

HeraldPOST

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

HP THURSDAY
Sept. 15, 2011

Speed Read

SCHOOL BUSES

In response to community input, the Department of Defense Dependents Schools will add buses to bring students from Heidelberg High School to Patrick Henry Village youth activities. **3**

30TH MEDCOM

The 30th Medical Command Headquarters and Headquarters Company from Heidelberg will move to Sembach Kaserne near Kaiserslautern in fiscal year 2012. **4**

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SUICIDE PREVENTION

September is Suicide Prevention Month, a campaign to raise awareness in Army garrisons worldwide and to focus on Soldiers before they decide against life. **11**

TALKING WITH

"Talking With" by Jane Martin shows 7:30 p.m. Sept. 17 and 6:30 p.m. Sept. 18 at Heaton Auditorium in the Landstuhl Regional Medical Center. **13**

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USAG Baden-Württemberg commemorated 9/11 Saturday with a 5-kilometer Freedom Run on Patrick Henry Village in Heidelberg. **17**



Defense Details

AUSTRALIA, U.S MEETING

Secretary of State Hillary Rodham Clinton and Defense Secretary Leon E. Panetta will travel to San Francisco to attend the Australia-U.S. Ministerial Consultations. The main topics at AUSMIN, as the meeting is known, will include discussions of challenges in the Asia-Pacific region, ways to improve and deepen alliance cooperation, and issues affecting global security, Press Secretary George Little said. AUSMIN is scheduled for Wednesday-Friday this week.

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

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Librarians reflect on loss of 'community couch'

By **Dijon Rolle**

USAG USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

There are new selections on the shelves, fresh magazines out front and cheery hand-drawn signs on brightly colored poster board that invite customers to an upcoming event.

Two distinctly unfamiliar signs hang in front of the check-out desk, each typed in stark contrasting black and white lettering. They are reminders to patrons that the Sullivan library will close Sept. 30 due to the garrison's deactivation and ongoing transformation

efforts across Europe.

"We accepted the closing but we did not expect it to be as soon as it has happened. It's a sad time here," said Alice Gorshenin, supervisory librarian.

For the past four years, Gorshenin and her staff served as a friendly faces and sympathetic ears for Mannheim families, civilians and Soldiers who spent their days within the walls of library, comfortably cozied up with a good book or hard at work on a research paper or school project.

This is Gorshenin's third community see **LIBRARY** page 12



Dijon Rolle

Librarians Alice Gorshenin and Stacy Graham look up reference material on a computer at the Sullivan library on Benjamin Franklin Village in Mannheim Sept. 9.

Stop suicide: look out for each other

By **Lt. Gen. Rick Lynch**

INCOM COMMANDER

SAN ANTONIO — When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who made them realize the importance of what they do.

There was the Soldier who seemed to have it all together until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?" And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. And the family member who felt desperately alone and overwhelmed during another deployment.

Most stories had happy endings — people received the help they needed. When they didn't, it was a hard, hard loss. Losing someone to suicide is doubly painful and confusing as those left behind not see **SUICIDE** page 12



Dijon Rolle

Spc. Jose Gonzalez, left, and Sgt. Jeffrey Cook inventory and organize the thousands of medical records in the Mannheim Army health clinic in preparation for its closure Sept. 30. All active duty records will transfer to Coleman Barracks Troop Medical Clinic unless the servicemember requests an exception.

Clinic set to move 2,000 Mannheim records

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

In a few short weeks the doors of the Mannheim Army health and dental clinics will permanently close as part of ongoing transformation efforts throughout Europe. The health center located on Benjamin Franklin Village originally opened in 1956.

Inside, Sgt. Jeffrey Cook, the patient administration division non-commissioned

officer in charge and Spc. Jose Gonzalez have been busy inventorying and organizing nearly 2,000 medical records all housed inside the Mannheim medical clinic. The pair were tasked to separate the paper medical records into active-duty, family member, retiree and civilian status to ready them for transfer to the Heidelberg Health Center and Coleman Troop Medical Clinic.

"I've identified all the beneficiaries for the see **RECORDS** page 12

Join BWnow on Facebook

Get up-to-date announcements, news and community events delivered directly to your Facebook account.

Share your opinion with others in the community and find out what they think in the discussion boards.

Let the command group know your thoughts on hot topics through the Question of the Week, and you might see your answer in the Herald Post.

COMMENTARY

One suicide one too many

By **Liza Velez**
USAG KAISERSLAUTERN

During 2010 there were 301 confirmed suicides in the Army with many still under investigation and a substantial number of attempts.

One suicide is one too many. These people were someone's brother, sister, mother, father, daughter or friend. For many, their psychic pain and isolation caused them to seek relief by way of suicide.

They were brave Soldiers who suffered in silence to avoid the stigma associated with mental health concerns.

Who were they? They were Spc. Anderson, 20, Spc. Andrews, 22, Sgt. Duran, 23, and Sgt. Heisig, 39.

This act is not about the death; it's about making the pain stop. It's a permanent solution to a temporary problem. It is a preventable death.

Each year in September we focus on suicide prevention and awareness. It's a chance for each and every person to understand that they have an opportunity to make a difference.

Start with the little things, simply planting your feet when you ask someone how they are doing. Our culture has made, "Hi," and, "How are you doing," interchangeable.

We need to stop when we ask someone how they are doing and try listening – not advice giving, not minimizing, not fixing – just caring enough to listen.

That time to care is our opportunity to be proactive rather than reactive.

Our campaign is about being proactive,

We need to stop when we ask someone how they are doing and really listen.

not only understanding how to identify signs and symptoms but having the courage to ask what has been deemed the unaskable question, "Are you thinking of committing suicide?"

There's a misconception that this question will not be answered honestly. That should not stop us from asking. The answer might not be a resounding, "Yes." It may sound like, "I can't say I haven't thought about it," or "Nobody would notice if I did."

Once you have taken that courageous step, now take the opportunity to get a step closer by getting that person to professionals who can best aid them.

If someone is hurting, they seek medical attention. This rule must apply to wounds that are visible or not visible.

Essentially, suicide prevention awareness strives to create an Army culture and climate where we make abundantly clear to everyone around us that they are valued and they will be missed. There are people who care and there are people who can help.

I work with Soldiers every day, before and after suicides occur. I'm just one person. But I believe we can really make a difference.

Having the courage to act is tough, but necessary. The alternative is a lifetime wishing that you would have, wondering what you could have or believing that you should have done.

Emergency Numbers

Heidelberg, Mannheim and Kaiserslautern

Emergency – DSN 114
Heidelberg civ. 06221-57-114
Mannheim civ. 0621-730-114
Kaiserslautern civ. 0631-536-114

Fire and Ambulance – DSN 117

Heidelberg civ. 06221-57-117
Mannheim civ. 0621-730-117
Kaiserslautern civ. 0631-536-117

When traveling in Europe or Germany, dial 112 to reach emergency services.

Non-Emergency Numbers

Heidelberg

MP Desk
DSN 388-2222, civ. 06221-678-2333

German Police Liaison
DSN 388-2564, civ. 06221-678-2581

Mannheim

MP Desk
DSN 385-3359, civ. 06221-730-3359

German Police Liaison
DSN 385-2550, civ. 0621-730-2559

Kaiserslautern

MP Desk
DSN 489-7070, civ. 0631-536-6060

German Police Liaison
(Ramstein Air Force Base)
DSN 480-1985, civ. 06371-47-1985



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

DISCUSSION BOARD

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

"So about a week ago, I noticed that there was a woman on PHV that wrote to the BWnow and complained about having to hear cadence early in the morning. From what I've noticed, it's usually on Friday mornings. Maybe I'm crazy, but I love waking up to that sound. Heck if anything, cadence proves that there are people in the Army that have rhythm and can multitask (run and talk at the same time).

There are many things in life we all have to contend with and with life in the military in any capacity comes many different things we have to suck it up and deal with ... cadence in housing is just one ... and it's a small one at that! I've noticed bigger and badder things around here that should be brought up ... Those are things that should matter ... not something that is tradition or commonplace. But

that's just my opinion."

— Erika Reddin, BWnow Facebook fan
CLARIFICATION: Quiet time in housing areas is 10 p.m.-6:30 a.m. A previous edition of the Herald Post reported time differently. Due to force protection and security concerns, Soldiers cannot run together off post so they may continue to run through housing areas during their scheduled PT times.



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



Sigurd Mack

Eberhard Klein, right, in charge of the drivers' training section from truck manufacturer Scania, provides hands on training to Installation Management Command Europe firefighters on new aerial ladder trucks. IMCOM-Europe garrisons received eight of the new trucks for garrisons in Europe including U.S. Army Garrison Baden-Württemberg.

Garrisons get new fire trucks

IMCOM-E Fire Protection

Installation Management Command Europe fire stations recently added eight new aerial ladder trucks to allow rescue and firefighting in multi-story buildings. The new trucks replace 20-year-old Army owned and leased vehicles at IMCOM-Europe garrisons.

"With age and responses they simply were worn out ... There is only so much you can do if spare parts are not available anymore," said Sigurd Mack, IMCOM-Europe fire protection specialist.

"The vehicles will reduce the burden of repair cost compared to the old ones and having Army owned vehicles allows

USAGs to return four lease vehicles, avoiding an estimated \$480,000 lease cost," Mack said.

The vehicles meet Department of Defense performance requirements but are locally manufactured.

"This vehicle is what we really need. It's low and compact and with the rear steering axle you can get around almost any corner – a big issue in Army posts where the road design dates back to the ages of horse carriages," said Stefan Groetschel, Fire Chief, U.S. Army Garrison Ansbach and IMCOM-E Firefighting Training Center chief.

"The truck is almost as maneuverable as a Smart car, but it does not give up capability,"

said Gerhard Goegelein, USAG Ansbach firefighter. The trucks have an articulating arm which allows tilting the upper section of the ladder.

The concept was developed by the region office together with the IMCOM-E firefighting training center to ensure everything supports the firefighting techniques and tactics taught in the training center.

Quality assurance and acceptances were performed by the Host Nation Logistics Field Operating Agency fire truck experts from Schweinfurt.

Firefighters from each receiving fire station were trained as instructors for the new vehicles in a comprehensive class at the training center in Ansbach.

Eligible families register for free, reduced fee lunches

School Liaison Office

Students enrolled in Department of Defense Dependents schools receive school lunches from the Exchange. To make it convenient, and to avoid having students carry money to school, the Exchange established the Horizon System.

The Horizon System is much like a debit account, and it allows parents to place money on the account to pay for their children's school lunches. Students simply enter their personal identification numbers at the check-out in the cafeteria to pay.

Parents simply go to any Exchange cash cage to establish a Horizon account. Deposits can be made in person at the Exchange locations or via Internet at www.shopmyexchange.com.

Parents can also use the system to flag food allergies or to set limits as to what kind of food the students are allowed to purchase with the ac-

count.

In addition, many students qualify for free lunch or reduced fee school lunches.

Families can save hundreds of dollars a year if they qualify for this program. Eligibility is established based on total family income divided by the number of family members in the household.

Heidelberg families interested in finding out if they qualify should contact the Parent Central Services Office in Bldg. 4443 on Patrick Henry Village in Heidelberg at DSN 388-9241, civ. 06221-338-9241.

Mannheim families should contact the Child Development Center in Bldg. 742 on Benjamin Franklin Village at DSN 380-9135, civ. 0621-730-9135.

Families eligible for either free or reduced fee lunches will be required to establish a Horizon account with the Exchange, and they will receive a PIN number to use in paying for the lunches.

Spot elephants, win trip

USAG Kaiserslautern Public Affairs

To observe suicide prevention awareness month, U.S. Army Garrison Kaiserslautern is offering a trip to Paris for Herald Post readers who count elephants hidden within this issue and correctly answer three suicide awareness questions.

Discussing suicide openly is removing "the elephant in the room," said Lisa Velez, USAG K suicide prevention program coordinator. "It's asking the unaskable question, 'Are you thinking of committing suicide?' and the willingness to seek help."

In this issue of the Herald Post, there are articles about suicide awareness and there are elephants hidden throughout. Count the elephants and correctly answer the following.

- ♦What date is World Suicide Prevention Day?
- ♦Name two major contributing factors toward people's decision to commit suicide?
- ♦What two initiatives are underway in Kaiserslautern to raise Soldiers' awareness to suicide prevention?

E-mail answers and contact information by Sept. 23 to suicideprevention2011@yahoo.com.

The prize is two tickets for a Paris Express trip with Outdoor Recreation. The winner will be announced by Sept. 28 during the AFN Kaiserslautern morning show.



Garrison responds to community input on buses

School Liaison Office

In response to community input regarding the modification in bus service outlined in the Herald Post (*Aug. 18 Bus offers kids access to after school activities*), the Department of Defense Dependents Schools will add additional buses to bring students from Heidelberg High School to its Patrick Henry Village activities such as the Lion's Den, Panther's Place, SKIES, youth sports, HIRED and EDGE.

Effective immediately, HHS students will be able to ride a Child, Youth and School Services bus that takes them directly from school to the PHV activities starting at 3:15 p.m. on school days, and at 5:30 p.m. on Saturdays.

The bus will also run on school half-days when school dismisses early and on days when school is not in session starting at 1:30 p.m.

Bus service is also being provided for Mannheim residents to return to Ben-

jamin Franklin Village after attending the CYSS activities.

Students who wish to ride the bus must be registered with CYSS, have signed parent permission and code of conduct forms on file and participate in at least one of its activities.

"We are committed to providing the best service possible, so the schedule may change as we respond to your continued input," said Jim Ruehmling, Schools Liaison Officer.

Updated schedules will be posted in the HHS daily bulletin and other parent communications through the school and CYSS.

CYSS registration is free and registration forms can be picked up at the Lion's Den or in CYSS offices, Bldg. 4443, on PHV. For information, contact Parent Central Services at DSN 388-9241, civ. 06221-338-9241.

For information regarding the bus schedule, please contact Zev Paul at the Lion's Den, DSN 388-9396, civ. 06221-338-9396.

Medical command headquarters company to move to Sembach

30th MEDCOM Public Affairs

The 30th Medical Command Headquarters and Headquarters Company from Heidelberg is scheduled to move to Sembach Kaserne near Kaiserslautern in fiscal year 2012.

As U.S. Army Europe continues to support Army transformation and the Department of Defense global

posture plan, 30th MEDCOM is one of several units scheduled to relocate over the course of the next 12 months, according to the official message published recently.

"Last week, we received official word that the 30th MEDCOM Headquarters and Headquarters Company will be relocating to Sembach in 2012. Command Sgt. Maj. King and I are

committed to making this move a smooth one for all involved. Our goal includes keeping everyone informed of changes and updates as they occur," said Col. John M. Cho, 30th MEDCOM commander.

Updated information will be available online at the 30th MEDCOM homepage (www.30thmed.army.mil), and the unit Facebook page (www.facebook.com/30thmed) and will be communicated through unit leaders.

facebook.com/30thmed) and will be communicated through unit leaders.

"In keeping with our covenant to keep 30th MEDCOM Soldiers, family members and civilians abreast of changes in the 'best and most powerful MEDCOM in the world,' we will be utilizing all avenues and all available media to ensure the widest dissemination of information," Cho said.

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.

What should military members expect in regards to logistical support and housing?

Support, whether logistical or housing or other, will continue to occur at a level our community members deserve. This means necessary services will continue to be provided based on customer demand and available resources (money, equipment, workforce). Often service locations have to be consolidated because of resource limitations and this will usually mean consolidation in the area with the greatest population which is Heidelberg. In some cases the consolidation will be in Mannheim like the Vehicle Registration at Spinelli Barracks. The garrison commander's intent is to keep established timelines as closure progresses while minimizing turbulence to community members by notifying them of changes as soon as possible and generally at least 30 days in advance. That will not always be possible when changes are the result of unexpected employee sick leaves or other unexpected losses of employees providing the services. Although the changes are necessary, we understand they aren't easy because of the high level of services in close proximity to home and work that community members have become accustomed to. The command will do its best to retain the proximity and quality of services as long as possible.

I heard that "driving from Mannheim to Heidelberg PX/Commissary is no different than driving from one end of Ft. Hood to the other." But servicemembers don't drive autobahn speeds on Ft. Hood, and gasoline on Ft. Hood is cheaper than Exchange gas stations in Germany.

It's true that consolidating facilities causes inconvenience by increasing the distance customers have to travel for services. This holds true for Mannheim residents traveling to the Heidelberg clinics and for Heidelberg residents traveling to Vehicle Registration. Unfortunately, services must be consolidated when resources and demand dictate in these closing communities even if it means distances increase from what we are used to.

Facilities Operations Changes

New – Sullivan Gate – The vehicle access control point on Sullivan Barracks in Mannheim located near the Class VI store is closed. Pedestrians may still use this gate to exit Sullivan Barracks. The pedestrian gate near Bldg. 254 (formerly the USO) remains open 24 hours a day as an additional entry and exit point for ID card holders wishing to gain access

to Sullivan Barracks. DSN 385-3359, civ. 0621-730-3359.

New – Mannheim Tax Relief Office – The Tax Relief Office on Sullivan Barracks will have new hours of operation starting today, Sept. 15. It is now 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 – Sullivan Library – The Library on Sullivan Barracks in Mannheim will close Sept. 30. DSN 380-1740, civ. 0621-730-1740. 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.fmmr.net/screens/first-time.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 – Recovery Room – The Recovery Room on Nachrichten Kaserne in Heidelberg will close Sept. 30. DSN 371-2762, civ. 06221-17-2762.

New – Franklin Guest Lodging – The hotel on Benjamin Franklin Village in Mannheim will close Sept. 30. Customers will be referred to the guest house on Patrick Henry Village in Heidelberg. Mannheim customers may receive a certificate on nonavailability for housing on the economy on a case-by-case basis or if no rooms are available on PHV. Through Sept. 30, hours at the BFV hotel are 6 a.m.-10 p.m. Monday-Friday and 8 a.m.-10 p.m. Saturday and Sunday.

New – Mannheim Exchange Facilities – Mannheim will experience changes in hours starting Oct. 1. New hours are as follows.

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

Burger King – 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 will be open 4-6 p.m. Monday-Friday and closed Saturdays and Sundays.

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

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

Sullivan Shoppette – 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 – Hours change for Mannheim ID cards/DEERS and passports – The Mannheim ID cards, DEERS and passport offices located in Bldg. 246 on Sullivan Barracks will close Oct. 1. Until then, these offices will be open 8-11:30 a.m. only. ID cards/DEERS and passports services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. NOTE: Reports of birth are done 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.

New – Village Grille – Effective Oct. 2, the Village Grille on Patrick Henry Village in Heidelberg will close at 3 p.m. Sundays due to low patronage in the afternoons and evenings.

New – Mannheim Veterinary Treatment Facility – The vet office in Mannheim will cease operations 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 will reduce hours starting Oct. 1. The facility will be 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 should be transferred to Heidelberg. Those scheduled to PCS before Oct. 22 should pick up their records at the clinic. DSN 385-2312, civ. 0621-730-2312.

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

Mannheim Health and Dental Clinics – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim will close Sept. 30. The TRICARE enrollment offices are on the 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. BFV Dental Clinic: DSN 380-4545, civ. 0621-730-4545. Coleman Dental: DSN 382-5262, civ. 0621-779-5262. PHV Clinic: DSN 388-9500, civ. 06221-338-9500.

Mannheim Area Retirees – Retirees and their family members enrolled at the Mannheim clinics will be disenrolled Sept. 30. The Heidelberg Health Center will offer these beneficiaries care on a space available basis. Retirees will have the option of picking up prescription medications at the Coleman pharmacy.

AFN Heidelberg focuses on health care on economy

AFN Heidelberg

American Forces Network Heidelberg is focusing upcoming programs on health care updates in the Mannheim and Heidelberg communities.

AFN will feature newscasts from local hospitals and emergency care

facilities. Topics will include where to go for emergency care, the closure of the Mannheim Army Health Clinic and transition of health care to the Heidelberg Troop Clinic on Coleman Barracks.

Newscasters will listen to Army health care leaders and also talk to German doctors about the German

health care system in an effort to relieve anxiety Americans might have about health care on the economy. Newscasts will air on AFN Prime Atlantic.

Each will start on Friday and continue through the weekend.

On Sept. 16, AFN will feature Mannheim clinics and discuss labor

and delivery services in Mannheim.

On Sept. 23, it will feature Heidelberg hospitals and talk to patient liaison and pediatric care representatives and hear from the 30th Medical Command about changes due to transformation. Programs will also be available at <http://heidelberg.afneurope.net> and on AFN Prime Atlantic.

Sip, don't gulp, look cool, refined

Other tips to avoid binge drinking pitfalls

IMCOM Europe Safety

Binge drinking is currently the number one substance abuse among young people.

We have all heard the stories from our peers how they drank all night and worked all day only to start the cycle over again and again.

Many of us have our own stories of an alcohol adventure and for some, this may be the norm.

Binge drinking is the consumption of four or more drinks in a row on at least one occasion.

Though binge drinking may seem fun at the time it is not without its consequences. When you choose to drink, you are putting yourself at risk physically and emotionally.

Binge drinking can make you relax, become reckless or foolish. You may be friendlier with people you don't know or romantic with someone you don't know or like.

You may say yes to sex without thinking about the consequences, which increases your chance of getting a sexually transmitted disease or HIV.

Binge drinking can also lead to drunken driving arrests, motor vehicle accidents, date rape and some long-term difficulties such as liver damage and alcoholism.

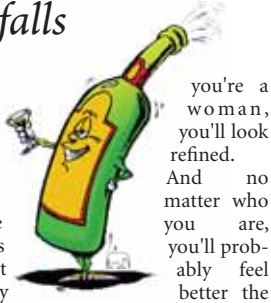
Be smart. If you choose to use alcohol, make sure you drink responsibly.

Here are some tips to help keep your risk of impairment as low as possible.

- ♦ Eat before you drink. The food will slow down the absorption of the alcohol.

- ♦ Don't try to quench your thirst with alcoholic drinks. This only makes you thirstier. Plain water is best when you're thirsty.

- ♦ Sip. Don't gulp. If you're a guy, you'll look cool. If



you're a woman, you'll look refined. And no matter who you are, you'll probably feel better the

next morning.

Choose drinks with food-based mixers such as vegetable and fruit juices, which lower the risk of impairment. Water or carbonated mixers increase impairment.

- ♦ Choose drinks with low alcohol content.

- ♦ Limit your drinking to no more than one or two drinks per day. Don't drink every day and not more than four days in a week.

- ♦ Don't power drink. In other words, slow the rate at which you put away the alcohol. It's not a race. Try to limit yourself to no more than one drink per hour.

- ♦ Give yourself a break. Alternate booze with non-alcoholic beverages.

- ♦ Be strong and don't give in to immature jerks who use peer pressure to get you to drink more than you want.

- ♦ Make sure you have a battle buddy or a designated driver that has your back and will make sure you get back home safely. Also, give everyone a chance to be the hero by taking turns as the designated driver.

- ♦ If you are the designated driver or simply choose not to drink, think about what you will drink instead of alcohol, how you will refuse offers of alcohol drinks and how you will take care of yourself and others that get drunk.

When the party time is over take a break from boozing. Set aside an alcohol-free period every now and then. Use the time to improve your health and gain perspective on your activities.

"ReEntry, a Play About Coming Home" shows 2-3:30 p.m. Sept. 19 at the Patrick Henry Village theater in Heidelberg and 9:30-11 a.m. and 2-3:30 p.m. at the Daenner Chapel on Daenner Kaserne in Kaiserslautern.

"Based on hundreds of hours of interviews with returning combat veterans and refreshingly presented without agenda or sub-text, ReEntry is a tour-de-force of honesty, fear, and anger overlaid with moments of warmth, growth, and inspiration"
— USMC Colonel Barbara Hopkins

"ReEntry is an inspiring, funny, and authentic depiction of real people dealing with the emotional fallout of war."
— Kristin Yonk, mother of a combat wounded Marine

"Re-Entry spoke to me and what our family faces each day on a deeply personal level. It was incredibly helpful to see my life and the life of our family portrayed in such an open and honest way."
— Brandon Yonk, wife of an OIF Combat Veteran
— Founder of FamilyOfWar.com

AMERICAN RECORDS
A THEATRE COMPANY

Faces of the community: Coleman Gym



Dijon Rolle

Junohn Hilton, facility manager at Coleman Gym in Mannheim, rearranges several sets of free weights in the gym's weight lifting area. The gym is open 5:30 a.m.- 9 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday, Sunday and holidays. Hilton and his staff have recently added a new plyometrics class 6-7 p.m. Thursdays. The facility is located on Coleman Barracks in Bldg.25. DSN 382-4322, civ. 0621-779-4322.

British officer plans 480-mile trek on foot

By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

For many, one of the perks after a long, successful military career is hosting a big celebratory party for colleagues, friends and loved ones.

While that sounded like fun, Col. Robert Jordan, the British army's liaison officer with U.S. Army in Europe, headquartered on Campbell Barracks in Heidelberg, wanted to do something bigger.

On Nov. 3, he plans to start a walk from Heidelberg to the Royal Military Academy Sandhurst in Surrey, England, some 480 miles apart.

Sandhurst is where British army officers train to lead Soldiers and where Jordan started his career 35 years ago.

The idea was born when Jordan was chatting with a colleague who remarked he'd just completed a winery tour through France. Jordan relayed the tale to his wife, Sue, whose response was, "Well, at least he is doing something."

Her comment may have been the push the former infantryman needed, and the idea for a walk to benefit a few favorite charities was born.

"I had thought that I might have a retirement party, but on reflection I felt that I wanted to do something different and something that would have a more long-lasting effect. I also wanted to leave the army with one more achievement under my belt, rather



Col. Robert Jordan, U.S. Army Europe British Army liaison officer, trains for his 480-mile walk from Heidelberg to England in November to mark his retirement and to support three charities that care for wounded British Soldiers. Jordan plans to arrive Dec. 4 at Royal Military Academy Sandhurst where he started his career nearly 35 years ago. He retires in March.

than a few more beers in my belly," Jordan said.

Jordan aims to raise 15,000 Great Britain pounds (about \$24,000) for his favorite charities. Within 10 days of his website going live, Jordan raised about half his goal.

"My aim is to raise funds for three charities (that) help those who have not, unlike me, been able to serve a full career unscathed," Jordan said.

Averaging between 18 and 20 miles per day over the course of a month, the journey will take him through Germany, Luxembourg, Belgium, France and finally the United Kingdom. Even during the hour-long ferry ride from Dunkirk, France, to Dover,

England, Jordan doesn't plan to rest; he'll walk back and forth on the boat until it docks. And when he arrives in Sandhurst, it will be almost exactly 35 years to the date his career began.

Jordan has been searching for various communities and local mayors along the way who will support him with free or low-cost overnight lodging. As of this writing, Jordan has 12 nights covered so far, and he has also appealed to several corporations for sponsorship or donations for essential items like a GPS and a cell phone.

In April, the British Army agreed to allow Jordan to go forward with his plans, and Exercise Home Stretch became an official event.

"Giving it an official exercise name meant it was OK for me to train using army time and resources and also be covered as on duty in case something happens," Jordan explained.

Few people other than the fictional Forrest Gump could walk that distance consecutively without training, and with the exercise official now, Jordan can set off as much as his schedule allows, currently over 10 miles every other day. In the next few weeks, Jordan hopes to hit the 14-mile mark.

"Fourteen miles is just another hour each day, and my plan is to cover up to 16 (before November). That's probably as much as I will get up to so I'll be able to do 18 a day," Jordan said.

As only one of two British liaisons here – Jordan is assisted by a sergeant – finding the time to get some miles in can be difficult, particularly between scheduling movers and packers and preparing to close out four years in Heidelberg.

"We are a one-stop shop for anything to do with the British army. My job really is to get the right folks talking to one another. It's hard to get the time to take off three hours a day so I'm trying to do every other day at the moment. There are a few balls in the air," Jordan said.

Jordan is due to retire in March.

For information on his charity walk to England or to contribute, visit www.uk.virginmoneygiving.com/RobertHomeStretch.

Couple shoots together, brings troops together for top badge

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

KUSEL – Raising her German Army patrol cap, Heidi Lehmann smiled as she watched her American husband join fellow U.S. Army Garrison Kaiserslautern Soldiers on the firing line.

Lehmann, 31, an oberfeldwebel – equivalent to a U.S. Army sergeant first class – recently spent two days translating for eight garrison Soldiers as they competed for the Schützenschnur, a coveted German Army's weapons proficiency badge.

She and her husband, Sgt. Esse Agnegue, a U.S. Army Garrison Kaiserslautern chaplain's assistant, brought their units together for the training.

"It's a nice experience for me to see my husband, and the German Soldiers are happy to have the Americans here," Lehmann said.

The couple met online when



During a recent Schützenschnur weapons qualification in Kusel, German Sgt. 1st Class Heidi Lehmann offers rifle shooting tips to her husband Sgt. Esse Agnegue and his fellow U.S. Army Garrison Kaiserslautern Soldiers.

Agnegue, 31, was deployed to Iraq in 2007. He added her as a fan to his hip-hop music site. Later they realized their mutual love of motorcycles and traveling. They now have a 1-year-old son.

Each morning, they put on camouflage fatigues of their respective armies and head off

to separate bases – Lehmann to her transportation unit in Kusel and Agnegue to Pulaski Barracks in Kaiserslautern. Then they thought of a way to train together – through a shooting competition.

Garrison Soldiers spent one day getting familiar with the German weapons using an in-

door trainer. The second day, they joined German troops on an outdoor range, firing a rifle, a pistol and a machine gun.

The Schützenschnur is awarded like the Olympics, in gold, silver and bronze. Of the seven garrison Soldiers who competed, three earned gold and four won bronze. U.S. Soldiers can wear the badge with their dress uniform.

American Soldiers in Baumholder recently held a seminar in English for German noncommissioned officers, said German 1st Lt. Sebastian Schmidt. That event, plus the marksmanship competition, forces German troops to exercise their language skills, Schmidt said, to prepare for NATO missions in Afghanistan.

"It's an opportunity for our Soldiers to practice English," Schmidt said. "We have different experiences on missions and in training. We can fill a

gap – where we can give our skills to the Americans and get some skills from them."

U.S. Soldiers often work with coalition counterparts – to include the German Army – while deployed overseas, said Capt. Tom Lukins, USAG Kaiserslautern Headquarters and Headquarters Detachment commander.

"This event strengthens the bond we have and builds partnerships for future training," Lukins said.

Originally from Togo, Agnegue said meeting people and traveling is one of the best benefits of serving in the military, especially when it means sharing ideas through events like the Schützenschnur competition.

"The Army gave me so many opportunities to do things and this is one of those opportunities," Agnegue said. "We're working together, building camaraderie and that's a great thing."



Sgt. Roland Hale
 Hailee Cook, daughter of fallen Spc. Michael Cook Jr., sits near the Global War on Terror monument at Fort Riley, Kan., during a 9/11 remembrance ceremony Sunday. Cook was killed in Iraq in June while serving with the 2nd Heavy Brigade Combat Team, 1st Infantry Division.



Staff Sgt. Malcolm McClendon
 The Bambi Bucket attached to a CH-47 helicopter from the 2-149th Texas National Guard, dumps water on a blaze approaching property. Texas National Guard crews launched out of the Austin Army Aviation Facility to fight wild fires threatening homes and property near Bastrop, Texas, Sept. 6.

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U.S. Army
 First Lt. Scott Adamson, an engineer attached to Laghman Provincial Reconstruction Team, climbs up a bamboo ladder after inspecting a project in Qarghah'i district, Laghman Province, Sept. 8. The engineers attached to the PRT conducted quality assurance checks on three projects and discussed construction plans for a fourth in the district.



Rob McIlwaine
 A bugler in the U.S. Army's Fife and Drum Corps 3rd U.S. Infantry Regiment (The Old Guard) performs for the audience as they march in the Spirit of America show Sept. 9 at the Verizon Center in Washington, D.C.

Suicide prevention

Every day offers opportunity to make a difference when world looks bleak

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Online one recent evening in Kaiserslautern, an Army specialist opens a message from a girl – she wants to break up. Already diagnosed with depression, he swallows a handful of prescribed medication – an act that his unit leaders see as an attempt to take his own life.

During September, the Army recognizes suicide prevention awareness month – a national campaign to raise awareness to a growing problem among servicemembers. In Army garrisons worldwide, ongoing outreach efforts focus on helping Soldiers before they make bad decisions.

“The Army, despite its best efforts, has seen a spike in suicide attempts and completions and the Kaiserslautern military community is no different,” said Lt. Col. Lars Zetterstrom, commander of U.S. Army Garrison Kaiserslautern. “This is something we can cut off at the bud. If it has happened, it’s too late.”

Leaders’ approach to suicide must be preventative and not reactive, Zetterstrom said. The Army recently released a video that targets junior leaders to remind them of their responsibilities and empower them to assist. At a recent discussion at Fort Leavenworth, Kan., Gen. Martin Dempsey, then-Army Chief of Staff, said the stigma of seeking mental health counseling must not be a part of today’s Army.

“He (told) us that’s the case at the highest level and should be the case all the way down (the chain of command),” Zetterstrom said. “Squad leaders are the crux. We need to start at that level to make improvements.”

That’s what put him over the edge

The Soldier who recently attempted suicide had told his leaders he was homesick and depressed during a previous month-long training event. They made sure he attended counseling and things improved. Counseling hours were reduced and he even was due for promotion to sergeant.

But his bad feelings hadn’t really gone away. Alone in his barracks, he sought relief by attempting an overdose. Fortunately, he then asked a nearby Soldier on duty to call an ambulance.

“It was a something on Facebook, a relationship ending. That’s what put him over the edge,” said the unit first sergeant, who asked not use his name or unit, as to not identify the Soldier involved. “It was the middle of the night and there’s no one there to see him as he decided to try something.”

It’s the little things

It takes courage to ask friends, co-workers or family members if they are planning to take their own life, said Lisa Velez, Kaiserslautern’s suicide prevention program coordinator.

Sept. 10 is World Suicide Prevention Day, but every day is an opportunity to make a difference, she said.

“We’re at a place where we need every individual – Soldiers, civilians and families, to make a difference,” Velez said. “It’s the little things. Planting your feet when you say hello, taking the time to listen to how someone is really doing.”

Look for problems with relationships and finances – two major contributing factors toward people’s decision to commit suicide which is often exacerbated by excessive drinking as means to cope with the problem, Velez said.

For those who are in any crisis, or want to assist those that may be struggling, place a confidential call to the Veterans Crisis Line. From Germany, call 001-800-273-TALK and press 1.

I really did not know this Soldier at all

Leaders in Army units often become very close to their Soldiers, almost like a family, said Michelle Thomas, U.S. Army Garrison Kaiserslautern’s director of Army Community Services. Thomas served two decades in uniform – the last five years as a first sergeant. In 2003, when Thomas served in Hanau, a private killed himself.

“When a first sergeant loses a Soldier, it’s a big punch,” Thomas said. “It’s not because a Soldier in your company died – a member of your family took his life.”

She’s never forgotten the Soldier. He’d been at the unit just a month. Other than his quiet nature, the signs weren’t visible, she said. Plus, he was a model Soldier – polite, good with his weapon, physically fit. She remembers reminding him to smile.

While stateside on leave, Thomas got a call – the private was absent without leave. The next day, when she returned to Germany, she learned that a German couple walking through the woods found the Soldier hung from a

hunter’s stand.

“What was so bad in his young life that he didn’t want to stick around and prosper?” Thomas asked herself afterward. “The more I thought about it, the more I said to myself, ‘I really did not know this Soldier at all,’ and it made me feel like I failed as a first sergeant.”

Now, overseeing ACS, she sees firsthand how Soldiers can help each other using community resources. ACS has military family life consultants on call to help. Plus, they offer classes on relationships, finances and stress management – all resources for Soldiers, civilians and family members to use to lessen factors that can lead to suicide.

“If you can’t find what you’re looking for, call us and we’ll link you to it. At ACS, it’s all about preservation of family and preservation of life,” Thomas said. “It’s important for those who think they are so shut in and there’s no way out but to kill themselves – then, they need to reach out. Even a phone call to ACS, we’ll get you to the people who can help.”

That’s the guilt I have to this day

While serving as a sergeant in Korea, Derrick Patterson thought he’d gotten through to a Soldier with family troubles. Patterson, 45, a Detroit native who served 13 years on active duty and now works as a telecommunications contractor at Landstuhl, has never forgotten those late-autumn days 14 years ago, when he tried to make a difference.

One evening, the Soldier opened up and got things off his chest, Patterson said. Then, married Soldiers served a year tour in Korea without family. The Soldier missed his child and worried about his marriage. Patterson urged the command to allow the Soldier to go home. Unit leaders took a “hard line,” Patterson said, and were reluctant to act.

The next day, Patterson reminded the Soldier, “If you need to, come and talk to me. If we can’t work it out, we’ll find someone to help us work it out.” That Sunday, as Patterson walked to church, he passed the Soldier. Something wasn’t right. The Soldier cursed and shrugged off Pat-

“... we need every individual ... to make a difference. It’s the little things. Planting your feet when you say hello, taking the time to listen to how someone is really doing.”

–Lisa Velez, Suicide Prevention Program

terson’s concerns, saying everything would be okay.

“I told him ‘Come to church with me. It may not fix things, but it will take your mind off it,’” Patterson said. “He said, ‘No, sergeant, I’ll be all right.’ He reassured me and reassured me. I went to church and he didn’t go.”

Patterson figured he should check on the Soldier afterward. Later, another Soldier approached Patterson during a pickup basketball game, asking him to hurry to the barracks.

“He had taken his own life, hung himself with 550 cord,” Patterson said. “To me, I probably shouldn’t have gone to church. I should have stayed with him. That’s the guilt I have to this day, because I feel I failed the Soldier and I let him get away.”

The death shocked Patterson’s unit. For some time afterward, troops were unfocused and not performing up to standard, he said. Meanwhile, Patterson fulfilled an arduous task – escorting the fallen Soldier to his home in Lubbock, Texas, where he faced a grieving family.

During the long trip, Patterson had time to reflect. Within a year, he would leave active duty, a decision made in part by his chain of command reaction to the suicide, he said.

Unit leaders debated what went wrong. Some called the Soldier a coward. Some said he didn’t deserve military honors. Others said there was nothing the unit could have done to prevent the suicide, Patterson said.

“I said, ‘We failed the Soldier,’ and they answered, ‘No, he failed us,’” Patterson said. “I don’t think we did everything we could to help him fix his problem. We could have helped him some other way.”

LIBRARY

continued from page 1

closure. She was a librarian in the Rhein Main and Darmstadt military communities, but she admitted this one has been the hardest to accept. "We were able to do a lot here and we are proud of the people we have helped. I think that is what I will miss the most – the people," the Cornwall, N.Y., native said.

The staff was reduced to two in May and members of the Europe Region and Patrick Henry Village libraries have come in to lend a hand during daily operations.

"We view the libraries here as the couch of the community," said Stacy Graham, Europe region librarian. "It's a place you can come in and relax and check out stuff to educate and entertain yourself and your family. It's a place you can get comfortable in and the outside world is outside. With all our libraries we try to educate, empower, enrich and entertain our patrons. We try to do all those things here and acting as that big couch of the community is what we are here for," he said.

Now that the closure is final, librarians are looking onward to the next phase.

"Now we're just trying to adapt to the situ-

ation because we have to take care of all of the materials and dispose of them properly. Our job doesn't end when the doors shut Sept. 30," Graham added.

Graham said they'll work with other Army libraries here, in the United States and the state department to relocate the items, a process that could take at least 60 days. They'll also contact charities and possibly German libraries. Whatever items they cannot place must be destroyed per Army regulation.

"We know that Soldiers and families are the most important people that we have and we want to ensure that we have something to support them. It may not be the perfect solution but we're doing what we can in a fiscal environment that's tough on everyone at the moment and we're trying to come up with the best alternative library service to ensure they have something to support them," he said.

The Mannheim library staff is scheduled to host one of their last events, a Toddler and Preschool story time 11 a.m. Sept. 21.

For information on library resources, call the Patrick Henry Village Library at DSN 370-1740, civ. 06221-57-1740 or visit www.mwrgermany.com.

Alternative Library Services

- ◆ Sullivan Library patrons may continue to check out materials until Sept. 30.
- ◆ Patrons can manage accounts online via MyAccount on the Army Europe Libraries website. Other online library services include access to research databases, downloadable ebooks, audiobooks, music and movies.
- ◆ Starting Oct. 1, Sullivan patrons may request all Army Europe library items via MyAccount to be mailed to their personal APO addresses or to the PHV Library for pickup.
- ◆ Patrons will have the option to return items via mail, a drop box located at ACS, Bldg. 246, on Sullivan Barracks or to the Patrick Henry Village Library. The official courier will empty the drop box and deliver its contents to PHV on a regular basis.
- ◆ The new service will be limited to Sullivan patrons who contact library staff to verify or update their APO address. The address verification will act as a registration for the mailing service and will eliminate the problem of misdirected mailing of library items.
- ◆ Strategic placement of signs and information, a well-informed library staff and an informational session at Sullivan Library will alert Sullivan patrons to changes in service.
- ◆ Starting Oct. 1, the Sullivan ACS will expand its hours of operation to 6 p.m. Monday-Friday for community members in need of public computers. ACS computers offer the same services as the computers formerly available at the Sullivan Library.
- ◆ ACS staff will be well informed of the available options for community members in need of library service. Staff will be equipped with informational handouts about online library services and mailing option.
- ◆ Mannheim Elementary School library, open 8 a.m.-3 p.m. Monday-Friday, is accessible to "space required" families as well as attending "space available" families for access to age appropriate materials. This includes home schoolers. The principal will send notices to parents about library access.

RECORDS

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Mannheim health clinic and we're currently pulling their records from the shelves by hand and grouping them into categories based on their status. We have a by name list that we use to ensure 100 percent accountability," Cook said. Most patients also have an electronic copy of their medical records that can be seen by military medical personnel located at other facilities.

Once the Mannheim health clinic is closed, active-duty Soldiers will be seen at Coleman Troop Medical Center and family members, civilians and retirees at the Heidelberg Health Center.

Unless there are special circumstances, all patient medical records will be automatically transferred and patients do not need to come into the clinic to pick up their records.

"The only situation that I'm allowing people to hand carry the records is Soldiers who have since transferred to Heidelberg that are going to be seen in Heidelberg," Cook said. "They must bring a copy of their orders, a memorandum, something that will identify them as being seen in Heidelberg. Otherwise we will maintain 100 percent accountability."

If active-duty Soldiers need to be seen at a medical facility other than Coleman, they will then need to go to Mannheim

to change their enrollment.

"Some of our Soldiers are afforded the opportunity to be seen in Heidelberg because that is where they work or live. They will automatically be enrolled in Coleman unless they tell us otherwise and if they're already assigned to Heidelberg and they have orders, just bring in those orders or let us know they're going to enroll themselves in Heidelberg. But right now active-duty Soldiers have a choice depending on where they work," said Lt. Col. Rachele Smith, Commander of Mannheim Army Health and Coleman Troop Medical Clinics.

"This is a very routine process for Sgt. Cook and his team within patient adminis-

tration," she added. "Records transfer is something that we do every day whether a Soldier is separating, PCSing or in this case clinics are closing and moving," she said.

Lt. Col. Cathleen Labate, officer in charge for the Mannheim Dental Clinic and her staff have spent the last four months organizing and transferring dental records for the Mannheim community.

"Family member, retirees and civilian records have all been transferred to Patrick Henry Village Dental clinic in Heidelberg and when the office officially closes we will send all remaining Soldier records to Coleman Barracks," said Labate.

"Patients can no longer pick

up their own records. They will need to call the dental clinic on Patrick Henry Village to start making appointments and to access their records," she said. The dental clinic will continue to see emergency cases until Sept. 23 before closing its doors. The medical clinic will officially close Sept. 30.

The deactivation ceremony for the Mannheim medical and dental clinics is scheduled for 10 a.m. Oct. 14 at the sports arena on Benjamin Franklin Village in Mannheim. For information, call Mannheim patient administration at DSN 380-9500, civ. 0621-730-9500 or the PHV dental clinic at DSN 388-9500, civ. 0621-388-9500.

SUICIDE

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only deal with the absence of their friend, loved one or coworker but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week Sept. 4-10. Suicide prevention is focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and family member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort training to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison suicide prevention program, as well as

the Army's Suicide Prevention website (www.armyg1.army.mil/hr/suicide/default.asp).

Other resources provide help with issues that can put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded resources aimed at strengthening the overall resilience and well-being of our Army family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and

spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army family views suicide as a viable option, we still have work to do. From the Installation Management side we are strengthening programs that provide critical support. This includes hiring more ASAP counselors and suicide prevention program managers for installations worldwide and revising the Army sponsorship program to help transitioning Soldiers, civilians and families build stronger connections with their new communities.

The key to successful Army prevention efforts is fully engaged, committed leadership from top to bottom.

Great leaders create a culture in which people observe standards and discipline and also know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, leaders send the message that it is a sign of strength to ask for help. We'll repeat that every which way – in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events – until we have no more cause to say it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army family and we take care of each other.

Frankfurt's archaeology museum exhibits reveal secrets

By cjohnwood@usa.net

Tucked into a row of ritzy apartments near Frankfurt's riverfront is the Archeology Museum whose exhibits date from the Neolithic Age to 1940.

An Egyptian mummy exhibit is scheduled to run Nov. 5 to Feb. 26 just missing Halloween. The oldest exhibit is a 200,000-year-old spear tip, the most recent a color photo collection of Frankfurt shortly before destructive World War II Royal Air Force air strikes.

Military history is well represented in the Archaeology Museum with the lives of ancient Celts and Romans reconstructed from a surprisingly large number of weapons, religious votives, ornamental pots (amphora) and eating utensils which in some cases have been reconstructed and incorporated into realistic dioramas of Army life in ancient Germany or Germania. The exhibits reveal that life

was not easy for Roman Soldiers in remote hostile Germany.

Roman influence in Frankfurt waned after 400 A.D. The cultural influence of the remote Byzantine Empire, Rome's successor, left Frankfurt with beautiful jewelry now on exhibit in the museum cellar.

The rise of Christianity influenced by England's St. Boniface is also documented in the cellar. The museum is housed in the Gothic Karmeliterkirche and Roman stone monuments are on display in the cloister.

One sad exhibit is the contents of a young Frankish girl's grave dating from 700 A.D. Visitors can take an excellent English virtual tour exhibit of the Frankish Holy Roman Empire's basilica and palace. They were built on the site of the present day Kaiserdom – Frankfurt's Gothic Cathedral.

Medieval wall murals depict apocalyptic scenes from the Bible and the Black Death which killed

Hours, Location

Frankfurt's Archaeology Museum is closed Mondays and open 10 a.m. to 5 p.m. Tuesday-Sunday and until 8 p.m. Wednesdays. It is located on Karmelitergasse 1, 60311 Frankfurt am Main. The museum will give group tours on request. Tram line 11 and 12 takes you to the Römer Platz and U1-5 takes the visitor to Willy Brandt Platz which is a five minute walk to the museum. The entrance fee is €6. Civ. 069-212-35896/30700, www.archeologisches-museum.frankfurt.de and in English at www.archeologisches-museum.frankfurt.de/english/temporary/sagaage.html.

about a third of Europe's population.

Nazi propaganda art on Frankfurt's public buildings is recorded in a large color photo archive on the top floor. The museum even has a small modern art exhibit near the Nazi era photos.

Frankfurt's famous Römer Platz with its cafes is about a five minute stroll from the museum.



'Talking With'

Martin's play comes to Heaton Auditorium featuring 10 women with something to say

By **Rachel Clark**
THEATER VOLUNTEER

From the production group that brought "A Piece of My Heart" to the stage, comes "Talking With" by Jane Martin showing 7:30 p.m. Sept. 17 and 6:30 p.m. Sept. 18 at Heaton Auditorium in the Landstuhl Regional Medical Center.

Based on the book of the same name, "Talking With" is a play that offers a glimpse into the unusual secret lives of everyday women.

Ten pieces tell the audience what goes on behind their eyes and asks them to consider the unknown stories of the women in their lives.

"This is an interesting show to work on because it is the absolute minimal theatre experience – one actor, the audience and absolute naked honesty. No hiding behind big costumes or sets or dialogue," said Director Liz Nye.

"I love the idea of women standing alone on a stage talking frankly about who they are and what they want. These monologues really do what great theater should: They give the audience the ability to walk out feeling as though they know these women personally and they have something in common with them. Because let's face it, we all have secret lives that nobody else knows about," Nye said.

"Talking With" peoples the stage with odd but recognizable characters that amuse, move and frighten including

a baton twirler, a fundamentalist snake handler, an ex-rodeo rider and an actress willing to go to any length to get a job. The cast is made up of women from the Kaiserslautern and Heidelberg areas, including such well-known faces from area stages including Jeanne Rangone, Samantha Jackson, Liz Nye and Amy Smolinski.

"When I became an Army wife, I knew I would be giving up a lot of opportunities to pursue my theater career. I never dreamed I would have the chance to perform in Germany because of our military life," said Amy Smolinski who plays Scraps.

"The process of working on this show, unique because of its all-monologue structure, has given me a terrific opportunity to stretch my acting muscles and grow as a performer," Smolinski said.

The play deals with the personal ordeals of each of the female characters. As the emotion ranges from comedy to tragedy, the characters confront issues of evil, beauty, self-worth, God and the feasibility of living at McDonald's.

"This play has it all: dragons, snakes, cats and the patchwork girl from 'Oz,'" Nye said. "The common thread throughout is the female experience, however it presents itself, and the challenges and rewards of being a woman. They are 10 women with stories to tell, and they're talking with you," she added.

Tickets are \$10 and \$8 for students. Entrance is free for wounded warriors and Fisher House residents. Advance tickets are available at the Vogelweh Community Center in Kaiserslautern. DSN 489-7626, civ. 0631-536-7626, www.nwrgermany.com.

In "Talking With," Amy Smolinski plays Scraps, a housewife who hides her tendency to dress up as an Oz character whenever possible. Scraps is one of 10 women portrayed in the play showing 7:30 p.m. Sept. 17 and 6:30 p.m. Sept. 18 at Heaton Auditorium in the Landstuhl Regional Medical Center.

GERMAN NEWS

Synthetic Spider Silk

A Munich company claims it is the first to mass-produce synthetic spider silk, which could be used in dermatological creams, as a coating for medical implants and in high-performance textiles and automobile parts. Protected by 70 separate patents, the silk is made with harmless *E. coli* bacteria and genes from real spider's silk proteins. The biggest challenge is now scaling up the production of the silk from the laboratory to the industrial level, mainly because of the expense involved.

Hitler's Mountain Retreat

A debate is ongoing over whether to protect the remains of Adolf Hitler's mountain retreat, the Berghof, which was damaged by World War II bombing. U.S. forces blew up the rest. Though the Eagle's Nest has been turned into a tourist location, some are concerned highlighting any site closely associated with Hitler could turn the area into a Nazi Disneyland. However, historians agreed both sites should be preserved for posterity.

Arctic Ice Cap

Scientists in Bremen say the Arctic ice cap is smaller today than ever, providing further evidence of global warming and the need to cut carbon dioxide emissions. Experts said the increase in emissions over the last 150 years has affected global temperatures and that computer modeling has confirmed that no other factor could have had such an effect.

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,

Ladies, did you ever see the poems, the T-shirts and the signs that read, *The hardest job in the Army is being an Army wife?*

We all need to support our husbands 150 percent and know that he's doing a job that deserves honor.

We stand alone behind the men and wait for them to return, and just like them, we fight to make every day a good one.

So, ladies, don't depend on anyone but you. We are all strong women or

we wouldn't have chosen to be Army wives.

With that, I want to say thank you to all the Soldiers who fight for us and to all the wives for sucking it up and moving on.

Please keep doing a good job. We love your column.

Army Wives Love Ms. Vicki

Dear Ms. Vicki,

Your column has been a breath of fresh air for me. I've lived here two years and heard people talk about a "Ms. Vicki."

I guess I was lost because I honestly thought they were speaking of a reality show or something.

Lo and behold, I finally picked up the newspaper and found you.

I can see why people like reading the column so much. You are fantastic.

People need someone who will tell the truth about their behavior, their mistakes and how to correct them.

Most people are afraid to tell the truth because they think they will anger the person, lose friendships or fall out with a relative.

Keep telling the truth, and I'll keep reading your letters.

From: A New Fan

Dear Ms. Vicki,

I have read your column in the

newspaper and online for almost two years, and it really makes me angry when people send you snippy emails. They act like you caused the problems and it's all your fault.

When people pour their soul out to you, you owe it to them to tell the truth.

If they wanted to hear a lie, they could continue down the path they were already on.

I have very close friends and can count the times they have told me things that could have hurt my feelings. They will side with me even if I am wrong. That's what friends do.

People need someone who is objective and unbiased, like you.

I think you could be even more brash to those who deserve a strong kick in the butt.

I know what goes on in the neighborhoods. Some families are out of control, and nobody will tell them to stop their behavior and straighten up. You are that person.

I'm not saying you should beat people down or anything, but I think you have every right to be firm and straight to the point like you are.

Your column is the only reason I pick up the paper.

Keep telling people the truth. Good things will come your way if you do.
Avid Reader

HEALTH ADVICE

Accept negative moments, choose your best reaction

By James W. Cartwright, Ph.D.
U.S. ARMY PUBLIC HEALTH COMMAND

Sgt. Smith allowed his negative emotions to direct his life.

One evening while tackling the mounting bills, he was hit by the reality that his wife had maxed out their credit cards.

He was frustrated and confronted her about her spending habits. As she struggled to explain, Smith became angrier with each excuse she offered and demeaned her with hateful names.

His wife was outraged and fought back with a tirade about the sergeant's personal shortcomings. Smith did not like his wife's angry retaliation. He became even more angry, lost control in an instant and hit her.

Rather than calm himself, the fictional Smith acted on his negative emotions, and this led him to a destructive outcome.

Emotions are legitimate and valid when they are pleasurable and even when they are painful. However, acting on emotions can often create destructive outcomes.

Acting on angry impulses can lead to hostility and even failed relationships. Acting on your emotions often intensifies your negative feelings and

does not provide relief from distress.

Emotions are simply signals in your body that tell you what's happening in your environment.

They can be good or bad, pleasurable or distressing. Sometimes they are strong feelings that come on quickly as a reaction to a situation without much thought or consideration for what's going on.

Our initial reactions to what's happening are referred to as primary emotions. However, we may also experience secondary emotions. Secondary emotions are reactions to your primary emotions.

For example, Smith's primary emotion was anger in response to his wife's overspending. He expressed his anger in harsh words aimed at his wife and then escalated his anger to the point that he ended the episode by hitting his wife. Later, he felt guilt and shame about his actions. These were secondary emotions. To make matters worse, a primary emotion can set off a whole chain of secondary distressing emotions.

For example, Pfc. Jones received a "Dear John" letter from his girlfriend. At first he felt angry and betrayed. He thought, "How could she break up with me?"

Later, as he thought about the loss

of his girlfriend he felt abandoned, lonely and even worthless. He began to have self-critical thoughts: "I'm such a loser." Soon he began to think, "I can't live without her."

As his thoughts became more irrational, he began to feel overwhelmed by his emotions.

At this point he is placing himself in danger. He may engage in destructive activities like binge drinking, or even think that life isn't worth living.

It is easy for emotional reactions to escalate out of control. Often, an individual in emotional pain blames someone or something else for the pain in the first place.

Generally, the angrier you get, the more pain you will experience. Getting angry or upset over a situation also stops you from accurately perceiving what's really going on.

When you get angry and think that a situation should have never happened in the first place, it frequently means that you're missing the point: it did happen, and you have to deal with it. Regulating your emotions is the way to deal with it.

When feeling overwhelmed emotionally, one way to regulate your emotions is to accept the moment or event for what it is.

The troublesome moment may

have been due to a long chain of events and decisions made by you and others.

You can't really fight it, get angry at it, or try to change it into something that it is not. The events leading to the moment have already occurred.

For Smith, his debts are debts no matter how he reacts. For Jones, the letter is what it is, in the moment.

This doesn't mean that you have to give in to every bad thing that happens to you, but it frees you to accept the moment for what it is and choose to respond differently.

In order to get started with regulating your emotions, remind yourself of a few coping statements like, "This situation won't last forever," or, "The present moment is the only moment I have control over."

Other coping statements include "I'm strong and I can handle anything," or "I've survived other bad situations before, and I'll survive this one too." Accepting the present moment allows you to be objective about the part you have played in the situation. Most importantly, it gives you the well-deserved opportunity to respond to the situation in a new way that's less painful for yourself and others. It also opens the door to change things for the better.

GET OUT!

area events

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

September 15

Ramstein Welfare Bazaar— More than 140 vendors from across Europe will gather on Ramstein Air Base to display their wares during the 47th annual Ramstein Welfare Bazaar hosted by the Ramstein Officers' Spouses Club. The bazaar will be held in hangars one and two and visitors can follow the event signs to the flight line. Hours are noon-8 p.m. Sept. 15, 10 a.m.-8 p.m. Sept. 16, 10 a.m.-8 p.m. Sept. 17 and 11 a.m.-5 p.m. Sept. 18. www.ramstein-bazaar.org.

Jewish Culture Days— The Days of Jewish Culture is an annual event dedicated to celebrating Jewish history and culture through performances, readings, discussions, exhibits and concerts. Event runs through Sept. 18 in Berlin. Oranienburger Strasse 29 10117 Berlin.

Dippemess Fair— This year's Autumn Dippemess Fair will be held in Frankfurt's Ratsweg Festplatz through Sept. 20. Enjoy hundreds of vendor stalls, carnival rides, live music, fireworks and food. Dippemess is one of the largest and most popular events in Germany, attracting about 2.5 million revelers each year. The historic celebration dates back to the 14th century. Opening hours are 2-11 p.m. Monday-Thursday, 2 p.m.-midnight Friday and noon-11 p.m. Sunday. www.buzzoffbase.com.

September 16

Wurstmarkt Wine Festival— Even though it's called a Wurstmarkt (sausage market), Bad Dürkheim claims to host the biggest wine festival in the world happening Sept. 16-19 on the fest grounds. GPS: Auf den Brühlwiesen, 67098 Bad Dürkheim.

Musikfest Berlin— Enjoy the music of more than 35 composers played at multiple venues around the city of Berlin during this annual music festival which runs through Sept. 18. www.berlinerfestspiele.de/en/aktuell/festivals/05_musikfest_berlin/mfb11_info_1/mfb11_info.php.

September 17

Oktoberfest— Enjoy one of Germany's biggest celebrations with a trip to Munich for the world-famous Oktoberfest. This annual event draws visitors from around the world for unlimited food, fun and beer. A second trip is planned for Sept. 24. <http://affiliates.uso.org/rheinmain>.

September 18

101 Dalmatians— U.S. Army Garrison Kaiserslautern and Kaiserslautern Military Community Onstage, Kaiserslautern's Community Theater, present Disney's "101 Dalmatians." Performances begin at 7:30 p.m. and 3 p.m. (Sunday matinee) Sept. 18 and 23-25. The KMC Theater is on Kleber

Kaserne, Bldg. 3232. DSN 483-6626, civ. 0631-411-6626, www.mwrgermany.com.

September 23

Cannstatter Volksfest— The city of Stuttgart will host the 166th annual Cannstatter Volksfest through Oct. 9. Visitors can enjoy food, roller coaster rides, music, dance, parades and a beer festival. Both fests are located at Cannstatter Wasen fairgrounds which also houses one of the largest festival tents capable of housing up to 5,000 visitors in each tent. www.cannstattervolksfest.de/index.php?id=2&L=1.

Hohenfels Community Bazaar— Check out pottery, rugs, wine, gourmet cheese, antiques, prizes, food and more during the Hohenfels community bazaar at the Community Activities Center and post gym. The bazaar will be open 11 a.m.-7 p.m. Friday, 10 a.m.-7 p.m. Saturday and noon-5 p.m. Sunday. The bazaar is open to all U.S. ID card holders. www.hohenfelscsc.com.

September 24

Heidelberg Autumn Fair— Every year, the last weekend in September holds a special treat. All of Heidelberg's old town is transformed into the Heidelberger Herbst fest. A dozen stages offer music entertainment, dance and performance art. Countless stalls offer new and used goods, lovely regional delicacies or information about activities. www.heidelberg-marketing.de, www.stadtbeste-in-deutschland.de/altstadtfest-heidelberger-herbst.html.

Kaiserslautern City Tour— Whether you are new to the community, or have been a resident for a while, all are welcome to join this new tour exploring the past and present of Kaiserslautern. Visit the 12th century castle ruins and excavations, remnants of the time when the city was the sight of one of the imperial castles of Emperor Friedrich I, also known as Barbarossa or Red Beard. Hear the legends of the Emperor and find out why the fish is the symbol of the city. Stroll through the farmers market to purchase some of the seasonal fruits and vegetables from the region. <http://affiliates.uso.org/kaiserslautern>.

September 25

Pfalztheater— The Pfalztheater in Kaiserslautern produces a variety of plays, operas and ballet performances. Events, tours and youth workshops are available in English. Student ticket prices and last minute tickets at a discount are also available. For show times and upcoming events call civ. 063136750 or visit www.pfalztheater.de/english-pt-page.

Volksfest— Members of the U.S. Army Europe Fest Band will perform 4:30 p.m. at the Bürgerhaus in Wiesbaden-Erbenheim.

September 26

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

Stuttgart Planetarium— The Stuttgart Planetarium is one of the modern star theaters in the world and offers visitors a trip to outer space without leaving Earth. Ticket reservations are recommended. The planetarium is open 10 a.m.-8 p.m. and located at Willy-Brandt-Strasse 25 in Stuttgart. Civ. 0711-162-9215.

September 27

Flossenbuerg— The Flossenbuerg concentration camp, near Grafenwöhr, is a much smaller site than Dachau but still contains a vast array of history. The camp was first opened in 1938 and the location was chosen for the proximity to a large granite deposit. Prisoners worked in the quarry and also in an arms manufacturing plant. 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.gedenksteaette-flossenbuerg.de.

September 29

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

October 1

Amsterdam— Spend the day exploring world-famous Amsterdam. Shop and enjoy a stop at the DeSimonehoeve Cheese Factory just outside the city. The city is also home to the Van Gogh Museum and the Anne Frank House. <http://affiliates.uso.org/rheinmain>.

October 7

Holiday Bazaar— The 47th annual holiday bazaar sponsored by the Heidelberg Spouses Club will be held 10 a.m.-7 p.m. Oct. 7-8 and 11 a.m.-5 p.m. Oct. 9 at the Patrick Henry Village Pavilion in Heidelberg. Shop from more than 75 vendors selling a variety of food items, toys, household goods, jewelry, furniture, clothing and much more. The bazaar is open to U.S. and NATO ID card holders with shopping privileges. Credit cards accepted. www.hcsc-heidelberg.com.

coming to THEATERS

MONTE CARLO

(Selena Gomez, Leighton Meester) While on a trip to Paris with her best friend and soon-to-be-stepsister, Grace is mistaken for a British socialite, resulting in all three young women flying to Monte Carlo for a charity ball, auction and the chance for international romance. However, when a million-dollar necklace goes missing, Grace and her friends must scramble to find it fast. (Rated PG for brief mild language) 109 minutes.



HORRIBLE BOSSES

(Colin Farrell) Three friends devise a seemingly fool proof plan to rid themselves of their respective employers permanently. (Rated R for crude and sexual content, language and drug material) 93 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 15 - MONTE CARLO (PG) 7 p.m.
 Sept. 16 - BUCKY LARSON: BORN TO BE A STAR (R) 7 p.m.; 9:30 p.m.
 Sept. 17 - TRANSFORMERS: DARK OF THE MOON (PG-13) 4 p.m.; HORRIBLE BOSSES (R) 7 p.m.; BUCKY LARSON: BORN TO BE A STAR (R) 9:30 p.m.
 Sept. 18 - TRANSFORMERS: DARK OF THE MOON (PG-13) 4 p.m.; BUCKY LARSON: BORN TO BE A STAR (R) 7 p.m.
 Sept. 19 - HORRIBLE BOSSES (R) 7 p.m.
 Sept. 20 - BUCKY LARSON: BORN TO BE A STAR (R) 7 p.m.
 Sept. 21 - TRANSFORMERS: DARK OF THE MOON (PG-13) 7 p.m.
 Sept. 22 - BUCKY LARSON: BORN TO BE A STAR (R) 7 p.m.

Vogelweh, Galaxy

Sept. 16 - LARRY CROWNE (PG-13) 7 p.m.
 Sept. 17 - MONTE CARLO (PG) 4 p.m.; BRIDESMAIDS (R) 7 p.m.
 Sept. 18 - KUNG FU PANDA 2 (PG) 4 p.m.

Ramstein, Gateway Movieplex

Sept. 15 - MONTE CARLO (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; LARRY CROWNE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m.; BRIDESMAIDS (R) 4 p.m., 7:15 p.m.
 Sept. 16 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m., 9:45 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.
 Sept. 17 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7 p.m., 9:45 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m., 9 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m.
 Sept. 18 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
 Sept. 19 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
 Sept. 20 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
 Sept. 21 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 a.m., 2:30 p.m., 5:45 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.
 Sept. 22 - BUCKY LARSON: BORN TO BE A STAR (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; TRANSFORMERS: DARK OF THE MOON (PG-13) 11:15 p.m., 2:30 p.m., 5:45 p.m.; HORRIBLE BOSSES (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.

THEATER INFORMATION

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

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

Mannheim, CinemaxX, P4 13, 68161 Mannheim, civ. 01805-62-5466, www.cineplex.de

Mannheim, CinemaxX - English Language movies

Sept. 15-21 - THE THREE MUSKETEERS 3-D (PG-13) 5:45 p.m.

HIGHLIGHTS

Personnel Town Hall Meetings

Town hall meetings to inform the U.S. Army Garrison Baden-Württemberg workforce of developments and personnel action planning related to the eventual garrison inactivation will be held Sept. 15 at the Patrick Henry Village movie theater in Heidelberg. U.S. (non-appropriated and appropriated funds) employees will meet from 2-4 p.m. DSN 373-5183, civ. 06221-17-5183.

Retirement and Awards Ceremony

U.S. Army Garrison Baden-Württemberg will host a retirement and awards ceremony 3 p.m. Sept. 16 on the Patton Barracks parade grounds in Heidelberg. Maj. Gen. James Boozer, U.S. Army Europe deputy commanding general, is the guest speaker.

Annual Protection Exercise

Gate delays are expected during a force protection exercise 7 a.m.-1 p.m. Sept. 17 on Patton Barracks in Heidelberg and Coleman Barracks in Mannheim. Coleman Barracks will have an alternate access point during maximum exercise play and controlled use of smoke devices will be used to enhance authenticity and training effect. The exercise is a joint effort with German police, fire department and medical services and is designed to enhance the protective posture of U.S. Army Garrison Baden-Württemberg communities. DSN 373-7420, civ. 06221-17-7420.

Holiday Greetings

The Joint Hometown News Service team will tape personal holiday greetings in English or Spanish for loved ones stateside 11 a.m.-7 p.m. Sept. 16 and 7 a.m.-5 p.m. Sept. 17 at the Power Zone on the Shopping Center in Heidelberg. The greetings, which are free to ID card holders with family ties in the United States and its territories, will be broadcasted by local TV stations in the United States. Bring addresses and phone numbers of those greeted, so they can be notified before messages are aired. DSN 373-1400, civ. 06221-17-1400.

Estate Claim

Anyone having claims on or obligations to the estate of Spc. Kyle R. Cannon, Alpha Company, Warrior Transition Unit, should contact summary court martial officer 1st Lt. Shannen Wilson at DSN 484-7525.

Programs Survey

The Army Family Covenant represents the Army's commitment to provide standardized programs and services to Army families and is sustained through review and measurement of existing programs and addresses gaps and redundancies. Rank your top 10 Army Community Service and Child, Youth and School programs at www.surveymonkey.com/s/TTFPKTK.

local

EMPLOYMENT

Warehouse Specialist Openings

Patricio Enterprises, VSE Corporation and New Breed Logistics are hiring warehouse specialists for work through October 2012 in Gernersheim. Work includes receiving documents, reporting discrepancies and damages, routing materials, preparing material for shipment and more. thall@patricioenterprises.com, jamason@vsecorp.com, jquade@newbreed.com.

KAISERSLAUTERN**Community**

• **Rock Wall Climbing** – Youth enrolled in Child, Youth and School Services learn various forms of belaying, knot tying, rappelling, bouldering and spotting Sept. 15, 22 and 29. First through fifth grade, 5-6 p.m. and sixth through 12th grade, 6-7 p.m., Ramstein Outdoor Recreation. DSN 493-4516, civ. 0631-3406.

• **CYSS Apprenticeships** – Teens 15-18 can register by Sept. 16 for the Child, Youth and School Services apprenticeship program to help them prepare for college and the workforce. Fall term begins Sept. 26 in Bldg. 2898 on Pulaski Barracks. DSN 493-4516, civ. 0631-3406-4516.

• **Comics On Duty** – Comedians Paul Ogata, Danny Villalpando, J.R. Brow and Tom Foss perform 2-3:30 p.m. at the Galaxy Theater and 6-7:30 p.m. at the Kazabra Club Sept. 16. Humor unsuitable for young children. www.comiconduty.com.

• **Wildlife Saturday** – Kids receive treats from jungle friends 11 a.m.-6 p.m. Sept. 24 in Bldg. 2895 on Pulaski Barracks. DSN 493-4558, civ. 0631-3406-4558.

• **Pre-retirement Seminar** – U.S. civilians and their spouses within three to five years of retirement eligibility can attend pre-retirement seminars: Federal Employees Retirement System, 8:30 a.m.-4 p.m. Sept. 29 and Civil Service Retirement System, 8:30 a.m.-4 p.m. Sept. 30 at the Galaxy Theater on Vogelweh. No registration required. DSN 483-5839.

• **Pulaski Kids' Zone** – The Kids' Zone on Pulaski Barracks will close Oct. 1.

• **Cards For A Cause** – The Cards For A Cause Club meets 11 a.m.-4 p.m. Oct. 3 at Woodlawn Golf Course on Ramstein Air Force Base to make blank cards and small projects for wounded warriors and traveling Soldiers to send to family and friends.

• **HUGS Program** – The HUGS program formerly at the Kids' Zone on Pulaski Barracks will begin meeting 10 a.m. Oct. 6 at the Kleber Physical Fitness Center.

• **Sexual Abuse Support** – The incest, sexual abuse and assault support group meets 6-8 p.m. Wednesdays in the Yellow Ribbon Room, Bldg. 2926, on Vogelweh. Civ. 01609-797-8785.

• **Sunday Night Football** – Watch your favorite football team on a big screen TV 7-10 p.m. Sundays until Jan. 1 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-536-6000.

HEIDELBERG**Education**

• **ACS Classes** – Understanding the Thrift Savings Program, noon-1:30 p.m. Sept. 16; Interviewing Skills, 9-11 a.m. Sept. 19; Introduction to Microsoft Excel, 9-11 a.m. Sept. 20-

21; Army Family Team Building Level I, 9 a.m.-2 p.m. Sept. 20-21; Sexual Assault Interactive Training (18 and older), 1:30 p.m. (civilians), 3:30 p.m. (family members) Sept. 20, Patrick Henry Village Theater; Sexual Assault Response Coordinator, Unit Victim Advocate and Sexual Harassment, Assault Response and Prevention brief 9 a.m.-6:30 p.m. Sept. 21, Bowling and Family Entertainment Center, Patrick Henry Village; The Volunteer Experience, 10-11 a.m. Sept. 21; Leisure Time for Warriors in Transition, 2-4 p.m. Sept. 22, Nachrichten Kaserne, Bldg. 3622, Company B conference room. All classes at the Community Support Center unless noted.

• **Functional Academic Skills** – Schedule the mandatory pre-test for the Functional Academic Skills Test by Oct. 11 at the Patton Barracks Education Center. FAST is 8 a.m.-noon Oct. 12-Nov. 1 and can reinforce basic math or reading skills, resulting in improved General Technical scores for reclassification or re-enlistment purposes. DSN 373-6226, civ. 06221-17-6226.

Community

• **Annual Pipe Maintenance** – Water pipe maintenance started Aug. 29 and should take three weeks. Harmless yellow, brown or cloudy water resulting from settled iron or dissolved air in water may appear in toilets, showers and sinks. Faucet screens or showerheads may need cleaning if they are clogged from rust particles. If hydrants in your area are worked on, flush the laundry room sink and run the washing machine empty first. DSN 387-3213, civ. 06221-4380-3213.

• **ACS** – The Army Community Services office at the Community Support Center and the ACS annex on Patrick Henry Village will close at noon Sept. 16. DSN 370-6975, civ. 06221-576975.

• **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. Sept. 16-17, Oct. 21-22, Nov. 4-5, 18-19, Dec. 2-3, 16-17. Parent Central Services: DSN 388-9241, civ. 06221-338-9240.

• **Community Bank** – Due to mandatory staff training, the Community Bank at the Heidelberg Shopping Center will be open 9:30 a.m.-1 p.m. Sept. 21. DSN 370-8580, civ. 06221-600862.

• **BOSS Meeting** – Better Opportunities for Single Soldiers holds a meeting 3:30 p.m. Sept. 21 in Bldg. 104 on Patton Barracks. DSN 373-5275, civ. 06221-17-5275.

• **Hispanic Heritage Month** – Enjoy traditional cuisine served buffet style, Latin dancing, food contest, an art exhibition and more 6:30-11 p.m. Sept. 24 in the Patrick Henry Village Pavilion. Food contest and art exhibition entry forms are available

online, in the Arts and Cultural Center and at select community locations. DSN 388-9418, civ. 06221-338-9418.

• **Volksmarch Volunteers** – Volunteers are needed for the 37th annual Volksmarch Sept. 24-25 at the International Gesamtschule in Heidelberg-Hasenleiser. Civ. 06227-841226, www.hiwc.de.

• **Religious Education** – The Catholic Religious Education Program for children Pre-K through eighth grade meets 10:30-11:45 a.m. Sundays starting Sept. 25 in the Patrick Henry Elementary School cafeteria. DSN 370-8238, civ. 06221-57-8237.

• **Pre-retirement Seminar** – Federal Employees Retirement System employees and their spouses who are within three to five years from retirement eligibility can attend a pre-retirement seminar 8:30 a.m.-4 p.m. Sept. 27 at the Patrick Henry Village Theater. No registration required. DSN 483-5839.

• **Yard Sale** – Family and Morale, Welfare and Recreation sponsors a non-appropriated funds and community yard sale 8 a.m.-2 p.m. Oct. 1 at the Patrick Henry Village Pavilion. Tables can be rented from Outdoor Recreation. Personal items only. www.mwrgermany.com.

• **Rod and Gun Club** – Starting Oct. 1, the Rod and Gun Club's hours are 5-8 p.m. Wednesday, Thursday, Friday; 9 a.m.-8 p.m. Saturday; 9 a.m.-2:30 p.m. Sunday; noon-8 p.m. Training Holidays (Fridays only); closed Mondays, Tuesdays, U.S. and German holidays. Civ. 0620251193.

• **Tell Me A Story** – Register by Oct. 17 for Tell Me A Story: Making Connections and Finding Support through Literature, 2-3:30 p.m. Oct. 25 at Patrick Henry Elementary. Lt. Gen. Mark P. Hertling, U.S. Army Europe commanding general, will read aloud and families will receive a copy of the featured book. ptop.heidelberg/militarychild.org.

• **Jewish Services** – Weekly Shabbat services, twice weekly Bible classes and Jewish High Holy Day services are canceled through October due to Rabbi Weiss' deployment. The closest Jewish military services are held at Ramstein Air Base, DSN 480-5753, civ. 06371-47-5753.

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

• **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. the first Thursday of the month. DSN 388-9240, civ. 06221-338-9240.

• **DODDS Free or Reduced Lunch** – Parent Central Services is processing applications to determine

eligibility for free or reduced fee school lunch for children enrolled in Department of Defense Dependents Schools. Bring Leave and Earnings Statement and sponsor's orders to Parent Central Services in Bldg. 4443 on Patrick Henry Village.

• **Commissary Gate** – The Patrick Henry Village commissary hours have not changed even though the gate near the commissary has reduced operating hours. The commissary is open 7:30-9 a.m. every day for early bird shopping, 9 a.m.-9 p.m. Monday-Saturday and 9 a.m.-8 p.m. Sunday.

MANNHEIM**Education**

• **ACS Classes** – Exceptional Families Network, 10-11:30 a.m. Sept. 21, Bldg. 246; Mommy and Baby Wellness, 1-2 p.m. Sept. 22, Bldg. 251, Room 113; English as a Second Language, 9:30-11:30 a.m. Wednesdays, Bldg. 246.

Community

• **ACS** – The Army Community Services office on Sullivan Barracks will close at noon Sept. 16. DSN 370-6975, civ. 06221-576975.

• **TRICARE Health Fair** – An expert guides you through TRICARE on-line at the benefit health fair 8:30 a.m.-3:30 p.m. Sept. 20 at the Coleman Health Clinic. Have your blood pressure taken, cholesterol evaluated, receive nutrition education with Body Mass Index measurement, learn about tobacco cessation and more. Retirees welcome. DSN 382-4495, civ. 0621-779-4495.

• **Life Upon the Wicked Stage** – Off Main Street Theatre on Coleman Barracks presents Life Upon the Wicked Stage for ages 17 and older Sept. 23, 24, 30 and Oct. 1. Wine and cheese served 6:30 p.m. with cabaret start 7:30 p.m. DSN 373-5020, civ. 06221-17-5020, www.roadsidetheater.com.

• **Gospel King of Comedy** – Gospel King of Comedy JOB and Kurt Green perform 9 p.m. Sept. 30 at the Top Hat Club on Benjamin Franklin Village. DSN 380-9370, civ. 0621-730-9370, www.mwrgermany.com.

• **IDS, DEERS, Passports** – The Mannheim ID Cards/DEERS and Passports offices hours are now 8-11:30 a.m. Monday-Friday so employees can be shifted to Heidelberg to assist customers and reduce lengthy wait times due to staff shortages. Note that reports of birth are done by appointment only. DSN 370-3347, civ. 06221-573347.

• **Parent Central Services** – Parent Central Services in Bldg. 696 on Benjamin Franklin 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. the first Thursday of the month. DSN 388-9240, civ. 06221-338-9240.

Soldier Ride

Physical therapist Chris Burscema of the Warrior Transition Battalion-Europe in Heidelberg pushes a double amputee from Romania during the Soldier Ride to commemorate the 9/11 anniversary and to support wounded warriors. The long, steep hill challenged many but Burscema didn't miss a beat, witnesses said, as he came from behind to assist the cyclist on his hand-cranked bike. More than 50 injured warriors rode four days through the country side. On Sunday, nearly 300 community members biked alongside them on a 16.5 mile stretch of hills, off road and streets through villages near Bostalsee Lake.



Linda Steil



Elizabeth Casebeer

Marquez Ensey, 17, a member of the Heidelberg High School cross country team, won second place in the men's division with a time of 17 minutes, 3 seconds in the 5-kilometer Freedom Run and Walk on Patrick Henry Village in Heidelberg Saturday. The event commemorates the Sept. 11, 2001, terrorist attacks on the World Trade Center in New York, the Pentagon in Virginia and a field in Pennsylvania.

Freedom Run commemorates 9/11

Elizabeth Casebeer
BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

U.S. Army Garrison Baden-Württemberg commemorated the 10th anniversary of 9/11 during its third annual 5-kilometer Freedom Run and Walk Saturday on Patrick Henry Village in Heidelberg.

More than 217 participants ran, jogged, walked, rollerbladed, scooted, rode bicycles or were pushed in strollers, passing guest housing, the recycling center and the Child Development

Center before looping back to the commissary to finish.

Military Police followed on a T3 Motion electric vehicle to make sure the last person was able to finish.

About two-thirds of the Heidelberg High School cross country team ran Saturday, even though it was not a mandatory practice.

"I'm so proud of the team and so impressed with what family and friends will do. It's just great they came out to show their support," said

coach Sharon Brady. Her 8-year-old son, Cameron, kept pace with his mom the whole route.

Marquez Ensey who turned 17 last week and is a junior on the cross country team, placed second in the men's division with a time of 17 minutes, 3 seconds.

"This is a family event, one that everyone can participate in together. Plus it helps when the weather is good," said Stefanie Paoletti, fitness coordinator.

Those who participate

Freedom Run Winners

Men – Kurt Barkei (16:48); Marquez Ensey (17:03); Robert Zuch (17:33)

Women – Erica Barkei (20:56); Jill Hansen (21:13); Enkhee Goetz (21:30)

in all fiscal year 2012 fun runs, starting with the Halloween event Oct. 29, will receive a plaque next year, Paoletti said.

NOTE: Alyx Fuhrman contributed to this story.

staying ACTIVE

Mannheim Bowling Hours

The Bowling Center on Benjamin Franklin Village has new hours: 11 a.m.-10 p.m. Monday, Wednesday and Thursday, 11-1 a.m. Friday and Saturday, 2-9 p.m. Sunday and closed Tuesdays and holidays. DSN 380-9528, civ. 0621-730-9528.

Heidelberg Sea Lions Bingo

Doors open at 5:45 p.m. Sept. 16 for the Sea Lions Polish Pottery Bingo starting at 6:30 p.m. at the Patrick Henry Village Middle School. Concessions will be available and families are encouraged to attend. www.heidelbergsealions.com.

Heidelberg, Kaiserslautern Fitness Days

IMCOM will host Fitness Day 11 a.m.-2 p.m. Sept. 17 at the Campbell Barracks Fitness Center in Heidelberg. Men lift 100 percent of their body weight, women lift 50 percent for a free T-shirt. Register on day of event. Open to ID cardholders 18 and over and 15-17 year olds with parental consent. Free event. DSN 370-6489, civ. 06221-57-6489. Fitness day events and tours will also be held 11 a.m.-2 p.m. Sept. 17 at Landstuhl, Rhine Ordnance Barracks, Kleber, Miesau and Sembach fitness centers in Kaiserslautern.

U.S. Youth Soccer

U.S. Youth Soccer-Olympic Development Program and German Bundesliga club FC Kaiserslautern invite players born in 2001 and 2002 to train with FC Kaiserslautern and U.S. coaches Sept. 18 in Mehlingen. Girls will train 10-11:30 a.m. and boys 11:30 a.m.-1 p.m., both on field one. Bring soccer shoes, a ball marked with your name, shin guards and water. Follow signs to Sport Park Rote Teufel, Werner Liebrichstrasse 1, 67678 Mehlingen. usysheidelberg@googlemail.com, http://usys.goaonline.ca/index.php?team_id=138974.

Heidelberg Golf Scramble

Register by Sept. 19 for the Sept. 24-25 Army and Air Force golf challenge beginning with a 9 a.m. shotgun start at the Heidelberg Golf Club in Otfersheim Sept. 24 and a 9 a.m. shotgun start at Ramstein Air Base. The challenge is open to active duty, civilians and dependents with a verifiable handicap. DSN 379-6139, civ. 06202-53767, www.mwrgermany.com.

Heidelberg Unit Level Flag Football

Heidelberg Unit Level Flag Football League games will be played Sept. 19 – 565th Engineer Battalion vs. NATO at 6:30 p.m. and Medical Department Activity vs. Medical Command at 7:30 p.m.; Sept. 20 – 1-214th Aviation vs. U.S. Army Europe at 6:30 p.m. and 43rd Signal vs. 565th Eng. at 7:30 p.m.; Sept. 21 – MEDCOM vs. 529th Military Police Company at 6:30 p.m. and 565th Eng. vs. USAREUR at 7:30 p.m.; Sept. 22 – 43rd Signal vs. 529th MP at 6:30 p.m. and NATO vs. MEDDAC at 7:30 p.m. on the Patton Barracks sports field in Heidelberg. DSN 373-8032, civ. 06221-17-8032, www.mwrgermany.com.

Kaiserslautern 5K Red Ribbon Run

USAG Kaiserslautern is hosting a 5-kilometer Red Ribbon Run to raise awareness of drug prevention 10 a.m. Oct. 22 at Bldg. 237 on Rhine Ordnance Barracks. Walkers, runners, families and pets are welcome. Registration is 8:30-9:30 a.m. Register early at selected Army dining facilities: 11 a.m.-1 p.m. Oct. 17 on Landstuhl, 11 a.m.-1 p.m. Oct. 18 on Rhine Ordnance Barracks and 11 a.m.-1 p.m. Oct. 19 on Kleber Kaserne.

Kaiserslautern Fall Soccer Clinics

SKIES Unlimited soccer clinics taught by professional soccer coaches for youth aged 3-15 are ongoing through Oct. 14. Get 15 percent off for each additional sibling signed up. Enroll at the One Stop Shop on Landstuhl Post, Bldg. 3810, or Parent Central Services on Pulaski Barracks, Bldg. 2898, in Kaiserslautern. DSN 493-4516, civ. 0631-3406-4122, www.mwrgermany.com.