

HeraldPOST

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

HP THURSDAY
Oct. 21, 2010

Speed Read

MEDICINE TURN-IN

The Heidelberg Health Center Pharmacy is asking everyone clean up their medicine cabinets and turn in unwanted meds Oct. 29 at the Heidelberg Health Center Pharmacy on Nachrichten Kaserne. 4

A SOLDIER'S CAREER

Through the years, Master Sgt. Stephen Chenault has seen and experienced changes in jobs, Army gear and technology. 4



HALLOWEEN HOWLS

Mannheim and Heidelberg Trick-or-Treat is 6-8 p.m. Oct. 30. Kaiserslautern Trick or Treat is the same day 5-7 p.m. 13

BISONS WIN

The Mannheim High School Bison won the final regular season game Friday, clinching the home field advantage for division playoffs. 17

Defense Details

ONLINE VOTING

The Defense Department's Federal Voting Assistance Program has a solution for overseas service members and other U.S. citizens living outside the country who haven't received an election ballot: get it online. With Nov. 2 midterm elections two weeks off, anxious voters in 31 states can vote online at the voting assistance program's Web site, www.fvap.gov.

DON'T ASK, DON'T TELL

Openly gay men and lesbian women now can apply to join the military, Defense Department officials said Tuesday. The department issued guidance Oct. 15 to process paperwork for openly gay men or lesbian applicants. The instructions come from a California federal judge's decision that the so-called "Don't Ask, Don't Tell" law is unconstitutional. Pentagon officials said the department will abide by the judge's order, and that part of that compliance is allowing openly gay people to apply to join the military. But citing uncertainty over final disposition in the courts and on Capitol Hill, a DOD spokeswoman said potential applicants must be aware that the situation may change.

Army news: www.army.mil
Defense news: www.defense.gov

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AFN Openline focuses on transformation

Staff Report

Mannheim's post exchange and commissary will open six days a week in January as part of the overall transition of the U.S.

Army out of Heidelberg and Mannheim.

On the AFN Openline radio program Oct. 13 focusing on schools, Army and Air Force Exchange Service and garrison services, local

leaders talked about how closures in Mannheim and Heidelberg will affect military personnel, family members and civilians living and working in those cities.

U.S. Army Garrison

Baden-Württemberg commander Col. William Butcher, AAFES General Manager Frank Niccoll III, Heidelberg District Superintendent for Department of Defense see **CHANGES** page 12

Mannheim's Jordan earns 'Teacher of the Year'

Staff Report

Mannheim Elementary School teacher Angelica Jordan owns the title 2010 Teacher of the Year for the Heidelberg District, an honor she's held since last spring.

This week, she awaits the announcement of the 2011 Department of Defense Education Activity Teacher of the Year.

The second- and third-grade Spanish teacher goes up against teachers around the world but, she said, whatever the news, it's a win-win for her.

"If I don't win, I get to do what I absolutely love: be in the classroom working with kids," she said, as opposed to taking a month's leave to assume duties associated with the win.

Jordan believes teaching should be geared to the individual student. Last year, she turned her classroom into a rain forest and students wrote in Spanish about the animals that live there. All levels of students participated, she said, gifted and special needs alike.

"This year, I'll convert my classroom into Coral Reef," she said. "These are the things children remember. They might not even remember my name but they'll see **JORDAN** page 12



Dijon Rolle
Jennie Bödeker spray paints a lion on the new Lion's Den graffiti wall on Patrick Henry Village in Heidelberg Monday. The German artist was on hand to celebrate the wall's grand opening and show teens some of her spray-painting skills. Earlier this year Bödeker also lent her talents to help decorate the walls of the Warrior Zone on Patton Barracks.

Teens get blank slate with graffiti wall

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A large white brick wall greeted visitors who braved the autumn chill to venture out to the Lion's Den Teen Center on Patrick Henry Village in Heidelberg.

Yet in the eyes of 16-year-old Támon Wilks, the new wall represented something else — a blank canvas crying out for a little color and creativity.

The Heidelberg High School junior was one of several teens and U.S. Army Garrison Baden-Württemberg officials who gathered for the unveiling of the new graffiti wall Monday.

"I really didn't think they were going to do it. I thought they were kidding but I'm glad they came through and I'm thankful

to everyone who helped get it done," Wilks said. "I think it's a great opportunity for us to express ourselves and let out our creativity and a way to get out for some kids. I know I'll be using it."

Wilks said he enjoys drawing cartoons and portraits.

The idea for the graffiti wall came about earlier this year after Garrison Commander Col. William Butcher met with local teens to learn their concerns and address issues important to them.

After the meeting, Butcher sought help from his staff to make the concept a reality.

"The purpose of the wall is to provide community youth an outlet to express their creativeness. We have so much to offer here at the Lion's Den and it's another see **GRAFFITI** page 12

LEGAL ASSISTANCE

Peer-to-peer file sharing infringes on copyright

Patton Law Center

Following your move, you finally managed to get your service provider to install your Internet connection.

Right away, you find that song that you've been wanting. Now let's assume - not that this is something you would ordinarily do - you get a hold of this song via an unlicensed file sharing service.

That initial delight may quickly disappear when you receive an 18-page letter from a German law firm demanding that you stop infringing on its client's intellectual property rights and pay a €1,000 fee within the week or go to court.

You ask, Can they do this?

Yes, they can.

In fact, you should be relieved the law firm only claimed damages, instead of charging you with a criminal offense under German copyright laws.

Why is this illegal?

German copyright laws grant the owner of copyrighted works an exclusive right to reproduce, distribute, publicly perform and display their work or to authorize such.

Downloading and uploading copyrighted works without permission violates the copyright owner's rights.

For some time now, German law firms acting on behalf of literary/

artistic/musical work have mailed out cease-and-desist letters to hundreds if not thousands of Internet users alleging they made unauthorized use of copyrighted work, because they illegally downloaded music, audio books or films and shared them with others.

The allegations and the wording of those letters are almost identical and consist of having downloaded and at the same time made available to other users through peer-to-peer, or p2p, file sharing programs.

How did they get my address?

The copyright proprietors instruct anti-piracy firms to track and search copyrighted works, often current chart hits or movies on popular p2p networks (eMule, eDonkey, Bittorrent, Bearshare, Kazaa).

The software such firms use can match an offered upload to the Internet provider number assigned at that time.

Next, a court order is applied for and usually granted whereby Internet service providers, who store the user's data for three to six months, are ordered to release contact information such as the user's name and address.

But what if you didn't do it, but possibly your teenage son, your teenage son's best friend or some other visitor?

It doesn't matter. You, the con-



tracting party of the service provider, are responsible for copyright violations that occur on your computer.

But what if you only have WLAN and you were away on leave and somebody hacked into your computer?

A recent German federal court judgment addressed the degree of care an owner must apply to secure his WLAN.

The court found that a user must apply at least state-of-the-art levels of protection that were available at the time of purchase of the router.

Hence, leaving a WLAN unsecured makes you responsible for violations any third parties may cause on your network.

You must set up user name and password protection for your wire-

less router or similar equipment.

Once set up, only those you inform of the password can connect through your router - so keep your password safe.

What should you do with that letter?

Don't throw it away because often it is assumed that the letter is legally sufficient notice.

However, it may be possible to respond to the firm in writing and agree to desist from copyright violations in the future and to negotiate a settlement on the basis that any such settlement will be concluded without prejudice. Also, recent statutory amendments of the Copyright Act have introduced a limit on legal fees of to €100 in certain cases. If you need assistance, your nearest legal assistance office can help.



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: What safety issues do you see in the community?

Speeding in the on-post housing areas and near the schools, people not using crosswalks when crossing the street, children playing in parking lots/areas, to name a few.

-G. Scott Martin, BWnow member

Parking in unauthorized areas--like on the sidewalks; and not obeying posted traffic laws and signs (i.e. speed, stop, turns....)

-Richard Glass, BWno Facebook fan

Broken safety belts on the diaper changing tables.

-Julie Erbst Cockayne, BWno Facebook fan

There are many things that I could list that I see on a daily basis: 1. talking on a cell phone while driving; 2. not stopping at stop signs; 3. driving through a crosswalk while someone is waiting to cross; 4. children walking or riding bikes in the street.

-Susan, BWnow member



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Army family gets fit, stays healthy

By Lynn Davis
USAREUR PUBLIC AFFAIRS

In this day of fast food, deployments, single parenting and long work hours, finding time to eat healthy and work out can be a real challenge.

U.S. Army in Europe offers options to make healthy living easier and more convenient, like Army wellness centers.

"Army wellness centers offer other services like the American Lung Association's 'Freedom from Smoking' program for smoking cessation," said Denise Grolly-Case, a health educator at the AWC in Heidelberg.

"We also offer a stress management class and individual sessions in biofeedback to assist clients with relaxation techniques.

"We conduct blood pressure screenings and offer instruction in lifestyle and dietary changes that will help reduce a patient's blood pressure," Grolly-Case said.

Services like those are becoming more important as overweight Americans face deadly consequences.

Obesity leads to cardiovascular disease, Grolly-Case said, and the Centers for Disease Control and Prevention said cardiovascular disease is the leading cause of death for Americans.

Obesity predisposes us to hypertension, diabetes, heart attacks and strokes.

Wellness centers also support the Comprehensive Soldier Fitness program which aims to increase the resilience of Soldiers and families by developing their strengths in important domains: emotional, social, spiritual, family and physical.

They provide health assessment reviews – exercise testing, V02Max cardio respiratory endurance testing, strength testing, flexibility and body composition, individualized exercise prescription and follow-up exercise testing.

AWC also provides metabolic testing, weight management support and follow up.

"Our programming supports individual's physical performance, overall health and resiliency," Grolly-Case said.

"Outcomes are tracked and

scientifically-based behavior change principles guide programming."

Staff sections also are initiating programs. The USAREUR G3 developed its Health and Fitness Challenge, which kicked off in August and challenges participants to meet personal goals by the end of November.

"The overarching goal of this program is to increase everyone's awareness of their health and fitness and how to improve, because it's surprising the number of people who don't know," said Bob Rush, G3 Health and Fitness Challenge coordinator.

"The assessment (conducted by the Wellness Center in Heidelberg) was a great way for people to find out how their bodies function personally and improve their personal fitness," he said.

Rush teamed up with the Wellness Center in Heidelberg, the Campbell Fitness Center and the Health Promotions Office to get the program started.

"The participants are seeing progress, and they are psyched about being in the program," Rush said.

Another tool is the Civilian Fitness Program, for civilians who are encouraged to start a regular exercise program. Supervisors may approve up to three one-hour exercise sessions each week during working hours.

"I was medically retired a year ago and found transitioning into civilian life challenging," said Inez Schonauer, a program participant. "(This) was the jump start I needed to get back into shape and into my old clothes."

Programs like these benefit the individual and promote unit cohesion.

"We are supposed to be part of one team, and programs like this make you actually feel like you're part of the military team," Schonauer said.

"We want to feel like we are part of the military organization, not just civilians working for the military. I go to the gym and feel good about myself. Because I feel good about myself, I perform better at work. It's a win-win for all to have programs like this."



Turn clocks back Oct. 31

Daylight-saving time ends Nov. 7 in U.S.

Oct. 31 ends daylight-saving time in Germany and most states in Europe even those not in the European Economic Union.

Turn clocks back one hour at 2 a.m. Oct. 31.

Daylight-saving time ends in the United States at 2 a.m. Nov. 7.

The phrase "spring forward, fall back" helps peo-

ple remember how daylight-saving time affects their clocks.

The change allows people to use less energy in lighting our homes by taking advantage of the longer and later daylight hours.

Daylight-saving time was instituted in the United States during World

War I in order to save energy for war production.

In 2007, daylight-saving time became four weeks longer due to the passage of the Energy Policy Act in 2005.

The act extended daylight-saving time by four weeks with the hope that it would save 10,000 barrels of oil each day.

Soldier marksmen



Spc. Aislinn Amig

German army 1st Lt. Thomas Löwer, the second company commander of the 464th Special Engineer Battalion, awards the Schutzenschnur to Sgt. Rennato Lopez, the maintenance noncommissioned officer for Headquarters and Headquarters Company, 18th Engineer Brigade and a native of Houston, Oct. 7 in Speyer. Soldiers from the 21st Theater Sustainment Command's 18th Engineer Brigade participated in a shooting range Sept. 23 in Speyer with their Bundeswehr partner unit, the 464th Special Engineer Battalion, earning the German Armed Forces Badge of Marksmanship for weapons proficiency for enlisted Soldiers.

Clean out medicine cabinets, know your pharmacist

Staff Report

The Heidelberg Health Center Pharmacy is asking everyone to do a fall clean-up of their medicine cabinets and to safely dispose of unwanted medications at the Heidelberg Health Center lobby 9 a.m.-5 p.m. Oct. 29.

The pharmacy team will accept medications and also be available to answer questions about them.

The team observes American Pharmacist Month in October with the theme "Know Your Medicines – Know Your Pharmacist."

"Your pharmacist, pharmacy technicians and doctors are a powerful team,

working to ensure the best selection and safest management of your medications," said Julia Gannon, Heidelberg's chief of pharmacy. "They are the go-to people for all medication questions."

For each prescription, pharmacists ensure the information is complete, that new medication will not interact with previous medications and that the medication and dosage are appropriate for health conditions.

"Keeping your doctor and pharmacist informed of nonprescription medication, herbal products, vitamins and supplements is the safe way to prevent medication interactions," Gannon said.

She recommends keeping an accurate, complete medication list for all your health care visits.

"Ultimately, you have the responsibility for managing your medication. But your pharmacist can help keep you safe and answer questions about medications," Gannon said.

"We accept medications daily," said Sgt. Ted Rowe, outpatient pharmacy noncommissioned officer in charge. He especially advises avoiding flushing them.

"Don't throw down the drain and contaminate water. Our hazardous material personnel take it and throw it in the incinerator," Rowe said.

Soldier sees 35 years of Army change

Master sergeant serves proudly

By Brandon Spragins

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It was 1975. Shortly after the smoke cleared, the Vietnam War had ended. A Soldier stood tall, raised his right hand to defend his country, not knowing what exact future would be written.

Thirty-five years later, Master Sgt. Stephen Chenault, a native of Chillicothe, Ohio, still serves.

In his three and a half decades, Chenault has lived through changes that have transformed the military from uniforms and gear to current technology.

He started out as a heavy truck driver for the Marine Corps and then transitioned to the U.S. Army Corps of Engineers in 1979. He has since served in the Army National Guard, Army Reserves and active-duty Army. His career has allowed him to travel to 16 countries.

"A whole lot is different. Back then, especially in the Marine Corps ... You did not have the freedoms you have now," Chenault said. "There was no such thing as the PX, televisions at night, or so called free-time. The drill instructors had a lot more freedom to discipline new recruits, nothing like today."

When Chenault joined the Army, he wore the olive-green 107 type III poly-cotton blend, commonly called "Dura Press" from the mid 70s to 1989.

"I started in the military wearing the old OD green uniforms, where you could tuck the jacket inside of the jeans,



Sgt. Maj. Ronald Keown

Master Sgt. Stephen Chenault poses in front of a post-World War II "Hotschkiss" German Army tank used until about 1980. The tank was on display on Campbell Barracks last May. Chenault has seen 35 years of change in his career.

iron on patches, and wear ball caps," he said.

The old greens are one of five variations of the Army combat uniforms Chenault has adorned. He also has worn the Battle Dress Uniform, Desert Combat Uniform, Army Combat Uniform "Universal" and Army Combat Uniform "Multi-Cam." Uniforms, however, were not the only thing Chenault watched change.

"There was a lot of change in the gear, just the same with the uniforms," he said.

He remembers going to the field and everyone had little shelter halves – "pup tents" – they slept in.

The M1 steel pot was replaced by two generations of Kevlar head protection products and then the current Modular Integrated Communications Helmet.

"When we changed to the new helmet, we lost a place to shave and bathe," said David Bethal, a long time friend and retired military buddy of Chenault.

The M-69 Fragmentation Protective Body Armor (nylon vest) was replaced by three variations of Kevlar products, to the now-used Improved Outer Tactical Vest with Enhanced Small Arms Protective Insert plates.

"I still have some of my old gear from the mid 70s, the M1steel pots, like they had in the Vietnam days, and the web

belt. And to think this is all they wore, no Interceptor Body Armor and things that they have today," Chenault said.

As the Army transformed, computers made a big impact.

"Anything ... typed and sent to multiple offices was typed with carbon paper between the copies," Bethal said.

Chenault's reflections were of a career still going on, "In fact I retired back in 2002," he said.

Since then he joined the 18th Engineer Individual Mobilization Augmentee in Europe and activated for a tour in Afghanistan in 2005 with the 18th Engineer Brigade.

"I thought after my first tour in the Army, as a kid, I would never do 20 years of service, but when you love what you do, enjoy working with your colleagues and seeing all the differences that can be made, the Army has a lot to offer," he said.

Chenault has traveled frequently to places like Israel, the Republic of Georgia and Romania. In his job now, he oversees exercise-related construction for the deputy chief of staff of engineers. He has served under seven presidents and his legacy continues with his family.

"I have a son who just re-deployed from Iraq with the National Guard," Chenault said proudly.

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

AAFES Vision Center – The Vision Center on Coleman Barracks will close Oct. 29. The lab will remain open until Nov. 12. The Heidelberg optical shop operates Monday-Saturday.

AAFES Auto Store – The auto store on Taylor Barracks will close Dec. 1. MWR will have a mechanic at the Auto Skills Center to do minor repairs, similar to what's done at AAFES now. AAFES will sell oil, tires and car care products at the gas station on BFV South.

Outdoor Recreation – The Heidelberg and Mannheim Outdoor Recreation offices will consolidate in Bldg. 1570 on Spinelli Barracks Nov. 1 in Mannheim.

Auto Skills Center – The center, including Speedy Lube, located on Taylor Barracks will move to Bldg. 1577 on Spinelli Barracks Nov. 9. The center will close Oct. 25-Nov. 8 while equipment is moved. The Spinelli location will not provide car wash services. An Auto Skills Center is available on Tompkins Barracks and a Speedy Lube and Car Wash is available on Patton Barracks.

Vehicle Registration, Inspection – The registration and inspection station on Taylor Barracks will relocate to Bldg. 1567 on Spinelli Barracks Dec. 16 (tentative). The Taylor Barracks location will operate until the new facility is complete.

Vehicle Processing Center – The center, which serves as a shipping and receiving point for vehicles, will move to Bldg. 1570 on Spinelli Barracks Dec. 16. There will be no disruption in services.

AAFES Military Clothing Sales – The Taylor Barracks location will close Dec. 3 and will re-open on Coleman Barracks Dec. 13. Currently there is a small MCS in the back of the Coleman shopette that will remain open until the store consolidates at Coleman. The MCS will use the old Vision Center location.

Maintenance Activity Mannheim – This 21st TSC service will relocate to Spinelli by Jan. 1.

Mannheim PX – New hours will begin Jan. 3. The facility will be closed on Mondays and open 10 a.m.-8 p.m. Tuesdays-Saturdays and 10 a.m.-7 p.m. Sundays.

www.bw.eur.army.mil/transformation

Heidelberg finds positive results from drinking water study

USAG Baden-Württemberg DPW

As indicated by the latest tap water sample tests conducted in June, the drinking water on the installations in the Heidelberg area is safe to drink.

This was proven by the standard annual examination carried out in accordance with the German Final Governing Standard.

All parameters, tested in each location's samples, showed levels well below allowed concentrations, according to garrison Environmental Division officials.

Many tested parameters are below the possible detection limits. Tested parameters include inorganic and physical parameters, like Nitrate, metals like lead and copper, organic substances, Polycyclic Aromatic Hydrocarbons, as well as disinfection byproducts.

Results for each installation are available on U.S. Army Garrison Baden-Württemberg Web site at www.bw.eur.army.mil/DPW/drinkingwater.html.

Depending on the installation's location, drinking water comes from from one of the local suppliers: Heidelberg, Mannheim, Schwetzingen or Germersheim. The suppliers use ground water sources to produce drinking water.

As the drinking water enters a U.S. installation's water net, it is chlorinated, and in the housing areas it is fluoridated according to the GFGS.

Drinking water systems on U.S. installations are operated, maintained and tested by the Directorate of Public Works. U.S. and German authorities work closely together to ensure the drinking water is of high quality.

Routine drinking water analyses are conducted annually, quarterly, monthly and daily.

A continuous monitoring process is conducted to ensure the safety of the drinking water.

If you have questions about water, contact the Directorate of Public Works, Operation and Maintenance Division, Sanitation Section at DSN 387-3213.

Faces of the community: Heidelberg Dental Clinic



Donna Walker

Spc. Kristy Davis, a Mannheim dental lab technician, cleans a partial denture at the Heidelberg Dental Clinic for one of 306 retirees who were served as part of the Army in Europe Retiree Appreciation Day Saturday. Davis is one of 54 dental workers from Mannheim, Heidelberg and Coleman dental clinics who worked to provide on-the-spot services including exams, cleanings, emergency care, X-rays and lab work for retirees.

Kaiserslautern battles domestic violence

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

When Sgt. John Eads recently stopped into the post library, he was not surprised to see information on U.S. Army Garrison Kaiserslautern's observance of Domestic Violence Awareness Month.

Eads, who just arrived from the 82nd Airborne Division at Fort Bragg, N.C., knows the importance of reinforcing messages to Soldiers on ways to handle turmoil at home. He took a few moments to listen and pocketed a couple pamphlets.

"Several Soldiers faced these problems after returning from our deployment," said Eads, 32, a married father of two from Fort Walton Beach, Fla., who now works at Landstuhl Regional Medical Center. "Why not take some time to listen?"

Soldiers commonly undergo mandatory post-deployment briefings on rein-

tegrating into family life. But repeating the message is important, Eads said. After his unit returned from Iraq, a fellow Soldier showed signs of trouble, Eads recalled. A family advocacy flyer hanging at his company headquarters offered options.

"In this case, we knew that he and his wife were fighting, that they had a rocky marriage after Iraq," Eads said. "We got him some help with counseling, through family advocacy. The command allowed him the time off, so there was no excuse for him not to go."

Each October, the Army observes Domestic Violence Awareness Month. In Kaiserslautern, the Army Community Service's Family Advocacy Program kicked off the month with events for children in Landstuhl. Also, information booths will be set up in public places each week in October.

"It's a huge problem in our community and others," said



Rick Scavetta

The Kaiserslautern garrison is using Domestic Violence Awareness Month as an opportunity to remind community members about the Family Advocacy Program and where to find support.

Erica Laue, victim advocate with ACS in Kaiserslautern. "When you make an entire community aware, the entire community can act to keep itself safe."

Today, at the Galaxy Theater on Vogelweh, there is a free screening of the film "Precious," about a Harlem teen subjected to domestic abuse. The film counts for Soldiers' domestic abuse

awareness briefing, an annual training requirement.

"This may not apply to you, but it may apply to someone you know," Laue said. "With this information you can make your friends and your family safe. You can make a difference."

For more information, call civ0631-3406-4615 or visit family advocacy at www.mwrgermany.com/KL/acs.



Energy Awareness Month Office energy tips

The following is a simple checklist of energy conservation and efficiency measures to use at the office.

Switch off unnecessary lights. Use dimmers, motion sensors, or occupancy sensors to automatically turn off lighting when not in use to reduce energy use and costs.

Turn off lights if you leave and the office is empty.

Use natural light. When feasible, turn off lights near windows.

Use task lighting. Instead of brightly lighting an entire room, focus the light where you need it to directly illuminate work areas. If your office does not have separate light switches, get an energy efficient lamp for your workspace.

In winter months, open blinds on south-facing windows during the day to allow sunlight to naturally heat your workspace. At night, close the blinds to reduce heat loss.

Perform "shock venting" during the winter months. Open windows for 2-7 minutes to improve air circulation and reduce heating and energy consumption.

Unplug equipment that drains energy when not in use (i.e. cell phone chargers, fans, coffee makers, desktop printers, radios, etc.).

Turn off computer monitors at day's end. If you leave your desk for an extended time, turn off your monitor.

Turn off photocopiers and printers at the end of the day.

Coordinate with vending machine vendor to turn off advertising lights.

Ask if programmable thermostats can be installed. If yes, then use them efficiently.

Save paper. Photocopy only what you need. Always use the second side of paper, either by printing on both sides or using the blank side as scrap paper.

Carpool, bike, or use public transportation to get to work.

To save gas, drive the speed limit, accelerate and decelerate slowly, remove excess/unneeded weight, reduce unnecessary idling, combine trips, and make sure tires are inflated properly.

Use coffee mugs instead of disposable cups. Disposable cups generate more waste and are not sustainable.

Distracted driving on the upswing

Heidelberg Health Center

Transportation Secretary Ray LaHood recently announced distracted driving-related crashes claimed 5,474 lives and led to 448,000 traffic injuries across the U.S. in 2009.

The National Highway Traffic Safety Administration's latest information on motor vehicle accidents found that the proportion of fatalities associated with driver distraction increased from 10 percent to 16 percent between 2005 and 2009.

In an effort to curtail this trend and protect the community, U.S. Army Garrison Baden-Württemberg and the Heidelberg health center are spearheading a program called "Take the Oath," similar to Oprah's "No-Phone Zone" campaign.

Along with a class on vehicle safety that specifically addresses the dangers of distracted driving, the "Take the Oath" campaign's goal is to raise awareness and en-

courage Soldiers and their families to talk openly about the risks and take an oath with one another to stop this deadly trend. As part of the Comprehensive Soldier Fitness campaign, injury prevention is a vital part of maintaining Soldier and family readiness.

The youngest Americans are most at risk, but they are not alone. There are many reasons for distracted driving, including busy lifestyles, stressful jobs, and the presence of children and pets in the car.

They use technology such as cell phones, Blackberrys and other electronic devices to communicate.

"Drivers have to understand that they simply can't do two things at once and still stay safe," said Kimberly Jeffery-Wolfert, Heidelberg public health nurse. "Our closest attention should be on driving for the sake of our own safety, as well as others."

To combat distracted driving, state legislatures have begun to

take action. However, it may take considerable time to enact new laws and enforce the ban on cell phone use while driving. Legislation alone will not work. To have real impact, legislation and policy need to be combined with public education programs, Jeffrey-Wolert said.

"They need to take responsibility. It's up to each and every person to understand the risks they are taking and take action so that they do not become a statistic," she said.

"If you have heard some of the personal heart-wrenching stories from family members and victims of distraction-related crashes, it should make you think twice about doing it," Wolfert added.

To learn more about distracted driving or review the latest research on transportation safety visit the NHTSA Web site at www.nhtsa.gov. To arrange a class for your organization, contact the Heidelberg public health nurse at DSN 371-3115.

Soldiers lead German youth



Kelli Bland

Heidelberg Better Opportunities for Single Soldiers President Spc. William Perkins encourages Jan-Moritz Deutsch, a fourth-grade student at the Englischches Institut Grundschule in Heidelberg, before he attempts a confidence climb at Alpine Towers on Tompkins Barracks in Schwetzingen Monday. BOSS members volunteered to spend the day working with 19 students from the school on teambuilding and confidence building activities.



Local Pakistanis load boxes of supplies onto a CH-60 Black Hawk in Khyber - Pakhtunkhwa, Pakistan, Oct. 5. The flood has affected nearly 20 million Pakistanis, forcing many from their homes. Pfc. Joshua Kruger

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U.S. Army Capt. Marie Orlando shows Afghan girls photos during their weekly Girl Scout meeting at Forward Operating Base Finley-Shields, Afghanistan Oct. 9. Orlando is the information operations officer with the agriculture development team assigned to the base. Orlando is wearing the patch of the Missouri National Guard. Find out more about them at www.moguard.com. U.S. Air Force Master Sgt. Bill Gomez



Sgt. Michael J. Macleod

Sgt. 1st Class Eric Bullard, a jumpmaster with 1st Brigade Combat Team, 82nd Airborne Division, and German jumpmaster Staff Sgt. Kay Erdmann with Luftlande Brigade 31, watch Paratroopers of the 82nd Airborne Division descend to Sicily Drop Zone during Operation Federal Eagle, a U.S.-German airborne training exercise at Fort Bragg, N.C., Oct. 5. During three days of jumping led by German jumpmasters, hundreds of U.S. paratroopers will earn German parachute wings.



Sgt. Sean P. Casey

Pvt. David Stufflebeam, from 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, provides security during a mission to deliver a swing set to the village of Manghokhel in the Kherwar district of the Logar province of Afghanistan Oct. 8. The swing set was delivered to establish positive relations with the local Afghan populace and encourage more children to attend school.



Courtesy photo
Angelica Jordan is the 2010 Teacher of the Year for the Heidelberg district.

JORDAN

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remember what they did. That's my goal as an educator: to light a fire for learning – that my passion for teaching ignites their passion for learning."

Jordan has 15 years of teaching experience, the last two as a foreign language in the elementary schools, or FLES, teacher at Mannheim Elementary.

Prior to that, she taught Spanish Immersion to third grade students.

She came to Mannheim from Minnesota where she taught middle school Spanish.

She has written FLES curriculum and worked as a consultant to the University of St. Thomas to prepare student teachers for their field experiences.

Jordan received her bachelor's degree from Concordia College in Moorhead, Minn., in 1995, double-majoring in Spanish and elementary education.

She earned her master's in

"That's my goal as an educator ... that my passion for teaching ignites their passion for learning."

-Angelica Jordan, Mannheim Elementary School teacher

Education with an emphasis on early language acquisition from Hamline University in St. Paul, Minn., in 1999. She has also completed coursework in English as a second language and technology for the classroom.

The Bloomington, Ind., native served as a translator and

vacation Bible school leader for a mission trip to Piedras Negras, Mexico.

She volunteered to co-teach various preschool programs in Mannheim and Heidelberg.

Jordan also has served on the Parent Teacher Association board.

CHANGES

continued from page 1

Dependents School-Europe Frank Roehl and USAG Mannheim Commander Lt. Col. Lisa Griffin were the guests.

Facilities experiencing changes in operations are listed on page 4, including the notice that Mannheim's PX and commissary will be closed Mondays beginning in the new year.

The program is available for listeners at afneurope.net. Enter Openline in the search bar and look for "AFN Openline: Transformation in USAG Baden-Württemberg."

Also, look on page 4 in upcoming issues and find future questions and answers that provide details of what will happen in schools, with AAFES and with services in Heidelberg and Mannheim.

Information is posted as it is received on the USAG BW Web site at www.bw.eur.army.mil by clicking on "transformation" located on the right side of the page.

Advising the schools



Linda Steil

From left, Col. P.K. Underwood, Heidelberg Medical Department Activity Commander, Col. William Butcher, U.S. Army Garrison Baden-Württemberg Commander and Jim Ruehmling, Heidelberg Schools Liaison Officer attend the first Installation Advisory Committee meeting for the 2010-2011 school year Oct. 13 at Patrick Henry Elementary School. The IAC consists of representatives from area School Advisory Committees. The volunteer parents, teachers and administrators volunteer for the committee whose purpose is to advise the installation commander on school matters. One IAC goal this year is for the command and schools to work closely together to help students and parents through the changes that will occur as the transformation takes place. IAC meetings are open to the public and are held at Patrick Henry Elementary School at 3:30 p.m. on Dec. 8, Feb. 23, 18 May 18.

Good ideas garner big bucks when Army saves

By Sgt. Joel Salgado
U.S. ARMY EUROPE PUBLIC AFFAIRS



Soldiers and civilians can be awarded up to \$25,000 by submitting ideas to the Army Suggestion Program.

Anyone paid from appropriated funds is eligible, said Joseph (J.D.) Jerdee, the level two coordinator for the program.

"The Army Suggestion Program encourages ... (submissions) that will result in increased efficiencies and reduced costs," Jerdee said.

According to the ASP Web site, suggestions must benefit the Army or other government agencies by identifying a problem and recommending a solution for it.

"Suggestions follow a review ... process based on the level. If the suggestion is specific to the installa-

tion, it can be reviewed and approved or disapproved at that level," Jerdee said.

Those not eligible for cash awards may make suggestions and receive a plaque or certificate for ideas.

Ideas can be submitted to U.S. Army Garrison Baden-Württemberg suggestion program coordinator Tom Wolf at DSN 373-5339.

For more information, visit <http://asp.hqda.pentagon.mil/public/default.htm>.

GRAFFITI

continued from page 1

way to get kids into our programs and involved in lots of different activities," said Sandy Hill, Chief of USAG Baden-Württemberg Child, Youth and School Services.

"Of course parents are concerned and the community is concerned that our youth are involved in activities that they should not be involved in, and so we want to provide different outlets and different options and things kids are interested in and have them offered here so kids will want to spend time here," she said. "Parents can be assured their kids are off the street, doing a supervised activity

and being cared for and supervised by adults who are trained in youth development and that really care."

Heidelberg High school junior Cymber Martin welcomed the new wall and described it as unique.

"I think it's an interesting idea," she said. "You haven't really heard about it in other places, and I think it just might be one of those things that travels to other places as well. It also keeps all the vandalism off the parks and in one specific area and it's probably better for the whole community," she said.

The project took several months of planning as employees from the safety office, Heidelberg Medical Depart-

ment Activity, the Directorate of Public Works and other agencies sought ways to ensure the wall was as safe as possible right down to the type of paint teens would use.

German artist Jennie Bödeker was the first to christen the new graffiti wall with a lion. She demonstrated to teens how to safely use the spray paints and answered art – related questions while attendees feasted on pizza and ice cream.

Teens wanting to paint on the wall must have a signed parental permission slip and wear goggles, gloves and a protective face mask.

All of the items are free and available for check-out at the Lion's Den

and teens can only use the wall during the center's operating hours.

Once the wall is full, it will be white-washed to give the young artists a new canvas. Currently there are plans for one graffiti wall but if demand increases garrison officials said they would be willing to consider building a second one.

The Lion's Den is located in Bldg. 4533 on Patrick Henry Village. All of the activities and programs are open to DOD ID card holders only.

The facility is open Mondays from 3-7 p.m., Tuesdays-Thursdays from 3-8 p.m. and Fridays-Saturdays 3-10 p.m. DSN 388-9396, civ. 06221-338-9396.



Trick-or-Treat

Heidelberg – Trick-or-treating will take place in the housing areas 6-8 p.m. Oct. 30

Kaiserslautern – The goodies will flow in the housing areas 5-7 p.m. Oct. 30.

Mannheim – Trick-or-treat is 6-8 p.m. Oct. 30. Grant Circle will be closed to vehicular traffic 5:30-8:30 p.m. to ensure safe trick-or-treating.

Join the super spooky fun happening in your community

Heidelberg

- ♦ **Fall Festival** - Patrick Henry Elementary's Parent Teacher Association will host a Fall Festival Oct. 22 at the school 5:30-8 p.m. All members of the community are invited. Wristbands will be sold for unlimited games and activities, and food will be available for purchase.
- ♦ **Frankenstein Castle** - Den dwellers meet for the Lions' Den trip to the Frankenstein Castle from 6-8 p.m. Oct. 23.
- ♦ **Dress Up and Craft** - The library on Patrick Henry Village will sponsor Halloween Dress Up and Craft Oct. 27.
- ♦ **Scary Story Telling** - Hear chilling tales during Library Scary Story Telling at the PHV Library from 7-8 p.m. Oct. 28.
- ♦ **Rocky Horror Picture Show** - Slapshots on Patton Barracks features lots of Halloween happenings starting with an Interactive Rocky Horror Picture Show at 10 p.m. Oct. 28.
- ♦ **Costume Party** - The Panthers' Place on Patrick Henry Village hosts a Costume Party 7-10 p.m. Oct. 29.
- ♦ **Monster Mash** - Head to Slapshots Barracks Oct. 29 for the Monster Mash at 9 p.m.
- ♦ **Karaoke** - Sing along for Crazy Halloween Karaoke at Slapshots at 9 p.m. Oct. 30.
- ♦ **Monster Mash** - The Warrior Zone on Patton Barracks will host a Monster Mash at 7 p.m. Oct. 30.
- ♦ **Party and Costume Contest** - Legends on PHV will host a Halloween Party and Costume Contest at 9 p.m. Oct. 30.
- ♦ **Costume Party** - The Recovery Room on Nachrichten Kaserne hosts a Halloween Costume Party from 9 p.m.-3 a.m. Oct. 30.
- ♦ **Fall Fest** - Child, Youth and School Services will hold a Fall Fest from 6-8 p.m. Oct. 30.
- ♦ **Costume Party** - Gather for the Cosmic Bowling Halloween Costume Party 8 p.m.-1

a.m. Oct. 30 at the Bowling and Entertainment Center on PHV with prizes for best youth and adult costumes. Stop by the bowling center and vote for the crazy costume you want the bowling center manager to wear.

- ♦ **Chili Challenge** - The Heidelberg Middle School PTSA is hosting the Best Chili Challenge and Pumpkin Carving contest 11 a.m.-2 p.m. Oct. 30 at the Village Pavilion. Registration: Heidelbergmspts@gmail.com.
- ♦ **Frankenstein Castle** - Join Heidelberg Outdoor Recreation for a Halloween Party at Frankenstein Castle Oct. 30.
- ♦ **Haunted Europa Park** - Join Outdoor Recreation at Europa Park Oct. 31.
- ♦ **Halloween Fun Run** - Join Heidelberg Sports and Fitness for a 5-kilometer run or walk starting at the commissary on PHV at 9 a.m. Oct. 30. Registration begins at 8:30 a.m. Don't forget your costume!

Kaiserslautern

- ♦ **Spooky Story Time** - The main library on Landstuhl spooks all comers with Spooky Story Time at 10:30 a.m. Oct. 27.
- ♦ **Halloween Bash** - Come dressed in your best costume for Kazabra's Halloween Bash and costume contest from 10 p.m.-4 a.m. Oct. 30 at the club on Vogelweh.
- ♦ **Fall Harvest Festival** - The Religious Services Office holds a Fall Harvest Festival in the Heaton Auditorium at the Landstuhl Regional Medical Center from 2-4 p.m. Oct. 30.
- ♦ **Frankenstein Castle** - Join Army Outdoor Recreation for the Frankenstein Castle Halloween Party Oct. 30 or Family Halloween Oct. 31.
- ♦ **Haunted Europa Park** - Experience spook-tastic rides at Europa Park with Army Outdoor Recreation Oct. 31.
- ♦ **Family Fright Night** - Take the family to Family Fright Night from 5-8 p.m. Oct. 28 at Vogelweh Skate Express. Take advantage of

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.

- ♦ **Karaoke Night and Costume Contest** - Armstrong's Club on Vogelweh is kicking off Karaoke Night with a "spooky" Halloween party, live disc jockey and costume contest 9 p.m.-2 a.m. Oct. 29. Prizes will be awarded to the top three costumes.
- ♦ **Evil Dead the Musical** - Don't miss Evil Dead the Musical based on a mixture of 80s horror movies at 7:30 p.m. Oct. 29-30 and Nov. 5-13 at KMC Onstage. Tickets: DSN 483-6626, civ. 0631-411-6626.

Mannheim

- ♦ **Scary Stories and Creepy Costumes** - The Sullivan Library will spook the wee ones with Scary Stories and Creepy Costumes from 4-5:30 p.m. Oct. 28.
- ♦ **Costume Party** - The Warrior Zone on Coleman Barracks hosts its Halloween Costume Party from 9 p.m.-4 a.m. Oct. 29.
- ♦ **Monster Mash Cosmic Bowling** - The Bowling Center on Ben Franklin Village will host a Monster Mash Cosmic Bowling and Halloween Party at 7 p.m. Oct. 30.
- ♦ **Harvest Moon Festival** - The BFV Youth Center has its Harvest Moon Festival and Haunted House from 5-10 p.m. Oct. 30.
- ♦ **Costume Party** - The Top Hat Club dresses up for a Halloween Costume Party from 11 p.m.-4 a.m. Oct. 30.
- ♦ **Horror Movie Marathon and Resident Evil Tournament** - Head to the Warrior Zone on Coleman Barracks for movies and video games from 2 p.m.-midnight Oct. 31.
- ♦ **Pumpkins on the Lawn Contest** - The Village Grille starts judging its Pumpkins on the Lawn Contest at 3 p.m. Oct. 31.

GERMAN NEWS

British troops withdraw by 2020

Britain will withdraw all of its 20,000 troops based in Germany, a legacy of the Cold War, within the next 10 years, Prime Minister David Cameron said Tuesday as part of a major defense review. In terms of the return from Germany, half the personnel should be back by 2015 and the remainder by 2020, he said as he announced a widespread shake-up of the military and significant cuts to its budget. Britain and the United States stationed troops in Germany in the aftermath of World War II as a visible show of support for their NATO ally, and Britain currently has about 20,000 military personnel based here.

Jobless rate in Germany

Unemployment in Germany has already sunk well below the political and psychological milestone of 3 million people out of work — the first time it has done so in 18 years — a leading economic institute said Tuesday. The Bonn-based Institute for the Study of Labor estimated that the number of jobless has dropped to 2.9 million, daily Bild reported. It would be the first time the unemployment rate has hit such a low mark since September 1992 when 2.89 million people were looking for work. The new figures come as Germany enjoys a strong economic boom as it recovers from its worst recession since World War II.

U.S. versus German carmakers

U.S. lawsuits brought by pension funds might delay but not prevent Volkswagen's takeover of the luxury German sports-car maker Porsche, VW CEO Martin Winterkorn, said Tuesday. The proceedings may take a while yet until a final ruling is handed down. For this reason, there could be a delay with the planned merger, he said. VW had planned to wrap up its takeover by next year, and it was the first time anyone has spoken of a possible delay. As part of the complex deal that will see Porsche's holding group also own shares in VW, Porsche shareholders will be asked to approve a capital increase worth €5 billion (\$6.95 billion) in late November. Winterkorn warned that a "tax hurdle" might also delay the tie-up. Porsche faces legal action by around 30 U.S. investment funds which accuse the German car maker of having manipulated the stock market in 2008 and hiding its intentions when it attempted to take over VW.

SOURCE: www.thelocal.de



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 separated from the Army recently. He had just returned from Iraq, and came home on terminal leave within weeks of his return. He came home to a loving wife and family, but it wasn't enough.

He was withdrawn, and his retreat from those he loves becomes more pronounced with each deployment. The only people he really lets in are those who have a shared combat experience.

This last deployment was the worst. I don't think he really ever came "home." I've known for years he suffers from PTSD, but he refuses to recognize it in himself or seek treatment. He just goes back to the place he is most comfortable, and that isn't home, it's a combat zone. I no longer recognize the man I am married to. He shows fleeting signs of the man I knew once, but for the most part he is a stranger.

Yet I know I am part of the glue that holds him together. I feel like a life support system for him, and for many years I've done it well, without question. I find myself in the same situation I was an Army wife but without resources available (family support group, other wives, and I always knew if it got bad enough I could go to the battalion chaplain or his platoon sergeant, which of course, being a good Army wife, I never did).

Selfishly, I ask myself, will I spend the rest of my life alone? I deal with the guilt that thought inevitably brings. You see, I loved my husband. And I have respect and concern for this man that has taken his place. But I am so very tired and so very lonely. I know, at this point, that I cannot leave a man that has given so much, maybe too much, for his nation.

I also know the only thing keeping me in this marriage is obligation and guilt. He is a good and kind man. He just lost the ability to be a friend or a husband somewhere along the way. He drinks or keeps his head in the TV or a video game, the more violent the better. He has never shown violence toward me or our family.

But I do have concerns that may change. His temperament has changed greatly. There are some things he has said and a few incidents have happened, and I believe that it is in my best interest to be wary.

This is definitely a message of desperation. I have been to a civilian counselor, and she was very honest in her inability to offer guidance. I have searched Web sites, that's where I found you, but either I am the only spouse experiencing this or I am

the only one weak enough to admit it. If you don't publish this letter, I understand. It's definitely not good for morale.

But if you could please contact me with suggestions and resources, that may help. There's only one way to sign this...

From: Once an Army wife, always an Army wife?

Dear Army Wife,

Thank you for sharing your story. Your story is a familiar one. It sounds like you have been grieving the loss of your husband for many years as the emotional distance has grown tremendously.

The hard part about your situation is your husband won't admit he needs help. It has made this extremely difficult for you and his family because at this time he can't and won't admit he needs help. Moreover, he can't see that his marriage is in trouble.

Bottom line, you can't make him get treatment, but I encourage you to continue seeing a counselor for support. You allude to possible domestic violence and that certain situations concern you. I think you should honestly speak to a counselor about that too and discuss a safety plan.

Under no circumstances should you stay in a potentially volatile situation. Continue to reach out to trusted family and friends.

I wouldn't tell anyone to leave their husband or wife. That's not my call.

However, there is a serious problem in your marriage. You sound like you have reached the end of your rope. Hopefully there is room to tie a knot. Please contact me with updates regarding your situation.

Parents: Combat childhood obesity with healthy eating

By Wendy LaRoche

U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL)

The last two decades have shown a rise in childhood obesity, including children in Army families. As obesity numbers in children continue to climb, so do conditions associated with obesity, for example Type 2 diabetes, asthma, sleep apnea and high cholesterol.

Early detection and treatment can reduce the likelihood of these health problems. Parents need to advocate for their children by asking questions during annual well visits and by establishing healthy habits at home.

The most widely used diagnostic tool to identify weight problems within a population is Body Mass Index, a statistical measure calculated from weight and height. For children, BMI is age and sex specific and is often referred to as BMI for age. It doesn't

measure body fat; it identifies healthy body weight based on comparisons between a child's height and weight as plotted on a growth curve.

A child's BMI is typically calculated as part of an annual well-visit physical. The BMI number is plotted on the BMI-for-age growth charts to obtain a percentile range. The rule of thumb is that overweight children statistically fall between the 85th and 94th percentile compared to the weight of their peers. Obesity is defined as the 95th percentile or above on the growth chart used.

BMI is one indicator for obesity. Parents can help by providing information to healthcare providers, such as:

- Family history of obesity and weight-related health problems, such as diabetes
- Your child's eating habits and caloric intake

- Your child's physical activity level.

If your child is overweight, make small changes in eating habits. Use fat-free or reduced-fat milk and purchase whole-grain cereals. Add fruit to the meal. Consider oatmeal or whole-grain waffles, and limit items like toaster pastries.

Prepared lunches from home give more control over your child's caloric intake. For lunch, try sandwiches made of whole-wheat or whole-grain breads with mustard or low-fat mayonnaise. Carrots and celery are great in lunches and can be served with peanut butter, fat-free yogurt or fat-free ranch dressing for dipping. Avoid snacks containing partially hydrogenated oils such as coconut and palm oils. Last, provide a bottle of refreshing water. Your child will appreciate it especially in warmer weather.

Think differently about dinner. Engage your children in the cooking and

portion food in serving dishes that equal serving sizes. Passing the serving dishes around will teach your child to take smaller food portions. Try broiling or baking something you normally fry. Add lots of veggies and minimize starches like potatoes or white rice.

When it comes to dessert, offer healthy options like a frozen fruit bar or a yogurt smoothie. Use your blender and whip up some fruit juice. If it is cake your kids crave, angel food is fat free.

Exercise is a great family activity. Walks after dinner are a nice way to burn calories. Let children help plan the exercise and get them moving. On warm days, ride bikes, run, or play tennis or basketball. If the weather is rainy, play indoor games.

Combat childhood obesity with healthy eating habits in your children and getting physically active.

GET OUT!

area events

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

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. www.roadsidetheater.com.

719th Schätzele-Markt Festival - Through Oct. 25, head to Tengen for the biggest popular festival in the region with fun fair and marquee. On Saturday and Sunday, car exhibition, commercial and industrial exhibition and market stalls around the historical town gate. www.tengen.de.

October 23

International Gallop Races - The international gallop races through Oct. 24 in Iffezheim near Baden-Baden offer a tingly atmosphere, thrill and fascinating races. Civ. 07229-1870, www.baden-racing.com.

Shopping in France - The first stop will be at a farmer's market in Haguenau, where you will find a large selection soaps, herbs, pastries and fresh produce. Then to the Cora, a shopping center you can shop for fine French foods, cheeses, and wine. In the afternoon, we're off to Soufflenheim and the many stores selling traditional ovenproof Alsatian pottery. <http://affiliates.uso.org/rheinneckar>.

Cologne Tour - With a history of almost 2000 years, Cologne (Köln) is the one of the largest and oldest metropolitan cities of Germany. You will be awestruck by the majestic cathedral, one of the largest in Europe and the most important landmark of Cologne. The physical appearance of modern Cologne belies its ancient heritage. Allied bombing during World War II destroyed some 90 percent of the town; therefore, much of what you see was rebuilt in the 1950s and 1960s. Don't forget Cologne has fantastic shopping. The two shopping streets known by all Cologne visitors are the Hohe Strasse and the Schildergasse, Germany's first shopping streets only for pedestrians and completely without traffic. <http://affiliates.uso.org/kaiserslautern>.

October 26

Ladenburg Orientation - In the past, Ladenburg has been an ancient Roman capital, a busy medieval city, and a thriving 16th century trade center. After a walking tour of

the city, enjoy the lovely half-timbered Market Square, and many quaint restaurants.

<http://affiliates.uso.org/rheinneckar>.

German Cooking Class - Would you like to learn how to prepare one of the most popular German dishes, the schnitzel? In addition, you'll learn the recipe for three delicious gravies to accompany your schnitzel. We'll teach you how to do all of this in a three-hour session. Participation is limited, so sign up now for this USO class. <http://affiliates.uso.org/kaiserslautern>.

October 27

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

October 30

The American Army in World War I - The Battles in the Meuse-Argonne, Sept - Nov 1918 - Sgt. York, the "Lost Battalion," Col. George S. Patton, Capt. Harry S. Truman and Gen. "Black Jack" Pershing - all on this tour. After early morning departures from Heidelberg and Mannheim, arrive at the place where the American Expeditionary Force matured as an army, the battlefields of the Meuse River and the Argonne Forest.

Move across the ground where George Patton's tanks fought, Harry Truman's Battery D provided fire support, and Sgt. York became legend. <http://affiliates.uso.org/rheinneckar>.

Bavarian Fairy Tale Castles - On this express tour, we'll pursue the traces of Ludwig II of Bavaria, the 19th century "Fairy Tale King" who built the lavish castles that are among the greatest tourist attractions in Germany. After a breakfast stop, we will tour Hohenschwangau where Ludwig spent several years of his childhood and where the ornate wall frescoes of Germanic legends stimulated his romantic dreams and his love for the Alps. He used the dramatic backdrop of this mountainous scenery for the castles Neuschwanstein and Linderhof. In the afternoon, we visit Neuschwanstein, King Ludwig's magnificent and most famous castle built in the style of a medieval Camelot. and became the model for Walt Disney's Cinderella castle. <http://affiliates.uso.org/kaiserslautern>.

Bruges Express - Bruges, preserved since medieval times, is one of Europe's most beautiful and romantic cities. Its charming canals, Michelangelo's "Madonna and Child" and the "Holy Blood" relic have made it world famous. After the tour, there will be enough time for shopping for Flemish lace, Belgian chocolate, and lunch at one of the many restaurants. After lunch, view the city from a different perspective as you cruise by boat through the city's canals. <http://affiliates.uso.org/rheinneckar>.

October 31

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 14th century and contains the most comprehensive collection of Middle High German lyrical poetry. The oldest songs or Minnelieder date back to the Hohenstaufen dynasty in the 12th 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 Feb. 20. 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 library in Heidelberg.

November 5

Holiday Bazaar - Shop until you drop with more than 100 European vendors and treasures, paintings, jewelry, wine and more Nov. 5-7 at the Special Events Center on Rhine Ordnance Barracks in Kaiserslautern. DSN 493-4184, civ. 0631-3406-4184.

November 6

Prague Express - Head to the Czech Republic with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 11

Skii Weekend - Head to Sölden through Nov. 14 with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 13

All Night Party - Heidelberg's Better Opportunities for Single Soldiers hosts an All Night Hip Hop Party starting at 9 p.m. at the Recovery Room on Nachrichten Kaserne. Play spades, dominoes and pool then stay for breakfast while listening to hot tracks spun by DJ Shane. Fee: \$6. DSN 373-5275.

coming to THEATERS



EAT PRAY LOVE

(Julia Roberts, James Franco) Liz Gilbert had everything a modern woman is supposed to dream of having - a husband, a house, a successful career - yet like so many others, she found herself lost, confused, and searching for what she really wanted in life. Newly divorced and at a crossroads, Gilbert steps out of her comfort zone, risking everything to change her life, embarking on a journey around the world that becomes a quest for self-discovery. In her travels, she discovers the true pleasure of nourishment by eating in Italy; the power of prayer in India, and, finally and unexpectedly, the inner peace and balance of true love in Bali. Rated PG-13 (brief strong language, some sexual references and male rear nudity) 133 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 21 - SECRETARIAT (PG) 7 p.m.
Oct. 22 - RED (PG-13) 7 p.m.; EAT PRAY LOVE (PG-13) 9 p.m.
Oct. 23 - EAT PRAY LOVE (PG-13) 4 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 7 p.m.; RED (PG-13) 9 p.m.
Oct. 24 - EAT PRAY LOVE (PG-13) 4 p.m.; RED (PG-13) 7 p.m.
Oct. 25 - SCOTT PILGRIM VS. THE WORLD (PG-13) 7 p.m.
Oct. 26 - THE SWITCH (PG-13) 7 p.m.
Oct. 27 - RED (PG-13) 8 p.m.
Oct. 28 - EAT PRAY LOVE (PG-13) 7 p.m.

Mannheim, Schuh

Oct. 22 - SECRETARIAT (PG) 7 p.m.
Oct. 23 - SECRETARIAT (PG) 4 p.m.; THE SWITCH (PG-13) 7 p.m.; EAT PRAY LOVE (PG-13) 9 p.m.
Oct. 24 - SECRETARIAT (PG) 4 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 7 p.m.

Vogelweh, Galaxy

Oct. 22 - THE SORCERER'S APPRENTICE (PG) 4 p.m.; THE SWITCH (PG-13) 7 p.m.
Oct. 23 - SECRETARIAT (PG) 4 p.m.; EAT PRAY LOVE (PG-13) 7 p.m.
Oct. 24 - SECRETARIAT (PG) 4 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

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. (movie will be shown in 2D); THE OTHER GUYS (PG-13) 11:30 a.m., 2:15 p.m., 5:15 p.m., 8 p.m.
Oct. 22 - RED (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.; EAT PRAY LOVE (PG-13) 11 a.m., 2 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 11:30 a.m., 3:15 p.m., 6 p.m., 8:45 p.m.; THE SWITCH (PG-13) 5 p.m., 8:30 p.m.
Oct. 24 - RED (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 7:45 p.m.; EAT PRAY LOVE (PG-13) 11 a.m., 2 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 5 p.m., 8 p.m.; THE SWITCH (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.
Oct. 25 - RED (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.; EAT PRAY LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 11:30 a.m., 2:10 p.m., 5:40 p.m., 8:10 p.m.; THE SWITCH (PG-13) 11:45 a.m., 2:30 p.m., 5:45 p.m., 8 p.m.
Oct. 26 - RED (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.; EAT PRAY LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 11:30 a.m., 2:10 p.m., 5:40 p.m., 8:10 p.m.; THE SWITCH (PG-13) 11:45 a.m., 2:30 p.m., 5:45 p.m., 8 p.m.
Oct. 27 - RED (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:45 p.m.; EAT PRAY LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; THE SWITCH (PG-13) 11:45 a.m., 2:30 p.m., 5:45 p.m., 8 p.m.
Oct. 28 - EAT PRAY LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.; SCOTT PILGRIM VS. THE WORLD (PG-13) 11:30 a.m., 2:10 p.m., 5:40 p.m., 8:10 p.m.; THE SWITCH (PG-13) 11:45 p.m., 2:30 p.m., 5:45 p.m., 8 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

SAFER Exposition

The U.S. Army Garrison Baden-Württemberg Soldiers and Families Evaluating Risk exposition will be held 8 a.m.-5 p.m. today at the Patrick Henry Village Pavilion in Heidelberg and 8 a.m.-4 p.m. Oct. 28 at the Mannheim Schuh Theater. Information booths and demonstrations will be set up.

CFC Overseas

DoDDS students have created public service announcements for the Combined Federal Campaign-Overseas. Vote for your favorite video at www.cfcoverseas.org through Oct. 25. Top spots will run on AFN. Help make a world of difference in the lives of people and communities in need! Civ. 06371-976-882 or 0175-705-4299.

Free Speedy Lube hoses

The free hoses found behind Speedy Lube on Patton Barracks in Heidelberg have been closed for winter due to unexpected cold weather conditions. They will be shut down until spring. Customers can still use the Speedy Lube coin-operated machines at the same location.

OCS Selection Board

Officer Candidate School packets are due Nov. 18 to the Military Personnel Division. The next OCS selection board will be Feb. 21-25 and U.S. Army Garrison Baden-Württemberg will host a local board 9 a.m. Dec. 8-9. DSN 370-8915. www.hrc.army.mil/site/active/opdistacc/ocs/_appl.htm.

Fall Heating Regulations

The heat will be turned on in installation facilities if outdoor temperatures drop below 58 F and if this average outdoor temperature remains for 25 hours within 48 hours. The individual room temperature in facilities is controlled by separate temperature devices and will be maintained in occupied facilities at 72 F plus minus 2 F. In case of extreme weather and rapidly dropping temperatures the heating system will be activated immediately by direction of the commander. DSN 387-3150.

Winter Driving Classes

Winter driving training will be conducted during October and November for all personnel under U.S. Army Europe 7th Army with a military license. Classes are conducted by Drivers Testing Station Heidelberg at 2 p.m. every Thursday through Dec. 3 by appointment.

Free FCC certification

November is Unauthorized Care Amnesty Month. If you are not a certified Family Child Care provider through CYS Services and provide more than 10 hours of child care per week on a regular basis, you are in violation of Army Regulation 608-10. Avoid the trouble and get free certification training. Be your own boss with your own business. DSN 388-9378.

Selling a Car?

A used car resale lot is adjacent to Pulaski Park in Kaiserslautern. Reserve space: DSN 493-4117, civ. 0631-3406-4117. www.mwrgermany.com.

local EMPLOYMENT

Job Fair

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

KAISERSLAUTERN

Community

♦**Dental Clinic** – The Landstuhl Dental Clinic now sees family members on a space available basis. 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.

♦**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 the Teen Shuttle service. Pick-up/drop-off points are throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and the Melkere 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.

♦**SKIES Unlimited** – SKIES in now offers "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 Kapaun Chapel Annex.

♦**HUGS Playgroup** – Help Us Grow Securely, an interventional and educational playgroup designed to develop parenting skills, socialization, and educational activities, meets 10-11:30 a.m. Thursdays at the Kid's Zone on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203. www.mwrgermany.com.

HEIDELBERG

Education

♦**ACS Classes** – Smart Banking 9-11:30 a.m. Oct. 22; Sponsorship Assistance Training 10-11 a.m. Oct. 23, 10-11 a.m.; Deployable Sexual Assault Response Coordinator 9 a.m.-6 p.m. Oct. 25, 9 a.m.-6 p.m.; Intro to MS PowerPoint (2 sessions) 9 a.m.-12 p.m. Oct. 25-26, 9 a.m.-12 p.m.; Sexual Assault Prevention and Response Program Briefings 9-11:30 a.m.; 1-3:30 p.m. Oct. 26; PHV Theater; Anger Management 1-3 p.m. Oct. 26, 1-3 p.m.; Interview-

ing Skills 9 a.m.-12 p.m. Oct. 27; Volunteer Management Information System 10-11 a.m. Oct. 27; Buying your First Home 12-1:30 p.m. Oct. 27; Coping with Divorce 1-3 p.m. Oct. 28; English as a Second Language for beginners, 9-10:30 a.m. Tuesdays, intermediate at 11 a.m.-12:30 p.m., and advanced at 1-2 p.m. Tuesdays in the Patrick Henry Village Yellow Ribbon Room, Bldg. 4531.

♦**German Classes** – Patton Barracks Education Center offers German 3, Tuesdays, Wednesdays and Fridays 9-11:30 a.m. Nov. 1-30. Cost €100. DSN 373-6226, civ. 06221-17-6226.

♦**College Classes** – The University of Oklahoma-Europe is accepting enrollments for master's programs in Human Relations and International Relations. DSN 373-7919, civ. 06221-17-7919. www.gou@ou.edu. The University of Maryland University College Europe will be offering two courses – Renaissance Art in Florence, held in Italy Jan. 8-15, and Van Gogh: Life and Work, held in the Netherlands Jan. 8-15. Register by Dec. 19. www.ed.umuc.edu/fieldstudy. Take the free online seminar UMUC 411 and get the \$30 application fee waived.

Community

♦**Nachrichten Closure** – As part of a training exercise, Nachrichten Kaserne will be closed from 1-2:30 p.m. Oct. 22, as a standard part of security and force protection. Vehicle and pedestrian traffic will not be allowed to enter or exit the installation during this time.

♦**DPW Moves** – The Environmental Division of the Directorate of Public Works will move the week of Oct. 25 from the Community Support Compound to Bldg. 115, third floor on Patton Barracks. There may be a delay in services during this week.

♦**Hydrants Flushed** – annual maintenance on hydrants and water mains will occur Oct. 2-5 for all Heidelberg installations. Residents may notice yellow or brownish water. This is not harmful, just allow water to run until clear. DSN 387-3213, civ. 06221-4380-3213.

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

♦**Immunization Clinic Moved** – The Heidelberg Health Center is moving the Immunization Clinic from the first floor to the third floor of Bldg. 3617. Signs will be posted and services will continue during the move.

♦**Jummah Service** – A new Jum-

mah 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 breastfeeding support group meetings at 10 a.m. Oct. 27 and Nov. 10, both in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

♦**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.

♦**Child, Youth and School Services** – Edge program offers teens free SCUBA lessons at 3:30 p.m. Mondays and Wednesdays Nov. 2-23. Participants must complete the Open Water Diver online training at www.divessi.com.

♦**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.

♦**Angel Tree** – ACS Financial Readiness will sponsor the Angel Tree program Nov. 23-Dec. 7 to help children in need during the holiday season. Look for trees at the Community Bank on Campbell Barracks, ACS, Community Support Center and the Patrick Henry Village Library. Select an angel and purchase a gift that corresponds to the age and gender written on the back. Return the gift and its angel into drop boxes by Dec. 7. www.mwrgermany.com.

♦**SKIES Class** – SKIES Unlimited offers a "Big Ideas! Introducing Kids to Philosophy" class for youth in grades 6-8 about the exciting world of ideas and philosophers. Classes meet 3:15-4:15 p.m. on Tuesdays and Thursdays Nov. 9-Dec. 14 on Patrick Henry Village, Bldg. 4517. DSN 388-9399.

♦**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.

♦**Cheap Eats** – Better Opportunities for Single Soldiers this month's Cheap Eats – A Taste of Home – features traditional American dishes such as ham, turkey, casseroles, breads and pies at 6 p.m. Nov. 17 at the Warrior Zone on Patton Barracks. DSN 378-5275.

MANNHEIM

Community

♦**Smoking Cessation** – The Mannheim Army Health Clinic is starting tobacco cessation classes to help smokers break the habit. The class will meet 1 p.m. every Tuesday from Oct. 26-Nov. 23. Civ. 0621-730-9306.

♦**Postal Center Volunteers** – Mannheim postal centers are asking for volunteers to help process holiday packages Nov. 1-Jan. 15. Holiday hours begin Nov. 13 at postal centers on Sullivan Barracks and Coleman Barracks with open hours from 10 a.m.-6 p.m. Monday-Friday. DSN 384-6040.

♦**Mannheim Postal Centers** – All postal operations at Sullivan are going out of Bldg. 241B. The Army Post Office is open: Monday-Friday from 11 a.m.-5 p.m. and Saturdays 9 a.m.-3 p.m. The Consolidated Mail Room is open: Monday thru Friday from 11 a.m. until 6 p.m. and on Saturdays from 9 a.m. until 3 p.m. DSN 384-6040.

♦**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 meet 9:30 a.m.-noon and 6-8 p.m. every Tuesday through Dec. 14 in the BFV Chapel basement.

♦**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. Anticipate traffic jams. Public transportation is affected as well.

♦**After School Reading** – Come to the Sullivan Library for the After School Reading Program with Soldiers of the 2nd Platoon, 529th MP Company, at 3:30 p.m. every Tuesday. Open to school age children. DSN 385-2688. mwrgermany.com.

♦**Knit Together** – The Library Knitting Group meets 5-6 p.m. Wednesdays in the Sullivan Library. DSN 385-2688. www.mwrgermany.com.

♦**Sullivan Library** – The library holds Story Hour for toddlers and preschoolers 10:30-11:30 a.m. Nov. 4 and 18; scrapbook club meets noon-3 p.m. Nov. 13 and 27; free movie shows from 4-5:30 p.m. Nov. 13 and 27.

Weekend sports bring mixed outcomes

Staff Report

In football action, the Mannheim Bisons beat the International School of Brussels 21-14 Friday at the school's final regular season game on their home field. The win clinched second place for the Bison in the Division II-North standings, giving Mannheim home field advantage in the division playoffs that start this week.

Heidelberg won over Vilseck Friday 34-6 making the team the Division I-South champions. The Kaiserslautern Red Raiders lost 14-13 to unbeaten Filton Pride in Bristol, England, Saturday.

Volleyball

The Lady Lions Volleyball team remains unbeaten after squashing Vilseck (25-21, 25-13, 15-30 and Black Forest Academy (25-23, 25-22, 25-14) Saturday.

Cross Country

Both the boys and girls teams finished second in the six-team competition. The Lions bested Wiesbaden, Frankfurt International, American School of Paris and Black Forest Academy on a soggy course in Schwetzingen. The team has its final regular season meet Saturday in Baumholder.

(Right) Linebacker Josh Holan leads the Lions defense with 17 tackles Friday for a Heidelberg 34-6 win over Vilseck.

(Above) Heidelberg senior Emily Hall, working with doubles partner Laura Jackson, returns a shot to opponents Amber Veranen and Alezis Pineiro of Mannheim Saturday at the Tennis Center on Patrick Henry Village. Mannheim won the match 7-6, 6-4. Heidelberg won the overall match 6-1. Heidelberg travels to Stuttgart next Saturday for the final match of the season. The Heidelberg boys team won its overall match against Mannheim 9-0. Heidelberg also beat Hohenfels with the scores of 5-2 for the girls and 9-0 for the boys.



Linda Steil

Swimming

The Sea Lions opened their season Oct. 10 at the Eppelheim Hallenbad against Stuttgart. Nine Heidelberg Sea Lions qualified at the meet for the European Forces Swim League Championship Swim Team: Olivia Hilferty, 50m backstroke, 52.93s; Ethan Parkhill, 50m freestyle, 31.15s; Jennifer Bywater, 50m freestyle, 33.25s; Kristen Kelly, 50m freestyle, 32.21s and 100m freestyle, 1:11.61s; Ben Owens, 50m freestyle, 30.04s; Myles Lacy, 50m freestyle, 30.13s; Kilian Liptrot, 50m freestyle, 29.09s and 100m freestyle, 1:05.46s; Reid Aldous, 100m breaststroke, 1:19.24s; Sami Aldous, 200m freestyle, 4:01.21s.



Wray Holan

Baden Bruins win inline hockey championship

By Ken Robinson
ARMY, AIR FORCE, ADLER ALLIANCE

The Baden Bruins Army Inline hockey team brought home the 2010 Division I Die Players Liga championship in Friedrichspark stadium in Mannheim last month.

In its second season as an inline team, the Bruins captured not only the championship title, but completed the full sweep by finishing first in the regular season, as well as capturing the coveted DPL Pokal title.

The Bruins are no strangers to winning hockey titles. In both 2001 and 2002, the Bruins captured gold in the local German ice hockey league while playing in Friedrichspark. Now, the Bruins

have returned to Friedrichspark, but with wheels on their skates playing on a special inline sport court.

This year's final was no walk in the park for the Bruins. Full of confidence coming off the Pokal victory one week earlier, the Bruins found themselves trailing for most of the game.

It was not until the third period, that the team was able to come into true form and sink four straight.

"It was looking pretty bad for us as we were down by two goals going into the third period," said assistant captain Tom Connell, a contractor with 5th Signal Command. "I knew we had the skill to win the game. I was just worried if the luck, however, was on their

side."

The Bruins would go ahead and win the game 7-5.

"Placing the Bruins name on both the DPL Championship trophy and Pokal trophy was sweet vindication for us," Connell said. "After all, we have made it to the Division I Ice Hockey finals for the past two seasons, but fell short both times. Now everything is OK."

The Bruins are currently preparing for another chance to put their name on the cup, but this time, on steel blades instead of rollers.

More information about the Bruins and their upcoming schedule can be found on the team's Web site at www.badenbruins.com.

staying ACTIVE

Patton Gym Temporary Closure

The Patton Fitness Center basketball court is closed for renovation until Jan. 11. Renovations include the new center court logo, which will be unveiled at the 2011 MLK Basketball Tournament in January. The Tompkins Fitness Center will have extended hours until 9:30 p.m. through Jan. 7. DSN: 373-6110.

Heidelberg High School Sports

Oct. 23 - Volleyball at 10 a.m. at Black Forest Academy in Kandern; Tennis at 10 a.m. at Stuttgart; Cross Country girls at 12:30 p.m., boys at 1:15 p.m. at Baumholder; Football junior varsity at 10 a.m., varsity at 1 p.m. at Stuttgart. **Oct. 28-30** - Tennis European championships at time to be announced at Wiesbaden; **Oct. 30** - Volleyball at 10 a.m. at home vs. Patch and Kaiserslautern; Cross Country European championships, girls at 12:30 p.m., boys at 1:15 p.m. in Heidelberg; Football division championships at 1 p.m., location TBA; **Nov. 4-6** - Volleyball European championships, time TBA at Kaiserslautern; **Nov. 6** - Football European championships at 1 p.m., location TBA.

5K Breast Cancer Awareness Run

A 5-kilometer Breast Cancer Awareness Run happens 9 a.m. Oct. 23 at the Landstuhl Regional Medical Center track near Gate 4. The run, held in recognition of Breast Cancer Awareness Month, is open to all military and DOD civilians. Registration will be 8-8:45 a.m. at the track. DSN 486-7317, civ. 06371-86-7317.

Flag Football Tournament

Heidelberg standings as of Oct. 14: 43rd Signal 11-1; DENTAC/MEDDAC 8-4; 18th Engineers 8-4; 529th MPs 7-5; USAREUR 6-6; NATO 1-11; USAG 1-11. The post-season tournament championship will be held Oct. 25-Nov. 1.

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.

Rod and Gun Club Fun Shoot

The Heidelberg Rod and Gun Club located An der Bundesstrasse 291 in Otfersheim offers a fun shoot 5 p.m. Nov. 5; hunter's meeting 7 p.m. Nov. 10 and more. Civ. 06202-51193.

Volleyball Tournament

The 2010 Heidelberg Community Level Volleyball Invitational will be 9 a.m.-6 p.m. Nov. 7 at Tompkins Fitness Center in Schwetzingen. The tournament is open to the first four men's and women's teams that register. DSN 373-8032. www.mwrgermany.com.

Turkey Trot

Participate in the eighth Annual Mannheim Turkey Trot, a fun 5-kilometer run or 2-kilometer walk at 9 a.m. Nov. 20 starting in the commissary parking lot. Medals to 100 finishers. DSN 385-3164.

Turkey Shoot

Head to the Heidelberg Golf Club at 10 a.m. Nov. 21 for the annual Turkey Shoot. Everyone gets a turkey or a Cornish hen for last place. \$30 plus green fee. Register by Nov. 15: DSN 379-6139, civ. 06202-53-767.

Basketball

Heidelberg Sports and Fitness is seeking male and female players for the Heidelberg Community Basketball team. Practices are Tuesday and Thursday evenings at the Patton Fitness Center. DSN 373-8032.

Coaches Needed

Heidelberg Sports and Fitness seeks head coaches for the Generals and Lady Generals soccer, basketball, volleyball and softball teams. Practices and tryouts are Tuesdays and Thursdays. DSN 373-8032.