

HeraldPOST

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

HP THURSDAY
Oct. 28, 2010

Speed Read

FALL BACK OCT. 31

Don't forget to turn your clocks back before going to sleep Saturday night. Daylight-saving time goes into effect 2 a.m. Sunday.

SULLIVAN FITNESS GURU

Sullivan fitness center manager Jessie Dayton focuses on total body fitness for the mind, body and spirit. 3



HOLIDAY POSTAL DATES

Mailing deadlines for holiday packages quickly approach with Nov. 12 as the final deadline for some packages. 4

FIT CIVILIANS

Forms to enroll in the Civilian Fitness Program to encourage civilians to engage in a regular exercise program are now available online at www.bw.eur.army.mil. 6

CHILD CARE EXPANDS

Child care in Kaiserslautern has been given a boost with the opening of a new center at Sembach Kaserne. 6

DREAMING ON A STAR

A mom lands a spot among the top 12 competitors of Family and MWR's Operation Rising Star contest and realizes a dream. 8



Bison neutralize Barons

Linda Steil

Bison running back Aaron Garrison, center, scored five of seven touchdowns in Saturday's Division II quarterfinal match against Bamberg adding to the final 51-20 victory. Protecting Garrison are Jacobi Mapp (64) and Tyrell Geter (50).

Mannheim earns spot in semi-final game on home turf

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Top four, for now, possibly forever. Mannheim High School won 51-20 Saturday in Mannheim in the Division II quarterfinal football game against Bamberg. In the team's last year of competition, it continues to improve upon its

best season in 12 years. The game began with the Barons scoring, but the Bison answered with a goal of their own, and then another. Seconds before the half, an interception followed by one Aaron Garrison carry brought the football 55 yards home and the game score to 21-7.

The Bison continued to dominate

with running back Garrison scoring five touchdowns and Jacob Lankford scoring twice.

Strong offensive and defensive lines give the Bison an advantage in the upcoming D-II semi-final game. Mannheim will play Saturday with another home field faceoff against International School of Brussels.



Sgt. 1st Class Christopher Fincham Caleb Dorsey from the Heidelberg provost marshal office works to locate the "active shooter" during Heidelberg Medical Department Activity's active shooter training exercise Friday at Nachrichten Kaserne.

'Active shooter' closes kaserne

By Kristen Marquez
HMEDDAC PUBLIC AFFAIRS

Friday afternoon, offices and personnel on Nachrichten Kaserne and in the Heidelberg Health Center were placed on lockdown as a "disgruntled Soldier" roamed the halls, "shooting" those who crossed his path with a stolen weapon.

The exercise was planned to test the responses by the Heidelberg Medical Department Activity, Deutsches Rotes Kreuz and the U.S. Army Garrison Baden-Württemberg's Provost Marshal Office and Fire Department.

"This training is in response to the

several recent real-life active shooter scenarios we've had on military installations," said Capt. Vic Johnson, HMEDDAC operations chief.

This is the first time HMEDDAC has done an exercise of this magnitude at their level, according to Lt. Col. Hugh McLean, HMEDDAC's Chief of Staff/Deputy Commander for Administration.

"We have done mass casualty exercises before, but never with an 'active shooter' as the scenario," McLean said.

Thursday afternoon, HMEDDAC security staff reported a M9A1 pistol was see SHOOTER page 12

Defense Details

FAMILIES VOICE CONCERNS

Military families and the people who support them were able to voice their issues and concerns about everything from mental health care to child care directly to the people able to initiate change. The Army's top leaders, including Army Secretary John McHugh and Army Chief of Staff Gen. George W. Casey Jr., invited military families to speak up during a standing-room-only family forum, the first of four to be held during the 2010 Association of the U.S. Army meeting.

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

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COMMENTARY

Red Ribbon Week is here again

By **Amy Sensiba**
ARMY SUBSTANCE ABUSE PROGRAM

Some people think Red Ribbon Week is no longer important, but I disagree. I believe the earlier we reach children the better.

One of the best ways to reach school-aged children with a message about saying no to drugs and abuse of alcohol is with a combined community effort.

The Red Ribbon Campaign is a unified way for communities to take a stand against drugs and show intolerance for illicit drug use and the consequences to all Americans.

Red Ribbon Week is the nation's oldest and largest drug prevention program reaching millions of Americans during the last week of October every year.

By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to Drug Enforcement Agency Special Agent Enrique "Kiki" Camarena.

Camarena was an 11-year veteran of the DEA assigned to the Guadalajara, Mexico, office where he was on the trail of the country's biggest marijuana and cocaine traffickers.

He was extremely close to unlocking a multi-billion dollar drug pipeline.

On Feb. 7, 1985, he was kidnapped, brutally tortured and murdered by Mexican drug traffickers.

His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

In 1988, the National Family Partnership coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary chairpersons.

So many times we focus on the "no" and "don't" that our children never hear the rest of the story. Remember to share with your children why they need to say no, how to say no, and what they can do instead of drugs.

The Adolescent Substance Abuse Counseling Services and the Army Substance Abuse Program have handouts and materials to help parents with any of this information needed.

This week, there are activities planned for students to at school and in the community with the Just Say Boo to Drugs Halloween 5-kilometer Fun Run/Walk Oct. 30 concluding Red Ribbon Week.

Registration will begin at 8:30 a.m. in the Patrick Henry Village commissary lot with bouncy castles, T-shirts, medals, and tons of treats (giveaways). Remember to wear your costumes.

Let's take a stand together for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug-free lives.

COMMENTARY

Horror of gym, a scary place

By **K.R. Pinkston**
BWNOW MEMBER

So, the other day I went to the Sullivan Gym. With no coffee in my system yet, I resembled a zombie who moved along the streets before dawn.

If you have not been to the gym, let me warn you. It is a scary place. Machines of different shapes and sizes entice you to improve your cardiovascular fitness, stamina, and tone your muscles.

A time traveler from medieval Germany would identify those machines as modern day torture devices. The result is the same: you wish you were somewhere else.

Remembering that the doctor told me not to lift weights before warming up the body, I headed toward the cardiovascular machines. I moved on the treadmill as if a host of vampires were after me. The machine has a built-in clock that tells you how many minutes you have been working. If you have lived as many decades as I have, I can assure you that you have a feel for when 15 minutes have passed. I can also assure you the manufacturer who installs clocks in classrooms is the same one who installs clocks into treadmills. It does not matter how often you look, time does not pass.

In addition, the calorie count is defective. It is simply not possible that 10 minutes on the treadmill

burns off only 50 calories, when I can swallow 200 calories worth of German chocolate in one minute.

I wobbled toward the weight machines. It took all my guts to climb onto a metal frame with slings attached to an overhead rod to do leg raises. With my arms firmly nestled in the slings, I kicked off. If it had not been for a neighbor hearing my wails and helping me down, I would probably still be hanging there. She explained that you could take free classes to show you how to use those machines properly. Otherwise, you could hurt yourself with those weights if you do not use them correctly. No kidding.

I left a while later, but not without feeling a sense of accomplishment. We can use the gym for free, but actually getting up and going there takes willpower, courage and a willingness to overcome physical and mental obstacles.

The staff at the gym is friendly and more than willing to teach you how to use the machines, improve your fitness, and show you what exercises you can do to lose weight or get stronger. Believe me, those machines turn from frightening to welcoming once you know how to use them.

I just wish my body would be as quick with converting fat into muscles as it is with converting my daily share of German chocolate into fat.



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's your absolute favorite Halloween candy?

"Snickers" -Peter Buttner, BWnow Facebook fan

Candy corn! And definitely not the chocolate ones I tried the other day, yuck, aha.

Jonathan Ochart, BWnow Facebook fan

That would have to be Reese's cups, the mini ones.

-Crystal, BWnow member

After a close vote from the Tribal Council ...I've got to go with "Thin Mints." Candy corn was a close second (thanks for playing). Who wouldn't enjoy all that chocolately minty goodness...it's almost like a party

in your mouth! Heaven forbid if they came out with "Thin Mint" ice cream.

-Dijon Rolle, BWnow member

Thin Mints the Girl Scout cookie? If so they do make an ice cream and it is so good! I don't think I have seen it sold here though just in the states.

-Crystal, BWnow member



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Fitness for life

Sullivan's trainer, manager coaches with heart, focuses on total body

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's been more than a decade since Jessie Dayton hung up his combat boots, yet he's still fighting on the front lines, only this time around the conflict is a little more personal.

Dayton is the fitness coordinator and fitness facility manager at Sullivan Fitness Center, and for the past four years he's been lifting, squatting, sweating and smiling alongside the Soldiers and families of U.S. Army Garrison Mannheim.

The former supply specialist made it his mission to help the community maximize overall fitness one rep at a time.

Dayton admits his own four years of military service gave him a unique perspective and created a special place in his heart for Soldiers. He was stationed in Hanau from 1996 until 2000.

"I love the Soldiers, and I think that people under-appreciate and underestimate them, especially the E-1 and E-4," Dayton said.

"These Soldiers have been at war for the past seven or eight years. A lot of them are tired and they're stressed and they need as much wellness and relaxation as they can possibly get. I wanted to find a way to do more for them," he said.

Dayton began to incorporate wellness principles, such as breathing and relaxation techniques, into his classes and workouts.

He also made it a point to consistently encourage and inspire his trainees through the power of positive thinking.

"One thing I like to tell the people in my class is that 'a problem is a solution waiting to happen.' We bring stress upon ourselves and stress is one of the top killers of human beings. Physical fitness is great, but you also have to have mental and emotional harmony to complete yourself."

Dayton is also a strong advocate of spiritual wellness.

He said his own personal faith and his study of American author and physician Dr. Andrew Weil have helped to him to remain balanced and focused on helping others.

Weil is best known for his work in the field of integrative medicine, which incorporates mental, spiritual and community wellness with personal health.

"When you realize that you don't make yourself breathe but yet you breathe 20,000 times a day, it builds an appreciation and an awareness of life and it makes you want to take care of yourself and take care of the other individuals who are breathing that same breath," Dayton said.

Jennifer Toyco has trained with Dayton for about a year to get back into shape to rejoin the Army.

"He's just a really good person that cares a lot about his job and is really willing to help people out a lot and if it wasn't for him, I wouldn't be doing it," said Toyco.



Photos by Dijon Rolle
Sullivan Fitness Center Coordinator and Fitness Facility Manager, Jessie Dayton helps Sgt. Alejandra Johnson, U.S. Army Correctional Facility-Europe, complete a set of repetitions during her work-out Oct. 25 in Mannheim. Dayton has made it his mission to help community members improve their overall fitness. The former Soldier also incorporates breathing and relaxation techniques into his training to help students reduce stress.

"It's more of like a stress reliever for me, too, and it teaches me how to relax and tone myself up better. It makes me feel better about myself. He's a good motivator," she added.

Sgt. Taylor Ambos from U.S. Army Correctional Facility-Europe recently attended Dayton's weekly cardio-circuit training class for the first time after hearing about it from another Soldier.

"My abs and my legs hurt, but I felt good afterwards," Ambos said. "It will definitely keep you in shape. This is a whole body everything that will keep you sweating and keep you toned. It's a good workout. He's a cool guy who's really motivated and lets you know he's there to support you."

In addition to his management duties, Dayton teaches a free cardio-circuit training class three times a week and even works out with some of his customers in his spare time.

His smiling face is often the first one many patrons see as they sleepily stumble into the gym for an early morning workout.

"The best part about my job is working with people and seeing them get results and not just physically," Dayton said.

"I enjoy seeing them just being more positive, taking care of family situations, getting promoted or watching a family member come home from Iraq and Afghanistan," Dayton said.

"It's all goes back to who I actually work for – Family and Morale, Welfare and Recreation," he said.

"This community is a team and when we all can be fit it builds our morale, and when our morale is higher than our welfare will automatically be higher because we will know how to take care of ourselves and we'll be happier. And the way to do that is through recreation," he added.

Dayton revealed he had mixed feelings when he initially heard the Mannheim community would be closing.



"I was little skeptical because we've heard it so many times before. The dates have changed constantly. In 2006 they told us the gym would close in 2010," he said.

Whatever the exact date, Dayton said he plans to be one of the last ones out to help lock the doors and cut off the lights. He would like to stay as long as the fitness center remains open.

"We have to take better care of our Soldiers – , physically, mentally and emotionally. That's why the fitness center is so important," he said.

Dayton teaches a free cardio-circuit class 7:15-8:15 a.m. every Monday, Wednesday and Friday in the fitness center's free-weight and cardio room.

For more information on upcoming events and other classes at Sullivan Barrack's Fitness Center, visit www.mwrgermany.com and click on the links for Mannheim and sports and fitness. To contact the Sullivan Fitness Center, call DSN 385-2001.

Youth, police patrol streets

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

Brandon Campbell could be accused of leading a double life. Campbell works at the Heidelberg commissary during the week, but when he's not assembling party trays or delivering fresh-baked goods to customers, he's in a squad car.

Campbell is a volunteer member of the Heidelberg Youth Police Patrol. He's been on the job about three weeks and is one of six participants in the program.

The HYPP program began in June and pairs local youth with military policemen.

"I knew I was interested in going into the law enforcement field and that I wanted to be a police officer. Being in the program gave me a chance to see exactly what they do and some of the stuff that goes on before I really become involved," Campbell said.

The recent Heidelberg High School graduate volunteers several hours a week at the provost marshal's office on Patrick Henry Village working alongside military policeman like Pfc. Jon Stemler, 529th Military Police Company.

The two take turns conducting patrols together around local installations. They watch for traffic violations, minor infractions or any unusual behavior.

"I think it's a good way for them to really see what we do up close and to learn what integrity and loyalty is and what's right and what's wrong," Stemler said.

The Pittsburgh native said he decided to become an MP to help people and he hoped to pass on that same desire to the young patrol members.

Participants assist law enforcement officials with day-to-day missions and routine procedures such as traffic stops, filing missing ID card reports and desk



Dijon Rolle

Brandon Campbell, Heidelberg Youth Police Patrol volunteer prepares to go on a patrol with Pfc. Jon Stemler, 529th Military Police Company, on Patrick Henry Village in Heidelberg Oct. 18. The program pairs high school students with military police from the Heidelberg community.

sergeant operations.

Sgt. 1st Class Matthew Drexel, PMO plans and operations, said he and Melvin Jones, deputy director of emergency services came up with the idea after they read a response to a question posted on the Baden-Württemberg's BWNOW Web site.

The respondent discussed his experiences as a volunteer with the local police department in high school.

Drexel and Jones saw it as an opportunity to assist and empower Heidelberg youngsters and together the two took steps to jumpstart the program.

"This is a program to energize our youth to come in here and learn about some of the things we do as military police. It also gives them an opportunity to see some of the things that are out here in the community," Drexel said. "It also teaches our youth responsibility, discipline and lets them go out there and help identify problems on our post."

However, Drexel pointed out participants are never allowed to engage in any violent or serious incidents, and their safety is a top priority.

HYPP uses volunteers like Campbell and also employs students from the Hired! Program.

"I like going out with the patrols.

They've taught me how to keep my eyes open and to be able to pick out things in the community that do not look right and operational security," Campbell said.

In December, Campbell will ship out for boot camp at Naval Station Great Lakes. He enlisted as a master-at-arms or member of the Naval military police force.

The future Sailor added that his Army counterparts gave him some simple advice about military life.

"Stay out of trouble and do what you have to do, and as long as you stay busy the day goes faster," he said.

To participate in HYPP applicants must be at least 14 years old, have parental permission and pass a local background check.

Upon completion of the program, participants will receive a certificate recording their volunteer hours and an award.

Currently the program is available to Heidelberg students and residents, but there are plans to expand it to other communities and to also begin an adult ride-along program. HYPP applications are available at the PMO office in Bldg. 4511 on Patrick Henry Village, DSN 388-2350.

Postal deadlines for holiday packages approaching

By **Cheryl Pellerin**
AMERICAN FORCES PRESS SERVICE

The recommended mailing deadline for sending economy-priced holiday packages to service members in Afghanistan, Iraq and other places around the world is Nov. 12, U.S. Postal Service officials say.

Deadlines for packages to arrive in the states by Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 17 for express mail military service.

The postal service offers a discount on its largest priority-mail flat-rate box – a 12-inch by 12-inch by 5.5-inch carton that can accommodate laptop computers, small conventional ovens, and military care packages.

Mail sent to overseas military addresses costs the same as domestic mail and the usual price for the large flat-rate box

is \$14.50. But packages heading to APO/FPO addresses cost \$12.50 or \$11.95 for those who print the priority-mail postage label online.

Priority-mail flat-rate boxes are free at any post office and can be ordered online at shop.usps.com. Postage, labels and customs forms can be printed online. Mail addressed to military and diplomatic post offices overseas is subject to restrictions in content, preparation and handling.

Each APO/FPO address has specific restrictions but the following are prohibited in the regions of Operation New Dawn in Iraq and Operation Enduring Freedom in Afghanistan:

Horror comics and obscene articles like prints, paintings, cards, films and videotapes; anything depicting nude or semi-nude persons, pornographic or sexual items, or unauthorized political materials; bulk quantities of religious materials contrary to the Islamic faith though items for personal use are permitted, and pork or pork by-products.

transformation UPDATE

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

E-mail usaghd.post@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.

What schools in Mannheim are scheduled to close?

This is the final school year for Mannheim High School and Mannheim Middle School. In school year 2011-2012, Mannheim will have one consolidated K-8 school at the current Mannheim Elementary School. Any high school students living in Mannheim will be bused to Heidelberg High School.

Why are the Mannheim High School and Mannheim Middle School closing after this school year (2010-2011)?

It is projected that the population of Mannheim will not have enough students to make it cost effective for DODDS to continue to support three schools in the Mannheim community.

Should incoming Soldiers with school-age children move to Heidelberg?

We are encouraging incoming Soldiers with school-age children – especially teenagers – to acquire housing in Heidelberg rather than Mannheim. This will make it easier for families and fewer major adjustments will have to be made.

Is Mark Twain Elementary closing?

MTEs will close June 10. MTEs students will be integrated into Patrick Henry Elementary School for the 2011-12 school year. The PHES building capacity is more than adequate to accommodate the additional students. This action is being taken because Mannheim High School will be closing as part of the eventual base closure. The additional space provided by the vacated elementary building will allow Heidelberg High School to accommodate incoming Mannheim students. A variety of integration activities are planned to make students feel more comfortable with changing schools. MTEs students will be taken to PHES toward the end of the current school year and matched with grade level peers for a "getting to know you" event.

Will Mannheim students spend hours on the bus to get to Heidelberg?

Every year, DODDS evaluates bus stops, routes and the size of the buses needed. The goal is to ensure that no student has to spend more than one hour on the bus each way. That goal will not change. DODDS will make every effort to ensure students from Mannheim do not spend more than one hour to get to school in Heidelberg.

www.bw.eur.army.mil/transformation

Civilian Fitness Program forms available online

Staff Report

Forms to enroll in the Civilian Fitness program are now available online at the U.S. Army Garrison Baden-Württemberg Web site, www.bw.eur.army.mil.

The program encourages civilians to engage in a regular program of exercise and other healthy habits.

Supervisors may allow up to three one-hour exercise sessions each week during normal work hours, for a total of 78 hours of administrative leave, in six consecutive months.

The program is a one-time enrollment opportunity but enrollment is ongoing. The goal is to initiate and maintain healthy behavioral changes through physical assessments and the development of an exercise program appropriate for each individual's lifestyle.

Take these steps for a successful fitness experience:

- 1 Obtain a copy of the USAG Baden-Württemberg Civilian Fitness Program enrollment packet available online or from the health promotion officer, DSN 373-5139, civ. 06221-17-5139; the Army Wellness Center, 371-2706, civ. 06221-17-2706; or Family and MWR fitness coordinator, DSN 370-6489, civ. 06221-17-6489. These folks are the experts if civilians have any questions regarding the program.

- 2 Complete the packet and get your supervisor to sign it.

- 3 Make an appointment with the wellness center for a fitness pre-assessment, DSN 371-2706.

- 4 Make an appointment with a fitness coordinator for an orientation of the gym and briefing of classes, events, etc. available in the community, DSN 370-6489.

- 5 Work out on your own, keeping a fitness log updated and available to supervisors upon request. Fitness log should list days and times of exercise.

- 6 Make an appointment with the wellness center for fitness post-assessment six months from the date of the pre-assessment.

Faces of the community: Heidelberg SAFER Expo



Donna Walker

Dr. Leonhard Engel, a biologist in the U.S. Army Garrison Baden-Württemberg Safety Office, shows Jimmy Kaleskas, 6, a mounted mouse used to discuss the danger of diseases spread by rodents such as hantavirus, bubonic Plague, rat-bite fever and typhus. The two visited at the Soldiers and Families Evaluating Risk exposition held at the Village Pavilion in Heidelberg Oct. 21 to highlight safe practices at home, at play and at work. Mannheim's SAFER expo takes place today at the Schuh Theater 8 a.m.-4 p.m.

Child care expands in Kaiserslautern

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Child care for Ingrid Duty often meant hectic mornings, driving more than 30 miles before work to drop off her two daughters at separate care centers.

Duty, a government civilian, spent more than 45 minutes fighting auto-bahn traffic, driving from her Mehlingen home across town to Landstuhl, then back into Kaiserslautern. But that's changed, thanks to a new School Age Services facility at Sembach Elementary School – one of a few Army child care programs in Kaiserslautern growing to meet the community demands.

Lt. Col. Kevin Hutchison, commander of U.S. Army Garrison Kaiserslautern, cut a ceremonial ribbon Oct. 14 – officially opening the Sembach program center. Now, at Sembach, Duty's daughters are both just four miles from home.

Duty has more time for herself, her girls and her husband, a Soldier who commutes 50 miles north to Wiesbaden, she said. In other words, there's

more time for breakfast.

"It's a whole lot better now. I come and pick my daughters up and they don't want to leave," Duty said. "It's great. They love it."

Child care at Sembach is one way the garrison's Child, Youth and School Services program is meeting the demands of a growing community, said Elena Smeltz, acting CYSS coordinator.

"The community here has been growing faster than the infrastructure, so child care is a big issue in the community," Smeltz said.

In Landstuhl, finishing touches are underway on a child development center, creating more space for kids in kindergarten and younger. A CDC already at Landstuhl provides care for up to 126 children in that age group.

Set to open in January, the new center will allow another 76 children, from infants to kindergarten, to receive care. The project moved faster than originally planned due to the garrison's commitment to the Army Family Covenant, an Army-wide program that includes a guarantee of quality CYSS support to Soldiers and their families, she said.

Roughly 920 Soldiers have children

enrolled in CYSS. But in Kaiserslautern's joint service community, Army CYSS also serves more than 675 children of Air Force personnel and roughly 20 children from Navy and Marine families. Serving so many, CYSS works with parents to find space in childcare programs often near capacity.

At Kleber Kaserne, CYSS recently made space for 17 more CDC children. By mid-2011, they hope to open expand Kleber's capacity, once minor construction is undertaken.

On Oct. 1, USAG Kaiserslautern officially assumed oversight of the former Air Force base, now known as Sembach kaserne.

When school started Aug. 30, the Army garrison began offering onsite child care, before and after school, to Sembach students.

"We have two rooms inside the elementary school that we have converted into our school age program," Smeltz said. "So, the children simply have to walk from their classrooms down to ours."

The new program is also more convenient for parents who, in the past, would often drive across Kaiserslautern to pick up their kids after work.



Energy Awareness Month Home energy checklist

Here is a checklist of things to do at home to save water and conserve energy.

In Army family housing or barracks . . .

- Fix minor water leaks or submit a service order.
- Soak water saving devices such as low flow (aerator) shower heads in diluted vinegar to remove calcium deposits instead of replacing them.
- During the winter months, don't keep your windows tilted open to regulate temperatures. Perform "shock venting." Open windows for 2-7 minutes to get fresh air, improve air circulation, and reduce heating and energy consumption. In addition, adjust radiators to obtain optimal temperatures.
- Survey your incandescent lights for opportunities to replace them with compact fluorescent lights, CFLs or light-emitting diodes-LEDs. CFLs can save three-quarters of the electricity used by incandescent bulbs. The best targets are 60-100W bulbs used several hours a day.
- Turn off lights in unoccupied rooms or consider installing timers.
- Turn off your computer monitor when not in use for more than 20 minutes, and turn off both the CPU and monitor if they won't be used within two hours. Use power-down or sleep mode features on CPUs and monitors.
- Unplug equipment that drains energy when not in use (i.e. cell phone chargers, fans, coffee makers, desktop printers, radios, battery chargers, scanners, etc.). If possible use power strips which can easily be turned on and off.
- During winter, open curtains on south-facing windows during the day to allow sunlight to naturally heat the home, and close them at night to reduce the chill from cold windows.
- Get low-flow showerheads, faucet aerator, and CFLs at the self help desk.

In Off-Post Housing . . .

- Use a programmable thermostat or timer to heat water only when needed or which can be adjusted to fit a schedule.
- Get an insulating blanket for the water heater. It will pay for itself in one year or less!
- Bleed air from hot-water radiators once or twice a season. If unsure how to do this, call a professional.
- Place heat-resistant reflectors between exterior walls and radiators.
- Turn down water temperature to the warm setting (120°F) to avoid scalding. Reduce it even further when you go on vacation.
- Insulate all accessible hot water pipes, especially within 3 feet of the water heater.
- Insulate cold water inlet pipes for the first 3 feet.

Mom lands rising star 'dream' spot

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

A few months ago, when Shaunna Cook was driving past an Operation Rising Star billboard with her son J.J., the 10-year-old suggested she try out for the singing competition.

The former Army staff sergeant, who once toured the globe with the U.S. Army Soldier Show, explained to her son that she might be getting too old for a singing career.

"You're never too old to go for your dreams," J.J. said.

Last year, Cook also had seen advertisements for the contest sponsored annually by the U.S. Army Family and Morale, Welfare and Recreation Command but with a job and family, she thought she had little time for singing.

This year, she decided to follow the advice of her biggest fan.

"He told me, 'Mama, I know you're going to win,'" Cook said.

Cook, 31, of Tampa, Fla., began singing gospel at age 5. She comes from a musical family and both parents were church pastors. In high school, she sang in a gospel choir, but soul music was her passion. She was charmed by the sounds of Sam Cooke, a soul music pioneer. Other influences include Marvin Gaye and Toni Braxton.

In 1997, Cook joined the Army, telling her mother she was going off to see the world. She took many opportunities to sing while stationed at Fort Stewart, Ga. Within a year, she won a spot on the U.S. Army Soldier Show, a troupe of military talent that toured Army bases around the globe. That tour taught her to sing in different genres from country to pop and soft rock.

"I went to many installations and places overseas to include Bosnia and Germany," Cook recalled. "I got to see the world while singing and dancing. That was a beautiful thing."

The former Army human resources specialist spent a decade in uniform. She is now an administrative assistant with 409th Contracting Support Brigade at Panzer Kaserne in Kaiserslautern. Her husband, Derek, is a senior non-commissioned officer with the 7th Civil Support Command, a U.S. Army Reserve unit at nearby Daenner Kaserne.

In early September, encouraged by her family to return to singing, Cook went through an a capella audition, where she sang Brian McKnight's "One Last Cry." That landed her a spot among Kaiserslautern's 16 local competitors



Staff Sgt. Michael J. Taylor

In early November, Shaunna Cook plans to compete in the Operation Rising Star finals at Fort Belvoir, Va. The community can watch the competition, which begins airing Nov. 14 online and on the Pentagon Channel.

who took to the stage Sept. 10 at Vogelweh's Kazabra Club.

She was last to go on that night. She was nervous. It had been a few years since she performed before a large crowd. She heard all the contestants sing before her. In the ladies room, she prayed, "God, let me get this one."

For Cook, a song is a story. And as the singer, she is the storyteller. Putting herself into the lyrics, imagining she is part of the story, is important for her to reach the audience, she said.

"If I sing a sad song and people are crying, I've told my story. If it's a happy song, then they are glad," Cook said. "But if they are left just sitting there, I've done nothing."

That evening, she wowed the audience and the judges with her rendition of Gladys Knight and the Pips' 1973 hit "Midnight Train to Georgia."

After the votes were tallied, Cook came out on top. When she won, her husband cheered out the loudest for her.

Later, at home, Cook's son J.J. asked to keep the oversized \$500



Courtesy photo

Sp. Andrea Robinson from Heidelberg Medical Department Activity sings in the local Operation Rising Star competition. Robinson was the Heidelberg winner.

check awarded after her performance.

"I told you," J.J. said. "I knew you were going to win."

Editor's note: Competitors from other Baden-Württemberg garrisons won local contests, including Heidelberg's Sp. Andrea Robinson.



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

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

Before traveling:

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

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

General 'out and about' tips:

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

More information:

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

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





Sgt. Kimberly Johnson

Air Force Capt. Joey Ingram (left), an intelligence, survey and reconnaissance officer with the 24th Intelligence Squadron, liaison officer to the 1st Armored Division, and a Chattanooga, Tenn., native, cringes Oct. 9 after his opponent, Spc. Andrew Blaize lands a punch during the Boxing Smoker 2 competition hosted by Division Special Troops Battalion, 1st Armored Division, USD-C, at Camp Liberty, Iraq. Capt. Ingram won the bout.

ourARMY around the world

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Spc. Blair Neelands

Spc. Margie Huelskamp, a medic attached to 3rd Battalion, 6th Field Artillery of the 10th Mountain Division, 1st Brigade Combat Team, listens to the heartbeat of a local woman at the Ghormach Clinic during a medical mission Oct. 2. Over two days, more than 400 people from throughout the Ghormach District were seen by two medical providers and seven medics from 1st Brigade Combat Team.



Sgt. Sean P. Casey

A Soldier with Headquarters and Headquarters Company, 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, stands in front of a destroyed truck in the Salar Bazaar in Wardak province, Afghanistan, Oct. 18. The truck was destroyed during a battle between Afghan National Army soldiers and insurgents.



U.S. Air Force Staff Sgt. Joseph Swafford

A village elder talks to members of the Texas Agribusiness Development Team-04 near the construction site for the Arbaba Environmental Park in Ghazni, Afghanistan, Oct. 12. First Lt. Edgington and other members of the ADT were checking on the progress of the park, which will provide a central location for conservation and agriculture training in Ghazni.

529th MP Soldiers bring laughter to library

By Sgt. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

In a quiet corner of the Mannheim Library on Benjamin Franklin Village Oct. 19 a burst of laughter interrupts the building's silence. Giggles and squeals can hardly be contained.

It's a departure from the expected scene in a library, but there's a good reason for it.

Soldiers of 2nd Platoon, 529th Military Police Company, 95th Military Police Battalion, have begun an after-school reading program for the children of the Mannheim community.

On this particular crisp, fall afternoon, Pfc. Maria Clasby who regularly volunteers her time for the program, incites those peals of laughter from her audience by singing a song from the book "On Top of the Potty" by Alan Katz.

It is one of the many books she reads that day and contributes to many of the smiles she receives.

The amusing choice of books Soldiers like Clasby read from is just one of the reasons they said they volunteer to come and read every week.

"I just love working with kids so that's what it is for me," said Clasby, "I don't have any kids so it's a chance

"It's a chance for us to have more of a face, to get Soldiers out of their cars and into the community and show that we are approachable."

—2nd Lt. Robert Soncini, 529th MP Company

for me to interact with them."

Pfc. Kyle Kindred who volunteered to read for the afternoon, said he enjoyed the break.

"I like to get out of the platoon every once in a while and take a break from doing the regular stuff every day," Kindred said.

The program came about as a result of the platoon trying to figure out a way to help their community while also being directly involved in it.

"We were looking for something to do for the community within the community," said 2nd Lt. Robert Soncini, the 2nd platoon leader for the 529th MP Company.

The program is something Soncini said he's seen at other installations.



Sgt. Adrienne Killingsworth

Pfc. Kyle Kindred, a military police Soldier with 2nd Platoon, 529th Military Police Company, 95th Military Police Battalion, reads one of the books picked out by a group of children Oct. 4 at the Mannheim Library on Benjamin Franklin Village in Mannheim during the weekly after school reading program sponsored by the platoon.

"It's a chance for us to have more of a face, to get Soldiers out of their cars and into the community and show that we are approachable," he said.

The Soldiers have participated in the after-school reading program for a few weeks and are eager to see more faces at their next event.

"They really enjoy doing it and spending time with the kids," Son-

cini said.

The after-school reading program is open to school-age children and is scheduled for 3:30 p.m. every Tuesday at the Mannheim Library, Building 252, on Sullivan Barracks.

The program will be temporarily on hold Nov. 9-23 and Dec. 21-28 for the holiday breaks.

Contact the Mannheim Library at DSN 380-1740, civ. 0621-730-1740.

Travel smart, safely in winter weather conditions

By Sgt. Fabian Ortega
USAREUR PUBLIC AFFAIRS

Europe's roadways are covered with fog, sleet, snow and ice in winter, making the season a challenging one for drivers who lack road experience in Europe or are new to a wintry environment.

"My advice to a first-time driver in Europe – Don't get in the car and plan a long trip somewhere without first getting out there and getting some experience," said Dave Scott, U.S. Army in Europe chief of safety.

Messy weather, such as ice-slick and snow-strewn roads, can make even the most experienced drivers seem inexperienced, Scott said. He said the most common accidents in winter are collisions and skidding off the road, usually caused by following too closely and driving too fast for weather conditions. Some people think following too closely means "tailgating."

Not so, Scott said. He said stopping distances can be up to 18 times longer than on dry roads.

"A good starting point is at least five seconds of time between you and the

vehicle in front, and increase the distance as things deteriorate," he said.

To lessen the risk of accidents, Scott offers a few winter driving tips.

"Clear all of your windows and mirrors to see and avoid others. Steer gently to maintain control of a vehicle on icy patches of road," he said.

And anticipate icy roads in the morning, especially if there has been some fog over night, he added.

"In the Alps and higher regions, you will encounter areas where tire chains are required," Scott said. "If you like to go skiing, it's a good idea to have chains and practice putting them on." Watch for the blue snow tire chain sign and other advisories that make chains mandatory in those regions.

Similarly, drivers may require tire chains if signs are posted when traveling on mountain roads in northern regions of Italy, where sweeping winds can drop temperatures of nearby towns to below freezing, said Christopher D. Sheets, U.S. Army Garrison Vicenza safety manager.

Though Italy does not get much snow in winter, the threat of black ice exists, as it does in many European

countries.

The thin sheet of ice that covers the road surface can come from almost anything: snow-melt from the previous day, moisture in the air during early morning hours or even exhaust from idling vehicles at intersections, Scott said.

"The biggest challenge with black ice is you don't notice it until it's too late," he said.

If black ice causes a skid, Scott recommended easing off the accelerator and steering into the direction of the skid.

Another winter driving challenge is low visibility, said Rudy R. Magain, safety manager for USAG Benelux.

"Dense fog is common in the Benelux area this time of year," he said. "In the early morning and on our way home from work, there is potential for accidents. I would ask people to make sure their car lights are working well."

Those not mechanically inclined should let professionals inspect their vehicle for winter driving before the weather gets bad.

"Many garages offer a free winter service check," Scott said.

Tips for winter safety

- All lights are in good working order
- Ensure brakes are properly adjusted
- Check that the battery charges properly and terminals are clean and tight
- Be sure all fluids are at proper levels, especially anti-freeze
- Make sure windshield wiper blades clean properly

Winter items for your car

- Snow shovel
- Ice scraper and brush
- Tow chain or strap
- Tire chains
- Flashlight (with extra batteries)
- Jumper cables
- Abrasive material (cat litter, sand, salt, or traction mats)
- Warning vest or flashing yellow light
- An empty coffee container or similar type can containing candles, matches (in a watertight container) or a lighter, and high energy food (such as chocolate or dried fruit)
- Blankets to keep warm if you become stranded



Sgt. 1st Class Christopher Fincham

Soldiers portray casualties as military policemen stalk the supposed shooter during Heidelberg Medical Department Activity's active shooter training exercise Friday at Nachrichten Kaserne in Heidelberg.

SHOOTER

continued from page 1

"stolen" from a marksmanship range. Beginning around 1 p.m. Friday, a Soldier, who was being portrayed by a military police member, approached the office of the HMEDDAC medical company commander.

After a heated discussion, the Soldier shot and "killed" company commander Capt. Summer A. Moore-Velbis.

The Soldier then proceeded through the company area in the health center, shooting 15 other Soldiers.

Nachrichten Kaserne completely locked down for the exercise and staff members were barricaded in their offices until the shooter was neutralized.

Military police shot and killed the perpetrator, and then continued to secure the area as the DRK and Fire Department arrived to treat the wounded. Of 17 individuals shot, 10 survived and seven died, including the shooter.

The wounded survivors were evacuated to Patrick Henry Village to simulate the trip to an actual hospital.

With the first report of shots fired, medical personnel established an Emer-

gency Operations Center.

The EOC acted as the coordination point for the synchronization of involved agencies.

"We are grateful for the help of the garrison organizations and the DRK," Johnson said. "This was excellent training for them and it's always good to collaborate with our host nation counterparts."

All involved organizations spent about two months preparing for the exercise.

Mouflage kits were used to simulate injuries and gunshot wounds.

"DRK used all volunteers who were dedicating their personal time to participating in this exercise," Johnson said.

Col. P.K. Underwood, HMEDDAC commander, praised everyone who took part.

"We really appreciate the hard work and the efforts that everyone put in," she said.

"Without our host nation support and the dedication of HMEDDAC employees, this entire exercise would not have gone as well as it did," Underwood added.



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IN MEMORIAM

Thomas A. Engen, 51, of Germany, formerly of St. Louis Park, died Oct. 14 in Rochester, Minn. Tom was born on February 25, 1959, in Albert Lea, Minn., to Allen and Muriel (Johnson) Engen. He was stationed from 1982 to 1991 at the European military headquarters in Heidelberg working as a graphic artist. He retired from the army in 1998 and entered civil service as chief telecommunications officer. He was a long time employee at headquarters, United States Army Europe G-3.

Funeral services will be conducted Oct. 23 at the Ascension Lutheran Church in Albert Lea, Minn. Local services will be held in Germany at the Mark Twain Village Chapel in Heidelberg Friday at 3 p.m.

Leaders study battle sites

By Capt. Kathryn Werback
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

LORRAINE, France – Senior leaders from the 18th Engineer Brigade toured World War II battle sites Sept. 27-29 to learn more about the operational art of combat engineering.

Staff rides enable a commander and his staff to explore significant battle sites and reflect on decisions they would have made. They require active participation to analyze past command and management decisions and to judge the effectiveness of a decision.

As preparation for deployment to Afghanistan, 45 commissioned and non-commissioned officers learned from the experiences of engineers during the Lorraine Campaign fought by the U.S. Third Army during World War II. These leaders

explored sites along the Moselle River near Nancy, France, and rediscovered that all battles – past and present – require planning, reconnaissance and an understanding of terrain. The ride went where Third Army engineers followed the initial river crossing assaults and constructed bridges to enable supplies to reach the troops on the front lines.

Today engineers perform the same tasks. When brigade Soldiers emplace bridges in Afghanistan, the staff ride will help them remember the consequences of poor planning.

At the end of the staff ride, leaders discussed some of the important factors that affected the battle in 1944. These included the planning of logistics on the battlefield, using reactive communications, applying strong leadership and remaining adaptable.



Capt. Kathryn Werback

Leaders of the 18th Engineer Brigade prepare to lay flowers in the Lorraine American Cemetery in St. Avold, France, at the grave of Pvt. Archie Elder during the battle staff ride Sept. 27-29. Elder died Dec. 3, 1944, during the Lorraine Campaign. He was a member of the 347th Engineer General Services Regiment, later designated the 18th Engineer Brigade in 1954.



Sgt. Robert Larson

Sgt. Waverly J. Barrett, equipment operator with 500th Engineer Company, 15th Engineer Battalion observes Sgt. Ernesto Juarez, Forward Support Company, 54th Engineer Battalion as he fires his M16A2 rifle during the stress shoot portion of the 18th Engineer Brigade Warrior and Warrior Leader of the Year competition testing their Soldier skills in the three-day event.

Warriors earn title

By Spc. Aislinn M. Amig
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

18th Engineer Brigade and a native of Bruno, Idaho.

SCHWEINFURT, Germany – With little sleep and hours of physical stress ahead, 12 18th Engineer Brigade Soldiers battled it out in the Warrior and Warrior Leader of the Year competition held here last month.

Competitors were assessed on Soldier skills to include the ability to exit a vehicle during a roll-over and how to complete a night land navigation course. Physically demanding tasks like a stress shoot range and a 12-mile ruckmarch tested endurance. Participants wrote essays on their knowledge of the Don't Ask Don't Tell Policy and Comprehensive Soldier Fitness, focusing on how the programs can benefit themselves and other Soldiers.

"It is good training, good competition. Lots of guys out there want to win so it's been tough," said Sgt. Ernesto Juarez, a competitor from the Forward Support Company, 54th Engineer Battalion,

The winners of the competition were Sgt. Terrance Barton, a team leader for 370th Sapper Company, 54th Engineer Battalion and a native of Houston, and Pvt. Christopher Bidwell, 42nd Clearance Company, 54th Engineer Battalion and a native of Port Orange, Fla.

"It is not the critic who counts – not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly," said Col. Paul M. Paolozzi, brigade commander, quoting from the Citizenship in a Republic speech delivered by Theodore Roosevelt in 1910.

"You are not those timid souls; you are the ones who dared greatly" Paolozzi said during the recognition ceremony Oct. 15, at Conn Barracks in Schweinfurt.

GERMAN NEWS

Facebook banned

A host of leading German companies are banning the use of the social networking site Facebook in their offices. While the official reason is IT security, firms are apparently also concerned that too many worker hours are being lost. A spokesman for the high-street bank Commerzbank told the magazine that for the majority of its employees, many external social media offers are inaccessible for security reasons. Other companies that have banned the use of Facebook in the office include auto-giant Volkswagen and the building material company HeidelbergCement. But companies clearly have other motivations. Facebook has around 500 million members worldwide, including over 10 million in Germany, and a recent study in the US found that no other site is visited more often from U.S. offices.

Cow attacks car

A cow left to wander on a cold night attacked a car on a country road near the town of Heimbach in North Rhine-Westphalia Saturday night. According to the police report, the cow decided to cross the road, forcing two cars to stop. Suddenly confronted, the cow went on the attack, running past one car then jumping onto the second. Once it had successfully smashed the hood of the vehicle, the cow fled into a nearby forest. Despite an immediate attempt to capture it, the cow evaded the police until Sunday morning, when it was returned to its owner. The 36-year-old driver of the car was unharmed, though shaken.

Lasers blind pilots

Dangerous blinding attacks with high-powered lasers on airplane and helicopter pilots in Germany have risen dramatically in recent months, according to government figures released Monday. From January to the middle of September, there were 229 laser attacks on planes and helicopters, the Federal Agency of Aviation announced – a massive rise on the 35 reported for the whole of last year. The high-powered lasers put the lives of the pilots as well as airline passengers and people on the ground at risk, aviation experts say, prompting calls for the devices to be treated as weapons. Jörg Handweg, spokesman for the pilots' association, Cockpit, said the reason for the dramatic spike in attacks was that high-powered laser pointers have become cheaper. Although sales are banned in Germany, they can be bought on the Internet.

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,

Do you have any quick advice for surviving deployment? My husband recently left from R and R and it seems I'm in a fog. I'm not sure how I'm going to make it for the next six months.

From: *Surviving deployment*

Dear Surviving,

I know six more months seems like an eternity. It became even tougher for me when my husband would return down range from R and R. I won't say it will be easy but you can make it.

However, I think you should keep it simple: laugh a lot, dance a lot and pray a lot. In other words, focus on the mental, physical and spiritual and you will make it through. Expect changes to occur, expect to have some "blues," but on the other hand, grasp opportunities for personal growth because there will be many.

Dear Ms. Vicki,
My family has been bothering me

about coming back to Texas for the remainder of this deployment so that I can be near family and friends. I'm really trying to make it on my own.

Yes, I am a young military wife and mother, but I'm determined to show everyone that I will be okay and there's no need to worry about me.

How can I tell my parents I'm staying here and keeping the home front going while my husband is deployed?

From: *I'm Ok*

Dear OK,

I'm glad to know that you are trying to assume responsibility for yourself and your children. Simply tell your parents that you appreciate their concern and support. Express that you are definitely needing their support during this deployment. It may be good for you to visit family and friends in Texas during the holidays and they can visit you, too.

Communication and understanding is key. You really don't need additional family stress at this time. On the other hand, be grateful you have family who want to help you during this time. Many people don't.

Dear Ms. Vicki,

I want so much to make my children happy for Christmas. I know I am feeling terrible because my husband, their father, is deployed.

Somehow I want to make it up to them and make them happy. I think if they are happy it will make the sadness go away for them. They miss their father so much. Christmas has always been very special for us as a family. My husband would light up like a Christmas tree when he watched them open up their gifts.

My children are 3 and 5 and I have already spent \$1,000 on them.

I have a credit card that I have never used to pay for everything so I won't be taking money from the household funds. I am also buying gifts for other family and friends.

I am not trying to compete with other people or anything; I just want the pain my children are facing to go away. Can you think of other ways to help? Please point me in the right direction.

From: *Just want to be happy at Christmas.*

Dear Happy at Christmas,

You may have a happy Christmas but you are going to be one sad cookie when you receive the credit card bill. Please stop while you are ahead. The money to pay for the credit card bill will come from your household funds.

Your sadness is the real issue. You are trying to make yourself feel better and you are using shopping to fill this void. It's giving you a "high" of sorts. You are saying this is for your children when it's actually for you. A 3 and 5-year-old are not able to demand a \$1,000 (plus) Christmas. It's what you want to give them to make yourself feel better. Don't misunderstand. A 3 and 5 year old are capable of being sad and expressing sadness. They miss their father, absolutely.

However, they pick up on the verbal and nonverbal caregiver emotional cues. The best thing you can do is work on this sadness you are feeling.

It's tough and your feelings are valid. However, I think you need to speak with a licensed social worker or therapist, someone to whom you can express your feelings. They can help you. I will send you a list of resources in a subsequent e-mail. Please, put your credit card away.

Relax at home but focus at work in healthy surroundings

Karla Simon

U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL)

Surviving the move into a cubicle city takes a good sense of humor and creativity because new environments bring new challenges. Work conditions undoubtedly influence our mood, physical health, productivity and sense of calm.

Everyone should model good behavior and expect it from co-workers. Problems can be alleviated by adhering to common courtesies.

Design space to fit needs

Consciously organize your cubicle. Remove the visual noise that clutters your desktop. Designate specific areas for personal items and mementos and another area for projects and work-related resources. Add your personality but keep it professional. Remember to think ergonomically in the setup of

your office furniture and equipment.

Keep environment clean

Use spill-proof containers to hold beverages. Clean up spills or crumbs daily. Dispose of any refuse in the garbage can and not in the trash can near your desk. Take some time (at least once a week) to wipe down anything you use on a daily basis: keyboard, mouse and phone. Don't forget fax machines, printers, copiers and other devices in common areas, particularly during flu and cold season.

Wash your hands

The single most effective thing you can do to stay healthy is to wash your hands regularly. The Centers for Disease Control and Prevention recommends using an alcohol-based hand sanitizer if hand washing is not convenient. Always wash your hands after you sneeze, cough or blow your nose and after using the bathroom.

Don't worry about appearing paranoid. However, it is not okay to spray co-workers with disinfectant if they display symptoms of illness such as sneezing or coughing. Their symptoms may be seasonal allergies.

Take mini-health breaks

Exercise at your desk. Stretching, muscle strengthening and yoga can be done to work out kinks and stiffness that build up during the work day. Walk cube city when you have to get up to fax or pick up something from the printer. Remember to take mental breaks. Most people have those days when their last nerve is being severely trampled upon. The best thing to do is to get out. Go for a walk.

Make healthy food choices

Start the day by eating breakfast to fuel the body and mind. Steer clear of vending machines. To combat mid-day slump and boost your metabo-

lism, eat healthy snacks like yogurt, fruit, vegetables and nuts. Increase water consumption and limit caffeine.

Don't make yourself at home

Work is not home. Employers want employees to feel comfortable, but remember this is not your living space. At home, you want to create an environment that promotes relaxation and rest. At work, you need your space to inspire you to focus on the tasks at hand.

Use these workplace tips at work to promote your health and well-being and to enhance your productivity and comfort.

Additional health information on hand washing, ergonomics, nutrition and other workplace health topics, can be obtained from the U.S. Army Public Health Command (Provisional) Web site at <https://usaphcapps.amedd.army.mil/hioshoppingcart>.

GET OUT!

area events

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

October 29

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. 29 and 30; Nov. 5, 6, 12 and 13 at 7:30 p.m. Matinees at 3 p.m. Oct. 31 and Nov. 7 at the Roadside Theater on Patton Barracks in Heidelberg. www.roadsideheater.com.

October 30

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

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

The American Army in World War I – 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.usa.org/rheinneckar>.

Bavarian Fairy Tale Castles – This excursion pursues 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. Stop for breakfast, then tour Hohenschwangau where Ludwig spent several years of his childhood and where the ornate wall frescoes of Germanic legends stimulated his romantic dreams. He used the dramatic backdrop of this mountainous scenery for the castles Neuschwanstein and Linderhof. In the afternoon, the tour continues to Neuschwanstein, King Ludwig's magnificent and most famous castle built in the style of a medieval Camelot. <http://affiliates.usa.org/kaiserslautern>.

Brugge Express – Brugge, 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 and a sought after spot for travelers to visit and enjoy. After the tour, there will be shopping for Flemish lace, Belgian chocolate, and lunch at one of the many restaurants. After lunch, view the city from a different perspective on a boat cruise through the city's canals. <http://affiliates.usa.org/rheinneckar>.

October 31

Strike It Rich Bingo – Let your daubers roll in this coverall 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.mwgermany.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 Staufer 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.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 and enjoy one of Europe's most unique destinations with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 11

Ski 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 disc jockey Shane. Fee: \$6. DSN 373-5275.

Amsterdam Express – Go to Amsterdam or take the Ski Express with Kaiserslautern Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Speyer Sea Life Aquarium – Take a journey with Heidelberg ACS through European and tropical waters where you'll encounter seahorses, sharks, stingrays and Marty, the enormous giant sea turtle all under one roof at the Speyer Sea Life Aquarium. DSN 370-6883, www.mwgermany.com.

November 17

Cheap Eats – Better Opportunities for Single Soldiers Heidelberg hosts Cheap Eats – A Taste of Home. Learn how to prepare traditional American dishes of the season – such as ham, turkey, casseroles, breads and pies at 6 p.m. at the Warrior Zone on Patton Barracks. It's quick and easy cuisine. DSN 378-5275.

November 20

Paris Express – Visit romantic Paris or take the Ski Express with Kaiserslautern Outdoor Recreation, DSN 493-4117, civ. 0631-3406-4117.

November 21

Caracalla Day Spa – Spoil yourself with this spa package. Kaiserslautern Outdoor Recreation, DSN 493-4117, civ. 0631-3406-4117.

November 22

Geocaching adventure – Join this GPS treasure hunt Nov. 22-28 for adventure seekers only. Heidelberg and Mannheim ACS will post on the ACS Heidelberg Facebook page the coordinates of three different caches (hidden treasures). Put them in your GPS, locate the geocache(s) and share your experiences online. For every discovered cache, you get entered for a chance to win a Geocaching GPS and other gear. Winners will be announced Nov. 30. Work as a group or individually. GPS units are available for check out on a first-come, first-served basis.

November 25

Berlin Trip – The Nov. 25-28 Berlin trip with the Heidelberg Kontakt club requires sign up and full payment of €230 per person by Nov. 10. Trip includes bus, breakfast and English-guided city tours of Berlin and Potsdam. Civ. 0171-537-8380 or 06202-8071.

coming to THEATERS

HEREAFTER

(Matt Damon, Cécile de France) Three people are touched by death in different ways. George is a blue-collar American who has a special connection to the afterlife. On the other side of the world, Marie, a French journalist, has a near-death experience that shakes her reality. And when Marcus, a London schoolboy, loses the person closest to him, he desperately needs answers. Each is on a path in search of the truth. Rated PG-13 (mature thematic elements including disturbing disaster and accident images, and brief strong language) 126 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 28 - EAT PRAY LOVE (PG-13) 7 p.m.
 Oct. 29 - HEREAFTER (PG-13) 7 p.m.; VAMPIRES SUCK (PG-13) 9 p.m.
 Oct. 30 - LOTTERY TICKET (PG-13) 4 p.m.; VAMPIRES SUCK (PG-13) 7 p.m.; HEREAFTER (PG-13) 9 p.m.
 Oct. 31 - LOTTERY TICKET (PG-13) 4 p.m.; HEREAFTER (PG-13) 7 p.m.
 Nov. 1 - VAMPIRES SUCK (PG-13) 7 p.m.
 Nov. 2 - HEREAFTER (PG-13) 7 p.m.
 Nov. 3 - LOTTERY TICKET (PG-13) 7 p.m.
 Nov. 4 - HEREAFTER (PG-13) 7 p.m.

Mannheim, Schuh

Oct. 29 - RED (PG-13) 7 p.m.
 Oct. 30 - NANNY MCPHEE RETURNS (PG) 4 p.m.; LOTTERY TICKET (PG-13) 7 p.m.; RED (PG-13) 9 p.m.
 Oct. 31 - NANNY MCPHEE RETURNS (PG) 4 p.m.; VAMPIRES SUCK (PG-13) 7 p.m.

Vogelweh, Galaxy

Oct. 29 - NANNY MCPHEE RETURNS (PG) 4 p.m.; LOTTERY TICKET (PG-13) 7 p.m.
 Oct. 30 - VAMPIRED SUCK (PG-13) 4 p.m.; RED (PG-13) 7 p.m.
 Oct. 31 - NANNY MCPHEE RETURNS (PG) 4 p.m.; RED (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

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.
 Oct. 29 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:20 p.m., 9:45 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; VAMPIRES SUCK (PG-13) 10 p.m.
 Oct. 30 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:20 p.m., 9:45 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; LOTTERY TICKET (PG-13) 10 p.m.; VAMPIRES SUCK (PG-13) 11:30 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.
 Oct. 31 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:20 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 2 p.m., 4:45 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6:15 p.m., 8:30 p.m.; VAMPIRES SUCK (PG-13) 7:30 p.m.
 Nov. 1 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.; VAMPIRES SUCK (PG-13) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 p.m.; Nov. 2 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.; VAMPIRES SUCK (PG-13) 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.; Nov. 3 - HEREAFTER (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; NANNY MCPHEE RETURNS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.; Nov. 4 - NANNY MCPHEE RETURNS (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; LOTTERY TICKET (PG-13) 11:30 a.m., 2 p.m., 4:15 p.m., 6:45 p.m.; VAMPIRES SUCK (PG-13) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:15 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

Evaluation Boards

Service members new to the medical evaluation board and physical evaluation board can get help from licensed attorneys. The MEB outreach counsel assists Soldiers from the moment of referral, through the process and once the case progresses from the MEB to the PEB stage. Heidelberg: DSN 371-2091, civ. 06221-17-2091; Landstuhl: DSN 590-8907, civ. 06371-9464-8907.

Phone, Internet Tax Exempt

TKS has received the approval of German tax authorities to offer telephone and Internet services exempt of value added tax, making TKS the sole German telecommunications provider legally authorized to offer VAT relief to their customers. This achievement was made possible through the cooperation of the German Finance Authority, Installation Management Command-Europe Family and MWR, and the Army and Air Force Exchange Service. Before this benefit is widely offered, TKS will perform a six-month test phase starting Nov. 1 for customers in the Kaiserslautern area.

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/ocs_app1.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 at 2 p.m. every Thursday through Dec. 3 by Drivers Testing Station Heidelberg through November for all personnel under U.S. Army Europe 7th Army with a military license.

Free FCC certification

November is Unauthorized Care Amnesty Month. If you are not a certified family child care provider through Child and Youth Services and provide more than 10 hours of child care per week on a regular basis, you are violating Army Regulation 608-10. Avoid the trouble and get free certification training. DSN 388-9378.

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.

♦ **Cards For A Cause Club** – The Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Nov. 1 in the Augusta Suite at the Woodlawn Golf Course on Ramstein. The club will make blank cards and small projects for wounded warriors to send to family and friends. Volunteers are needed to help prepare holiday cards and cocoa packets during November and December. There is a \$5 materials fee. Membership is open to all ID card holders. Children under 18 must be accompanied by an adult.

♦ **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 Melkerei 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 now offers "ABC Music and Me" for children in child care 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. 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.

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

HEIDELBERG

Education

♦ **ACS Classes** – Exploring the Heidelberg Job Market, 9 a.m.-noon Nov. 1; Scream Free Parenting (four sessions), 2-4:30 p.m. Nov. 1, 3, 8 and 10; Intro to MS Word (two sessions), 9 a.m.-noon Nov. 2-3; AFTB Level I, 9 a.m.-2 p.m., Nov. 2-3; Life in Balance, 1-3 p.m. Nov. 2; Staying Positive and Motivated in Negative Situations, 10 a.m.-noon Nov. 4; Healthy Relationships, 1-3 p.m. Nov. 4 and English as a Second Language Beginner Tuesdays, 9-10:30 a.m. Intermediate Tuesdays, 11 a.m.-12:30 p.m. and Advanced Tuesdays, 1-2 p.m. in the Yellow Rib-

bon Room on Patrick Henry Village, 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.

Community

♦ **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 on Patton Barracks. There may be a delay in services during this week.

♦ **Warrant Officer Breakfast** – There will be a meet and greet breakfast for all warrant officers 7:30-8:30 a.m. Oct. 29 at the Campbell Barracks Kantine.

♦ **Legends New Hours** – Beginning Oct. 31 Legends will be open 6-10 p.m. Thursdays, 4:30 p.m.-1 a.m. Fridays and 6 p.m.-1 a.m. Saturdays.

♦ **Java Café New Hours** – Beginning Oct. 31 the Java Café will be open 6:30 a.m.-6:30 p.m. on weekdays, 8:30 a.m.-6:30 p.m. on weekends and 8 a.m.-4 p.m. on federal holidays.

♦ **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.

♦ **Hydrants Flushed** – Annual maintenance on hydrants and water mains will occur through Nov. 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.

♦ **Parent Support Group** – There will be a breastfeeding support group meeting at 10 a.m. Nov. 10, and a cloth diaper group meeting Nov. 18, both in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

♦ **MTV MOPS Meeting** – The Mark Twain Village Mother of Pre-Schoolers group will meet 9:30 a.m.-noon Nov. 10 upstairs at the MTV Chapel. The group meets on the second and fourth Wednesday of the month.

♦ **Veteran's Day** – The American Legion Rhein Neckar Post Gr-03 Heidelberg will host a Veteran's Day ceremony at 11 a.m. Nov. 11 at the Memorial Park on Patton Barracks. Immediately afterwards there will be a second ceremony to mark the 40th anniversary of the American Legion in Heidelberg.

♦ **Host Nation Appointments** – All beneficiaries requiring host nation medical appointments must visit the TRICARE Service Center to

Town Hall Meeting

The next U.S. Army Garrison Baden-Württemberg Town Hall meeting is scheduled for 6 p.m. Nov. 17 at the Patrick Henry Village Pavilion in Heidelberg. Community members are invited to e-mail their questions ahead of time to usahgd.post@eur.army.mil or call DSN 373-1400, civ. 06221-17-1400.

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.

♦ **Jummah Service** – A new Jumma 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.

♦ **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.

♦ **HCSC Event** – RSVP by Nov. 12 for the The Heidelberg Community and Spouses Club "Heidelberg Harvest and Wein" event 5-10 p.m. Nov. 19 at the Village Pavilion. The evening begins with a wine and cheese tasting, followed by dinner, live music, specialty vendors and more. Reservations can be made at www.hcsc-heidelberg.com. Cost is \$20 for members, \$25 for non-members.

♦ **Advent Wreath Workshop** – In celebration of the Christian tradition of Advent, the Chaplains Office will host a community Advent wreath workshop 4-6 p.m. Nov. 21 at the Casa Blanca Room on Campbell Barracks.

♦ **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.

♦ **Christmas Tree Lighting** – The annual Schwetzingen Christmas tree lighting ceremony will be 4 p.m. Dec. 1 in front of Kilbourne Kaserne.

♦ **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 the Mark Twain Village Chapel. Civ. 06221-301269.

♦ **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.divvess.com; Indoor tennis lessons November through March at St. Ilgen Indoor Hall are free for middle and high school students and ranges from \$20-\$40 for children in the School Age Services program; Radical Rock Climbing on Mondays Nov. 1-22 free for the first 20 middle and high school students. Bus picks up at the Lion's Den. DSN 388-9240. www.mwrgermany.com.

♦ **Chapel Services** – The chapel on Nachrichten Kaserne offers prayer and communion 10 a.m. every Sunday.

MANNHEIM

Community

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

♦ **Custom's Office Closure** – The U.S. Forces Customs Field Office will be closed Nov. 1 for a German holiday.

♦ **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. Open hours will be from 10 a.m.-6 p.m. Monday-Friday. DSN 384-6040.

♦ **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 until Nov. 23. Civ. 0621-730-9306.

♦ **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.

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

♦ **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. www.mwrgermany.com.

Cross country teams win

The Heidelberg Lions boys' and girls' cross country team finished the regular season Saturday with a victory at Baumholder, defeating Baumholder, Frankfurt, Brussels and SHAPE.

The Lady Lions swept the top five with senior Olivia Darrow taking first place with a time of 22:05. Other top five runners were Lindsey Duckworth, Stephanie Barlow, Hannah Mayfield and Janell Delgado. RaeAnnAnn Stark and Prisscilla Steele also placed in the top 10. Leading the boys this week was senior Jaron Henninger who placed second, Junior



Courtesy photo
Heidelberg senior Olivia Darrow ends her regular cross country season with a first place finish at Baumholder with a time of 22:05.

Brian Hannum (sixth), Jacob Brainerd (eighth), Jeremy Allen (ninth), JT Torres (10th) and Logan West (11th).
SOURCE: Sharon Brady

Mannheim volleyball



Linda Steil
Mannheim player Asia Bliss goes up for a middle hit against Frankfurt International School Oct. 19 in Mannheim. Frankfurt won the match 3-2.

Community strong ones

Yodit Tadesse and Vicky Gray compete in a challenging 13-kilometer obstacle course Oct. 17 in La Bresse, France. The two traveled to the area along with 76 other community members interested in competition and fitness from Heidelberg, Mannheim and Kaiserslautern. Competitors wore costumes for their race, ran through tires, climbed over hay bale walls and dodged under ropes in what is known as the Strongman Run.



The kick is good!

Heidelberg players Aaron Tribble-Knowles (14) and Zach Richards (77) keep their eyes on the ball kicked by Andrew Baxter as it sails over the referee's head and then through the goal posts on a successful extra point attempt during Saturday's game in Heidelberg against the Patch Panthers that earned the Lions a 33-9 victory and bragging rights as the Division I-South championship team. The Lions face the Division I-North champions, Ramstein, Saturday at 1 p.m. in Heidelberg. The victor of the division championship game earns a spot in the European football championships to be held at 1 p.m. Nov. 6 at Bamberg.

staying ACTIVE

5K Boo to Drugs Run

The Army Substance Abuse program will hold a Halloween 5-kilometer Say Boo to Drugs Fun Run/Walk beginning at 8:30 a.m. Oct. 30 at the Heidelberg commissary. Kids can enjoy bouncy castles and tons of treats. Wear your costume. DSN 370-1710, civ. 06221-57-1710.

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.

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. 28-30 - Tennis European championships, 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; Nov. 4-6 - Volleyball European championships, time TBA at Kaiserslautern.

Rod and Gun Club Fun Shoot

The Heidelberg Rod and Gun Club located An der Bundesstrasse 291 in Offersheim 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.

ESPN SportsCenter at Graf

ESPN will broadcast America's Heroes: A Salute to Our Veterans in a special SportsCenter broadcast live from Grafenwöhr, Germany, 3-9 p.m. Nov. 11. The special show will honor veterans, Soldiers and families of U.S. Army Europe. Hannah Storm and Josh Elliot will anchor. The event is open to all military ID card holders and their guests. Service members will also have an opportunity to give shout-outs to friends and family during this live broadcast. ESPN will highlight a Warrior Challenge, a Soldier skill competition, during the SportsCenter broadcast with teams representing U.S. Army units. ESPN will present a trophy to the winning team during a live, on-air, segment of the program. The special SportsCenter will air live in the United States and on the AFN sports channel. Civ. 09641-83-7127.

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.