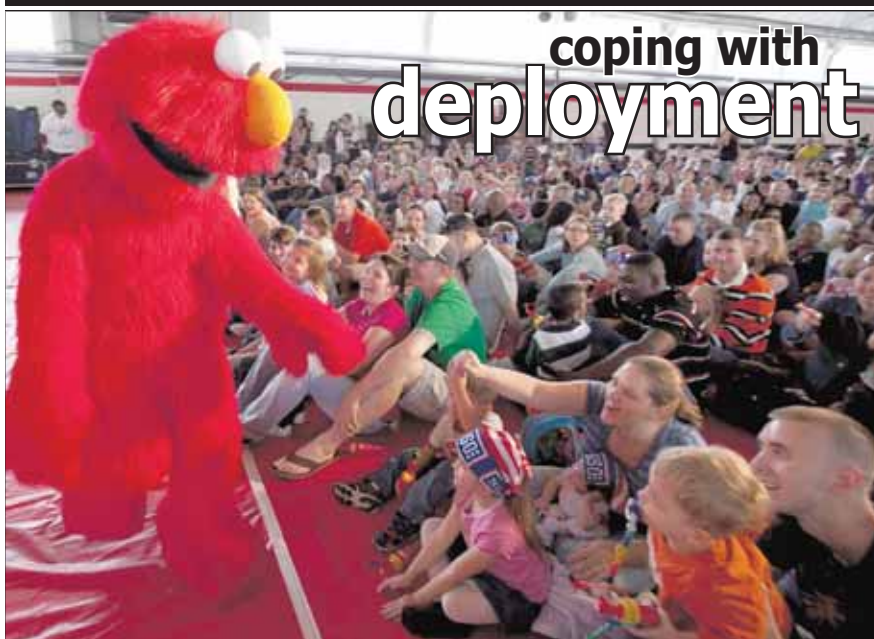


# HeraldPOST

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



## coping with deployment

Elmo greets some of his fans in the audience during a performance of the Sesame Street/USO Experience for Military Families in Kaiserslautern Sept. 20. The Sesame Street tour also stopped in Mannheim Sunday and Heidelberg Wednesday. The free show was designed to educate military families about how to help children cope with the challenges of deployment.

### Sesame Street comes to Europe

By Staff Sgt. Dijon Rolle  
USAG MANNHEIM PUBLIC AFFAIRS VOLUNTEER

The Benjamin Franklin Village Sports Arena in Mannheim was full of giggles, lots of smiles and squeals as well as its fair share of strollers Sunday as children and their parents hurried in to enjoy the sights and sounds of the Sesame Street/USO Experience for Military Families.

The performance, also given in Heidelberg, Kaiserslautern and other locations throughout Europe, featured five of some of the best-loved Sesame Street characters singing and dancing to the packed house of tiny and not so tiny fans.

The show is designed to help military children understand what it means when their moms and dads deploy see **SESAME STREET** page 16



Mary Gruver and her 2-year-old daughter, Kaci, have fun with some of the free Sesame Street goodies during the Sesame Street/USO Experience for Military Families performance in Mannheim Sunday.

### CFC-Overseas kicks off in Europe next week

USAREUR Public Affairs

This year's Combined Federal Campaign-Overseas program kicks off Monday and continues through Dec. 4.

According to campaign officials, CFC is the only authorized solicitation of federal employees in their work-

places and offers employees the opportunity to donate to thousands of charitable organizations. The program dates to the 1960s and efforts to consolidate charitable solicitations and give donors a means of donating by payroll deduction.

The CFC-Overseas program raised more than \$15.8

million during its 2008 campaign. Contributors can fill out a pledge card with a representative who serves as the CFC "keyperson" for their unit or organization, complete a pledge card online, or donate online by credit card.

An "online pledge assistant" is available on the CFC-Overseas Web site to

help donors find charities by name or type and guide contributors through the process of filling out a pledge card online. Other areas of the site offer guidelines to help donors make informed decisions about their contributions.

The pledge assistant is not see **CFC-OVERSEAS** page 16

**HP THURSDAY**  
Oct. 1, 2009

#### Speed Read

##### MOMMY-TO-BE

In the third part of this series about pregnancy and host nation care, find out what life has been like in the second trimester for the Mommy-to-be and what ACS's Bringing Baby Home class has to offer. 2

##### 18TH ENGINEERS

All in one day, the 18th Engineer Brigade gained a new commander and became part of the 21st Theater Sustainment Command. 3

##### VOLKSMARCH

More than 2,600 participants headed to Heidelberg for the annual volksmarch, but they couldn't have done it without the support of more than 100 volunteers, including more than 20 from the Heidelberg Sergeants Major Association. 4

##### RETIREE PAY

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##### PREVENTION

U.S. Army Europe hosted the fifth annual USAREUR Sexual Assault Prevention and Response Program Advocate Training Conference in Garmisch. 8

##### BOSS BIRTHDAY

Heidelberg will celebrate 20 years of the Better Opportunities for Single Soldiers program through volunteer service, a community run and barbecue. 12

##### COLEMAN HEALTH FAIR

The Coleman Barracks Health and Dental Clinic held a health fair Friday in conjunction with the rededication of the facility's yearlong million-dollar renovation. 14

#### Defense Details

##### MOST IMPORTANT MISSION

President Barack Obama Tuesday called Afghanistan the most important mission to NATO and underscored that the war there is a multinational effort. The president appeared with new NATO Secretary General Anders Fogh Rasmussen at the White House following talks that also covered missile defense and NATO-Russia relations.

Army news: [www.army.mil](http://www.army.mil)  
Defense news: [www.defenselink.mil](http://www.defenselink.mil)

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## COMMENTARY

## Mommy-to-be: A glimpse at coming changes

By Kelli Bland  
HERALD POST EDITOR

I said farewell to a close friend last month. This friend was always there to get me where I needed to go and rarely talked back. Sadly though, the ol' girl just couldn't give me what I needed anymore.

With a baby on the way, my little two-door coupe just wasn't going to cut it, so I had to let her go and bring in "the mom car." Safety ratings, ease of use with car seats – nope, never part of the car vocabulary, but now that I'll be a mom in a few months, I'm getting that overprotective vibe. I feel so grown up.

The four-door mom car is fabulous, complete with the rear parking sensors I so desperately need to survive while parking in Europe. The only bad thing is that our underground garage is pretty tight, and it's getting more and more challenging for me to squeeze out of the door with my ever-expanding belly. I may have to forego the comforts of my garage and park outside for the winter just so I can access the interior of my vehicle.

On a positive note, I can still see my feet. It feels very odd to say that, but in my new baby whale-like state, I've been monitoring my feet rather closely because I know the day is coming when they will disappear from sight for a while. I feel fantastic these days – the complete opposite of the first trimester. Thus far, no weird cravings and thank goodness, no issues keeping the pipes clean, if you know what I mean.

Before even trying to get pregnant, a friend of mine told me horror stories about how she was so stopped up at one point in time that she didn't go for nearly a month. Pregnancy can be brutal.

The last few weeks have actually been pretty exciting in our household. We went to the States for a couple of weeks to see our families. While there, we had a 3D ultrasound done. The place had 42-inch screens and movie-theater seating for our parents and my brother and sister-in-law. For about half an

hour, we all watched the baby swim around inside of me, and we were able to find out together that the first grandchild on both sides will be a girl. Everyone thought it was a boy for sure (because of a little something my husband and I thought we saw on a previous ultrasound), except my dad, who had been asking about "his granddaughter" for weeks. Of course, he was very proud of himself when we were surprised by the discovery.

Now that I'm obviously pregnant at 24 weeks, I get asked about that baby more often and groped at random. What is it about a pregnant belly that makes people want to touch you? It's like the invisible wall that makes up personal space dissolves for nine months. It doesn't bother me with the folks I actually know, but not every pregnant woman is comfortable with that. Just a word to the wise, before you reach out to touch someone you don't know (and even those you do), think about how you would feel if someone started rubbing your belly in the middle of the commissary. Pretty creepy, huh? I recommend asking before groping – mothers can be very protective, and you wouldn't want to lose an arm.

Not long after our return from the States, I enrolled in Army Community Service's Bringing Baby Home class, and I highly recommend it for first-time parents. It's a three-hour introduction to life with a newborn – from items to bring to the German hospital for the birth and what your baby's poo should look like the first few weeks, to properly installing car seats and where to go to find help or information.

The class will give you a good idea of what to expect when your infant comes home and what needs he will have. I definitely learned quite a bit and welcomed the stack of information provided at the class. I had no idea there was an office solely focused on new parents. The New Parent Support Program, part of ACS, offers group classes as well as one-on-one home visitations "to assist parents in their endeavors to be nurturing and capable caregivers."

I also learned some of the differences between



Illustration by Brandon Spragins

## Moms and Mom-To-Be

Check out the group for moms and moms-to-be on the BNow virtual community at <http://myBNow.ning.com> to chat with other moms about their experiences and advice.

German and American hospitals. For instance, not all German hospitals provide gowns for patients. Whoa, does that mean they would have wheeled me around completely naked? You bet!

I've learned to love a lot of things about the European culture, but public nakedness is not one I have adopted. I'll be packing extra gowns in my bag just in case.

Editor's Note: This is the third part in a series about pregnancy and host nation medical care.



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

## BLOG ROLL

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

I have a question on how to get your pets here to Germany from the States. Can anyone help me with whatever paperwork I need to get them here? I was reading some of the sites, but they were not very helpful. I've heard of the pet passport that they need to travel around Europe, but do they need that when they are just staying here in this country and can that "form" be gotten in the States? Help!

-Betty Asbury, member of BNow's "Puppy Love" group

When we moved here about a year ago, we brought two dogs and a cat – talk about an adventure! This was our first overseas move. We were very fortunate that we found a vet who was willing to do the research and work with us and our travel schedule.

...The timing of the shots and getting the paperwork certified by the state's Dept. of Agriculture was extremely important. Also, check with the airline a couple different times to ensure your cats

are actually on their list ... Once you get settled here, make them an appointment at a German vet to get their passports.

I have to be honest, I was so completely stressed about getting my pets here (they are my children), but after all was said and done it really wasn't that bad of a process. They did fine on the flight as well (probably better than I did!)

-Kristen Marquez, member of BNow's "Puppy Love group"



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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.

**Stay Vigilant**

The Department of State alerts U.S. citizens that Al Qaeda has threatened it will conduct terrorist attacks in Germany following Sunday's federal elections. This travel alert expires Nov. 11.

Al Qaeda recently released a video specifically warning Germany of attacks. German authorities are taking the threat seriously and have taken measures to enhance the level of security throughout the country.

The Department of State urges U.S. citizens to maintain good security practices at all times, and to maintain a heightened situational awareness and a low profile. Americans are advised to monitor news reports and consider the level of security present when visiting public places or choosing hotels, restaurants and entertainment and recreation venues.

You can read the Department of State's current Worldwide Caution online at [http://travel.state.gov/travel/cis\\_pa\\_tw/pa/pa\\_1161.html](http://travel.state.gov/travel/cis_pa_tw/pa/pa_1161.html). It provides additional information on potential threats to U.S. citizens overseas, along with advice on how to reduce your vulnerability to such threats. Additional general information on residing and traveling abroad, including the latest country specific information for Germany, may be found on the Bureau of Consular Affairs Web site at <http://travel.state.gov/index.html>.

Contact information for the U.S. Embassy in Berlin and U.S. Consulates in Frankfurt, Hamburg, Dusseldorf, Munich and Leipzig may be found at <http://germany.usembassy.gov/acs/index.html>.

## Family members can receive education benefits, too

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

For some college students, the feeling of homesickness can easily be countered with calls home and visits during the holidays or over long weekends.

However, if the student is from a military family stationed in Germany, trips home can really wreak havoc on a family's finances. Unless, of course, they know about a program the Army has to offset the expense of those trips.

"Being in the military, you are already on a fixed budget, and it helps to have the free round-trip ticket to fly them here and back. Especially during the holidays because that's when they are usually out of school," said Staff Sgt. Tyrone Basnight, a Warrior Transition Unit Soldier at Kleber Kaserne, whose daughter Chanel Basnight is a junior at Georgia Perimeter College and has used the program three times thus far. Basnight's other daughter, Latanya Wilson, is a freshman at Lander University and has used the program to ship her belongings to school.

The Funded Student Travel Program entitles qualified students whose families are stationed in locations over-

seas one round-trip ticket each fiscal year between the college and the sponsor's duty station. They are also able to ship 350 pounds of unaccompanied baggage. To apply for student travel, mil users can access the application at <https://www.updb.hq.usareu.army.mil/Portal/Default.asp>.

In addition to the Funded Student Travel Program, many students like Basnight's daughters are seeing other benefits such as the new Post 9/11 GI Bill, which took effect Aug. 1.

The Post 9/11 GI Bill is an entitlement unlike the Montgomery GI Bill, which was an election where Soldiers could decide whether or not they wanted it and then pay toward it, said Sgt. 1st Class Sharon Gillins, a career counselor with the 21st Theater Sustainment Command. Every service member receives the Post 9/11 GI Bill unless they had already elected the Montgomery GI Bill. In that case, if they want the Post 9/11 GI Bill, they can request to switch it over.

To qualify for the Post 9/11 GI Bill, service members must have served at least 90 consecutive days of active duty or been discharged for a service-related disability after 30 days.

National Guard and Reserve members are also eligible if they were activated for more than 90 days.

The newest change in the Post 9/11 GI Bill that sets it apart from the Montgomery GI Bill, which most Soldiers had up to now, is the Post 9/11 GI Bill allows service members to transfer the benefits to their spouses or their children. But in order to qualify for the transfer benefits of the Post 9/11 GI Bill, service members must have six years in service with four years remaining on active duty or Selective Reserve.

President Barack Obama said the inclusion of family members is a way of saying thank you.

"We are including the family members who have sacrificed so much by allowing the transfer of unused benefits to family members," Obama said in an American Forces Press Service release.

The Post 9/11 GI Bill will pay 36 months of tuition, a monthly stipend to assist with living expenses equivalent to the basic allowance for housing rate for an E-5 with dependents, and \$1,000 for books.

The 36 months of tuition covers four nine-month ac-

ademic years of college, and the amount of tuition expenses authorized is determined by the highest in-state tuition rate for a public university in that state.

Service members can transfer the benefits to their spouse or children or a combination of both as long as they are enrolled in the Defense Eligibility Enrollment Reporting System.

Dependents are allowed to use the benefits while the service member is on active duty or after their separation. However, spouses will not receive the BAH or the book stipend if the service member is on active duty.

A spouse may use the benefit up to 15 years after the service member's date of separation from active duty. Children may use the benefit once they obtain a high school diploma or equivalent or once they have turned 18 years old, but must use it before they reach the age of 26.

Soldiers should visit [www.va.gov](http://www.va.gov) to find out if the Montgomery GI Bill or the Post 9/11 GI Bill is more beneficial to them, Gillins said. If a Soldier is going to use it when he gets out of the military, the Post 9/11 GI Bill could be more beneficial.

## 18th Engineers change commanders, join 21st TSC team

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

The sunny 24th day of September was another day of changes for the 18th Engineer Brigade.

Col. Paul Paolozzi took the reins of the 18th from Col. Matthew Russell during a formal change-of-command ceremony at the sports field on Tompkins Barracks in Schwetzingen, and the 21st Theater Sustainment Command took command and control of the brigade from V Corps.

"It's an honor to be here today, especially since - along with the change of commanders - we are welcoming this great brigade into the 21st Theater Sustainment Command," said Brig. Gen. Patricia E. McQuiston, the commanding general of the 21st TSC.

As McQuiston spoke of the brigade's recent history, she noted the numerous changes the brigade had experienced because of the Army's ongoing transformation process.

"If I had to describe this brigade in two words, I'd call you transformation experts," she said.



Sgt. Frank Sanchez III  
Brig. Gen. Patricia E. McQuiston, commanding general of the 21st Theater Sustainment Command, passes the colors of the 18th Engineer Brigade to its new commander, Col. Paul Paolozzi, during a change-of-command ceremony at the sports field on Tompkins Barracks in Schwetzingen Sept. 24.

Noting she would limit her remarks to some of the outstanding work the engineers performed during Russell's command and the brigade's 15-month deployment in support of Operation Iraqi Freedom, McQuiston said, "at times, the brigade exercised command and control in all four provinces within Multi-National Division

North's area of operations.

"In each location, the brigade's mission changed and expanded - demonstrating the awesome versatility of Col. Russell's brigade headquarters and command team."

Russell also spoke of transformation-based changes and challenges, noting the fact that the transformed

modular brigade headquarters was the first in the Engineer Corps to deploy into a combat theater.

"Engineers who build and fight present the future of our forces," he said.

Russell, who will serve as the director of strategic plans and operations at the U.S. Army War College at Carlisle Barracks, Pa., professed relief in knowing the brigade is in the hands of a superior officer and excellent leader.

"I walk away with a smile on my face - knowing that the sky is the limit for this great engineer brigade," he said. McQuiston agreed.

"While we lose one outstanding commander, we're very fortunate to welcome another one to our ranks ... (Paolozzi) is no stranger to challenges, and I know he will continue the truly extraordinary leadership the Soldiers and families of this unit have come to enjoy," she said.

Paolozzi, his wife, Rae Ann, and their children join the 18th Engineer Brigade from Washington, D.C., where he served as the military assistant to the assistant secretary of defense for reserve affairs.



# Rambling through Rohrbach

*More than 2,600 participate in annual Heidelberg volksmarch*

**W**alking can be fun. It can also be very organized. Both statements were found to be true by more than 2,600 participants during the Heidelberg International Wandering Club's 35th Annual Volksmarch Sept. 19-20.

Touted as one of the most beautiful and challenging courses in Germany, the 5, 11 and 22-kilometer courses gave walkers, joggers and runners the chance to enjoy Heidelberg's scenic and historic sites.

A march of this size required an outpouring of volunteer labor from club members, and they answered the call by cooking wurst, steaks, burgers and fries; pouring beer, wine and soft drinks; selling shirts at the boutique; registering marchers; decorating; cleaning and performing the multitude of other tasks that made the march a success.

"We had over 100 volunteers helping out this year," said Cath Floyd, the volunteer coordinator. "My thanks go out to all those who once again helped make this annual German-American event a great success this year."

Members of the Heidelberg Sergeants Major Association showed their community spirit with more than 20 volunteers at this year's event.

"The Heidelberg Sergeants Major Association runs the drinks and 'Pfand' (glass deposit return) stand for us every year," said Rob Floyd, the vice pres-

ident of HIWC. "They have their team of around 20-25 volunteers working from 6 a.m. to 6 p.m. both days. After walking the hills of Heidelberg, most marchers have built up quite a thirst, so it is important that the drinks stand is ready to serve. The association does a great job each year."

The sergeants major association started supporting the volksmarch in 2002 and has done so annually since.

"Members of the HSMA volunteer their time for the volksmarch to help give back to the community in a small way and learn a little about the German culture," said Sgt. Maj. Brad Weber, the president of the association. "Additionally, it is a great opportunity to build camaraderie and team work within the association."

Rob Floyd spent approximately one week planning and marking this year's volksmarch course. "My wife Cath and I used to go out on mountain bikes to measure the courses and figure out where we wanted the control points. Now I use my GPS and mapping programs to get the correct distance," he said. "But, of course, all trails are walked beforehand, too."

The Heidelberg course provided shorter distances perfect for beginners who took only one hour to complete their walk. Some people could be seen running or jogging the course, while others enjoyed the leisurely pace stopping periodically to see the sights.



Sgt. Maj. Lisa Hunter

Command Sgt. Major Annette Weber collects deposits for returned glasses at the Heidelberg Volksmarch Sept. 20. Weber is one of 16 members of the Heidelberg Sergeants Major Association who volunteered at this year's volksmarch. The HSMA members lends support to the event annually.

Group awards for having the most marchers at the club's march were presented Sunday by U.S. Army Garrison Heidelberg Commander Lt. Col. Robert L. White and Rob Floyd. The special beer steins and wine went to Heidelberg Rohrbach-Boxberg with 103 marchers, Malsch with 76, Schomberg with 70, Stuttgart German-American Wandering Club with 69, and Rothenburg with 50. The top three winners of the Commander's Cup were Heidelberg Medical Depart-

ment Activity with 50, Girl Scouts with 39, and Headquarters U.S. Army Europe with 26 participants.

To find out more about volksmarching and seeing different parts of Europe, visit the Heidelberg International Wandering Club online at [www.hiwc.de](http://www.hiwc.de).

To find out more about the Heidelberg Sergeants Major Association, call DSN 370-3347 or e-mail [ivor.watson@eur.army.mil](mailto:ivor.watson@eur.army.mil).

SOURCES: HIWC and HSMA

## Rondo visits Kaiserslautern



Sgt. Frank Sanchez III

Boston Celtics' point guard Rajon Rondo, talks with Randy Thackson at Landstuhl Regional Medical Center Sept. 21. Thackson, a contractor who sustained multiple injuries to his right leg from a rocket explosion while supporting Operation Enduring Freedom, was one of many people within the Kaiserslautern military community who were able to meet Rondo during his visit.

## AAFES offers online access to school lunch accounts

MAINZ-KASTEL, Germany – After more than a year of testing at select locations, the Army and Air Force Exchange Service is offering online access to school lunch accounts throughout Europe and the Pacific.

"The new system makes secure pre-payments convenient for parents who can now manage multiple accounts from the comfort of their home or work," said Lt. Col. Wayne Marotto, AAFES Europe public affairs officer. "The program takes all the workout of keeping up with school lunches and even sends an alert when the ac-

count's balance gets low."

The new online system allows parents to make prepayments using a bank account or credit card. Setting up an account does require an initial visit to the nearest exchange's cash cage to set up a "Horizon" account. Then everything from that point forward can be tracked and maintained from any computer connected to the Internet.

After the "Horizon" account has been assigned at the exchange, parents simply log on to [www.meal-payplus.com](http://www.meal-payplus.com) and follow the step-by-step instructions to set up their online profile.

From there, parents are able to view a summary of multiple student account balances, pay toward multiple student accounts with one payment, and view student account payment history.

AAFES provides school lunch to students in kindergarten through 12th grade on Army and Air Force installations in nine countries overseas. The command serves approximately 21,000 pattern meals each day for a total of more than 4.4 million meals each school year. AAFES supports educational programs in 92 schools throughout Europe and the Pacific.

## Welcome home 4th ASOS



USAG Mannheim Public Affairs

The 4th Air Support Operations Squadron commander, Lt. Col. Michael S. McManus, holds daughter Lauren and hugs son Michael at the welcome home reception in Mannheim for the 12-person-contingent of 4th Air Support Operations Squadron after a six-month deployment to Iraq. The Airmen returned to Sullivan Barracks Sept. 24. The 4th ASOS is responsible for the tasking, coordination and employment of offensive air support for allied ground forces, primarily the U.S. Army V Corps. The unit is the key command and control link between the land force commander and the Air Operations Center, providing the ability to rapidly apply decisive air power to the battlefield.

## Retiree pay rep to visit locations in Germany

### IMCOM-Europe Public Affairs

A retiree pay representative from Defense Finance and Accounting Service-Cleveland is scheduled to visit various locations in Germany Oct. 16-24 to assist retirees and annuitants with pay problems and conduct audits of individual pay accounts.

Most retirees who asked that their retiree account be audited by a DFAS-Cleveland representative reported there were errors discovered about which they had not previously thought needed updating, according to Mike Malone, Installation Management Command-Europe retirement services officer.

Malone told of one retiree who said his account had the wrong beneficiary information, indicating a deceased wife. Another retiree, according to Malone, said he was paying state taxes to a state that did not tax military retiree pay.

In both cases the errors were corrected on the spot, Malone said. A retiree in France brought in a death certificate for his wife to suspend Survivor Benefits Plan payments and gain reimbursement for past payments. However, because the wife died eight years before, DFAS-Cleveland, by law, could only reimburse payments back to six years.

"We think you should take

this opportunity for face-to-face review of your account with the DFAS-Cleveland representative during his October visit," Malone said. "You should meet with him and audit your Retiree Account Statement to ensure your records are up-to-date."

DFAS visit scheduled for Germany:

• Oct. 16: USAG Kaiserslautern, Kleber Kaserne, Bldg. 3245, Rm. 6 (Basement), 9 a.m.-1 p.m.

• Oct. 17: USAG Heidelberg, Retiree Appreciation Day, Village Pavilion, 7 a.m.-3 p.m.

• Oct. 19: Spangdahlem AFB, Airman Readiness Center, Bldg. 307, Computer Room, 9 a.m.-3 p.m.

• Oct. 22: USAG Wiesbaden, Bldg. 1023W, Room 106 9 a.m.-1 p.m.

• Oct. 23: USAG Stuttgart Panzer Kaserne, Bldg. 2915, Room 307, 9 a.m.-1 p.m.

• Oct. 24: Grafenwöhr, Bldg. 244 Retiree Services Office.

Check with your local RSO for any changes in times and possible locations due to military priorities.

"Remember, it normally only takes 10-15 minutes to bring your Retiree Pay Account up-to-date," Malone said.

"No appointments – first come, first served. All retirees will be seen. The representative will stay longer at a location if need be."

## Free workshop to help spouses follow their dreams

### 21st TSC Public Affairs

The 21st Theater Sustainment Command and the 7th Civil Support Command are scheduled to hold a free three-hour workshop, called Follow Your Dreams While You Follow the Military, for all 21st TSC and 7th CSC spouses at Armstrong's Club on Vogelweh at 10 a.m. Friday.

Created by two military spouses after years of research, this fun and interactive workshop shows military spouses how they can each create a life full of energy, focus and joy, even within the challenges of military life.

Workshop participants will also learn ways to reduce their stress levels, increase their daily energy, and strengthen their

resiliency to deal with change and life challenges.

"I have to admit I spent my first years of military married life complaining," said Kathie Hightower, one of the presenters. "I finally realized that the military wasn't going to change – or at least not fast enough for me – so I had to change my approach."

Hightower partnered with fellow military spouse Holly Scherer and they researched, and continue to research, how to not only survive in this military lifestyle, but how to thrive.

They looked at the available research on happiness in life to see how it could be applied to military spouses.

They also interviewed thousands of military spouses

of all services to find out what works.

Hightower and Scherer started giving seminars 15 years ago at the American Women Activities Germany conference and at other locations throughout Europe. Since then they have presented workshops for military spouses across the United States, back in Europe, in Korea and in Japan.

The presenters have co-authored columns in several major magazines, and they have co-authored the book "Help! I'm a Military Spouse: I Get a Life Too! How to Craft a Life for YOU as You Move with the Military," now in its second edition.

"We don't want spouses to think they have to give up

their own dreams until they stop moving with the military," Scherer said. "The workshop helps you clarify your dreams and shows you how to move towards them, starting today."

"And we promise them they will have a lot of fun while they learn," Hightower said.

"We know how important self care and proactive stress management is, especially in times of deployment," Hightower added. "That is even more essential during this wartime deployment. When we ask spouses dealing with deployments today what helps the most, all of the items we cover in the workshop are the key tools mentioned."

The presenters are both long-term military spouses

who live the challenges of military life they speak about.

Hightower is a full-time speaker and writer in the civilian world. Scherer has two master's degrees in early childhood and human development and family relations. She has done extensive teaching and research in child development.

"One last note," Scherer added. "Although the workshop is geared to military spouses, the information is valuable to others in the community as well."

For more information or to reserve a seat in the workshop, call the 21st TSC family readiness office at civ. 0631-413-6072 or the 7th CSC family programs office at civ. 0631-411-4750.

## Sexual assault prevention conference provides training, information on goals

By Sgt. Daniel J. Nichols  
USAREUR PUBLIC AFFAIRS

GARMISCH, Germany – Victim advocates, sexual assault response coordinators, specialized criminal investigators and prosecutors from across U.S. Army Europe spent four days training during the fifth annual USAREUR Sexual Assault Prevention and Response Program Advocate Training Conference here.

From presentations on victims' perspectives to the profiling of sexual predators, the conference, which concluded Sept. 18, was designed to provide the best information possible to those working in the field.

"It's very relevant," said Sgt. 1st Class Joseph Osinski, equal opportunity advisor and sexual assault response coordinator with the 173rd Airborne Brigade Combat Team. "Over the last few years, a lot of the sexual assault training that I've seen has been kind of outdated, and they've really taken leaps and bounds in making sure this training is current and relevant."

The conference also provided information on how the Army's strategy for improving its sexual assault prevention program is unfolding and outlined the goals the Army has set for sexual assault prevention in the future. The Army has mapped out a sexual assault prevention plan designed to evolve through several stages over the next five years.

"The Army is serious about this," said Col. Joe Gill, USAREUR's assistant deputy chief of staff for personnel. "The goal

**"What we're trying to put together is a program where the victim feels confident that if they come forward, they will not only receive the benefits that they need and the support that they need to go from being a victim to a survivor of this attack and this crime, but also that they have confidence that someone will believe them."**

– Col. Joe Gill, USAREUR Assistant Deputy Chief of Staff for Personnel

is to change the culture in the Army to where Soldiers understand that sexual assault is a betrayal of Army values, and especially for loyalty, and our duty that we have to each Soldier.

"Just as we've worked hard to eradicate racial discrimination throughout the years with the (equal opportunity) program ... our goal is to create a climate and a culture in the Army where the bottom line is that Soldiers understand that there is no place for sexual assault in our ranks."

Recent improvements to the Army's sexual assault prevention efforts include the I. A.M. Strong campaign that launched this time last year. The acronym "I. A.M." stands for "intervene, act and motivate."

"The campaign is focused on preventing the assault before it happens," said Carolyn Collins, chief of the Army's Sexual Harassment/Assault, Response and Prevention program, a guest speaker at the conference. "It's asking Soldiers to intervene ... and make sure that

Soldier safety is paramount, and that we're taking care of Soldiers both on the battlefield and off the battlefield."

Deluging Soldiers information on the issue and teaching them how they can play an active part in preventing sexual assault is something the program focuses heavily on.

The Army is also focusing on attacking the issue by getting as many resources at every level involved, from the individual Soldier to senior leadership, and by including specially trained criminal investigators and prosecutors in its efforts as well.

"What we're trying to put together is a program where the victim feels confident that if they come forward, they will not only receive the benefits that they need and the support that they need to go from being a victim to a survivor of this attack and this crime, but also that they have confidence that someone will believe them," Gill said. "And if you listen to the experts, what the victims want is someone to believe them."



Liz Kinsella's volunteer work for AFN Hesse landed her a job as the new traffic manager.

## Volunteer at AFN – you might get a job

AFN Europe

Nik Meinzer worked as a volunteer for AFN Europe. It got him a paying job. Twice.

Meinzer volunteered 40 hours a week at AFN Heidelberg on Hammonds Barracks, scheduling TV command information messages, posting to the station Web site, helping on TV news shoots, and creating TV announcements.

"My passion for doing something creative and my desire to learn and master the skills regardless of if I was going to get hired or not was more important than getting paid and motivated me to work hard and learn as much as I could," Meinzer said.

He impressed the AFN Heidelberg management, and when a full-time job opened, Meinzer competed for it and got it. Unfortunately for Meinzer, three months after he started getting paid for his work, his wife, who also works for the military, got a job with the Joint Multinational Training Command, and he quit his AFN job to move with his wife.

Meinzer then started volunteering for AFN Bavaria in Vilseck, and when a temporary job opened, Meinzer once again competed for it and got it. He's a jack-of-all trades that his boss, Sgt. 1st Class Jerry Malec calls "indispensable."

Meinzer does everything from shooting, editing, producing, appearing on live radio shows, and maintaining the Web page. The money he says, "just becomes the bonus."

Another AFN Europe volunteer, Lee Kiss, has been doing a weekend disc jockey show for AFN Kaiserslautern for more than 25 years. In February of 1984 he met with the AFN Kaiserslautern

station management, let them hear a recording of DJ work he did in Sacramento, Calif., and promptly landed the show.

Kiss, who gets his paycheck from the Army as an information technology system administrator, has been looking for a paying job with AFN but that hasn't worked out for him yet. Still, he feels good about this weekend gig, saying "always pursue your dreams and aspirations, and never give up trying."

Liz Kinsella started volunteering for AFN Hesse on Wiesbaden Army Airfield in September 2008. She has a degree in radio, television and film, so when she and her Army husband got to Germany, her first stop to look for a job was the on-post radio/TV station.

She works 40 hours a week co-hosting the station's afternoon show 2-6 p.m. weekdays, producing radio and TV announcements, recording a weekly segment called "Kids News," and interviewing people and editing their information for the radio show.

She says she's learned a lot. "My background in television before AFN was in animation. This is a whole different ballgame. I'm very thankful for this opportunity to work with such creative minds."

She recently competed for the job of AFN traffic manager and got it. She'll soon start coming to work for cash instead of just kudos.

Volunteers with AFN get credit and recognition from the Red Cross or Army Community Service for their time. AFN stations occasionally use volunteers if the person has a background in radio/TV, along with the right drive, skills and reliability. If you're interested, contact your local AFN station.

## Amputee provides inspiration

Lt. Col. Greg Gadson, who lost both his legs below the knee when an improvised explosive device detonated in Baghdad in May 2007, shakes hands and greets Soldiers at Kleber Gym Sept. 24. More than 200 Soldiers from the 21st Theater Sustainment Command listened to Gadson, who visited Kaiserslautern during a break from his duties at the U.S. Army War College. Gadson also spoke in Heidelberg Wednesday.



Sgt. Maj. Cameron Porter





U.S. Air Force Capt. Darrick B. Lee

Staff Sgt. Francis Macale secures a landing zone as his transportation, a UH-60 Black Hawk helicopter, flies away near the Koh Band district of Kapisa province, Afghanistan, Sept. 14. Macale is a squad leader assigned to the Kapisa Provincial Reconstruction Team.



(Left) An Afghan man walks between groups of Soldiers assigned to the Kapisa-Parwan Provincial Reconstruction Team during a visit to assess the progress of a road construction project in the Kohistan District, Afghanistan, Sept. 16.

Sgt. Teddy Wade



Pic. Amanda Rigdon

Col. Thomas MacGregor, the 21st Theater Sustainment Command chaplain, shakes hands with Staff Sgt. Joshua Cameron, a platoon sergeant with the 574th Quartermaster Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, at Ramstein Air Base, Sept. 21. The 574th QM Company returned from a 15-month deployment to Kuwait, where the unit provided logistical support to Soldiers and civilians participating in Operation Iraqi Freedom.

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(Left) Spc. Jessica Velasquez, of Gardena, Calif., makes a balloon animal out of a surgical glove and hands it off to a group of excited Iraqi girls at an elementary school during a recent combined humanitarian assistance mission in the town of Salman Pak, Iraq, located 30 miles south-east of Baghdad. Velasquez was one of six U.S. medics on hand to assist Iraqi medical personnel during the mission. Velasquez serves as a medic assigned to Company C, 82nd Brigade Support Battalion, 3rd Brigade Combat Team, 82nd Airborne Division, Multi-National Division-Baghdad, and is currently on her first deployment in support of Operation Iraqi Freedom.

U.S. Army Photo

## Heidelberg Soldiers to celebrate 20 years of BOSS

By Ina Stiewitz  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The Better Opportunities for Single Soldiers program is celebrating its 20th birthday this year.

Focusing on its three pillars – quality of life, recreation and leisure activity, and community service – the U.S. Army Garrison Heidelberg's BOSS will celebrate the event Oct. 13 and 16.

Beginning the birthday week with community service, volunteers from several units will support Patrick

Henry Elementary School by providing four hours of their service.

"Soldiers need to give back to their community," said Spc. William Perkins, Heidelberg's BOSS president.

The Soldiers will be reading with the kids, tutoring math, gardening, organizing the school's storage units, and playing games.

"Children respect the fact, that (Soldiers) do that for them. Most kids have parents in the Army, and most of them are deployed – through our work they see that these

Soldiers are doing the same things their parents are doing," Perkins said. "Soldiers need to be an example."

However, a strict separation of the three BOSS pillars is not possible at all. According to Perkins' experiences, playground games and interacting with children is for all volunteers also a recreation and leisure activity.

"Everybody feels better after it, because it is better than sitting in the barracks and playing computer games," Perkins said. "It makes us feel that we help people where help is

needed."

BOSS will conclude its birthday week with a celebration day focusing on quality of life and recreation and leisure activity.

A community run, starting at 6:30 a.m. Oct. 16 at the Patrick Henry Village Pavilion, will be followed by a birthday cake cutting. Also throughout the day, Installation Quality of Life Issue forms will be provided for submission.

The day concludes with a barbecue at the Heidelberg Rod and Gun Club, starting at 7 p.m. All community mem-

bers, especially unit leaders and single or unaccompanied Soldiers, are invited to the event for music, free food and beverages, and lots of fun, according to Perkins.

"Our Soldiers need to see that their unit leaders are coming out to support the program," Perkins said. According to him, this evening event will also serve as platform to discuss future possibilities, which help to improve the BOSS program.

"The more Soldiers we have, the more we can accomplish," he said.

## Changes deliver family readiness improvements throughout Europe

By Ken White  
IMCOM-EUROPE PUBLIC AFFAIRS

Following fresh on the heels of the Installation Management Command-Europe Army Community Service's inaugural training conference, which gathered family readiness support assistants in Mannheim Sept. 21-23, unit commanders and families of deploying Soldiers now can look forward to better integrated Family Readiness Team support as important changes become effective today.

Among other things, the Mannheim conference focused on providing the nuts-and-bolts job skills that FRSA's need to be effective – a first critical step in concerted ongoing effort to improve family readiness support across the board in Europe.

"We wanted IMCOM to get people together to start to set the tone of teamwork and cooperation and encourage folks to work together to improve the family readiness team training for Europe," explained Jane Helfrich, director of IMCOM-Europe ACS.

"We know what's required to be a FRSA, but what is it that they really need, and how we can improve upon that," she said of the conference's underlying rationale.

According to officials, timing couldn't be better, and the will and resources to improve the family readiness system has never been stronger.

"Interest at very senior levels of the Army in terms of what's working and what's not is very

high right now, and we just haven't kept up or applied the same flexibility to the way we deploy warriors to the way that we implement and administer family readiness at the ground/garrison level," said Katherine Ledbetter, Mobilization and Deployment Division chief of the Family Morale, Welfare and Recreation Command.

"The way that we deploy Soldiers to the battlefield in terms of task organization has completely changed the way families interface with units to get information as to what the status of their Soldier is," she said, pointing to the need to develop strong teams as the center of gravity to effective family readiness support.

But starting today, with the culmination of nearly five years of work, FRSA positions currently stationed with deployable units in Europe will no longer be temporary positions, but gain permanent status. Ironically, this major milestone originated as a simple plea for help from an Army spouse in 2004.

"At that time a very experienced family readiness group leader stood up and said – 'we need help' – because the Army asks family readiness volunteers to do so much," Helfrich said. "That evolved into an Army Family Action Plan issue suggesting that there be paid positions to assist commanders with family readiness, and really led us to where we are today."

While temporary FRSA positions have been around since their creation in the 2003-2004

timeframe, there was little standardization, the positions themselves were temporary, and meant only for units that were actually deploying. An order signed by the vice chief of staff of the Army that went into effect in 2007 not only expanded the number of FRSA positions, but also gave them to battalions that were not deploying. But those positions were still temporary, which posed challenges.

The emergence of the Army Family Covenant resulted in FRSA positions attaining permanent status they will enjoy as of October, increasing the pool of candidates for these jobs, enabling FRSA's the opportunity to grow professionally, and allowing commanders and the Army to benefit from decreased FRSA turnover and mission effectiveness, according to officials.

FRSA's who attended training admitted the need for such training, in addition to expressing appreciation.

"This has been fabulous, and the way they have broken down into groups with family readiness group leaders, mobilization/deployment folks, and FRSA's has allowed us to confer with each other, talk and share ideas," said Lori Starnes, FRSA from Hohenfels. "It's great to learn exactly what I need to be doing, about difficult issues like fundraising, how to reach out to our community support network, and work with FRG leaders, rear detachment commanders and ACS to pull us all together as a team."

## Operation: Rising Star



Christine June

Staff Sgt. Tyrone Basnight, from the Warrior Transition Center on Landstuhl Regional Medical Center, sings "Every Time I Close My Eyes" by Babyface at the U.S. Army Garrison Kaiserslautern's Operation: Rising Star at the Kazabra Club on Vogelweh Sunday. Out of 11 contestants, Basnight won the night and is now nominated for the Army competition to be held in November at Fort Belvoir, Va. Operation: Rising Star is an Army-wide competition sponsored by Family and Morale, Welfare and Recreation. This "American Idol"-style singing competition gives Soldiers and their family members the chance – if they win the Army competition – to record their own three-track CD in Los Angeles.



## Garrisons to observe Fire Prevention Week Oct. 4-11

IMCOM-Europe Public Affairs

Soldiers and families at garrisons throughout Installation Management Command-Europe may hear an increase of sirens and see more flashing blue lights on fire trucks next week.

No worries, though. IMCOM-Europe garrisons will observe Fire Prevention Week Sunday through Oct. 11, traditionally a time when fire prevention specialists increase visibility and make a final impression upon community members about the need to be fire smart and fire safe.

This year's Fire Prevention Week is held in conjunction with the six-month long Fire Prevention Campaign launched March 31 throughout IMCOM to promote fire safety and increased inspections in response to an Army-wide increase in preventable fire incidents.

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, injuries and deaths, and also provides vital burn preven-

tion advice.

"Fire prevention specialists and officials at garrisons will continue to put the focus on fire safety education and inspections to ensure our people are best equipped to avoid preventable fires," said Pete Horcasitas, IMCOM-Europe Division of Emergency Services director. "While we label our current efforts under the category of a fire safety campaign, the reality is that fire safety is a year-round concern, and our people provide year round education and support."

In IMCOM-Europe, garrison safety and fire and emergency services personnel will team up on the command-wide fire safety campaign to raise awareness and provide guidance to Soldiers, civilians and families on how to recognize, improve, and practice fire safety, according to Horcasitas.

"We encourage everyone to participate in fire safety activities at their garrisons. It's a great way to get information, teach children fire safety, and provides a good venue to share in a community event," Horcasitas said.

## Multi-gas detection system



Sgt. 1st Class Eugene Pomeroy

Staff Sgt. Ralph Lahens, 773rd Civil Support Team, operates the AreaRae Multi-Gas Detection System during a recent exercise at Daenner Kaserne in Kaiserslautern. The one-day training was part of the 7th Civil Support Command's transformation into a force that can support civil authorities in a chemical, biological and nuclear incident.

### MANNHEIM

## Coleman clinic hosts health fair, rededicates renovated facility

By Staff Sgt. Dijon Rolle  
USAG MANNHEIM PUBLIC AFFAIRS VOLUNTEER

"An ounce of prevention is worth a pound of cure," Maj. Kristal Bryant, Army Public Health Nurse, said at the Mannheim Community Public Health Clinic, and although she didn't coin the phrase herself, it's one she certainly stands behind.

Bryant was one of the many faces representing an array of clinics and resources available to Soldiers and visitors attending the first ever Coleman Barracks Health and Dental Clinic health fair Friday.

One of her missions was to talk to Soldiers about preventing sexually transmitted diseases and other avoidable problems that can knock them out of the fight.

"We definitely want people to take whatever protective measures that they can, hand washing, using hand sanitizer, coughing and sneezing in their sleeve, getting their flu vaccine

... doing whatever they can to keep themselves healthy," she said. "It's a lot easier then treating something later on down the line."

The Virginia Beach, Va., native is new to the Mannheim community, but she says she's all about using the old-school method of going out into the community directly and talking to troops face to face.

"We're all out here where the Soldiers are," Bryant said. "This is where we'll hit the most of them right out here, and we can consolidate our efforts. Coming to the Soldier ... bringing the information to the Soldier instead of bringing the Soldiers to us. We can get a bigger bang for our buck out here with them."

One of those Soldiers was Staff Sgt. Tasha Carr, a heavy wheel vehicle operator from the 68th Transportation Company. Carr made the rounds at several of the stations set up on the physical training field on Coleman Barracks behind

the base's dining facility.

"I had a chance to look at the blood pressure and body fat monitor. That was a good station, and the American Red Cross because they gave out CPR dates, which I do want to go to," said Carr, who also came out to get information for her Soldiers.

"It would actually help me as an NCO because it gives me resources for my Soldiers. If I have a Soldier that is overweight or if they are getting ready to be borderline, I can send them to this program I found out about where they measure the body index and fitness," she said. "It was at one of the stations, and I actually learned a lot from it. I think it will actually help a lot of Soldiers because a lot of people don't know about it."

Other tables and displays featured resources from Army Community Service, the Red Cross, the Chaplain Corps and others designed to reinforce the overall concept of

mental, physical and spiritual wellness for troops and their families.

Wendy Couch is a nurse at the Coleman Health Clinic, and she explained why they wanted to put together the clinic's first-ever health fair, which was held as part of Health Care Benefits Awareness Month.

"We wanted to give the Soldiers an opportunity to see what's available in the community ultimately to raise the medical readiness of the Soldiers" Couch said. "Our goal was to show them the services that are available and maybe different avenues to get around any hurdles they may have to take care of themselves."

The day also included some friendly competition and tasty refreshments as unit teams battled it out on the softball and volleyball courts and downed hot dogs and chili in the September sun shine.

### Rededication

The health fair was also the

perfect occasion to mark the official rededication of the Coleman Barracks Health and Dental Clinic after a yearlong million-dollar renovation.

The clinic has a new motto, "Always Better," which is essence means this staff of warriors, healers and leaders is always looking to improve on everything they do.

"It is my vision that this clinic represent and provide support of all the tenants of health care in a concerted effort ... by that I mean your medical, dental and spiritual needs," said Lt. Col Daniel Irizarry, Coleman Medical Clinic commander.

"You will see a sincere effort over this next year that brings Coleman Health Clinic to your community, and that's really where it should be," he added. "However, this clinic is only part of the health care equation. We will need your efforts as leaders and the support of our patients if we are to meet these important goals."



Sgt. Fay Conroy

Pvt. Shalice Mosby, a rigger with the 5th Quartermaster Company, 21st Special Troops Battalion, practices attaching the Firefly Joint Precision Air Delivery System to a load during a new equipment training course held at Rhine Ordnance Barracks Sept. 18. The 5th QM Company was the first regular Army unit to train on the Firefly JPADS.

# Precision air delivery

## 5th QM is first Army unit to train on new system

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

The 5th Quartermaster Company, 21st Special Troops Battalion became the first regular Army unit to train on the 2,200-pound load-carrying capable Firefly Joint Precision Air Delivery System Sept. 7-18.

The 2K Firefly JPADS allows more accurate air drops into remote areas and provides a better covert approach for the delivery aircraft.

"This particular system has been in development for five or six years," said Chief Warrant Officer 4 Bobby Davis, who was representing the Aerial Delivery and Field Services Division of the U.S. Army Quartermaster Corps Center and School. "It

was developed from a radio-guided system, which is now a GPS-guided system. You can put in the grid coordinates to the destination you want it to impact, and once you log the grid destination in there it gives the aircraft the ability to fly offset to the drop zone."

The 2K Firefly is able to carry up to 2,200 pounds, and the point of impact ranges from 50-150 meters to the grid point based on the weight of the load it is carrying, Davis said.

According to information provided by the developer of the 2K Firefly, users of the system only need to input the location of the impact point and the weight of the load.

The system reads the wind and flight data automatically

several times a second to make continual adjustments to its flight path, so it can land on the correct coordinates.

In addition to it being more accurate, the system also makes it easier for those on the receiving end.

"You can pinpoint where you want it to go, which makes it easier for the person receiving it," said Sgt. Todd Harrell a rigger with the 5th QM Company. "They don't have to search for it."

During the two-week training course, the riggers learned how to properly lay out the system, how to pack it up, how to attach it to the load, and how to program it. After taking a test, the riggers were certified to use the system for their air drops.

## Schedule DA photos online

7th Army JMTC Public Affairs

GRAFENWÖHR, Germany – Starting today, Soldiers in Europe can schedule their official DA Photography appointments online, as directed by Headquarters, Department of the Army.

The new, Web-based Visual Information Ordering Site, [www.vios.army.mil](http://www.vios.army.mil), allows Soldiers to schedule DA photos, location photography, graphic and video production, presentation support services, media and equipment loan electronically.

Area Training Support Centers have enabled VIOS and the online appointment calendar, to streamline the scheduling process by automatically de-conflicting the Soldiers requested appointment and submitting the work order online, eliminating the need to call the local TSC to submit a manual work order on DA Form 3903.

The VIOS software application requires Common Access Card authentication, and allows more efficient work-order tracking and provides Soldiers the ability to schedule an appointment anywhere, at any time, when they have access to a military computer.

For more information on accessing VIOS, contact your local TSC by calling your DSN prefix and -1398, or by contacting the JMTC's visual information manager at DSN 475-6558.

# Troops arrive at exercise site, begin setup of life support area for Natural Fire 10

By Spc. Jason H. Nolte  
21ST TSC PUBLIC AFFAIRS

KITGUM, Uganda – A joint force of U.S. Soldiers and Sailors, escorted by members of the Ugandan Peoples Defense Force, headed north out of Entebbe toward Kitgum, the site of Natural Fire 10.

This marks one of the first partnership efforts in the multilateral exercise, which offers an opportunity for east African partner nations and the U.S. military to work together to increase regional capabilities to respond to complex humanitarian emergencies.

Military personnel from Burundi, Kenya, Rwanda, Tanzania, Uganda and the United States will participate in this year's exercise.

The military escort cut quickly through the capital traffic of Kampala, speeding the U.S. forces on their way. Outside the capital the traffic fell off considerably, and the vehicles were only slowed by the occasional speed bump or poor road conditions. At the crossing of the Nile, the line of vehicles stopped for a brief photo opportunity.

"They knew their job," said Sgt. Ezekiel Kibet, a main-



Spc. Jason H. Nolte

A member of the Ugandan Peoples Defense Force informs Master Sgt. Jonathan Bailey, a contracting agent with the 405th Army Field Support Brigade, of the time remaining on the journey, while Maj. Ricardo Wilson, the plans and operations officer for the 21st Special Troops Battalion, issues instruction to the joint forces at a gas station on the road from Kampala to Gulu Sept. 25.

tenance supervisor with the Germany-based 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, who was pleased with the escort. "They knew exactly what they were doing. They're pretty friendly, ready to learn, and ready to help."

After crossing the Nile, the busses slowed slightly as they passed a nature reserve to allow baboons to walk across the road. The road deteriorated slightly north of the

nature reserve as another major route branched off, and dodging potholes occasionally forced the busses to follow the escort onto the dirt shoulder.

At the town of Gulu, the busses stopped at an inn for a brief break and to fill up on water. The town of Gulu also marked the end of paved roads, but the journey north continued, now on hard-packed dirt. But unlike most dirt roads in the United States, these dirt roads are well travelled. They are two

lanes wide and often show the effects of the most recent rains.

"From Gulu to Kitgum it was a little bit dusty, a little bit rough, but it was OK," Kibet said. "At least we were able to make it and be on time."

After a night of rest, the Soldiers and Sailors immediately began on-site preparations for the life support area for Natural Fire 10. The LSA is a temporary living area where the U.S. forces participating in the multilateral exercise will reside.

## SESAME STREET

continued from page 1

and how to handle the changes that can come with such a major transition. The tour itself is part of Sesame Street's "Talk, Listen, Connect" initiative for military families.

One of those tiny fans giggling and smiling was 22-month old Kaylah Garner. Her parents – Staff Sgt. James Garner, 44th Expeditionary Signal Battalion, and Staff Sgt. Khadijah Garner, 28th Transportation Battalion – just returned from separate deployments earlier this year. James deployed to Iraq shortly after his daughter's birth, and he recalls what it was like to leave her and his wife behind so soon afterwards. "It was hard. It was very hard," he said.

"When I left Kaylah, she was 5 days old, and when I returned, she was a year and some change," he said. "It was very hard, but this is giving us a chance to do nice things with her and give her fond memories."

He added that Elmo is Kaylah's favorite character as he and his wife take turns playing with a bright red stuffed Elmo toy, much to Kaylah's delight.

Elmo is also a favorite with 2-year-old Rinoa Willie. She was dressed in a pink and gray Elmo ensemble while perched in her mother's lap waiting for the show to begin.

"She loves Elmo ... she just had a birthday, and when she got Elmo toys, she freaked out. So when we found out they were coming here and we saw the poster for the show in the commissary, she freaked out," Sandra Willie said, laughing. Willie's husband has been deployed in the past, and she said the Sesame Street performance was a big help for her and her family.

"I think that it's helpful for not just the parents, but really it's helpful for the kids," she said. "I think it helps because sometimes one parent gets stressed



Brooklyn Buchan, 3, sings along during a performance of the Sesame Street/USO Experience for Military Families in Kaiserslautern Sept. 20.

out when the other is away and things like that ... with the kids being young, they don't understand what's going on. It helps you to understand from your kid's point of view."

Standing in the midst of this sea of excitement and laughter stood a perfectly calm and smiling Lonnie Cooper. Cooper, the USO tour director, was one of the many different hands involved in bringing the show to Mannheim and so many other military communities. Stories from families like the Garners and Willies are what it's all about for Cooper.

"You see their eyes light up, and you see them really clicking when Grover and Elmo and the other characters talk

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

about Dad or Mom being gone and that it's OK ... to be sad about that, but there are friends and family and things they can do to get through those tough times," Cooper said.

As for the overall response to the tour, Cooper said, "It's been huge. I've gotten more moms and dads coming up to me after the show just saying thank you for being there, and, in fact, I talked to a family last night that had been to one of our shows I think in Ramstein ... and they said that all the way driving home their kid were singing the songs.

When they got home, they had a big conversation about their dad, who was just about ready to fly to Afghanistan, and they had a great conversation as a family."

Cooper said they thanked him for being part of starting that family conversation. They told him that when Elmo talks about it, it takes all the pressure off.

"It's not a big serious daddy's going away thing," Cooper added. "It becomes Elmo talking to you about just a natural thing that happens in their life, and it's really positive."

The 30-minute show sponsored by the United Service Organizations and the VEE Corporation, has already toured bases in the United States and is currently making the rounds through Europe with future dates also scheduled for Alaska, Japan and Korea.

Another set of hands responsible for bringing this show to Mannheim is Geoffrey Larkin, chief of community recreation for Mannheim, who admits putting everything together took a lot of hard work, but it was well worth it.

"We thought that this was a really, really good opportunity for us to get something that would be good for the children and parents in the Mannheim community, especially with so many people leaving and deploying and re-deploying," Larkin said.

In addition to the free show, families were also treated to goodies like DVDs to help parents talk to their children about deployments in the future, USO bandanas and Sesame Street fun lights that the children happily twirled and swung in the air as Elmo, Cookie Monster, Zoe, Rosita and Grover moved and grooved across the stage and even further into their tiny hearts.

For more information on resources to help children deal with deployments, visit [www.sesameworkshop.org](http://www.sesameworkshop.org).

## CFC-OVERSEAS

continued from page 1

an online contribution, but generates a pledge form that must be printed and given to the keyperson for the donor's organization. The CFC-Overseas Web site offers contacts to help contributors identify their keypersons if necessary.

Credit card donations are online donations. The contributor goes through the same pledge assistant process to select a charity, opt to make a one-time or monthly recurring donation, then completes the transaction immediately by entering valid credit card information.

When making donations, contributors can designate their pledges to support specific charities. Overseas donors can also contribute to one special program – the Family Support and Youth Programs

initiative.

One hundred percent of donations made to FSYP go directly to overseas military communities to help fund child care, emergency assistance, recreation, community education and other quality of life programs and facilities, and enable overseas locations to offer free or reduced-cost programs.

The U.S. Army community in Europe received nearly \$93,000 in funds from the FSYP program following last year's CFC-Overseas campaign.

More information on the program and opportunities to donate will be available from unit or organization representatives during the campaign or at any time by visiting the CFC-Overseas Web site at [www.cfcoverseas.org](http://www.cfcoverseas.org).



# Historic Regensburg

*This small Bavarian city invites you to take a trip into the past*

**By Lou Stagger**  
 BAVARIAN NEWS

With a history spanning nearly 2000 years, the grand old city of Regensburg offers a lot to see.

Situated at the confluence of the Regen and Danube rivers on the most northerly bend of the Danube, Regensburg started its written history during the time of the Romans.

The Romans were able to use the rivers as defensive points but were never able to hold the territory north of the river. They settled in by creating the Castra Regina, fort by the Regen River, and eventually it became known as Regensburg.

In 1135 a stone bridge was started across the Danube. It took 11 years to complete.

The Crusader Knights for the second and third Crusades crossed the bridge on their way to the Holy Lands. The bridge, "Steinerne Brücke" opened up the northern European cities to trade with the powerhouse of traders: Venice, Italy.

Regensburg gained well from this cross traffic. Goods passed through Regensburg as it developed its reputation for goldsmithing and making fabrics.

Also Christianity has been a great part of Regensburg's history. St. Boniface set up a Bishopric there in the year 739 and Regensburg opened up the eastern European borders to Christianity.

In 845, more than a dozen Bohemian princes came here to be baptized.

Regensburg became the head diocese for the diocese of Prague. During the years 1275

to 1634 a great Gothic cathedral was built. The towers were added in 1869. The St. Peter Cathedral, or Regensburger Dom, is the greatest example of German Gothic style building in Bavaria.

The cathedral is a "must see" while visiting. It's also the home of the German equivalent to the Vienna Boys Choir: the Sparrows.

Many works of art and artifacts are housed within the cathedral and adjoining museums.

Within the relatively small area of the Altstadt, or old town, you can see at least five different styles of church architecture.

The City Museum of Regensburg is a remarkably complete display of early history from the Roman and pre-Roman times to the height of Regensburg's days as the capital of Bavaria through the time of the Holy Roman Empire.

On the south end of town is the former Abbey of St. Emmeram. It's now the Palace of Thurn and Taxis, whose rise to royal status was remarkable. The princess still lives here with her two children.

Tours are offered in the older sections of the palace which is larger than Buckingham Palace in England. Here you can listen to an English audio guide to learn the secret of their rise from common public service and be surprised at how America wasn't the first to use this technique.

If you want a small city with a huge history, put Regensburg on your list of places to see while you are stationed in Germany. You may just find it charming and delightful.



Photos by Bill Barber

The city's Gothic Cathedral of St. Peter was built from 1274-1520 on the site of a large Romanesque church, some portions of which are integrated into the current structure. The spires and upper portions of the towers are 19th Century additions. When the cathedral was cleaned, it became possible to see two types of stone in the façade: a cream-colored limestone and a softer green sandstone that was used for repairs and additions in the 18th century. The green blocks are being replaced gradually with limestone from the Czech Republic that matches the original material.



The Walhalla is considered the most important of all works commissioned by King Ludwig I of Bavaria (1825-48). It was completed in 1842 and it commemorates great figures from German history. "Walhalla" means "hall of the dead." German or Germanic personalities may be considered for a place in this hall of fame 20 years after their death at the earliest. On its inauguration Oct. 18, 1842, there were 96 busts and 64 plaques. 30 busts have been added since.



(Left) The Steinerne Brücke has 15 arches and runs nearly 750 meters from the Altstadt to Stadthof. At one time, the Steinerne Brücke was an important crossing point along the main trade route between Venice and Northern Europe.

## GERMAN HOLIDAY

### Unification Day to be celebrated Oct. 3

Germany observes a legal holiday, Unification Day, Saturday. Germans will celebrate the 19th anniversary of reunification of East and West Germany.

The former German Democratic Republic (East Germany) and the Federal Republic of Germany (West Germany) were officially reunited Oct. 3, 1990.

The process of reunification started in 1989. During September and October of that year, East Germans demonstrated for democratic reforms and the right to travel to Dresden, Leipzig, Halle, Schwerin and other towns.

Chief of State Erich Honecker was dismissed from his top position Oct. 18 and the new political office announced the opening of the borders to the Federal Republic of Germany and the border gates along the Berlin wall the night of Nov. 9, 1989.

Over the next three days, more than three million East Germans crossed the border into West Germany just to celebrate, sightsee and purchase goods, which they were not able to obtain in the east.

The wall, a symbol of the Cold War for 28 years, was torn down during the following weeks and months, and pieces were sold as souvenirs.

East Germany's first free elections in 40 years were held March 18, 1990, and citizens elected a new government. Basic changes concerning the country's economy, currency, social laws and jurisdiction were established by state contracts May 18 and Aug. 31.

Finally, Oct. 3, 1990, the German Democratic Republic ceased to exist. After 41 years, it vanished from the world political map.

The celebrations in Berlin the night of Oct. 2, included a giant fireworks display, hundreds of thousands of people dancing in the streets drinking champagne, and the raising of the national flag on the former East German parliament building.

Berlin was chosen as the new capital city of unified Germany.

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietitian who is fluent in the German language.

Introduction to German Cuisine will demonstrate what to look for when food shopping on the economy.

Tours are scheduled twice a month, visiting an organic food store and visiting a typical grocery store. Both stores have an excellent bakery and meat and cheese counter.

We will identify local specialty foods and review the German nutrition facts label; topics discussed depend on the interest of the individual and questions from the group.

Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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

Dear Ms. Vicki,

My question is about my 2-year-old son who exhibits all signs of autism and has had an autism screening, but the doctor said he does not have autism because he can make eye contact.

He is getting help through government services. And the people that work with him seem to agree with the doctor that my son is just learning delayed. But for some unknown reason, he has all signs of autism like hand twirling, jumping, only eating certain foods, doesn't sleep, doesn't play with toys properly, has out-of-this-world tantrums that you cannot console him. Just pray that it will be over soon, the list goes on.

My question is if your readers have had similar problems getting their children diagnosed. And what do I do to get him diagnosed? Is it just military doctors who don't want to take the time to listen and spend time with parents and children?

From: Concerned Mommy

Dear Concerned Mommy,

I hope my letter finds you and your family doing well. I truly appreciate you writing me and sharing this information about your son. I know this is stressful for you because you love your son very much and want the best for him.

I agree that his symptoms have some autistic traits, but he, in fact, could be learning delayed. However, I think the doctor is trying to get more information and more history before making such a diagnosis. He is only 2 years old, and he is quite young yet, in my professional opinion. I think you will be happy in the long run that there was no rush to diagnose him.

Please don't take this a sign that the doctor does not want to give him the proper care or keep him from getting the services he needs. It's very important that you build a network of support and take care of yourself.

Ms. Vicki, I respect you, but I will not take your advice again. I think your thinking comes from "respect" and treating others like one would want to be treated. This is not so in the Army. I will always believe it's all about rank. If you have the right rank then, you are respected. If not, then you can just go jump off a bridge.

I applaud you for reaching out for help. I'm sure there are many readers who also may share their experience or in fact have some wisdom to share. Please take care of yourself and keep in touch with me.

Dear Ms. Vicki,

I wrote to you earlier and discussed what was going on in my FRG and how I knew I was being mistreated, and the mistreatment of other spouses, the wives wearing rank of their husbands. You name it and it was going on.

You suggested that I hang in there and not stop participating. Moreover, you told me to speak with the commander because the FRG is a command-sponsored program.

I took your advice, even though other friends told me not to because they had the same experience and when they came forward to voice their opinion, life became a nightmare.

Well, Ms. Vicki, my friends were absolutely right. My husband and I asked for a meeting to speak with the company commander, who wanted his wife to be present. It turned into a shouting match because his wife took everything so personal. She even suggested I never participate in the FRG again, or at least not while her husband is the commander.

My husband and I were outdone. The commander has since made life a living hell for my husband, and there's nothing he can do.

Ms. Vicki, I respect you, but I will not take your advice again. I think your thinking comes from "respect" and treating others like one would want to be treated. This is not so in the Army. I will always believe it's all about rank. If you have the right rank then, you are respected. If not, then you can just go jump off a bridge.

I'll still read your column, but I won't be writing to you. Thanks for your time.

From: Took the Wrong Advice

Dear Ms. Vicki,

I love reading your columns and the responses you give back to the spouses and Soldiers who write you. Their problems range from minor to major drama!

I think that if the readers don't

like how "real" you are with the writers, then they should move on and read something else. There is a reason why people come to you with questions and issues. Obviously they aren't getting the right answers from anyone or anywhere else for that matter. I think that you should continue to be "real" with those who write you and continue to give the wonderful advice that you have to offer everyone. It seems like some people can't handle the honesty and truth when it needs to be dealt.

Please continue being the person you are! Because we definitely need more like you!

Also... for the guy that wrote you saying "happy with wife at home," he needs to realize that the way the society is nowadays, you won't find too many wives who are happy with staying at home. A lot of them want their own careers and lives. They don't always want to live in the background and never be the center of attention.

The way that he says God designed the family is certainly not how the family is today. Yes there is nothing wrong with a housewife staying home. And there is nothing wrong with a wife working outside the home. I don't believe that women should be home, pregnant and barefoot in the kitchen.

Thank God my husband doesn't believe in that. I can get my degree, have a career of my own, and still continue to be a good wife.

And as for taking advice from Ms. Vicki, wives decide that on their own.

The reason why military marriages fall apart is because either the husband or wife is not able to handle being that stay-at-home wife or husband and living in the background of their spouse. And they choose to find other means of making themselves happy. i.e. cheating, working outside the home, having a life of their own.

Military marriages aren't falling apart because of the advice that wives get from Ms. Vicki. They are able to make up their own minds and live the life they choose to live. Man up and be a real husband! Don't make decisions for your wife and the ones around you! They're grown and have minds of their own!

From: Mrs. Independent

# GET OUT!

## area events

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

### October 2

**The German Wine Fest** – The wine fest in Neustadt an der Weinstrasse is an annual event based on a long tradition. Through Oct. 12 the square in front of the train station turns into a festival area with wine, food, fairgrounds and music. With the election of the Palatinate Wine Queen and the longest wine fest procession at 2 p.m. Oct. 11, the German wine fest is a highlight during the wine season.

**Garmisch Oktoberfest Weekend** – Through Oct. 4 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**"Almost, Maine"** – KMC Onstage will present John Cariani's "Almost, Maine" Oct. 2 and 3. Dinner theater performances will take place Oct. 3. Doors will open at 6 p.m., dinner at 6:30 p.m. and the show will begin at 7:30 p.m. An additional show-only presentation will be offered Oct. 2 with the show beginning at 7:30 p.m. All shows will be held at the Kaiserslautern Community Activities Center. Tickets can be purchased by e-mail at [kmonstage@eur.army.mil](mailto:kmonstage@eur.army.mil) or at the box office on Kleber Kaserne 1-5 p.m. Monday-Friday. DSN 483-6626, civ. 0631-411-6626, [www.mwgermany.com](http://www.mwgermany.com).

### October 3

**Oktoberfest** – Join Kaiserslautern Outdoor Recreation at the biggest celebration in the world at Munich's Oktoberfest. Participate in one of the 14 beer tents, enjoy Bavarian specialties, and meet people from all over the world. DSN 493-4117, civ. 0631-3406-4117.

**Canoe Trip and Wine Probe** – Join Kaiserslautern Army Outdoor Recreation for the last canoe trip of the season on the Mosel River along with a wine tasting event. DSN 493-4117, civ. 0631-3406-4117.

### October 7

**One-Act Comedy** – The Heidelberg Roadside Theater presents "New Beginning," a new one-act comedy by Michael Boyer, at Mannheim's Off Main Street Theatre on Coleman Barracks Oct. 7 and 8 at 7:30 p.m. Enjoy an evening of free theater with preview performance of this new one-act comedy. "New Beginning" will represent the Heidelberg/Mannheim community in the 2009 Festival of One Act Plays. Reservations are not required. This production is recommended for mature audiences. DSN 373-5020, civ. 06221-17-5020.

### October 9

**Heidelberg Holiday Bazaar** – Through Oct. 12 the 2009 Heidelberg Holiday Bazaar will be held at the Patrick Henry Village Pavilion. Start your holiday shopping early with this huge selection of more than 130 worldwide vendors. Because of road closures during the bazaar, the shuttle bus stops in front of the Guest House and Dental

### Heidelberg Volksfest

The Heidelberg Volksfest presents "A Taste of America" Oct. 16-25 at the Messeplatz on Kirchheimer Weg. The U.S. Army will be involved in this year's event and will offer American food. The Glenn Miller Band will play on the opening day, Oct. 16, at 5:30 p.m. Besides fairground rides and snack booths, there will be an arts and crafts market Oct. 16-18 and a flea market Oct. 23-25. Pay half prizes for fairground rides and enjoy special family offers on Family Day Oct. 22. The festival will take a break Oct. 20-21.

Clinic will be closed Oct. 9-12. Riders can use the Burger King and Transformer stops as an alternative. [www.heidelberg-hcc.com](http://www.heidelberg-hcc.com).

**One-Act Play Festival and Theater Workshops** – IMCOM-Europe will host the 2009 festivals and workshops through Oct. 11 at the Kaiserslautern Community Activities Center. This weekend-long event offers free shows and workshops for monologues, costuming, theater collaboration and much more. DSN 483-6252, civ. 0631-411-6252, [www.mwgermany.com](http://www.mwgermany.com).

**007 Bungee Jump and Lake Como Weekend** – Head to Italy with Kaiserslautern Army Outdoor Recreation to take the 725-foot plunge. DSN 493-4117, civ. 0631-3406-4117.

### October 10

**A Day in the Alsace** – Join USO for a charming, colorful day with a typically French flair. Visit Soufflenheim, the home of the beautiful hand-made pottery with plenty of opportunity to buy your own unique piece. Then move on to Wissembourg, gateway to the Alsace and home to the Abbey of Saints Peter and Paul. Have lunch and wander around the charming half-timbered houses on the River Lauter. Take your time to sample the exquisite French pastries from one of the many patisseries. The famous Cleeburg Winery offers you to sample Alsatian wine from the region and you can visit their "Cave Historique des Hospice," the history of Alsatian vineyards. <http://affiliates.uso.org/kaiserslautern>.

**Rothenburg Medieval City** – Come with us to visit the "Gem from the Middle Ages." Rothenburg is one of the best preserved medieval cities in Germany. The old city walls are still standing and you can actually walk around part of the city on the city wall's walkway. There are wonderful museums and the Käthe Wohlfahrt Christmas Village with one of the world's largest selections of German Christmas decorations. You can climb the old town tower in the original part of the city hall for a magnificent view over the city. <http://affiliates.uso.org/kaiserslautern>.

### October 11

**Ludwigsburg's Pumpkin Fest** – The Pumpkin Exhibition (Kürbis Fest) at Ludwigsburg's Blühendes Barock Garden provides 500,000 of pumpkins. There are more than 450 pumpkin varieties, and you'll find them all there. See pumpkin sculptures, pumpkin fountains, pumpkins big enough for Peter-Peter Pumpkin Eater's wife to live in. After the pumpkin exhibit, take your

kids on a walk through the Fairy Tale Park. <http://affiliates.uso.org/kaiserslautern>.

### 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.

### 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.

### 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, one 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.

### Ongoing

**Stuttgart Beer Festival** – The Stuttgart Beer Festival runs through Oct. 11 and has become one of the world's largest public festivals with a host of fairground rides and frequent new attractions. The large huckster's market invites you daily to shop pots, pans or clothing at the Wasen. [www.cannstatter-volksfest.de](http://www.cannstatter-volksfest.de). Go on your own or spend Oct. 10 there with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Mannheimer Mess** – The Mannheim Fair runs through Oct. 11 and is the largest Volksfest in the Rhein-Neckar region. At the Neuen Messeplatz in Mannheim Neckarstadt, fairground rides and booths offer fun and action. Pay half prizes for fairground rides and enjoy special offers on family days Oct. 1 and Oct. 8. Fireworks will take place Oct. 2 and Oct. 9 at approximately 10 p.m.

## coming to THEATERS

### JENNIFER'S BODY

When a demon takes possession of her, high-school hottie Jennifer turns a hungry eye on guys who never stood a chance with her before. While evil Jennifer satisfies her appetite for human flesh with the school's male population, her nerdy friend, Needy, learns what's happening and vows to put an end to the carnage. Rated R (sexuality, bloody violence, language and brief drug use) 80 minutes



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Oct. 1 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.  
Oct. 2 - THE UGLY TRUTH (R) 7 p.m.; JENNIFER'S BODY (R) 9 p.m.  
Oct. 3 - THE UGLY TRUTH (R) 4 p.m.; JENNIFER'S BODY (R) 7 p.m.; ORPHAN (R) 9 p.m.  
Oct. 4 - THE UGLY TRUTH (R) 4 p.m.; JENNIFER'S BODY (R) 7 p.m.  
Oct. 5 - ORPHAN (R) 7 p.m.  
Oct. 6 - THE UGLY TRUTH (R) 7 p.m.  
Oct. 7 - JENNIFER'S BODY (R) 7 p.m.  
Oct. 8 - THE UGLY TRUTH (R) 7 p.m.

#### Mannheim, Schuh

Oct. 1 - THE COLLECTOR (R) 7 p.m.  
Oct. 2 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.  
Oct. 3 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 4 p.m.; THE UGLY TRUTH (R) 7 p.m.; ORPHAN (R) 9:30 p.m.  
Oct. 4 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 4 p.m.; THE UGLY TRUTH (R) 7 p.m.  
Oct. 5 - ORPHAN (R) 7 p.m.  
Oct. 6 - THE UGLY TRUTH (R) 7 p.m.  
Oct. 7 - ORPHAN (R) 7 p.m.  
Oct. 8 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.

#### Vogelweh, Galaxy

Oct. 1 - G-FORCE (PG) 7 p.m.  
Oct. 2 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.; THE UGLY TRUTH (R) 10:30 p.m.  
Oct. 3 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.; ORPHAN (R) 10:30 p.m.  
Oct. 5 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 3 p.m.; THE UGLY TRUTH (R) 7 p.m.  
Oct. 8 - ORPHAN (R) 7 p.m.

#### Ramstein, Gateway Movieplex

Oct. 1 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE COLLECTOR (R) 12 p.m., 3:30 p.m., 6:45 p.m.; G-FORCE (PG) 11:30 a.m., 3 p.m., 7 p.m.  
Oct. 2 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.  
Oct. 3 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.  
Oct. 4 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.  
Oct. 5 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.  
Oct. 6 - JENNIFER'S BODY (R) (1STRUN) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.  
Oct. 7 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.  
Oct. 8 - JENNIFER'S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
Schuh Theater, Mannheim, 0621-730-1790  
Galaxy Theater, Vogelweh, 06371-50017  
Gateway Cineplex, Ramstein, 06371-47-5550  
Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions



## community HIGHLIGHTS

### TMP NTV Operators

Personnel operating non-tactical vehicles are required to produce a valid TMP license (OF 346-U.S. Government Motor Vehicle Operator's Identification Card) and dispatch for TMP vehicles when asked by POND guards while entering an access control point. TMP requires all operators to show a valid license prior to dispatch, but there are some organizations that are authorized recurring dispatches for multiple drivers. It is the responsibility of that organization to ensure all personnel using the NTVs are properly licensed. When an individual enters an ACP and does not have the proper documentation, the military police will be called to issue a ticket for operating a TMP vehicle without a TMP license. The vehicle will remain parked until a properly licensed driver can operate the vehicle. A U.S. Forces Certificate of License is not a valid license to operate a TMP vehicle, however, it can be used to acquire a TMP license from the Driver's Testing Station.

### Field Study Courses

University of Maryland University College Europe announces two three-credit undergraduate field study courses, "Dublin, Ireland: A Brief Literary History" and "Expatriate Writers in Venice: 1800 to Present," offered this October in Dublin, Ireland, and Venice, Italy. The registration deadline for both courses is Oct. 2. DSN 370-6762, [www.edu.umuc.edu/fieldstudy](http://www.edu.umuc.edu/fieldstudy).

### Government Vehicle Auction

Interagency Fleet Management System Europe, will hold a Public Auction of used U.S. Government vehicles Oct. 2-11 at the Mainz-Kastel Housing Area. Bidding will be via live Internet auction. Public inspection period 9 a.m.-3 p.m. Oct. 7. Photos and vehicle information starting Oct. 2. [www.vetebg.de/web/en/auktionen/index.htm](http://www.vetebg.de/web/en/auktionen/index.htm). DSN 337-7784, civ. 0611-705-7781.

### GI Bill Briefings

**Heidelberg** – 9:30-10:30 a.m. Tuesdays and 2-3 p.m. Thursdays at the Heidelberg-Patton Education Center, Patton Barracks, Building 106, Room 109. DSN 373-8660/6176/8700.

**Mannheim** – Noon-1 p.m. every Wednesday at the Sullivan Education Center, Building 253, Room 302. DSN 385-2053, civ. 0621-730-3361.

### Sport Bike Course

IMCOM-Europe has launched the Motorcycle Safety Foundation Military Sport Bike Course. This is an alternative to the MSF Experienced Riders' Course. The eight-hour course was developed especially for sport bike riders. Kaiserslautern and Heidelberg will host the training. Course dates and registration: [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp).

## local EMPLOYMENT

### Dog Groomer

Mannheim's Morale, Welfare and Recreation department is looking for a qualified, English-speaking licensed dog groomer to provide dog grooming services on post. DSN 385-3530, civ. 0621-730-3530.

### Dance Instructors

SKIES Unlimited in Kaiserslautern is currently seeking individuals to become dance instructors. Styles of dance include ballet, tap, jazz, hip-hop and salsa. DSN 486-5412, civ. 06371-86-5412.

### KAISERSLAUTERN Education

• **Pre-Separation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Oct. 6 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071 or 0631-411-7071.

#### Community

• **Single Parent Focus Group** – The Family Life Chaplain's Single Parent Focus Group originally scheduled for Sept. 30 is now noon Oct. 7 in the Kirchberg Room of the dining facility in the Landstuhl Regional Medical Center. Registration is required by Oct. 2. DSN 493-4098, [scott.crossfield@eu.army.mil](mailto:scott.crossfield@eu.army.mil).

• **Community Information Forum** – The Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Oct. 7 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4093, civ. 0631-3406-4093.

• **Hispanic Heritage Month** – An Equal Opportunity observance to honor Hispanic Heritage Month is scheduled for 3-5 p.m. Oct. 8 at the Kaiserslautern Community Activity Center. It will feature a guest speaker, live entertainment, dancing, door prizes and free Hispanic food samplings. DSN 484-7236.

• **Domestic Violence Awareness Month** – Army Community Service's Family Advocacy Program is hosting several events in October for National Domestic Violence Awareness Month. For a complete list of events, visit [www.kaiserslautern.army.mil](http://www.kaiserslautern.army.mil).

• **Photo Studio Closure** – The Training Support Center Kaiserslautern's photo studio will be closed Oct. 8-9 for floor waxing. The TSC equipment issue facility will still be open for customers on those days. DSN 483-7578.

• **Warrior Response Exercise** – The garrison will hold the 2009 Warrior Response Exercise Oct. 13-16 throughout the Kaiserslautern area. Expect delays, alternate traffic patterns and limited parking at all Army kasernes in the area.

• **"Sound of Music" Auditions** – KMC Onstage will hold auditions Oct. 13 and 14. Please prepare a short musical selection with sheet music. Auditions held at KCAC (Daenner, Bldg 3109). Children's (6-17) auditions at 5:30 p.m., Adults' (18+) at 7 p.m. DSN 483-6626, civ. 0631-411-6626, [www.mwgermany.com](http://www.mwgermany.com).

• **Retiree Pay Operations Session** – 9 a.m.-1:30 p.m. Oct. 16 in Room 006 in Bldg. 3245 on Kleber Kaserne. The Defense Finance and Accounting Services Center in Cleveland will have two personnel finance subject-matter experts on military retiree pay to 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](mailto:john.haldeman@eur.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.mwgermany.com/kl/acs/afap.htm](http://www.mwgermany.com/kl/acs/afap.htm) or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, [kl.afap.distro@eur.ds.army.mil](mailto:kl.afap.distro@eur.ds.army.mil).

### HEIDELBERG Education

• **ACS Classes and Events** – Healthy Relationships, 3-5 p.m. Oct. 1; EFMP Teen Social, 7-9 p.m. Oct. 2; Intro to MS PowerPoint, 9 a.m.-noon Oct. 5 and 7; Families Learning about Germany, 9 a.m.-2 p.m. Oct. 5-6 and 9 with field trip 8:30 a.m.-1:30 p.m. Oct. 10; Federal Web-Based Application (Resumix), 9 a.m.-noon Oct. 6; PCS Briefing, 12:30 p.m. Oct. 6; Warrior in Transition Resume Class, Oct. 8; Community Orientation, noon-3 p.m. Mondays; English as a Second Language offered throughout the week. DSN 370-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.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

• **Patton DFAC Hours to Change** – The Patton Dining Facility will no longer serve dinner meals starting Oct. 1. The new DFAC operating hours will be 7-8:30 a.m. and 11:30 a.m.-1 p.m. Monday-Friday and 10:30 a.m.-1 p.m. Saturday-Sunday. DSN 373-6555.

• **HSCS Welfare Grants** – The deadline for organizational grant requests through the Heidelberg Community Spouses' Club is Oct. 1. Visit [www.hscs-heidelberg.com](http://www.hscs-heidelberg.com) and follow the link to Welfare where you will find the Grant Application and Grant Guidelines links. The next grant-writing workshop is Dec. 3, and the next grant request deadline is Dec. 31. [welfare@hscs-heidelberg.com](mailto:welfare@hscs-heidelberg.com).

• **Domestic Violence Awareness Month** – Oct. 8 at 2 p.m. and Oct. 13 at 6 p.m., Hot Monogamy: Creating passion that makes relationships thrive; Oct. 19-23, 8 a.m.-4:30 p.m., Domestic Violence Intervention training. [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Polish Pottery Bingo** – The Heidelberg Sea Lions Swim Team Booster Club is hosting bingo starting at 6:30 p.m. Oct. 2 in the Heidelberg Middle School multi-purpose room. \$5 per card or \$20 for five cards. [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

• **Fall Yard Sale** – The Heidelberg community's Fall Yard Sale is set for 10 a.m.-4 p.m. Oct. 3. Space fee: \$10,

tables provided. Look for the tent in front of the Village Pavilion. Sign up for space at Outdoor Recreation. DSN 388-9282, [www.mwgermany.com](http://www.mwgermany.com).

• **Recycling and Reuse Center Closure** – The two facilities will be closed Oct. 3 due to the German public holiday.

• **CFC Kick-Off Event** – The annual Combined Federal Campaign-Overseas will kick off in Heidelberg at 11:30 a.m. Oct. 5 in front of the PX on the Community Support Center. Contact unit representatives for donation details. [www.cfcoverseas.org](http://www.cfcoverseas.org).

• **European Regional Library Support Center's New Hours** – Starting Oct. 11, the library will be open noon-6 p.m. Monday, Wednesday and Thursday. It will no longer be open on Sundays.

• **American Hispanic Heritage Month** – Join the Equal Opportunity office for a luncheon and entertainment 11 a.m.-1 p.m. Oct. 15 at the Patrick Henry Village Pavilion. Tickets: \$5. Civ. 0162-273-3273, [larry.gray1@eur.army.mil](mailto:larry.gray1@eur.army.mil).

• **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, [rsold@eur.army.mil](mailto:rsold@eur.army.mil).

• **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. Members will plan and attend trips in the region and in other European countries. DSN 388-9421, civ. 06221-338-9421.

• **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. College and university representatives are still needed. Find out how you can represent your alma mater. DSN 388-9377, [collegenight@addse.net](mailto:collegenight@addse.net).

### MANNHEIM Education

• **ACS Classes** – ESL, 9-11 a.m. Oct. 2, 5 and 7 and 6-7:30 p.m. Oct. 6 and 8; Welcome to America for Foreign-Born Spouses, 9 a.m.-2:30 p.m. Oct. 3; Volunteer Training, 1-2 p.m. and 3-4 p.m. Oct. 5 and 7 and 5-6 p.m. Oct. 7; Crisis Management Planning for FRG, 9:30-11:30 a.m. and 5:30-7:30 p.m. Oct. 6; Levy and Out-processing Briefing, 1-2:45 p.m. Oct. 6; FRG Leader 101, 9:30-11:30 a.m. and 5:30-7:30 p.m. Oct. 7; Sponsorship Training for Soldiers, 3-4 p.m. Oct. 7; FRG Key Caller and POC Training, 9:30-11:30 a.m. and 5:30-7:30 p.m. Oct. 8; Organization POC VMIS Training, 3-4 p.m. and

5-6 p.m. Oct. 8. 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

• **Pedestrian Gate Reduction in Hours** – Beginning Oct. 1 the pedestrian gate adjacent to the Class VI store near Friendship Circle will have reduced operating hours: Open 6 a.m.-9:30 p.m. Monday-Friday and closed Saturday-Sunday. The alternate gate for pedestrians is the "Smart Gate" located at Friendship Circle near the USO. This gate can also accommodate families and single strollers. When the pedestrian gate is closed, vehicles will exit via the Funari main gate or the Jackson Street gate across from Grant Circle. The reduction is a compromise based on a USAREUR team that recommended closing the gate completely due to low usage.

• **Top Hat Club Closure** – The Top Hat Club will be closed through Oct. 5 to allow for carpet replacement. The closure does not affect the Village Grille or the Slot Room.

• **Sullivan Library** – Special USO Story Time, 10:30 a.m. Oct. 8; Scrapbook Club, noon-3 p.m. Oct. 10 and 24; Free Movie Viewing, 4-5:30 p.m. Oct. 10 and 24; Adult Book Discussion Meeting, noon-1 p.m. Oct. 13. DSN 380-1740, civ. 0621-730-1740.

• **Outreach Services** – Super Saturday, 10 a.m.-4 p.m. Oct. 10, reservations at DSN 380-4851; FRG/Unit Night, 5:30-8:30 p.m. Oct. 15, reservations at DSN 385-2750; Parents' Night Out, 6:30-10 p.m. Oct. 30, reservations at DSN 380-4851.

• **Domestic Violence Awareness Month** – Army Community Service will host a Domestic Violence 5K Run/Walk at Sullivan Gym at 9 a.m. Oct. 3. A candlelight vigil will take place at Sullivan Gym Field at 6 p.m. Oct. 16. A luncheon including various speakers talking about the impact of domestic violence will be held at the Top Hat Club 11:30 a.m.-1 p.m. Oct. 29. DSN 385-2027, civ. 0621-730-3101.

• **Free Pancake Breakfast** – Join the USO 7-9 a.m. Oct. 14 in the USO ballroom for pancakes, bacon, sausage and orange juice.

• **Bingo Program** – Starting Oct. 18, the Top Hat Club introduces a recreational bingo program for community members 2-4 p.m. the first and third Sunday of every month.

• **Youth Services** – Billiard Awareness Month billiards competition; National Taco Day, 3-5 p.m. Oct. 4; National Dessert Day, 3-5 p.m. Oct. 10; Are You Smarter Than a Teen?, 5:30-7:30 p.m. Oct. 9. DSN 380-4864, civ. 0621-730-9997.

## Local players participate in full-day SoccerFest

By Jane Casarez

Nearly 100 of Heidelberg's Olympic Developmental Program soccer players attended the SoccerFest in Tiefenbach Sept. 20 for a full day of intense drills and short-sided games.

The 2009 SoccerFest was organized by U.S. Youth Soccer Europe as a kick-start to the 2009-2010 USYS season.

There were nearly 200 USYS players at the SoccerFest, some from as close as Heidelberg, Stuttgart, Landstuhl and Mannheim and a select few from as faraway as Rome, Copenhagen and Geneva.

When the day began, players were divided into groups by age brackets and then sent off to different training stations set up to keep the kids moving and keep their interest at a

high level.

Stations targeted physical endurance, agility, small-space skills and individual goalie assessments.

"I really liked the fact that we were moving around to different stations and not doing the same things all day," said U15 boys player James Wigman.

The SoccerFest was run by USYS Europe state coaches and trainers. "Everywhere I looked I saw kids doing what they love ... playing soccer with their parents loving every minute of it," said Paul Guelle, director for Heidelberg ODP. "I saw kids from all over making new or reacquainting their friendships with players from other districts and just having a great time."

Liz Perez, mother of Camille Perez,

U11 girls player, said she was pleased with the event.

"The drills were helpful for all the levels and age groups," she said. "The coaches were very good at tailoring each drill to the skill level of the various groups and helping all the players take away something from each of the drills."

After it was all over, Nicole Casarez, a U15 girls player, said the fest was pretty intense. "I feel like I left a better player because of it."

The next event is the USYS Europe Fall Camp and State Team selection in Bitburg Oct. 9-12. Although the initial tryouts and selection phase is over, there are still possibilities for qualified players to join.

For additional information, e-mail USYSHeidelberg@googlemail.com.

## Heidelberg rolls over Lakenheath

Lions senior Thomas Hogue (31) crosses the goal line to score the second touchdown for Heidelberg in a match-up against Lakenheath in England Saturday. This was Hogue's first of three touchdowns during the game. In total, Hogue had six carries for 55 yards, but he was not the Lions leading rusher for the game. Sophomore fullback Jordan Shackelford carried the ball seven times for 65 yards with one touchdown. The Lions easily brought home the win with a 47-6 victory. The junior varsity team also beat Lakenheath 40-0.



Wray Holan

## Cross country teams meet in Baumholder

The Heidelberg and Mannheim cross country teams traveled to Baumholder Saturday with the Bison's Alex Cornelius leading the herd to take first place in the boys run with a time of 16:47.

The Heidelberg girls team placed second overall in the face-off against Kaiserslautern, Mannheim, Bitburg, Baumholder and Wiesbaden. Leading the girls was junior Olivia Darrow who finished second and set a personal best with a time 20:47 over the 5-kilometer course. Three other Lady Lions finished in the top 10 - Lindsey Duckworth (fifth), Maggie Cutler (seventh) and Stephanie Barlow (eighth).

For the Lady Bison, Daniell LaFluer came in with a European qualifying time of 22:26 followed by team captain Margaret Clevenger with a time of 24:54.

The Heidelberg boys team of 24-

on last week's performance by placing third overall. Once again, junior Jaran Henninger led the group by finishing fifth overall. Other top Lion boys were Zach Smith, Andrew Bean, Brian Hanum, Eric Boyd and Ian Hall.

For the Mannheim boys, Adam Cornelius placed 10th with a time of 19:03 followed by Billy Amos (19:42), Scott Floyd (20:35), Travis Optenberg (22:43), Andrew Harris (22:57) and Sean McClone (24:29).

This season the Mannheim Bison team members are wearing armbands to dedicate each run in memory of Davonte Cook, a former Mannheim cross country who was killed in a car accident this summer.

Mannheim hosts Heidelberg and Bamberg starting at 12:30 p.m. Saturday. SOURCE: Sharon Brady and Dayna Wiederich

### Ryder Cup

The Heidelberg golf course Ryder Cup team narrowly beat its fellow German Rheintal team by a single match in the annual two-day tournament this weekend. Heidelberg won seven of the 12 individual matches Sunday to win 12 1/2 to 11 1/2 after being down by one win following Saturday's 12 two-man team matches. A win was worth a point, a tie a half point. Heidelberg golfers Eilhu Jones and Tim McGrath beat their Rheintal opponents, playing in the final foursome, on the 17th and 16th holes respectively to win the Ryder Cup back from Rheintal, which won last year.

### Two Holes in One

Matthew Ferretti shot a hole-in-one Saturday on the difficult 212-yard Par 3 at the Heidelberg golf course. The same day, Rheintal golfer Zlatko Iadic, playing in the local Ryder Cup tourney, shot a hole-in-one on the 125-yard hole 4, his second ace in two years.

## staying ACTIVE

### Heidelberg Flag Football Results

**Standings as of Sept. 28:** DENTAC 6-0; USAREUR B&C 6-0; 529th MPs 4-1-2; MEDDAC 3-1; 18th Engineers 1-2-1; V Corps 1-3; USAG HD 1-6; B Co. 24th MI 0-4; USAREUR 0-5. **Games to be played on Patton Barracks Oct. 7:** B Co. 24th MI vs. USAG HD, 6 p.m.; V Corps vs. USAREUR, 7 p.m.; DENTAC vs. MEDDAC, 8 p.m.

### Youth Sports and Fitness

Fall sports enrollment in Mannheim is Oct. 1-Nov. 30. Register for basketball and cheerleading at Central Enrollment on Sullivan Barracks. Basketball will be available for ages 6-15 and will cost \$46. Cheerleading will be available for ages 6-15 and will cost \$36. Volunteer basketball and cheerleading coaches are needed. Anyone over the age of 18 interested in becoming a volunteer coach: DSN 380-9290, civ. 0621-730-9290, [daren.brown3@eur.army.mil](mailto:daren.brown3@eur.army.mil).

### Basketball Tournament

The Mannheim community hosts a Columbus Day Basketball Tournament Oct. 10-12. There will be men and women teams representing various military garrisons throughout Europe. Games will be held at the Sports Arena and Sullivan Gym. DSN 385-3164, civ. 0621-730-3164.

### Stroll and Stride

Heidelberg Sports and Fitness will host Stroll and Ride - the new walking program for moms and dads of infants or toddlers - 8:30-10 a.m. Tuesdays and Thursdays Oct. 13-Nov. 19 starting at the Campbell Fitness Center. Benefits include outdoor exercise for you and baby, fun with your child, interaction with other parents and more.

### Big and Beautiful Workout

Receive four different weekly workouts (yoga, cardio, weight training and pilates) from four different personal trainers, along with a needs and health assessment and nutrition classes every Tuesday-Friday Oct. 13-Dec. 4 at the Campbell Fitness Center. Fill out a registration packet and schedule a time for a short interview before the sessions start. Sign up by Oct. 5 at the Campbell Fitness Center.

### Boxing Invitational

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

### 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. DSN 486-6121, civ. 06371-86-6121.

### 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. [tony.lees@eur.army.mil](mailto:tony.lees@eur.army.mil). The Powerlifting Invitational will be held Oct. 31. Register by Oct. 23: [usagknsports@eur.army.mil](mailto:usagknsports@eur.army.mil), DSN 493-2088.