

# HeraldPOST

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

**HP THURSDAY**  
Oct. 25, 2012

**Speed Read**

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Heidelberg Middle School students lace up for the school's annual track and field meet in Heidelberg. **13**



**Defense Details**

**EDUCATION EXPENSES**

The Defense Department is again working with the federal Consumer Financial Protection Bureau to help service members with their higher-education expenses. Defense Secretary Leon E. Panetta and Holly Petraeus, the bureau's assistant director for service members' concerns, announced they are starting a training program for judge advocate general personnel, personal financial managers and education service officers. The training is to spread information about the benefits and consumer protections service members are afforded under the Service Members Civil Relief Act, including interest rate reductions, loan deferral programs, principal reduction options on certain loans for service in hostile areas and loan forgiveness on certain federal loans for public service. The announcement came as the bureau released a report outlining the unique obstacles service members report in trying to pay off student loan debt, such as not being able to get the information they need and hitting roadblocks when pursuing benefits. Last spring, President Barack Obama signed an executive order cracking down on colleges and universities that prey on service members, their families and veterans.  
[www.defense.gov](http://www.defense.gov)

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## Mannheim Self Service Supply Center closes

By Elizabeth Behring  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

As part of U.S. Army Garrison Baden-Württemberg's ongoing transformation efforts, the Self Service Supply Center in Bldg. 1536 on Spinelli Barracks in Mannheim permanently closed its doors Oct. 12.

"Other stores in Europe are closing as part of a USAREUR [U.S. Army Europe]-directed initiative to provide SSSC items as an online ordering service with free delivery to the customers," said Tony Cross, the SSSC redesign project lead.

SSSC are stores where Government Purchase Card holders can purchase office supplies, cleaning materials, computer accessories and other items needed on a day-to-day basis and during pre-and-post deployment operations, Cross said.

Current SSSC closures throughout the Army will help save taxpayers about \$3 to \$4 million annually in operating costs, with about \$1.5 million of that in U.S. Army Europe alone, Cross said.

An estimated 1200 GPC customers (both Air Force and Army) across Europe can now purchase directly from The Exchange's [also known as the Army and Air Force Exchange Service] Warehouse Ordering Web System, which is the preferred method, Cross said.

The Kaiserslautern SSSC, the largest within Europe, is expected to remain open through 2013, and will be

see **SSSC** page 9

## Landstuhl medics aid injured woman



Rick Scavetta

Sgt. Joseph Campbell, a combat medic with the Landstuhl-based Company C, 1st Battalion, 214th Aviation Regiment, instructs fellow Soldiers on wrapping bandages during recent training. Campbell was one of three Company C Soldiers who assisted a German woman involved in a motor vehicle accident Oct. 1.

### Soldiers assist victim after early-morning car accident

By Rick Scavetta  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Sounds of a crashing car startled three Soldiers as they ran up the steep Kirchberg hillside just west of Landstuhl Oct. 1.

Tires screeched and metal crunched in the valley below, where Saarbrücker Straße heads toward Hauptstuhl under Autobahn 62's massive highway overpass. Sgt. Roger Adame turned to fellow combat medic

Sgt. Joe Campbell and helicopter crew chief Spc. Will Taylor.

"Let's get down there, right away," Adame told Campbell. "Maybe there's something we can do to pitch in and help out."

They sprinted down the hillside to find people gathering at the scene, although no one seemed to know what to do, Campbell said. The Soldiers, however, got to work.

The driver, a Ger-

man woman in her early twenties, felt neck pain and had cuts on her hands. Taylor, a former firefighter, set up warning triangles and waved off traffic.

From the rear seat, Campbell reached forward and stabilized the woman's spine. The driver's door was crushed, impeding his ability to check further. Adame, who served downrange with Campbell during their

see **MEDICS** page 9

## Federal internship opportunities available for college students

**USAREUR Public Affairs**

U.S. citizen family members with disabilities and who are current, full-time undergraduate or graduate students can consider applying for the Department of Labor's 2013 Workforce Recruitment Program.

Applications are accepted between now and Nov. 16 at <https://wrp.gov/AboutPre.do#Students>.

Individuals who graduated from college (undergraduate or graduate) in October 2011 or later are also eligible

to participate.

Registering now will allow participants to apply for full-time summer jobs available across U.S. Army Europe (May 1-Sept. 30, 2013.)

Department of Labor recruiters began visiting American universities in Germany and across the United States (including U.S. Territories in Puerto Rico) Oct. 15.

The Workforce Recruitment Program is a recruitment and referral program that connects federal sector employers

nationwide, to include USAREUR, with college students and recent graduates with disabilities.

Student salaries are funded by the Department of Defense, and the student's General Schedule grade and salary will be determined based on educational background and experience. Students are hired at all grade levels.

For more information, call the U.S. Army Europe Equal Employment Opportunity Office at DSN 370-9412, civ. 06221-57-9412.

## COMPUTER SAFETY MESSAGE

# Take precautions when using public networks

*Most Wi-Fi hotspots do not encrypt information sent, are not secure*


**USAREUR Public Affairs**

If you use a public, unsecured network to log into an unencrypted website – or a site that uses encryption only on the sign-in page – other users on the network can see what you see and what you send.

These users could then hijack your browsing session and

even log in as you.

New hacking tools (available free online) make this easy, even for users with limited technical know-how.

Your personal information, private documents, contacts, family photos and even your login credentials could be up for grabs.

An imposter could use your account to impersonate you and scam people you care about.

Your personal information, private documents, contacts, family photos and even your login credentials could be up for grabs. An imposter could use your account to impersonate you and scam people you care about.

In addition, a hacker could test your user name and password to try to gain access to other websites – including sites that store your financial information.

If the network at a location like a hotel requires a password to be used, is it safer?

Wi-Fi hotspots in coffee shops, libraries, airports, hotels, universities and other public places are convenient, but they're often not secure.

When using a hotspot, it's best to send information only to websites that are fully encrypted.

You can be confident a hotspot is secure only if it asks you to provide a Wi-Fi Protected Access password. If you're not sure, treat the network as if it is unsecured.

When using a Wi-Fi hotspot, only log in or send personal information to websites that you know are fully encrypted (HTTPS.)

To be secure, your entire visit to each site should be encrypted, from the time you log in to the site until you log out. If you think you're logged in to an encrypted site, but find yourself on an unencrypted page, log out right away.

Don't stay signed in to accounts. When you've finished using an account, log out.

Don't use the same password on different sites. It could give someone who gains access to one of your accounts access to many of your accounts.

Many web browsers alert users who try to visit

fraudulent websites or download malicious programs. Pay attention to these warnings, and keep your browser and security software up to date.

If you regularly access online accounts through Wi-Fi hotspots, use a virtual private network. VPNs encrypt traffic between your computer and the Internet, even on unsecured networks.

You can obtain a personal VPN account from a VPN service provider. In addition, some organizations create VPNs to provide secure, remote access for their employees.

Some Wi-Fi networks use encryption. Wired Equivalent Privacy and WPA are the most common; WPA2 is the strongest.

WPA encryption protects your information against common hacking programs. WEP may not.

If you aren't certain that you are on a WPA network, use the same precautions as on an unsecured network.

Installing browser add-ons or plug-ins can help. There are add-ons available – some for free – that force a browser to use encryption on popular sites that usually aren't encrypted.

Look for "https" in the URL to know a site is secure.

For more information and tips, visit the U.S. Army Europe vigilance web page at [www.eur.army.mil/vigilance](http://www.eur.army.mil/vigilance).



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)

## DISCUSSION BOARD

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

"Will there be any more job fairs in the next few months?"

– Barbara Garrett, BWnow Facebook Fan

"Barbara, there should be more job fairs coming up. As soon as we receive the info we will post it. Army Community Service is also a good resource for finding out about upcoming job fairs in the local area."

– BWnow Facebook Administrator

"Better late than never: Thank you all the crew members in the new Postal Center! You have done an excellent job making the transfer easy and simple...."

"Thanks again! ... now I just have to remember my new combination number ... LOL"

– Katja Hornbeck, BWnow Facebook Fan

"Is the Trunk or Treat happening this year? When and

where will it be?"

– Kristin Jones, BWnow Facebook Fan

"There will be no trunk or treat this year. You can check out the Oct. 25 Herald Post for more info on other Halloween events in Heidelberg, Mannheim and Kaiserslautern. Trick or Treating in Heidelberg will be 6-9 p.m. Oct. 31."

– BWnow Facebook Administrator



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

## Women's Care Center offers no-referral appointments

By Capt. Paula Neemann  
LANDSTUHL REGIONAL MEDICAL CENTER

The Women's Care Center at Landstuhl Regional Medical Center provides health services and screenings to all eligible women: active duty, civilian, family members, retirees and contractors without a referral.

WCC providers are specifically trained to address routine well woman care as well as female gynecological concerns.

The WCC is an open clinic; therefore, no referral is necessary to receive an appointment. All women who are Department of Defense ID cardholders are eligible for care.

The WCC is staffed with one civilian board-certified gynecologist, two active duty Air Force certified women's health nurse practitioners, one civilian certified nurse midwife, three civilian nurses, one civilian administrative assistant and one active duty Air Force Non-Commissioned Officer in Charge.

Common medical issues that can be addressed, managed and followed by WCC providers include:

- ♦ annual well woman examinations (to include cervical cancer and breast cancer screening)
- ♦ birth control counseling
- ♦ menopause therapy
- ♦ menstrual disorders
- ♦ postpartum care
- ♦ Pap smear follow-up

The WCC is located in the main LRMC building adjacent to Family Practice in Wing 1F.

The WCC also has a separate outside entrance, a private check-in desk, an independent waiting area and an individual appointment line phone number.

For patient convenience, a parking lot is located right outside the WCC entrance.

The WCC is open 7:30 a.m. - noon and 1-4:30 p.m. Mondays through Fridays.

To schedule an appointment at the Women's Center, call DSN 486-7100 or civ. 06371-86-7100.

## U.S. Army Europe officials host first 'Women's Forum' in Heidelberg

USAREUR Public Affairs

Members of U.S. Army Europe hosted the command's first-ever Women's Forum, entitled "Sitting at the Table," at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg, Oct. 11.

"This conference is about the transition to the future and the addressing of issues that have to do with a large percentage of our force," said USAREUR Commanding General, Lt. Gen. Mark Hertling. "Women sometimes don't feel their voice is being heard, so this conference was an opportunity for them to speak and for us, as a command, to listen."

"This is a first for USAREUR," said Installation Management Command-Europe Director, Kathleen Marin. "It's a forum where women, who are military, civilian and family members, have come together and talked out issues that are particular concerns to women."

"What I have found very interesting about this is the universality of a lot of the issues between civilians, family members and military, but also generationally," Marin said.

The women who attended the forum discussed issues that have caused them problems in their work places, in the hopes of making changes and bringing attention to the problems that still persist.

"Frankly, I thought a lot of these issues had been dealt with and I am finding that some of the younger women are still dealing with some of the same issues [and] things that I dealt with 20 years ago," Marin said.

During the forum, the participants discussed women in the military, career planning, single and divorced parenting, violence directed against women, leadership and effective communication.

"I think the best thing I will take out of this is some self-reflection," said 18th Military Police Brigade Senior Enlisted Advisor, Command Sgt. Maj. Brenda Curfman. "I want to take the things that I've learned and do some self-reflection, to ensure that I am passing on things that will help my Soldiers, enlisted, officers and civilians, to avoid some of the obstacles that I went through and give them good advice and guidance," Curfman said.



## Latin Melodies



Spc. Iesha Howard  
William Tremaglio, a Kaiserslautern Middle School student, plays his guitar during the Hispanic Heritage Month Celebration in the Galaxy Theater on the Vogelweh Military Complex in Kaiserslautern, Oct. 11. The program included performances of Hispanic dances, characterizations of historic figures and examples of contributions to literature, entertainment and education.

## 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](mailto:usaghdpost@eur.army.mil) or [usarmy.badenwur.usag.mbx.pao@mail.mil](mailto: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 refer to the garrison's website at [www.bw.eur.army.mil](http://www.bw.eur.army.mil), and the garrison's facebook page at [www.facebook.com/bwnow](http://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](mailto: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](http://www.bw.eur.army.mil/news/personnel.htm).

**NEW – "I heard that civilian employees can sign up early for the Priority Placement Program. What type of program is this, and how do I sign up for it?"**

The Priority Placement Program is an automated mandatory placement program that is used when Reduction in Force Notices are issued. It matches eligible well-qualified employees, most of whom are subject to displacement, with vacant Department of Defense positions. It also enables the department to maintain a relatively stable work force during RIF and other displacement actions, and minimizes the adverse effect of these actions on employees. The commander may authorize registration for PPP up to one year prior to the effective date of the RIF. The garrison is scheduled to close **Sept. 30, 2013**, and early PPP registration was authorized **Oct. 1, 2012**. RIF letters are scheduled to be issued **April 1, 2013**. Once this occurs, registration in PPP will be mandatory. Anyone interested in signing up for early PPP registration can call the Heidelberg Civilian Personnel Action Center at DSN 370-8514 or civ. 06221-57-8514 to make an appointment.

**"I am a Department of Defense civilian currently living in Mannheim, and I was wondering now that all the Family, Morale, Welfare and Recreation facilities are closed on Sullivan Barracks, what will happen to all the equipment?"**

All excess equipment is first evaluated for re-use by other Family and MWR facilities within U.S. Army Garrison Baden-Württemberg. Any equipment that is not needed is reported to Installation Management Command-Europe Family and MWR for redistribution to other garrisons in Europe.

**"I am a retiree, and I maintain a mailbox on post. How long will the new consolidated postal center on Patrick Henry Village remain open, and what will I need to do for postal service once it closes?"**

The PHV Postal Service Center will close at the same time as all other services in the Heidelberg community, which is on or about Aug. 30, 2013, and no later than Sept. 30, 2013. Retirees who wish to keep a retiree mailbox will have the option to establish one in another military community that provides retiree mail service. The garrison's Directorate of Human Resources will publish more details at a later date.

### 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 Cen-

ter, 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.

**UPDATED – Postal Office Hours Change** – Postal facilities on Coleman Barracks (Postal Service Center 418) have new operating hours. Package pick-up is open 11 a.m. - 6 p.m. Monday-Friday and closed weekends and U.S. holidays. The post office (outgoing mail) is open 10 a.m. - 3 p.m. Monday - Friday and closed weekends and U.S. holidays. Customers will maintain 24/7 access to personal mailboxes. The official mail and distribution center is open 10 a.m. - 3 p.m. Monday - Friday and closed weekends and U.S. holidays.

**NEW – Spinelli Barracks** – Beginning **Nov. 3**, the hours for the contract security guard and access control points on Spinelli Barracks will change to 7 a.m. - 7 p.m. Monday - Friday, 8 a.m. - 6 p.m. Saturday and closed Sunday and U.S. holidays.

**UPDATED – Supply Center** – The Self Service Supply Center on Spinelli Barracks in Mannheim is closed. Customers can continue to get their office supplies from the Kaiserslautern Office Supply Store (DSN 483-8831) or by using The Exchange (also known as the Army and Air Force Exchange Service) Warehouse Ordering Web system Government Purchase Cared holders can register for accounts at <https://partners.aafes.com/epol/login.aspx>

**NEW – Vehicle Registration** – Beginning **Nov. 5** the new vehicle registration hours will be 8 a.m. - 4 p.m. Monday-Friday. Vehicle inspection hours will remain 7:45 a.m. - 3:30 p.m. Monday - Thursday and 7:45 a.m. - 3:20 p.m. Fridays.

### 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](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil).

**Arts and Cultural Center** – The Arts and Cultural Center on Patrick Henry Village will close **Dec. 31**. The center is scheduled to 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 Hours** – The Heidelberg Central Issue Facility in Bldg. 3850, located in the Community Support Center (on the shopping center) will be open 8 a.m. - 3 p.m. Mondays and Wednesdays only to assist service members with out-processing. The facility is closed for lunch noon - 1 p.m. The Cif located in Bldg. 1515 on Spinelli Barracks in Mannheim is also open to provide customer service.

**UPDATED – Community Mail Rooms** – Community Mail Room 419 (Patton Barracks), CMR 420 (Campbell Barracks), CMR 432 (Tompkins Barracks) and Postal Service Center 437 (Sullivan Barracks) have relocated to the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village. CMR 432 and PSC 437 ceased operations at Tompkins Barracks and Sullivan Barracks. General delivery mail service is no longer available at Bldg. 4794 on PHV. Customers can choose to 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](mailto:usarmy.badenwur.usag.mbx.cmr419@mail.mil) or contact your local postal customer service representative. The new consolidated PSC is open 9 a.m. - noon and 1-4 p.m. for official mail Monday-Friday, 11 a.m. - 6:30 p.m. Monday-Friday for customer service and parcel pick-up and the Army Post Office is open 11 a.m. - 5 p.m. Monday - Friday and 10 a.m. - 4 p.m. Saturdays. Customers have 24/7 access to personal mailboxes.

**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.

**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.

**NEW – Thrift Shop** – The last day to consign items at the Thrift Shop in Bldg. 4455 on Patrick Henry Village is **Feb. 2, 2013** and the store will close **March 30, 2013**.

## Breast Cancer Awareness



Stefan Alford

Lori Smith, lead mammography technician at Heidelberg Army Health Clinic, provides assorted handouts on breast cancer risks for women during an information fair at the clinic, Friday. The event also provided free mammogram screenings to more than a dozen community members as part of Breast Cancer Awareness Month activities in the local area. For more information on screenings and awareness events, call DSN 371-2382, civ. 06221-17-2382.

## Bending not breaking Course teaches civilians resilience

By Sarahjane Phillips  
KAISERSLAUTERN ARMY COMMUNITY SERVICE

The first civilians to attend master resiliency training in the Kaiserslautern Military Community recently graduated from a 12-week Army Community Service course designed to help them cope with difficulties at home and in the workplace.

The coursework was geared toward helping civilians thrive in a high-tempo era of persistent conflict and taught them how to lower rates of depression, anxiety, stress and other difficult emotions. It emphasized the importance of self-actualization (each participant must know themselves before they can know and understand others.)

The motto of resilience training was "Bending, Not Breaking."

Participant Amanda Gransbury said she now feels better-prepared to face challenges that come with being part of the military. "Not just that," Gransbury added. "I can better face myself now, too."

U.S. Army Garrison Kaiserslautern ACS employees Cheryl Carter and Alberto Soto Rivera

led the group through coursework, which wrapped up in late September.

It began with students learning what resiliency is and what it means to an individual.

Then, the class moved on to building mental toughness, working on individual character strengths and building strong relationships.

The group learned to maximize their potential and face challenges head on, which are important lessons, Carter said.

"This is a new era for the military, and that includes the families. The military has adapted to look at the entire force, not just the Soldiers and service members," Carter said.

"It's very important what you have done, what you have learned and now what you can teach."

Community members interested in resilience training can visit ACS in Bldg. 2891 on Pualski Barracks in Kaiserslautern or can call DSN 493-4203, civ. 0631-3406-4203. Heidelberg ACS is located in the Community Support Center (on the Shopping Center) in Bldg. 3850. DSN 370-6975, civ. 06221-57-6975.

## Conquering adventures: youth program offers skills, opportunities



Mindy Campbell

Jade Fisher attempts to climb the wall recently during an EDGE! rock climbing class in the Outdoor Recreation center inside the Kaiserslautern Military Community Center on Ramstein Air Base.

By Mindy Campbell  
U.S. ARMY GARRISON KAISERSLAUTERN PUBLIC AFFAIRS

With thumping music in the background, two students raced each other up the rock wall.

Children on the ground below cheered them on as the climbers challenged themselves to conquer a rocky precipice. For Savannah Wrye, 11, rock climbing is a lot of fun.

"I don't like other sports," she said. "This is something I like doing. It is fun and keeps me more active than other sports I have tried."

Savannah and several other children took part in a rock climbing class held at the Outdoor Recreation section at the Kaiserslautern Military Community Center. The class is just one of many offered through "EDGE!," a U.S. Army Garrison Kaiserslautern Child, Youth and School Services program, said Janice Broccoli, a Family and Morale, Welfare and Recreation partnership specialist.

EDGE stands for Experience, Develop, Grow and Excel. The program offers activities in partnership with Family and MWR organizations throughout the garrison to students in grades one through 12, Broccoli said. The idea is to offer a short-term learning experience in four different categories including fitness, art, adventure and life, she said. Each activity generally lasts between four and six weeks.

"This introduces them to activities or sports that maybe they weren't sure of or hadn't done before," Broccoli said.

The program is just a few years old and was de-

veloped to feed into garrison youth sports activities and the School for Knowledge, Inspiration, Exploration and Skills, or "SKIESUnlimited," Broccoli said.

"Kids might like the activity after trying out the EDGE! program and then go into one of the longer programs like a SKIES[Unlimited] program or a youth sports program," she said. "Or we have kids who are in youth sports programs and decide that they want to try a different activity because they weren't really into this activity or sport."

EDGE! also offers Aikido, T-shirt art, basketball, wrestling, indoor soccer, archery and fishing. In addition, they hold "home alone" and "street smarts" workshops on posts throughout the garrison.

Activities are free for students in grades six through 12, while a small fee is charged for younger children. The price difference is designed to encourage the teens to get involved, Broccoli said.

"Kids typically tend to get into more trouble at that age," she added. "If it is free, hopefully it will be an attention grabber for them."

Susanne Fisher, whose two children attend rock climbing, said it's a great opportunity for teens.

"This is really nice for teenagers, because it encourages them to do something, which they all need," she said. "Then for the little ones, it doesn't cost very much. It's affordable and twice a week, versus sports that are once a week. And this builds their strength and confidence."

To register for any of the EDGE! Program classes or for more information, call Parent Central Service at civ. 0631-3406-4516.

# Halloween Events

## Trick or Treat Hours

- Heidelberg – 6-9 p.m. Oct. 31
- Kaiserslautern – 5-7 p.m. Oct. 31
- Baumholder – 5-8 p.m. Oct. 31
- Wiesbaden – 5-7 p.m. Oct. 31

## Spooktacular fun in your community

**Heidelberg**

- ◆**Haunted Zoo** – The Heidelberg Zoo hosts a special Halloween event 5-8 p.m. Oct. 26. More details are available at civ. 06221-395-5713 (German language only.)
- ◆**Pumpkin Carving** – A pumpkin carving contest will be held at the Village Pavilion Community Center on Patrick Henry Village noon-3 p.m. Oct. 31. Open to all ages. Children 16 and younger need to be accompanied by an adult. DSN 388-9455, civ. 06221-338-9455.
- ◆**Halloween Costume Party** – An adults-only Halloween costume party and contest will be held 9 p.m.-close Oct. 31 at the Village Grille After Hours on Patrick Henry Village. DSN 388-9570, civ. 06221-338-9570.

**Mannheim**

- ◆**Halloween Party** – Break out your scariest costumes for a free Halloween party at Luisenpark 5 p.m. Oct. 31.
- ◆**Community Halloween Celebration** – Mem-

bers of the American Legion Riley Leroy Pitts Post GR07 will sponsor a community Halloween celebration 6-9 p.m. Oct. 31 at the Warrior Zone in Bldg. 86 on Coleman Barracks. There will be free goodies and candy available for all.

**Kaiserslautern**

- ◆**Haunted House** – The 18th Military Police Brigade will host a haunted house 6-9 p.m. Oct. 26 in Bldg. 200 on Sembach Kaserne.
- ◆**Haunted Tent City** – A haunted tent city will be open Oct. 26-31 on Ramstein (in the wooded area across from Burger King.) Visitors can attend two different versions: “Light Fright” 5-7 p.m. (for families with smaller children) and “Full Fright” 7 p.m. – midnight.
- ◆**Halloween Party** – Armstrong’s Community Club in Bldg. 1036 on Vogelweh Housing hosts a Halloween party 9 p.m.- 2 a.m. Oct. 26. There will be a costume contest, games and Karaoke. Civ. 0631-354-9986.
- ◆**Fall Festival** – There will be a fall festival and

“trunk-or-treat” 9 a.m.-3:30 p.m. Oct. 27 at Sembach Commissary.

- ◆**Haunted House** – Enjoy scary Halloween fun at the Ramstein Community Center haunted house 5:30-7:30 p.m. Oct. 29 and 30 in Bldg. 412. DSN 480-6600, civ. 06371-47-6600.
- ◆**Haunted Zoo** – The Kaiserslautern Zoo hosts a special Halloween fun night 5 p.m. Oct. 31. Zum Tierpark 10.

**Baumholder**

- ◆**Underworld Haunted House** – A creepy basement haunted house will be held at the Rheinlander Community Club 7-9 p.m. Oct. 26-28. There is a \$4 entry fee. DSN 485-6533.

**Wiesbaden**

- ◆**Haunted House** – Better Opportunities for Single Soldiers hosts a free haunted house in Bldg. 1214 on Clay Kaserne 6-9 p.m. Oct. 30-31. Scary fun for all ages; parental supervision required.

## Consider safety when planning Halloween parties

### U.S. Army Safety Center

Fall brings with it not only beautiful colors and a crisp chill to the air, but also one of our most popular holidays, Halloween.

Not only popular with younger children, Halloween parties are also popular with adults. As you prepare for your ghoulish activities, don't forget to think about safety.

**Here are some Halloween safety tips for the party host:**

- ◆If you are hosting a party at your house, make sure you move any breakable pieces of furniture or breakable items to a safe place.
- ◆If using dry ice in a punch bowl, make sure you

keep the ice separate. If ingested, dry ice can cause serious damage to internal organs.

- ◆Use artificial lights in place of real candles.
- ◆Make sure your yard and sidewalk are free of debris. Costume masks can make it much harder to see where you are going.
- ◆Do not let impaired guests drive. If hosting a Halloween party, remind guests to plan ahead and designate a sober driver, and offer alcohol-free beverages. Prepare a list of local taxi companies in advance to have available if guests need to call one.

**Tips for the party guests:**

- ◆If intending to drink alcohol, plan ahead to get home safely by selecting a designated driver or ensuring cab service is available from the party loca-

tion. Never ride with a driver who has been drinking.

- ◆If attending a party at a friend's home, consider asking to stay overnight, or look into hotel accommodations within walking distance of your event.
- ◆Avoid traveling through residential areas where trick-or-treaters are likely to be present.
- ◆Be on the alert for excited youngsters, whose vision may be obscured by masks, darting out into traffic.
- ◆When driving through residential areas, consider driving five miles per hour less than the posted speed limit.

Whether party host or one of the guests make Halloween a safe, fun and happy time that is enjoyed by all.

## our **ARMY** around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Soldiers from Honor Guard Company, 3d U.S. Infantry Regiment (The Old Guard) and the U.S. Army Special Forces Command stand in formation prior to the start of a wreath laying ceremony, Oct. 18, at the John F. Kennedy gravesite in Arlington National Cemetery, Va. Special Forces Soldiers also lay a wreath at the memorial on Kennedy's birthday (May 29.)

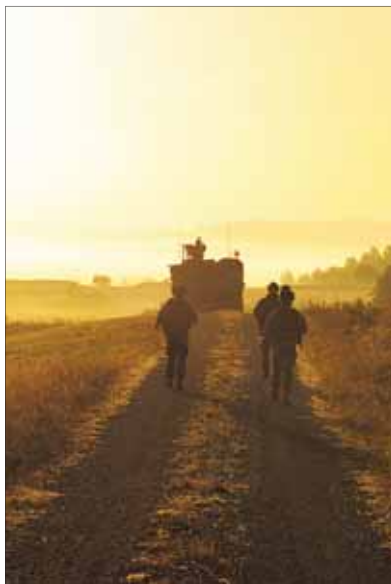


Capt. Thomas J. Cieslak

Above left, a paratrooper descends onto Sicily Drop Zone after exiting a C-130 aircraft over Fort Bragg, N.C., Oct. 11. Right, National Guard Spc. Isaac Gomez, a native of Pharr, Texas, provides security as Provincial Reconstruction Team Kunar engineers conduct a quality assurance check at the Narang Girls School in Afghanistan, Oct. 13. The PRT is made up of U.S. Navy, U.S. Army, U.S. Air Force and civilians, who work alongside local government officials to reconnect the people of Afghanistan with their government. Gomez is a member of the PRT Security Force element and is deployed from Company A, 1st Battalion, 143rd Infantry (Airborne) from of Austin, Texas.



U.S. Army



Staff Sgt. Pablo N. Piedra

Soldiers of U.S. Army Europe's 2nd Cavalry Regiment return to their Stryker vehicle after reacting to fire from opposing forces during exercise Saber Junction 2012, Oct. 13. Saber Junction 2012 is a large-scale, joint, multinational military training event with U.S. Soldiers and more than 1800 multinational forces.



U.S. Army

A paratrooper assigned to the 82nd Airborne Division prepares to jump during Large Package Week that happens annually in conjunction with Joint Operational Access Exercise at Fort Bragg, N.C., Oct. 11. LPW is an exercise that utilizes several Air Force aircraft to strategically airdrop troops and cargo.

**SSSC**

continued from page 1

the last to close said Charles St. John, Acting Director of Logistics for USAG Baden-Württemberg. It is located on the Army Depot Kaiserslautern and is open 7:30-11:15 a.m. and 12:30-3 p.m. Monday-Friday.

"The online orders are filled from stock at The Exchange distribution center in Giessen and then delivered to an Exchange retail outlet (a base or post exchange) near[est] the person that placed the online order," Cross said.

Because an Exchange or Shoppette exists at nearly every military installation, Cross said using the Exchange distribution operations was an easy solution. SSSC purchases "have little or nothing to do with Exchange stores themselves. We were able to take the orders online and piggyback off that distribution process, and because there is always room at the back of the truck, the order can be delivered right to the front door," he added.

If the order is delivered to the front door but the GPC holder is not in the office, he or she can later pick up their items at the closest Exchange store. And with a certain portion of Exchanges' fees going back into Family and Morale, Welfare and Recreation, "it's

a pretty big win-win," Cross added.

The push to move to website-only ordering versus a brick and mortar store is not new. After a few rough starts, Cross said a streamlined process not unlike the one *Amazon.com* uses will be in place by summer 2013. There, customers will be able to log on, pay online and decide the best shipping method or carrier, he added.

"We've come a long way with technology, and it's more possible now than it was in the past. The military likes standardization," Cross said.

Cross said the ultimate goal is to have one catalog and one website for customers outside the continental United States, so when a GPC holder moves, he or she will know how to order.

"Please start using the web-based process now," St. John said. "Get familiar with it ... because now is the time to learn it, while folks are still here to help you use it." GPC holders can register for accounts at <https://partners.aafes.com/epol/login.aspx> and can then request access by completing a customer access form, found under the "SSSC training and access tab," at <https://extranet.g4.hqusareur.army.mil/pubs/list-files.aspx?storefront=sands>.

**MEDICS**

continued from page 1

last tour in Afghanistan, fashioned a makeshift brace for the woman's neck.

"I was able to do so using trauma sheers, sterile bandaging and a car visor," Adame said in a written account afterward.

The setting sun often blinds drivers heading westward, likely a factor in the Oct. 1 accident, said Thomas Jung, 46, a mechanic who's served as a Landstuhl volunteer firefighter for 28 years. Landstuhl paramedics got the call at 6:04 p.m. and were at the scene six minutes later, Jung said. Meanwhile, Campbell was trying to keep the woman calm, to avoid shock, he said.

When German paramedics arrived, they didn't expect to see a Soldier in the car, supporting the woman's neck and talking calmly to her, Jung said.

"We were surprised to see he was sitting in the car," Jung said. "It was very good when he talked with her, so she felt like she was not alone. This is the best thing you can do."

Using the Jaws of Life, a hydraulic tool that tore into the car's roof, German rescuers got her out while Campbell continued to support her neck.

Beside the high autobahn overpass, there is a steep grassy patch amid the forested hillside. Soldiers call it a "fire break," but it's really an area where a pipeline runs through. It's also where Soldiers run their "gut check," a tough set of four uphill climbs that can take up to an hour and leaves them exhausted. Once the woman was safely on her way to receive further medical care, the Soldiers returned to training – finishing one more run up the steep hill.

"Being in an Army [physical training] uniform gave the German public and responding agencies a shining example of who we are as Soldiers, medics and Americans," Adame said, in his written account. "Sgt. Campbell truly demonstrated that we are proud of the corps of non-commissioned officers and do, at all times, conduct ourselves so as to bring credit upon the corps, the military service and our country."

The aerial medical evacuation company, known affectionately to combat troops as "Dustoff," has 15 specially-equipped Blackhawk helicopters. In Germany, they support U.S. training missions at posts in Bavaria, but they can respond worldwide. Last year, the Soldiers returned from a tour in Afghanistan. During the recent winter, they flew humanitarian missions in snowbound Montenegro.

Now, Adame, Campbell and Taylor have been recommended for an award for their efforts. The Soldiers' actions exemplify what's expected of them, said Capt. Damien McGuigan, Company C commander.

"Our medics are Soldiers first. They train to react to any situation which may need a calm head in difficult circumstances," McGuigan said.

While the event sounds heroic to some, Campbell shrugs off the idea that they did anything more than what the Army has trained them for – keep the patient safe, avoid further harm and provide initial care.

"We knew what to do, because this is our job. We don't mind helping out," Campbell said. "Everyone in this company is good at handling emergencies and staying calm when there's a lot of pressure, they routinely do that. So, it's not anything out of the ordinary."

**Conference of European Armies**



George P. Harris

U.S. Army Europe commander Lt. Gen. Mark Hertling (front row, center) poses for a photo with senior land forces commanders from 41 European nations, the U.S. and Canada, at the USAREUR-led Conference of European Armies, in Wiesbaden, Oct. 17.

*Military leaders gather in Wiesbaden for annual conference*

**USAREUR Public Affairs**

WIESBADEN – Senior land force commanders from more than 41 European nations, the U.S. and Canada came together here Oct. 16-18 to discuss military partnerships and security cooperation.

The 20th annual U.S. Army Europe-led Conference of European Armies met under the theme

"Building Capabilities for an Uncertain Future," to address how military forces can adjust to new fiscal realities and incorporate lessons learned to confront future security threats.

Participants at CEA represented 83 percent of the nations contributing military forces to the International Security Assistance Force in Afghanistan.

USAREUR commanding gen-

eral Lt. Gen. Mark Hertling hosted the first CEA to be conducted in Wiesbaden, the new location for USAREUR's headquarters.

"This particular session, we're talking about the future, post-ISAF," Hertling said. "[and] the challenges of our various governments, emerging security threats and our requirement to develop a new capability to address those threats."



## GERMAN NEWS

### Car Parking Champion

Sabine Langer, 45, has won the unofficial title "German parking champion," beating four men and three other women to claim the crown. The results were announced Monday. Langer, from Düsseldorf, had to complete five stages to earn the title and a trip to see the Monaco Formula 1 Grand Prix. Tasks included squeezing a nearly 30-foot limousine into a parking space, blind parking, mastering a horizontal gear shift and parking a rickety old three-wheeler. Langer said she put it all down to practice. "As an industrial clerk, I drive a lot and often have to park in tiny bays, which I see as a challenge," she said. The hardest part was parking an articulated truck, Langer said. For that round, "women had to wear platform shoes and men high heels," she added. The championship was sponsored by the insurance comparison website Transparo and was held at the ADAC training center in Landshut. Contestants were nominated via Facebook and car enthusiast blogs.

### ATM Stolen From Berlin Train Station

Thieves reportedly made off with an ATM from the Bellevue S-Bahn station in the Tiergarten district of Berlin after ramming it with a stolen car and loading it into another vehicle 3:20 a.m. Monday. It was the eighth time this has happened in the capitol this year. Thieves figured out that most S-Bahn stations, with the exception of those with elevated platforms, do not have video surveillance, *Die Welt* newspaper reported. The thieves left the stolen car behind at the scene and police are not sure how they transported the cash machine. Investigators are checking for connections with the other thefts, the *Tagesspiegel* newspaper reported.

SOURCE: [www.thelocal.de](http://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](mailto:dearmsvicki@yahoo.com), follow her on Twitter @dearmsvicki, or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

#### Dear Ms. Vicki,

*I have been married 26 years to an Army lieutenant colonel who retired in June. With that came a 35-year-old girlfriend with a child (from a previous affair.)*

*Before he retired, he threatened me (he bought a gun and a concealed weapons permit.)*

*I contacted the Inspector General, who issued a protective order and retired him; he also lost his security clearance.*

*Immediately after his retirement, and unbeknownst to me, my husband disenrolled me from TRI-*

*CARE, telling them he was single with no dependents. (This was against regulations, as he did not have a divorce or death certificate.)*

*He canceled all credit cards and savings and checking accounts that were held jointly.*

*He wants the house for his new "family," but we are still married (we have been separated since April.)*

*He is dragging his feet on the divorce. He gives me very little money, and only when he feels like it (I do not work.)*

*His most recent tactics include breaking into the house and clearing any and all files, especially those having to do with finances.*

*He broke into my son's two vehicles, and when we went to court, he showed up in full dress uniform (which he is not allowed to do,) and even after my husband admitted to having broken into the cars, even showing the judge the owners' manual he took, he was let go.*

*The judge was impressed by the uniform and his military service.*

*Who can I turn to? My husband believes he is above the law, he wants me dead and no one is looking beyond the uniform.*

*Does anyone really enforce the unlawful use of the uniform?*

*I'm hanging on, barely surviving paying the house bills, and thanks to our church food bank, not going hungry.*

*We are talking about a 33-year Military Intelligence officer who*

*is very clever and has kept me "in line." Can you help me?*

SJ

Dear SJ,

This is terrible. This is serious, and your husband's behavior is appalling.

His uniform and his service to his country should not make a judge behave in such a biased manner.

You definitely need some legal help expeditiously. You should contact lawyers in the area who offer free consultations.

Also, you made reference to your husband wanting you dead. From your report, I think you should contact Ex-Pose Ex-Partners of Service Members for Equality.

They will have some great resources to share with you and further advice.

You can call U.S. civ. 703-941-5844 or visit their website at [www.ex-pose.org](http://www.ex-pose.org).

Secondly, I think it could help if you contact the domestic violence hotline at U.S. civ. 1-800-799-SAFE to discuss safety issues and concerns with someone.

They can help you establish a safety plan and provide other support.

This is important, because I don't trust what your husband is capable of doing.

In the meantime, I hope you have some support from family and friends. Keep in touch and let me know how you are doing.

# Early intervention key to treating depression

## Common condition affects more than 20 million American adults

By Sabriya Dennis

U.S. ARMY PUBLIC HEALTH COMMAND

October is National Depression Education and Awareness Month.

When feelings of sadness, anxiety or depression linger for long periods of time, it's possible a person could be clinically depressed. Depression is a very common condition that affects more than 20 million adults in the United States each year. The Army's suicide rate has increased significantly over the past five years.

A diagnosis of depression is a risk factor that can contribute to suicidal thoughts, according to the Centers for Disease Control and Prevention.

Therefore, it is important to be attentive to signs of depression in others as well as oneself.

Depression is defined in the Diagnostic and Statistical Manual of Mental Disorders as having five or more specified symptoms occur during the same two-week period and representing a change from the previous level

of functioning.

As part of the criteria, at least one of the symptoms has to be depressed mood or loss of interest or pleasure.

The remaining symptoms are:

- Difficulty concentrating, remembering details and making decisions
- Energy levels are decreased or feelings of fatigue
- Persistent aches, pains, headaches, cramps, or digestive problems
- Feelings of hopelessness and or pessimism
- Experiencing feelings of guilt, worthlessness and or helplessness
- Suicidal thoughts or attempts
- Sleeping excessively, early morning wakefulness or insomnia
- Irritability, restlessness
- Overeating or loss of appetite
- No interest in activities or hobbies once pleasurable, including sex

Issues like loneliness, financial strain, lack of social support, relationship problems, unemployment, trauma, death of a loved one, alcohol or drug abuse, childhood abuse,

family history of depression, health problems or a recent stressful life experience can place a person at risk for depression.

Even though everyone may experience one or more of these issues, not everyone will respond to them in the same way. The same is true for depression; not everyone experiences or exhibits depressive symptoms in the same manner. The following are common symptoms of depression:

- Men: fatigue, irritability, sleep problems, violence, reckless behavior and substance abuse
- Women: feelings of guilt, excessive sleeping, overeating and weight gain
- Youth: irritability, hostility, quick temperedness, unexplained aches and pain. If left untreated, these symptoms can lead to problems at home and school, or drug abuse.

Depression is treatable and beatable. Treatment should be sought as early as possible so the individual can return to a healthy lifestyle and minimize the risk of greater illness.

Treatment for depression includes the use of antidepressant medications, psychotherapy or a combination of both. If you or someone you know is in a crisis, seek help immediately.

• Call 911 in the U.S. or 112 in Germany.

• Visit the emergency room or speak to a health care provider.

• Call U.S. civ. 1-800-273-TALK (1-800-273-8255) or Text Telephone (for the hearing impaired) at U.S. civ. 1-800-799-4TTY (1-800-700-4889) to speak with a trained counselor. This is a 24-hour toll-free hotline provided by the National Suicide Prevention Lifeline.

If you are not sure if you or your loved one is experiencing depression, private screening tools are available online that provide immediate feedback.

For more information, visit [www.militarymentalhealth.org](http://www.militarymentalhealth.org); [www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org); [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org); [www.cdc.gov/Features/Depression](http://www.cdc.gov/Features/Depression); [www.helpguide.org](http://www.helpguide.org).

# GET OUT!

## area events

More events online at [www.facebook.com/BWnow](http://www.facebook.com/BWnow)

### October 25

**Carnival** – Check out Kaiserslautern's Oktoberkerwe carnival at the Messeplatz fairgrounds. Visitors can enjoy amusement park rides, food, games and shopping. Rides open 2-11 p.m. daily and some vendors will begin selling at 11 a.m. daily. Festival runs through Oct. 29.

**Art Exhibit** – View paintings and other works during the Dora Olivares' art exhibition at the Heidelberg Arts and Cultural Center on Patrick Henry Village. Exhibit runs through Nov. 17.

**Charity Concert** – Members of the German Air Force Band 2 will perform a charity concert 7:30 p.m. at the art deco style Festhalle in Philippsburg. Udenheimer Straße, 76661. Tickets: civ. 0725-687-121.

**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. [www.enjoyjazz.de](http://www.enjoyjazz.de)

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

**English Theatre** – Catch a performance of the play "Breaking the Code," by Hugh Whitmore at the English Theatre in Frankfurt 7:30 p.m. Tuesdays - Saturdays and 6 p.m. Sundays through Oct. 27. [www.english-theatre.org](http://www.english-theatre.org)

### October 26

**Wine Festival** – Sample wine and a variety of international cuisine during the Rudesheim wine festival through Oct. 28. Market Square, Market Street, 65385.

**Octoberfest** – The city of Cochem, located on the Mosel River, hosts an Octoberfest celebration with traditional German food, music and beer. Festival runs through Oct. 27. Cost is €10.

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

### October 27

**Hazelnut Fest** – The town of Hassloch hosts a hazelnut festival through Nov. 11. Stroll the streets and savor the smells of hazelnut bread, beverages and other culinary creations. The festival takes place at the Hasslocher Jahnpfatz near the townhall.

HaBloch Rathausplatz 1, 67454. Civ. 06324-935-291.

### October 28

**Police Boat Ride** – The police boat at the museumsschiff (museum ship) in Mannheim will take passengers on a ride along the Neckar River 2-6 p.m. Explore exhibits while cruising along the river. Neckarvorlandstrasse 2a, 68159. [www.en.technoseum.de](http://www.en.technoseum.de)

### October 31

**Frankenstein** – Ghouls and ghosts await visitors venturing to Burg Frankenstein near Darmstadt. Doors open 7 p.m. Enjoy Halloween fun through Nov. 4. For tickets and other information visit, [www.frankenstein-halloween.de](http://www.frankenstein-halloween.de)

**Pumpkin Festival** – Visit Hitscherhof Farm for a pumpkin festival 1-6 p.m. Monday-Sunday. See more than 50 different kinds of pumpkins and sample an array of pumpkin flavored goodies. Massweiler 66506. Civ. 06336-839989. [www.hitscherhof.com](http://www.hitscherhof.com)

### November 2

**Holiday Bazaar** – Members of U.S. Army Garrison Kaiserslautern and Family and Morale, Welfare and Recreation host a holiday bazaar in Bldg. 237 on Rhine Ordnance Barracks 10 a.m. - 8 p.m. Nov. 2, 10 a.m. - 7 p.m. Nov. 3 and 10 a.m. - 5 p.m. Nov. 4. Bazaar is open to ID card holders only and strollers are welcome. More than 90 vendors will sell crystal, leather, antiques, chocolates, clothing, toys and more. DSN 493-4184, civ. 0631-3406-4184. [www.mwrgermany.com](http://www.mwrgermany.com)

### November 10

**Band of Brothers** – Enjoy a special Veterans Day tour to Bastogne. Tour travels to the area in and around the city of Bastogne where thousands of Soldiers from the 101st Airborne, 10th Armored Division, and other units fought against all odds to hold the city during World War II. Visit the American Cemetery in Luxembourg where Gen. George S. Patton is buried and experience the special Veterans Day ceremonies. <http://affiliates.uso.org/Kaiserslautern/>

### November 15

**Mama Africa** – Musical ensemble Mama Africa (Ngonn) will perform in Otterberg 7 p.m. Proceeds benefit the Balthasar

Children's Hospice. Tickets are €23. Civ. 06301-31-504. [www.militarygermany.com](http://www.militarygermany.com)

### November 21

**London** – Imagine, three nights in London. Spend time shopping, sampling London's diverse cuisine, visiting museums and exploring the city. Tour includes three nights in a centrally-located, 5-star hotel featuring a swimming pool, spa and a complete gym. See the Tower Bridge, the Houses of Parliament with Big Ben, Westminster Abby, Buckingham Palace and changing of the Guard, Trafalgar Square, Piccadilly Circus, Hyde Park and the new London Eye. Tour also includes admission to the Tower of London, St. Paul's Cathedral and Windsor Castle. <http://affiliates.uso.org/Kaiserslautern/>

### November 23

**Ice Festival** – Seeing is believing during the Snow and Ice Sculpture Festival in Bruges, Belgium. Visitors can discover the mystery of the ice palace where the temperature is kept at a constant minus six degrees centigrade. This year's theme is inspired by the stories of "Harry Potter," "The Lord of the Rings" and "The Hobbit." The festival is open every day 10 a.m. - 7 p.m. through Jan. 6 including Christmas and New Year's day. Enjoy a trip to the nearby Christmas market and skating rink. Admission is €9 - €13 depending on age. Kids 4 and under are free. [www.buzzoffbase.com](http://www.buzzoffbase.com)

### Upcoming concerts

**Alice Cooper** – Heavy-metal singer Alice Cooper will perform at the Jahrhunderthalde in Frankfurt 8 p.m. Nov. 3. [www.eventim.de](http://www.eventim.de)

**Herbie Hancock in concert** – Jazz legend Herbie Hancock performs 8 p.m. Nov. 7 at the Feierabendhaus, Leuschnerstr. 47 in Ludwigshafen. [www.eventim.de](http://www.eventim.de)

**Ryan Leslie** – Rhythm and Blues singer and Hip-Hop artist Ryan Leslie will perform 9 p.m. Nov. 10 at the Halle 02 in Heidelberg. Güteramtsstraße 2, 69115.

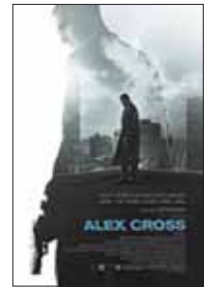
**Chris Brown** – Singer Chris Brown will perform at the Hanns-Martin-Schleyer-Halle in Stuttgart 8 p.m. Nov. 23 and the Frankfurt Festhalle 8 p.m. Nov. 29. [www.eventim.de](http://www.eventim.de)

**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.

## coming to THEATERS

### ALEX CROSS

(Tyler Perry, Matthew Fox) Alex Cross follows a young homicide detective and psychologist, from the worldwide best-selling novels by James Patterson. Cross meets his match in a serial killer as the two face off in a high-stakes game of cat and mouse. But when the mission gets personal, Cross is pushed to the edge of his moral and psychological limits in this taut and exciting action thriller. (Rated PG-13 for violence including disturbing images, sexual content, language, drug references and nudity) 102 minutes.



### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Oct. 25 - ARGO (R) 7 p.m.  
Oct. 26 - ALEX CROSS (PG-13) 7 p.m.; PARANORMAL ACTIVITY 4 (R) 10 p.m.  
Oct. 27 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.; ALEX CROSS (PG-13) 7 p.m.; PARANORMAL ACTIVITY 4 (R) 10 p.m.  
Oct. 28 - ICE AGE: CONTINENTAL DRIFT (PG) 4 p.m.; PARANORMA ACTIVITY 4 (R) 7 p.m.  
Oct. 29 - ALEX CROSS (PG-13) 7 p.m.  
Oct. 30 - PARANORMAL ACTIVITY 4 (R) 7 p.m.  
Oct. 31 - THE BOURNE LEGACY (PG-13) 7 p.m.  
Nov. 1 - PARANORMAL ACTIVITY 4 (R) 7 p.m.

#### Vogelweh, Galaxy

Oct. 26 - HERE COMES THE BOOM (PG) 4 p.m.; ARGO (R) 7 p.m.  
Oct. 27 - MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 4 p.m.; THE CAMPAIGN (R) 7 p.m.  
Oct. 28 - SINISTER (R) 7 p.m.  
Nov. 2 - PARANORMAL ACTIVITY 4 (R) 7 p.m.  
Nov. 3 - THE PIRATES! BAND OF MISFITS (PG) 4 p.m.; ALEX CROSS (PG-13) 7 p.m.  
Nov. 4 - PARANORMAL ACTIVITY 4 (R) 4 p.m.

#### Ramstein, Gateway Cineplex

Oct. 25 - ARGO (R) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; HERE COMES THE BOOM (PG) 11:30 a.m., 2:15 p.m., 5 p.m., 7:45 p.m.; SINISTER (R) 4:30 p.m., 7:15 p.m.; THE CAMPAIGN (R) 11 a.m., 1:30 p.m.  
Oct. 26 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 5:30 p.m.; MARVEL'S: THE AVENGERS (PG-13) 2:15 p.m., 8:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Oct. 27 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; THE AMAZING SPIDERMAN (PG-13) 2:15 p.m., 8:30 p.m.; MARVEL'S: THE AVENGERS (PG-13) 11 a.m., 5:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Oct. 28 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 5:30 p.m.; MARVEL'S: THE AVENGERS (PG-13) 2:15 p.m.; PARANORMAL ACTIVITY (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Oct. 29 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 5:30 p.m.; MARVEL'S: THE AVENGERS (PG-13) 2:15 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Oct. 30 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 11 a.m., 5:30 p.m.; MARVEL'S: THE AVENGERS (PG-13) 11 a.m., 5:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Oct. 31 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE AMAZING SPIDERMAN (PG-13) 2:15 p.m.; MARVEL'S: THE AVENGERS (PG-13) 11 a.m., 5:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.  
Nov. 1 - PARANORMAL ACTIVITY 4 (R) 11:15 a.m., 2 p.m., 5:30 p.m., 8 p.m.; ALEX CROSS (PG-13) 11 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; PARANORMAL ACTIVITY 4 (R) 11:30 a.m., 1:30 p.m., 3:45 p.m., 6 p.m., 8:30 p.m.

#### THEATER INFORMATION

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

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Domestic Violence Vigil

Army Community Service will host a candlelight vigil and walk 6-9 p.m. Oct. 26 starting at the Youth Center baseball field on Vogelweh Housing in Kaiserslautern. The event's intent is to remember victims of domestic violence and promote awareness against it. Civ. 0631-3406-4228.

### Tell Me A Story

Parent to Parent will host Tell Me A Story 2-4 p.m. Nov. 4 at Patrick Henry Elementary School in Heidelberg. 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. Tell Me A Story, an initiative of the Military Child Education Coalition, is geared toward ages 4-12. Each family will receive a copy of the book. The event is free, but space is limited. E-mail reservation requests to [PtoHeidelberg@MilitaryChild.org](mailto:PtoHeidelberg@MilitaryChild.org) by Oct. 29.

### Afghanistan's Razia's Ray of Hope

Razia Jan, head of the Razia's Ray of Hope Foundation and a 2012 nominee for CNN's Top Ten Heroes, will speak about her all-girls school in Afghanistan and the aftermath of 9/11 6:30-7:30 p.m. Oct. 30 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg. Razia Jan was invited to speak as part of a Girl Scout Gold Award project. Reservations: [caraburmedi@hotmail.com](mailto:caraburmedi@hotmail.com).

### 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 has set up Silent Witness exhibits throughout U.S. Army Garrison Baden-Württemberg to honor the lives of victims of domestic violence. Report domestic violence to the 24-hour hotline, civ. 0170-609-2862.

### Officers Association of America

The First European Chapter of the Military Officers Association of America will host an annual membership meeting for active duty, National Guard, Army Reserve, former and retired commissioned and warrant officers 11:30 a.m.-1:30 p.m. Nov. 3 at the Restaurant Barbarossahof in Eselthurth (near Kaiserslautern.) Registration: [flehtmaker@t-online.de](mailto:flehtmaker@t-online.de).

### 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.

### Combined Federal Campaign

The Combined Federal Campaign-Overseas program runs through Nov. 16. This year's theme is "Serve to Honor Your Country. Give Because You Care." For details on CFC-O in Heidelberg, call DSN 370-7687, civ. 06221-57-7687.

### KAISERSLAUTERN Education

• **Infant Massage** – The New Parent Support Program will teach parents of babies ages 10 weeks to 12 months the calming and powerful techniques of massage and how it can aid development and nurturing 10:30-11:30 a.m. Oct. 30 in the Landstuhl Library on Landstuhl Post. Registration required: civ. 0631-3406-4006.

• **Couples Communication** – Family Advocacy offers a two-part couples class to teach the keys to better communication and effective listening and understanding in a fun learning atmosphere, 5:30-7:30 p.m. Nov. 1 and 8 in Bldg. 2917 on Pulaski Barracks. Registration required: civ. 0631-3406-4203.

• **Stress Management** – A two-part stress management class teaches about different kinds of stress and healthy ways to cope 11:30 a.m.-12:30 p.m. Nov. 6 and 13 in Bldg. 2917 on Pulaski Barracks. Registration required: DSN 493-4062, civ. 0631-3406-4062.

• **Anger Management Classes** – Learn about how anger is triggered, ways to monitor and associate patterns of anger with thought processes and how to control it in a three-part Army Community Service anger management class 11:30 a.m.-12:30 p.m. Wednesdays in Bldg. 2917 on Pulaski Barracks. Registration required: DSN 493-4062, civ. 0631-3406-4062.

• **English As A Second Language** – Free beginners English As A Second Language classes that cover language fundamentals in a friendly learning atmosphere are offered noon Mondays, and intermediate ESL classes are offered noon Fridays at Army Community Service, Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

### Community

• **Hairspray The Musical** – KMC Onstage presents the musical "Hairspray!" 7:30 p.m. Oct. 25, 26, 27 and 3 p.m. Oct. 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](http://www.mwrgermany.com).

• **USA Jobs** – Employment readiness experts can assist community members with finding and applying for jobs on [www.usajobs.gov](http://www.usajobs.gov) 10 a.m. Oct. 26 at Army Community Service, Bldg. 2917, on Pulaski Barracks. Appointments recommended. DSN 493-4029, civ. 0631-3406-4029, [www.mwrgermany.com](http://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 refresh-

ments, participate in a demonstration and enter to win prizes.

DSN 493-4167, civ. 0631-3406-4167.

• **Dine-In Movies** – Enjoy the movie "Mrs. Doubtfire" while eating meal specials at Bruno's Pasta Bar 7 p.m. Oct. 30 and Tuesdays in the Landstuhl Community Club, Bldg. 3780. DSN 486-6107, civ. 06371-86-6107.

• **HUGS Playgroup** – The Help Us Grow Securely playgroup, for parents and children ages 0-4, will meet 10-11:30 a.m. Nov. 2 and 16 at the Vogelweh Community Center. DSN 493-4203, civ. 0631-3406-4203.

• **BOSS Prague Trip** – Better Opportunities for Single Soldiers will host a "Prague at Night" trip to Prague, Czech Republic, with bus departing 10 a.m. Nov. 10 from Vogelweh Bowling Center and returning about noon Nov. 11. Trip is open to all single service members and geographical bachelors. Register with Army Outdoor Recreation in Bldg. 2905 on Pulaski Barracks. DSN 493-4117, civ. 0631-3406-4117.

• **LRMC Java Café** – The hours of operation for the Java Café located in Landstuhl Regional Medical Center are now 6 a.m.-5 p.m. Monday-Friday, 7 a.m.-2 p.m. training holidays and closed U.S. holidays. DSN 486-7666, civ. 06371-86-7666.

• **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](http://www.mwrgermany.com).

• **KMC Onstage** – KMC Onstage in Bldg. 3232 on Kleber Kaserne offers all programming free of charge to Wounded Warriors and their guests at the Fisher House. Landstuhl patrons may be able to receive transportation for weekend shows if arrangements are made by 2 p.m. Friday. DSN 483-6626, civ. 0631-411-6626, [KMCOnstage@eu.army.mil](mailto:KMCOnstage@eu.army.mil).

• **Landstuhl Car Wash** – The car wash in Bldg. 97370 on Landstuhl Post is open 10 a.m.-3 p.m. Monday-Sunday and is closed U.S. holidays. DSN 486-5153, civ. 06371-86-5193.

### HEIDELBERG Education

• **ACS Classes** – The New You: Transition to Civilian Life, 10-11:30 a.m. Nov. 1. Nachrichten Kaserne, Bldg. 3622, Warriors in Transition Conference Room; English as a Second Language, 6-7:30 p.m. Mondays, Army Community Service Annex, PHV; Financial Readiness Briefing Computer-Based Training (Mandatory for first-term Soldiers. Contact ACS at DSN 370-6883, civ. 06221-57-6883 for class times.)

• **Digital Photography** – Professional photographers will teach how

to make better photos with smart phones and compact digital cameras by using the right composition, lighting, Photoshop editing and more 5:30-7 p.m. Oct. 30 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Materials not included. DSN 388-9421, civ. 06221-338-9421.

• **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](http://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](http://www.ed.umuc.edu/financialaid).

### Community

• **Roadside Theater** – The Roadside Theater in Bldg. 109 on Patton Barracks presents the musical "[title of show]" 7:30 p.m. Oct. 26 and 27. Show recommended for adult audiences. DSN 373-5020, civ. 06221-17-5020, [www.roadside theater.com](http://www.roadside theater.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. Registration recommended. DSN 388-9418, civ. 06221-338-9418.

• **Birdie Slag Bag** – Learn how to make a one-of-a-kind carry-all bag during a two-part class noon-4 p.m. Oct. 27 at the Arts and Cultural Center, Bldg. 4507 on Patrick Henry Village. Supplies not included in \$35 fee. DSN 388-9421, civ. 06221-338-9421.

• **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.

• **Parent's Day, Night Out** – Reservations for Parent's Night Out and Parent's Day Out now close at noon the Monday before the event. 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. Parent's Night Out is scheduled for Nov. 2 and 16 and Parent's Day Out will be Nov. 3 and 17. Call Central Enrollment on Patrick Henry Village for reservations. Civ. 06221-338-9340, DSN 388-9340.

• **Heidelberg Ski Club** – The Heidelberg International Ski Club will meet 7 p.m. Nov. 7 at the Gasthaus "Zum Goldenen Löwen" ("The Golden Lion") in Eppelheim. The theme will be "Thanks to Veterans." Sign up for ski trips to Kitzbühel, Austria; Arabba; St. Veit and Portes du Soleil. [www.heidelbergski.com](http://www.heidelbergski.com).

• **Heidelberg High JROTC** – The Heidelberg High School JROTC seeks serviceable Army Service Uniforms, Army Combat Uniforms and components, particularly in smaller sizes, for cadets. Donations may be dropped off at the school's front office. Any excess uniforms will be placed onto a Europe-wide database for schools to request. DSN 370-8004, civ. 06221-57-8004.

• **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.artsandculture@mail.mil](mailto:usaghd.artsandculture@mail.mil).

• **Heidelberg Lodging** – Heidelberg Army Lodging in Bldg. 4527 on Patrick Henry Village offers discounted weekend rates of 25 percent. 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](http://www.mwrgermany.com).

• **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](http://www.mwrgermany.com).

• **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.

• **Library Hours** – The Patrick Henry Village library has new hours: closed Mondays; 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. DSN 388-9443, civ. 06221-338-9443.

# Royal Blues dominate youth soccer



Photos by Samantha Smith

Above left, Briton Rott of the youth soccer team the Royal Blues controls the ball on his way down the field at Saturday's game against the Penguins in Heidelberg. Above right, Alex Coles stays one step ahead of his opponent as he dribbles the ball toward the goal. Right, Noah Smith battles a Penguin for control of the ball. The Royal Blues won the game 6-1. A final tournament will be held Saturday on Patrick Henry Village.



**More Photos Online**

[www.Flickr.com/heraldpost](http://www.Flickr.com/heraldpost)

# Middle school holds track meet

By Diane Abeyta  
HEIDELBERG MIDDLE SCHOOL

Sprinters, relay racers and gunny sack participants had a chance to compete against their classmates at a track meet held at Heidelberg Middle School Oct. 2.

Physical Education teacher Mag McGinley, who has been organizing the event for 30 years, said the track meet provides a great opportunity for every physical education student to participate in a field or running event.

In all, 150 students participated in the events while the rest cheered their friends on from the stands and danced on the sidelines.

The panther mascots, Kristine Berry Harris and Kaeli Ebner, were on hand to liven up the meet.

Statistics for the annual event were started in 1984, and two records have never been broken.

They include: Tonya Miller, 7th Grade Girls 400 Meter Run, 1 minute, 8 seconds Spring 1987 and Danielle Crisp, 6th Grade Girls 400 Meter Run, 1 minute, 8 seconds Spring 1987.



Dora Olivares

From left, Connor Johnson, Keita Elder, Shanice Yearwood, Dominik Tungpalen, Corey Brumsey, Queva Cohen, Lorenzo Kern, Robert Crockett and David Davenport compete in a track meet held at Heidelberg Middle School Oct. 2.

staying  
**ACTIVE**

**Halloween Fun Run in Heidelberg**

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 members are encouraged to dress up. Free T-shirts while supplies last.

**Monster Mash Run in Baumholder**

A Monster Mash run will be held 9 a.m. Oct. 31 starting from the Hall of Champions on Smith Barracks in Baumholder. Commemorative t-shirts are available in advance for \$10 at the Mountaineer Fitness Center, Bldg. 8220. Call DSN 485-7176 for information.

**Campbell Fitness Center Closure**

The Campbell Fitness Center in Heidelberg will be closed 10 a.m. Nov. 2 through Nov. 4 for deep cleaning. It will re-open 5:30 a.m. Nov. 5. DSN 370-6350, civ. 06221-57-6350.

**Bundesliga Soccer**

Catch a home game of TSG 1899 Hoffenheim e.V. when the team plays Fussball-Club Gelsenkirchen-Schalke 04, 3:30 p.m. Nov. 3 at the Rhein-Neckar Arena in Sinsheim. Tickets can be purchased at [www.achtzehn99.de](http://www.achtzehn99.de).

**Basketball Officials' Clinic and Tournament**

Heidelberg Sports and Fitness is sponsoring an officials' clinic 6-9 p.m. Nov. 13-16 at the Heidelberg Sports Office on Patton Barracks. Tournament is scheduled for Nov. 17. DSN 373-8032, civ. 06221-17-8032.

**Zeiler Waldmarathon**

Run through the scenic Zeiler forest at the Zeiler Waldmarathon 10 a.m. Nov. 10 in Zeil am See near Schweinfurt. [www.zeiler-waldmarathon.de](http://www.zeiler-waldmarathon.de).

**Basketball League**

Sign up for the U.S. Army Garrison Baden-Württemberg recreational level basketball league by Nov. 21. Play runs Nov. 28-Mar. 4. League is open to all military units assigned to the Heidelberg and Mannheim communities and participants must be 18 years old. DSN 373-8032, civ. 06221-17-8032.

**CYSS Winter Sports Sign-ups**

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

**Family Zumba Classes**

Enjoy this new class 11 a.m.-noon Monday and Wednesday (children ages 3 and older welcome.) Landstuhl Fitness Center, Bldg. 3720. DSN 486-7172, civ. 0631-86-7172.

**Bowling Center Special**

Bowl all day on Wednesdays for just \$1.50 per game at the Heidelberg Bowling and Entertainment Center. DSN 388-9040, civ. 06221-338-9040.

**Massage Therapy Available**

New types of massage therapy are available at Campbell Fitness Center and the Village Pavilion Community Center in Heidelberg. Call civ. 0176-7035-9766 for more information.

**Send the Herald Post Your Photos**

If you have photos from sporting events, e-mail them along with the dates, details and names of those pictured to [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.mil).

**Deadline is noon Monday.**