

HeraldPOST

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

HP THURSDAY
Sept. 23, 2010

Speed Read

SUICIDE PREVENTION

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HOME TO HISTORY

Find out some of the history behind the buildings located on Heidelberg and Schwetzingen installations. **13**

Defense Details

FACE OF NATO MISSION

The addition of U.S. forces in northern Afghanistan has changed the face of the NATO mission there, the top U.S. commander for the NATO International Security Assistance Force element in the region, Army Col. Sean Mulholland said. The additional troops – some 6,000-plus – come from 10th Mountain Division's 1st Brigade Combat Team and 4th Infantry Division's 4th Combat Aviation Brigade.

DOD SCHOOLS

Department of Defense Education Activity officials are sharing cutting-edge resources and training tools with public schools supporting military families, particularly those heavily affected by deployment, an education official said.

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

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'We don't quit until we have eliminated sexual assault from our ranks'

By **Bruce Anderson**
USAREUR PUBLIC AFFAIRS

GARMISCH, Germany – "It's unfair of me to ask this of you, but I need you to do more. We have got to drive the (sexual assault) rate down."

That was the charge Gen. Carter Ham, U.S. Army Europe's commanding general, gave to the 80-member audience as he opened the 2010 Sexual Assault Prevention and Response Program Advocate Training conference here Sept. 14.

"I'm very proud of what you have accomplished, but, at the same time, I would say it's not enough," Ham said.

The audience included experts from universities and agencies whose programs are being tested and implemented in USAREUR, unit victim advocates, sexual assault response coordinators and deployable SARCs, legal and law enforcement experts, and selected members of Army in Europe's Better Opportunities for Single Soldiers program.

A representative each from the Department of Defense Sexual Assault Prevention and Response Office, Department of Defense Dependent Schools-Europe, and the see **CONFERENCE** page 11



Air Force Maj. Vicent Lau prepares a plate for Pvt. Michael Waskon – one of dozens of Soldiers who had lunch at a Patriot Day cookout at Landstuhl Regional Medical Center.

Single Soldiers share Patriot Day with wounded warriors

By **Rick Scavetta**
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Taking care not to bump his busted ankle, Pvt. Michael Waskon pushed his wheelchair up to the barbecue serving line at the USO Warrior Center, hoping for seconds.

A week earlier, Waskon, 19, of Linton, Ind., a M240 machine gunner with the 2nd Battalion, 502nd Infantry Regiment, see **PATRIOT DAY** page 12

"Terrorism is designed to change the way people act. If we take this day, when a great tragedy occurred, and treat it like a funeral – then the terrorists win. If we remember it as a time when patriots came together and fought back, then we've already won."

-Spc. Scott Gossett, wounded warrior

Students learn driving skills in new course

By **Kris Wheeler**
MANNHEIM SCHOOL LIAISON OFFICER

Although not on a real road, students from the Mannheim and Heidelberg communities felt like they were driving as they practiced on a simulator when the first local Driver's Preparation Course launched Sept. 13.

"Clutch!"

"What's a clutch and what does it mean when I push it?" asked driving student Alexis Pineiro.

Jim Neitzel, the program's instructor, then carefully explained the devices a driver needs to use when actually on the road.

"I am so proud that our (high school) students now can have the opportunity to learn the serious see **DRIVING** page 12



Alexis Pineiro tests out the new driving simulator available to Heidelberg and Mannheim students as part of the Child, Youth and School Services SKIES Unlimited program in Mannheim.

Kris Wheeler

LEGAL ASSISTANCE

Yellow Ribbon Program offers chance to pursue education

Patton Law Center

In today's competitive job market, a college degree or a graduate degree will give a person an advantage over the competition.

With this in mind, former President George W. Bush signed into law the Post 9/11 GI Bill.

Veterans who served at least 90 days on active duty after Sept. 10, 2001 are entitled to the benefits provided by the new GI Bill, and those who served at least 36 months on active duty are entitled to the maximum benefits provided by the new entitlement.

Eligible veterans who are enrolled full-time at an institution of higher learning are entitled to a tuition benefit, monthly housing allowance, and a yearly books and supplies stipend.

The Post 9/11 GI Bill will pay up to the highest in-state undergraduate tuition at a public institution of higher learning, a basic allowance for housing rate for an E-5 based on the geographic location of the school, and a maximum yearly books and supplies stipend of \$1,000.

But the benefits do not end there. The Yellow Ribbon Program allows veterans to attend public or private institutions of higher learning to pursue an undergraduate or even graduate

degree.

Under this program institutions enter into an agreement with the Department of Veterans Affairs to fund tuition costs that exceed the highest in-state undergraduate tuition rate.

Participating institutions agree to pay a certain amount of the difference between the veterans' tuition benefit and the total cost of tuition and mandatory fees.

The VA will then match dollar for dollar the amount the institution contributes toward the veteran's tuition costs.

The participating institutions must agree to accept participants on a first-come first-served basis, state the maximum dollar amount that it is willing to contribute for each participant during the academic year, and state the maximum number of individuals for whom contributions will be made in any given academic year.

This program enables veterans to pursue a higher degree from institutions that previously had been financially unattainable.

The program is administered by the VA and a list of the participating institutions in any state and a more detailed explanation of the benefits the program provides, can be found at www.gibill.va.gov.



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

DISCUSSION BOARD

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

Question: USAG Baden-Wuerttemberg and the Heidelberg Medical Department Activity signed a health care covenant to ensure the two organizations are working together to provide you with the best health care services possible. So how are we doing? What do you like and dislike about health care in our community?

I am a 53 year old BSN with 24 years Army wife experience and just had the single worst health care experience of my life at the Heidelberg family practice clinic this week. I am still trying to decide how best to handle it...and what I shall do about it. They should be ashamed!

-Kim Carille McKinney, BWnow Facebook fan

I would recommend you contact the Patient Advocate by e-mailing HBG-Questions@amedd.army.mil. Providing quality care is priority for us, and we're always open for suggestions on how to improve the care that we provide. Also, we want to make sure you're satisfied with the health care you receive. Feel free to contact me as well and I'll help you as best I can.

-Kristen Schabert Marquez, HMEDDAC Public Affairs



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

Creating awareness

Suicide prevention campaign wraps around coffee cups, door handles in Kaiserslautern community

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

As Sgt. Darius Taitt sipped his coffee at the Java Café, he noticed the suicide prevention hotline printed on the cardboard coffee sleeve.

Taitt, an orthopedic technician at Landstuhl Regional Medical Center, thought of how his friend – a fellow Soldier – attempted suicide but, fortunately, did not succeed.

Coffee cup sleeves, one of several ongoing U.S. Army Garrison Kaiserslautern initiatives to raise awareness in the community during Army Suicide Prevention Awareness Month, served as a good reminder, Taitt said.

“We’re losing lives all the time – needlessly. In the Army, we need to take care of each other,” said Taitt, 37, of Brooklyn, N.Y. “My friend found a lot of help, people were there for him.”

Several events were held recently to inform people in the community, to include Soldiers passing out information and candy at entrance gates, information booths at dining fa-



Rick Scavetta

In recognition of September as Suicide Prevention Awareness Month, Landstuhl's Java Café used cardboard coffee sleeves with suicide prevention hotline information to raise community awareness.

cilities and a video contest for the best public service announcement, said Lisa Velez, coordinator of the prevention campaign.

Across posts in Kaiserslautern, volunteers from the Better Opportunities for Single Service members program placed 1,800 door hangers throughout the barracks – reminders on where to seek help. During the third week of September, hundreds of

coffee sleeves were used at post cafés in Kaiserslautern, Mannheim and Heidelberg.

Suicide awareness is not just a September issue, Velez said. It's an ongoing effort to put out information, hopefully to reach someone at risk or those around them.

“One piece of information put in the right hands is a success,” Velez said.

Soldiers sometimes

wrongly view depression as a weakness and don't seek help, said Staff Sgt. Charles Bailey, 27, of Las Vegas, a medic at LRMC.

“That's why this campaign is so important,” Bailey said. “Soldiers need to know that people have problems and it's okay to talk about that.”

“There's no shame, you're not weak and no one is going to think less of you,” he added.

Heidelberg honors two retiring Soldiers

Staff Report

The Heidelberg community honored the commitment of two Soldiers during the U.S. Army Garrison Baden-Württemberg retirement ceremony on Patton Barracks Friday.

Guest speaker Maj. Gen. Patricia E. McQuiston, commanding general of the 21st Theater Sustainment Command, recognized the service of Sgt. Maj. Grant Jones and Sgt. 1st Class Antonio Neal.

Jones, from the V Corps Secretary General Staff, enlisted in the U.S. Army in February 1978. During his 32 years of service, Jones served in numerous leadership positions within various military police units.

Throughout his career, Jones has spent time around the world, from Fort Hood, Texas, to Panama and Baghdad to various duty stations in Germany. His duties have ranged from machine gunner and tactical vehicle driver to first sergeant and culminated with his assignment as V Corps Secretary General Staff sergeant major.

Jones is a graduate of Ashford University and holds a bachelor's degree in criminal justice.

Neal, the senior human resources sergeant of the 2-29th Field Artillery Battalion in Fort Bliss, Texas, is a native of Greenville, S.C., and enlisted in the U.S. Army in November 1990.

During his 20 years of service, Neal held numerous leadership positions and was stationed at Fort Leonard Wood, Mo.; Fort Stewart, Ga.; Fort Bliss, Texas; and various locations throughout Germany. Neal's duties have ranged from team leader to detachment sergeant.

Neal now lives in Ketsch with his wife, three daughters and one grandchild.

Volunteers from Texas fire up the grill for redeployed troops

By Spc. Ida Tate
7TH THEATER TACTICAL SIGNAL BRIGADE

Seven hundred fresh steaks were grilled and served by volunteers from the Steak Team Mission, a nonprofit group based in Dallas, Texas, to more than 500 Soldiers and family members of the 7th Signal Brigade and the Mannheim community showing their support to the newly redeployed Soldiers.

“We're grateful that the group traveled all the way from Texas,” said Lt. Col. Patrick Ginn, commander of the

72nd Expeditionary Signal Battalion. “It's always nice when an organization like this volunteers their time to support the troops.”

Soldiers of the 72nd ESB uncased the battalion colors earlier that day to recognize the safe return of more than 300 troops from Iraq.

The Steak Team Mission provided an assorted menu including fresh cornbread, pasta, vegetables, baked beans and ice cream. Beverages and two big cakes were donated by the Veterans of Foreign Wars.

Although this nonprofit organiza-

tion travels to war zones to support Soldiers in Afghanistan and Iraq, they made a trip to meet these veterans at their home station.

“The event was much better because of the support provided by the garrison staff, Better Opportunities for Single Soldiers and 72nd ESB Family Support Group,” said Master Sgt. Hugh McIntosh, 72nd ESB.

The United Services Organization raffled a trip for two to Paris, while Service Credit Union donated an 8-gigabyte MP3 player and movie tickets to the AAFES theater.



Spc. Ida Tate

The Steak Team Mission grilled more than 700 steaks for over 500 Soldiers and family members of the 7th Signal Brigade.

Chaplain team training

Sgt. 1st Class Amonty Cochran, the operations noncommissioned officer for the 21st Theater Sustainment Command's chaplain's office, teaches ministry team Soldiers how to react to contact during battle drills on Kleber Kaserne Sept. 15. The 21st TSC provided key equipment and the location for the tactical religious support course. Teams from all over Europe, participating in a three-day deployment training program designed to prepare chaplains and chaplains' assistants for upcoming deployments.



Sgt. Frank Sanchez III

USAREUR extends sexual assault reporting program

By Maj. Valerie Henderson
USAREUR PUBLIC AFFAIRS

The vice chief of staff of the Army has approved U.S. Army Europe's request to extend its pilot program allowing civilian beneficiaries of the military healthcare system the option to file a restricted report for sexual assaults.

"We are excited that our pilot program has been extended," said Rosalind Dennis, USAREUR Sexual Assault Prevention and Response program manager. "Civilians who want to file a restricted report can do so knowing they can receive advocacy services and support without initiating an official investigation."

Restricted reporting allows victims to confidentially report the sexual assault and seek appropriate medical care and advocacy services without triggering a criminal investigation. Unrestricted reporting allows victims to seek appropriate care and services while immediately initiating an official investigation of the sexual assault.

"This is about options," Dennis said. "Civilians should have the option to decide which type of report they'd like to file and know that their decision will be respected and they'll receive the care they need."

In January, Gen. Carter F. Ham, USAREUR commander, gained approval for an exception to current Department of Defense policy that prevents non-service members who report sexual assault through military channels from filing a restricted report.

That approval resulted in a six-month pilot program that ran March 1 through Aug. 31. The new approval allows USAREUR to reinstate its pilot program immediately with an end date of Feb. 28.

NATO nations gather in Ukraine for Exercise Rapid Trident

USAREUR Public Affairs

CENTRAL CITY, Ukraine – Exercise Rapid Trident 2010 is underway at the International Peacekeeping and Security Center near Lviv, Ukraine.

Soldiers from U.S. Army in Europe, the California Army National Guard and 15 North Atlantic Treaty Organization nations are all participating.

"The importance of this mission is not only continuing cooperation between the U.S. and the Ukraine, but the multi-national aspect and the coalition perspective of having 13 other contributing nations with us in this exercise," said Brig. Gen. Charlotte Miller, California Army National Guard.

Maj. Gen. Vyacheslav Nazarkin, deputy commander, Eighth Army Corp, Ukrainian Armed Forces, described some of the challenges and opportunities that he foresees during this operation.

"We have prepared for this exercise for a whole year," Nazarkin said, "and of course our soldiers will get to practice on this exercise ... conducting peacekeeping operations in a multi-national environment."

Despite the cultural and military differences among the nations, Nazarkin said he does not see it as a problem, but instead an opportunity for the partici-

"It will not influence the conduct of every task on this exercise. I think the cultural differences will be knowledgeable to the soldiers from every country."

–Maj. Gen. Vyacheslav Nazarkin

pating armies to learn and unite.

"It will not influence the conduct of every task on this exercise," Nazarkin said. "I think the cultural differences will be knowledgeable to the soldiers from every country."

The Ukrainian leader also added he doesn't foresee any major challenges during this exercise especially since many of the Soldiers are returning participants from the division and brigade headquarters down to the company and platoon levels.

Several different components are involved to ensure Exercise Rapid Trident runs smoothly and efficiently.

Leaders hope all of this year's participants will learn how to function as a cohesive war fighting body, while incorporating the differences each one brings, both culturally and tactically.

transformation UPDATE

AFN Openline

If you have questions about transformation, you will have the opportunity to ask the experts on an AFN Openline call-in radio show at 9 a.m. Oct. 13. Baden-Württemberg Garrison Commander Col. Bill Butcher will be joined by representatives from the Department of Defense Dependents Schools-Europe Heidelberg District and AAFES to discuss changes that will be happening in Heidelberg, Mannheim and Kaiserslautern in the future. E-mail questions to openline@afn.dma.mil or call DSN 389-4595, civ. 0621-46085-595 during the show. You can tune in on the PowerNet at AM 1143 or listen to the show streaming online at www.afneurope.net.

Frequently Asked Questions

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

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

Personnel Support

Personnel Support - The Heidelberg CPAC now has a specialist available to assist Mannheim garrison personnel every Wednesday afternoon in Bldg. 246, Room 209 on Sullivan Barracks. For local national personnel, two LN specialists are available on an appointment basis Tuesday and Wednesday mornings to ensure needs of personnel affected by employment termination get the attention they require.

Facility Operations Changes

Mannheim Village Grille - The Mannheim Village Grille will close as of Nov. 14. The Top Hat Club remains open as does the restaurant in the Bowling Center. Community members will still have access to a variety of dining alternatives in Mannheim such as Burger King, the food court next to the PX, Subway, John's Best BBQ on Sullivan Barracks, the dining facility, a German kantine on Funari Barracks, and a number of commercial restaurants and pizzerias near Benjamin Franklin Village. The restaurant has had declining revenues due to the decreasing population in the community, according to Family and Morale, Welfare and Recreation officials. The staff was informed Sept. 15 about the business-based decision to close the Village Grille in November and that the Heidelberg Non-Appropriated Fund human resources office will try to place current employees in other available positions.

Coleman Vision Center - The Coleman Vision Center remains open for patient care until Oct. 15. After this date, the center will move to Panzer Mall in Panzer Barracks in Stuttgart. Appointments: 0621-770-3100.

www.bw.eur.army.mil/transformation

ADS

'Tell Me a Story' compiles all the ingredients for family fun

By Donna Walker

HEIDELBERG/MANNHEIM PARENT TO PARENT TEAM

Cupfuls of courage spiced with plenty of love compile the ingredients of an American pie and who better to explain how to bake it than U.S. Army Europe Commander Gen. Carter F. Ham.

Ham will read "How to Bake an American Pie" by Karma Wilson 3-5 p.m. Oct. 17, at Patrick Henry Elementary School in Heidelberg. The family event offers hours of fun while educating children about the country's wide and vast diversity.

The Tell Me a Story event is organized by the Military Child Education Coalition's local Parent to Parent team. It typically features a book specifically chosen to teach positive characteristics, in this case, those of pride in heritage and a caring community. The event is free, but the deadline to register is Oct. 11.

After reading 'How to Bake an American Pie,' Ham will autograph and give each family a free, hardcover book: "Our 50 States, A Family Adventure Across America" by Lynne Cheney.

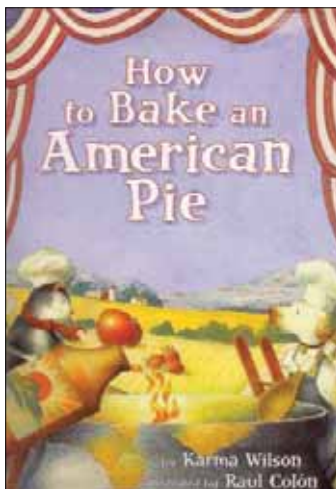
"It's a timeless addition to your library because it's full of little-known facts that children can use forever," said Parent to Parent team member Cherie Shivers.

Families also receive hands-on activities, snacks and a fun learning experience.

The Military Child Education Coalition is a nonprofit organization created to assist families when dealing with transitions and other educational issues related to the military child.

To reserve a space by Oct. 11, e-mail HeidelbergParent2Parent@yahoo.com. Provide first and last names for all family members attending and children's ages.

The Heidelberg Community Spouses Club donated books for the event.



Faces of the community: Patton Speedy Lube and Wash



Brandon Spragins

Daniel Greer, a equipment servicer for Patton's Speedy Lube and Wash on Patton Barracks in Heidelberg, changes the oil in one of the many vehicles serviced there on a daily basis. Patton Speedy Lube is open Monday through Saturday from 10 a.m. to 6 p.m. and closed on Sundays. For more information concerning services provided or your local Speedy Lube call civ. 06221-17-5196 or visit www.mwrgermany.com.

Caring for military families

Patient Advisory Council-Kleber influences health care decisions in Kaiserslautern community

By Chuck Roberts

LANDSTUHL REGIONAL MEDICAL CENTER PUBLIC AFFAIRS

The Patient Advisory Council-Kleber represents the interests of U.S. Army Health Clinic-Kleber, which is composed of active-duty Soldiers, family members, spouses, retirees, civilians and clinic liaisons.

The clinic commander, chief nurse, and detachment sergeant attend the meetings regularly but are not members of the committee.

Patient and family centered care is a new approach to the planning, delivery and evaluation of health care that is grounded in mutually beneficial partnerships between patients, families and health care providers.

PAC-K members have joined a growing number of volunteers and

staff who are committed to creating optimal services and programs within the Kaiserslautern military community and Europe Regional Medical Command.

Since its development, the committee has worked to ensure patients and families enrolled in the clinic have a clear understanding of the services and policies of the clinic while promoting a positive relationship between the patient and the community.

One example of how the Patient Advisory Council is serving the community is the recent clinic for sports physicals.

This was to ensure school-age children were healthy enough for sports activities such as soccer and flag football.

It was the PAC-K committee

that determined the need to partner with organizations in the community such as Army Community Service, Red Cross, USO and the dental and the health clinics.

PAC-K is a valued partner in our healthcare system and will play an important role in decisions that affect direct patient care.

The committee can influence health care decision-making that will affect thousands of patients and families through sharing ideas, advice and expertise.

Your opinion is important to the Patient Advisory Council, and the committee wants to hear from you as it continues to implement and evaluate policy and program changes.

Your recommendations may include patient concerns, clinic logistics and suggestions for new programs at the Kleber Clinic that could enhance the quality of care.

Please visit www.ermc.amedd.army.mil/kleber/index.cfm so PAC-K can know what you want done to meet your needs and address your concerns.

ADS

Low impact, big results

Former ballet dancer teaches Pilates classes

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Tucked away inside the Patrick Henry Village Activity Center in Heidelberg, a small group gathered, its members armed with long swathes of purple or lime green stretchy material.

Their teacher, Stasia Bryant, led them through a series of simple exercises using the brightly-colored resistance bands.

Bryant is a Pilates instructor, and the first Thursday class of her fall session was full of new faces like Yuko Daniels, who admits she signed up for the class to help her stay committed to her exercise routine despite a busy home life.

"If I tried to do this on my own, I think it would be hard for me," Daniels said. "I would probably do it once or twice and then stop, but coming here will help keep me accountable."

Accountable indeed, as Bryant builds each class upon the previous one, so she can see how her students improve week to week.

Bryant focuses her 19 years of ballet training and eight years of Pilates teaching experience into making sure each student used the proper technique.

Earlier in her career she danced throughout the United States and Europe, most recently in the local Roadside Theater's production of "Cats."

With a gentle hand and warm demeanor, the Colorado native carefully inspects and corrects each one of her student's form with razor-sharp precision.

"Inhale ... shoulders up," Bryant reminds them.

Bryant has taught Pilates here four times a week for the past four years.

"I love it. I enjoy teaching, and I love people," she said. "I hope to be doing this forever."

Pilates is a physical fitness system developed in the early



Stasia Bryant, Pilates instructor for Heidelberg Sports and Fitness, leads a Thursday morning mat class at the Patrick Henry Village Activity Center. Bryant offers hourlong Pilates classes at 9 a.m. Tuesdays and Thursdays and at 4 p.m. and 6 p.m. Wednesdays on PHV as well as at 5:45 p.m. Thursdays and at noon Fridays in the Campbell Fitness Center.

Dijon Rolle

20th century by the late Joseph Pilates. It was primarily used by athletes and dancers before gaining mainstream popularity several years ago.

Pilates can be practiced using different specially designed apparatuses or with mats and props such as exercise balls, foam rollers, rotating disks and resistance bands as Bryant's class does.

"Pilates uses all the core muscles, which does not necessarily mean just the abdominals; it uses the core of every muscle. We work on first stability, then go out from there," Bryant said.

Her hourlong class stresses the important principles of proper alignment, breathing and control – all of which the mother of two credits for her own improved health.

"After I had my children and was teaching ballet so much, I had a lot of lower back pain, and one of my ballet teachers started teaching Pilates. That's how we would start every ballet class, and ... it really was unbelievable. I really would wake up in the morning with no lower back

"Pilates uses all the core muscles, which does not necessarily mean just the abdominals; it uses the core of every muscle. We work on first stability, then go out from there ... Not everyone can do ballet and dance, and you can't do it forever, but Pilates is something that everyone can do."

-Stasia Bryant, Pilates instructor

pain at all," Bryant said.

"Not everyone can do ballet and dance, and you can't do it forever, but Pilates is something that everyone can do," the instructor said.

Bryant said Pilates is an especially good form of exercise for new mothers, people with back problems and anyone seeking to improve their flexibility and posture or recovering from an injury.

The class can also help with toning and overall fitness and also is suitable for all age groups and fitness levels.

"I just wanted to get back into shape ... I was a dancer before and I've done aerobics for years, but I wanted to try something new," said Allison Grover, a student in the class. "It's hard, but I love it.

I noticed my flexibility and posture improved and I feel stronger."

Bryant said many people confuse Pilates with Yoga or are intimidated after seeing some of the exercises.

"One thing is people think they have to have flexibility to come in; that's pretty irreverent. They think it's a lot like Yoga. Totally different system than Yoga ... and it's an entirely different exercise program. Some of the exercises look the same but they are done differently, and it's nothing like Yoga."

In addition to her teaching role Bryant has taken on a new one – entrepreneur.

Her brand-new Pilates studio, Pilateslines opens Saturday in Walldorf.

Bryant says anyone interested in taking her Pilates class at the Patrick Henry Village Activity Center, can simply show up and bring a small towel. All other materials will be provided.

The cost is \$60 for a complete session of about 10 classes. The classes are taught at the Patrick Henry Village Activity Center 9-10 a.m. Tuesdays and Thursdays, and 4-5 p.m. and 6-7 p.m. on Wednesdays.

Additional Pilates classes are available on Campbell Barracks 5:45-6:45 p.m. Thursdays and noon-1 p.m. Fridays.

For more information on Pilates classes, call DSN 370-7506, civ. 06221-57-7506 or e-mail PilatesLines@live.com.

ADS

ourARMY around the world

For more Army news,
visit www.army.mil

(Right) Two Soldiers from Fort Richardson, Alaska, are cheered on as they run down the final straight to the finish line during a 13-mile road march. The 14th Annual Warfighter Challenge at Fort Leonard Wood, Mo., brings military police units throughout the Army together to determine who is the best in the MP field.



Benjamin Fiske



Pakistani children wait to be moved onto a U.S. Army CH-60 Black Hawk helicopter for evacuation in Khyber-Pakhtunkhwa province, Pakistan, Sept. 13. The flood affected nearly 20 million Pakistanis, forcing many from their homes. (Photo by Pfc. Joshua Kruger)



U.S. Air Force Tech. Sgt. DeNoris A. Mickle

Soldiers from the 82nd Airborne Division prepare for a personnel drop from an Air Force C-17 Globemaster III aircraft over Fort Bragg, N.C., during a joint forcible entry exercise Sept. 13 at Pope Air Force Base, N.C. A JFEX training event is held six times a year in order to enhance cohesiveness between the Air Force and the Army.



U.S. Army Photo

Maj. Angie Allmer, a nurse with the North Dakota National Guard's state medical detachment in Bismarck, assists a Kinshasa, Democratic Republic of the Congo resident to the medical waiting area Sept. 14. Allmer is part of MEDFLAG 10, a joint medical exercise with U.S. military medical personnel and the Armed Forces of the Democratic Republic of the Congo, providing humanitarian assistance to the local people.



Staff Sgt. Cassidy Snyder

In the Congo

Brig. Gen. Jimmie Jaye Wells, commanding general of the Kaiserslautern-based 7th Civil Support Command, speaks to Maj. Gen. Marcelin Lukama from the Armed Forces of the Democratic Republic of Congo during a visit to a humanitarian civic action site in Kinshasa, the Congo, Sept. 14. Wells observed medical and dental care being provided to local residents as part of MEDFLAG '10, a joint medical exercise between the Congo armed forces and the U.S. military.

USAREUR Band and Chorus commander receives prestigious German military award

By Sgt. Joel Salgado
USAREUR PUBLIC AFFAIRS

The commander of the U.S. Army Europe Band and Chorus was awarded a high-ranking German military decoration at a ceremony on Campbell Barracks Sept. 15.

Lt. Col. Beth T.M. Steele, received the Silver Cross of Honor of the Bundeswehr from Col. Franz Dirksen, the German liaison officer to USAREUR, for her exceptional service as the band and chorus commander and for strengthening relations between the U.S. Army in Europe and the German community.

"It's a great honor for me to receive the Silver Cross of Honor, but the credit really belongs to the Soldiers of the USAREUR Band and Chorus who are such

tremendous musical ambassadors throughout Europe every day," Steele said.

Dirksen said the award was given in appreciation of Steele's commitment to cultivating and promoting the partnership between the United States and Germany and her outstanding cooperation with German military and civilian organizations.

"With Lt. Col. Beth Steele, you particularly feel how near and dear the U.S.-German relations are to her," Dirksen said.

Steele has been the commander of the USAREUR Band and Chorus since June 2008, conducting many ceremonies, presentations and concerts for the U.S. Army in Europe, the German military and communities throughout Europe.

"Together with the members

of her brilliant band and chorus, she substantially contributes to the cultural enrichment for the people in and around Heidelberg and beyond," Dirksen said.

Because of Steele's efforts as commander and musical director, the U.S. Army Europe Band and Chorus do not only represent the U.S. Army during their public performances, but they also function as international ambassadors for German-American friendship, Dirksen added.

For more information on the U.S. Army Europe Band and Chorus, visit the USAREUR Band and Chorus Web site at www.hqusareur.army.mil/band, or visit the USAREUR home page at www.hqusareur.army.mil and click on any of the social media links to see photos of the band and chorus in action.

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VIDEO BLOGS



This Week's Focus:

Policies on child supervision and illegal dumping

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www.youtube.com/BWnow

CONFERENCE

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USAREUR Equal Opportunity and Equal Employment Opportunity offices also were in the audience.

"This is, for me, a very real readiness issue, so we've got to attack it as such. It is a crime. It is the right thing to do to try to stamp this out," Ham said.

"But from an Army institutional stand-point, I know that our Soldiers and our units will be more ready to accomplish the many missions the nation expects of us if we eliminate sexual assault from our ranks."

The effort has to include commanders and senior noncommissioned officers, civilian leaders and all of the units and organizations associated with USAREUR, Ham said.

To end sexual assault, USAREUR and the rest of the Army should focus on a trait Soldiers demonstrate when in combat, Ham said, crediting the idea to that Soldier's aid as we do a Soldier who is being shot at.

"(Beam) said, we see every day in our Army, in Iraq and Afghanistan, Soldiers coming to the aid of other Soldiers," Ham recounted. "If you're in a firefight, there's not a single Soldier in uniform who would not expose himself or herself to imminent danger to protect a comrade who is being shot at."

"Why is it, that that happens in Iraq and Afghanistan, but when we're in Germany, or Italy, or Belgium, (and) a Soldier is at risk of being sexually assaulted, we don't have that same instinct to come to that Soldier's aid as we do a Soldier who is being shot at?"

That discussion led Ham to conclude that USAREUR can use that trait of coming to another Soldier's aid in the fight against sexual assault.

"I think we have a unique opportunity, because of the culture and the family in which we exist, the family of Soldiers, (that) we already have an instinct to go to the aid of another Soldier who is in harm's way," Ham said.

The conference, took place Sept. 14-17 and included discussions on bystander intervention, sexual assault forensic examinations, medical treatment following a sexual assault, SAPR support in a deployed environment, exposing predators, how rapists use drugs to facilitate the assault, and other topics.

"We don't quit until we have eliminated sexual assault from our ranks," the general said.

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DRIVING

continued from page 1

business of driving," said U.S. Army Garrison Mannheim Commander Lt. Col. Lisa Griffin as she introduced the class.

"This will help you tremendously when you become real drivers on the highway," she added.

As part of the USAG Mannheim Child, Youth and School Services SKIES Unlimited program, which operates under the Directorate of Family, Morale, Welfare and Recreation,

"I can't believe what I learned only in one night. This is amazing."

-Julian Gibbons driving student

the training is designed to provide students with rules of the road training supplemented by experience on a driving simulator.

The simulator offers scenarios such as open-road driving, city driving and even bad weather conditions, so the students can practice good tech-

niques and learn from mistakes while in a safe setting.

The simulator can be switched from American to German roads, but instruction is geared toward United States conditions.

All high school students enrolled in the course receive .5 credits, which

can be added to their electives.

The class is not a substitute for either the U.S. Army Europe or state-side driver's training and licensing; however, some Departments of Motor Vehicles do recognize this training in terms of qualifying for reduced insurance rates.

The class is three weeks long, but the students start learning immediately.

"I can't believe what I learned only in one night," Julian Gibbons said. "This is amazing."

PATRIOT DAY

continued from page 1

was injured when his vehicle struck a roadside bomb in southern Afghanistan.

On Sept. 11, volunteers from U.S. Army Garrison Kaiserslautern's Better Opportunities for Single Service members program treated Waskon and dozens of other injured troops to a cookout – just a small gesture among Soldiers to commemorate Patriot Day.

In recent days, while convalescing at Landstuhl Regional Medical Center, Waskon watched newscasts focused on the Sept. 11 attacks. Just 10 years old when terrorists flew passenger jets into the World Trade Center, the Pentagon and a Pennsylvania field, Waskon still remembers his elementary school teacher dropping her coffee cup as news of the events flashed across his classroom television.

"Remembering 9-11 has had a big impact on me," Waskon said. "It's affected me, so much. It hit me right in the heart. That's why we're fighting."

Although Patriot Day was established in 2002, few Soldiers recognized the term. Like many Americans, the term 9-11 was enough to start conversations.

"9-11 always reminds me of when the deployments started," said 1st Lt. Nick Dordon, from the California National Guard's 224th Sustainment Brigade, who went to the Sinai in 2002 and twice to Iraq.

Digging into a bowl of chili, Dordon, 38, of Paso Robles, Calif., could almost forget the pain from an injury he sustained at Talil airbase in southern Iraq. He arrived at LRMCMC just as volunteers ignited charcoal grills.

Behind the serving line, wearing a red BOSS T-shirt, Pfc. Brian Lamson served barbecue to his comrades – many who were bandaged or in

wheelchairs.

"These wounded warriors already gave their time," Lamson said. "We just wanted to show them how we appreciate what they have done."

Some Soldiers grabbed burgers and hot dogs and watched films on the USO's flat screens. Some talked quietly with visiting family. Others shared their stories, about how they were injured and wounded.

When most Americans were celebrating Labor Day Sept. 6, Spc. Scott Gossett was on patrol in Afghanistan's Zabul province. Gossett, 26, of Ruidoso, N.M., an infantryman with the Vilseck, Germany-based 2nd Stryker Cavalry Regiment, was part of a convoy resupplying a forward operating base.

That Monday around dawn, Gossett jammed to the Beatles and snacked on Cheez-its, awaiting orders to move out. The convoy, made up of Strykers and Afghan National Army pickup trucks, spent the morning rambling over hot, dusty roads and washed out wadis. By mid-morning, they reached an area of previous attacks.

Up ahead, an ANA truck exploded. Gossett's Stryker moved forward for security. Black smoke billowed from the burning ANA truck.

Gossett closed his bag of Cheezits and silently prayed.

"I said, 'Please God, don't let there be a secondary device,'" Gossett said. "But there was."

The Stryker bounced, throwing Gossett forward. Shocked into silence, Gossett saw an injured buddy through a dusty amber glow. Then, he heard the Stryker's alarms, swearing and screaming. His legs were broken.

He spent the entire week on his back, flying first to Kandahar, then to Bagram and onward to Germany. Staff at

LRMC found Gossett a wheelchair and mentioned the Warrior Center event. His wife, Jennifer, propped his bandaged legs up with a pillow. Together, they made their way to the USO.

Gossett was glad to be in the sun, he said, although he didn't have much of an appetite. Still, he was glad to be sharing Sept. 11 with fellow Soldiers, he said.

"Terrorism is designed to change the way people act. If we take this day, when a great tragedy occurred, and treat it like a funeral – then the terrorists win," Gossett said. "If we remember it as a time when patriots came together and fought back, then we've already won."

Spc. Rob Dickinson, 23, of Saint Augustine, Fla., president of the U.S. Army Garrison Kaiserslautern's BOSS program, quietly listened to Gossett's story – one he understood all too well. In 2008, while driving a truck in Iraq, his convoy also hit roadside bomb.

"These are our fellow Soldiers, who deployed to protect us all and got injured doing so," Dickinson said. "We're glad to volunteer our time, to offer them a little bit of good food and good company."

Since 1989, BOSS has strived to improve single service members' quality of life. Members take part in social, recreational and educational events, Dickinson said. Community service is also a big part of what BOSS does, he said.

Planning for the event began in mid-August, said Yamin Hill, acting director of USAG Kaiserslautern human resources. More than a dozen BOSS volunteers, plus Air Force officers and Army civilians from the Kaiserslautern military community, took part, she said.

Pfc. Lance Biddle, 22, of Palmetto, Fla., a Soldier from Company A, 2nd Battalion,



Rick Savetta

Spc. Bethany Ryno, 23, of Ricland, Mo., who serves with the 5th Battalion, 7th Air Defense Artillery, works the grill during a Patriot Day, Sept. 11, cookout at Landstuhl Regional Medical Center.

28th Infantry Regiment, always remembers 9-11 as the day after his mom's birthday. Biddle, who recently underwent back surgery, often finds comfort and conversation at Landstuhl's USO, as he did at his home station in Grafenwöhr, he said diving into a bowl of chili.

"It's really the only way to relate to the outside world," Biddle said. "It's nice to talk to people who realize what's going on and relax with people who understand you."

For many, the afternoon cookout offered a calm moment to reflect. For Soldiers, who have deployed into harm's way over the past nine years, it was a chance to examine their feelings about Sept. 11.

Staff Sgt. Phalon Nelson, 31,

of Virginia Beach, Va., an NCO from the 1st Battalion, 91st Cavalry Regiment, escorted a wounded Soldier from Afghanistan and stopped in to the USO to show his support. Like others, Nelson thought that turning a negative event like Sept. 11 and making it something positive sends a clear message to those who carried out the attacks.

"By celebrating instead of mourning," Nelson said, pausing to collect his thoughts. "We are saying, 'you can do this to us, but look how we have pulled together.'"

For more information on the BOSS program, call DSN 493-4344. The next BOSS event, will be a gaming competition Saturday at the Java Café on Rhine Ordinance Barracks.

Heidelberg Installations
Home to history

By Anja Emmenecker

USAG BADEN-WÜRTTEMBERG ENVIRONMENTAL DIVISION

When walking around the Heidelberg installations, did you ever wonder about the history? Do you know what's out there and where?

The garrison is home to a lot of historical protected buildings, and a few archaeological findings have been recorded on its premises. The U.S. Army is obligated to preserve and maintain these buildings. Any repair and construction affecting the exterior and major changes to the interior must be coordinated with the respective host nation protection agency.

Digging work in areas with archaeological evidence must be executed carefully and in significant areas also coordinated with the host nation. The oversight of these activities lies within the Environmental Division at the Directorate of Public Works.

Campbell and Tompkins Barracks

Parts of Campbell and Tompkins barracks are protected as an ensemble. Campbell Barracks (formerly Grossdeutschland-Kaserne) was built close to the Heidelberg city center in the 1930s by the German Wehrmacht. The buildings around the parade field served as billets, and they are adorned with stone carvings at their entranceways showing Soldiers from different eras dating from 150- 1937 A.D. Bldg. 31 was a horse stable and riding hall, and Bldg. 16 served as a quarantine for sick horses.

Bldg. 1 (the Keyes building), which has been providing offices for the U.S. Army Europe commanders in chief and chiefs of staff since 1948, was originally the officer's mess with a ballroom. Two custom-made, lead-glass windows, showing a 13th century knight and a 15-16th century mercenary knight, wooden panels with scenes of Heidelberg and Mannheim, a fire place decorated with the arms of Emperor Wilhelm I, the eagle of the German Empire and the coat of arms of Heidelberg and Mannheim, reflect the era and the building's particular historical significance.

The U.S. Army took over Campbell Barracks in 1945 and renamed it in 1948 to honor Staff Sgt. Charles L. Campbell, who was killed two days before Heidelberg surrendered when he led a patrol across the Rhein River near Mannheim, covering the withdrawal as the patrol returned to the west bank with valuable information. The artistic and architectural value, combined with its historical/political significance as the U.S. Army in Europe headquarters, justified the declaration of Campbell Barracks as a historical monument.

Tompkins Barracks (formerly Panzer Kaserne) was built in 1938, continuing Schwetzingen's long history as a garrison town, which began at the time of the Prince Elector (Kurfürst). The former

entrance area is marked by a guards' house with a relief at the gable saying: "Die Gepanzerten" (The Armored). Part of the protected ensemble is also the L-shaped former troop billet (Bldg. 4222) building and the buildings surrounding the parade field as well as the gym and the adjacent building for a fire brigade.

The kaserne is a testimony of architecture of the "Third Reich" during the militarization of the Rhein plains since 1936.

Tompkins Barracks was confiscated in 1945 and named in remembrance of Pfc. George S. Tompkins Jr., who died in combat action in the last days of World War II and was posthumously awarded the Silver Star for gallantry in action.

Nachrichten Kaserne and MTV

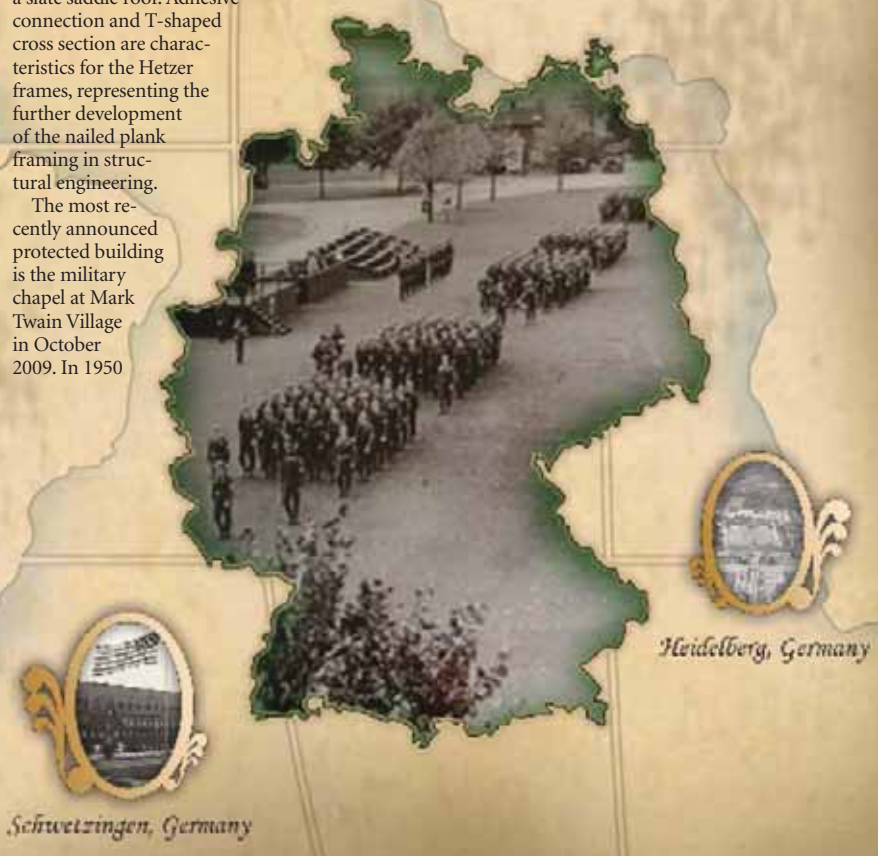
Nachrichten Kaserne was built 1938-1940 and is known now as the Heidelberg Health Center. The installation was confiscated in 1945 and houses two protected buildings, the gym (former exercise hall) and the Wilson Theater (former Riding Hall) featuring a special roof construction called Hetzer framing, typical for hall buildings until the 1930s. They are the only known remaining examples of this type of wooden frame structural engineering in the Baden region of Baden-Württemberg. The roof construction consists of wooden frame made of eight ogee arches with a slate saddle roof. Adhesive connection and T-shaped cross section are characteristics for the Hetzer frames, representing the further development of the nailed plank framing in structural engineering.

The most recently announced protected building is the military chapel at Mark Twain Village in October 2009. In 1950

Mannheim architect Emil Serini was commissioned to develop a standard church for the religious needs of the U.S. troops and their family members. The design was used throughout Baden-Württemberg and Rheinland-Pfalz. The MTV chapel is the first, biggest and as the chapel of the headquarters an important version of this design. These churches are unique in Germany for their design to accommodate multiple faiths. Decorative elements such as reversible crosses for Catholic and Protestant services are designed to be quickly modified to accommodate the different uses.

Archaeological resources are less visible as they usually lie buried in the ground and are only uncovered during excavation and construction work. Campbell Barracks, MTV and Nachrichten Kaserne lie directly adjacent to the old Roman road leading through Heidelberg. Local finds within the installations are remnants of ancient settlements dating back to the New Stone Age (about 5500 B.C.) in the area of Campbell Barracks and MTV. Within the boundaries of the Germersheim Army Depot a destroyed burial mound from the Bronze Age (1200-800 B.C.) was identified.

You see, there is a lot of history around, and hopefully you will take a moment to enjoy it while you are stationed here.



GERMAN NEWS

Debate over sports weapons

The town of Lörrach in Baden-Württemberg was shocked Sunday night by the shooting rampage by a 41-year-old lawyer. The woman apparently killed her former partner and their son, then headed to a nearby hospital armed with a pistol and a knife. After murdering an orderly and wounding a police officer, she was killed in a shootout with police. The woman was a sports shooter who legally owned the small-caliber pistol she used on her rampage. A senior government lawmaker rejected calls Tuesday for a ban on keeping sports and hunting weapons in private homes. Wolfgang Bosbach, head of the Bundestag's interior committee, dismissed as "counterproductive" a demand by the environmentalist Greens for private possession of weapons to be gradually phased out.

Archbishop says church failed

Robert Zollitsch, Germany's most senior Roman Catholic bishop, said Monday the Church had "failed" in its response to victims of sexual abuse by its priests. Sexual abuse is at the top of the agenda of the bishops' gathering following a series of scandals that have rocked the Roman Catholic Church to its foundations in the homeland of Pope Benedict XVI. Zollitsch said Church leaders were working to "plot the way forward" and prevent further cases of molestation by priests and other Catholic officials.

26 injured in Hamburg football derby

Police detained 55 people and placed 13 under arrest Sunday after a Bundesliga derby in northern Germany turned violent, injuring 26 people, including eight police officers. Police had to repeatedly use water cannons to separate battling supporters during the St. Pauli's home match against bitter Hamburg rivals HSV, which ended in a 1-1 draw.
SOURCE: www.thelocal.de



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

Dear Ms. Vicki,

Thank you so much for all of your hard work! I've heard about you from many people in the community.

I am also a social worker, and I think it's great for you to show the world everything a social worker can do.

Most think of a social worker as a person who takes children away from their families and passes out welfare and food stamps.

You show that social workers can stand outside of the box and do many different things.

I really hope you can go further with this gift.

Keep taking all of the criticism with grace, Ms. Vicki, and know that I am standing with you!

From: Karen

Dear Ms. Vicki,

I keep seeing articles about the GI Bill college tuition benefits being increased/extended, passed to children or spouse.

My husband of 12 years retired from the Army in 2005.

He used his GI benefits after his first tour of duty to gain his college degree.

He was young and single with no wife or children at the time. He then went back in to the Army and went through Officer Candidate School.

He finally retired after 20 years of service.

My question is if there are any colleges benefits our daughter or myself would be eligible for under this new system, assuming he used his benefits in the mid '80s?

From: Wanting education

Dear Education,

These are all great questions. I know the GI Bill has changed and other family members can use the benefits.

I don't want to give you the wrong information, so here is some information I found on the military.com Web site regarding the GI Bill:

"Benefit Transferability: The Department of Defense is autho-

rized to allow individuals who, on or after Aug. 1, 2009, have served at least six years in the Armed Forces and who agree to serve at least another four years in the Armed Forces to transfer unused entitlement to their spouse.

"Once the member has reached their 10 year anniversary they may choose to transfer the benefit to any dependent(s) (spouse, children).

"NOTE: The ability to transfer benefits is limited to those currently serving in the military with some limited provisions for those retiring over the next few years."

My suggestion would be for your husband to contact the VA and ask about his GI Bill benefits. They would have definitive answers.

If you or your children have already applied at a college or university the financial aid counselor or director would provide guidance and information for you, too.

It's in their best interest to have credible information and guidance around these issues.

As you glean more information, please write me and give me updates.

This would be great information for other readers.

Your letter could be chosen for print on military.com. If so, your identifying information will be deleted.

Health care benefits: What does TRICARE cover to help you while you are traveling?

TRICARE Area Office

How you can make it work for you? It is important for you and your family to have the best health possible. The month of September is your Health Benefits Awareness Month. This week's focus is on travel health.

There is nothing worse than starting off on a trip only to have the plans interrupted with an illness or accident. Part of any travel plans should include: "what if...?" Your travel plans should include a review of your medical coverage and what steps you must take if the need should arise.

Travel preparations

- ◆ Pack your TRICARE Europe Passport.
- ◆ Keep your Defense Enrollment Eligibility Reporting System information for you and your family current.
- ◆ Get any routine care before you travel and obtain adequate routine medications which you should carry with you (not in your checked baggage). Any routine care obtained while traveling for TRICARE Prime beneficiaries must be pre-approved by your primary care provider or TRICARE Service Center.
- ◆ Recommend any non-TRICARE beneficiary traveling to Europe check with their insurance carrier to see what is covered overseas or obtain travelers insurance.
- ◆ If traveling to a foreign country, it is important to see if there are any recommended immunizations that you should get before you travel.
- ◆ If traveling to another country, it is wise to know

the number for the American embassy or consulate and the local emergency phone numbers.

Emergency care

TRICARE defines an emergency as a medical, maternity or psychiatric condition that would lead any prudent layperson to believe a serious medical condition exists.

- ◆ Seek treatment immediately at the nearest military treatment facility, U.S. or host nation hospital emergency room, or U.S. TRICARE accepting urgent care center. Authorization is not required for emergent care.

- ◆ Active-duty personnel traveling in an overseas location on TDY/TAD or leave as well as prime enrolled active-duty family members should contact the TRICARE Global Remote Alarm Center for assistance immediately after checking into a host nation emergency department. Phone: 0044-208-762-8133.

-The alarm center can assist with locating appropriate host nation medical care, emergency medical transportation, and provide a guarantee of payment to the treating facility whenever possible.

-This is an expanded benefit - keep the phone number with you.

-The Alarm Center is available 24 hours a day. You may call collect or request the representative to call you back to keep your out of pocket phone expenses to a minimum.

-Prime travelers in the U.S. do not need to contact the Alarm Center for emergent care. Please identify yourself to the U.S. emergency department or urgent care center as an overseas enrolled

member so claims may be submitted to the proper TRICARE claims processor.

-Standard beneficiaries should also seek care immediately at the nearest emergency room but be aware that most facilities in the Eurasia Africa area will require upfront payment. You would have to pay for the services received and file a claim with TRICARE for reimbursement.

Urgent care

TRICARE defines an urgent medical need as one for an illness or injury which does not require immediate treatment to avoid further disability or death, but requires professional attention and has the potential to become more serious if treatment is delayed longer than 24 hours.

- ◆ TRICARE Prime traveling beneficiaries should contact the TRICARE Global Remote Alarm Center for authorization assistance prior to seeking care. This is in place for members traveling overseas as well as in the U.S. Phone: 0044-208-762-8133 for overseas travelers, or 1-877-451-8659 for U.S. travelers.

- ◆ If authorized to seek civilian medical care with an overseas provider you may be requested to pay for the services and file a claim with TRICARE for reimbursement.

- ◆ If authorized to seek civilian medical care with a U.S. provider please identify yourself to the U.S. provider as an overseas enrolled member so claims may be submitted to the proper TRICARE claims processor.

- ◆ TRICARE Standard beneficiaries can seek host nation care and pay and claim as usual.

GET OUT!

area events

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

September 23

Roncalli Circus - The Roncalli Circus will perform in Heidelberg. Enjoy the clowns, comedy and family fun. Circus runs through Oct. 3. Civ. 01805-22-4522. www.roncalli.de.
New Pop Festival - The SWR 3 presents three days of insider tips and newcomers from the national and international music scene. Every music lover will get their money's worth with first-rate live music in the Kurhaus, amongst other venues, and the "SWR 3 New Pop" party nights in the town center. Festival runs through Sept. 25.

September 24

Live Music - There will be a live musical showcase at the Heidelberg commissary on Patrick Henry Village at 1 p.m. Enjoy live music, grilling and refreshments while you load up your shopping cart at the case-lot sale. Any musicians interested in playing contact bshort7@hotmail.com or send a text message to 0160-669-7946.
Cycling Event - The RiderMan cycling event offers cycling excitement for all experience levels. The three-day-stage-race for non-professional riders offers fully closed routes and several surprises. www.riderman.de.
European Castle Ball - Engineers across Europe are invited to the European Castle Ball at the Würzburg Castle. Tickets: DSN 314-379-5049, civ. 0620-280-5049.

Oktoberfest in Landstuhl - Celebrate Germany's largest tradition with games, prize giveaways, music and more 6 p.m.-midnight at the Landstuhl Community Club. DSN 486-7244, civ. 06371-86-7244.
Show Choir - The Roadside Theater Show Choir, Sound Sensation, presents an evening of musical melodies to kick off its 2010-2011 season of shows. Show begins at 7:30 p.m. Sept. 24 and 6 p.m. Sept. 26. Filled with song and dance, the show features Broadway, jazz and pop music that will lift spirits and get toes tapping. Tickets are \$10 for adults, \$8 for students, \$6 for youth (6-11), \$4 for children (3-5) and \$25 for family pass. Free for season ticket holders.

Golden Cycling Criterium - U.S. Army Garrison Mannheim Family, Morale, Welfare and Recreation will host a bike race at 2 p.m. on Taylor Barracks in Mannheim. There is a \$10 registration fee, and the race will be held rain or shine. On-site registration opens one hour prior to first race of the day. Awards will be presented to the first, second and third-place finishers in each category and award ceremony will be held at the start/finish area immediately after the race. DSN 385-2588. ronis.gutierrez@us.army.mil.

R&B Night - Enjoy all the hottest music with a live disc jockey 9 p.m.-2 a.m. at Armstrong's Club on Vogelweh Housing. DSN 489-6000, civ. 0631-354-9986.
Prague - Join Kaiserslautern Army Outdoor Recreation for a day trip to Prague. DSN 493-4117, civ. 0631-3406-4117.
BOSS Gaming Tournament - The Kaiserslautern Better Opportunities for Single Service members will host a Call of Duty Modern Warfare game tournament and barbecue 3-7 p.m. at the Java Café on Rhine Ordnance Barracks in Kaiserslautern. Play for the chance to win an Xbox and bragging rights. DSN 493-4344, civ. 0160-708-4367.

Flea Market - Discover a hidden treasure or two at the Tongeren Flea Market. Sign up with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.
Culinary Walk - Food and wine are the focus of this special culinary event held in the nearby Palatinate vineyards. This year, the path will lead through the vineyards of Oschelskopf and Schwarzeskreuz (Black Cross). Along a 7-kilometer path through the vineyards, 21 culinary stands invite you to indulge in the traditional food and drink of the Palatinate. <http://affiliates.uso.org/kaiserslautern>.

The Count's Schloss Festival - Visit Constanz through March 10 for the Count Schloss Festival featuring high fashion, jewelry and fine accessories in the Baroque Mainau.
October 1
Kris Allen Concert - The USO presents 2009 American Idol winner Kris Allen at 8 p.m. at the Kazabra Club on Vogelweh. The concert is free. DSN 489-7261, civ. 0631-536-7261.

October 2
Enjoy Jazz - The International festival "Enjoy Jazz" comes to the Metropolitan Region Rhein-Neckar. Participating cities are Heidelberg, Ludwigshafen/Rhein and Mannheim. For specific concert dates, times and more information, visit www.enjoyjazz.de/content/index_eng.html. Festival runs through Nov. 19.
October 3
Run to the Tower - Italy's Camp Darby will host a 12-kilometer fun run to the Leaning Tower of Pisa at 9:30 a.m. in front of the Camp Darby Parade Field. The race

goes through the flat roads along the Arno River until it finishes in front of the Leaning Tower of Pisa. Registration is open Sept. 27-Oct. 6. Registration forms are available at the Camp Darby Outdoor Recreation Center and at www.usag.livorno.army.mil. DSN 633-7775.
Escape to Ireland - Join Heidelberg's Better Opportunities for Single Soldiers for an escape to Ireland. Enjoy three nights in Ireland for €299 including transportation, lodging and breakfast. Reservations: 0173-313-2075.
Venice and Florence Tour - Some of Italy's most breathtaking architecture and works of art await you. Enjoy a guided tour of Venice and Florence and experience the true beauty of these two world-famous cities. <http://affiliates.uso.org/kaiserslautern>.

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

October 15
Weinheim - Rolling hills with castles, exotic forests, parks and vineyards are typical of the Bergstrasse Hills whose center is the town of Weinheim. Tour the two castles, and the romantic Market Square with its Mediterranean flair. "This is where Germany starts turning into Italy," said Emperor Josef enthusiastically in 1764 on his way from Frankfurt to Vienna. Cost is €5. Open to all ID card holders. www.mwrgermany.com.

October 16
BOSS Cheap Eats - Enjoy Cheap Eats - German food Oktoberfest Style at 6 p.m. at the Warrior Zone on Patton Barracks in Heidelberg. Learn how to cook quick and healthy meals on a budget and get your fix of schnitzel, wursts, potato/noodle salads and pommes. Open to service members and their guests ages 18 and over and family readiness group members.

October 20
Halloween Costume Party - Check out the Cosmic Bowling Halloween Costume Party 8 p.m.-1 a.m. at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. Win prizes for best youth and adult costumes and stop by the bowling center and vote for which wild and crazy costume you want the bowling center manager wear.

October 23
THE TOWN (Ben Affleck, Rebecca Hall) Doug MacRay is the de facto leader of a group of ruthless bank robbers who pride themselves in stealing what they want and getting out clean. With no real attachments, Doug never has to fear losing anyone close to him. But that all changed on the gang's latest job, when they briefly took a hostage bank manager, Claire Keesey. Though they let her go unharmed, Claire is nervously aware that the robbers know her name and where she lives. She lets her guard down when she meets an unassuming and rather charming man named Doug not realizing that he is the same man who only days earlier had terrorized her. Rated R (strong violence, pervasive language, some sexuality and drug use) 125 minutes.

October 24
RESIDENT EVIL: AFTERLIFE (R) 7 p.m.
THE SORCERER'S APPRENTICE (PG) 7 p.m.; **THE TOWN** (R) 9 p.m.
THE SORCERER'S APPRENTICE (PG) 4 p.m.; **THE TOWN** (R) 7 p.m.; **PREDATORS** (R) 9 p.m.
THE SORCERER'S APPRENTICE (PG) 4 p.m.; **THE TOWN** (R) 7 p.m.
PREDATORS (R) 7 p.m.
THE TOWN (R) 7 p.m.
THE SORCERER'S APPRENTICE (PG) 7 p.m.
THE TOWN (R) 7 p.m.

October 25
RESIDENT EVIL: AFTERLIFE (R) 7 p.m.
THE SORCERER'S APPRENTICE (PG); **PREDATORS** (R) 7 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 9 p.m.
THE SORCERER'S APPRENTICE (PG) 4 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 9 p.m.
October 26
THE SORCERER'S APPRENTICE (PG) 7 p.m.
PREDATORS (R) 3 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.
THE SORCERER'S APPRENTICE (PG) 3 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.

October 27
THE TOWN (R) 11 a.m., 2:15 p.m., 5:30 p.m.; **THE KARATE KID** (PG) 11:15 a.m., 2 p.m., 5 p.m.
October 28
THE TOWN (R) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8 p.m.; **PREDATORS** (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
October 29
THE TOWN (R) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8 p.m.; **PREDATORS** (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
October 30
THE TOWN (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
October 31
THE TOWN (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 a.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
October 1
THE TOWN (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.

October 2
THE TOWN (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.

coming to THEATERS



THE TOWN

(Ben Affleck, Rebecca Hall) Doug MacRay is the de facto leader of a group of ruthless bank robbers who pride themselves in stealing what they want and getting out clean. With no real attachments, Doug never has to fear losing anyone close to him. But that all changed on the gang's latest job, when they briefly took a hostage bank manager, Claire Keesey. Though they let her go unharmed, Claire is nervously aware that the robbers know her name and where she lives. She lets her guard down when she meets an unassuming and rather charming man named Doug not realizing that he is the same man who only days earlier had terrorized her. Rated R (strong violence, pervasive language, some sexuality and drug use) 125 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 23 - **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.
 Sept. 24 - **THE SORCERER'S APPRENTICE** (PG) 7 p.m.; **THE TOWN** (R) 9 p.m.
 Sept. 25 - **THE SORCERER'S APPRENTICE** (PG) 4 p.m.; **THE TOWN** (R) 7 p.m.; **PREDATORS** (R) 9 p.m.
 Sept. 26 - **THE SORCERER'S APPRENTICE** (PG) 4 p.m.; **THE TOWN** (R) 7 p.m.
 Sept. 27 - **PREDATORS** (R) 7 p.m.
 Sept. 28 - **THE TOWN** (R) 7 p.m.
 Sept. 29 - **THE SORCERER'S APPRENTICE** (PG) 7 p.m.
 Sept. 30 - **THE TOWN** (R) 7 p.m.

Mannheim, Schuh

Sept. 24 - **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.
 Sept. 25 - **THE SORCERER'S APPRENTICE** (PG); **PREDATORS** (R) 7 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 9 p.m.
 Sept. 26 - **THE SORCERER'S APPRENTICE** (PG) 4 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 9 p.m.

Vogelweh, Galaxy

Sept. 24 - **THE SORCERER'S APPRENTICE** (PG) 7 p.m.
 Sept. 25 - **PREDATORS** (R) 3 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.
 Sept. 26 - **THE SORCERER'S APPRENTICE** (PG) 3 p.m.; **RESIDENT EVIL: AFTERLIFE** (R) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 23 - **DESPICABLE ME** (PG) 11:30 a.m., 2:30 p.m., 5:15 p.m., 7:45 p.m.; **INCEPTION** (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; **THE KARATE KID** (PG) 11:15 a.m., 2 p.m., 5 p.m.
 Sept. 24 - **THE TOWN** (R) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8 p.m.; **PREDATORS** (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Sept. 25 - **THE TOWN** (R) 11 a.m., 2 p.m., 5 p.m., 9 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8 p.m.; **PREDATORS** (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Sept. 26 - **THE TOWN** (R) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; **PREDATORS** (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.; **THE TOWN** (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
 Sept. 27 - **THE TOWN** (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
 Sept. 28 - **THE TOWN** (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; **THE SORCERER'S APPRENTICE** (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; **PREDATORS** (R) 11:30 a.m., 2:15 a.m., 5 p.m., 7:45 p.m.; **TOY STORY 3** (G) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
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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

Influenza Vaccines Available

Heidelberg

- ♦ Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday, 7:40 a.m.-noon and 1-4 p.m.; Friday, 7:40 a.m.-noon
 - ♦ Pediatrics Clinic: walk-in hours Monday-Thursday, 1-3 p.m.
 - ♦ Sept. 24, 8 a.m.-1 p.m. in the Casablanca Room on Campbell Barracks
 - ♦ Sept. 24, 1-2:55 p.m. at Heidelberg Middle School (faculty/students/parents)
 - ♦ Sept. 28, at Heidelberg High School and Mark Twain Elementary School (faculty/students/parents)
 - ♦ Oct. 7, 7:30-11 a.m. at Patrick Henry Elementary School (faculty/students/parents)
 - ♦ Oct. 8-9, 10 a.m.-2 p.m., at the Holiday Bazaar Patrick Henry Village Pavilion
 - ♦ Oct. 16, 8 a.m.-2 p.m., at Retiree Appreciation Day, PHV Pavilion
- #### Mannheim
- ♦ Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday 8:30 a.m.-noon and 1-4:30 p.m., and Friday 8:30 a.m.-noon

University of Oklahoma

The University of Oklahoma Advanced Programs-Europe is now accepting enrollments for their Master Degree in human relations and international relations programs. Save money by completing both degrees in their special dual-degree program. All courses taught on site by campus professors. DSN 379-7919. www.gou@ou.edu.

College Night

Representatives from more than 100 accredited colleges and universities from the U.S. and Europe will be at the Special Events Center on Rhine Ordnance Barracks. 6-8:30 p.m. Sept. 30. DSN 493-4123, civ. 0631-3406-4123.

Antiterrorism Guide

A newly updated "Self-Help Guide to Antiterrorism" created by the Defense Department's Office of the Joint Chiefs of Staff is now available to U.S. forces members in Europe. Download a copy at www.hqsareur.army.mil/vigilance/default.htm.

Retiree Appreciation Day

Mark your calendars for the annual Retiree Appreciation Day Oct. 16. The event will begin at 9 a.m. (registration starts at 8 a.m.) in the Patrick Henry Village Pavilion with services opening at 10 a.m. Also the Association of the United States Army is sponsoring and hosting an ice-breaker for the retirees Oct. 15 in the Copper Room at the Patrick Henry Village Pavilion, starting at 6 p.m.

Women's Conference

Heidelberg Army Community Service will host the first annual Women's Conference in support of domestic violence awareness month 8 a.m.-4 p.m. Oct. 14 at the Patrick Henry Village Pavilion in Heidelberg. Child care is available. Register: www.mwrgermany.com.

local EMPLOYMENT

Child Care Professionals

The Family Child Care programs in Heidelberg and Mannheim are recruiting family members who want a professional career with the benefit of working in their home. Training and assistance are provided at no cost. Civ. 06221-338-9378.

KAISERSLAUTERN Education

- ♦ **AFTB Training** - The next Army Family Team Building Level III class will be 8:30 a.m.-2:30 p.m. Sept. 28-Oct. 1 at the Army Community Center on Pulaski Barracks. The class will teach meeting management, delegation and leadership styles. DSN 493-4357, civ.0631-3406-4357.
- ♦ **Domestic Violence** - The Army has dedicated the month of October as "Domestic Abuse Awareness" month. In support of this ACS will show the movie "Precious," 2-5 p.m. Oct. 21 at the Galaxy Theater on Vogelweh. DSN 493-4615, civ. 0631-3406-4615.
- ♦ **Couples Communication** - The Couples Communication class meets at 5 p.m. Thursdays on Pulaski Barracks, Bldg. 2917. DSN 493-4332, civ. 0631-3406-4332.

Community

- ♦ **Quilt Guild** - The Rheinland-Pfalz Quilt Guild is offering a Beginning Quilting Class 6-11 p.m. Sept. 24 at Kapaun Chapel Annex. Sign up at info@rpqg.eu.
- ♦ **Swim Passes** - Army Community Service will offer free swim passes to all people enrolled in the Exceptional Family Member Program. The swim passes can be picked up at ACS, Bldg. 2891, Pulaski Barracks. Passes are good for Sept. 26 only and are only good at Monte Mare Swimming Pool, Mailander Str. 6. DSN: 493-4094, civ. 0631-3406-4094.
- ♦ **Cards for a Cause** - Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Oct. 4 in the Augusta Suite on Woodlawn Golf Course on Ramstein Air Force Base. Attendees will make cards and small projects for wounded warriors to send out to family and friends. \$5 materials fee. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. Future dates: Nov. 8 and Dec. 6. pejachowski@juno.com.
- ♦ **Vehicle Safety Day** - Bring your car to Pulaski Auto Skills on Pulaski Barracks 10 a.m.-7 p.m. Oct. 7 and get a free winter safety check. Purchase windshield wipers for \$5 and have them installed for free, plus you will also have the chance to win a car wash. DSN 493-4167, civ. 0631-3406-4167.
- ♦ **CAUSE Meeting** - "Speak Through Pictures" will be the theme of the next CAUSE support group meeting 6-7 p.m. Oct. 12 at Vogelweh Elementary School library. This meeting will provide parents with a communication enhancement tool used to assist children diagnosed with autism and Asperger's Syndrome. DSN 493-4016.
- ♦ **Amnesty Day** - The 21st Theater Sustainment Command will host an amnesty day 8 a.m. - 2:30 p.m. Oct. 12 to allow individuals to turn in ammunition and explosives at the

Theater Logistics Support Center - Europe's Ammunition Supply Point 9 at Miesau Army Depot.

- ♦ **Army Family Action Plan Conference** - The AFAP Conference will take place at the Kaiserslautern Community Activity Center Oct. 27-29. To submit issues or volunteer to work the conference, call DSN 493-4357, civ. 0631-3406-4357.
- ♦ **HUGS** - Help Us Grow Securely is an interactive and educational playgroup that meets 10-11:30 a.m. every Thursday at the Kid's Zone on Pulaski Barracks. DSN 493-4203, www.mwrgermany.com.

HEIDELBERG Education

- ♦ **ACS Classes** - Intro to MS Power Point (two sessions) 9 a.m.-noon Sept. 27 and 28; Resume Writing, 9 a.m.-noon Sept. 29; Volunteer Management Information System Training, 10-11 a.m. Sept. 29; Coping Strategies for Uncertainties in Life, 10 a.m.-noon Sept. 30; English as a Second Language: Beginner, 9-10:30 a.m. Tuesdays, 11 a.m.-12:30 p.m. Intermediate Tuesdays; Advanced Tuesdays, 1-2 p.m. and ACS Outing to Weinheim, 10:45 a.m.-3 p.m. Oct. 16. www.mwrgermany.com/hd/acs.
- ♦ **Community**
- ♦ **Volkmarches** - The Heidelberg International Wandering Club will host its annual volkmarch 7 a.m.-6 p.m. Sept. 25 and 7 a.m.-5 p.m. Sept. 26 behind Nachrichten Kaserne. Start cards are €3.80 and includes a decorative beer mug at the end. www.hiwc.de, hiwc@yahoo.com.
- ♦ **Toy Run** - The 17th annual Rhein Valley Legion Chapter Toy Run will be 11 a.m. - 5 p.m. Sept. 24-26 at the Heidelberg Rod and Gun Club. There will be music, games, raffle drawings and giveaways. Donate a toy and get a raffle ticket. All toys must be new. No stuffed animals. \$20 donation fee for entry, camping, raffle ticket and pin. Camping begins at 3:30 p.m. on Sept. 24. rheinvalley@hotmail.com.
- ♦ **Hispanic Heritage Month** - There will be a Hispanic-American Heritage Month Observance at 4 p.m. Sept. 25 at the Recovery Room on Nachrichten Kaserne. Cost for meal is \$10. There will also be an afterparty with a live disc jockey at 11 p.m. DSN 373-7955.
- ♦ **TRICARE** - Representatives from TRICARE/International SOS will be at the Heidelberg commissary 1-3 p.m. Sept. 25 to answer questions and distribute information.
- ♦ **Shuttle Bus Schedule** - Effective Sept. 27 the shuttle bus schedule will change. The 3 p.m. green route from Patton Barracks to Tompkins Barracks will now leave at 2:30 p.m. Customers can review the posted schedule at all shuttle bus stops. DSN 373-6410.
- ♦ **Polish Pottery Bingo** - The Heidelberg Sea Lions will host Polish

- pottery bingo at 6:30 p.m. Oct. 1 at the Heidelberg Middle School multi-purpose room. Prizes for the whole family including a free door prize. Silent auction and concessions available. Cards go on sale at 5:45 p.m. www.heidelbergsealions.com.
- ♦ **CFC Kickoff** - The community kickoff for the Combined Federal Campaign will be 11:30 a.m.-1 p.m. Oct. 12 at the Casablanca Room on Campbell Barracks. There will be a barbeque, live music and a ribbon cutting ceremony with cake.
- ♦ **Volunteers Needed** - The Heidelberg Community Spouses Club needs volunteers for its 46th annual Heidelberg Holiday Bazaar Oct. 8-10. As a volunteer you'll be entered into ongoing raffles to win prizes. Teens can also volunteer. www.hscs-heidelberg.com, www.mwrgermany.com.
- ♦ **Parent Support Groups** - There will be a breastfeeding support group meeting at 10 a.m. Oct. 13 and a cloth diaper group meeting at 10 a.m. Oct. 21, both in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.
- ♦ **Tell Me a Story** - There will be a "Tell Me a Story" event 3-5 p.m. Oct. 17 at the Patrick Henry Elementary School. The featured guest reader will read the book "How to Bake an American Pie" by Karma Wilson. This event is free, but space is limited. Deadline to register is Oct. 11. Reservations: HeidelbergParent2Parent@yahoo.com.
- ♦ **Blood Drive** - The Army Community Service Army Volunteer Corps and Armed Services Blood Program will hold a blood drive for Make a Difference Day 10 a.m.-2 p.m. Oct. 23 at Campbell Barracks in the Casablanca Room.
- ♦ **Make a Difference Day** - Join Heidelberg Better Opportunities for Single Soldiers during Make a Difference Day. The group will travel to Frankfurt to help maintain the American Service members' children's cemetery there. The group will meet at the park and ride at 7 a.m. outside of the PHV commissary ate.
- ♦ **Chili Challenge** - The Heidelberg Middle School PTSA is hosting the Best Chili Challenge and Pumpkin Carving contest 11 a.m. - 2 p.m. Oct. 30 at the PHV Pavilion. Registration: Heidelbergmsspsa@gmail.com. Schools, educators, units, organizations and community are welcome.

MANNHEIM Education

- ♦ **Red Cross Classes** - Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Oct. 2. There is a \$45 fee, which includes all materials. DSN 385-1760, civ. 0621-730-1760.
- ♦ **Community**
- ♦ **SSSC Closure** - The last shopping day at the Self-Service Supply Center Mannheim for FY 10 is Sept. 24. The

center will be closed Sept. 27-30 and reopen Oct. 1.

- ♦ **Library Activities** - Scrapbook Club meeting, noon-3 p.m. Sept. 25; free movie screening, 4-5:30 p.m. Sept. 25. DSN 380-1740, civ. 0621-730-1740.
- ♦ **ASIST Training** - The 18th Military Police Brigade will host an Applied Suicide Intervention Skills Training workshop 8 a.m. -5 p.m. Sept. 27-28 in Bldg. 818 on Funari Barracks. Participation is limited to 24. Registration: DSN 380-5577, tim.bombard@eur.army.mil.
- ♦ **Warrior Zone Opening** - The grand opening for the Mannheim Warrior Zone on Coleman Barracks will be 4-8 p.m. Sept. 28.
- ♦ **Parent Advisory Council Meeting** - The School Age Center will host its monthly Parent Advisory Council meeting 6-7:30 p.m. Sept. 29 in Bldg. 737. The PAC meeting is open to SAC parents. A light dinner will be provided. DSN 380-4321, civ. 0621-730-4321.
- ♦ **Holiday Greetings** - The Holiday Greetings team will set up at the USO in Bldg. 254 on Sullivan Barracks from 9 a.m. - 5 p.m. Sept. 29. DSN 385-2366 or 385-3886.
- ♦ **Volunteer Ceremony** - There will be a volunteer recognition ceremony, "Volunteers Falling Into Place" 11:30 a.m.-1 p.m. Sept. 30 at the USO on Sullivan Barracks. Open to all community volunteers. The event will be a potluck. Guests are asked to bring a dish. DSN 385-3101.
- ♦ **Joy Project** - Friends for a Better World is collecting donations of clothing, shoes, toys, bicycles, wheelchairs and dried goods to send to families in Ghana. Bring items to the BFV Chapel or call DSN 382-5827 or Landry114@hotmail.com for pick up through Oct. 1.
- ♦ **Voting Assistance Officers** - Local voting assistance representatives are Marcia Sierra-Williams and Eyonne Klink. DSN 385-2774.
- ♦ **Voting Materials** - Through Oct. 25 Mannheim Postal Service Centers will allow U.S. non-military post office privileged patrons the ability to mail election materials at the Benjamin Franklin Village entrance gate by the POND guard station near the Post Exchange.
- ♦ **Hallelujah Festival** - There will be a Hallelujah festival 4-8 p.m. Oct. 30 at the BFV Chapel grounds. Enjoy candy, food and drinks.
- ♦ **PWOC Meetings** - The Protestant Women of the Chapel will meet 9:30 a.m.-noon and 6 p.m. - 8 p.m. every Tuesday now through Dec. 14 in the BFV chapel basement. The group will no longer meet on Thursdays. All women of all faiths are welcome to join PWOC for Bible study, discussion, singing and prayer. Free pre-school aged child care is provided in the morning. Homemade lunches and dinners are available as well.

Heidelberg defeats Bitburg



Linda Steil

Heidelberg sophomore Cameron Meeker plays against Tyler Jakobs of Bitburg at the varsity tennis match on Patrick Henry Village in Heidelberg Saturday. Meeker defeated Jakobs 6-2, 7-5. Heidelberg won the match overall by a score of 18-0.

Air Force beats Army in annual golf challenge

The Air Force golf team from Ramstein beat Heidelberg's Army golf team 44-37 in the 14th annual Army vs. Air Force Challenge Match at Ramstein and Heidelberg over the weekend.

The Air Force team won Saturday's two-man match play event at Ramstein's Woodlawn golf course 14 1/2 to 12 1/2, and then won the individual match play 29 1/2 to 24 1/2 at Heidelberg's course Sunday.

Fifty-four golfers from each team took part.

Ed Galvan and Derek Turner, managers of the Heidelberg and Woodlawn courses respectively, presided at the award ceremony following play Sunday.

SOURCE: Rex Gribble

Heidelberg Lions cross country teams dominate in Wiesbaden Saturday

The Heidelberg Lions cross country team opened its 2010 season at Wiesbaden Saturday with a big win.

Both the boys and girls teams set the standard high as they dominated Wiesbaden, Frankfurt International and Black Forest Academy.

The Lady Lions placed five runners in the top 10. Leading the girls to victory were senior Olivia Darrow in second place, newcomer Hannah Mayfield in fourth, Lindsey Duckworth in fifth, Marlowe Muehlbauer in

eighth and Janell Delgado in ninth.

Not to be outdone by the girls, the boys also placed five runners in the top 10. Leading the Lions to victory was newcomer Kyle Swords in second, juniors Brian Hannum in fifth and Jacob Brainerd in sixth, and seniors Jaron Henninger in eighth and Jeremy Allen in ninth.

The team heads to the hills of Black Forest Academy this week for a battle with Ramstein and Patch high schools.

SOURCE: Sharon Brady

staying ACTIVE

Registration For Kaiserslautern Fall Sports

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

Cheerleading Class

Kaiserslautern SKIES Unlimited now offers a cheerleading class for youth ages 3-14. No previous experience is necessary. All classes include basic instruction on cheer fundamentals, yelling techniques, jumps, dance and teamwork. Registration: DSN 493-4516, civ. 0631-3406-4516.

NFL Sundays

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

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

Worldwide Day of Play

The worldwide day of play will be 10 a.m.-2 p.m. Sept. 25 at the Landstuhl Track Field. The day is designed to combat childhood obesity through physical active play. DSN 486-8375, civ. 06371-86-8315.

Spin Class

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

Strongman Run in France

Get ready for the Strongman Run in La Bresse, France, Oct. 17. This is no ordinary run. It's 13 kilometers of running through hills of tires, climbing over hay walls, crawling under ropes, and mud, sweat and maybe some tears. Start training now with Heidelberg Sports and Fitness to be prepared for this fun and challenging run. www.mwrgermany.com, www.strongmanrun.fr.

Tai-Chi Classes

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

Taekwondo Classes

Family, Morale, Welfare and Recreation's SKIES Unlimited Taekwondo Classes are now being offered at the Landstuhl Fitness Center (Bldg. 3722) 5-6 p.m. for beginners and 6-7 p.m. for yellow belts and up on Monday, Wednesday, and Fridays. Parents are welcome to join with their children. Call Central Enrollment and Registration at DSN 493-4156, Civ. 0631-3406-4516.

Personal Trainers Available

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

Prenatal Yoga

The Landstuhl Fitness Center is now offering family Yoga and two new prenatal Yoga classes taught by a certified instructor. DSN 486-7172, civ 06371-86-7172.

Send the HP Your Sports Photos

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

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