, recently received Defense Department recognition for raising awareness of maintaining a drug-free lifestyle.

"Soldiers came out in massive numbers in support of this message," said Capt. Sarah McInerney, commander of the 5th Quartermaster Detachment, a ROB-based 21st Theater Sustainment Command unit that rigs parachutes. "They came out on a volunteer basis, on Saturday. It really speaks volumes about how they feel."

Red Ribbon Week, which starts Monday, honors the memory of Enrique Camarena, an undercover Drug Enforcement Administration agent and former Marine who was tortured and killed in Mexico in 1985.

staying ACTIVE

Rod and Gun Club Events

The Heidelberg Rod and Gun Club is hosting a rifle shoot 1 p.m. Oct. 20. Cost is \$35. Call civ. 06202-51193 for more information. www.mwrgermany.com.

Kleber Sports and Fitness Closure

The Kleber Sports and Fitness Center main gym in Bldg. 3235 in Kaiserslautern is closed until Oct. 23 for facility renovations. DSN 483-7610, civ. 0631-411-7610.

Heidelberg International Ski Club

Bring a friend to the Heidelberg International Ski Club's meeting 7 p.m. Oct. 24 at the Zum Goldenen Löwen in Eppelheim. Sign up for trips to Stuben, Austria, Dec. 13-16 and Arabba, Italy, at Christmas. Visit www.heidelbergski.com.

Halloween Fun Run

Family and Morale, Welfare and Recreation hosts a fun run Oct. 27. Registration begins 8:30 a.m. and run starts 9 a.m. from the commissary parking lot on Patrick Henry Village in Heidelberg. Community is encouraged to dress up. Free T-shirts while supplies last. www.mwrgermany.com.

Campbell Fitness Center Closure

The Campbell Fitness Center in Heidelberg will be closed 10 a.m. Nov. 2 through Nov. 4 for deep cleaning. It will re-open 5:30 a.m. Nov. 5. DSN 370-6350, civ. 06221-57-6350.

Bundesliga Soccer

Catch a home game of TSG 1899 Hoffenheim e.V. when they play Fussball-Club Gelsenkirchen-Schalke 04, 3:30 p.m. Nov. 3 at the Rhein-Neckar Arena in Sinsheim. Tickets can be purchased at www.achtzehn99.de.

CYSS Winter Sports Sign-ups

Sign-ups for winter sports including basketball, wrestling and cheerleading are available in Heidelberg. Register at <https://webtrac.mwr.army.mil> or at Parent Central Services, Bldg. 4443 on PHV. DSN 388-9240, civ. 06221-338-9240.

Family Zumba Classes

Enjoy the sounds of Latin music and moves with this new class 11 a.m.-noon Monday and Wednesday (children ages 3 and older welcome.) Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172.

Bowling Center Special

Bowl all day Wednesday for just \$1.50 per game at the Heidelberg Bowling and Entertainment Center. DSN 388-9040, civ. 06221-338-9040.

FemFusion Classes

Ladies 16 and older can enjoy a one hour workout designed to lift and firm every inch of the body by using a unique combination of mat work and dance, 10-11 a.m. Wednesdays. Cost is \$4 per class. Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172.

Massage Therapy Available

New types of massage therapy are available at Campbell Fitness Center and the Village Pavilion Community Center in Heidelberg. Choose from sports massage, pregnancy massage, shiatsu, acupressure and more. Call civ. 0176-7035-9766 for more information. www.mwrgermany.com.

Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the dates, details of the event and names of those pictured to usaghd.post@eur.army.mil or usarmy.badenwuer.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**