

HeraldPOST

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



Christine June

The Headquarters and Headquarters Detachment, U.S. Army Garrison Kaiserslautern wins the "most percentage of participants based on unit strength" category Saturday at the garrison's 2009 Red Ribbon Run on Rhine Ordnance Barracks. The garrison team had 28 participants out of 31 Soldiers assigned. In total, the event attracted more than 480 runners and walkers from the Kaiserslautern military community. See **Red Ribbon Run** on page 14 for the story.

Event honors employees with disabilities

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

"The strength of the Army workforce comes from its diversity, and persons with disabilities are another aspect of the diversity that makes our Army so great," said Gen. Carter F. Ham, U.S. Army Europe commanding general, during a luncheon event on Campbell Barracks in Heidelberg Oct. 20 in honor of National Disability Employment Awareness Month.

Harry Connors, government relations advisor for U.S. Army Garrison Baden-Württemberg, also spoke at the event, telling how he struggled to overcome injuries he received in Vietnam so he could continue to serve.

"If you are or become, quote – disabled – unquote, you do see **DISABILITIES** page 14

From student to principal

New PHES leader recalls life at school 40 years ago

By Jonathan Ochart
HERALD POST INTERN

Life has a curious way of bringing back fond memories, and for the new Patrick Henry Elementary School principal, they are from her childhood.

Allison Peltz may be new to her job as principal, but her face has graced the halls of PHES before – when she was a student 40 years ago.

After hearing she would lead a school she once attended, Peltz said she was excited, since she "has great



Jonathan Ochart

New Patrick Henry Elementary School Principal Allison Peltz helps Brandon, a PHES student, add numbers with blocks. Peltz attended PHES as a student 40 years ago.

memories of being here as a child."

Previously assistant principal in Okinawa, Japan, Peltz believes she can create strong connections with parents and students in her new community.

"As someone who was an Army brat, who has relatives who have children in (the Department of Defense Education Activity), and having been a teacher," the principal hopes to see **PRINCIPAL** page 14

HP THURSDAY
Oct. 29, 2009

Speed Read

24-HOUR TUTORS

Through the new *Tutor.com* program, CYSS is offering students 24/7 access to live educational assistance. 3

PUMPKIN PATROLS

Pumpkin Patrols consisting of the German Zivil-Polizei (civilian police) Air Force's security police and the Army's military police will patrol housing areas in the Kaiserslautern military community during trick-or-treating hours Saturday. 4

ANGEL TREE PROJECT

Heidelberg is gearing up for its annual Angel Tree project to provide gifts to local children in need this holiday season. 6

MAKE A DIFFERENCE DAY



More than 350 volunteers from the Heidelberg and Mannheim communities participated in various projects to make a difference inside and outside the community. 8

NATURAL FIRE 10

Weeks of hard work have come to a head for the advance and torch parties of Natural Fire 10 as the main body moved from Entebbe, Uganda, to Kitgum and into their new home at Life Support Area F1st on Pajimo Barracks. 12

H1N1 VACCINE ELIGIBILITY

The H1N1 influenza vaccine is set to arrive in Europe sometime next month. Find out if you and your family are eligible to receive it. 16

Defense Details

BOMBINGS IN IRAQ

Terrorist bombings that struck Baghdad yesterday demonstrate the security challenges that exist there, a senior Defense Department official said here today. News reports say more than 150 Iraqis died and hundreds more were injured yesterday as a result of two massive blasts that targeted the Iraqi justice and municipalities and public works ministries and a provincial headquarters building in downtown Baghdad.

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

What's Inside

Our Army Around the World.....	10
Leisure.....	15
Dear Ms. Vicki	16
GET OUT!	17
Movies	17
Announcements	18
Sports.....	19

SAFETY MESSAGE**Keep your ghosts and goblins safe this Halloween****USAG Heidelberg Safety Office**

Saturday from 6-8 p.m. in housing areas in Heidelberg, Kaiserslautern and Mannheim, ghosts, goblins, superheroes and villains will go door to door in search of sugary treats during scheduled trick-or-treat hours.

To ensure your little goblin remains safe and has a frighteningly good time while trick-or-treating, follow these safety tips.

Select a costume that is age appropriate, flame resistant or flame retardant, and that fits your child. Check the length of the costume. You want to make sure that the costume is not dragging on the ground. If it does, it could cause your child to trip and injure himself. If it is too long, you should hem it up so it rests on the very top of your child's shoes.

If the costume comes with feet as a part of it, you may want your child to wear their shoes over the feet of the costume.

If the costume includes a mask, have your child don the mask to make sure it allows him to breathe freely and that he can see clearly. In lieu of a mask, you may want to consider using hypoallergenic make-up specifically for Halloween and create a work of art on your child's face. This can also be fun for the children as they show off their cool face to their friends.

Another safety tip is to use glow sticks, flashlights and reflectors. Various types of glow sticks are available, and they are fun for children to wear or carry.

Flashlights will help your child see as they cross the street and go from house to house. They also help drivers see your child as they cross the street. Reflectors can be placed on your child's costume. A great place to put a reflector is on the outside of the legs of the costume and on the back of the costume. This will enable drivers to see your child.

It is also important to use the buddy system. Many parents, especially those of young children, will go trick-or-treating with their child for safety reasons.

However, for those who do not go with their children, the buddy system is very important. No child should go trick-or-treating alone.

Having a buddy along for trick-or-treating helps to make the adventure safer. Older brothers

and sisters make great buddies, as do friends and neighbors.

Lastly, take the time to sift through and check all candies that your child collected while trick-or-treating; especially, if your child has food allergies.

Following these safety tips will help ensure your child's Halloween is fun but, more importantly, mishap free. It's important to practice these safety tips so your child's experience on Halloween can be one of fun.

For a list of the weekend's fall and Halloween events in all three Baden-Württemberg military communities, visit <http://myBWnow.ning.com> or www.bw.eur.army.mil.

**Food Safety**

Halloween is all about snacks and candy, but there may be some hidden food safety dangers to trick-or-treating or Halloween parties that parents and children should be aware of.

Here are some food safety tips to follow in order to have a happy Halloween.

Children should not go trick-or-treating on an empty stomach. This will help prevent snacking on any candy while they are out. Try and give them a light snack beforehand.

Children should wait until they get home and have their parents inspect their candy before they eat it. Homemade treats or baked goods should be discarded. Treats should always be commercially wrapped.

Inspect treats for any signs of tampering, such as unusual appearance, discoloration, pinholes or tears. Discard candy with open or torn wrapping.

Adults should remove any choking hazards for small children like peanuts, hard candies or small toys. Take extra care if your child has allergies. Check food labels, and avoid candy without a label that lists what's in the candy.

For Halloween parties, make sure juice is pasteurized. If having food catered, make sure you work with a reputable food company that uses properly working chafing dishes to keep hot food hot. Hot food should be kept above 140 F. Keep cold foods cold. Make sure you have plenty of room in your refrigerator to store cold foods before, during and after the party. Cold foods should be kept at 40 F or below.

If bringing food to a party or preparing your own food, make sure to keep cold foods cold and hot foods hot. Choose simple dishes that can either be put into a refrigerator or transported in a cooler.

Food like cold, precooked meatballs and chicken wings can be reheated to 140 F or hotter in a microwave oven. Wash fresh fruit and vegetables before serving or preparing.

We in the U.S. Army Veterinary Service would like to wish everyone a safe and happy Halloween!

SOURCE: By Col. Leslie G. Huck, Europe Regional Veterinary Command



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

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

We may have the opportunity to move to Heidelberg ... We now have children and I'd like to ask about the schools. We live currently in northern Virginia and have great public schools. I don't want my Middle schooler to fall behind the demanding curriculum here ... Are the children challenged and prepared for college at the DODD's schools with the drawdowns and challenges in the budgets? Are there advanced classes in chemistry, physics and

maths and sciences in High school? Is the general population of children motivated to learn?

-Lori Fenn, BWnow member

You can compare our standardized test scores by accessing the DoDDS-Europe website at www.eu.dodea.edu ... The draw-down has not had a significant effect on the quality of instruction as our schools are still funded well above the US national

average ... Out of a graduating class of 140 last year, 60 of the HHS students left for college with significant scholarships in their pockets, and 4 received military academy appointments. Clearly, colleges value the quality of our educational product ... Heidelberg is an enriching place to live, and offers every opportunity for your children to pursue excellence.

-Jim Rueshning, Heidelberg Schools Liaison Officer



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Online tutoring program offers 24-hour access to educational assistance

By Jonathan Ochart
HERALD POST INTERN

For those struggling in classes from English to Algebra II, the all-new Child, Youth and School Services Tutor.com has just the solution.

Kindergarten to college students may take advantage of this online, one-on-one tutoring program 24 hours a day, seven days a week at their local CYSS and even at home.

"The program is great for students who need help and either cannot afford tutoring or get to the local youth centers for help," said Deanna Duffy, supervisory lead of the Heidelberg CYSS Middle School/Teen Programs. "It is also good for anyone who is afraid to ask for assistance. They can sort of get outside help anonymously, at any time."

Live, online tutors guide students in a variety of subjects, such as geometry, calculus, biology, chemistry and physics, in addition to essay assistance, resume writing, and GED and Citizenship Test prep.

After selecting the subject in which assistance is required and answering a few pre-session questions, students are transferred to the proper tutor.

These background-checked instructors are certified teachers, professors, career specialists and college students attending accredited universities.

Spanish language services also are offered in math, science and social studies subjects. Students may receive guidance in Spanish while preparing for the GED and the Citizenship Test.

Each one-on-one session lasts about 20 minutes, until a question has been educationally answered. The CYSS advises connecting with another tutor if more than one to two questions remain.

"I would recommend the service to anyone who needs extra help," Duffy said. "Why not? The more resources that students have to be successful, the better. This is just one more great resource that the Army offers families as a benefit for their service."

Families and spouses of active, wounded, Reserve Component, National Guard and Army civilians (including survivors) can register themselves at www.myarmyresource.com.

To do so, click the CYSS tab at the top of the page and choose the Online Tutoring option.

By enabling students to seek help at all hours of the day, Tutor.com reduces the conflict between a Soldier's mission readiness and parental responsibilities, thereby supporting the Army Family Covenant.

Safety first



Kelli Bland

Sgt. 1st Class Adrian Brown, U.S. Army Europe Operation Communications Information Systems (G6), attempts to master the hopscotch activity wearing "beer goggles" that simulate the visual impairments that can come with excessive alcohol consumption during the U.S. Army Garrison Heidelberg's Winter Safety Day on Patton Barracks Oct. 22. In addition to several activities with the beer goggles, the more than 400 Soldiers present were able to practice using a fire extinguisher, see what it's like to drive under the influence in the Drive Smart Drunk Driving Education simulator, learn how to attach snow chains to their tires and more. For more photos from the event, visit www.flickr.com/heraldpost.

AAFES gift cards now can be redeemed online

AAFES

DALLAS – According to a recently released trend report, "gift cards are still the gift of choice among consumers."

And while the Army and Air Force Exchange Service's gift cards have attracted a large following inside and outside the military community, the BX/PX card's flexibility, up until now, has been limited due to an inability to be redeemed online.

"AAFES is a global retailer with facilities in more than 30 countries, five U.S. territories and all 50 states," said AAFES' Senior Enlisted Advisor Chief Jeffrey Helm.

"While our reach is wide, the command's unique customer base means that a gift card recipient may not be within driving distance of an exchange," Helm added.

"Allowing AAFES gift cards to be redeemed online was a priority for our leadership because it opens up a world of tax-free shopping options

from any Internet-connected location."

After months of testing and years of planning, the Exchange Online Store at www.aafes.com, www.usmccs.org and www.navy-nex.com began accepting AAFES gift cards at the end of September.

Online redemption requires users to enter the AAFES gift card number as it appears on the back of the card and a unique pin code (also on the card).

While only authorized military shoppers can redeem an AAFES gift card at a BX, PX or even online, any American can send an exchange gift card by calling 800-527-2345 or logging on to www.aafes.org and clicking "Gift Cards/Certificates for Our Troops" icon.

From there, AAFES gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to "any service member" through the American Red Cross,

Fisher House Foundation, USO, Soldier and Family Assistance Center, Air Force Aid Society or Navy-Marine Corps Relief Society.

The added flexibility to accept gift cards at the Exchange Online Store is just one of many upgrades to the ever-evolving site.

In addition to gift card acceptance, the Exchange Online Store also has unveiled a "review" function that allows customers to directly provide feedback concerning their purchases to fellow military shoppers.

"The 'review' function at the Exchange Online Store continues a nearly 115-year tradition of coming together at the BX/PX," Helm said. "Now, instead of going to the exchange to hear what their fellow service members think about this year's new televisions, they can simply log on and read all about it from the comfort of home, their hooch or even the airport as they wait for their next flight."

Pumpkin Patrol keeps trick-or-treating safe

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

For at least 20 years, Pumpkin Patrols consisting of the German Zivil-Polizei (civilian police) Air Force's security police and the Army's military police have patrolled housing areas in the Kaiserslautern military community during trick-or-treating hours.

"We want to provide a safe environment to help and support parents and their children and provide that extra layer of security to ensure it's an enjoyable event for all," said Air Force Capt. Benjamin Washburn, the 569th U.S. Security Forces Police Squadron operations officer.

Trick-or-treating hours for the housing areas in the Kaiserslautern military community are 6 to 8 p.m. Saturday.

About 50 SPs and ZPs from the 569th USFP, including MPs from the U.S. Army Garrison Kaiserslautern and the 21st Theater Sustainment Command's 230th Military Police Company, will be grouped in two-manned teams patrolling housing areas on LRM and Vogelweh, both sides of Bundesstrasse 270.

About 40 SPs from the 435th Security Forces Squadron and volunteers from other organizations will patrol the housing area on Ramstein Air Base.

Safety is a big concern for the Pumpkin Patrols, said Tech. Sgt. Brian Dougherty, the 86th SFS NCO in charge of police services.

"It's dark. There's a lot of pedestrian traffic and a greater concern for vehicular accidents," he said.

Pumpkin Patrols can offer parents peace of mind while they are trick-or-treating with their children.

"I've seen them on every street, watching out for

the children and stopping cars," said Barbara Mayers while she was trick-or-treating with her son two years ago at the housing area on Landstuhl Regional Medical Center.

Her husband couldn't agree more.

"They (SPs and MPs) are all over the place," said Capt. Jerry Mayers, from the Landstuhl Dental Activity. "There are no teenagers out here causing a ruckus – no pumpkins smashed in the middle of the street – no eggs or toilet paper. I don't see any property damage. This is a great experience so far."

Vandalism is also concern, said Washburn and Dougherty. Both said that patrols will remain a few hours after trick-or-treating is over.

Both also added that parents can help to keep trick-or-treaters safe.

First thing parents can do said Dougherty deals with traffic, specifically parking.

"It would help us out a lot if (parents) could park in designated spaces outside of the housing area and walk from there," he said.

He mentioned that most parking spaces in housing areas are reserved for residents. For those trick-or-treating in Ramstein, he suggests parking in the old Base Exchange or other designated parking spaces – "not just along the streets" – outside of the housing area.

Washburn advises parents whose children are trick-or-treating on Vogelweh Housing to either park in the three visitor's parking lots or on Vogelweh and walk across the bridge to the housing area.

Sgt. 1st Class Jorge Rios, from the garrison's Directorate of Emergency Services Provost Marshal's Office operations sergeant, suggests parking at the hospital or other approved places outside of the housing



Christine June

Pumpkin Patrols consisting of the German Zivil-Polizei (civilian police) Air Force's security police and the Army's military police will be patrolling Ramstein, Vogelweh and Landstuhl housing areas during trick-or-treating hours. This year's trick-or-treating hours at these housing areas are 6 to 8 p.m. Saturday.

area for those trick-or-treating on LRM.

"We do not want parents driving as they follow their children from house to house," said Rios, who added that it is important for the garrison to support the Pumpkin Patrol and assist their SP partners in any law enforcement activity in the KMC. "We want traffic to keep moving at a safe speed."

Another thing parents can do is make sure their children can be seen. Washburn, Dougherty and Rios recommend reflective belts, bright-colored costumes and carrying flashlights for children and their parents.

Dougherty said that the 435th SFS patrols will have a limited supply of glow sticks for those children who are dressed in dark clothing and not wearing any reflective material.

'Ever Vigilant' staff trains for next deployment

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

While most units preparing for deployment conduct their Mission Rehearsal Exercise as the final exercise in the few months prior to their deployment, the 18th Military Police Brigade's Headquarters and Headquarters Company bucked convention. The MP's attached themselves to the III Corps MRE Sept. 21-Oct. 10 at the Grafenwöhr Training Area a full eight months in advance of their scheduled deployment.

Operation Unified Endeavor was conducted at the Joint Multinational Simulations Center under the guidance of a team of observer/trainers from the Battle Command Training Program and included the participation of Reserve, National Guard and active-duty units from both Germany and the United States.

The exercise served two purposes for the 18th MP Brigade. It was a redeployment re-certification for the brigade stemming from their most recent deployment to Iraq as well as an opportunity to prepare for the brigade's next deployment.

The brigade was able to piggy-back

on the exercise when the observation was made earlier this spring that the brigade's recertification fell in line with the III Corps and 1st Armored Division's MRE. Seeing an opportunity to both re-certify and give the new brigade staff a chance to establish a good, working battle rhythm, the brigade leadership jumped at the opportunity.

One of the biggest goals for the brigade staff participating in the exercise was "understanding how an effective battle staff works," said Maj. Beth Richardson, the incoming chief of operations, 18th MP Brigade.

In the process of establishing cohesion within the unit, the state-of-the-art computers simulated scenarios gave the staff a chance to react quickly and work together during the intense situations with which they were presented.

"Being put under pressure down there with deadlines – I think it gave us an opportunity to better know each other and how we would react to those sticky situations, which you don't normally see back here in garrison," said Sgt. 1st Class Jonathan Trussell, human resources noncommissioned officer in charge, 18th MP Brigade.

With the assistance and guidance of the OTs – whom Col. Thomas Evans, the brigade commander, liked to refer to as the "little o, big Ts" on account of how much training they provided the staff – the brigade was able to come away from the exercise with a wealth of knowledge and a plan to move forward in the right direction.

The brigade was fortunate enough to also have a senior mentor, retired Gen. James Hill, who not only guided the brigade commander with leadership matters but gave the brigade staff direction on its role in providing and presenting the commander with the right information.

Trussell noted that having a retired general as a mentor is an invaluable tool to those participating in the training. Trussell said he believes it is an asset that should remain in place.

"(Hill) came to the table with a wealth of knowledge. He was very, very knowledgeable, and it was great to have him around," Trussell said.

"This has definitely given us a way ahead," Richardson said.

She elaborated that engaging in the training so early on in the brigade's road to deployment "shows us where we need to go – refining our battle

One of the biggest goals for the brigade staff participating in the exercise was "understanding how an effective battle staff works."

- Maj. Beth Richardson, incoming chief of operations, 18th MP Brigade

drills, restructuring our organization, and looking at systems that we need to put in place."

For those who remained in Mannheim at the brigade headquarters during the exercise, it provided an opportunity to simulate the limited communication and staff that will be a reality during the brigade's deployment.

"There are detachment was back here taking care of business," Trussell said. "It was seamless. They did an outstanding job."

Overall the exercise provided both the forward and rear elements with important lessons learned as they move forward in preparation for this next deployment.

It presented the staff with food for thought and a strategy for the next time around when the brigade does its own MRE next year.

Angel Tree is coming soon

While local families are out buying for gifts for each other this holiday season, Heidelberg Army Community Service is encouraging shoppers to help another military family while they're at it.

The annual Angel Tree program, which runs Nov. 23-Dec. 7, helps provide a special and meaningful holiday for children in the community.

"There has always been a desire within the Heidelberg community to give and reach out to those who may not be able to afford a great Christmas, and everything really comes together each year in support of the Angel Tree project," said Barbara Baeck, ACS Financial Readiness Program manager.

Typically, there are about 200 angels on the tree with the age

and gender of the child in need written on the back. Most of the names come from commanders and first sergeants who identify families who could benefit from the project.

Community members who want to participate should pick up an angel at the Campbell Barracks Community Bank, the PHV Library or Heidelberg ACS and then bring an unwrapped gift with the angel attached to one of the drop boxes by Dec. 7.

"It is important to support this program not only because it helps others in our community, but to also teach our youth to reach out to others," said local teacher Kina Stallings.

As for her family, Stallings said, "It really would not seem like Christmas if we did not do it."

Spread Holiday Cheer...

Mail Early

2009 holiday mailing deadlines
Europe to the continental U.S.

To ensure packages sent to the U.S. are delivered before Dec. 25, mail them no later than these dates

NOV. 27... SAM parcels

DEC. 4... PAL parcels

DEC. 11... Priority parcels

DEC. 11... First class letters

DEC. 18... Express mail

Understanding domestic violence

October is Domestic Violence Awareness Month; learn about what it is and how to help victims

By Michele Barber
HEIDELBERG ACS

Domestic violence is not just a marital conflict, a little argument, a lover's quarrel or a private family matter – it is everyone's problem.

Domestic violence is a crime that destroys relationships and families. It is an ongoing problem and affects all racial, ethnic and socioeconomic groups.

Domestic violence is about power and control. It occurs when one person uses emotional, verbal, psychological, sexual or physical abuse to gain power and control over another person. Threatening and coercive behaviors are often used to manipulate and instill fear in another individual.

Abusive behaviors may include subtle harm as well as life-threatening acts of violence and create an atmosphere of intimidation in a relationship. Without intervention, incidents of abuse often become more frequent and severe, and may result in serious injuries or even death.

The Army defines domestic violence as the use, attempted use or threatened use of violence between two people who are/were married, have a child

together, or have lived together. While women are the primary victims of domestic violence, men can be victims as well.

Types of domestic violence
There are four basic types of domestic violence.

Physical abuse is what most people think of when they think of domestic violence. Physical abuse includes hitting, punching, slapping, kicking, choking, shoving, being hit with objects, or being held against one's will.

Emotional abuse includes yelling, name-calling, repeated insults, and making threats to harm oneself or the victim. Abusers may use the couple's children to control the victim and threaten to take children away. They may intimidate their partners by destroying property, showing partners their weapons, and abusing pets.

These actions intimidate and control partners until they are afraid to ask for help. Many abusers also isolate their partners from family and friends, so they feel there is nowhere to turn when they do decide to seek help.

Emotional abuse also includes "crazy-making," a process that questions the victim's

sense of what is real and what isn't.

Sexual abuse includes, among other things, unwanted sexual touching, demanding sex and rape. Marital rape is defined as any sexual activity by a married or cohabiting partner that is performed without the consent of the other partner.

The cycle of violence
Domestic violence tends to follow a specific pattern over time called the "cycle of violence."

The cycle of violence has three stages: During the tension-building phase, abusers often verbally harass their partners. They are afraid their partners will leave them and they become more possessive, jealous and aggressive.

During this phase, partners may do anything to keep the peace. They are very nurturing and go along with whatever the abuser wants. Some victims may try to instigate a domestic violence incident in order to get the abuser over with rather than allow tensions to build. Partners often make excuses for abusers' behavior during the tension-building phase.

The second phase involves acute battering. Abusers are

extremely unpredictable and often seem to be out of control. Abusers blame their partners for the abuse and may fail to confine their abusive behavior to the home. Abuse may not necessarily be physical. It can involve humiliation or intimidation as well. Partners are left to passively accept the abuse and often minimize the abuse to themselves or others who may question them.

The last phase is often referred to as the honeymoon period because abusers are calm, loving and apologize for their actions, promising their partners that "it will never happen again." Partners often feel guilty about possibly leaving the abuser. They often hope that the abuser will change. Over time, the tension-building and honeymoon stages get shorter and the battering increases.

This cycle works to keep partners in abusive relationships by controlling them. Partners hope that abusers do not mean to harm them and will change. Secrecy, fear, lack of opportunity, and low self-esteem all combine to make leaving an abusive partner extremely difficult.

Leaving may also be difficult because abusers often escalate violence in order to keep their partners in the relationship. When a victim of abuse does end the relationship, sometimes the abuse continues in

the form of stalking.

Stalking includes following someone when they leave the house, making harassing phone calls, purposefully running into the victim in public places, and calling or stopping by the partner's workplace frequently. The abuser's need for power and control is often woven through many domestic violence situations, regardless of the type of abuse.

Options for victims
Victims of abuse have options. In every military community a victim advocate is available 24 hours a day to assist victims through the aftermath of domestic violence. They will provide emotional support, education and help the victim to use the many community resources available to them.

Victim advocates may be able to provide confidential assistance through a restricted reporting process available to civilian and active-duty victims of domestic violence.

If you suspect someone you know is the victim of domestic violence, "Make the right choice, act to prevent domestic violence."

Civilians and military members are encouraged to report incidents of domestic abuse to the military police. If you are a victim of domestic violence, the Victim Advocacy Hotline is available to you 24 hours a day at 0170-609-2862.

Make a Difference Day

Volunteers clean up Frankfurt children's cemetery

By **Dave Melancon**
USAREUR PUBLIC AFFAIRS

FRANKFURT, Germany – Members of the U.S. Army Europe and Heidelberg military community remembered 178 servicemembers' children interred in Frankfurt's main cemetery during a national Make A Difference Day project here Saturday.

"These are the little ones who were left behind, and today we are taking care of them," Norma Ewers, Heidelberg's Army Community Service volunteer coordinator, told the volunteers before beginning the beautification and maintenance project.

The 50 volunteers included Heidelberg area Boy, Girl and Venture Scouts and their parents, a squad of Soldiers from the community's Better Opportunities for Single Soldiers program, members of the Heidelberg KONTAKT Club, garrison civilian employees and Soldiers.

The project included digging moss and scrubbing 178 grave markers and the site's main monument, trimming weeds, planting flowers, and clearing debris from the site. For their last task in the five-hour long project, the volunteers placed miniature American flags between each of the markers.

Frankfurt was home to a large military community until the 1990s, and the children buried in the Kinderfeld are those of U.S. servicemembers, Ewers said.

"They are either newborn or stillborn buried here between 1966 and 1986," she told the volunteers. "Unfortunately at that time, the government did not allow these parents to take the remains of their children home."

When there was a U.S. military presence in Frankfurt, members of the community regularly maintained the grave site, she said. The site has been neglected since about 1989.

There is some doubt about the site's long-term future, Ewers said. In Germany, grave sites are rented, not owned.

"The graves here are not kept forever," she explained. "You have to pay rent for these plots. In 2013, if the lease is not renewed, they are going to be removed."

Ewers, who served in Frankfurt as a Soldier, said she is working to find long-term financial support for the site.

There is another American Children's Cemetery in the Kaiserslautern community, maintained by the Kaiserslautern Kindergraves Memorial Foundation and community volunteers, she said. There is no organization or other vol-

unteers maintaining or financially supporting the Frankfurt Kinderfeld.

The garrison's Directorate of Public Works provided tools, said Sgt. 1st Class Greg Pitre as he scraped the moss from a child's grave stone. "We signed everything out of the Self-Help store, put it in my van, and here we are."

The Kinderfeld project was part of the Heidelberg BOSS programs' 20th anniversary observance said Spc. William Perkins, Heidelberg program president.

BOSS members are continuously volunteering in their communities, he said. Giving back to the U.S. and German communities is one of the components of the program along with improving single service members' quality of life programs and participating in leisure activities.

"It is definitely important that when we move to different stations that we take care areas like this," Perkins said. "These are family members who are important to other people within our service. The upkeep of their burial ground is very important."

According to USA Today Weekend Magazine, Make a Difference Day is "the largest national day of helping others." The magazine began the program 19 years ago and



Dave Melancon

Members of the Heidelberg Better Opportunities for Single Soldiers program and Boy Scouts from Troops 1 and 4 plant flowers near the Kinderfeld main monument to the children of U.S. service members interred in the Frankfurt cemetery.

More Photos Online
www.flickr.com/heraldpost

is supported by volunteer groups and charitable organizations. The annual event takes place on the fourth Saturday in October.

To learn more about the American Kinderfeld in Frankfurt, visit <http://user.icx.net/~richmond/rsr/kinderfeld-frankfurt.html>.

For information about volunteer opportunities, explore the U.S. Army Garrison

Heidelberg Army Volunteer Corps Coordinator Web page at www.heidelberg.army.mil/volunteer.html.

More information about U.S. Make a Difference Day can be found at www.usaweekend.com/diffday/aboutmadd.html.

Mannheim community gives back through various projects

By **Staff Sgt. Dijon Rolle**
USAG MANNHEIM PUBLIC AFFAIRS VOLUNTEER

Nearly 300 neighbors from the Mannheim military community came out on a crisp autumn morning to mark Make a Difference Day.

This year representatives from Army Community Service, USA Girl Scouts Overseas, Benjamin Franklin Village Chapel, "The Joy Project" and various other private and public organizations and local military units all rolled up their sleeves and laced up their sneakers determined to make a difference.

Organizers and participants, many clad in bright bubble gum pink T-shirts courtesy of the Girl Scouts, met up at the BfV Sports Arena to kick off the day's events. Girl Scout members and troop leaders from the Mannheim community sponsored a breast cancer walk to help raise awareness about the

disease.

"For Girl Scouts we find it very personal because first of all we are all about rising girls to be young women of courage, confidence and character," said Tara Ferguson, Girl Scouts Overseas committee chair. "And the best way to do that is to heighten their awareness and their education to take care of their bodies and to share what they learn with everyone around them. Our founder Juliette Gordon Low died of breast cancer, so it's even more personal for us."

A volunteer and Mannheim resident making a difference Saturday was Sgt. Eti Vele, 515th Transportation Company. Vele along with his Soldiers cracked open cans of paint, dunked their brushes, and got busy painting the outside parking fixtures of the thrift shop on Benjamin Franklin Village while other volunteers painted the shop's inside.

Other service-oriented projects included "Take the Walk," a second awareness walk that raised almost \$300 to fight AIDS and poverty in Africa, the Army Community Service Angel Tree toy donation kick-off, a food and clothing drive to aid the Chaplain's lending closet, and "The Joy Project," a program that helps support orphans and widows in Africa.

One of the many smiling faces working behind the scenes to make sure Mannheim residents were able to make a difference on this special day was Mannheim installation volunteer coordinator Nancy Ward. "I've been here six years, and I love this community. To me one of the most important things is seeing the community get together... You can't help but to feel good about what you're doing, and that's what happens with volunteering."

While Ward praised the efforts of

this year's crop of Make a Difference Day participants, she also stressed the need for volunteers to step up every day of the year. "Year-round we should be lending a hand and not being afraid to say, 'hey can I help you.' That's how you make a community work, when people pull together."

Another strong and vocal advocate for ongoing community volunteerism is Mannheim's Garrison Commander Lt. Col. Lisa Griffin.

"As you know we are a non-enduring community, and we rely heavily on volunteers to make sure that Soldiers and families are our number one priority," Griffin said. "We have a lot of Soldiers currently deployed to Afghanistan and Iraq, and this is an effort to sponsor some families right here in our foot print with Christmas toys, nonperishable food items as well as sponsoring national events."



U.S. Army Photo

An instructor from the U.S. Army Jumpmaster Mobile Training Team observes as a jumpmaster candidate performs practical work in an aircraft as part of course requirements. The 10th Special Forces Group (Airborne) MTT came from Fort Carson, Colo., to conduct the two-week course at Stuttgart for Special Forces and Airborne-qualified Soldiers.

Afghan National Police officers participate in tactical movement training at Combat Outpost Herrera, Pakiya province, Afghanistan, Oct. 20. The training is conducted by Soldiers with the 92nd Military Police Company, out of Baumholder.



Staff Sgt. Andrew Smith

Sgt. 1st Class David Price, an item system manager for the supply, plans and operations section in the 21st Theater Sustainment Command, checks the firing technique on a Bundeswehr soldier from the German Joint Support Command at the indoor marksmanship range in Baumholder, Germany, Oct. 20. The Soldiers from the 21st TSC helped train and certify the German soldiers on the U.S. Army's M9 pistol and the M16 rifle.



Sgt. Frank Sanchez III

Soldiers from the 41st Transportation Company, 18th Combat Sustainment Support Battalion stand in line waiting to be manifested at the Deployment Processing Center on Rhine Ordnance Barracks, Kaiserslautern. More than 100 Soldiers from the 41st Transportation Company departed Ramstein Air Base, Oct. 21 bound for Afghanistan where they will be deployed for one year in support of Operation Enduring Freedom.



Staff Sgt. Tyrone Basnight



John Davis

Army Chief of Staff Gen. George Casey Jr. (center right) and Maj. Gen. Michael Ferriter (center left) Fort Benning's commanding general, watch a squad of Soldiers with Company C, 1st Battalion, 19th Infantry Regiment, 198th Infantry Brigade, practice entering a building during urban operations training on Sand Hill Oct. 20. Casey visited Fort Benning to observe the training, view BRAC construction progress and tour the National Infantry Museum.

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Broadcaster brings emotional connection to stories

By George A. Smith
AFN EUROPE

Michelle Michael wants to emotionally connect with you when you watch her stories on AFN Television.

"I always want my stories to make you feel something," she said.

That something isn't boredom. Michael, an AFN reporter working at Coleman Barracks, writes stories that grab your interest and hold it, and often gets you to care about the people she introduces you to. Michael doesn't shy away from emotion. She seeks it out, zooms in close, and holds the shot.

Take Michael's story about a depressed, suicidal Army captain who sought and got help. The captain came forward to tell her story to help others. Her words moved many who saw it, including the man responsible for quality of life programs for Soldiers and their families in Europe, Col. Dave Ellis.

"I've been overseas about 15 of my 30 years in the Army and watched hundreds of AFN news reports in those 15 years," Ellis said. "This is the best AFN report I have ever seen – a remarkable piece of work."

Michael's other stories include one about preventing hearing loss that was

"I've been overseas about 15 of my 30 years in the Army and watched hundreds of AFN news reports in those 15 years. This is the best AFN report I have ever seen – a remarkable piece of work."

-Col. David Ellis, U.S. Army Europe

used at West Point for training and a painful piece on an Airman getting hit by a drunk driver that was picked up and used by an Air Force safety road show.

Former 1st Armored Division Commander Maj. Gen. Mark Hertling saw Michael's story of a Soldier and his spouse tearfully explaining the difficulties of reuniting after a combat deployment, showed it to his wife, Sue, and provided it to spouses' groups to help them better understand the unique challenge of making a marriage work after coming home from war.

"The story captured the challenge of reintegration in a family perfectly," he said. "It made me smile, laugh, shake my head north and south, and even shed a few tears."

Hertling added, that Michael, a civilian employee who has been telling the military's story for seven years, "has

been phenomenal in capturing the true persona of Soldiers and their family members. She understands us. And because of that, she is able to better present our family stories to those outside of the military."

Understanding the military hasn't always been the case for Michael, who, before joining AFN worked five different stateside TV stations.

In Europe, Michael often finds her most interesting stories while out shooting other assignments.

"I'm a naturally curious person, and I tend to ask a lot of questions," she said. "For example I was shooting a story about a math program and one of the teachers said to me, 'Did you know we have 16 sets of twins in this school?' I got the contact information and went back a week later and shot the story on the twins."

Reporters often struggle to find a

fresh story angle. Michael focuses on one interesting person at the event, instead of the event itself, often resulting in a fresh story, since events are basically the same, but people are always different.

"The only thing each of my stories has in common is a good character," she said.

Michael's boss, AFN Europe News Director Bucky Buchwald, says Michael's planning and word choice add additional interest.

"She keeps her focus very tight throughout the story and never says more than she has to to get from point to point," he said.

Michael's story-telling talent led to her winning the U.S. National Press Photographer Solo Journalist of the Year in 2007 and runner-up for Region Two Photographer of the Year in 2008.

Earlier this year, Michael was the story instead of the story teller when the Department of Defense honored her as the first civilian to win its Broadcast Journalist of the Year.

Still, when it comes to stories, Michael would much rather tell your story, not her own. Take her up on it. Run your story idea by Michelle Michael. E-mail her at michelle.michael@afn.dma.mil.

Main body of Task Force Kitgum moves into LSA Fist in Uganda

By Spc. Jason Nolte
21ST TSC PUBLIC AFFAIRS

KITGUM, Uganda – Weeks of hard work have come to a head for the advance and torch parties of Natural Fire 10 as the main body moved from Entebbe, Uganda, to Kitgum and into their new home at Life Support Area Fist on Pajimo Barracks.

The heat of the day was broken by a strong breeze as the first group arrived by CH-47 Chinook helicopters. They quickly carried the baggage to waiting cargo handlers and then loaded onto separate buses for transportation to the reception point.

The joint forces assigned to Task Force Kitgum as part of Combined Joint Task Force Lion were met at the reception point by 1st Sgt. Devika Hull, the task force personnel and administration officer from the 560th Battlefield Surveillance Brigade.

"Accountability," Hull said, explaining the reason why ev-

eryone had to sign in upon arrival. "It makes sure everyone is where they're supposed to be."

After signing in, the incoming troops were briefed on the rules of the LSA by Capt. Rajesh Ramlakhan, the commander of the 5th Quartermaster Company, 21st Theater Sustainment Command, who had previously helped guide the helicopters in.

Once oriented, the incoming troops were shown their living areas in the surrounding tents.

"It went well," Hull said. "The 21st TSC had a well laid out plan. Captain Ramlakhan met them at the flight line and stayed with them the whole time."

Lt. Col. Michael Cortez, the commander of the 21st TSC's Special Troops Battalion, spoke of the many responsibilities shared by the units participating in the exercise, specifically the 21st TSC.

"We were responsible, both in Entebbe with the (Human Resources Sustainment Center-



Spc. Jason Nolte

Service members from Task Force Kitgum unload their baggage from a CH-47 Chinook helicopter Oct. 15. The service members are participating in Natural Fire 10, a routine, scheduled training exercise, which offers an opportunity for East African Community Partner Nations and the U.S. military to work together on a humanitarian assistance mission.

Europe) and here with the 5th Quartermaster, for Reception, Staging, Onward Movement and Integration of hundreds of Soldiers, Sailors, Marines and Airmen," he said.

Later in the evening, after darkness had fallen in rural Uganda, a line of buses rolled up the dirt roads leading to

the LSA, bringing the second group of troops in for the day, filling up the tents and filling up Task Force Kitgum in order to complete its mission.

Natural Fire 10 is a routine, scheduled training exercise, which offers an opportunity for East African Community Partner Nations and the U.S.

military to work together on a humanitarian assistance mission. Working together, all parties will learn from each other to increase regional capabilities to respond to complex humanitarian emergencies.

"We had 100 percent accountability," Hull concluded. "That's the important thing."

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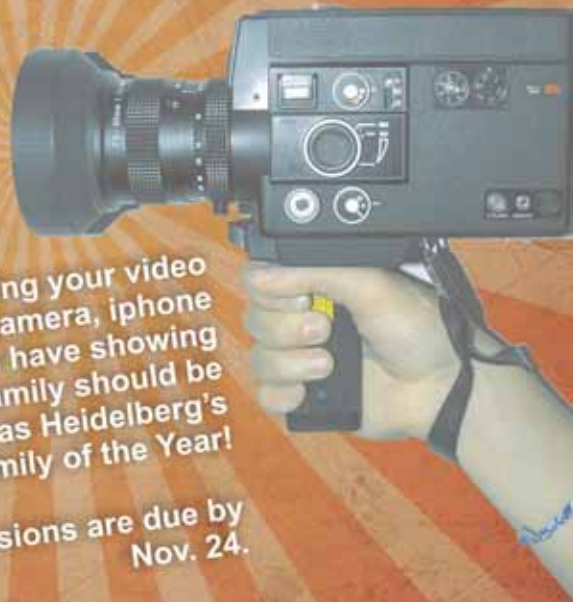
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WIN 4



NINTENDO Wii!



Make a video using your video camera, digital camera, iphone or whatever you have showing why your Family should be recognized as Heidelberg's Military Family of the Year!

Video submissions are due by Nov. 24.



<http://myBWnow.ning.com>

Videos should be less than 2 minutes in length and uploaded to the BWnow virtual community at <http://myBWnow.ning.com> by midnight, November 24, 2009. Tag your video with Military Family Week. Remember to keep them family friendly and follow force protection guidelines. For more information, call Heidelberg ACS.



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DISABILITIES

continued from page 1

not have to accept the limitations it seems to impose on you," Connors said. "You can do everything in your power to overcome it and find ways around it. Society may say that you are disabled or handicapped, but you are only so if you believe them and agree with them."

The event recognized those with disabilities who are currently employed by the Army and encouraged continuing to employ the disabled. During his remarks, Ham cited examples of senior leaders and other members of the Army workforce who overcame disabilities and continued to serve and perform their duties successfully.

"These are single examples of individuals who refused to be deterred by their physical disability," Ham said. "They have not given in to the disability; in fact, they have answered the question for themselves ... 'What is it that I can do?' and they have pursued those goals."

Ham encouraged the Army in Europe community to give equal consideration to people with physical disabilities when filling job vacancies.

"Provide the opportunities, raise your expectations, and allow those with disabilities to fully participate in your organization," Ham said. "Our Army has a long tradition in leading the nation in changes such as this, and now it's our opportunity to lead the way for all of America to show that Americans with disabilities can and will exceed all expectations. Our job – all of our jobs – is to provide that opportunity."



Sgt. Daniel Nichols

Gen. Carter F. Ham, U.S. Army Europe commanding general, speaks to guests at the National Disability Employment Awareness Month recognition event on Campbell Barracks in Heidelberg Oct. 20.

PRINCIPAL

continued from page 1

meet this goal.

"I also have a strong background in staff development and school improvement, so that's a real plus for me."

Peltz is sure to earn a 100 percent when it comes to understanding the obstacles military children often face, especially in today's Army with constant deployments.

"My dad went to Vietnam, so I know what it's like to have a deployed parent," she said.

From what her new staff

has seen so far, Peltz deserves a gold star when interacting with students. According to PHES teacher Karen Van Balen, 2007 DoDEA Teacher of the Year, Peltz is "very nice and supportive."

The principal is known for entering classrooms and talking and getting involved with the kids, Van Balen added.

By working within the classroom-setting, Peltz sees what teaching methods are most successful.

She can be seen throughout the school helping students

add numbers with blocks and even dancing to the "Bean Bag" song, revealing her ability to have fun while maintaining a firm hand.

Since "the world has gotten so much smaller due to instant communication, we have to give our kids the ability to work with others, to research, and become aware of what is going on in the world," Peltz said.

She is certain the PHES staff provides these skills required by the modern world.

PHES "is a great school

with very dedicated teachers who help children meet their educational and social needs," the new principal said of her staff. "They are top notch."

Much of what makes Peltz herself was cultivated while attending PHES from fourth to sixth grade.

"One of the best teachers I had taught at this school, Myrtle Porter," Peltz remembered. "She gave me a love for reading, which I feel led to my interest in education. To this day, I would rather read a book than watch television."

It is no wonder why Peltz was eager to return to Heidelberg. Her greatest memories from 40 years back are "the lighting of the castle and going to see the Student Prince," the city's famous play.

Heidelberg has drawn Peltz into its heart as before. Although, she said, "the school is much bigger" and her building stairwell is painted a different color, the principal still feels a bond with her old home.

"It's good to be back," she said.

Army wins Red Ribbon Run



Sam Chism, a camp director and mentor with the Ramstein Drug Education for Youth, passes out information to spectators Saturday at the U.S. Army Garrison Kaiserslautern's Red Ribbon Run on Rhine Ordnance Barracks. Many organizations and agencies had information booths as a way to show community support for a drug-free community. Drug Education For Youth is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs and alcohol.

More than 480 from the KMC participate in annual event

By Christine June

USAG KAISERSLAUTERN PUBLIC AFFAIRS

It's big – gigantic actually. Shiny, beautiful and now, it's green – Army green that is.

Soldiers, Army civilians and their family members grabbed the KMC (Kaiserslautern military community) Unit Strength Award – the huge trophy – Saturday at the U.S. Army Garrison Kaiserslautern's 2009 Red Ribbon Run on Rhine Ordnance Barracks.

What started out and remained a friendly challenge, the Unit Strength Award made its debut at this year's event and was a competition between the three military services in the KMC – the Army, Air Force and Navy, said Heather Robinson, the garrison's Army Substance Abuse Program prevention coordinator.

"A challenge to see which service could get the most people to show up and stand up for being a drug-free community," said Robinson, who initiated this event in 2007 in support of the National Red Ribbon Week.

Red Ribbon Week is an alcohol, tobacco and other drug and vio-

lence prevention awareness campaign observed annually thesecond to last week in October throughout the United States and military installations worldwide.

"Just look how beautiful this trophy is," said Robinson to Alex Tremble, the 86th Airlift Wing's Demand Reduction Program manager, who actually came up with the idea of a friendly challenge between the services.

"Looks good," Tremble answered back, and then explained why he came up with the challenge. "Just to make sure that the word gets out about this community project. This event is something that brings us all together, and that is exactly what happened."

Out of the 339 runners and 147 walkers, the Air Force had 95 participants – a big jump from the two previous years when the event was a Red Ribbon Relay held at the track on Vogelweh.

Why the event changed from a relay to a 5-kilometer or 3.1-mile run was because of circles, said Tom Dennis, the garrison's Family and Morale, Welfare and Recreation sports and fitness director. The garrison's FMWR co-sponsors

the event.

"Just too many people running in circles – people would get frustrated and stop. It was just too hard to tell where it started or stopped," he explained the reasons for the change. "So much better this year – there was a start and a finish, and runners knew their times."

For the second year in row, the 21st Theater Sustainment Command's 5th Quartermaster Company – "The Riggers" won for the unit with the most participants. Another new trophy was added to this year's event – the Most Percentage Based Unit Strength Award – that was won by the garrison's Headquarters and Headquarters Detachment.

Second place went to the Headquarters and Headquarters Battery of the 5th Battalion, 7th Air Defense Artillery.

A total of 32 individual trophies for first and second place were given to the fastest male and female runners in each of the eight age groups.

"Next year, it will be the Air Force winning that big trophy," promised Tremble, making sure Robinson heard him.

"We'll see," she challenged back.



Halloween at Frankenstein Castle

When the days become shorter and the landscape starts to disappear in fog, Halloween is not far away. Living in this area of Germany provides opportunities to spend Halloween in a unique way.

For those who like a creepy Halloween season, this year through Nov. 8 at Burg Frankenstein near Darmstadt is the place to go.

Burg Frankenstein, once home of theologian, doctor and alchemist Johann Conrad Dippel of Frankenstein, offers various special event packages for guests who enjoy a genuine case of the creeps. Dippel, who was born in the castle in 1673 and lived there until his death in 1734, and Burg Frankenstein, are believed by many literary scholars to be the inspiration for Mary Shelley's novel, "Frankenstein."

Burg Frankenstein can be booked for weddings, family fests, business dinners, and Christmas and New Year's Eve dinners. But to do its name justice, the castle opens its doors for one of Europe's biggest Halloween events each year.

Combining its location – situated on an afforested hill near Darmstadt, and its haunting history, the castle is a perfect setting for a creepy Halloween experience.

According to local legend, Dippel grew up to become a theologian, doctor and alchemist. Because of his occupations, he conducted various experiments in the castle's laboratory.

Given the general suspicion of alchemy and the strongly superstitious nature of the population in those days, the village reverend tried everything to discredit the alchemist. He put out dreadful rumors about Dippel; that he created a monster of gigantic proportions from assembled body parts gathered from slaughterhouses and graveyards.

Soon these rumors spread, and throughout the village everyone was talking about the alchemist using witchery to bestow life into the monster he created. Dippel supposedly imprisoned his creature as soon as it opened its eyes. Three days later he was killed by the monster he had created.

It escaped to the forest, where it began to capture young women and children. The rumors grew and it was said that after he was done playing with his prisoners, the creature cooked his victims alive and ate them. To this day, legend says that Dippel's ghost haunts Burg Frankenstein, especially during the nights between Christmas and New Year's.

His ghost, some say, sits on the roof of the chapel, rattling his bones, wailing loudly and desperately searching for the entrance to his laboratory.

The current owner welcomes guests to visit the castle where they may get the creeps as they walk among the vampires, witches, monsters and werewolves played by actors within the castle walls.

Because some Halloween guests may "fall victim" to vampires or be "hanged" at the hands of the torturer, only those 14 and older may participate in the Halloween night events. The events are 8 p.m.-midnight Fridays and 7 p.m.-midnight Saturdays. Families with children under the age of 14 can enjoy the haunted castle 3-7 p.m. Sundays.

Ticket prices range from €9-22. Tickets are available online at http://www.frankenstein-halloween.de/content/e573/index_ger.html (German version).

Burg Frankenstein is located at Darmstadt-Mühlheim. To get to the designated parking lot, take the A5 exit "Pfungstadt" and follow the signs to "Mühlheim." Parking signs are posted to direct visitors from this point. There is no parking available at the castle itself, however a shuttle bus service is provided from the designated parking lot to the castle.

Frankenstein Castle

The Frankenstein Castle is divided into four areas during the Halloween event weekends. Area one, the castles court, will present fantastic stage shows with druids, vampires and many more. The castle's moat marks area two and hosts a cemetery, zombies, hangmen, witches and werewolves. The reminiscence of the torture chambers of the Middle Ages can be visited at the powder tower, area three. Area four will be a monster free zone offering food, drinks and music. On 3,000 square meters, about 77 monsters will follow you in the dark. Look after your companion!

GERMAN COOKING

Roast Pork with Prune and Apple Stuffing

Serves: 6

Ingredients:

- 1 pork loin; boned
- 1/2 pound prunes
- 2 large apples; peeled and sliced
- salt and white pepper
- powdered ginger
- 1/2 cup butter
- 1 cup stock or water
- 2 teaspoons cornstarch; dissolved in a little cold water
- 2 tablespoons sweet or sour cream
- 1 tablespoon red currant jelly

Directions:

- Cut a pocket down one side of the meat.
- Parboil prunes 10 minutes in water to cover. Drain, cut in half and remove pits.
- Combine prunes and apples; stuff meat pocket with fruit and rub outside with salt, pepper and ginger.
- Tie meat closed with string.
- Heat butter in a Dutch oven and when bubbling, brown meat on all sides 10 minutes, using string to turn it.
- Add water or stock to cover bottom of the pan. Cover, bring to a boil, reduce heat, and braise about 1 1/2 hours until meat is fork tender, adding liquid as needed. Baste frequently.
- Remove meat to a heated platter; skim fat from the pan juices.
- Thicken with the cornstarch slurry, bring to a boil and simmer 2-3 minutes until gravy is smooth.
- Stir in cream and jelly.
- Variations: 1) For a larger meal, tie two loins together and add 45 minutes to cooking time. 2) Stuff a boned leg or shoulder by laying out boned meat, spreading stuffing, rolling up jelly roll style and tying it. Cooking time 3-4 hours. 3) Use this technique with other stuffings.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

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

Dear Ms. Vicki,

I am a 20-year-old sophomore in college and am currently seeing a soon-to-be 22 year old that is in the Army. We'll call him Bob. The situation is really complicated, and I am not so sure what to do anymore.

Bob has a wife who is currently in the process of getting divorced, or so he claims. Before we started seeing each other, he told me they were already divorced.

Me and Bob dated back in high school, and he said that he loved me (we also had not seen each other for like five years) and that is why we decided to try things again, assuming that we both are more mature.

He came home for leave around December, and he decided to come and see me. We hit it off right away. It was like we were never apart. I was so happy that my jaw hurt from smiling so much, and no matter how much I hurt, I couldn't stop smiling.

Eventually he went back to the base, and about a month later, I found out through Facebook that him and his wife were still together.

I confronted him about the issue, and he said that they were separated, but with him and her being in the Army, it was hard for her to sign the papers.

Well now it is months later, and she still hasn't signed the papers. He says they are not together, and he tells me he loves me. In July he was on leave again, and he came in to see me, and it was just as great as in December. We talk a few times a week, and he tells me he loves me and ask me questions like "if we were to ever get married, promise me you would never @*\$! me over."

Of course I will never do that, and I am madly in love with this kid. If he were to ask me to marry him this instance (and his divorce was finalized), I would say yes with no hesitation.

Now here is my dilemma. Me and him are not actually together, and he goes out every weekend and says jokingly that he is going to find a hot chic to bring home.

I have told him that I don't want to hear about other girls, and that is what makes me believe he is joking, but I am unsure because we don't talk all weekend long, and it's suspicious.

In my heart, I want to believe that he is only joking, but like I said before, me and him are not officially together. He said that he wanted to make things official, but he won't ask me through the phone and that I have to come to the base in order for that to happen.

His wife has told me that I was the reason they were getting divorced and to leave her husband alone, but to my understanding, she has a boyfriend, too. Bob says he no longer lives with her on the base, and she refuses to sign the papers.

I have plans to go see him on the base during winter break, but I

don't want to keep this going if I am putting myself out there to be hurt. I have turned down other potential boyfriends because he told me he wanted to be with and that he will always love me.

What should I do? Am I making myself an easy target where I am going to get hurt by this kid, or do we actually have something real? Any advice you give would be great!!

From: The confused one

Dear Confused, Girlfriend ... be honest, OK. You are not confused, right?

First of all he's MARRIED, and he isn't acting like a man who is in the process of divorce. Moreover, you are only asking for trouble by being involved with him. Bob's behavior is raising too many red flags for you, isn't it?

Let me say this quickly and without mothering you or patronizing you either. I believe you are a smart, bright young lady who has much going for her. Here's the deal: Bob is a zero, period.

Yes you rekindled the romance, and I'm sure the sex was great. But it is what it is. He will continue to hook up with you, his wife and other women, too.

You deserve much better. Why should you pass up great guys every day to wait for Bob? Don't do this. Leave Bob alone. Stop talking to him, e-mailing him, texting him, etc. Just leave him alone.

He doesn't want a divorce. No one can hold you hostage to a marriage by continually refusing to sign divorce papers. Surely lawyers would be able to get around an issue like that.

I'm so happy you wrote to me and shared this. Please keep in touch and keep me posted. For your own good, move on with your life.

H1N1 influenza vaccine availability and eligibility

ERMC Public Affairs

The H1N1 influenza vaccine is expected to arrive in Europe in stages in early November. When it is available to the local population, the information will be widely available through local channels, including the Herald Post and AFN.

There are two separate types of vaccine that will be available in Europe. One is earmarked for non-uniformed beneficiaries, and the other is for uniformed personnel.

The vaccine for non-uniformed beneficiaries is an inactivated, injectable vaccine. Manufactured by Sanofi-Pasteur, it is approved for ages 6 months and older. The following vaccination target groups have equal priority:

- Pregnant women
- Beneficiaries 6 months-24 years old (children 6 months to 9 years old will need to get two doses, separated by four weeks, to fully protect them)
- Caregivers/families of babies less than 6 months old

- People 25-64 years old with medical conditions that put them more at risk

The vaccine will be given to all TRICARE beneficiaries and DoD employees.

The vaccine for uniformed beneficiaries is an inactivated, injectable vaccine manufactured by Novartis. Priority goes to deployed or deploying service members, direct health care providers, then all other active duty and 7th Civil Support Command Reservists.

Novartis and Sanofi-Pasteur are licensed suppliers of seasonal influenza vaccines, and use the same manufacturing processes and quality testing procedures for H1N1 vaccine.

ERMC's goal is for all members of the DoD community who wish to be immunized to receive the vaccine.

The H1N1 vaccine will be mandatory for all uniformed personnel – active-duty and 7th CSC Reservists.

The H1N1 vaccine will be available, at no cost, to the following categories of non-uniformed person-

- nel:
- Family members (dependents) of uniformed personnel
- Military retirees and their family members
- DoD civilians (NSPS and GS employees) and their authorized family members
- DoD contractors, if immunizations are to be provided by the government according to the terms of the contract
- Local national employees working in the military health care system
- DoDDS school teachers and children attending DoDDS schools
- Day care center workers and children attending day care centers on military installations
- Civilian non-appropriated fund and Defense Commissary Agency employees

Local national employees with no dependent or retiree affiliation should seek immunization from their host nation health care provider.

For more information, visit <http://ermc.amedd.army.mil>.

GET OUT!

area events

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

October 30

"Lost in Yonkers" – KMC Onstage proudly presents Neal Simon's "Lost in Yonkers" Oct. 30 and 31 and Nov. 6, 7, 13 and 14 at 7:30 p.m. at the theater located on Kleber Kaserne, Bldg. 3232. Tickets are available by phone or in person at the theater or at the FMWR One Stop (Landsstuhl Post, Bldg. 3810). Call ahead for pick-up and office hours. DSN 483-6626, civ. 0631-411-6626 or the FMWR One Stop: DSN 486-8146, civ. 06371-86-8146.

The Mystery of Irma Vep – This rave, Off-Broadway hit is a hysterical spoof of Gothic Melodramas. Two actors play all the roles in this quick-change marathon. Haunted Mandacrest Manor on the howling moors is plagued by a host of horrors. What are Lord and Lady Hillcrest to do? A sympathetic werewolf, a vampire and an Egyptian princess brought to life make this a comedy that has everything. The show runs at Roadside Theater on Patton Barracks in Heidelberg Oct. 30 and 31 and Nov. 6 and 7 at 7:30 p.m. There will be a 3 p.m. show Nov. 1. Reservations are recommended and must be made at the Roadside Theater. DSN 373-5020, www.roadsideheater.com.

October 31

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

Fall Hiking Trip – Join Kaiserslautern Army Outdoor Recreation for a hike in Germany's Pfalz region as you tackle the Seven Castle Tour. DSN 493-4117, civ. 0631-3406-4117.

Mosel Dinner and Wine Tasting – Join USO on this popular tour that starts in the picturesque village of Bernkastel-Kues.

Here you'll discover medieval half-timbered houses surrounded by vineyards and dominated by the mighty 13th century castle Landshut. Early in the afternoon, you'll be served a traditional German meal and given a tour of the vineyards at a family-owned Weingut. The vintner will entertain you with some fascinating local folklore, as you taste 13 of his wines. <http://affiliates.usa.org/Kaiserslautern>.

Cologne City Tour – With a history of almost 2000 years, Cologne (Köln) is one of the largest and oldest metropolitan cities of Germany. A guide will give you a tour of the city and relate to you the history and sights of Cologne's storied past dating back to the first century B.C. when the Romans founded Colonia Agrippensis. Civ. 0631-3406-4117, <http://affiliates.usa.org/Kaiserslautern>.

November 6

Holiday Bazaar – Kaiserslautern's annual

Holiday Bazaar is back and features handcrafts, wine, cheese, leather works, wood working and collectibles from around the world. Over 100 vendors will be available through Nov. 8 to help you with your holiday shopping. DSN 493-4184, civ. 0631-3406-4146, www.mwgermany.com.

Paris Weekend – Head to France through Nov. 8 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 7

Trout Fishing Trip – No license is required. Enjoy a relaxing day of fishing at a private pond with Heidelberg Outdoor Recreation. \$25. DSN 388-9282.

Glacier Ski Express – Head to Austria with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Triben City Tour – Christmas shop in the "home of Cuckoo Clocks" and visit the Church of Our Lady of the Fir-Trees with Mannheim Outdoor Recreation. DSN 381-7215, civ. 0621-739-251.

November 8

Intro to Indoor Rock Climbing – Head to Zweibrücken with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 11

Snowboard Lessons – Head to Snowhall in Amneville, France, with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 13

"A Fall Cabernet Cabaret" – The Heidelberg Roadside Theater presents "A Fall Cabernet Cabaret" at Mannheim's Off Main Street Theatre on Coleman Barracks Nov. 13, 14, 20 and 21 at 7:30 p.m. The internationally known performer, Andrea Huber, will again grace the stage this year with a marvelous musical evening. Come enjoy wine and cheese and the beautiful voice and charismatic performance of Andrea. Wine and cheese will begin at 7 p.m. Reservations and advanced payment is required. DSN 373-5020, civ. 06221-175020.

Comedy After Dark and After Party – This month will feature stateside professional comedian Cortney Gee and local Kaye Ree and Band 9 p.m.-4 a.m. at the Top Hat Club in Mannheim. Tickets are \$15 in advance and \$18 at the door; patrons must be 18 and older. DSN 380-9370, civ. 0621-730-9370.

November 14

Cheb and Karlovy-Vary Shopping Express – Head to Prague, Czech Republic, to experience this world-famous shopping

market and get a taste of Europe's hidden jewel with Heidelberg Outdoor Recreation. \$89. DSN 388-9282.

November 15

Caracalla Spa Day – Head to Baden-Baden to relax and rejuvenate at this famous spa with Heidelberg Outdoor Recreation. \$69. DSN 388-9282.

November 20

Mannheim Holiday Bazaar – Through Nov. 22, there will be more than 40 international vendors with items such as antiques, rugs, paintings, crystals, ceramics and more at the BFV Sports Arena. The event is open to U.S. I.D. card holders only. Strollers are welcome. Hours: 11 a.m.-7 p.m. Nov. 20-21 and 11 a.m.-5 p.m. Nov. 22. DSN 385-3169, civ. 0621-730-2342.

November 21

Hot Air Balloon Ride over Heidelberg – See the beautiful city of Heidelberg from the bird's eye view with Heidelberg Outdoor Recreation. Participants must be 12 years or older. \$295. DSN 388-9282.

November 26

Escape to London – Heidelberg Better Opportunities for Single Soldiers program will "Escape to London" through Nov. 29. The trip includes transportation, two overnights in London in a beautiful hotel with breakfast, sightseeing tours of London, a visit to the Dover Castle and WWII tunnels, plus a free London musical. All for €224. Space is limited so sign-up by Nov. 12. www.mwgermany.com.

Thanksgiving Ski Holiday – Head to Kaprun, Austria, through Nov. 29 with Heidelberg Outdoor Recreation. Adults: \$329, children 6-14, \$289, under 6, \$169. DSN 388-9282.

Thanksgiving Luncheon – Head to the Village Pavilion for a Thanksgiving Luncheon noon-4 p.m. and enjoy roasted turkey, oven-baked ham, roast beef and all the fixins. Plus, you can satisfy your sweet tooth with a savory dessert buffet. Reservations only. Prices: Adults, \$23.95; Kids 6-12, \$11.95; 5 and under eat free. DSN 388-9098, civ. 06221-338-9098, villagepavilion@mwgermany.com.

Ongoing

Pumpkin Festival – The Kaiserslautern garden fair presents a pumpkin festival with life-size figures made of 20,000 pumpkins through Oct. 31. The life-size figures are demonstrating life on a farm with animals, farmers and farmers' equipment. The garden fair season ends with a big end-of-season party Oct. 31 with music, food booths and special events for children, 4-14 years old. <http://www.gartenschau-kl.de>.

coming to THEATERS

THE STEPFATHER

When Michael Harding returns home from military school, he discovers that his mother has a new man named David in her life. Though David makes Michael's mother very happy, Michael cannot seem to shake feelings of distrust. He becomes increasingly suspicious of David, and wonders if the man's pleasant exterior hides a sinister side. Rated PG-13 (intense sequences of violence, disturbing images, mature thematic material and brief sensuality) 141 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 29 - WHERE THE WILD THINGS ARE (PG) 7 p.m.
Oct. 30 - SHORTS (PG) 7 p.m.; THE STEPFATHER (PG-13) 9 p.m.
Oct. 31 - SHORTS (PG) 4 p.m.; THE STEPFATHER (PG-13) 7 p.m.; DISTRICT 9 (R) 9 p.m.
Nov. 1 - SHORTS (PG) 4 p.m.; THE STEPFATHER (PG-13) 7 p.m.
Nov. 2 - DISTRICT 9 (R) 7 p.m.
Nov. 3 - THE STEPFATHER (PG-13) 7 p.m.
Nov. 4 - SHORTS (PG) 7 p.m.
Nov. 5 - THE STEPFATHER (PG-13) 7 p.m.
Mannheim, Schuh

Oct. 29 - ZOMBIELAND (R) 7 p.m.
Oct. 30 - WHERE THE WILD THINGS ARE (PG) 7 p.m.
Oct. 31 - WHERE THE WILD THINGS ARE (PG) 4 p.m.; SHORTS (PG) 7 p.m.; DISTRICT 9 (R) 9 p.m.
Nov. 1 - WHERE THE WILD THINGS ARE (PG) 4 p.m.; SHORTS 7 p.m.
Nov. 2 - DISTRICT 9 (R) 7 p.m.
Nov. 5 - DISTRICT 9 (R) 7 p.m.

Vogelweh, Galaxy

Oct. 29 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
Oct. 30 - WHERE THE WILD THINGS ARE (PG) 7 p.m.
Oct. 31 - WHERE THE WILD THINGS ARE (PG) 3 p.m.; SHORTS (PG) 7 p.m.
Nov. 1 - WHERE THE WILD THINGS ARE (PG) 3 p.m.; DISTRICT 9 (R) 7 p.m.
Nov. 5 - SHORTS (PG) 7 p.m.

Ramstein, Gateway Movieplex

Oct. 29 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; POST GRAD (PG-13) 11:30 p.m., 3 p.m., 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.
Oct. 30 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; SHORTS (PG) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Oct. 31 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; SHORTS (PG) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Nov. 1 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.
Nov. 2 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.
Nov. 3 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.
Nov. 4 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.
Nov. 5 - THE STEPFATHER (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; DISTRICT 9 (R) 12 p.m., 3:30 p.m., 7:15 p.m.; SHORTS (PG) 11 a.m., 3:15 p.m., 6:30 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550
Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

COLA Survey

U.S. Army Europe Soldiers and their families in Heidelberg and Kaiserslautern can directly affect their Cost of Living Allowance by taking part in the Living Pattern Survey through Oct. 31. Eligible Soldiers can access the survey via the "Hot Topics" link on www.hqsareur.army.mil.

Save a Life Tour

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

local EMPLOYMENT

Job Fair

Kaiserslautern Army Community Service Employment Readiness will host a Job Fair 10 a.m.-2 p.m. Nov. 5 featuring more than 20 different agencies. The NAF Civilian Personnel Office will conduct interviews and hire for Non-Appropriated Funds positions with FMWR and Child, Youth and School Services. Bring a current resume and three letters of recommendation. DSN 493-4029, civ. 0631-3406-4029.

Heidelberg Thrift Shop Manager

The Heidelberg Thrift Shop on PHV is accepting applications for manager. Must be at least 18 years old with valid ID card. Submit resume in person. Deadline is Nov. 5.

Assistant Director

The University of Oklahoma seeks applicants for an assistant director of the Contract Support Office, Heidelberg. Requirements: Bachelor's degree required, master's degree preferred; experience in marketing, budgeting, higher education administration e.g. scheduling, needs assessment; MS Office XP 2007 computer skills. DSN 370-6687, apeuadmin@ou.edu. Deadline is Nov. 12.

Tours Manager

The USO seeks a part-time tours manager to plan, organize and oversee sightseeing and newcomer orientation tours for the Heidelberg and Mannheim communities. gcurie@usa.org or www.usa.org.

Mannheim Elementary School

MES seeks a school registrar, a lunch room monitor (part-time), education techs (teacher/classroom aides) and substitute teachers. DSN 380-4705, civ. 0621-730-4705, soha.sakal@eu.dodea.edu.

Arts and Culture

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

KAISERSLAUTERN

Education

• **Pre-Separation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Nov. 3 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, civ. 0631-411-7071.

• **Pre-Retirement Briefing** – The Kaiserslautern Transition Center hosts a pre-retirement briefing 8:30 a.m.-4:30 p.m. Nov. 12 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, civ. 0631-3406-7071.

• **German-American Business Club Scholarship** – Applicants for this €1,000 scholarship must be studying business or business-related courses at the University of Kaiserslautern or at any accredited university while having a home residence within the area surrounded by Kaiserslautern, Pirmasens, Saarbrücken, Koblenz and Mainz, and have a minimum of one year remaining before degree completion. Deadline is Jan. 31. kaiserslautern@agbc.de.

Community

• **Happy House Costume Party** – All school-aged children and their families are invited to attend the Happy (not Haunted) House Costume Party, 9 a.m.-3 p.m. Oct. 31 at Landstuhl School Age Services. DSN 486-7281, civ. 0631-3406-7281.

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

• **Toy Shop 2009 Toy Drive** – Army Community Service will host a community-wide toy drive Nov. 1-Dec. 15. Donate a new, unwrapped gift for a child in the KMC. DSN 493-4062, civ. 0631-3406-4062, www.mwgermany.com.

• **Gourmet Kitchenware Bunco** – The Landstuhl Community Club will host Gourmet Kitchenware Bunco 6:30-9:30 p.m. Nov. 17. Reserve a seat: DSN 486-7244, civ. 06371-86-7244.

• **Vehicle Safety Day** – Pulaski Auto Skills is hosting Vehicle Safety Day 9 a.m.-6 p.m. Nov. 18. Get your free winter safety check. DSN 493-4167, civ. 0631-3406-4167.

• **Kids' Zone Closure** – The Kids' Zone on Pulaski Barracks will be closed for renovations November through March. This renovation will give the Kids' Zone a brand new look and feel with new décor, new gaming options and an expanded menu. www.mwgermany.com.

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up for Independent and Foreign Films. All shows start at 6 p.m. Upcoming shows: Nov. 18 - "The

Drummer" by Kenneth Bi (Mandarin & Cantonese with English subtitles). DSN 486-7322, civ. 06371-86-7322.

• **Teen Apprenticeship Program** – Applications now being accepted for teen apprenticeship program Child, Youth and School Services and the HIRE! Program for Term 2 apprenticeships. DSN 486-8658, civ. 06371-86-8658.

HEIDELBERG

Education

• **ACS Classes and Events** – Intro to ACS Outlook, 9 a.m.-noon, Nov. 2 and 4; Community Orientation Briefing, noon-3 p.m. Nov. 2; Reintegration Briefing, 9 a.m. Nov. 3; Federal Web-Based Application (Resumix), 9 a.m.-noon Nov. 3; Take Charge of Your Holiday Spending, 10:30-11:30 a.m. Nov. 3; PCS Briefing, 12:30-3 p.m. Nov. 3; FEMF Teen Social, 7-9 p.m. Nov. 6 at PHV Panther's Place. DSN 370-6883, www.mwgermany.com/hd/acs.

• **Red Cross Classes** – Pet First Aid will be held 5-8 p.m. Nov. 2 for \$30. DSN 370-1760, civ. 06221-57-1760.

• **Post-9/11 GI Bill Briefings** – Celebrate National Education Week by learning about the Post-9/11 GI Bill at the Patton Education Center 9:30-10:30 a.m. Nov. 17 and 2-3 p.m. Nov. 19. DSN 373-8660.

Community

• **Rabbit Population Control** – The German Federal Forestry Agency began its annual controlled rabbit hunt on PHV Oct. 21. The hunts will continue each Wednesday, except for Nov. 18, through Dec. 16 starting at about 8 p.m. The hunts are required to decrease the number of rabbits on PHV and ensure a healthy rabbit population as well as decrease property damage. Civ. 06221-43803174.

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Nov. 1, Bietigheim-Bissingen. Upcoming trips to Rixheim, France, in November; Cologne in December; and Verona, Italy, in January. www.hiwc.de.

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

• **Food and Clothing Drive** – Join the Panther's Place and Club Beyond as they "Help HOPE Thrive" with a food and clothing drive Nov. 2-25. The goal is to get 1,000 non-perishable foods, 30 blankets and 50 coats in order to help the less fortunate before the holidays. The drop off points will be at Club Beyond Tuesday meetings and at the Panther's Place

any day during November. DSN 388-9003.

• **Thrift Shop Closure** – The Heidelberg Thrift Shop will be closed Nov. 4 for the monthly HSC luncheon and Nov. 11 in observation of Veterans Day.

• **Polish Pottery Bingo** – The Heidelberg High School Boosters Club will host Bingo Night Nov. 6 at the Heidelberg Middle School. Bingo winners will receive Polish Pottery prizes. Food and drink will be available. Doors open at 5 p.m. and play begins at 6 p.m.

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

• **Rod and Gun Club Events** – Hunter's Meeting, 8:15 p.m. Nov. 11; Hunter's Graduation, 5 p.m. Nov. 14; St. Hubertus Mass, 5 p.m. Nov. 21 at Mark Twain Village Chapel to honor the patron saint of hunting – mass will be followed by hunter's soup and brotchen at the Heidelberg Rod and Gun Club; Fishermen's Meeting, 7 p.m. Nov. 25.

• **Veterans Day Ceremony** – This annual event co-sponsored with the garrison, the American Legion and local Boy Scouts will be held in front of Bldg. 101 on Patton Barracks at 10 a.m. Nov. 11. After the ceremony, the Boy Scouts and American Legion members will plant flags on the graves of U.S. service members buried in local cemeteries surrounding the Heidelberg military community.

• **Fall Clean-up** – Heidelberg's fall clean-up will be held Nov. 16-20 with make-up days Nov. 23-25.

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

• **Awards Ceremony and Town Hall Meeting** – Join the community in recognizing military and civilian personnel for outstanding achievements at 3 p.m. Nov. 24 at the Roadside Theater on Patton Barracks.

• **Holiday Magic Vendors Needed** – Is your unit, FRG or organization looking for a way to raise money? Host a booth at Holiday Magic on PHV, 4-9 p.m. Sell hot chocolate, baked goods or anything else that interests your club. Are you a crafter looking to sell your merchandise? Holiday Magic is the perfect place. Register for a booth: DSN 373-7414.

• **Handel's Messiah Concert Singers Needed** – The Heidelberg

Chapel Community will present Handel's Messiah Dec. 5. Rehearsals are every Monday night at 7 p.m. in the Fellowship Hall of MTV Chapel. All are invited. Civ. 06221-301269, ed.matthiessen@kabelbw.de.

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

MANNHEIM

Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Nov. 2, 4 and 6 and 6-7:30 p.m. Nov. 3 and 5; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Nov. 2 and 4; Levy & Out-processing Briefing, 1-2:45 p.m. Nov. 3; Sponsorship Training for Soldiers, 3-4 p.m. Nov. 4; Organization POC VMIS Training, 3-4 p.m. and 5-6 p.m. Nov. 5. DSN 385-3101, civ. 0621-730-3101.

• **GI Bill Briefings** – The Sullivan Barracks Education Center will hold Post 9/11 GI Bill briefings noon-1 p.m. every Wednesday during November in Bldg. 253. DSN 385-2053, civ. 0621-730-3361.

Community

• **Sullivan Library** – Anime Club, 4:30-5 p.m. Nov. 5; Story Hour, 10:30-11:30 a.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

• **Mannheim Angel Tree** – Help community children have a joyous holiday with the generosity of gift giving Nov. 4-Dec. 4. Select an angel identifying the gender and age of the child, purchase a gift, and drop it off at one of the trees located at the Mannheim AAFES Main Exchange, the PX-tra / Toyland or Army Community Service. Gifts need to be unwrapped. Volunteers are needed for gift wrapping and inventory assistance. DSN 385-3101, civ. 0621-730-3101.

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

• **Blood Drive** – Mannheim Health Clinic will host a blood drive at the Sullivan Gym, 9 a.m.-2 p.m. Nov. 13. Military personnel, family members, DoD civilians and U.S. contractors with valid ID cards are eligible to participate. DSN 380-1750.

• **Family Bingo** – The Top Hat Club presents Family Bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. Compete for prizes based on the theme of the month – Teddy Bear Bingo (Nov. 1) and New Moon Bingo (Nov. 15). DSN 380-9370, www.mwgermany.com.

Lions to return to playoffs



Lions senior Devin Jacksonsnatches the ball during the 31-20 win in Wiesbaden Saturday where the Lions claimed the Division I-South title. The Lions, defending European D-I champions, will now face Vilseck Saturday in a European Division I semifinal faceoff. If Heidelberg wins, the team will play the winner of the Ramstein/Wiesbaden game at Baumholder Nov. 7 to decide who claims this year's D-I championship.

Wray Holan

Gearing up for the Europeans

Heidelberg senior Andrea Wheatcroft plays to a 6-0, 6-1 win Saturday against Black Forest Academy. Wheatcroft has not been beaten in more than two years and is ranked No. 1 in Europe. She will represent Heidelberg in the European Championships today through Saturday in Wiesbaden. Both Heidelberg High School tennis teams finished the season undefeated at 5-0 Saturday against Black Forest Academy. The score was 9-0 for the girls and 9-0 for the boys. Junior James Chase will represent the boys team in Wiesbaden this weekend along with senior Christa Bye-Nagel and junior Emily Hall playing doubles for the girls and freshman Cameron Meeker and junior Darien Ward playing boys doubles.



Linda Steil

Lions finish CC season strong

Both the Heidelberg boys and girls cross country teams turned in strong individual performances over the hilly course at Frankfurt in their final regular season meet.

Leading the Lady Lions was Olivia Darrow, who finished a second; Maggie Cutler, who finished sixth; and Lindsey Duckworth, who finished eighth. Other top Lion girls were freshmen Celina Frye, Ana Osborne and Bailey Mortensen.

The boys team also turned in strong performances from junior Jaron Henninger who finished third and freshman Ian Hall. Other top Lion boys included Brian Hanum, Andrew Bean and Eric Boyd.

The Lions will compete in the European Championships Saturday on their home course at Tompkins Barracks in Schwetzingen.

SOURCE: Sharon Brady

staying ACTIVE

Powerlifting Program

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

Mannheim Basketball

Unit-level basketball season will start Nov. 5. Games will be held at the BFV Sports Arena, Sullivan Gym and Coleman Gym. DSN 385-3314, civ. 0621-730-2001.

Volleyball Invitational

Mannheim – The Second Annual Mannheim Mustang Volleyball Invitational Tournament will be held 9 a.m.-9 p.m. Nov. 1. Mannheim is seeking volleyball teams (women and co-ed) to participate in this event held at the BFV Sports Arena and Sullivan Gym. Entry fee for teams is \$150. No entry fee for spectators. DSN 385-2001, civ. 0621-730-3314.

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

Become a Yoga Instructor

Train to be a Yoga Fit instructor at Campbell Fitness Center. Level I classes will be held Nov. 7 and 8 (no experience necessary) and Level II classes will be held Nov. 14 and 15 (pre-registration is Level 1). Each class is \$450. Sign up: civ. 001-310-320-1277, rtmerz@jps.net.

7th Annual Turkey Trot

The Mannheim community will host the 7th Annual Turkey Trot beginning in the commissary parking lot at 9 a.m. Nov. 14. This fun 5-kilometer run and 2-kilometer walk is open to ID card holders of all ages. Medals will be presented to the first 100 finishers, and prizes will also be available. Registration is not necessary. DSN 385-2001, civ. 0621-730-3314.

Turkey Shoot

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

LA Galaxy in Kaiserslautern

Tickets are on sale for the friendly soccer game between 1. FC Kaiserslautern and LA Galaxy Nov. 26. Civ. 01805-318800, www.fc-kicketshop.de. Seats are €45-60, and standing-room only tickets are €20-35.

Youth Sports and Fitness

Mannheim – Fall sports enrollment is ongoing through Nov. 30. Register for basketball and cheerleading at Central Enrollment on Sullivan Barracks. Volunteer basketball and cheerleading coaches are needed: DSN 380-9290, civ. 0621-730-9290, darren.brown3@eur.army.mil.

Kaiserslautern – Sign up for Youth Winter Sports through Jan. 3 at Central Enrollment. Open to ages 5-15. DSN 493-4516, civ. 0631-3406-4122.

Heidelberg – Register your children for CYS Services Winter Sports – wrestling, cheerleading and boys girls basketball – at Central Enrollment. DSN 388-9397.