

HeraldPOST

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



Keili Bland

Soldiers, civilian employees and family members begin the 5-kilometer Freedom Walk/Run near the commissary on Patrick Henry Village in Heidelberg Friday morning to remember the victims of the Sept. 11, 2001 attacks on America. More than 540 community members, including children and family pets, participated in the event.

More than 540 participate in Freedom Walk

USAG Heidelberg Sports and Fitness

More than 540 members of the Heidelberg community gathered in the early morning hours Friday to remember the lives lost on 9/11 with a Freedom Walk.

Command Sgt. Maj. Annette Weber, the top enlisted Soldier for both U.S. Army Garrisons Baden-Württemberg

The tragic date, 9/11, will always be in our hearts as families lost loved ones, so the little we can do to put a smile on their faces, makes us happy as well."

-Michael Criswell, USAG Heidelberg Sports and Fitness Branch

and Heidelberg, reminded the Soldiers, family members and civilians in attendance of the lives lost on that tragic day in America's history eight years ago.

Weber also took time to remember the troops currently serving downrange and the families with deployed troops in the local community before kicking off the 5-kilometer walk or run, hosted by the USAG Heidelberg Sports and

Fitness Branch.

"We really enjoy putting on such events for the community," said Michael Criswell, Sports and Fitness Branch chief. "The smiles on people's faces tell a lot to us, that they appreciate all we did for them. The tragic date, 9/11, will always be in our hearts as families lost loved ones, so the little we can do to put a smile on their faces, makes us happy as well."

Garrisons focus on suicide prevention

By Tom Saunders
IMCOM-EUROPE PUBLIC AFFAIRS

Garrisons throughout Installation Management Command-Europe Region are observing Suicide Prevention Month during September as part of an Army-wide focus to promote health and risk reduction, as well as lower sui-

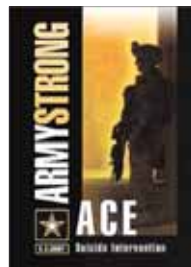
cide rates.

"This year's Army theme is 'Improving our Soldiers and Families Health: A Healthy Force Combating High Risk Behaviors,'" said Michael Noyes, IMCOM-Europe's chief of Army Substance Abuse Program. "It's a multi-dimensional approach focusing on strengthening our

Army team."

This theme, according to an Army announcement, conveys the message that the Army is committed to a holistic approach to improve the physical, spiritual and behavioral health of Soldiers, their families and Department of the Army civilians.

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HP THURSDAY
Sept. 17, 2009

Speed Read

RISING STAR



A Mannheim family member was selected as part of the local Operation: Rising Star singing competition to participate in the Army-level competition in Virginia. 3

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Heidelberg Army Community Service was accredited by a joint Installation Management Command and Family and Morale, Welfare and Recreation Command team. 4

SUPPLY EXCELLENCE

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STRONG BEGINNINGS

Heidelberg's Child, Youth and School Services started its new Army Family Covenant-funded Strong Beginnings preschool program Sept. 8. 12

ENJOY JAZZ

The 11th annual Festival for Jazz and More will take place in Heidelberg, Mannheim and Ludwigshafen Oct. 2-Nov. 11. 13

MARATHON

U.S. service members working for Joint Task Force-East volunteered to participate in the Memorial International 22-Kilometer Marathon in Bulgaria. 17



Defense Details

MORE TROOPS

Defense Secretary Robert M. Gates has yet to reach a final decision on the prospect of sending more troops to Afghanistan if additional forces are requested, Pentagon Press Secretary Geoff Morrell said Tuesday. While the Defense Department has yet to receive a formal appeal for more forces from Army Gen. Stanley A. McChrystal, commander of NATO and U.S. forces in Afghanistan, a request for resources from the general due in coming weeks could include such an appeal.

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

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LEGAL ASSISTANCE

Deployment: Is custody of your child hanging in the balance?

Patton Legal Assistance Office

A significant issue facing many Soldiers during this period of increased deployments is the risk of losing permanent custody of children while mobilized or deployed outside their home state or the U.S.

A common scenario involves a divorced Soldier with joint legal custody who has primary physical care of the children. When the Soldier receives deployment orders, the Soldier's Family Care Plan may provide for a relative or trusted friend to care for the children during the deployment.

While the Soldier is deployed, the other biological parent sues for permanent physical custody of the children. Since the laws in most states favor the biological parent over any other person, the non-Soldier parent has a good chance of gaining physical custody.

Additionally, when the Soldier returns from deployment, the Soldier may face an uphill battle to regain custody of the children because most states prohibit modification of child custody orders unless there has been a significant change in circumstances.

The court, even if the Soldier obtains a hearing on the merits, may also view the military profession and the possibility of future deployments as a detrimental factor against the Soldier in determining what is in the "best interest" of the children.

A common scenario involves a divorced Soldier with joint legal custody who has primary physical care of the children. When the Soldier receives deployment orders, the Soldier's Family Care Plan may provide for a relative or trusted friend to care for the children during the deployment. While the Soldier is deployed, the other biological parent sues for permanent physical custody of the children. Since the laws in most states favor the biological parent over any other person, the non-Soldier parent has a good chance of gaining physical custody.



Historically, the Service members Civil Relief Act has given some protection to deployed Soldiers involved in child custody proceedings by allowing the Soldier to ask for continuances in the proceedings, but it does not require a court to delay the proceedings for the duration of the deployment.

The SCRA also does not prohibit state courts from making changes to pre-deployment child custody arrangements. Often Soldiers are at the mercy of an individual's court's approach to this issue. There have been recent attempts in Congress to amend the SCRA and write a "federal military custody law," but these attempts have been unsuccessful so far.

As a result, many states have passed

laws granting the Soldier-parent increased protections before, during and after a deployment. These laws take many forms and vary from state to state in the protections they grant Soldiers.

As an example, Virginia's statute requires any change to limit the deployed parent's custodial or visitation rights because of the deployment to be specified in the court order that the change is due to a deployment and that the order is temporary.

Additionally, the non-deploying parent must provide the court with written notice of any change of address and telephone number 30 days in advance of the change.

Virginia law allows the parent upon return from deployment to file a mo-

tion to amend the temporary order of child custody or visitation and requires a hearing on the motion to be held within 30 days of its filing.

Finally, the Virginia statutes require the nondeployed parent to reasonably accommodate the leave schedule of the deployed parent and facilitate opportunities for the deployed parent to maintain telephonic and e-mail contact with the children during the deployment.

If you are faced with this situation, you will probably need to retain an attorney to represent you in the jurisdiction where your case will be heard. However, your nearest Legal Assistance Office can provide information on your state's law and assist you with appropriate advice and counseling.



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

Do you all know the September is National Preparedness Month? National Preparedness Month is a 6-year-old observance that is held each September and focuses on encouraging citizens to make preparedness a top priority in their lives. This year, National Preparedness Month organizers are asking Americans to look beyond a working fire alarm or extra food in the pantry to better understand what it truly means to be ready for anything ...

"Ready Army" is the Army's proactive campaign

to empower Soldiers, their Families, Army Civilians and contractors to prepare for all hazards, whether natural or manmade. The theme of the program is GET A KIT, MAKE A PLAN, BE INFORMED.

Keep an emergency KIT at home, work and in your car. Consider basic needs and unique needs for your family and pets ... You should have enough supplies to maintain your family for 72 hours.

Make and practice your Family emergency PLAN. You may not be together when an emer-

gency strikes so have prearranged communication methods and meeting places. Make sure everyone understands what to do, where to go and what to take in the event of an emergency.

Be INFORMED by identifying and anticipating all hazards that can affect you and your Family. Emergencies can arise from weather and other natural hazards, industrial and transportation accidents, disease epidemics and terrorist acts.

-Mark Pickett, Garrison Emergency Manager



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

PHV Commissary Gate to Temporarily Reduce Hours

The commissary gate on Patrick Henry Village will have reduced hours for entry and exit Sept. 19-20. The gate will be open 9 a.m.-7 p.m. both days. Outside these hours, residents and visitors must use the Grasweg (Burger King) gate to access the installation.

The commissary gate will return to regular operating hours, 6 a.m.-10 p.m. daily, Sept. 21.

This reduction is part of an ongoing effort to assess costs and look at the number of gate guards necessary to properly protect the installation. Temporarily reducing operating hours allows the garrison to examine force protection procedures and study traffic flow.

According to garrison officials, the pilot reduction provides the opportunity to gather information and to hear PHV residents' comments and concerns. To provide feedback, visit www.heidelberg.army.mil or <http://myBWNnow.ning.com> and click on the ICE link.

Parking Changes at Village Pavilion

The area around the Patrick Henry Village Pavilion will be barricaded through Sept. 18 in order to clear the parking lot for the Holiday Bazaar tent, which will be constructed the following week.

Through Friday, vehicles located in the barricaded area will be able to exit to a nearby location for parking. Any vehicles not moved by Friday evening will be towed. The area will be off limits to vehicles until Oct. 16.

Heidelberg to host Religious Education Ministry Conference

IMCOM-Europe Public Affairs

The European Religious Education Ministry Conference is scheduled to be held in Heidelberg Friday and Saturday.

The two-day event is designed to "enhance the effectiveness of religious education programs at the garrison level," said Installation Management Command-Europe Chaplain (Col.) Douglas Kinder, "by motivating, training and equipping chapel leaders."

Keynote speaker for the conference – themed Fall Into Faith – is Craig Jutila, founder of Empowering Kids, a program that provides leadership and resources for church youth leaders.

Jutila has served as a children's pastor at two churches, most recently with Saddleback Church in Lake Forest, Calif., for the last 13 years, and has authored and contributed to more than 10 books championing children's ministry. Plus he was voted by Group Magazine as one of the Pioneers of the Decade for his

work in children's ministry.

Additionally, conference workshops will be led by directors of religious education within IMCOM-Europe, along with youth specialists.

- Workshop topics include:
- Children and Teen Faith Formation
 - Adult Faith Formation
 - Spiritual Leadership
 - Special Needs Ministry
 - Program Management

"And there will be ample opportunities for fellowship and networking," said Kinder, adding that the conference is "unique to the Army and vital to the implementation of the Chief of Chaplains Strategic Plan and training initiatives of IMCOM-Europe Religious Support."

Group registrations are strongly encouraged, stressed James Corneliussen, director of religious education for U.S. Army Garrison Baden-Württemberg.

For more information about registering, Corneliussen can be reached via e-mail at james.corneliussen@eur.army.mil, or phone at DSN 370-8238, civ. 06221-57-8238.

MANNHEIM

Local family member to participate in Army-level singing competition

Staff Report

A Mannheim-based family member won the local Operation: Rising Star singing competition after the finals of the three-week event Aug. 29 at the Top Hat Club.

Samantha Phillips was awarded \$500 for her local-level win.

"When I heard my name announced, I was freaking out," Phillips said. "I was so happy, but at the same time, I kept thinking, 'Did you count the votes right?'"

Phillips will be flown to Fort Belvoir, Va., in mid-November, where she will compete against 38 other Operation: Rising Star winners from around the world at the Department of the Army level.



PHILLIPS

The winner of the Army-level competition will take home \$1,000 and a trip for two to Los Angeles to record a three-song demo CD in a professional recording studio.

Formerly known as "Military Idol," the Operation: Rising Star competition, sponsored by FMWRC and Freemantle Entertainment (American Idol), affords active-duty personnel and their family members, aged 18 and above, the opportunity to represent their garrison, live on the Pentagon Channel, as well as the opportunity to serve as a representative of

the Department of the Army in numerous public relation venues.

"I am very confident that Samantha will make the finals at Fort Belvoir," said Jacqui Haggerty, one of the three judges for the final round in Mannheim. "Regardless of which garrison wins, this program delivers a phenomenal opportunity for our Soldiers and family members to excel in a field which is rarely highlighted in such a way."

Kaiserslautern's local Operation: Rising Star competition will take place at 6:30 p.m. Sept. 27 at the Kazabra Club on Vogelweh. To sign up for an audition, visit www.mwrgermany.com/ors/ors.htm. For more details about Operation: Rising Star, visit www.OpRisingStar.com.

Rolling in for reset



Kenneth Kammauf

Several UH-60 Black Hawk helicopters arrive at a barge landing area near Lampertheim Sept. 10. From there, they were pulled by a commercial contractor to Coleman Barracks, escorted by German and U.S. military police. The helicopters will be overhauled in the hangars of Theater Aviation Supply and Maintenance, Europe and eventually turned over to pilots of the receiving units. Surface Deployment and Distribution Command-Europe is a key player to ensure smooth transportation of the aviation equipment. Mannheim's location on two waterways (Rhein and Neckar rivers) allows it to have the second largest inland harbor in Germany. In addition to three commercial harbor sectors, there are barge sites for NATO use in and around Mannheim.

Heidelberg ACS accredited by joint IMCOM, FMWRC team

By Jason L. Austin
HERALD POST STAFF

If there were any worries about the quality of the services provided at the Heidelberg Army Community Service, those worries can be laid to rest, as the team has been accredited by a joint Installation Management Command-Europe and Family and Morale, Welfare and Recreation Command team.

The team's visit at the end of August was the culmination of a three-year accrediting cycle,

which ensures the same standards of service among all installations.

While on site, the team looks at a year of client records and other documentation.

"It's showing on paper what we do every day," said Helena Palmer, Exceptional Family Member Program manager.

The team also conducts interviews with supporting entities, hosts focus groups with clients, and spends time observing the varied activities at ACS.

The end product is a meet-

ing with the entire ACS staff and the garrison command team to discuss the team's recommendations, which will be forwarded to FMWRC for approval.

The result for Heidelberg: full accreditation with commendation. Additionally, the marketing program was considered a benchmark area for other ACS offices to strive toward.

However, such a score is not without its challenges, according to Palmer, especially in an overseas environment.

"For example, Employment Readiness would have more options of employment opportunities off post to offer spouses, so the Employment Readiness manager has a bigger job to really look for viable options off post."

An ongoing challenge, according to Palmer, is the evolving standards through time. "We're looked at every three years, but throughout that time, you're always keeping that standard that you should meet," she said, noting that ACS must continually evolve

to meet new and changing standards.

So far, the Heidelberg ACS has met or exceeded those standards.

"It's a standard we've always met in terms of the quality we think is important, (and) the variety of programs we offer," Palmer said. "That didn't happen overnight."

With a strong staff and well-designed programs, Palmer said the accreditation process wasn't too stressful. "We just showed this team what we do."

In Memoriam: Gloria Steed and Felix Pedraza

Gloria Steed, 53, lost her long battle with cancer Monday. An employee of the United States Army for more than 30 years, Gloria served as chief of the Baden-Württemberg Internal Review and Audit Compliance Office for the last five years. While working and raising three sons, Gloria obtained both a bachelor's and master's degree in business administration.

Gloria loved the outdoors and experiencing it with friends and family. She shared her love of sports with others, from running marathons, hiking the Alps, skiing, scuba diving, weight lifting, rowing, mountain biking and road biking.

Along with three sons, she is survived by her mother, two sisters, two brothers and a granddaughter.

A memorial service in her honor is scheduled for 10 a.m. Friday at the Mark Twain Village Chapel.

Retired Lt. Col. Felix Pedraza, JROTC instructor for Heidelberg High School, died Sept. 2.

Pedraza, a native of Puerto Rico, arrived in Germany in 1974, serving with the 7th Air Defense Artillery in Schweinfurt. He had worked as a JROTC instructor for the Department of Defense Dependents Schools system since 1997.

Pedraza is survived by his wife, daughter, two brothers and one sister. He was buried with full military honors Sept. 10 in the German village of Ottendorf, where he and his family lived for many years.



Army seeks to build resilience in families, Soldiers

By Rob McIvaine
FMWRC PUBLIC AFFAIRS

FORT HOOD, Texas – "In a force where 60 percent of Soldiers are married, taking care of families is more vital than ever," Gen. George Casey, Army chief of staff, said recently during a visit to the Fort Hood Resiliency Campus in Texas.

With seven-plus years of sustained combat, Army leadership is seeking new or improved ways to meet the needs of those military men and women who have experienced increased levels of stress.

One response is the Comprehensive Soldier Fitness, a program to build resilience not only physically but mentally, as well. CSF is designed to bring the emotional, social, spiritual and family aspect of fitness to the same level of importance and cultural acceptance in the Army as physical fitness.

The Army currently faces increased rates of post-traumatic stress, substance abuse and suicide. To alleviate this, Army leadership, through the Army Family Covenant, is committed to providing families a strong, supportive environment where they can thrive.

The mission of CSF is to develop and institute a holistic, resilience-building fitness program for Soldiers, family members and Army civilians. The overarching goal is to provide individually-tailored skill training that leads to a balanced, healthy, self-confident force whose resilience and overall fitness enables them to thrive in this current environment and beyond.

The Army now recognizes that these additional dimensions of fitness are as impor-



Army Chief of Staff Gen. George Casey meets with Soldiers during a visit to Fort Hood's Resiliency Campus.

tant to readiness as physical health and fitness. CSF will develop a program to provide initial assessment and training of all of these dimensions to Soldiers upon enlistment. This will be followed by additional training that is incorporated into Army schools, professional military education and deployment cycles.

"Stress isn't going away," said Brig. Gen. Rhonda Cornum, CSF director. "What we're doing with this program is taking good people and making them better."

Kristen Clouse, along with her husband, Pvt. Tim Clouse, was invited to meet with Gen. Casey at Fort Hood with other Soldiers and family members to talk about the CSF program. "If this program had been available before my dad left for Vietnam, he might have been better prepared," Kristen said.

Kristen mentioned how important it is for the Soldier and spouse to experience things together.

"Marriages stay together when they grow together. My husband mentioned he took a test to assess any training

he might need to increase his mental strength, so I definitely wanted to take the same test. Coming from a military family I know it's important to share, not only our hopes and fears, but anything that will help us to grow physically and mentally," she said.

Families provide mission-essential capability, stability and continuity during war and peace, in support of Soldiers.

Cornum said Soldiers and family members must be both physically and mentally fit if the Soldiers are going to be their best on the battlefield.

"If we could improve the resilience of the people before they had some adverse event, we might very well be able to have them view it as adverse, but not traumatic," Cornum said.

Although many think that everybody who enters combat gets post-traumatic stress, it's not true, Casey said.

"Everybody who goes to combat gets stressed. But the vast majority of people who go to combat have a growth experience because while they're exposed to something very,

very difficult, they prevail," Casey said. "So the issue for us is, how do we give more people the skills so that more people have a growth experience?"

Comprehensive Soldier Fitness would equip Soldiers ahead of time to deal with traumatic events, Cornum said.

"The best way to treat a heart attack is not CPR," she said. "The best way is to prevent the heart attack. It's a lifestyle and culture change. And that's how we should look at mental health. Look at it with a preventative model and enhanced health model, not a 'waiting-till-we-need-therapy' model."

Cornum said a "global assessment tool" is under development by the Army to help assess all dimensions of a Soldier, family member and Army civilian's fitness. The tool is expected to be delivered across the Army this year.

CSF is expected to be delivered to Soldiers Army-wide in October. Many of the program's tools have been developed and tested regionally, including recently at Fort Hood, where Casey toured the Resiliency Campus with Fort Hood Commander Lt. Gen. Rick Lynch. The campus is Lynch's answer to questions posed by Soldier spouses about quality family time together.

Lynch, who will become Installation Management commander in November, will be in a position to expand his reach from Fort Hood to the entire U.S. Army.

"The tour of the Resiliency Campus developed by Lynch may become a model for future CSF campuses," said Col. Jeff Short, CSF team member.

Local units win USAREUR Supply Excellence Awards

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

Several units located within U.S. Army Garrison Baden-Württemberg have been selected as U.S. Army Europe-level winners in the Army's Supply Excellence Awards competition for their outstanding logistics operations.

The awards, which were first awarded to active Army units over a decade ago for supply excellence at the unit level, are split into size categories for modified table of organization and equipment units, table of distribution

and allowances units and supply support activities.

It takes many months of work and proven customer service to earn an SEA, logistics officials say.

Winners at the USAREUR level go on to compete at the Army level later this year, with on-site inspections of the Europe winners in November and December.

The winners of this year's awards will be officially recognized for their efforts during an annual Combined Logistics Excellence Awards ceremony in April.

Local Units Winning Awards

Winners:

- Category Level 4 (A) Supply Support Activity, MTOE: Supply Support Activity, 5-7th Air Defense Artillery, 357th Air and Missile Defense Detachment, USAREUR, Kaiserslautern.

- Category Level 4 (B) Supply Sport Activity, TDA: Supply Support Activity, Supply Activity Europe, Theater Logistics Sustainment Center, 21st Theater Sustainment Command, USAREUR, Kaiserslautern.

Runners-up:

- Category Level 1 (B) TDA, Company/Battery/Troop/ or Detachment: Maintenance Activity Mannheim, Theater Logistics Sustainment Center – Europe, 21st Theater Sustainment Command, USAREUR, Mannheim.

- Category Level 2 (A) MTOE Property Book Operations: 30th Medical Command, Europe Regional Medical Command, USAREUR, Heidelberg.

Honorable mention:

- Category Level 2 (A) MTOE Property Book Operations: Property Book Office, 21st Troop Support Battalion, 21st Theater Sustainment Command, USAREUR, Kaiserslautern.

RHS nurse organizes European Diabetic Camp

BERCHTESGADEN, Germany – At one of the highest mountains in Bavaria, the first European Diabetic Camp for children with type 1 diabetes took place in August at the Hinterbrand Lodge outside of Berchtesgaden.

Type 1 diabetes does not have a cure, and those who have it must rely on insulin injections via shots or insulin pumps the rest of their lives.

The most commonly understood form of diabetes is type 2, which is associated with heredity, shots and pills, and can normally be controlled with exercise and diet. A type 2 diabetes diagnosis is most common in adults.

Over the last decade, there has been an increase of type 1 diagnosis in teens and children, which is referred to as juvenile diabetes.

With nine teenage diabetics in her area, Ramstein High School nurse Maureen Husum decided to pull resources together and send invitations through nursing channels to various military communities in Europe to encourage support for a diabetic camp. She reserved the Hinterbrand Lodge and began soliciting donations and resources to hold the first diabetic camp for military families in Europe.

The camp was primarily oriented toward diabetic teenagers, their siblings and parents. During the day, the families took part in various activities from sightseeing to hiking trails. The teens and parents also exchanged techniques and how they compensated for blood sugar levels.

In the evenings, families took turns preparing meals, discussing how they determine carbohydrate counts for the insulin, and cleaning up. The week went fast as participants made new friends and shared new perspectives on how to live with and successfully manage type 1 diabetes.

Family and Morale, Welfare and Recreation also sent representatives to discuss more outdoor recreation options for next year's camp, which is already being planned.

To find out how to support or participate in the camp, contact Maureen Husum at maureen.husum@eu.dodea.edu.

SOURCE: Lt. Col. Sam Hamontree



Participants in the first European Diabetic Camp for children with type 1 diabetes take a break during a hike.

Wendy Wiley



Frank Sanchez III

Soldiers with the 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, conduct operational checks on a rough terrain container handler prior to loading it onto a C-5 Galaxy transport aircraft at Ramstein Air Base Sept. 3.

Troops send container handlers downrange

By Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

Have you ever tried to place a square peg into a round hole?

If anyone can make it fit, it would be the Soldiers from the 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade.

They were faced with the monumental task of loading three 116,000-pound rough terrain container handlers on to three C-5 Galaxy transport aircraft the first week of September at Ramstein Air Base.

The Grafenwöhr-based 1st ICT Company is the primary user of the RTCHs in the European theater. The unit was able to take part in extensive training provided by a manufacturing representative on how to load a RTCH onto a cargo plane.

Upon their arrival in the U.S.

Central Command area of operations, the RTCHs will be used to provide vital support for operations such as Operation Iraqi Freedom and Operation Enduring Freedom.

The RTCH provides the capability of handling the 8-foot wide, 20- and 40-foot long containers with gross weights of up to 50,000 pounds.

It is a rough terrain vehicle designed for operating on soft soil conditions such as unprepared beaches. The RTCH is equipped with four-wheel drive and has the capability of operating in up to five feet of sea water.

One of the company's platoon leaders, 2nd Lt. Ted Knust, talked about the importance of executing this type of mission. "For us to know how to load (the RTCHs) on to the aircraft is a key theater opening task, and it is something we as a unit

need to be good at," Knust said. "We now have subject matter experts, where we used to have people who were only familiar with the equipment."

Soldiers from the 1st ICT Company did not let the unpredictable weather conditions slow the loading of the enormous, state-of-the-art container handlers, which are primarily used in holding and marshalling areas for supply, ammunition and transportation units.

Staff Sgt. Jose Colon, the noncommissioned officer in charge of the mission, said the entire operation was a complete success.

"As far as operating and loading it into the aircraft, there has not been any (problems), and everything that has happened has been completely intended," he said. "These Soldiers have been trained very well."

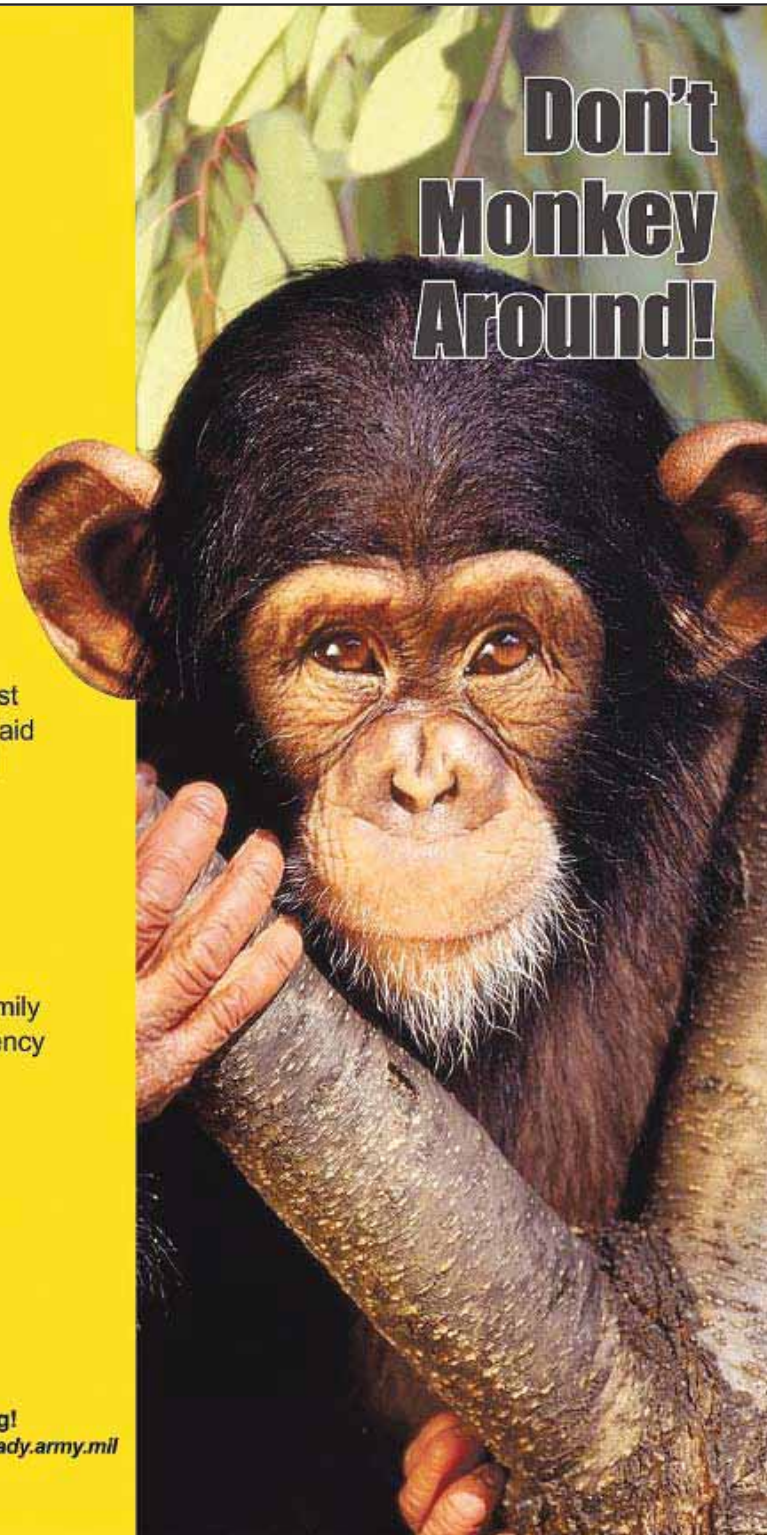
Don't Monkey Around!

Make a three day emergency kit.

- Your emergency kits must include water, food, first aid supplies, medicines and important documents.
- Prepare a kit at home. Consider having kits in your car and at work.
- Your emergency kit will enable you and your Family to respond to an emergency more quickly.



It's up to you. Prepare Strong!
For more information, visit www.ready.army.mil





U.S. Army Staff Sgt. Roger Schilling scans the terrain during a night patrol in the mountains near Sar Howza, Paktika province, Afghanistan, Sept. 4. Schilling is deployed with Bulldog Troop, 1st Squadron, 40th Cavalry Regiment (Airborne), 4th Brigade, 25th Infantry Division. Staff Sgt. Andrew Smith

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visit www.army.mil



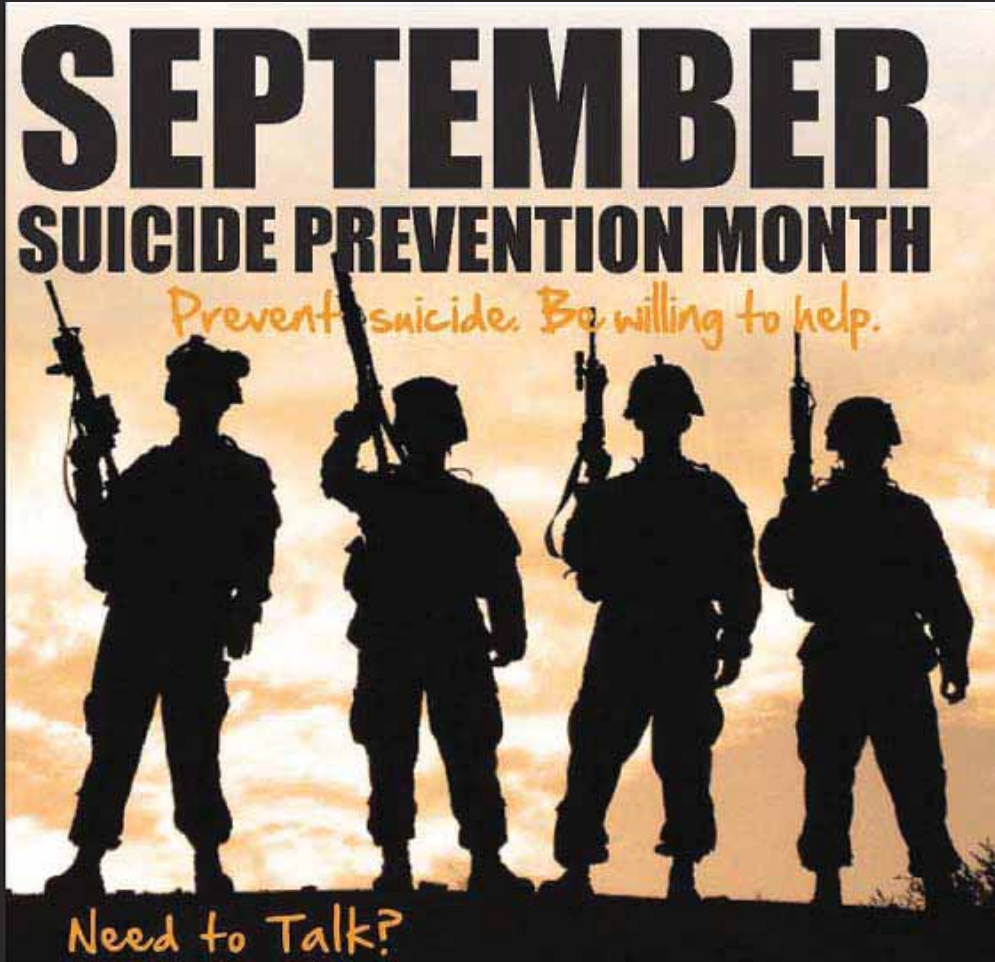
The Army team changes tires on the #39 Chevy Impala in the pit Sunday night during the Pep Boy 500 in Atlanta where Ryan Newman finished ninth. U.S. Army Photo



Sgt. 1st Class Rodolfo Ruiz (left) 1st Battalion, 34th Infantry Regiment, and Sgt. John Duran, 2nd Battalion, 13th Infantry Regiment, practice combatives techniques during a training session Sept. 1. Ruiz and Duran are members of the Fort Jackson, S.C., combatives team. U.S. Army Photo



Workers load a World War II-era tank onto a truck in preparation for transport to Fort Bliss from the 1st Armored Division Museum in Baumholder, Germany. U.S. Army Photo



USAG Heidelberg Suicide Prevention Task Force

Army Substance Abuse Program: DSN 370-1710, civ. 06221-57-1710

Army Community Service: DSN 370-6883, civ. 06221-57-6883

Behavioral Health: DSN 371-2690, civ. 06221-17-2690

Social Work Services: DSN 371-2680, civ. 06221-17-2680

Garrison Chaplain: DSN 370-1570, civ. 06221-57-1570

Family Life Chaplain: DSN 379-6488, civ. 06202-80-6488

Military Police (emergency): DSN 114, civ. 06221-57-114

Military Police (non-emergency): DSN 388-2222, civ. 06221-678-2222

Military Family Life Consultants : civ. 0175-601-1985, 0151-1044-8433

Family Practice Clinic: DSN 371-2622, civ. 06221-17-2622

Acute Care Clinic: DSN 371-2891, civ. 06221-17-2891

Universitäts Klinikum Heidelberg: civ. 06221-560

Chaplains, chaplain assistants attend training at leadership event in Garmisch

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

GARMISCH, Germany – Just as they often help to rejuvenate the spirits of those they support, U.S. Army Europe's chaplains and chaplain assistants took time out of their schedules for reflection and renewal this month during their annual Religious Support Operations Leadership Training conference here.

More than 160 chaplains and chaplain assistants, making up 80 Unit Ministry Teams, came from locations throughout Germany, Italy and Kosovo for the five-day event.

The annual RSOIT provides UMTs specific training on pertinent religious support topics, as well as providing UMT members with updates from their career fields. This year's training coincides with the 100th anniversary of the Army chaplain assistant program and the 234th anniversary of the Army Chaplain Corps.

"This type of training is vital to the development of the Unit Ministry Teams in Europe. It allows for their spiritual resiliency to become stronger and better," said USAREUR and 7th Army Chaplain (Col.) Charles Ray Bailey. "The teams learn ways to enhance their skill set

in order for them to take care of the military families in Europe."

The office of the U.S. Army Chief of Chaplains determines the focus of the training for all chaplains and chaplain assistants. This year's theme, "Spiritual Leadership: Renewing the Soldier's Mind" centered on spiritual resiliency.

The colonel said this year's training also complements the Army's Comprehensive Soldier Fitness program, a holistic approach to enhance the emotional and physical health of Soldiers, families and Army civilian employees designed to improve performance and build resilience.

Strong Beginnings

Pre-kindergarten teacher Angelika Miles introduces Natasha Smith to her classmates on the first day of the Army Child, Youth and School Services Strong Beginnings Program Sept. 8. Strong Beginnings is an Army Family Covenant program designed to prepare students for the transition to kindergarten. Skills taught meet Army early learning standards and include basic academic and classroom etiquette skills and focus on the social, emotional and physical development of children. Army CDCs in the States as well as worldwide were losing preschool children to civilian preschool programs or state-run preschool programs, so to counter that trend, the Army came up with Strong Beginnings to help parents prepare their children for school.



Jason L. Austin

PREVENTION

continued from page 1

"Suicide is a complex issue, and it's a personal issue. What might drive me to consider suicide might not even vaguely be considered bothersome to someone else," Noyes explained. "Because it's complex, and because people react differently to certain situations, it's important that we focus on suicides in a holistic approach – holistically focusing on all needs, physical, spiritual and behavioral."

This year's theme is intended to remind people of the importance of focusing on all aspects of health necessary for overall fitness and to be aware of the signs and symptoms exhibited by most people who are considering self harm, Noyes said.

"There is no exact science for eliminating suicides. But one way we can reduce suicides from happening is by improving the physical, spiritual and behavioral health of individuals and by reducing risks," Noyes said. "We also want to ensure that everyone knows the signs and symptoms of someone contemplating self harm, and what they should do about it. We are 'one' Army and each and every one of us needs to take care of each other."

Garrisons throughout Europe will feature a variety of programs and events that do that, Noyes said. Leaders throughout IMCOM-Europe will plan, coordinate and execute suicide prevention education, awareness and training programs to promote total health across the force by focusing on

all aspects of health and wellness.

Activities, he said, may include such things as displays and information booths, guest speakers, tree planting ceremonies, ACE (Ask, Care, Escort) and ASIST (Applied Suicide Intervention Skills Training), walks and runs for life, banner or poster displays, articles in the installation newspaper and behavioral health screenings.

"There are countless ways garrisons can promote information, training and awareness," Noyes said. "The Army challenges and empowers all leaders, particularly first-line leaders, to make units, installations and communities models for suicide prevention awareness."

One of the most important things individuals can do is to know where

Kaiserslautern Reserve Soldiers take top honors

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

The 406th Adjutant General Battalion, Human Resources Company in Kaiserslautern, received top honors during the 2009 Army Chief of Staff's Combined Logistics Excellence Awards during the CLEA ceremony in Alexandria, Va.

The unit won the Supply Excellence Award in the Army Reserve Level 1, Unit category.

"This is the most competitive category with the greatest number of units competing for this prestigious Department of the Army award," said Lt. Col. Kelley Donham, 7th Civil Support Command's deputy for supply and logistics.

Staff Sgt. Tracey Potter, Sgt. David Graham and Sgt. Cedric McCoy of the 406th AG Battalion accepted the award from Lt. Gen. Mitchell H. Stevenson, deputy chief of staff for supply and logistics.

The 406th distinguished itself by having the most efficient Command Supply Discipline Program in the 7th CSC and the Army Reserve.

"It was an honor for us to represent the unit and for us to win," Potter said.

Potter joined the 406th shortly after it was formed in 2007 and started the supply room "from scratch." Her supply room did so well in the annual inspection by the 7th CSC, that two months later she was asked to compete Army-wide against other Reserve and National Guard supply programs.

"We were pleasantly surprised with the result," said Master Sgt. Okey Tredway, 7th CSC supply and logistics.

The CLEA ceremony combines the Army Award for Maintenance Excellence, the Deployment Excellence Award, the Supply Excellence Award and honors installations' and units' excellence in maintenance, deployment and supply operations. Potter and her team competed against 95 units from 50 different categories representing the best of Army logistics programs and have contributed significantly to Army readiness.

help or more information can be found, according to Noyes.

"A lot of this is about Soldiers helping Soldiers. Places to get help are Behavioral Health at the hospital clinics, chaplains, chain of command, etc.," he said. He added that there is online information and support available, such as www.militaryonesource.com.

Noyes said he wholeheartedly agreed with the Army announcement that stated, "We have the responsibility and commitment to help fellow Soldiers, Family members and Army civilians who need the strength of our team."

"I can't agree with that more. We – each and every person in Army Europe – have a responsibility to provide strength to those we believe are in need of help," he said.



Enjoy Jazz

International festival coming to Heidelberg, Mannheim and Ludwigshafen Oct. 2-Nov. 11

After an outstanding jubilee last year, Enjoy Jazz now goes into its 11th round. The Festival for Jazz and More will take place Oct. 2-Nov. 11 in Heidelberg, Mannheim and Ludwigshafen.

With around 60 events, it will again bring an autumn full of musical highlights to the Rhein-Neckar region.

Enjoy Jazz is a festival that fulfills high artistic demands and enjoys international credence, generated not only by its time-span but also by its artistic breadth. The Frankfurter Allgemeine Zeitung praised the festival as the "most extensive jazz festival worldwide."

In the past years, jazz giants such as Charlie Haden, Brad Mehldau, Jan Garbarek, Ornette Coleman, Herbie Hancock and Archie Shepp have performed in the festival region. In addition, artists not necessarily immediately associated with jazz such as Thievery Corporation, Bajofondo Tango Club and Nightmares on Wax have also played at the festival.

This year's Enjoy Jazz program again offers a variety of top-notch artists and jazz formations. The American saxophonist Charles Lloyd and his New Quartet will hold the opening concert Oct. 2 at the Heidelberg Castle, which already served as the traditional opening venue before its renovation.

Wayne Shorter, another great saxophonist, will hold the closing concert Nov. 11 in the Heidelberg Stadthalle. The six weeks of festival between these events include further outstanding jazz musicians such as Richard Bona, Branford Marsalis, Joshua Redman, Cassandra Wilson and Jan Garbarek. Besides hosting international stars, Enjoy Jazz also offers a platform for young talents and upcoming newcomers. Concerts by the young Norwegian singer Kristin Asbjørnsen and the Canadian musician Mocky, for example, are thus keenly awaited.

Enjoy Jazz's motto is on the program: to enjoy the joy of jazz! This means taking time for the music, daring to experiment, and getting positively inspired and this is why only one concert per evening and festival city will be presented.

Innovation and openness is the recipe for success with which Enjoy Jazz has become a nationally and internationally valued festival by guests and critics alike.

The continuous increase in visitor numbers to more than 20,000 in the last years show Enjoy Jazz's mounting popularity and make it an integral part of the festival landscape without which something would surely be missing.

SOURCE: Heidelberg Marketing GmbH

For a concert schedule and ticket information, visit www.enjoyjazz.de. There is an English option in the top right corner of the Web site.

GERMAN COOKING

Jager-Eintopf (Hunter's Stew)

Ingredients:

- 1 1/2 cups minced onions
- 1/4 pound sliced mushrooms
- 2 tablespoons vegetable oil
- 1 pound ground beef
- 1 cup beef broth
- 5/8 teaspoon nutmeg
- 1/2 teaspoon worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium potatoes
- 3 tablespoons butter
- 2 large eggs
- 4 tart apples
- 1/2 cup fine, dry bread crumbs

Directions:

- Saute onions and mushrooms in vegetable oil until soft.
- Add ground beef; saute mixture 3 to 4 minutes. Stir in broth; bring to a simmer.
- Add 1/2 teaspoon nutmeg, worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Peel the potatoes and boil them in salted water until tender, about 30 minutes. Drain and put through a food mill or grinder.
- Beat in 2 tablespoons butter, 1/2 teaspoon salt, 1/4 teaspoon pepper. Adjust seasonings to taste.
- Beat in eggs and remaining nutmeg.
- Peel, core and slice apples.
- Layer mixtures in a 1 1/2-quart buttered baking dish. Spread 1/3 of potatoes on bottom of dish. Top with 1/2 of the meat mixture and 1/2 of the apples. Continue with layers, ending with a layer of potatoes. Sprinkle the top with bread crumbs, and dot with remaining butter.
- Bake at 375 degrees for 45 minutes and then at 400 degrees for 10 minutes more.

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.



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

Dear Ms. Vicki,

My husband will be leaving again in January or February for the third time. Since he told me, I have been crying my eyes out.

What am I going to do? I feel like a single woman (who is married). I'm trying to be strong and not complain, but I have been married for five years and my husband has been gone for three of them. We have a son who is 2 years old and does not even know my husband.

It's getting harder and harder for me and my husband to even communicate. It's like we do not know each other anymore. I cannot be angry or mad at him, though, because it's not his fault that he wanted to sign up to fight for his country. I admire him for that.

I just don't think I can do this again. What am I doing here if he is never here? I could have stayed in Illinois and continued to live my life with friends and family that I love.

Would it be so wrong if I decided to go to Illinois this time to be with my family? I could really use the

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

support because I don't think I can be without my husband again for a whole year. I really don't want to complain, but sometimes I don't think this war is worth what's it's done to military families.

From: Trying To Cope With Deployment

Dear Deployment,

Deployments are tough for everyone – the service members and families. I talk with spouses, mothers and fathers, friends etc. who all report they have a hard time coping when a loved one is deployed.

Your feelings are normal. I too have coped with deployments and long separations from my husband. It was not easy, and I had to find support from many sources to make it through them. I encourage you to do the same.

Build a network of support from your military community, civilian community, family and friends. Surround yourself with healthy people who can help support you through this next deployment.

Build a wellness plan that focuses on your mental and emotional health, your physical and spiritual well being. Know that you may have to adjust this plan from time to time.

I encourage you and your husband to consider some marital or couples counseling before he deploys. The time is now to try and strengthen your bonds instead of isolating and not communicating with each other. You can contact your Social Work Service on base to ask if marital or couples coun-

seling is available on base. If not, then contact Military OneSource and they will connect you with a provider in your local community. The sessions are free. Another caveat to Military OneSource they have counselors on phone duty 24/7. You can always call and ask to speak to someone just for support.

ACS also provides couples communication classes and often times chaplains will offer retreats and classes for couples, so check with them, too.

You asked if you should return to Illinois to be with your family during this deployment. Only you and your husband can answer this question after careful consideration. If you think being near close family and friends are what you need to make it through this time, then I cannot discourage you from doing so. I truly wish you well. Please stay in touch with me and let me know how you are doing from time to time.

Dear Ms. Vicki,

I don't want to be rude or ill-mannered toward you, but I feel like I should because you are so rude and cross to many people who write you.

Could you stop with the low blows and the condescending tone? I think you could do well with a conservative talk show blasting the democrats or someone.

If people are writing you for advice and pouring out their heart to you, then don't be mean and hateful toward them. If they stop writing, then you won't have an audience. Show more appreciation, Ms. Vicki.

TRICARE Entitlement Program: How you can make it work for you

TRICARE

The month of September is your Health Benefits Awareness Month. This week's focus is on dental health.

We've come a long way in the last 100 years in the field of dental health. Painful toothaches, bleeding gums, bad breath, difficulty eating were pretty common at the turn of the century and many people over the age of 65 had already lost most or all their teeth. Today, things are very different and most people work hard to take care of their teeth. Many kids have never had a cavity thanks to fluorinated water, sealants and good daily dental care.

Good dental care

- Avoid eating or drinking items with high sugar content – if you do, brush immediately afterwards.
- Brush at least twice a day – especially before bed.
- Clean between teeth daily with floss or interdental brushes.
- Visit your dentist regularly.

Military dental treatment facilities provide care for active-duty members; however, family members

are seen on a space available basis.

TRICARE Dental Program is a great benefit for active-duty family members, Reservists and Reserve family members. TDP is a voluntary, premium based dental insurance program that offers coverage for dental procedures received from certified host nation providers. The TDP program in Europe is the same one that covers military families in the States – except it actually offers better benefits.

- Monthly premiums for a single family member are \$12.12 or \$30.29 for multiple family members (premium costs are adjusted each February). The government pays 60 percent of the cost of the dental insurance premiums.
- Each enrollee is covered for a maximum of \$1,200 per contract year (Feb. 1-Jan. 31) for most routine services.
- TDP offers a lifetime maximum benefit of \$1,500 for orthodontics. OCONUS the benefit is 50 percent of the total cost.

• Maternity Dental Benefit – allows for an additional (third) dental cleaning for mothers-to-be in a consecutive 12-month period at no additional

charge.

How do you enroll?

- You can enroll in the TDP at the United Concordia Companies, Inc. Web site online or via the mail. Sponsors must enroll for a minimum of 12 months. You may e-mail UCCI at oconus@ucci.com or visit its Web site, www.TRICAREdentalprogram.com.

How to get care?

- No referral is needed for routine dental care. Non-availability Forms are needed for orthodontics and implants.
- "Preferred Dentists" will submit the claim for you with UCCI – it is best to check before you get care since you may have to "pay and claim" with some dental providers.

Retirees living overseas can now take advantage of the Enhanced-Overseas TRICARE Retiree Dental Program. The TRDP is a voluntary dental benefits program with enrollee-paid premiums, administered by the Federal Services division of Delta Dental of California.

Visit www.trdp.org for more details on the program and coverage specifics.

GET OUT!

area events

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

September 17

Ramstein Welfare Bazaar – The 45th Annual Ramstein Welfare Bazaar runs through Sept. 21 with more than 130 vendors from all over Europe selling furniture, pottery, art, food, linens and more. Various organizations will also be selling food and performing on the entertainment stage. Doors open at noon Thursday. Thursday and Friday are stroller friendly days. www.ramstein-bazaar.org.

September 18

Comedy Show – Leon Rogers and Kaye-Ree and the Band will perform at Armstrong's Club in Kaiserslautern at 9 p.m. Tickets can be purchased in advance for \$15 and at the door for \$18. DSN 489-6000, civ. 0631-354-9986, www.mwgermany.com.

Lift Up Your Spirit Gospel Tour – The 2009 Lift Up Your Spirit Gospel Tour, featuring Trin-I-Tee 5:7, Detrick Haddon, Damita Haddon and Spensha, with a special appearance by the 2008 Operation Rising Star winner Joyce Dodson will be held at the Patrick Henry Village Pavilion in Heidelberg at 7 p.m. Doors open at 6 p.m. DSN 373-7414, www.mwr-europe.com.

Heidelberg Apollo Show – Vote for your favorite Apollo King or Queen at 9 p.m. in the Recovery Room on Nachrichten Kaserne in Heidelberg. \$10 cover charge includes a finger food buffet. DSN 371-2762.

Wurstmarkt – The Wurstmarkt in Bad Dürkheim is the largest, most traditional wine fest in Germany and runs through Sept. 21. Entertainment along with wine is one of the distinctive features of the festival. Enjoy over 150 different wines in over 50 different places. Although the Dürkheim wine is the center of attraction, the Wurstmarkt also offers arts and crafts, fairsground and live music. You can easily get there by bus or rail from any direction. www.duerkheimer-wurstmarkt.de.

September 19

European Army Medical Department Regimental Ball – Military and civilian medical professionals in Europe are invited to the European Army Medical Department Regimental Ball at the Patrick Henry Village Pavilion in Heidelberg. Tickets: \$30 for O4/E7 and above; \$25 for O1-O3 and E6 and below. Unit AMEDD Ball representatives have tickets. <http://emc.cmedd.army.mil>.

Indoor Flea Market – Army Outdoor Recreation will host an indoor flea market 8 a.m.-2 p.m. on Rhine Ordnance Barracks in Kaiserslautern. DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

Art Gallery Exhibition – Check out the Heidelberg Art and Cultural Center's Art Gallery Exhibition featuring local artist Deb Ahern opening at 7 p.m. Her collection, entitled "Brain Heidelberg" will encapsulate you and inspire you to see and experience the beautiful city of Heidelberg. Her exhibition will be on display until Nov. 14. www.mwgermany.com.

Old School R&B Night – Armstrong's Club

in Kaiserslautern invites you to this free event featuring a live disc jockey and free finger food 9 p.m.-2 a.m. DSN 489-6000, www.mwgermany.com.

Paris Express – Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. <http://affiliates.usa.org/rheinneckar>.

Oktoberfest – Join the USO on the opening day of the world's most famous beer fest. Originally all citizens of Munich were invited to attend the marriage celebration of Prince Ludwig to his bride Therese on the fields near the city gates. Now Oktoberfest is the annual 16-day celebration in the heart of Munich. The various breweries have set up enormous tents where you can lift the huge Bierkrüge (beer mugs) and mingle with the locals. While nearly six million liters of beer are consumed during the event, the huge fairsground also feature carousels and roller coasters. Trips also take place Sept. 26 and Oct. 3. <http://affiliates.usa.org/rheinneckar>.

Rhein Aflame – The Romantic Rhein – which has attracted writers, musicians, and painters from the 18th century on – is a short area stretching from Bingen to St. Goar and St. Goarshausen across the river. The twin cities are celebrating fireworks and illuminations of the historic castle ruins towering on the rocks above, and the most famous landmark of the region, the legendary Lorelei rock. For a first-class view, join the USO aboard a comfortable ship in a convoy for this evening's spectacle. <http://affiliates.usa.org/kaiserslautern>.

September 20

Sesame Street Performances – Enjoy a free show featuring Elmo and his friends Rosita, Cookie Monster, Grover and more at 2 p.m. and 5 p.m. Sept. 20 at the Kleber Gym in Kaiserslautern (DSN 483-6626 or kmconstage@eur.army.mil); 4:30 p.m. or 6:30 p.m. Sept. 27 at the BFV Sports Arena in Mannheim (DSN 385-3530); or 4 p.m. or 6 p.m. Sept. 30 at the Patrick Henry Village Pavilion in Heidelberg (DSN 373-7414). This free show is exclusively for military children and their families and will help educate the military family community about helping children cope with the challenges of deployments.

Medieval Market in Bad Muenster am Stein – Experience the medieval market in the scenic town of Bad Muenster am Stein, a spa town located on the Nahe River. The Celts and Romans used the natural medicinal springs of the Nahe region to revive their bodies and soul, and the fertile sunny slopes to grow grapes for wine. Bad Muenster will host one of the season's last medieval markets in its historic old town area. You'll have free time to step into the Middle Ages of the market to shop or enjoy the food and drink before taking in the sights and sounds of the afternoon jousting competition. See knights wield swords in

competition for the fair maiden's hand. Additionally, one of the oldest castles of the Palatinate, the Ebernburg Castle, looks down upon the town and invites you to take an optional hike up to the castle for a visit. <http://affiliates.usa.org/kaiserslautern>.

September 25

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. In the huge marquees of the Stuttgart breweries, each of which seats up to 5,000 guests, in the beer tents of the regional brewers and the beer gardens, the beer flows more or less unceasingly, and there is plenty of food available as well. The large huckster's market invites you daily to shop pots, pans or clothing at the Wasen. www.cannstatter-volkfest.de.

"Almost, Maine" – KMC Onstage will present John Cariani's "Almost, Maine" Sept. 25 and 26 and Oct. 2 and 3. Dinner theater performances will take place Sept. 25 and 26 and Oct. 3. Doors will open at 6 p.m., Dinner at 6:30 p.m. and the show will begin at 7:30 p.m. An additional show-only presentation will be offered Oct. 2 with the show beginning at 7:30 p.m. All shows will be held at the Kaiserslautern Community Activities Center. Tickets can be purchased by e-mail at kmconstage@eur.army.mil or at the box office on Kleber Kaserne 1-5 p.m. Monday-Friday. DSN 483-6626, civ. 0631-411-6626, www.mwgermany.com.

September 26

Oktoberfest – Join Mannheim Outdoor Recreation at the biggest celebration in the world at Munich's Oktoberfest. Participate in one of the 14 beer tents, enjoy Bavarian specialties, and meet people from all over the world. Cost \$55. DSN 381-7215, civ. 0621-730-7232.

September 27

Sunday Brunch – Enjoy a classic German-American brunch complete with a breakfast buffet, a meat carving station, a scrumptious dessert selection and more at the Patrick Henry Village Pavilion in Heidelberg 10 a.m.-2 p.m. Reservations are recommended as seating is limited. Prices: Adults: \$17.95; Kids 6-11, \$8.75; Children 5 and under eat free. DSN 388-9249.

Marksburg Castle and Rüdesheim – This is the only castle on the Rhein to survive the destruction of war. Built in the 12th century, Marksburg Castle has stayed virtually unchanged since Medieval Times. Travel through time, highlighting 2,000 years of armor, the cannon battery, knights hall, bedroom, wine cellar, and kitchen. With breathtaking view of the Rhein River this is a must see castle. On the way back, we visit Rüdesheim, one of Germany's most popular tourist destinations. <http://affiliates.usa.org/rheinneckar>.

coming to THEATERS

WHITEOUT

(Kate Beckinsale, Alex O'Loughlin) The only U.S. Marshal assigned to Antarctica, Carrie Stetko will soon leave the harsh environment behind for good; in three days, the sun will set and the Amundsen-Scott Research Station will shut down for the long winter. When a body is discovered out on the open ice, Carrie's investigation into the continent's first homicide plunges her deep into a mystery that may cost her own life. Rated R (violence, grisly images, brief strong language and some nudity) 101 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 17 - ALL ABOUT STEVE (PG-13) 7 p.m.
Sept. 18 - WHITEOUT (R) 7 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 9 p.m.
Sept. 19 - I LOVE YOU BETH COOPER (PG-13) 4 p.m.; WHITEOUT (R) 7 p.m.
HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 9 p.m.
Sept. 20 - I LOVE YOU BETH COOPER (PG-13) 4 p.m.; WHITEOUT (R) 7 p.m.
Sept. 21 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.
Sept. 22 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
Sept. 23 - WHITEOUT (R) 7 p.m.
Sept. 24 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.

Mannheim, Schuh

Sept. 17 - BRUNO (R) 7 p.m.
Sept. 18 - ALL ABOUT STEVE (PG-13) 7 p.m.
Sept. 19 - I LOVE YOU BETH COOPER (PG-13) 4 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 9 p.m.
Sept. 20 - ALL ABOUT STEVE (PG-13) 4 p.m.; I LOVE YOU BETH COOPER (PG-13) 7 p.m.
Sept. 21 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
Sept. 22 - ALL ABOUT STEVE (PG-13) 7 p.m.
Sept. 23 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.
Sept. 24 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.

Vogelweh, Galaxy

Sept. 17 - PUBLIC ENEMIES (R) 7 p.m.
Sept. 18 - ALL ABOUT STEVE (PG-13) 7 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 10:30 p.m.
Sept. 19 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 2:30 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.
Sept. 20 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 2:30 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.
Sept. 24 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 17 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.
Sept. 18 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 19 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 20 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 21 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 22 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 23 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 p.m.
Sept. 24 - WHITEOUT (R) 11:30 a.m., 3 p.m., 7 p.m., 10 p.m.; HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 12 p.m., 3:30 p.m., 7:15 p.m., 10:15 p.m.; I LOVE YOU BETH COOPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m., 9:30 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

Customer Service Assessment

The annual survey is available for everyone to take through Sept. 18 at www.myarmyvoice.org. The results will be published in December. The assessment enables the garrison commander to obtain critical customer service feedback on the service provider strengths and areas requiring improvement. DSN 379-5299, civ. 06202-80-5299.

GI Bill Briefings

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

Kaiserslautern – 11:30 a.m.-1 p.m. Sept. 24 at the education center on Rhine Ordnance Barracks. DSN 493-2588, civ. 0631-3406-2588.

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

Sport Bike Course

IMCOM-Europe has launched the Motorcycle Safety Foundation Military Sport Bike Course. This is an alternative to the MSF Experienced Riders' Course. The eight-hour course was developed especially for sport bike riders. It consist of hands-on training, a riding skills evaluation and a knowledge based evaluation all designed to hone the skills of sport bike riders. Kaiserslautern and Heidelberg will host the training. Course dates and registration: www.imcom-europe.army.mil/sites/management/so_atstp.asp.

Advanced Driver Course

All Soldiers under 26, including non-drivers, must complete the Advanced Driver Course training following completion of the Intermediate Driver Course. The recommended time frame for completing the ADC is 12-18 months following completion of IDC. ADC reaffirms and builds on the principles taught in IDC, explores consequences, and practices personal risk assessment. The two-hour course is offered at Mannheim, Kaiserslautern and Heidelberg. Course dates and registration: www.imcom-europe.army.mil/sites/management/so_atstp.asp.

Join the 30th MEDCOM

The 30th Medical Command in Heidelberg is a multi-component unit and has medical and non-medical Reserve positions available. DSN 371-3350, civ. 06221-17-3350.

local EMPLOYMENT

Family Advocacy Program Educator

Heidelberg Army Community Service has one NPS contract positions available for a Family Advocacy Program educator to provide parenting classes and Family Advocacy Education programs to teens and elementary school children. DSN 379-6657.

Dance Instructors

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

ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor in Mannheim. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.

• **Teacher Certification Testing** – PRAXIS I and II Teacher Certification Testing will be held 8 a.m. Nov. 18 at the education center on Rhine Ordnance Barracks. Register by noon Sept. 30. DSN 493-2593, civ. 0631-3406, krystle.a.king@eur.army.mil.

Community

• **Scrapbooking Day** – The Landstuhl Library will host a full day of scrapbooking 9 a.m.-3 p.m. Sept. 19. All the basic materials will be provided. Bring 4-5 photos. DSN 486-7322, civ. 06371-86-7322.

• **U.S. Army Recruit the Recruiter Team** – Hear briefings regarding the benefits, challenges and qualifications of recruiting duty. All Soldiers in the rank of specialist through sergeant first class are encouraged to attend one of the two scheduled briefings at 9 a.m. or 1 p.m. Sept. 22 in the large classroom in Bldg. 286 on Rhine Ordnance Barracks. Spouses are also welcome to attend. DSN 484-8716, civ. 0631-413-8716.

• **Single Parent Focus Group** – The Family Life Chaplain hosts a Single Parent Focus Group at noon Sept. 30 in the Kirchberg Room of the dining facility in the Landstuhl Regional Medical Center. Register by Sept. 25: DSN 493-4098, civ. 0631-3406-4098, mirma.oceguera@eur.army.mil.

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up to bring you an evening of independent and foreign films. "Noise" by Matthew Saville (in English) begins at 6 p.m. Sept. 30. www.mwrgermany.com.

Community Information Forum

– The Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Oct. 7 at the Armstrong Community Club on Vogelweh Housing. The forum provides information on various programs, agencies and organizations within the KMC. DSN 493-4093, civ. 0631-3406-4093.

• **Primary Care Clinics** – Active duty, family members and TRICARE eligible retirees can be enrolled in the primary care clinics at Landstuhl Regional Medical Center. For patients in Kaiserslautern, the Women's Care Center has additional appointments available for annual well-woman exams. Patients over 50 who have not had a colonoscopy in the past 10 years can call civ. 06371-9464-5609 to schedule a colon cancer screening exam.

• **KMC Teen Shuttle** – Pick-up and drop-off points are located throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and

the Melkerei in Landstuhl Village. ID card, shuttle card and permission slips are required to ride the shuttle. Apply for your shuttle card at Central Enrollment and Registration on Pulaski Barracks or Landstuhl Post. DSN 486-8943, civ. 06371-86-8991.

• **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 look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, kln.afap.distro@eur.ds.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** – EFMP Teen Social, 7-9 p.m. Sept. 18 at PHV Panther's Place; Sponsorship Assistance Training, 2-3:30 p.m. Sept. 21; Resume Writing, 9 a.m.-noon Sept. 22; Anger and Stress Management, 1-4 p.m. Sept. 22; First-Termers Money Management, 8 a.m.-noon Sept. 24; Community Orientation, noon-3 p.m. Mondays; English as a Second Language offered throughout the week. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **New On-Site Graduate Degree Program** – The University of Phoenix is currently enrolling students for Master of Arts in Education/Teacher Certification Program at Patton Education Center. Class starts Sept. 30. DSN 373-7650, civ. 06221-588-0492.

• **Fire Science Technology** – Central Texas College is launching a Fire Science Technology certificate and degree program this fall in the Mannheim and Heidelberg communities. Mannheim@europa.ctcd.edu, DSN 385-2815, civ. 0621-730-2815.

• **German Weekend Classes** – An advanced conversation class will be offered over two weekends 2-5 p.m. Sept. 19-20 and 26-27 for €40. Registration: Germanatpatton@ihs-heidelberg.com.

• **Doggy Training Course** – The first course starts Oct. 5. Classes will be held 10-11:30 a.m. Mondays and 6-7:30 p.m. Tuesdays at the dog park on Patrick Henry Village each month through February. Cost is \$20 per class, and pets must be registered at least four days in advance. Register at the Arts and Cultural Center. DSN 388-9418.

Community

• **CYS Services Parent Survey** – Child, Youth and School Services wants to hear your voice. If you have a child registered with CYSS, fill out the online survey to let us know how we're doing, what we could do better, and what services you'd like to see us offer. The survey can be found at www.mwrgermany.com/hd/newscys/index.htm. Complete the survey dur-

ing the month of September and get 5 percent off your October fees.

• **MTES Picture Day** – Yearbook photos for Mark Twain Elementary School will be taken 8-11:30 a.m. Sept. 25. Parents, do not let your child wear green, as it interferes with the photographer's background. Prints can be ordered after the proofs arrive. Civ. 06221-57-6996.

• **Upcoming Volksmarches** – Heidelberg, Sept. 19-20. Civ. 06227-84-1226, hiwc@yahoo.com, www.hiwc.de.

• **Community Bank Reduced Hours** – Due to mandatory staff training, the Heidelberg shopping center location will only be open 9:30 a.m.-noon Sept. 23. The Campbell Barracks location will be open regular hours 9:30 a.m.-4 p.m.

• **Holiday Greetings** – The Joint Hometown News Service from San Antonio will film holiday greetings of U.S. ID card holders and their families for broadcast on local stateside television and radio stations in all 50 states and U.S. territories: 10 a.m.-7 p.m. Sept. 28 at the commissary on Patrick Henry Village. DSN 373-1400, civ. 06221-17-1400.

• **Holiday Bazaar Volunteers Needed** – The 2009 Heidelberg Holiday Bazaar will be held Oct. 9-12 at the Patrick Henry Village Pavilion. Volunteers are needed and receive incentives like private shopping hours. www.heidelberg-hcs.com.

• **Cultural Club** – The first Heidelberg Cultural Club meeting will be held 5:30-7 p.m. Oct. 17 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. Members will plan and attend trips in the region and in other European countries. DSN 388-9421, civ. 06221-338-9421, www.mwrgermany.com.

MANNHEIM Education

• **ACS Classes** – Hearts Apart, 11 a.m.-1 p.m. Sept. 18; ESL, 9-11 a.m. Sept. 18, 21 and 23 and 6-7:30 p.m. Sept. 22 and 24; Multicultural Club, 11:30 a.m.-1 p.m. Sept. 21; Volunteer Training, 1-2 p.m. and 3-4 p.m. Sept. 21 and 23; AFTB Level III, 9-11 a.m. Sept. 21-23; Levy and Out-Processing, 1-2:45 p.m. Sept. 22; Parent and Me Playgroup, noon Sept. 23; Welcome Teens, 3:30-4:30 p.m. Sept. 23; Bringing Baby Home, 5:30-8 p.m. Sept. 23. DSN 385-3101, civ. 0621-730-3101.

Community

• **Health Fairs** – In recognition of Health Care Benefits Awareness Month, head to the Mannheim Health Clinic on Benjamin Franklin Village for a health fair 12:30-4:30 p.m. Sept. 18, and the Coleman Troop Medical Clinic on Coleman Barracks, 8:30 a.m.-1 p.m. Sept. 25. The health fairs will feature booths with screenings and educational information on

health care benefits.

• **Community Information and Fun Fair** – Army Community Service will host this community event at the BFV Sports Arena 10 a.m.-2 p.m. Sept. 19. There will be FMWR activities, private organizations, community information booths, entertainment, prizes and more. DSN 385-3101, civ. 0621-730-3101.

• **Holiday Greetings** – The Joint Hometown News Service from San Antonio will film holiday greetings of U.S. ID card holders and their families for broadcast on local stateside television and radio stations in all 50 states and U.S. territories: 9:30 a.m.-5 p.m. Sept. 26 at the commissary on Sullivan Barracks. DSN 385-3886, civ. 0621-730-3886.

• **SSSC Last Shopping Day** – The last shopping day for fiscal year 09 at the Self Services Supply Center Mannheim on Spinelli Barracks will be Sept. 25. SSSC will reopen at 8 a.m. Oct. 1 for customer service.

• **Red Cross Volunteers Needed** – Volunteers needed to help with the Red Cross information table at the following events: Retiree Day at the Mannheim Medical Clinic Sept. 18; Mannheim Information Fair at BFV Sports Arena Sept. 19; Coleman Health Fair at the Coleman Health Clinic Sept. 25. DSN 385-1760, civ. 0621-7301760, mail.rcm.redcrossmh@eur.army.mil.

• **Parents' Night Out** – Held at Child Development Center 6:30-10 p.m. Sept. 25. Child care will be open to families who have a current registration with CYS Services. Reservations: DSN 380-4851, civ. 0621-730-4850.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Sept. 26; Film Screening, 4-5:30 p.m. Sept. 26; Teen Volunteer Meeting, 4 p.m. Sept. 24; Story Hour, 10:30-11:30 a.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

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

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

• **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. Sponsors are matched to youth according to their gender, age and interests. DSN 385-2353, civ. 0621-730-2353.

Get ready for some football



Wray Holan

Heidelberg High School junior Sterling Jones (6), running back and defensive back for the Lions football team, protects the ball during a match-up with a German team, the Kassel Tigers, Saturday afternoon. The Lions had such a commanding lead that the game was called after the second period. The junior varsity team lost 13-14 in a hard-fought battle with the Starnburg Argonauts. The Lions face Ramstein at home Saturday with the JV game beginning at 10 a.m. and the varsity at 1 p.m. For more photos of the game against Kassel, visit www.flickr.com/heraldpost.

U.S. service members from JTF-East volunteer to run international 22K marathon in Bulgaria

By Mannoel B. Gorospe
JTF-EAST PUBLIC AFFAIRS

PLOVDIV, Bulgaria – Joint Task Force-East participated in the 34th Annual Memorial International 22-Kilometer Marathon Sept. 5 here.

Twenty-three service members, to include the task force commander, ran from Saedinie Square in Saedinie to Saedinie Square in Plovdiv.

"It's all about building bridges ... during the race I gave a bottled-water to a Bulgarian runner, and he thanked me after the race," said Lt. Col. David Hurley, the commander of JTF-East, Forward.

The race began with a traditional Bulgarian folk dance at the Saedinie Square in Saedinie. The race concluded with an awards ceremony at the Saedinie Square in Plovdiv with Hurley achieving first place among all U.S. military runners and ranked in the top 10 of all runners.

Second Lt. Kimberly Jung, JTF-East Operations out of Schweinfurt, and Sgt. Nicole M. Schmidt, from the 240th Quartermaster Supply Company out of Bamberg, achieved second and third places, respectively, in the military women's category.

Joint Task Force-East's participation in the 34th Annual Memorial International 22-Kilometer Marathon is an engagement with the local community, which fosters partnerships with the host nation.



Maj. Mannoel B. Gorospe

Pfc. Kurtis V. Kaufman (left) and Spc. Thomas Genter, both from the 529th Military Police Company out of Heidelberg, run past the Saedinie outskirts during the 34th Annual Memorial International 22-kilometer Marathon Sept. 5 in Bulgaria. The marathon route is approximately 13.6 miles from Saedinie Square in Saedinie to Saedinie Square in Plovdiv.

staying ACTIVE

Heidelberg Flag Football

Standings as of Sept. 14: DENTAC, 5-0; USAREUR B&C, 3-0; 529th MPs 1-1-2; MEDDAC, 0-0-1; 18th Engineers, 0-1-1; B Co. 24th MI, 0-1; V Corps, 1-2; USAREUR, 0-2; USAG HD, 0-3. **Upcoming games:** Sept. 21 - 6 p.m., USAREUR vs. USAG HD; 7 p.m. DENTAC vs. B Co. 24th MI; 8 p.m., MEDDAC vs. USAREUR B&C. Sept. 23 - 6 p.m., USAG HD vs. USAREUR B&C; 7 p.m. 529th MPs vs. V Corps; 8 p.m. B Co. 24th MI vs. MEDDAC.

Youth Soccer Fest

Attention all soccer players: Come to the United States Youth Soccer, Olympic Development Program, Europe-wide Soccer Fest in Tiefenbach Sept. 20. Test your soccer skills against other players and play small sided games. Entrance is €5 or \$8. The clubhouse will be selling food and refreshments. Registration is 10-11 a.m. End time is about 3 p.m. To find the fields, type Sportsplatzstrasse,76684 Tiefenbach (Ostringen) into your GPS.

Civilian Fitness Program

The Civilian Fitness Program offers Department of the Army civilians and local nationals up to three hours a week to workout for six months. Supervisor's approval and fitness assessment appointments are required. Enrollment packet: www.chpmeur.healthcare.hqsareur.army.mil/sites/dhgw/civfit.aspx. The enrollment and screening dates are:

Kaiserslautern – 10 a.m.-3 p.m. Sept. 22 at the Rhine Ordnance Fitness Center; 8 a.m.-3 p.m. Sept. 25 at the Landstuhl Regional Medical Center Fitness Center; and 10 a.m.-3 p.m. Sept. 29 at the Kleber Fitness Center. Appointments: DSN 493-4359, civ. 0631-3406-4359.

Mannheim – 10 a.m.-2 p.m. Sept. 23 at Sullivan Gym. DSN 385-3164, civ. 0621-730-3164.

National Hunting and Fishing Day

The Heidelberg Rod and Gun Club will celebrate hunting and fishing with games and activities in honor of the 2009 National Hunting and Fishing Day noon-4 p.m. Sept. 26. The whole family can join in four hours of fun at the club located in Offersheim during the only international celebration of National Hunting and Fishing Day. Civ. 06202-51193, www.mwgermany.com.

Team Adventure Race

Join Kaiserslautern Army Outdoor Recreation for the Team Adventure Race at 11 a.m. Sept. 26. Team-up to tackle the three disciplines: trail running/hiking, mountain biking and canoeing. Price is \$30 and includes race fee, T-shirt, and the use of canoes. Bring comfortable and weather appropriate athletic clothes, rain jacket, good pair of running shoes, water shoes/sandals, mountain bike (available for rent), a helmet and drinking water. DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

Community Basketball

The Heidelberg Generals men's basketball team will conduct tryouts 6:30-9 p.m. Sept. 28-29 at the Patton Fitness Center.

Adult Dance Classes

Learn to tap dance at the Mannheim USO starting Saturdays in October 10-11 a.m. Learn to belly dance 7-8:30 p.m. at Sullivan Gym for €40 per month. Sign up at the Heidelberg or Mannheim USO.