

HeraldPOST

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

HP THURSDAY
Sept. 9, 2010

Speed Read

BURGER KING TO CLOSE

The Burger King located in the Campbell Barracks food court will close its doors Friday. Find out why and what customers can expect now. **3**

TASM-E RESET MISSION

Theater Aviation Sustainment Manager-Europe employees add finishing touches to Dutch military aircraft during reset. **8**

EXERCISE AGILE CHALLENGE

21st TSC Soldiers and civilians test their ability to pack up and move out at a moment's notice during exercise Agile Challenge. **11**

PIECE BY PIECE

 A Kaiserslautern Army captain uses a needle and thread to help heal her own war wounds and give back to others. **14**

HEIDELBERG VOLKSMARCH

Calling all walkers and runners, the 36th annual Heidelberg volksmarch takes place Sept. 25-26. **17**

Defense Details

SOLDIER SUICIDES

More vigilant leadership, pre-screening recruits for compatibility with military service and better post-deployment follow up are among solutions proposed by the acting director of the Army National Guard for stemming Soldier suicides. Speaking at the 132nd general conference of the National Guard Association of the United States, Army Maj. Gen. Raymond W. Carpenter emphasized that stopping Soldier suicides isn't an insolvable problem.

MULLEN VISITS KABUL

The chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen met with top military and diplomatic officials during a three-hour visit to Kabul. Mullen met with Navy Vice Adm. Robert S. Harward, commander of the newly established Combined Joint Interagency Task Force 435. The Task Force works in partnership with the Afghan government and U.S. interagency and international partners.

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

What's Inside

Transformation Update.....	4
Our Army Around the World	10
Dear Ms. Vicki	18
GET OUT!	19
Movies	19
Announcements	20
Sports.....	21

Cost for care



CYSS fees to change Oct. 1

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

The letters and phone calls have already gone out in many military communities throughout Europe, and most parents have either seen or heard about the announcement from the Department of Defense concerning future changes to the Child, Youth and School Services fee policy. But what they may not fully be aware of is how these changes will affect their individual families and when.

Beginning Oct. 1, the major changes Army families can expect to see are the addition of total family income categories 7, 8 and 9, a lower starting range for TFI categories 2-6 (which will allow some Army Families to move to the next lowest TFI category), a standardized hourly care rate of \$4 for all patrons, updated youth sports categories and standard

see **CYSS FEES** page 16

A group of children from the Strong Beginnings pre-kindergarten class take turns styling Chelsea Rios' hair during outdoor playtime at the Child, Youth and School Services Child Development Center on Patrick Henry Village in Heidelberg Sept. 1. Rios is a child and youth program assistant at the center. Fees for the CDC and other CYSS programs will change beginning Oct. 1.

Dijon Rolle

DOD contest to pay cash for cost-saving ideas

Department of Defense

Service members and Department of Defense civilian employees have a chance to make money helping DOD save money during the ongoing INVEST Awards contest.

INVEST – which stands for Innovation for New Value Efficiency and Savings Tomorrow – will give cash prizes for the best cost-saving ideas sent to DOD by Sept. 24. Twenty-five final winners will be selected and presented with prizes of \$500 or \$1,000 approximately one month after the contest ends.

see **INVEST** page 16

Mannheim troops get away in Garmisch

By **Spc. Ida Tate**
7TH TTSB

GARMISCH, Germany – Single and married Soldiers from the Mannheim community headed to Edelweiss Lodge and Resort here Aug. 25-28 for a chance to enhance their overall spiritual and emotional readiness.

During a Strong Bonds retreat, the troops learned skills that can help them build and maintain strong relationships.

“The chaplain ministry is working to provide help for the Army’s single and married Soldiers,” said Spc. David McCarthy, chaplain assistant, Headquarters and Headquarters Company, 7th Theater Tactical Signal Brigade. “It is good to know that the military has benefits for all Soldiers, even the ones flying solo.”

During the retreat, participating chaplains hosted a combination of classes

see **STRONG BONDS** page 16



Spc. Ida Tate

Spc. Earl Ashmel, Pvt. Kenny Tyler, Spc. Stacey Hall and Spc. Chris Woodard, all Soldiers with Headquarters and Headquarters Company, 7th Theater Tactical Signal Brigade, bicycle through the valleys of Garmisch. These Soldiers were part of a Strong Bonds retreat focused on the skill training used to build and maintain strong relationships.

COMMENTARY

EFMP summer camp gives kids lifelong memories

By Kevin Tryon

KAISERSLAUTERN ARMY COMMUNITY SERVICE

Summer camp: doesn't it bring back great memories? Memories of going to the zoo, skating and just hanging out with all the other neighborhood kids.

All kids should have stories to tell their classmates about what fun stuff they did over the summer. Well, for Kaiserslautern members of the Exceptional Family Member Program, that was just the case. From the full slate of activities and the smiles I saw on their faces, I am sure they, too, will have fond memories.

Not even Mother Nature could curtail the kids busy week. According to Charlene Sanchez, an Army Community Service employee, the 12 campers, ages 6-12, enjoyed the Kurpfalz Park, Vogelweh Bowling Center, Siegelbach Zoo, the Dinosaur Park and the Kids' Zone on Pulaski Barracks.

"The camp was a wonderful experience full of fun-filled activities and trips. My daughter was eager to go each day, and she enjoyed getting to know other EFMP kids," said parent Susan McCoy.

While at the Kurpfalz Park, the kids were able to pet some of the animals. They also got to enjoy a small but exhilarating zip-line ride across a pond and capped the day off with a train ride around the park.

I was at the Kid's Zone for the



Charlene Sanchez

Chad Meyer shares a moment and a snack with some goats at the Siegelbach Zoo near Kaiserslautern during the Exceptional Family Member Program summer camp. The camp was held Aug. 16-20 in Kaiserslautern.

grand finale. While the kids were enjoying their pizza, cake and ice cream, their parents were admiring their arts and crafts skills.

The cordoned off party area was also used as a makeshift art gallery where the children showed off their work. One of my favorite pieces was a Play-Doh dinosaur one of the camp-

ers had made.

EFMP summer camp has taken place in the U.S. Army Garrison Kaiserslautern for three years. The camp is sponsored by Army Community Service and staffed by ACS and Child, Youth and School Services employees and, of course, parents and other volunteers.

The EFMP also sponsors the Community for Autism Understanding, Support and Education group. The next CAUSE group meeting will be 6-7:30 p.m. Tuesday in the Vogelweh Elementary School library, Bldg. 1049.

For more information on the EFMP program, call DSN 493-4094, civ. 0631-3406-4094.



Join the virtual community today
<http://myBWnow.ning.com>

DISCUSSION BOARD

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

I live across the street from PHV Elementary School. Now that school has started, there are some things to which people should pay a bit more attention.

1) While there is no designated school zone speed limit, the post-wide speed limit is 30k/hr. I saw several cars the last two mornings driving excessively fast down that road.

2) Please tell your children to cross the street at the cross walk in front of the school. The road is blocked from traffic there. Many children were walking into the road without even looking. Combined with the speeding, there were several near misses.

3) Parking is available on the school side of Gettysburg and on Little Big Horn. There is a designated drop-off and turn-around point on both those streets.

The parking on the opposite side of Gettysburg, in front of Building 4425 is for residents of that building only. Signs were posted over the summer as a reminder. It is very frustrating for residents to find our parking spots taken by somebody dropping off/picking up their child(ren) from school.

-Kelley Ramirez, BWnow member



Commander, U.S. Army Garrison Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Editor:
vacant
Reporters:
Dijon Rolle, Baden-Württemberg
Web Author:
Brandon Spragins

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of,

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaseme, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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.

Changes coming to Campbell Barracks food court

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

For those living and working on Campbell Barracks, the familiar aroma of flame-broiled burgers and crispy fries perfectly salted and fresh from the fryer will soon be replaced with something a little more exotic.

The Burger King located in-

side of the Campbell Barracks food court will permanently close Friday and be replaced by Sahim's Kebab and Grilled Foods.

According to Frank Niccoll, general manager of the U.S. European Command Consolidated Exchange, the closure is part of an effort to revamp the Campbell Barracks food court and make up for the burger

franchise's declining sales over the past year.

But the Burger King closure won't be the only change Campbell Barracks customers can expect to see.

"The closure of one of the three Burger Kings in the Heidelberg footprint provides customers with more food choices," Niccoll said.

"Once Sahim opens, we

plan to close Anthony's Pizza and replace it with another food concession, Pizza and Pasta, which is expected to be in place by the end of October."

During the transition, customers will still be able to eat at the other restaurants currently located in the food court.

"I'm convinced the changes planned for the Campbell food court will be supported by our

local community, as in the case of the bakery that replaced Cinnabon," Niccoll said. "Customers endorsed this new operation as we experienced a significant lift in sales."

Operating hours for Sahim's Kebab and grilled foods will be 6:30 a.m.-5 p.m. Monday-Friday. The new eatery will also offer breakfast and is scheduled to open Oct. 1.



Heidelberg

Pvt. Angelica Upchurch was convicted July 30 by a military judge at a special court-martial of one specification of violating Article 80, Uniform Code of Military Justice, attempted possession of ecstasy; two specifications of violating Article 86, Uniform Code of Military Justice, failure to report to her appointed place of duty; one specification of violating Article 92, Uniform Code of Military Justice, possession of drug paraphernalia; two specifications of violating Article 112a, Uniform Code of Military Justice, wrongful use of marijuana; and one specification of violating Article 112a, Uniform Code of Military Justice, possession of more than 30 grams of marijuana. Upchurch was sentenced to be discharged from the U.S. Army with a bad conduct discharge.

Pvt. James Curtis was convicted July 31 by a military judge at a special court-martial of one specification of violating Article 112, Uniform Code of Military Justice, drunk on duty; and one specification of violating Article 134, Uniform Code of Military Justice, reckless endangerment. Curtis was sentenced to forfeit \$964 for three months, and to be confined for three months.

Spc. Willie Walker was convicted Aug. 5 by an enlisted panel at a general court-martial of one specification of violating Article 134, Uniform Code of Military Justice, adultery. Walker was sentenced to be reduced to the grade of E-3, and to 45 days' hard labor without confinement.

Pvt. Darrian Nealy was convicted Aug. 9 by a military judge at a general court-martial of one specification of violating Article 91, Uniform Code of Military Justice, disobeying a lawful order from a noncommissioned officer; one specification of violating Article 117, Uniform Code of Military Justice, provoking speech; one specification of violating Article 128, Uniform Code of Military Justice, aggravated assault with a deadly weapon; and one specification of violating Article 134, Uniform Code of Military Justice, communicating a threat. Nealy was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for five months and to be discharged from the U.S. Army with a bad conduct discharge.

Sgt. Darrick Garner was convicted Aug. 19 by an enlisted panel at a general court-martial of two specifications of violating Article 120, Uniform Code of Military Justice, rape of a child under the age of 12; and one specification of violating Article 120, Uniform Code of Military Justice, aggravated sexual contact of a child under the age of 12. Garner was sentenced to be reduced to the grade of E-1, and to be confined for 18 months.

Courts-Martial Results

The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.

7th CSC responds to simulated crisis during Guardian Shield 10

By Spc. Glenn M. Anderson

7TH CSC PUBLIC AFFAIRS

A chemical plant in a foreign country accidentally releases a plume of toxic fumes causing panic, sickness and numerous deaths within the city where the plant is located. Adding to all the chaos, the weather makes the situation worse for the citizens who live in the area of direct impact. A call comes from the foreign country for U.S. assistance. Who will go?

Guardian Shield 10, an annual exercise designed to train the 7th Civil Support Command in conducting consequence management operations in response to a crisis, was conducted Aug. 17-20 at Rhine Ordnance Barracks in Kaiserslautern.

In the scenario, the 7th CSC was alerted and marshaled to Plock, Poland. Guardian Shield 10 is one in a series of exercises to help the 7th CSC train for its mission in consequence management and civil affairs.

A relatively new unit having been activated in September, the 7th CSC is unique as it is the only consequence management and civil affairs Reserve unit in Europe. Its sole purpose is to respond to incidents and provide immediate assistance so the affected people or country can return to normalcy.

The 7th CSC provides trained and ready forward-stationed consequence management command and control, civil support teams and civil affairs capabilities. It also provides immediate response capability as directed by U.S. Army Europe.

"The focus of this one was to conduct command and control," said Capt. Major Robinson, a 7th CSC training officer and the night shift battle captain for this



Spc. Glenn Anderson

Lt. Col. Joseph Roberts, deputy commanding officer for 7th Civil Support Command, and Polish Regional Fire Chief Adrzej Mroz hold a training press conference during Guardian Shield 10 at Daenner Kaserne in Kaiserslautern Aug. 19.

exercise. "It is almost like night and day in how much better we were this time around."

"What I see is the 7th CSC moving into a real-world direction, and it won't be long before we are ready to handle it. We are headed in the right direction," Robinson added.

Mark Terry, a consequence management defense contractor supporting the Defense Threat Reduction Agency and a GS10 exercise planner and observer controller and after action review facilitator, said the 7th CSC has its own challenges because of personnel rotations.

"The beauty of the 7th CSC is that there is a strong desire to do well and to learn, and if you have that, you are golden," Terry said.

These exercises are conducted so the strengths and weaknesses can be pinpointed and built upon. As long as there are dedicated people running the exer-

cise, the unit will have a really good grasp on how things are done, Terry added.

From top to bottom, the 7th CSC has a great team that wants to work toward an attainable goal, Terry said. And, of course, the DTRA is here to help with the foreign consequence management training.

"GS10 provided some of the most realistic training for the 7th CSC with members of the Polish fire services, the Polish police force, U.S. Air Force and Navy, to give the exercise the feel of a real-world event," said James Otto, 7th CSC director of emergency services.

Mother Nature brings fires, tsunamis and earthquakes to different parts of the world. Disaster strikes through accidental chemical releases or explosions. The 7th CSC continuously trains and prepares to respond if called upon.

Organizations work together to prevent suicide

By Steve Davis
ERMC PUBLIC AFFAIRS

A dark thing happens when situations or relationships begin to spin out of control. A feeling of hopelessness or despair may set in. No matter how hard you may try to shake it, the gloom darkens and turns what used to be joy for life into unbearable pain.

"I just can't take this anymore. I just want the pain to end," some Soldiers have been heard to say.

Those statements could be a warning sign by someone considering suicide. Personality changes, high-risk behavior, irritability, anger and depression can also be warning signs.

"Don't take them lightly. Treat them seriously even if you think they are off-the-cuff passing remarks or behavior," said Dr. Maria Crane, a clinical psychologist with Europe Regional Medical Command Soldier and Family Support Services.

The Army is training Soldiers, leaders, Department of the Army civilian employees and family members to "Act," "Care" and "Escort."

The ACE suicide prevention program asks everyone to truly know Soldiers on a personal level and, if necessary, escort them to someone who can help them. That "someone" could be a behavioral health provider, a chaplain or a social worker.

To teach first-line supervisors to recognize suicide warning signs and intervention skills, trainers from U.S. Army Europe G-1 and the Installation Management Command-Europe Substance Abuse Program host Applied Suicide Intervention Skills Training.

"The Army's goal is to have two ASIST-trained facilitators at each garrison, major subordinate command and Army Reserve Command before Dec. 31," said USAREUR G-1 Well-being and Quality of Life Program Manager Dr. Betty Summerlin. "Once trained, those master trainers will then conduct three two-day workshops."

Summerlin said squad leaders, platoon sergeants, platoon leaders and other first-line supervisors are the target audience for the training.

Family readiness groups and others are also receiving suicide prevention training.

"It is important to be prepared and trained to respond effectively to many types of situations," said Sonja Brown-Lathan, family readiness support assistant program manager for U.S. Army Europe.

She said properly trained family readiness support assistants and FRG volunteers can play a significant role in identifying and referring Soldiers and family members in crisis to the appropriate professionals.

Chaplains and Army Community Service provide training to FRASAs.

Deputy IMCOM-Europe Chaplain (Lt. Col.) Avi S. Weiss said military community and unit chaplains will conduct suicide prevention training throughout September and also address Soldier and family resilience during chapel services.

Even school kids are learning suicide prevention skills. "SOS: Signs of Suicide" training is held annually for seventh graders at Heidelberg Middle School. Eighth graders get a refresher course.

"School counselors teach students how to help fellow students and others if they observe suicidal behaviors," said HMS Counselor Lynn Mattingly.

Vice Chief of the Army Gen. Peter W. Chiarelli said the Army is working very hard to eliminate the stigma long associated with seeking and receiving help.

"This is a matter of life and death, and it is absolutely unacceptable to have individuals suffering in silence because they're afraid their peers or supervisors will make fun of them, or worse, it will adversely affect their careers," Chiarelli said.

A candid new video called "Shoulder to Shoulder: I Will Never Quit on Life" features vignettes and testimonials of real Soldiers who received help for psychological distress or who assisted an individual in need. The video illustrates how people can work together to keep each other, and the Army, mentally fit.

The video and other suicide prevention resources are available at the Army G1 Suicide Prevention Web page, www.armyg1.army.mil/hr/suicide.

transformation UPDATE

Frequently Asked Questions

When will the health center close?

What will the remaining people do for health care?

According to the U.S. Army Europe news release, the Heidelberg Health Center and Dental Clinic will inactivate by FY13. Headquarters Europe Regional Medical Command and associated medical activities will relocate to the Kaiserslautern area by FY13. The 30th Medical Command is currently slated to relocate to a location to be determined by FY14. ERMC is currently evaluating how they will continue to provide services to our communities. The reduction of services will be done in coordination with the reduction of the population, so they will continue to provide services as long as possible. When more information has been released on this subject, we will make it available to you.

Will funding be cut due to the closing status of the installations?

While funding has been and will continue to be constrained for all installations worldwide, we will continue to work closely with the Installation Management Command-Europe Region and Family and Morale, Welfare and Recreation Command to ensure resources are not prematurely reduced ahead of closure. The Army still has a commitment to sustain the promises in the Army Family Covenant.

If I am hired in Heidelberg, what happens to me and my family when the community closes?

If an employee has return rights to a CONUS activity, he may choose to exercise those rights. Depending on status, employees may also register in the Priority Placement Program for possible placement. As stated in the PPP Manual, Chapter 3, Section D: Permanent employees become eligible to register for placement in other areas when they receive a specific Reduction-in-Force notice of separation. Local commanders and heads of activities may approve early registration for employees expected to be adversely affected up to one year prior to the effective date of closure or RIF.

Personnel Support

Mannheim NAF Workforce Briefing

The Heidelberg Non-Appropriated Fund Office will hold a Mannheim workforce briefing at 6 p.m. Sept. 13 at the Top Hat Club to provide information for all Mannheim NAF employees about the upcoming closure of U.S. Army Garrison Mannheim. All Mannheim NAF employees are encouraged to attend.

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.

www.bw.eur.army.mil/transformation

Shoulder to Shoulder


Video Contest

Want to show off your videography and editing skills? Create your own video Public Service Announcement (PSA) for the Army's new "Shoulder to Shoulder" suicide prevention campaign. Videos must be either 14 or 29 seconds long, and should include strong audio and visual elements. The Kaiserslautern, Mannheim and Heidelberg garrisons will each select a winner to receive a FREE two night stay at the Edelweiss Lodge and Resort in Garmisch! The top submissions may also be aired on AFN!

Completed videos must be submitted to: suicidepreventionpsa@gmail.com, no later than September 24. Submissions may be viewed at: www.youtube.com/BWnow


For additional details, contact: lisa.m.veldez@eur.army.mil

**Win a Two Night Stay
at the Edelweiss Lodge
and Resort in Garmisch!!**



Army Suicide Prevention
Reach Out ★ Talk ★ Listen

Supported by the Army Substance Abuse Program



ADS

AAFES now accepts online manufacturers' coupons

AAFES Public Affairs

DALLAS – With a simple click of the mouse, saving at the exchange is easier than ever before thanks to a decision to accept manufacturers' online coupons.

"Frankly, the economy has spurred increased interest in electronic coupons," said the Army and Air Force Exchange Service's Commander Maj. Gen. Bruce Casella. "This, combined with industry projections showing 'online' offers accounting for 8.7 percent of all coupons sent out in 2010, made it necessary to find a way to let exchange shoppers apply some of the estimated \$12.7 billion in savings said to be out there to purchases made at their BX or PX."

Sites and services that offer manufacturer's coupons range from company Web sites to online discount portals. What a manufacturer's coupon says actually takes priority over its source as AAFES requires the words "manufacturer's coupon," a bar code, expiration date, redemption address, usage policy and stated face value to all appear on the coupon in order to redeem it.

In most instances, AAFES' new coupon policy even allows for one manufacturer's coupon to be combined with an AAFES-issued coupon for the same item.

"Unless either offer specifically prohibits a combined discount, coupons available through AAFES' Mobile Marketing (www.aafes.com/mobile.htm) service or sale fliers (http://odin.aafes.com/this_week/default.asp) can be combined," Casella said.

From coupon clipping to discount clicking, online, e-mail and text message coupon acceptance, combined with tax-free shopping, is helping ensure the military's exchange benefit is no "limited time offer."

In Memoriam

David A. Supinger, a security guard contract coordinator assigned to the U.S. Army Garrison Baden-Württemberg Directorate of Emergency Services with responsibility for the Mannheim Contract Security Guard Program, died July 29 in Fletcher, Ohio, after a long battle with cancer.



Supinger was born Nov. 14, 1959 and served the U.S. Army from Aug. 21, 1978 until Aug. 31, 1998 when retired at the rank of staff sergeant. He proudly served his country as an intelligence analyst and military policeman. Supinger began his civilian career with the 26th Area Support Group in April 1999 with the contract security guard program.

Faces of the community: PHV Child Development Center



Dijon Rolle

Michelle Junkin, the supervisory program lead for Child, Youth and School Services Heidelberg and lead teacher, assists a pair of students from the Strong Beginnings class with their class assignments Sept. 1 on Patrick Henry Village. The Strong Beginnings program prepares youngsters for Kindergarten. CYSS provides a variety of outreach services, childcare options and youth and sporting programs for children ages 6-weeks through high school. Facilities are open Monday-Friday and operating hours vary. Call DSN 388-9240, civ.06221-338-9240 for more information on services.

Chaplains offer opportunity to hear award-winning speaker in Heidelberg Sunday

Staff Report

Reverend Ron Archer, a best-selling author and award-winning keynote speaker, returns to Heidelberg Sunday to address the community at two chapel services about the "Spiritual resiliency of our warfighters and their families."

The U.S. Army Garrison Baden-Württemberg Chaplain's Office is offering the opportunity to hear Archer speak at the Patrick Henry Village Chapel at 10:15 a.m. and at the Mark Twain Village Chapel at 12:30 p.m.

Archer has been a pastor for 20 years and is now bishop of more than 25 churches. He is also a sought after international business strategist and former National Football League player for the Pittsburgh Steelers.

The Cleveland, Ohio, native, known for his powerful, encouraging and poignant speeches of healing, hope and perseverance, devotes a good amount of his time speaking to and supporting the military

community as a whole.

"As I have heard Ron speak before, he takes his own life experience to encourage each of us in our own life situations," said Chaplain (Lt. Col.) Jason Duckworth, Heidelberg community chaplain. "He relates well to young people because he went through challenges as a young man. His athletic background enables him to relate to athletes.

"Ron is such a witty and polished motivational speaker that you would never suspect that he had to overcome a severe stuttering problem to be able to speak."

"As a dad, I can relate to the struggles he has faced as a father with a son who has struggled with a life-threatening illness," Duckworth added.

Archer donates more than two weeks a year out of his own time to minister to military members and their families.

He was in Heidelberg in February to speak at the National Prayer Breakfast and told the community

of his rough childhood.

"As one who grew up in abject poverty, so much so that at age 10, I held a gun to my head and wanted to blow my brains out because in my family there was absence of faith in prayer," Archer said. "There was no prayer, there was no faith, there was no church, no synagogue, and there was no religious institution in our lives. There was poverty and prostitution and drugs and violence and gang violence and shooting in our home."

He told the crowd how he used prayer as a tool to better his life and to motivate his family and others around him to do the same.

"Ron is one of those unique individuals who is just as comfortable with senior leaders as he is with young Soldiers," Duckworth said. "His appreciation for those who serve in the military is very genuine and transparent."

"I believe his message on being resilient in turbulent times will be very well received by families and military personnel."

ADS

TRICARE's contract now offers inclusive health care services

By TRICARE Public Affairs

FALLS CHURCH, Va. – The new TRICARE Overseas Program contract went into effect Sept. 1, giving beneficiaries easier and greater access to health care outside the United States.

International SOS Assistance, TRICARE's overseas contractor, is partnering with military treatment facilities to give Department of Defense beneficiaries comprehensive health care services.

International SOS operates provider networks around overseas MTFs, and in remote locations to better serve TRICARE beneficiaries.

Beneficiaries stationed overseas who want to keep up with the latest information about their health care benefits need to update their family's Defense Enrollment Eligibility Reporting System records as soon as possible.

To make sure this information finds its way into the right mailboxes – both real and virtual – beneficiaries can update their DEERS records in several ways.

The options include doing it in person at a military ID card issuing facility, online and by phone, fax or mail. To verify or update an address:

- ♦In person, find the nearest ID card office at www.dmdc.osd.mil/rsl
- ♦Online, go to www.dmdc.osd.mil/appj/address/
- ♦By phone call 1-800-538-9552 (1-866-363-2883 TTY/TDD)
- ♦By faxing dial 1-831-655-8317;
- ♦Mail address changes to: DMDC Support Office, 400 Gigling Road, Seaside, CA 93955-6771

For more information about DEERS, go to www.tricare.mil/DEERS.

To learn more about the TRICARE Overseas Program go to www.tricare.mil/overseas.

Overseas beneficiaries who want to keep up with TRICARE benefit information via e-mail can sign up for updates at www.tricare.mil/subscriptions.

TASM-E nears completion of Dutch FMS reset

By Jennifer L. King
405th AFSB Public Affairs

The Theater Aviation Sustainment Manager – Europe is nearing completion of a Foreign Military Sales reset mission for the Dutch military.

TASM-E has already completed reset for two AH-64D Apache helicopters owned by the Dutch military and is nearing completion of the third. The aircraft had been purchased by the Dutch military through the FMS program.

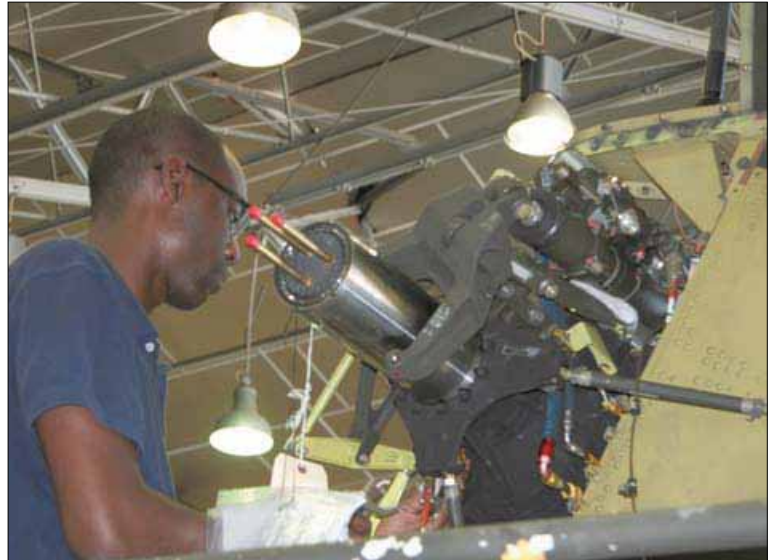
"We execute foreign military sales missions in addition to our regular mission of aircraft maintenance, generally on a reimbursable basis," explained Lt. Col. Tildon "Kye" Allen, commander of TASM-E.

"Our FMS operations include executing maintenance on aircraft that have been sold by the U.S. military to other governments as part of the FMS program," he said.

The employees of TASM-E take the maintenance of aircraft belonging to other countries as seriously as they do maintenance on an American military aircraft.

"We perform extensive maintenance on the aircraft," said Fabriel Ortiz, TASM-E deputy commander.

"The Dutch military did not have any personnel to perform Apache maintenance.



21st TSC Public Affairs

Jerry Brooks works on the tail rotor of an AH-64D Apache owned by the Dutch military during a reset operation being executed on behalf of the Netherlands at the Theater Aviation Sustainment Manager-Europe Aug. 20.

They contacted us to see if we would conduct the maintenance for them on a reimbursable basis, and we agreed," Ortiz said.

The reimbursable program is actually a win-win situation for both the TASM-E and foreign governments. The TASM-E has all of its work funded, and the foreign governments are able to get world-class maintenance on their equipment.

The mission isn't without its challenges, though.

"We have to receive repair parts from the Dutch government, and sometimes that can take a while," said Sgt. 1st Class Chad Eades.

"They either have to remove parts from another aircraft that they have in the Netherlands or order the parts directly from Boeing and wait for delivery," Eades said. "They can order parts from the American military, but their priority is lower than U.S. units, so that can take a great deal of time as well. Regardless of the op-

tion they choose, we have to wait for the parts to arrive in theater before we can finish the reset mission."

Despite the challenges, the last aircraft undergoing reset is scheduled to be complete within the next 60 days, at which time the aircraft will be returned to the Dutch military.

This reset mission is the second mission TASM-E has performed for the Netherlands this year. TASM-E also reset AH64D Apaches in March.

LIKE OR DISLIKE GARRISON SERVICES?



I WANT YOU

TO TAKE THE

CUSTOMER

SERVICE ASSESSMENT

VISIT WWW.MYMILITARYVOICE.ORG TODAY

Survey open from Aug. 30 through Sept. 26, 2010

ADS



Sgt. James Henderson (right) of the 1st Battalion, 87th Infantry Regiment, 10th Mountain Division assists an Afghan national police officer during call-out training at the police headquarters in Chahar Dara, Afghanistan, Aug. 28. U.S. Navy, Petty Officer Walter M. Wayman

Soldiers from the 16th Combat Aviation Brigade, Fort. Wainwright, Alaska, arrive at Chaklala Air Force Base, Pakistan, aboard a C-17 Globemaster III aircraft in support of flood relief efforts there Sept. 1. The 16th CAB Soldiers also brought in two UH-60 Black Hawk helicopters and additional personnel.



U.S. Army Photo



U.S. Army Photo

A Soldier conducts live fire training at Galloway Range, Fort. Benning, Ga., Company C, 2nd Battalion, 11th Infantry Regiment Aug.31.



Spc. Valerie Lopez

President Barack Obama greets Soldiers from the 11th Air Defense Artillery Brigade at the Stafford dining facility at Ft. Bliss, Texas, Aug. 31.

ourARMY
around the world

For more Army news,
visit www.army.mil

Exercise Agile Challenge

21st TSC Current Operations Integration Cell trains to conduct business as usual in unusual circumstances

By Mike Bowers
21ST TSC PUBLIC AFFAIRS

It was business as usual in terms of function but not location for the 21st Theater Sustainment Command's Current Operations Integration Cell during exercise Agile Challenge Aug. 23-27, at Rhine Ordnance Barracks in Kaiserslautern.

The command's nerve center packed up and moved to a Deployable Rapid Assembly Shelter tent staked out on ROB as part of exercise Agile Challenge 2010 Phase IIIB.

"It was our aim to make the move invisible to our subordinate units and higher headquarters," said Col. Bob Gagnon, assistant chief of staff for operations. "People who reached us by phone or e-mail didn't know we were operating somewhere without our fancy coffee pots and cushy chairs."

Gagnon said AC 10 Phase IIIB was all about testing the unit's contingency operations plan, which is the plan of how to continue operations during catastrophic events that would somehow disable the organization's normal place of operation.

"A lot of agencies talk about COOP, but we stressed how to actually do it and did so," Gagnon said. "We tested our plan and were able to identify some things we missed such as computer server and systems compatibility."

More than 135 Soldiers, civilians and contractors received the notification to leave the COIC on Panzer Kaserne with nothing more than a laptop in hand and become fully operational a few hours later.

"Our commanding general's intent was to basically evacuate the COIC as if something had cut off all commu-

nications," said Maj. Jay Cash, deputy chief of operations and COIC battle major.

Cash said the exercise met the requirement mandated by the U.S. Department of Homeland Security in which all federal agencies are required to implement their contingency operations plan and be operational within a certain amount of time.

That requirement also includes testing, training and exercising of personnel, equipment, systems, processes and procedures.

"We went a step further," Cash added. "Normally, we would move into a facility with some established capabilities."

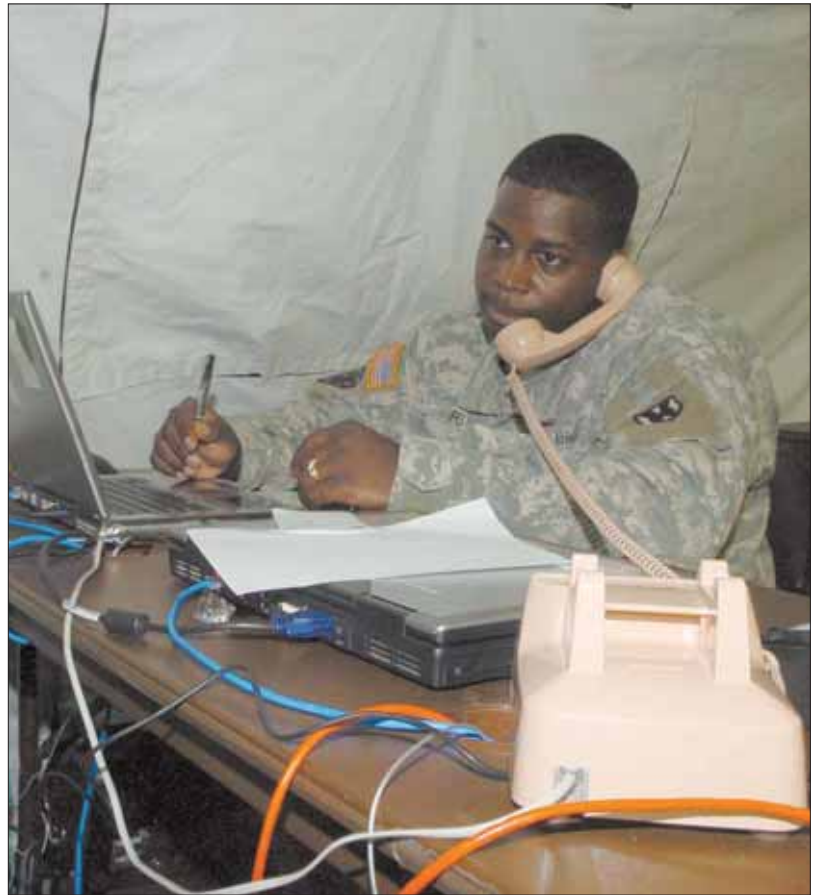
"We tested moving into a tent and establishing the physical structure in field conditions and integrating our COIC staff into that environment."

The COIC is comprised of representatives from the 21st TSC staff as well as partner support agencies. In conducting its 24/7 operations and information processing, the COIC uses a myriad of complicated data and video systems.

Bringing that capability to life in the tent was the job of G6. The heart of that environment was setting up secure and non-secure Internet communications and a multitude of complicated data and video systems.

"Upon notification, we were up and running within the established timeframe," said Master Sgt. James Hall, operations noncommissioned officer in charge of information services.

Hall and a crew of more than 20 Soldiers and civilians provided miles of cable, video inputs, audio systems, servers, routers and other equipment to set up the network's



Capt. Greg Jones

The 21st Theater Sustainment Command's Current Operations Integration Cell picked up its entire operation and relocated to a field site on Rhine Ordnance Barracks during Exercise Agile Challenge 2010. This involved moving the operations of about 135 personnel of the 21st TSC's staff on very short notice and having them operational again in a matter of a few hours.

"In the end, our success was measured on us maintaining the commanding general's ability to receive information and make decisions based on what we provided. We were able to do that, even though we were somewhere else."

-Col. Bob Gagnon, 21st TSC assistant chief of staff for operations

backbone.

"It was good training," Hall said after the exercise. "The Soldiers and civilians did an excellent job of making sure we were able to do continuity of operations."

Power was supplied by 21st Special Troops Battalion in the form of field generators that maintained 24-hour basic life support systems.

Department of the Army Civilian and G3 operations specialist, Nelida Rabassa said she didn't mind working

out of the tent because she is used to doing that as a former Soldier.

"I think most of the retirees didn't mind," Rabassa said.

"It was a suitable environment for civilians, especially those who are mission essential and have to go forward."

Rabassa did admit there were some hiccups such as minor system capability is-

issues and sharing telephones.

"All-in-all, it was a great exercise," she said. "The support from G6 was great. There were no disruptions to daily operations and, as a staff, we didn't miss a beat."

"In the end, our success was measured on us maintaining the commanding general's ability to receive information and make decisions based on what we provided," Gagnon said. "We were able to do that, even though we were somewhere else."

Dreams, sleep facets of resiliency issues for health care providers

By **L.A. Shively**
ARMY NEWS SERVICE

FORT SAM HOUSTON, Texas – On a table in a brightly colored kitchen bathed with sunlight sits a big bug. "I heard it say hamburger, hamburger," a young man says.

A child describes seeing a highway with lots of cars rushing back and forth. But there are no people inside those cars.

"I was riding the subway and I noticed that I could suddenly see into things. There was a young woman and in her purse she had handcuffs," says another young lady, who continues to describe a second scenario.

"I was in a field and I could see what looked like hundreds of silver and purple flowers. As I approached, I realized that were actually parasols and then they would make a sound like a gong."

"I'm holding a big glass of milk and there's a head of lettuce in it," says a third person.

A talking bug, x-ray vision and nonsensical scenes are several of the dreams researchers pursue in "What are dreams? Inside the Sleeping Brain," recently shown at Brooke Army Medical Center as an opportunity for staff to learn about the science behind sleeping and dreams.

The film was broadcast on television last year as part of Public Broadcasting Service's

NOVA science series.

"Most people are really interested in what dreams mean and whether there is a purpose to them," explained Sandy Fitzgerald, who coordinated a series of presentations for BAMC staff as part of the Department of Nursing's Resiliency Program.

Fitzgerald said sleep is a huge issue for BAMC staff.

"Sleep is critical to resiliency. It's one of the biggest issues for Soldiers when they're deployed and redeployed," she said. "Many have difficulty sleeping when they return – experiencing nightmares."

Fitzgerald said her resiliency series is a way to give respite to the doctors, nurses and staff needing a little "doctoring."

Working with critically ill and wounded warriors returning from war zones is very stressful for staff, she said, adding that many have been deployed, then hit the ground in a fully-functioning capacity caring for others on their return.

"By and large health care providers are very resilient people used to a high tempo. But they need nurturing as well because they don't always think to take care of themselves," Fitzgerald said.

She is also trying to sow seeds for others to think about in terms of overall health, resilience and alternative therapies are related.

"Knowledge can never hurt but specifically with dreams, if it raises questions and inspires dialogue about these things then maybe there would be some positive changes individually and systematically," she added.

Fitzgerald said the staff found the dream research fascinating.

"Dreams have been responsible for two Nobel Prizes, the invention of a couple of major drugs, other scientific discoveries, several important political events and innumerable novels, films and works of visual art," said Deirdre Barrett, a dreams researcher at Harvard Medical School.

Barrett related that the periodic table of the elements was said to have come to the Russian chemist Dmitri Mendeleev during a dream. She said Elias Howe's solution to creating a needle for his new invention, the sewing machine, was revealed in a nightmare.

"One night he dreamed of being attacked by cannibals with spears. And as he woke up in terror, the last thing he saw was that all of their spears had the hole at the pointed tip of the spear, and he realized that's where you put the hole in a sewing machine needle," Barrett said.

Researchers describe two types of dreaming during the sleep studies chronicled on the DVD and theorize that



Illustration by Joe Funtanilla

each has different roles.

"Sleep studies have revealed that not only do we dream in REM (rapid eye movement) sleep, we also dream in non-REM sleep and they are different," said Erica Harris, a sleep researcher at Boston University.

Scientists found after non-REM dreaming, self-concept and self-regard was positive, but more negative after subjects were waked from REM sleep. This suggests the proportion of REM and non-REM sleep may be a factor in depression.

Dreams also help with learning and memory.

Robert Stickgold, a sleep researcher from Harvard University, has subjects play video games they are unfamiliar with; then he instructs them to think about their performance before sleeping.

"This is all about the function of sleep and the role of dreaming and processing memory," Stickgold said. "It makes the memory more useful for the future. We know they're getting better when they play again."

Fitzgerald said she plans to continue showing the "Dreams" DVD and is willing to lend it to other departments.

Army launches 'Don't Ask, Don't Tell' online inbox



WASHINGTON – The Army launched a 'Don't Ask, Don't Tell' online inbox Sept. 2 specifically available for Soldiers worldwide to share comments and opinions.

The inbox is accessible via the Army Knowledge Online homepage. The intent of the inbox is to help the Army assess and consider the impacts, if any, a change in 'Don't Ask, Don't Tell' law would have on operations, readiness, effectiveness, unit cohesion, recruiting and retention, and family readiness.

Complete instructions can be found on the inbox entry page on AKO. The inbox will remain open until Sept. 30 or until leadership decides the inbox has fulfilled its purpose.

The Army chief of staff wants all Sol-

diers to have the opportunity to share comments and opinions. What is learned from inbox comments will be shared with the DOD Comprehensive Review Working Group to assist in the development of an action plan to support effective implementation, if repeal of current law occurs.

The more comments and opinions provided, the better the Army can gauge Soldier opinion and perception of the potential impact of a repeal.

Additionally, inbox comments could provide insight on how to best manage such impacts during implementation.

To safeguard identity of respondents, the Army will employ control measures.

Inbox users are reminded that current 'Don't Ask, Don't Tell' law remains in effect.



iWATCH ARMY

iREPORT **i KEEP US SAFE**



A Simple Observation

A Single Report can lead to actions that may **STOP** a terrorist attack

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

See Something Say Something



To report suspicious activity in Heidelberg:
DSN 388-2222, civilian 06221-678-2222
www.bw.eur.army.mil/iwatch



21st TSC honors retirees

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command held a retreat and retirement ceremony at Panzer Parade Field Aug. 27 to honor the service of three retiring Soldiers.

"It is a distinct honor and privilege to be here and take part in a ceremony, which honors and pays due respect for a lifetime of service to the nation and the Army," said Col. (Dr.) John Cho, commander of Landstuhl Regional Medical Center.

"I believe in fate and destiny. I believe that there is a reason that these three are on the field today and are being recognized," he added.

Those reasons are for careers that have spanned at least 20 years, more than two continents, and a list of praiseworthy accomplishments.

Staff Sgt. Robert Eastman, a physical security inspector for U.S. Army Garrison Kaiserslautern's Provost Marshal's Office will retire Sept. 30 after

23 years. He has served in a variety of positions in Germany, the U.S. and Korea.

For Lt. Col. Cliff Serwe, a logistics officer with the logistics sustainment operations division, U.S. Army Europe, his time in the Army in Germany holds a lot of memories.

"It's been a wonderful place to live and grow, working with a lot of fantastic people doing fantastic work," he said.

Serwe, a Wisconsin native, retired July 1 and is serving as the director of the Rhine River Detachment, 838th Transportation Battalion.

California native Sgt. Maj. Steven Thorp, the human resources sergeant major for the 21st Theater Sustainment Command, had a few words for the people he served with.

"Thank you, because the people who I have come into contact with are the ones that have helped me move along and move up," he said.

Staff Sgt. Deval Blackwood, who is changing duty stations, received a Meritorious Service Medal in recognition for his work while at 21st TSC.

And the winner is ...



Judge Tanja Mena holds up the arms of women's figure tall category winner Kerry Tighe of Kaiserslautern (right) and runner-up Monique Eisenhardt (left) in the third annual Bodybuilding and Figure Competition held at Kelley Theater in Stuttgart Aug. 28. The male and female competitors ranged in age from 21 to 52 years old.

Shaheed Simms

Soldier pays it forward to wounded warriors through quilting

By Guadalupe Warren

While recovering from wounds sustained in a vehicle rollover in Iraq, Capt. Laura Stanley received a very special gift that changed the course of her life.

She was given a blanket from the Project Linus Foundation, and it caused her to question what she would have left behind for her family if she had died that day in Iraq in 2003.

The blanket made her think of the family quilts her mother had from her great-grandmother and the family quilt her great-aunt hand pieced. She decided she wanted to make a quilt for everyone in her family.

"It would be something that I made for each of them specifically and they could remember me by if I died the next time I go to war," said Stanley, who has since recovered from her injuries and now serves as the commander of the Headquarters and Headquarters Detachment, 357th Air and Missile Defense Detachment located



Capt. Laura Stanley, a member of the Rheinland Pfalz Quilt Guild, makes quilts for wounded warriors at Landstuhl Regional Medical Center. She started quilting a few years ago after receiving a blanket to comfort her while she was recovering from injuries sustained in Iraq.

on Rhine Ordnance Barracks in Kaiserslautern.

During her rehabilitation from the rollover, Stanley visited her cousin in Kansas, who showed her the quilts her deceased great-aunt made and talked about all the quilting she was doing.

Stanley headed back to Colorado Springs with the idea that she would give quilting a try.

She had just moved to a new home and found that her neighbor had been quilting for years. It was this neighbor who guided Stanley through

quitting any new techniques I was learning or helping me choose the color that would be just right," Stanley said.

Even though she lives in Germany now, Stanley still sends pictures of her latest quilts to her old neighbor and friend.

For the past two years, Stanley has been able to continue her passion for quilting in Germany through the Rheinland Pfalz Quilt Guild.

As a member of the guild, Stanley helps make quilts for wounded Soldiers at Landstuhl Regional Medical Center through the Quilts of Valor Program, allowing her to provide some comfort to wounded warriors, just as the Project Linus Foundation did for her seven years ago.

In addition to helping others, Stanley said she has gained friends and knowledge by being a member of the Rheinland Pfalz Quilt Guild.

"I've never been a member of a guild before," she said, "so I enjoy seeing other people's projects, fabric choices, learning new techniques, and having others talk to me about my own projects."

More Info Online
www.rpqq.eu

her first visit to a quilt shop. "As I learned how to piece on my own, she was always open to me bringing over my latest project and dis-

HEIDELBERG EARTH WEEK BIKE RIDE 2010



IMCOM

SOLDIERS • FAMILIES • CIVILIANS

BW
now

ARMY FAMILY COVENANT:
Keeping the Promise

We are
**YOUR HOME AWAY FROM HOME
IN BADEN WÜRTTEMBERG**



CYSS FEES

continued from page 1

Army fees for each category (that will not be subject to TFI), and new School Age Services hourly options for occasional users.

Depending on their particular category, some parents will see an increase in their child care costs.

However, Army officials realized full compliance with the new policy's fee increases could create a financial burden for some Army families.

As a result, they requested and received an exception to policy allowing any increases to be phased in over a two-to-three year period.

The exception also allowed the Army to establish individualized installation fee plans for each garrison to meet the Army fee goal by the 2012-2013 school year.

Elizabeth Driver, CYSS program operations specialist for U.S. Army Garrison Baden-Württemberg, says the new policy will help establish some sense of predictability and consistency for Army families, whenever they go – be it Fort Bragg, N.C., or Baumholder, Germany.

"It's very important for the Army overall and the community to get consistency across the board," Driver said.

"If you were a family in the past that might be at a garrison back in the States, your fees could have been possibly much lower, and when you transition to your next location, your fees may have been significantly different. I think it's very important for our families to have consistency," she said. "When they're transitioning, we don't add extra stress to them."

Driver also says since fees for most Army garrisons in Europe were already standardized, the overall impact of the policy changes will be subtle, as opposed to garrisons in the United States.

In fact, Driver said fees for School Age Services are expected to drop across the board here.

The Army is moving toward one standard Army fee in each TFI category by the 2012-2013 school year.

While the scheduled fee increases will occur gradually in phases, parents can expect to see fee decreases like the multi-child reduction discount and category 1 expansion go into effect right away.

The MCR discount, which will jump from 10 to 15 percent, applies to the second child and additional children enrolled in full-day, part-day, part-time care and youth sports, and the category 1 expansion will allow more families to qualify for the lowest CYSS fees.

"This is a good thing, and I think this is a great move for CYS Services, for the families in particular. It's got the consistency across the board, and over here in Europe we're seeing some improvements," Driver said.

Officials from Parent Central Services are asking category 6 families, who have not already provided their TFI information, to submit all their documentation before Oct. 1 to ensure they do not get moved to category 9.

CYSS fees will still be based on TFI and not rank or civilian grade. The no registration fee policy and Army Family Covenant fee reductions will remain unchanged.

The last time the Army Child and Youth Fee Policy was updated was more than six years ago during the 2004-2005 school year.

The first phase of the policy will go into effect at all Army installations Oct. 1.

For more information on the policy changes and fees, parents can call their local Parent Central Services office.

Suicide prevention education



Courtesy Photo

Lisa Velez, suicide prevention program lead, speaks to members of the the 21st Theater Sustainment Command Family Readiness Group in Kaiserslautern about upcoming events for Suicide Prevention Awareness Month and the impact individuals can make on a Soldier. To help spread the suicide prevention message, troops from the Better Opportunities for Single Service members program came out in full force handing out suicide prevention cards and candy to all who came through the Panzer, Rhine Ordnance Barracks, Kleber and Landstuhl gates, reaching 1,000 individuals in the Kaiserslautern military community. In Heidelberg, blood donors at a local blood drive received information and goodies pertaining to suicide prevention. The Heidelberg BOSS members also greeted diners in the Patton and Heidelberg Health Center dining facilities with a positive message about prevention and a crisis card with candy.

STRONG BONDS

continued from page 1

geared toward individual awareness and choosing the right partner by way of group lectures and training exercises. After classes Soldiers spent time in Garmisch bike riding, hiking, swimming and touring castles and historic landmarks.

"Soldiers have such a busy schedule and a retreat gives a lot of stress release; I feel refreshed already," said Charles Millozzo, 1st Battalion, 214th Aviation Regiment. "I learned a lot about broadening my

perspectives of dating from the classes and books."

Chaplain (Maj.) Ben P. Clark, 44th Expeditionary Signal Battalion, hosted a class with more than 30 married Soldiers in attendance, and referenced "The Seven Principles for Making a Marriage Work," by John M. Gottman Ph.D.

"Soldiers need help too because we all fall down, and before we crash and burn, we should take advantage of the help that is provided," Clark said. "No one wants to break even; we all want a successful relationship."

INVEST

continued from page 1

"We are launching (this) online contest for the purpose of soliciting and rewarding creative ideas to save money and use resources more effectively," said Defense Secretary Robert M. Gates when the contest was launched in early August.

According to the INVEST Web site, the program is looking for ideas that will "save money,

avoid cost, reduce cycle time, and increase agility. There is not a required timeframe, but ideas should contribute to (Gates') five-year goal of \$100 billion in savings."

Ideas can be submitted easily with a brief online form available at the contest Web site. Contestants must be service members or DOD civilian employees to be eligible and are encouraged to submit multiple ideas.

"The men and women of DOD are a key part of this effort," Gates said in a message to DOD personnel about the awards. "I look forward to hearing your ideas directly, untarnished and unfiltered, on how we can improve the way we do business and spend taxpayer's money more effectively."

To submit ideas or read more, visit www.defense.gov/invest.

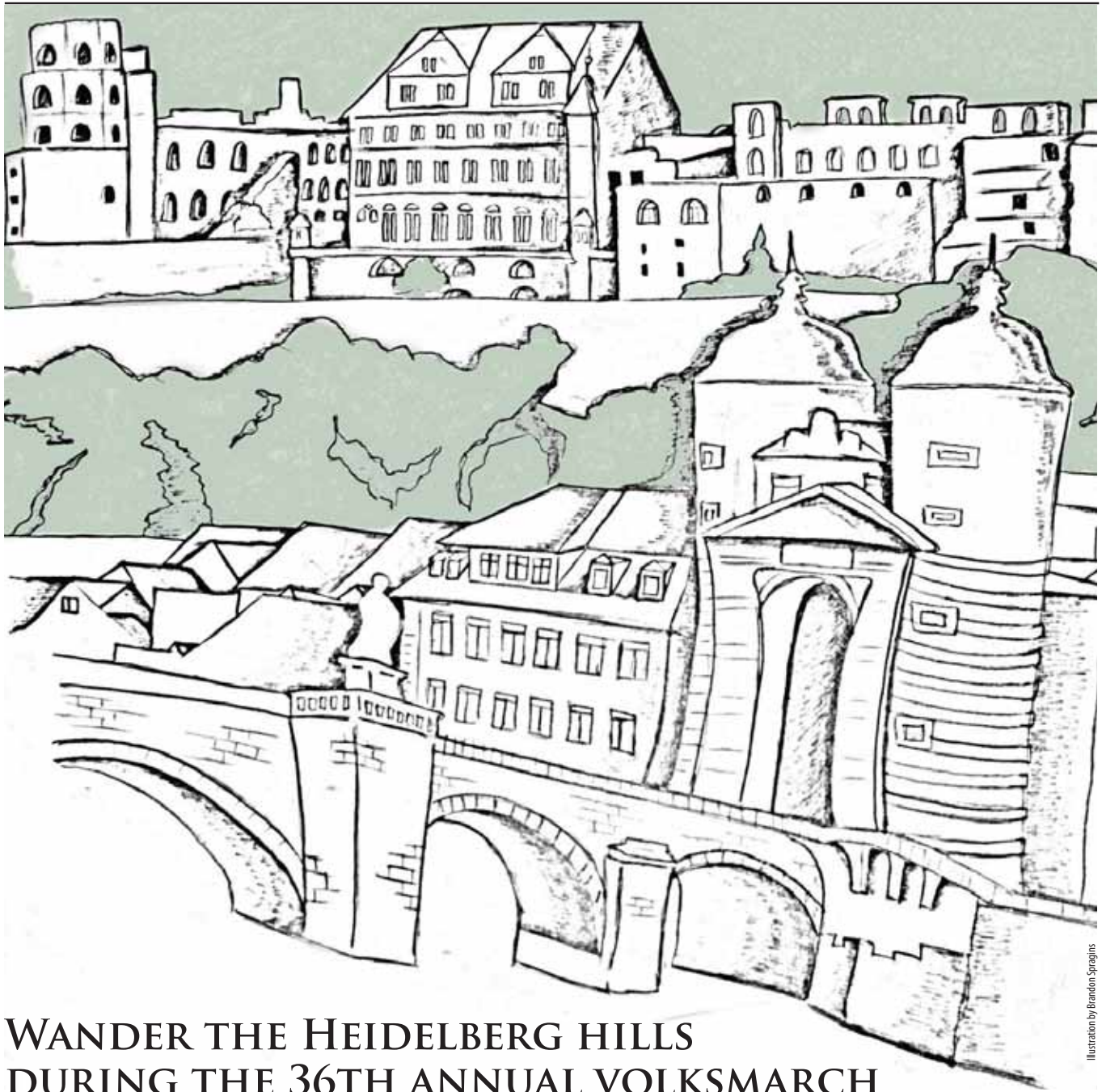


Illustration by Brandon Spragins

WANDER THE HEIDELBERG HILLS DURING THE 36TH ANNUAL VOLKSMARCH

Heidelberg International Wandering Club

The Heidelberg International Wandering Club's 36th Annual Heidelberg Volksmarch is scheduled for 7 a.m. Sept. 25-26.

What is a volksmarch? It's a non-competitive walking (and running) event where everyone – young or old – completes trails from 5 up to 22 kilometers. You can take your dog, push your child in a stroller, walk as a group, or walk on your own – and you get refreshments on the way at "control points" (Kontrollstellen) and afterwards.

The HIWC event attracts as many as 3,000 walkers from near and far.

The start and finish are at the International Gesamtschule in Heidelberg-Hasenleiser, behind Nachrichten Kaserne (the Heidelberg Health Center). The 11- and 22-kilometer trails will meander through the forests and fields throughout the hills

above Heidelberg.

On these trails, you will pass nearby the Ehrenfriedhof Memorial, a monument commemorating those who died in battle in the Heidelberg area during both world wars and offers a marvelous panorama of the city of Heidelberg.

The 22-kilometer trail ventures to the Heidelberg Castle, while the 5-kilometer stays in the vineyards below and is stroller friendly.

In the start hall, you will be able to relax and recharge your batteries after the walk. There will be lots of food and drink available as well as a disc jockey playing popular tunes on both days.

This year the club is offering a collectable beer mug featuring an old scene of Heidelberg. The cost: €3.80 for the mug and the pleasure of walking between 5 and 22 kilometers.

The HIWC is one of six clubs in Europe associated with a military community and boasts about

250 active members, according to club vice president Rob Floyd.

Volunteers are needed to assist with the annual event.

Anyone who volunteers will receive a T-shirt, free food and drink coupons. It takes about 150 volunteers to operate a weekend event from setting up and breaking down benches and tables in the start hall, marking and monitoring the trail, stamping start cards, preparing and selling food, distributing supplies and equipment, directing traffic and making sure the start hall is cleared up after the event.

Everyone is encouraged to turn out and take a walk or run through the German countryside, enjoy refreshments afterwards, take home a souvenir, and enjoy a part of German culture.

For more information go to the HIWC Web site, www.hiwc.de. To volunteer, call civ. 06227-841226 or e-mail hiwc@yahoo.com.

GERMAN NEWS

Digital erasers

Interior Minister Thomas de Maizière wants to give Germans the right to a "digital eraser" to delete personal online content, he said Tuesday. He hopes to add the idea to a new data protection law set for completion this fall. The Internet doesn't forget, and users must have a right to change this in certain cases, he told the Rheinische Post daily newspaper. But such an approach would also need effective sanctions, said the member of Chancellor Angela Merkel's conservative Christian Democrats. And those individuals who failed to properly protect themselves might be on their own, de Maizière implied.

Stuttgart demonstrators

Police Monday night cleared a tree house full of activists protesting the controversial Stuttgart 21 rail project as opponents in the southwestern city continue to draw attention to their cause. Eleven demonstrators were carried from the tree house in the Schlossgarten park, located next to Stuttgart's main train station, where they have been living since Friday, police said. As officers approached, another 100 activists quickly arrived to support the tree inhabitants, forming a sitting blockade around the tree.

Munich's Olympic bid

Munich's bid to host the 2018 Winter Olympic Games suffered a fresh blow Monday as Willy Bogner, president of the bid's organizing committee, stepped down for health reasons. The 68-year-old, a former top class skier who competed in the 1960 Olympics in the slalom, said he was acting on medical advice. Bogner will remain on the committee and retains confidence that Munich can win the right to host the games and add to their staging of the tragedy-hit 1972 Summer Games.

Ballack to remain captain

Joachim Löw, coach of Germany's national football team, confirmed last week that veteran midfielder Michael Ballack will remain his first-choice captain despite being left out of the opening Euro 2012 qualifying games. Ballack, 33, continues his recovery from the ankle injury that kept him out of the World Cup. Philipp Lahm will be the temporary national captain until Ballack returns.

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,

A year ago, I was introduced to a man whom I became a quick friend and lover with. He is affiliated with the military, and I am with the local board of education.

We found an undefined comfort in each other when we got together. Because there was not a lot in common, we found things of interest to both of us. We don't talk much about our work nor rely on each other.

Occasionally he would ask me about my job, and I would usually change the subject. I refuse to rely on him and his credentials and continue to pursue my own goals.

We used to see a lot of each other in the beginning. Since time went on, we became more disconnected yet continued to see each other occasionally.

My friends having their own relationships were curious about me and asked me if I had a beau.

I have talked to girlfriends who

are in the same vocation as my friend, and they assure me I should try and get closer to him and not let him go. I feel different from what they are suggesting. They don't know the whole story. So in some sense, I'm the bad guy. I really want to keep face in all of this and get out of the relationship.

Last year, I went out on a limb by asking him to meet my teenage sons. He thought it was a bad idea. Taking this as a rejection, I began to care less about our relationship but continued to see him because of fear of being lonely and loss of a relationship.

About four months ago, we had a sexual relationship and I became pregnant. After two and a half months, I went to the doctor. In the third month, I miscarried.

I didn't tell him while still seeing him. I kept it to myself because we would have gotten into an argument.

It's not that I don't share my feelings; it's that I want to end this nicely, being able to say goodbye and put this all behind me.

Inside, I am an emotional wreck, but I've handled worse. I know I can get through this.

I really want to thank you for just looking at this. I need to put this past me. I'll keep going on.

From: The timing is all wrong

Dear Timing,

Thank you so much for writing me and for sharing your story. It will be interesting to know what you have decided to do since you wrote me this letter. I truly hope you decided to leave him alone.

From your report, it doesn't sound like this was a healthy relationship. However, it sounds like the two of you would hook up from time to time and have sex,

right?

As a result of the "hook ups" maybe you wanted more from the relationship but nothing ever materialized. I think you deserve much better.

In my opinion you should cease contact with this guy. I don't think you owe your friends an explanation.

This guy is not ready to move forward in a relationship with you because he didn't even want to meet your sons. There are just too many red flags, in my opinion.

Well, maybe I'm being too harsh toward him, but I don't think he wants to build a relationship with you. You deserve the best.

Please keep in touch and let me know what you decided to do.

Responses to previous columns:

Dear Ms. Vicki,

No one holds a gun to your head and forces you to marry them or to be an Army spouse. These women know they are marrying a jerk, but they still marry them anyway. Women will do anything just to get a brown ID card.

When things go bad, they whine and complain or think the commander or first sergeant is supposed to fix their Soldier – negative!

I'm a senior NCO, and when these problems come to my attention I take the side of the Soldier too, he is a grown adult and it's their business, not mine. I'm not a counselor, I'm in the business of soldiering ... period.

We don't owe you women anything. Get a job, get a career, make your own money, and stop whining and complaining that you got dumped and left with nothing.

From: Tired of hearing the whining

Health care benefits: What does TRICARE cover to help you maintain mental health?

TRICARE Area Office

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, we are focusing on your mental health.

In addition to physical well-being, discussed last week, it is important to also focus on our mental well-being.

There's much in the news lately on suicide prevention, traumatic brain injuries and post-traumatic stress disorder, all of which have a special impact on our military families.

TBI and MTBI occur when the head is struck or shaken violently, such as with a fall or an explosion or blast. PTSD occurs when someone experiences a life-threatening or horrific situation.

One may not have experienced any specific change in life circumstance, but may still experience depression, anxiety, phobias or the like.

Sadness, loneliness, feelings of being overwhelmed or out-of-control, sleeping too much or too little, feeling angry or irritable or just numb

or any change in personality are just a few of the symptoms that should signal you to seek help no matter what may have led up to these feelings.

Just like a high fever and trouble breathing may be symptoms that make you seek care from a doctor, any behavioral health symptoms, which may be more subtle, are equally important signals that 'it is now time to ask for help.' Mental well-being is just as important as physical well-being.

Many programs are being developed within the military health system for psychological health issues that include prevention, protection, diagnosis, treatment and recovery.

It is important for us to recognize and treat those "mental injuries" keeping you and your family from experiencing the best mental or psychological health possible.

There are many resources at your fingertips to help and just like clinical preventive health measures, seeking professional help at the first signs of mental distress is very important.

♦Military OneSource offers counseling and other assistance 24/7 through toll-free numbers and resources found at www.militaryonesource.com.

♦Afterdeployment.org offers confidential education on many issues such as dealing with stress, conflict at work, reconnecting with family and friends, anger, substance abuse and kids and deployment.

♦Anonymous behavioral health self-assessment at www.militarymentalhealth.org/chooselang.asp.

What does TRICARE Cover?

- ♦Non-active duty TRICARE Prime beneficiaries may go to eight outpatient behavioral health care visits without a referral.
- ♦Outpatient psychotherapy – limit to length of appointment and frequency
- ♦Inpatient admissions
 - Patients 19 years and older are limited to 30 days in a fiscal year (or admission)
 - Patients 18 years and younger are limited to 45 days in a fiscal year (or admission)
 - Residential treatment for patients 18 years and younger may be up to 150 days (available only in the United States)
 - Substance Abuse Programs – up to 21 days with an additional seven days for detoxification if needed. Lifetime benefit limited to three inpatient treatment programs.

GET OUT!

area events

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

September 9

Rheingau Wine Festival - Rheingau vintners will present their fine wines in the "Freibgass," the charming restaurant and fine food area within Frankfurt's pedestrian shopping zone. More than 600 wines and sparkling wines from the Rheingau region will be tasted at 30 vintner stands. These range from the finest wines to light and zesty summer wines, with wines from alternative grape varieties also being offered alongside the dominant Rheingau Riesling. The Freibgass™ is located on Große Bockenheimer Straße, Opernplatz, and the fest is open 11 a.m.-11 p.m. through Sept. 10.

September 10

Plum Festival - Enjoy the 63rd Bühl Plum Festival. This huge annual festival is in honor of the most important fruit of Bühl with wine village, music, cabaret, pageant and other attractions. Festival runs through Sept. 13.

Sausage Market and Wine Fest - Experience the sights, smells and tastes of the Bad Dürkheim Sausage Market and Wine Fest with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Heidelberg Rising Star - Do you have what it takes to become a star? Find out at Heidelberg Operation Rising Star, an Army-wide singing competition, and you could win the ultimate recording music experience! Auditions are at 7 p.m. Sept. 10 with the semi-finals Sept. 17 and the finals Sept. 24, all at the Recovery Room on Nachrichten Kaserne. Contest rules and application: www.mwgermany.com.

September 12

Cycling - Join Kaiserslautern Army Outdoor Recreation for a Bikes Without Borders, two-wheel bicycle excursion in Lauterbourg. DSN 493-4117, civ. 0631-3406-4117.

September 15

BOSS Cheap Eats - Celebrate Hispanic-American Heritage Month with Better Opportunities for Single Soldiers Cheap Eats 6-8:30 p.m. in the Patton Barracks Warrior Zone in Heidelberg. Learn how to cook quick and healthy meals on a budget. Open to ID card holders ages 18 and over. www.mwgermany.com.

September 16

Ramstein Bazaar - The 45th Annual Ramstein Welfare Bazaar will be noon-8 p.m. on the Ramstein flightline. Enjoy shopping, eating, entertainment and goods from more than 130 vendors from across Europe. Bazaar runs through Sept. 19. www.ramstein-bazaar.org.

September 18

Paintball - Take a trip with Kaiserslautern Outdoor Recreation to one of the best paintball fields in Europe in Vekring, France, 6 a.m.-8 p.m. Must be at least 14 years old (with guardian). DSN 493-4117, civ. 0631-3406-4117.

Belgium - Time has long stood still in medieval Brugge, a romantic city that went to sleep in the Middle Ages, leaving a perfectly preserved gem that is today among the loveliest places in Europe. Tour the city and stroll through its lively markets. <http://affiliates.usa.org/Kaiserslautern>.

Indoor Flea Market - There will be an indoor flea market at the Rhine Ordnance Barracks Special Events Center in Kaiserslautern 8 a.m.-2 p.m. Sellers can call Kaiserslautern Army Outdoor Recreation to reserve a spot. DSN 493-4117, civ. 0631-3406-4117.

Oktoberfest Express - Travel to the world-famous Oktoberfest in Munich with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Oktoberfest in Munich - Celebrate the 200th year of the world-famous Oktoberfest in Munich through Oct. 4. Traditionally, the first day includes the entering of the beer-tent-keeper with parade through Munich as well as the tapping of the first Oktoberfest-beer-barrel by the Munich governor in the Schottenhamel-Tent. The first Sunday features a traditional costume parade through the Munich city center. www.oktoberfest.de/en.

September 19

SWR 1 Pfännele - A Voyage of Discovery - Culinary treasure hunters will enjoy themselves during the month of September when the "SWR 1 Pfännele" is out and about. The recipe is quite simple: only produce from the region goes into the pot. Farmers, refiners and cooks present the local products in the town center 11 a.m.-6 p.m. www.SWR1.de.

September 24

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.

Musical Melody - The Roadside Theater Show Choir, Sound Sensation, presents an evening of musical medley to kick off its

2010-2011 season of shows. Show begins at 7:30 p.m. 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. Concerts run now through Sept. 26.

September 25

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.

BOSS Scuba Day - Join Heidelberg Better Opportunities for Single Soldiers on a scuba diving adventure. The cost is \$75 and price includes transportation, equipment and instruction. Sign up at Heidelberg Outdoor Recreation, DSN 388-9282.

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.

September 26

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.

September 30

The Count's Schloss Festival - Visit Constanzt 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 8

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 - Tour departs early Friday morning for Italy. In Venice you will experience a guided walking tour through this famous city, seeing the canals, bridges, and quaint squares. The tour will then head to Florence, the cradle of the Renaissance, to experience more of Italy's breathtaking architecture and works of art. <http://affiliates.usa.org/Kaiserslautern>.

coming to THEATERS



MACHETE
(Danny Trejo, Michelle Rodriguez) After a violent shakedown from a notorious drug lord nearly kills him, Machete, a renegade Mexican Federales and tough-as-nails vigilante for justice, roams the streets of Texas, working as a day laborer. When Machete is hired by a crooked U.S. Senator to execute a covert hit, Machete is double-crossed and forced to run from the cops and an endless stream of assassins. But what they don't know is that Machete is looking for them so he can settle the score. Rated R (strong bloody violence throughout, language, some sexual content and nudity) 110 minutes.

THE TWILIGHT SAGA: ECLIPSE

(Kristen Stewart, Robert Pattinson) Bella once again finds herself surrounded by danger as Seattle is ravaged by a string of mysterious killings and a malicious vampire continues her quest for revenge. Rated PG-13 (intense sequences of action and violence, and some sensuality) 124 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 9 - TAKERS (PG-13) 7 p.m.
Sept. 10 - THE LAST AIRBENDER (PG) 7 p.m.; MACHETE (R) 9 p.m.
Sept. 11 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 4 p.m.; THE LAST AIRBENDER (PG) 7 p.m.; MACHETE (R) 9 p.m.
Sept. 12 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 4 p.m.; THE LAST AIRBENDER (PG) 7 p.m.
Sept. 13 - MACHETE (R) 7 p.m.
Sept. 14 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
Sept. 15 - THE LAST AIRBENDER (PG) 7 p.m.
Sept. 16 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.

Mannheim, Schuh

Theater under construction until further notice.

Vogelweh, Galaxy

Sept. 10 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
Sept. 11 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 3 p.m.; TAKERS (PG-13) 7 p.m.
Sept. 12 - THE LAST AIRBENDER (PG) 3 p.m.; TAKERS (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Sept. 9 - GROWN UPS (PG-13) 11:15 a.m., 1:45 p.m., 4:30 p.m., 6:45 p.m.; KNIGHT AND DAY (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 2 p.m., 4:15 p.m., 6:15 p.m.
Sept. 10 - MACHETE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 9 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
Sept. 11 - MACHETE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 9 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 2 p.m., 5 p.m., 8:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
Sept. 12 - MACHETE (R) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:00 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 2 p.m., 5 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:15 p.m.
Sept. 13 - MACHETE (R) 11:15 a.m., 2 p.m., 5 p.m., 7:30 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.; SHREK FOREVER AFTER (PG) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
Sept. 14 - MACHETE (R) 11:15 a.m., 2 p.m., 5 p.m., 7:30 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.; SHREK FOREVER AFTER (PG) 11:45 a.m., 2:30 p.m., 5:15 p.m., 8 p.m.
Sept. 15 - MACHETE (R) 11:15 a.m., 2 p.m., 5 p.m., 7:30 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.
Sept. 16 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; THE LAST AIRBENDER (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238

Schuh Theater, Mannheim, 0621-730-1790

Galaxy Theater, Vogelweh, 0631-50017

Gateway Cineplex, Ramstein, 06371-47-5550

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

community HIGHLIGHTS

Workshops for Educators, Parents

The Bully, the Bullied, and the Bystander – Breaking the Cycle of Violence – A bullying and violence-prevention workshop will be offered 1-5 p.m. Sept. 23 in the Patrick Henry Village Pavilion in Heidelberg for youth development professionals, school personnel, community leaders and others who regularly work with youth. Cost is \$25, and pre-registration is required. DSN 379-6067, civ. 06202-80-6067.

Kids Are Worth It – Teaching with Wit and Wisdom – A facilitation and classroom-management workshop will be offered 6:30-8:30 p.m. Sept. 23 in the Village Pavilion. The workshop is free and open to anyone, but it is targeted toward professionals who work with youth as well as parents.

UMUC Field Study

The University of Maryland University College Europe announces two three-credit undergraduate field study courses – "Dublin, Ireland: A Brief Literary History" and "Expatriate Writers in Venice: 1800 to Present," offered this October in Dublin, Ireland, and Venice, Italy. Registration deadline is Sept. 26. DSN 370-6762. www.ed.umuc.edu/fieldstudy.

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.

OCS Selection Board

The next Officer Candidate School selection board will be Feb. 21-25. U.S. Army Garrison Baden-Württemberg will host a local board 9 a.m. Dec. 8-9. Completed board packets must be submitted by Nov. 18 to the Military Personnel Division. https://www.hrc.army.mil/site/active/opdistacc/ocs/ocs_appl.htm. DSN 370-8915 or gilberto.rodriguez3@eur.army.mil.

HMEDDAC Facebook Page

The Heidelberg Medical Department Activity has joined Facebook. Log on for clinic information and updates as well as tips and links to important health care information. www.facebook.com/hmeddac.

local EMPLOYMENT

RNs and LPNs

The Heidelberg Health Center is in need of registered nurses and licensed practical nurses, including a pediatric nurse practitioner and a preventive medicine RN. Resumes may be delivered to HEMEDDAC Department of Nursing in Bldg. 3612, Rm. 117 on Nachrichten Kaserne or e-mailed to charleen.miller@amedd.army.mil. DSN 371-2911, civ. 06221-17-2911.

Preventive Medicine Assistant

The Heidelberg Health Center is seeking a motivated, versatile and creative thinker to work in preventive medicine services. For questions or resumes, e-mail mark.killebrew@amedd.army.mil. DSN 370-2960, civ. 0162-270-3299.

ACS Mannheim Job Fair

Army Community Service is sponsoring a career fair, 10 a.m.-2 p.m. Sept. 18 at the Sports Arena on Benjamin Franklin Village in Mannheim. Civ. 0621-730-3101.

KAISERSLAUTERN Education

♦ **ASIST Training** – The Chaplain's Office will offer Applied Suicide Intervention Skills Training 9 a.m.-4 p.m. Sept. 16-17 at the Daenner Chapel Fellowship Hall on Daenner Kaserne. The ASIST workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Registration: DSN 493-4098, mima.oceguera@eur.army.mil.

♦ **SOS Meeting** – The purpose of Survivor Outreach Services is to deliver on the Army's commitment to the families of Fallen Soldiers. SOS connects people with trained professionals who can help them cope with the loss of a Soldier. There will be a support group meeting 6-7 p.m. Sept. 23 in Bldg. 2917, Pulaski Barracks. DSN 493-4332, civ. 0631-3406-4332.

Community

♦ **Scout Expo** – The Boy Scouts and Girls Scouts will host a Scout Expo 10 a.m.-4 p.m. Sept. 11 at the Kaiserslautern Military Community Center-AAFES Main Exchange Courtyard located on Ramstein Air Base. VenturingCrew21@gmail.com.

♦ **Cards for a Cause** – Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Sept. 13 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: Oct. 4, Nov. 8 and Dec. 6. pejachowski@juno.com.

♦ **EFMP Support Group** – Clinical psychologist, Dr. Kristal White, PhD of Landstuhl Regional Medical Center's Pediatrics Behavioral Health, will speak and provide parents with a better understanding of children diagnosed with autism. The topic of discussion will be "Autism Diagnosis and Social Skills Implications." The support group will meet at Vogelweh Elementary School library, 6-7:30 p.m. Sept. 14. DSN 493-4016, civ. 0631-3406-4016.

♦ **Quilt Guild** – The Rheinland Pfalz Quilt Guild is offering a Quilt on Your Own Machine class 10 a.m.-5 p.m. Sept. 18 at the Kaiserslautern Landstuhl Spouses Association on Pulaski Barracks. Sign up at info@rpgg.eu.

♦ **AFCEA Luncheon** – The Kaiserslautern Military Community Armed Forces Communications and Electronics Association Chapter 158 will hold its monthly luncheon at 11:30 a.m. Sept. 22 in the Ramstein Air Base Officers' Club, Suite 3. Deadline to RSVP online is Sept. 17 at www.kmcafece.org/luncheon.

♦ **Suicide Prevention** – There will be information booths on suicide prevention set up at the Rhine

Ordnance Barracks Dining Facility Sept. 23 and the Landstuhl Regional Medical Dining Facility Sept. 24.

♦ **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 for the conference, call DSN 493-4357, civ. 0631-3406-4357.

HEIDELBERG Education

♦ **ACS Classes** – Intro to MS Excel, 9 a.m.-noon Sept. 13, 14, Families Learning about Germany, 9 a.m.-2 p.m. Sept. 13-15, with a Field Trip 8:30 a.m. Sept. 18; Smooth Move Class, 10-11 a.m. Sept. 14; Time Management and Goal Setting, 1-3 p.m. Sept. 14; Exploring the Heidelberg Job Market, 9 a.m.-noon, Sept. 15; Sponsorship Assistance Training, 10-11 a.m. Sept. 15; Financial Readiness Training, 8:30 a.m.-12:30 p.m. Sept. 16; Intro to MS Publisher, 9 a.m.-noon Sept. 16; Communication and Assertiveness, 10 a.m.-noon Sept. 16 and Bringing Baby Home, 1-4 p.m. Sept. 16. www.mwrgermany.com/hd/acs.

Community

♦ **Off-Post Housing** – The Housing Division has changed its off-post housing procedures. All off-post services now will be done by appointment only. Customers need to call DSN 387-3302 or their individual counselor for an appointment.

♦ **Volksmarches** – The Heidelberg International Wandering Club is registered at the following folk marches in September: Gelnhausen and Neckarsteinach, Sept. 4; Rauenberg, Sept. 5; Fuerth/Odenwald, Sept. 11-12; and Bruchmuehlbach-Miesau, Sept. 18-19. The HIWC will host its own folk march 7 a.m.-6 p.m. Sept. 25 and 7 a.m.-5 p.m. Sept. 26 behind Nachrichten Kaserne. The next membership meeting is 7 p.m. Sept. 13 at the SG Clubhaus in Otfersheim. www.hiwc.de, hiwc@yahoo.com.

♦ **PHV Construction** – Construction on the front entrance of the PHV Theater will run through February. This is the third and final phase of construction and will complete the multi-year upgrade of the PHV Shopping Center Plaza.

♦ **Jewish High Holidays** – Services will be held at Mark Twain Village Chapel: Rosh Hashanah 8:30 a.m. Sept. 9-10 and Yom Kippur, 7 p.m. Sept. 17 and 9:30 a.m. Sept. 18. For details on Rosh Hashanah meals, Shofar blowing and Break-the-Fast after Yom Kippur, call DSN 370-6506, civ. 06221-57-6506. avi.weiss@us.army.mil.

♦ **Parent Support Groups** – There will be a cloth diaper support group meeting at 10 a.m. Sept. 16 in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN

370-6883.

♦ **Parking on PHV** – Due to the upcoming Holiday Bazaar, both sides of Saratoga Drive from Bldg. 4524 east to Gettysburg Avenue will be blocked off beginning Sept. 17. The parking on Gettysburg Avenue from Bldg. 4519 to the bus stop and the large bone stone parking area beside the Village Pavilion will be blocked off beginning Sept. 17. The drive way to the VP will be blocked off beginning Oct. 7.

♦ **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. 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.

♦ **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.

♦ **CFK Kickoff** – The community kickoff for the Combined Federal Campaign will be 11 a.m.-1 p.m. Oct. 5 outside of the AAFES Annex. There will also be a barbecue if the weather permits.

♦ **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.hcsc-heidelberg.com, www.mwrgermany.com.

♦ **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.

MANNHEIM Education

♦ **Red Cross Classes** – The American Red Cross offers the following courses: Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Sept. 11 and Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Oct. 2. There is a \$45 fee for both classes. Fee includes all materials. DSN 385-

1760, civ. 0621-730-1760.

Community

♦ **Health Care Benefits Awareness** – The following outreach events will be held in honor of Health Benefits Awareness Month: Health benefits awareness table at the commissary 2-6 p.m. Sept. 15; Community Info Fair 10 a.m.-2 p.m. Sept. 18 and Coleman DFAC 7-9 a.m. and 11 a.m.-1 p.m. Sept. 22.

♦ **9/11 Remembrances** – In celebration of the 9/11 National Day of Service and Remembrance, Mannheim Army Community Service Army Volunteer Corps encourages the community to log on to www.911daysofservice.com and pledge to support causes, volunteer or perform good deeds. Community members can also stop by ACS on Sullivan Barracks and register with the Army Volunteer Corps. www.mwrgermany.com.

♦ **Girl Scout Tea Party** – There will be a Girl Scout Tea Party for all school-age girls 1-3 p.m. Sept. 11 at the Mannheim Middle School multi-purpose room.

♦ **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 the Panzer Barracks in Stuttgart. Appointments: 0621-770-3100.

♦ **Library Activities** – Scrapbook Club meeting, noon-3 p.m. Sept. 11 and 25; free movie screening, 4-5:30 p.m. Sept. 11 and 25; Brown Bag Book Club, noon-1 p.m. Sept. 14; and Homeschooler's Meeting, 10:30-11:30 a.m. Sept. 15. DSN 380-1740, civ. 0621-730-1740.

♦ **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.

♦ **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.

♦ **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 14 through Oct. 1.

Friendly football fun



Wray Holan

Heidelberg High School football player Sterling Jones (6) tries to avoid being tackled by a Ramstein player during a friendly scrimmage on Patrick Henry Village in Heidelberg Saturday. This pre-season match-up served as an opportunity for the teams to get back on the field before the real competition begins.

Local Army hockey team qualifies for Die Players Liga tournament final

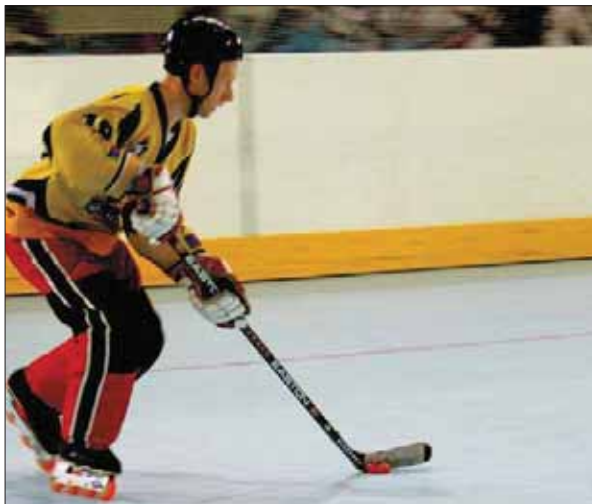
By Ken Robinson
ARMY, AIR FORCE, ADLER ALLIANCE

The Baden Bruins Army inline hockey team will play in the Die Players Liga Inline Hockey Pokal Final at 6 p.m. Sept. 18 at the old Mannheim Adler stadium in Friedrichspark, near Mannheim University.

The Baden Bruins, a military hockey team comprised of Army Soldiers, Department of Defense civilians and local nationals, are no strangers in the competition for the coveted DPL title. After all, the Baden Bruins have made it to the Ice Hockey Division I finals for the past two seasons in Germany's largest men's amateur hockey league.

The Bruins introduction to the DPL inline league last season showed significant potential for the team as they were able to take third spot overall in their inaugural season.

One year later, the Bruins have been able to secure a spot in the Pokal final and also enter the playoffs in first place. Should the Bruins win their next round in the playoffs, the team will compete for the division I league championship, which will be played one week later, also in Friedrichspark.



Courtesy Photo

Tom Connell is assistant captain for the Baden Bruins and will play in the Inline Hockey Pokal Final at 6 p.m. Sept. 18 at the old Mannheim Adler stadium in Friedrichspark. This is the second season the team has competed in the inline league.

Assistant Bruins Captain Tom Connell, a contractor for 5th Signal Command, said he believes this is the best team the Bruins have put together in a long time. Connell also said should the Bruins win either the pokal final or league championship, last season's ice hockey title loss would be vindicated and would give them the

confidence they need as they begin preparations for the upcoming ice hockey season.

For more information about the Baden Bruins or military hockey, visit both the Bruins Web site at www.badenbruins.com or the unofficial home for military hockey in Germany at www.adleralliance.com.

staying ACTIVE

Registration For 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.

Fantasy Football League

Family and Morale, Welfare and Recreation patrons from all five branches of the U.S. military are invited to play in a free fantasy football league with \$100,000, a trip to Super Bowl XLV and championship rings on the line. Participants can create an account and begin drafting teams to compete in the Rapid Draft Fantasy Football League at www.mwrfantasysports.com. Registration and all drafts must be started by Sept. 12 at 8 a.m. EDT. All participants must be 18 years of age or older at the time of registration in order to participate in the league. The league is open to all active-duty personnel, their family members, retirees, Reservists, National Guard, Department of Defense and Coast Guard civilians.

NFL Sundays

Heidelberg - Starting Sept. 15, 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 - Watch your favorite football team on the big screen 7-10 p.m. every Sunday, starting Sept. 5- through Dec. 26 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. DSN 489-6000, civ. 0631-536-6000.

Bowling Tournament

King of the Hill Bowling Tournament Series starts at noon Sept. 19 and every third Saturday afterwards at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. \$40 fee. The tournament will be played in conjunction with the Mannheim Bowling Center on Benjamin Franklin Village. There will be 14 qualifying tournaments with one final year-end tournament. www.mwrgermany.com.

Fitness Day

Heidelberg - Join USAG Baden-Württemberg Sports and Fitness and Installation Command Europe 10 a.m.-2 p.m. Sept. 18 for the IMCOM-E Fitness Day at Campbell Barracks Fitness Center in Heidelberg. Twenty different classes will be offered including Yoga, Kickboxing, Step and more. There will also be mens and womens benchpressing for attendees 18 and over. All activities are free. DSN 370-6489.

Kaiserslautern - The Kleber Fitness Center in Bldg. 3235 will host a 'let's get fit day' 10 a.m.-1 p.m. Sept. 18. DSN 493-2086.

Mannheim - The Sullivan Barracks Fitness Center in Mannheim will host a 'let's get fit' day 8:30 a.m.-12:30 p.m. Sept. 18 at the Sullivan Barracks Fitness Center. There will be yoga and spin classes, a 3-kilometer fun run, massages, a prize drawing and more.

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.

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.

ADS

ADS

ADS