

HeraldPOST

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

HP THURSDAY
Oct. 8, 2009

Speed Read

DOMESTIC VIOLENCE

October is National Domestic Violence Awareness Month. Even if children are not the ones being abused, they can be affected by it. 2

DOUBLY INSPIRING

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FLU SHOTS ARE HERE

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MAKING A DIFFERENCE

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CASEY VISITS LRM

During a recent visit to Landstuhl Regional Medical Center, Chief of Staff of the Army Gen. George W. Casey Jr. discussed how the Army Family Covenant is supporting troops and their families along with other current hot topics. 8

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The 21st TSC command sergeant major met with Ugandan enlisted leaders to discuss the upcoming exercise, Natural Fire 10. 11



Defense Details

EXERCISE IN INDIA

The Army plans to deploy 17 of its Stryker combat vehicles this month to India for the first exercise of its kind in the country. This is also the largest deployment of the Strykers outside of those sent to Iraq and Afghanistan. About 200 troops from the 2nd Squadron, 14th Cavalry Regiment, based out of Hawaii, will train alongside the Indian army in combat maneuvers using the Strykers. An Indian army unit of about the same size will join the Stryker crews in Babina, about 275 miles southeast of New Delhi, for the two-week exercise starting Oct. 12.

Army news: www.army.mil
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Heidelberg receives \$28 mil for repair projects

USAG Heidelberg DPW

The Heidelberg garrison received nearly \$30 million in additional critical repair projects during the last four weeks of September, according to Directorate of Public Works Engineering Division Chief Rich Glass.

The additional projects will greatly enhance quality of life in Heidelberg and Germersheim, Glass said.

The newly funded projects include floor repairs at the Patton and Campbell Fitness Centers, a new maintenance facility at the golf course, total renovation of the Patrick Henry Village Veterinary Clinic, installation of additional force protection measures and extensive housing repairs.

There are more than 20 projects in Germersheim, 14 projects in Mark Twain Village, 14 projects in Nachrichten Kaserne, and 50 projects in Patrick Henry Village.

"We want the community to know that being a non-enduring community doesn't mean we've see **UPGRADES** page 16

60 years of Miesau



Staff Sgt. Larry Chartier, a military police dog handler with the 230th Military Police Company, 95th MP Battalion, 18th MP Brigade, walks his dog, Canto, down a catwalk obstacle at Miesau Army Depot as part of Miesau's 60th anniversary celebration Sept. 25. More photos are available online at www.flickr.com/heraldpost.

Sgt. Frank Sanchez III

Ammunition center celebrates service, support

By Pfc. Amanda Rigdon
21ST TSC PUBLIC AFFAIRS

The Miesau Army Depot, also known as Ammunition Center Europe, paid homage to 60 years of service and support to U.S. Army Europe with a celebration Sept. 25.

Miesau Army Depot was founded as Rhine Ammunition Depot May 23, 1949, and was designated as a North Atlantic Treaty Organization ammunition depot under the U.S. Army. Miesau is the last remain-

ing U.S. forces ammunition depot in Europe and largest ammunition depot outside the United States.

"We are all one great big family. We support each other with whatever the issue is, and we work closely with the host nation and surrounding communities," said Gary Millsap, director of ACE. "It's family oriented here. Miesau as a whole is one great big organization, one big family."

The celebration included a banquet and see **MIESAU** page 16

Heidelberg hosts Retiree Appreciation Day

Staff Report

Military retirees can take advantage of many services that will be offered during the Army in Europe Retiree Appreciation Day at the Patrick Henry Village Pavilion in Heidelberg 7 a.m.-3 p.m.

Oct. 17.

"The Retiree Appreciation Day is a great opportunity for retirees to present their concerns personally to one or more of the many representatives providing services," said Ivor Watson, U.S. Army Garrison Baden-

Württemberg Retirement Services officer. "This event has much to offer, and it is our way of saying thank you for your service to our country."

Speakers at this year's event will include Gen. Carter Ham, command- see **RETIREE DAY** page 16

What's Available

- Representatives from Defense Finance and Accounting Service, Veterans Affairs and Social Security Administration
- Health fair showcasing services and information, including hearing screenings, flu and pneumonia vaccinations and blood pressure screenings
- ID cards and IACS registration

COMMENTARY

Children: The other victims of domestic violence

By Beth Duncan
HEIDELBERG FAMILY ADVOCACY PROGRAM

October is National Domestic Violence Awareness Month. It's a time to commemorate the lives of victims and to raise awareness about the issue of domestic violence.

The goal is to educate the public about the effects of domestic violence on families and to find ways to work together to promote safety and eliminate domestic violence in our communities.

The exact numbers aren't clear, but between three and four million children in the U.S. are also at risk for being exposed to abuse of a parent or adult in their homes. A number of studies have shown that children in these situations are significantly more likely to suffer from direct abuse or neglect by their caregivers.

Many adults who live in an environment where domestic abuse occurs may think their children are unaware of the violence, but the fact is that 80 to 90 percent of children who live in these homes are aware of the violence.

Possibly more disturbing is the fact that children can suffer just as much by witnessing the violence between adults in their families, even if they aren't directly involved. This may include seeing the abuse occur, hearing it, or even by witnessing the aftermath of abuse and being aware of the tension and fear in the home.

How a child reacts or is affected will depend on a lot of different factors, including his age, personality, culture, gender, the severity and duration of the abuse.

A safe and secure home environment is one of the most important things we can provide for our children's healthy development. Witnessing violence between adults who children love and depend on can be very confusing and, in many cases, terrifying for children.

While symptoms and effects vary, children who witness domestic violence may become anxious or depressed. Many experience difficulty sleeping or sleep disturbances, such as nightmares, flashbacks and bedwetting. Some children act out or display out-of-control behavior, while others become withdrawn.

Physical symptoms, like stomach upsets and pain, headaches, fatigue and other illnesses are also common. In some cases, children who witness domestic violence are more likely to practice self-mutilation, such as cutting. They are also more likely to engage in high-risk play or activities and to experience eating disorders.

Socially, living in a violent home can be very isolating for children, who may not want to bring friends home or may feel like they have to cover up their home situation with friends or relatives.

Kids who grow up in hostile, violent environments often have poor

anger management and problem-solving skills. Some kids will become extremely passive, while others may become extremely aggressive. They may have a difficult time trusting other people, and they have a higher likelihood of becoming involved in unhealthy relationships as a perpetrator or victim themselves.

Some of the effects of growing up in an environment with domestic violence can be long term. Not all children repeat the pattern when they grow up. Many are committed to not making the same mistakes they saw their parents make.

However, our behavior as adults has a significant impact on our children. They learn much more from our example than they do from our words. If children grow up in an environment where violence and intimidation are used as a means of control, they will often learn this is an appropriate way to manipulate another person.

Boys, especially, who witness the abuse of their mothers by a father figure are more likely to repeat the violence in their teen and adult relationships. Kids may even lose respect for the abused parent and become abusive themselves.

If you know of children who are witnessing an abusive or violent relationship in their home, it's important to get help for the family. The best way to ensure the safety and well-being of the children may be to



help ensure the safety of their abused parent.

The reporting point of contact for both domestic violence and child abuse is the military police station, especially if you fear there is an adult or child in immediate danger.

The installation victim advocate coordinator can also explain the resources and reporting options available to a victim. **Victim advocate coordinators:** Heidelberg, Tangela Calhoun, 24/7 hotline is 0170-609-2862; Mannheim, Corina Torres, 24/7 hotline is 0151-562-86442; and Kaiserslautern, Linda Gilbert, 24/7 hotline is 0151-5760-5409.



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

Has anyone been to Bruges? We've loved our previous trips to Brussels and Antwerp, and now we're taking my husband's brother to Bruges ... If you've been there, can you clue me in on cool things to do and the best places to visit?

-Kelli Bland, BWnow member

My family has been to Bruges on a USO Tour and it was wonderful. The city is on a canal so it is similar

to Amsterdam and you can take a boat canal ride. Two things you must see are the Old Town Square with all the major architectural style buildings side-by-side. Also, in the Town Square is the Cathedral of the Holy Blood, with a Holy relic that contains a vial of what is said to be a piece of fabric with Christ's blood on it. Also ... they have mussels, if you like seafood.

-G. Scott Martin, BWnow member

It is beautiful there (in Bruges). It has the river canals with boat trips and very pretty town. It is also known for making lace and you will see old women sitting out on stools making lace items. The town square has beautiful restaurants and most of them are known for their fish soup. My brother had it and said it was delicious ... We had a Rick Steve's book and he suggested going there instead of Brussels.

-Julie Stallings, BWnow member



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AFN Soldier designs Army's new BOSS logo

AFN Europe

American Forces Network Europe's Sgt. Maury Cesair is the designer behind the Army's new logo for the Better Opportunities for Single Soldiers program.

Cesair's design was announced as the winner at the BOSS conference in August after more than 1,800 Soldiers selected it from various logo choices.

BOSS is a dynamic Depart-

ment of the Army program that single Soldiers can participate in to enhance their quality of life, contribute to their community through community service activities, and assist in the planning and execution of their own recreation and leisure events.

When asked why they liked Cesair's submission, Soldiers used words such as "bold," "energetic," "creative," "eye-catching," "fun" and "memorable." One person answering



the survey said the logo, which used some of the same colors as the former BOSS logo "has evolved like the Army has evolved ... it's like the old logo but more creative."

Cesair said his intent was to design something that was young, fun and not burdened with lots of text.

"I really used what was in my head ... It took me only 15 minutes to finish it."

The Family and Morale, Welfare and Recreation Com-

mand asked Soldiers for ideas, and Cesair submitted his entry while attending a noncommissioned officer course in the United States.

Cesair has plenty of practice working under daily deadlines. As a graphic artist for AFN Europe, he gets same-day requests for graphics for the network TV newscast, which was recently judged to be the best in the Department of Defense.

Active-duty double amputee inspires troops in Europe

Staff Report

Lt. Col. Greg Gadson and his wife, Kim, have been traveling the military communities of Europe, spreading their message of inspiration, hope and overcoming adversity.

Gadson, a former outside linebacker at West Point and combat veteran of the Army, is currently serving as a fellow at the War College.

He's also a double amputee, losing both legs above the knee in a roadside bomb attack in Iraq May 7, 2007.

"I'm here today because my team saved my life," Gadson told the crowd gathered at the Patrick Henry Village Pavilion in Heidelberg Sept. 30. "My team was no different than you all sitting out here in the audience today. They were Soldiers who answered the call ... they stepped up and answered the call for our nation, for our unit and for each other."

The improvised explosive device blew up the vehicle he was riding in as they returned to Camp Liberty from a memorial service for two Soldiers who had been killed. Gadson was ejected from the vehicle. His team found him, got the tourniquets on his legs, and saved his life.

Gadson said that night at the 29th Combat Support Hospital in Iraq, he went through 129 pints of blood. Four days later he arrived at Walter Reed Army Medical Center in Washington, D.C. He lost his left leg first, and ultimately made the decision to lose his right leg also.

Gadson shares his story with military community members and fellow Soldiers to help encourage them that they can overcome and excel. On his European tour, he made stops in Kaiserslautern, Vicenza, Vilseck, Schweinfurt and Heidelberg.

"I asked 'why?' 10,000 times, and you find out you never really find an



Lt. Col. Greg Gadson, a double amputee who wears the Power Knee 2, a next-generation powered prosthetic with artificial intelligence and sensor technology, shares his experiences during the rehabilitation process with a Soldier in Schweinfurt Sept. 29. Gadson was the first to wear the advanced technology, and with it, he remains on active duty.

answer," he said. "My faith became the cornerstone for me dealing with this. My faith tells me I'm not going to have an answer to this. I didn't wonder who did this to me; I don't care what happened to him. I don't care. It's in the past, and it's not going to do a thing to bring my legs back."

Reaching that conclusion, he said, was a pivotal point in the healing process for him and his family.

Kim Gadson spreads the word about how important it is to build strong bonds and relationships with other families. Get to know each other, she said, so that if something happens, you already know them well enough that you don't even have to ask what they need. She told the story of a family friend who delivered groceries to them every week at Walter Reed - knowing exactly what they needed without even

"I'm here today because my team saved my life. My team was no different than you all sitting out here in the audience today. They were Soldiers who answered the call ..."

-Lt. Col. Greg Gadson, double amputee on active duty

asking.

"Our Army Family was really a key portion of what helped us get through our trauma," she said.

Kim also advised the audience to not be afraid to ask for help. She compared the situation with preparing for a move - whether it's a physical move to another post, or a mental move to another place inside, they should never be afraid to ask for help, she said.

"You wouldn't try to move to another post without calling transportation for help," she said. "Call for professional help if you're trying to move to another place emotionally."

The Gadsons shared their story in the hopes of helping other Army families, and encouraging them to stay strong should something like Greg's situation happen to them.

"It's not anything that you all inside of you don't have," he said. "You have inside of you an ability to survive and overcome."

Gadson, who once spoke to the New York Giants before a game to offer encouragement to the team, told the audience of Soldiers, civilians and family members to remember that they are a team.

"You're a part of the greatest team this world has ever seen - the United States Army."

Seasonal flu shots available

Vaccinations to be administered at Holiday Bazaar

HMEDDAC Public Affairs

Seasonal flu shots have arrived in the Heidelberg Medical Department Activity footprint and are now available for beneficiaries.

The FluMist®, which is sprayed up the nose, has been available for several weeks and is still available for those beneficiaries who qualify to receive it.

Both types of vaccinations will be offered at the Heidelberg Holiday Bazaar Oct. 9-12 at the Patrick Henry Village Pavilion.

"We will have providers available to administer the seasonal flu shot and the FluMist® to eligible beneficiaries at this year's bazaar," said Lt. Col. Lena Gaudreau, HMEDDAC deputy commander for nursing. "We want to ensure it is offered to as many people as possible to help protect our community members."

At the bazaar, the seasonal flu vaccinations will be provided upstairs from the shopping area – away from the crowds but still convenient to shoppers.

In addition, the vaccines are available during walk-in hours at the clinics and at community immunization events at the

Community Support Center and Campbell Barracks in the coming weeks.

Health care providers will help determine which vaccine is appropriate for people on an individual basis.

The FluMist® is administered to those ages 2-49 without serious health concerns. The injectable flu vaccine, which is administered as a shot, is approved for individuals who fall outside the 2-49 age range or have a medical condition that disqualifies them for the FluMist®, such as long-term health problems or pregnancy. The pediatric injectable vaccine is also available for those 6-23 month olds.

The influenza virus is a contagious disease that can be spread by coughing, sneezing or nasal secretions. Common symptoms include fever, sore throat, coughing, chills, fatigue, headaches and muscle aches.

Vaccination is mandatory for all active-duty personnel, DoD civilians who provide direct patient care and reserve personnel on active duty. TRICARE beneficiaries are also offered the vaccine to protect against influenza.

For more information, contact your local health clinic.

Get Vaccinated

Walk-in hours

- Heidelberg Health Center
- Family Practice Clinic, 12:45-3:45 p.m. Monday-Thursday, and 7:45-11:45 a.m. Friday
- Pediatrics clinic, 1-3 p.m. Monday-Thursday
- Mannheim Health Clinic
- Immunization Clinic, 8:30-11:30 a.m. and 12:30-2:30 p.m. Monday-Thursday, 8:30-11:30 a.m. Friday

Upcoming confirmed locations

- Heidelberg Holiday Bazaar, Village Pavilion, Oct. 9, noon-4 p.m. and Oct. 10-12, 10 a.m.-2 p.m. (all beneficiaries)
- Campbell Barracks, Casablanca Room, Oct. 14, 7:30 a.m.-noon (active duty SRP); Oct. 21, 8 a.m.-noon (active duty, civilians, family members); Oct. 28, 8 a.m.-noon (active duty, civilians, family members); and Nov. 4, 7:30 a.m.-noon (active duty)
- Retiree Appreciation Day, Village Pavilion, Oct. 17, 8 a.m.-3 p.m. (all beneficiaries)
- Heidelberg Post Exchange, Oct. 30, 10 a.m.-2 p.m. (all beneficiaries)

Note: Other dates and locations will be announced as they are confirmed

Seasonal flu vaccinations in schools

- Mark Twain Elementary - Oct. 13, 1-3 p.m. and Oct. 15, 1-2:15 p.m.
- Patrick Henry Elementary - Oct. 16, 8 a.m.-noon
- Heidelberg Middle School - Oct. 16, 2-4 p.m.

AAFES makes changes to school lunch menus

AAFES

MAINZ-KASTEL, Germany – A survey, administered last spring by the school lunch provider at Army and Air Force installations in nine countries overseas, has resulted in some noticeable changes to the menu for the current school year.

"The results made it clear that the vegetarian option should consist of more than just a salad and options for students unable to tolerate the protein gluten found in wheat, barley or rye should be expanded," said Army and Air Force Exchange Service school lunch program's Staff Dietician Maj. Janetta Blackmore. "Our homework was not only to find a way to meet the daily nutritional needs of gluten-sensitive and vegetarian students, but also satisfy the U.S. Department of Agriculture's nutritional guidelines while providing meals that taste good."

A summer of work later, AAFES-operated lunchrooms are serving up a diverse menu that includes turkey tetrazzini, black-

bean burgers, spinach and tomato salads, whole grain pastas and "chik'n" nuggets for vegetarians as well as nine gluten-free entrées for gluten-sensitive students.

In addition to meals specific to special dietary considerations, the AAFES survey resulted in changes to standard school lunch options including more frozen instead of canned vegetables. Baked garlic and rosemary seasoned new potatoes will replace tater tots on the patterned meal menu.

"High school students now have six choices instead of the four they had last year, and elementary students' options have gone from three to four meals each day," Blackmore said.

Consistent with the feedback received, AAFES' school lunch team is also decreasing flash-fried foods and placing a greater emphasis on baking.

The changes have even gone beyond the lunch tray as parents can now make prepayments for school lunches using a bank account or credit card through www.mealpayplus.com.

HEIDELBERG

Garrison, AAFES team up for new recycling effort

By Ina Stewitz

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

The Environmental Division of the U.S. Army Garrison Heidelberg's Directorate of Public Works expanded its recycling program to the Community Support Center's food court with an initial kick-off Oct. 1.

The new recycling stations are divided into a three-container system. Customers are asked to pour their excess drinks and ice into the liquid container, throw their food leftovers into the food waste container, and use the packaging container for all paper, cartons or napkins.

"We recycle to save the environment, to save money, and to comply with the German law. These are our three main goals," said Amanda Wilding, pollution prevention

specialist.

As part of the Environmental Management System, the Environmental Division in cooperation with the Army and Air Force Exchange Service, started this pilot project at Heidelberg's food court.

After people in schools, at work and in the housing areas are already supposed to recycle their waste, there is a good chance that people will get used to it at the food court very easily, Wilding said.

"This pilot project is already succeeding, because people are already recycling on and off post," said Lt. Col. Robert White, USAG Heidelberg commander.

"We are looking forward to the education process," Wilding said. "You could see that there was little confusion and a few questions, but it has been pretty successful since

Monday."

"It is a very good and excellent project, which helps us to participate in saving the environment," said food court customer Sgt. Brian Wolf, 18th Engineer Brigade.

Approximately 80 to 90 percent of food court waste is packaging material. By separating waste into three different containers inside the food court and into a food waste container and a packaging material container, provided by the city of Heidelberg outside of the food court, it will help to reduce solid waste costs by 40 to 50 percent.

The new recycling area in Heidelberg's military community also will help people to understand the significance of waste separation, and it will educate them on German laws and USAG Heidelberg's recycling policies, Wilding said.



Ina Stewitz

Samantha Rogers, pollution prevention specialist with the U.S. Army Garrison Heidelberg's Environmental Division, separated her waste into the different containers of the new recycling station at the Community Support Center's food court.

"The best teachers are the kids. They know the recycling system from school," Wilding said. "And I would like to see it going from the kids to their

parents." "It just takes a couple of seconds to help save the environment and to save money," White said.



LT. COL. CHRISTOPHER CHRISTON



Lt. Col. Christopher M. Christon is the commander of the Mannheim Health Clinic. He has been in the Army for 16 years of active commissioned service. A native of Narrowsburg, N.Y., Christon is married with four children.

What is your favorite part about your job?

The joy of being a part of helping people to feel better and helping them to get well and the honor of serving America's finest.

Why did you join the Army?

To serve my country.

Do you have a favorite hobby?

Hiking and going for long walks.

What is your favorite vacation spot?

Disney World in Orlando, Fla., because of how happy and excited my kids are when we go there.

If you could own any car, what would it be?

A Porsche Carrera GT.

What book would you recommend to others?

The Bible.

How do you plan to positively impact the Mannheim community?

By listening to the community's health care concerns and proactively seeking creative solutions to address their concerns and to eliminate obstacles to providing the world-class health care that the community deserves.

Nominate a community member

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to usaghd.post@eur.army.mil.

Special port operations



Sieg Heppner

Workers prepare a UH-60 Black Hawk helicopter belonging to 12th Combat Aviation Brigade Oct. 1 for shipment to Iraq. Normally, the helicopters are put on barges near Lampertheim, but because of the extremely low water level of the Rhein River currently, the barges could not dock at their usual location. The Surface Distribution and Deployment Center's Rhein River Detachment, which is based in Mannheim's Coleman Barracks, sought an alternative in the Mannheim-Rheinau harbor.

Community members plan to 'make a difference' Oct. 24

Staff Report

Members of the Heidelberg and Mannheim communities will be making a difference in the lives of others Oct. 24.

As part of the annual "Make a Difference Day," Heidelberg community members from Army Community Service's Army Volunteer Corps, Better Opportunity for Single Soldiers and Heidelberg Boy Scouts will travel to the main cemetery in Frankfurt to beautify and perform maintenance on the graves of the young children who are interred in the section known as "The American Children's Cemetery."

On the same day, the Mannheim community will participate in six community projects on Benjamin Franklin Village to celebrate the day.

Make a Difference Day is the most encompassing national day of help-

ing others – a celebration of neighbors helping neighbors.

"Volunteering with other people while doing something good for the community gives you a wonderful feeling of giving back," said Meagan Noles, former BOSS president. "It shows that as much as you take from the community, you are also giving back."

To contribute to the Make A Difference Day, people from the Heidelberg area are encouraged to join the local organizations for the trip to Frankfurt.

The remains of about 150 American children, most, but not all of them stillborn or newborn, were buried at the Kinderfeld in Frankfurt between 1966 and 1986.

Americans and Germans jointly maintained it. Due to former relocations away from Frankfurt, there are no American service members left, and the future of the cemetery's main-

tenance is somewhat uncertain.

A similar cemetery, about three times as large, is located in Kaiserslautern. It is under the care of the Ramstein Area Chief's Group and the German-American and International Women's Club. Both organizations are assisted by virtually hundreds of volunteers.

"It is my hope to see the same happen to the Frankfurt Kinderfeld," said Norma Ewers, Army volunteer coordinator with Heidelberg ACS.

For Make a Difference Day last year, a group of Soldiers, civilians and spouses volunteered to visit a seniors citizens residence in Heidelberg-Kirchheim. They spent a day with elderly people carving pumpkins, making handcrafted lanterns, and having a pumpkin dish for lunch.

"Events such as these truly foster a positive German-American relationship," Ewers said.

Besides the trip to the cemetery, people are welcomed to volunteer in other ways whereas ideas are available from the Army volunteer coordinator.

In Mannheim, community members are invited to Benjamin Franklin Village 10 a.m.-3 p.m. in Bldg. 725 for the annual Angel Tree kick-off, the painting of the Mannheim Thrift Store, and two combined one-mile-walks – Girl Scouts' "In the Pink" for Breast Cancer Awareness and "Take the Walk" where an organization will match \$1 to 1 mile for those suffering in Africa.

In addition, BFV Chapel has the "Joy Project" of collecting clothes for the people of Ghana and a non-perishable food drive for the Mannheim community's Chaplain Closet.

"If I could recommend anything to the Soldiers ... it would be to volunteer as much as you can. And Make a Difference Day is one of those wonderful chances," Noles said.



Casey discusses issues, Army Family Covenant during LRMC visit

LRMC Public Affairs

During a visit with wounded warriors at Landstuhl Regional Medical Center Sept. 25, the Army chief of staff discussed the challenges his Soldiers and their families have successfully faced since Sept. 11, 2001, and explained initiatives underway to help the force.

Comprehensive Soldier Fitness program

Gen. George W. Casey Jr. said the first element of the Comprehensive Soldier Fitness program, designed to teach Soldiers to become more resilient in five aspects of total fitness – physical, emotional, social, spiritual and family strength – begins this week with an online assessment every Soldier can take in the privacy of his own room.

But CSF doesn't begin and end there. Casey said every phase of leadership development training, from Basic Training to the Army War College, will include progressive instructional courses of CSF to help leaders understand how to build resiliency in themselves and their Soldiers.

The most critical element of CSF is set to begin about this time next year when Casey said a master resiliency trainer will be placed in every battalion in the Army. MRTs are part of a collaboration with the University of Pennsylvania. About 100 Soldiers have received MRT training at the university, and Casey said the several trainers he has spoken with about the program are excited about taking what they have learned from the classroom to the battalion.

“These are Soldiers helping Soldiers,” Casey said. “Every one of them has told me they

see the value of the training both in their personal and professional lives.”

Army Family Covenant

Another quality-of-life initiative the general covered is the Army Family Covenant, which focuses on the following five areas for improving life for Army families:

•Standardizing and funding existing family programs and services

Casey said that during his travels across the Army with his wife, Sheila, the message theme they receive from Soldiers and their families has been: “General, we don't need a bunch of new programs. We just need to fund the one you have, and to standardize them across all Army installations.”

•Increasing accessibility and quality of health care

“The quality of the care is great,” Casey said of the feedback he hears from the field. “The challenge we have is with the access, and we're working on that very hard both with military medicine and with TRICARE to improve access.”

•Improving Soldier and family housing

Casey said definite improvement has been achieved in quality of housing through programs such as the Army's Residential Communities Initiative in which the Army “partners” with private-sector firms to manage and operate family housing, with the private sector entity serving as the managing member of the corporation.

“We have made very good progress with the Residential Community Initiatives,” Casey said. “Unfortunately, the problem we have is the people who are in the new houses think they are great. The people who aren't, want to be in them and we are just

going to continue to expand on that, and we are also working very hard on improving barracks.”

•Ensuring excellence in schools, youth services and child care

The general noted a significant increase of more than 100 new child care facilities the past three years.

•Expanding education and employment opportunities for family members

Casey highlighted a new Defense Department initiative underway to provide up to \$6,000 for spouses to provide increased educational opportunities that, in turn, help make them more marketable in today's job market.

“We're making progress along all five lines,” Casey said of the Army Family Covenant, “and we're committed to take them to the next level.”

An Army out of balance

Casey also discussed the effects of repeated deployments the past several years on Soldiers, their families and the Army as a whole.

“We are so weighed down by our current commitment,” Casey said, “that we can't do the things we know we need to do to prepare ourselves to do other things, and to sustain the all-volunteer force for the long haul.”

However, the general said a plan put into place to put the Army back in balance by the end of 2011 is showing good progress. The four benchmarks for that plan consist of:

•Sustaining Soldiers and their families

•Continuing to prepare the force for success in conflict

•Reset between deployments

•Transformation

“We had a very good Army on Sept. 11,” Casey said, “but it was not the Army we need for



Spc. Ryan G. Christian meets Chief of Staff of the Army Gen. George W. Casey Jr. at Landstuhl Regional Medical Center Sept. 25.

the 21st century, and we have made huge progress over the last five years in transforming ourselves to be the kind of Army the nation needs for the 21st century.”

2009 – The Year of the Noncommissioned Officer

One aspect of the Army currently in top form, however, is the quality of its NCO Corps. For only the second time since 1989, Casey said a Year of the Noncommissioned Officer has been declared to highlight and honor their vital role to the Army mission.

“It is increasingly clear to us, the secretary of the Army and me, as we look around that our noncommissioned officers were the group that was holding this force together in the incredibly difficult past five years,” Casey said.

Suicide and mental health

Casey also discussed ensuring that access and treatment for the mental health needs of Soldiers continues to improve.

“We have made great strides in reducing the stigma people feel in getting assistance for mental health fitness problems,” Casey said. “We've reduced the stigma by about 50 percent. It has been a huge step, but we're an Army of 500,000 Soldiers, so we still have a long way to go.”

Wounded warriors

During his visit at LRMC, Casey spent time at the bedside of Soldiers injured in battle and recovering from illnesses that occurred downrange. It is an encounter the general clearly holds special.

“When I look at those remarkable Soldiers it reminds me of the cost of war and it something none of us can ever forget,” Casey said. “I'm always uplifted by their zeal to return to their unit – that bond and camaraderie that comes through.”

“And to the doctors, nurses and care providers, we can't thank them enough for what they do.”

ACS

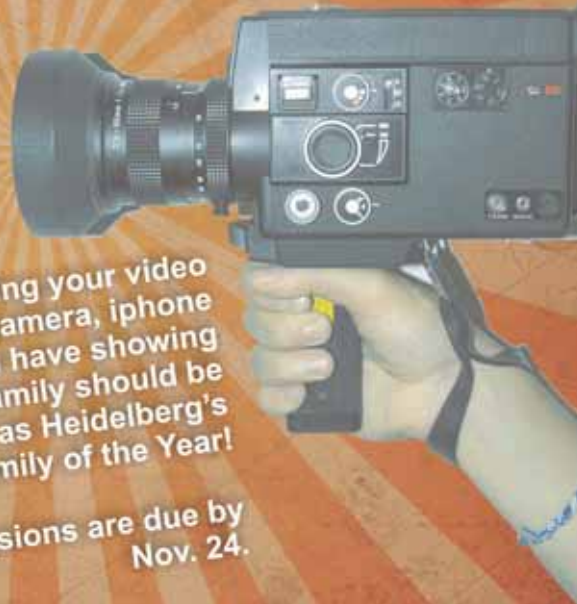
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WIN 4



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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Mike Strasser

Spc. Guy Mellor, U.S. Army National Guard, tries on his Kevlar helmet while assembling TA-50 during the 2009 Department of the Army Best Warrior Competition, Sept. 29. The first task of the day for the warriors was the issuing of combat gear. The competitors spread out on the floor of the Post Field House as they collected, inventoried and assembled their Kevlar helmets, body armor and rucksack. Afterwards, the competitors engaged in reflexive-fire training.

Brigadier Jake Thackray (right, brigadier general equivalent), commander, 11th Signal Brigade of the British Army, and Thomas Colantuono (left), station commander, Landstuhl Regional Hub Node, discuss satellite operations and data applications during the 11th's site visit in Landstuhl, Sept. 29. The six-Soldier team of the 11th toured several U.S. Army Europe network facilities, as part of 5th Signal Command's ongoing endeavor to build an operational Joint International Interagency Multinational Information Environment in Europe.



Jonathon M. Gray

our ARMY around the world

For more Army news,
visit www.army.mil



Sgt. Frank Sanchez III

Sgt. Maj. Tomas Gonzales, plans and operations for the 21st Theater Sustainment Command, and several other Soldiers assigned to the 21st TSC fire the M9 pistol at a qualification range at the Baumholder training area Oct. 1. About 250 Soldiers from the 21st TSC spent the week of Sept. 28 to Oct. 1 at the ranges in Baumholder qualifying with a wide variety of weapons to include the M2 .50 caliber machine gun, the M249 squad automatic weapon, the M16 rifle, and the M9 pistol.



Pvt. Jared N. Gehmann

Pfc. Gregory Conway (left) prepares to drop a mortar into the tube during a live-fire training exercise at a range several miles north of Forward Operating Base Hammer, Iraq, Sept. 30. Conway is an indirect fire infantryman assigned to the 82nd Airborne Division's Company C, 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team.



U.S. Navy Petty Officer 3rd Class Ernesto Hernandez Fonte

Pfc. Michael Papp, assigned to the 19th Engineer Battalion, installs tin sheets on a roof during a construction project at Kandahar Airfield, Afghanistan, Sept. 14. The 19th Engineer Battalion is forward-deployed to southern Afghanistan in support of Operation Enduring Freedom.

DoD schools prepare science students for future

By Judith Snyderman
SPECIAL TO AMERICAN FORCES PRESS SERVICE

Defense Department schools are stressing studies in science, technology, engineering and math in keeping with 21st century needs, the head of the Department of Defense Education Activity's science program said.

"There's a huge shortage of people choosing to go in those fields, so at DoDEA, we really are working to promote more students to have an interest in choosing those opportunities as a career," Kim Day said in an interview on the weekly "Armed with Science: Research and Applications for the Modern Military" podcast.

Some 90,000 students attend 191 DoDEA schools around the world. Classes run from pre-K through high school, and Marc Mossburg, DoDEA's chief of curriculum, said the curriculum is continually assessed and updated to stay on par with parallel academic institutions.

"If you walked inside one of our DoDEA schools, you would actually think that you're in a regular stateside school," Mossburg said. He added that efforts to identify and foster scientific thinking start by tapping into young children's natural curiosity.

"Whether they're digging a hole and getting a bunch of worms together or whether they are building blocks and seeing how they balance on each other – those are really great scientific concepts that we need to facilitate," Mossburg said.

Day, whose own DoDEA schooling led to an academic career, said that beyond memorizing facts, students need to participate in doing hands-on science that stresses academics, knowledge and laboratory-based research skills. She added that all students, not just those with scientific careers in mind, should be gaining knowledge and skills in science and math to prepare them to live in a world increasingly shaped by science and technology.

"They really need to be involved in hands-on science," she said. "It's important for students to experience these processes in order to make meaningful links to related

science topics and ideas."

DoDEA students who wish to apply lessons outside of laboratories have many options.

"We've been very successful having partnerships with the research labs," Day said. "NASA and the local commands are excellent in providing learning opportunities for our students."

Projects that reinforce classroom learning include one that linked students with a company in Hawaii conducting robotics studies, and the NASA-run Goldstone Apple Valley Radio Telescope project. "The students actually operated a radio telescope, located out in the Mojave Desert, to download information from space," Day said. She added that members of the military at the local base command in England helped students interpret and report the data.

This summer, three DoDEA students participated in the highly competitive Research Science Institute, sponsored by the nonprofit Center for Excellence in Education in collaboration with the Massachusetts Institute of Technology. The RSI program is designed to develop student experience and proficiency in laboratory-based research related to engineering and other technical areas.

In addition, the Junior Science and Humanities Symposia, an event supported by the Army, Navy and Air Force, promotes original research and experimentation in the sciences, engineering and mathematics at the high school level and publicly recognizes students for outstanding achievement. JSHS aims to widen the pool of trained talent prepared to conduct research and development vital to the United States.

Mentors also support classroom learning, Mossburg noted. "We also want to encourage any of your listeners who may be out there if they are near a DoDEA school, and I even want to advocate if they are near a public school, to let that principal know they are available, (and) that they would enjoy the mentorship, because our military students really do enjoy meeting these people who are practicing science."

AFN has new satellite audio services

AFN Europe

Four new 24/7 satellite audio services began Monday for people who own or rent an AFN decoder.

The services include Gravity, a Rhythmic/Contemporary Hits Radio service; Drive FX, a mix of trance and techno; Jack FM, hits from Hot Adult Contemporary and Adult Rock; and Classic

Rock, rock from the early-60s to early 80s.

For details on the services, to include what decoder channel to tune in, visit afneurope.net.

There are more than 67,000 individually owned or rented decoders in Germany, Italy, Belgium, Spain, Greece, Iraq and Afghanistan. The changes will not affect AFN Europe's AFN The Eagle ra-

dio, which is heard mostly on FM frequencies.

Overnight AFN Power Network listeners will hear a minor change when Classic Rock takes the place of Oldies. Power Network radio services broadcast on AM and FM signals in Europe.

Decoder users may also listen to the Power Network on Channel 35 and AFN The Eagle on Channel 37.



Command Sgt. Maj. David Wood, the command sergeant major of the 21st Theater Sustainment Command, addresses a group of sergeants major from the Ugandan Peoples Defense Force about the upcoming multi-lateral exercise, Natural Fire 10. Spc. Jason Nolte

21st TSC enlisted leader meets with Ugandans to discuss upcoming exercise

By Spc. Jason Nolte
21ST TSC PUBLIC AFFAIRS

KITGUM, Uganda – When the command sergeant major of the 21st Theater Sustainment Command arrived in Uganda and met with the sergeants major from the Ugandan Peoples Defense Force, their main focus was making Natural Fire 10 a success.

The joint and combined training exercise in Uganda offers an opportunity for east-African partner nations and the U.S. military to work together to increase regional capabilities in order to respond to complex humanitarian emergencies. Military personnel from Burundi, Kenya, Rwanda, Tanzania, Uganda and the United States will participate in this year's exercise.

The meeting between 21st TSC Command Sgt. Maj. David Wood, Ugandan Command Sgt. Maj. Ben Oyana and other Ugandan sergeants major better enabled them to work through any real-world issues that make an event like this a success as both a cooperative exchange of ideas, and a military-to-military training exercise involving complex humanitarian emergencies.

At this early stage in the exercise, setting up the life support area for the U.S. forces who will be participating in the exercise is a critical step to ensure Natural Fire 10 is successful. Wood walked the Ugandan sergeants major through the proposed arrangement of U.S. living areas and the logistical issues that might require Ugandan assistance. He also asked if there was any assistance the Ugandan forces needed from their U.S. partners.

Wood praised the Ugandan military for its discipline and outlined some specific training he was hoping could be arranged for the participating U.S. forces.

"When I was out at your range yesterday, I noticed the way your soldiers build shelters," Wood said. "I would like you to show our Soldiers that – how to chop the bamboo and set up shelters."

Perhaps the most important thing taken away from the meeting was what was said shortly after the initial introductions and handshakes.

"We have to come together to make this happen," Wood said.

"To work as a team," the Ugandan sergeants major replied in unison.



Pet Policies

- ◆ Pets must remain on a leash when outside of government quarters and not at the dog park.
- ◆ Pets must be exercised outside the housing area, and a minimum of 25 feet from the buildings, playgrounds and picnic and parking areas.
- ◆ Pets will not be allowed to relieve themselves on balconies, playgrounds or near buildings.
- ◆ Owners will immediately clean up after their pets.
- ◆ Pets will be fed only in an apartment, not on landings or stairwells.
- ◆ No more than two domestic pets (dogs and cats) per apartment. Other animals, eg. hamsters, goldfish and birds may be kept.
- ◆ Barnyard animals and exotic pets are not allowed without prior written permission from the vet and housing.
- ◆ Pets must be registered at the vet within two weeks of arrival.
- ◆ Possession of prohibited dog breeds is prohibited.
- ◆ Owners will be held liable for pets, to include attacks, and pet abandonment.
- ◆ Breeding for commercial purposes is prohibited in government quarters.
- ◆ Stray animals must be taken to the vet, and will be eligible for adoption after three days.
- ◆ Violations will be reported to housing. Punishment can lead to community service and loss of pet privileges.

SOURCE: USAG Baden-Württemberg Command Policy # 34

405th AFSB moves to Kaiserslautern

405th AFSB Public Affairs

The 405th Army Field Support Brigade, currently headquartered at Hammonds Barracks in Seckenheim, is entering the final stage of its relocation to Kaiserslautern.

Continuing until mid-October, the brigade headquarters will implement a phased move for all of its personnel located on Hammonds Barracks with the exception of personnel assigned to the CECOM Life Cycle Management Command, who are scheduled to relocate later this year.

The brigade now will be headquartered at Bldg. 3107 on Daenner Kaserne. Units and customers requiring assistance during the three-week move are encouraged to contact the command's advance team, which is temporarily assigned to the headquarters of the 1st Battalion, 405th AFSB. The advance team can be reached at DSN 483-6715. Effective immediately, the new official mailing address for the brigade is Headquarters, 405th Army Field Support Brigade, Unit 23152, APO, AE 09227-3152.

The relocation of the brigade headquarters was announced earlier this year in support of the U.S. Army's Global Restructuring and Re-basing strategy.

7th CSC medical experts lend helping hand in Swaziland

By Sgt. 1st Class Eugene Pomeroy
7TH CSC PUBLIC AFFAIRS

MBABANE, Swaziland – Army Reserve Soldiers Col. Morgan M. Gray, commander of the Medical Support Unit-Europe in Mannheim, and Capt. Charles A. Pastor, a medical doctor assigned to the MSU-E, recently took part in MEDFLAG 09, an exercise designed to share the Army's medical expertise with Swaziland military leaders and Ministry of Health officials.

MEDFLAG is a joint and combined military exercise led by U.S. Army Africa in support of U.S. Africa Command to improve medical disaster preparedness and humanitarian assistance management.

The three-phase MEDFLAG exercise, in addition to promoting medical and security cooperation between the U.S. and Swaziland militaries, also aimed to improve interoperability between Swaziland military and government ministries enhancing the Swazis' capabilities to respond to disasters and medical emergencies.

During the first phase, Gray and Pastor provided training on the military decision-making process, how to respond to disasters and pandemics, and demonstrated how inter-ministerial cooperation is essential in responding to disasters. Representatives from Swaziland's Ministries of Health, Agriculture and the Umbutfo Swaziland Defense Force took part.

"They were very interested in the presentation; the Ministry of Health and the Ministry of Defense worked well during the pandemic influence table-top exercise supporting the importance of inter-ministry coordination during disaster response," Gray said.

Swaziland just created a national disaster pandemic task force, and since the country recently had a cholera outbreak, which was a big challenge, the pandemic exercise was very relevant and helpful in



Staff Sgt. Lesley Waters

Army Reserve Col. Morgan M. Gray, commander of the Medical Support Unit-Europe in Mannheim, holds a Swazi orphan during MEDFLAG 09. The MSU-E, recently took part in the exercise designed to share the Army's medical expertise with officials in Swaziland.

further developing its capacity to manage medical emergencies. Swaziland also has a tremendous challenge with HIV, and combined with tuberculosis, which is also prevalent in the country, many Swazis are considered at high risk during an influenza pandemic.

During phase two, Gray helped supervise and script the narration of the mass casualty exercise

conducted by Swaziland military and first responders.

"We came up with a script to explain what all the actions were as they were occurring during the MASCAL," Gray said. "This event was observed by many U.S. and Swaziland dignitaries, and they were impressed by the rapid response and effective treatment and evacuation performed by the Swaziland first responders."

In phase three – the humanitarian civic action phase – veterinarians, dentists and other medical personnel went into each of Swaziland's four districts, setting up clinics in schools and treating animals at various sites.

"I've been to quite a few African countries before. It's a stark reality how these countries live," Gray said. "In some of the areas, they don't have much medical care, and many are still being seen by the local tribal doctor who uses the stuff that's been around for ages ... traditional methods and remedies with herbs."

The Ministry of Health is working to improve the health of the Swazis with the resources it has and is grateful to the medical and humanitarian projects such as MEDFLAG 09 that provide some very helpful assistance, Gray said.

During the two-week exercise, roughly 2,400 medical and dental patients were seen and treated during visits to the Swazi villages in each of the four regions of the country. At veterinary sites, nearly 10,500 animals received treatment.

Gray also supervised an outreach project to the Emmanuel Khayaletu orphanage in Motjane. Exercise participants donated more than \$800 worth of food, supplies and toys for the orphanage.

"I guess the most rewarding thing was to see the children's faces. It was like Christmas in the summer time," Gray said. "I think it was a very productive exercise; all the participants gained from it, both the U.S. military and the Swazis."



WISE TRAVELERS USE EXTRA CAUTION TO AVOID BECOMING TARGETS FOR CRIMINALS, TERRORISTS

The military community is a dynamic place. Its people are constantly on the move, traveling the world over. Sometimes that travel can take Soldiers, civilian employees and family members into the world's "hot spots," places where it takes some planning and vigilance to ensure they don't become targets for terrorists or criminals.

Before traveling:

Before a trip begins, force protection experts say, military-affiliated travelers should find out about the potential threats in the area to which they're headed. They recommend the following:

1. Review the travel advisories offered on the U.S. State Department Web site
2. Review the Department of Defense's Foreign Clearance Guide
3. Get an official security briefing and review your unit's travel advisories

General 'out and about' tips:

- Travel in conservative civilian clothing when using commercial transportation, or when traveling on military flights that will connect with flights at commercial terminals in high-risk areas; try to be inconspicuous
- Don't wear military items such as organizational shirts, caps or military-issue shoes or glasses
- Don't wear "U.S.-identified" items, such as cowboy hats or boots, baseball caps, or American logo or patriotic T-shirts or jackets
- Cover distinctively military or American tattoos when traveling
- Avoid public demonstrations or disturbances
- Stay away from controversial meeting places; vary your meeting locales and avoid "U.S.-associated locales"
- Do not use rank or military addresses on tickets, travel documents, hotel reservations or luggage tags
- Do not discuss military affiliations with fellow travelers
- Use a tourist passport whenever possible, and store all official travel documents, ID cards, orders and other official papers in locked luggage
- Use plain civilian luggage, not duffel bags or other "military-looking" bags; remove all identification of rank or military affiliation, such as stickers or logos, from luggage
- If possible, procure luggage on the local economy to avoid the limited selection available at U.S. facilities
- Be alert for suspicious activity in any terminal, and go directly to your departure gate
- Know the location of "safe havens," such as police or fire stations, along your route. Always drive to those havens - not a residence - if danger strikes
- Register at the U.S. embassy at the trip's destination
- Program a cell phone with useful emergency phone numbers at the destination, such as the U.S. embassy, police, your hotel and friends or relatives, or write the numbers down and carry them
- Many countries require travelers or visitors to register with local police or government offices (through their hotels) during their stay, and will often ask for a photocopy of travelers' passport information; travelers should allow them to do so, but should not surrender their passports overnight
- Avoid leaving hotel room keys at the hotel's registration desk, and do not leave personal identification, credit cards or official documents in an unattended hotel room
- Be aware of what information may be readily accessible on laptops or personal digital assistants, and the risks of using public access computers and Internet cafes; use network security when accessing the Internet or a hotel's local area network

More information:

U.S. State Department worldwide travel information and advisories:
<http://travel.state.gov/>

U.S. Department of Defense Foreign Clearance Guide:
<https://www.fcg.pentagon.mil/>
 (users must request a password or access the guide from a .mil domain).



UPGRADES

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been forgotten or we don't continue to do everything in our power to make Heidelberg a great place to live and work," said Lt. Col. Robert White, U.S. Army Garrison Heidelberg commander. "This garrison is always prepared to accept and execute funding, especially end-of-year funding, for projects that have been reviewed, scoped and approved. High on our list are force protection and Army Family Housing projects, for which we obtained over \$20 million alone."

Glass said his staff worked closely with the customers, Resource Management and Contracting Command to posture Heidelberg for success.

"We took full advantage of every opportunity and have crafted together an aggressive and effective program that will serve the residents of this community for years to come," he said.

Nearly every Army Family Housing unit will see some type of improvement. The housing projects include exterior painting, super vacant quarters, fire alarm repairs, waterline and heating system upgrades, and stairwell upgrades.

"We are also waiting for construction to begin for the Village Pavilion stage platform replacement, the handicap access to the PHV Chapel and Phase 3 of the plaza upgrade," Glass said. "We expect the platform and access to begin in the next 30-60 days and the plaza to be in the summer 2010."

By using the funds to improve Army Family Housing and quality-of-life facilities as well as improve infrastructure, according to White, the garrison is addressing two pillars of the Army Family Covenant – improving Soldier and family housing as well as family programs and services.

Facilities on Nachrichten Kaserne also will undergo repairs and upgrades, thanks to a partnership with the Army Medical Command.

RETIREE DAY

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ing general of U.S. Army in Europe; John Radke, chief of Army Retirement Services; and Col. William Butcher, commander of USAG Baden-Württemberg.

Representatives from the Defense Finance and Accounting Service, Veterans Affairs and the Social Security Administration will be available to answer questions and fix retiree issues.

"We will have access to the retired and annuity pay system, which will allow on-the-spot changes," Watson said. "Retirees should have available all pertinent information for the action they wish completed, including bank account information, addresses with postal codes, Social Se-

curity numbers, complete names, etc."

If retirees are reporting the death of a spouse in order to suspend the Survivor Benefit Plan cost, they will need to provide a copy of their spouse's death certificate. If they are reporting a divorce, they will need to provide a certified English translation of the divorce decree in order to suspend the SBP cost, Watson explained.

There are numerous services available scheduled to be offered that day.

The Heidelberg Medical Department Activity will provide a health fair showcasing a variety of health care services and information, including hearing screenings, flu and pneumonia vaccinations, blood pressure screenings and

"This garrison is always prepared to accept and execute funding, especially end-of-year funding, for projects that have been reviewed, scoped and approved. High on our list are force protection and Army Family Housing projects, for which we obtained over \$20 million alone."

-Lt. Col. Robert White, USAG Heidelberg Commander

"The MEDCOM folks really stepped up to fund those facilities," Glass said. "We deeply appreciate them coming to the table and providing their resources. Their command looked out for them and deserves kudos."

The Nachrichten projects will include air conditioning, dining facility upgrades, clinic repairs and administrative upgrades. In addition, the gym roof will be strengthened to allow it to reopen for full use.

"We are also waiting for the low bid and construction award for Wilson Theater," Glass added. "We expect that to arrive in the next 30-60 days with construction to start right around the new calendar year."

In addition to the facility upgrades throughout the installations, the Heidelberg garrison took this funding opportunity to invest in alternative energy and other environmental programs.

Projects included in the funding will install solar voltaic panels, underground storage tanks and hazardous waste collection points in Germersheim, hazardous material storage points at the golf course in Ofersheim, sewer and water supply line repairs throughout, road repairs on Mark Twain and Patrick Henry Villages, and higher efficiency electrical transformers. All of the repair projects will include the newest energy efficient components and higher insulation values.

As always, the garrison will continue to improve its force protection posture.

A new "smart" pedestrian gate will be installed at Kilbourne Kaserne in Schwetzingen; additional bollards and barriers will be installed at the airfield, commissary and Heidelberg High School exit gates; and the camera system improved in selected areas.

"The (anti-terror/force protection) folks were very successful in obtaining additional security funds," Glass said. "In a matter of about 48 hours, they put together a bunch of projects and received the funds. As a result, we'll see these improvements and enhancements completed before the end of second quarter."

"We are also waiting for the low bid and construction award for the Patton Barracks gate realignment, varies IDS and camera upgrades and numerous lighting enhancements. We expect those in the next 30-60 days with construction to start in the new calendar year."

As of the morning Sept. 30, for fiscal year 2009, the garrison received more than \$28.5 million in project funding.

"It's a great year to be an engineer," Glass said. "The true joy and satisfaction will come when these projects are completed, and the residents, employees and visitors to Heidelberg are enjoying the improvements."

"I do want to remind everyone to be patient with us over the course of the next 18 months as we complete these projects. There will be some inconvenience and discomfort until we get over the peak."

ily members the opportunity to have an oral screening and emergency services.

Retirees and family members will need to sign up for the screening at the dental registration table during the event. Retirees from outside the Heidelberg military community should bring their dental records, if available, to facilitate their treatment. All retirees must bring their ID cards to be seen.

Issuing ID cards is another one of the services that will be offered at the RAD. ID cards provide retirees access to their military benefits to include TRICARE, MWR, the commissary and others. ID cards will be issued and personnel records checked to ensure that they are in the Defense Enrollment Eligibility Reporting

MIESAU

continued from page 1

several guest speakers, who addressed an audience of Soldiers, local national employees, civilians, families and honored guests.

The event featured authentic German cuisine, and a German musician, the U.S. Army Europe Band and a gospel choir performed for the crowd.

Brig. Gen. Patricia E. McQuiston, commanding general of the 21st Theater Sustainment Command, presented numerous ACE employees with length-of-service of awards, and Soldiers from the 230th Military Police Company provided a working dog demonstration.

"I think that it's a great accomplishment," said Michael Dubenezic, chief of the inspection division at ACE, about the importance of the event. "We've been here for 60 years, providing the war fighters with the ammunition needed for them to do their jobs."

Hans-Juergen Becker, deputy chief of ACE who has worked at the depot for more than 35 years, felt it was important to recognize all the hard work performed at Miesau on a daily basis.

"I felt positive today because it was a great day for Miesau, the 21st TSC and the U.S. Army in Europe," Becker said.

System database. The proper documentation – marriage certificates, birth certificates, divorce papers, as well as any old ID card or other ID with a photo like passport or driver's license – is necessary for ID cards to be issued.

Retirees will also have the opportunity to register their ID cards in the Installation Access Control System.

Registration for RAD will begin at 7 a.m. at the Patrick Henry Village Pavilion and will continue until 1 p.m. the day of the event.

"Mark your calendars now for the Army in Europe Retiree Appreciation Day hosted by the USAG Baden-Württemberg, and join us to get the latest information, update records, meet old friends and make new ones," Watson said.

Dinkelsbühl

Located in the south of Rothenburg, the picturesque small city has as much to offer as its more popular twin-city



Reinhold Behringer

By Alice Adler
BAVARIAN NEWS

Rothenburg ob der Tauber is one of the most romantic cities in Bavaria. But only a short drive south down the autobahn from the hustle and bustle of Rothenburg lies Dinkelsbühl, a more subdued version of its big brother to the north.

The view across Rothenburg Pond at the Faulturm is one of the most beautiful views of Dinkelsbühl. The Faulturm (Rotting Tower) and the guard house mark the northwestern corner of the city's defense system.

Like Rothenburg, Dinkelsbühl is a walled medieval city with beautifully preserved cobblestone streets, painted houses and impressive towers. What Dinkelsbühl does not have, however, are the large tour groups and the tourist-driven atmosphere of its better known and very crowded counterpart.

Dinkelsbühl's most impressive feature is its unbroken city wall, dotted with numerous towers and gates. Visitors to Dinkelsbühl can walk the entire perimeter of the city by following next to the wall, getting glimpses of the lives of Dinkelsbühl's residents as they pass by the homes and backyards of those lucky enough to live within the confines of this charming city.

The 19 or so towers that grace the wall are worth admiration. Each one is different, and each is properly named and labeled. Krugsturm, Hagelturm and Weisser Turm are only a few the wandering visitor will encounter.

Wandering the cobblestoned streets visitors find that all roads lead to Marktplatz and the impressive Georgenkirche. Built primarily from 1488 to 1499,

this massive building dominates the town.

After viewing the solid, blockish exterior with its massive stone buttresses and square tower, visitors will be surprised to see the light, delicate interior. Take some time to look around and appreciate why this church is considered one of the finest examples of late Gothic architecture in southern Germany.

There is much to see here, from the beautifully painted altarpieces to the skeletal remains of St. Aurelius, decked out in jewels and laid to rest in a glass coffin.

History buffs will want to pay a visit to the Historical Museum. Founded in 1893, this collection of antiques aims to reflect the long and colorful history of Dinkelsbühl.

Everything from weapons to toys to knitting machines is on display here.

Colorful Patricians' homes with their romantic courtyards are characteristic for Dinkelsbühl.

Special attention should also be paid to the building that houses the collection. Known as the Spital building, it dates from 1599 and contains such interesting details as painted ceilings and impressive wooden doors.

By far the best part of Dinkelsbühl can be seen by simply wandering the streets. The charming, beautifully maintained buildings are the city's treasures. The colorful facades and beautiful details can keep a sightseer entertained all day. Purchase a guidebook that will tell you the details of many of the buildings found within the walls.

If you remain in Dinkelsbühl into the evening you can take advantage of the night watchman tour, where a costumed gentleman will lead you by

lantern light through the narrow streets.

Quiet Dinkelsbühl jumps to life every July for 10 days when the Feast of Kinderzeche is celebrated.

This feast commemorates the events of 1632 when the Swedish Army camped outside the walls of Dinkelsbühl and demanded the city's surrender.

When the officials of Dinkelsbühl hesitated, the Swedes became enraged and began to plunder and burn the town.

Legend tells that the destruction was stopped by a group of children who approached the Swedish commander and begged for mercy.

This event is re-enacted every July along with costumed performances by various dancer groups and the Dinkelsbühl Boys' Band. The celebrations continue throughout the week with fireworks, fest tents and theater performances.

If you are looking for a glimpse of Germany's romantic medieval past without the usual crowds and hustle, Dinkelsbühl may be the right place for you.

And if you can't get enough of Germany's romantic cities and medieval past and would like to see more, just follow Germany's "Romantische Strasse" (Romantic Road).

It starts in Würzburg, passes through the cities of Rothenburg, Dinkelsbühl, and Augsburg, to name just the largest cities along the route, and ends in Füssen, just below Bavarian King Ludwig II's famous Neuschwanstein Castle.

For more information on the road and its sights, visit www.romantischestrasse.de.

For more information on the City of Dinkelsbühl you can call the city's tourist information office at civ. 09851-902440 or visit www.dinkelsbuehl.de.



Reinhold Behringer



Susanne Kortshagen



Susanne Kortshagen

The Bäuerlin Tower is a famous landmark of the town on the banks of the Wörnitz. Its characteristics are the half-timbered storey and the steeply hipped saddle roof from the 16th century. The tower is named after the tower guard and tanner Hans Bäuerlin.

The historic festival play "Kinderzeche" (performed since 1897) is one of Germany's oldest and most colorful festival plays. The festival week lasts for 10 days and is accompanied by a diverse peripheral program.

The Faulturm (Rotting Tower) and the guard house mark the northwestern corner of the city's defense system and unbroken city wall. With Rothenburg Pond, this is one of the prettiest views of Dinkelsbühl.

GERMAN COOKING

Fruit Salad With Nuts (Fruchtsalat Mit Nussen)

Serves: 4

Ingredients:

- 1 small honeydew melon
 - 2 oranges
 - 1 cup blue grapes
 - lettuce leaves
 - 12 walnut halves
- Dressing:**
- 8 ounces yogurt
 - 1 tablespoon lemon juice
 - 1 tablespoon orange juice
 - 1 tablespoon tomato catsup
 - 2 tablespoons evaporated milk
 - 1 dash of salt
 - 1 dash white pepper

Directions:

- Scoop out melon with melon baller.
- Cut peel from oranges, remove white membrane, and slice crosswise.
- Cut grapes in half and remove seeds.
- Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce.
- Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit.
- Let salad ingredients marinate for 30 minutes. Toss salad just before serving.

SOURCE: www.mygermanrecipes.com

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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.

Responses to last week's column:

Dear Ms. Vicki,

When my son was about 19 months old, he did the same things that "Mommy's" son does. I expressed my concerns to his pediatrician—we were in Germany at the time. My son was also beating other children up! I swore it was autism, and all of the information online pointed in that direction.

My son's pediatrician set us up with an EDIS (Education Development Intervention Service) appointment. My son attended a play therapy with other special needs children to help him cope with others. He was non-verbal. My son also had tactile issues and did not like the way certain things felt, including textures of certain foods. The EDIS people suggested desensitizing him with an exfoliating glove by massaging his back and arms during bath time. He screamed!

He was also eligible for EDIS

preschool when he was 3 and 4 years old. That was the best thing that ever happened. He became social and more outgoing. My son loved to be outdoors and would play for hours.

He is now 9 years old. We suspect that he has Asperger's syndrome, part of the autism spectrum. He is a straight-A student. He started reading when he was 4 and is reading on a seventh to eighth-grade level. He has a few friends, and he participates in church activities.

So my advice to Mommy is not to worry so much about the diagnosis, but to get all of the resources she can for her child. Advocate where she can, and be her son's biggest supporter.

My son's off-post school has never heard of Asperger's. They sometimes run into issues with his behavior. He is not trying to be a smart alec, but he is very, very precise. If it is 10 minutes to 5 o'clock, he will tell you it is 4:50, and not accept the random time of "almost 5." He will watch a movie, study it, and then retell you the plot verbatim. On our family road trip, he read the map and could tell us to the mile how long to the next rest stop.

I told his teachers if they would not diagnose him, then they would have to learn to just deal with him. I know the tantrums and screaming are awful, try to ignore them, as my mother used to say, "This, too, shall pass." Enjoy your son and all of his little peccadilloes; I would not have my son any other way.

From: S.D.

Dear Ms Vicki,

I have four wonderful boys, two of whom have autism. When my boys were diagnosed with autism, I was given a grim report. My boys were 1 and 2 1/2. I was told they would

not speak, use the bathroom, or even function higher than a 1 year old.

I started teaching my children; I never gave up on them. I potty trained them both by the time they were 3, and they now speak. That took some time. I fought hard to get my kids off the autism label.

They are my lovely boys, and if some day they want to be a doctor or a lawyer, than I will do all I can to teach them how. It is true they do music really well, and my other son is an artist and sells his art to me and the neighbors. I know I am a mom, but his work is really good.

They attend school, which has been great social time for them. The best thing I think anyone can do is get all the services you feel will work best for you and your child and do what mom instincts tell you. If the doctor never gives you an autism label, do not worry about it. It is possible to teach your child to not spin or play with the toys in an inappropriate way, as the doctor used to tell me.

If my kid does not like to play with the other kids, that is OK. My son was kicked out of many day cares because he preferred to sit in the corner alone. I like to be alone sometimes, too. Figure out what is important to you, and work on fixing that. Unless there is some gain to the diagnosis, just work on fixing what you feel needs fixing.

My one son will be in the Special Olympics this year. I cannot wait. It makes me so happy when I see him smile and hear those words "mom." I waited five long years for my sons to speak, but when they did, it was the best day of my life. This is not an easy road, but with time and patience, you and your son will prevail.

From: Loving mom

Kindergarten grows love of learning; parents should be part of it, too

Mannheim Elementary School

The first days of school can be exciting, scary, funny and even a little tearful – and that is just for the parents!

For the students, hopefully, these first days in school are the beginning of a happy and successful school career and a lifelong love of learning. Many studies show a correlation between success in school and success in other areas of life.

Kindergarten can provide a wonderful start to a child's school years and was first designed as a "garden for children."

Its founders envisioned a place where children could receive the nurturing and care that they need to grow into strong, healthy learners and adults. Its purpose is to educate the whole child, focusing on physical, social/emotional and intellectual growth and development.

Department of Defense schools offer children a full-day kindergarten program, with teachers certified in Early Childhood Education as well as trained program assistants (aides). The two adults in the class work closely together to plan and deliver a program to meet the needs of each child, based on the DoDEA curriculum.

Kindergarten children are trying many things for the first time. They are active, curious learners, who need space and a variety of materials and lessons to try out their ideas, gain experience and expand their learning.

"Most children will experience their first formal educational setting their kindergarten year," said Lisa Clevenger, a kindergarten teacher at Mannheim Elementary School. "Many students have not been away from home for extended periods of time and learning the everyday routines of a kindergarten classroom along with beginning academics can be overwhelming for students.

"Kindergarten teachers, as well as classroom aides, take every effort to ensure the transition into kindergarten is as smooth as possible."

The teamwork of the teacher and the aide is very important in the kindergarten classroom. "To ensure kindergartners are provided with a safe, as well as an academically stimulating environment, the teacher and the aide work closely with each other," Clevenger said. "Both adults discuss their individual observations of students' needs and plan activities based on those needs. In addition, having two adults in the classroom guarantees that each child receives the individual assistance he or she needs to be suc-

cessful in the classroom."

The second adult in the classroom is particularly important if one child has to go to the nurse, or needs other individual care or attention. This allows the teacher to spend more time instructing students.

On a visit to Clevenger's class, you might see her working with small groups on reading skills, while her aide leads a group in fine motor/handwriting skills, or you may see them working with two different groups on math activities, so each child has more opportunities to interact with a teacher. As a result, the team is able to keep children engaged in the activity and assess their ability, guiding toward success in each activity.

But the learning doesn't end when the final bell rings at school. There are many ways parents can help to support their child's learning at home:

- Communicate with teachers and exchange information – let teachers know if there are situations at home that may affect your child's behavior and mood at school
- Help with school work at home
- Read to children
- Talk about the school day with your child
- Read information that your child brings home
- Volunteer in your child's class or school

GET OUT!

area events

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

October 8

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

October 9

Heidelberg Holiday Bazaar – Through Oct. 12 the 2009 Heidelberg Holiday Bazaar will be held at the Patrick Henry Village Pavilion. Start your holiday shopping early with this huge selection of more than 130 worldwide vendors. Because of road closures during the bazaar, the shuttle bus stops in front of the Guest House and Dental Clinic will be closed Oct. 9-12. Riders can use the Burger King and Transformer stops as an alternative. www.heidelberg-hcssc.com.

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

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

Fellbach Herbst – Fellbach near Stuttgart celebrates its annual thanksgiving, home and wine fest Oct. 9-12. This event is one of the most popular wine fests in the South of Germany. The fest offers a variety of food and drinks, music, Sunday shopping, a festival procession Saturday at 2 p.m., and fireworks Sunday at 9:30 p.m.

October 10

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

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

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

October 11

Ludwigsburg’s Pumpkin Fest – The Pumpkin Exhibition (Kürbis Fest) at Ludwigsburg’s Blühendes Barock Garden provides 500,000 pumpkins. There are more than 450 pumpkin varieties, and you’ll find them all there. See pumpkin sculptures, pumpkin fountains, pumpkins big enough for Peter-Peter Pumpkin Eater’s wife to live in. After the pumpkin exhibit, take your kids on a walk through the Fairy Tale Park. <http://affiliates.uso.org/kaiserslautern>.

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

October 16

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

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

October 17

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

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

Old School R&B Night – Armstrong’s Club in Kaiserslautern invites you to Old School

R&B Night 9 p.m.-2 a.m. Oct. 17 and 21. This free event features a live disc jockey and free finger food. DSN 489-6000, www.mwgermany.com.

October 18

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

October 23

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

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

October 24

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

October 30

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

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

Ongoing

Stuttgart Beer Festival – The Stuttgart Beer Festival runs through Oct. 11 and has become one of the world’s largest public festivals with a host of fairground rides and frequent new attractions. www.canntattervolksfest.de. Go on your own or spend Oct. 10 there with Kaiserslautern Army Outdoor Recreation. DSN 493-4117.

coming to THEATERS

THE HURT LOCKER

Three members of the Army’s elite Explosive Ordnance Disposal squad battle insurgents and each other as they search for and disarm a wave of roadside bombs on the streets of Baghdad – in order to try and make the city a safer place for Iraqis and Americans alike. Their mission is clear – protect and save – but the margin of error when defusing a war-zone bomb is zero. They have only 38 days left in their tour, but with each new mission comes another deadly encounter, and it seems only a matter of time before disaster strikes. Rated R (war violence, language) 131 minutes



SURROGATES

(Bruce Willis, Radha Mitchell) FBI agents investigate the mysterious murder of a college student linked to the man who helped create a high-tech surrogate phenomenon that allows people to purchase unflawed robotic versions of themselves – fit, good looking remotely controlled machines that ultimately assume their life roles – enabling people to experience life vicariously from the comfort and safety of their own homes. The murder spawns a quest for answers: in a world of masks, who’s real and who can you trust? Rated PG-13 (intense sequences of violence, disturbing images, language, sexuality, drug-related scene) 81 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Oct. 8 – THE UGLY TRUTH (R) 7 p.m.
- Oct. 9 – SURROGATES (PG-13) 7 p.m.; FUNNY PEOPLE (R) 9 p.m.
- Oct. 10 – ALIENS IN THE ATTIC (PG) 4 p.m.; SURROGATES (PG-13) 7 p.m.; FUNNY PEOPLE (R) 9 p.m.
- Oct. 11 – ALIENS IN THE ATTIC (PG) 4 p.m.; SURROGATES (PG-13) 7 p.m.
- Oct. 12 – THE HURT LOCKER (R) 7 p.m.
- Oct. 13 – SURROGATES (PG-13) 7 p.m.
- Oct. 14 – FUNNY PEOPLE (R) 7 p.m.
- Oct. 15 – ALIENS IN THE ATTIC (PG) 7 p.m.

Mannheim, Schuh

- Oct. 8 – CLOUDY WITH A CHANCE OF MEATBALLS (PG) 7 p.m.
- Oct. 9 – JENNIFER’S BODY (R) 7 p.m.
- Oct. 10 – ALIENS IN THE ATTIC (PG) 4 p.m.; JENNIFER’S BODY (R) 7 p.m.; FUNNY PEOPLE (R) 9 p.m.
- Oct. 11 – ALIENS IN THE ATTIC (PG) 4 p.m.; JENNIFER’S BODY (R) 7 p.m.
- Oct. 12 – THE HURT LOCKER (R) 7 p.m.
- Oct. 13 – FUNNY PEOPLE (R) 7 p.m.
- Oct. 14 – JENNIFER’S BODY (R) 7 p.m.
- Oct. 15 – THE HURT LOCKER (R) 7 p.m.

Vogelweh, Galaxy

- Oct. 8 – ORPHAN (R) 7 p.m.
- Oct. 9 – JENNIFER’S BODY (R) 7 p.m.; FUNNY PEOPLE (R) 10:30 p.m.
- Oct. 10 – ALIENS IN THE ATTIC (PG) 3 p.m.; JENNIFER’S BODY (R) 7 p.m.
- Oct. 11 – JENNIFER’S BODY (R) 3 p.m.; THE HURT LOCKER (R) 7 p.m.
- Oct. 15 – ALIENS IN THE ATTIC (PG) 7 p.m.

Ramstein, Gateway Movieplex

- Oct. 8 – JENNIFER’S BODY (R) 12 p.m., 3:30 p.m., 7:15 p.m.; THE UGLY TRUTH (R) 11 a.m., 2:30 p.m., 6:30 p.m.; ORPHAN (R) 11:30 a.m., 3 p.m., 7 p.m.
- Oct. 9 – SURROGATES (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; FUNNY PEOPLE (R) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE HURT LOCKER (R) 9:30 p.m.
- Oct. 10 – SURROGATES (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; FUNNY PEOPLE (R) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE HURT LOCKER (R) 9:30 p.m.
- Oct. 11 – SURROGATES (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; FUNNY PEOPLE (R) 12 p.m., 3:30 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE HURT LOCKER (R) 7:15 p.m.
- Oct. 12-15 – SURROGATES (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; FUNNY PEOPLE (R) 12 p.m., 3:30 p.m., 7:15 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m., 6:30 p.m.

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

Text Message Ban

Last week, the White House issued an executive order banning federal employees from text messaging while driving on government business. The order applies to federal employees operating government-owned vehicles or driving privately owned vehicles on government business. It also bans the use of government-supplied electronic equipment while driving. Due to a German law prohibiting hand-held cell phone use while driving, a similar ban was already in effect for federal employees in Germany.

Save a Life Tour

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

Government Vehicle Auction

Interagency Fleet Management System Europe, will hold a Public Auction of used U.S. Government vehicles through Oct. 11 at the Mainz-Kastel Housing Area. Bidding will be via live Internet auction. Photos and vehicle information: www.vebeg.de/web/en/auktionen/index.htm. DSN 337-7784, civ. 0611-705-7781.

COLA Survey

U.S. Army Europe Soldiers and their families in select communities have the chance to directly affect part of their paychecks this year by taking part in the Living Pattern Survey through Oct. 31. Results from the online survey help determine amounts of Overseas Cost of Living Allowance paid to service members stationed overseas. Eligible Soldiers can access the survey via the "Hot Topics" link on www.hqsareu.army.mil. Those Soldiers required to complete the LPS are all Soldiers not living in the barracks, who are on permanent duty orders to Germany and who have been in country for at least three months. Locally, Soldiers assigned Heidelberg and Kaiserslautern can participate.

Master of Military Logistics

Applications are being accepted for consideration to attend the Master of Military Logistics program scheduled for August 2010 through August 2011 at North Dakota State University, Fargo, N.D. This 36-credit-hour program will prepare selected personnel to participate in DoD's strategic logistics transformation arena. Applications must be received in the IMCOM-Europe Workforce Development Office no later than Dec. 1. <https://imcom.eep.army.mil/sites/hrd/wfd/default.aspx>.

local EMPLOYMENT

Heidelberg Thrift Shop

The Heidelberg Thrift Shop is accepting applications for manager. Must be at least 18 years old with valid ID card. Submit resume in person to the Thrift Shop located on Patrick Henry Village.

KAISERSLAUTERN Education

• **Making Your Money Work for You** – Army Community Service's Financial Readiness Program offers this class at 9 a.m. the second Wednesday of each month. Register: DSN 493-4151, civ. 0631-3406-4151.

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

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

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

• **"Sound of Music" Auditions** – KMC Onstage will hold auditions Oct. 13 and 14. Prepare a short musical selection with sheet music. Auditions held at KCAC. Children's (6-17) at 7 p.m. DSN 483-6626, civ. 0631-411-6626, www.mwrgermany.com.

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club bring you "The Window" by Carlos Sorin (Spanish with English subtitles) Oct. 14 and "Noise" by Matthew Saville (in English) Oct. 28. Shows will start at 6 p.m. DSN 486-7322, www.mwrgermany.com.

• **Cards For A Cause Club** – The club will meet 10 a.m.-5 p.m. Oct. 14 at the Pinehurst Room, Woodlawn Golf Course, on Ramstein AFB, to make cards and mini-scrapsbooks for wounded warriors. pejachowski@juno.com.

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

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

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

HEIDELBERG Education

• **ACS Classes and Events** – Hot Monogamy, 6 p.m. Oct. 13; Intro to Computers, 9 a.m.-noon Oct. 13; EFMP Autism Spectrum Support Group, 9:30 a.m. Oct. 14 at PHV Java Café; Smooth Move, 10-11 a.m. Oct. 14; Buying A Home, 10:30-11:30 a.m. Oct. 14; Checkbook Management, 9-11:30 a.m. Oct. 15. DSN 370-6883, www.mwrgermany.com/hd/acs.

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

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

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

• **ACS Closure** – Army Community Service will be closed Oct. 15 for off-site professional development.

• **Rod and Gun Club Activities** – Bluegrass Meeting and Open Mic Night, 7 p.m. Oct. 8; Archery Jamboree and Camp Out, Oct. 10-11; October Fishing Trip, Oct. 10; Hunters' Meeting, 8 p.m. Oct. 14; Fishermen's Meeting, 7 p.m. Oct. 28. www.mwrgermany.com.

• **BOSS Birthday Celebration** – Heidelberg Better Opportunities for Single Soldiers will celebrate BOSS's 20th birthday with a community service project at Patrick Henry Elementary School Oct. 13, community run at the commissary parking lot at 6:30 a.m. Oct. 16, and a bonfire and barbecue at the Rod and Gun Club 7-10 p.m. Oct. 16.

• **Thrift Shop Closure** – The shop will be closed Oct. 14 for the monthly HCSC luncheon.

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

• **Retiree Appreciation Day** –

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

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Oct. 10-11, Heidelberg-Emmertsgrund, Otterberg; Oct. 17, Strasbourg and Enzweihingen; Oct. 18, Boelbingen.

The next general membership meeting is at 7 p.m. Oct. 12 at the SG Gasthaus in Oftersheim. Social hour begins at 6 p.m. www.hiwcd.de.

• **Heidelberg International Ski Club** – The next social is family night at 7 p.m. Oct. 14 at the Hotel Zagreb in Schwetzingen. A special guest from Seigi's Tours will provide a presentation on a learn-to-ski Christmas vacation. Also sign up is available for the Thanksgiving Trip to Oberurgel.

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

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

• **Holiday Magic Booth Registration** – This year's Holiday Magic event will be held Dec. 4 at Patrick Henry Village. As well as the tree-lighting ceremony, there will be a Christmas market, beginning at 4 p.m. Local sellers are invited to participate free of charge. FMWR will provide tables, power and three-square-meter booths underneath canopies. 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 began Oct. 5 and continue every Monday night at 7 p.m. in the Fellowship Hall of MTV Chapel. All who have ever sung or ever wanted to sing the Messiah are invited. Civ. 06221-301269, ed.matthiessen@kabelbw.de.

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

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

MANNHEIM Education

• **ACS Classes** – DSN 385-3101, civ. 0621-730-3101.

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

Community

• **Pedestrian Gate Reduction in Hours** – The pedestrian gate adjacent to the Class VI store near Friendship Circle has reduced operating hours: Open 6 a.m.-9:30 p.m. Monday-Friday and closed Saturday-Sunday. The alternate gate for pedestrians is the "Smart Gate" located at Friendship Circle near the USO. This gate can also accommodate families and single strollers. When the pedestrian gate is closed, vehicles will exit via the Funari main gate or the Jackson Street gate.

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

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

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

• **Domestic Violence Awareness Month** – A candlelight vigil will take place at Sullivan Gym Field at 6 p.m. Oct. 16. A luncheon will be held at the Top Hat Club 11:30 a.m.-1 p.m. Oct. 29. DSN 385-2027.

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

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

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

• **Youth Sponsorship Program** – Youth sponsors in grades 1-12 help with the relocation of youth so they can become more familiar with their new home in Mannheim. DSN 385-2353, civ. 0621-730-2353.



Going for it

Heidelberg High School junior Laura Jackson goes for a tough shot during a tennis match against Vilsack High School on Patrick Henry Village Saturday. Jackson lost 5-8 to Thea Dunn, while teammates Rebecca Steil and Krista Bye-Nagel defeated their opponents 8-1 and 8-3, respectively. Overall, the Heidelberg team won 16-2 and is now 3-0 for the season. See more sports photos at www.flickr.com/heraldpost.

Linda Steil

Fight to the finish

Heidelberg junior safety Chase Boone (11) intercepts a Vilsack pass with the help of senior cornerback Darius Dixon during the Lions' hard-fought 14-13 victory over Vilsack at home Saturday. Lions' Thomas Hogue lead the offense with 22 carries for 106 yards and one touchdown. Napolian Myhand was second with three carries for 35 yards and one touchdown. Devin Jackson lead the Lions' defensive effort with six unassisted tackles, four assisted tackles and one quarterback sack. Wayne Dawkins was second with one unassisted tackle, six assisted tackles, one quarterback sack, one fumble recovery and one blocked punt in the last minutes of the game that gave the Lions the ball deep in Vilsack territory and set up the game-winning touchdown.



Wray Holan

Racquetball Results

The U.S. Armed Forces Racquetball Championships were held at Ramstein Air Force Base Sept. 26-27.

Open: 1-Paul Clark (Ramstein), 2-James Johnson (Heidelberg), 3-Harold Ackett (Aviano).

B: 1-Kevin Comer (Mannheim), 2-Christopher McDaniels (Spangdahlem), 3-Joey Gibbons (Heidelberg).

C: 1-Christopher D'Avino (Ramstein), 2-Sid Maru (San Antonio, Texas), 3-Robert Lake (Ramstein).

Women B&C: 1-Roberta Wernhoff (Ramstein), 2-Lisa Behar (Ramstein), 3-Rosi Wahl (Heidelberg).

35+: 1-James Johnson (Heidelberg), 2-Paul Clark (Aviano), 3-Kevin Goulet (Aviano).

Heidelberg dominates Mannheim meet

The Heidelberg Lions dominated the Mannheim cross country meet Saturday with both boys and girls teams bringing home first place.

This was the first victory of the season for the Heidelberg boys.

Individually, Mannheim's Alex Cornelius finished first for the boys, setting a new course record with a time of 16:20. He was followed by Heidelberg junior Jaran Henninger, who had his best race of the season.

Mannheim's Adam Cornelius (18:41) and Billy Amos (19:31) finished third and fourth, respectively.

Heidelberg junior Olivia Darrow sprinted to a personal best 20:26 to win the girls race by more than 20 seconds over the second-place runner. This was Darrow's first individual victory in cross country. Many other Lady Lions excelled

on the fast course, including Maggie Cutler (third), Stephanie Barlow (fourth), Lindsey Duckworth (sixth), Kerry O'Brien (seventh), Anne Von Seggern (eighth), Ashley Ross (ninth) and Katie Haase (10th). For Mannheim, Daniell LaFleur finished fifth with a time of 21:37 followed by Margaret Clevenger with a time of 25:15.

In addition to Henninger, Lions boys placing in the top 10 were Brian Hannum (fifth), Zach Smith (sixth), Andrew Bean (seventh), Eric Boyd (eighth), Ian Hall (ninth) and Mike Shaw (10th).

Mannheim's Scott Floyd (20:42), Travis Optenberg (22:23), Andrew Harris (22:41) and Sean McGlore (23:57) followed teammates Alex and Adam Cornelius and Amos. SOURCE: Sharon Brady and Katie Thimsen



Courtesy Photo

Olivia Darrow, junior for Heidelberg Lions cross country team, leads the way and places first with a time of 20:26 during the meet in Mannheim Saturday.

staying ACTIVE

Heidelberg Flag Football Results

Standings as of Sept. 30: DENTAC 7-0; USAREUR B&C 6-1; 529th MPs 4-1-2; MEDDAC 4-1; 18th Engineers 1-3-1; V Corps 1-3; USAG HD 1-6; B Co. 24th MI 1-4; USAREUR 0-6. **Games to be played on Patton Barracks Oct. 14:** 18th Engineers vs B Co. 24th MI, 6 p.m.; V Corps vs. MEDDAC, 7 p.m.; USAREUR vs. 18th Engineers, 8 p.m.

Adult Baseball Players Needed

An adult baseball team in Schwetzingen is in need of two American players who can play outfield or infield. Training will take place noon-4 p.m. Sunday. Information can be found on www.djk-schwetzingen.de/baseball.html. Send an SMS to 0174-497-3368 if you are interested.

Basketball Tournament

The Mannheim community hosts a Columbus Day Basketball Tournament Oct. 10-12 at the Sports Arena and Sullivan Gym for men's and women's teams representing garrisons throughout Europe. DSN 385-3164, civ. 0621-730-3164.

Stroll and Stride

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

Big and Beautiful Workout

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

Boxing Invitational

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

Red Ribbon 5K

The Kaiserslautern 2009 Red Ribbon 5K will be held 8:30 a.m.-noon Oct. 24 at the Java Café on Rhine Ordnance Barracks. Registration for participating units, agencies and organizations is 8:30-9:30 a.m. National Red Ribbon Week happens every year during the last week in October to encourage parents, children and communities to take a visible stand against drugs, alcohol and tobacco use and abuse. DSN 486-6121, civ. 06371-86-6121.

Powerlifting Officials' Clinic

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

Halloween 5K Fun Run

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