

HeraldPOST

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

HP THURSDAY
Oct. 27, 2011

Speed Read

TIME TO FALL BACK

Daylight saving time comes to an end 2 a.m. Sunday. Don't forget to set clocks back one hour. DST in the states is Nov. 6.

IMPROVED HEALTH CLINIC



Kaiserslautern celebrated the opening of a \$5.5 million U.S. Army Health and Dental Clinic on Kleber Kaserne Oct. 6. 3

FINANCIAL PEACE

Army Community Service and the Religious Support Office present Dave Ramsey's Financial Peace University in Heidelberg through Nov. 29. 8

FIRST SERGEANT MAJOR

For the first time in Army history, the military contracting profession appointed a command sergeant major Oct. 6. 8



HALLOWEEN FESTIVITIES

Heidelberg, Mannheim and Kaiserslautern will sponsor Halloween activities Friday and Saturday. 13

VOLLEYBALL VICTORIES

The Lady Lions volleyball team won Saturday in Kanderndorf against Kaiserslautern and Black Forest Academy, maintaining its season long winning streak. 17

Defense Details

LANGUAGES FOR POINTS

Soldiers can now earn up to 16 promotion points for completing language instruction with the Headstart2 language training program. Headstart2 software uses digitally animated characters involved in military scenarios to teach reading, writing, speaking and listening skills.

JEWISH CHAPLAINS

The sacrifices of 14 rabbis killed on active duty are now recognized on Chaplains Hill in Arlington, Va., following the dedication of the Jewish Chaplains Memorial at Arlington National Cemetery Monday. The monument joins a Protestant chaplains' memorial dedicated in 1981 and a Catholic memorial erected in 1989.

www.defense.gov

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Mannheim hosts Fall Fest

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

What originally started out as a simple request from school officials to entertain community children has transformed into a community-wide celebration complete with carloads of candy, colorful costumes, and members of the Mannheim community couldn't be happier.

Kids, parents and community members will gather on Benjamin Franklin Village tomorrow to usher in fall and scare up a bit of Halloween fun. Organizers hope this event will also help boost the community's spirits.

"The whole community, individuals as well as organizations just pooled their resources and that shows that we are still a community although there are a lot less of us. Just to see **FALL FEST** page 12



Donna Walker

Former Mannheim resident Lydia Schosek made a Cleopatra costume for Halloween parties last year. Festivities in Mannheim include a Fall Fest 4-7 p.m. Friday between Bldgs. 696 and 742. In Heidelberg and Mannheim, trick or treat is 5-8 p.m. Saturday. See all the Halloween happenings on page 13.

halloween happenings

Army Family Action Plan leads to change

By **Rick Scavetta**

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Home on leave from Iraq, Matthew Smith swerved across an Indiana roadway to avoid a soda can he thought was a roadside bomb and nearly crashed into oncoming traffic.

Smith, 27, now a sergeant with the Kaiserslautern-based 457th Civil Affairs Battalion, mentioned the 2007 memory to his wife Stephanie, who had an idea. Why doesn't the Army make mental health screenings mandatory for deployed Soldiers before their Rest and Recuperation leave?

"That event really scared him," said Stephanie Smith, an Army Community Service employee at U.S. Army Garrison Kaiserslautern. "If someone had warned him



Rick Scavetta

Kimberly Lazarow, Kaiserslautern Army Family Action Plan program manager, speaks to subject matter experts during the kickoff to this year's AFAP conference, a combined U.S. Army Garrison Baden-Württemberg and U.S. Army Garrison Kaiserslautern event.

— to take time to reintegrate and make adjustments on R and R — that could have been prevented."

Last year, the Smiths submitted the idea as a suggestion to the Army Family Action Plan — a grassroots

program where community members identify quality of life issues for the Army to address. It ended up being considered at the highest Army levels.

"Change starts with see **AFAP** page 12

Rabies: rare but fatal disease

By **Chanel S. Weaver**

PUBLIC HEALTH COMMAND PUBLIC AFFAIRS

Officials at the U.S. Army Public Health Command have been working aggressively to prevent additional cases of rabies in Army personnel following the death of a Soldier Aug. 31. The Soldier contracted the disease while deployed to see **RABIES** page 12

50 years ago today, U.S., Soviet tanks faced off

Never again would American and Soviet armies confront one another so directly

By **Thomas L. Hendrix**
U.S. ARMY HERITAGE AND EDUCATION CENTER

On Oct. 27, 1961, combat-ready American and Soviet tanks faced off at the U.S. Army's Checkpoint Charlie in Berlin.

Tensions between the United States and the Soviet Union over access to the outpost city of Berlin and its Soviet-controlled eastern sector had increased to the point of direct military confrontation.

Postwar Germany had been divided by the Allied victors into zones of occupation, and Berlin, located deep in the Soviet zone, was divided into four sectors, each assigned to one of the occupying powers (American, British, French, Soviet).

During the occupation, Soviet attempts to interfere with Allied access to Berlin and Allied access to East Berlin (the Soviet sector) caused periodic confrontations and crises.

The most notable prior to October 1961 were the Soviet blockade of Berlin in 1948-49 and the construction of the Wall in August 1961. The Wall's construction brought to the crisis stage Soviet efforts to subvert agreements regarding access to Berlin and to the Soviet sector of Berlin.

The Soviets sought to compel recognition by the western Allies of the East German state by placing East German border guards in charge of crossing

points through the Wall.

The American leadership – Gen. Lucius Clay, in Berlin as the envoy of President John F. Kennedy; the U.S. Commander in Berlin, Maj. Gen. Albert Watson, and Allan Lightner, Jr., the senior State Department representative – were determined not to recognize the East German border guards as having any authority in Berlin. Repeated Soviet-instigated efforts to restrict access by American personnel to the Soviet sector continued, substantially increasing tensions in Berlin.

To signal American and Allied determination to maintain access rights, the U.S. Army moved 10 M-48A1 tanks and three M-59 armored personnel carriers to the Friedrichstrasse Crossing Point, better known as Checkpoint Charlie, usually manned only by U.S. Army military policemen, on Oct. 26. The next day, Soviet tanks moved into opposing positions.

With the attention of the world fixed on Berlin, American and Soviet tanks, barely 100 yards apart, faced each other for more than 24 hours with their main guns trained on each other.

At the same time, American military and diplomatic personnel with military police escorts continued to move through the checkpoint, exercising their rights to travel into the Soviet sector.

On the morning of Oct. 28, Soviet tanks withdrew. Shortly afterwards, the U.S. armor pulled back. The stand-off at Checkpoint Charlie was over.

The Allies had successfully confronted Soviet threats to freedom of movement throughout Berlin, East and West and proved (with the deployment of Soviet armor) that the Soviet Union, and not the East German government, was responsible for the construction of the Wall and continuing efforts to prevent Allied access to East Berlin.



U.S. Army tanks face off against Soviet armor at Checkpoint Charlie in Berlin Oct. 27, 1961.

For several years, the Berlin garrison (designated the Berlin Brigade in December 1961) was reinforced with U.S. Army combat units conveying on the autobahn corridors from West Germany, serving both to exercise U.S. passage rights and to provide additional combat power in the city.

Decisive and unwavering American resolve, as demonstrated by the U.S. Army under Clay's leadership, clearly reaffirmed Allied access to East and West Berlin.

Never again would the American and Soviet armies confront one another so directly. Berlin would remain an outpost of freedom until the reunification of Germany in 1990.

ABOUT THIS STORY: Many of the sources presented in this article are among 400,000 books, 1.7 million photos and 12.5 million manuscripts available through the U.S. Army Military History Institute. There are nearly 50,000 items in the Army Heritage Museum collections, part of the U.S. Army Heritage and Education Center, 950 Soldiers Drive, Carlisle, Pa., 17013-5021. www.carlisle.army.mil/ahec.



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<http://myBWnow.ning.com>

DISCUSSION BOARD

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

"BWnowers ... which Halloween costume will you (or your kids) be wearing this year and how did you decide among the many possible choices?"

—BWnow Facebook Administrator

"dd - princess - found pretty dress in thrift store for \$1. ds - dinosaur - found costume on bookoo for \$10."

—Ellie Bunker, BWnow Facebook fan

"DDs – Jasmine and her pet tiger Raja – I made them."

—Julia Munoz Gottshall, BWnow Facebook fan

"My son is going to be Dave from the Imagination Movers. It's his costume from the year before last, but still fits. We decided before we moved and packed it. All the rest of his dress up clothes are on a slow boat

to Germany."

—Sharon Gilbert, BWnow Facebook fan

"My daughter is going to be Elmo ... I made her outfit. Elmo is her favorite thing right now, and one of the few characters she recognizes and gets excited about."

—Ali Amann, BWnow Facebook fan



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Kleber clinic reopens as improved health facility

\$5.5 million health, dental clinic ready for customers after three years

By Mindy Campbell
USAG KAISERSLAUTERN PUBLIC AFFAIRS STRINGER

Bill Schweitzer, a retired Army colonel living in the Kaiserslautern Military Community, knows it isn't the outside of a health clinic that matters. It's what happens on the inside that is important.

"Unfortunately, I spend more time (in health clinics) than I would like," said Schweitzer, who spent 37 years on active duty.

Soldiers, staff and family members celebrated the opening of the new \$5.5 million U.S. Army Health and Dental Clinic on Kleber Kaserne Oct. 6. The clinic had been closed since 2008 for renovations and staff and patrons have made due in pre-fabricated containers.

Despite the physical appearance, one thing that never changed was the quality of care, Schweitzer said.

"The service we got across the street in those old trailers was exactly the same," he said. "I am amazed that the service just seems to get better and better. The building doesn't make that much difference. I think that is attributed to the people - the Soldiers and the civilians that are here. They all have the can-do attitude and truly selfless service."

The new facility has the capacity to treat an additional 3,700 to 5,000

beneficiaries and will provide primary health and dental services, behavioral health, pharmacy, optometry, physical therapy and primary care, according to clinic officials. The Soldier Medical Readiness Center will accommodate in-processing, readiness and out-processing physical exams, hearing conservation and other services that support all medical aspects of military readiness.

The new clinic is a 16,000-square-foot state of the art building, said Paul Lindemer, the Directorate of Public Works facilities engineering chief.

The renovations were supposed to last 9-12 months and cost \$3 million. However, due to contract issues and the condition of the building, the project ended up lasting significantly longer.

The vision of the Landstuhl Regional Medical Center is to provide a world-class system that serves the physical, behavioral, social and spiritual well-being of the patients, said Col. Jeffrey B. Clark, LRMCC commander, during the grand opening ceremony.

"This \$5.5 million building now provides the proper setting for our staff, but, most importantly, for those we are privileged to serve," Clark said. "This is what our patients and our staff deserve."

The closure of the dental clinic was a challenge, said Col. David J. DuBois, Landstuhl Dental Activity commander.

"It was a sad day when we had to close down our dental clinic in 2008," DuBois said. "But the mission to provide dental care did not end with the closure of Kleber Dental Clinic."

Instead, the staff was split between a portable field clinic, a temporary clinic



Mindy Campbell

Julie Dihn, a dental hygienist, cleans a Soldier's teeth during an appointment at the newly renovated \$5.5 million U.S. Army Health and Dental Clinic on Kleber Kaserne in Kaiserslautern.

on Kleber and the clinic on Pulaski.

"We are extremely pleased to be co-located with our medical colleagues, which will allow us to provide the best comprehensive care available in Europe to all of our Soldiers," DuBois said.

The timing of the opening of the clinic is important as the Army shifts to a patient-centered medical home model and as the area expects an increase in Soldiers, said Maj. Lawanda D. Warthen, U.S. Army Health Clinic Kaiserslautern commander.

"This came at a time when the Army continues to transform and resize as we move from Mannheim and the Heidelberg community to Sembach as well as the Landstuhl community," Warthen said. "This facility will make things more efficient and effective."

The old facility didn't have enough

space to accommodate family members, she said. The increased space in the clinic will allow the staff to provide better care, she added.

Having a clinic on the east side of the footprint helps cater to those Soldiers or family members who live or work nearby or don't have a car. Plus, the addition of physical therapy and optometry services at the clinic also helps provide more efficient care, she said.

"Now the Soldier who doesn't have a car doesn't have to take a whole day off just to get physical therapy," Warthen said.

The facility has been long in coming, but worth the wait, said Lt. Col. Michael Dinos, Kleber Dental Clinic officer in charge.

Each suite in the new facility has its own X-ray machine, which makes the rooms more self-sufficient, Dino said. In addition, the dental clinic will eventually be able to do a lot of its own lab work, which currently has to be sent to Pulaski.

However, with the expected influx of new Soldiers, Dinos is expecting the Kleber Dental Clinic to be the busiest of the three Army facilities.

"We will try hard to get family members in," Dinos said. However, he encourages family members to seek care off post.

"They have awesome options," Dinos said. "There are many providers - many (ex-patriots) and American-friendly providers - in Kaiserslautern."

To contact the U.S. Army Health Clinic, call DSN 483-1750, civ. 0631-411-1750.

To call the U.S. Army Dental Clinic, call DSN 483-1720, civ. 0631-411-1720.

Middle school student readies for stateside leadership conference

By Donna Walker
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A week from Saturday, Heidelberg Middle School student Stefan Pinkston will join more than 250 students from the United States and military overseas communities at a leadership conference in Washington, D.C.

"The leadership conference will be part of my training to become a leader," said Pinkston, 12, who was nominated by his teachers at Mannheim Middle School last school year to take part in the conference.

Themed "Voices of Leadership: Reflecting on the Past to Create the Future," the Junior National Young Leaders Conference will introduce him to the rich tradition of leadership throughout American history and help him develop his own leadership skills. That's why Pinkston is going.

"It will help me in future life when



Donna Walker

Heidelberg student Stefan Pinkston will join more than 250 middle school students in Washington, D.C., Nov. 5 at the Junior National Young Leaders Conference.

I become president," he said, although he admits it will take hard work to get there.

He will spend six days learning about leadership traits, visiting historic sites and participating in focus groups that examine leaders' causes.

For example, after traveling to Harpers Ferry, W.Va., where John Brown took a stand against slavery, Pinkston will discuss whether or not he would have chosen to be part of Brown's fight.

"The aim of the (conference) is to inspire students to recognize their own leadership skills, measure their skills against those of current and former leaders and return home with new confidence in their ability to exercise positive influence within their communities," said Marguerite Regan, Ph.D., Dean of Academic Affairs for the Congressional Youth Leadership Council which sponsors junior NYLC.

By examining notable historic figures, students gain a sense of the role of individuals in American democracy

as well as the responsibilities of being a leader. Pinkston also looks forward to seeing the sites in the nation's capital such as the Lincoln Memorial, the Korean War Memorial, the Vietnam Veterans Memorial and the White House. Lincoln is one of his heroes.

"He showed leadership and he's on the penny," Pinkston said.

The trip also includes a sleepover at the Maryland Science Center and study of the impact of leadership through the Civil War, Reconstruction, World War II, the Great Depression and the Civil Rights Movement.

Meeting so many new people is exciting for Pinkston and he hopes it will help him sharpen one leadership skill.

"Teamwork," he said. "I like to do stuff alone and I need to teach myself to work with others better than I do now," he said.

For information on the leadership conference, visit www.cylc.org.

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.

When are Patrick Henry Village and the PHV Shoppette closing?

The plan is for PHV and PHV Shoppette to close in late 2014. However, residents are asked to keep in mind that while this is the plan, a lot can change in the three years which could affect the closure date.

I keep hearing different dates for when Tompkins Barracks is scheduled to close. Can you shed some light on this for me?

Tompkins Barracks will close no later than November 2012. Nearby Kilbourne Barracks is scheduled to be vacated by December.

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, damien.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 has changed its hours: 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 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. 253 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: Speyererstrasse 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 is 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.fmw.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.

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.

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.hqusaareur.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 Tuesday, Nov. 1, the Postal Finance and Official Mail service at PSC 432 on Tompkins Barracks will be discontinued due to low patronage. Services will relocate 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 has closed. The vehicle registration office on Spinelli Barracks in Mannheim is the only location for both communities. Civ. 06221-678-2586.

Scout Adventure Camp



Sgt. 1st Class Michelle Conrad

Brig. Gen. Mark Hendrix, the commanding general of the 7th Civil Support Command, left, receives instructions from Colton Ramsey, the son of Lt. Col. Matthew Ramsey, the 7th CSC's Staff Judge Advocate, on how to whip a rope during a Boy Scout camping adventure in Landstuhl Oct. 15. The technique of whipping a rope, according to Ramsey, is to prevent the rope from unraveling while pulling large heavy objects.

Faces of the community: Patton Fitness Center



Donna Walker

Patton Fitness Center Manager Mark Lewis, right, and Assistant Manager William Hickman check the timing clock to make sure it's in proper working order for upcoming unit PT tests and the U.S. Army Garrison Baden-Württemberg Halloween Fun Run to be held 9 a.m. Saturday on Patrick Henry Village at the commissary in Heidelberg. The Patton Fitness Center on Patton Barracks in Heidelberg is open 5:30 a.m.-9 p.m. Monday-Friday, 9 a.m.-4 p.m. weekends and is closed on holidays. DSN 373-6110, civ. 06221-17-6110.

21st Theater Sustainment Command's legal team wins Army awards

By Sgt. Maj. Rodney Williams
21ST TSC PUBLIC AFFAIRS

The motto of the 21st Theater Sustainment Command "First in Support" was clearly evident during the Department of Army level Client Services Awards ceremony on Kleber Kaserne in Kaiserslautern Oct. 13.

Annually, Army legal services compete for the Army Chief of Staff Award for Excellence in Legal Assistance and the Judge Advocate General Award for Excellence in Claims.

The fiscal year 2010 competition was dominated by the 21st TSC law centers which are scattered throughout the Netherlands, Belgium and Germany.

The command's law centers won four out of five of the legal assistance awards and three out of the five claims awards in U.S. Army Europe.

For the first time ever, all the 21st TSC legal assistance offices were winners and for the first time in history, the Stuttgart Law Center won the TJAG's Excellence in Claims Award, culminating a dedicated effort to improve the claims operations in Stuttgart.

"Historically the 21st has been winning these awards every year," said Brig. Gen. Aundre F. Piggee, the commanding general of the 21st TSC.

"In the past 10 years we have won 66 Department of the Army level awards. That is an indication of the leadership and true professionalism of that entire team," he said.

"We are privileged to have a great group of people who have worked very hard to take care of the needs of our clientele," said Stephen Smith, the senior civilian attorney for the Office of the Staff Judge Advocate, and the Chief of Client Services for the 21st TSC.

"The Department of the Army saw fit this year to recognize those who work in the trenches day after day," Smith said.

The overall concept of the ceremony was to acknowledge the singular accomplishments of the client services team, while at the same time showcase some of the talent that contributed to winning the awards.

"The one common denominator is the quality of the people and the experience of the people who work in those offices," Smith said.

"I feel tremendously proud and it is very gratifying to see them get the recognition that they have always deserved, particularly at the DA level," he added.

Find the path to financial peace

By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Financial planning sounds like a great idea in theory, but between buying groceries, another coat for your child and juggling other expenses, sometimes the best you can do is put a few dollars in the piggy bank and call it a day.

Army Community Service has partnered with the Religious Support Office to present Dave Ramsey's Financial Peace University to U.S. Army Garrison Baden-Württemberg community members through Nov. 29.

The 13-week training program held 6:30 p.m. Tuesdays in Heidelberg's Mark Twain Village chapel is taught with DVDs and break-away groups spearheaded by Mei Shan (Jo) Kammer, the facilitator of the program and a personal financial readiness specialist with ACS in Mannheim.

"Participants will be empowered with the practical skills and confidence needed to achieve financial goals and experience true financial peace," Kammer, an Association for Financial Counseling and Planning Education accredited financial counselor, said. "The mission of this financial readiness project is to empower and give hope to the total Army family at USAG BW, from the financially secure to the financially distressed."

According to his website, Ramsey, a syndicated talk radio host who is heard on 450 stations throughout the U.S., Canada and satellite radio, earned \$1 million by the

age of 26, yet worked his way to near-ruin after incurring massive debt. Armed with the resolve to dig himself out of the hole and stay out, Ramsey found his true calling helping others achieve gimmick-free financial stability.

Ramsey calls it the seven baby steps of achieving financial peace, which includes maintaining an emergency fund, paying off all debt, investing and more.

"Through this training, couples learn how to communicate effectively [about money] and start managing their family finances on the same sheet of music. Singles will learn how to establish self-discipline and self-accountability on personal financials, whereas parents will learn how to develop fun and practical strategy to teach their teenagers and younger kids to start forming good saving habits at a young age," Kammer said.

The RSO donated beverages and cooking ingredients, while ACS prepares the meals, focusing on a different theme each week. On Nov. 22, the team will serve turkey and ham in honor of Thanksgiving and to mark the final stretch before graduation on Nov. 29.

Babysitting is available and older children quietly do homework or other activities while their parents tune into the lecture.

This term's class was so popular there was a wait list, said Yeritza Nocera, ACS outreach coordinator, who leads one of the breakaway groups and has followed Ramsey's modules for years. She ac-

"I am confident that in 10 years, I will be able to retire a millionaire."

—Yeritza Nocera, ACS outreach coordinator

knowledged the road is not easy but has proven worthwhile for her and her family.

"I am confident that in 10 years, I will be able to retire a millionaire. This program is very strict, but if you follow the steps, it doesn't matter what your income is; you'll be OK."

The Oct. 18 class focused on the seven types of insurance, including what to skip and what consumers should begin paying into immediately.

"There is a cause and effect and you need to understand the role of insurance in your financial plan," Ramsey began in the DVD.

For example, Ramsey suggested consumers seek guaranteed replacement cost on homeowners insurance, that umbrella policies "are a very good idea," and that only 59 percent of American workers have insurance from their work place.

Using himself and his friends as examples, Ramsey also advised against health savings accounts and encouraged audience members to obtain identity theft protection to counter "the fastest-growing white-collar crime in the country."

Ramsey's technique is unique because he doesn't undermine his audience's intelligence, and he's not trying



Elizabeth Casebeer

Mei Shan (Jo) Kammer, right, a personal financial readiness specialist with Army Community Service in Mannheim, discusses insurance options with Rebecca McElhaney and Sgt. 1st Class Tyson McElhaney and other members of their breakaway group Oct. 18 at the Mark Twain Village chapel in Heidelberg. Kammer, an Association for Financial Counseling and Planning Education accredited financial counselor, is helping to teach Dave Ramsey's Financial Peace University through Nov. 29.

to sell anything, Kammer said. She would know: as a former insurance salesperson, she said she has seen it all.

"I sold life insurance for a time and when I handed over the check, I heard all the true stories, shared in all the tears in peoples' eyes. You should really know that life insurance is not for you. It's for your loved ones," she said.

Kammer also made suggestions, including the importance of not putting life insurance paperwork in a safety deposit box or another location where the beneficiaries may not have access. She cautioned that while wills are automatically updated to reflect the new spouse upon marriage, life insurance policies are different. Furthermore, Kammer suggested that when applying for life insurance, designate a beneficiary instead of the estate to lessen the chance of the policy being moved to probate upon death.

For single-income families

shopping for life insurance, Kammer cautioned against overlooking the spouse who doesn't work outside the home.

"Realize marriage is a partnership. Don't undermine the value of the stay-at-home spouse. They are the chef, handle laundry, the childcare, act as nurse and much more. Don't underestimate how difficult it is to sustain a household, so consider that when choosing life insurance," Kammer finished.

This term's class is full, but auditing slots are available on a case-by-case basis, and Kammer hopes to teach a train-the-trainer class in January. For information or to schedule a one-on-one appointment with a financial counselor, call the Mannheim satellite office, DSN 385-3101, civ. 0621-730-3101 or the Heidelberg office, DSN 370-6883, civ. 06221-57-6883. To learn about Ramsey, visit www.daveramsey.com.

Acquisitions NCO appointed career field's first command sergeant major

By Rachel Clark

409TH CSB PUBLIC AFFAIRS

For the first time in Army history, the military contracting profession appointed a command sergeant major during a ceremony in Kaiserslautern Oct. 6.

Sgt. Maj. Bentura Fernandez, the senior enlisted advisor for the 409th Contracting Support Brigade, was appointed as the first command sergeant ma-

ior from the acquisition, logistics and technology contracting career management field.

Fernandez began his military career in automated logistics when he joined the Army in 1985. In 1999 as a sergeant first class, Fernandez was picked to be a purchasing agent for an assignment in Qatar, thus making the move into the world of contracting.

Fernandez never knew this would be his path, or

that he would be the first acquisitions NCO appointed as a command sergeant major, he said.

There are now command sergeant major positions at both the brigade and battalion levels in contracting organizations. Having acquisition non-commissioned officers in the senior enlisted advisor positions affords contracting NCOs the opportunity to serve in the Army at a higher level.



Rachel Clark

Command Sgt. Maj. Bentura Fernandez, the command sergeant major of the 409th Contracting Support Brigade, gives remarks during his appointment ceremony Oct. 6 in Kaiserslautern. Fernandez is the first noncommissioned officer from the acquisition, logistics and technology contracting career field to receive an appointment to the position of command sergeant major.



Sgt. Michael J. MacLeod

Capt. Michael Natalino, commander of a company of combat engineers with the 82nd Airborne Division's 1st Brigade Combat Team, leads his men across Fort Bragg's Kiest Lake Oct. 19 to commemorate the Allied crossing of the Waal River near Nijmegen during World War II. Hosted by the 307th Engineer Battalion, the reenactment included a run of several miles carrying the raft followed by five round-trips across the lake ferrying passengers.

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U.S. Army

Sgt. Jeffrey Crady, 1st Brigade, 2-5 Cavalry, 1st Cavalry Division, carries a box of new school supplies from a military vehicle to Amare Bin Yaser Primary school in Babil province, Iraq, Oct. 20.



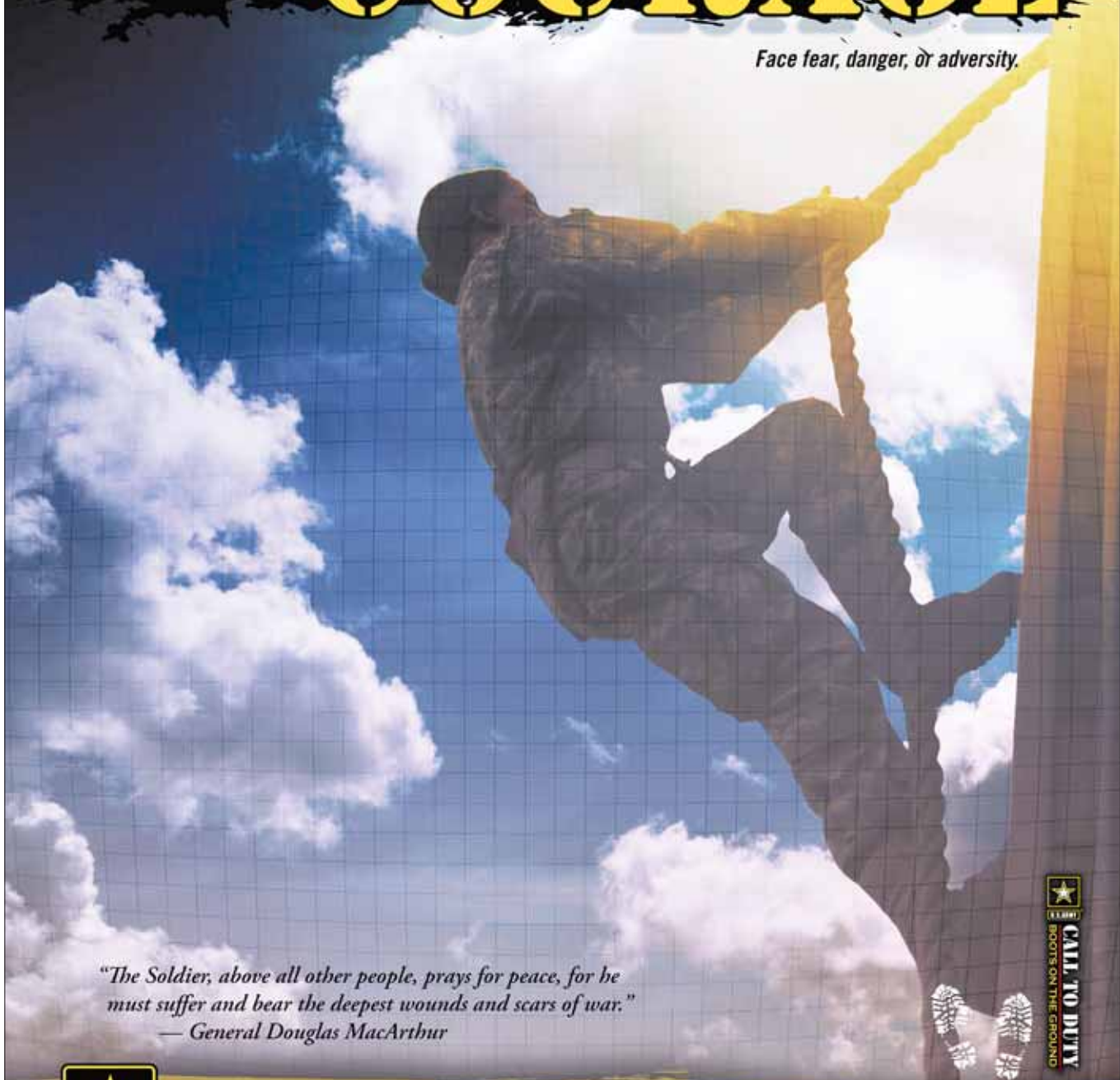
Spc. Emily Knitter

Pfc. Christian Carter, a forward observer with Headquarters and Headquarters Co., 1st Heavy Brigade Combat Team, looks through the Lightweight Laser Designating Rangefinder during the brigade's forward observer qualification Oct. 14 at Fort Stewart, Ga. The qualification marked the climax of a three-month push to strengthen job-specific skills to maintain proficiency in the Soldiers' assigned specialty.

PERSONAL

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*"The Soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war."
 — General Douglas MacArthur*

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 BOOTS ON THE GROUND



U.S. ARMY

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ARMY VALUES

RABIES

continued from page 1

Afghanistan.

This death was the first documented case of rabies in the Defense Department since 1967.

"The death of this Soldier is very tragic, and we are taking actions to ensure something like this does not happen again," said Lt. Col. Steven Cersovsky, director of epidemiology and disease surveillance at the USAPHC.

"Any Soldier, civilian or contractor who has been deployed to an area of the world where rabies is common could be at risk for developing rabies if exposed to a rabid animal," he emphasized. "It is critical that those with animal exposures, especially bites, receive immediate medical evaluation."

The USAPHC, in partnership with the U.S. Army Medical Command, DOD, other uniformed services and the national Centers for Disease Control and Prevention, is working to expeditiously identify, evaluate and treat any service members, DOD civilians, retirees and contractors who may have been exposed to rabies while deployed.

Individuals who meet the following criteria are advised to report for a medical evaluation as soon as possible:

- Those who had a possible animal exposure that occurred after March 1, 2010. A possible animal exposure is a bite or contact with the saliva of warm-blooded animals such as dogs, cats, bats, foxes, skunks, raccoons and jackals.
- Those who had no medical evaluation or incomplete/undocumented evaluation or an incomplete series of rabies shots following an exposure incident. Individuals who are not 100 percent confident they received appropriate and completely documented care should be evaluated.

Although rabies is a fatal disease, it is preventable. It is also rare in the United States, due to an active vaccination program for pets.

The vast majority of rabies cases in the United States each year occur in wild animals like raccoons, skunks, bats and foxes. In developing countries, however, the vast majority of human rabies cases are the result of bites from rabid dogs.

"The rabies virus infects the central nervous system, ultimately causing disease in the brain and death," Cersovsky said.

FALL FEST

continued from page 1

see everybody out having fun will boost everyone's spirits," said Kim Kiakona, Mannheim community volunteer.

"A lot of people are feeling abandoned and they don't feel like they have the support here because a lot of things are closing down. We can say, 'No, we're still here and we're still pulling together,' and I think this event will do the job," she said.

Kiakona added that the original idea started out with a request from the principal of Mannheim Elementary school for the Parent Teacher Association to put something

together for the children for the fall to celebrate and since the community was shrinking, there was a concern about children trick or treating.

"We have a lot of empty buildings and stairwells around. So we wanted to create an environment that will be healthy, safe and fun time for them," she said.

Organizations such as Child Youth and School Services, the BFV Chapel, Mannheim Elementary PTA and teachers, the Girl Scouts and Boy Scouts, various Family Readiness Groups and others have all donated their time, talents and resources to ensure that happens.

Co-organizer Kim Holliday, Mannheim CYSS assistant director, added that the festival is also a parting gift to the community.

"Mannheim is closing as we all know and it's a sad thing," Holliday said.

"Mannheim has really been a thriving community over the past several years and we just wanted to do something nice for the kids and the residents because this will really be one of the last big events that will happen in Mannheim," she said.

The festival will feature a photo booth for kids, sporting games, apple bobbing, pumpkin decorating, art projects,

AFAP

continued from page 1

people like me, just another community member," Smith said.

Representatives from U.S. Army Garrison Baden-Württemberg and USAG Kaiserslautern came together Oct. 19 for a combined 2011 AFAP conference. Roughly 200 people attended the three-day event on Daenner Kaserne.

In past years, ideas were submitted anonymously in community drop boxes. This year, webmaster Brandon Spragins created a way for community members to offer AFAP ideas online – increasing submission numbers. Also, a mobile device photographed a special bar code that pointed them directly to the submission site.

"This allowed users to offer ideas with ease, from either their workplace or the comfort of their home," Spragins said. "Using today's interactive technology revolutionizes how community members can suggest improvements and make changes both locally and Army wide."

At the conference, issues were prioritized and solutions recommended. Some topics brought up this year included improvements to parking, housing, speeding on post and the transformation of Sembach Kaserne, where several Army units are moving.

Some issues were raised to higher commands or senior Army leadership. Other problems can be addressed at the local level, said Michelle Thomas, Army Com-

munity Service director at USAG Kaiserslautern.

"We have a command team that has no problem with confronting issues and finding solutions. They're family and Soldier oriented," Thomas said. "When you have that in a command team, you have a wonderful thing."

AFAP conferences began in 1983. Early issues focused on child care standards and volunteer support. Since then, milestones have included changes to pay, healthcare, insurance, single Soldier programs and school liaisons.

AFAP suggestions also led to an increase of annual leave carryover, toll-free hotlines for wounded service members and education benefits for surviving spouses.

AFAP issues even led to legislative changes as well as changes of Army and Department of Defense policies, AFAP program manager Kimberly Lazarow said.

"Our first step is to see if the submitted issues affect the local community or is it something Army-wide," Lazarow said.

"About 90 percent of issues submitted are worked at the local level; others are pushed higher," she added.

Last year, the Smiths' issue was elevated through Installation Management Command to the Department of the Army for consideration.

"This really works. Everything has to get looked at and nothing gets pushed off to the side," Stephanie Smith said. "One little event in my husband's life may change Army policy."



Posters like this one are part of a new U.S. Army Public Health Command campaign to educate Soldiers about the dangers of animal bites sustained while deployed following the first documented case of a fatality due to rabies since 1967. Rabies is preventable if medical care is administered promptly.

But death from rabies is preventable if a person receives proper medical care promptly after being bitten by a wild or stray animal.

"If medical treatment is obtained promptly following a rabies exposure, nearly all cases of rabies will be prevented," Cersovsky said.

"But the best way to prevent rabies is to avoid contact with stray and wild animals," he said.

Soldiers who deploy are educated about how to prevent the disease during routine pre-deployment medical threat briefings.

For information on rabies and how to prevent it, visit U.S. Army Public Health Command at <http://phc.amedd.army.mil/topics/discond/aid/Pages/Rabies.aspx>, the Centers for Disease Control and Prevention at www.cdc.gov/rabies or call the wounded Soldier and family hotline, civ. 1-800-984-8523.

cookie decorating, bouncy houses, a cake walk, costume parade, food and a haunted house.

Fest goers will also have a chance to take home a sweet reward during the trunk or treat portion of the festival.

Decorated cars will be lined up in designated parking spaces near the event and every trunk will be loaded with candy for trick or treaters to collect.

"We want to thank the entire committee for all the hard work that has gone into this," Holliday said.

"We appreciated the dedication and willingness we have received from the com-

munity ... there have been a few bumps in the road but we're really happy that this is happening and we're excited that it's going to be a great event for the kids," she added.

Organizers are still looking for volunteers to pass out candy and to help with set up and break down.

To volunteer, call Holliday at DSN 380-4855, civ. 0621-730-4855.

The festival is scheduled for 4-7 p.m. tomorrow in the parking lot between Bldgs. 696 and 742 in front of Woods Field on Benjamin Franklin Village.

This free event is open to all ID card holders.



Trick or Treat Hours

Mannheim – 5-8 p.m. Oct. 29
 Heidelberg – 5-8 p.m. Oct. 29
 Kaiserslautern – 5-7 p.m. Oct. 29

Have a howling good time in your community

Heidelberg

◆ **Spooky Storytelling** – Children third grade and up should bring a flashlight and share a scary story 6:30 p.m. Oct. 28 at the Patrick Henry Village library.

◆ **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.

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

◆ **Frankenstein Castle** – Outdoor Recreation is sponsoring Halloween at Frankenstein Castle in Darmstadt 5:30 p.m.-12:30 a.m. Oct. 29 departing from the commissary. www.mwrgermany.com.

◆ **Eppelheim Trick or Treaters** – Fourth grade children from Heidelberg's partnership city Eppelheim will participate in the distinctly American tradition of trick or treat 5-7 p.m. Oct. 29 on Patrick Henry Village.

◆ **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 next to the middle school on Patrick Henry Village. DSN 388-9396, civ. 06221-338-9396.

◆ **Haunted House** – The 529th Military Police Company will host a haunted house for all ages 7 p.m. Oct. 29, 30 and 31 in Bldg. 113 on Patton Barracks.

◆ **Halloween Bowling** – The Bowling and Entertainment Center on Patrick Henry Village will host a Halloween costume contest 8 p.m.-1 a.m. Oct. 29. Bowlers in costume get \$1 off cosmic bowling for the night. Prizes will be awarded for best individual, scariest and best group costumes.

◆ **Legends Party** – Dress in costume and join the fun 9 p.m. Oct. 29 at Legends on Patrick Henry Village. Win prizes for best costumes.

◆ **Slapshots Party** – Win a prize for best costume 8 p.m. Oct. 31 at Slapshots on Patton Barracks. www.mwrgermany.com.

Mannheim

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

◆ **Coleman Warrior Zone** – Join the Halloween party and costume contest at the Warrior Zone on Coleman Barracks 9 p.m. Oct. 28 with prizes awarded for best costume.

◆ **Top Hat Club** – 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.

Kaiserslautern

◆ **Halloween Karaoke** – 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.

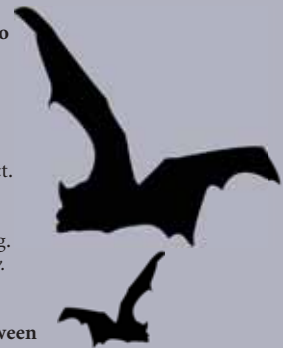
◆ **Family Frightful Boo'ing** – Join Army Community Service for an afternoon of bowling, face painting, family photos, goody bags and more 1-4 p.m. Oct. 29 at the Vogelweh bowling center. The first 100 children 12 and under in costume get to play a game of bowling for free. DSN 493-4062, civ. 0631-3406-4062.

◆ **Frankenstein Castle** – Outdoor Recreation on Pulaski Barracks is sponsoring Halloween at Frankenstein Castle in Darmstadt 4 p.m.-2 a.m. Oct. 29 and Kids' Day 12:30-7 p.m. Oct. 30. www.mwrgermany.com.

◆ **Halloween Bash** – The Kazabra Club hosts a Halloween party and costume contest 10 p.m.-4 a.m. Oct. 29 at Kazabra Club, Bldg. 2057, on Vogelweh Housing. DSN 489-7261, civ. 0631-536-7261.

◆ **Halloween Bingo** – Come dressed in costume and receive special tricks or treats during Halloween bingo 3-7 p.m. Oct. 30, Kazabra Club, Bldg. 2057, on Vogelweh Housing. www.mwrgermany.com.

◆ **See more Halloween activities on page 15.**



GERMAN NEWS

Famous Painting Returned

A German casino is expected to return a 300-year-old Dutch painting stolen by the Nazis from German-Jewish art dealer Max Stern's estate. Juriaen Pool II's "The Masters of the Goldsmith Guild in Amsterdam in 1701" depicts some of Amsterdam's most important citizens and is the ninth Nazi-looted artwork to be returned to the Concordia University in Montreal, one of three schools to which Stern bequeathed his collection. Since 2002, Concordia has sought to recover more than 400 paintings lost at the hands of the Nazis through a forced sale in 1937. After the end of World War II, an anonymous southern German casino purchased the painting and has displayed it until now.

Wheelchair Accessibility Website

A one-year-old Berlin-based website, wheelmap.org, allows users to share disabled accessibility ratings at more than 150,000 worldwide locations. The site's creator, himself reliant on a wheelchair, said going somewhere new can suddenly become more stressful than exciting if, upon arrival, there turns out to be little to no wheelchair access or that there are no accessible toilets. He said it was yet another example of how physical barriers can shrink a person's world and he realized that a map with wheelchair-friendly places marked on it would be useful. Approximately 8.5 million people in Germany use some sort of mobility aid with wheels, including baby strollers and walkers.

Instant Shopping With QR Codes

Train commuters can use their smart phones to purchase cosmetics displayed on giant posters equipped with scannable QR codes in some German test cities through Monday. The advantage is that one can find the desired product on the poster and order it directly, without having to first surf through the entire online shop, a spokeswoman said. The idea for poster shopping came from retailer giant Tesco, whose South-Korean branch Home Plus built virtual supermarket aisles in a Seoul train station last summer. If the campaign is successful, the posters may become a permanent fixture.

Source: www.thelocal.de



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

Dear Ms. Vicki,

When is it OK to let go of a marriage that is just not working? How long should you try to make it work? It's been three years and I'm miserable.

From: Marriage Regrets

Dear Regrets,

That's such a broad question. I could answer with, "When it's just not working, when it doesn't feel right, when the thrill is gone, when you've tried and tried to no avail." But these answers are very subjective.

What you need at a time like this is some objectivity. Many people enter a marriage based on the way they feel and also end the marriage based on feelings. The way you feel today cannot be the guide or basis of marriage.

If you are thinking about ending your marriage, you should sit down with your spouse and someone you both respect and admire who can also impart good wisdom.

It should be someone who has endured struggles and opposition but has continued the course. You should not consult with someone with a microwave mentality. This person believes life is quick and everything is disposable. Life happens, and marriage is not for the faint of heart.

Sometimes you find yourself eating cherries and sometimes you're dealing with the pits. Sometimes you're sipping lemonade, but sometimes all you have is lemons. Many times you will find yourself on top of the mountain, and often you will find yourself in the valley.

Hopefully you can get help from a counselor, your clergy or someone both of you trust and can open up to. Try counseling to work on issues in your marriage before you let go. I don't mean to be too preachy and hope this helps.

Responses to previous columns:

Dear Ms. Vicki,

I just started reading letters and statements from other women and was kind of relieved that we military wives have someone (outside of home and the doctor's office) whom we can talk to and not worry about being judged, looked at weird or talked about. Thank you for that.

Dear Ms. Vicki,

I know you hear a lot of stories about our men and women who

are suffering from post-traumatic stress disorder. I heard this tip from a Vietnam vet who had PTSD and was troubled by frequent flashbacks. I think it might be worth trying for the younger vets as well.

He noted that there are no carpets anywhere in the tropics, although they are certainly common enough at home. He learned to carry a small square of carpeting. When he felt a flashback coming on, he would quickly take off his shoe and stand on the carpet. The physical sensation re-oriented him to the fact that he was indeed home and safe and ended the flashback. Hope this is helpful.

Dear Ms. Vicki,

I have been following you for a while and love the guidance you provide. I wish I had known about your column when I was going through issues with my military spouse; I could have used some sound advice.

I'm not, nor was I, the typical spouse. The military was my husband's job, the Department of Defense was my job and I didn't feel the need to cross over to his side of the house even though his came with benefits that benefited me as well.

I now know that was a big mistake on my part. I advise all military spouses to use spousal support groups, your column and other benefits that may make life as a military spouse just a little bit better.

Thank you, on behalf of the military spouses out there who come to you for advice. Keep up the great work. Have you gotten your Ph.D. yet?

Retired Military Spouse

Women's health: case for preconception care

By Sabriya Dennis

U.S. ARMY PUBLIC HEALTH COMMAND

Women's Health Month provides an opportunity for women to focus on making healthy lifestyle choices, which is important for those who plan to have a baby at some point.

About 50 percent of all pregnancies are unplanned. Women with unplanned pregnancies are at an increased risk of delivering premature and low birth-weight babies and may engage in unhealthy behaviors like smoking, alcohol or drug use, all of which place the baby at risk and hinder its development.

Other health-related issues like poor nutrition, low physical activity and untreated sexually transmitted infections add to the risk of poor birth outcomes.

Preconception health can help decrease pregnancy complications and decrease a child's chances of future health and developmental problems.

Most women do not discover they

are pregnant until they are at least four to six weeks along and therefore do not receive prenatal care until after this point. Unfortunately by this time, their babies have already passed critical developmental milestones (like neural tube development) and are most susceptible to birth defects (like spina bifida).

Unlike prenatal care, which is received during pregnancy, preconception care is preventive, and measures can be taken before a woman becomes pregnant. These actions help minimize risk of birth complications and defects.

In general, preconception care is the practice of good health habits and living a healthier lifestyle regardless of a woman's desire to have children.

The following items are recommended preconception health practices for women.

- Take 400 micrograms of folic acid per day for at least three months before becoming pregnant.
- Stop smoking and drinking alcohol.

- Avoid exposures to toxic substances or potentially infectious materials (like chemicals and cat or rodent feces) at work and home.
- Talk to a doctor about any over-the-counter and prescribed medications including vitamins and dietary or herbal supplements.
- Seek treatment for all medical conditions.
- Make sure all medical conditions are under control.
- Update rubella vaccinations to prevent congenital rubella syndrome.
- Consult a doctor regarding family health history.
- Reduce stress where possible.

Preconception health is just as important for men as it is for women. Men should consider the following to ensure they are in good preconception health:

- Get screened and treated for sexually transmitted infections.
- Quit smoking and any drug use.
- Limit alcohol use.

Preconception Health Resources

- U.S. Department of Health and Human Services Office on Women's Health – www.womenshealth.gov/pregnancy/before-you-get-pregnant/preconception-health.cfm
- American Pregnancy Association – www.americanpregnancy.org
- Centers for Disease Control and Prevention – www.cdc.gov/ncbddd/preconception/QandA.htm

- Reduce stress when possible.
 - Improve nutrition.
 - Consult a doctor about health status and family health history.
 - If one works with toxic chemicals, be careful not to expose women to them, and keep and wash clothes separately.
- Planning is key to ensuring good preconception health. If a person is not ready to begin a family, all contraceptive options should be considered to prevent or delay pregnancy.



D.B. Sweeney's
Letters
from Hollywood

J.K. Simmons

I never served in the military. Closest I ever came was appearing in "A Few Good Men" on Broadway in 1990. I played a couple of different grunts in the show and understudied the Lt. Col. Nathan Jessep character. I'm pretty sure they only hired me because I was a kickass shortstop in the Broadway Show Softball League.

Anyway, I did get a chance to play Lt. Col. Jessep a few times, and I gotta say it was one of my greatest acting jobs ever, because the character was pretty much the ultimate Marine and in real life I'm a total [wimp].

I have no concept of what you guys are going

More Letters Online

Letters from Hollywood is an initiative where individuals in the entertainment industry express their support to the men and women in uniform. Actor D.B. Sweeney started the project and collects the letters. www.lettersfromhollywood.army.mil.



SIMMONS

through over there. No matter how many stories I hear or how many vets I talk to, it just makes me realize more completely that I don't really get it, and I definitely don't have what it takes to be doing what you're doing. Most people I know don't have what it takes.

I am glad you do have what it takes. I appreciate your sacrifice, your training, your courage, your dedication, your patience ... Take care of each other and come home safe.

Simmons played J. Jonah Jameson in Spiderman movies and Mac MacGuff in the hit indie film Juno. On TV, he appeared on Law and Order and Oz and is currently on The Closer.

GET OUT!
area events

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

October 27

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 every Saturday in October when guests can hunt ghosts, tell ghost stories and roast marshmallows. www.pumpkin-island.de.

Pumpkin Festival – Kaiserslautern's pumpkin festival will be held in the Gartenschau grounds until Halloween. More than 50,000 pumpkins pack the festival grounds along with festive decorations. Grounds are located An der Kalause 9, 67659 in Kaiserslautern. Ctv. 0631710070. www.gartenschau-kl.de/service-1/opening-hours.

October 28

Legoland Halloween – The LEGOLAND theme park will transform into a Halloween haven with spooky fun available through Oct. 31. Park is open 10 a.m.-6 p.m. Monday-Friday and 10 a.m.-7 p.m. weekends. Legolandallee, 89312 Günzburg. <http://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, www.mwrgermany.com.

Ramstein Haunted Tent – Enjoy a night of fright at the Haunted Tent City at Ramstein Air Base near the West Gate. Creep through huge tents, dimly lit buildings and spooky woods crawling with monsters and ghosts ready to scare the most fearless of souls. Tent is open 6 p.m.-midnight Oct. 28-31. Visits by children

under 12 are not recommended. www.buzzoffbase.com.

Frankfurt Jazz Festival – One of the best and most respected festivals in all of Europe, the Frankfurt Jazz Festival joins the legends of yesterday with new artists of today to bring a wide range of fantastic music. Festival runs through Oct. 30. www.buzzoffbase.com.

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. and continue until midnight. Partygoers can register to walk or ride in the parade at www.halloween-city-parade.de.

Castle Tour – Travel to King Ludwig II's magnificent castle, which inspired Walt Disney to create his fairy-tale kingdom. This palace and surrounding mountains present opportunities for unforgettable memories. Most impressive is the Festsaal, or Hall of Heroes and Knights, which spans the width of the castle and is decorated with neo-gothic ornaments and a diorama of silver stars. <http://affiliates.usa.org/rheinmain>.

November 2

English Language Stammtisch – The topics for monthly English Language Stammtisch will be Questions of Palestinian Statehood and Volatile New Developments in the Middle East 6:30 p.m. at the Hotel Ritter St. Georg, Hauptstrasse 178 in Heidelberg's Altstadt. All are welcome.

November 6

Enjoy Jazz – The 13th annual International

Enjoy Jazz Festival returns. A variety of jazz musicians will perform daily concerts at venues throughout Heidelberg, Mannheim and Ludwigshafen and jazz matinees will be performed Nov. 6 and 13. The festival runs through Nov. 18. Concert listings: www.enjoyjazz.de or www.inkwire.de/enjoy-jazz.html. Tickets: www.reservix.de, click Enjoy Jazz 2011.

Mannheim Concerts

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

Ongoing

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 international and German jazz bands with several performances around the city through Nov. 27. www.jazzmeile.org.

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

Flossenbürg – The Flossenbürg concentration camp, near Grafenwöhr, is a smaller site than Dachau but contains a vast array of history. The camp opened in 1938 and the location was chosen for the proximity to a large granite deposit. The prison eventually housed 100,000 prisoners from more than 30 countries and was closed in 1945. An English language program is available for download at www.gedenkstaette-flossenbuerg.de.

coming to
THEATERS

30 MINUTES OR LESS

(Jesse Eisenberg, Danny McBride)
Nick is a small town pizza delivery guy whose mundane life collides with the big plans of two wanna-be criminal masterminds. The volatile duo kidnap Nick and force him to rob a bank. With mere hours to pull off the impossible task, Nick enlists the help of his ex-best friend, Chet. (Rated R for crude and sexual content, pervasive language, nudity and some violence.) 83 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- Oct. 27 - FINAL DESTINATION 5 (R) 7 p.m.
- Oct. 28 - PARANORMAL ACTIVITY 3 (R) 7 p.m.; 9:30 p.m.
- Oct. 29 - SPY KIDS: ALL THE TIME IN THE WORLD (PG) 4 p.m.; 30 MINUTES OR LESS (R) 7 p.m.; PARANORMAL ACTIVITY 3 (R) 9:30 p.m.
- Oct. 30 - SPY KIDS: ALL THE TIME IN THE WORLD (PG) 4 p.m.; PARANORMAL ACTIVITY 3 (R) 7 p.m.
- Oct. 31 - PARANORMAL ACTIVITY 3 (R) 7 p.m.
- Nov. 1 - 30 MINUTES OR LESS (R) 7 p.m.
- Nov. 2 - PARANORMAL ACTIVITY 3 (R) 7 p.m.
- Nov. 3 - 30 MINUTES OR LESS (R) 7 p.m.

Vogelweh, Galaxy

- Oct. 28 - THE BIG YEAR (PG) 7 p.m.
- Oct. 29 - RISE OF THE PLANET OF THE APES (PG-13) 4 p.m.; FINAL DESTINATION 5 (R) 7 p.m.
- Oct. 30 - WINNIE THE POOH (G) 4 p.m.

Ramstein, Gateway Movieplex

- 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.
- Oct. 28 - PARANORMAL ACTIVITY 3 (R) 4:30 p.m., 7:15 p.m., 10 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m., 10:30 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; FRIDAY 13TH (R) 5:45 p.m., 10:15 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Oct. 29 - PARANORMAL ACTIVITY 3 (R) 4:30 p.m., 7:15 p.m., 10 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m., 10:30 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m., 10:15 p.m.; FRIDAY 13TH (R) 5:45 p.m., 10:15 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Oct. 30 - PARANORMAL ACTIVITY 3 (R) 4:30 p.m., 7:15 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; FRIDAY 13TH (R) 5:45 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Oct. 31 - PARANORMAL ACTIVITY 3 (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; FRIDAY 13TH (R) 5:45 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Nov. 1 - PARANORMAL ACTIVITY 3 (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 3:30 p.m., 5:45 p.m., 8 p.m.; FRIDAY 13TH (R) 5:45 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Nov. 2 - PARANORMAL ACTIVITY 3 (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 3:30 p.m., 5:45 p.m., 8 p.m.; FRIDAY 13TH (R) 5:45 p.m.; ZOMBIELAND (R) 3:30 p.m., 8 p.m.; KUNG FU PANDA 2 (PG) 11 a.m., 1:15 p.m.; WINNIE THE POOH (G) 11:15 a.m., 1:15 p.m.
- Nov. 3 - PARANORMAL ACTIVITY 3 (R) 7:00 p.m.; SPY KIDS: ALL THE TIME IN THE WORLD (PG) 11:15 a.m., 1:30 p.m., 2:45 p.m., 6 p.m., 8:15 p.m.; 30 MINUTES OR LESS (R) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.; HOW TO TRAIN YOUR DRAGON (G) 1 p.m., 3:30 p.m.

THEATER INFORMATION

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

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

Mannheim Cineplex (P4 13), CinemaxX (N7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Oct. 27-Nov. 2 - ADVENTURES OF TINTIN (PG) 4:45 p.m.; CONTAGION (PG-13) 7:45 p.m.; JOHNNY ENGLISH REBORN (PG) 5:45 p.m. at CinemaxX

community HIGHLIGHTS

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.

Garrison Awards Ceremony

An awards ceremony for U.S. Army Garrison Baden-Württemberg civilians and military is scheduled 2:30 p.m. Nov. 22 at the Patrick Henry Village theater in Heidelberg. Deadline for submitting awards for high-achieving nominees is Nov. 1. DSN 373-8789, civ. 06221-17-8789.

Military Officers Association

Active duty, National Guard, Reserve, former and retired commissioned and warrant officers are invited to the annual meeting of the First European Chapter of the Military Officers Association of America 11:30 a.m.-1:30 p.m. Nov. 19 at Barbarosahof restaurant in Eselthurn. Registration requested, civ. 06134-604859.

Angel Tree Program

Army Community Service is sponsoring Angel Trees at the commissary and library on Patrick Henry Village in Heidelberg, ACS at the Community Support Center and at the Mannheim main Exchange Nov. 28-Dec. 9. Participants select angels and purchase a gift that corresponds to the age and gender, then return the unwrapped gift with its angel to a drop box by Dec. 9. DSN 370-6975, civ. 06221-576975, www.mwrgermany.com.

Holiday Postal Deadlines

The U.S. Army Garrison Baden-Württemberg postmaster recommends the following holiday mailing 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 items as early as possible to avoid delays. DSN 370-7940.

Winter Driving Classes

Personnel with military drivers licenses should attend annual winter driving classes held 1:30 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

♦ **Holiday Bazaar** – Shop until you drop with more than 100 European vendors and treasures, paintings, jewelry, wine and more 10 a.m.-8 p.m. Nov. 4, 10 a.m.-7 p.m. Nov. 5 and 10 a.m.-5 p.m. Nov. 6 at the Special Events Center, Bldg. 237, on Rhine Ordnance Barracks. DSN 493-4184, civ. 0631-3406-4184, www.mwrgermany.com.

♦ **Home Alone Workshops** – Parents and home-alone Child, Youth and School Services-enrolled children learn how to deal with conflict, handle emergency situations, be safe in the kitchen and more during Home Alone Workshops. Parents must attend the workshop prior to youth attending the program. Parent Workshop is 5-6:30 p.m. Nov. 14 and Youth Workshop is 5:30-7 p.m. Nov. 15-23 at the Landstuhl Youth Center, Bldg. 3819. DSN 493-4203, civ. 0631-536-4203, www.mwrgermany.com.

♦ **Sembach Warrior Zone** – The Warrior Zone in Bldg. 104 on Sembach Kaserne has extended its hours: 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday, Sunday. DSN 493-4558, civ. 0631-3406-4558.

♦ **Tuesday Night Expressions** – ID card holders can display their talent on stage 7-10 p.m. Tuesdays at Landstuhl Community Club, Bldg. 3780, Landstuhl Post. Children can participate until 8 p.m. with parental supervision. www.mwrgermany.com.

♦ **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.kmcafee.org/kmcscholarship.

HEIDELBERG

Education

♦ **ACS Classes** – Holidays and Stress Workshop, 1-3 p.m. Nov. 1; Introduction to Microsoft Word, 9-11 a.m. Nov. 1-2; Army Family Team Building Instructor Training, 9 a.m.-2 p.m. Nov. 1-4; Active Parenting Now (for parents with children ages 5-12), 2-4 p.m. Nov. 2, 9 and 16, ACS Annex, PHV, Bldg. 4531, Room 17; Family Resiliency Seminar, 8:30 a.m.-2 p.m. Nov. 9-10 (register by Nov. 4). 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 field study courses including Expatriate Writers in Paris: 1920s Jan. 7-14 in France and Renaissance Art in Florence Jan. 7-14 in Italy. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu.

♦ **University of Phoenix** – Enroll

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

Community

♦ **Book Club** – Discuss the book *The Gift of Fear* as part of Domestic Violence Awareness Month 11:30 a.m.-1 p.m. Oct. 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. 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 for active duty, civilians and family members 8 a.m.-1 p.m. Oct. 27 at 529th Military Police Company, fourth floor, Bldg. 113, on Patton Barracks; 8 a.m.-noon Nov. 2 in Room 137, Bldg. 7856 on Germersheim Army Depot; 9 a.m.-1 p.m. Nov. 8 and noon-3 p.m. Nov. 9 in the Casablanca Room on Campbell Barracks.

♦ **EFMP Teen Social** – The Exceptional Family Member Program teen social is 7-9 p.m. Nov. 28 and first Fridays at the Panther's Place on Patrick Henry Village. DSN 373-8068, civ. 06221-17-8068.

♦ **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.

♦ **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.

♦ **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.

♦ **Customs Field Offices** – Due to a German holiday, the U.S. Forces Customs Field offices in Heidelberg and Mannheim will be closed Nov. 1. DSN 370-7142, civ. 06221-57-7142.

♦ **Book Discussion** – Discuss the book *Still Alice* as part of National Alzheimer's Awareness Month 7 p.m. Nov. 3 at the Patrick Henry Village library. DSN 370-1740, civ. 06221-57-1740.

♦ **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. Nov. 4-5, 18-19, Dec. 2-3, 16-17. Parent Central Services. DSN 388-9241, civ. 06221-338-9240.

♦ **The Art of David Sohl** – Artist David Sohl presents a wide-ranging, art collection with an opening reception 7 p.m. Nov. 5 with gallery open during normal business hours through Nov. 27 at the Arts and Cultural Center in the Patrick Henry Village Pavilion. 388-9418, DSN 06221-338-9418.

♦ **Dart Tournament** – Show your skills at the dart tournament 8 p.m. with buy-in 7 p.m. Nov. 5 at Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

♦ **St. Martin's Parade** – Meet at the Army Community Service building on the Shopping Center 5 p.m. Nov. 6 and take public transportation to the Heidelberg Hauptstrasse to enjoy the St. Martin's parade. DSN 370-6975, civ. 06221-576975, 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 service from 11 a.m.-1 p.m. Nov. 7, but emergency numbers will be restored immediately. DSN 370-1640, civ. 06221-57-1640.

♦ **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.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Nov. 16 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Thanksgiving Crafts** – Children in kindergarten and up can make turkey arts and crafts and listen to stories 3:30 p.m. Nov. 16 at the Patrick Henry Village library. Sign up at front desk. DSN 370-1740.

♦ **Karaoke Toga Party** – Enjoy appetizers and jello shots at the karaoke toga party 9 p.m. Nov. 18 at Legends on Patrick Henry Village. Best toga will win a Thanksgiving turkey. DSN 388-9570, civ. 06221-338-9570.

♦ **Caracalla Day Spa** – Spend the day with Outdoor Recreation at Caracalla Day Spa in Baden-Baden Nov. 20. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

♦ **BOSS in London** – Better Opportunities for Single Soldiers tours London, attends a musical and more Nov. 24-28. Civ. 0173-313-2075.

♦ **BOSS in Lourdes** – Better Opportunities for Single Soldiers goes to Lourdes, France Nov. 24-28. Civ. 0173-313-2075.

♦ **Thanksgiving Potluck** – Service

members and guests 18 and older can bring favorite holiday dishes to the Thanksgiving meal at the Warrior Zone on Patton Barracks 7:30 p.m. Nov. 24. DSN 373-5190, civ. 06221-17-5190.

♦ **Christmas Market** – Travel to Nürnberg with Outdoor Recreation for a Christmas market Nov. 26. DSN 388-9282, civ. 06221-338-9282, www.mwrgermany.com.

♦ **On-site Tutoring** – The Lion's Den on Patrick Henry Village offers on-site tutoring 4-8 p.m. Monday-Friday. DSN 388-9396, civ. 06221-338-9396.

♦ **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.

♦ **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** – English as a Second Language, 9:30-11:30 a.m. Wednesdays.

Community

♦ **Customs Field Offices** – Due to a German holiday, the U.S. Forces Customs Field offices in Heidelberg and Mannheim will be closed Nov. 1. DSN 370-7142, civ. 06221-57-7142.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Nov. 2 in the Warrior Zone on Coleman Barracks. DSN 373-5275, civ. 06221-17-5275.

♦ **Madden 11 Night** – Play Madden NFL 11 online against your peers on X-Box or Play Station 3 4:30-10 p.m. Nov. 2 and every Wednesday at the Warrior Zone on Coleman Barracks. DSN 382-4410.

♦ **Triberg City Tour** – Spinelli Outdoor Recreation departs Schuh Theater 8 a.m. Nov. 5 for Triberg, home of the cuckoo clock and one of the most famous churches in Germany. Pre-registration is required. DSN 384-6300, civ. 0621-730-6300, www.mwrgermany.com.

Heidelberg Cross Country

The Heidelberg cross country team traveled to the hills of Black Forest Academy Saturday for its final regular season meet Saturday with the boys capturing a win and the girls team placing second. The girls placed three lady lions in the top 10 – sophomore Anna Seiferth and seniors Tiffany Matthews and Priscilla Steele. Hannah Mayfield, Stephanie Barlow, Shanice Harmon and Rae Stark placed 11th-14th. The boys team was led by its top five runners beating both Kaiserslautern and Patch for the first time this season. Brian Hannum, Marquez Ensey and Camden Stokes placed second, third and sixth, while Dustin Morton and Sean McGlone, placed 11th and 15th. The Lions will host the European championships at Schwetzingen on Saturday. SOURCE: Sharon Brady.

Golf

Heidelberg High School golf team member Joe Patrick won the 2011-12 Department of Defense Dependents Schools men's European championship with a score of 85, beating by three points the 27 other male contestants. Patrick had nine pars and one birdie in the competition Oct. 14. Nathan Johnson took 20th and Harry Cannon placed 22nd. Of the 12 women competing, Aileen Donnelly took seventh and Celina Frye took eighth and the team of two took second place overall. SOURCE: Jim McCauley

Swimming

The Heidelberg Sea Lions swim team held its first home meet of the 2011-12 season in Eppelheim Oct. 15 losing 501-213 to the Stuttgart Piranhas. The European Forces Swim League contest saw 79 Stuttgart swimmers beat the 60 Sea Lions. The Sea Lions had 37 percent of their swimmers improve their times as did 42 percent of the Piranhas. The top scorers for Stuttgart with first place finishes in three events each were Janae Darby, Daniel Gum, Marina Zielinski, Paxton Porter, Austin Sojourner, Lizzie Hodges, Brenna Cashman, Joseph Viana, Paul Zielinski, and Rebecca King. Top scorer for the Sea Lions was Mackenzie Walton. Other Sea Lions top finishers included Ethan Bray, Wilson Bigelow, Jordan Bray, Sam Hilferty, Damon Pugin, Matthew Macy, Reid Aldous, David Macy, Jared Goss and Olivia Hilferty. The European Forces Swim League serves the Defense and State Departments, DoDDS and NATO military and civilian dependents throughout Europe. SOURCE: Shawna Hilferty



Jennifer Ott blocks a ball against the Black Forest Academy while Sam Markowski backs her up in Saturday's match in Kandern. Heidelberg won the match 3-0.

Lady Lions win again

The Lady Lions volleyball team won Saturday in Kandern, maintaining its season long winning streak.

Heidelberg handily wrapped up a 3-0 win with scores of 25-18, 25-14, 25-19 against Kaiserslautern. Senior Rebecca Ellis played middle blocker for Emma Roberts who had eight hits before being injured. Ellis scored 13 for 13 with three aces. Erin Ott, usually the setter, filled in as outside hitter for senior Carrie Smith who also left with an injury after having five kills. Rebecca Luna had 23 as-

sists. Allison Gunsch had 11 kills.

In the second match against the Black Forest Academy, Katie Perrota had six digs as libero while Allison Gunsch had six kills and nine aces. Sam Markowski followed with three kills and five aces. Chelsey McCarty added six aces.

The Lions remain undefeated this season. The team will play the last of its regular season games 10 a.m. Saturday in Heidelberg against Hohenfels and Ansbach. SOURCE: Linda Steil

Lions succumb to Panthers



Wray Holan Heidelberg's lead blocker Jimmy McBride, number 24, clears a path for Calvin Baisden, number 7, in Saturday's game in Heidelberg against Patch. The Panthers won 19-3, knocking the Lions out of the playoffs.

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 (11-3), 1-214th Aviation (10-4), NATO (10-4). The championship tournament is currently ongoing through Oct. 31 on the Patton Barracks sports field in Heidelberg. 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 skeet shoot 1 p.m. Oct. 29. Civ. 06202-51193.

Brazilian Jiu-Jitsu Classes

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

Sembach Bowling Center Extended Hours

The Sembach Bowling Center is now open 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday. DSN 497-7569, civ. 06302-67-7569.

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 Bundesstrasse 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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