

HeraldPOST

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

HP THURSDAY
Sept. 8, 2011

Speed Read

9/11 REMEMBRANCE

A reservist remembers being called to active duty following the Sept. 11, 2001, terrorist attacks. 2

CONTINGENCY COMMAND

U.S. Army Europe's Contingency Command Post wrapped up exercise Saber Foundation at Tompkins Barracks in Schwetzingen Sept. 1. 3



PREPAREDNESS MONTH

September is National Preparedness Month, and the American Red Cross is calling on everyone to be prepared for the next emergency or disaster. 3

FLEA MARKET PARADISE

Tongeren, Belgium's oldest city, becomes a mecca of second-hand treasures 7 a.m.-1 p.m. every Sunday. 13

FALL SPORTS SEASON

As Heidelberg begins its fall sports season, high school athletes are training hard in preparation for the season. 17



Defense Details

V-J DAY SEPT. 2

Sixty-six years ago Friday, World War II ended on V-J Day, or Victory over Japan Day. The term applies to the initial announcement of Japan's surrender Aug. 14, 1945, and to the formal ceremony aboard the battleship USS Missouri, Sept. 2, 1945. Forty survivors of the Army's 88th Infantry Division helped commemorate V-J Day at the National World War II Memorial in Washington, D.C. The Blue Devils were the first all-draftee division to enter combat in World War II.

ARLINGTON OAK

Arlington National Cemetery lost its "Arlington Oak," a 220-year-old post oak tree when Hurricane Irene hit Aug. 27. The ancient oak has stood throughout the history of the cemetery including the construction of Arlington House, the pre-Civil War home of General Robert E. Lee, and the creation of the cemetery in 1864.

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

What's Inside

Transformation Update.....4
Our Army Around the World.....10
Dear Ms. Vicki.....14
GET OUT!.....15
Movies.....15
Announcements16
Sports.....17

Suicide prevention efforts take to stage to increase awareness

USAREUR Public Affairs

U.S. Army Europe is hosting suicide prevention interactive stage performances throughout its military communities Sept. 19-28.

The show will be performed first in Heidelberg 2-3:30 p.m. Sept. 19 at the Patrick Henry Village theater.

Kaiserslautern also hosts two shows – 9:30-11 a.m. and 2-3:30 p.m. – Sept. 22 at the Daenner Chapel on Daener Kaserne.

The goal of the suicide prevention interactive stage performances is to foster warrior, caregiver and family dialogue around the potential psychological health effects of prolonged or repeated combat deployments and to increase awareness of available resources.

Performances will be followed by a discussion involving community members, chaplains, medical personnel and the performance cast.

Shows will also be performed 9:30 a.m. Sept. 20 in Wiesbaden, 2 p.m. Sept. 20 in Baumholder, 9:30 a.m. Sept. 22 in Schweinfurt, 2 p.m. Sept. 22 in Bamberg, 9:30 a.m. and 2 p.m. Sept. 23 in Ansbach, 2 p.m. Sept. 26 in Vilseck and 9:30 a.m. Sept. 28 in Vicenza.

For information, contact the USAREUR G1 Soldier and Family Readiness Branch at DSN 370-8060, civ. 06221-57-8060.



Brandon Spragins

From left, Staff Sgt. David Crocket, Spc. Alexander Newlan and Staff Sgt. Brenton Opstad of the 529th Military Police traffic unit simulate a mock traffic accident investigation on Patrick Henry Village in Heidelberg in the Burger King parking lot Sept 1. The measurements plus speed, braking distance and point of impact help produce a scaled drawing of an accident enabling a clear picture what happened. The three Soldiers assisted in a traffic accident that led to a fatality that earned the appreciation from the woman they assisted.

MP's professional work reassures accident victim

Staff Report

A screech and crash echoed through the air in Kirchheim last July, and Sgt. 1st Class Philip Huestis ran out of his mother-in-law's house toward the sound.

He saw a motorcyclist lying motionless on the side

street. As the first on the scene, he administered CPR on the wounded German man.

There had been a tragic accident that led to the death of the young man. After colliding with a van, he lost control of his motorcycle and as he struggled to regain

it, he drove head on into the stopped car of Jane Jackson, a licensed clinical social worker for the Heidelberg Medical Department Activity.

When the local German Polizei arrived, Jackson faced an unfamiliar law see **POLICE** page 12

Patient liaisons help military members negotiate steps of health care on economy

By Elizabeth Casebeer
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

As military clinics around Mannheim and surrounding areas begin to shut their doors, patients will need to turn to the local medical community for treatment.

Those with specific needs that cannot be met in military facilities, or those whose wait times for appointments are too long, have long been referred to host nation providers.

But for many Americans living in U.S. Army Garrison Baden-Württemberg, the

"Just when you think, 'Oh no, here I am all alone in this German hospital,' in walks the host nation patient liaison."

—Anthony Sosa, HMEDDAC Information Specialist

thought of using local health care can be somewhat daunting.

see **LIAISONS** page 12

COMMENTARY

Reservist remembers Sept. 11, 2001

By Elizabeth Casebeer

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Growing up, I would sometimes hear adults ask each other, "Where were you when Neil Armstrong landed on the moon?"

That would of course launch a series of amusing anecdotes for several minutes, as everyone distinctively recalled what he or she was doing at that time.

Typically anniversaries are happy milestones in our lives, something we look back on fondly for a few moments. Sept. 11, 2001, is not one of those.

I was a college junior in fall 2001. As I drove from my off-campus apartment to my first class, I fiddled with the radio knob. All the scan function seemed to find were people chatting, and I wanted tunes, so I popped in a CD and loudly sang along.

When I got to my journalism class, people were cloistered around a few tables and talking in hushed tones. Without a shadow of a doubt, I was the last person to know what was going on – in a class obviously filled with avid news readers.

Like the rest of the country, we went through the rest of the day shell-shocked. Folks with loved ones back east tried frantically to get through on phone lines. Classes were cancelled. Some people were hysterical. I'm taking a guess here that most of you saw similar scenes.

Speaking for myself, calling the country unprepared for what happened is a gross understatement. How can you really prepare for something as terrible as this?

One of my part time college jobs was at a department store selling shoes on commission. For a while, I was one of the store's top sellers, but after the attacks and for months after, the store was all but empty. None of us made our projected sales

and that meant our paychecks shrank.

I honestly wondered how I was going to buy groceries, but that was preferable compared to what countless others were facing. This was bigger than all of us, and the dynamic of that community did a 360.

People were nicer to each other. Yellow ribbons were slapped on the backs of cars. There was a rush to donate to 9/11 causes. Stories about heroic deeds flooded the news. Folks immediately cut out extras (like new shoes) and rushed home to their families after work. Some of us asked each other, "How can such good come from something so awful?"

As different as things were at that point, I had no clue that on Nov. 19, 2001, my life would never be the same. That is the day – three days before Thanksgiving – that I was called up. I had joined the Army reserve at 17 mostly to help pay for college, but I didn't ever expect a call.

People may be indignant about this, but few in the unit grasped the concept of war back then, because it was new to nearly all of us. Sure, there was that one guy who had been involved in Desert Storm, but most of us were kids when that happened.

Now of course deployments are par for the course, but not even the press camp headquarters I belonged to was prepared. We met for breakfast that Saturday morning, all of us hoping we would be assigned to guard a base for a few weeks and get sent home.

We soon realized the free food (which I didn't eat since my stomach was in knots) was an attempt by the commander to ease the pending news.

We arrived in 115-degree Kuwait just in time for Christmas, and our commander soon informed us that a dozen or so had been picked to forward deploy. By the first week of January 2002, I

People may be indignant about this, but few in the unit grasped the concept of war back then ... Sure, there was that one guy who had been involved in Desert Storm, but most of us were kids when that happened.

was sharing a general purpose medium tent in 15-degree Afghanistan. We had to borrow the tent from the Marines because some mystery person had inexplicitly cut the sides off the one we'd brought with us. Freezing cold, we also had to swap out our wood-burning potbelly stove for one that burned fuel. There's not an abundance of trees in that country.

Suffice it to say, things were rough those several months, but without a doubt it made me stronger and forced me to grow up a heck of a lot sooner than my peers.

I was already living on my own and going to school without help from my parents, whose goal was to make me independent, but there was something about camping out, so to speak, for five months and 10 days in that little tent that really slid things into a sharper focus.

Less than two years after our return, I received a commission and deployed twice more with the 101st Airborne Division before coming off active duty in 2009. Those experiences most definitely made me the person I am today – good and bad.

Ten years ago, I would not have been able to predict how great my life would be now. That's how I know good can come from something so awful.



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

"Do you guys have something like Target or some other store on base where people can buy house stuff and home decor?"

– Hannah Rose Usher, BWnow Facebook fan

"The AAFES Exchange and Commissary carry household supplies. In addition, there is a thrift shop with 220 appliances and a recycling center with cleaning supplies, all on post. Off-post, there are

a number of German Home Depot type places and department stores. But, there is no Bed-Bath-and-Beyond."

– Richard Glass, BWnow Facebook fan

"Depending on what you are looking for there is IKEA and XXXL. IKEA can furnish and decorate your entire house (and they take the VAT form), XXXL is similar but a little more expensive. A cheaper alternative

is POCO, which distributes their fliers in the Herald Post."

– Nina Crockett, BWnow Facebook fan

"Thanks. I'm glad this is a good place to ask questions. I'm still in San Diego but I'll be moving there in January ..."

– Hannah Rose Usher, BWnow Facebook fan



Commander, U.S. Army Garrison Baden-Württemberg:
Col. Bryan D. DeCoster
Public Affairs Officer:
Regina Abrigo-Hingtgen
Editor:
Donna Walker
Social Media Chief, Reporter:
Dijon Rolle
Web Author, Graphic Artist:
Brandon Spragins

Reporters:
Elizabeth Casebeer, Heidelberg
Rick Scavetta, Kaiserslautern

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

Advertising:

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

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

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

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

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

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 15,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09014. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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

Saber Foundation deploys contingency command post

By Master Sgt. Tammy Jarrett
USAREUR PUBLIC AFFAIRS

The U.S. Army Europe Contingency Command Post wrapped up two weeks integrating new personnel during exercise Saber Foundation at Tompkins Barracks in Schwetzingen Sept. 1.

“Saber Foundation familiarizes new personnel with their war fighting functions role in contingency operations, as well as the battle rhythm of the CCP,” said Sgt. Maj. Brian Rauschuber, the CCP operations sergeant major.

The exercise is the first since the 127-member command post experienced a large turnover of personnel as part of the normal Army high-traffic summer transition season.

The CCP is a forward-deployable command post designed to provide command and control for small-scale contingency operations on short notice. Its functions are focused on initial-entry capabilities supporting humanitarian assistance, disaster relief and noncombatant evacuation operations.

Rauschuber said it takes exercises like this to coordinate the command post’s many boards, bureaus, cells and working groups. Later exer-



Members of the U.S. Army Europe Contingency Command Post team erect a tent during the setup phase of the two-week exercise Saber Foundation Aug. 23-Sept. 1 at Tompkins Barracks in Schwetzingen.

cises will expand this to working with USAREUR’s partner and allied forces.

“The CCP is a new concept to USAREUR that has focused on staff integration between the different war fighting functions,” Rauschuber said. “The future focus will be deployment and interoperability with coalition and joint forces.”

“By design, it’s the best way to efficiently get at mission command within the combatant commander’s area of responsibility right now, globally,” said Lt. Col. Michael D. Hebert, the CCP operations officer.

During the first week of

the 10-day exercise, all members participated in setting up equipment, conducting communication checks and reviewing and refining working group procedures before they received contingency plan briefings. This included going through a Soldier Readiness Processing routine to ensure their military personal affairs were in place and they are ready to deploy if called.

“Part of Saber Foundation is to dust off some of this equipment that we don’t use too regularly and to make sure it is ready to go and we know how to use it right,” Hebert said.

“The last part of the exer-

cise is to capture and incorporate any lessons learned we have regarding review of our SOPs and battle drills,” he added.

With standard operating procedures and battle drills in order, the CCP will deploy next in October with its personnel and equipment to Hohenfels to support the 173rd Airborne Brigade Combat Team’s Full-Spectrum Training Exercise at the Joint Multinational Readiness Center.

For that mission the CCP will replicate a division headquarters by creating and monitoring scenarios to test the command post’s capabilities and acting as various role-

playing organizations that make up those scenarios.

“This exercise is a stepping stone for the CCP to prepare for future training exercises and real-world missions,” Rauschuber said.

In the spring, the CCP will take part in the capstone exercise Austere Challenge 12.

“We are well on the way. We are capable to get out and support the USAREUR and EUCOM commanders’ mission requirements,” Hebert said. [But] we are always trying to refine CCP capability through our training plan to meet emergent requirements within the AOR.”

Be prepared: build kit, make plan, be informed

USAG Baden-Württemberg Red Cross

September is National Preparedness Month, and the American Red Cross in Heidelberg is calling on families, businesses, schools and organizations to take steps to be better prepared for the next emergency or disaster.

Disasters can strike at any time – from earthquakes to hurricanes to terrorist attacks like those that occurred on 9/11 10 years ago. National Preparedness Month provides our nation with the opportunity to remember the victims, to honor those who responded and to make a renewed commitment to being better prepared for the future.

“We all must do what we can to prepare our families and make our communities ready for the next emergency,” said Peter Buttner, Heidelberg station manager. “Everyone can take three key action steps to get started: Build a kit. Make a plan. And be informed.”

All members of the household should work together on an emer-

gency plan. Designate a meeting place right outside your home in case of a sudden emergency like a fire. Each person should know how to reach other members of the household. The plan should also include an out-of-area emergency contact person and a location where everyone should meet if they can’t go home.

Citizens should be informed about what types of disasters are most likely to occur where they live and how local authorities will contact them in the event of a disaster. First aid and CPR/AED training empowers individuals with the confidence and skills to respond to health emergencies in case advanced medical help is delayed. Visit www.redcross.org/training to register.

“We have learned from previous disasters that the government, communities and organizations like the Red Cross never be big enough to do it all in every disaster,” Buttner said. “Every person, business, school and house of worship must be prepared to take care of themselves and their neighbors in an emergency.”

Severe weather, power outages and water main breaks can happen anytime. Throughout the year, the Red Cross offers programs to help people be prepared.

- The Do More Than Cross Your Fingers campaign featuring Jamie Lee Curtis makes it easy for people to prepare for emergencies, starting with how to customize emergency kits.

- The Ready When the Time Comes program trains employees from corporations and mobilizes them as a community-based volunteer force when disaster strikes.

- Be Red Cross Ready is a web-based interactive tutorial that teaches people how to be ready for emergencies.

- The Ready Rating Program, developed because up to 40 percent of businesses fail following a manmade or natural disaster, (www.readyrating.org) is a free, self-paced, web-based membership program that measures how ready businesses, organizations and schools are to deal with emergencies. The program is designed for those who are in the beginning stages

Emergency Supplies

Emergency preparedness kits should include enough supplies for at least three days. Water (one gallon per person per day), nonperishable food, a flashlight, battery-powered or hand-crank radio, extra batteries, a first aid kit, a seven day supply of medications, a multipurpose tool, personal hygiene items and copies of important personal documents should go in every kit. The Red Cross also recommends having at least two weeks worth of supplies at home. A variety of emergency preparedness kits, first aid kits and other supplies are available at www.redcrossstore.org.

of planning for emergencies as well as those who have already done so and want confirmation on their preparedness. It gives these groups ideas of what they can do to better prepare themselves for the next emergency or disaster.

No one can predict where or when the next large disaster will strike, but steps taken today can save lives and livelihoods tomorrow.

transformation UPDATE

Frequently Asked Questions

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

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

Will the Mannheim commissary and Exchange close by the end of year?

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

What is the housing situation for Grant Circle? Will correctional facility personnel live in Grant Circle due to response time?

We are not assigning new personnel to Army Family Housing in Mannheim (Benjamin Franklin Village to include Grant Circle) and Mark Twain Village in Heidelberg. All new families are assigned to housing on Patrick Henry Village or given exceptions to live off post if quarters are not available in a timely fashion in accordance with U.S. Army Europe policies. The target closure date for BFV in Mannheim and MTV East in Heidelberg is September 2012. Residents who have not PCSed by then will be moved to PHV or off post to include correctional facility Soldiers with families. Single Soldiers will continue to be assigned to unaccompanied personnel housing on Coleman Barracks and PHV depending on where their unit is located.

For Soldiers currently authorized to live in off post housing – will this still be authorized when we move to other communities or will we be forced back into military housing?

Housing assignments generally follow the new U.S. Army Europe housing policy which states enlisted service members E-4 and below must live on post and E-5 and above may choose to live off post. If housing is not projected to be available within 60 days after the Soldier arrives, the Soldier has the option to accept a certificate of nonavailability to seek off-post private rental housing. Personnel will automatically be issued a CNA if housing availability is projected to exceed 90 days after arrival. Servicemembers who have permanent change of station orders to other communities in Europe still have the option to live off-post as outlined in the new USAREUR policy. Housing appointments for incoming personnel assigned to USAG BW are now handled at the Community Support Center, Bldg. 3850 on the Shopping Center Kaserne in Heidelberg. The housing memorandum is available at <https://aepubs.army.mil>.

Should we expect to see a raise in COLA for the servicemembers staying behind – maybe a COLA survey?

Military finance centers pay Cost Of Living Allowance in U.S. dollars based on the currency exchange rate. COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. If prices in CONUS are rising at a greater rate than those overseas, COLA will decrease. If prices overseas are rising at a greater rate than those in CONUS, COLA will increase. For information about overseas COLA, see www.defensetravel.dod.mil/site/cola.cfm. COLA rates wouldn't be affected by changes in access to military facilities.

Facilities Operations Changes

New – Sullivan Gate – The vehicle access control point on Sullivan Barracks in Mannheim located near the Class VI store will permanently close Sept. 9, but pedestrians will still be able to use this gate to exit Sullivan Barracks. The pedestrian gate near Bldg. 254 (formerly the Mannheim USO office) will remain open 24 hours a day as an additional entry and exit point for ID card holders wishing to gain access to Sullivan Barracks. For information or questions on the gate closure please contact the Military Police in Mannheim at 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 Sept. 15. It will be 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. Com-

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

New – 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, 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 Shopette – 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 – 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. ID cards/DEERS and passport services are available at the Heidelberg Community Support Center, Bldg. 3850, on the Shopping Center. DSN 370-9804, civ. 06221-57-9804. 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 will 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.

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

New – 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 change doesn't apply to Consolidated Mail Room customer service. The CMR customer service package pick-up window hours remain the same: 11 a.m.-6 p.m. Monday-Friday. Both facilities are closed to customer service on federal holidays.

Mannheim Health and Dental Clinics – The Health and Dental Clinics on Benjamin Franklin Village in Mannheim will close Sept. 30. Active duty servicemembers stationed in Mannheim will be assigned to the Coleman Troop Medical Clinic and command sponsored family members to the Heidelberg Health Center. Mannheim Health Clinic patients may begin changing their enrollment site immediately. Servicemembers residing in Heidelberg with duty in Mannheim may have the option to enroll at the Heidelberg Health Center. Active duty and family members may visit the TRICARE enrollment office to make the enrollment change. Offices are on the Shopping Center in the Central Processing Facility and at the Heidelberg Health Center on Nachrichten Kaserne in Bldg. 3613, Room 2047. Both are open 8 a.m.-4 p.m. Monday-Friday. DSN 371-2445, civ. 06221-17-2445. After Sept. 30, servicemembers will receive dental care on Coleman Barracks and family members at Patrick Henry Village Dental Clinic. 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.

New – Mannheim Area Retirees – Retirees and their family members enrolled at the Mannheim health and dental clinics will be disenrolled Sept. 30. The Heidelberg Health Center will offer these beneficiaries care on a space available basis. Retirees will also have the option of picking up prescription medications at the Coleman pharmacy. Customers should be aware that this pharmacy does not carry geriatric products. The Mannheim TRICARE Service Center may assist retirees by providing names and contact information for German primary care physicians upon patient request.

Mannheim Social Work Services – Social Work Services is located in the health clinic, Bldg. 739, on Benjamin Franklin Village. On Oct. 1, SWS will move to the Heidelberg Health Center on Nachrichten Kaserne. To contact SWS, call the Health Clinic front desk at DSN 380-9500, civ. 0621-730-9500 or, in Heidelberg, DSN 371-2084, civ. 06221-17-2084.

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

Heidelberg Acute Care Clinic – The Acute Care Clinic on Nachrichten Kaserne in Heidelberg will close Sept. 30. Enrolled beneficiaries will be seen at the Family Practice Clinic and emergency care can be found on the economy by host nation providers. During September, the Acute Care Clinic will be closed Sundays and U.S. holidays. Pick up a "Guide to Host Nation Health Care" at the Heidelberg Health Center or visit <https://ermc.amedd.army.mil/heidelberg/index.cfm>.

Mannheim Physical Therapy – Physical therapy services are no longer offered in Mannheim. Currently, Physical Therapy only serves the active duty population, who now need to go to the Heidelberg Health Center on Nachrichten Kaserne for this treatment.

Mannheim SATO – The SATO travel office in Mannheim is closed. Customers can use the SATO offices in Heidelberg on the Shopping Center and on Campbell Barracks. SATO handles travel for official and leisure purposes and also books rental cars, hotels, cruises, day trips and bus tours. The SATO office on the Shopping Center in Heidelberg is in the Community Support Center, Bldg. 3850, and is open 8 a.m.-5 p.m. Monday-Friday and closed on German holidays. DSN 370-6949, civ. 06221-57-6949. SATO on Campbell Barracks is in Bldg. 31 and is open 8 a.m.-4:30 p.m. Monday-Friday and closed on German and American holidays. DSN 370-6615, civ. 06221-985-0690.

Tompkins Gym – The Fitness Center on Tompkins Barracks in Schwetzingen has new hours: 5:30 a.m.-8 p.m. Monday-Friday. The facility is closed Saturdays, Sundays and U.S. holidays. DSN 379-7700, civ. 06202-80-7700.

Spinelli Auto Skills – Spinelli Auto Skills has new hours of operation.

Faces of the community: CWT SATO



Dijon Rolle

Alicia Zeiler, a travel agent at Carlson Wagonlit Travel Scheduled Airline Ticketing Office on Campbell Barracks in Heidelberg, looks through a travel guide for information to assist a customer. CWTSATO employees help customers book rail, air, car and hotel reservations for official and personal travel. The Campbell Barracks office is located on the first floor of Bldg. 31, Room 107. A second CWTSATO office is located in the Community Support Center on the Heidelberg Shopping Center. The Campbell Barracks office is open 8:30 a.m.- 4:30 p.m. Monday-Friday and closed on German holidays. DSN 370-6615, civ. 06221-985-0690. heidelbergcampcto@cwtsatotravel.com.

COMMENTARY

Sept. 11: date we remember as indelible part of our history

By Lt. Gen. Mark P. Hertling
USAREUR COMMANDER

There are dates taught in history classes many Americans will always remember.

Dec. 7, 1941, is "a date that will live in infamy," as that day marks an unprovoked attack on Pearl Harbor.

June 6, 1944, saw U.S. troops landing at Normandy and beginning the actions that resulted in the freeing of the continent of Europe from Nazi tyranny.

Nov. 22, 1963, was the day President Kennedy was shot, and "the day the music died;" and on April 4, 1968, in Memphis, Dr. Martin Luther King, Jr. was assassinated.

But for those of us of this generation, Sept. 11, 2001, is a date we will always remember.

It has been 10 years since the attacks on the World Trade Center buildings in New York, the Pentagon in Northern Vir-

ginia and the plane crash in Shanksville, Pa., which had as its target either the White House or the Capitol.

Many of us remember exactly where we were on that Tuesday morning, and we remember what we were doing when the attacks occurred.

Some of us had friends among the nearly 3,000 victims in those buildings, who were mostly American but who also represented citizens of over 70 different countries.

This was more than an attack on our country. It was an attack on liberty, human dignity and shared security.

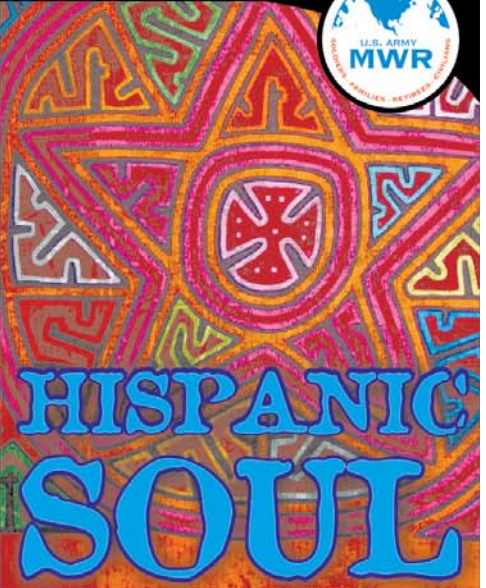
On this 10th anniversary, I would ask all the Soldiers, civilians and family members of U.S. Army in Europe to dedicate time for silence and remembrance as a tribute to the victims of the 9/11 attack.

I would also ask you to remember those Soldiers – and all those who strive to de-

On this 10th anniversary, I would ask all the Soldiers, civilians and family members of U.S. Army in Europe to dedicate time for silence and remembrance as a tribute to the victims of the 9/11 attack.

fend liberty and the dignity of mankind – who have dutifully served their country in the aftermath of those attacks, and those who have made the ultimate sacrifice in the 10 years since our country was threatened by violent extremism.

ARTS & CULTURAL CENTER
mwrgermany.com



Celebrating Hispanic
Heritage Month

Dining • Music • Dancing • Art • Entertainment • Bash!

This is a multi-cultural event for the entire family, featuring Latin dancing, Hispanic cuisine, an art exhibit and much more!

\$12 advance-ticket purchase,

\$15 at the door.

(\$8 ages 8-14, \$10 ages 15-18)

SEPT.
24
6:30-11pm
Village Pavilion



PHV, Bldg. 4507 | DSN: 388-9421 | CIV: 06221-338-9421

HEALTH ASSISTANCE

ACE, suicide prevention for Army by Army

Lt. Col. Blain S. Walker
U.S. ARMY PUBLIC HEALTH COMMAND

“Ask, Care, Escort,” or ACE, training is the Army-approved suicide prevention and awareness training model for all Soldiers, leaders and Army civilians.

It is also available to family members. Soldiers have been completing ACE suicide awareness training on an annual basis for several years now.

These Soldiers can probably tell you all of the warning signs and risk factors of suicide from memory, but is that awareness enough?

Preventing suicide is more than just knowing what puts Soldiers at risk for taking their life. It is all about ACE.

Ask is the most difficult challenge when facing someone you think may be suicidal. People fear asking the question, “Are you thinking of killing yourself?” for several reasons.

First, they may be afraid of offending the friend. In reality, your friend is more

A ~ **Ask:** People fear asking the question, “Are you thinking of killing yourself?” but the person may feel they have a friend who is listening.

C ~ **Care:** When you care about someone you think may be suicidal, it becomes much easier to ask the question, “Are you thinking of killing yourself?”

E ~ **Escort:** Escorting is the easiest step in the ACE model. At least it is easy when you already know what and where your resources are located.

likely to be grateful that you care enough about them to ask the question and that you are aware of the pain they are going through. By asking the question, you are letting them know they have a friend who is listening to them.

A second reason we may not ask the question is that it is hard for us to believe someone we know or care about is considering taking that final step. Suicide is something that always happens to someone else.

A third reason it is difficult to ask someone if they are suicidal is. What if the answer is yes? What do you do?

This fear can be overcome by familiarizing yourself with the resources available.

Where is the nearest chaplain, behavioral health provider or emergency room?

Knowing the answers to these questions will not only help alleviate the fear of getting a “yes” answer, but will help with the escort step in the ACE model.

Caring is the key to the whole ACE model. In fact, the model should be CAE, but that acronym doesn’t make any sense and is not as easy to remember.

When you care about someone you are likely to listen to

them when they are experiencing emotional or physical pain. You are more likely to be concerned about their welfare and see that they get through whatever their trial may be.

When you care about someone you think may be suicidal, it becomes much easier to ask the question, “Are you thinking of killing yourself?”

When you care about someone, you are more likely to find out what and where the local resources are and escort your friend to get the help he or she needs.

It is not uncommon for individuals who are suicidal to feel alone, or that no one cares whether they live or die.

By actively listening and engaging with a friend you are showing that you care.

That, in and of itself, may be enough to help prevent a suicide.

Escorting is the easiest step in the ACE model. At least it is easy when you already know what and where your resources are located.

Take the time to find out where your local chaplain and

Information on Suicide Prevention

- ♦ Tri-Signed Army Proclamation Announcing Suicide Prevention Observance, www.armyg1.army.mil/hr/suicide/docs/Proclamation-Sept2011.pdf
- ♦ Suicide Awareness video aimed at first line supervisors, www.army.mil/article/63934/Suicide_awareness_video_aimed_at_first_line_supervisors
- ♦ Trainer Facilitation Guide, Shoulder to Shoulder: Finding Strength and Hope Together, www.armyg1.army.mil/hr/suicide/docs/S2S-2011FacilitationGuide.pdf
- ♦ Trainer Presentation, Shoulder to Shoulder: Finding Strength and Hope Together, www.armyg1.army.mil/hr/suicide/docs/S2S-2011Training.ppt

behavioral health providers are.

Find out where the nearest military treatment facility or emergency room is located.

When you ask if someone is suicidal and they say yes, care enough to escort them to the nearest resource where they can get help.

LEGAL ASSISTANCE

Navigate medical, physical evaluation boards

Soldiers MEB Counsel Europe

Servicemembers new to the Medical Evaluation Board and Physical Evaluation Board process are often confused and weighed down with questions concerning their legal rights.

MEB Outreach Counsel and Soldiers Counsel (PEB Counsel) are licensed attorneys available to provide information, advice and representation to Soldiers throughout the MEB-PEB process.

The MEB Outreach Counsel is available to assist individual Soldiers from the moment they are referred into the MEB process.

At the beginning, general advice and assistance is provided in developing a strategy to reach the Soldier’s desired outcome. As Soldiers progress through the system, the MEB Outreach Counsel can provide more specific advice and representation.

The Soldiers Counsel is available to represent Soldiers once the case progresses from the MEB to the PEB stage.

The MEB Outreach Counsel that serves all U.S. Army Europe Soldiers is in the Wiesbaden Legal Center. Soldiers Counsel offices are located at Landstuhl and Vilseck.

For those residing in USAREUR who are undergoing an MEB-PEB, legal teams are available in Heidelberg: DSN 371-2091, civ. 06221-17-2091 and Landstuhl: DSN 590-8907, civ. 06371-9464-8907.

Chil-laxing



Sgt. 1st Class Clifford Price and Jalen Rahter, 10, take advantage of the video games at the new Warrior Zone in the bowling facility on Sembach Kaserne. The Warrior Zone is the latest addition to U.S. Army Garrison Kaiserslautern’s Family and Morale, Welfare and Recreation offerings and is specifically designed for single Soldiers and their guests.

Mark Heeter



Sgt. 1st Class Raymond Drumsta

Sgt. Larry Sloan, left, Sgt. Jason Dolan and other New York Army National Guard aviation Soldiers load food aboard a UH60 Black Hawk helicopter at Army Aviation Support Facility 3 Aug. 31, in Latham, N.Y. The food was donated by the Regional Food Bank of Northeastern New York, and the aviation Soldiers flew it to the victims of flooding that occurred in the wake of Hurricane Irene.

our ARMY around the world

For more Army news,
visit www.army.mil



Spc. Ken Scar

Soldiers from 172nd Infantry Brigade work at dislodging their M-777 155mm howitzer from the three-foot deep hole it dug its spades into after firing several rocket assisted projectiles Saturday in Afghanistan. The huge weapon weighs 9,000 pounds.



Sgt. 1st Class Michael R. Noggle

Sgt. 1st Class Leroy Petry, 75th Ranger Regiment and Medal of Honor recipient, speaks to a member of the Veterans of Foreign Wars at the VFW Convention Aug. 30 in San Antonio, Texas.



U.S. Navy Mass Communication Specialist 1st Class Chad J. McNeeley

General David H. Petraeus reviews troops at his retirement ceremony and Armed Forces Farewell, Joint Base Meyer-Henderson Hall, Va., Aug. 31. Petraeus retired after a 37-year career to become the director of the Central Intelligence Agency.



Never Forget the 9/11 Attacks



Remember the past—prepare for the future

On September 11, 2001, Americans woke to face one of the most challenging times in our history. We cannot forget that horrific day—nor the sacrifices that the men and women in uniform and their families make every day.



Photo credit: U.S. Navy photo by Mass Communication Specialist, 1st Class Brien Aho

The Pentagon Memorial

Commemorating those who died on American Airlines Flight 77 and in the Pentagon

Army-wide vigilance contributes to the defense of our Nation and our Army.

Always Ready, Always Alert
Because someone is depending on you



<https://www.us.army.mil/suite/page/605757>

LIAISONS

continued from page 1

According to Europe Regional Medical Command, host nation providers and their staffs are highly educated professionals who provide excellent medical services. The most recent World Health Organization health system rating placed Germany, Italy, France, Luxembourg, the Netherlands, the United Kingdom and Spain in the top 25 of the world's health systems of overall patient satisfaction. The U.S. was number 37.

In addition to receiving top-notch medical care outside overseas military installations, patients of the U.S. Army Health Center Heidelberg can also use the services of host nation patient liaisons, who are happy to assist.

"Just when you think, 'Oh no, here I am all alone in this German hospital,' in walks the host nation patient liaison to let you know that you are not alone," said Anthony M. Sosa, healthcare information specialist at the Heidelberg Health Center.

"There is someone there to assist and answer your questions in English. Our patient liaisons are dedicated to making your lives easier, allowing you to focus on the care plan at hand and your own treatment or recovery," Sosa said.

Host nation patient liaisons are also ready and available for routine appointments.

"We're familiar with the facilities they're going to, know the physicians and staffs and can give them some insight as to what to expect. Generally speaking, all German doctors speak English more than adequately to communicate well with their American patients and are familiar with their expectations," said Bonnie DeJesus, host nation patient liaison in Kaiserslautern.

While many physicians speak good English, their staffs may not. Host nation patient liaisons here are fluent in English and German, are familiar with medical terminology (which sometimes does not directly translate

"We facilitate the transition of health care delivery between the American military medical system and the local national medical system by explaining differences between the two systems so patients know what to expect (in regard to) cultural differences, items to bring, meals, accommodations, visiting hours and parking."

—Bonnie DeJesus, Kaiserslautern patient liaison

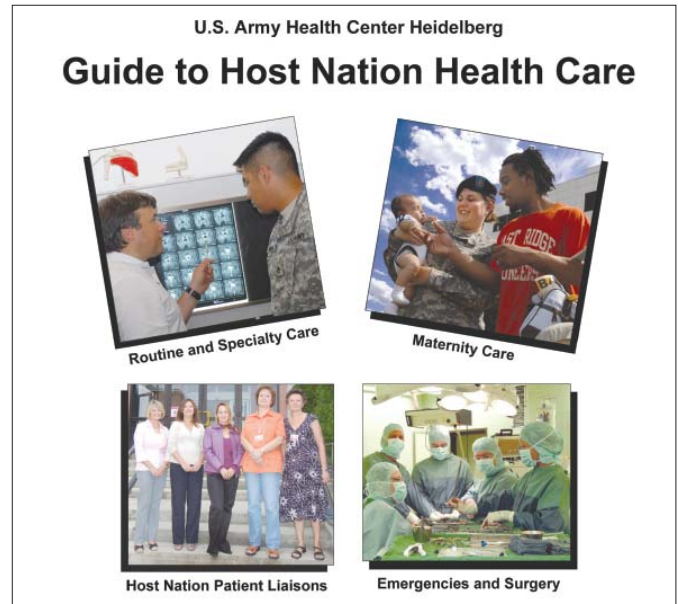
into English) and can help patients converse with clinic staff, which helps avoid misinformation and a breakdown in communication.

Cultural norms between the United States and Germany, although similar in many ways, can unexpectedly vary, no matter how comfortable the patient is with the host nation and general day-to-day life, said who.

For example, German opposite gender physicians may not provide chaperones while conducting exams, and nursing staff may walk through a room during the exam or while the patient is undressing.

The patient liaison can ask for accommodation on the patient's behalf if she or he is uncomfortable with these common practices.

"We facilitate the transition of health care delivery between the American military medical system and the local national medical system by explaining differences between the two systems so patients know what to



expect (in regard to) cultural differences, items to bring, meals, accommodations, visiting hours and parking," DeJesus said.

The patient liaisons also submit daily reports on patient status to the commander and monitoring physicians, including the patient's admission date, diagnosis, treatments, names and telephone numbers of stations where patients are located so that the commander or monitoring physicians can contact the local national attending physician on the patient's behalf as necessary.

The host nation patient liaison office is located on the second floor of Bldg. 3613 on Nachrichten Kaserne in Heidelberg. Patient liaisons may be reached at DSN 371-2474, civ. 06221-17-2474 during regular duty hours.

"If you've been admitted to German medical facility and have not yet been contacted by a host nation patient liaison, please call the Heidelberg Health Center staff duty desk at DSN 371-2605, civ. 06221-17-2605," Sosa said.

After duty hours and during weekends or holidays, patients can also call the staff duty desk and the duty officer will contact the on-call patient liaison.

Due to transformation, the host nation patient liaison in Mannheim is now responsible for Coleman Barracks, Benjamin Franklin Village and the Mannheim Klinikum. She may be contacted at civ. 06221-17-2605.

More information about off-post health care can be found in the Guide to Host Nation Health Care, available at the Heidelberg Health Center on Nachrichten Kaserne or via a downloadable PDF at <http://ermc.amedd.army.mil/heidelberg/index.cfm>.

NOTE: Due to transformation and other efforts, there will be ongoing changes to health care for patients in U.S. Army Garrison Baden-Württemberg. The U.S. Army Health Center Heidelberg wants to keep the community prepared and informed, but they can only contact patients who keep their information in DEERS updated. It is the sponsor's responsibility to ensure their information — and their family's — is correct and updated. This can be done at the ID card office when expiring identification and CACs are replaced or new ones are issued.

POLICE

continued from page 1

enforcement process and said she felt reluctant to speak about the accident. When Soldiers from the 529th Military Police Company showed up at the scene, and she was joined by Col. Rebecca Tomsyck, chief of behavioral health, Jackson was relieved and reassured by their presence.

Huestis and an off-duty German firefighter who also responded to the scene continued rescue efforts for at least 30 minutes until the Deutsches Rotes Kreuz

arrived.

Huestis is coincidentally a former member of the 529th Military Police Company and was on leave before a permanent change of station move the next morning. He was still on hand when the three military policemen of his former unit appeared.

Sgt. David Crocket, Spc. Alexander Newlan and Sgt. Brent Opstad, all from the 529th MP traffic unit, arrived shortly after the German Polizei and stayed for up to five hours to assist Jackson.

"Though the process resulted in these Soldiers

having to work overtime, they did so without complaint or impatience," wrote Jackson, in a letter of appreciation to U.S. Army Garrison Baden-Württemberg Commander Col. Bryan DeCoster.

Opstad arranged for Jackson's car to be towed, secured a rental car and all three MPs made sure she arrived safely home that night.

Newlan carefully explained the investigation process to her and answered her questions, as did Crocket.

"We did our best to take care of her," Newlan said. He

noted the comforting effect of having something familiar around in a time of crisis in a foreign country.

Crocket even had the disturbing task of informing the family members arriving at the scene of their deceased relative.

"We're not usually the ones making death notifications," he said.

All the Soldiers combined efforts helped to lessen the stress Jackson felt that unsettling evening. In her letter, Jackson's pride and gratitude for them radiated off the stark white paper.

"I can say without hesitation that no officers of the law could have handled the scene ... any better than the above officers of the Heidelberg 529th MP," she concluded.

When asked if he considered their efforts that night to be above and beyond the call of duty, Newlan shrugged.

"It's just all in a day's work," he said.

Newlan, Opstad, Crocket and Huestis have been recommended for awards for their actions.

NOTE: Brooke Brown contributed to this report.

Belgium's oldest city a mecca of second-hand treasures

By Katja Pinkston
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS STRINGER

Among shoppers, Tongeren is known as home to one of the largest antique flea markets in Europe. Every Sunday from 7 a.m.-1 p.m., flea market shoppers can go treasure hunting by strolling through the streets and covered walkways lined with tempting wares among approximately 300 stalls.

By the time you get to the parking garage on level one of the Julianus Shopping Center, you begin to wonder if your car is big enough to hold all the treasures you have found. The entire level of the garage is reserved for the Sunday morning vendors who sell everything except clothes.

If that is not enough, the antique shops in the city open their doors on Sunday mornings as well. In addition, every first Sunday of the month, retail businesses open for those unenamored with antique or second-hand items and with a preference for purchasing new.

Aside from being a shoppers' paradise, Tongeren boasts several historical sites. According to legend, the beginning of Tongeren dates to 900 B.C., when Tongrus is said to have founded the settlement. In 54 B.C., a legendary battle between Caesar's legions and the local warriors under the command of Ambiorix took place around Tongeren. Although we know little of this battle, it is assumed that Caesar won, as the Romans occupied the region of Atuatuca Tungorum.

Not only is it the oldest city in Belgium with a rich history, but Tongeren's Gallo-Roman Museum was named European Museum of the Year 2011. The museum offers a wealth of artifacts that bring this time period back to life.

At the main square, Ambiorix's statue and the impressive basilica remind you of the city's past, as you relax at one of the many cozy cafes that dot the square and side streets.

On your walk through the historical part of town, you will come across remnants of the defensive wall that surrounded Tongeren. Some of the remnants date back to the second century B.C., while other parts of the wall, like the Moeren Tower, were built during the Middle Ages.

It was during the High Middle



Hotels, Information

Hotels –
Ambiotel, Veemarkt 2, 3700 Tongeren, www.ambiotel.be
Eburon, de Schiervelstraat 10, 3700 Tongeren, www.eburonhotel.be

Tourist Office –
Tourismus Tongeren, Via Julianus 5, 3700 Tongeren, info@toerismetongeren.be



Photos by Katja Pinkston

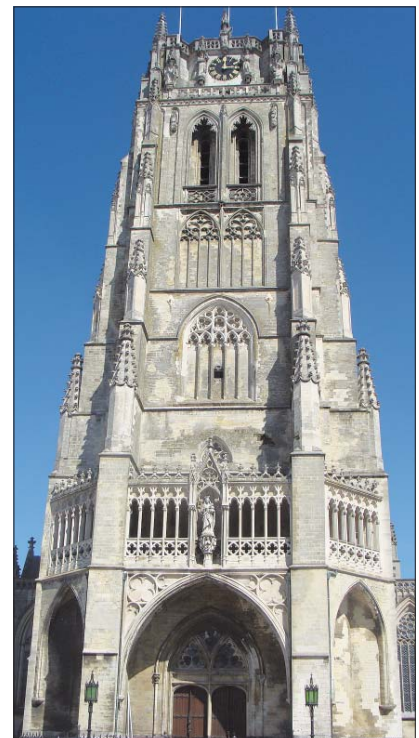
Top photo, in the Tongeren town square, the statue of Ambiorix erected in 1866 towers over shops and restaurants. Above, the interior of level one of the Julianus shopping center parking garage converts to a flea market on Sunday mornings. Below left, shoppers seek treasures along Maastrichterstraat, the city's main street. Below right, the basilica dates to 1240 when construction began, taking almost 300 years to finish.

Ages, when Tongeren began to blossom into a wealthy market and trading town. When you walk through the Beguinage you will feel the special atmosphere of the past, with its narrow, cobbled streets, its old church and artisan quarters. This area is also listed as a UNESCO World Heritage Site.

If you are not interested in walking through town, you can take advantage of the Ambiorix train and see the historical sites during a leisurely 45-minute drive through town.

Shopping and sightseeing comes to a welcome break at one of the many restaurants or brasseries that are strewn throughout the city, where you can enjoy a wide variety of culinary delights ranging from Belgian waffles to fresh seafood.

Whether you visit Tongeren to pursue interests in bargain hunting, history or both, you will return home with memories for years to come.



GERMAN NEWS

TAXI FARE DISPUTE

A taxi driver in Hamburg became so enraged during a fare dispute with a passenger that he beat the woman and then locked her in the car trunk for five hours before she was freed, police reported on Monday. According to Hamburg police, the 32-year-old victim suffered from shock and severe bruising on her arms and legs, after being found Sunday following a huge manhunt. The driver has been jailed. Authorities say the incident started when the woman became concerned that the driver was taking a detour in order to charge her more money. When she asked whether he was trying to drive the fare up, the driver became angry and hit her in the face before forcing her into the taxi's trunk and locking it, according to police. The woman called the emergency number on her mobile phone, but she was only found after passers-by heard her cries and called authorities. The man had apparently parked the cab outside his apartment north of Hamburg in Schleswig-Holstein, left the screaming woman in the trunk and went inside.

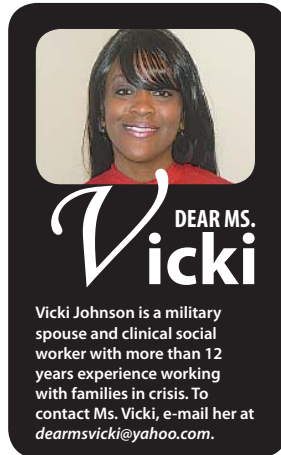
TERRORISTS IN GERMANY

Around 1,000 potential Islamist terrorists live in Germany, 128 of whom could be classed as capable of carrying out attacks, Interior Minister Hans-Peter Friedrich said Monday. One thousand people could be described as possible Islamist terrorists, he told the Bild daily, adding that 128 could be considered dangerous and capable of committing attacks. Friedrich said around 20 of those had received training in camps associated with terror groups and that these individuals were under surveillance by the country's security services. Friedrich added he thought there was little chance of a repetition of the scale of the terror attack on the United States on Sept. 11, 2001, that brought down the twin towers of New York's World Trade Center.

MERKEL CANCELS APPEARANCES

Horst Kasner, the father of German Chancellor Angela Merkel, died Friday at the age of 85, a government spokesperson said. The chancellor canceled all appointments scheduled for Saturday. Merkel was due to put in a final campaign push with her fellow Christian Democrats ahead of elections in Mecklenburg-Western Pomerania on Sunday.

Source: www.thelocal.de



DEAR MS.
Vicki

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,

I just wanted to ask your advice on what my options are and which way I should maybe head career wise.

I'm an Army spouse and am about to graduate with a Bachelor of Arts in psychology and social science.

I am interested in working on base in hopes of being able to transfer when my wife does every three years or so.

I have researched post traumatic stress disorder while taking psychology and during social science I have been more focused on family and children.

I think my main question might be in what field should I get my master's, since I want something in social work.

Thanks, Army Family Member

Dear Family Member,

Thank you so much for writing and asking this important question. I would never impugn anyone's higher education.

However, I'm a big proponent

of the social work profession. It provides many quick opportunities i.e. licensure, the field of treatment, policy, prevention and education etc.

I'm not sure where you will relocate, but I think you should definitely consider an master's of social work or master's of science in social work. Check with the National Association of Social Work. That website is www.naswdc.org and their phone number is 800-742-4089 (8:30 a.m.-5:30 p.m. Monday-Friday, Eastern time).

There's a lot of information on the website about the field and you can also ask about accredited graduate schools in your new location. I'm positive they will have some programs in your immediate area.

You can also Google information on graduate social work programs in your state. I hope this helps. Keep in touch and let me know what you decide.

Dear Ms. Vicki,

I don't think I can take another day of this deployment. This has been my husband's third deployment in four years. He's been gone for 10 months this time and is supposed to return early September.

Now we are hearing rumors they could be extended for another two months or perhaps not come home at all.

My friends say this is what happened to their husbands. What if it happened to my husband?

He was sent over as an Individual Augmentee and he is with a totally different unit. This has caused major heartburn for me because I think he was the one selected to deploy again because his first sergeant and commander don't like him. I think I would "crack" literally.

I'm just ready for this to be over and done.

I am tired of this deployment and all of the stressors that have come with it.

Do you have any suggestions to help me keep going? I really don't want to fall apart.

From: Deployment Blues

Dear Blues,

The hardest period of deployment is the last two months.

For some reason this is also a time when rumors will start and spread around like wild fire.

I'm sure it's because of the anxiety of the reunion. Time seems to have slowed down, and we are all worn from the stress of deployment.

At this point we are only concerned with their departure and arrival date. You should know that these dates may change a few times before the dates become solid.

It's been tough. I know firsthand. Deployments are tough and can produce a lot of fear and anxiety too.

However, you can't let allow yourself to become engaged with rumors. At this point, revisit what has carried you through this deployment so far – family, friends, faith.

My husband's return date changed many times. I told myself if he returned safe and unharmed I would wait a life time.

There are so many servicemembers who never returned home alive to greet their families.

So if your husband is safe and unharmed you are blessed. My advice is keep doing what has helped you through thus far, and show patience. I think you can make it.

Recognizing the symptoms of ADHD in children

Dr. E. Wayne Combs

U.S. ARMY PUBLIC HEALTH COMMAND

Most healthy children occasionally have trouble sitting still, paying attention or controlling impulses. Maybe you have noticed these behaviors in your own children.

That's normal. But for some children, the problem is so bad that it interferes with their daily lives at home, at school and in social settings.

Attention-deficit/hyperactivity disorder, or ADHD, is characterized by not being able to pay attention, hyperactivity (highly or excessively active) and impulsive behavior (acting without thinking

first).

There are three identified types of ADHD.

Here are the symptoms for each type.

A child who has the predominantly inattentive type of ADHD exhibits some of the following symptoms:

- Fails to give close attention to details or makes careless mistakes.
- Has difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow through on instructions.
- Has difficulty with organization.
- Is easily distracted.

A child who has the predominantly hyperactive-impulsive

type of ADHD exhibits some of the following symptoms:

- Fidgets with hands or feet or squirms in chair.
- Has difficulty remaining seated.
- Runs about or climbs excessively.
- Acts as if driven by a motor.
- Has difficulty waiting or taking turns.
- Interrupts or intrudes upon others.

Finally, children who have the combined type of ADHD meet both sets of inattention and hyperactive or impulsive criteria.

There is no simple test (like a blood test or a short written test) to determine whether someone has ADHD.

Diagnosis can be difficult and should be made only by an expert (school psychologist, clinical psychologist, clinical social worker, nurse practitioner, neurologist, psychiatrist or pediatrician) after an extensive evaluation.

This evaluation should include ruling out other possible causes for the symptoms, a physical examination and a series of interviews with the individual and other key persons in the individual's life (parents, spouse, teachers and others).

With early diagnosis and the right treatment, including medication and appropriate counseling and behavior therapy, most children with

ADHD grow up to be normal, successful adults.

The best results usually occur when a team approach is used with teachers, parents, therapists, doctors and nurses working together.

If you're concerned that your child is displaying signs of ADHD, talk to your pediatrician or primary care manager.

Your doctor may refer you to a specialist, but it's important to have a medical evaluation first to check for other causes of your child's difficulties.

To learn more about attention deficit/hyperactivity disorder, visit www.adhd.com/index.html.

GET OUT!

area events

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

September 8

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.

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 9

Italian Grand Prix – The 14th race of the 2011 Formula 1 World Championship will take place in Italy this weekend at the Circuit of Monza, Via Vedano 5 in Monza, Milan. www.italy-grand-prix.com/en/378-italy.

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.

Wurstmarkt Wine Festival – Even though it's called a Wurstmarkt (sausage market), Bad Dürkheim claims to host the biggest wine festival in the world through Sept. 13 and Sept. 16-19 on the fest grounds. GPS: Auf den Brühlwiesen, 67098 Bad Dürkheim.

September 10

Dippemess Fair – This year's Autumn Dippemess Fair will be held in Frankfurt's Ratsweg Festplatz now 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 13

Japanese Gardens – Within the heart of Kaiserslautern lies the Japanese Gardens, which is a great place for all ages to enjoy. The gardens are renowned for not only providing tranquility and an insight to Japanese culture in the middle of a city, but they are also very popular with locals, tourists and expatriots. Enjoy the fresh air, admire exotic plants, traditional Japanese buildings and learn more about Japanese history and

culture via guided tours. Free admission for children under 12, €1 for ages 12 to 16 years and €3.50 for adults. The gardens are open 10 a.m.-6 p.m. Civ. 0631-370-6600. www.buzzoffbase.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 flightline. 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.

September 16

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 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 23

Cannstatter Volksfest – The city of Stuttgart will host the 166th annual Cannstatter Volksfest through Oct. 9. Visitors can enjoy food, rollercoaster 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.

Hohenfel's Community Bazaar – Check out pottery, rugs, wine, gourmet cheese, antiques, prizes, food and more during the Hohenfel's 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

treating. 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. Civ. 063136750, www.pfalztheater.de/english-pt-page.

Volksfest – The U.S. Army Europe Fest Band performs 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/

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. Tour the local shopping areas 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>.

coming to THEATERS

LARRY CROWNE

(Tom Hanks, Julia Roberts)
Until he was downsized, affable, amiable Larry Crowne was a superstar team leader at the big-box company. Underwater on his mortgage and unclear on what to do with his suddenly free days, Larry heads to his local college to start over. There he becomes part of a colorful community of outcasts and the overlooked, all trying to find a better future for themselves. (Rated PG-13 for brief strong language and some sexual content) 116 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 8 – BAD TEACHER (R) 7 p.m.
Sept. 9 – LARRY CROWNE (PG-13) 7 p.m.; MONTE CARLO (PG) 9 p.m.
Sept. 10 – MONTE CARLO (PG) 4 p.m.; LARRY CROWNE (PG-13) 7 p.m.; 9 p.m.
Sept. 11 – MONTE CARLO (PG) 4 p.m.; LARRY CROWNE (PG-13) 7 p.m.
Sept. 12 – LARRY CROWNE (PG-13) 7 p.m.
Sept. 13 – MONTE CARLO (PG) 7 p.m.
Sept. 14 – LARRY CROWNE (PG-13) 7 p.m.
Sept. 15 – MONTE CARLO (PG) 7 p.m.

Vogelweh, Galaxy

Sept. 9 – COLOMBIANA (PG-13) 7 p.m.
Sept. 10 – CARS 2 (G) 4 p.m.; BAD TEACHER (R) 7 p.m.
Sept. 11 – CARS 2 (G) 4 p.m.

Ramstein, Gateway Movieplex

Sept. 8 – COLOMBIANA (PG-13) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; CARS 2 (G) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; BAD TEACHER (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7:15 p.m.
Sept. 9 – MONTE CARLO (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 9:45 p.m.; LARRY CROWNE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m., 4 p.m.; BRIDESMAIDS (R) 6:15 p.m., 9:30 p.m.
Sept. 10 – MONTE CARLO (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m., 9:45 p.m.; LARRY CROWNE (PG-13) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m., 4 p.m.; BRIDESMAIDS (R) 6:15 p.m., 9:30 p.m.
Sept. 11 – 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.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m.; BRIDESMAIDS (R) 4 p.m., 7:15 p.m.
Sept. 12 – MONTE CARLO (PG) 11 a.m., 1:30 p.m., 4:15 p.m., 7 p.m.; LARRY CROWNE (PG-13) 11:15 p.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m.; BRIDESMAIDS (R) 4 p.m., 7:15 p.m.
Sept. 13 – 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.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m., 4 p.m.; BRIDESMAIDS (R) 7:15 p.m.
Sept. 14 – 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.; THE CONSPIRATOR (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; KUNG FU PANDA 2 (PG) 11:30 a.m., 2 p.m., 4 p.m.; BRIDESMAIDS (R) 7:15 p.m.
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.

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. 8-12, 14 – COWBOYS AND INDIANS (PG-13) 11 p.m.
Sept. 14 – MIDNIGHT IN PARIS (PG-13) 5:15 p.m.

community 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. Local nationals will meet 9-11 a.m. and U.S. (appropriated fund) employees will meet from 2-4 p.m. DSN 373-5183, civ. 06221-17-5183.

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 U.S. Bring addresses and phone numbers of those greeted, as they will be notified before messages are aired. DSN 373-1400, civ. 06221-17-1400.

Annual Protection Exercise

Gate delays are expected during a 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.

Leave and Earnings Statements

To cut spending, the Department of Defense plans to stop mailing hard copies of Leave and Earnings Statements to all non-bargaining unit civilians and military members by Sept. 30. Members who require a hard copy LES may turn it back on via myPay.

MacArthur Leadership Award

Through Nov. 1, U.S. Army Europe is accepting nominations for the Gen. Douglas MacArthur Leadership Award. Officers selected at the USAREUR level will move to the Department of the Army level, where only 25 officers and three warrant officers Army-wide will receive the award. For eligibility and nomination requirements, contact your unit's personnel office or visit www.armyg1.army.mil/macarthur/default.asp.

Human Resources Award Program

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

local EMPLOYMENT

Warehouse Specialist Openings

Patricio Enterprises, VSE Corporation and New Breed Logistics are hiring for warehouse specialists for work through October 2012 in Germersheim. 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 Education

• **Education Testing** – On Sept. 12, the Rhine Ordnance Barracks Education Center testing office hours will be open 8 a.m.-3 p.m. Monday and Wednesday. Hours for the Landstuhl Education Center testing office will be 8 a.m.-4 p.m. Tuesday and Thursday. ROB Education Center: DSN 493-2593, civ. 0631-3406-2593. Landstuhl Education Center: DSN 486-5331, civ. 0631-86-5331.

Community

• **Ellie the Elephant** – Ellie the Elephant has journeyed from faraway lands to meet children 11 a.m.-6 p.m. Sept. 10-11 at the Kids' Zone on Pulaski Barracks.

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

• **CYSS Apprenticeship Program** – 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.

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

• **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** – Exploring the Heidelberg Job Market, 9-11 a.m. Sept. 12, Community Support Center, Bldg. 3850, Room 250A; Culture College, 9 a.m.-2 p.m. Sept. 12-15 with field trip 9 a.m.-3 p.m. Sept. 17, Community Support Center, Bldg. 3850, Room 172; Introduction to Microsoft Word, 9-11 a.m. Sept. 13-14, Community Support Center, Bldg. 3850, Room 250A; Smart banking, 9-11:30 a.m. Sept. 14, Community Support Center, Bldg. 3850, Room 250B; ACS Volunteer Orientation 10-11 a.m. Sept. 14, Community Support Center, Bldg. 3850, Room 250B; Screampfree parenting (four sessions), 2-4:30 p.m. Sept. 14, 28, Oct. 5, Oct. 12, Community Support Center, Bldg.

3850, Room 250B; Bringing baby home, 5:30-8 p.m. Sept. 14, Community Support Center, Bldg. 3850, Room 172; Coping strategies for the uncertainty of life, 2-4 p.m. Sept. 15, Nachrichten Kaserne, Bldg. 3622, Company B Conference Room.

• **Master of Business Administration** – Register through Sept. 13 for the University of Phoenix's MBA program. Classes are held 5:30-9:30 p.m. Wednesdays starting Sept. 28 in the Education Center on Patton Barracks. DSN 373-7650, civ. 06221-588-0492.

• **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

• **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.

• **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 worked on, flush the laundry room sink and run the washing machine empty before use. DSN 387-3213, civ. 06221-4380-3213.

• **School Open Houses** – USAG Baden-Württemberg schools hold open houses 5 p.m. Sept. 8 at Patrick Henry Elementary and 5 p.m. Sept. 13 at Heidelberg High. HMS: DSN 388-9310, civ. 06221-338-9310. HHS: DSN 370-8004, civ. 06221-57-8004.

• **Middle School fundraiser** – Heidelberg Middle School student council and the junior leadership seminar sponsor an antique sale noon-4 p.m. Sept. 10 and 10 a.m.-1 p.m. Sept. 11 in the middle school cafeteria. Proceeds will benefit student leadership and HMS end of year picnic. DSN 388-9310.

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

• **Salsa and Mojito Party** – Free finger foods, music and salsa lessons 8:30 p.m. Sept. 10 on Legends on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

• **The Secret Garden** – The Roadside Theater on Patton Barracks holds auditions for The Secret Garden 7 p.m. Sept. 12 for ages 8-14 and 7 p.m. Sept. 13 for ages 15 and up. Show is Dec. 2-Jan. 8. DSN 373-5020, civ. 06221-17-5020.

• **International Cooking Class** – Learn how to cook Dominican food 10:30 a.m.-1 p.m. Sept. 14 at the Patrick Henry Village Commissary. Registration is required. DSN 370-6975, civ. 06221-576975. www.mwgermany.com.

• **Back to School Basics** – Parent to Parent presents Back to School Basics and Build a Homework Station workshops 3 p.m. Sept. 15 at Patrick Henry Elementary. Email registration request to ptop.heidelberg@militarychild.org.

• **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.

• **BOSS Meeting** – Better Opportunities for Single Soldiers hosts 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 of various skills and commitment levels are needed for the 37th annual Volksmarch Sept. 24-25 at the International Gesamtschule in Heidelberg-Hasenleiser. Giveaways while supplies last. Civ. 06227-841226, www.hivc.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. 06221-578237.

• 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 reduced 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** – Car seat safety check, appointments only, Sept. 12, Bldg. 251, Room 108; Be your own personal financial manager, 8:30-10 a.m. Sept. 13, Bldg. 246, Room 105; Key caller training and Family Readiness Group funds management, 9 a.m.-noon Sept. 13, Bldg. 246, Room 105; Enjoying good credit, living debt free, 10:30 a.m.-noon Sept. 13, Bldg. 246, Room 105; Investment intelligence, 2-4 p.m. Sept. 13, Bldg. 246, Room 105; Play group, 10 a.m.-noon Sept. 14, Bldg. 251, Room 112.

• **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.

Community

• **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.

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

• **Road Closure** – The railroad overpass on Waldstrasse, between Benjamin Franklin Village and Coleman Barracks, is closed for construction through Sept. 10. Commuters between Sandhofen (Coleman Barracks) and Käferthal (BFV, Sullivan and Funari Barracks) should use the autobahn A6 and the B38 highway to bypass construction. www.mannheim.de/presse/erneuerung-riedbahnbruecke-mannheim-waldhof-vollsperrung-vom-29-juli-10-september.

• **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.roadside-theater.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.mwgermany.com.

• **DODDS Free or Reduced Lunch** – Parent Central Services is processing applications to determine eligibility for free or reduced fee lunch for children enrolled in Department of Defense Dependents Schools. Bring Leave and Earnings Statement and sponsor's orders to Bldg. 699 on Benjamin Franklin Village. DSN 380-4850, civ. 0621-730-4850.



Linda Steil

Lady Lions Volleyball player Sam Markowski returns a ball during pre-season practice at Heidelberg High School.

Coaches discuss fall sports season

As Heidelberg begins its fall sports season, high school athletes are training hard and striving for honor in the name of the Lions, according to some team coaches. Here's a preliminary report.

Volleyball

After an undefeated 2010 season, the Lady Lions volleyball team is looking for a repeat.

With seven returning seniors, a few transfers and some new recruits, the team is shaping up to be a formidable opponent. The 24 players are striving to live up to the high standards of skill, fitness and sportsmanship expected by new Heidelberg coaches Linda Steil (varsity) and Debbie Champion (junior varsity).

After two grueling weeks of conditioning in atypical German heat, the team is fit and ready for a season full of high-intensity volleyball. None of the returning players has tasted a championship victory yet, and they are fighting hard to gain that title.

SOURCE: Allison Gunsch

Cross Country

The Heidelberg Lions Cross

Country team heads into the new season led by strong veteran runners as well as some new young talent.

All runners have been working hard during the first two weeks of practice and are looking forward to a great season.

Senior Brian Hannum is poised for a breakout season after a summer of intense training and wants to lead the boys to a top three team finish for the second year in row.

Returning runners Ian Hall, Camden Stokes, Logan West, Connor Daly and Larson Scullion all return with a desire to improve on their 2010 season.

Newcomers Marquez Ensey, Sean McGlone and Dustin Morton have also shown a lot of promise in practice.

On the girls team, returning seniors Marlowe Muehlbauer, Stephanie Barlow and Prisscilla Steele lead a group of motivated young ladies ready to improve on last year's fourth place finish.

Joining them are returning runners Hannah Mayfield and Rhiannon Stark, sophomore Anna Seifert and newcomers

Tiffany Matthews and Kathryn Tehranfar.

The season opens Sept. 17.

SOURCE: Coach Sharon L. Brady

Tennis

With the Heidelberg High School tennis team's first match around the corner, a season that some worried would not happen is well on its way.

While other HHS sports started preseason conditioning before school began, tennis had to wait for a coach. Even so, many of the returning tennis players, motivated by their parents and each other, took the initiative and began conditioning on their own. Now with a coach in place, practices have occurred every day since Aug. 29.

At practices, players are challenged with conditioning, various tennis drills, practice matches and fast-paced games that involve all 25 players in hopes of getting closer to the goal of a successful season.

On Sept. 17, the tennis team has its first match against Vilseck at the Tennis Center on Patrick Henry Village in Heidelberg.

SOURCE: Kathleen White

Junior Tennis

On Aug. 27, Coach Adel Ismail hosted the Labor Day Tennis Tournament on Patrick Henry Village in Heidelberg.

Among the boys – Wylder Raney took first place followed by Myles Lacy in second and Blue Bowen in third.

Among the girls – Gaby Tersigni took first place, followed by 8-year old Charlotte

Kordonowy with Natalie Schroter in third. The players frequently participate in Child, Youth and School Services' Edge Tennis program, private lessons and tennis camps with Coach Ismail as well as school tennis teams.

SOURCE: Kelly Schroter

U.S. Youth Soccer

Seventy-five boys ages 10-17 traveled to U.S. Youth Soccer Olympic Development Program fall camp in Bitburg Saturday through Monday and trained with German Bundesliga coaches including father and son German team players Herbert and Basti Korst. http://usysa.goalline.ca/index.php?team_id=138974.

SOURCE: Wendy Aldcroft

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, closed Tuesdays and holidays. DSN 380-9528, civ. 0621-730-9528.

Heidelberg Golf Course Scrambles

Heidelberg Sergeants Major Annual Golf Scramble – Check-in time is 6:45 a.m. Sept. 9 at the Heidelberg Golf Course. DSN 379-7979.

USANATO's Grandeur Alliance and Forces Command Heidelberg – Register by Sept. 9 for this four-person Golf Scramble Sept. 23 with sign in 6:45-7:30 a.m. and shotgun start at 8 a.m. Field is limited to 30 teams. DSN 374-5910.

Army and Air Force Challenge – Register by Sept. 19 for the Sept. 24-25 golf challenge beginning with a 9 a.m. shotgun start at the Heidelberg Golf Club 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.

Freedom Run

Register 8:30 a.m. Sept. 10 for the fourth Annual Freedom Fun Run and walk starting 9 a.m. at the Patrick Henry Village Commissary in Heidelberg. DSN 370-6489, civ. 06221-57-6489.

Wounded Warrior Ride

A 4 or 18 mile bike ride will take place 9:30 a.m. Sept. 11 at Bostalsee Lake to commemorate the 10th anniversary of 9/11 and to support wounded warriors. Registration is requested at www.soldierride.org/germany.

Modern Combatives Tournament

A modern combatives tournament for active duty men and women will be held 10 a.m. Sept. 10 with registration and weigh-in from 8-9 a.m. at the Miesau Fitness Center, Bldg. 1220, in Kaiserslautern. Spectators will be charged a \$5 admission fee.

Unit Level Flag Football Schedule

Heidelberg Unit Level Flag Football League games will be played Sept. 12 – Medical Activity vs. 565th Engineer Battalion at 6:30 p.m. and U.S. Army Europe vs. Medical Command at 7:30 p.m.; Sept. 13 – 529th Military Police vs. 1-214th Aviation at 6:30 p.m. and 43rd Signal vs. MEDDAC at 7:30 p.m.; Sept. 14 – NATO vs. MEDCOM at 6:30 p.m. and 1-214th Aviation vs. 565th Eng. at 7:30 p.m.; Sept. 15 – 43rd Signal vs. MEDCOM at 6:30 p.m. and 529th MP vs. USAREUR on the Patton Barracks sports field in Heidelberg. DSN 373-8032, civ. 06221-17-8032, www.mwrgermany.com.

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.

Fitness Day

IMCOM will host a Fitness Day 11 a.m.-2 p.m. Sept. 17 at the Campbell Barracks Fitness Center. DSN 370-6489, civ. 06221-57-6489. 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.

Heidelberg Bowling Center

Fall leagues at the Patrick Henry Village Bowling Center began after Labor Day and continue through May. Leagues are Tuesday Night MWR, Thursday Fun League, Freitag Mixed, Saturday Juniors and Sunday Adult/Junior. Weekday leagues bowl at 7 p.m. Saturday leagues bowl at 11 a.m. and Sunday at 3 p.m. King of the Hill tournaments are 1 p.m. every third Saturday beginning Sept. 17. DSN 388-9040, civ. 06221-338-9040.

OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff's website.

Think. Protect. OPSEC.
www.iooss.gov

