

HeraldPOST

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

HP THURSDAY
Oct. 14, 2010

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Defense Details

USS COLE REMEMBERED

President Barack Obama remembered the 17 sailors lost during the attack on the USS Cole by vowing to remain vigilant in working with Yemen and other global partners to counter the al-Qaida threat. Obama said in a White House statement that the fallen Cole sailors "were serving their country and helping to maintain security in the Gulf region when al-Qaida launched this outrageous attack" on Oct. 12, 2000.

RECRUIT NUMBERS UP

The military had a banner year for recruiting and retention. The services met their overall numbers, and exceeded qualitative goals, said Clifford Stanley, undersecretary of defense for personnel and readiness.

Army news: www.army.mil
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Operation Starlight

Sgt. 1st Class Christopher Fincham

Doctors of the 212th Combat Support Hospital and the United Kingdom's 208th Field Hospital (Liverpool) move a simulated patient onto the operating table during Operation Starlight, a joint medical training exercise at the Joint Multinational Readiness Center in Hohenfels Oct. 6.

Training exercise brings U.S., U.K. together

by Sgt. 1st Class Christopher Fincham
30TH MEDCOM PUBLIC AFFAIRS

HOHENFELS, Germany – Soldiers of the U.S. Army's 212th Combat Support Hospital and the United Kingdom's 208th Field Hospital (Liverpool), conducted Operation Starlight Oct. 2-6 at the Joint Multinational Readiness Center here.

The joint medical training – the first of its kind between the two countries – enabled the units to exercise a 44-bed medical facility as they conducted joint medical see **STARLIGHT** page 12



Sgt. 1st Class Christopher Fincham

Medics from the 212th Combat Support Hospital and the United Kingdom's 208th Field Hospital (Liverpool) arrive at a medically evacuated simulated casualty during Operation Starlight.

Rental listings available online Monday

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

An online listing of rental housing will launch Monday for U.S. Army Garrison Baden-Württemberg customers.

"Truthfully, this ability to check for housing online is one of the most numerous requests we've gotten," said Housing Division Chief Gary Elmore. "It will revolutionize that for people in Germany and it'll be more

like the states."

The Automated Housing Referral Network assists military members and their families seeking a place to rent at future or current assignment locations.

The AHRN database

contains available rental housing for temporary lodging and long-term rentals. Only customers with .mil or .edu e-mail accounts can access the listings at www.ahrn.com.

see **HOUSING** page 12

COMMENTARY

Single Soldier retreat offers training, relaxation

By Spc. Adam P. Garlington
USAREUR PUBLIC AFFAIRS

Interested in a free trip with friendly people and a majestic landscape? If you're a single Soldier assigned to the U.S. Army in Europe and V Corps Special Troops Battalion, you can register for a retreat in Garmisch, scheduled for Oct. 22-24.

I attended the USAREUR and V Corps STB Single Soldier Retreat at the Edelweiss Lodge and Resort in Garmisch Sept. 13-15.

During the retreat, approximately 20 Soldiers received training about career choices, educational opportunities, faith and religion, finances, how to avoid marrying a jerk, sexual assault, substance abuse and suicide prevention.

Chaplain (Maj.) Steven R. Firtko, USAREUR and V Corps STB chaplain, was our instructor. His friendly demeanor and sense of humor created a welcoming environment. I enjoyed that he began and ended all topics with funny video clips.

The training days lasted 9 a.m.-5 p.m.; afterwards we had time to relax and explore Garmisch.

The resort was amazing. It has an inside pool, an outside heated pool and a casino. Edelweiss has three

bars including a sports bar and grill with flat screen televisions, chicken wings and ribs. While I was there, the main restaurant had Bavarian night with a smorgasbord of choice meats, and offered discounts on German beers.

The resort gift shop offered multiple recreational and sightseeing trips like visiting a local brewery or the Neuschwanstein Castle and taking a train ride up the Bavarian Alps.

Unfortunately, I wasn't able to make it up the mountains, because I missed the last train. I look forward to conquering the Alps on future Soldier retreats.

Within a 20-minute walk from the resort, I passed multiple eateries and pubs. A local oasis offered American night, had a disc jockey, and attracted quite a crowd.

The Single Soldier Retreat was a welcome break from work. I met some great new people, and got to explore Garmisch, and learned valuable information to help me make better life choices.

The next retreat will focus on redeployment and reintegration, so priority will be given to recently redeployed Soldiers. To sign up for the retreat, contact Chaplain Firtko at DSN 373-5370, civ. 06221-17-5370.

LEGAL ASSISTANCE

Some first-time homebuyers have to return tax credit money

Almost half of the Americans who claimed the first-time homebuyer tax credit on 2009 tax returns will have to return the money.

The Inspector General for Tax Administration recently released a report that affects about 950,000 people who claimed the credit on 2009 returns.

Confusion arose because homebuyers were eligible for two different credits, depending on when they purchased their home.

Basically, the 2008 first-time homebuyer tax credit worked as an interest-free loan. Homebuyers in 2008 were allowed to deduct up to 10 percent of the home's purchase price, or \$7,500, whichever was less.

In 2009, the first-time homebuyer tax credit program was changed to a credit of \$8,000 or 10 percent of the purchase price of the home. Some 2008 homebuyers incorrectly claimed their purchase under the 2009 rules.

The IRS is now requesting that these incorrectly claimed credits be repaid.

If you claimed the first-time homebuyer tax credit on your 2009

tax return and received a letter or notification from the IRS, contact your nearest legal assistance office for guidance. In Kaiserslautern: DSN 478-8848; Heidelberg and Mannheim: DSN 373-5058, civ. 06221-17-5058.

Be sure to bring all the necessary documents with you.

SOURCE: Patton Law Center

How to claim the credit

Q: I'm eligible for the first-time homebuyer credit. How do I claim the credit on my tax return?

A. There are certain requirements for claiming the credit. In simplest terms, they are as follows:

You must use Form 1040 to claim the credit (reported on line 67 of the 2009 return).

You cannot use Form 1040-EZ or 1040-A.

If you have already filed your tax return, you can amend it using Form 1040-X.

You must attach Form 5405, First-Time Homebuyer Credit and Repayment of the Credit.

You must attach documentation showing the purchase of a home between the applicable dates.

You must file a paper, not electronic, return.

Don't forget to attach your regular wage and tax statement, Form W-2, W-2G or 1099-R, or enclose your 1040-V payment voucher, as applicable.

The IRS recommends that, to avoid processing delays for compliance checks, those claiming the credit as a long-time homeowner buying a new main home also attach documentation showing proof of home ownership of a prior main home during the applicable time period.

SOURCE: www.irs.gov



www.facebook.com/BWnow
<http://myBWnow.ning.com>

DISCUSSION BOARD

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

Question: October is Energy Awareness Month. What do you do to conserve energy?

I am going on vacation this month, and I will empty my refrigerator and unplug it to save energy while I'm away.

-Amanda R. Wilding, BWnow member

I am going to unplug everything that has to use electricity except the telephone and if we need light I will have to open all of the blinds and I am going to do this on 10 10 10 from 2010 to 2010 and just hope people will join in and embrace the energy awareness.

-Samantha Gano, BWnow member

I'm going to get a power strip and plug my computer

and my lamp into it. That way I can turn everything completely off when I don't need them anymore. I will also turn off my lights during power hours on Oct. 20.

-Samantha Rogers, BWnow member

We re-use rainwater for our gardens, cars, dog, floor cleaning.

-Rich Glass, BWnow Facebook fan



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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.

Work program helps transition wounded warriors



By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

In recent years, Warrior Transition Units have become an important tool in helping wounded Soldiers. The WTU is a place where Soldiers can take time to heal and effectively manage their medical appointments. It also acts as a transition point if a Soldier is going through a medical or physical evaluation board.

At the WTU on Kleber Kaserne in Kaiserslautern, Soldiers are involved in a program that allows them to hold a job in military offices throughout the community when not attending their required medical appointments.

"It helps motivate the Soldier, and it keeps them in the right frame of mind," said WTU 1st Sgt. Dustin Jones.

"With the Soldiers who are going to be medically boarded or transferred out of the military, we can ... put them in a work program that will help them

when they get out of the military," Jones said.

"If they have a certain field that they want to go into, we look at trying to place them in something that will benefit them when they do get out," he added.

One of those Soldiers is Spc. Donald Pritchard, a WTU Soldier who was a transportation management coordinator with 7th Civil Support Command.

"I'm also going to school for the same thing," said Pritchard, who is working in the intelligence office at the 7th CSC through the WTU work program.

"I'm studying sociology and criminology, so this is right along my lines. As soon as I come off of active duty, hopefully I can go into the field," Pritchard said.

Soldiers involved in the work program are also placed with non-military organizations such as the Ameri-

can Red Cross or Stars and Stripes.

"I had previously volunteered on my own time at the USO Warrior Center helping out other wounded Soldiers there. I love helping out other wounded Soldiers. It's very fulfilling to do," said Sgt. 1st Class David McGuire, a WTU Soldier who works as a personal services volunteer with the Red Cross at Landstuhl Regional Medical Center.

McGuire visits the patient wards, bringing comfort items such as DVD players, books and handheld gaming systems.

"I have three combat tours in Iraq behind me, so I can relate to them more," McGuire said. "There are some times when I spend a good 20 minutes talking with a service member."

There are currently 23 Soldiers enrolled in the work program at the WTU. Organizations interested in hiring a WTU Soldier can call DSN 483-6498, civ. 0631-411-6498.

Sgt. Fay Conroy
Sgt. 1st Class David McGuire, a Warrior Transition Unit Soldier, takes a request for a patient at Landstuhl Regional Medical Center as part of his work program job at the hospital's Red Cross office.

9th MP detachment inactivates

Unit assumes role as Regional Correctional Facility-Europe

By Spc. Alan Graziano
95TH MILITARY POLICE BATTALION

The unit formerly known as the 9th Military Police Detachment met Sept. 29 at the Coleman Gym in Mannheim to welcome a new commander and to transition into USARCF-E, or U.S. Army Regional Correctional Facility-Europe.

Transferring from a military police detachment to USARCF-E began in 2007 when the Army Corrections Command was activated in Washington, D.C., to align Army corrections facilities under a single organization. With the 9th MP Detachment's transition to USARCF-E, that process has been completed here and it now falls under the U.S. Army Corrections Activity-Europe.

Capt. Willie Harris, 9th MP Detachment commander, noted the impact of the inactivation.

"Today truly marks a significant point in military history that will bring a close to



Capt. Willie Harris III, outgoing 9th Military Police Detachment commander, and 1st Sgt. Samuel Paris case the guidon to signify the unit's inactivation during a ceremony at the Coleman Gym in Mannheim Sept. 29. The confinement facility reactivated as the U.S. Army Regional Correctional Facility-Europe.

a great legacy," he said.

Harris and 1st Sgt. Samuel Paris furled their unit's guidon to signify the unit had been officially inactivated. Maj. Chad Goyette, the facility commander, and Master Sgt. Ronald Hussung then unfurled the new facility guidon. The new guidon was then transferred from Goyette to Maj. Beth Richardson, incoming USARCF-E facility commander.

USARCF-E now aligns directly under the Army Corrections Command. However, the 18th MP Brigade will maintain operational control of the organization.

"Though today officially marks the end of the 9th

Military Police Detachment, it does not end the tradition of excellence the Soldiers, sailors, airmen and civilians of this organization have embodied over the years," Goyette said.

"The men and women standing in front of you and sitting amongst you today will simply transition these high standards of excellence into a new organization," he added.

Attending were Maj. Gen. Patricia McQuiston, 21st Theater Sustainment commander, Brig. Gen. Jimmie Jaye Wells, deputy commander, French and German police and the 18th Military Police Brigade command team.

21st TSC wins Lean Six Sigma Awards

21st TSC Public Affairs

The 21st Theater Sustainment Command won three of the top 12 honors in the Army's 2010 Lean Six Sigma Awards Program.

The program recognizes outstanding team efforts that employ Lean Six Sigma methodologies. LSS identifies and removes defects and minimizes variability in manufacturing and business processes.

Eric Gordon-Jones, a LSS green belt and a container manager with Kaiserslautern's 21st TSC, led the team that earned the Non-Gated Project Team Award for "Equipment Deployment Storage Systems-U.S. European Command/U.S. Army Europe Maintenance Program."

The project established a U.S. Army Europe container maintenance program using a design for the project, which was initiated because there was no theater maintenance program or funding that existed for the repair and transport of unserviceable transport containers. The financial benefit to U.S. Army Europe was a \$36.3 million cost avoidance.

"I see it as a command initiative. We already have a good standing reputation

within the Department of Defense," Gordon-Jones said. "Whether it is in a peacetime environment or contingency environment, we already have a proven track record."

Lt. Col. Michael Kolb, former director of plans and operations for the 1st Human Resources Sustainment Center, led the team that won the Gated Project Team Award for "Reception and Onward Movement Process at the Gateway Reception Center."

During fiscal year 2009, the Gateway Reception Center in Frankfurt processed more than 16,000 Soldiers and family members arriving in Europe. Analysis of transportation costs showed buses were underutilized. The consolidation and elimination of bus routes led to a total financial benefit to the Army estimated at \$12.3 million in savings and \$480,000 in cost avoidance.

The 21st TSC LSS team was also recognized with the Subordinate Level Organizational Deployment Award for its projects, receiving top ranking among all submissions.



GORDON-JONES

The SKIES unlimited

Moms, pops, tots tumble and twirl in garrison's youth program

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

By all accounts young Nathaniel Greene looks every bit the part of a future Olympic gymnast. He can stretch, twist and tumble with the best of them, but he requires a little help from mom Arianna and dad Christopher, to maneuver the balance beam.

The red-headed dynamo is all smiles and giggles dressed in a tiny blue Nike T-shirt and matching sweatpants. Nathaniel is only 14 months old.

He and his 3-year-old sister Lilanna are students in the U.S. Army Garrison Kaiserslautern Schools of Knowledge, Inspiration, Exploration and Skills Unlimited "Mom, Pop and Tot" pre-gymnastics class offered on Landstuhl.

The family joined the SKIES Unlimited class about a month ago.

"I wanted them to be involved in something and because it's mom, pop and tot, I can be here with both my kids at the same time. Right now, this is the only thing that Nate is able to do so this is perfect for them," Greene said.

"I think it's the opportunity for us in the military community to have the same opportunities as they do in the

states, and I love that. I think it's great that they are able to have this here. Otherwise you'd have to go out on the economy," she said. When Greene is not busy twirling and tumbling with her children in class, she's out teaching others a few moves.

The military spouse and mother of two has taught pre-tap, pre-ballet, jazz, ballroom and hip-hop dancing for SKIES Unlimited Baden-Württemberg for the past five years. Two years ago she also started teaching in Landstuhl.

Her daughter Lilanna, recently became one of her students. Greene says despite the long commute she loves her job both as a parent and as an instructor.

Nearby, 2-year-old Elizabeth Tran giggled as she bounced on a tiny trampoline. Her little brown ponytail bobbed up and down as her mom, Jackie, looked on and cheered.

Tran said she found out about the class from her neighbor and wanted to sign her daughter up to give her a chance to interact with other children. "I was her best friend and I needed her be exposed to other kids. SKIES classes are important because it teaches her

ways to interact with others and social learning. She loves playing with the other kids. The environment has been wonderful and welcoming to children, and she needed that."

Tran admitted that she, too, needed a little interaction of her own. She and her husband moved to Germany a few months ago and she saw the class as another way to meet other parents and to learn about her new community.

SKIES Unlimited is part of Child, Youth and School Services. It provides children access to instructional classes in areas such as music, dance, gymnastics, sports, martial arts and more. The selection of classes can vary by individual communities.

Children must be dependents of active-duty military, retirees, DOD civilian employees, or DOD contractors who are currently registered with their local CYSS Parent Central Services Office.

For information on SKIES Unlimited classes in your community, visit webtrac.mwr.army.mil/webtrac/heidelberg-cyms.html.



Above, 2-year old Elizabeth Tran climbs through a fabric covered tunnel, one of several kid-friendly props students use for "Mom, Pop and Tot Pre-Gymnastics" SKIES Unlimited class in Landstuhl. Right, Christopher and Arianna Greene help their children Lilanna and Nathaniel move across a balance beam Sept. 24. The SKIES Unlimited class pairs parents with their tots to practice basic gymnastics moves mixed with free play during the one-hour class.

Photos by Dijon Rolle

transformation UPDATE

Frequently Asked Questions Have a transformation-related question you'd like answered?

E-mail usaghdpost@eur.army.mil. We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at www.bw.eur.army.mil/transformation.

Facility Operations Changes

Letter drop boxes in Mannheim - Based on the shortage of employees along with the reduction in customer demand, the blue U.S. Postal Service letter drop boxes will be reduced Nov. 1 to three locations: Commissary, Post Exchange and Grand Circle Taylor Street.

Coleman Vision Center - The Coleman Vision Center remains open for patient care until Oct. 29. After this date, the center will move to Panzer Mall in Panzer Barracks in Stuttgart. Appointments: civ. 0621-770-3100.

Mannheim USO - The USO on Sullivan Barracks will close Oct. 31. The USO Heidelberg on the shopping center Kaserne will have expanded hours beginning Nov. 1 to include open hours 10 a.m.-5 p.m. Saturdays. The Heidelberg location will continue to support the community via tours, programs and classes. Additionally, the USO will offer the opportunity to sign up for tours and classes and purchase tickets noon-5 p.m. every Tuesday and Thursday in the previous USO Mannheim location on Sullivan Barracks. DSN 335-5105, civ. 0611-712-02-880.

Mannheim Village Grille - The Mannheim Village Grille will close as of Nov. 14. The Top Hat Club remains open as does the restaurant in the Bowling Center. Community members will still have access to a variety of dining alternatives in Mannheim such as Burger King, the food court next to the PX, Subway, John's Best BBQ on Sullivan Barracks, the dining facility, a German kantine on Funari Barracks, and a number of commercial restaurants and pizzerias near Benjamin Franklin Village.

IG Support - Inspector General support to the Mannheim community will be provided by USAREUR IG. DSN 370-5070, civ. 06221-57-7317.

Mannheim Law Center - The Law Center is now on the first floor of Bldg. 244 on Sullivan Barracks. The Law Center will continue to provide power of attorney and notary services on a walk-in basis 9-11:30 a.m. Monday-Friday. However, it will no longer provide legal assistance and claims due to a reduction in the number of personnel. Soldiers needing assistance should contact the Heidelberg Legal Assistance Office at DSN 373-5058, civ. 06221-17-5058.

www.bw.eur.army.mil/transformation

Garrisons to become SAFER

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

For most Soldiers, attending a "safety day" is nothing new; in fact, it could be considered a rite of passage.

But this year, Soldiers will see a shakeup in the standard format they've come to expect.

The U.S. Army Garrison Baden-Württemberg safety office has revamped its safety program and attendees will see the changes reflected in the Soldier and Families Evaluating Risk expositions 8 a.m.-5 p.m. Oct. 21 at the Patrick Henry Village Pavilion in Heidelberg and 8 a.m.-4 p.m. Oct. 28 at the Schuh Theater in Mannheim.

The new name, SAFER, is designed to help encompass all members of the community, not just Soldiers.

"The safety program has mainly been Soldier centric in its approach, and we would present training materials, that were useful throughout the community, but mostly focused toward the Soldiers and civilians here," said Wray Holan, USAG Baden-Württemberg safety director.

Holan said the increase in privately-owned vehicles and off-duty accidents across the Army caused the U.S. Army Combat Readiness center at Fort Rucker, Ala., to change its focus to make the safety program more family centered.

Harry Godwin, USAG Baden-Württemberg safety coordinator, is helping to plan both the Mannheim and Heidelberg events. He said each expo is designed to reach and educate all segments of the community.

"When someone is injured, you have to look at it as not just being a number on the page, but you have to look at it as: there's an individual, there's a family, there's a mother, there's a father and a lot of other people that are involved," Godwin said. "It really impacts their life. So just doing the right thing and being safe is just the right thing to do."

In Heidelberg, representatives from various organizations will sponsor booths and demonstrations. There will be cold weather injury prevention, fire extinguisher, drug and alcohol prevention, winter driver's training and briefings on fire arm safety, motorcycle awareness and bicycle safety.

Attendees can also try out a DUI Goggles Cart Course and drunk driving simulator. Debbie Sausville from Mothers Against Drunk Driving will be the guest speaker.

In Mannheim, there will be cold weather injury prevention, winter driving and fire extinguisher training, a safety Jeopardy game, a Jaws of Life rescue demonstration, the Seat Beat Convincer simulator and a drunk driving simulator.

Personnel from the Heidelberg and the Mannheim Health Clinics will administer flu vaccines onsite during each expo. This free event open to all ID card holders.

Faces of the community: Fire and Emergency Services



Angela Kaleskas

Harald Bueschel, fire protection inspector for U.S. Army Garrison Baden-Württemberg's Fire and Emergency Services, shows Mark Twain Elementary School students the nozzle for a fire hose during Fire Prevention Week activities in Heidelberg Oct. 7. The fire station is located on Heidelberg Army Air Field and serves all the installations in the Heidelberg area.

Fire fighters offer special day for ill children

Fire Station Germersheim

To close the annual Fire Prevention Week, Fire Station Germersheim invited special guests to explore the station Sunday.

Children from the Kinderhospiz Sterntaler in Speyer along with their parents spent the day riding the fire trucks, touring the station and getting to know the fire fighters. The hospice care provides humane and compassionate care for children with incurable diseases, so they may live as fully and comfortably as possible.

One of the fire fighters said he didn't know what to expect when they invited the children from the hospice, "but it worked out very well and the kids, parents and all fire fighters enjoyed the unique day."

After enjoying some American-style hamburgers and hot dogs, the children were given T-shirts and helmets to remember the day.

Two days before the visit, the fire fighters provided homemade cake and coffee to the station's guests at the Fire Prevention Week open house for a donation. They collected



Fire Station Germersheim

Captain Oliver Hinterlang hands out treats and a coloring book to children from the Kinderhospiz Sterntaler during Sunday's open house for the children and families of the facility. The Kinderhospiz Sterntaler provides care for children with incurable diseases.

€330 for the Kinderhospiz Sterntaler, which was presented to the facility's head nurse.

According to Station Chief Hartmut Erbel, many attending parents

expressed their gratitude for the opportunity and were happy to see their kids having fun without worries and concerns – at least for a few hours.



Energy Awareness Month Power Hours Oct. 20, 20:10-10:20

Join the great switch off.

On October 20th, 2010, in observance of Energy Awareness month, the U.S. Army Garrison Baden-Württemberg requests that all members of the community participate in two separate energy conservation hours.

You can also participate in the Heidelberg Community Energy Quiz (in the Oct. 7 Herald Post) for a chance to win one of several local prizes.

From 20:10 until 22:10 (10:20 p.m.), turn off the lights in Army Family Housing, barracks and off-post homes, and let's see what difference these two hours can make in the amount of green house gases which we emit while we save natural resources.

No need to sit in the dark! While at home, use the moon light or have a night light on.

In support of this event, MWR will offer Cosmic bowling for \$1 per game and the movie theater on Patrick Henry Village will begin the feature film at 8 p.m.

While at work, during your lunch time you have the POWER.

In non mission essential administrative areas, switch off your office lights and use natural lighting, and if you dare, turn off and/or unplug as many vampire appliances as possible (e.g. microwaves, monitors, printers, and phone chargers) just for an hour, during your office lunch hour.

Instead of using the microwave, bring a sack lunch instead.

So, take the challenge and take part in the Power Hours.

Switch it off... and remember when we lead by example, we ALL have the power to reduce our carbon foot print!

SOURCE: USAG Baden-Württemberg Environmental Division

College recruits

Former NFL player talks to HHS student- athletes

By **Dijon Rolle**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Former pro-football player and Super Bowl champ Derrick Mayes, has achieved a great deal in his 36 years and it's no surprise several of his accomplishments have been on a football field.

Mayes has lived amid the glitz, glamour and glory of professional sports and shared in many of its most hallowed hallmarks. Yet there was little mention of that in his message to Heidelberg High School parents and student athletes Oct. 5.

Instead, the former wide receiver for the Green Bay Packers, Seattle Sea Hawks and Kansas City Chiefs spoke about something far less fleeting.

"I'm standing here today as a Notre Dame alum, and that's what I'm proud about," Mayes said. "You don't see me wearing my Super Bowl rings. Brett Favre broke about four of my fingers, and I can't wear them any more but it doesn't matter because I can't take them to the grave with me. What I can take is knowing that I spent three-and-a-half of the best years of my life playing the sport I loved while getting a quality education. And each and every one of you can do that yourself. Each of you all has that opportunity."

Mayes works with the Chicago-based National Collegiate Scouting Organization. He toured several Department of Defense Dependents Schools here and discussed the college recruiting process and what student athletes can do now to increase their chances to receive scholarships and to attract the attention of top teams.

"It's very important for me to give back and sort of pay it forward as well. I was very fortunate to get a scholarship to play football and then be drafted into the NFL. The one thing that rings true, is it all starts right here at this high school level," Mayes said. "What I've been able to do is go around the United States, and now here, to provide this information and these tools because there is such a need for kids to be empowered and educated about the recruiting process."

Mayes received a division one



Dijon Rolle

Derrick Mayes, former pro-football player, signs autographs for Heidelberg High School students after talking about how colleges recruit student athletes during a seminar Oct. 5.

football scholarship to Notre Dame University in 1993. He graduated in 1996 with a degree in film and communications.

That same year, the former fighting Irishman was drafted in the second round by the Green Bay Packers and earned his first Super Bowl championship his rookie year. He spent six seasons in the league.

The Indiana native admitted the recruiting process had definitely changed since he was in school. He urged athletes and parents to use the Internet to market themselves, especially since they're overseas and do not have the same level of visibility as players in the states.

Mayes also said many colleges face a budget crunch, forcing coaches to find and evaluate fresh talent online. Some potential players are being looked at as early as middle school.

He recommended athletes create an online academic and athletic resume and post it on college recruiting Web sites, versus sending out dozens of unsolicited DVDs or videos.

The NCSA Web site is one of several recruiting sites, which allows players to create a personal profile or resume for college coaches to access.

"Parents need to know that their sons and daughters are on the clock, especially if they're in high school. Kids are getting evaluated as early as seventh and eighth grade by these college institutions," Mayes said. Parents also need to know it's a collective pursuit. You can't do it with just the student athletes and you certainly can't blame your coach for not getting you a scholarship. Together parents and students have to take the tools they have and put them into use."

Sgt. 1st Class Dana Dillon, 18th Engineer Brigade, attended the

event with his son, Carlos, a junior and a football player at the school.

"I think it's important for me to be here because it shows that I support him and I care about him pursuing higher education," Dillon said. "I'm already putting money away for him for college, and we're also looking for scholarships. This is just another step to getting him enrolled and on the right track."

Mayes also stressed academic excellence above all else and encouraged athletes and parents to place as much focus on their studies as their athletic abilities.

"The odds of going into the professional rank in any sport are very slim, so what we need to be doing is reconditioning our student athletes and asking them, 'what is your overall goal?' It should be to get a quality education," Mayes said. Now if you can do that while playing the sport you love, that's a win-win for everybody. That's the message I want parents and athletes to take away."

For Sterling Jones, Heidelberg High School senior, Mayes' visit was an eye-opener.

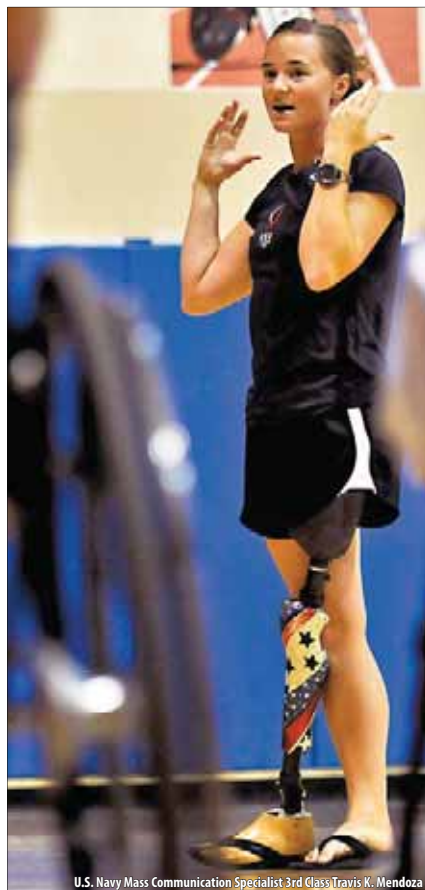
"I wanted to further my education on sport's scholarships and find out what I could do to better myself and make sure I get into a good school," he said.

Jones plays football and basketball and wants to attend either Louisiana State University or Hampton University in Virginia.

"I thought as a senior it might have been too late to try and apply for these things but I know now that I still have a chance."

Mayes retired from the NFL in 2001 and began working with the NCSA about two years ago.

For information on the college athletic recruiting process visit www.ncsasports.org and www.NCAA.com.



Former Soldier Melissa Stockwell, from Chicago, speaks to her fellow injured service members during one of the annual Paralympic Military Sports Camps at Balboa Naval Medical Center in San Diego. Stockwell has been an advocate for military sports camps since she was injured more than six years ago while serving on active duty in the Army. Paralympic Military Sports Camps are multi-day events to introduce veterans and military personnel with physical injuries to a variety of summer and winter sport opportunities.

our ARMY around the world

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visit www.army.mil



U.S. Army Photo

Sgt. Jason E. Gerst, a Virginia Beach, Va., native, now a squad leader with 2nd Platoon, Company A, 2nd Battalion, 18th Infantry Regiment, 170th Infantry Brigade Combat Team, launches the RQ-11B Raven unmanned aerial vehicle during Raven training Oct. 5.



Spc. Joshua Grenier

A Soldier with Company C, 1st Battalion, 4th Infantry Regiment, fires a mortar round during an area reconnaissance mission off Highway 1 in Zabul province, Afghanistan Oct. 1.



Cherie Cullen

Defense Secretary Robert M. Gates addresses the audience during a Medal of Honor ceremony for U.S. Army Staff Sgt. Robert J. Miller at the Pentagon Oct. 7. Miller was posthumously awarded the nation's highest honor for his heroic actions in Afghanistan Jan. 25, 2008, after displaying immeasurable courage and uncommon valor, eventually sacrificing his own life to save the lives of his teammates and 15 Afghanistan National Army soldiers.

Food warriors fuel the force for Operation Starlight

By Sgt. 1st Class Christopher Fincham
30TH MEDCOM PUBLIC AFFAIRS

HOHENFELS, Germany – Feeding the force fuels the force. Cooks and nutrition specialists from the 212th Combat Support Hospital teamed up with chefs from the 208th Field Hospital (Liverpool) to provide that fuel during Operation Starlight Oct. 3 in Hohenfels.

The dining facility provided nearly 12,000 servings to American and British Soldiers during the first-ever joint medical training exercise.

While the typical cuisines of the two countries differed, the importance of providing a good meal remained a constant.

"It's very important to serve good and nutritious meals during training exercises like this," explained Sgt. Toya Brinson, a 212th CSH nutrition

care noncommissioned officer. "Our meals can serve to provide the Soldiers with energy they need to continue with the mission and can also serve as motivation during long workdays."

Each meal, the cooks gave options of British and American cuisine. Some entrées were more well received than others, said Sgt. 1st Class Calvin Bowens, the dining facility noncommissioned officer in charge.

"The steak and chicken were very popular by both country's Soldiers. But some days certain items just haven't been touched. Although, the American Soldiers will try nearly anything ... so they seem to try everything at least once," Bowens said.

Exposure to other cultures is part of the intent of the training and Brinson said food is part of any country's identity.



Sgt. 1st Class Christopher Fincham
American and British cooks serve chow to the troops during the joint medical training exercise Operation Starlight in Hohenfels Oct. 3.

STARLIGHT

continued from page 1

interoperability operations. The training also serves to validate the units' training and readiness to support any future real-world missions.

"We're here to practice joint deployment of U.S. and U.K. medical forces downrange in Afghanistan," said Col. Peter Jackson, commander of the 208th FH (L). "We are always preparing for the potential of being deployed to work at a hospital in theater."

While developing the partnership between the units, the training incorporated

real-world scenarios and medical procedures into the exercise by injecting external, internal and clinical events throughout the operation. As the scenarios build and evolve, the units are able to identify things that need to be adjusted. The training also enabled them to recognize techniques that worked well during the evacuation, stabilization and resuscitation of severely wounded Soldiers.

"This is a very realistic look at what goes on in some of the most extreme stress points that a CSH staff will go through," said Col. Rich-

ard Jordan, the 212th CSH commander.

By stressing the staff and identifying potential problems in this training environment, they are able to develop solutions that can be taken with them if deployed.

"It's been very successful. We've had the length of time to actually start working together and now we're identifying certain key areas that are going to be training points for the future," Jackson said.

The training tested both units' mettle while simultaneously building the confi-

dence and resolve needed to save lives of Soldiers downrange.

"It's a constant evolution. We're trying to take their experience - and some of our experience - with the variety of different wounds that would normally be considered un-survivable injuries," Jordan said.

"This has been a very valuable experience and we've learned to identify and solve problems, based on a mutual cause. We have a patient here and what we have to do is afford them the best possible outcome that we possibly

can," he said.

Both commanders plan to maintain this relationship with more training in the United Kingdom. That training, like Operation Starlight, has a single goal in Jackson's mind.

"What this is about is saving life and limb," Jackson said. "I went back to our wall, which is the same as your wall, a memorial to the fallen," Jackson said.

"My wife and I read out all the names of the people who died on our last watch. This training is to do with keeping more names off the wall."

HOUSING

continued from page 1

"Customers can check availability according to size and type.

"They just need to log on and request a password," said Hannelore Thomas, Housing Division special projects officer.

The Web site includes Housing Office phone numbers, information on how to apply for housing and a description of the military community in the search area.

Listings also include number of bedrooms, price and, often, interior and exterior pictures.

"Before we open the listing

to customers, we inspect them," Thomas said.

Landlords, property owners and realtors can submit listings online.

The Web site indicates whether or not a home has been inspected. In addition, local housing officials verify the submitters.

"We make sure (landlords) aren't on a non-referral list ... and that they are good landlords," Elmore said.

Housing officials also make sure leases are viable.

"Even when you're online and find a rental you like, we try to make sure the landlord

doesn't stick you with a decoration fee or rent you a place with no kitchen," Elmore said.

"It's a good system, especially with the check and balances.

"This is not Wyoming or New York City, so you've got to be careful of German law, and of what some of the wording means.

"People can view a wide variety of places available and still have knowledge that they're protected against poor business practices," he said.

For information on the Automated Housing Referral Network, visit the Web site at www.ahrn.com.


VIDEO BLOGS



This Week's Focus:

Energy Awareness

Use your smart phone to connect directly to the video with the above quick response code.

www.youtube.com/BWnow



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www.bw.eur.army.mil/iwatch



GERMAN NEWS

Crackdown on winter tires

Drivers will be forced to have proper tires for driving in mud and snow this winter after Transport Minister Peter Ramsauer announced a safety crackdown. Ramsauer told daily "Bild" he would make owners of vehicles responsible for making sure tires are safe. "We have to act quickly," he said. "It cannot be that a free pass is given for dangerously sliding on ice ... Anyone who drives in snow and mud during winter with unsuitable tires is endangering themselves and others." The national winter tire regulation would apply until a European regulation with uniform criteria comes into effect, at the earliest in 2011. Until now it has been up to manufacturers as to whether or not tires are labeled suitable for winter driving in snow and mud — which they can do even if the tires don't meet the specifications. The situation is urgent because a court recently ruled that traffic fines were unconstitutional under the present vague set of regulations. The road traffic regulation stipulates only that a suitable set of tires be fitted according to weather conditions. It leaves open what precisely constitutes proper tires.

France bans Muslim veils

The BBC reports France's constitutional court has approved the law set to ban wearing the Islamic full veil in public. It approved it almost in its entirety, making one small change: the law will not apply to public places of worship where it may violate religious freedom. The proposed measure had already been passed by parliament. It is due to come into force next spring. The ban has strong public support, but critics point out that only a handful of French Muslims wear the full veil. The law makes it illegal to wear garments such as the niqab or burka, which incorporate a full-face veil, anywhere in public. Under the ban, persons found wearing a full veil in public will face a fine of €150 and/or a citizenship course. Those found to force women to wear a full veil will face a €30,000 fine and a one-year jail term.

Germans hang on to cash

Germany's attachment to cash is under attack, with European Union encouraging people to pay with cards and even mobile phones by making it safer and easier to do so. But the German love of using notes and coins in situations where cards are used in many other countries will make it an uphill battle to promote electronic payment here. The Bundesbank says an average German carries €118 around with them in cash, of which €6.70 is in coins — weighing more than 100 grams. And in 2008, around 82 percent of all transactions were carried out in cash — particularly those for smaller amounts. In Sweden authorities are expecting cash to be practically phased out over the next few years, and the number of robberies of shops to plummet as a result.

Berlin better than Munich

The German capital is becoming more attractive to businesses, overtaking Munich in an international ranking for the first time, according to a poll of managers. The top German city remains Frankfurt am Main, which ranks third in Europe behind London and Paris, in this year's European Cities Monitor survey. Researchers asked 500 managers of European companies which city offered the best conditions for their business, for criteria including personnel costs, business environment, access to grants, appropriate office space, transport links, fast data links and quality of life. After Frankfurt, Berlin was ranked seventh, after being ninth last year, and just 15th in 1990. Munich ranked ninth, Düsseldorf 10th, Hamburg fifth.

SOURCE: www.thelocal.de



DEAR MS.
Vicki

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

Dear Ms. Vicki,

Why is my mother so strict? I think she lives every day just to make me miserable! Every day it's a new rule about why I can't do this or why I can't do that. What high school teenager do you know who doesn't want to go to a football game or to the mall with friends and just hang out? I don't know of any.

It's like the older I get the crazier and more insane my mother becomes. If you ask me I think my mother needs a serious break. This is my dad's fourth deployment. I don't remember the last time he was home for a year. Every week we hear about another soldier being killed. At first it was Iraq and now it's Afghanistan.

I care about what's going on with my dad and with other Soldiers, but does the war mean I'm not supposed to continue with my life? Can I still try to have a normal life?

How can I make my mother see that she is being unreasonable? If this doesn't stop I think I will just disobey her orders and do what I freggin want to do.

Let me give you some examples. I help get my younger sisters and brothers ready for school just so my mother can sleep in. I think I'm doing her a favor because number one, they are not my children; they are hers and my dad's. I love my parents but it's not my fault my dad is in the Army or that she decided to marry and have children with someone who didn't want to be a normal guy and have a regular 9-5. I also help cook and clean, too.

So last Friday my friend was having a sleep over after the football game and I asked to go. My mother said absolutely not! Then she proceeded with the grand inquisition: Who's going to be there? Why did they invite you? OMG! What does she mean, why did they invite me? Duh, maybe it's because I am her friend. My mother won't listen to reason. When I said I'd have my friend's mother call about the sleepover she said she didn't have to talk to her and the answer would still be no. I asked could I go to the shopping mall on Saturday to meet friends and maybe catch a movie.

The answer was no, just simply no. She acts like she doesn't have to give me a good reason and I have to continue to accept that. Well, I'm not going to continue to do that because my mother is being a total fool.

So am I being wrong because I want to be a normal teenager and do things teenagers want to do? Do you think the stress of the deployments are getting to my mother? Maybe she needs to get some help or something.

She chooses to do only two things: stay at home to keep her eyes on me at all times and attend FRG meetings. That's her only entertainment. That sad group of FRG women do nothing but sit around and plan for the unit.

Can you help me get out of this situation with my mother? What do you suggest?

From: I just want to be 17 and live my life, too.

Dear 17,

Thank you so much for writing me and for sharing. There is so much I would like to say to you.

First, I think your mother could be stressed and rightfully so. Let me say that it is perfectly normal that you would be stressed, too. Deployments are stressful for everyone — Soldiers, spouses, children, other friends and loved ones, teachers and administrators. Everyone feels the effects.

You are 17, and yes, it's normal to want to attend football games and even sleepovers at your friend's house. However, it's important that you not think your mother is only trying to make you miserable. You can ask any woman over the age of 30 (maybe even younger) if they felt their parent was being mean, inconsiderate of their feelings and

even "trying to make them miserable."

You don't understand it now, but you too will look back and be so grateful that your mother said "no" to you. When I was a teenager, pagers had just entered the scene. Is there anyone besides me who remembers pagers? LoL. It was the beginning of social networking. I suggested my mother purchase a pager for me. I said, "Mom, this way you can just page me when you want me to come home."

Lord, you would have thought I started the conflict in the Middle East or something. My mother said, "Here's the deal. I expect you to be in close proximity. When I come to the door and yell your name, I expect for you to hear me and come running. My voice is your pager." I thought my mother was so unreasonable.

So I'm saying I hear you and millions of others hear you, too. You must continue to make good decisions and try to have conversations with your mother about this, showing her that you are maturing into a young woman with a level head.

It would also be great for you to keep in touch with your father and solicit his help and understanding. You should also talk to other close family members and loved ones who can help engage your mother about giving you more privileges, like your youth pastor or even your school counselor. I really don't want you start being rebellious. This will only cause problems for you and for your parents.

It sounds as if you're helping your mother a lot, as you should. Watching your father come and go and then having the anxiety of every day hearing and reading about Soldiers losing their lives is not easy. Trust me, I know.

I would love to be a part of your wellness plan and help you get through this tough time. I want you to write me and keep in touch often. I will be a great sounding board. Just know that you will have great blessings if you are obedient, and you will certainly avoid many negative consequences so many teens and young adults have to endure because they would not listen to their parents. Please remember that.

What's your dental IQ? See your dentist regularly to prevent tooth decay and gum disease

October is National Dental Hygiene Month, time to refresh knowledge of dental health and hygiene

What is the most important method for preventing tooth decay?

- Limiting sugary snacks and sweetened drinks and chewing sugarless gum
- Brushing and flossing
- Daily use of fluoride toothpaste
- Drinking fluoridated water
- Visiting the dentist at least once a year
- All of the above

Which of these actions are important in preventing gum disease?

- Seeing a dentist regularly
- Regular brushing and flossing of teeth
- Avoiding between-meal snacks and sweetened drinks
- Using fluoride toothpaste or fluoride mouthwash
- Drinking water with fluoride from early childhood
- All of the above

Which of the following best describes the purpose of dental sealants?

- To prevent gum disease
- To prevent tooth decay
- To hold dentures in place
- To fill cavities
- To improve appearance of teeth
- All of the above

SOURCE: U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL)

GET OUT!

area events

More events online at <http://myBWNing.com>

October 15

Photo Exhibit - A photography exhibit shot by photographer Laura Boston Thek entitled, "Ladenburg... Eine Amerikanische Perspektive," will be shown at the Ladenburg Rathaus. Doors open at 7 p.m. with a distinguished visitor night. Exhibit runs through Nov. 29. www.bostonthekimagery.com.

Maria Costa's Macho Men and the Women Who Love Them - Backed by a Cuban conga band and sultry singers and dancers, Maria Costa is a comedic genius who will dance and joke her way into your heart. Don't miss this Armed Forces Entertainment production at 7:30 p.m. at KMC Onstage in Kaiserslautern. DSN 483-6626, civ. 0631-411-6626.

Paris Weekend and Auto Show - Join Kaiserslautern Army Outdoor Recreation through Oct. 17. DSN 493-4117, Civ. 0631-3406-4117.

October 16

Weinheim - Rolling hills with castles, exotic forests, parks and vineyards are typical of Bergstrasse Hills which has as its center the town of Weinheim. Tour the two castles, and the romantic Market Square with its Mediterranean flair with Heidelberg ACS. "This is where Germany starts turning into Italy," said Emperor Josef enthusiastically in 1764 on his way from Frankfurt to Vienna. Cost is €5. Open to all ID card holders. www.mwrgermany.com.

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

October 17

Pumpkin Fest - The Pumpkin Exhibition or Kurbis Fest at Ludwigsburg's Blühendes Barock Garden provides 500,000 pumpkins, more than 450 varieties. Fun and surprises around every corner for kids and adults. <http://affiliates.uso.org/Kaiserslautern>.

October 20

BOSS Cheap Eats - Enjoy Cheap Eats - German food Oktoberfest style at 6 p.m. at the Warrior Zone on Patton Barracks in Heidelberg. Learn how to cook quick and healthy meals on a budget and get your fix of schnitzel, wursts, potato/noodle salads and pommes. Open to service members and their guests ages 18 and over and family readiness group members.

October 22

Matthew JC and the All Stars - Top of the line performers join two-time Emmy

Winning Matthew JC for this Runway Rock Show featuring the JC Models at 8 p.m. in the Kazabra Club in Kaiserslautern. Free CDs will be handed out for Operation Rock the Troops. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

Titanic the Musical - Based on the factual story of that fateful voyage ship, this musical will be performed with a full orchestra and cast Oct. 22, 23, 29 and 30; Nov. 5, 6, 12 and 13 at 7:30 p.m. Matinees at 3 p.m. Oct. 31 and Nov. 7. Tickets: www.roadsidetheater.com.

October 28

Family Fright Night - Join Kaiserslautern's Army Community Service for Family Fright Night 5-8 p.m. Oct. 28 at Vogelweh Skate Express. Bring the whole family for free skating, a tattoo booth, arts and crafts, games and a family photo area. Put on your best costume and take part in the "Costume Bragging Rights" competition. Sign up by Oct. 22. DSN 493-4015, civ. 0631-3406-4015, www.mwrgermany.com.

October 29

David Garret - Violinist David Garret will perform at Mannheim's SAP Arena 8-11 p.m. Tickets for his "Classic Romance" tour re available at www.rheinneckarticket.de.

October 29

Halloween Karaoke Party - Armstrong's Club in Kaiserslautern is kicking off Karaoke Night with a "spooky" Halloween party, live disc jockey and costume contest 9 p.m.-2 a.m. Prizes will be awarded to the top three best costumes. DSN 489-6000, civ. 0631-354-9986, www.mwrgermany.com.

Evil Dead the Musical - You won't want to miss this campy musical based on a mixture of 80s horror movies at 7:30 p.m. Oct. 29-30 and Nov. 5-13 at KMC Onstage in Kaiserslautern. Tickets: DSN 483-6626, civ. 0631-411-6626.

October 30

Halloween Costume Party - Check out the Cosmic Bowling Halloween Costume Party 8 p.m.-1 a.m. at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. Win prizes for best youth and adult costumes and stop by the bowling center and vote for which wild and crazy costume you want the bowling center manager to wear.

Frankenstein Castle Halloween Party - Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Kazabra's Halloween Bash - Come

dressed in your best costume for Kazabra's spooktacular costume contest. Enjoy great games, fun and prizes for the best costume 10 p.m.-4 a.m. at the Kazabra Club in Kaiserslautern. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

Harvest Festival - The Landstuhl chapel will hold its second annual Harvest Festival at 2 p.m. at the Landstuhl Regional Medical Center Chapel. There will be games, crafts, snacks and other fun activities for families to enjoy.

Chili Challenge - The Heidelberg Middle School PTSA is hosting the Best Chili Challenge and Pumpkin Carving contest 11 a.m.-2 p.m. at the PHV Pavilion. Schools, educators, units, organizations and community are welcome. Registration: Heidelbergmpts@gmail.com.

October 31

Halloween Special - The Mannheim Warrior Zone on Coleman Barracks will host a horror movie marathon 2 p.m.-midnight and a Resident Evil tournament beginning at 6 p.m. Everyone who comes in costume will receive a raffle ticket for a free BOSS trip.

Frankenstein Castle Halloween Party - Join Kaiserslautern Army Outdoor Recreation for a ghoulis adventure. DSN 493-4117, civ. 0631-3406-4117.

Strike It Rich Bingo - Let your daubers roll in this overall bingo game 3-6 p.m. at the Kazabra Club in Kaiserslautern. Ten guaranteed \$1,000 "strikes" to be made and \$13,500 is waiting to be won. www.mwrgermany.com.

November 1

Codex Manesse Exhibition - Germany's most famous manuscript from the Middle Ages, the Codex Manesse, dates from the early fourteenth century and contains the most comprehensive collection of Middle High German lyrical poetry. The oldest songs or Minnelieder date back to the blossoming of the Hohenstaufen dynasty in the twelfth century. Of particular note are the full-page miniatures of the Minne poets, headed by the depiction of the Stauffer emperor Heinrich VI. The original volume of this treasure of German history will be on display in the University Library through February. The exhibition is a contribution to the university's 625th anniversary next year. www.ub.uni-heidelberg.de

November 3

Harry Potter Costume Party - Dress up as your favorite Harry Potter character at 6 p.m. and join the celebration of the motion picture release of the movie "Harry Potter and the Deathly Hallows Part I" at the PHV library. Event is for students in grades K-12.

coming to THEATERS

SECRETARIAT

(Diane Lane, John Malkovich) Penny Chenery is a devoted mother and housewife whose ailing father is the proprietor of Meadow Stables in Virginia. Penny prepares to prove that gender has no bearing on one's ability to breed a fast race horse. As Secretariat blasts out of the gates to leave his competition in the dust, the whole world watches in amazement, and a legend is born. Rated PG (brief mild language) 105 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 14 - THE SOCIAL NETWORK (PG-13) 7 p.m.
 Oct. 15 - SECRETARIAT (PG) 7 p.m.; DINNER FOR SCHMUCKS (PG-13) 9 p.m.
 Oct. 16 - SECRETARIAT (PG) 4 p.m.; DINNER FOR SCHMUCKS (PG-13) 7 p.m.; THE OTHER GUYS (PG-13) 9 p.m.
 Oct. 17 - SECRETARIAT (PG) 4 p.m.; *STEP UP 3D (PG-13) 7 p.m.
 Oct. 18 - THE OTHER GUYS (PG-13) 7 p.m.
 Oct. 19 - SECRETARIAT (PG) 7 p.m.
 Oct. 20 - *STEP UP 3D (PG-13) 8 p.m.
 Oct. 21 - SECRETARIAT (PG) 7 p.m.

Mannheim, Schuh

Oct. 15 - THE SOCIAL NETWORK (PG-13) 7 p.m.
 Oct. 16 - DINNER FOR SCHMUCKS (PG-13) 4 p.m.; *STEP UP 3D (PG-13) 7 p.m.; THE SOCIAL NETWORK (PG-13) 9 p.m.
 Oct. 17 - THE OTHER GUYS (PG-13) 4 p.m.; THE SOCIAL NETWORK (PG-13) 7 p.m.

Vogelweh, Galaxy

Oct. 15 - THE LAST AIRBENDER (PG) 4 p.m.; *STEP UP 3D (PG-13) 7 p.m.
 Oct. 16 - THE SOCIAL NETWORK (PG-13) 4 p.m.; DINNER FOR SCHMUCKS (PG-13) 7 p.m.
 Oct. 17 - THE SOCIAL NETWORK (PG-13) 4 p.m.; THE OTHER GUYS (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Oct. 14 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:30 a.m., 2:15 p.m., 4:20 p.m., 6:30 p.m.; CHARLIE ST. CLOUD (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; INCEPTION (PG-13) 11 a.m., 2:30 p.m., 5:45 p.m.
 Oct. 15 - SECRETARIAT (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; DINNER FOR SCHMUCKS (PG-13) 9 p.m.; *STEP UP 3D (PG-13) 11:45 p.m., 2:45 p.m., 5:45 p.m., 8:45 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 5 p.m.
 Oct. 16 - SECRETARIAT (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 9:45 p.m.; DINNER FOR SCHMUCKS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE OTHER GUYS (PG-13) 5 p.m., 8:30 p.m.; *STEP UP 3D (PG-13) 11:30 a.m., 2:15 p.m.
 Oct. 17 - SECRETARIAT (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; DINNER FOR SCHMUCKS (PG-13) 9 p.m.; *STEP UP 3D (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; IRON MAN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m.
 Oct. 18 - SECRETARIAT (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; DINNER FOR SCHMUCKS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; *STEP UP 3D (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.; THE OTHER GUYS (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
 Oct. 19 - SECRETARIAT (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; DINNER FOR SCHMUCKS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; *STEP UP 3D (PG-13) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.; THE OTHER GUYS (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
 Oct. 20 - SECRETARIAT (PG) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; DINNER FOR SCHMUCKS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE OTHER GUYS (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.
 Oct. 21 - DINNER FOR SCHMUCKS (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; *STEP UP 3D (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7 p.m.; THE OTHER GUYS (PG-13) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.

*STEP UP 3D will show in 2D at AAFES theaters.

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

Tricare backlog

The Commanding General of the Europe Regional Medical Command posted a letter on the ERM Web site about a TRICARE backlog of referral authorization requests for host nation medical care. In her letter, Brig. Gen. Nadja West said ERM is "keenly aware" of administrative problems with the new TRICARE Overseas contract that took effect Sept. 1 and is working diligently to resolve them. She asks beneficiaries for their patience as contract transition issues are resolved. For details, see www.tricare.mil/overseas.

Retiree Appreciation Day

The Army in Europe Retiree Appreciation Day Oct. 16 begins at 9 a.m. (registration starts at 8 a.m.) in the Patrick Henry Village Pavilion. U.S. Army Baden-Württemberg commander Col. William Butcher will provide opening remarks followed by U.S. Army Europe commander Gen. Carter F. Ham. Guest speakers will be Brig. Gen. Paul Wentz, USAREUR G4 deputy chief of staff, and Maj. Gen. Patricia McQuiston, commander, 21st Theater Sustainment Command. There will also be a retired Soldier update and health care round table. The Association of the U.S. Army will host an ice-breaker for retirees 6 p.m. Oct. 15 in the Copper Room at the Village Pavilion.

Vehicle Auction

Interagency Fleet Management System Europe will hold a public auction of used U.S. government vehicles through Oct. 17. Find descriptions and bid starting prices: www.vebeg.de/web/en/auktionen/index.htm. DSN 334-4268, civ. 0160-714-5520.

EEO Training

EEO and prevention of sexual harassment training is available for all civilians and their supervisors 1-3 p.m. Oct. 20 at the Community Training Center (above the shopette) on Patton Barracks. Supervisors must have the classroom training annually. Employees must have the classroom training every other year and the online version on the alternating year. www.bv.eur.army.mil/training_security.html. Reservations: DSN 373-5494.

Warrant Officers

Signal Regimental Chief Warrant Officer 5 Todd Boudreau will visit the Kaiserslautern Community Activity Center on Daerner Kaserne at 10:30-11:30 a.m. Oct. 21 to recruit any Soldier, Sailor, Airman or Marine interested in becoming an Army Warrant Officer regardless of desired job specialty. DSN 484-7003, civ. 0631-413-7003.

Influenza Vaccines Available

Heidelberg

• Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday, 7:40 a.m.-noon and 1-4 p.m.; Friday, 7:40 a.m.-noon

• Pediatrics Clinic: walk-in hours Monday-Thursday, 1-3 p.m.

• Oct. 16, 10 a.m.-3 p.m., at Retiree Appreciation Day, PHV Pavilion (Retirees only)

Mannheim

• Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday 8:30 a.m.-noon and 1-4:30 p.m., and Friday 8:30 a.m.-noon

local EMPLOYMENT

NAF Employment

Looking for a job? Family MWR wants you! Visit www.mwrgermany.com and click on NAF Employment to find the job you've been searching for.

KAISERSLAUTERN

Community

• **Dental Clinic** – The Landstuhl Dental Clinic will start seeing family members on a space available basis starting Oct. 15. Families with sponsors assigned to the clinic will now be seen at that clinic. Pulaski Dental Clinic civ. 0631-3406-4443; Landstuhl Dental Clinic at civ. 06371-86-8136.

• **Free Movie** – In recognition of Domestic Violence Awareness Month, Army Community Service will have a free showing of "Precious," at 2 p.m. Oct. 21 in Galaxy Theater on Vogelweh. Attendees must be 18 or older. DSN 493-4615, civ. 0631-3406-4615.

• **Communications Club** – The Armed Forces Communications and Electronics Association Chapter 158 features Lt. Gen. Stephen Mueller, USAFE Vice Commander at the Ramstein's Officers' Club at 11:30 a.m. Oct. 21. RSVP: <http://www.kmcafea.org/luncheon>.

• **Outdoor Rec** – Oct. 22-24 - pre-season ski in Austria, "Stubai Zoo Park Jam" DSN 493-4117, civ. 0631-3406-4117; Oct. 23-seven castle hike; Oct. 23 Disneyland Express; Oct. 24 -Trout Fishing; Oct. 30 Paris Express; Oct. 31-Haunted Europa Park; DSN 493-4117, Civ. 0631-3406-4117.

• **Army Family Action Plan Conference** – The AFAP Conference will take place at the Community Activity Center Oct. 27-29. To submit issues or to volunteer, call DSN 493-4357, civ. 0631-3406-4357.

• **Salsa Night** – Learn to salsa with a free one-hour lesson Oct. 30, 8 p.m.-1 a.m. at Armstrong's Club on Vogelweh. DSN 489-6000, civ. 0631-354-9986.

• **Teen Shuttle** – Child, Youth and School Services have resumed their Teen Shuttle service. Pick-up/drop-off points are throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and the Melker in Landstuhl Village. ID card, shuttle card and permission slips are required. Apply for shuttle cards at Central Enrollment and Registration on Pulaski Barracks DSN 493-4516, civ. 0631-3406-4122; on Landstuhl Post DSN 486-8943, civ. 06371-86-8991. www.mwrgermany.com.

• **SKIES Unlimited** – SKIES in Kaiserslautern is now offering "ABC Music and Me" for children in childcare or a pre-K program. DSN 493-4516, civ. 0631-3406-4516.

• **Quilt Guild** – Rheinland Pfalz Quilt Guild meetings are held at 9:30 a.m. on the third Thursday of each month in the Ramstein North Chapel and at 6 p.m. on the fourth Thursday of each month at the Kaiserslautern Landstuhl Spouses Association building on Pulaski Barracks. Stitch n' Gab is 10 a.m.-6 p.m. Fridays at the Kapau Chapel Annex.

• **Job Fair** – On-the-spot interviews and hiring at the Kazabra Club on Vogelweh 10 a.m.-2 p.m. Nov. 4. Apply for Family and MWR jobs. DSN 493-4221, civ. 0631-3406-4221.

HEIDELBERG

Education

• **ACS Classes** – Exploring the Heidelberg Job Market, 9 a.m.-noon Oct. 18; Domestic Violence Intervention Training for Military Police, 8 a.m.-5 p.m. Oct. 18-22, PHV Bowling and Family Entertainment Center, Bldg. 4545; Unit Victim Advocate Training, 9 a.m.-6 p.m. Oct. 18-22; Intro to Excel (2 sessions), 9 a.m.-noon Oct. 19-20; AFTB Level III, 9 a.m.-2 p.m. Oct. 19-21; Smooth Move, 10-11 a.m. Oct. 19; Communicative Assertiveness, 1-3 p.m. Oct. 19; Effective Management of Volunteers, 10-11 a.m. Oct. 20; Federal Web-Based Application (RESUMIX), 9 a.m.-noon Oct. 21; Making Effective Decisions, 10 a.m.-noon Oct. 21 and Helping Children Manage Anger, 1-3 p.m. Oct. 21. www.mwrgermany.com/hd/acs.

• **German classes** – Patton Barracks Education Center offers German 1, Tuesdays and Thursdays 5:45-7:30 p.m. Oct. 19-Dec. 16; German 4, Mondays and Wednesdays 7:30-9:15 p.m. Oct. 18-Dec. 20; German 3, Tuesdays, Wednesdays and Fridays 9-11:30 a.m. Nov. 1-30. German 1 costs €80, German 2, 3 and 4 cost €100. DSN 373-6226, civ. 06221-176226.

• **College classes** – The University of Oklahoma-Europe is now accepting enrollments for master's programs in Human Relations and International Relations. All courses taught on site. DSN 373-7919, civ. 06221-17-7919. www.goOU@ou.edu. The University of Maryland University College Europe offers a shorter seven-week on-site course. Register through Nov. 1.

Register for Europe distance education through Nov. 7. UMUC will be offering two courses – Renaissance Art in Florence, held in Italy on Jan. 8-15, and Van Gogh: Life and Work, held in the Netherlands on Jan. 8-15. Registration deadline: Dec. 19. www.ed.umuc.edu/fieldstudy. Take the free online seminar UMUC 411 and get the \$30 application fee waived.

Community

• **Host Nation Appointments** – All Heidelberg beneficiaries requiring Host Nation appointments must visit the TRICARE Service Center for scheduling and to pick up required paperwork. TRICARE hours are 9 a.m.-noon Monday-Friday (except for German holidays). Alternate hours are Mondays, Tuesdays and Thursdays for 3-4 p.m. TRICARE cannot reach host nation providers outside these hours to schedule appointments.

• **Immunization Clinic Moved** – The Heidelberg Health Center is moving the Immunization Clinic from the first floor to the third floor of Building 3617. Signs will be posted

directing beneficiaries to the new location and services will continue during the move.

• **Jummah Service** – A new Jummah worship service for the Muslim soldiers and family members in the community will be held every Friday at 1 p.m. at the Patrick Henry Village Chapel. The service includes a short sermon, prayer and a question and answer service for all family members and supervisors. DSN 373-6190.

• **Parent Support Group** – There will be a cloth diaper group meeting at 10 a.m. Oct. 21 and a breastfeeding support group meeting at 10 a.m. Oct. 27, both in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

• **Blood Drive** – The Army Community Service Army Volunteer Corps and Armed Services Blood Program will hold a blood drive for Make a Difference Day 10 a.m.-2 p.m. Oct. 23 at Campbell Barracks in the Casablanca Room.

• **Fall Festival** – The Parent Teacher Association is sponsoring a Fall Festival at Patrick Henry School 5:30-8 p.m. Oct. 22. The event is open to military and DOD families.

• **St. Hubertus Feast** – The German and American communities will gather at Mark Twain Village Chapel for the St. Hubertus Feast at 5 p.m. Oct. 23. St. Hubertus is the patron saint of hunters. Civ. 06202-51193.

• **Make a Difference Day** – Join Heidelberg Better Opportunities for Single Soldiers during Make A Difference Day Oct. 23. The group will travel to Frankfurt to help maintain the American service members' children's cemetery there. The group will meet at the park and ride at 7 a.m. outside the PHV commissary gate.

• **Insurance Health Benefits** – Talk directly to insurance carriers. Discuss health benefits with representatives from Blue Cross Blue Shield, Foreign Service Benefit Plan and Mailhandlers 12:30-2:30 p.m. Oct. 26 at the Civilian Personnel Advisory Center.

• **Culinary Challenge** – U.S. Army Europe G4 Food Service will host the 2010 Culinary Warrior of the Year Award Ceremony at 1 p.m. Oct. 28 at the Village Pavilion.

• **Developmental Screenings** – Heidelberg Milestones and More Developmental Screenings for children birth to 5 years will be 8:30 a.m.-12:30 p.m. Nov. 4 at the Patrick Henry Village Lion's Den. Children's motor, communication, cognitive, social-emotional, adaptive skills will be assessed, as well as hearing and dental screenings. DSN 371-2738, civ. 06221-172738.

• **Handel's Messiah** – The Heidelberg Community Chapel Chorus seeks singers for the Handel's Messiah production happening Dec. 11. Rehearsals are ongoing every Monday night at 7 p.m. in the Fellowship Hall

of Mark Twain Village Chapel. Civ. 06221-301269.

MANNHEIM

Education

• **FAST class** - Functional Academic Skills Training class will be held at the Sullivan Education Center 8 a.m.-noon Oct. 20 through Nov. 9. FAST reinforces basic Math or Reading skills resulting in improved General Technical scores for reclassification and/or re-enlistment purposes. Soldiers with a GT score below 110 are eligible. You must schedule a TABE test offered at Heidelberg Patton Barracks or have already taken one within the last 12 months. DSN 385-2053, civ. 0621-730-2053.

Community

• **Postal Center reopens** – The Postal Service Center, formerly CMR 437, Bldg. 241b next to the chapel on Sullivan Barracks has re-opened, offering mail room, finance services and postal services 11 a.m.-6 p.m. Monday-Friday and 9 a.m.-3 p.m. Saturdays. The Post Office at BFV South is closed. Mannheim Postal Centers are looking for volunteers to help process holiday packages from Nov. 1-Jan. 15. DSN 384-6040.

• **Voting Materials** – Through Oct. 25 Mannheim Postal Service Centers will allow U.S. non-military post office privileged patrons the ability to mail election materials at the Benjamin Franklin Village entrance gate by the POND guard station near the Post Exchange.

• **Hallelujah Festival** – There will be a Hallelujah Festival 4-8 p.m. Oct. 30 at the BFV Chapel grounds. Enjoy candy, food and drinks.

• **PWOC Meetings** – The Protestant Women of the Chapel will meet 9:30 a.m.-noon and 6-8 p.m. every Tuesday through Dec. 14 in the BFV Chapel basement. Women of all faiths are welcome to join PWOC for Bible study, discussion, singing and prayer. Free pre-school aged child care.

• **Road Construction** – Construction has started on Waldstrassenbrücke, the bridge over the railroad next to the "Bauhaus Store" on the main route from Benjamin Franklin Village to Coleman Barracks. Completion date is November 2011. Traffic lanes will be cut back and occasional complete, short-term closures will occur. Anticipate traffic jams. Public transportation is affected as well.

• **Halloween Trick or Treat** – Trick or Treating in Benjamin Franklin Village is 6-8 p.m. Oct. 30 for children under 12. Children under 10 must be accompanied by an adult.

• **Furniture office** – Centralized Furnishings Management Office at Spinelli Barracks will be closed Oct. 18-22 for inventory checks. No services on these dates.

ESPN to air from Grafenwöhr

Sportscenter's Storm, Elliot to broadcast on Veterans Day

GRAFENWÖHR, Germany – ESPN's flagship news and high-light program, Sportcenter, will broadcast live from the Grafenwöhr parade field 3-9 p.m. (CET) Nov. 11, 3-9 p.m.

The special Sportcenter program will honor veterans and highlight the Soldiers, civilians, and families of the U.S. Army Europe. ESPN anchors Hannah Storm and Josh Elliot will host the broadcast. The event is open

to all military ID-cardholders and their guests.

The event will include a Veterans Day ceremony, musical entertainment, and static displays and demonstrations of military vehicles and equipment.

The Joint Multinational Training Command will sponsor a Warrior Challenge competition with teams representing various U.S. Army units in Bavaria.

ESPN will broadcast several

of the events and will award the winning team with a trophy during a live, on-air segment of the program.

The festivities will also include a community tailgate party in the overflow parking lot of the Grafenwöhr post exchange.

The special Sportscenter program will air live on ESPN in the United States and will air overseas on the AFN Sports channel.

For the most up-to-date information on the event, check out the JMTc's Grafenwöhr 100th Anniversary page on Facebook at www.facebook.com/Grafenwoehr100.

Lions show Warriors no mercy



Wray Holan

Heidelberg Lion Kevin Gray holds the football for Andrew Baxter during Saturday's football game in Wiesbaden where the Heidelberg Lions crushed the Wiesbaden Warriors 54-19.

Heidelberg runners turn in personal bests

The Heidelberg Lions cross country team placed second and third at Ramstein Friday. Both the boys and girls teams challenged Ramstein, Kaiserslautern and Baumholder on a fast course.

Many runners finished with personal records.

Leading the Lady Lions to third place was senior Olivia Darrow who finished third overall with a scorching time of 20:35. Other

top Lady Lions included Stephanie Barlow (12th), Janell Delgado (14th), Hannah Mayfield(16th), Lindsey Duckworth(19th) and Raeannann Stark (25th).

The boys finished second behind Ramstein. The top team scorer was senior Jaron Henninger who placed fourth overall with a season best time of 17:15. Junior Brian Hannum also placed in the top 10, finishing eighth

overall with a personal record of 17:44.

Other top Lions included Jacob Brainerd (12th), Jeremy Allen (14th), Sharaud Gallman(20th), Josh Torres(21st) and freshman Logan West(22nd).

The team has their homecoming meet this Oct. 16 at the course near Tompkins Barracks. Races start at 12:30 p.m.

SOURCE: SHARON BRADY

staying ACTIVE

Pilates

Heidelberg has three Pilates instructors who offer classes in two locations. Each class lasts one hour. Come a little early to your first class and speak with the instructor about your experience with Pilates. Pilates classes are offered in sessions ending in December. At PHV activity center: Tuesdays and Thursdays at 9 a.m., Wednesdays at 4 and 6 p.m. At Campbell Fitness Center, Thursdays at 5:45 p.m. www.mwrgermany.com.

5K Red Ribbon Run

To spread awareness on drug prevention, join U.S. Army Garrison Kaiserslautern at 10 a.m. Oct. 30 for the 5-kilometer Red Ribbon Run. Walkers, runners and families are welcome. The race will be held at the Java Café on Rhine Ordnance Barracks. Registration is 8:30-9:30 a.m. Register: DSN 493-2088, civ. 0631-3406-2088.

Registration For Kaiserslautern Fall Sports

Kaiserslautern Parent Central Services is accepting sign up for 5-18 year olds for the following youth sports: soccer, flag football, cheerleading and tackle football. Visit the office on Pulaski Barracks 9 a.m.-5 p.m. Monday-Friday. DSN 493-4516, civ. 0631-3406-4516.

Wii Sports and Wii Fit

Wii Sports and Wii Fit are available for free at Rhine Ordnance Barracks Gym and Landstuhl Fitness Center. www.mwrgermany.com.

NFL Sundays

Heidelberg - Watch football on the big screen at Slapshots on Patton Barracks. First game starts at 7 p.m. and second game starts at 10 p.m. DSN 373-5194, www.mwrgermany.com.

Kaiserslautern - Catch the latest grid-iron action from your favorite football teams on the big screen at Armstrong's Club 7-10 p.m. every Sunday through Dec. 26. DSN 489-6000, civ. 0631-536-6000.

Mannheim - NFL Tail Gate Party throughout NFL season, every Thursday night at BFV Bowling Center starting at 6 p.m. Free finger foods, chance to win a NFL Bowling Ball and free games. Wear your team jersey and get a free game of bowling. DSN 380-9528.

Tai-Chi Classes

Center your mind and bring awareness to your body with Tai-Chi, 6-7 p.m. Tuesdays and Thursdays. Classes are \$8 each or \$40 for a book of eight. DSN 493-2241, civ. 0631-3406-2241.

Personal Trainers Available

You can begin training with a personal trainer. Trainers are available at Rhine Ordnance Barracks Fitness Center, Landstuhl Fitness Center and at Kleber Fitness Center. DSN 483-7610, civ. 0631-411-7610.

Taekwondo Classes

Family and Morale, Welfare and Recreation's SKIES Unlimited Taekwondo classes are now being offered at the Landstuhl Fitness Center 5-6 p.m. for beginners and 6-7 p.m. for yellow belts and up on Mondays, Wednesdays and Fridays. Parents are welcome. Call Central Enrollment and Registration at DSN 493-4156, civ. 0631-3406-4516.

Spin Class

Kleber Fitness Center is now offering a Saturday morning spin class, 9 - 11 a.m. Purchase a two-hour session for only \$4 or \$30 for a book of 10 sessions that can be used toward any spin class at any Kaiserslautern Fitness Center. DSN 483-7610, civ. 0631-411-7610.

Send the HP Your Sports Photos

Do you have photos from sporting events in your community? E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.