

HeraldPOST

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



Christine June

Sgt. Pedro Santos, from Headquarters and Headquarters Company, 21st Theater Sustainment Command, puts out a class "B" fire with a CO2 fire extinguisher Oct. 5 during a demonstration by the U.S. Army Garrison Kaiserslautern's Directorate of Emergency Services Fire Station on Panzer Kaserne. For more photos, visit www.flickr.com/heraldpost.

Kaiserslautern hosts Fire Prevention Week activities

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Knowing what to do when a fire breaks out is why the U.S. Army Garrison Kai-

slautern's Directorate of Emergency Services Fire Station hosted several activities during this year's National Fire Prevention Week Oct. 4-11.

"We wanted to make sure that we had a variety of activities for everyone of all ages in the community to learn about fire safety, and to know what not to do and what to do in case of a fire," said Jürgen Stegner, the garrison's fire chief.

Activities ranged from demonstrations on why wa-

ter was not a good idea to put out a kitchen grease fire to performances of the "Sesame Street" puppet theater at the garrison's three child development centers on Kleber Kaserne, Miesau Army Depot and Landstuhl Regional Medical Center. There were also displays and handout see **PREVENTION** page 12

Changes to affect troops' bonuses, re-enlistments

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

New changes to the Army retention program will affect when a Soldier can re-enlist and also the options a Soldier may be offered.

Previously, Soldiers were allowed to re-enlist up to two years before their expiration term of service date, or they could wait and re-enlist all the way up to the day before their ETS. However that has changed. Now when Soldiers fall see **RETENTION** page 12

CFC-Overseas in full swing



Master Sgt. Carlos Sanchez

U.S. Army Garrison Heidelberg Commander Lt. Col. Robert L. White signs the first Combined Federal Campaign-Overseas pledge card for the Heidelberg community at the kick-off event on the Community Support Center Oct. 5. White along with Constance Baker, CFC-Overseas deputy director, kicked off the campaign together. During the event, a large donation of \$10,000 was presented by the Heidelberg Women's Golf Association.

HP THURSDAY
Oct. 15, 2009

Speed Read

SHOOTING COMPETITION



Soldiers and Airmen from the Kaiserslautern military community competed together in an international shooting competition at the German Police Academy. 3

DEPRESSION AWARENESS

October is National Depression Education and Awareness Month, and the Army is taking the month to work toward eliminating the stigma often associated with seeking behavioral health care. 4

AFN PROGRAMMING

Your chance to ask questions about AFN's television program is here. Representatives from the AFN Broadcasting Center in California will be live on the radio Wednesday. 6

ENVIRONMENTAL ZONE

Heidelberg will become an environmental zone Jan. 1. Now is the time to ensure your vehicle has the proper sticker identification. 8

SHOCKTOBER

It's Shocktober at Holiday Park. Dress in costume and get reduced admission prices during Halloween weeks through Oct. 31. 13

Defense Details

RECORD RECRUITING

The military services' active and reserve components notched record recruiting numbers and signed up the highest-quality recruits ever in fiscal 2009, senior defense officials said Tuesday. It is the first time that all active services and reserve components met or exceeded their numerical recruiting goals and exceeded their recruit-quality benchmarks since the start of the all-volunteer force in 1973, Bill Carr, deputy undersecretary of defense for military personnel policy, said.

AGENT ORANGE

A new Department of Veterans Affairs ruling will soon relieve Vietnam veterans suffering from three specific illnesses from the burden of proving their ailments are linked to Agent Orange exposure to receive VA health care and disability payments.

Army news: www.army.mil
Defense news: www.defenselink.mil

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LEGAL ASSISTANCE

Heading to college

Understanding residency and in-state tuition

Patton Legal Assistance Office

This is the time of year when parents and high school students start to think about applying to a college or university. Very quickly they realize that attending a college or university in the state of legal residency can save thousands of dollars in tuition costs over the course of a four-year college education.

Why is there such a difference in the way residents and non-residents are treated? In large part it is simply a matter of fairness and economics. Because there is no central education authority in the U.S., each state is free to develop its own rules regarding how potential students are treated.

Additionally many colleges and universities receive funds from their state legislatures. These funds are financed through the taxes paid by state residents. Since taxpayers and the state legislatures do not want residents to pay for educating persons who are not residents, the concept of in-state tuition comes into play.

But I'm overseas so my family doesn't have a legal residence in the U.S.; how can my child qualify for in-state tuition? Many Soldiers, civilian employees and their family members mistakenly believe once they depart the U.S., they no longer have a state of legal residency. This is not true.

Your legal residency is your domicile or the place you call home and to which you plan to return. Once established, it

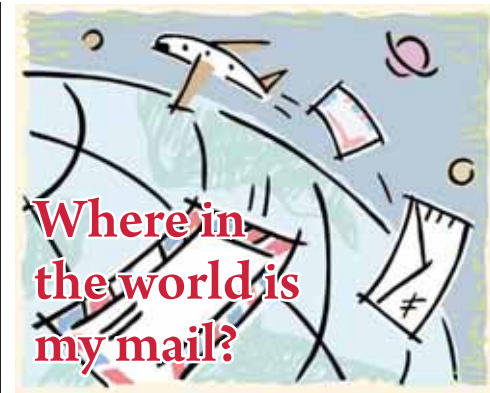
continues until you change it, and there are specific rules on how to accomplish this change. A person may have many residences, but only one legal residence. For most civilian employees and their family members, it is the place you lived just before you came to Germany. The Service members' Civil Relief Act allows Soldiers more leeway in declaring their state of residency or domicile.

There are a number of factors a state can review in order to determine whether a person is a legal resident. Some examples are paying state taxes, being registered to vote, owning property, or having a driver's license from the state.

Just about every college or university has a Web site, and all have a business or admissions office that knows all their state's rules and will help prospective parents and students determine whether they meet the requirements for in-state tuition.

Where else can I go for help? Any Legal Assistance Office can provide information on residency. The following Web site provides information on every state's requirements for in-state tuition: <http://professionals.collegeboard.com/testing/international/state>.

Additionally many states have passed laws giving Soldiers and their family members enhanced benefits in this area. A synopsis of these can be found at: <https://www.hrc.army.mil/SITE/Education/InState/StateSummary.htm>.



Commercial mail services such as UPS, FedEx, DHL and the Deutsche Post frequently deliver on U.S. installations.

Drivers for the services are given installation passes after being vetted through the Garrison Installation Access Office with U.S. Army Garrison Heidelberg oversight.

Delivery procedures mirror stateside commercial carriers. If no one is home to accept the package, drivers will typically try a neighbor.

When they're unable to deliver, they'll leave a note stating they will try and redeliver or providing a location where the recipient can pick up the package. Due to force protection and liability issues, drivers do not leave packages unattended.

During peak host nation vacation times or high delivery periods, a limited number of drivers may be available to make deliveries on the installation. In that instance, customers are notified to pick up their packages at the commercial carrier's business location.

For questions about specific commercial service delivery procedures, it's best to speak directly to the service provider:

UPS – Mr. Klingel, 06202-932018

FedEx – Mr. Joswig, 0621-4847210

Deutsche Post – Mr. Burkhardt, 06221-518502

DHL – Mr. Burkhardt, 06221-518502



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

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

As I disembarked Lufthansa Flight 405 out of JFK last Thursday morning, I was reminded of the very first time I stepped-off a flight out of JFK and was introduced to what would become my home-away-from-home almost 18 years ago... I HATED IT. I didn't want to come to Europe... I didn't want to leave my friends and family behind... I didn't want to learn a new language... I most certainly didn't want to trade-in a very lucrative career for what I

was certain would be the "Mommy Track" ... and I, in no way, wanted to have to eat schnitzel for the rest of my life...

Really? Was I that naive as a 28 year old mom of two, expecting her third child would be born in a hospital that still used pewter horns to hear the baby's heartbeat (I wish I was lying about that, but it DID happen!)? Really?

The more relaxed, family-oriented lifestyle of

Europe grew on me quickly, until the City Girl from NY gave way to this new incarnation which stupefied family and friends still living in the USA: "What about afternoons at the Met? What about the culture? What about the food? What about shopping at Macy's? Bloomingdale's? The Gap? Sephora?"

-Jacqui Haggerty, BWnow member



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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.

International shooting competition

Soldiers, Airmen compete at German Police Academy

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

ENKENBACH-ALSEN-BORN, Germany – Kaiserslautern Soldiers and Ramstein Airmen had mere seconds to make every shot count using unfamiliar weapons Oct. 6 at the international shooting competition hosted by the German Police Academy here.

"I think the best thing about (the competition) is that we get to sit down with our counterparts from other countries to get to know each other a little bit better," said the U.S. Army Garrison Kaiserslautern Commander Lt. Col. Kevin Hutchison, who was the leader of the garrison's Team I during the competition.

The Begegnung von Führungskräften Mit Vergleichsschießen, or Gathering of Leaders with Competitive Shooting, is a way to put a face to the name, said Polizeihauptkommissar Harald Jung, the German Police Academy public affairs officer.

"The event is important because it provides an opportunity for law enforcement officials to meet each other and discuss matters in a relaxed atmosphere. Information is shared and networks are expanded, which leads to new opportunities," he said. "The shooting competition is just

an activity – the main focus is the contacts that develop (among the participants)."

A slight increase from last year's contest, 22 European and American law enforcement teams from Germany, France, Belgium and the Netherlands competed this year.

American military teams in the competition consisted of two from the garrison and one from the Air Force Office of Special Investigation, 13th Field Investigations Squadron. It was also the first year that a military police team from the Allied Air Component Command Headquarters on Ramstein Air Base participated in the competition.

"It would be a little better if they give us a practice round because we are not familiar with these weapons," said Sgt. 1st Class Jorge Rios, the garrison's Directorate of Emergency Services Provost Marshal's Office operations sergeant, who was the leader of the garrison's Team II during the competition. Overall, it was still good – makes you go back to the basics of marksmanship."

Weapons and ammunition were provided by the German Police Academy. Each three-member team shot four contests – two with a 5 Walther pistol and two with a MP-5



Christine June

Lt. Col. Kevin Hutchison, the U.S. Army Garrison Kaiserslautern commander, shoots his second of three shots with a 44-Magnum pistol Oct. 6 during the Leader's Round of The Begegnung von Führungskräften Mit Vergleichsschießen, or Gathering of Leaders with Competitive Shooting, at the German Police Academy in Enkenbach-Alsenborn. Hutchison scored a 9 out of 10 possible points in this contest.

Heckler and Koch sub-machine gun.

The first pistol challenge and the first of the day was five rounds for one target at 50-meters in 60 seconds, and the second one was four targets at the 20, 15, 10 and 6-meter positions, eight rounds-two per target in 2.5 minutes. The first sub-machine gun contest was five rounds for one target at 25-meters in 60 seconds, which meant team members had three seconds per shot. The second sub-machine gun contest and last of the regular competition was five rounds for as many targets at 25-meters in 15 seconds.

Hutchison was the only

American and one of only three shooters in the competition to score 50 points in the first sub-machine gun contest, Jung said.

The day ended with the leadership round with each team represented at least once firing three shots with a 44-Magnum pistol. The highest points from each shooter's three shots were tallied. Scoring a 9 out of a possible 10 points in the leadership round were Hutchison, Rios, Sgt. Edwin Davis, a member of the garrison's Team II, and Tech. Sgt. Steven Morris, from the CC-Air Ramstein's team.

Jung said this shooting competition has been held

every year since 1977, except in 2006 because of the FIFA World Cup games held in the city of Kaiserslautern.

It first started out as a competition for leaders only, but about 10 years ago, that all changed and team membership now is not dependent on rank.

From the very beginning, American teams from the Kaiserslautern military community have been invited to the competition, Jung said. The garrison has participated in this shooting competition for 10 years.

Editor's Note: Helen Tesfai from the U.S. Army Garrison Kaiserslautern Public Affairs Office assisted with this story.

21st TSC, 7th CSC team up to host spouses' workshop

By Pfc. Amanda Rigdon
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command and the 7th Civil Support Command held a three-hour workshop called "Follow Your Dreams While You Follow the Military" at Armstrong's Club on Vogelweh Oct. 2.

The workshop, which was held free of charge for 21st TSC and 7th CSC spouses, covered techniques on how to increase one's joy, focus and energy amidst the challenges of military life through a fun and interactive style.

Stress reduction skills were also taught to workshop participants to in-

crease their strength and resiliency to the constant changes and challenges of the military.

"In three hours we cover the five keys to happiness in life and how you apply those principals in a military life, since it is very different from other people," said Kathie Hightower, one of the workshop presenters. "We also spend a lot of time on how they can open their eyes to possibilities no matter where they're stationed, no matter if they're moving all the time. We do a lot of brainstorming to show it's possible."

Near the end of the workshop, the participants worked in groups of three to help one another plan their

"In three hours we cover the five keys to happiness in life and how you apply those principals in a military life, since it is very different from other people. We also spend a lot of time on how they can open their eyes to possibilities no matter where they're stationed, no matter if they're moving all the time."

-Kathie Hightower, workshop presenter

future goals.

Brooke Berthelotte, a workshop participant, said there were many aspects of the workshop she found enjoyable.

"I really like the note card that says 'How would it be to be married to me?' I think that it's an interesting way to put it. It's something I will do and use. It puts a whole different spin on things that you never really think about," she said.

Hightower partnered with Holly Scherer, another military spouse, to conduct the workshop. Together they have coauthored several columns for magazines and have written a book.

To learn about other scheduled 21st TSC and 7th CSC family functions, workshops and events, contact the 21st TSC family readiness office at civ. 0631-413-6072 or the 7th CSC family programs office at civ. 0631-411-4750.



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

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

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

2 - Request a bulky item pick-up.

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

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

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

What is a "bulky item?"

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

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

Army uses National Depression Education and Awareness Month to combat stigma

By Jerry Harben
U.S. ARMY MEDICAL COMMAND

With a theme of "One of the bravest acts ... is to ask for help when you need it," the Army is using National Depression Education and Awareness Month activities in October to combat a stigma associated with behavioral health care and teach Soldiers and their families how to recognize depression and get help for it.

Depression is more than just "feeling low." It is a serious medical condition that may be persistent and can interfere with a person's ability to function. It affects some 18.8 million Americans, according to the Uniformed Services University of the Health Sciences.

Signs and symptoms of depression may include sadness, irritability, anxiety, fatigue, lack of energy, changes in appetite or weight, inability to sleep or changes in sleep pattern, inability to concentrate or make decisions, feeling worthless or inappropriate guilt, and thoughts of death or suicide.

Almost everyone experiences some of these symptoms at some time. But the more symptoms there are, the stronger they are and the longer they last, the more likely the person is suffering depression.

Experts say it is time to seek treatment when these symptoms are overwhelming and disabling.

"Depression is a medical illness caused by malfunctioning of certain neurochemical systems in the brain," said Col. C. J. Diebold, chief of psychiatry at Tripler Army Medical Center and the Army Surgeon General's consultant for psychiatry. "Factors contributing to depression can be psychological stress; physical illness; medical conditions such as anemia or a malfunctioning thyroid gland and side effects of certain medications. Depression can also occur with other psychiatric conditions like post-traumatic stress disorder."

"Like many medical conditions, depression can be inherited, so people may be at risk if their parents or grandparents have a history of depression," he added.

The Department of Defense and Department of Veterans Affairs offer anonymous behavioral health assessments online at www.militarymentalhealth.org and www.mentalhealth.va.gov/depression.asp.

In 2008, the Department of Defense, Office of Personnel Management and the Office of Management and Budget approved revisions to question 21 on the Questionnaire for National Security Positions, Standard Form 86, regarding mental and emotional health counseling.

The change allows people who have been treated by a behavioral health professional due to marital or

family reasons not related to their violence, or related to adjustments from service in a military combat environment, to answer "no" to the question about receiving behavioral health care.

"Major depression is a remarkably treatable disorder and the majority of people who receive treatment overcome the illness and return to normal lives," Dr. Jack Smith, acting chief medical officer of the TRICARE Management Activity, wrote in an online article.

"If a person is concerned that they are depressed, then he or she should make an appointment to speak with a primary care provider or a behavioral health professional for an assessment. Possible interventions include talk therapy and medications to treat symptoms associated with depression. The success rate is very high if a person follows the treatment plan," Diebold said.

For mild depression that does not require professional treatment, USUHS lists the following actions that can help:

- Manage your diet.
- Get adequate rest.
- Avoid alcohol.
- Participate in regular exercise.
- Surround yourself with people who are important to you.
- Communicate your feelings to someone you trust.
- Join a social support group in your military community or in your local area.

Combating Depression

- Depression is treatable. Seeking help for depression is a sign of strength.
- The Army is committed to decreasing the stigma associated with seeking behavioral health care and encourages its Soldiers, family members and civilians to get help if they need it.
- Most Soldiers who seek behavioral health support recover and remain on active duty.
- Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.
- The Real Warriors Campaign is a Department of Defense program to help Soldiers combat the stigma associated with seeking behavioral health care.
- The Department of Defense offers anonymous behavioral-health assessments for Soldiers, family members and civilian government employees 24 hours a day, seven days a week, online at www.MilitaryMentalHealth.org or by phone at (877) 877-3647.
- Help for those who may experience depression is available at Military One Source (www.militaryonesource.com).
- The Defense Center of Excellence for Psychological Health and Traumatic Brain Injury Outreach Center (www.dcoe.health.mil/media/DCoE_News/DCoE_Outreach_Center.aspx) also offers assistance.
- Information about depression is available from the Army Center for Health Promotion and Preventive Medicine at <http://chppm-www.apgea.army.mil> and from the Army Behavioral Health Web site www.behavioralhealth.army.mil:80.

AFN Broadcast Center reps look for feedback from Europe

By Honey Shewbert
AFN BAVARIA

In Europe, people working for the military and their families have 10 American Forces Network television channels with basic cable service – compared to the average 118 channels television viewers in the U.S. have available to watch, according to Nielsen Media Research.

Every day the AFN Broadcast Center in California works to get the best state-side TV programming on the satellite for Americans living overseas.

“When you look at the programming on (AFN’s) channels, you quickly see that we fit all the most popular U.S. shows into our schedule,” said Larry Sichter, chief of the AFN BC’s Affiliate Relations Division at the American Forces Broadcast Center in California. “We’re providing the same choices the majority of Americans prefer to watch.”

Sichter said he is often

asked why AFN airs a popular show months after it is shown stateside.

“Unlike stateside networks, we show only original episodes of any given series’ season on our prime services,” Sichter pointed out this gives AFN an advantage. “A series runs in the States in the same time slot for most of the year because many of the episodes are repeated,” Sichter said.

Since AFN doesn’t follow this practice, its viewers can catch all original episodes of two different shows in that timeslot, instead of seeing repeats.

How does AFN decide which shows it will air? “If a series continues to rate highly in the States, according to Nielsen Media Research ratings, the chances are high that it will return to AFN,” Sichter said.

Compounding the challenge of fitting the most popular stateside programs into 10 channels is where AFN’s viewers are located. AFN’s

two prime viewing channels, AFN|prime Atlantic and AFN|prime Pacific, contain the same programs time-shifted for viewers in Korea and in the Atlantic region (including Europe).

“AFN schedules programs at the same time viewers would expect to see them in the States,” Sichter said.

Even though shows on AFN’s two Prime channels are scheduled at different times, viewers can still see repeats. “They do a good job,” said Julia Delass, a military spouse in Hohenfels. “It’s just kind of frustrating because they have channels with the same programs.”

An example is the Dr. Phil show. Viewers in Europe can watch it at 10 a.m. and again at 4 a.m. on AFN|prime Atlantic. It also airs at 9 p.m. and 3 a.m. Central European Time on AFN|prime Pacific.

According to Sichter, this is to time-shift the program for viewers in places like Korea. Sichter concedes that AFN

will never be able to make all of its viewers happy, especially sports fans.

“Each week throughout the season, the AFN sports programmers do their level best to bring viewers the best possible mix of games available,” Sichter said. “AFN airs more college and pro football than any single stateside broadcast source.”

Sichter says AFN tries to schedule as many live sporting events as possible, “But conflicting game times stateside and a limited amount of available space in an already crowded schedule requires AFN to also tape delay many events.” He added that the decision whether to air an event live or tape delayed depends on its significance, and the time it airs in the States.

The AFN Broadcast Center keeps the overseas audience in mind when they make programming choices. “Having spent 13 years of my life overseas, I know first-hand the value of AFN,” Sichter

Voice Your Opinion

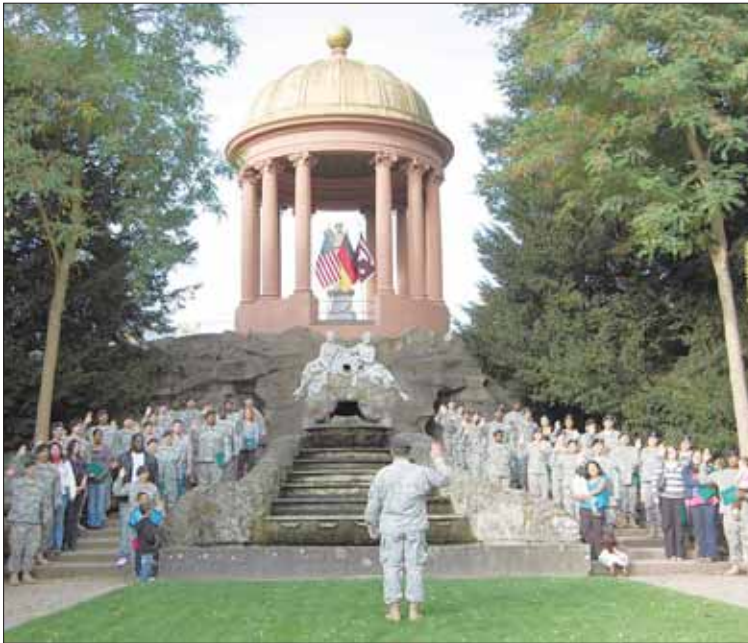
Three staff members from the AFN Broadcasting Center – the folks who decide what’s available for you to watch on television – will be live on AFN radio at 10 a.m. Wednesday to answer your questions about AFN programming.

said. “When you’re away from home, you become hungry for information about home ... and that’s what we do best: we keep our audience informed by providing a ‘touch of home.’”

Part of keeping in touch with the audience is visiting them and finding out what they like and what needs changing. Sichter, Deputy Director Dave Gebhardt, and Director of Religious Programming Chaplain (Maj.) Bruce Kite are visiting Europe this month. They’ll go live on AFN radio at 10 a.m. Wednesday to answer your questions about AFN programming.

Sichter advises if you want the latest on what’s on AFN TV, go to myafn.net.

HMEDDAC re-enlistment



Thirty-eight Heidelberg Medical Department Activity Soldiers take the oath of re-enlistment from Lt. Col. Andrew J. Lankowicz, HMEDDAC deputy commander for administration, during a mass re-enlistment ceremony Oct. 2 in the gardens of the Schwetzingen Castle. Included in the ceremony were family members and loved ones to help mark the occasion.

October is National Pharmacy Month

HMEDDAC Public Affairs

Throughout the month of October, the U.S. Army Medical Department Activity-Heidelberg is encouraging patients to review their medication lists and get to know their pharmacists in honor of National Pharmacy Month.

HMEDDAC is encouraging patients to strike up a conversation with their pharmacist about their current medications.

Not only do pharmacists know about individual medications, they also know how outside influencers can affect your health.

By maintaining an accurate list of medications, herbals, vitamins and dietary supplements, patients can assist the pharmacist in ensuring a healthy balance among the medicines they are taking.

Pharmacists can also help beneficiaries learn how to fill medications on the German economy, how to better understand a prescription label, and how to beat the line and call in a prescription refill.

For more information regarding specific medications, contact your local pharmacist or stop by one of the following events during the month of October.

National Pharmacy Month events

- ◆ Heidelberg
8:30 a.m.-4 p.m., Oct. 15
8:30 a.m.-noon, Oct. 16
- ◆ Mannheim
8:30 a.m.-noon, Oct. 16 and 23
8:30 a.m.-4 p.m., Oct. 21

Rabbit population control process begins Wednesday

The German Federal Forestry Agency is scheduled to begin its annual controlled rabbit hunt on Patrick Henry Village Wednesday beginning at 8 p.m. The hunts will continue each Wednesday, except for Nov. 18, through Dec. 16.

According to the garrison Directorate of Public Works, rabbits fall under the German federal hunting law, and population control is managed by the Federal Forestry Agency. Within the PHV fenced area, rabbits are more protected from natural enemies such as martens, ferrets and foxes, and as a result, the area becomes overpopulated. The hunts are required to decrease the number of rabbits on PHV and ensure a healthy rabbit population as well as decrease property damage.

The forestry agent will begin on the outer areas of PHV at approximately 8 p.m. and move to the center part of the installation around midnight. He is accompanied by one or two other forestry employees and will be driving a green pick-up truck.

Residents who have questions or concerns should contact the garrison pest management coordinator, Sabine Carlisle, at civ. 06221-43803174.

Mannheim Rotary Club visit



Brigitte O'Preka

Mannheim Rotary Club members test the "comfort" of seating in a Chinook helicopter during their visit to the Theater Aviation Sustainment Maintenance-Europe operations Oct. 5. Almost 40 members of the club visited Mannheim's Coleman Barracks to tour AFN Europe headquarters, where they were given an in-depth look behind the scenes of radio and television broadcasting for the American Forces in Europe. Another highlight of the tour was a walk to the adjacent TASM-E operations, where helicopters are being completed revamped following deployments. Recent reset operations of more than 75 Black Hawk helicopters had increased the activities at Coleman Army Airfield considerably.

Heidelberg to become an environmental zone Jan. 1

USAG Heidelberg DES

German cities are establishing environmental protection zones, called Umweltzone, where motor vehicles that do not bear a decal certifying that they meet acceptable emission standards will be prohibited from driving into the protected zone.

Heidelberg will become an environmental zone Jan. 1. From that date on, any vehicle that does not possess an environmental sticker will not be permitted into the Heidelberg city limits. German law outlines four emissions categories based on manufacturing date:

Category 1: Cars, trucks, vans and motor homes with diesel engines manufactured before Jan. 1, 1997, and those with gasoline engines manufactured before Jan. 1, 1993. These vehicles get no decal, and cannot be driven in a protection zone.

Category 2: Diesel vehicles manufactured between Jan. 1, 1997, and Dec. 31, 2000 will display a red decal that allows the vehicle to be driven for five years, during which time it must be converted to meet Category 3 or Category 4 emis-

CATEGORY
1
No Sticker

Not allowed into Environmental Protection Zones.
Fines of 40 € will be assessed for any vehicles driving in this zone.

Diesel vehicles registered before Jan. 1, 1997
Gasoline vehicles registered before Jan. 1, 1993

CATEGORY
2

Five-Year waiver.

Allowed into Environmental Protection Zones, but must be converted within that time to meet Category 3 or 4 Standards.

Jan. 1, 1997 → Dec. 31, 2000

CATEGORY
3

No restrictions.

Jan. 1, 2001 → Dec. 31, 2005

CATEGORY
4

No restrictions.

Jan. 1, 2006 →
Jan. 1, 1993

sion standards.

Category 3: Vehicles with diesel engines manufactured from Jan. 1, 2001 to Dec. 31, 2005 will display a yellow decal. They are unrestricted.

Category 4: Vehicles with diesel engines manufactured on or after Jan. 1, 2006 and gasoline engine vehicles manufactured after Jan. 1, 1993, will display a green decal and have no restrictions.

Motorcycles; three-wheeled vehicles; and street-legal, four-

wheeled, open-seat vehicles without windshields, are exempt from the statute, as are military vehicles – including local transportation motor pool vehicles with government plates.

The law requires that all privately-owned motor vehicles, including those with U.S. Army Europe license plates, bear an emissions decal on the lower right (passenger) side of their windshields to enter a protection zone. Failure to display a

decal in a protection zone can result in a €40 fine.

Drivers whose vehicles have a lower rating than Category 4 can have their vehicles converted to meet higher standards and get a new emissions decal from an approved repair or inspection facility on the German economy. The upgrades include: Upgraded exhaust system, filters and fuel management system in some cases.

For more information, call

the U.S. Army Europe Registry of Motor Vehicles customer service office at DSN 386-7280, civ. 0621-718-7280 or visit the following Web sites: www.umwelt-plakette.de/int_england.php, www.transition-sabroad.com/listings/travel/articles/green-zones-in-germany.shtml#, or www.howtogermany.com/pages/environmental-zones.html.

Heidelberg Vehicle Registration can be reached at DSN 370-8597, civ. 06221-57-8597.



OUR ARMY

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U.S. Army Photo

Pfc. Roberto Alvarado scales a signal tower to realign an antenna for the 3rd Battalion, 8th Cavalry Regiment, at Forward Operating Base Marez in Mosul, Iraq, Oct. 3. Alvarado is assigned to the 1st Cavalry Division's, 3rd Brigade Combat Team, Special Troops Battalion.

Sgt. 1st Class Aaron Beckman, 7th Army Noncommissioned Officer Academy, competes in the 7th Army Joint Multinational Training Command Best Warrior Competition in Grafenwöhr, earlier this year. Beckman, representing JMTC and U.S. Army Europe, went on to be selected as the Army's top NCO at the Best Warrior Competition Sept. 28-Oct. 2 at Fort Lee, Va.



Douglas DeMaio

Capt. Russell Matusiak, a member of the 16th Sustainment Brigade, hugs his wife at the unit's welcome home ceremony in Bamberg Oct. 3. Matusiak and more than 150 Soldiers from the brigade's headquarters company returned to Germany after serving 15 months in support of Operation Iraqi Freedom.



Chief of Staff of the Army Gen. George W. Casey Jr. makes the keynote address at the Eisenhower luncheon as part of the 2009 Association of the U.S. Army Annual Meeting in Washington, D.C., Oct. 6.

D. Miles Gullen

Hispanic-American heritage



Sgt. Frank Sanchez III

Narcy Aberg, the spouse of Kleber Health Clinic Medical Technician Spc. Marc Aberg, showcases a popular Panamanian dance in a traditional Pollera dress during the Hispanic American Heritage Month celebration on Daenner Kaserne Oct. 8. The 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern cosponsored the event to recognize the contributions of Hispanics. The 405th Army Field Support Brigade Command Sgt. Maj. Ismael Rodriguez was the keynote speaker.

PREVENTION

continued from page 1

information available at the garrison's gates at the 10 Army kasernes in Kaiserslautern and an open house Oct. 8 at the Army's sole fire station on Miesau.

Fire drills at various buildings throughout the Army kasernes were also a part of the fire prevention activities.

"We always do fire drills throughout the year, but we thought we would implement 'special' ones as part of our Fire Prevention Week," said Hans Zoske, the garrison fire inspector for Panzer Kaserne and LRMC.

Olaf Klein-Chazkelewitz, the garrison's fire inspector for Daenner Kaserne, said Fire Prevention Week was held this year in conjunction with the six-month long Fire Prevention Campaign launched March 31 throughout the Installation Management Command.

He added that this year's Fire Prevention Campaign theme – "Stay Fire Smart! Don't Get Burned" – focuses on simple steps people can take to keep their homes safe from the leading causes of fires.

Starting off the week right, the garrison firefighters held demonstrations on kitchen grease fires and provided hands-on training on how to put out Class "B" fires Oct. 5 to more than 100 Soldiers and civilian employees at Panzer Kaserne.

"Kitchen fires are the number one type of fires in Kaiserslautern," said Klaus Küppers, the garrison's fire inspector for Rhine Ordnance Barracks and the Weilerbach Ammunition Depot, as he introduced the demonstration of the kitchen-grease explosion.

Five Soldiers from the 21st Theater Sustainment Command re-

ceived hands-on experience on putting out the Class "B" fires choosing between CO2 or dry chemical fire extinguishers. Zoske demonstrated why choosing an extinguisher filled with water is not a good idea for Class "B" fires – "See, how the flames spread when you use water," he said to the crowd when he sprayed the fire with water.

The garrison's fire department has performed the Sesame Street Muppet Show for 24 years at the three CDCs. The performances consist of three skits – "The Monster," "The Match" and "Metal Cookie."

"My strong belief is that if we raise children with fire safety in their heads, it's easier for us in the future," Stegner said.

Children, ages 3 to 5 years old, learn not to be afraid of firefighters in the first skit – "The Monster," what to do when they find matches or lighters in "The Match" and the importance of fire detectors in "Metal Cookie."

Klein-Chazkelewitz came into the CDCs in full turnout gear during "The Monster" skit. He then removed his frightening attire – gloves, helmet, breathing apparatus, oxygen tank and jacket – to show the children, as Stegner said, "That he's a human being and not a monster."

National Fire Prevention Week commemorates the Great Chicago Fire Oct. 8 and 9, 1871, killing more than 250 people, leaving 100,000 homeless, destroying more than 17,400 structures and burning more than 2,000 acres. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, Fire Prevention Week has been observed on the Sunday through Saturday period in which Oct. 9 falls.

RETENTION

continued from page 1

within their 90-day ETS window, they will not be able to re-enlist unless they have an exception to policy signed by a colonel or above.

"We want all of our Soldiers to re-enlist as early as possible to get all of their options," said Sgt. 1st Class Sharon Gillins, a career counselor for 21st Theater Sustainment Command.

Those options may have changed as well. In the past, first-term Soldiers, who had never re-enlisted and are still fulfilling their initial contracts, were usually given a variety of options, such as bonuses and choice of duty stations. However, that may not be true anymore. In an official Army message numbered 09-222, which goes into effect Oct. 20, the bonus system is now laid out in tiers rather than zones.

It's different because the zones went away. Instead of all the charts, Army

officials replaced them with one big one, Gillins said. Some Soldiers will only get a bonus or duty station of choice if they have the skill identifier that is listed.

For Soldiers in over-strength military occupational specialties, their only option will be to reclass to another MOS, even if they are first-term Soldiers.

The Deployment Extension Incentive Pay program is another retention program that is scheduled to start in January.

The DEIP program allows Soldiers in units deploying in support of Operation Iraqi Freedom or Operation Enduring Freedom, who have an ETS date that occurs during the deployment or 60 days after redeployment, to extend for the length of the deployment for a bonus.

"I think being stop-lossed is extremely demotivating for Soldiers,"



said Pfc. Ashley Lovett, the command secretary for the 21st TSC's Special Troops Battalion. "For a lot of people being given the option, it puts them in a better state of mind."

For more information on the DEIP program or the newest retention changes, go to the 21st TSC's retention Web page at www.21stsc.army.mil/retention/index.html.

It's Shocktober

Scare yourself silly at Holiday Park's Halloween weeks

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Head to Holiday Park in Hassloch through Oct. 31 for "Shocktober" when the park, with all its attractions, shows and streets, turns into a creepy Halloween place. Parts of the legendary "Shocktober" are monster-like programs, scaring actions, and a horrifying decoration in the park.

The Halloween weeks have become one of the biggest Halloween festivals for the whole family in Germany.

A highlight of all Halloween activities is the spooky parade, proceeding through the park every evening. Illuminated costumes, scary motive vehicles and a crowd of skeletons, demons and witches guarantee a lot of Halloween fun.

The "Hall of Horror" is a live-show for hard-boiled people. Terrifying episodes from the darkest past time of horror, live-shockers and an authentic atmosphere are its trademarks.

Also the indoor laser show is a special event during the Shocktober weeks. Several times a day, a presented multimedia spectacle tells the story of a ghost castle through special effects, lightning, and effects of fire and water.

Besides all the shows and events, professional make-up artists transform the small and big guests into imaginative spooky figures against a small fee.

And while taking a break, the park offers delicious Halloween dishes.

The Shocktober weeks end with a big traditional Halloween party, organized by the German radio station RPR1, Oct. 31. Music, special Halloween activities and lots of fun are guaranteed until midnight.

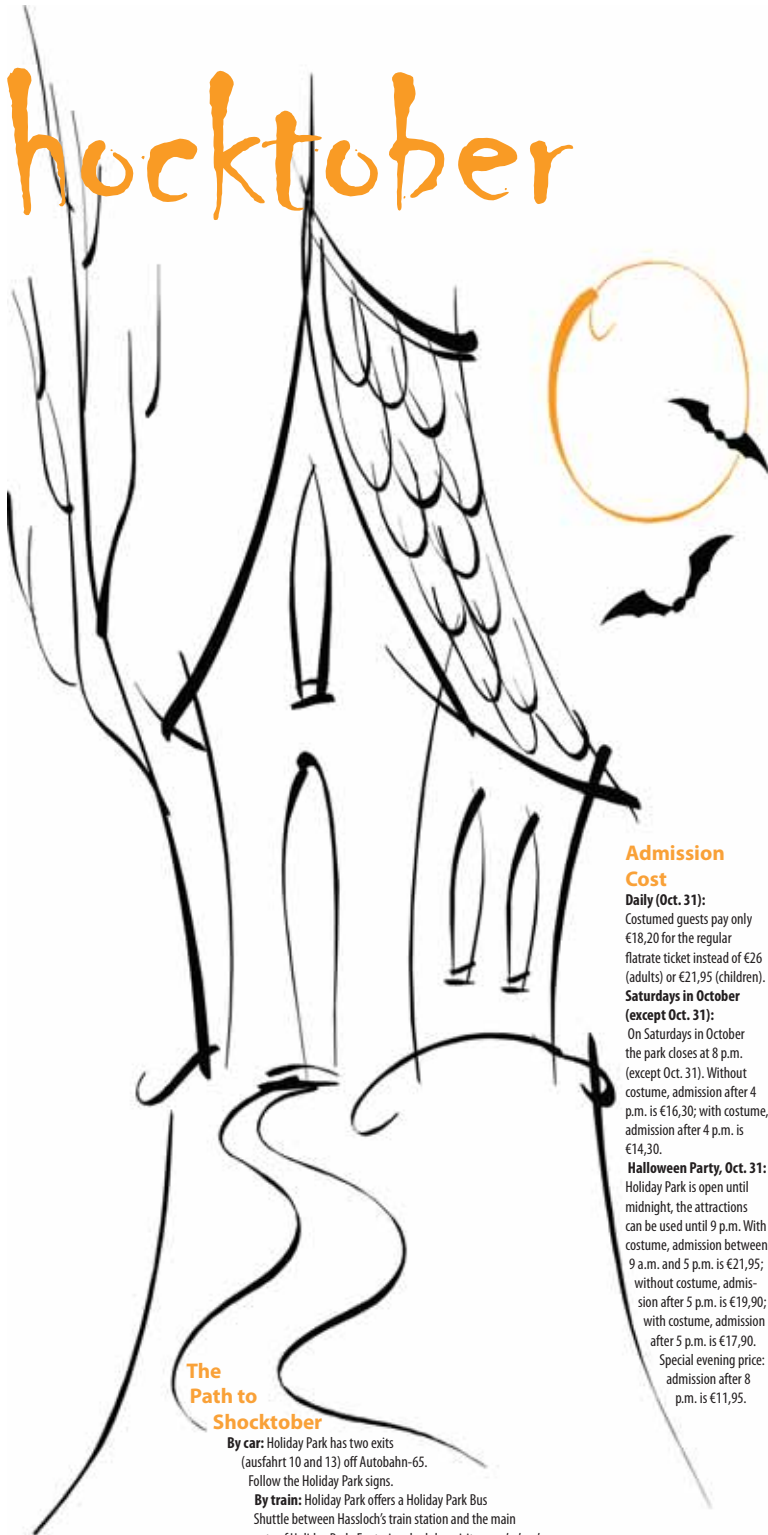
The Holiday Park in Hassloch is the largest amusement park in the Rhineland-Palatinate.

On more than 400,000 square meters, the park offers fun and action for all ages. Spectacular rides, comedy acts, stunt and kids' shows make the visit worthwhile.

One highlight is the huge roller coaster "Expedition GeForce" which was nominated as "Europe's Best Roller Coaster" for the seventh time by the American magazine "Amusement Today."

During harvest season, the park presents itself in particularly beautiful autumn colors. Thousands of shining and bright pumpkins, imaginative flower and spike arrangements with traditional thanksgiving scenes and hundreds of thousands of flourishing autumn flowers build the suitable late autumn setting for a gorgeous autumn pleasure trip.

For more information on the Holiday Park in Hassloch, you can visit <http://holidaypark.de>.



Admission Cost

Daily (Oct. 31):
Costumed guests pay only €18,20 for the regular flatrate ticket instead of €26 (adults) or €21,95 (children).

Saturdays in October (except Oct. 31):
On Saturdays in October the park closes at 8 p.m. (except Oct. 31). Without costume, admission after 4 p.m. is €16,30; with costume, admission after 4 p.m. is €14,30.

Halloween Party, Oct. 31:
Holiday Park is open until midnight, the attractions can be used until 9 p.m. With costume, admission between 9 a.m. and 5 p.m. is €21,95; without costume, admission after 5 p.m. is €19,90; with costume, admission after 5 p.m. is €17,90. Special evening price: admission after 8 p.m. is €11,95.

The Path to Shocktober

By car: Holiday Park has two exits (ausfahrt 10 and 13) off Autobahn-65. Follow the Holiday Park signs.

By train: Holiday Park offers a Holiday Park Bus Shuttle between Hassloch's train station and the main gate of Holiday Park. For train schedules, visit www.bahn.de.

GERMAN ACTIVITIES

Heidelberg Volksfest featuring 'a taste of America' to be held in Kirchheim Oct. 16-25

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

With participation of the U.S. Army Garrison Baden-Württemberg, the city of Heidelberg celebrates its last fair of the year – the Heidelberg Volksfest – at the Messeplatz in Kirchheim Oct. 16-25.

For the fifth time in a row, the event proceeds under the name "Volksfest." "We chose the name Volksfest in reference to the former German-American Volksfest," said Klaus-Juergen Kamradek, chief of the citizens' office Heidelberg. "But Americans are also very familiar with that name in conjunction with events here in Germany."

The motto of the fest "with a taste of America" is to honor and to refer to the work of the Directorate of Family and Morale, Welfare and Recreation and the Better Opportunities for Single Soldiers. Both organizations will sell American food and set up bull-riding as well as a dunking booth. They also have organized a karaoke night for Oct. 22.

"The U.S. Army participates with many great things this year. It is a lot more participation than ever before," Kamradek said.

All proceeds of the garrison's booth go to BOSS in support of their program.

The fest opening Oct. 16 will be a joint ceremony with Heidelberg's member of the city council Dr. Jan Gradel, representing Lord Mayor Dr. Eckart Wuerzner, and the USAG Baden-Württemberg Commander Col. William C. Butcher.

The event opens with the traditional keg tapping at 5:30 p.m. in the fest tent followed by a two-hour performance of the U.S. Army Europe Glenn Miller Jazz Band.

The fest itself offers about 30 fairground activities, such as fairground rides, food, drinks and candy booths and a varying program in the fest tent.

The fest tent offers typical Bavarian food like German sauerkraut and bratwurst, or pork knuckles with bread. Besides a wide range of drinks, the typical Bavarian "one-Mass-beer" is a special.

Highlights during the fest are fireworks, a performance of "Guggenmusik," an old-fashioned music style famous in southern Germany, bands' performances and the "Fruehschoppen," which means Bavarian breakfast and beer.

"The organizer, the host and the U.S. Army look forward to a cheerful social gathering at the Volksfest," Kamradek said.



DEAR MS. Vicki

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

Dear Ms. Vicki,

I have been married for four almost five years to a wonderful man who is a great Soldier. Well what is my problem, you ask?

Well, he is a momma's boy. He can never say "no" to her for anything. She never stayed married to anyone for longer than a quick minute. Yes, she has great children, but every one is from a different father. My husband has three siblings. My mother-in-law is 45 years old. There is nothing wrong with her, either.

She has been living with us on base for a year now. Just think about it – I have been married almost five years, and my mother-in-law has lived with us for a full year of the most important time of our marriage, at least in my opinion.

My husband told me she would only be living with us for about six months to help her get on her feet. There should be no reason she should not be on her feet already. She has no one to take care of but herself.

Do you think she is being selfish? Why does she expect so much out of her children?

I love my husband, but I do not want to continue to live with her in my home. I would like to start having children soon, but I am still on birth control because I do not want to have children until we get this issue resolved. Should I be my husband's first responsibility or his mother?

From: Mother-in-law is a permanent visitor

Dear Visitor,

This is a serious situation that I hear about quite often. I am wondering why your mother-in-law must live in your home, too. You did not say she was physically disabled or that she has a serious mental impairment, so, like you, I am wondering why she must continue to live with you.

It sounds like she feels like it is her son's responsibility to take care of her. However, I beg to differ. If she were ill, lost her job or something serious like that, then

I would totally understand your benevolence.

To the contrary, it appears that she has an entitlement attitude. This can cause some marital discord and even worse. My advice is to start a conversation with your husband about the reason his mother is in your home. At this point, you will have to help her with resources to help her move out on her own i.e. employment information, housing information, transportation, etc. It will be difficult, but it's doable.

I agree with you, this is a critical time in your marriage. You and your husband must spend time together and have many opportunities to learn and grow together without the obligation to take care of other family members.

Talk to your husband, eventually include your mother-in-law in your conversation, and express how you feel about having her in your home. Let her know it is not that you are "kicking her out," but you would like for her goal to be moving out on her own soon.

I hope you can give her a three- or four-month deadline. Seek the assistance of a professional counselor to help you and your husband. Contact the Social Work Service department on your base, and ask if marital counseling is offered. I would recommend some sessions for you and your husband if available. If not, then contact Military OneSource. They have professional therapists who answer the phones 24/7 who can provide support. They can also connect you to a provider in your local community. All sessions are free. Their number is 1-800-342-9647. I wish you well with this issue. Keep me informed.

Dear Ms. Vicki,

I don't want you to confuse me with many of your writers who ask you off-the-wall questions as if the answer is not obvious. You can also print my letter and your answer if you think it will help your readers.

I'm a big fan of your candid advice, and I think you say what needs to be said and also what others are afraid to say. I have co-workers and friends who say that you are too harsh and cruel, but I disagree. I think the advice you give to people is what their best friends and family are afraid to say. I would greatly appreciate it if you would do the same for me today.

You see, when I was growing up, my parents forbid me and my sisters from ever dating a Soldier. We were told point blank to stay away from them because they are nothing but trouble. I have never been married, but I would like to be in the near future. I tried to do things the right way and take my parents' advice. I graduated in the top of my high

school class. I went to college and graduated cum laude. I will also complete my MBA with a concentration in finance in May 2010.

I don't come with a pre-made family like most of the women today. I don't have any children or extra baggage. It's only me.

Well, I met and fell head over heels in love with a Soldier. We've been dating for over a year. I would like our relationship to develop into a marriage, but I think he is cheating. His mother lives in the local area, and he often says he is running errands for his mother or doing some favor for his mother, like fixing a leaky faucet, mowing her lawn, taking her to the doctor or to the grocery store, or she has an emergency.

His mother is healthy as a horse. When I've had the privilege to spend time with her, she does everything for herself, and she never mentions any of these incidents. She is barely over 50 years old.

I've found text messages and pictures of him with other women. He says these are co-workers or family members. I asked him to explain the picture of him locking lips with a woman, and he vehemently denies that it's him. He says it's his friend and not him.

I know he goes to strip clubs with his friends. He says he is not doing anything, but he comes home smelling like another woman. I keep asking him if he is cheating. He says no and to stop accusing him.

In my heart, I know something is wrong, and this is causing a lot of emotional problems for me. What do you think – is he cheating?

From: Relationship going nowhere

Dear Relationship,

You said you've noticed that women often write me and ask me the "obvious." Let me be honest, I think you are doing the same.

Number one, being a Soldier in today's Army, he surely has a lot of extra time on his hands. Number two, you found a picture of him kissing another woman, and he comes home smelling like other women.

You also told me much more in your e-mail that I think is too graphic to even submit to my editor.

Listen, your beau is "not right." I think you should cut your losses quickly and leave him alone. You have a lot going for you, and from your report, you've always followed sound wisdom and advice. There are many good men available, and many good Soldiers with great character. Trust me, he's not the one.

This relationship is already causing you emotional distress. It won't get any better. Please don't be a "smart" woman who does "stupid" things. I wish you the best. Keep in touch!

GET OUT!

area events

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

October 16

Comedy After Dark and After Party – Purchase your tickets early for the Top Hat Club's Comedy After Dark and After Party, 9 p.m.-4 a.m. This month will be stateside professional comedian Snow Cone and the band US 2 YOU featuring Jeanine Love. Tickets are \$15 in advance and \$18 at the door; patrons must be 18 and older. DSN 380-9370, civ. 0621-730-9370.

Mannheim Oktoberfest – You may not be able to go to Munich's Oktoberfest anymore, but you can still experience an original fest tent from the Munich event at the Alter Messplatz in Mannheim through Oct. 25. www.mannheimeroktoberfest.de.

October 17

Indoor Climbing Wall – Join Mannheim Outdoor Recreation on a new experience at the Mannheim Indoor Climbing Center. Learn the thrills of beginning to advance climbing. Pre-registration is required. Cost: \$40. DSN 381-7215, civ. 0621-730-7232.

Amsterdam Express – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Old School R&B Night – Armstrong's Club in Kaiserslautern invites you to Old School R&B Night 9 p.m.-2 a.m. Oct. 17 and 21. This free event features a live disc jockey and free finger food. DSN 489-6000, www.mwrgermany.com.

Indoor Flea Market – 8 a.m.-2 p.m. on Rhine Ordnance Barracks, Bldg. 237. DSN 493-4117, www.mwrgermany.com.

October 18

BOSS Bike Ride with the Breakfast Club – Join Heidelberg's Better Opportunities for Single Soldiers program on a bike ride starting at the Patrick Henry Village Theater's parking lot at 8 a.m. Ride together and then stop for breakfast. Civ. 0176-6644-7730, www.mwrgermany.com.

Caracalla Spa Day – Unwind and relax on a trip to the Caracalla Spa in Baden-Baden with Heidelberg Army Outdoor Recreation. This spa offers a wide variety of relaxing options like sauna, healing thermal spring waters, massage, pools and whirlpools. www.mwrgermany.com.

October 23

Free Comedy Show – Join the USO in Mannheim on Sullivan Barracks for refreshments and comedy with Bengt Washburn. Doors open at 6 p.m., show starts at 7 p.m. www.getbengt.com, <http://affiliates.uso.org/theinneckar>.

Hintertux Ski Weekend – Through Oct. 25 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

The Mystery of Irma Vep – This rare, Off-Broadway hit is a hysterical spoof of Gothic melodramas. Two actors play all the roles in this quick-change marathon. Haunted

Mandacrest Manor on the howling moors is plagued by a host of horrors. What are Lord and Lady Hillcrest to do? A sympathetic werewolf, a vampire and an Egyptian princess brought to life make this a comedy that has everything. The show runs at Roadside Theater on Patton Barracks in Heidelberg Oct. 23, 24, 30 and 31 and Nov. 6 and 7 at 7:30 p.m. There will be a 3 p.m. show Nov. 1. Reservations are recommended and must be made at the Roadside Theater. DSN 373-5020, www.roadside-theater.com.

Prague and Karlovy Vary – Join the USO for its overnight tour Oct. 23-25 to two of the most fascinating cities in Europe. First day begins in Prague, Europe's golden city. It's a city filled with history, art and culture, a city of contrast and mystery. The second day will be spent in Karlovy Vary (Karlsbad), which is a world famous health resort and one of the most beautiful small towns in Eastern Europe. <http://affiliates.uso.org/kaiserslautern>.

October 24

Frankenstein Castle – Every year at the end of October and beginning of November, Frankenstein Castle is haunted. Fog wafts around the rocks, and monsters emerge from their hiding places. The frightful shivers of "Halloween," a professional monster show, are enjoyed by thousands. The castle, once of considerable dimensions, is located at an elevation of 370 meters on the northern spur of Langenberg. The noble family of Frankenstein built their stronghold in this jutting rock. Departs Mannheim Schuh Theater at 4 p.m. Cost: \$20 plus entrance fees. DSN 381-7215, civ. 0621-730-7232. Kaiserslautern Army Outdoor Recreation will take a trip there Oct. 25 and 30. DSN 493-4117, civ. 0631-3406-4117.

Salsa Night – Head to Armstrong's Club in Kaiserslautern 8 p.m.-1 a.m. for a live disc jockey, margarita bar and free finger food. Civ. 0631-354-9986.

Strasbourg, France – Curious about the French Alsace region, the region Louis XIV called "the beautiful garden?" Then you'll want to take this USO tour to Strasbourg, the capital of Alsace. <http://affiliates.uso.org/kaiserslautern>.

Merengue – Armstrong's Club will host a couple's Merengue Dance Competition. Cash prizes for first and second place, entry is free. Registration is 8-10:45 p.m. DSN 489-6000, civ. 0631-536-7261, www.mwrgermany.com.

Bavarian Fairy Tale Castles – Join USO Kaiserslautern on a tour to the castles Hohenschwangau and Neuschwanstein. On this express tour, you'll pursue the traces of Ludwig II of Bavaria, the 19th century "Fairy Tale King" who built the lavish castles that are among the greatest tourist attractions in Germany. There will be free time for lunch and some souvenir shopping. <http://affiliates.uso.org/kaiserslautern>.

October 25

Trout Fishing – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

October 30

Freaky Friday Monster Mash – Enjoy spookpendous games, fun and tasty treats at the Heidelberg CYS Services Middle School Freaky Friday Monster Mash 3-5 p.m. at Panther's Place. All middle school students are invited. Come in costume and you could win a prize. www.mwrgermany.com.

Halloween-Eve Lock-in – Calling all high schoolers! Head to the Lion's Den on Patrick Henry Village for a hauntingly good time. Come in costume and win a prize, or just come to check out the awesome games and munch on some spookily delicious treats. The party starts at 10 p.m. and ends 8 a.m. the next day. www.mwrgermany.com.

Prime Rib Dinner – Enjoy dinner at the Village Pavilion in Heidelberg 5:30-9 p.m. Main course selections include prime rib with au jus and creamy horseradish sauce, chicken parmesan or grilled salmon fillet with dill sauce, all accompanied by side items, a fresh garden salad bar and dessert station. Reservations recommended, walk-ins welcome. Youth 5 and under are free, adults are \$19.95, and children 6-11 are \$12.95. DSN 388-9436, www.mwrgermany.com.

October 31

Comedy Show – Armstrong's Club in Kaiserslautern welcomes comedians Maurice G. and The Mighty Snowcone at 9 p.m. Advance tickets are available for \$15. Door tickets will be sold for \$18. This show is rated "explicit" and is open to adults only. DSN 489-6000, www.mwrgermany.com.

Fall Hiking Trip – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, Civ. 0631-3406-4117.

Halloween at Europa Park – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Ongoing

Railway Romance – Take a 50-kilometer trip on the 100-year-old line. Experience pure railway romance: treat yourself to the unique experience of a leisurely train excursion in old carriages, which rolled through a romantic landscape at the time of our great grandparents. Runs through October. www.sauschwanzbahn.de.

Art Gallery Exhibition – Check out the Heidelberg Art and Cultural Center's Art Gallery Exhibition featuring local artist Deb Ahern through Nov. 14. Her collection, entitled "I Brain Heidelberg" will encapsulate you and inspire you to see and experience the beautiful city of Heidelberg. www.mwrgermany.com.

coming to THEATERS

G.I. JOE: THE RISE OF COBRA



From the Egyptian desert to deep below the polar ice caps, the elite G.I. JOE team uses the latest in next-generation spy and military equipment to fight the corrupt arms dealer Destro and the growing threat of the mysterious Cobra organization to prevent them from plunging the world into chaos. Rated PG-13 (strong sequences of action violence and mayhem throughout) 120 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 15 - ALIENS IN THE ATTIC (PG) 7 p.m.
 Oct. 16 - BANDSLAM (PG) 7 p.m.; ZOMBIELAND (R) 9 p.m.
 Oct. 17 - BANDSLAM (PG) 4 p.m.; A PERFECT GETAWAY (R) 7 p.m.; ZOMBIELAND (R) 9 p.m.
 Oct. 18 - BANDSLAM (PG) 4 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.
 Oct. 19 - G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.
 Oct. 20 - A PERFECT GETAWAY (R) 7 p.m.
 Oct. 21 - ZOMBIELAND (R) 7 p.m.
 Oct. 22 - BANDSLAM (PG) 7 p.m.

Mannheim, Schuh

Oct. 15 - THE HURT LOCKER (R) 7 p.m.
 Oct. 16 - SURROGATES (PG-13) 7 p.m.
 Oct. 17 - G.I. JOE: THE RISE OF COBRA (PG-13) 4 p.m.; SURROGATES (PG-13) 7 p.m.; A PERFECT GETAWAY (R) 9 p.m.
 Oct. 18 - BANDSLAM (PG) 4 p.m.; SURROGATES (PG-13) 7 p.m.
 Oct. 19 - SURROGATES (PG-13) 7 p.m.
 Oct. 22 - G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.

Vogelweh, Galaxy

Oct. 15 - ALIENS IN THE ATTIC (PG) 7 p.m.
 Oct. 16 - SURROGATES (PG-13) 7 p.m.; A PERFECT GETAWAY (R) 10:30 p.m.
 Oct. 17 - SURROGATES (PG-13) 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 10:30 p.m.
 Oct. 18 - BANDSLAM (PG) 3 p.m.; SURROGATES (PG-13) 7 p.m.
 Oct. 22 - A PERFECT GETAWAY (R) 7 p.m.

Ramstein, Gateway Movieplex

Oct. 15 - SURROGATES (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; FUNNY PEOPLE (R) 12 p.m., 3:30 p.m., 7:15 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 16 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m., 9:45 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m., 10 p.m.; A PERFECT GETAWAY (R) 21:30 p.m.; BANDSLAM (PG) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 17 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m., 9:45 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m., 10 p.m.; A PERFECT GETAWAY (R) 9:30 p.m.; BANDSLAM (PG) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 18 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; A PERFECT GETAWAY (R) 6:30 p.m.; BANDSLAM (PG) 11 a.m., 2:30 p.m.
 Oct. 19 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; A PERFECT GETAWAY (R) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 20 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; A PERFECT GETAWAY (R) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 21 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; A PERFECT GETAWAY (R) 11 a.m., 2:30 p.m., 6:30 p.m.
 Oct. 22 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; BANDSLAM (PG) 11 a.m., 2:30 p.m., 6:30 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Winter Driving Class

Commanders and supervisors are reminded to send their personnel through the annual winter driving classes in order to dispatch vehicles through the winter season. Classes are conducted by drivers testing station Heidelberg every Thursday at 2 p.m. through Nov. 30. All training requires an appointment. DSN 370-7889.

Save a Life Tour

The Army Center of Substance Abuse Programs is funding the first-ever Save a Life Tour for Europe. The tour includes the most advanced drinking and driving simulators available and takes Soldiers through a four-hour training to reduce risks of binge drinking, and drinking and driving. The U.S. Army Garrison Baden-Württemberg will kick off the tour Nov. 5-19 in Kaiserslautern with the 21st Theater Sustainment Command's Headquarters and Headquarters Company. The tour will include a separate presentation for Ramstein and Kaiserslautern High School juniors and seniors Nov. 6. The tour will proceed to Mannheim Nov. 21 and Heidelberg Nov. 23-25. DSN 486-6121, civ. 06371-86-6121.

Government Vehicle Auction

Interagency Fleet Management System European Region will hold a public auction of used U.S. government vehicles through Oct. 18. Bidding will be via live Internet auction. Vehicle photos, descriptions and minimum bid starting prices can be found at www.vebeg.de/web/en/auktionen/index.htm. DSN 337-7781, civ. 0611-705-7784.

local EMPLOYMENT

Mannheim Elementary School

MES seeks a school registrar, a lunch room monitor (part-time), education techs (teacher/classroom aides), and substitute teachers. DSN 380-4705, civ. 0621-730-4705, saha.salkali@eu.dodea.edu, or stop by the school in person.

Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes (i.e., glass fusing, silk screening, etc.), pottery, singing and other areas of performing arts and sculpture. DSN 388-9418, civ. 06221-338-9418.

ACAP Counselor

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

Family Child Care Providers

Be your own boss with tax-free income, make money in your home, and provide a playmate for your child. Training will be held at Sullivan Barracks 8 a.m.-5 p.m. Oct. 26-30. Stop by FCC (BFV, Bldg. 742) to pick up a packet. DSN 380-9668, civ. 0621-730-9668.

Heidelberg Thrift Shop

The Heidelberg Thrift Shop on PHV is accepting applications for manager. Must be at least 18 years old with valid ID card. Submit resume in person.

KAISERSLAUTERN Education

• **Career Ready Class** – Army Community Service can help you be "Career Ready" at 1 p.m. Oct. 29. Have your resume reviewed and polished. Stand out from the crowd at the Nov. 5 Job Fair. DSN 493-4187, civ. 0631-3406-4187, jacqueline.boone@eur.army.mil.

Community

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club bring you "Noise" by Matthew Saville (in English) Oct. 28. Show starts at 6 p.m. DSN 486-7322, www.mwrgermany.com.

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

• **Seasonal Flu Vaccine** – Available 8-11 a.m. and 1-3 p.m. Oct. 17 at the Pediatrics Clinic at Landstuhl Regional Medical Center for patients 18 and younger. No appointments necessary, and patients are not required to provide any paperwork. DSN 486-5301, civ. 06371-86-5301.

• **Town Hall Meeting** – The garrison and the 21st Theater Sustainment Command host a town hall meeting 6-7:30 p.m. Oct. 20 at the Armstrong Community Club on Vogelweh Housing. Add an issue: www.kaiserslautern.army.mil.

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

• **Family Fright Night** – Army Community Service hosts this event 6-9 p.m. Oct. 30 at Skate Express on Vogelweh. There will be free skating, arts and crafts, and a family photo area. Wear costumes to participate in the Costume Bragging Rights competition. Registration required: DSN 493-4062, civ. 0631-3406-4062, selinda.torbert@eur.army.mil.

• **Fall Harvest Festival** – The Chaplain's Office hosts the Fall Harvest Festival 2-4 p.m. Oct. 31 in the Heaton Auditorium in Landstuhl Regional Medical Center. There will be games, crafts, face painting and a pumpkin-decorating contest. Attendees are asked to bring their own pumpkins. DSN 493-4098, civ. 0631-3406-4098.

• **Community Information Forum** – Army Community Service Informa-

tion and Referral Program is hosting a Community Information Forum 1 p.m. Nov. 4 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4093, civ. 0631-3406-4093.

HEIDELBERG Education

• **ACS Classes and Events** – Checkbook Management 9-11:30 a.m. Oct. 15; Community Orientation Briefing, noon-3 p.m. Oct. 19; Domestic Violence Intervention, 8 a.m.-4:30 p.m. Oct. 19-23; Reintegration Briefing, 9 a.m. Oct. 20; AFTB Level 1, 9 a.m.-2 p.m. Oct. 20-21; PCS Briefing 12:30-3 p.m. Oct. 20; First-Termers Money Management, 8:30 a.m.-noon Oct. 22; Family outing shopping trip to Mannheim, 9:30 a.m.-1 p.m. Oct. 22. DSN 370-6883, www.mwrgermany.com/hd/acs.

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

Community

• **Village Grille Hours** – The Village Grille is now closed on Mondays. The new facility hours are 11 a.m.-9 p.m. Tuesday-Thursday and Sunday, and 11 a.m.-10 p.m. Friday-Saturday. Kids' Night is now on Tuesdays.

• **BOSS Birthday Celebration** – Heidelberg Better Opportunities for Single Soldiers will celebrate BOSS's 20th birthday Oct. 16 with a community run at the commissary parking lot at 6:30 a.m. and music and a barbecue at Slapshots on Patton Barracks at 7 p.m.

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

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Oct. 17, Strasbourg and Enzweihingen; Oct. 18, Boeblingen; Oct. 24-25, Kindsbach, Koblenz and Wiesental. Upcoming trips to Rixheim, France, in November; Cologne in December; and Verona, Italy, in January. www.hiwc.de.

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

• **National Disabilities Employment Awareness Month** – Join the Equal Employment Opportunity Office to hear USAREUR Commander Gen. Carter Ham speak at the Casablanca Room on Campbell Barracks 11:30 a.m.-1 p.m. Oct. 20. DSN 373-5494.

• **College Night** – Middle and high schoolers can meet with college reps from the U.S. and Germany at Heidelberg College Night 2-6 p.m. Oct. 25. Workshops: Alternatives to 4-year Universities, College Admissions, FAFSA Application and more. DSN 388-9377, collegenight@doddse.net.

• **Milestones and More** – EDIS is sponsoring the annual Heidelberg Milestones and More Developmental Screenings for all children, ages birth to 5 years. The screenings will be 8 a.m.-12:30 p.m. Oct. 30, at the Lion's Den Teen Center on Patrick Henry Village. Reservations: DSN 371-2738, civ. 06221-172738. Walk-ins accepted.

• **NAACP 100th Anniversary** – The Rhein Neckar Branch of the NAACP will hold its 100-year anniversary celebration at 7 p.m. Nov. 7 at the Hotel Zagreb in Schwetzingen. The theme is "Bold Dreams, Big Victories" with guest speaker Maj. Gen. Byron S. Bagby. The donation is €30. Civ. 0162-296-0030.

• **Holiday Magic** – This year's Holiday Magic event is Dec. 4 at Patrick Henry Village. As well as the tree-lighting ceremony, there will be a Christmas market, beginning at 4 p.m. Local sellers are invited to participate free of charge. Register for a booth: DSN 373-7414.

• **Christmas Card Competition** – Get ready for Christmas. Pick up an oversized piece of plywood at Self-Help starting Oct. 15 and show off your decorating skills. Turn your card in to the PHV installation coordinator by Nov. 17 and let the Heidelberg community vote on which card will take home the grand prize. www.mwrgermany.com.

• **Handel's Messiah Concert Singers Needed** – The Heidelberg Chapel Community will present Handel's Messiah Dec. 5. Rehearsals began Oct. 5 and continue every Monday night at 7 p.m. in the Fellowship Hall of MTV Chapel. All who have ever sung or ever wanted to sing the Messiah are invited. Civ. 06221-301269, ed.matthiessen@kabelbw.de.

• **Society for Creative Anachronism** – A group dedicated to recreating life and combat in the Middle Ages is alive and well and living in the Heidelberg area. Come with us and have Medieval events in real castles. Civ. 06201-959726.

• **Volunteer Clown** – Klutz the Clown volunteers for birthday parties; church, school and FRG functions, as well as other events. Civ. 0175-690-1876.

MANNHEIM Education

• **ACS Classes** – Sponsorship Training for Leaders, 3-4 p.m. Oct. 16; Mannheim Orientation Spouses' Tour (MOST), 9 a.m.-2 p.m. Oct. 19-21; Volunteer Training, 1-2 p.m.

and 3-4 p.m. Oct. 19 and 21; Levy & Out-processing Briefing, 1-2:45 p.m. Oct. 20; Basic Financial Management Training for First-Term Soldiers, 9-11 a.m. Oct. 20; Account and Budget Management, 9-11:30 a.m. Oct. 20. DSN 385-3101, civ. 0621-730-3101.

• **German Language Class** – The Sullivan Barracks Education Center will offer a class for beginners Oct. 26-Dec. 20 at Mannheim High School 6:30-8:30 Monday and Wednesday evenings. Cost: €50. DSN 385-2053, civ. 0621-730-2053.

Community

• **Facilities Change Hours** – As of Oct. 15, Subway on Sullivan Barracks will change its opening hours to 10 a.m.-7 p.m. Monday-Friday and 11 a.m.-5 p.m. Sunday. Effective Oct. 20, the Schuh Move Theater will no longer operate on Tuesdays and Wednesdays. All other show times will stay as posted.

• **Retirement Ceremony** – A community retirement ceremony will be held at 2 p.m. Oct. 22 at the Schuh Theater to honor local military and civilian retirees.

• **Polish Pottery Bingo** – The Mannheim Community Club hosts Polish Pottery Bingo at 7 p.m. Oct. 22 at the Top Hat Club. Doors open at 6:30 p.m.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Oct. 24; Free Movie Viewing, 4-5:30 p.m. Oct. 24; Halloween Party, 4-5 p.m. Oct. 29. DSN 380-1740, civ. 0621-730-1740.

• **Outreach Services** – Parents' Night Out, 6:30-10 p.m. Oct. 30, reservations at DSN 380-4851.

• **Domestic Violence Awareness Month** – Mannheim community agencies, such as ACS, the Health Clinic, Religious Services and the schools have made a cooperative effort to raise awareness. A candlelight vigil and evening of remembrance will take place at Sullivan Gym Field at 6 p.m. Oct. 16. An information booth will be set up at the PX noon-4 p.m. Oct. 19 and at the commissary 1-4 p.m. Oct. 22. The close-out event for the Domestic Violence Prevention and Awareness activities will be held at 11:30 a.m. Oct. 29 at the Top Hat Club.

Lunch will be provided by the Village Grille (approx. 7:15). DSN 385-2027.

• **"Twilight" Bingo** – Family Bingo starting Oct. 18 with "Twilight" Bingo. Enjoy an afternoon of bingo, trivia, prizes and music every first and third Sunday 2-4 p.m. "Are you on Team Edward or Team Jacob?" Prizes will be based on the theme of the month, and special kids-only games.

• **CYS Services Closure** – All CYSS programs will be closed Nov. 6 for mandatory training. Facilities include the Child Development Center, School Age Services, Family Child Care, Youth Services, Youth Sports and Fitness, Central Enrollment and Registration and School Liaison Services.

Heidelberg Sea Lions

Heidelberg Sea Lion Nathan Holan, a senior at Heidelberg High School, dives in for the 100-meter breast stroke, in which he placed second with his personal best time of 121.40, at the Beladrome in Berlin Sunday. Holan also swam the 50-meter and 200-meter freestyle events. The Heidelberg team of more than 30 swimmers brought home a second-place finish behind Stuttgart. Other teams competing included Berlin, Vilseck/Grafenwöhr and Kaiserslautern.



Wray Holan

Cross Country

The Heidelberg Lions cross country team again posted fantastic times at the Vilseck cross country meet Saturday. The girls were victorious with four individuals placing in the top five.

Junior Olivia Darrow again led the team, followed by teammates Lindsey Duckworth, Stephanie Barlow and Anne Von Seggern as they swept places two through five. Newcomer Celina Frye also posted a season best time as the fifth lady lion to cross the finish line, and help ensure victory over Patch, Vilseck, Munich and Hohenfels.

Leading the boys team to third place this week was sophomore Brian Hannum. Other top lion boys were Andrew Bean, Ian Hall, Mike Shaw and newcomer Myles Lacy, who also ran a season best time.

This week the Lions host their homecoming event at Tompkins Barracks Saturday. SOURCE: Sharon Brady

staying ACTIVE

Heidelberg Flag Football Results

Standings as of Oct. 7: DENTAC 8-0; USAREUR B&C 6-1; 529th MPs 4-1-2; MEDDAC 4-2-1-1; V Corps 2-3; USAG HD 2-6; 18th Engineers 1-3-1; B Co. 24th MI 1-5; USAREUR 0-7. **Games to be played on Patton Barracks Oct. 19:** V Corps vs. B Co. 24th MI, 6 p.m.; 529th MPs vs. USAREUR B&C, 7 p.m.; 18th Engineers vs. V Corps, 8 p.m.

Powerlifting Program

Thursdays through Dec. 3, head to the Campbell Fitness Center in Heidelberg 4-5:30 p.m. to learn all about the sport of powerlifting. Get ready to represent Heidelberg at the December Powerlifting invitational in Kaiserslautern. DSN 370-6350.

Volleyball Invitational

Heidelberg Sports and Fitness is hosting a volleyball invitational Oct. 18 and Nov. 8 for community volleyball teams. Men's, women's and co-ed teams from all garrisons are invited to participate. Registration begins at 9 a.m. DSN 373-8032, civ. 06221-17-8032.

Red Ribbon 5K

The Kaiserslautern 2009 Red Ribbon 5K will be held 8:30 a.m.-noon Oct. 24 at the Java Café on Rhine Ordnance Barracks. Registration for participating units, agencies and organizations is 8:30-9:30 a.m. National Red Ribbon Week happens every year during the last week in October to encourage parents, children and communities to take a visible stand against drugs, alcohol and tobacco use and abuse. Everyone is invited to help the Army team have more participation than the Air Force and Navy teams. Free T-shirts and giveaways are available. DSN 486-6121, civ. 06371-86-6121.

Volleyball Workshop

Adults and kids (ages 13+) are invited to a two-day workshop and tournament Oct. 24-25, 9 a.m.-6 p.m., at the BFV Sports Arena and Sullivan Gym in Mannheim. \$10 entry fee for ages 13-18 and \$20 entry fee for 19 and older. DSN 385-3314, civ. 0621-730-2001.

Powerlifting Officials' Clinic

The Kaiserslautern Sports and Fitness department will host the 2009 IMCOM-Europe Powerlifting Official's Clinic 8 a.m.-5 p.m. Oct. 27-30. Register by Oct. 20: tonylees@eur.army.mil. The Powerlifting Invitational will be held Oct. 31. Register by Oct. 23: usagkingsports@eur.army.mil, DSN 493-2088.

Halloween 5K Fun Run

The 2009 Halloween 5K Fun Run will be held at 8:30 a.m. Oct. 31 at the Heidelberg commissary parking lot. Come in costume! www.mwgermany.com.

Become a Yoga Instructor

Train to be a Yoga Fit instructor at Campbell Fitness Center. Level I classes will be held Nov. 7 and 8 (no experience necessary) and Level II classes will be held Nov. 14 and 15 (pre-registration is Level II). Each class is \$450. Sign up: civ. 001-310-320-1277, rtmerz@jps.net.

Turkey Shoot

The 2009 Turkey Shoot at the Heidelberg Golf Club will take place at 10 a.m. Nov. 22 in Offersheim. Each player will receive a turkey and the last place team will receive a Cornish hen. Event is limited to first 64 paid participants. DSN 379-6139.

Europe team earns first at Army Ten-Miler

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

WASHINGTON, D.C. — The combined team representing U.S. Army Europe and the Installation Management Command-Europe earned a first-place finish in the 25th Army Ten-Miler here, Oct. 4.

The team time of 3:47:48 earned the eight-man team first place in the men's active-duty team division, edging out 36 teams from major installations across the Army.

The USAREUR/IMCOM-Europe team was awarded the Commander's Cup, what race director Jim Vandak referred to as "a pretty large trophy that goes to the best military male and female teams, and with it comes bragging rights."

"The team did exceptionally well. This is a tough race with lots of competition," said Sgt. Maj. Brad Weber of USAREUR's office of the deputy chief of staff for personnel, who coordinates the USAREUR participation in the Ten-Miler. "Last year they made the podium with a third-place finish and now have solidly earned a top-place finish. They all did a great job."

Four of the team members had times under 60 minutes. First Lt. Bradley Glosser, Headquarters and Headquarters Company, 12th Combat Aviation Brigade in Ansbach, led the way with a time of 55:52.

Glosser, a four-time veteran of the Ten-Miler, ran on the USAREUR team in 2006 — as an enlisted Soldier — and finished in an hour. He ran the course in under 60 minutes in 2000 and 2004. He said his goals for this year's race were hitting the sub-60 mark, "and just getting a good start." Capt. Kyle Greenberg from the

Joint Multinational Training Command in Grafenwöhr, used that same strategy. In his first Ten-Miler, Greenberg finished just behind teammate Glosser with a time of 56:41. "My goal was just to get to the front and stay as close to the front as possible," he said.

Staying in the front to avoid the congestion was no easy task, as this year's field increased to 30,000 in celebration of the 25th anniversary of the race. Race officials said the event sold out in a record six days, shattering the 21-day record sellout established last year. In the first 24 hours of registration 14,696 runners secured a spot in the race.

"You definitely could tell the difference in the amount of people," said Lt. Col. Laura Landes, a six-time veteran of the Ten-Miler from the U.S. European Command in Stuttgart. "I think the first time I ran it about 15 years ago there was about 8,000 runners. Quite a change now. But it's still a great race, very well organized and just a fun time."

Landes ran a personal best time of 1:13:06 and helped the combined USAREUR/IMCOM-Europe women's team to a 10th place of 18 teams in the women's active-duty team division.

Running the Ten-Miler for the second time, 1st Lt. Lisa Becker from 12th CAB's 3rd Battalion, 158th Aviation, was close on Landes' heels with a time of 1:13:57. Becker said her time was around what she expected. "It was a great race, good weather, lots of encouragement," she said. "There was a bit of jostling in the beginning, and it was a little harder to get around the crowds, but the adrenaline kept you going."



Staff Sgt. Patricia Deal

Capt. Kyle Greenberg from Grafenwöhr's Joint Multinational Training Command strides across the finish line in the 25th Army Ten-Miler in Washington, D.C., Oct. 4.

In addition to record-breaking registration and attendance numbers, records were broken in the male and female overall divisions this year. The Ten-Miler attracts participants from all 50 states, the District of Columbia and 12 countries, including Canada, United Kingdom, Ireland and the Netherlands. According to the race Web site, more than 550 teams registered for the team competition to compete for top honors in 25 divisions.

The scenic course runs through downtown Washington, across the Arlington Memorial Bridge, along Constitution Avenue, past the Kennedy Center, up to the Capitol, and finishes back at the Pentagon.