

HeraldPOST

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

HP THURSDAY
Oct. 13, 2011

Speed Read

MEGA MINI WINNER

A USAG Baden-Württemberg family member won a Mini Cooper at the Holiday Bazaar in Heidelberg Friday. 3



ENERGY CONSERVATION

October is the Department of Energy's energy awareness month with the theme Turn Words into Action, Turn Action into Results. 8

CFC-OVERSEAS KICK-OFF

The 2011 Combined Federal Campaign-Overseas program, the world's largest charity campaign impacting military personnel, runs through Dec. 2. 12

LSU TRAINS SOLDIERS

Instructors from Louisiana State University Fire and Emergency Training Institute trained reservists at Ramstein Airbase on rescue operations in tight spaces. 13

THINK P.I.N.K.

Seeing pink throughout October raises awareness for women's health and breast cancer awareness. 14

HEIDELBERG VOLLEYBALL

The Lady Lions volleyball team remains undefeated after Saturday's victories. 17

Defense Details

TRICARE

With a fresh focus on patient care – particularly for wounded warriors and their families – the new deputy director of the TRICARE Management Activity said Tuesday he's committed to ensuring TRICARE's 9.6 million beneficiaries worldwide get the care and services they deserve. Army Brig. Gen. (Dr.) W. Bryan Gamble, who assumed day-to-day oversight of TRICARE earlier this month, brings a long resumé of assignments as a physician and commander in the military health system to the job. Some of the most profound, he said, were his tours as commander of Landstuhl Regional Medical Center during the height of the surge in Iraq, as surgeon to the U.S. Central Command commander, and for the past two years, as commander of Eisenhower Army Medical Center at Fort Gordon, Ga.

www.defense.gov
www.army.mil/news

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Still growing strong

Dijon Rolle

A construction worker shifts mounds of dirt outside of the new Defense Logistics Agency's administration building on Germersheim Army Depot Oct. 4. The new facility will house the agency's transport, distribution, safety, storage and command sections. It is scheduled to be completed in early January and fully operational by August or September.

Germersheim Army Depot marks 60 years; installation designated as enduring

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Back in 1951 miles of military tanks, trucks, equipment and other remnants of World War II filled nearly every inch of Germersheim Ordnance Vehicle Park. The park, located on an old German training ground in Germersheim near the Rhine River, was created to store, receive and issue equipment and supplies

in support of the U.S. Army in Europe. The area's close vicinity to railways and a river port, made it ideal for a host of logistical operations.

But these days, you'd be more apt to spot bulldozers and brightly colored shipping trucks from all over the world crowding the small winding roads of what is now known as Germersheim Army Depot. The installation will mark its 60th anniversary

Tuesday.

"This base is the starting point for all logistical support in Europe and the Middle East and it provides numerous support services to Soldiers and their family members," said Andrew Washington, base manager.

"For 60 years the mission has continued and that's something we are all proud of. This installation is going to see GERMERSHEIM page 12

"This base is the starting point for all logistical support in Europe and the Middle East and it provides numerous support services to Soldiers and family members."

—Andrew Washington, Germersheim Army Depot base manager

Suicide prevention hotline available in Europe

IMCOM Public Affairs

Installation Management Command Europe officials announced toll-free European access to the National Suicide Prevention Lifeline and Veterans Crisis Line Oct. 5.

All active-duty military, civilians, family members and contractors can reach the Lifeline by dialing DSN 118 or commercially via a toll-free European number, civ. 00800-1273-TALK (8255).

The toll-free number can be dialed from

fixed-line telephones and most cell phones in Germany, Italy, Belgium, the Netherlands and the United Kingdom. It may not be reachable from all prepaid cell phones and some cell phone callers may incur charges.

A live Internet-based chat service is also available at www.suicidepreventionlifeline.org. Calls are confidential and will be answered by trained crisis counselors. For information contact Scott Harris, IMCOM-Europe, at scott.harris6@eur.army.mil.

Retiree Appreciation

A Retiree Appreciation Day will be held 8 a.m.-3 p.m. Saturday at the Patrick Henry Village Pavilion in Heidelberg with services opening at 10 a.m. Registration starts at 8 a.m. and the official opening is at 9 a.m. Guest speakers will be U.S. Army Europe Deputy Commander Maj. Gen. James Boozer Sr. and retired Sgt. Maj. of the Army Jack Tilley, co-chairman of the Army Chief of Staff Retiree Council. The Association of the U.S. Army will host an ice-breaker 6 p.m. tomorrow at the Pavilion. DSN 370-8399, civ. 06221-57-8399.

LEGAL ASSISTANCE

Family support not optional

Patton Law Center

Few things in life are black and white, but the Army's policy on family support is one of them. Soldiers are expected to provide continuous and adequate support to their family members even when the Soldier and family are physically separated.

If a spouse or family member or someone acting on their behalf contacts the Soldier's command with a complaint of non-support, Army Regulation 608-99 provides the actions a commander should take to address the situation.

The regulation states Soldiers will not violate court orders that have a financial support provision or a written and signed financial support agreement between the parties. Court orders issued by German courts can be enforced against Soldiers stationed in Germany. Commanders are tasked with enforcing the financial support terms of these documents.

In the absence of a court order or written and signed financial support agreement, the Soldier must pay a minimum amount of support to his or her family members when physically separated.

Under AR 608-99, all Soldiers must provide support in an amount equal to his or her Basic Allowance for Housing entitlement at the "with dependents" rate (without considering the geographic duty location amount).

The pay chart that the Defense Finance and Accounting Service publishes every January provides this amount for enlisted

Legal Assistance

Heidelberg and Mannheim

Patton Barracks, Bldg. 107, 9 a.m.-4 p.m. Mondays, Tuesdays, Wednesdays and Fridays and 1:30-4 p.m. Thursdays (closed first Thursdays for training), DSN 373-5058, civ. 06221-17-5058

Kaiserslautern

Kleber Kaserne, Bldg. 3210, 9 a.m.-noon and 1-4 p.m. Mondays, Wednesdays and Fridays and 1-4 p.m. Thursdays, DSN 483-8848, civ. 0631-411-8848

and officer grades on the DFAS website in the BAH RC/transient, with dependents column. Each family member is entitled to a pro rata share of the support amount.

AR 608-99 covers every Soldier in the Army, provides a minimum level of support and makes it as easy as possible for commanders to know what a Soldier is required to pay. Thus, many particulars of a given case do not matter. Things like whether or not the Soldier is receiving BAH or is receiving less, or more, in BAH than he or she must pay, should not matter to the commander's analysis and action. Equally unimportant is who is at fault for the separation.

Many Soldiers think they should be relieved from support obligations when the spouse voluntarily leaves government quarters, but this is not relevant to the support determination.

There are other rules that impact the financial support determination process. One particularly harsh rule is that while family members reside in government housing, a Soldier cannot be required to provide additional financial support.

Generally, AR 608-99 provides for some level of financial support to family members and provides a relatively easy to understand guide to help family members, Soldiers and commanders in times of family stress.

SUICIDE AWARENESS

Suicide looms as hidden enemy

By Gilberto Rodriguez

USANATO BRIGADE

The Suicide Prevention and Awareness Month campaign for September has ended, but the fight against the hidden enemy continues.

As a reflection of this awareness, USANATO Brigade in Schwetzingen conducted an outreach program to ensure training was provided to its Soldiers, family members and civilians. The suicide prevention program was coordinated with chaplains, the Army Substance Abuse Program and the Army suicide prevention and awareness website, www.armyg1.army.mil/hr/suicide.

USANATO Brigade's footprint presents a unique challenge in the achievement of such an objective. The unit is made up of 33 NATO organizations serving across 12 nations throughout Europe and the United States. Subordinate units conducted training that reached their members as far west as Norfolk, Va., to as far east as Izmir, Turkey.

Throughout September, all USANATO battalions sharpened their suicide prevention skills by completing Act-Care-Escort suicide intervention training and Applied Suicide

Intervention Training. Soldiers explored proven techniques to assist a battle buddy struggling with depression or thoughts of suicide. The agenda included interactive classes, role playing and take-home information about local resources. Emphasis was placed on the seriousness of suicidal thoughts and reasons one might feel that suicide is a solution.

USANATO Brigade members also attended a theatrical play titled "Reentry" about Soldiers coming home. This event was sponsored by the U.S. Army Europe G1 and headed by Dr. Betty J. Summerlin. Following the play, attendees had the opportunity to discuss their own experiences about coming home from deployment and dealing with stress, anger and suicide. This gave the spectators a means to identify themselves with the characters in the play and to get a better perspective of someone who is contemplating suicide.

We must all be involved in suicide prevention. Knowing each other better is the key in being able to identify that hidden enemy – suicide. A life is too precious to neglect. Suicide is preventable; all it takes is care. The fight continues.



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

DISCUSSION BOARD

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

"Can someone tell me or point me in the right direction for the booster seat laws in Germany? I can not seem to find one newer than 2007 and want to make sure they are still valid."

– Crystal, BWnow Facebook fan

"AE 190-1 says, 'German law states that children 12 years old or younger, or shorter than 150 centimeters

(4 feet, 11 inches), are required to use suitable child-restraint devices that have been approved by either the ECE-R 44/03, ECE-R 44/04, or DOT when these children are transported in a POV. Children must be seated in a rear seat if the POV has one.' It also states, 'Children 12 years of age or younger or shorter than 150 cm (4 feet, 11 inches) are required to sit in the back seat and use restraint equipment suitable for

the child and approved by either ECE-R 44/03, ECE-R 44/04, or DOT.'

If cited by a law enforcement person, two points will be added to the driving record. Twelve points in a year or 18 points in two years suspends a driver's license for six months. If cited off base, the driver will face a hefty fine."

–BWnow Facebook Administrator



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

COMMAND MESSAGE

AFAP procedure changes to include cost projections

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

SAN ANTONIO – September's Army Family Action Plan review session showed progress on the top-priority 2011 Army AFAP conference issues, including survivor identification cards and child care fees.

The session also identified adjustments to AFAP that will better align the process with the Army's cost culture.

Every month I meet with subject matter experts from the Army to review the status of issues submitted through the AFAP process to determine if they are achievable.

This review session focused on the 16 new issues identified by AFAP delegates during the February 2011 Army AFAP

Conference in Arlington, Va.

The top issue identified to senior Army leaders during this year's conference recommended that ID cards of surviving children with an active duty sponsor annotate both active duty and survivor status.

Surviving family members have been required to present both an active duty ID card and survivor status documentation to receive survivor services. The requirement for additional documentation often resulted in emotional stress for survivors, as it caused them to relive their loss.

To address this concern, the Department of Defense Human Resources Activity has authorized the use of a "dual status" over-stamp on ID cards of surviving family members. Business processes

are now being put in place to ensure correct implementation throughout the Army.

Another AFAP success story is the work toward capping military child development program fees at 25 percent of a family's total income.

The Army Child and Youth fee policy will require that families who pay more than 25 percent of their monthly income for childcare be immediately informed of the financial hardship waiver process and be provided information on how to apply at registration. The projected date for this policy change is Nov. 1.

To track this or any other issue, visit the Army OneSource website at www.myarmyonesource.com/familyprogramsandservices and search by issue number or key word.

While we are making progress on some issues, others are unachievable due to current fiscal constraints. We have to be even better stewards of our resources and ask ourselves three fundamental questions: Do we really need it? Is it worth the cost? What are we willing to do without?

These questions must become part of our culture as we move forward in this period of reduced resources.

Therefore, the Army now requires that new issues introduced into the process be accompanied by the estimated cost and a recommendation to offset the cost.

We strongly encourage those who have suggestions for improving the quality of life for the Army community to continue to submit new is-

AFAP Conference

The U.S. Army Garrison Baden-Württemberg Army Family Action Plan conference is scheduled for 8 a.m.-4:30 p.m. Oct. 19-21 at the Kaiserslautern Community Activity Center on Daenner Kaserne, Bldg. 3109, in Kaiserslautern.

issues, but with an eye towards how their suggestions can be paid for.

Our bottom line is clear: the Army's commitment to Soldiers and families endures. How we get to that bottom line changes with our resources.

AFAP continues to play a vital role in identifying what is important to the Army community, which is critical to how we decide to make the most of our resources.

Mega Mini Winner

Grace Campbell, a U.S. Army Garrison Baden-Württemberg family member, cannot believe her good fortune as she sits inside the 2011 Mini Cooper she won at the kickoff of the Holiday Bazaar on Patrick Henry Village in Heidelberg Friday. Campbell's husband Maj. Randall Campbell, a Joint Exercise Planner with U.S. Army Europe G3 and their son, Brendan, were present for the drawing. The Campbells will give the car to their 15-year-old son Dustin, an Eagle Scout candidate, when he becomes old enough to drive. Campbell's was one of thousands of entries in the USAG B-W Family and Morale, Welfare and Recreation contest that ran throughout the summer.



Full spectrum training underway for multinational partners

USAREUR Public Affairs

HOHENFELS – After jumping into the training area at the Joint Multinational Readiness Center here, participants of U.S. Army Europe's first Full Spectrum Training Environment are well into the exercise that runs through Oct. 25.

The exercise marks the beginning of a different approach to ensuring Soldiers are ready to face any type of enemy with whom they may come in contact.

"This rotation enables us to transform the institutional Army by refocusing our training infrastructure on the Army's new operation concept of wide area security – combined arms

maneuver, which is the fancy way of saying full spectrum operations," said Col. David McBride, U.S. Army Europe G3 training and exercise branch chief.

"This new concept, in essence, addresses two distinct types of fighting: the combined maneuvering concept which let us successfully invade Iraq and capture Baghdad in 2003, and the Counter Insurgency concept, which we used after the fall of Baghdad from June 2003 until present. Under CAM-WAS, these two fundamentally different approaches to fighting may both be anticipated to happen on a single battlefield, with no clear delineation between them," McBride said.

For many young Soldiers, this is not

only a new way of training but a new way of thinking.

"All of our experience is the (counterinsurgency) fight, working with the local populace and trying to get involved," said Spc. Jeffery James-Potts, an intelligence analyst with the 173rd Air Brigade Combat Team. "Here we will be fighting a conventional force and that will be a great experience on my level, to see the different kinds of tactics and methods that we use."

The exercise also gives U.S. Army Europe Soldiers yet another opportunity to work with several multinational partners and continue building upon mutually beneficial relationships.

"USAREUR is training with and

building tomorrow's coalitions today at JMRC," McBride said. "Our forward presence in Europe allows us to habitually train with and potentially deploy with our coalition partners. We have trained and fought alongside Poland downrange for several years. The 6th Airborne Brigade out of Poland and the 173rd ABCT, who are training alongside each other today, will be fighting alongside each other next summer in Afghanistan."

As the exercise progresses, participants will be faced with real-world scenarios as well as situational training exercises and a command post exercise testing their knowledge, skills and abilities to fight conventional and non-conventional enemy forces.

transformation UPDATE

Frequently Asked Questions

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

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

Is there enough base housing in Wiesbaden?

Wiesbaden has enough Army family housing to meet the U.S. Army Europe housing policy, which is 100 percent of key and essential personnel, 100 percent of specialists and below and 10 percent of sergeants and above, excluding key and essential personnel.

Could you please tell us how long the laundrette in Mannheim on Benjamin Franklin Village can be expected to stay open?

The facility is scheduled to close in the summer of 2012.

When will the Mannheim commissary and Exchange close?

The Mannheim commissary and PX are scheduled to close in September 2012 and their actual closure dates will only be accelerated if customer demand or commissary and Exchange resources decline more rapidly than expected.

Facilities Operations Changes Mannheim

Auto Skills – Spinelli Auto Skills has new hours of operation. It is closed Mondays, Sundays and U.S. holidays and open 11 a.m.-7 p.m. Tuesday-Fridays and 9 a.m.-5 p.m. Saturday and training holidays. DSN 373-5196, civ. 06221-17-5196.

Base Operations – For assistance in Mannheim, residents should contact the following individuals: Sgt. 1st Class Damien R. Hunt, who is now the Base Operations noncommissioned officer in charge located in Bldg. 245 on Sullivan Barracks, DSN 385-1610, civ. 0621-730-1610, civ. 07622-70-0535, damiens.r.hunt@eur.army.mil; Bob Isbell, Mannheim Base Operations Manager, DSN 385-3944, civ. 0621-730-3944, bob.isbell@eur.army.mil; Ralph Santaliz, Interim Deputy Garrison Commander, rafael.santaliz@eur.army.mil; or Master Sgt. Romeo Satsatin, acting USAG Baden-Württemberg command sergeant major, romeo.satsatin@eur.army.mil, DSN 373-1300, civ. 06221-17-1310.

Coleman Postal Service Center – The Postal Service Center on Coleman Barracks in Mannheim has changed its hours. The new hours are 10 a.m.-1 p.m. and 2-5 p.m. Monday - Friday. The Consolidated Mail Room customer service package pick-up window hours remain the same – 11 a.m.-6 p.m. Monday-Friday.

Customs Field Office – The Customs office in Mannheim is in Bldg. 256 (the Military Police station) on Sullivan Barracks.

Exchange Facilities – New hours of operation at Mannheim exchange facilities are:

Main Exchange is open 11 a.m.-6 p.m. Tuesday-Sunday, closed Mondays.

Burger King is open 7 a.m.-7 p.m. Monday-Friday for drive through service and 7 a.m.-6 p.m. for dining room service, 10:30 a.m.-7 p.m. Saturday and closed Sundays.

Anthony's Pizza is open 4-6 p.m. Monday-Friday and closed Saturdays and Sundays.

Popeyes and Taco Bell is open 11 a.m.-6 p.m. Tuesday-Sunday and closed Mondays.

Gas station is open 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-7 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

Shoppette is open 8 a.m.-8 p.m. Monday-Friday, 9 a.m.-8 p.m. Saturday and 9 a.m.-7 p.m. Sunday.

Franklin Guest Lodging – The hotel on Benjamin Franklin Village is closed. Customers may use the guest house on Patrick Henry Village in Heidelberg or receive a certificate of nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV.

Gate – The Friendship Circle gate on Sullivan Barracks is closed although pedestrians may use it to exit the post. The pedestrian gate near Bldg. 254 (formerly the USO) remains open 24 hours a day for entry and exit with an ID card. DSN 385-3359, civ. 0621-730-3359.

Health and Dental Clinics – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim have closed. TRICARE enrollment offices are on the Heidelberg Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne, Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500. Retirees and their family members who have been disenrolled may seek care at the Heidelberg Health Center on a space available basis. Retirees may pick up prescription medications at the Coleman pharmacy.

Hours change for ID cards/DEERS and passports – The Mannheim ID cards, DEERS and passport offices located in Bldg. 246 on Sullivan Barracks have closed. These services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. Reports of birth are by appointment only. For passports, SOFA Cards, reports of birth and other consular services, contact DSN 370-3921, civ. 06221-57-3921, www.bw.eur.army.mil/Directorates/DHR/home.html.

Library – The library on Sullivan Barracks in Mannheim is closed. Computer support is available at ACS in Bldg. 246. The library in Heidelberg on Patrick Henry Village is open 10 a.m.-7 p.m. Tuesday, 10:30 a.m.-7 p.m. Wednesday and Thursday, 10 a.m.-6 p.m. Friday-Sunday and closed Mondays. Patrons can go online and check out, download and renew services at the MYACCOUNT on-line library service, www.library.eur.army.mil. To set up an account, visit <http://mylibraryeu.fmwv.net/screens/firsttime.html>. Library staff at civ. 06221-338-9443 can answer questions, or assist in setting up an account when patrons visit the library. The IMCOM-Europe library is also available online at www.library.ulinet.army.mil.

New – Overpass Closure – The overpass from Benjamin Franklin Village to Columbus Street will permanently close Oct. 17.

SATO – The SATO travel office is closed. Customers can use the SATO offices in Heidelberg on the Shopping Center and on Campbell Barracks. The SATO office on the Shopping Center in Heidelberg is in the Community Support Center, Bldg. 3850, and is open 8 a.m.-5 p.m. Monday-Friday and closed on German holidays. DSN 370-6949, civ. 06221-57-6949. SATO on Campbell Barracks is in Bldg. 31 and is open 8 a.m.-4:30 p.m. Monday-Friday and closed on German and American holidays. DSN 370-6615, civ. 06221-985-0690.

School Age Center – The School Age Center on Benjamin Franklin Village in Mannheim is in Bldg. 699 next to the elementary school. DSN 380-4321, civ. 0621-730-4321.

Self-Help – The Self-Help Store on Funari Barracks at the recycle center compound is open 10 a.m.-6 p.m. Tuesdays and 10 a.m.-2 p.m. Saturdays and closed on American and German holidays. DSN 387-3325.

Social Work Services – Social Work Services has moved to the Heidelberg Health Center on Nachrichten Kaserne. DSN 371-2084, civ. 06221-17-2084.

Tax Relief Office – The Tax Relief Office on Sullivan Barracks has new hours. It is open 8 a.m.-4 p.m. Monday, Wednesday and Friday and closed Tuesdays, Thursdays, weekends and U.S. holidays. DSN 385-3616, civ. 0621-730-3616.

New – Transportation Motor Pool – The Transportation Motor Pool on Spinelli Barracks will close tomorrow. Vehicle dispatches will be at the Heidelberg TMP, Bldg. 157, on Patton Barracks. DSN 373-8350, civ. 06221-17-8350, www.bw.eur.army.mil/Directorates/DOL/TMP.html.

New – Vehicle Registration – The vehicle registration office on Spinelli Barracks will relocate to a new facility Nov. 15. The office will be in Bldg. 1563, currently the location of the Transportation Motor Pool. Customers should call, or visit www.hqsareur.army.mil/rmv to make sure they arrive with the proper paperwork and fee amount. Check or money orders are strongly recommended. DSN 384-6909, civ. 0621-730-6909.

Veterinary Treatment Facility – The vet office in Mannheim will close Dec. 22. Veterinary care will continue to be available through the Heidelberg Veterinary Treatment Facility on Patrick Henry Village. To prepare for closing, the Mannheim VTF has reduced its hours. It is open 8 a.m.-1 p.m. Monday for over-the-counter services only, 11 a.m.-7 p.m. Wednesday and 8 a.m.-1 p.m. Friday for sick call and preventative medicine appointments. Clients requesting surgery will be referred to Heidelberg VTF or an off post veterinarian. Records remaining at the clinic after Dec. 22 will be transferred to Heidelberg. Those scheduled to PCS before that date should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

Work Orders – All Star no longer responds to service order calls in Mannheim. Customers should call the Directorate of Public Works service order desk in Heidelberg at DSN 387-3310/3311/3312, civ. 06221-4380-3310/3311/3312.

Heidelberg

Army Emergency Relief – AER requests are processed at Army Community Service in Heidelberg on the Shopping Center, Bldg. 3850, Room 250. DSN 370-6883, civ. 06221-57-6975. American Red Cross after hours service for emergency travel in Heidelberg: DSN 370-1760, civ. 06221-57-1760 and civ. 001-877-272-7337.

Barber Shops – Barber services are offered at the Patton Barber Shop in Heidelberg 10 a.m.-5 p.m. Mondays, Wednesdays and Fridays. The Tompkins shop in Schwetzingen serves customers 10 a.m.-5 p.m. Tuesdays and Thursdays.

Commissary Gate – The hours for the commissary gate on Patrick Henry Village are 6 a.m.-8 p.m. Monday-Saturday and 6 a.m.-6 p.m. Sunday. Commissary hours remain the same: 7:30-9 a.m. daily for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

Drivers Testing – All drivers' testing services are offered in Heidelberg on the Shopping Center, Bldg. 3850, Room 136, with operating hours 7:30-11:30 a.m. and 12:30-4:30 p.m. Monday-Friday. DSN 370-7889, civ. 06221 57-6681.

Health Center – The Acute Care Clinic on Nachrichten Kaserne is closed. Weekend services at the Heidelberg Health Center on Nachrichten Kaserne have ended. All emergency and after-hours urgent care will be provided in the Heidelberg community by host-nation providers. Normal hours are 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

Mark Twain Village Shoppette – The shoppette on Mark Twain Village and the Campbell Barracks shoppette are open 10 a.m.-5 p.m. Saturdays and Sundays to support the Soldiers and families who live on MTV.

New – Postal Finance and Official Mail Service – Effective Nov. 1, the Postal Finance and Official Mail service at PSC 432 on Tompkins Barracks will be discontinued due to low patronage. Services will be relocated to the Heidelberg Shopping Center APO, Bldg. 3850, and the Official Mail and Distribution Center on Campbell Barracks, Bldg. 19, respectively. Consolidated mail room operations at PSC 432 will continue uninterrupted. DSN 370-7940, civ. 06221-57-7940.

Recovery Room – The Recovery Room on Nachrichten Kaserne is closed.

Red Cross – All Red Cross services have transferred to the Heidelberg station, Bldg. 3850, on the Shopping Center. In cases of a family emergency when a communication message is needed, the Heidelberg number will reach an emergency caseworker. The Heidelberg station is open 8 a.m.-4:30 p.m. Monday-Friday. DSN 370-1760, civ. 06221-57-1760.

New – Vehicle Registration Satellite Office – The satellite registration office on Patrick Henry Village will close Oct. 31. After that, the vehicle registration office on Spinelli Barracks in Mannheim will be the only location in both communities. Civ. 06221-678-2586.

www.bw.eur.army.mil/news/transformation

Exchange benefits for guard, reserve Soldiers

Exchange Public Affairs

DALLAS – National Guard and Reserve members account for approximately 22 percent of authorized Army and Air Force Exchange Service shoppers.

Since most are usually not on an installation full-time, they generally have fewer opportunities to patronize an Exchange.

In an effort to ensure that they are fully aware of how they can take advantage of their benefit, the Exchange has embarked on an aggressive outreach program.

Since the program's inception in March, Exchange leadership has attended yellow ribbon events, battle assemblies, guard and reserve conferences and a host of local meetings.

As a result, Exchange civilian and military personnel have reached out to approximately 47,000 Guard and Reserve members through briefings and one-on-one interactions. At guard and reserve functions, the Exchange's military outreach group communicates to servicemembers that, wherever they may be, their earned benefit is available, both in-store or via shopmyexchange.com.

"The Exchange's goal is to fully understand what value means to the National Guard and Reserves and to anticipate their wants and needs," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Jeffrey Helm. "We're striving to create a sense of community and belonging for them by finding ways to serve them in their communities through personal engagement."

In addition to briefings and one-on-one meetings, the Exchange is also using catalogs, postcards, holiday cards and sales flyers, targeted specifically to Guard and Reserve members, to inform authorized shoppers of the multiple channels available.

"We've found that many of these Guard and Reserve members are unaware of the convenience and value of using the Exchange website," said Helm. "While they may not be stationed near a brick and mortar store, they have access to virtually anything they would find in an installation Exchange through shopmyexchange.com. It's just a matter of making sure they are aware of that. And we're off to a great start."

Faces of the community: DeCA Central Distribution Center



Dijen Rolle

Alexander Forest, a supply clerk with the Defense Commissary Agency European Region Central Distribution Center located on Germersheim Army Depot, inspects a box containing salt and dog bones. The box is part of a larger shipment that will be sent to a commissary in Europe. Forest must look through each shipment to ensure stores receive the right items in the right amounts to match their order requests. The CDC is open Mondays-Saturdays year-round and stocks more than 8,000 semi-perishable items for distribution to commissaries, U.S. embassies and other agencies across Europe and the Middle East.

GOT

TOO MUCH

STUFF?

TURN IT IN!

Your local Central Issue Facility will take that excess gear off your hands.

Central Issue Facilities	Bldg. 3850 DSN 370-3339 Heidelberg Shopping Center Kaserne civ. 06221-57-3340	Mannheim Spinelli Barracks Bldg. 1515 DSN 384-6500	civ. 0621-730-6545 Kaiserslautern Kleber Kaserne Bldg. 3225
			DSN 483-8675 civ. 0631-411-8672

Turn words into action, turn action into results

Garrison continues to decrease energy use, but everyone plays a part in overall reduction

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

According to estimates, there are currently about 7 billion people on earth. While every culture is different, there are few vital things we all share, including the need for food, water and clothing.

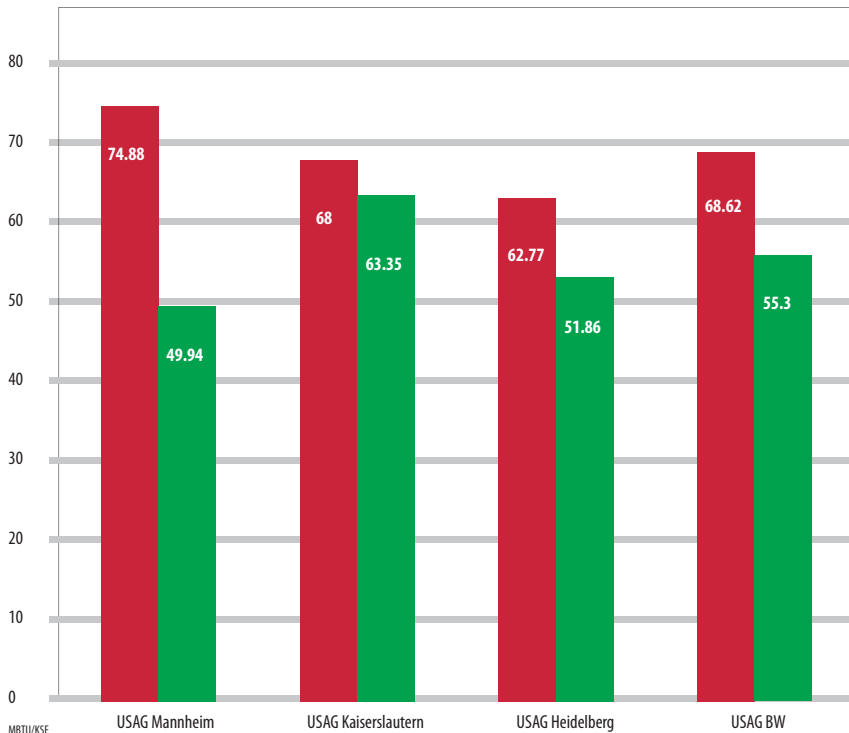
For many, the threat of not having these things is real, and it could become a reality in the near future for the rest of the planet.

"We don't want to lecture, but we do want people to be aware and to think about what they are doing," said Marty Hanson, assistant energy program manager for U.S. Army Garrison Baden-Württemberg Department of Public Works.

October is the Department of Energy's energy awareness month, with this year's theme Turn Words into Action, Turn Action into Results.

Originally signed in January 2007 by then-president George W. Bush and updated in 2009 by President Barack Obama, executive order 13423, Strengthening Federal Environmental, Energy, and Transportation Management, aims to reduce energy consumption, greenhouse gas emissions and the use of chemicals and toxic materials, as well as increase purchases of alternative fuel, hybrid and plug-in hybrid vehicles and more.

While these are government-mandated initiatives,



Energy use

Since 2003 when the U.S. Army Garrison Baden-Württemberg began measuring, energy consumption has consistently decreased on all installations. The goal is to reduce energy use by 36 percent by 2013.

■ Base Year –
Oct. 1, 2003-Sept. 30, 2004
■ July 1, 2010
to June 30, 2011

community members can do their part in October and year-round, Hanson said.

If they don't do so already, community members are encouraged to use public transportation, bicycle or car pool Oct. 20, "No Car Day."

On Oct. 21, incorporate meat-less meals into your day in honor of vegetarian day and to reduce the energy required to raise and transport livestock.

On Oct. 31, switch off the lights from 7-8 p.m.

"This really fits in with the Halloween atmosphere," Hanson said.

There are other small things community members can do to reduce their footprint and help conserve energy.

For transportation, Hanson suggested riding a bicycle or walking to stores or work whenever possible, taking public transportation, carpooling, slowing down and avoiding jackrabbit starts and stops, ensuring the engine is properly tuned and the tires are inflated.

Inside the home, set temperatures not higher than 70 F degrees in winter and set air conditioning at not less than 78 F in summer. Leave windows and doors closed when heating or cooling, except for

brief periods to introduce fresh air in winter. Also, ensure window and door seals work properly.

Take showers, not baths and turn the water off while shaving, brushing teeth and washing dishes. Use the proper flushing mode in dual flush toilets, run dishwashers and washing machines only when full, collect rainwater to water indoor plants, water lawns in the evening or early morning to limit evaporation and call in service orders for leaking faucets.

Plug electronic equipment into power strips with switches to avoid standby electricity usage (vampire appliances), replace incandescent bulbs with compact fluorescent lights (energy saving bulbs) as they burn out, turn off lights when leaving the room, or open windows for natural light during the day.

At work, use a desk lamp instead of overhead lighting, and turn off office equipment at the end of the day.

The garrison's current policy is to turn off work computers before leaving for the day, except Tuesdays when updates are remotely sent.

"(There are a) number of recommendations for saving energy," Hanson said, but all

Do Your Part

Oct. 20 – No Car Day –

Community members are encouraged to use public transportation, bicycle or car pool.

Oct. 21 – incorporate meat-less meals into your day in honor of vegetarian day and to reduce the energy required to raise and transport livestock.

Oct. 31 – turn off lights from 7-8 p.m.

the responsibility doesn't fall on the individual's shoulders.

The garrison is integrating the executive order in day-to-day practices and has implemented its own policies.

Just after taking command of the garrison in July, Col. Bryan DeCoster signed an energy and a water conservation policy, both of which can be found at www.bw.eur.army.mil/about/policies.html.

"DPW is (also) in the process of developing an energy conservation plan that includes the establishment of Building Energy Monitors at installations where electrical meters are being installed, such as the Exchange facility at Grünstadt, Germersheim Army Depot and Spinelli Barracks.

In addition, environmen-

tal officers will be trained to handle BEM responsibilities," Hanson said.

"USAG B-W has connected all buildings in Heidelberg to the Computerized Utilities Monitoring and Control System (and) solar panels will be mounted on one of the DeCA [Defense Commissary Agency] warehouses at Germersheim Army Depot. However, the largest impact is based on how well we manage the resources available to us."

Hanson said it is the community's responsibility to be fiscally and environmentally responsible on behalf of the taxpayers. By making small yet easy steps in reducing energy, Hanson said we are doing two things.

"We are doing right by taxpayers and to ourselves by lowering the amount we pay (in energy costs), and we are doing right by our children and (will hopefully) leave some resources for them.

"At one point, even if you're not responsible for the utility bill, you will have to be one day. It's good to develop good practices now."

For information, visit www.energystar.gov, www1.eere.energy.gov or www.youtube.com/user/InstallationMgt#p/f/8/ALLRkZXsYrM.

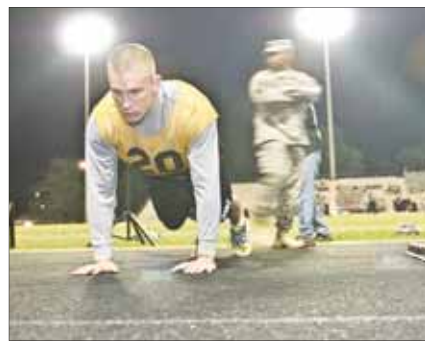
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around the world

For more Army news,
visit www.army.mil



Mollie Miller

Spc. Philip Pavelko, 5th Squadron, 4th Cavalry Regiment, 2nd Heavy Brigade Combat Team, 1st Infantry Division, shows brigade spouse Kimberly Reel how to assemble a .50 caliber machine gun during the 2011 Dagger Spouse Challenge: Battle of the Battalions on Fort Riley, Kan., Monday.



Spc. Cliff Coy

Cpl. Ryan J. Barger, from Orleans Mich., a military policeman with the 303rd Military Police Company, prepares to start push-ups during the Army Physical Fitness Test at the 2011 Department of the Army Best Warrior Competition on Oct. 3.



U.S. Army



Staff Sgt. Teddy Wade

Photo above, Pfc. Jessica Dostie, 58th Military Police Company attached to 2nd Brigade, 4th Infantry Division, takes a break before distributing gifts to children in Kandahar, Afghanistan, Sept. 30. Photo left, Maj. Gen. David L. Mann, right, commander of U.S. Army Recruiting Command, holds the hand of Capt. Ivan Castro, a blind runner, while they approach the finish line at the 2011 Army Ten Miler in Washington, D.C. Oct. 9. Castro continues to serve on active duty, despite losing his eyesight. He is the only blind officer serving in the U. S. Army Special Forces.

Podcast looks at energy policies

USAREUR Public Affairs

Everything military forces do takes energy. How that energy is provided and used is of vital importance to U.S. forces and their allies and partners.

The latest edition of the U.S. Army Europe Podcast is a conversation with Sharon Burke, Assistant Secretary of Defense for Operational Energy Plans and Programs, about how operational energy strategy can ensure the United States and its partners have the power they need for 21st century missions.

Burke talks with podcast host Jesse Granger about energy issues ranging from how to decrease the number of batteries Soldiers carry to how working with European forces to jointly develop energy capability helps to ensure suc-

cess on the battlefields of the future.

The USAREUR podcast series aims to provide information to the Army in Europe community via one-on-one audio and video interviews with senior leaders and influential figures from throughout the U.S. forces community in Europe as well as stories about USAREUR people, programs and events.

The podcast program aims to be more than just an interview show, and it invites listeners to participate in the discussion by providing feedback and comments or suggesting interview questions, topics or guests via USAREUR's Twitter and Facebook sites.

Current and archived podcasts can be downloaded free at www.eur.army.mil and clicking the podcast link, or on iTunes.

Honoring Wereth 11



Pfc. Iesha Howard

The Landstuhl Regional Medical Center's color guard, from left, Sgt. Luis Arrabula, Spc. Roderick Jenkins, Spc. Louis Patton and Pvt. Ashiq Lakhani, stand tall next to the Wereth 11 Memorial during the ceremony in Wereth, Belgium Sept. 24. The Wereth 11 were 11 black Soldiers assigned to the 333rd Field Artillery Battalion, who surrendered during the first days of the Battle of the Bulge and were murdered by Nazis. The monument is the only one known in Europe dedicated to all the African-American Soldiers who fought in Europe during World War II.



Rick Scavetta

Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern, takes a shot on Betzi, the friendly devil mascot from Fussball-Club Kaiserslautern during the Combined Federal Campaign kickoff on Pulaski Barracks Oct. 3.

Combined Federal Campaign kicks off

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

U.S. Army Garrison Kaiserslautern Commander Lt. Col. Lars Zetterstrom kicked off the Combined Federal Campaign on Pulaski Barracks Oct. 3 by shooting soccer balls at a goal tended by Betzi, the mascot from Fussball-Club Kaiserslautern.

After taking his shots, Zetterstrom said he wanted his donation to go toward family support and youth programs in Kaiserslautern.

Soldiers and government civilians are known for their

giving nature, Zetterstrom said, adding that he hopes this year that they will consider donating to the CFC.

"Many federal employees are altruistic and want to do something better than themselves," Zetterstrom said. "This is just a small way they can give to the local community or charities around the world."

Last year, federal employees in the Kaiserslautern area contributed more than \$325,000 – more than any other Army garrison in Europe, said Antonette Fernandez, USAG-K community area project officer.

"CFC gives you an opportunity to give to someone less fortunate. There are hundreds of charities, from cancer care to mosquito netting for children in Africa," Fernandez said.

CFC celebrates its 50th anniversary this year. The campaign runs until Dec. 2. In 1961, President John F. Kennedy launched the program as a way for federal employees to donate to causes of their choice. Employees can get pledge cards from their unit's CFC program manager or donate online at www.cfcov-erseas.com.

GERMERSHEIM

continued from page 1

through a major restructuring and as a result of transformation our mission has now increased and so has the activity on base," Washington said.

The depot is now one of the few select military installations in the area that Army officials have marked as enduring.

Some of the most recent activity includes the construction of the Defense Logistics Agency's new administration and distribution building, scheduled for completion early next year and the

movement of the Exchange's (formally known as the Army and Air Force Exchange) headquarters from Giessen to Gernersheim next year.

A road construction project is also planned near one of the base's entry gates.

Arthur Eschenbach, Chief of the Defense Commissary Agency Central Distribution Center, another GAD tenant organization, has worked here for the past 41 years and recalled the first time he stepped foot on the installation Feb. 1, 1970.

The DeCA distribution center ships

more than 8,000 different products to commissaries across Europe, the Middle East and U.S. embassies.

"At that time the depot was full of hardware and trucks all over. There were thousands of pieces of equipment. It was a hectic place," Eschenbach said.

"Fifteen hundred people were working here including Soldiers, and at that time they started building up the main warehouses here in 1970. I remember getting off the bus and sinking in the mud because the roads were not done and there were wooden sheds as of-

ices," he said. "I look at it now and I'm amazed at all of the changes over the years."

As the number of units, Soldiers and employees increased, a 1,200 person dining facility, chapel, gymnasium, several barracks buildings, a child care center, commissary, library and a movie theater were added.

Today, many of those facilities are closed and the majority of GAD's population is now made up of civilians and less than a dozen Soldiers continuing the overall mission to support the military and its assets.

Reserve Soldiers train to work in tight spaces

Louisiana State instructs Soldiers on how to respond in fire, rescue emergencies

By Staff Sgt. Jason Weber
221ST PUBLIC AFFAIRS DETACHMENT

RAMSTEIN AIR BASE – Soldiers of the 773rd Civil Support Team, 7th Civil Support Command joined the 12th Chemical Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade to advance their skills and knowledge at a five-day training event on Structural Collapse Awareness and Confined Space Rescue.

The exercise was conducted by the Louisiana State University Fire and Emergency Training Institute at the 435th Construction Training Squadron contingency training site here Sept. 24.

Instructors from the LSU group have been conducting these classes with National Guard teams for the past five years.

This particular training marked two firsts for the organization – it was their first time training an Army Reserve unit and their first time instructing a team based in Europe.

The LSU FETI sent four of their best instructors to Germany in order to provide Soldiers with the training they will need in order to function as a rescue team in future incidents or events.

The first day of training began in the classroom and the instructors taught Soldiers the complexities of working and navigating safely through a building that collapsed and was structurally unsound.

The last four days of training allowed the Soldiers to put their classroom instruction into practice.

The training consisted of working within confined spaces, conducting rope rescue, basic knot tying, rappelling, pick offs, line transfers and patient package transferring.

“After this training is complete it will allow these Soldiers to be able to handle any kind of

confined space rope rescue,” said Ryan Still, a coordinator with the LSU FETI.

“This also teaches them to think outside the box in being creative, how to capture anchor points and go about that rescue in a simple, safe and efficient manner,” Still said.

“This training gives Soldiers an advanced knowledge on how to properly assess a situation within the given conditions and remove casualties safely so as not to cause any further injuries,” said Sgt. 1st Class Jay Drucas, a 773rd CST training and operations noncommissioned officer.

“It also allows them to do their job safer and with enhanced response capability,” he said.

“The instructors are doing an excellent job of explaining everything and making sure that everyone understands,” commented Drucas. “There is an excellent balance between classroom and hands on training.”

This class not only teaches Soldiers the necessary skills to be able to operate in a situation of a structural collapse and confined space rescue, but it also allows them to see how necessary other aspects of a rescue team are to the mission.

On the final day, their skills were put to the test as the Soldiers reacted to a scenario that needed a rescue team to jump into action.

As a first responder conducted a survey in an underground bunker, it collapsed.

Members of the 773rd CST and 12th Chemical Company were the closest teams available to respond for the rescue.

The teams responded quickly and began implementing all of the skills acquired over the past five days. In the end, all successfully passed the course when the first responder was recovered without further incident.

“Teamwork is one of the key skills and communication is critical to the mission,” said Staff Sgt. Ralph Lahens, the 773rd CST survey team chief.

“Each person on the team has a particular job at that moment and each team member needs to communicate in order to keep the mission safe and successful,” he said.

“Participating in this class has also taught us that not everything needs to be rushed, because if you rush there is more of a tendency to make a mistake,” added Lahens.

The 7th Civil Support Command is headquartered in Kai-



Staff Sgt. Jason Weber

Capt. Jason Zdunich, operations officer with the 773rd Civil Support Team, demonstrates how to rappel down the side of a wall during the Structural Collapse and Confined Space Rescue training event at the 435th Construction Training Squadron contingency training site Sept. 24.

“After this training is complete, it will allow these Soldiers to be able to handle any kind of confined space rope rescue. This also teaches them to think outside the box in being creative, how to capture anchor points and go about that rescue in a simple, safe and efficient manner.”

—Ryan Still, LSU Fire and Emergency Training Institute

erslautern and is equipped and organized to conduct foreign consequence management, civil support, civil affairs, and chemical, biological, radiological and nuclear missions as directed by 21st Theater Support Command or higher commands in support of combatant commanders.

The 7th CSC is the only Army Reserve unit based outside the United States, and is the only operational Army Reserve unit that is a direct reporting unit to an active component command and the only Army Reserve or U.S. Army in Europe unit with Foreign Consequence Management capabilities.



Staff Sgt. Jason Weber

Team members of the 773rd Civil Support Team work together using a tripod recovery system and a 5:1 pulley system to lift scenario casualty Capt. Jennifer Gross, the survey team leader with the 773rd CST, from a make shift tunnel shaft, while Staff Sgt. Ralph Lahens, survey team chief with the 773rd CST, safely guides the casualty out of the shaft to avoid further injury at the 435th Construction Training Squadron contingency training site Sept. 24.

GERMAN NEWS

Hackers Chaos

Hackers from the Chaos Computer Club said Sunday the German government's controversial spy software contained dangerous security flaws while allowing potentially illegal activity. Information Technology experts from the CCC hacked the so-called Trojan spying program during the weekend after obtaining a copy from unnamed sources. The Berlin-based group said the spyware appeared to be of shoddy quality and dubious application. The hackers, who focus on IT security issues, lamented that the spy program did not provide elementary protection for the data it fished from people's computers.

Satellite Earth-bound

A German research satellite has left its orbit and is heading for Earth, with scientists saying pieces could hit the planet when it re-enters the atmosphere in the next few weeks. ROSAT, an X-ray telescope weighing nearly three tons and built with British and American help, has been orbiting the earth since 1990, making numerous discoveries, including the remnants of supernova explosions. But in February, officials revealed they were losing control of the satellite and they couldn't precisely say what would happen when it re-entered the earth's atmosphere. They haven't been able to communicate with ROSAT since the end of its mission in 1999. Now they predict it should re-enter by the end of this month or early November.

World Bank Bashing

Robert Zoellick, the head of the World Bank decried Germany's lack of leadership Saturday during Europe's sovereign debt crisis. Speaking to business magazine Wirtschaftswoche, Zoellick said Chancellor Angela Merkel's government had no vision of how to solve the problems of the 17-member eurozone. Zoellick pointed to the vision shown by former German Chancellor Helmut Kohl as the Iron Curtain fell two decades ago as an example how to turn a crisis into an opportunity. The World Bank boss said Germany had to take a leading role in solving Europe's debt crisis.

Source: www.thelocal.de



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

Dear Ms. Vicki,

My husband is deployed to Afghanistan. I decided to go back home to Washington state and wait for him. He was just home on Rest and Relaxation, and I feel worse now than I did when he left in November.

I am not sure what I think about R and R. Part of me feels like it is a tease for us and him. Am I wrong to feel this way?

Thank you, Waiting in Washington.

Dear Washington,

R and R is a time of mixed emotions. It's a happy time but it can be a tough time, too. You are right – it does feel like a tease.

I remember deployments and R and R very well. Sometimes I didn't know if I was coming or going.

The most important thing was

my husband was home and we had the opportunity to see each other and spend time together.

We'll keep praying for them and their safety, which I'm sure you are doing often. You are not wrong for your feelings.

I know many spouses, parents and other loved ones feel the same way. You will experience a full range of emotions during this deployment.

Most importantly, stay connected with your husband as best you can for now. Don't forget to take care of yourself too.

Dear Ms. Vicki,

I would love your advice. I am a single mom with a daughter from a previous marriage and an adult student majoring in finance.

I have been dating a man who is a staff sergeant for four years. We are ready to take our relationship to the next step which is marriage.

However, I have no idea of what to expect as a military spouse. We have never lived together and this is my boyfriend's third deployment. I want to support him as much as possible and still keep my identity as well.

My daughter from my previous marriage has a wonderful relationship with her father and I want to have another child. I am afraid of the unknown. I heard you move around a lot in the military and I worry about finding a job and being able to support myself and my child with moving so much.

My boyfriend does not make a lot of money and I just want your advice on what to expect and what would you do in my situation.

Think P.I.N.K. for breast cancer awareness month

Theresa K. Jackson, Ph.D.
U.S. ARMY PUBLIC HEALTH COMMAND

In October, we see pink ribbons, pink candies, pink T-shirts, pink bracelets and pink sneakers. In recent years, we have even seen hot pink accents on our favorite NFL players.

So why does the first full month of autumn take on a rosy hue across America? All of the pink we see from now until Halloween is to raise awareness for women's health because October is National Breast Cancer Awareness Month.

Breast cancer is the most common cancer in women worldwide. About 1 in 8 women in the United States (12 percent) will develop invasive breast cancer over the course of their lifetimes.

This year in the United States, more than 230,000 women – or nearly 600 per day – will be diagnosed.

The U.S. Army Public Health

Command encourages female civilians and Soldiers and Army wives, sisters, mothers and daughters to think P.I.N.K. this October.

P – Participate in screening.

The chances of survival are better if any cancer is detected early and before it spreads to other parts of the body.

In fact, when breast cancer is found early and confined to the breast, the five-year survival rate is 98 percent. To promote early detection, the American Cancer Society recommends that women in their 20s and 30s receive a clinical breast exam every three years and that women age 40 and older receive a yearly CBE as well as a yearly mammogram.

I – Invest in prevention.

Women often struggle with balancing family, work and taking care of themselves. Be sure to eat right, exercise, get enough sleep and avoid alcohol use.

These actions not only help you feel better but may also reduce your

risk of cancer. In one study from the Women's Health Initiative, as little as 1¼ to 2½ hours per week of brisk walking reduced a woman's risk of developing breast cancer by 18 percent.

N – Note your risks.

All women are at risk for breast cancer. The two most important risk factors for breast cancer are being female and getting older.

Most breast cancers and associated breast cancer deaths occur in women ages 50 and older. Risk also increases if you have a first-degree relative (mother, daughter or sister) who has been diagnosed with breast cancer.

Knowing your risks, communicating them to your healthcare provider and following the appropriate screening recommendations is key to early detection.

K – Know your body.

No matter what your age is, you should become familiar with how your breasts look and feel.

If you notice any changes such as

My boyfriend wants us to get married when he returns for R and R, and then move in together when he gets back for good.

I am not working now, but I am comfortable because I have lived in this community all my life. Most of my family has moved away to different cities. I know a change may be good. I just worry about moving my daughter from place to place.

I really need your advice, Mary

Dear Mary,

You have a familiar story. There are many women and men who have walked in your shoes.

You are doing the right thing by taking it slowly. I know you must love each other, but what's the rush?

My recommendation would be to wait until his next deployment is over before you get married. I think it would be to your advantage to have him home when you integrate into a military community. Not that it's scary; I just think it would be less stressful for you.

I would also recommend pre-marital counseling when he returns. This is only going to help build a strong relationship.

There are many spouses just like you who are new to military culture. I think it will be a wonderful experience and the transition may not be as tough as you think.

My advice is to get involved as much as you can. I also think you should continue in your career field and continue to pursue your personal goals. After all, we can't take care of everyone else if we don't take care of ourselves, right?

Helpful Resources

For additional information on Women's Health Month and Breast Cancer Awareness, visit:

- ♦ American Cancer Society – www.cancer.org/Cancer/BreastCancer/index
- ♦ National Cancer Institute – www.cancer.gov/cancertopics/types/breast
- ♦ National Women's Health Resource Center – www.healthyywomen.org
- ♦ Susan G. Komen for the Cure – <http://www5.komen.org>
- ♦ U.S. Department of Health and Human Services Office on Women's Health – www.womenshealth.gov

a lump, swelling, dimpling, pain or redness, see your health care provider right away.

Finding a breast change does not necessarily mean that you have cancer; your provider will be able to offer you additional information and next steps.

GET OUT!

area events

More events online at <http://myBWNing.com>

October 13

Europa Park - Europa Park offers family fun packed with shows, rides and exciting activities for every age. From Oct. 13-15, Europa Park will host Science Days - where visitors can participate in hands on science experiments and exhibits for all ages. Europa Park is located in 77977 Rust.

Pumpkin Festival - Kaiserslautern's annual pumpkin festival will be held in the Gartenschau grounds until Halloween. More than 50,000 pumpkins pack the festival grounds along with festive decorations and an array of pumpkin flavored foods served at the Gartenschau restaurant. Grounds are located at An der Kalause 9, 67659 in Kaiserslautern. Civ. 0631710070. www.gartenschau-kl.de/service-1/opening-hours.

Painting - View famous paintings from renowned artists such as Rubens, Cranach, Teniers, or Kobell at the Reiss-Engelhorn-Museum in Mannheim, C5, through Jan. 8. Exhibition includes more than 130 paintings. www.rem-mannheim.de/index.php.

Alex Max Band - Tickets are now on sale for the Alex Max Band Forever Yours Tour 2012 at the Capitol Mannheim, 8 p.m. Jan. 17. Tickets available at civ. 0621-101011 or www.bb-promotion.com.

Thriller - This spectacular show will feature the legendary songs and dancing of the late pop idol Michael Jackson. Fans can enjoy this live celebration of the long and legendary career of the beloved King of Pop at the Rosengarten in Mannheim Feb. 10. Tickets are available now at civ. 0621-101011. www.bb-promotion.com.

Chris Rea Concert - The British singer and songwriter will perform his Santo Spirito Tour 2012 at the Rosengarten in Mannheim Feb. 25. Concert starts at 8 p.m. Tickets available now: civ. 0621-101011, www.bb-promotion.com.

Bryan Adams - The singer and songwriter will perform at the SAP Arena in Mannheim March 29. Concert begins at 8 p.m. Tickets: civ. 0621-101011, www.bb-promotion.com.

Enjoy Jazz - The 13th annual International Enjoy Jazz Festival is back. A variety of jazz musicians will give daily concerts at venues across Heidelberg, Mannheim and Ludwigshafen. Jazz matinees will be performed Oct. 23 and Nov. 6, 13. Festival runs through Nov. 18. A listing of the concerts is available at www.enjoyjazz.de or www.inkwire.de/enjoy-jazz.html. Tickets can be purchased online at www.reservix.de, then click on Enjoy Jazz 2011.

Frankfurt Book Fair - The Frankfurt Book Fair is the largest book trade show in the world. The fair will be closed to the public during the week but on the final weekend the doors are open to thousands of visitors, who can buy and sell both old and new books and enjoy readings, discussions, films, concerts and more. Fair runs through Oct. 16. One day pass is €14 and €20 for the weekend. Messegelände, Ludwig-Erhard-

Anlage 1, 60327 Frankfurt am Main.

October 14

Berlin Opera - Located on Unter den Linden in the heart of Berlin, the Berlin State Opera is one of Germany's premier opera companies, with a rich history (the original building was commissioned in 1741) and a program that will delight connoisseurs as well as the curious. See world-famous ballets, operas and concerts by contemporary artists, or catch one of the inspired youth performances. Unter den Linden 7, 10117 Berlin. Civ. 030 2035 4555. www.buzzoffbase.com.

Altstadt Tour - Tour of the Altstadt in Heidelberg will be available in German and English 10:30 a.m. Oct. 14 and 15. Group will meet at the Marktplatz, Rathaus Haupteingang (main entrance), 69117 Heidelberg. Get tickets directly from the tour guide or make reservations by phone at civ. 06221-1422-51/52, or email touristinfo@heidelberg.de.

October 15

Flea Market - Shop for big bargains for pint-sized prices during a special flea market for kids' items, 1-4 p.m. at the Arch Kindergarten, Wicherngemeinde, Glatzer Strasse 31, 69124 in Heidelberg.

Black Forest Cake Tour - Tour the Black Forest along the Schwarzwald Hochstrasse and visit the Allerheiligen waterfall, the Mummelsee, a beautiful, glacier-carved lake and the famous Hohenrode Gasthaus in Sasbachwalden, where visitors can sample a slice of the world's largest Black Forest Cake or another treat to tantalize your taste buds and tummy. <http://affiliates.usa.org/rheinmain>.

October 16

Crown Jewel Bazaar - The annual Vilseck Crown Jewel bazaar offers one-stop shopping, with access to more than 50 of Europe's finest vendors. Open to US ID card holders only. Browse through the aisles for wine, cheeses, jewelry, furniture, rugs, pottery, crafts and much more. Bazaar is located in Bldg. 134 on Rose Barracks in Vilseck 92249 and will be open 10 a.m.-7 p.m. Saturday and 11 a.m.-5 p.m. Sunday.

Sunday Shopping - Stores in Kaiserslautern's downtown shopping area and in the Merkurstrasse industrial park will be open 1-6 p.m. Shoppers can also look for special offers in shops and activities in the streets.

Evening at The Theater - Travel to Frankfurt for the English Theater's production of Oscar Wilde's *The Importance of Being Earnest*. Directed by Matthew Ryan, the play, set in England in the late Victorian era, follows two young gentlemen who decide to bend the truth in order to add some excitement to their lives. <http://affiliates.usa.org/kaiserslautern>.

usa.org/kaiserslautern.

October 20

Thuringian Jazz Mile Erfurt - Erfurt hosts the Thuringian Jazz Mile. The festival is considered to be one of the biggest jazz festivals in Europe. The event blends the sounds of both international and German jazz bands with several performances happening around the city through Nov. 27. www.jazzmeile.org.

Ramstein Haunted Tent - Enjoy a night of fun and fright at the Haunted Tent City right outside of Ramstein Air Base. The tents are located near the West Gate. Creep along through huge tents, dimly lit buildings and spooky woods crawling with monsters and ghosts ready to scare even the most fearless of souls. Refreshments and a snack bar will be available. Tent is open 6 p.m.-midnight Oct. 20-23 and 28-31. Visits by children under the age of 12 are not recommended. www.buzzoffbase.com.

October 22

Frankenstein Castle - If you love to be frightened, then don't miss the annual Halloween festivities at Frankenstein Castle near Darmstadt. Of course, it really wouldn't be Halloween without a haunted castle. You'll be able to walk through the Frankenstein Castle and see all kinds of horrific monsters, vampires, werewolves and ghosts. In each room of the castle ruins, brave visitors will see different scenes of the macabre and experience fear at its finest. <http://affiliates.usa.org/kaiserslautern>.

October 23

Pumpkin Island - Pumpkin Island, south of Düsseldorf offers family fun just in time for Halloween. Pumpkin Island is a nature park located in the town of Nievenheim and features a cornfield maze, miniature golf, a giant bouncing castle, playground, pirate ship and a small village perfect for little ones. Scary Nights are held every Saturday night in October where guests can go on a ghost hunt, tell ghost stories and roast marshmallows around the fire. www.pumpkin-island.de

October 24

USAREUR Concert - The U.S. Army Europe Band and Chorus will perform 7 p.m. in Eppelheim at the Rudolf-Wild-Halle (Schulstr. 6). Admission is free.

October 29

Cologne Tour - With a history of almost 2,000 years, Cologne is the one of the largest and oldest metropolitan cities in Germany. <http://affiliates.usa.org/kaiser->

coming to THEATERS

REAL STEEL

(Hugh Jackman, Anthony Mackie) A gritty, white-knuckled, action ride set in the near-future where the sport of boxing has gone high-tech. Washed-up fighter Charlie Kenton lost his chance at a title when robots took over the ring. Now Charlie earns just enough money piecing together low-end robots from scrap metal to get from one underground boxing venue to the next. When Charlie hits rock bottom, he reluctantly teams up with his estranged son Max to build and train a championship contender. As the stakes are raised, Charlie and Max get one last shot at a comeback. (Rated PG-13 for some violence, intense action and brief language.) 126 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 13 - CRAZY, STUPID, LOVE (PG-13) 7 p.m.
 Oct. 14 - REAL STEEL (PG-13) 7 p.m.
 Oct. 15 - COWBOYS & ALIENS (PG-13) 4 p.m.; THE CHANGE-UP (R) 7 p.m.; REAL STEEL (PG-13) 10 p.m.
 Oct. 16 - REAL STEEL (PG-13); COWBOYS & ALIENS (PG-13) 7 p.m.
 Oct. 17 - REAL STEEL (PG-13) 7 p.m.
 Oct. 18 - THE CHANGE-UP (R) 7 p.m.
 Oct. 19 - REAL STEEL (PG-13) 7 p.m.
 Oct. 20 - COWBOYS & ALIENS (PG-13) 7 p.m.

Vogelweh, Galaxy

Oct. 14 - WHAT'S YOUR NUMBER? (R) 7 p.m.
 Oct. 15 - CAPTAIN AMERICA: THE FIRST AVENGER (PG-13) 4 p.m.; CRAZY, STUPID, LOVE (PG-13) 7 p.m.
 Oct. 16 - CAPTAIN AMERICA: THE FIRST AVENGER (PG-13) 4 p.m.

Ramstein, Gateway Movieplex

Oct. 13 - WHAT'S YOUR NUMBER? (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; CAPTAIN AMERICA: THE FIRST AVENGER (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; CRAZY, STUPID, LOVE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.
 Oct. 14 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m., 9:45 p.m.
 Oct. 15 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m., 9:15 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m., 9:45 p.m.
 Oct. 16 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.
 Oct. 17 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; COWBOYS & ALIENS (PG-13) 11:15, 2 p.m., 4:45 p.m., 7:30 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m., 3:15 p.m., 5:15 p.m., 7:15 p.m.
 Oct. 18 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m., 3:15 p.m., 5:15 p.m., 7:15 p.m.
 Oct. 19 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m., 3:15 p.m., 5:15 p.m., 7:15 p.m.
 Oct. 20 - REAL STEEL (PG-13) 11:30 a.m., 2:45 p.m., 6 p.m.; COWBOYS & ALIENS (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE CHANGE-UP (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m.

THEATER INFORMATION

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

Visit www.aafes.com for updated listings and more movie descriptions
 Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Oct. 13-19 - THE CHANGE-UP (R) 4:45 p.m., 8 p.m., 10:45 p.m. at CinemaxX
 Oct. 13-19 - MELANCHOLIA (R) 8:45 p.m. at Cineplex

community HIGHLIGHTS

Military Police Anniversary Ball

The Military Police Regiment's 70th Anniversary Ball is hosted by the 18th Military Police Brigade 5:45 p.m. Oct. 22 at the Patrick Henry Village Pavilion in Heidelberg. Purchase tickets by Oct. 14. DSN 496-3511.

Campaign Employee Assessment

Randomly selected employees are asked to take an online Campaign Plan Employee Assessment through Oct. 31 to help determine the maturity of management practices and business results command wide. The survey assists the command in receiving accurate assessments of its execution of the Installation Management Campaign Plan. The CPEA must be taken in one session. DSN 373-5183, civ. 06221-17-5068.

Ohio Voters

The state of Ohio recently launched www.Ohio-MilitaryVotes.com and the Military Ready-to-Vote program for overseas servicemembers to make voting as straightforward and hassle free as possible by offering email and social media reminders of important deadlines and other relevant information.

Nov. 8 Absentee Ballots

Overseas American voters can find the Federal Post Card Application at www.FVAP.gov. This form registers voters via an absentee ballot in the upcoming November election and updates the voting address if it has changed since the last election. Those who previously submitted the FPCA or requested an absentee ballot should receive the ballot soon.

Voluntary DeCa Recall

Defense Commissary Agency Europe officials recently announced a voluntary recall of all 93 percent ground beef with sell by dates of Oct. 7-9. Some packages may contain small green elastic particles. The products affected are the 1 pound, 1.5 pound and 4-count patties of 93 percent ground beef. Consumers can bring back any product with these dates to the commissary for a refund. U.S. Army Public Health Command Region-Europe inspectors are working with commissary officials to ensure all the affected products are pulled from store shelves. Contact your local commissary if you have any additional questions about the voluntary recall.

Human Resources Award Program

Through Nov. 15, U.S. Army Europe commanders can nominate top performing military and civilian human resource personnel for the second annual USAREUR G1 Frederick E. Vollrath Human Resources Award for Excellence Program. DSN 370-8396, civ. 06221-57-8396.

Fuel Cards

All Exchange fuel cards have expiration dates printed on the lower right corner. Customers should renew before that date and be proactive in renewing vehicle registration.

local EMPLOYMENT

Heidelberg Sports and Fitness

Heidelberg Sports and Fitness is looking for certified massage therapists and aerobic instructors (particularly Zumba) to fill Family and Morale, Welfare and Recreation contractor positions. DSN 370-6489, civ. 06221-57-6489.

KAISERSLAUTERN

Community

• **Flu Shots** – FluMist and Fluzone immunizations will be available 2-6 p.m. Oct. 13-14 at Kaiserslautern High School and 4-7 p.m. Oct. 18, 20 and 26 in the Kaiserslautern Mall.

• **Fire Prevention Week** – In support of Fire Prevention Week, there will be fire drills and hands-on training in various buildings on Panzer Kaserne 9-11 a.m. Oct. 14; display, information and handouts 11:30 a.m.-1:30 p.m. at the Panzer Main Gate and an open house at the fire station on Kaiserslautern East 2-5 p.m. Oct. 14. An open house at the fire station on Miesau is 10 a.m.-3 p.m. Oct. 15. DSN 483-8317.

• **Rocktoberfest** – Come as your favorite rock star to compete for best costume and enjoy beer, brats, music and more 9 p.m.-2 a.m. Oct. 14 at Armstrong's Club, Bldg. 1036, on Vogelweh Housing. Civ. 0631-354-9986.

• **Gone Fishing** – Youth 6-12 grade enrolled in Child, Youth and School Services can learn fishing skills including knot tying, casting, baiting the hook and basic German fishing laws 6-7 p.m. Wednesdays in October at the Landstuhl Youth Center, Bldg. 3819. DSN 493-4516, civ. 0631-3406.

HEIDELBERG

Education

• **ACS Classes** – Culture College, 9 a.m.-2 p.m. Oct. 17-20 with field trip 9 a.m.-3 p.m. Oct. 22; Introduction to Microsoft Excel, 9-11 a.m. Oct. 18-19; Effective Management of Volunteers, 10-11 a.m. Oct. 18; Using Credit Wisely, noon-1:30 p.m. Oct. 19. All classes in the Community Support Center, Bldg. 3850, unless noted.

• **University of Maryland** – University of Maryland University College Europe announces registration for on-site and online courses for the fall session through Oct. 23. Classes start Oct. 24. Register by Dec. 16 for field study courses including Expatriate Writers in Paris: 1920s Jan. 7-14 in France and Renaissance Art in Florence Jan. 7-14 in Italy. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu.

• **University of Phoenix** – Enroll by Nov. 7 for classes at the University of Phoenix. Classes start Nov. 7 at the Education Center on Patton Barracks. DSN 373-7650, civ. 06221-588-0492, Heidelberg.campus@phoenix.edu.

Community

• **Book Club** – Discuss the book *The Gift of Fear* as part of Domestic Violence Awareness Month 11:30 a.m.-1 p.m. Oct. 13, 20 and 27 at the Community Support Center, Bldg. 3850. DSN 370-6883, civ. 06221-57-6883, www.mwrgermany.com.

• **Family Fun Event** – The Parent Teacher Student Association at Heidelberg Middle School will host a Family Fun event 5:30-7 p.m. Oct.

13 at the school. The event will be the start of the annual Reflections competition, which for more than 40 years has encouraged millions of American schoolchildren to explore their artistic talents. Civ. 0172-496-2906.

• **Why Catholic?** – Explore the catechism of the Catholic Church 6:30-8 p.m. Oct. 13, 27, Nov. 3, 17 and Dec. 1, 8 in the chapel's multipurpose room on Patrick Henry Village and 9:30-11 a.m. Oct. 17, 24, Nov. 7, 14, 21 and Dec. 5, 8, 12 in the chapel's multipurpose room on Mark Twain Village. Civ. 01515-292-5550.

• **Flu Shots** – FluMist and Fluzone immunizations will be available noon-3 p.m. Oct. 13 in the Casablanca Room on Campbell Barracks; 1-4 p.m. Oct. 14 at Heidelberg Middle School; 8-10 a.m. Oct. 15 at the Patrick Henry Village Pavilion; 10 a.m.-2 p.m. Oct. 15 at Retiree Appreciation Day (retirees only); 8:30 a.m.-2 p.m. Oct. 20-21 at Patrick Henry Village Elementary; 8 a.m.-1 p.m. Oct. 27 on Patton Barracks, Bldg. 113; 9 a.m.-noon Nov. 9 and noon-3 p.m. Nov. 10, Casablanca Room on Campbell Barracks.

• **Fire Evacuation Drill** – In support of Fire Prevention Week, there will be a fire evacuation drill 11-11:45 a.m. Oct. 14 at the Golf Club in Oftersheim, Bldg. 4101. DSN 373-5000.

• **Jewish Services** – Shabbat services, Bible classes and Holy Day services are canceled through October due to Rabbi Weiss' deployment. Holy day candle lightings will be held at Mark Twain Village chapel before 6:30 p.m. Oct. 14, 6:10 p.m. Oct. 19 and before 6:20 p.m. Oct. 21. Jewish military services are available at Ramstein Air Base, DSN 480-5753, civ. 06371-47-5753. Transportation is available through the chaplain's office. DSN 373-6190, civ. 06221-17-6190.

• **Fire Station Open House** – There will be a fire station open house 10 a.m.-2 p.m. Oct. 15 in Bldg. 209. DSN 373-5000.

• **Life Teen** – Catholic teens meet 10:30 a.m. Oct. 16, 30, Nov. 6 and Dec. 4, 11 at Patrick Henry Elementary School. Civ. 01515-292-5550.

• **Domestic Violence Awareness Course** – Military Police and first responders can attend a domestic violence intervention course 8 a.m.-5 p.m. Oct. 17-21 at the Patrick Henry Village Pavilion. DSN 370-6883, civ. 06221-57-6883.

• **Tell Me A Story** – Register by Oct. 17 for *Tell Me A Story: Making Connections and Finding Support* through Literature, 2-3:30 p.m. Oct. 23 at Patrick Henry Elementary, Lt. Gen. Mark P. Hertling, U.S. Army Europe commanding general, will read aloud and families will receive

a copy of the featured book. ptop.heidelberg@militarychild.org.

• **Council of Catholic Women** – The Military Council of Catholic Women meets 6:30 p.m. Oct. 18 in the chapel's upper room on Mark Twain Village; 6:30 p.m. Nov. 15, Dec. 13 at the Mark Twain Village chapel and 9 a.m. Nov. 17, Dec. 15 at the Patrick Henry Village chapel. Civ. 01515-292-5550.

• **Headaches And You** – Headache sufferers can attend a class 1-2:30 p.m. the third Wednesday of every month starting Oct. 19 on Nachrichten Kaserne, Bldg. 3613, video teleconference room 2056. Open to all ID card holders. DSN 371-3392, civ. 06221-17-3392.

• **Walk-In Mammograms** – Women over 40 and those with a family history of breast cancer can receive walk-in mammograms 8 a.m.-noon Oct. 21 in the Heidelberg Medical Department Activity radiology department. DSN 371-2748, civ. 06221-17-2748.

• **Parents Night Out** – Child, Youth and School Services offers parents night out 7 p.m.-midnight and parents day out 10 a.m.-4 p.m. Oct. 21-22, Nov. 4-5, 18-19, Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **Frankenstein Castle** – Child, Youth and School Services sponsors a high school Lock-In and visit to Frankenstein's Castle 6 p.m. Oct. 21-8 a.m. Oct. 22. DSN 388-9396, civ. 06221-338-9396.

• **Women's Conference** – In support of Domestic Violence Awareness Month, the second annual Women's Conference will be held 8:30 a.m.-4 p.m. Oct. 25 at the Patrick Henry Village Pavilion. DSN 370-6883, civ. 06221-57-6883.

• **Civilian Insurance** – Civilian personnel can discuss health benefits with insurance representatives from Blue Cross Blue Shield, Foreign Service Benefit Plan and Mail Handlers Benefit Plan noon-2:30 p.m. Oct. 25 at the Civilian Personnel Advisory Center, Bldg. 3980, Room 010. DSN 370-6914, civ. 06221-57-6914.

• **Cloth Diapers** – The cloth diapering group will meet 10 a.m. Oct. 29, Nov. 17 and Dec. 15 at Child, Youth and School Services, Bldg. 4443, on Patrick Henry Village. Civ. 06221-73-67033.

• **Trunk or Treat** – Child, Youth and School Services hosts Trunk or Treat 6-8 p.m. Oct. 29 in the Panther's Place parking lot. DSN 388-9396, civ. 06221-338-9396.

• **Costume Party** – Dress up in your best costume and join the party 9 p.m. Oct. 29 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

• **Financial Peace** – Dave Ramsey's Financial Peace Military Edition Course group study meets Tuesdays 6:30-8 p.m. through Nov. 22 at the

Mark Twain Village chapel.

• **Patton Pedestrian Gate** – The Patton Barracks pedestrian gate is closed to all foot traffic until further notice. All pedestrian traffic should proceed through the main Patton Barracks access control point. DSN 388-2357, civ. 06221-338-2357.

• **Road Closure** – Drivers traveling to and from Tompkins and Kilbourne Barracks will experience delays due to road work of the Friedrichsfelder Strasse overpass across the new B535 highway north of Schwetzingen.

Friedrichsfelder Strasse will remain closed to all traffic until April. Friedrichsfelder Strasse is from the Avia gas station to Rheintalstrasse near the bowling center in the Hirschacker business district – it is not Friedrichsfelder Landstrasse which leads to Tompkins and Kilbourne Barracks. Detours are posted for long distance traffic via highways L597 and B36, while local traffic will be redirected through Essener and Bochumer Strasse.

• **Parent Central Services** – Parent Central Services in Bldg. 4443 on Patrick Henry Village has new hours: 8 a.m.-4:30 p.m. Monday-Wednesday, Friday; 8 a.m.-3:30 p.m. Thursday; and 8 a.m.-12:30 p.m. first Thursdays. DSN 388-9240, civ. 06221-338-9240.

MANNHEIM

Education

• **ACS Classes** – English as a Second Language, 9:30-11:30 a.m. Wednesdays, Bldg. 246.

Community

• **Helicopter Crash Exercise** – In support of Fire Prevention Week, there will be a helicopter crash exercise 9:30-10:30 a.m. Oct. 14 on Coleman Army Airfield. DSN 382-4669.

• **Health Clinic Deactivation** – The Mannheim Health Clinic will host a deactivation ceremony starting at 10 a.m. Oct. 14 at the sports arena. DSN 380-9504, civ. 0621-730-9504.

• **Movie Night** – Servicemembers and guests 18 and older can watch the movie *Sleeping With the Enemy* 6-8 p.m. Oct. 14 in the Warrior Zone on Coleman Barracks. DSN 370-6975, civ. 06221-57-6975, www.mwrgermany.com.

• **Furniture Sale** – The hotel on Benjamin Franklin Village South will sell its guest room furniture, TVs and small household items 9 a.m.-2 p.m. Oct. 15 to ID card holders. Buyers must provide transportation and remove items the same day.

• **Fire Station Open House** – There will be a fire station open house 10 a.m.-2 p.m. Oct. 15 on Coleman Barracks, Bldg. 21. DSN 382-4669.

• **Top Hat** – The Top Hat Club will host a Halloween Costume Party 10 p.m.-3 a.m. Oct. 29 with disc jockey Big Money. DSN 380-9370, civ. 0621-730-9370.



Jennifer Ott

Heidelberg High School volleyball players Rebecca Ellis, left, and Sam Markowski, center, block a hit by a Bamberg player while Katie Perota covers the back court. The Lady Lions are the only undefeated team in Department of Defense Dependents Schools Division I volleyball following their Saturday victories over Bamberg and Vilseck.

Heidelberg volleyball team remains undefeated

The Lady Lions volleyball team are now 6-0 following their rout of Bamberg and Vilseck Saturday in Bamberg. The Heidelberg High School team stands as the only undefeated team in Department of Defense Dependents Schools Division I volleyball.

Saturday Heidelberg High School Lady Lions volleyball took to the court and easily defeated home team Bamberg 3-0 with the scores of 25-10, 25-15, 25-21.

The less experienced Bamberg team allowed for Heidelberg to use all its players giving game

time to players who often do not get as much time on the court.

The Lady Lions kept control the entire match. Allison Gunsch walked away with nine kills while Carrie Smith and Aneli Whitford had five kills each. Rebecca Luna served two aces and handed out 14 assist before being replaced by Erin Ott who stepped in as a setter, finishing the games strong.

Rebecca Ellis, Christina Muehlbauer, Katie Perota and Alyiah Woods all worked well as a team and contributed significantly to the win. In the second match Heidelberg faced

last years Division I champion team Vilseck. Heidelberg quickly took control of the game.

Winning three matches with scores of 25-15, 25-12 and 25-12, Heidelberg monopolized the net.

Allison Gunsch and Aneli Whitford had six kills each while Gunsch and Emma Roberts had four aces each on their serves. Rebecca Luna had a strong day providing 10 assists, three aces and three kills. Carrie Smith and Taylor Morgan played strong defense and added a combined nine hits unanswered at the net. SOURCE: Linda Steil

Deployed troops shadow run Army 10-Miler

XVIII Airborne Corps Public Affairs

AL ASAD AIR BASE, Iraq – More than 700 runners assembled in the desert for a predawn 10-mile run here Sunday, to shadow the 27th U.S. Army 10-Miler race held in Washington, D.C., on the same day.

“We’ve done this many times here in Iraq, but this is the first time we’ve had such a huge turnout - thanks to the support from the leadership here,” said Rose McEachin, Al Asad’s Morale, Welfare and Recreation program supervisor.

Events like this play a huge part

in the lives of deployed service members.

“It really is important to conduct events like this while deployed,” said 1st Sgt. Oscar C. Romine, first sergeant, Operations Company, Task Force Dragon, XVIII Airborne Corps and an event organizer. “It really helps to build esprit de corps, strengthen camaraderie and remain physically fit in an operational environment.”

For many runners, this wasn’t their first Army 10-Miler.

“I’ve done the race in D.C. seven times – it really is the thing to do in October,” said Lt. Col.

Mary Campbell, deputy secretary for joint staff operations, United States Forces-Iraq. “The scenery here is definitely different. In Washington, it’s nice to run by all the monuments and have the large crowds. Here it is rather brown and the crowds are smaller.”

The male overall winner was Capt. Curtis Persinger with the 940th Military Police Company, 149th Maneuver Enhancement Brigade, who came in with a time of 59 minutes, 49 seconds.

The female overall winner was Capt. Laura Ahlert, with the USF-I military intelligence directorate, coming in with a time of 1:08:50.

staying ACTIVE

Go Army - Beat Navy Videos

The U.S. Military Academy public affairs team requests submissions for Go Army-Beat Navy spirit videos. The Army-Navy football classic will take place Dec. 10 at FedEx Field in Landover, Md. Submissions will be considered for use on CBS’s national broadcast of the game, inside the stadium on the Jumbotron and by the Corps of Cadets at the academy during Army-Navy spirit week activities. Videos should be 30 seconds on high quality tape such as Sony DV Cam. Be sure to identify units and locations and the more action the better. Action or theme videos are sought. Do not use any images or music that violate copyright laws. Mail to West Point Public Affairs, Bldg. 600, Taylor Hall, West Point, N.Y., 10996 by Nov. 1. DSN 688-2006, civ. 0001-845-2006.

Heidelberg Unit Level Flag Football

In Heidelberg Unit Level Flag Football games played Oct. 4-6, Medical Department Activity beat U.S. Army Europe (22-13); 1-214th Aviation beat NATO (31-20); NATO beat 43rd Signal (13-7) and 565th Engineer Battalion (33-6); 529th Military Police beat 565th Eng. Bn. (28-6) and USAREUR (25-14). **Upcoming games** will be played Oct. 17 – NATO vs. 529th MP at 6:30 p.m. and 565th Eng. Bn. vs. USAREUR at 7:30 p.m.; Oct. 18 – 43rd Signal vs. 565th Eng. Bn. at 6:30 p.m. and NATO vs. 1-214th Aviation at 7:30 p.m.; Oct. 19 – 565th Eng. Bn. vs. 1-214th Aviation at 6:30 p.m. and USAREUR vs. MEDDAC at 7:30 p.m.; Oct. 20 – 565th Eng. Bn. vs. 529th MP at 6:30 p.m. and 43rd Signal vs. 1-214 Aviation at 7:30 p.m. on the Patton Barracks sports field in Heidelberg. Games scheduled for Oct. 6 were rained out and will be played Oct. 22. DSN 373-8032, civ. 06221-17-8032, www.mwrgermany.com.

Winter Sport Registration

Starting Oct. 15, youth ages 5-15 can register for basketball and cheerleading at Landstuhl and Sembach. Wrestling is open to ages 6-14 at Landstuhl. Participants must have sports physicals on file. Visit Family and MWR One Stop Shop, Landstuhl Post, Bldg. 3810, or Parent Central Services, Pulaski Barracks, Bldg. 2898. DSN 493-4516, civ. 0631-3406-4122.

Kaiserslautern 5K Red Ribbon Run

USAG Kaiserslautern will host a 5-kilometer Red Ribbon Run to raise awareness of drug prevention 10 a.m. Oct. 22 at Bldg. 237 on Rhine Ordnance Barracks. Registration is 8:30-9:30 a.m.

Halloween Fun Run

U.S. Army Garrison Baden-Württemberg will host the Halloween Fun Run 9 a.m. Oct. 29 at the Patrick Henry Village commissary in Heidelberg. DSN 370-6489, civ. 06221-57-6350.

Turkey Shoot Bowling

Register now for the Heidelberg Sergeants Major Association Turkey Bowl, a nine-pin, no-tap bowling tournament starting 1 p.m. (check-in at noon) Nov. 5 at the Heidelberg Bowling Center on Patrick Henry Village. The fee includes three games of bowling, shoes and pizza lunch. Prizes will go to first and second place teams, men’s and women’s high game and men’s and women’s high series. Individuals are welcome to fill out other teams. Proceeds will go toward purchasing Thanksgiving baskets for Soldiers and their families. DSN 371-3357 or 370-3303.

Basketball Officials Clinic

Basketball officials classroom instructions will be conducted 6-9 p.m. Nov. 15-19 at the Heidelberg sports office, Bldg. 128, on Patton Barracks. The officials’ tournament will be 6-9 p.m. Nov. 19 at the Patton Fitness Center in Heidelberg. DSN 373-8032, civ. 06221-17-8032.

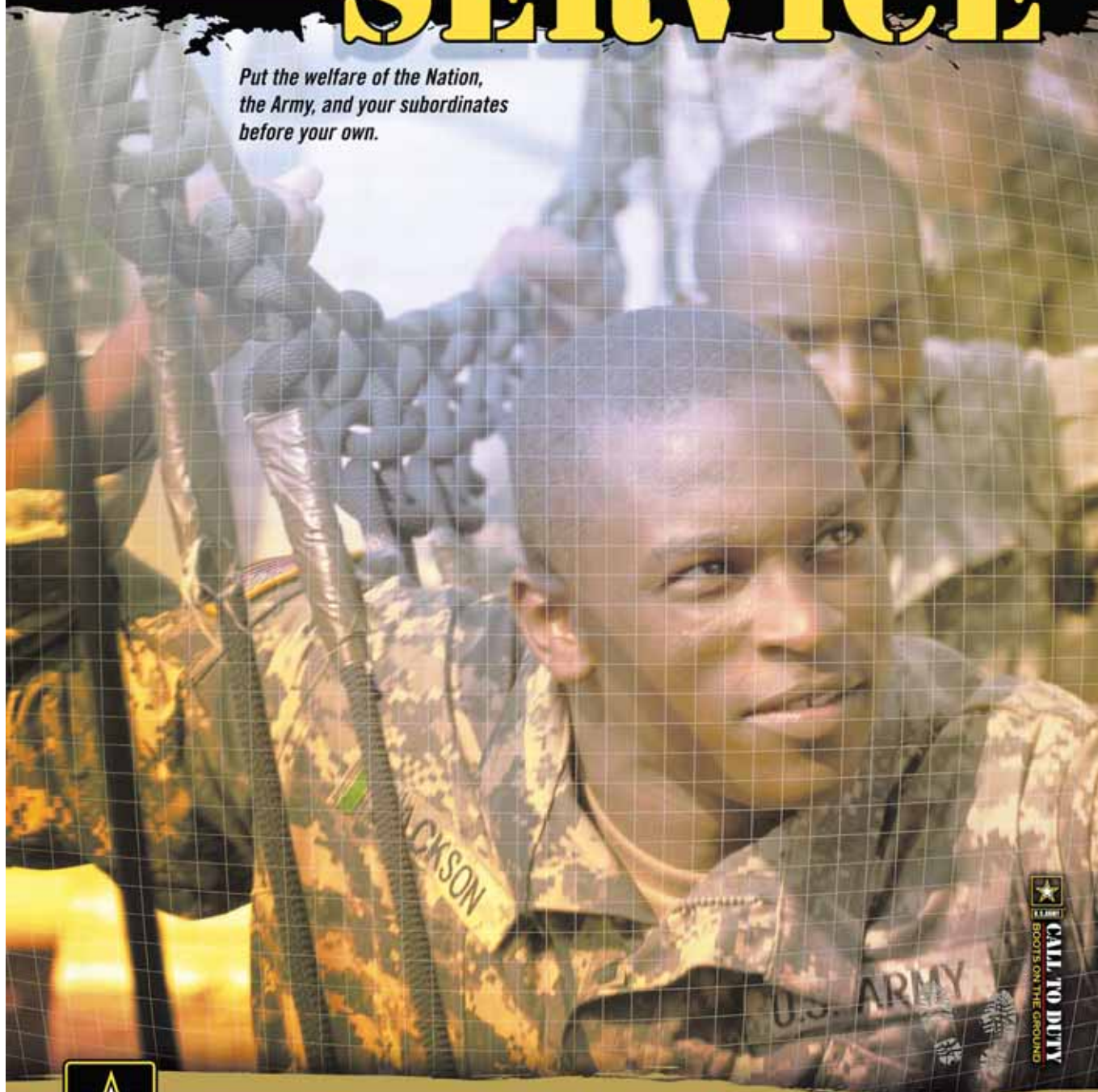
Turkey trot

A 5-kilometer fun run and walk to promote family health and wellness will loop around Patrick Henry Village in Heidelberg Nov. 19 starting at the commissary at 9 a.m. with registration beginning at 8:30 a.m. DSN 370-6489, civ. 06221-57-7294.

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