

HeraldPOST

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

HP THURSDAY
Oct. 11, 2012

Speed Read

TRICARE MEDICATIONS

TRICARE mail-order pharmacy officials make adjustments ahead of the Jan. 1 law that prohibits delivery of medications through the U.S. Postal Service. **3**

FINAL HOLIDAY BAZAAR

Heidelberg community members ring in the holiday season with an annual bazaar held at the Village Pavilion Community Center on Patrick Henry Village. **6**



ABSENTEE BALLOTS

Time is running out for overseas voters trying to submit absentee ballots for the upcoming presidential elections in the United States. **9**

HOMECOMING 2012

Heidelberg High School students, parents and staff gather for the school's final homecoming celebration. **13**



Cream of the crop

21st Soldiers go for glory in Grafenwöhr during intense qualification course

By Staff Sgt. Michael J. Taylor
21ST TSC PUBLIC AFFAIRS



Markus Rauchenberger

SpC. Natalia Prudnikava, of the 21st Theater Sustainment Command's 18th Engineer Brigade, 615th Military Police Company and a San Antonio native, emerges from the smoke after clearing an obstacle in a testing lane during the Expert Field Medical Badge qualification course in Grafenwöhr Sept. 13.

All seven 21st Theater Sustainment Command Soldiers who attended the Expert Field Medical Badge qualification course, earned the honor of wearing the Army special skill award after successfully completing a testing hosted by the 2nd Cavalry Regiment in Grafenwöhr, Sept. 10-21.

"The Expert Field Medical Badge is one of the toughest badges a Soldier can earn," said Capt. Paolo Briones, force health protection officer for the 21st TSC and a Manila, Philippines, native. "With its highly coveted status, truly the 'cream of the crop' are the ones who earn the right to wear the EFMB."

More than 250 U.S. Army Europe medics, including 18 multi-national participants from Slovenia, the United Kingdom, Germany, Estonia and Italy competed in the challenge.

The EFMB is a U.S. Army decoration first created on June 18, 1965. This badge is the non-combat equivalent of the Combat Medical Badge and is awarded to foreign and U.S. military medics who successfully complete a set of qualification tests, including written and simulated combat environment performance.

"The hardest part for me, and I think everyone who participated as well, was the medical lanes," said SpC. Natalia Prudnikava, a medic with the 615th Military Police company, 18th Military Police Brigade and a San Antonio native. "I think it's because all the medical tasks have lots of details that we had to perform step-by-step in sequence in order to get a go on that task, and there were 14 tasks all in one lane."

"I think it was a really good experience, and I feel I accomplished a lot and also learned a lot while trying to obtain this badge," Prudnikava said.

To qualify for EFMB testing, multi-national participants must meet U.S. Army weapons qualification standards and pass an Army Physical Fitness Test. During

see **GLORY** page 9

AFN outage Oct. 12

AFN Europe Public Affairs

American Forces Europe will conduct scheduled maintenance 10 a.m. Central European Time Friday that will result in loss of some TV and radio services in Germany and Belgium for as long as an hour.

The AFN audience in Germany and Belgium will lose AFN Atlantic, AFN Pacific, AFN spectrum and

AFN sports, as well as AFN The Eagle and AFN Power Network radio services as workers repair a power unit damaged Sept. 24 at the AFN Europe headquarters building in Mannheim. AFN viewers and listeners can visit www.afneurope.net for details and help desk information.

Community welcomes new center

By Rick Scavetta
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Military members and their families have a brand-new Chaplain Family Life Center at U.S. Army Garrison Kaiserslautern.

The center, dedicated Oct. 3 at Pulaski Barracks, is open to anyone in the Kaiserslautern Military Community for pastoral counseling and education. It's also a resource for Unit Ministry Teams within the KMC.

Following a brief ribbon cutting ceremony, community members were treated to a barbecue of grill steaks, baked beans and potato salad.

The center will offer effective counseling, training for chaplains



Rick Scavetta

Soldiers and families dig into at a lunchtime barbecue Oct. 3 at Pulaski Barracks in Kaiserslautern to dedicate the garrison's new Chaplain Family Life Center.

and chaplain assistants and serve as a community resource to help Soldiers, civilian workers and families become

see **CENTER** page 9

Defense Details

OVERSEAS ASSIGNMENTS

Defense Department officials want to clarify a personnel policy – generally known as the "five-year rule" – that establishes time limits for civilian overseas assignments. Sheila Dent, the department's acting director of human resources for operational programs and advisory services, explained the thinking behind DOD Instruction Number 1400.25, Volume 1230, which took effect in July. "What we've done is taken several different policy documents and consolidated them into one regulation," she said. "The basic policy remains the same as it was but now we only have to go to one place." The policy establishes time limits for overseas assignments, and sets conditions for re-employment "return rights" when civilian workers return from overseas assignments. The policy, Dent said, states that, "If an employee takes an assignment to an overseas post, then they have a job to return to in the states, but that the typical rotation period shouldn't exceed five years." Dent explained the new instruction offers components – the Army, Navy, Air Force and DOD agencies – some flexibility in setting approval authority for extensions.

www.defense.gov

What's Inside

Transformation Update.....	4
Our Army.....	8
Dear Ms. Vicki	10
GET OUT!	11
Movies.....	11
Announcements.....	12
Sports.....	13

COMMENTARY

How I let the holidays sneak up on me

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

I could have sworn just last week I was polishing off the last of my stash of discounted Valentine's Day candy (I always wait a few days after the actual holiday to rack up on cheap chocolate and cards) and gleefully pre-sealing my Valentine's Day cards for the next year's rotation.

I also clearly remember searching through my wardrobe to find my lucky green cardigan to wear in honor of St. Patrick's Day as I reminisced on the last time I had enjoyed the cool, green, creamy goodness of a McDonald's Shamrock milkshake. If you've never had one, stop reading this right now and go add it to your bucket list immediately. That's how good it is.

Don't even ask me anything about this summer. This year was a total blur of paperwork, Summer Hires, long hours, Power Point briefings, Adobe software crashes and Murphy's Law.

Perhaps that's why I can't seem to wrap my head around the fact that it's already October and believe it or not folks ... we're just a few weeks out from another holiday season.

This became quite obvious to me during the recent and unfortunately, final, Heidelberg Holiday Bazaar in the Village Pavilion Community Center last week. I loved going to the bazaars here. I'm always amazed at how awesome everything looks and how friendly everyone is. I can usually sniff out the first signs of holiday cheer right here, complete with bright red Santa Claus hats. How can you not smile? Unless you're part Grinch mixed with a splash of Scrooge McDuck.

Perhaps if I'm lucky, some of this holiday cheer will rub off on me and I won't feel so completely

dumbfounded as I do this year. In the midst of navigating work, church, school and just being a grown-up, I guess I forgot to come up for air.

How can the holidays be upon us already? I'm not ready, ... no really I'm not. No Christmas list, no idea where my decorations are and I'm still holding out hope that the commissary will begin carrying "Tofurkey" and fresh kale (I'm a vegetarian). Besides, I swore I would start my Christmas shopping in July. I actually say this every year, but I really wanted to follow through this time. It simply doesn't feel like the holidays (I know it's still October, but at the rate we're going, by the time you read the rest of this commentary, it might be New Year's.)

It's been years since I've been home for Christmas or Thanksgiving, and maybe that's why it takes me so long to fully embrace the holidays.

Even though I visit often, I haven't lived in the States in nearly a decade. Sometimes I do wonder what it would be like to spend Christmas at home sipping eggnog laced with lots of brandy (I'm over 21 and it helps take the edge off of all that "togetherness") and eating my aunt's sweet potato pie. Perhaps sitting around the kitchen listening to stories (some true and some not so true) from years past as the women (and a few of the men) prepare platters and pots full of high-calorie culinary perfection. If you're on a diet, I wouldn't even recommend sniffing any of the fatty fragrant aromas filling our house during the holidays.

Traveling home is always an adventure, more so during the holidays, and I've made it a point to avoid flying at all costs during any major ones. Exorbitant airfare (a.k.a. highway robbery), huge crowds, lost luggage (regardless of the time of year), extra fees (regardless of the time of year), common sense being completely thrown out the window and random de-

lays have all convinced me to stay put. Either that, or risk the possibility of being "escorted" back to Germany by a team of armed air marshals.

I've even thought about just doing a big Thanksgiving or Christmas dinner at my house in Germany and inviting ... absolutely no one. I know it sounds weird, selfish and a bit creepy, but hear me out. I cook for myself all the time. This time I would just step it up a notch and throw in a little Charlie Brown (Thanksgiving and Christmas Specials respectively) and a glass of sparkling cider (no brandy needed this time) and dig in.

As a single person with no kids, many people have a tendency to want to "adopt" you during the holidays, and I certainly appreciate their kindness but sometimes I could do without all the hustle and bustle and back-to-back games of Monopoly and Twister. In a daring escape attempt in 2007, I purposely flung my hotel pieces into a leftover pan of macaroni and cheese, flipped across the table in Jackie Chan fashion and high-tailed it out of the front door into the night. However, I was soon forced to return a short time later to retrieve my car keys and ask for directions to the Autobahn. Needless to say, I was not invited back. Sometimes I just want to quietly reflect on all the great and not so great things "Team Rolle" was able to accomplish over the year and simply thank God for His many blessings (preferably in my fluffy bathrobe and Hello Kitty socks).

Maybe the problem is that we're too "prepared" for the holidays. The older I get, the more I've found that the real essence of this time of year often gets shoved aside by all the business that accompanies it. I want to avoid that at all costs literally.

What if we all just agreed to keep this same "holiday" spirit of wonder, thoughtfulness, compassion and concern all year round?



www.facebook.com/BWnow

DISCUSSION BOARD

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

"When and where is trick-or-treat on post? [I] missed it last year [and] don't wanna miss it again but can't find a date anywhere."

— Jeannie Borroum, BWnow Facebook Fan

"Jeannie, this year trick-or-treating will be 6-9 p.m. Oct. 31 in the Heidelberg housing areas on post."

— BWnow Administrator

"Why do I keep seeing dead, decapitated,

disemboweled rabbits around Patrick Henry Village?"

— Julia Munoz Gottshall, BWnow Facebook Fan

"Julia, recommend you call DSN 387-3214 or civ. 06221-4380-3214 to report the problem and the location of the rabbits. There is a contractor assigned to collect any dead rabbits."

— BWnow Administrator

"But why are they there?"

— Kate Beatrice, BWnow Facebook Fan

"That's what I'm wondering. The rabbits aren't just dead ... they're mutilated."

— Julia Munoz Gottshall, BWnow Facebook Fan

"I actually watched a huge black crow dismantle a baby bunny. I wonder if that is what is happening."

— Cheri Rose -Bennett, BWnow Facebook Fan



Commander, U.S. Army Garrison Baden-Württemberg:
Col. Bryan D. DeCoster
Public Affairs Officer: Regina Hingtgen
Editor, Social Media Chief, Reporter: Dijon Rolle
Co-Editor, Reporter, Social Media: Elizabeth Behring
Volunteer: Samantha Smith

2011 Keith L. Ware first place winner best tabloid format newspaper in the Installation Management Command

Contact information:

Herald Post
Building 107, Patton Barracks
373-7243, civ. 06221-17-7277
usaghd.post@eur.army.mil or
usarmy.badenwur.usag.mbx.post-newspaper@mail.mil

Baden-Württemberg Public Affairs
373-1400, civ. 06221-17-1600
usarmy.badenwur.usag.mbx.pao@mail.mil

Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usarmy.kaiserslautern.imcom-europe.mbx.usag-k-public-af@mail.mil

Reporter: Rick Scavetta, Kaiserslautern
Web Master: Brandon Spragins

Advertising:

All requests for advertising must be made to the publisher's sales office at Lindenweg 5a, 69190 Walldorf, telephone civ. 06227-3584-171; fax 06227-3584-085; email heraldpost@t-online.de; www.herald-post.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: usarmy.badenwur.usag.mbx.postnewspaper@gmail.com.

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. Only spots results from the weekend will be accepted until noon on Monday.

Heidelberg, Wiesbaden 'Fuel the Future'

By Spc. Joshua Leonard
U.S. ARMY EUROPE PUBLIC AFFAIRS OFFICE

Children of members of the U.S. Army in Europe community are getting more chances to learn the benefits of eating right and exercising regularly, thanks to the expansion of USAREUR's "Fueling the Future" campaign.

Events in the Heidelberg and Wiesbaden military communities marked the next steps forward for the program that began here this summer. The first of those steps was taken at Heidelberg's Patrick Henry Village Child Development Center Sept. 26, where children and teachers joined in a short dance session led by Nicole Leth, a public health volunteer and one of the leaders of the fueling program.

The group then took a short walk to the garrison commissary, where the children gathered for a reading of "The Belly Book," which focuses on the importance of getting in the habit of maintaining a healthy diet at a young age.

Following the reading, the youngsters toured the store, snacking on fruit as they discussed healthy food options and nutrition.

"Our efforts are now expanding to all age groups. It is important that even from a young age, children receive this message of the importance of good nutrition and physical activity," Leth said.

"We want the children to take this message home to their families and ask questions when they are shopping at the grocery store or out to eat with their families," Leth added.



Spc. Joshua Leonard

Maj. Gen. James Boozer, deputy commander of U.S. Army Europe, runs with students on the newly-constructed track at the Wiesbaden Middle School, Oct. 1. Boozer visited the students as part of Wiesbaden's "Fueling the Future" campaign kick-off event. The program is designed to educate children and parents on the benefits of making healthier food choices and routine physical activity.

"We want the message of 'Fueling the Future' to reach every military child," Leth said.

The program continued and expanded Oct. 1, when students at Patrick Henry Elementary School in Heidelberg and Wiesbaden Middle School got involved in more "Fueling the Future" events.

At the elementary school, youngsters joined in a routine of kicks, punches and other movements designed to demonstrate how to have

fun while exercising. The students also shared in discussions about activities they enjoy that are also good ways to get exercise and learned how to incorporate exercise into other activities.

USAREUR deputy commander Maj. Gen. James Boozer led events kicking off the fueling campaign at Wiesbaden Middle School, where he was greeted by principal Dr. Susan Hargis and the announcement that the school had designated Oct. 1 as "Maj. Gen. James C. Boozer Day."

Hargis presented the general with a school sweatshirt and a plaque commemorating the honor.

Boozer talked with the students about the benefits of a healthy diet and exercise regimen and why they are key components for a healthy lifestyle.

The students and the general then took to the school's newly-constructed running track to walk or run together.

Boozer handed out high-fives as the children rounded the corner of the track.

Medication no longer mailable through postal service after Jan. 1

By Terri Moon Cronk
AMERICAN FORCES PRESS SERVICE

FALLS CHURCH, Va. — A German law that prohibits importing medications into the country is changing the way the TRICARE mail-order pharmacy does business, a TRICARE Management Activity official said Oct. 4.

Army Brig. Gen. (Dr.) W. Bryan Gamble, deputy director of the activity within the office of the assistant secretary of defense for health affairs, said the change is expected to take effect Jan. 1.

On that date, the U.S. Postal Service must stop delivery of imported pharmaceuticals and other prohibited items into Germany and the European Union to Fleet Post Offices and Army and Air Force Post Office addresses. An Oct.

1 letter from TRICARE to its mail-order beneficiaries gave early notice of the change.

The German government passed the importation ruling in 2006, but it is just now enforcing the legal restrictions that are expected to affect more than 2,000 prescriptions.

Of those affected, 33 patients with 137 prescriptions are considered remote, or more than an hour away, from a military treatment facility, according to a TRICARE fact sheet.

"The prohibition rule put a 'blockage' [into] the future of our TRICARE mail-order pharmacy," Gamble said. "As I understand it, all pharmaceuticals have to come from an EU location into Germany."

The ruling affects service members and families, in ad-

dition to Defense Department civilians who have medications sent by mail through their private insurance, officials said.

"This impacts all Americans and foreign nationals in Germany who get mail-order [medications] from whatever sources," Gamble said.

While Gamble does not foresee complications with TRICARE beneficiaries obtaining their medications, getting immediate word out to them is now all the more important, he said.

"First and foremost, we must inform the TRICARE beneficiaries of what's happening, and what they might need to do to ensure they have a constant supply of their medications," while TRICARE works to find a way to adapt to German restrictions,

he said.

In his letter to beneficiaries, Gamble also offered solutions to obtaining medication until another system can be established. He suggested patients visit German doctors and local-host country pharmacies, or receive treatment and medication from U.S. military treatment facilities, which are aware of the issue and anticipate TRICARE patients joining their system.

TRICARE Overseas Program Prime and Prime Remote beneficiaries are reimbursed for 100 percent of their out-of-pocket costs when they have an authorization and use host-nation pharmacies.

Deductibles and cost-shares also apply for other beneficiaries who use the host pharmacies, which are treated the same as those that are non-

network, where a patient pays for a prescription, and files a claim with TRICARE for a partial reimbursement, officials said.

"Particularly in Germany, this is a new way of doing business, and how we're going to look at making sure beneficiaries have the convenience of a TRICARE mail order pharmacy," Gamble emphasized.

"For now, we want to allow them enough time to prepare to meet their health care and medication needs."

"At TRICARE, we take the quality, safety and the satisfaction of our beneficiaries, patients and families very seriously," he said.

"So we'll continue to look at opportunities and ways we can continue to serve them ... into the future."

transformation UPDATE

Updates To Transformation Page

This weekly page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to usaghdpost@eur.army.mil or usarmy.badenwur.usag.mbx.pao@mail.mil for publication in the Herald Post.

Command Information Channel

U.S. Army Garrison Baden-Württemberg takes yet another step in its transformation. The Commander's Information Channel was discontinued **Sept. 30** due to personnel and budget constraints. To receive current up-to-date, useful quality information please refer to the garrison's website at www.bw.eur.army.mil, and the garrison's facebook page at www.facebook.com/bwnow.

Frequently Asked Questions

Have a transformation-related question you'd like answered? E-mail usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm.

"Why are we spending money on renovating a Postal Service Center in Patrick Henry Village when we are closing in one year?"

The garrison is spending this money because of resources and quality service. It will cost the garrison about \$500,000 to complete the renovated Postal Service Center on Patrick Henry Village, which is scheduled to open **Oct. 15**. However, over the course of the next year, the garrison will save about \$1.5 million in reduced operating costs and labor by consolidating six postal facilities in Heidelberg, Mannheim and Schwetzingen into the single PSC at PHV. If the garrison had made no changes and continued to operate the current number of postal facilities, the service at each of the remaining postal facilities would have suffered due to the steadily departing workforce. Service hours would have also been reduced at each facility due to a smaller workforce spread out over a larger area. By centralizing the postal operations, community members will continue to receive high-quality postal service until the garrison's closure with more than 4,000 mail boxes, 181 package lockers and 6-day-a-week full-service operations. Despite the pending closure, garrison officials will continue to look for affordable ways to improve the quality of service to the community right up to the last day. The new consolidated PSC will open 11 a.m. **Oct. 15**. The public is invited to the grand opening, and refreshments will be served. Postal staff will also be on-hand to assist customers.

"During the Sept. 7 garrison town hall meeting, a community resident voiced a complaint about ground maintenance around Bldg. 3706 on Mark Twain Village in Heidelberg."

An investigation was conducted Sept. 10 by Richard Glass, Department of Public Works into grounds maintenance, in particular, grass-cutting. The investigation revealed that the grounds are being maintained in accordance with the provisions of the currently funded contract. Because of financial reductions, the grounds maintenance contract covers only the grass cutting and minor trimming around the building. Grass cuttings are generally performed on a 10-day cycle during high-growth periods. Because of the drought conditions earlier this year, cuttings were reduced significantly. The grounds maintenance contract does not maintain self-help planting and flower beds (such as those typically found at the base of stairs or along sidewalks.) The contract also does not maintain or remove weeds growing in paved areas (such as along the face of the curb in parking lots.) Building residents are encouraged to visit the Self-Help Store for weed trimmers and yard tools, to assist in these specific areas of maintenance.

Facilities Operations Changes and Closures Mannheim

Base Operations – The Mannheim Base Operations office has relocated from Bldg. 246 on Sullivan Barracks to Bldg. 1408 on Coleman Barracks, Room 101. For assistance, residents should call

Gilbert Buster at DSN 382-4724, civ. 0162-272-8632.

Banks – The Community Bank on Sullivan Barracks is closed. Banking services are available at the Heidelberg Branches on the Shopping Center, Campbell Barracks and in Mannheim on Coleman Barracks. Shopping Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Coleman Barracks: DSN 382-4187, civ. 0621-784-158. The Service Credit Union on Sullivan Barracks is closed. The Heidelberg Branch Office is located on the Community Support Center, Bldg. 3850. DSN 370-7138, civ. 06221-57-7138.

BFV South Closure – Public access to Benjamin Franklin Village South is no longer available. The area and the access gate have been sealed off and the **Exchange main store, gas station, food court and concessionaires are closed**. Any items left on the installation have been impounded by the Military Police. Access to the area may only be arranged through the Provost Marshal Office at DSN 388-2222/2223, civ. 06221-678-2222/2223.

Coleman Cleaners and Alterations – The Coleman Cleaners with Alterations concession is closed due to low patronage. Laundry and dry cleaning services are available in Heidelberg on Patrick Henry Village, at Campbell Barracks and the Heidelberg Shopping Center. Alteration service remains available at the Heidelberg Shopping Center. DSN 431-3458, civ. 0703-1439-5100.

Coleman Clinics – The Coleman Troop Medical Clinic has ended full patient care, dental and pharmacy services. Dental services for the Mannheim-Coleman Soldier population are available at the Patrick Henry Village Dental Clinic in Heidelberg. Sick call has ended. Soldiers assigned to Coleman Barracks who require sick call services can be seen at the Heidelberg Clinic. DSN 371-3130, civ. 06221-17-3130.

Facility Closures – Army Community Service, the bowling center, Burger King, Benjamin Franklin Chapel, the Child Development Center, commissary, community center, customs office, fitness center, Grant Circle, the self-help store, Sullivan Express Shoppette, tax relief office, military police station, Top Hat Club, Womens, Infant and Children office and Woods Field are closed.

Hazardous Waste Disposal Center – The Household Hazardous Waste Disposal Center on Sullivan Barracks, Bldg. 249A (previously the Funari Sort Center) is closed. A temporary Hazardous Waste Disposal Center will be open 10 a.m. - noon **Nov. 9** (only) on Coleman Barracks (location to be announced.) The Patrick Henry Village Recycle Center located in Bldg. 4485 in Heidelberg remains open to provide disposal services to community members. DSN 373-5396, civ. 06221-17-5396.

Postal Office Hours Change – Mannheim postal facilities have new operating hours. The finance window at Postal Service Center 418 on Coleman Barracks is now open 10 a.m.-5 p.m. Monday, Wednesday and Friday. The community mail room is open 11 a.m.-6 p.m. Monday, Wednesday and Friday and closed Tuesdays and Thursdays.

Heidelberg

Airport Shuttle Buses – The free shuttle service for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility, Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, usarmy.badenwur.usag.mbx.cpf@mail.mil.

Army Post Offices – The Patrick Henry Village Army Post Office in Bldg. 4794 has discontinued APO (out-going mail) services permanently. The building will remain open only for temporary general mail delivery to Community Mail Room 432 and Postal Service Center 437 customers until **Oct. 12**. All customers can receive APO services at the Heidelberg Shopping Center APO until the new PHV consolidated Postal Service Center opens in Bldg 4503 **Oct. 15**. The Shopping Center APO is now open Mondays 10 a.m. - 4 p.m. The facil-

ity is also open 10 a.m. - 4 p.m. Tuesday, Wednesday, Friday, Saturday and 11 a.m. - 5 p.m. Thursday.

NEW – Arts and Cultural Center – The Arts and Cultural Center on Patrick Henry Village is scheduled to close no later than **Dec. 31**. The center will relocate to the Kaiserslautern area early next year.

Audiology – Audiology services at the Heidelberg Health Center have been reduced due to limited staff. Medical technicians will still be able to provide screening and hearing conservation services. All other audiology services will be referred to host nation providers or Landstuhl Regional Medical Center.

Chapels – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

UPDATED – CIF Closure – The Heidelberg Central Issue Facility in Bldg. 3850, located in the Community Support Center (on the shopping center) will remain open until further notice. The CIF located in Bldg. 1515, on Spinelli Barracks in Mannheim, is also open to provide customer service.

Community Mail Rooms – Community Mail Room 419 (Patton Barracks), CMR 420 (Campbell Barracks), CMR 432 (Tompkins Barracks) and Postal Service Center 437 (Sullivan Barracks) will relocate to the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village **Oct. 15**. CMR 432 and PSC 437 ceased operations at Tompkins Barracks and Sullivan Barracks **Sept. 15**. General delivery mail service is available at Bldg 4794 on PHV until **Oct. 12**. Customers can choose to have mail forwarded to the new postal center on PHV, receive mail at Coleman Barracks (PSC 418) or begin forwarding mail to their gaining location if departing the Heidelberg and Mannheim communities. Email questions to usarmy.badenwur.usag.mbx.cmr419@mail.mil or contact your local postal customer service representative.

Dental Clinic – Sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and records from Nachrichten Kaserne Dental Clinic were transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

Health Center Shoppette – The Exchange Shoppette on Nachrichten Kaserne is closed.

Optometry Clinic – The Heidelberg Health Center's optometry department has reduced care to provide services only for active duty military and family members enrolled in TRICARE Prime. Dependents or Department of the Army and Department of Defense civilian employees and contractors can obtain services via host nation providers.

Pediatrics – The pediatrics section of the Heidelberg Army Health Center has consolidated under family practice. The change is part of continuing transformation efforts toward next June's closure of the clinic on Nachrichten Kaserne.

Pharmacy Hours – The Heidelberg Health Center pharmacy has changed its operating hours to 8 a.m.-5 p.m. Monday-Friday and is closed weekends and federal holidays.

Single Soldier Housing – The Single Soldier Housing Office in Bldg. 3850 on the Community Support Center has relocated to Bldg. 3980 (the housing office.) DSN 387-3346, civ. 06221-4380-3346.

Teen Clinic – The Teen Clinic at Heidelberg High School is closed. Teens can be seen at the Heidelberg Health Center. DSN 371-2622, civ. 00800-376-22273.

Thrift Shop – The Thrift Shop on Patrick Henry Village has relocated to Bldg. 4455. The shop is also now open 10:30 a.m.-2:30 p.m. Saturdays except U.S. holiday weekends.

Heidelberg Community, Spouses Club hosts final holiday bazaar



Left, Michaela Steil speaks with Herbert Gessner of Keramik Studio Gessner in Wetzlar about his Lithuanian houses at the final Heidelberg Holiday Bazaar Saturday at the Village Pavilion Community Center on Patrick Henry Village.



Bottom, Deanna Johnson and Lt. Col. Brian Johnson, U.S. Army Europe G3, purchase raffle tickets from bazaar volunteers Jim and Pauline Eaves Friday.

Elizabeth Behring

Denise Wurst, left, and Samantha Iacobellis, members of the Heidelberg Community and Spouses' Club, write thank-you notes to vendors who donated prizes for raffle drawings held during the final holiday bazaar in the Village Pavilion Community Center on Patrick Henry Village in Heidelberg Friday.



Elizabeth Behring

Army chaplain ministers through joy, sorrow

By **Sgt. Michael Reinsch**
U.S. ARMY EUROPE PUBLIC AFFAIRS

Kevin Scott Forrester, who enlisted in the U.S. Army in December 1984, felt it was a calling from God that made him want to become a chaplain.

That calling continued to evolve during the next 10 years. Forrester grew up in the rural southwest corner of Louisiana and spent time with his friends and church after discovering faith at 14.

"I lived the country boy life," Forrester said. "There was hardly a day that I did not do anything outdoors, whether it was hunting, fishing, riding horses, camping in the abundance of woods and riding my bike all over creation. I would wish more kids could experience what I did.

"There was also a sense of community and faith which had a profound impact on me and my future," he said.

Forrester was commissioned as a chaplain in April 1996 and entered as an active duty chaplain in July 2001.

Now a major, he currently serves as the brigade chaplain for 172nd Sepa-

rate Infantry Brigade in Grafenwöhr.

"As a chaplain, I have the opportunity to impact lives through multiple venues," Forrester said.

"I get to share with people in some of the greatest joys of their lives, and I get to walk with people through some of their darkest moments and give them assurance that they are not alone. The intrinsic and extrinsic rewards in this calling are endless."

The Chaplain Corps ensures Soldiers, family members and Department of the Army civilians have a chance to receive Title 10 religious support. Those supports vary from duty station, and range from religious services to family life ministry, but at all times chaplains are ready to provide any of their support functions.

"There is no monolithic answer to what chaplains do, because the roles and responsibilities change with job and rank," the 28-year-veteran said.

"However, the basic role of all chaplains is to be a good faith representative of his or her denomination. That means I must be true to my denominational beliefs and practices.

"I get to share with people in some of the greatest joys of their lives, and I get to walk with people through some of their darkest moments ..."

— Chaplain (Maj.) Kevin Scott Forrester, 172nd Separate Infantry Brigade Chaplain

"We promote a culture of life and hope, which at times is counter to the prevailing philosophy of our contemporary culture. Finally, we are to be the ones who model love and acceptance without prejudice," Forrester said.

Forrester currently executes religious support at the brigade level and supervises and mentors the battalion chaplains and religious support teams. Recently, he attended the Chaplain Annual Sustainment Training for Europe at Garmisch.

"The CAST-E is a chance for all chaplain personnel to come together and receive the latest training in what is happening as a branch; what current trends are and where we are going in the future," Forrester said.

"It is also a place to pull together as various organizations and hear from

senior chaplains on what is happening within their various organizations.

"Having missed this the last two years due to train up and deployment, I will learn the latest on chaplaincy developments and get a chance to connect with many chaplains I have not seen in a few years," he added.

To Forrester, being a chaplain is one of the few opportunities that comes along to assist the entire team of the U.S. Army.

His path to guiding others in their time of need and celebrate with them during times of happiness comes from a history in faith.

"We are to be agents of hope and change," Forrester said, "and offer change that has eternal impacts according to our spiritual and theological convictions."



U.S. Army
 Command Sgt. Maj. David Inglis, 3rd Infantry Division Headquarters and Headquarters Battalion command sergeant major, wears a protective suit while being attacked by a military working dog during a demonstration of the dogs' abilities at Kandahar Airfield, Afghanistan, Sept. 29. The military working dogs, from 3rd Infantry Division's K-9 unit, are used for various purposes, including sniffing for explosives residue and protecting military personnel.



Staff Sgt. Helen Miller
 A Soldier from the Michigan National Guard receives a welcome home hug from his young daughter after a year-long tour in Afghanistan, Sept. 28.



U.S. Army
 A Soldier sprints to the front of the formation while carrying an American flag during the New York City Tunnel to Towers Run, Sept. 30. United States Military Academy at West Point cadets and New York firefighters lined the final stretch of the run. The run supports the Stephen Siller Tunnel to Towers Foundation, which works to build homes for injured troops and provides scholarships to the children of fallen service members and firefighters. Siller was an off-duty New York City firefighter who headed back to the city to help after the attacks on 9/11.

ourARMY
 around the world

For more Army news,
 visit www.army.mil

GLORY

continued from page 1

EFMB testing, all participants demonstrate their proficiency at tactical combat casualty care and standard and non-standard evacuation operations.

They also perform U.S. Army warrior, communications and Chemical, Biological, Radiological, Nuclear and high-yield explosives tasks, perform day and night land navigation, and complete a 12-mile road march.

Lt. Gen. Mark P. Hertling, commanding general, U.S. Army Europe, observed some of the lane testing and described the difficulty of changes that have been made to the competition and the diversity among the Soldiers participating.

“Over the last couple years, we have steadily improved the requirements for EFMB, and the medical community has changed some of the testing – it’s a whole lot harder than it’s ever been before,” Hertling said. “You’re not only seeing Germans, Slovenians, Poles and Estonians, but you’re also seeing some corpsmen from the Navy, as well as a couple of Air Force guys.”

The very badge these medics strive so hard to contain a depiction of a stretcher placed horizontally behind a caduceus (staff used as an emblem of the medical profession and as the insignia of the U.S. Army Medical Corps) with a cross of the Geneva Conventions at the junction of the wings.

CENTER

continued from page 1

more resilient, said Chaplain (Maj.) Everett Franklin, the garrison’s family life chaplain.

There are three new counseling rooms equipped for video instruction, plus a conference room with couches and large screen televisions. There will also be a food pantry, to support emergency needs of community members.

When Franklin arrived at the garrison in August 2010, he saw a growing demand for community services. This summer, his vision for a new center became a reality, with \$45,000 worth of equipment, materials and literature.

Then, staff from the garrison’s religious support office reorganized their building to create space.

“Many people worked very hard to get this together. The RSO staff and volunteers

worked tirelessly to make this happen,” Franklin said.

The center will benefit all Unit Ministry Teams in the KMC, which are an integral part of the support and services offered to the community, said Jeffrey Crisp, deputy to the garrison commander.

“We can’t do our job as a garrison without all of you,” Crisp told the crowd gathered during the lunchtime event. “We need the UMTs to make this one garrison family.” Other organizations, like family readiness groups, can also use the space for their activities.

“We still have a few finishing touches. But we are up and running and excited to serve the Soldiers, civilian workers and families of the KMC,” Franklin said.

For more information about the center, call DSN 493-4152, civ. 0631-3406-4152.

Time winding down for absentee ballots

State deadlines rapidly approaching for American voters living overseas

U.S. Consulate Frankfurt

U.S. Consulate officials say nearly all U.S. citizens who requested an absentee ballot and selected the fax or e-mail delivery option should have received their ballots. Voters can place their ballot in a U.S. postage paid envelope containing the address of the local election official, or drop it off at the consulate without having to pay international postage.

If American voters choose to use the German postal system to return their ballots, they should make sure to include the correct international postage, and allow sufficient time for international mail delivery. Using a private courier service (FedEx, UPS, or DHL) to meet your state’s ballot receipt deadline may be another option to save time.

Consulate officials suggest mailing ballots no later than Oct. 15 to insure timely delivery to local board of elections. Some states allow voters to return ballots by e-mail or fax these options, but may also require a signed paper ballot.

U.S. citizens who requested an absentee ballot but haven’t received it should go to www.FVAP.gov to complete a Federal Write-in Absentee Ballot and view instructions for returning it.

Voters who forgot to register or request an absentee bal-

lot can register and request a ballot using the federal post card application at www.FVAP.gov. Select the electronic ballot delivery option, include an e-mail address (and fax number) and send it to local election officials in the appropriate state. Almost every state allows submission by e-mail or fax.

Once the application is processed, officials will send the ballot via fax or e-mail depending on the voter’s state. Voters should complete the blank ballot as soon as they receive it. Registration deadlines vary from state to state.

Voters can also visit www.FVAP.gov, but should also complete and send in a Federal Write-in Ballot at the same time to ensure their vote is counted. This option may be the best one for first-time voters whose state requires them to submit a Federal Post Card Application by mail. Vote and submit the regular absentee ballot if or when it arrives. Local election officials will count just one ballot per voter, and will use the regular ballot if it’s received by the ballot receipt deadline.

Voters from the following states can use the Federal Write-in Absentee Ballot as a combined voter registration form, absentee ballot request and absentee ballot: Alaska, Arizona, Arkansas, Colorado, Delaware, District of Colum-

bia, Georgia, Hawaii, Iowa, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Montana, Nebraska, Nevada, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Virginia and Washington.

This form must reach local election officials by the state’s absentee ballot request deadline or voter registration deadline, whichever is first.

The following states allow voters to e-mail or fax their signed, voted Federal Write-in Absentee Ballots back to local election officials: Arizona, California (fax only), Colorado, Delaware, District of Columbia, Florida, Indiana, Kansas, Massachusetts, Mississippi, Montana, Nevada, North Carolina, North Dakota, Oklahoma, South Carolina, Utah, Washington and West Virginia.

Voters can receive direct assistance from Consulate Voting Assistance Officers by e-mailing VoteFrankfurt@state.gov or calling civ. 069-7535-2102. To learn more about the Federal Voting Assistance Program, visit www.FVAP.gov.

The U.S. Army Garrison-Baden-Württemberg Installation Voting Assistance Officer is located in Room 273 of the Heidelberg Shopping Center, Bldg. 3850. DSN 370-3347, civ. 06221-57-3347.

Network security begins at home: dispose of old computers properly

USAREUR PUBLIC AFFAIRS

Why do users need to be concerned about disposing of old computers? Computers often hold personal and financial information, including passwords, account numbers, license keys or registration numbers for software programs, addresses and phone numbers, medical



and prescription information, tax returns and files created automatically by browsers and operating systems.

Just deleting files or reformatting the hard drive will not remove this information.

When you delete a file, the links to reconstruct the file disappear.

But the bits and pieces of the deleted file stay on your computer until they’re overwritten, and they can be retrieved with a data recovery program.

To remove data from a hard drive permanently, the hard drive needs to be wiped clean or destroyed.

Utility programs to wipe a hard drive are available online and in stores where computers are sold.

These programs are generally inexpensive. Some are available on the internet for free but these programs can vary:

- Some erase the entire disk, while others allow you to select files or folders to erase.
- Some overwrite or wipe the hard drive many times, while others overwrite it only once.

Consider using a program that overwrites or wipes the hard drive many times. Otherwise, the deleted information could be retrieved. Or remove the hard drive and physically destroy it.

More information and tips for home network security and other personal protective measures can be found on the U.S. Army Europe vigilance web page at www.eur.army.mil/vigilance.

GERMAN NEWS

Neuschwanstein Horse Carriage Crash

At least nine people were reported injured after a pair of horses pulling a carriage with seven passengers at Neuschwanstein castle bolted for no apparent reason Monday. Eyewitnesses said the driver leapt from the vehicle as it began moving and suffered minor injuries. A mother and two children were thrown and badly hurt when the carriage hit a wall; they were taken to the hospital via helicopter, local radio broadcaster *AllgäuHit* reported. The carriage rammed into a parked coach and a tree. The driver of the empty coach was knocked off his seat and fell to the ground. The first coach finally got stuck on a tree trunk, where the four Japanese tourists left on board were thrown. They suffered minor injuries, but the two horses had to be put down because of the severity of their injuries. The other six people involved are thought to have escaped with relatively light injuries.

Drunken Electric Wheelchair Chase

A 74-year-old retiree from Wolfsburg tried to outrun a cop car Monday after taking her electric wheelchair out for a drunken joy ride on a four-lane road, police said. The woman had a blood alcohol level of 0.174 percent. Newspaper *Die Welt* said a concerned driver trailed the woman with his hazard lights on to ensure her safety before a police car arrived. An officer chased her on foot and managed to grab the keys from the wheelchair. The woman faces reckless driving charges, but police said that since authorities cannot ban her from using a wheelchair, she will likely be charged a fine.

SOURCE: www.thelocal.de



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: dearmsvicki@yahoo.com, follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit www.dearmsvicki.com.

Dear Ms. Vicki,

I've known my husband since school, and we have been together 12 years. He's been in the Army 10 years, and this is his first full deployment. We have a little girl, aged 3.

Some days I'm OK, but lately I'm not coping at all. My moods are so erratic, and I have a constant worrying feeling in my chest that I can't shift. My daughter is taking the brunt of my moods, as I keep shouting at her for no reason. I feel very low and stressed.

I work Monday through Friday, and this helped in the beginning, but now I don't even want to go in (I still do though.) I'm just feeling very agitated all the time and very sad, and don't know how to deal with it.

My mom died when I was young, and the rest of my family has a lot of problems, so I have no one I can truly unload on. I usually unload on my husband when I feel like this (he's my best friend,) but obviously he isn't here.

I just feel stuck between a rock and a hard place. I don't want to carry on like this for my daughter's sake.

Kind Regards, Overwhelmed

Dear Overwhelmed,

You raise some important issues. Deployments can be tough, especially in the first three months. During the initial months, it can be difficult to make the adjustments of missing your husband and your conversations.

You are right in saying your daughter is taking the brunt of your moods. Moreover, children pick up the emotional cues from their caregivers. In other words, if you are sad and depressed, your daughter may become sad and depressed, too.

I think what you are experiencing is normal. Your husband has been in the Army 10 years, and this is your first full deployment

together.

As a result, the days and nights are very long for you both.

I think it's great you are working. Believe it or not, your co-workers can be a great source of support. I know my co-workers were lifesavers for me while I endured deployments.

Try to get outside and enjoy the weather as much as you can. Take a nice stroll or even commit to going to the gym to relieve stress. It doesn't have to be major exercise; just do 30 minutes of cardio or even take a workout class. Research shows that exercise can be very effective in treating depression; it can act as an antidepressant.

Reach out to other spouses who have been through a deployment or whose spouse is now deployed.

This camaraderie may help you and provide support. Think about ways to get spiritual guidance, which can provide emotional support and stability. It may be attending a service or even making an appointment to visiting with a clergy member of your choice.

Keep in touch with your husband, even if he cannot respond immediately. You can e-mail and use webcams or Skype. These will help you keep your connections.

Lastly, try to visit close family and friends during the deployment. It's very important to be around others who truly love you.

Dry skin more than superficial issue

Common condition can be annoying, uncomfortable, painful

By Linda Vo

U.S. ARMY PUBLIC HEALTH COMMAND

Do you have the sort of dry, itchy skin that makes you feel like you're infested with fleas, or keeps you awake at night, miserably raking your skin with a back scratcher?

If the itching weren't bad enough, a dry skin problem can be more than just a superficial issue.

It could be giving all sorts of bacteria a way in that can lead to more serious problems. Put down the back scratcher and figure out what really causes dry skin.

Dry skin is a common condition that can be annoying, uncomfortable and sometimes painful when left untreated.

It can result in itching and scratching, roughness and red patches, which can be unattractive and bothersome.

In worse cases, dry skin can lead to skin diseases (for example, eczema,) severe inflammations of the hair follicles (folliculitis) and skin tissues (cellulites) or even infections when the skin is broken by excessive

scratching.

Healthy normal skin has a thin layer of natural fatty substances that lock in moisture, leaving the skin soft and supple.

Dry skin is a condition where these fatty oils are deficient, damaged or stripped away, and skin loses its moisture.

Soldiers are most likely to experience dry skin when they are exposed to extreme weather conditions.

The following environmental exposures generally cause dry skin:

- During low humidity, cold and harsh weather or dry and hot weather, dry air draws the moisture out of the skin.

- Prolonged exposures, like taking too many or too long showers or baths, can wash away the skin's natural fatty oils. Also, the evaporation of the water after taking long, hot showers or baths causes the skin to dry.

- The use of harsh soap or chemical cleansers, the overuse of sanitizers and cleaning agents like rubbing alcohol, or rigorous scrubbing of the skin can strip away the skin's natural

fatty oils.

In addition, dry skin can be a side effect of certain medications or be a symptom for a variety of medical conditions, like heatstroke, diabetes, hypothyroidism, hyperthyroidism, allergies, infections, hypertension or high cholesterol.

The lack of essential nutrients (malnutrition) or dehydration can also deprive the skin of healthy normal skin substances.

Also, poor blood circulation can decrease the proper nourishment of skin.

Immediate short-term skin care practices to reduce dry skin include:

- Apply moisturizer or an oily substance (like petroleum jelly) when the skin is damp (for example, after showers.)

- Use more mild moisturizers with no perfumes or alcohol.

- Use lukewarm water for washing instead of hot water.

- Decrease the number of showers or baths.

- Avoid rigorous scrubbing of the skin.

- Turn down the thermostat in the winter to reduce the dry air caused by the heat.

- Wear thin cotton gloves after moisturizing your hands when going to bed.

- Bundle up in the winter to protect the skin from cold air.

- Use a humidifier to increase the moisture in the air.

For long-term care and prevention of dry skin, follow these practices:

- Eat healthy, balanced meals to ensure sufficient intake of essential nutrients, particularly fatty acids like omega-3, which can be found in flax, salmon, sardines and walnuts.

- Drink sufficient amount of water (at least 64 ounces a day) to stay hydrated.

- Engage in regular physical activities.

To learn more about treating dry skin, visit the American Skin Association at www.americanskin.org, MedicineNet at www.medicinenet.com/dry_skin/article.htm and the Mayo Clinic at www.mayoclinic.com/health/dry-skin/DS00560.

GET OUT!

area events

More events online at www.facebook.com/BWnow

October 11

Frankfurt Science Center – Optical illusions and visual phenomena are just a few of the surprises visitors can discover during a trip to the Explora Museum located in the Frankfurt Science Center. Each visitor is given a pair of special 3-D glasses to wear to navigate the museum. Observe monster holographs that look frighteningly real, deep and spacious anaglyph images and even the terrifyingly penetrating gaze of Medusa herself. Bunker Glauburgplatz 1, Frankfurt am Main. www.buzzoffbase.com.

International Jazz Festival – The annual Enjoy Jazz International Music Festival is back. Enjoy a lively mix of jazz infused with classical, pop, rock, hip-hop and electronic music. Program runs through Nov. 10 in Heidelberg, Mannheim and Ludwigshafen. For times and locations, visit www.enjoyjazz.de

Hannover Oktoberfest – The Oktoberfest in Hannover runs through Oct. 14. Fest features more than 160 amusement rides, two large beer tents that can seat more than a thousand people each and numerous stands offering food, beer and refreshments. www.buzzoffbase.com.

Cannstatter Volksfest – Stuttgart holds its 167th annual people's festival through Oct. 14. Beer gardens, wine tents, rides and traditional foods will be available as well as a huge fireworks show on the final evening. www.cannstatter-volksfest.de

Art Exhibit – Artist Robert Thompson shares his work with the public during the grand opening of his exhibit 7-9 p.m. in the Copper Lounge at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Guests can enjoy music, wine and cheese during the event. Exhibit and sale end Oct. 21. www.mwgermany.com.

Paintings – View an exhibition of 50 oil paintings by Chinese artist Qiu Shihua through Jan. 6 at the museum Pfalzalerie in Kaiserslautern. Museum is open 11 a.m. - 8 p.m. Tuesdays and 10 a.m. - 5 p.m. Wednesday-Sunday. www.mpk.de.

Sunday Shopping – Enjoy a leisurely stroll downtown and a day of Sunday Shopping in Speyer 1-6 p.m.

October 13

Wine and Chestnuts – Edenkoben hosts a wine and chestnut fest 11 a.m. Oct. 13-14 on the Villastraße.

Saarbrücken – Explore the city of Saarbrücken, capital of the German State of Saarland, located on the Saar River. Being near the French border, Saarbrücken has a lot of French flair, evident in its local cuisine and lifestyle. Saarbrücken's history spans more than 1,000 years, with

it frequently changing hands between France and Germany over the last 200 years. Above ground, see the beautiful baroque architecture of the palace and churches, but underground explore the city's medieval and renaissance fortifications and casemates. The city's new mall, the Europa Gallery, and its pedestrian zone include, major department stores and unique boutiques designed to spoil shoppers. <http://affiliates.uso.org/Kaiserslautern/>.

October 14

Pumpkin Fest – If you have a soft spot for pumpkins, then the Pumpkin Exhibition (Kurbis Fest) at Ludwigsburg's Blühendes Barock Garden provides 500,000 of them to delight in. See more than 450 pumpkin varieties and sample pumpkin soup, pumpkin spaghetti, pumpkin wine and an array of other pumpkin delights. After strolling through the pumpkin exhibit, take the kids on a walk through the Fairy Tale Park or on a train ride through the forest. Visitors can also relax and watch fairy tale films presented in an open air theater (in the German language.) <http://affiliates.uso.org/Kaiserslautern/>

October 16

Deutsches Museum – The Deutsches Museum provides a first-hand look at Germany's contributions to science, technology and industry. The interactive museum has plenty of places to get kids involved, where they can push buttons, turn cranks and move switches to work parts of the exhibit. There are exhibits on glass blowing, photography, paper-making, automation, mining, computer science and all sorts of other modern marvels. The museum is set on an island inside the Isar River and is open 9 a.m. - 5 p.m. daily. Tickets: €8.50 for adults and €3 for children. Museumsinsel 1, Munich, 80538. www.buzzoffbase.com.

October 17

Levi Strauss Museum – The award-winning Levi Strauss Museum tells the story of Levi Strauss, who immigrated to the U.S. from Germany and founded Levi's Jeans, which are still popular world-wide. Marktstr 33, Buttenheim, 96155. Civ. 09545 442602.

October 19

Frankenstein – Ghouls and ghosts await visitors venturing to Burg Frankenstein. Doors open 7 p.m. Enjoy Halloween fun through Nov. 4. For tickets and other

information visit www.frankenstein-halloween.de

October 26

Polish Pottery – Visit Bowleslawiec, Poland for a day of pottery shopping and sight-seeing. <http://affiliates.uso.org/rheinmain/>

October 27

Legoland Park – There's creepy fun for the whole family during Halloween at Legoland. The Legoland theme park transforms into a gruesomely decorated Halloween land full of tricks and treats. The Land of the Knights opens its doors to visitors brave enough to venture in. <http://affiliates.uso.org/Kaiserslautern/>

October 29

Haunted House – Enjoy scary Halloween fun at the Ramstein Community Center Haunted House located in Bldg. 412. Haunted house is open 5:30 - 7:30 p.m. Oct. 29 and 30. Free witch's brew to all who dare to follow the haunted trail. DSN 480-6600, civ. 06371-47-6600.

Upcoming concerts

Jennifer Lopez – JLo's Dance Again World Tour comes to Berlin Oct. 13 at O2 World Berlin. www.eventim.de.

Sweet Soul Music Revue – Rhythm and Blues group Sweet Soul Music Revue performs 8 p.m. Oct. 20 at the Capitol Mannheim. www.songkick.com.

Chris Brown – Singer Chris Brown performs at the Hanns-Martin-Schleyer-Halle in Stuttgart 8 p.m. Nov. 23 and the Frankfurt Festhalle 8 p.m. Nov. 29. Tickets for both shows on sale now. www.eventim.de.

The Human League – Legendary '80s electronic new wave band The Human League, will perform 8 p.m. Nov. 16 at the Garage Club in Saarbrücken. Tickets on sale now. www.eventim.de.

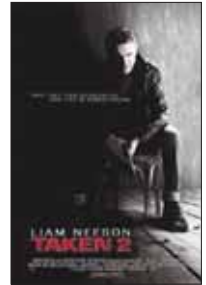
Ongoing

Wax Museum – Since the doors of Madame Tussauds world famous waxwork museum first opened more than 200 years ago in millions of visitors have flocked to see the likenesses of celebrities and historical persons. Visit the museum's Berlin location 10 a.m. - 7 p.m. Monday - Sunday and discover your favorite celebrity heroes and learn the process used to create the lifelike figures. The museum is located at Unter den Linden 74, 10117. Civ. 0180-554-5800.

coming to THEATERS

TAKEN 2

(Liam Neeson, Maggie Grace, Famke Janssen) Bryan Mills, the retired CIA agent who stopped at nothing to save his abducted daughter returns in this sequel to the original thriller. During a trip to Istanbul, Mills and his wife are taken hostage by the father of a kidnapper Mills killed while rescuing his daughter. While at the mercy of a vengeance-seeking crime lord, Bryan must employ his particular set of survival skills to protect his family against an army out to kill them. (Rated PG-13 for intense sequences of violence and action and some sensuality) 91 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 11 - LOOPER (R) 7 p.m.
 Oct. 12 - FRANKENWEENIE (PG) 7 p.m.; TAKEN 2 (PG-13) 9:30 p.m.
 Oct. 13 - FRANKENWEENIE (PG) 4 p.m.; TAKEN 2 (PG-13) 7 p.m.;
 THE BOURNE LEGACY (PG-13) 10 p.m.
 Oct. 14 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.;
 THE BOURNE LEGACY (PG-13) 7 p.m.
 Oct. 15 - FRANKENWEENIE (PG) 7 p.m.
 Oct. 16 - TAKEN 2 (PG-13) 7 p.m.
 Oct. 17 - THE BOURNE LEGACY (PG-13) 7 p.m.
 Oct. 18 - ICE AGE: CONTINENTAL DRIFT (PG) 7 p.m.

Vogelweh, Galaxy

Oct. 12 - LOOPER (R) 7 p.m.
 Oct. 13 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.;
 TOTAL RECALL (PG-13) 7 p.m.
 Oct. 14 - WONT BACK DOWN (PG-13) 7 p.m.

Ramstein, Gateway Cineplex

Oct. 11 - WONT BACK DOWN (PG) 11 a.m., 2 p.m., 4:30 p.m., 8:30 p.m.;
 LOOPER (R) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.;
 DIARY OF A WIMPY KID: DOG DAYS (PG) 11:30 a.m., 2 p.m.;
 TOTAL RECALL (PG-13) 5 p.m., 7:30 p.m.
 Oct. 12 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 13 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 14 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 15 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 16 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 17 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;
 ICE AGE: CONTINENTAL DRIFT (PG) 11:30 a.m., 2 p.m., 5 p.m., 7:45 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.
 Oct. 18 - FRANKENWEENIE (PG) 11 a.m., 1:15 p.m., 3:30 p.m., 5:45 p.m., 8 p.m.;
 TAKEN 2 (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.;
 THE BOURNE LEGACY (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 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

community HIGHLIGHTS

Presidential Debates Live On AFN

American Forces Network Europe will air the vice-presidential debate 3-5 a.m. Oct. 12, and the second presidential debate from 3-5 a.m. Oct. 17. The third and final presidential debate will air 3-5 a.m. Oct. 23. The broadcast will repeat 11 a.m.-1 p.m. and 7-9 p.m. the same dates they are aired live.

Retiree Appreciation Day

A U.S. Army in Europe Retiree Appreciation Day is scheduled for 8 a.m.-3 p.m. Oct. 13 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg, with registration starting 8 a.m. Guest speakers will be USAREUR Commander Lt. Gen. Mark P. Hertling and retired Sergeant Major of the Army Kenneth O. Preston, co-chairman of the Army Chief of Staff Retiree Council. The Association of the U.S. Army will host an ice-breaker 6 p.m. Oct. 12 at the Village Pavilion Community Center. DSN 370-8399, civ. 06221-57-8399, usarmy.badenwu.usag.mbx.retirement@mail.mil.

Consolidated Postal Center

The public is invited to the grand opening of the U.S. Army Garrison Baden-Württemberg Consolidated Postal Service Center on Patrick Henry Village in Heidelberg, 11 a.m. Oct. 15. Postal staff will be on hand afterward to provide assistance with combinations to individual mail boxes and provide full customer service. DSN 370-3347, civ. 06221-57-3347.

Tri-Community AFAP Conference

The Armed Forces Action Plan Conference will be 9 a.m.-4:30 p.m. Oct. 23-26 at the Kaiserslautern Community Activity Center on Daerner Kaserne. DSN 493-4357, civ. 0631-3406-4357.

Civilian Insurance Open Season

Civilian personnel can talk directly with insurance representatives from Bluecross BlueShield, Foreign Service Benefit Plan and Mailhandlers 11:30 a.m.-2:30 p.m. Oct. 31 at the Civilian Personnel Advisory Center, Room 010, Bldg. 3980 in Heidelberg, across from the Community Support Center (Shopping Center.) DSN 370-1430, civ. 06221-57-1430.

Domestic Violence Awareness

October is Domestic Violence Awareness Month. Army Community Service will set up Silent Witness exhibits throughout U.S. Army Garrison Baden-Württemberg to honor the lives of victims of domestic violence. Community members can show support by taking a pledge to stand up against domestic violence and by wearing purple wristbands, which will be available at the exhibits. Report domestic violence to the 24-hour hotline, civ. 0170-609-2862.

General Election Absentee Ballots

Voters who have not yet received state ballots for the Nov. 6 election can use the Federal Write-In Absentee Ballot. The Military Postal Service Agency began free expedited ballot delivery and tracking to local election offices Sept. 1 for military and family members stationed overseas. www.usps.com.

Human Resources Awards Program

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

KAISERSLAUTERN

Education

• **SKIES Unlimited Music Lessons** – SKIES Unlimited offers voice, piano, music and violin lessons for ages 18 months -18 years with weekly, private or group sessions available. Register with Parent Central Services in Bldg. 2898 on Pulaski Barracks or at the Landstuhl One Stop Shop, Bldg. 3810. DSN 493-4516/486-8943, civ. 0631-3406-4516/06371-86-8943.

Community

• **Christmas Story Auditions** – Open auditions for the play "A Christmas Story" will be held Oct. 16-17 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Auditions for ages 8-13 begin 6:30 p.m.; adult auditions begin 7:30 p.m. Actors should have a 30-60 second comedic monologue prepared. Call KMC Onstage for a perusal copy. DSN 483-6626, civ. 0631-411-6626.

• **Dine-In Movies** – Enjoy the movie "The Pacifier" while eating meal specials at Bruno's Pasta Bar 7 p.m. Oct. 16 and Tuesdays in the Landstuhl Community Club, Bldg. 3780. Upcoming movies include "Herbie Fully Loaded" and "Mrs. Doubtfire." DSN 486-6107, civ. 06371-86-6107.

• **Hairspray The Musical** – KMC Onstage presents the musical "Hairspray!" 7:30 p.m. Oct. 19, 20, 25, 26, 27 and 3 p.m. Oct. 21, 27 and 28 at KMC Onstage, Bldg. 3232 on Kleber Kaserne. Adults are \$14 and students are \$12; no children under 5 admitted. DSN 483-6626, civ. 0631-411-6626, www.mwrgermany.com.

• **Winter Vehicle Safety Day** – Family and Morale, Welfare and Recreation will host a winter vehicle safety day 10 a.m.-6 p.m. Oct. 26 at Pulaski Auto Skills in Bldg. 2859 on Pulaski Barracks. Participants can receive free safety checks, enjoy refreshments, participate in a demonstration and enter to win prizes. DSN 493-4167, civ. 0631-3406-4167.

• **Bingo** – Kazabra Club in Bldg. 2057 on Vogelweh Housing hosts a progressive bingo program 7 p.m. Wednesdays, 8 p.m. Fridays and 3 p.m. Sundays for chances to win cash, a car and other prizes. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

• **Sembach Warrior Zone** – Soldiers can check out the all-new Warrior Zone inside the Bowling Center, Bldg. 104, on Sembach Kaserne 7 a.m.-8 p.m. Monday-Friday and 11 a.m.-5 p.m. Saturday and Sunday.

HEIDELBERG

Education

• **ACS Classes** – Culture College, 8:30 a.m.-1 p.m. Oct. 15-17, Army Community Service, Community Support Center, Bldg. 3850, Room 172; Job Search Overview and USAJOBS Application Process, 10 a.m.-noon Oct. 16,

ANNOUNCEMENTS

Village Pavilion Community Center, Patrick Henry Village, Bldg. 4507; Family Resiliency Training, 12:30-2:30 p.m. Oct. 16, ACS Annex, PHV, Bldg. 4531, Room 16; Professional Resume Writing, 10 a.m.-noon Oct. 17, Village Pavilion Community Center; Coping Strategies for The Uncertainty of Life, 10-11:30 a.m. Oct. 18, Nachrichten Kaserne, Bldg. 3622, WTU Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, ACS Annex, PHV; Financial Readiness Briefing Computer-Based Training (Mandatory for first-term Soldiers. Contact ACS at DSN 370-6883, civ. 06221-57-6883 for details and class times.)

• **UMUC Europe Registration** – Registration is open until Oct. 21 for Fall Session 2 at the University of Maryland University College Europe for undergraduate and graduate on-site courses, as well as undergraduate online courses. Classes begin Oct. 22. DSN 370-6762, civ. 06221-3780.

• **UMUC Europe Test Centers** – Service members and eligible civilians deployed to Al Udeid, Ali Al Salem (Kuwait) and Al Dhafra (United Arab Emirates) can now earn university credit and certifications at new UMUC-sponsored national test centers. The NTCs will feature on-site exams, face-to-face support and instant score results. Testing schedules: www.ed.umuc.edu/ntc.

• **Book Award, Scholarship** – University of Maryland University College Europe offers a \$150 military book award for active duty service members and their spouses and dependents. Both new and current students are eligible to apply. UMUC Europe also offers new student scholarships. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/financialaid.

Community

• **Roadside Theater** – The Roadside Theater in Bldg. 109 on Patton Barracks presents the musical "I [title of show]" 7:30 p.m. Oct. 12, 13, 19, 20, 26 and 27 and 3 p.m. Oct. 21. Show recommended for adult audiences. DSN 373-5020, civ. 06221-17-5020.

• **Polish Pottery Bingo** – The Heidelberg Sea Lions booster club will sponsor Polish pottery bingo and provide concessions 6 p.m. Oct. 13 in the Patrick Henry Village Middle School's multi-purpose room. Cards go on sale 5:45 p.m. Proceeds will go toward the swim team. www.heidelbergsealions.com.

International Quilt Show

There will be an international quilt show open to the public, featuring sewing demonstrations, refreshments, classes, guest quilter Marita Bruggeman and more 11 a.m.-5 p.m. Oct. 27 at the Arts and Cultural Center on Patrick Henry Village. The

show will run concurrently with a farewell and thank you sale open to ID cardholders only from 11 a.m.-7 p.m. Quilt submission deadline is Oct. 15; registration recommended. DSN 388-9418, civ. 06221-338-9418.

• **EFMP Network** – The Exceptional Families Network will meet 10-11:30 a.m. Oct. 17 at Army Community Service, Bldg. 3850, Room 172 in the Community Support Center (on the Shopping Center.) Topic will be "EFMP Families in Transition." DSN 370-6883, civ. 06221-57-6883.

International Cooking Class

Army Community Service teaches how to make international cuisine 10:30 a.m.-1 p.m. Oct. 17 at the Patrick Henry Village Commissary. DSN 370-6883, civ. 06221-57-6883.

• **BOSS Meeting** – Better Opportunities for Single Soldiers will hold a meeting 3:30 p.m. Oct. 17 at the Patton Warrior Zone. DSN 373-5275, civ. 06221-17-5275.

• **BOSS Cheap Eats** – Better Opportunities for Single Soldiers will provide a free meal for all military personnel 5 p.m. Oct. 17 on the Patton Warrior Zone's patio. DSN 373-5275, civ. 06221-17-5275.

• **EFMP Teen Social** – An Exceptional Family Member Program teen social will be 6-8 p.m. Oct. 17 at Panther's Place on Patrick Henry Village. Teens can hang out with friends and enjoy music, games and activities. DSN 3270-6883, civ. 06221-57-6883.

• **Parent's Day, Night Out** – Reservations for Parent's Night Out and Parent's Day Out now close at noon the Monday before Parent's Day or Night Out. A minimum enrollment of five children will be required in order to offer the programs. Parents will be contacted the Monday before and given a refund if the program is canceled due to low enrollment. The next Parent's Night Out is scheduled for Oct. 19 and Parent's Day Out, Oct. 20. Call Central Enrollment on Patrick Henry Village for reservations. Civ. 06221-338-9341, DSN 388-9340.

• **Haunted Europa Park** – Army Outdoor Recreation heads to Europa Park 6:30 a.m.-9 p.m. Oct. 20, where each themed area will be decorated for Halloween. Visitors will find a host of witches, werewolves, ghouls, ghosts and goblins. Trip includes transportation and park admission. DSN 388-9282, civ. 06221-338-9282.

• **Frankenstein Castle** – Army Outdoor Recreation goes to Frankenstein Castle for a Halloween party Oct. 27. Bus leaves from the Park and Ride lot outside the Patrick Henry Village Commissary 5:30 p.m. and returns about 12:30 a.m. Costumes encouraged but must not include weapons. No children under 14. DSN 388-9282, civ. 06221-338-9282.

• **Tell Me A Story** – Parent to Parent

will host Tell Me A Story 2-4 p.m. Nov. 4 at Patrick Henry Elementary School. Maj. Gen. James C. Boozer, Deputy Commanding General, U.S. Army Europe, will read Jon Muth's "The Three Questions," based on a story by Leo Tolstoy. It tells the story of how Nikolai seeks answers to life's fundamental questions. Tell Me A Story, an initiative of the Military Child Education Coalition, is geared toward ages 4-12. Each family receives a copy of the book. The event is free, but space is limited. E-mail reservation requests to PtoPhHeidelberg@MilitaryChild.org by Oct. 29.

• **Halloween Costume Party** – Adults can join the fun at the annual Halloween costume party and contest 9 p.m.-close Oct. 31 at the Village Grille After Hours on Patrick Henry Village. Disc Jockey T will provide dance music and karaoke. Free admission. DSN 388-9570, civ. 06221-338-9570.

• **Photo Printing** – Print services are now available at the Arts and Cultural Center in Bldg. 4507 on Patrick Henry Village. Customers can order express prints, custom books, banners, custom calendars and more. DSN 388-9418, civ. 06221-338-9418, usaghd.artsandcrafts@mail.mil.

• **Trivia Challenge** – Bring a team or join one for a chance to win prizes during Trivia Challenge 7-9 p.m. Thursdays at the Village Grille After Hours on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

• **Heidelberg Lodging Weekend** – Heidelberg Army Lodging in Bldg. 4527 on Patrick Henry Village offers discounted weekend rates of 25 percent, with reservations accepted on a first-come, first-served basis. DSN 370-1700, civ. 06221-795100.

• **Copper Lounge** – The Copper Lounge, located in the Village Pavilion Community Center on Patrick Henry Village, is now open 4-9 p.m. Wednesday-Friday. Menu includes an extensive list of martinis, top quality wine, beer and full bar. www.mwrgermany.com.

• **Library Hours** – The Patrick Henry Village library has new hours: closed Monday, 11 a.m.-7 p.m. Tuesday-Thursday and 11 a.m.-6 p.m. Friday-Sunday. Story time is 11 a.m. Wednesdays for ages 3-5 and 11 a.m. Thursdays for babies and toddlers. Parents are also invited to this free activity. DSN 388-9443, civ. 06221-338-9443.

• **Slapshots** – The Slapshots Casino Room on Patton Barracks has new hours: 9 a.m.-11 p.m. Monday-Thursday, 9 a.m.-2 a.m. Friday and noon-10 p.m. Sunday. Facility offers a large selection of electronic and video games. www.mwrgermany.com.

• **Village Grille** – The Village Grille on Patrick Henry Village now serves breakfast 10 a.m.-2 p.m. Saturday and Sunday. www.mwrgermany.com.



Heidelberg Lions homecoming



Linda Steil

Above, Heidelberg High School Lions football player Alfred Freed (#7) is pursued by a Lakenheath Lancers player after catching a 32 yard pass at Saturday's homecoming game at Patrick Henry Village in Heidelberg. Below, Daniel White (#25) makes his way through the Lakenheath defense to score a touchdown for the Lions. The Lions won the game 26-8.



Samantha Smith



Samantha Smith



Linda Steil

Top, cheerleaders perform at halftime during Saturday's football game at Patrick Henry Village in Heidelberg. Above, Emma Roberts and Marcus Jackson are crowned Heidelberg High School Homecoming King and Queen Saturday.



Linda Steil

Above left, community members were treated to a free concert Friday by the New York band Edison, courtesy of Family and Morale, Welfare and Recreation. Above right, senior class officer Celina Frye helps light the flames at Friday's homecoming bonfire held at the library parking lot on Patrick Henry Village in Heidelberg. The annual event was moved from its usual location at Heidelberg High School to allow more community members to take part in the festivities.



Linda Steil

staying ACTIVE

Red Ribbon Run

Join the Kaiserslautern community for the 2012 Red Ribbon Run to support freedom from drug and alcohol abuse Oct. 13. Run starts 10 a.m. from Bldg. 237 on Rhine Ordnance Barracks in Kaiserslautern. www.mwrgermany.com.

Skeet Shoot at Rod and Gun Club

The Heidelberg Rod and Gun Club is hosting a skeet shoot 1 p.m. Oct. 13 and a rifle shoot 1 p.m. Oct. 20. Cost is \$35 for each. Call civ. 06202-51193 for more information. www.mwrgermany.com.

CYSS Winter Sports Sign-ups

Sign-ups for winter sports including basketball, wrestling and cheerleading begin Oct. 15 in Heidelberg. Register at <https://webtrac.mwr.army.mil> or Parent Central Services, Bldg. 4443, DSN 388-9240, civ. 06221-338-9240.

Flag Football Championships

The Unit Level Flag Football Championships will be held 6 p.m. Oct. 15-18 at the Kaiserslautern Army Depot. www.mwrgermany.com.

Heidelberg International Ski Club

Bring a friend to the Heidelberg International Ski club's meeting 7 p.m. Oct. 24 at the Zum Goldenen Lowen in Eppelheim. Sign up for trips to Stuben, Austria, Dec. 13-16 and Arabba, Italy, at Christmas. Visit www.heidelbergski.com.

Halloween Fun Run

Family and Morale, Welfare and Recreation hosts a fun run Oct. 27. Registration begins 8:30 a.m. and run starts 9 a.m. from the commissary parking lot on Patrick Henry Village in Heidelberg. Community is encouraged to dress up. Free T-shirts while supplies last. www.mwrgermany.com.

Family Zumba Classes

Enjoy the sounds of Cuban music and moves with this new class 11 a.m.-noon Monday and Wednesday (children ages 3+ welcome.) Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172.

Massage Therapy Available

New types of massage therapy are available at Campbell Fitness Center and the Village Pavilion Community Center in Heidelberg. Choose from sports massage, pregnancy massage, shiatsu, acupressure and more. Call civ. 0176-7035-9766 for more information. www.mwrgermany.com.

Kleber Sports and Fitness Closure

The Kleber Sports and Fitness Center main gym in Bldg. 3235 on Kleber Kaserne in Kaiserslautern is closed until late October for facility renovations. DSN 483-7610, civ. 0631-411-7610.

Hockey Players Sought

Experienced ice hockey players are wanted to play for the Baden Bruins Army Hockey Team. For more information, call civ. 0172-626-3642.

Lacrosse Team Seeking Players

The Kaiserslautern Lumberjacks has men's, women's and youth lacrosse programs. Search Kaiserslautern Lacrosse on Facebook or email ktownlax@hotmail.com for more information.

Send the Herald Post Your Photos

If you have photos from sporting events, e-mail them along with the dates, details of the event and names of those pictured to usaghd.post@eur.army.mil or usarmy.badenwurt.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**