

HeraldPOST

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

HP THURSDAY
Oct. 20, 2011

Speed Read

DAYLIGHT SAVING TIME

Daylight saving time comes to an end at 2 a.m. Oct. 30, time to set clocks back one hour. DST in the states is Nov. 6.

RETIREE APPRECIATION



Nearly 250 Baden-Württemberg retirees attended Retiree Appreciation Day at the Village Pavilion in Heidelberg Saturday. 3

SAFETY VESTS

First grade students in Heidelberg got ADAC reflective vests to keep them safe when walking to school during dark winter hours. 6

FURNITURE TIP OVERS

TV and furniture tip-over related accidents aren't slowing down. One child is killed every two weeks and tens of thousands are injured each year. 11

SOLDIER FITNESS

A U.S. Army Europe Soldier meets the Comprehensive Soldier Fitness social pillar through sky diving during off-duty hours. 13



Defense Details

TRANSITION ASSISTANCE

Officials soon will unveil a revamped Transition Assistance Program that's aimed at better reaching service members throughout the world. TAP is a collaboration of the Defense, Veterans Affairs and Labor departments, said John Campbell, deputy assistant secretary of defense for wounded warrior care and transition policy Monday.

ARMY RESERVE

Legislation being considered by Congress could provide the Army Reserve broader authority to call up troops for homeland security and allow the force to deploy units for operations lasting 120 days or less. Chief of the Army Reserve Lt. Gen. Jack Stultz said last week the legislation would grant authority to call up as many as 60,000 Reservists per year from all service, for contingencies inside and outside the country.

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

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Schweinfurt youth in need of marrow donor

By Charles Stadlander
USAG SCHWEINFURT PUBLIC AFFAIRS

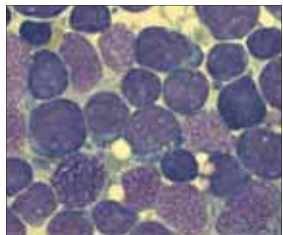
SCHWEINFURT – Every few months, C Company of the Warrior Transition Unit brings the Armed Services Blood Program to garrisons for a community-wide blood drive. The next of these morale-boosting drives is 9 a.m.-1 p.m. Nov. 3 at the Nachrichten Kaserne Wilson Theater in Heidelberg. Eligible community members are encouraged to donate.

This particular blood drive is accompanied by a special search for a compatible bone marrow donor for a child of a Schweinfurt Soldier.

The boy, Lane Mang, is the son of Sgt. 1st Class Aaron Mang, Headquarters and Headquarters Company, 9th Engineer Battalion. Mang and his wife Judith live in Poppenhausen, just to the north of USAG Schweinfurt.

Lane is diagnosed with Acute Lymphoblastic Leukemia, a form of cancer of the white blood cells. Only one in 50,000 Americans is diagnosed with ALL, and a bone marrow transplant can be a highly-effective means of treatment for the disease, as white blood cells are produced in the marrow.

see **MARROW** page 12



WikiMedia Commons

A cross-section of bone marrow cells from a patient with Acute Lymphoblastic Leukemia. On Nov. 3, the Bone Marrow Donor Program is hosting a search in Heidelberg at the Nachrichten Kaserne Wilson Theater for a compatible bone marrow donor in hopes of finding a match for USAG Schweinfurt family member Lane Mang.



Training Together

Denver Makle

A doctor provides medical care to a simulated patient during U.S. Army in Europe's Full-Spectrum Training Environment rotation in Grafenwöhr Oct. 10. The 212th Combat Support Hospital and the 421st Multifunctional Medical Battalion are augmented by the staff from the U.S. Air Force, Germany and the United Kingdom. The FSTE, hosted by the Joint Multinational Training Command, started Oct. 3 and continues through Monday.

see **MEDCOM** page 12

Full-spectrum training tests medical support, ground forces together

By Denver Makle
7TH ARMY JMTC PUBLIC AFFAIRS

GRAFENWÖHR – In rhythmic cadence a doctor barked orders, “There’s no change; give shock; administer CPR; the patient is not breathing.”

The tent was full of onlookers. The room was quiet. Nurses, doctors and medics rushed to find instruments and equipment to save the patient, a life-sized, computer-monitored mannequin connected to a power and fluid supply. He was life-like, breathing and his eyes even fluttered as he fought for respiration.

The Joint Multinational Training Command provides a challenging training environment. All the training aids and devices needed ensure the medical staff from the 30th Medical Command is trained while supporting the 173rd Airborne Brigade Combat Team's Full-Spectrum Training Environment rotation, hosted at Hohenfels training area, Oct. 3-24.

Medical clinics in Mannheim officially deactivate

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

In the days after World War II until May 31, 2011, when the garrison closed, the U.S. Army Health and Dental Clinics of Mannheim provided a wide range of health care for service members, families, civilians and local nationals.

While clinics were officially deactivated during a ceremony Friday at the Mannheim Sports Arena, leaders said just because military medical services are no longer available in the immediate area, community members remaining in

Mannheim are not forgotten.

“While today’s ceremony marks the closures of a chapter in our AMEDD [Army Medical Department] history, it does not mark the end of our health care responsibility to this community. As we transitioned your care to the Heidelberg Health Care and Coleman clinic, I am certain you have continued to receive the quality (and) respectful care you have been accustomed to,” said Col. Telita Crosland, MEDDAC Heidelberg commander.

Many of the Mannheim staff see **MEDICAL** page 12

LEGAL ASSISTANCE

Gaining citizenship for family members

Patton Law Center

Spouses of military members may be eligible for expedited or overseas naturalization and children may be eligible for naturalization overseas.

Spouses of military members who are regularly stationed abroad may naturalize without any period of permanent residence, if they will reside abroad with their U.S. citizen spouses after naturalization under section 319(b) of the Immigration and Nationality Act.

This type of naturalization is referred to as expedited naturalization and an applicant must be age 18 or older, establish that his or her U.S. citizen spouse is regularly stationed abroad with the military, be present in the United States pursuant to a lawful admission for permanent residence (green card) at the time of the examination; be present in the United States at the time of naturalization; declare in good faith upon naturalization an intent to reside abroad with the citizen spouse and to reside in the United States upon the spouse's termination of service abroad; be able to read, write and speak basic English; have a knowledge of U.S. history and government; and be a person of good moral character, attached to the principles of the U.S. Constitution and well disposed to the good order and happiness of the United States.

Applicants under this INA section must file an application (form N-400) with the appropriate U.S. Citizenship and Immigration Services field office and indicate they're spouses of service members serving abroad and that they're applying under section 319(b) of the INA. Usually, U.S. citizen spouses must have at least one year remaining on their overseas tour of duty.

A second way to become a citizen is under Section 319(e) of the INA. Eligible spouses may naturalize abroad without traveling to the United

States for any part of the naturalization process under this procedure. The section treats time abroad as residence and physical presence in the United States. Generally, the permanent resident spouse must be authorized to accompany the service member abroad; be married and living abroad with the service member; and meet the requirements of either section 316(a) or section 319(a) of the INA at the time of filing.

Section 316(a) applies to spouses who have been permanent residents for five years immediately preceding the date of filing. Section 319(a) applies to spouses of U.S. citizens who have been permanent residents for three years immediately preceding the filing date and who have been married for at least those three years.

For naturalization purposes, the time eligible spouses have spent abroad on official military orders may count for continuous residency and physical presence in the United States. An applicant under this section must submit a form N-400 to the USCIS Nebraska Service Center. It is recommended the application include a reference to INA section 316(a) or section 319(a) and include a letter stating the intent to naturalize abroad.

Section 319(e) is not an independent naturalization provision; it works in conjunction with sections 316(a) and 319(a), but not with section 319(b). Thus no one can become a naturalized U.S. citizen under the expedited naturalization process overseas since this type of naturalization must occur in the United States.

It is also possible for the children of U.S. citizen service members to naturalize overseas under Section 322 of the INA if specific conditions are met. For assistance with naturalization issues, the USCIS, Military One Source and the Frankfurt Consulate websites have a wealth of information. The legal assistance office or personnel office can also provide assistance.

PHARMACY MONTH

Clean out old medicines

By Julia Gannon
USAMH PHARMACY

Whom should you turn to for questions about your medications? Your pharmacy team. October is American Pharmacist Month and this year's theme is Know Your Medicines – Know Your Pharmacist.

Your pharmacist, pharmacy technician and doctor are a powerful team, working to ensure the best selection and safest management of your medications. Pharmacists provide answers to your medication concerns. They are the go-to people for all medication questions.

For each prescription dispensed, the pharmacist checks that the information is complete, that new medication will not interact with previous medications and that the medication and dosage are appropriate for your health condition.

Keeping your doctor and pharmacist informed of all nonprescription medication, herbal products, vitamins and supplements is the safest way to prevent unsafe medication interactions. Always take an accurate and complete medication list to all your healthcare visits.

During October, the Heidelberg Health Center Pharmacy is asking you to do a fall clean-up of your medicine cabinet. You have the opportunity to safely dispose of any unwanted medications at the Heidelberg Health Center Pharmacy.

The pharmacy team will be available to take in any unwanted medication, counsel on medications and provide pharmacy information. Review your medications, remove any old or unwanted meds and bring them in for disposal. The pharmacy team will be there with items to give away and their smiling faces ready to help.

Ultimately, you have the responsibility for managing your medication, but your pharmacist can help keep you safe and answer questions about the medicines you are taking.



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

"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."

—BWnow Facebook Administrator

"Do you need an order written first or is it walk-in

with no order?"

—Cris Davenport, BWnow Facebook fan

"Cris, this is a special event in honor of Breast Cancer Awareness Month, so no order is required but there are some caveats. Suggest you contact the radiology department for questions!"

—Crystal, BWnow Facebook fan

"Volunteers are still needed for the Mannheim Fall Festival, scheduled for 4-7 p.m. Oct. 28 between buildings 742 and 696 on Washington Street in Mannheim. Events include bobbing for apples, a cake walk, trick or treat, face painting, a haunted house and more. Volunteers, contact kmkiakon@hawaii.rr.com."

—BWnow Facebook Administrator



Commander, U.S. Army Garrison
Baden-Württemberg:
Col. Bryan D. DeCoster

Public Affairs Officer:
Regina Abrigo-Hingten

Editor:
Donna Walker

Social Media Chief, Reporter:
Dijon Rolle

Reporters:
Elizabeth Casebeer, Heidelberg
Rick Scavetta, Kaiserslautern
Web Author: Brandon Spragins

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

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Retirees updated on benefits, entitlements

Nearly 250 retirees take advantage of garrison services

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Henry Lynn has lived in Mannheim 40 years, some of them as a retiree, and he knows change is coming.

Lynn was one of nearly 250 retirees who attended Retiree Appreciation Day at the Village Pavilion in Heidelberg Saturday.

U.S. Army Europe Deputy Commander Maj. Gen. James Boozer Sr. briefed attendees on recent changes in the Army in Europe and told them of things to come. He reviewed reductions in force over the past few years and mentioned the planned move of USA-REUR to Wiesbaden by 2014.

"This is a significant move, and it will cause 1,500 retirees in Mannheim and Heidelberg to travel to Stuttgart, Kaiserslautern or Wiesbaden for services," Boozer said.

But for Lynn, with 40 years of getting comfortable in Germany, the difference will be manageable.

"I'll use (Mannheim facilities) until they close," he said and then "I'll just go to a German store." For medical care, which he receives in Heidelberg, Lynn said he'll "have to go outside" to German facili-

ties when Heidelberg health care closes.

Lynn may have been reassured by Boozer's words when he said transformation "will not diminish our commitment to you," the retirees in U.S. Army Garrison Baden-Württemberg.

Retired Sgt. Maj. of the Army Jack Tilley updated retirees on the progress made by the Chief of Staff of the Army Retiree Council, which he co-chairs.

"We take issues from all the regions and submit them to the Chief of Staff of the Army. The number one issue is health care," he said, at least for the five years Tilley has been on the council, followed by strategic communications with retirees, benefits and entitlements, and finances.

Overseas, Tilley said, a big issue is the mail. Retirees may receive and send items that weigh no more than 16 ounces through Army Post Offices. A move is underway to increase it to five pounds, Tilley said, but not much progress is being made.

The U.S. Army Medical Department Activity brought information and services including the Wellness Center. Personnel provided preventive



Donna Walker

U.S. Army Garrison Baden-Württemberg Security Manager and retiree Isaac Martin visits the information booth of Army Community Services and talks to Alexia Russey, ACS information and referral specialist, Saturday at Retiree Appreciation Day at the Patrick Henry Village Pavilion Heidelberg.

health information and discussed lifestyle and behavioral changes. Retirees could have their blood pressure checked, undergo a visual screening and receive flu shots.

The Patrick Henry Village dental clinic provided general screening services to give retirees and their family members the opportunity for oral screenings or emergency services.

Other features included

representatives from the Defense Finance and Accounting Service-Cleveland, the Federal Benefits Unit from Frankfurt and the Social Security Administration who had access to the retired and annuity pay system and could make on-the-spot changes. In addition, representatives from garrison support agencies were there – ID cards, Defense Enrollment Eligibility Reporting System, Installation Access Control

System and legal services.

Event organizer and Retired Services Officer Richard McKeller, himself a retired command sergeant major, said the event was held to thank retirees.

"I never want to forget what the retirees have done in the past to make the present the way it is," he said. "We want to thank the retirees and update them on benefits and entitlements."

Wounded warriors welcome, receive employment at Exchange

AAAFES Public Affairs

WACO, Texas – Staff Sgt. Shad Fowler was on a patrol in Iraq when an improvised explosive device detonated nearby and changed his life forever. After being medically evacuated, he recovered and remained on active duty.

After that, "I ended up deploying two more times to Iraq, and when I came back this time, my body kind of gave out on me," he said.

Fowler now goes to physical therapy and participates in an internship program at the Exchange's Waco Distribution Center facility which ships more than \$745 million of goods annually to Exchange facilities throughout the central United States.

The Exchange supports wounded or injured warriors by participating in Operation Warfighter. The OWF program provides an opportunity for

transitioning service members to augment their employment readiness as they build their resumes, explore employment interests, develop job skills, experience formal and on-the-job training opportunities as well as gain valuable work experience.

"The way the program works is troops who are going through treatment get to participate in an internship to learn a marketable skill," said Exchange Chief of Organizational Development and Recruiting Chris Haefner. "The idea is to help prepare them for the time when they leave the service. With the Exchange being a \$10 billion-a-year business, we can offer some unique training opportunities."

The wounded warrior program will grow, particularly in locations underserved by other federal agencies.



SHAW

"Our OWF program is in its infancy," said Haefner. "We have two locations with fully operational programs: Fort Hood and the Waco Distribution Center. We are planning to expand into several more locations including Joint Base San Antonio, Joint Base Lewis-McChord, Fort Drum, Fort Riley and our Newport News Distribution Center."

The Exchange has placed five personnel in the program with success. The organization works to place personnel in fields they are interested in or that they already have some background in.

"We had one person working in our FMO [Field Management Office] and another in our admin office at Fort Hood," said Haefner. "We placed another service member, Staff Sgt. David Shaw, in our LP department, which is similar to the work a store detective or security agent would perform."

"This is an opportunity of a lifetime," said Shaw. "Getting wounded takes something from you and you feel that with a disability, you can't perform. Operation Warfighter places you in an environment where you can show yourself and others that you can still be the best."

Fowler who previously served as a battalion motor sergeant with the 1st Cavalry Division, works in the Waco Distribution Center maintenance department inputting records and checking the readiness status on long-haul trucks. What advice would Haefner give to wounded warriors?

"Every Warrior Transition Brigade or WTB has a transition coordinator in charge of the internship program," said Haefner. "I would advise all wounded or injured warriors to talk with their coordinator and check out this program. You might just find the job of a lifetime."

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.

Will the gate guards on Grant Circle in Mannheim be taken away?

Grant Circle security will remain as it is now until it closes in September 2012.

How long will the laundrette in Mannheim on Benjamin Franklin Village 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.

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.

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.

New – Education Center – The Mannheim Education Center located in Bldg. 255 on Sullivan Barracks will close Nov. 1. All education services are available at the Education Center in Bldg. 106 on Patton Barracks in Heidelberg. The GPS address is: Speyerstrasse 15, 69124 Heidelberg. DSN 373-6176, civ. 06221-17-6176. Information on education services can be

found in the USAG Baden-Württemberg community services directory at www.bw.eur.army.mil/contacts/service_directory.html.

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.

New – Gospel Service – The Gospel Church Service for Mannheim members are now held in Heidelberg at the chapel on Mark Twain Village. DSN 373-6190, civ. 06221-17-6190.

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.fmwir.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 has permanently closed.

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 has closed and all vehicles are dispatched 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 Bldg. 1563 Nov. 15 with no disruption in service. Customers should call or visit www.hqusareu.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, civ. 06221-4380-3312.

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.

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.

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.

Emergency money available for civilians in need

FMWR Marketing

The Federal Employee Education and Assistance Fund can assist federal employees in emergency situations who have been employed for a year or longer, with no-interest loans of up to \$1,000.

Categories of assistance may include but are not limited to death in the employee's immediate family, loss of income, Leave Without Pay due to severe illness or a family-member illness, family separation or divorce, critical illness in the employee's immediate family, major loss of property due to natural disaster or government pay error (for example, an administrative or disbursing mistake, computer problem or check lost in the mail).

Employees requiring assistance should go to <http://www.feea.org/programs/emergency-assistance/ea-no-interest-loans> and complete the emergency assistance application or call civ. 001-800-323-4140 for answers on specific needs.

Applications may be either mailed or faxed with all supporting information to FEEA. Loan checks are made payable directly to the creditor(s) and repaid through payroll allotment from services such as MyPay, Employee Express, NFC or Postal Ease. Loan repayment is generally a year in length.

For questions, call the Kaiserslautern ACS Financial Readiness Program at DSN 493-415, civ. 0631-3406-4151 or visit Bldg. 2917 on Pulaski Barracks or Facebook at www.facebook.com/KaiserslauternACS.

In Memoriam Thomas T. Sanders

Retired Chief Warrant Officer 4 Thomas T. Sanders, 78, died Oct. 10. Sanders retired from the U.S. Army in the Adjutant General field after serving 29 years, four months on May 31, 1984. He retired in Mannheim and volunteered regularly in the U.S. Army Garrison Retirement Information Office from 2003 until 2010. Survivors include his daughters Janet Klingmann and Angela Meder and several grandchildren. Funeral services will be held at noon tomorrow at the Waldfriedhof, Waldpforte 165, 68305 Mannheim.

Faces of the community: Coleman Shoppette



Dijon Rolle

Charles Courtney, retail manager at the Coleman Express Shoppette on Coleman Barracks in Mannheim, scans items for a customer to purchase. The shoppette stocks food and beverage items, basic household supplies and automotive care products. The facility, located in Bldg. 25, is open 7 a.m.-8 p.m. Monday-Friday and 10 a.m.-8 p.m. Saturday and Sunday. Civ. 0621-783-383.

Help children get to school, home safely during dark winter hours

School Liaison Office

As the days get shorter, children will be walking to school and bus stops in the dark. This can present safety challenges for families, and their children will need to take extra precautions to ensure that they are visible to vehicles both on and off post.

In a nation-wide initiative, the German automobile club ADAC has provided every first grader with a winter safety vest.

U.S. Army Garrison Baden-Württemberg has been able to take advantage of this initiative.

On Oct. 13, USAG B-W Commander Col. Bryan DeCoster presented 250 of the ADAC vests to the students at Patrick Henry Elementary School in Heidelberg.

Parents are reminded to ensure that their children are dressed in brightly colored clothing for the early morning walks to school and their bus stops.

"Most manufacturers of children's clothing add reflective material to outerwear these days, so it should be easy for parents to do everything they can to make their child visible to traffic," said USAG B-W Schools Liaison Officer Jim Ruehmiling.



Linda Steil

U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster presents Victoria Green one of 250 reflective vests for first-grade students provided by the German auto club ADAC Oct. 13 at Patrick Henry Elementary School in Heidelberg. Reflective items on clothing help keep children safe while walking or riding bikes to school.

Safety day helps drivers avoid winter weather woes

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

When 1st Lt. Humphrey Mararo returned home from Kuwait last month, he picked up a used BMW – a second car for his family.

He was one of dozens of Kaiserslautern Military Community members who took advantage of winter safety day sponsored by U.S. Army Garrison Kaiserslautern's director of Family and Morale Welfare and Recreation.

The daylong event held at the Pulaski Auto Skills Center provided the community with a free 32 point safety inspection.

"This is very good for the Soldiers. The garrison has these twice a year, in spring and fall, to make sure your car is ready for the next season," Mararo said, a dispersing officer from the 106th Finance Management Company.

"That's big kudos for U.S. Army Garrison Kaiserslautern for putting up an event like this for the Soldiers and civilians in the Kaiserslautern area," he said.

Volunteers from Better Opportunities for Single Soldiers, to include Spc. Jorge Hernandez, 22, of the 21st Theater Sustainment Command and Pfc. Jonathan Groves, 28,



Rick Scavetta

Jonathan Groves of the 39th Transportation Company installs new windshield wipers for 1st Lt. Humphrey Mararo's vehicle during U.S. Army Garrison Kaiserslautern's winter safety day at Pulaski Auto Skills Center.

of the 39th Transportation Company, joined garrison staff to support the event.

Nearby, garrison safety officer Scott Livingston checked child safety seats.

A German technician from the Bosch service center in Landstuhl offered free headlight alignments and presented drivers with a windshield sticker identifying their car as

being compliant with German headlight standards.

During the day, 35 participants won free \$10 car washes.

While drivers waited, they could check out an undercover German police car used to check autobahn speeds.

They also enjoyed complimentary coffee, muffins and hot dogs.

By the end of the day, me-

chanics conducted 166 inspections identifying a variety of safety issues. Most recognizable were many worn and underinflated tires.

Mararo, who is originally from Kenya, said he remembers how harsh German winters can be.

He took advantage of the free check, hoping mechanics could point out potential

safety concerns with his new car – before winter sets in.

"It's very important that every part on your car is working properly and that you have winter tires – it's German law – plus, good windshield wipers and a working defroster," Mararo said. "Now that we are moving into the winter months, you've got to be on top of that."

Officials seek volunteers to open hearts, homes

By Mindy Campbell

USAG KAISERSLAUTERN VOLUNTEER

When children in U.S. Army Garrison Baden-Württemberg are in need, people like Master Sgt. Jim Sharp and his family are there to step in and open their hearts and home to help.

Sharp, along with his wife, Jen Guth, are volunteers in USAG Kaiserslautern's Emergency Placement Care program.

The Army Community Service program provides children in need with a temporary home.

It is comparable to the civilian foster care program back in the United States, said Yonette Davison, the Family Advocacy Program manager.

"We market, certify and train foster families to pro-

vide short-term crisis care for children that have been taken from their natural families due to abuse or neglect," Davison said.

When a child is removed from a home – which can be for a variety of reasons including family crisis, abuse or neglect, drug or alcohol treatment for parents or medical or psychiatric treatment of parents – he or she will be placed in short-term care in a home with one of the EPC families, Davison said.

Sometimes the child will stay a few days or even just overnight. It usually won't exceed more than 90 days.

Sharp, who has been involved in the program for three years, has had the opportunity to provide temporary homes to children three

times.

"It is a wonderful feeling that we are helping others," said Sharp, who is with Headquarters and headquarters battery, 5th Battalion, 7th Air Defense Artillery Regiment on Rhine Ordnance Barracks.

"To see them reunited with their parents and see their issues resolved is great," Sharp said.

However, the EPC program is in dire need of volunteer families, Davison said. Normally, Davison has about 14 families certified and on hand to take in children.

Recently, as many KMC service members rotated to new duty stations, several EPC volunteers moved away from the area. Davison she currently only has the Sharp family.

If an American family is not available to take the child in, the child will be taken into the German system – something to be avoided, Davison said.

"The child will go into the German orphanage until we, as Americans, can resolve the case," she said.

"We are given the opportunity to take care of our own children in our own homes," she said.

EPC volunteers come from all walks of life, Davison said. They can be from any branch of the military, can be married, single, active duty, retired, or civilian or Department of Defense employees, Davison said.

Once accepted into the program, volunteers will receive about 12 hours of training for the initial certification

with an additional six hours required to keep certification active.

Training topics include first aid, stress management, cultural awareness, reunification, crisis prevention, discipline, abuse and neglect, separation and loss, child development and the roles and responsibilities of an EPC parent.

Despite the lengthy application process, it is worth it, Sharp said.

"It is a really good program and I really support it," he said. "If we don't take care of our kids, where else will they go?"

For information about the ACS Emergency Placement Care program, contact the Family Advocacy Program manager at DSN 493-4228 or civ. 0631-3406-4228.



Richard Bumgardner

A group of Soldiers from the 173rd Airborne Brigade Combat Team train using situational training exercise lanes during the Full Spectrum Training Environment exercise in Hohenfels Oct. 11.

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Sgt. Michael J. MacLeod

A paratrooper with the 82nd Airborne Division's Devil Brigade aims his M240-B crew-served machine gun during a machine gun leaders course Oct. 14 at Fort Bragg, N.C.



Tommy Gilligan

Gen. Raymond T. Odierno, Chief of Staff of the Army, laughs at a spirit video played in the Cadet Mess during his visit to West Point, N.Y., Oct. 13. Odierno addressed the entire class of 2012 during his visit.



U.S. Air Force Senior Airman Grovert Fuentes-Contreras

Staff Sgt. Patrick Reynolds, a security forces squad leader attached to Provincial Reconstruction Team Zabul, fights racing water while holding onto a tow strap attached to an Afghan National Army vehicle stuck in the Lurah River in Shinkai District, Afghanistan, Oct. 12.

Homecoming Royalty



Wray Holan

Heidelberg High School Homecoming Queen Rebecca Alfonso joined King Sharaud Gallman Saturday to cheer on the Heidelberg Lions football team on Patrick Henry Village.

College Night



Stephanie J. Santos

Heidi Buffington, left, a representative from Saint Louis University Madrid speaks with Bitburg High School sophomore Ian Alexander, 15, during College Night, a U.S. Army Garrison Kaiserslautern supported event held recently at the Special Events Center at Rhine Ordnance Barracks featuring more than 100 accredited college representatives from the United States and Germany.

TV, furniture tip overs kill one child every two weeks

USCPSC

WASHINGTON, D.C. – In March of this year, an 11-month-old infant died while watching television with his dad and his 2-year old sibling. The baby's brother bumped into the furniture holding the TV and it fell onto the baby's head and abdomen.

Unfortunately, this is not a rare incident.

Furniture and TV tip-over incidents are one of the top hidden hazards in the home.

The U.S. Consumer Product Safety Commission is urging parents and caregivers to inspect and anchor furniture and TVs now, in order to protect young children from a preventable tragedy.

A new data report shows that from 2000-2010, CPSC staff received reports of 245 tip-over-related deaths involving children 8 years old and younger.

More than 90 percent of the incidents involved children 5 years old and younger.

In more than half of the 245 fatalities (56 percent), the child was crushed by the weight of the television, furniture or appliance.

The majority of these children suffered fatal injuries to the head (67 percent).

In addition, more than 22,000 children 8 years old and younger are treated in hospital emergency rooms every year (2008-2010) for injuries related to instability or tipover of televisions, furniture and appliances.

And like the fatalities, a majority of these injuries (56 percent) are to the head.

"Children like to climb on furniture. Placing TVs on furniture not intended for them or having furniture that is not secured can have tragic consequences," said Chairman Inez Tenenbaum.

"These tragedies can be prevented by taking low-cost steps. Anchor those TVs and dressers, and protect your child or a child visiting your home," she said.

The most common tip-

"Children like to climb on furniture. Placing TVs on furniture not intended for them or having furniture that is not secured can have tragic consequences."

—Inez Tenenbaum, USCPSC chairman

over scenarios involve toddlers who have climbed onto, fallen against or pulled themselves up on furniture.

About 70 percent of children's fatalities (169 incidents) involved falling televisions, and 27 percent (65 incidents) involved only furniture falling.

Of the 135 child fatalities where furniture fell by itself or fell with a TV, the majority of incidents (64 percent) involved a chest, dresser or a bureau.

Often, these pieces of furniture have drawers that children can use to climb.

To prevent tragedies follow these safety tips in any home where children live or visit.

- ◆Anchor furniture to the wall or the floor.
- ◆Place TVs on sturdy, low bases.
- ◆Or, anchor the furniture and the TV on top of it, and push the TV as far back on the furniture as possible.
- ◆Keep remote controls, toys and other items that might attract children off TV stands or furniture.
- ◆Keep TV and cable cords out of reach of children.
- ◆Make sure freestanding kitchen ranges and stoves are installed with anti-tip brackets.
- ◆Supervise children in rooms where these safety tips have not been followed.

For information, call the CPSC hotline civ. 001-800-638-2772, or visit www.cpsc.gov.

MARROW

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An influx of healthy marrow may mean that the patient can start producing healthy white blood cells again. Without treatment, ALL is terminal.

Lane would normally be attending Schweinfurt Elementary and Middle School as a third grader, but he is under strict doctor's orders to stay home.

A weak immune system is one of the many side-effects of a battle with leukemia, so Lane is especially susceptible to infection of diseases that would normally be routine illnesses for healthy children.

Judith Mang is hopeful that a search in the local community here will turn up a nearby compatible donor. Compatible donors can be difficult to come by, and the rare match can only be found by sampling a large swath of people.

"Every person that gets checked could be the key to Lane's recovery," said Ms. Mang.

Testing for compatibility is simple. It starts with a simple oral swab sample that determines your initial eligibility. If you are found to be a preliminary match for either Lane or any leukemia patients

If you are a match

- Active duty military are authorized permissive TDY/IAD orders at no cost to the donor or branch of service.
- DOD civilian employees are authorized up to seven days of administrative leave.
- All DOD personnel will go to the United States to donate marrow or stem cells. The procedures are performed at either Georgetown University Hospital in Washington, D.C., or at Fairfax Hospital in Northern Virginia.
- www.dodmarrow.org

connected to the Department of Defense, you'll be contacted to give a blood sample.

If you are able and willing to donate, the DOD Marrow Donor Program will transport you to Washington, D.C., for the relatively painless donation process.

For information about the process of bone marrow compatibility and donation, visit the C.W. Bill Young/DOD Marrow Donor Program website.

Of course, two-pronged community members willing to donate blood and get swabbed for marrow compatibility are ideal, but those who can only come in for the quick and easy oral swab are welcome as well.

Testing across the community now can make a lifetime of difference for young Lane Mang.

MEDICAL

continued from page 1

transitioned to the health care teams in Heidelberg. "You will see some familiar faces, so please know the closure of the Mannheim health clinic does not mark the end of the relationship with this community," Crosland said.

The medical relationship between the local national community and the United States was cemented when the Army recognized its need for state-of-the-art health care facilities in order to maintain the readiness of its fighting force, said guest speaker Professor Christian Führer, course director for marketing at Cooperative State University Baden-Württemberg Mannheim.

The U.S. Army Dispensary and Dental Clinic Mannheim opened its doors on March 15, 1956.

"The new dispensary offered a wide range of outpatient services, including radiology, physical therapy, optometry

and a full-fledged pharmacy.

"At the time of its opening, the dispensary also served as a medical supply issue point for all dispensaries and aid stations in the Mannheim area," said Führer, who is writing a book about the U.S. military in Mannheim.

From the 1970s to 1980s, the community averaged about 8,000 service members as patients, not including family members.

By the end of the draft in 1973, about 11,000 patients were seen each month by 16 physicians and 12 dentists, Führer said.

While the amount of patients shrank recently to about 20,000 per year, that kind of partnership is what Mannheim Health Clinic commander Lt. Col. Rachele Smith finds difficult to let go of.

"Since the late 1940s, we have touched thousands of lives and have improved the overall health, medical readiness and resiliency of our community. Today is

an opportunity for us to celebrate those partnerships and the lives we have touched.

"This community and our clinic have been like family to us and (to) so many others. It has been an honor and a privilege to work with you and (provide) safe, quality health-care. A part of us will always stay in Mannheim. Together, in collaboration with our tenant units and our host nation partners, we have truly lived up to our motto, 'strive for excellence.'"

Community members can receive care at the Heidelberg Health Center on Nachrichten Kaserne 7 a.m.-4:30 p.m. Monday-Thursday and 7 a.m.-noon Fridays. After hours and on holidays and weekends, patients can seek emergency and urgent care from host-nation providers.

Copies of the "Guide to Host Nation Health Care" are available at the Health Center or online at <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

MEDCOM

continued from page 1

"This is maximizing the training value for the U.S. Army in Europe, said Col. William D. Jones, chief of the Joint Multinational Simulations Center. The JMSC has developed a list of events and activities to stimulate the environment, while enlarging the play to enhance training scenarios to accommodate the large-scale mission of the 30th MEDCOM. For example, a mass-casualty event will happen during the exercise to allow the hospital staff to fully exercise the staff.

In its entirety the 30th MEDCOM would support an area the size of all of Afghanistan. The airborne operations brought unique challenges in addition to the scripted scenario.

"This training is valuable because you're not supporting an imaginary brigade," said Jones. "It's a better training event for the 30th MEDCOM, and we can do it for other multifunctional units in Europe."

At Grafenwöhr training area's Camp Aachen, the 84-bed hospital is a complex tent structure with multiple, in-

terconnected additions that provide life-saving services. On the inside it looks like any hospital.

There is an intensive care ward that hosts up to 60 patients, a supply section that houses enough supplies to last several days on site, an intensive care unit with up to 24 beds, a laboratory for blood analysis and storage, a radiology department and an operating room. The massive structure is constructed inside a fenced cantonment area away from the boots-on-the-ground training, but connected by technology.

"It's all about information. We use a master events list to drive the medical care and support," said Jones. "There is live-and-scripted casualty play."

During the Full-Spectrum Training Environment Oct. 3-24, the hospital staff is tested on how well they execute command and control of their brigade, as well as their theater-level support and casualty health support, which includes medical evacuation practices – air and ground.

The FSTE rotation highlights strong partnerships among ground troops from

Poland, Slovakia and Slovenia as they assume roles as friendly and opposing forces. Soldiers from the United Kingdom and Germany are providing real-world medical support. In total, there are 918 multinational participants. Staff from the United Kingdom provides physical therapy expertise, while the German Bundeswehr provides combat-mental health services.

Furthermore, the 212th Combat Support Hospital and the 421st Multifunctional Medical Battalion is augmented by their counterparts in the U.S. Air Force.

Training together provides multinational and U.S. Soldiers common standards and objectives for treating the sick and wounded, said Maj. Tanner Roy, the 30th MEDCOM plans and exercises officer.

During contingency operations, the 30th MEDCOM would support an area the size of Afghanistan and manage multiple field hospitals and its own supply and logistics infrastructure to support the field medical staff. During Europe's Full-Spectrum Training Environment the simulations center developed additional

events and activities to stimulate the environment and enlarge the play to enhance the scenarios to accommodate the large-scale mission.

Doctors and nurses treat patients; logistical staff ensures treatment supplies are delivered and available when needed, despite the austere environment.

"We want our Soldiers to be confident they can operate in a full-spectrum threat environment and use their know-how anywhere and in all types of operations," said Roy. "We will provide medical support at all phases of the operation, from the beginning to the stability operations at the end."

There are approximately 750 medical personnel participating in the exercise.

The Grafenwöhr training area provides an enhanced training environment using simulations while the 173rd Airborne Brigade Combat Team engages the enemy simultaneously at the Hohenfels training area. Because of its proximity to European, African and Asian nations, the training areas in central Europe regularly train U.S. forces with multinational partners.

"You can't do that kind of training stateside because those folks just aren't available, said Maj. Gen. James C. Boozer, deputy commanding general of the U.S. Army in Europe and senior trainer of the exercise.

Forces in Europe are able to partner with NATO partners and some non-NATO partners to conduct the large-scale training events.

"You'll hear about theater security cooperation and building partnership capacity. That is what we do. No units back in the United States do partnership capacity building, and what we mean by that is – we are able to train and partner with units because they train and become very good at what they do and go to fight in places like Iraq and Afghanistan," said Boozer.

"If we didn't do that we would be putting more brigade combat teams in Afghanistan than we do today," he added.

There are partners serving in Afghanistan today because of the U.S. Army in Europe's training and its unique ability to work with the nations in Europe, Africa and Asia, he said.

KMC Onstage to thrill crowds with 'Woman in Black'

By Nathan Records
KMC ONSTAGE

A real theatrical spine chiller. A truly nerve shredding experience. Delicious dread.

These are some of the words that critics have used to describe "The Woman In Black," adapted from the Susan Hill novel by Stephen Mallatrat.

With the supernatural thriller set to be released as a motion picture starring Daniel Radcliffe (Harry Potter) in 2012, KMC Onstage brings you to a haunting standstill just in time for Halloween with this ghost story.

Arthur Kipps, a young English lawyer, is sent to attend the funeral and tend to the affairs of Mrs. Alice Drablow, unaware of the tragic secrets which lie hidden behind the shuttered windows of her estate.

Mrs. Drablow lived alone for more than 60 years in the mansion of an island accessible only by a causeway at low tide. Something awful happened there, and when Kipps arrives at the house, awful things start to

happen to him.

This chilling thriller contains all the ingredients of a classic ghost story – a deserted mansion, haunted graveyards and locals who don't dare breathe a word of the horrors they have seen.

"The Woman In Black' is a thriller, appropriate for Halloween, and audiences will find themselves swept along into the murky world of the play," says director Amy Barron Smolinski. "It's a story of dark power and of confronting our fears, but most importantly, it is a good, old-fashioned, chilling ghost story."

Produced by KMC Onstage and USAG Kaiserslautern, "The Woman In Black" will open at Heaton Auditorium on Landstuhl Regional Medical Center tomorrow. Show dates are 7:30 p.m. Friday, Saturday and Oct. 28-29 and 3 p.m. Sunday and Oct. 30.

For tickets, call the KMC Onstage box office noon-4 p.m. at 483-6626, civ. 0631-411-6626, or email kmconstage@eur.army.mil before 4 p.m. Friday.



Aeneas Janze

Tim Fiscus, left, and Staff Sgt. Charles Bailey rehearse a scene for "The Woman In Black," a ghost story just in time for Halloween, playing 7:30 p.m. Friday, Saturday and Oct. 28-29 and 3 p.m. Sunday and Oct. 30 at Heaton Auditorium, Landstuhl Regional Medical Center.

Flying high Soldier finds hobby for life

By Spc. Adam P. Garlington
USAREUR PUBLIC AFFAIRS

Hobbies impact all five dimensions of strength in the Comprehensive Soldier Fitness program. But they especially impact the social dimension.

"Hobbies help you structure your life, keep your mind off of the things that do stress you and build bonds in a special community," said Spc. Devin Kuhlmann, an information technology specialist during duty hours and a skydiver during off-duty hours.

Kuhlmann, a self-proclaimed adventurous guy who is willing to try almost anything once, didn't hesitate to accept an invitation from his supervisor to join the community of skydivers in 2009 when he was assigned to U.S. Army Europe G-6 Communications and Information Management.

The Long Prairie, Minn., native said that he eased his way into skydiving by making a tandem jump.



Rob Heron

Spc. Devin Kuhlmann, a U.S. Army Europe information technology specialist during duty hours and a skydiver during off-duty hours uses skydiving to strengthen his Comprehensive Soldier Fitness social dimension. The goal of the CSF social dimension is to develop and maintain trusted and valued relationships and friendships that are personally fulfilling and foster good communication skills.

This gives newcomers to the sport an opportunity to be harnessed to a licensed, professional skydiver and conquer any initial fear of free falling through the sky towards the ground at high speeds.

Kuhlmann said although he enjoyed the tandem jump, he knew that skydiving without someone strapped to his back would be more fun.

"[Skydiving] is total freedom. When you're up there on a really nice day with no clouds and nothing around you, you can see everything for miles and miles," Kuhlmann said. "You'll

never see so much in your life."

Since making that first tandem jump, Kuhlmann has jumped solo 25 times and received his skydiving license from the United States Parachute Association. He said he is a skydiver for life.

Kuhlmann said unique hobbies, such as skydiving, have a certain cool factor, keep you busy and out of trouble, and can offer membership into special communities, like the skydiving or Harley Davidson communities.

"There are things in this life to ex-

perience," Kuhlmann said. "I suggest that everybody do as many things as possible."

Contact your local Better Opportunity for Single Soldiers representative for more information about skydiving in Europe.

The goal of the CSF social dimension is to develop and maintain trusted and valued relationships and friendships that are personally fulfilling, foster good communication skills and include comfortably exchanging ideas, views and experiences. To learn about CSF, visit <http://csf.army.mil>.

GERMAN NEWS

\$4.9 Billion Las Vegas Investment

According to an article in the Financial Times, Deutsche Bank, Germany's largest bank, has invested almost \$5 billion in Las Vegas. The bank has a \$3.9 billion credit facility with the 3,000-room Cosmopolitan casino and owns \$1 billion worth of debt in Station Casinos, a firm that owns several Vegas casinos. The bank decided to complete the Cosmopolitan casino at \$4 billion when the developer defaulted on bank loans. According to the report, the investments and loans make the bank the biggest creditor in Las Vegas, though a spokesman said the Cosmopolitan is neither a strategic nor a long-term investment.

Traffic Man Turns 50

Ampelmann, the colorful traffic light man with a pointed hat who has watched over millions of pedestrians and later became an international design icon, turned 50 last week. In 1961, Karl Peglau, a government traffic psychologist, was concerned about the growing number of vehicles on the roads and the lack of adequate safety measures for pedestrians. Peglau's widow explained he designed Ampelmann with a personal feel so pedestrians of all ages would feel comfortable following traffic directions. The first was installed on the corner of Unter den Linden and Friedrichstraße in Berlin. After a push from a Baden-Württemberg artist, Ampelmann became an art icon and some western German cities now use him as their pedestrian symbols.

Giant Python Fossil

The fossil of a 11.5-foot python from about 15 million years ago was recently discovered in Bavaria. The python had at least 400 vertebrae, possibly the longest snake to ever live in central Europe. Temperatures in southern Germany during the Miocene period when the snake is thought to have lived, were roughly the same as Egypt today. Temperatures dropped rapidly in Europe around 14 million years ago. The average temperature in a typical year in Bavaria is currently about 48 degrees.

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.

Responses to previous columns:

Dear Ms. Vicki,

I wanted to share some thoughts with you for the wives who dread having to move away from friends and family.

I grew up an Air Force brat and married an Airman, and by the time I settled into my present home, at age 40, I had had 40 addresses. That was over 20 years ago. We once had five addresses in 13 months.

One thing that made those moves easier was the women's organization Beta Sigma Phi (www.betasignaphi.org). I was introduced to this non-academic sorority when I was 20 and it changed my life. My husband was a flight engineer and seldom home.

From the day I became a member, I had instant "sisters." When we moved, all I had to do was give the

international headquarters our new address. Sometimes I was part of a new chapter in less than 60 days.

The focus is on women sharing sisterhood with other women, gaining a sense of worth and giving back to their communities. We have dances, teas, fashion shows, picnics, or we just get together for dinner and a movie and we do charity work with local organizations.

I've made life-long friends and shared many happy moments and sad ones. My husband suddenly passed away when he was only 41 and hadn't been sick at all. My sorority sisters stayed with my children while I dealt with legalities, organized the memorial service, brought meals and helped clean. My husband was buried near Fresno and that chapter's members offered places to stay, meals, transportation and more.

This reaction is typical of our sisterhood when sisters have been devastated by disasters. We look out for each other.

I had been a member for 2 1/2 years when my husband suddenly turned to me and said, "I'm proud of you." I had always been a wallflower, quiet and shy, before joining Beta Sigma Phi. My life has definitely been impacted for the better because of this organization. I highly recommend it to all who are looking for friendship.

Sincerely, Jo Ann

Dear Ms. Vicki,

I had to let you know I think what you're doing is great. Having served in the U.S. Army some 20 years ago as an infantryman in the

1st Infantry Division, I know it's important to have someone you can depend on for support.

Being single, I observed a lot of married couples go through difficult times during training exercise and, Lord forgive them, if we had to go on alert status.

We were ordered twice to do a full combat security perimeter while overseas. One involved the visit of then-Secretary of Defense Casper Weinberger and the second was the housing unit of a four-star general who had some involvement in the planning of a military strike on a country whose name I cannot disclose.

Orders are issued from your superiors whom you must obey to do what it takes to establish a sense of security for the well-being of others around you.

You couldn't say, "Oh, let me make sure I have someone to watch the kids tonight." You just went.

I'm not saying it was easier on the single guys but it sure was nice to have some type of support from the unit's wives who usually greeted us with open arms and homemade treats.

My service time wasn't during a time of conflict but when you're serving, you're on call 24/7, 365 days a year. Let the families of those deployed know to hang in there, be tough and most importantly, be there for each other.

The Soldiers aren't the only ones who make up the unit. It's everyone from family members to close friends to the local communities.

Thank you for everything you do. A proud veteran.

Allowances help teach children value of money

By Denise Fesel

USAG KAISERSLAUTERN FINANCIAL READINESS PROGRAM

An allowance is a great way to get children to learn the value of money and basic management skills needed later in life.

Many parents do not establish allowance systems for their children and when they reach adulthood, they have little concept of the true value of money until faced with financial hardship. Children develop an early fascination with money and having their own excites and motivates them. Kindergarten age is a good time to start although some parents start earlier if they are ready.

The following are some tips to establish an allowance system.

♦**How much?** This depends on your family budget and personal situation. One suggestion is \$1 for every year of age, or start with a certain dollar amount and increase it by \$1 each year. Whatever amount should be within your budget and based

on your child's spending habits.

The main point is to give a specific amount on a regular basis. If your child is older when you start this process, you might talk about how much they wish to receive each week and gauge how much they spend on average each week. This is also a great time to establish their budget allowing adjustments if necessary.

♦**How often?** Allowances do not have to be paid weekly. Some parents pay their children when they get paid, while others give a monthly allowance to encourage better budgeting skills.

♦**Money management** – Allowances help parents teach basic money management and economic principles. By giving an allowance instead of getting pressured to buy something you can let your children decide to buy or not to buy further promoting financial goal setting. This way, children can begin to learn the concept of money and its limited resources.

♦**Chores versus grades** – Setting allowances based on chores or grades

is often a mistake, since these should be considered responsibilities not associated with money. This approach takes away from learning money skills because the child may not do their chores if they only have to give up a small allowance or get good grades for other reasons. As a compromise, you may let your child make additional money if extra chores are done or if good grades are made throughout the school year.

♦**Saving** – By saving money, you can buy something more expensive tomorrow or have money set aside in case of an emergency or for the future. The money given as an allowance is now your child's, so you must let them decide how they spend it as part of the learning process. If your child asks to buy something, ask if they are sure and emphasize the importance of saving. Require your child to set aside a specific amount. For example, if the allowance is \$3, then \$1 can be set aside for savings or charity.

♦**Clothing and school supplies** – You could give a clothing allowance that is only to be spent on clothing in addition to the normal allowance, and the same would apply for school supplies.

♦**Banking** – Some parents find it difficult to carry around their child's money, so consider opening a bank account. The weekly allowance is deposited and the child withdraws it when needed, and they can watch the amount in savings decrease. The benefit is your child will learn bank account management and math skills.

♦**Trial and error** – Remember, children learn not only by example but by trial and error. Don't be afraid that your child will not spend their money wisely. It's better they make mistakes when they are young rather than later in life. Money skills are not taught extensively in school, so it's up to parents to help their children learn about money and the value of savings.

For information, contact ACS Financial Readiness Program, DSN 493-4151, civ. 0631-3406-4151.

GET OUT!

area events

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

October 20

Carnival – The city of Kaiserslautern hosts a carnival at the Messeplatz through Oct. 24. Carnival is open noon-11 p.m. daily and noon-midnight weekends.

Thuringian Jazz Mile Erfurt – Erfurt hosts the Thuringian Jazz Mile. The festival, considered to be one of the biggest jazz festivals in Europe, 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 21

Gingerbread Market– Take a trip to Nuremberg for the area's world-famous Gingerbread market. Visitors can savor a variety of sweet and spicy gingerbread confections through Oct. 23. The market is located behind Lorenzkirche, Lorenzplatz 90403 in Nuremberg.

October 22

Irish Folk Festival– Enjoy the sounds of Irish folk music during the 38th annual Irish folk festival. The three-hour concert and festival will feature artists from the Affairs of the Heart tour. Hungerbachweg 1, 86899 Landsberg am Lech. www.irishfolkfestival.de.

Ramstein Octoberfest– The Ramstein-Miesenbach community will host its annual Wendelinusmarkt and Octoberfest 8 p.m. - 1 a.m. Oct. 22 and 24 (doors open at 6 p.m.) and 11 a.m. - 6 p.m. Sunday.

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.uso.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.

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.

October 24

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

October 27

Frankfurt Jazz Festival – One of the best and most respected festivals in all of Europe, the Frankfurt Jazz Festival is one that jazz fans will not want to miss. The legends of yesterday join with new artists of today to bring a wide range of fantastic music. Tickets start at €37.50. Festival runs through Oct. 30. www.buzzoffbase.com.

October 28

Legoland Halloween – The LEGOLAND theme park will transform into a Halloween haven. Spooky fun is available for every member of the family through Oct. 31. Park is open 10 a.m.-6 p.m. Monday - Friday and 10 a.m.-7 p.m. weekends. Play Trick or Treat with Pimpinella the Witch at the Haunted House, help build the world's largest LEGO pumpkin or transform into a scary ghost complete with face paint. Events run through Oct. 31. Tickets can be purchased online for a discounted price. www.legoland.de/en.

Performance – The Woman in Black, a ghost play, will be performed 7:30 p.m. Oct. 28-29 and 3 p.m. Oct. 30 at Heaton Auditorium inside Landstuhl Regional Medical Center. Tickets, DSN 483-6626, civ. 0631-411-6626.

October 29

Halloween Parade – The city of Kaiserslautern and the local advertising association Kaiser in Lautern will sponsor its third Halloween city parade and pumpkin spectacle. Activities kick-off at 11 a.m. in the city center and the city parade

will begin at 7 p.m. After the parade the Halloween party will continue with special food, drinks and music until midnight. Partygoers can register to walk or ride in the parade at www.halloween-city-parade.de. Prizes will be awarded for best costume and decorated vehicle.

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.uso.org/kaiserslautern>.

Castle Tour – Travel to King Ludwig II's magnificent castle, which inspired Walt Disney to create his fairy-tale kingdom. This towering palace and the surrounding mountains present opportunities for many unforgettable photographs. Most impressive is the Festsaal, also known as the Hall of Heroes and Knights, which spans the entire width of the castle and is decorated with neo-gothic ornaments and a diorama of silver stars. The castle contains many fascinating chambers. We will also visit neighboring Hohenschwangau castle, where Ludwig spent his childhood. <http://affiliates.uso.org/rheinmain>.

October 29

Paris – Take a trip to the City of Lights and savor the history, sights and sounds that make up Paris. See such major tourist attractions as the Eiffel Tower, Notre Dame Cathedral, the Arch of Triumph and much more. There will be time for sightseeing and shopping. Tour will arrive mid-day and start out with a city tour featuring famous tourist attractions. After some free time, head to the Latin Quarter for a unique dining experience. Finish off the day with an evening boat cruise on the Seine River. <http://affiliates.uso.org/kaiserslautern>.

Mannheim Concerts

Lenny Kravitz Concert – Tickets are now on sale for rocker Lenny Kravitz's concert at the SAP arena 8 p.m. Nov. 5. Tickets available now at www.bb-promotion.com.

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.

coming to THEATERS

THE BIG YEAR

(Steve Martin, Jack Black, Owen Wilson)
Three obsessive bird watchers go off on their Big Year, duking it out to spot and record the highest number of species in 1998.

which is the same year El Niño brought an unprecedented number of species to North America. During the course of their wild, ultra competitive adventure, the guys learn that there just may be other things more important than winning. (Rated PG for language and some sensuality.) 90 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 20 – COWBOYS & ALIENS (PG-13) 7 p.m.
Oct. 21 – THE BIG YEAR (PG) 7 p.m.; FINAL DESTINATION 5 (R) 9:30 p.m.
Oct. 22 – THE BIG YEAR (PG) 4 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.; FINAL DESTINATION 5 (R) 9:30 p.m.
Oct. 23 – THE BIG YEAR (PG) 4 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.
Oct. 24 – THE BIG YEAR (PG) 7 p.m.
Oct. 25 – FINAL DESTINATION 5 (R) 7 p.m.
Oct. 26 – RISE OF THE PLANET OF THE APES (PG-13) 7 p.m.
Oct. 27 – FINAL DESTINATION 5 (R) 7 p.m.

Vogelweh, Galaxy

Oct. 21 – REAL STEEL (PG-13) 7 p.m.
Oct. 22 – CLOSED
Oct. 23 – COWBOYS & ALIENS (PG-13) 4 p.m.; THE CHANGE-UP (R) 7 p.m.

Ramstein, Gateway Movieplex

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.
Oct. 21 – THE BIG YEAR (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; INKHEART (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Oct. 22 – THE BIG YEAR (PG) 11:15 a.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.
Oct. 23 – THE BIG YEAR (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 4:45 p.m., 8 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; INKHEART (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.;
Oct. 24 – THE BIG YEAR (PG) 2 p.m., 4:45 p.m., 7:30 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
Oct. 25 – THE BIG YEAR (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; INKHEART (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Oct. 26 – THE BIG YEAR (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; INKHEART (PG) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
Oct. 27 – THE BIG YEAR (PG) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; FINAL DESTINATION 5 (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; RISE OF THE PLANET OF THE APES (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238

Galaxy Theater, Vogelweh, 0631-47-5550

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. 20-26 – THE CHANGE-UP (R) 10:30 p.m. at CinemaxX

Oct. 20-26 – CONTAGION (PG-13) 5 p.m., 8 p.m., 10:30 p.m. at Cineplex

community HIGHLIGHTS

Make A Difference Day

Join Army Community Service and other organizations and volunteers at Frankfurt's Hauptfriedhof (cemetery) 10 a.m.-2 p.m. Oct. 22 to perform maintenance on the graves of the stillborn children interred there. DSN 370-6883, civ. 06221-57-6975.

Holiday Postal Deadlines

The U.S. Army Garrison Baden Württemberg postmaster recommends the following mailing holiday deadlines: space available parcels, Nov. 25; parcel air lift (parcel post) parcels, Dec. 2; priority parcels and first-class letters and cards, Dec. 9; express mail, Dec. 16. Remember, send as early as possible to avoid delays. DSN 370-7940.

HMEDDAC Accreditation Survey

The Joint Commission will conduct an accreditation survey of the U.S. Army Medical Department Activity-Heidelberg Oct. 24-26 to evaluate compliance with nationally established standards, which include organization quality, safety-of-care issues and the safety of where care is provided. Those who have concerns about patient care and safety can call 1-800-994-6610 or visit www.jointcommission.org/report_a_complaint.aspx.

Campaign Plan 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.

Upcoming Elections Ballots

Several states have upcoming general statewide elections through the month of November. Overseas American voters can find the Federal Post Card Application at www.FVAP.gov or contact their voting assistance officer. The 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. Previously-submitted FPCA or absentee ballots should be received via mail shortly.

Winter Driving Classes

Personnel with military drivers licenses should attend annual winter driving classes held 2 p.m. Thursdays at the Drivers Testing Station in Heidelberg. DSN 370-7889, civ. 06221-57-7889.

local EMPLOYMENT

Hockey Sports Writers

The Army, Air Force, Adler Alliance is looking for hockey sports writers. A4 is a non-profit sports media organization run by military members and provides news and information about professional and military hockey in Germany. Partnered with the Mannheim Adler, A4 has special access to players and team personnel. info@adleralliance.com.

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 4-7 p.m. Oct. 20 and 26 in the Kaiserslautern Mall.
♦ **Halloween Parties** – Prizes will be awarded for the top three costumes during karaoke night, 9 p.m.-2 a.m. Oct. 28 at Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Civ. 0631-354-9986. The Kazabra Club hosts its own Halloween party and costume contest 10 p.m.-4 a.m. Oct. 29 at Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261.
♦ **Halloween Bingo** – Come dressed in costume and receive special trick or treats during Halloween bingo 3-7 p.m. Oct. 30, Kazabra Club, Bldg. 2057, Vogelweh. www.mwrgermany.com.
♦ **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.

♦ **Technical Science Scholarship** – The Armed Forces Communications and Electronics Association is offering scholarships of up to \$400 for students majoring in the technical sciences. Applicants must be active duty junior officers, enlisted, current civil service or family members in the Kaiserslautern Military Community. www.kmcafea.org/kmcscholarship.

HEIDELBERG Education

♦ **ACS Classes** – Coping Strategies for the Uncertainty of Life, 1-2:30 p.m. Oct. 21, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; Key Caller Training, 2:30 p.m. Oct. 21; Parenting with a Purpose, 10:30 a.m.-12:30 p.m. Oct. 22, ACS Annex, PHV Pavilion, Bldg. 4531, Room 17; Single Parent Network, 1-2 p.m. Oct. 22, 1-2 p.m., ACS Annex, Patrick Henry Village, Bldg. 4531, Room 17; Applying for a Federal Job, 9-11 a.m. Oct. 24-25; Volunteer Management Information System training, 10-11 a.m. Oct. 26; ACS Overview, 10-11 a.m., ACS Annex, PHV, Bldg. 4531; Be Your Own Personal Financial Manager, noon-2 p.m. Oct. 26; Care to Prevent Compassionate Fatigue (Warrior Transition Staff), 1-2:30 p.m. Oct. 27, Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room. All classes in the Community Support Center, Bldg. 3850, on the Shopping Center 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

♦ **Burger King Gate** – The Burger King gate on Patrick Henry Village will be closed this Sunday, Oct. 23, 7 a.m.-1 p.m. for maintenance. Community members are asked to use the commissary gate for access. Chapel service on PHV will begin a few minutes later to accommodate the congregation and those affected by this temporary closure.

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

♦ **Why Catholic?** – Explore the catechism of the Catholic Church 6:30-8 p.m. Oct. 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. 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 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.

♦ **Wine Tasting Tour** – The Association of the United States Army General C.W. Abrams Chapter is sponsoring a wine tasting event and winery tour to benefit local families of deployed Soldiers 7-9 p.m. Oct. 28 at the Weingut Clauer in Heidelberg. Reservations recommended. Civ. 0171-496-003564.

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

♦ **Council of Catholic Women** – The Military Council of Catholic Women meets 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. on third Wednesdays 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 Castle in Darmstadt 6 p.m. Oct. 21-8 a.m. Oct. 22. DSN 388-9396, civ. 06221-338-9396.

Outdoor Recreation is also sponsoring Halloween at Frankenstein Castle Oct. 29 and Kids' Day Oct. 30. www.mwrgermany.com.

♦ **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.

♦ **Horror Tour** – Better Opportunities for Single Soldiers presents its Horror Tour haunted house 6-8 p.m. for ages 12-17 and 8-11 p.m. for ages 18 and older Oct. 28-29 at the Patrick Henry Village Pavilion. DSN 373-5275, civ. 06221-17-5275.

♦ **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.

♦ **Halloween Parties** – Dress in your favorite costume and join the fun 9 p.m. Oct. 29 at Legends on Patrick Henry Village and 8 p.m. Oct. 31 at Slapshots on Patton Barracks. Prizes awarded for best costumes. www.mwrgermany.com.

♦ **Tompkins DSN** – All Defense Switched Network telephone numbers on Tompkins Barracks (379-XXXX) will change Nov. 7 to a DSN 370-XXXX number. The commercial prefix will change to 06221-57. Telephone numbers with prefixes 379 and 06202-80 will be deactivated. Customers may experience intermittent delays from 11 a.m.-1 p.m. Nov. 7, but

Trick or Treat Hours

Kaiserslautern – 5-7 p.m. Oct. 29
Mannheim – 5-8 p.m. Oct. 29
Heidelberg – 5-8 p.m. Oct. 29
Check announcements for additional Halloween happenings.

emergency numbers will be restored immediately. DSN 370-1640, civ. 06221-57-1640.

♦ **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.

♦ **Village Grille** – The Village Grille on Patrick Henry Village has new hours: closed Monday; 5-9 p.m. Tuesday, Wednesday, Thursday; 5-10 p.m. Friday; 10 a.m.-10 p.m. Saturday and 10 a.m.-3 p.m. Sunday. DSN 388-9447, civ. 06221-338-9447, www.mwrgermany.com.

♦ **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** – Relationship Enrichment, 6-8 p.m. Oct. 21, ACS, Bldg. 246.

Community

♦ **Fall Festival** – The volunteer-sponsored Fall Festival is scheduled for 4-7 p.m. Oct. 28 between Bldgs. 742 and 696 on Washington Street in Mannheim. Events include trick or treat, bobbing for apples, a cake walk, face painting, a haunted house and more. Volunteers needed. DSN 380-4855.

♦ **Road Delays** – All exit/entry ramps and merging lanes throughout the Autobahnkreuz Viernheim turnpike near Mannheim are undergoing several weeks of resurfacing and repair work.

According to officials, construction work is scheduled to be executed in four phases. The work requires a total simultaneous closure of two ramps at a time. Detours will be posted directly at Autobahnkreuz Viernheim routing traffic to either the Mannheim-Vogelstang or the Viernheim exit. However, driving from Mannheim towards Weinheim on A659, the Viernheim exit is currently closed until Oct. 23.

♦ **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 and cash prizes for best costume. DSN 380-9370, civ. 0621-730-9370.



Allen Crowley

Sophomore Anna Seiferth passes Patch runners at the Heidelberg homecoming meet at Schwetzingen to finish in the top 10 for the fifth consecutive race with a time of 21 minutes, 3 seconds, leading the girls team to a second place finish Saturday.

Cross country takes second

The Heidelberg cross country boys and girls teams finished second overall against Patch, Frankfurt International, Wiesbaden and Black Forest Academy Saturday at the Schwetzingen cross country course.

The boys team was led by junior Marquez Ensey who ran a 17 minute 10 second race to capture second place. Just behind him were Brian Han-

num, Camden Stokes, Dustin Morton, Sean McGlone and Ian Hall.

The team travels to the hills of Black Forest Saturday for the final regular season meet.

Leading the lady lions were sophomore Anna Seiferth, seniors Tiffany Matthews, Priscilla Steele and Stephanie Barlow and sophomore Shanice Harmon.

SOURCE: Sharon Brady



Linda Steil

Heidelberg senior quarterback Kevin Gray avoids a Vilseck player in the third quarter of Saturday's game in Heidelberg. Heidelberg won 15-14.

Football team wins

The Heidelberg Lions football team came from behind to defeat the Vilseck Falcons 15-14 at home Saturday.

"I'm extremely proud of our defensive play and the way they rallied after an early 14 point deficit," said Coach Larry Daffin. "We have some things we need to work on, but overall it was an impressive feat to hold an extremely talented offense scoreless for the final three quarters."

The Vilseck Falcons jumped to an early lead scoring two touchdowns in the first quarter to lead 14-0. Heidelberg's Mezzan El Sayed, a senior, provided the Lions with a steady ground attack. Senior quarterback Kevin Gray threw two touchdown passes to former Mannheim Bison Calvin Baisden. When Baisden caught one of them at the back of the end zone, referees ruled it a touchdown to the dismay of Vilseck players who argued Baisden was out of bounds.

SOURCE: Linda Steil

Red Ribbon Run



Rick Scavetta

Kaiserslautern Community members wear red during the 2010 Red Ribbon Run. All are welcome to join this year's run scheduled to begin at 10 a.m. Saturday at Bldg. 237 on Rhine Ordnance Barracks in Kaiserslautern. Registration is 8:30-9:30 a.m. Red Ribbon Week is a national observance that encourages people to take a stand against drugs and alcohol. It offers community members the chance to come together and reaffirm a pledge to be drug free and alcohol responsible, said Crystal Malloy, a garrison prevention coordinator who planned the event. "It helps people focus physically, psychologically and emotionally about making a commitment to a drug-free, healthy lifestyle," she said.

Volleyball dominates division

The Heidelberg High School volleyball team continued their undefeated streak with wins Saturday 25-19, 25-10 and 25-14 over Vilseck and 25-12, 25-12 and 26-24 over Schweinfurt Saturday in Heidelberg.

Allison Gunsch had 10 kills and Taylor Morgan had four. Rebecca Luna had 14 assists. Allison Gunsch served 16 and Carrie Smith served 15 with six unanswered aces. This was the team's second win over Vilseck, last year's Division 1 champions.

Carrie Smith served 10 for 10, four of which were aces. Sam Mar-



Jennifer Ott

Lady Lion Aalyah Woods pounds the ball at a Schweinfurt player while Chelsea McCarty, left, and Erin Ott, right, back her up.

kowski had five aces and three kills at the net while Aaliyah Woods had five kills and served eight for nine. Erin Ott handed out 12 assists and served three for three with two unanswered aces.

Heidelberg is now 8-0 and remains the only undefeated team in Division 1.

SOURCE: Linda Steil

staying ACTIVE

Ice Hockey Players Wanted

Experienced ice hockey players are wanted to play for the Baden Bruins Army hockey team. The Bruins, coached by ex-National Hockey League player Bob Sullivan, play in two hockey leagues. Civ. 0172-626-3642.

Heidelberg Unit Level Flag Football

Standings for Heidelberg unit level flag football games as of Oct. 13 are Medical Command (12-2), 529th MP (10-2), 1-214th Aviation (7-3), NATO (8-4). **Upcoming games** will be played 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. The championship tournament will be Oct. 24-31. DSN 373-8032, civ. 06221-17-8032, www.mwrgermany.com.

Heidelberg Rod and Gun Club

The Rod and Gun Club in Oftersheim will host a duck blind shoot and archery safety course 1 p.m. Oct. 22. Civ. 06202-51193.

Brazilian Jiu-Jitsu Classes

Adults can learn the art of self defense in Brazilian Jiu-Jitsu 5-7 p.m. Oct. 26 and 28 at the Arts and Cultural Center on Patrick Henry Village in Heidelberg. DSN 388-942, civ. 06221-338-9421.

Halloween Fun Run

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

Wrestling Rules, Certification

The Kaiserslautern Officials Association will hold its annual wrestling rules and certification clinic at Landstuhl Regional Medical Center 9 a.m.-2 p.m. Oct. 29 at the Child, Youth and School Services sports classroom, Bldg. 3701 (above the laundromat) for officials wishing to call Department of Defense Dependents Schools tournaments and Child, Youth and School Services matches. The clinic will cover rule changes, explain pay issues, referee uniform requirements and scheduling.

Turkey Bowl

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. Fee includes bowling, shoes and 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.

Turkey Shoot

Register by Nov. 13 for a Turkey Shoot 10 a.m. Nov. 20 at the Heidelberg Golf Club on der Bundestrasse 291 in Oftersheim. DSN 379-6139.

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 game will be Dec. 10 in Landover, Md. Submissions may be used 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. Identify units and locations. Action or theme videos are sought. Do not use material that violates copyright laws. Mail by Nov. 1 to West Point Public Affairs, Bldg. 600, Taylor Hall, West Point, N.Y., 10996. DSN 688-2006.

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.

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— General Douglas MacArthur*

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