

HeraldPOST

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

Exchange ID check goes high-tech

AAFES Public Affairs

DALLAS – Implementation of an updated point-of-sale system that leverages the technological advances available through “smart” Common Access Cards is streamlining the identification process for age-restricted items at Army and Air Force Exchanges.

The Exchange’s new point-of-sale system, which rolled out to stateside locations Sept. 22 and is scheduled to be released at European and Pacific facilities before the end of the month, prompts associates to check identification when a restricted item is scanned.

“Exchanges are required to restrict the sale of certain items such as alcohol and tobacco,” said AAFES Chief of Staff Col. Virgil Williams. “Prior to implementation of the ‘smart’ ID cards, exchange associates had to visually inspect the identification in order to complete the sale. Now, our scanners at the register can work directly with the card to verify eligibility.”

Scanning the bar code on the front of the shopper’s ID card allows the Exchange’s system to determine the customer’s age and quickly complete the transaction. The system does not print the customer’s birth date on a receipt or store the information in any way.

“This is a convenience issue,” Williams said. “It’s simply a matter of what is easiest for the shopper and, because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items.”

According to Williams, see AAFES page 12

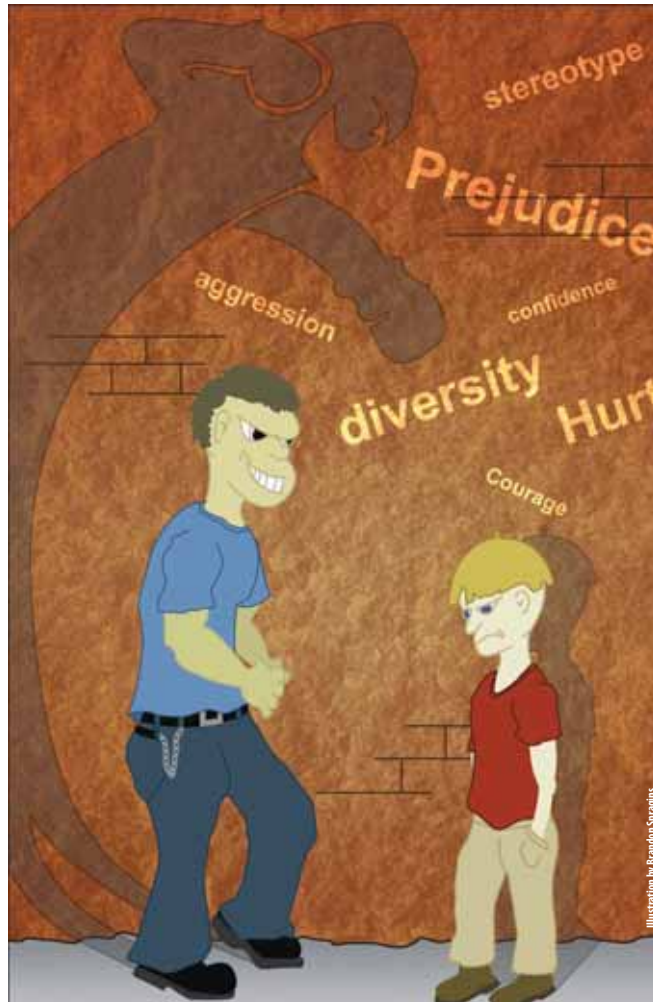


Illustration by Brandon Spragens

Battle of the bully

Conference shows best way to fight back

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Barbara Coloroso is no stranger to bullies. Her own children were victims of bullies, and her son knew the teens who massacred 12 students and one teacher at

Columbine High School in 1999.

When her son was growing up, he was bullied for being “artsy” and “different.” As a former Franciscan nun and educator, Coloroso knew the issue was much bigger than her three children and decided it was

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HP THURSDAY
Sept. 30, 2010

Speed Read

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Bring family pets to Mark Twain Village Chapel Saturday for a Blessing for Animals in celebration of the feast of St. Francis of Assisi. 3

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NEW BRIGADE ACTIVATES

The 7th Civil Support Command, the only U.S. Army Reserve command completely stationed abroad, adds the 361st Civil Affairs Brigade and the 457th Civil Affairs Battalion to its rolls. 11

MARKET GARDEN

The 5th Quartermaster Detachment of Kaiserslautern commemorates the 66th anniversary of the largest airborne operation of all time, Operation Market Garden. 11

Defense Details

FIRST MUSLIM CHAPLAIN

A Texas National Guard officer will become the Army National Guard’s first Muslim chaplain in December. Army 1st Lt. Rafael Lantigua, an ecclesiastically endorsed, fully ordained minister, will assume his post after finishing classes required by the Armed Services Chaplain Board.

ABSENTEE VOTING WEEK

Absentee Voting Week began Monday and runs through Oct. 4 encouraging citizens voting under the Uniformed and Overseas Citizens Absentee Voting Act who have not received their absentee ballot to go to www.FVAP.gov to fill it out.

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

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COMMENTARY

As I see it: Closure is here and it's not going away

By Jacqui Haggerty
MEMBER OF THE BWNOW VIRTUAL COMMUNITY

Folks have been asking when I'm going to tackle the subject of "IMPENDING DOOM" for U.S. Army Garrison Mannheim and Heidelberg. Hmmm...

I've survived the closures of Rhein-Main Air Base and USAG Darmstadt, and I just never quite thought of it quite that way before! Try saying it with me using your best James Earl Jones imitation: "IMPENDING DOOM."

Impressive, huh? You have to get just the right depth, timber and resonance in your voice to make it truly effective.

I hardly think Base Realignment and Closures are on the same level with nuclear meltdowns (although they tend to cause them for some folks), the Emperor's Death Star come-to-life, or being forced to watch a Barney marathon in retribution for talking out loud in the theater.

Call it transformation. Call it realignment. Call it what you want: USAG Mannheim is following in the footsteps of USAGs Augsburg, Darmstadt, Frankfurt, Giessen, Hanau, Karlsruhe, Würzburg and countless others, with the Heidelberg community close behind.

For some, the closures will be bittersweet – personnel who call these garrisons "home," civilians and retirees who have carved out lives for themselves and their families in the surrounding areas, military families/active-duty Soldiers carrying fond memories of time spent here, regardless of where they might be serving today – and it is for those folks that my highly empathetic nature kicks into high gear.

For others, these inevitable closures signal the opportunity to begin again – to start fresh, embracing the winds of change with arms wide open (pardon the obvious U2/Creed musical references – I just can't help myself).

"Change is the only constant." How many times have we all heard that phrase and, having said that,

The real question is: What attitude are you bringing to the table? Because, trust me, "attitude is everything!"

why does it still come as such a shock to the system when it comes our way?

I find it interesting to observe the attitudes and demeanors of people who are "suddenly" (really? seriously?) caught in the "We are closing your office/facility/division/directorate/garrison" announcement:

CLEOPATRAS: As in, "Cleopatra: Queen of Denial" These are the folks who spend their entire lives denying that anything is ever wrong. Missed an important suspense at work? "I never got the tasker?" Something went horribly wrong at your event? "That wasn't my responsibility." Told your garrison is closing? "You watch – they'll change their minds, they always do!"

ELIZABETHS: Also known as, "Monarchs of Melodrama," these are the people who spend countless hours trying to convince you they are just "One of the people" – no one special and in the same boat you are. Meanwhile, they are cutting deals for future employment (their own, only), while at the same time telling you that they wish there was more they could do to help you. "Poor pity me," you'll hear them wail, "I just don't know what I'm going to do once they lock the gate!" Yeah. Right...

CLIFFORDS: The Big Red Dog, these folks accept the news of "IMPENDING DOOM" with nothing more than a perplexed look, and then shrug their shoulders and continue doing what they've always done. They don't even think to begin looking for a new job, because they know their "master" (no offense intended – just running with the doggie thing) will always take care of them.

OSCARS: Ah, yes! Oscar the Grouch is alive and well! You can find his clone in any garrison anywhere in the world. Whether things are going well or not,

this is the person who, the nanosecond they perceive a threat, slight or some other 'injustice,' refuse to do anything. Nothing. Nada. Zip. Zilch. The minute the BBA or RIF notice is in their hot little hand, they experience a sudden onslaught of bubonic plague. Or is it swine flu?

It doesn't matter, really, because these are the same folks who, after shuffling their workload onto everyone else because they're too busy pouting in some secluded corner of the world, come back and have the unmitigated gall to ask, "Where will my next assignment be?" and my personal all-time favorite, "Would you write a letter of recommendation for me?" Seriously? I'm sorry, but I would think that once you know you're going to be out of a job, you'd want to work all the hours you can (money) and do the very best job you can (future hire).

RICHARDS: Richard the Lionhearted. Sometimes taking-on 'crusades' for all the right reasons at all the wrong times, Richards are nonetheless loyal to a fault, innovative in their thinking, and always continue to 'fight the good fight,' no matter what the odds. They give their all, all of the time. These are the employees who will never have a problem finding work, because they are that rarest of commodities in the workforce – a dedicated employee. They believe in a cause bigger and more important than themselves. They place the welfare of their colleagues and subordinates above their own. They believe in the mission, and are passionately dedicated to it.

Call it transformation, realignment or whatever you want. It's here and it's not going away. The real question is: What attitude are you bringing to the table? Because, trust me, "attitude is everything!"



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 garrison policies do you think most people don't follow, either because they don't know about them or because they choose to disregard them?

The pet policy: No dogs off the leash, no dogs on designated areas, no children under the age of 12 walking a dog. They all know the policies, they just don't care.

-Alexia Russey, BWnow Facebook fan

Bulk trash....policing of their common areas or areas around their quarters. And might I mention that housing needs to take a look at their procedures on assigning and managing building coordinators!

-Kim Carlile McKinney, BWnow Facebook fan

How about the so-called "quiet hours?" We have a neighbor who throws parties almost every weekend and the attendees are always drunk and rowdy. I have three kids, including a 13-month-old, all of who have been awakened by yelling, music, etc. Not to mention the guy who puked on our sidewalk last weekend and didn't bother to clean it up.

-Holley Beeman Louthain, BWnow Facebook fan



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

Creative expressions



Brandon Spragins

Tracy Dockray, illustrator of children's books including Beverly Cleary's Ramona series and "The Mouse and the Motorcycle," visits Patrick Henry Elementary School Sept. 23 to tell students how authors get their ideas, how books are created and how she draws her characters. Dockray, who has illustrated 21 books, grew up on the Plains of West Texas and said she believes in inspiring children to love books. This fun-filled event left participating children chanting for more and muffling the end-of-the-day bell. Many children even stayed behind to get Dockray's autograph.

Pet blessing to be held Saturday

Staff Report

A pet blessing will be held for the furry friends living in the community at Mark Twain Village Chapel at 4:45 p.m. Saturday, followed by a Catholic Mass at 5 p.m.

The annual Blessing for Animals happens in early October and is in association with the life of one of the most popular Christian leaders in history, Francis of Assisi, who lived from 1181 until 1226.

"Francis took seriously the words of the Gospel: 'Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge?'" said Father (Lt. Col.) James Betz, Heidelberg's Catholic priest and the event's organizer.

"The Bible shows respect for animals, beginning with the first book, Genesis," Betz added. "God says, 'I will make a covenant (a pact) with you and with all living creatures.' The book of Proverbs says, 'the righteous man regards the life of his beast.' The book of Job says, 'ask the birds, ask the beasts and they will teach you.'"

Betz shared a story that illustrates how much Francis cared for animals. He said Francis heard about a wolf that was terrorizing a town, and once he saw the wolf, he noticed it was starving.

"He arranged with the town to feed the wolf regularly," Betz said of the story. "He calmed the starving wolf and lived to tell about it."

The Heidelberg pet blessing in celebration of the Feast of St. Francis of Assisi is of and for pets, both living and deceased, according to Betz. Families can bring blankets or lawn chairs along with their four-legged and winged friends for this outdoor ceremony. In case of inclement weather, the ceremony will be cancelled.

21st TSC tackles property accountability campaign

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

While the Army-directed property accountability campaign spotlights the need for good supply discipline and property accountability, neither requirement is news for the 21st Theater Sustainment Command.

"Property accountability and good supply discipline are not new values in the Army or in this command. This campaign simply re-emphasizes existing programs and the need to re-establish and rein-

force them," said Lt. Col. Sur Stewart, the assistant chief of staff for supply and logistics at the 21st TSC.

When the Soldiers' creed proclaims, "I will always maintain my arms, my equipment and myself," it conveys an ongoing obligation, one that extends beyond the next reporting cycle, he said.

The campaign is a concentrated effort to combat the current lack of training and standards with regard to good supply discipline and property accountability. During the past nine war-focused years,

accounting for the whereabouts of all equipment and supplies has been extremely challenging.

Now, the economic downturn coupled with worldwide deployments, makes it crucial that all government property is accounted for. Especially so since it also impacts mission readiness, said Maj. Michael Brault, the assistant supply and logistics officer for the 21st TSC.

"This is about doing the right thing, about being good caretakers of our taxpayers' money," Stewart said.

It corresponds to the Army's values of duty and integrity to fulfill your obligations and to do what is right, legally and morally. We need to know what we have and where it is.

To achieve its goal of 100 percent accountability of all equipment and supplies, the 21st TSC employs a three-pronged approach.

"We need to establish a culture of property accountability at all levels and throughout the command. We need to have measures to evaluate and analyze our progress, and we need to establish training and

mentorship programs that permeate all levels of command," Stewart said.

"The government has entrusted us with a lot of great equipment, and we need to make a concentrated effort to account for it, to safeguard it and to get it to where it is needed most," Brault said.

For the 21st TSC it will be an enduring process during which Soldiers at all levels must understand and appreciate the value of their assigned equipment and the need to care for and track it at all times.

CFC-Overseas kicks off Monday

Charity drive raised \$97K for family, youth programs

Staff Report

The 2010 Combined Federal Campaign-Overseas kicks off Monday, offering federal civilians and military members the opportunity to contribute to any of more than 2,300 pre-screened charities.

CFC, the only authorized solicitation of federal employees in their workplaces, raises millions of dollars annually.

During last year's campaign, U.S. Army in Europe Soldiers and civilian em-

ployees contributed approximately \$2.4 million, with more than \$97,000 designated for Family Support and Youth Programs.

An option unique for overseas donors, donations made to FSYP go directly to overseas military communities to help fund quality of life programs in local communities. One hundred percent of donations made to FSYP come back directly to the installation where the contributor lives and works.

The FSYP is just one option available to donors.

Local CFC Kick-Off Events

Mannheim - ACS and American Red Cross volunteer recognition ceremony and CFC-O kick-off 11:30 a.m.-1 p.m. Sept. 30 at the USO on Sullivan Barracks
Kaiserslautern - Cake-cutting ceremony during the Community Information Forum at 1 p.m. Oct. 6 in the Armstrong's Club on Vogelweh
Heidelberg - Barbecue, live music and a ribbon-cutting ceremony 11:30 a.m.-1 p.m. Oct. 12 in the Casablanca Room on Campbell Barracks

"Being able to have control over where their money will go is a definite benefit of the program," said Kristy Soodavar, USAREUR CFC campaign manager. "Out of the 2,300 CFC charities, most people may find that at least one organization has affected them personally or they may know a person or family member who has benefited from it."

Overseas contributors

can give via payroll deduction, check or cash using the print and submit option of e-Giving, according to www.cfcoverseas.org. Contributors must print the pledge card generated by the system and fill in their Social Security number, sign, date and turn it in through the standard CFC-O representative chain of command.

The campaign continues through Dec. 3.

HMEDDAC Soldier named ERMNCO of the Year

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

BAUMHOLDER, Germany – Leaders from across the Europe Regional Medical Command sent their best Soldiers, noncommissioned officers and officers to the Baumholder Training Area here to compete in the ERMNCO Best Warrior Competition and Expert Field Medical Competition Sept. 20-24.

Sgt. George Watlington, Heidelberg Medical Department Activity, and Pfc. Brian Dzwoniarek, Bavaria Medical Department Activity Center, earned the right to become the 2011 ERMNCO Best Warriors of the Year.

The team from 30th Medical Command – 1st Lt. Matthew McCreery, 67th Forward Surgical Team (Airborne), and Sgt. 1st Class Andrew Ruff, Company B, 212th Combat Support Hospital – won the EFMC competition.

The Best Warrior Competition pitted four Soldiers and four NCOs against each other to be named the top Soldier and top NCO for ERMNCO, while six teams of two competed for top honors in the EFMC. Both competitions were held simultaneously.

"The best warrior includes Soldiers and NCOs from all military specialties to compete in basic army warrior tasks, physical fitness, and an oral board," explained Staff Sgt. Joseph Iglesias, the Best Warrior Competition NCO in charge. "The EFMC is a team event consisting of more medical tasks. The competitors must be Expert Field Medical Badge or Combat Medic Badge holders."

As the warrior competitors were challenged on their abilities to complete battle-focused warrior tasks and drills, the EFMC candidates faced a combi-



Sgt. 1st Class Christopher Fincham

Europe Regional Medical Command Non-commissioned Officer of the Year Sgt. George Watlington, Heidelberg Medical Department Activity, administers treatment to a simulated casualty during the 2010 Europe Regional Medical Command Best Warrior of the Year Competition in Baumholder Sept. 22.

nation of warrior and medical specific evaluations including combat trauma lanes and evacuation procedures.

However, all the competitors faced constant physical and mental obstacles throughout both competitions. Both began with a written test.

Other events included areas such as day and night orienteering, reflexive fire, military operations in urban terrain, combatives and a fitness assess-

ment. Both culminated with a 10-mile road march.

After running three miles while carrying an M4 rifle, Sgt. Sean Kennedy, HMEDDAC, quickly summed up the fitness assessment of the EFMC saying, "The run was brutal – fun – but I'd never want to do that again."

During the competition, the ERMNCO Soldiers also became the first U.S. Soldiers to use a newly completed German obstacle course at BTA.

The competitors raced against the clock to complete the 10-obstacle, 4-kilometer course, which included everything from squeezing through tight spaces to gliding across a rope 50 feet above the ground.

While the challenges were many, Pfc. Marvin Broadus of Landstuhl Regional Medical Center, was thankful for the experience. He said he would welcome the opportunity to compete again.

"I would definitely want to come back and try again next year," said Broadus, who has only been on active duty for less than a year.

"I'll certainly feel like I know what I'm doing a little more, but this experience has been very challenging and rewarding," he added.

The winners of the Best Warrior Competition and the EFMC will begin preparations for the upcoming competitions at the U.S. Army Medical Command.

Leading up to these challenges, the winners will have the opportunity to hone skills by attending several military schools including the Small Arms Master Marksmanship Course, Close Quarters Battle Course as well as further training in Modern Army Combatives.

The MEDCOM competitions are tentatively planned for early 2011.

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 1143 AM 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.

Facility Operations Changes

Mannheim USO - After a review of the activity levels, the decision was made to close the USO on Sullivan Barracks in Mannheim Oct. 31. The USO Heidelberg on the shopping center kaserne will have expanded hours beginning Nov. 1 to include open hours 10 a.m.-5 p.m. Saturdays. The Heidelberg location will continue to support the community via tours, programs and classes. DSN 335-5105, civ. 0611-712-02-880.

Mannheim Village Grille

The Mannheim Village Grille will close as of Nov. 14. The Top Hat Club remains open as does the restaurant in the Bowling Center. Community members will still have access to a variety of dining alternatives in Mannheim such as Burger King, the food court next to the PX, Subway, John's Best BBQ on Sullivan Barracks, the dining facility, a German kantine on Funari Barracks, and a number of commercial restaurants and pizzerias near Benjamin Franklin Village. 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: civ. 0621-770-3100.

www.bw.eur.army.mil/transformation

Program promotes resilience to Soldiers, family members, civilians

By Sgt. Fabian Ortega
USAREUR PUBLIC AFFAIRS

GRAFENWOEHR, Germany – Driving home the Department of the Army's Comprehensive Soldier Fitness program, U.S. Army Europe added 81 new Master Resilience Trainers to its units and communities across Europe this month.

CSF focuses on building up the physical, social, emotional, spiritual and family elements which maintains resilient Soldiers.

"If you have a resilient Soldier, you have resilient family members," said Lt. Col. Ronald D. Daniel, USAREUR's CSF coordinator. "They tend to go through the stressors of life and rebound quicker."

Resiliency can prevent Soldiers from going down negative pathways of drinking, spousal abuse or suicide, Daniel said.

Throughout the course, participants learn assertive communication, real time resilience and problem solving, as well as how to identify strengths in self and others. The techniques are backed by 30 years of research, Daniel said.

"Oh great, it's another 'Here's the teddy bear, love and hug it' course," Army Staff Sgt. Wayne S. Sticker said, remembering what he thought prior to attending the new Master Resilience Trainer course here Sept. 13-24.

Instead, he found it to be the most unique course he's attended.

"Of all the schools I've attended in my 10 years in the military, this has been the best," said Sticker, a signal noncommissioned officer with the 412th Aviation Support Battalion. "It's more about giving your Soldiers the tools they need to build relationships with others and ultimately reduce stress."

The two-week course was divided in half. The first week was devoted to incorporating thinking skills and imparting them to other people, and the second week centered around students developing lesson plans and teaching resiliency methods.

These skills and methods benefited students on a personal level, Sticker said.

"I realized how I was categorizing people, and I wasn't building relationships with people I love, with Soldiers I care about," Sticker said. "Regular occurrences such as good news from family members or coworkers are opportunities to strengthen relationships."

In addition to the Soldiers in the course, 11 family members and civilian employees completed the training, who, along with the other MRTs, will share their training with USAREUR families, colleagues and friends.

Under current Army mandate, there will be at least one MRT in every battalion, Daniel said.

For details, visit www.Army.mil/csf.

Faces of the community: Patton Kantine



Auneliese Hege (left) and Herrica Honig serve up a traditional German meal of jägerschnitzel and fries at the German Kantine located on Patton Barracks in Heidelberg. The kantine is open for breakfast and lunch from 6 a.m.-2 p.m. Monday through Friday. The eatery accepts both dollars and euro.

Brandon Sprajns

Soldiers win \$6,000 for 'best barracks'

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Soldiers competed for cash during U.S. Army Garrison Kaiserslautern's best barracks competition Sept. 14, when senior enlisted leaders conducted barracks inspections.

When trying to identify the best barracks in an entire community, inspections become a lot tougher, said Command Sgt. Maj. Darrin Jefferies, 357th Air and Missile Defense Detachment at Rhine Ordnance Barracks.

"During competitions of this nature, it's the minor things that often count," Jefferies said. "Collectively, all the barracks look great. It's evident that Soldiers put in the time and effort to win this competition."

Judges included command sergeants major and other senior noncommissioned officers from Army units in the greater Kaiserslautern area. They inspected barracks at Miesau Army Depot, Rhine Ordnance Barracks, Landstuhl Regional Medical Center, Kleber and Daenner Kasernes. Each building was rated on its common and storage areas and its exterior.

The competition was divided in the following categories, awarding a total of \$6,000 in cash prizes. The awards were given out Tuesday.

In the large renovated category, Soldiers from the 212th Combat Support Hospital in Bldg. 3707 took first prize, \$1,500. Second place, an \$800 award, went to Company A, LRMC, in Bldg. 3702.

In the medium renovated category, a \$500 prize went to 39th Transportation Battalion Soldiers in Bldg. 3242 on Kleber Kaserne.

First place in the small renovated category, a \$1,000 award, went to 357th AMD-D in Bldg. 240 on Rhine Or-



Rick Scavetta

Command Sgt. Maj. Darrin Jefferies, 357th Air and Missile Defense Detachment, and Command Sgt. Maj. Ava Bounds, 212th Combat Support Hospital, inspect a kitchen area during this year's best barracks competition in Kaiserslautern.

dinance Barracks. Second place, a \$700 award, went to Soldiers from the 181st Signal Battalion in Bldg. 3824 in Landstuhl.

In small unrenovated barracks, the \$1,000 first place award went to Miesau's Bldg. 1327. Second place, a \$500 award, went to nearby Bldg. 1331. Both barracks house Soldiers from the 8th Medical Logistics Company.

Cash awards recognize Soldiers showing pride in their residence, to include clean common areas, safety standard and completed repairs, said Hans Huemer, the garrison's housing manager, who oversees the competition. The annual program began in 2000 and is unique to Kaiserslautern, he said.

"The program is designed to give single Soldiers incentive to improve living conditions in the barracks," Huemer said. "We are proud of their accomplishments."

21st TSC EOD team trains Albanian counterparts to destroy unexploded ordnance

By Lynn Davis
USAREUR PUBLIC AFFAIRS

TIRANA, Albania — Deep in the mountains of Albania, Soldiers with an explosive ordnance disposal mobile training team from Mannheim and Grafenwöhr, recently trained more than 30 host nation counterparts on how to safely dispose of destabilized unexploded conventional munitions.

The EOD Level 1 Operators Course, which wrapped up Sept. 17, was 32 days long and included classroom instruction as well as hands-on field training in accordance with International Mine Action Standards.

"The 720th and 702nd EOD companies out of Germany wrote the course, and now we are actually here teaching it," said 1st Lt. Aaron Mach, officer in charge of 21st Theater Sustainment Command's 720th EOD Company from Mannheim. "We have done basic classroom instruction, fuse functioning, EOD reconnaissance and a lot of range days to actually observe how they work with demolition."

The training has been a learning experience for all parties involved and also is helping Albania reach a highly sought after goal, said Albanian 1st Lt. Vladimir Pica, EOD Center platoon leader.

"We always gain from their experience. . . . It has been great cooperation between our teams and their teams," Pica said. "I believe that when we share our experience, in the work that we do in Albania especially when we get rid of excess ammunition in our storage, the guys can see how we work and they can teach their manners and their procedures and we may have one standard. So, in the future our

goal is to have an internationally recognized force for Albanian EOD."

The mission is part of a Department of Defense Humanitarian Mine Action program managed by European Command that assists nations plagued by landmines and unexploded ordnance.

Albania has 92,000 tons of DUCM that require disposal. In March 2008, an explosion occurred at the Demilitarization Facility in Albania killing 27 people, injuring hundreds and damaging thousands of houses.

"I can see very big improvements in their knowledge base of demolition and EOD reconnaissance and what we have been teaching them so far," said Staff Sgt. Sean Larsen, 720th EOD Company.

"A lot of these guys have a lot of experience, but they have been doing things that are very unsafe. I know when I leave here, I can walk away and not worry about them killing themselves or other people. That's our main job, safety," Larsen added.

This mission not only assists in creating a safer Albania, it advances theater security cooperation and helps build strong relationships between the U.S. and Albania, who joined the North Atlantic Treaty Organization in 2009.

"I feel this mission is helping relations with Albania because it shows them that we are willing to help them," said Sgt. Jeremy Rininger, 702nd EOD Company out of Grafenwöhr. "They are trying to get into the European Union, and this is a big step for them. They will actually be recognized worldwide as EOD technicians."

"My favorite part of the mission is teaching these guys," Larsen said. "I



Lynn Davis

Spc. John Canak, 720th EOD Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, helps an Albanian soldier organize a shot during the Explosive Ordnance Disposal Level 1 Operators Course Sept. 17 in Tirana, Albania. Canak is part of an EOD military training team from Germany supporting the Humanitarian Mine Action program that assists nations plagued by landmines and unexploded ordnance.

"... If we can share our knowledge with these guys and it will help them when they go downrange and I know they're safe, then that makes me feel good."

-Staff Sgt. Sean Larsen, 720th EOD Company

am a big fan of: if I learn something, I want to be able to teach someone else. I believe we have some of the best EOD techs in the world, and we have the most experience in Iraq and Afghanistan. If we can share our knowledge with these guys and it will help them when they go downrange and I know they're safe, then that makes me feel good."

The course culminated with a graduation ceremony for the Albanians and a look to the future.

"The Albanians seem to really enjoy having us here and they really like the information they are getting out of us," said Staff Sgt. Jeffrey Baker, 720th EOD Company. "They are looking forward to getting more information and getting rid of their stockpiles."

LRMC wins three national military medical awards

By Chuck Roberts
LRMC PUBLIC AFFAIRS

The Association of Military Surgeons of the United States named Landstuhl Regional Medical Center as winner of three of its annual awards.

LRMC brought home the AMSUS 2010 Operational Medicine Award, the AMSUS 2010 Facility Based Health Care Award, and the AMSUS 2010 Physician Award.

The physician award was given to Lt. Col. (Dr.) Ray-

mond Fang, who is the LRMC trauma medical director, U.S. Air Force Critical Care Air Transport clinical director for Europe, and the U.S. Air Forces in Europe consultant for trauma surgery.

The physician award recognizes the accomplishments of a federal physician who has made outstanding contributions as a clinician, researcher, educator or health care manager.

The criteria include significant accomplishment war-

ranteeing national recognition, evidence of mission support, and demonstrated professional and technical performance.

"It's easy to get a lot accomplished when you work with such a talented and dedicated team of people who are all in agreement about the care provided for our patients who are so deserving," Fang said.

It is unprecedented for one medical treatment facility to have received as many awards as LRMC has in one year, ac-

ording to AMSUS officials.

In addition, LRMC has also been nominated for a fourth award as the Army's selection for the AMSUS 2010 Force Health Protection Award. The overall Force Health Protection Awardee will be announced Nov. 3 at the 116th AMSUS Annual Meeting in Phoenix.

"When you look at the history of AMSUS and its mission to advance the knowledge of health care, it only adds to the honor of LRMC

being recognized for three

separate awards," said Col. (Dr.) John M. Cho, LRMC commander. "The awards are a testament to the hard work and dedication of all personnel within the LRMC footprint on behalf of wounded warriors returning from Afghanistan and Iraq. These injured receive nothing short of world-class care as they are medically evacuated from battlefield enroute to definitive and long-term care in the United States."



U.S. Navy Petty Officer 2nd Class Jonathon Davis
U.S. Army Pfc. Angela McCormick (right), serving aboard the multipurpose amphibious assault ship USS Iwo Jima (LHD 7), administers a deworming vaccine to a pet during a Continuing Promise 2010 veterinary civic event in Bluefields, Nicaragua, Sept. 21.



Photo by U.S. Army
An Apache attack helicopter pilot serving in Iraq with the Enhanced Combat Aviation Brigade, 1st Infantry Division climbs into the backseat of his bird on Camp Taji Sept. 23. The brigade's Apache helicopters are used to provide security for both the U.S. military and Iraqi Security Forces across the country.

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U.S. Navy Chief Mass Communication Specialist Michael B. Watkins
Brig. Gen. Lester Simpson, (left), commander of the 176th Engineer Brigade, meets with U.S. Sailors with Naval Mobile Construction Battalion 40 during a visit to Camp Dehdadi II near Mazar-e-Sharif, Afghanistan, Sept. 23.



Staff Sgt. Gary A. Witte
Pfc. Ryan L. Carson, Company A, 1st Battalion, 327th Infantry Regiment, Task Force Bulldog, and an Afghan police officer search a hillside at the Shege East Afghan National Police checkpoint in the Kunar province of Afghanistan Sept. 18 prior to a firefight. Approximately two dozen insurgents fired rocket-propelled grenades, heavy machine guns and small arms at the post. International Security Assistance Forces and ANP responded with small arms, heavy machine gun and mortar fire.



Sgt. Will Hill
Spc. Jacob Johns yells for another 155mm round as Sgt. Nathan Hughes lines up another target during a retirement ceremony for the M198 howitzer at Camp Atterbury Joint Maneuver Training Center, Ind., Sept. 18. Both Soldiers are cannon crewmembers assigned to the 2nd Battalion, 150th Artillery Regiment.

Retirees now can make purchases at on-post thrift shops in Germany

By Robert Szostek
USAREUR OPM PUBLIC AFFAIRS

U.S. military retirees can now shop at on-post thrift shops in Germany operated by community spouses clubs, customs officials with the U.S. Army Europe Office of the Provost Marshal announced.

The new policy also allows widows and widowers of U.S. military members whose sponsors died on active duty or as retirees; 100 percent disabled U.S. veterans; certain unaccompa-

nied dependents; and surviving minor children of U.S. military members, to buy items at community thrift shops.

OPM officials stressed that the policy applies only to purchases, and does not authorize this new category of patrons to sell items on consignment through thrift shops.

"Military retirees will need the German Customs Certificate – also referred to as the 'pink card' – to buy items at a thrift shop," said Bill Johnson, director of the USAREUR OPM's Customs Ex-

ecutive Agency. They must also pay duties and taxes to German customs authorities, just as they do for purchases from exchanges and commissaries.

Thrift shop personnel will verify that shoppers have valid, unexpired pink cards and list purchases of items costing \$250 or more each on the back of the pink card, OPM officials said.

For information on how to get a retiree pink card for Germany visit the customs section online at www.hqusareur.army.mil/opm/custom4.htm.

Operation Market Garden

5th QM Detachment helps commemorate 66th anniversary of largest airborne operation of all time

By Staff Sgt. Michael J. Taylor
21ST TSC PUBLIC AFFAIRS

EDE, the Netherlands – To commemorate the anniversary of Operation Market Garden, 56 Soldiers of the 21st Theater Sustainment Command's 5th Quartermaster Detachment – along with nearly 700 other American, German, British and Dutch paratroopers – took part in a combined airborne operation here Sept. 18.

Sixty-six years ago, on Sept. 17, 1944, thousands of paratroopers descended from the sky by parachute and glider up to 150 kilometers behind enemy lines. Their goal was to secure two bridges across the rivers in Holland so the Allied armies could advance rapidly northward and turn right into the lowlands of Germany, thereby skirting around the German defense line. The operation was called Market Garden.

Operation Market Garden was an Allied military operation, fought in the Netherlands and Germany in World War II. It was the largest airborne operation of all time, involving more than 34,600 men of the 101st, 82nd and 1st Airborne divisions as well as a Polish airborne brigade.

As part of the anniversary commemoration, the 5th QM Detachment paratroopers conducted two separate lifts with six passes per lift, dropping 60 paratroopers during each pass from U.S. C-130J Super Hercules, British C-130J MK5 Hercules and German C-160 Transall aircraft.

"This was amazing for me. No matter where the airborne Soldier comes from or what country he comes from, there is always camaraderie there – a brotherhood," said Sgt. 1st Class Herschel L. Gillins, 5th QM noncommissioned officer in charge.

According to Gillins more than 26,000 spectators were expected at the re-enactment. Also in attendance were several World War II veterans who actually took part in the operation 66 years ago.

As many of the paratroopers landed, they were bombarded by civilians, children and adults alike, wanting to shake the paratroopers' hands and help them recover their parachutes.



Staff Sgt. Michael Taylor
Soldiers from the 21st Theater Sustainment Command's 5th Quartermaster Detachment make their way through the crowds of people after conducting an airborne operation as part of the 66th anniversary of Operation Market Garden Sept. 18.

"As soon as I hit the ground, I was swarmed by local nationals wanting to help me with my chute and grabbing patches off me," Gillins said. "It made me feel pretty proud and honored. It was amazing. It really was."

Later that evening, the 5th QM Soldiers – along with the German, English and Dutch soldiers – took part in a time-honored paratrooper tradition and formally exchanged airborne wings with one another.

After the wing exchange, all the soldiers from the participating countries walked around and shook hands as they congratulated their allied peers.

"To me every airborne operation is special, but to partake in a commemorative jump – especially like Market Garden – it's completely different," said Spc. Dustin N. Colwell, a 5th QM rigger. "It's heartfelt, and you get this feeling over you when you're jumping with other countries and you see all these people out here. It just makes you feel good as a paratrooper, good as a Soldier."

BWN

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www.youtube.com/BWnow

Europe's first civil affairs brigade activates in Kaiserslautern

By 1st. Sgt. Bobby J. White
7TH CSC PUBLIC AFFAIRS

The 361st Civil Affairs Brigade and its subordinate 457th Civil Affairs Battalion formally were added to the rolls of the military during an activation ceremony on Daenner Kaserne in Kaiserslautern Sept. 17.

Both units are part of the 7th Civil Support Command, the only U.S. Army Reserve command completely stationed abroad.

The Soldiers serving with the brigade are assigned to Reserve units located in Germany and Italy.

Many of the Army Reserve Soldiers in the brigade were called upon to conduct various missions in support of the 7th CSC, the 21st Theater Sustainment Command, the Joint Multinational Readiness Command, U.S. Army Europe and U.S. European Command.

In addition, the Army Reserve Soldiers of the 361st CA Brigade provide civil affairs training to NATO members in conjunction with EUCOM's military to military program as well as support missions like Joint Task Force-East in Romania and Bulgaria in 2009, and other missions in areas like Azerbaijan, Uganda and Germany.

"Many of the Soldiers on the field today have been fully engaged in the monumental task of forming this new civil affairs brigade ... which is the first of its kind stationed on foreign soil," said Col. Friedbert Humphrey, the commander of the 361st CA Brigade.

Brigade Command Sgt. Maj. Jeffery Miller addressed the Soldiers before the activation ceremony.

"Stand tall and proud; this is a day that you will remember for the rest of your lives," Miller said. "I am honored to activate this historical unit here in Europe and to serve as the brigade's first command sergeant major."

In conjunction with the activation ceremony of the 361st CA Brigade, the 457th CA Battalion also in Kaiserslautern, activated along with its four line companies in Italy and Germany.

The 361st CA Brigade will assist commanders in developing effective working relationships with civil authorities and local populace during peace time, contingency operations and in support of disaster relief efforts.

AAFES

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scanning IDs to verify age is consistent with DOD Instruction 1000.13, which deems U.S. Armed Forces identification cards as "the primary ID for active-duty uniformed services members and shall be used to identify the member's eligibility for benefits and privileges.

"In this case the Exchange is identifying whether the shopper is eligible to purchase age-restricted items," Williams said.

"As a result, I believe this effort is consistent with the DOD's intent behind 'smart' IDs and am excited about the efficiencies combining it with the Exchanges' point-of-sale system presents," Williams added.

"Furthermore, I'm confident this process is protecting the benefits of authorized shoppers by verifying ages on items, such as knives and mature-rated music, video and games, as well as tobacco and alcohol."

BULLIES

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time to find the root of the problem and to help others understand how to battle the bully effect.

Years later, Coloroso – 63 and author of four international bestselling books about parenting, teaching, school discipline and violence prevention – ventured from Littleton, Co., to Heidelberg Sept. 23 to share her experience with 65 educational professionals from all over Europe.

She was the reason Selena Doctor-Smith, the Child, Youth and School Services lead in the youth center at U.S. Army Garrison Schweinfurt, traveled to Heidelberg's Patrick Henry Village Pavilion.

As a mother and a professional who works with youth every day, she wanted to be part of Coloroso's two workshops: "The Bully, the Bullied and the Bystander: Breaking the Cycle of Violence" and "Kids are Worth It – Teaching with Wit and Wisdom."

"My son was bullied, and I saw the effects of that and I felt it. I am here because every other child out there is my child," Doctor-Smith said.

The training was designed

to give educators like Doctor-Smith, practical tools and techniques to recognize, prevent and discourage bullying and violence in their schools and communities.

"We may be from different places but all of our jobs are the same, and that's to take care of these kids and represent them and to make sure that we are providing a sound and secure future for them so they feel like they're not just here, but that their lives are important – that they are important. That's why we all are here," she said.

The Beaufort, S.C., native said she originally got into the educational field 18 years ago after having her son.

"As a parent, just being a part of his life lets me know that I'm also a part of their lives," Doctor-Smith said. "That's why this is so important. We need this training in the homes with the parents. It's not just for us. We have to take it and share it."

Judi Patrick, CYS Services school support specialist, Installation Management Command-Europe Region, said parents and children throughout Europe have voiced concerns about bullying. The act of bullying can have long-term effects on a child, she said adding that these work-

shops were designed to highlight the age-old problem and generate awareness for both parents and educators to stop it.

"It affects them because it affects their self esteem," Patrick said. "You know a lot of what goes on in schools is not all education, it's about social development and their self-esteem and how they get along with others ... it can also affect their growth and development. So what we are trying to do is break the cycle."

During the open forum, educators shared their on-the-job experiences and posed questions to Coloroso during her presentation. A popular topic was the emergence of cyber-bullying.

Cyber-bullying involves using the Internet, a cell phone or other communication technologies to intentionally harass, hurt or embarrass another individual or group of people.

One elementary school counselor shared how one of his students was victimized over the Internet by a group of girls because of a dispute involving pop singer Justin Bieber.

Coloroso said bullying is a universal problem that can begin as early as age 5 and progress.

"I work all over the world, and literally (bullying is) everywhere and anywhere in private schools, independent schools, public schools, military schools," Coloroso said. "Small town, big town, suburbs - it's there and it's an issue today. Our kids in many places in the world are swimming in a culture of mean where it seems to be OK to laugh at someone else's pain."

The act of bullying is not about conflict but contempt. It should not be looked at as "just a part of growing up," she added.

"The premise of my work is that it's a short walk from schoolyard bullying to hate crimes, which are on the rise today, to genocide. So once you dehumanize another human verbally you can do anything to them and not feel any shame or compassion," she said.

She praised the Department of Defense schools and the military for being at the forefront of many social issues such as domestic violence, integration and now bullying and for continuing to foster an environment of diversity across the board.

Coloroso also encouraged parents and educators to get involved to stop bullying by setting the example for their

kids and teaching them not to be bystanders when they see others being harassed.

"Kids fight, that's normal, natural and necessary, and we have to teach them how to handle their conflicts non-violently," she said. "Bullying is a learned behavior ... how can they best learn that? From their parents, from their peers and from their school climate. So we have to as a community work on our homes, our schools and our community, to stop in its tracks – anything that would fuel contempt for another human being."

Coloroso has appeared on Oprah, Dr. Phil, CNN and has worked with the Department of Defense Dependents Schools for several years.

The violence-prevention workshops were open to all school personnel, parents, law enforcement, community members and youth development professionals.

"This is just the beginning, and I think that we can expand this so far," Doctor-Smith said. "We need to learn this and then educate our families and the kids. Because without it we are losing our kids everyday to something ... we have to take it back into our homes and into our hands and just mold these kids. That's our job."

Warfighter Challenge

U.S. Army Photo

Two military police Soldiers from the 21st Theater Sustainment Command's 18th Military Police Brigade help a fellow Soldier negotiate an obstacle during the 14th Annual Warfighter Challenge at Fort Leonard Wood, Mo., Sept. 13-16. Warfighter Challenge brings military police units throughout the Army together to determine who is the best in the MP field.

GERMAN NEWS

Smoke-free Oktoberfest

The 200th anniversary Oktoberfest is the first to be completely smoke-free, thanks to Bavaria's new no exceptions smoking ban and solidarity among the beer-tent landlords. The smoking ban was actually not meant to happen this year. The ban on smoking in all public buildings, no exceptions, came into force in Bavaria at the beginning of August, following a referendum in July, but then an amnesty was granted for the Oktoberfest until next year. Then beer tent landlords decided to forego the amnesty and try out the ban this year anyway, to see if it worked. And it has more or less worked. It is certainly true that you don't see any smokers inside. The revellers have tended to police each other, and if a smoker proves stubborn, security escorts him firmly to the door.

Economic recovery

The German economic recovery and falling unemployment has lifted consumer sentiment to a three-year high in Europe's biggest economy, the GfK market research group said Tuesday. GfK's indicator of household sentiment, published for the month to come, posted a solid gain to 4.9 points from 4.3 in September, a figure that was itself revised higher thanks to increased expectations for the economy and personal incomes. The German economy posted strong growth in the first half of 2010, and while the pace has eased since then the country is still on track for a full-year expansion of around 3.0 percent, economists and the central bank have said. The government is expected to raise its official growth forecast of 1.4 percent in October.

Unemployment payments

Opposition parties and welfare advocates gathered their forces Monday to launch a major attack on the government's modest €5-a-month rise in long-term unemployment payments. In the wake of the government's revelation Sunday that under its welfare shake-up, the 4.7 million adult recipients of Hartz IV benefits would receive a smaller boost than expected, opposition parties vowed to fight the changes. Next year, Hartz IV recipients will receive €364 rather than the current €359.

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,
I need your help. I was married for 19 months and have a 2-year-old baby boy with my wife.

We separated prior to me leaving for Iraq. Our agreement was that I would continue to send her all of my money while deployed to show my support to my son, hoping she would allow me to talk with him when I could and that upon my return she would give me half of what was saved.

Since I was deployed, my spouse (we were separated, not legally mind you) got engaged to another man and became pregnant. This will be her third child.

She lost custody of her first child to her first ex-husband. She is very unstable (in my opinion). We are not divorced and have not filed due to my just arriving back from Iraq

two weeks ago.

Upon my arrival, I've had the pleasure of being with my son for a wonderful two weeks; will be returning him to his mom three hours away soon.

I have no money, as I did not want to be a dead-beat dad. I wanted to do what was right. I sent her over \$50,000 during my year away, but I need money to get my life back.

She is engaged, pregnant and living with another man – what are my rights to receive my repayment? Also my 2-year-old son – I want at least 50/50 if not 100 percent due to her erratic irresponsible lifestyle. Help me please!

From: A Sergeant

Dear Sergeant,

Oh My Goodness! First of all, let me say that I'm glad you are back. I know you hear this all of the time, but I truly thank you for your service and your sacrifice to our country.

Why did you marry her if you knew she was so erratic? Why did you continue to fund the checking account if you knew that she was not being accountable with the funds you provided?

This is terrible because you are now broke.

I don't mean to sound like I'm beating you down because I'm not. It's just that I hear this story all of the time.

Service members come home to a spouse who has drained every account, left them in debt and pregnant with someone else's child or a male spouse has impregnated someone else. You truly

deserve better than this.

Listen, you are must get legal advice quickly. I don't know if you will be able to recoup these funds, but at least you have proof.

Please start with your legal office on base. They will let you know if anything can be done about your money and getting custody of your son. They should also let you know if you should work with a civilian attorney.

I really hope everything works out in your favor. This is a very emotional subject that could lead to ire.

Please be careful and try to have the least amount of contact with your wife as possible; this could lead to an explosion and I don't want you to be involved with any physical or verbal conflict with her.

I'm on your side. Please keep in touch with me and let me know how everything turns out. Turn to close family and friends for support. I wish you only the best.

Dear Ms. Vicki,

I just want to let you know I read your advice column from time to time and am often blown away by your kindness, compassion, insights and expertise. I am so glad our military families have a recourse like you. I'm not current or retired military; I am, however, a military brat now in my 50s and saw many of the struggles of military family life through the eyes of a child. I know my mom, dad, aunt and uncle would have loved to had a go-to girl like you. Keep on doing what you do so well. Blessings, J.L.

October ushers in winter safety season; IMCOM-E offers tips

By Tom Saunders
IMCOM-EUROPE PUBLIC AFFAIRS

As seasons shift in Europe from summer to fall, people planning to travel may need to pack shorts, umbrellas and cold weather gear to ensure they're prepared for Europe's sporadic weather.

While fall offers a challenge to travelers, it is also the beginning of the annual winter safety focus in Europe.

According to Installation Management Command-Europe safety officials, October begins the annual winter safety campaign, and this year, like in years past, drivers are urged to play it safe and winterize their vehicles soon.

"It's no secret that fall and winter season weather can be cold, wet, and driving conditions can be bad," said Michael Schwarz, IMCOM-Europe chief of safety. "By preparing now for the hazards of winter, we can all set the conditions for avoiding hazards or injuries created by unexpected snow, ice and adverse weather conditions."

There are several ways travelers can prepare to meet the challenges of the winter season, Schwarz said. For example, travelers can prepare winter survival kits for vehicles, get a vehicle winter tune up, and review local winter safety information.

"There are a lot of good winter safety tips on the IMCOM-Europe Safety Web site ranging from the obvious – such as proper tires – to the travel risk planning system," Schwarz said.

Tips from the IMCOM winter safety brochure found at the Web site's seasonal safety link include how to prepare a car winter survival kit. Handy items to keep in your vehicle when you're driving in wintry conditions include:

- An ice scraper/brush combination
- Small shovel
- Sand, salt, or kitty litter (for traction)
- Tow rope or chain
- A couple of blankets
- Galoshes and gloves
- Flashlight and extra batteries
- Jumper cables
- First aid kit
- Road flares or reflectors
- Fire extinguisher.

Schwarz said various vehicle winterizing tips range from the basic such as checking tires, windshield wipers and technical issues, to more complex checks such as making sure the vehicle's "onboard computer" system – the driver – is prepared and "winterized."

"Winterizing a vehicle can be a challenge. In

Germany, people are able to take advantage of the annual lighting campaign conducted by AAFES Car Care centers, German garages and most U.S. Forces Vehicle Inspection Stations in Germany which provide free vehicle inspections during October," Schwarz said. "This is part of the International Motor Vehicle Lighting Campaign offered to U.S. Forces personnel with privately-owned vehicles. The inspection covers lighting systems, windshield wipers, exhaust systems and tires.

Schwarz said individuals should contact their local AAFES Car Care Centers, German or host nation garages and U.S. Forces Vehicle Inspection Stations for more information about what those facilities offer.

"While we need to be safety conscious all the time, the reality is that winter driving requires additional safety considerations. For example, you should think about snow and ice every time you climb into the driver's seat during the winter months. If a section of pavement looks wet, don't assume it's just water – it may be black ice, a thin film of ice that is very treacherous. Wet leaves on roads can also present a very slippery road hazard," Schwarz said. "So, check out the information on the IMCOM-Europe Safety page and get 'winterized.' This winter, make safety first, last and all the time."

GET OUT!

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

September 30

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 palace and palm house on the island of 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.

Best 'Foote' Forward - KMC Onstage presents an evening of three short Horton Foote plays: "Blind Date," "Spring Dance" and "The Prisoner's Song." Performance only: Oct. 1, 7:30 p.m. Dinner theater: Oct. 2, 6:30 p.m. Tickets: DSN 483-6626, civ. 0631-411-6626, www.mwgermany.com.

"The Dumb Waiter" - Check out this theater production at the Off Main Street Theater on Coleman Barracks at 7:30 p.m. Oct. 1-3 or for the special matinee at 3:30 p.m. Oct. 3. Recommended for mature audiences. DSN 373-5020.

October 2

Enjoy Jazz - The international festival "Enjoy Jazz" comes to the Metropolitan Region Rhein-Neckar through Nov. 19. Participating cities are Heidelberg, Ludwigshafen/Rhein and Mannheim. www.enjoyjazz.de/content/index_eng.html.

Salsa Night - Learn to salsa with an hour of free salsa lessons, margarita bar and live disc jockey 8 p.m.-1 a.m. Oct. 2, 16 and 30 at Armstrong's Club on Vogelweh Housing. DSN 489-6000, civ. 0631-354-9986.

October 8

Holiday Bazaar - Shop till you drop at Heidelberg's annual Holiday Bazaar through Oct. 10 at the Patrick Henry Village Pavilion. www.mwgermany.com.

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 through Oct. 6. www.usag.livorno.army.mil.

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>.

Oktoberfest at the Irish Pub - Celebrate at the Irish Pub inside Armstrong's Club on Vogelweh Housing 7 p.m.-2 a.m. Bring your friends for beer, grilled bratwurst, a live disc jockey and karaoke. DSN 489-6000, civ. 0631-354-9986.

Preseason Ski Weekend - Head to Hintertux, Austria, through Oct. 11 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

October 9

Stuttgart Beer Festival - Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Salzburg Weekend - Head to Austria with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

October 10

Midnight Bingo - Bring your dabber sticks for a chance to win two guaranteed \$1,000 games starting at 9 p.m. in the Kazabra Club on Vogelweh. Doors open at 7 p.m. DSN 489-7261, civ. 0631-536-7261.

Haunted Europa Park - Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

October 15

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

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

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

October 16

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

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

October 20

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

October 22

Matthew JC and the All Stars - Top of the line performers join two-time Emmy Winning Matthew JC for this Runway Rock Show featuring the JC Models at 8 p.m. in the Kazabra Club in Kaiserslautern. Free CDs will be handed out for Operation Rock the Troops. DSN 489-7261, civ. 0631-536-7261, www.mwgermany.com.

October 28

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

October 29

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

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

October 30

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

coming to THEATERS

LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE

(Abbie Carnish, Emilie de Ravin) Soren, is a young owl enthralled by his father's epic stories of the Guardians of Ga'Hoole, a mythic band of winged warriors who had fought a great battle to save all of owl kind from the evil Pure Ones. While Soren dreams of someday joining his heroes, his older brother, Kludd, scoffs at the notion, and yearns to hunt, fly and steal his father's favor from his younger sibling. But Kludd's jealousy has terrible consequences - causing both owlets to fall from their treetop home and right into the talons of the Pure Ones. It is up to Soren to make a daring escape. They must find the Great Tree - Soren's only hope of defeating the Pure Ones and saving the owl kingdoms. Rated PG (some sequences of scary action) 130 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 30 - THE TOWN (R) 7 p.m.
Oct. 1 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 7 p.m.; CYRUS (R) 9 p.m.
Oct. 2 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 4 p.m.; RAMONA AND BEEZUS (G) 7 p.m.; CYRUS (R) 9 p.m.
Oct. 3 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 4 p.m.; SALT (PG-13) 7 p.m.
Oct. 4 - RAMONA AND BEEZUS (G) 7 p.m.
Oct. 5 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 7 p.m.
Oct. 6 - SALT (PG-13) 7 p.m.
Oct. 7 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 7 p.m.

Mannheim, Schuh

Oct. 1 - THE TOWN (R) 7 p.m.
Oct. 2 - RAMONA AND BEEZUS (G) 4 p.m.; SALT (PG-13) 7 p.m.; THE TOWN (R) 9 p.m.
Oct. 3 - SALT (PG-13) 4 p.m.; THE TOWN (R) 7 p.m.

Vogelweh, Galaxy

Oct. 1 - RAMONA AND BEEZUS (G) 4 p.m.; SALT (PG-13) 7 p.m.
Oct. 2 - SALT (PG-13) 4 p.m.; THE TOWN (R) 7 p.m.
Oct. 3 - RAMONA AND BEEZUS (G) 4 p.m.; THE TOWN (R) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 30 - 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.
Oct. 1 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; SALT (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; RAMONA AND BEEZUS (G) 11 a.m., 1:30 p.m., 4:10 p.m., 6:30 p.m.; CYRUS (R) 9:30 p.m.
Oct. 2 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m., 8:30 p.m.; SALT (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; RAMONA AND BEEZUS (G) 11 a.m., 1:30 p.m., 4:10 p.m., 6:30 p.m.; CYRUS (R) 9:30 p.m.
Oct. 3 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:30 a.m., 1:45 p.m., 4 p.m., 6:15 p.m.; SALT (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; RAMONA AND BEEZUS (G) 11 a.m., 1:30 p.m., 4:10 p.m.; CYRUS (R) 6:30 p.m.
Oct. 4 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; SALT (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; RAMONA AND BEEZUS (G) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; CYRUS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.
Oct. 5 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; SALT (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; RAMONA AND BEEZUS (G) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; CYRUS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.
Oct. 6 - LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE (G) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; SALT (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; CYRUS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.
Oct. 7 - SALT (PG-13) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; CYRUS (R) 11:45 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.; RAMONA AND BEEZUS (G) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Fire Prevention Week

Fire Prevention Week is Oct. 3-9 and will focus on "Smoke Alarms: A Sound You Can Live With!" This year's campaign is designed to educate people about the importance of smoke alarms and encourages everyone to take the steps necessary to update and maintain their home smoke alarm protection. If you live in government-leased, government-controlled housing units or even off-post and don't have a smoke alarm in your dwelling, contact the Directorate of Public Works (work reception) to have a smoke alarm installed. For a list of Fire Prevention Week activities, click on the link under Hot Topics on your garrison's homepage. www.bw.eur.army.mil

Commissary Pasta Bar Closure

Pasta Bar operations at Vogelweh, Ramstein, Mannheim and Heidelberg commissaries will cease operation and remain closed until further notice.

Influenza Vaccines Available

Heidelberg

- Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday, 7:40 a.m.-noon and 1-4 p.m.; Friday, 7:40 a.m.-noon
- Pediatrics Clinic: walk-in hours Monday-Thursday, 1-3 p.m.
- Oct. 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, 10 a.m.-4 p.m., at Retiree Appreciation Day, PHV Pavilion (Retirees only)

Mannheim

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

Antiterrorism Guide

A newly updated "Self-Healthy 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.hqusaure.army.mil/vigilance/default.htm.

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.mwrgemany.com. Open to the first 100 registrants. DSN 370-6883.

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.

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 Community

• **Family Bingo** - Kids can enjoy a coloring contest with special prizes, free hot dogs and drinks 3-6 p.m. Oct. 3 at the Kazabra Club. Top prize is a portable DVD player. DSN 489-7261, civ. 0631-536-7261.

• **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. 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. DSN 493-4167, civ. 0631-3406-4167.

• **Motorcycle Safety Day** - Sponsored by the 21st Theater Sustainment Command's Safety Office, a motorcycle safety day is scheduled for 9 a.m.-3 p.m. Oct. 7 at Kapaun Air Station in Kaiserslautern at the motorcycle training range next door to the vehicle inspection station. DSN 484-8446, civ. 0631-413-8446.

• **Domestic Abuse Awareness Workshop** - In support of Domestic Abuse Awareness Month, an interactive workshop, "My Hands Are Not For Hitting," will be held 10-11 a.m. Oct. 8 at Landstuhl Library-Programming Room. Children ages 3-7 will learn healthy ways of expressing their negative feelings. Parents will be offered a separate workshop to learn the impact of domestic abuse on children who witness it and how they can help a friend prevent it. www.mwrgemany.com.

• **Auditions for "Beauty and the Beast"** - Auditions for this family musical are open to ages 10 and above and will be held at 6 p.m. Oct. 12-13 at KMC Onstage. Show dates are Dec. 10-12, 18-19 and Jan. 7-9, 14-16. DSN 483-6626, civ. 0631-411-6626.

• **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.

• **Free Movie** - In recognition of Domestic Violence Awareness

Month, Army Community Service will have a free showing of the movie, "Precious," at 2 p.m. Oct. 21 in Galaxy Theater on Vogelweh. Attendees must be 18 years of age or older. DSN 493-4615, civ. 0631-3406-4615.

Army Family Action Plan

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

HEIDELBERG Education

• **ACS Classes** - ACS Outing to Weinheim, 10:45 a.m.-3 p.m. Oct. 16. www.mwrgemany.com/nd/acs.Community

Maintenance Service and Work Orders

• **Service orders**, used for small jobs beyond the scope of self-help and for emergency work such as broken plumbing or electrical failures, can be initiated over the phone, via e-mail (so.hd@eur.army.mil) or through the garrison Web site. Work orders, used for maintenance and repair or minor construction projects exceeding the scope of a service order, are initiated through a DA form 4283 sent via e-mail (by appointed work order officers only to wa.hd@eur.army.mil). DSN 387-3310, civ. 06221-4380-3310, www.bw.eur.army.mil/dpw/serviceorder.

Health Care Appointments

- Due to limited health care providers available at the Heidelberg Health Center, until Oct. 4, the Family Practice and Pediatric Clinic will only offer space available same-day appointments for civilians, contractors, and military retirees after 10 a.m. DSN 371-2622, civ. 06221-17-3075.

• **Shuttle Bus Schedule Change** - The 3 p.m. green route from Patton Barracks to Tompkins Barracks now leaves 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 include a free door prize. Silent auction and concessions available. Cards go on sale at 5:45 p.m. www.heidelbergsealions.com.

• **Meals in Minutes** - The Army Wellness Center will offer "Meals in Minutes" 9:30-10:30 a.m. Oct. 1 at the commissary. Find smart and doable mealtime solutions, no matter how little time (or few ingredients) you have with dishes that can be prepared and ready in 30 minutes or less. Receive recipes, weekly meal planners and prizes. Register: DSN 371-2706, civ. 06221-17-2706.

• **Community Bank Closure** - Due to mandatory staff training, the

Community Bank at the Heidelberg Shopping Center will only be open 9:30 a.m.-noon Oct. 13. The Campbell Barracks location will be open 9:30 a.m.-4 p.m.

• **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. Featured guest reader Gen. Carter Ham 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.

• **St. Hubertus Feast** - The German and American communities will gather at Mark Twain Village Chapel for the St. Hubertus Feast at 5 p.m. Oct. 23. St. Hubertus is the patron saint of hunters and, in his honor, a Catholic mass is celebrated. The church will be decorated with greens and branches. The centerpiece of the decoration is the symbol of St. Hubertus, a stag with a cross above. A highlight is the music of the hunting horn. After the mass, the community is invited for refreshments at the Rod and Gun Club in Offersheim. Civ. 06202-51193.

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

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

• **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: Heidelbergmptspta@gmail.com. Schools, educators, units, organizations and community are welcome.

• **MTV PWOC** - The Mark Twain Village Protestant Women of the Chapel hosts ongoing fall studies Thursday mornings at 9:30 a.m. "Jesus, the One and Only" by Beth

Moore; "The Bare Bones Bible Handbook: 10 Minutes to Understanding Each Book of the Bible" by Jim George; and "A Handbook for Christian Maturity: 10 Basic Steps Toward Christ's Maturity" by Bill Bright. Civ. 06221-648-6408.

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

• **Construction at Friendship Circle** - Starting Oct. 4, construction on the streetcar crossing at Friendship Circle will take place affecting the traffic in and out of Benjamin Franklin Village South. Phase 1 (Oct. 4-10) provides access to BFV South via Friendship Circle, however all exiting traffic must use a temporary gate by the guest house onto Gorkheimer Strasse/B38. Phase 2 (Oct. 11-15) provides access to BFV South via Gorkheimer Strasse (parallel to B38) and all traffic exiting BFV South must use the Friendship Circle exit. DSN 385-2541, civ. 0621-730-2541.

• **Knitting Group** - Sullivan library's new knitting group meets 5-6 p.m. Wednesdays starting Oct. 6. Open to everyone 10 years old and up to learn, to knit, and to visit. DSN 385-2688, civ. 0621-730-2688.

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

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

• **PWOC Meetings** - The Protestant Women of the Chapel will meet 9:30 a.m.-noon and 6-8 p.m. every Tuesday through Dec. 14 in the BFV Chapel basement. The group will no longer meet on Thursdays. Join 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.

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



Wray Holan

Heidelberg Lion Chris Cuthbert scores a touchdown against Vilseck High School on Patrick Henry Village Saturday. The Lions defeated Vilseck 14-0.

Lions claim weekend victories

Heidelberg High School's Rebeccah Steil returns a backhand shot against Melanie Rivers of Bamberg High School during a tri-match against Ansbach and Bamberg on Patrick Henry Village Saturday. Steil won her match 6-0. Heidelberg won both tennis matches with the scores of 16-2 over Bamberg and 18-0 over Ansbach. Heidelberg is now 3-0 for the season. The Lions will travel to Vilseck High School Saturday.



Linda Steil

Fun and fitness for all

The Heidelberg community celebrated the Installation Management Command-Europe Fitness Day at Campbell Fitness Center Sept. 18 with 20 different free classes, including Yoga, kickboxing, step and more. Both the Mannheim and Kaiserslautern communities held similar events the same day to promote a healthy lifestyle.



Steffanie Paoletti

staying ACTIVE

College Recruiting Seminar

Former NFL Super Bowl Champion and National Collegiate Scouting Association educational speaker Derrick Mayes will present a seminar "College Recruiting Simplified," at Heidelberg High School starting at 1:45 p.m. Oct. 5. This seminar is for both students and parents and focuses on dispelling the myths and misconceptions of the college recruitment process. This NCSA seminar is open to all student athletes regardless of sport preference.

Basketball Tournament

Put your game face on and get your team in signed up for the 2nd Annual Columbus Day Basketball Tournament Oct. 9-11 at the BFV Sports Arena in Mannheim. Cost is \$250 entry fee per team. Free entry for all spectators. Register: DSN 385-3164, civ. 0621-730-3164.

5K Red Ribbon Run

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

Registration For Kaiserslautern Fall Sports

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

Wii Sports and Wii Fit

Wii Sports and Wii Fit are available at Rhine Ordnance Barracks Gym and Landstuhl Fitness Center. Play Wii Sports or Wii Fit for free and add a whole new dimension to your activity. www.mwrgermany.com.

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.

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

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.