

HeraldPOST

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

HP THURSDAY
Oct. 4, 2012

Speed Read

THOUGHTS ON SUICIDE

In honor of Suicide Prevention Month, a reader shares the story about her struggle with social and emotional issues caused by a loved one's actions. 2



GATEWAY RECEPTION CENTER

The Gateway Reception Center at Frankfurt International Airport closed Sept. 30. 3

FIRE PREVENTION WEEK

Various Fire Prevention Week events are scheduled in Heidelberg Oct. 7-13. 6

HEIDELBERG LIONS TENNIS

The Heidelberg Lions tennis teams defeated the Hohenfels Tigers 8-1 (boys) and 7-2 (girls) Saturday in Heidelberg. 13



Defense Details

END OF AN ERA

Vice President Joe Biden joined Deputy Defense Secretary Ashton B. Carter at a Pentagon ceremony marking the end of production of the mine-resistant, ambush-protected vehicle, Monday. There are seven MRAP variants, and nearly 28,000 of the vehicles were produced over the past five years, with 24,059 fielded to Iraq and Afghanistan. Nearly 13,000 of the vehicles remain in use in Afghanistan. The vehicle, with its blast-resistant V-shaped hull, was rushed to production as a better defense against roadside bombs than the up-armored Humvee, and it is credited with saving thousands of lives. Biden noted the speed of MRAP production and fielding since 2007 was the result of a joint effort involving defense, industry and Congress. During that effort, the members of "team MRAP," he said, showed "remarkable leadership." [It's] not easy to push something this big through this system this fast, the vice president said. Biden said the nation's leaders, while they have many obligations, have only one "truly sacred obligation" - to equip and protect those who fight the nation's war, and to care for those who come home from those wars. The MRAP program faced a crucial vote in Congress in 2007, Biden noted, when - despite then-Defense Secretary Robert M. Gates' designation of the program as his top acquisition priority, many lawmakers could see little reason for the expense.

What's Inside

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

21st hosts Air Assault School in Schweinfurt

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

SCHWEINFURT – Members of the the 21st Theater Sustainment Command hosted a 10-day Air Assault School for the third consecutive year.

Nearly 260 Soldiers and Airmen from different units across Germany attended the school Sept. 10 on Camp Robertson in Schweinfurt.

The course gave service members assigned here the opportunity to become air assault qualified without traveling to the United States.

Air Assault School qualifies Soldiers to conduct air mobile and air assault helicopter operations, to include aircraft orientation, sling-load operations, proper rappelling techniques and fast-rope techniques.

Separated into three phases, the

training is rigorous and fast-paced. Students met their first challenge with an obstacle course before the classroom phase even begun.

This year's class lost 39 students after the obstacle course.

"The obstacle course challenged me since I don't like heights, and there are a few obstacles that are very tall," said Pfc. William X. Ogara, a plumber with the 15th Engineer Battalion, 18th Engineer Brigade, and a Vancouver, Wash., native.

All training was conducted by air assault-qualified instructors from the Army National Guard Warrior Training Center, Fort Benning, Ga.

During the first phase, the combat assault phase, the service members were introduced to the Army's rotary wing aircraft, pathfinder hand and

see ASSAULT page 14



Staff Sgt. Michael J. Taylor

An air assault student swings from a rope onto a ledge as he navigates through the obstacle course on day zero of the 21st Theater Sustainment Command-hosted Air Assault School in Schweinfurt.

TRICARE users have options for overseas referrals

ERMC Public Affairs

TRICARE users now have two options for receiving authorizations and medical documentation if they need to be seen by a host nation health care provider.

International SOS, the TRICARE service provider for Europe, sends referral authorizations to the health facility and the designated host nation provider within three business days of request and before the patient's appointment.

Those who prefer to pick up their authorizations from their local TRICARE Service Center should wait at least three business days after the referral is made, said Michelle Jones, Europe Regional Medical Command's

see TRICARE page 14



The power of pink

By Capt. (Dr.) Candace Talcott
FAMILY PRACTICE PHYSICIAN

October is Breast Cancer Awareness Month. This annual observance is dedicated to increasing awareness and raising funds for breast cancer research.

An estimated 2.6 million women in the United States are living with, or have a history of, breast cancer. It is the most common type of cancer in women and the second most deadly.

Breast cancer starts from unregulated growth and division of cells starting in breast tissue ducts or glands, and is diagnosed as "in situ" when confined to the originating duct or gland. It is considered invasive when it has spread to surrounding tissue or lymph nodes, and metastatic when it has spread to distant organs.

The most common sign of breast cancer is a painless lump, though it may manifest as a bloody discharge, thickened or red skin, skin erosions or inversion of the nipple. When breast cancer is caught early (smaller

see PINK page 14

COMMENTARY

Family members share personal thoughts, memories of suicide

Many struggle with social, emotional issues caused by loved one's actions

By Maj. Kelli Hooke
409TH CONTRACTING SUPPORT BRIGADE

The last day of school of my freshman year in high school, I woke up to the phone ringing. It was very early and I heard my mom's voice talking to the person on the other end.

"No, he's not here. He should be there already. I'll go check the roads and see if his car broke down and get back with you. Thank you," she said.

She then came back to my room and explained that Dad didn't make it to work, so she was going to go drive his route and find him. She needed me to be up by the phone in case he called and then to get everyone ready for school if she was not back by then.

So, I did just that. Mom did not get back in time, so we all got on the bus that morning unsure of where dad was.

The day was only half over when a voice on the intercom announced that my sisters and I needed to report to the school administrative office. My grandmother was there and was taking all of us home. It was the last day of school, so we really were not missing anything, but it was very weird and I was worried.

Long story made short: My dad

had attempted suicide, and his young family was left reeling. I was 15, and my sisters were 13 and 11 years old. He was the primary provider for our family.

As we dealt with the aftermath of this serious and very public event, we also had to deal with all sorts of financial, social and emotional issues.

My dad was hospitalized for a week, and it was awhile before he could work again. He was placed on medication and started attending a lot of counseling.

Through the treatment, he slowly began to recover. It took a long time for him to look at the events and realize he had made a poor decision. As he started to get a handle on the past and his emotions, he began to realize that there were all sorts of ways he could have received help, if he only had asked.

As a teenager dealing with all of the pain and distress of a suicidal dad, it was very hard. But through these circumstances I was able to learn important lessons.

I learned that I am responsible for my mental health. Specifically, I needed to pay attention to it and do things to keep me strong. In the Army today, we call it resilience

I learned to have more compassion for others. We do not know the extent of the burdens others are carrying and it is important to be there for people so they know that we can help ...

Second, I learned to have more compassion for others. We do not know the extent of the burdens others are carrying, and it is important to be there for people so they know that we can help.

Finally, I learned there is no real shame in asking for help. It is far worse to cause tragedy for your family instead of seeking professional assistance. And there is a lot of help available.

Today, my dad is doing great. After receiving extensive treatment, he was not only able to address past issues, but learn coping skills for future challenges. His example shows that no matter how bad things get, there is a path to a better way.

Needless to say, whenever I attend training on suicide prevention, I take it seriously.

However, I have been hesitant to share my experiences.

It is one thing to attend training, listen attentively and then resume nor-

mal life.

It is a wholly different thing to actually tell people that your dad attempted suicide.

Even as I volunteered to help this year, the thought went through my mind: 'what if they think my dad is crazy?' And then, 'what if they think I might go crazy, too?'

Too many people have died this year alone for me to be silent and to allow my perception of a stigma keep me from speaking up.

I hope that by sharing this personal information about my past, those Soldiers who are struggling gain the strength to ask for help.

Please do not wait until life is so overwhelming that death seems like the only answer.

Your death will not solve any problems, just cause more. Your life can get better.

No matter how desperate your circumstances are, someone wants to help.



www.facebook.com/BWnow

DISCUSSION BOARD

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

"We posted a response from U.S. Army Garrison Baden-Württemberg commander Col. Bryan DeCoster, explaining why the garrison is spending money renovating a postal service center on Patrick Henry Village when the garrison is scheduled to close next year. (Readers can view the question and the commander's complete response on the Transformation Page on pg. 4.)"

— BWnow Administrator

"So, does this mean the post office at Coleman Barracks (Mannheim) will close and we'll get our mail at Patrick Henry Village?"

— Rob Braholl, BWnow Facebook Fan

"No, Coleman Postal Service Center 418 will not consolidate onto PHV."

— Ivor Watson, BWnow Facebook Fan

"Who is allowed to attend the Heidelberg High School Homecoming bonfire?"

— Saskia Meinhardt, BWnow Facebook Fan

"The homecoming bonfire scheduled for 7:30 p.m. Oct. 5, is open to all community members with access to the installation."

— BWnow 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.

Frankfurt reception center closes

By Mike Bowers
21ST TSC PUBLIC AFFAIRS

Frankfurt's Gateway Reception Center, located in the Frankfurt International Airport, officially closed Sunday.

The closure was the final step in a process that began in February to migrate Army Permanent Change of Station incoming travelers to the Ramstein Gateway Reception Center located in the Ramstein Air Base Passenger Terminal.

Since February, the bulk of Army PCS travelers to Germany have been diverted to Ramstein, after reinstatement of the Patriot Express flights as the primary method of official travel for Soldiers being assigned to U.S. Army Europe units. The Patriot Express is Department of Defense-chartered air travel, which originates at Baltimore-Washington International Airport in Maryland.

"The obvious impact is there will no longer be a Soldier presence at the Frankfurt airport, other than individual sponsors," said Maj. Patrick Nietszche, 21st Theater Sustainment Command's 1st Human Resources Sustainment Center. "The closure of the FGRC means that all Soldiers arriving to USAREUR will be processed through the RGRC. If they arrive into

Frankfurt airport, the responsibility to take care of their transition will belong to their new unit and sponsor," he said.

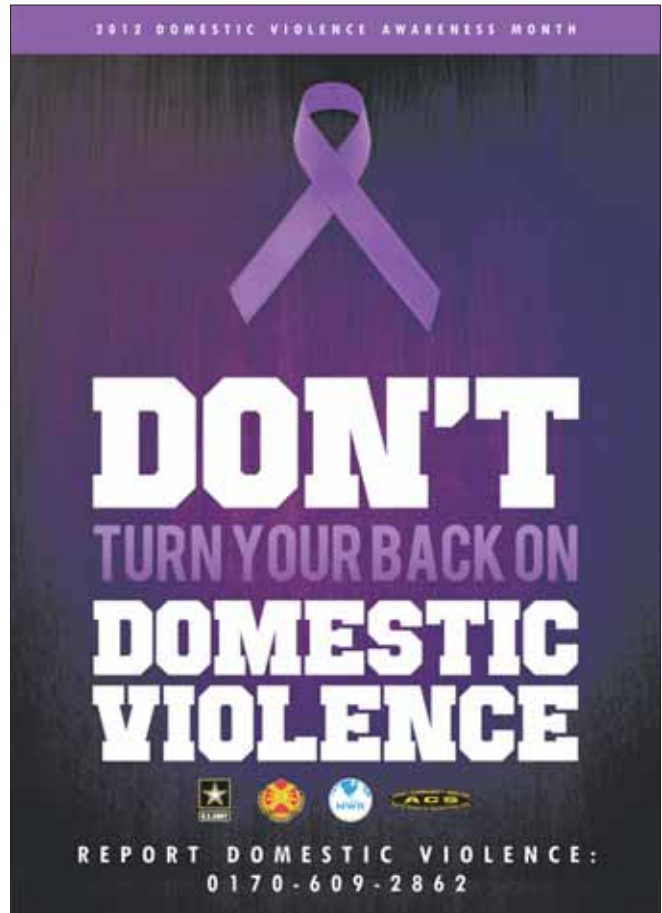
The sponsorship bus service will also stop in conjunction with the FGRC closure, and there is no longer transportation available to outlying communities as of Sunday, Nietszche said. "Soldiers and their families traveling on leave would often use the sponsorship bus on a space-available basis," he said.

If Soldiers arrive at the Frankfurt airport, they may seek assistance at the USO, located in Hall C of Terminal 2. The USO has telephones and computers Soldiers can use to make contact with sponsors or their new unit.

The FGRC was once the reception and staging point for all Soldiers and their family members entering the European theater on PCS orders.

At the height of the FGRC's existence, the 22-person staff daily monitored 40 flights originating from the United States with 12 buses shuttling Soldiers and family members to 11 different communities throughout Germany.

For more questions about the Patriot Express, visit www.eur.army.mil/g1/content/misc/RGRC/index.html or contact the Ramstein Gateway Reception Center at DSN 479-4298, civ. 06371-46-4298.



Cyber experts offer tips to crack the cookie jar

Web browser programs provide ways to cover your online trail

USAREUR PUBLIC AFFAIRS

What are cookies and what do they do?

A cookie is information a website saves to your computer using your web browser. A cookie allows sites to record your browsing activities – things like what pages and content you've looked at, when you visited each site, what you searched for and whether you clicked on an advertisement. Data collected by cookies can be combined to create a profile of your online activities.

Cookies are a useful tool, but they come with a lot of potential for abuse. Not only will advertisers attempt to track your online activities, but poorly-designed web applications inadvertently create security holes that malicious attackers can exploit to gain access to your account data.

Since cookies are saved in plain text and can be easily altered, cookies must never be used to store sensitive data. Poor cookie design can lead to

exposed user information and financial loss.

Various web browser programs have different ways to let you delete cookies or limit the kinds of cookies that can be placed on your computer. When you choose your browser, you may want to consider which suits your privacy preferences best.

To check out the settings in a browser, use the "Help" tab or look under "Tools" for settings such as "Options" or "Privacy." From there, you may be able to delete cookies, or control when they can be placed.

Some browsers allow add-on software tools to block, delete or control cookies, and security software often includes options to make cookie control easier.

If you disable cookies entirely, you may limit your browsing experience.

For example, you may need to enter information repeatedly, or you might not get personalized content or ads that are meaningful to you.

However, most browser settings will allow you to block third-party cookies without also disabling first-party cookies.

Many browsers offer private browsing settings that are meant to let you keep your web activities hidden from other people who use the same computer.

With private browsing turned on, your browser won't retain cookies, your browsing history, search records or the files you download.

Privacy modes aren't uniform, though; it's a good idea to check your browser to see what types of data it stores.

Although it won't keep cookies after the private browsing session ends, cookies used during the private browsing session can communicate information about your browsing behavior to third parties.

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 www.eur.army.mil/vigilance/

Roth contributions open

By Terri Moon Cronk
AMERICAN FORCES PRESS SERVICE

Active duty members of the Army, Navy and Air Force are now able to contribute to the Roth Thrift Savings Plan as part of their investment planning, Defense Financing and Accounting Service officials said.

The after-tax contributions will be electronically deducted from service members' pay accounts.

Active duty service members also can start their Roth TSP contributions through their online MyPay accounts, which offer the fastest, easiest and most secure method to manage both Roth and traditional TSP contributions. The second option open is to submit a TSP-U-1 form to their finance office.

Active duty Marines, Guardsmen, reservists and civilians paid by DFAS were able to begin making contributions to the program in June, officials said.

Additionally, the other branches of the National Guard and Reserve will be able to make Roth TSP contributions by mid- to late 2013.

The timeline difference between active duty and other service members resulted from an interim solution for reserve component members, which didn't meet Federal Retirement Thrift Investment Board requirements, according to DFAS.

The new schedule will allow time to make systems changes and electronic deductions that meet all requirements, DFAS officials said.

To begin making Roth TSP contributions, service members should determine how much of their pay is eligible. A Roth TSP worksheet can help make the calculations.

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.

NEW – "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 Postal Service Center 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."

NEW – 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

UPDATED – **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.

UPDATED – **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.

UPDATED – **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 and requiring sick call services can be seen at the Heidelberg Clinic. DSN 371-3130, civ. 06221-17-3130.

UPDATED – **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, WIC office and Woods Field are closed.

UPDATED – **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.

NEW – **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 facility is also open 10 a.m. - 4 p.m. Tuesday, Wednesday, Friday, Saturday and 11 a.m. - 5 p.m. Thursday.

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.

NEW – **CIF Closure** – The Heidelberg Central Issue Facility in Bldg. 3850, located in the Community Support Center (on the shopping center) will close **Oct. 31**. This closure is mandated due to the reduction in staff and the drawdown of customer service facilities within the Heidelberg area. The CIF located in Bldg. 1515, on Spinelli Barracks in Mannheim, will remain 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) 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.

UPDATED – **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.

UPDATED – **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.**

Residents reminded to 'Have Two Ways Out'

Directorate of Emergency Services

The U.S. Army Garrison Baden-Württemberg Fire Department reminds all community members of Fire Prevention Week Oct. 7-13. This year's theme is "Have Two Ways Out."

During the annual fire safety campaign, firefighters and safety advocates will spread the word about the dangers of home fires and teach Soldiers, family members, civilians and contractors how to plan and practice escaping from their home or office in the event of a fire.

"Sometimes you have only seconds to escape, but there's no question that having a well-practiced plan in place saves precious time and makes survival more likely," said Mike Eberlein, USAG Baden-Württemberg Fire Protection Specialist. Fire officials hope that Fire Prevention Week will prompt community members to plan and practice their escape in the event of a fire.

Even though it can be difficult to prepare for the unexpected, fire officials recommend reviewing the following safety tips regularly to ensure all family members and employees know and understand the

escape plan.

- Develop and practice a fire escape plan that identifies two ways out of each room and establishes a family or organizational meeting place outside.

- Ensure installed apartment smoke alarms are operative and tested monthly.

- If you do not have two ways out of each room (apartment windows are above the first floor or you are unable to leave your apartment,) have what firefighters call a passive escape plan.

- Engage your passive escape plan by sealing all doors and vents with duct tape or wet towels to prevent smoke from entering the room. Open a window at the top and bottom so fresh air can enter. Be ready to close the window immediately if it draws smoke into the room.

- Wave a flashlight or light-colored cloth at the window to let the fire department know where you are located.

- Alert a firefighter by making noise such as banging items together, whistling or calling out. Stay calm.

- Call the Fire Department (Heidelberg Civ. 06221-17-117) and let them know you are still inside the

building.

- Remember to practice your home or office fire escape plan at least twice a year.

To learn more, visit National Fire Protection Association's website at www.firepreventionweek.org.

Heidelberg Events

Oct. 7 and Oct. 8: Open house at Heidelberg Fire Station Bldg. 209 from 10 a.m. - 2 p.m.

Oct. 9: Building Fire Warden Training class at fire station 9:30-11:30 a.m.; Fire truck display at Child Development Center, Bldg. 4442 Patrick Henry Village, 10-11 a.m.

Oct. 10: Fire truck display at Mark Twain Village Child Development Center, Bldg. 3797, 10-11 a.m.

Oct. 11: NATO Netherlands Element Fire Prevention awareness at Heidelberg Army Airfield; Fire evacuation drill and rescue exercise at Bldg. 115 Patton Barracks; fire evacuation drill Bldg. 4499 (Patrick Henry Elementary School); fire evacuation drill and rescue exercise Bldg. 3613 on Nachrichten Kaserne.

Oct. 12 and Oct. 13: Open house at Heidelberg Fire Station Bldg. 209, from 10 a.m. - 2 p.m.

Barracks program improving quality of life for Soldiers

By Evan Dyson

U.S. ARMY INSTALLATION MANAGEMENT COMMAND

SAN ANTONIO – Changes are coming to the way barracks are run at Army installations.

Mission Units now handle the daily operation of the quarters where their Soldiers reside, thanks to a joint effort of the U.S. Army Installation Management Command and the Office of the Assistant Chief of Staff for Installation Management.

The First Sergeants Barracks Program 2020 is designed to give units resources, training and responsibility while ensuring the quality of life standards established by IMCOM are met.

Previously, garrisons directly controlled the barracks and were responsible for the room assignments and maintenance of the facilities. Under FSBP 2020, mission units provide room assignments, and Soldiers identify issues and inefficiencies in a more direct manner to their leadership, while ensuring consistency across the Army.

FSBP 2020 builds upon three core principles: supporting the mission, taking care of Soldiers and using resources wisely, said Suzanne Harrison, Acting Chief of the OACSIM Army Housing Division.

"It also allows us to fulfill our commitment to the Army Family Covenant, [the Army's formal commitment to Soldiers and their families] by taking care of Soldiers," Harrison said. "It gives us the structure to do that and the commitment across the Army

– and not just an installation function – so FSBP 2020 is a total Army effort."

The program was developed, with the endorsement of the Chief of Staff of the Army, to clarify roles and responsibilities at the garrisons and by the mission units, according to Harrison.

Through FSBP 2020, mission units will be the face of operations for their barracks.

"[The program is] creating this partnership between the military unit, the housing professionals and the directorate of public works staff," Harrison said.

Non-Commissioned Officer leadership is particularly important to the program's success. The management of an average brigade-size barracks will require five mission unit Soldiers and one Army civilian, according to estimates. Housing staff at the garrison will provide on-the-job training and mentorship to those new to managing barracks.

"The Installation Management Command is committed to making sure that they provide the needed program oversight and training that goes along with executing the program for the military unit," Harrison said.

Organizers hope this transition will strengthen the military culture in the barracks by having NCOs involved in daily operations.

According to Shemise Foster, OACSIM liaison for the Army Housing Division, local housing offices can help first sergeants with any questions about FSBP 2020.

Going Bananas



Spc. Joshua Leonard

Above, public health volunteer Nicole Leth passes out fruit to children from the Patrick Henry Village Child Development Center at the commissary in Heidelberg, Sept. 26. The children took part in a field trip to the commissary as part of the "Fueling the Future: Expanding the intervention" campaign, to help the youngsters identify what foods are part of a healthy diet.



Sgt. Joseph Guenther

A paratrooper with the 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, runs to the formation at Pope Field, Fort Bragg, N.C., Sept. 23. Soldiers with the 505th Parachute Infantry Regiment returned home after a deployment to Afghanistan.



Staff Sgt. Lynette Hoke

Soldiers with the Minnesota National Guard's Operational Mentoring and Liaison Team returned home to Roseville, Minn., Sept. 22 after a deployment to Afghanistan.



Spc. Tristan Bolden

Staff Sgt. Kevin Bruce with the 454th Engineering Company and a Lithuanian soldier set up concertina wire during a training exercise in Hohenfels, Sept. 23.

ourARMY around the world

For more Army news,
visit www.army.mil



Sgt. Uriah Walker

NBC anchor Lester Holt, left, says goodbye to Lt. Gen. James Terry, the commander of the International Security Assistance Force Joint Command, before departing from Kandahar Airfield, Afghanistan, Sept. 25. Holt traveled to Afghanistan to report on U.S. soldiers deployed to Regional Command South.



Maj. Edward Hooks

Staff Sgt. Ryan Testoni, left, a squad leader with the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, instructs Tongan soldiers on house clearing tactics and techniques during urban operations training at the Tali'ai Military Camp, Tonga, Sept. 24, during Coral Reef 2012. Coral Reef 2012 is a U.S. Army Pacific-sponsored emergency deployment rehearsal exercise with the Kingdom of Tonga, New Zealand and Australia.

GERMAN COOKING

Zwiebelkuchen (Onion Cake)

Ingredients

For the dough:

- 3 cups plus 3 tablespoons flour
- 1/2 cup water
- 1/2 cup milk
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 teaspoons olive oil
- 1 packet yeast

For the topping:

- About 3 pounds onions
- 1 cup ham, diced
- 1 1/2 tablespoons lard
- 2 eggs
- 1 3/4 cups sour cream

To Taste:

- Salt
- Pepper
- Caraway
- Cayenne Pepper
- Parsley

Preparation

- Preheat the oven to 50 C (122 F).
- Using the first set of ingredients, prepare a yeast dough and keep the dough in the bowl.
- Turn off the oven and place the bowl inside it.
- Peel the onions and cut into thin slices.
- Add the lard to a large pot and lightly saute the bacon, then fry the onions until the ingredients decrease by about half.
- Let mixture cool slightly, then add the sour cream, eggs and spices and stir.
- Knead the dough onto a baking tray lined with paper and roll out evenly.
- Heat the oven to 220 C (428 F).
- Add the onion-sour cream mixture to the top of the dough and place in oven when finished heating. Bake about 30 minutes, then serve.

SOURCE: www.chefkoch.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 have been married three months, and I have not received anything. I was wondering what I have to do to get my benefits. Whom do I have to talk to, or does my husband have to do something? Can you please point me in the right direction? Looking for Answers

Dear Answers,

Which benefits do you mean? As a military spouse (specifically active duty,) you are entitled to a military identification card, TRICARE (health care) and access to the commissary, the Exchange and base housing.

I'm not aware of any other benefits you should receive. There is not a monetary benefit, unless your husband chooses to give a monthly allotment, which is taken from his pay and can be directly deposited to you. It's not additional money sent to you by the Department of

Defense.

Dear Ms. Vicki,

I am new to the life of a military girlfriend. My boyfriend has been going through basic training since we have been together, and he is getting ready for a deployment soon. I figured if I went to school, I could keep myself busy through the rough time I know it's going to be. I even thought about joining the Army, but physical reasons are stopping me. I am not financially able to afford school on my own. What can I do to better myself? Thank You.

Just Wondering

Dear Wondering,

I'm happy you want to better yourself. As women, we give so much to so many other people every day. You have to dream big and set goals. The process may seem slow, and sometimes you may feel you are not getting anywhere, but you are. It sounds like you may be very hard on yourself. You also sound like your self-esteem may even be a little low, too.

It will be difficult being away from your boyfriend, and yes, deployments are tough for everyone. My husband has been through deployments, training and more. I never truly enjoyed being away from him. Like you said, we have to keep busy, and that's what I did.

You can consider community college first. Actually, that's what I did. You could start there and transfer to a four-year college or university. You won't know what financial aid you qualify for until you complete a Free Application for Federal Student Aid at www.fafsa.ed.gov.

It's very simple, and they will forward the information to the colleges of your choice. The FAFSA is free, so don't fall for websites that charge. Pell Grants and

student loans are also available. I received both during my first four years of college. With that said, maybe it's a certificate you need, not necessarily a degree. I'd like you to think about what you are passionate about. When you were 8 years old, what did you want to be? Yes, you could go to college and work part time. These are great options, but I try to get people to tap into their passion. I hope this helps. Feel free to write again as you give this some thought.

Dear Ms. Vicki,

I am a Soldier at Fort Campbell, and I can no longer remain quiet about a stolen Gold Star. The grieving widow has basically become the poster child for a Gold Star family, with stickers and a license plate on her new car and a pin on her shirt. She has even helped out other Gold Star families.

Sounds great, but her husband didn't die fighting overseas, he didn't die while conducting training, he didn't die due to combat related stress and he didn't die honorably. He committed suicide. Why? His house was raided by the police for suspected child pornography, and a few days later, he committed suicide.

Now his family is receiving every benefit possible, the same as if he died in combat. This totally disgusts me. The unit says he had post traumatic stress disorder, so the family gets full benefits, but prior to this there was no mention of PTSD. This opens the door for any individual to try to take advantage of the system. Instead of going to jail, his family gets treated as if he were a hero. True Gold Star families should be outraged. How do I bring light to this travesty? Disgusted

Editor's note: Ms. Vicki did not respond to this letter.

Stay strong this fall with fruits, vegetables

By **Robyn Brown**

U.S. ARMY PUBLIC HEALTH COMMAND

As the warm weather slowly fades away, many of us are thinking about how to hold onto the healthy feeling of summer a little longer.

Cooler weather and shorter days can take a toll on our immune system. Research shows that one way to stay strong is to continue to enjoy plenty of fresh fruits and vegetables. This is a great time to make the transition from summer's fresh peaches and blueberries to the delicious pears, plums and grapes of fall.

Orange fruits and vegetables are a particularly tasty way to boost the immune system all year long. Delicious fall favorites include sweet potatoes, butternut squash or pumpkin. Orange foods contain the antioxidants beta-carotene, a precursor to vitamin A, as well as vitamin E. These vitamins work alongside vitamin C to improve the immune system's ability to protect against viral infections and to fight off colds and flu.

The U.S. Centers for Disease Control and Prevention recommends eating a variety of colorful fruits and veggies every day in order to promote good health, and says that almost everyone could benefit from including more of these tasty choices in every meal. A general guideline is to aim for five servings of fruits and vegetables per day, and most people should increase the amount they eat every day.

There are plenty of simple and fun ways to add a colorful variety of fruits and veggies to your meals and snacks.

All forms of fruits and veggies matter – use fresh, frozen, canned, dried and 100 percent fruit juice. Here are some tips to increase daily fruit and vegetable intake:

- Make fruits and vegetables visible. Keep a colorful fruit bowl on the kitchen counter, dining table or desk at work. Fresh produce can also be kept within easy reach in the refrigerator and portioned into small servings for a quick and easy snack.

- Double up the veggies. When making stir fry or pasta, it is easy to double the usual portions of

vegetables like broccoli or bell peppers and maintain the taste of the dish. When serving vegetables as a side dish, add an extra helping, so at least half of the plate is filled with fruit and veggies.

- Add fruits to everything. Many daily treats can give your immune system a boost by topping them with fruit. Add bananas to breakfast cereal, pancakes or toast. Top an afternoon snack of yogurt with cranberries. Enjoy snacks of fruits like oranges, pears or apples anytime.

- Try something new. Even the tastiest and most healthful meals can eventually lose their appeal. Keep healthy eating interesting by regularly adding new variety. Try new recipes for colorful side dishes. Browse the produce aisle or farmers market for a new fruit for afternoon snacks. Each season provides an opportunity to try something new and delicious.

For ideas on adding more fruits and veggies to your meals this fall, visit www.fruitsandveggiesmatters.org and www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html.

GET OUT!

area events

More events online at www.facebook.com/BWnow

October 3

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 3D glasses to wear to navigate the museum. Observe monster holograms 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 location visit

www.enjoyjazz.de

Hannover Oktoberfest – The Oktoberfest in Hannover takes place annually around the end of September and the start of October, and 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.mwrgermany.com.

October 4

Sound of Music Tour – Experience the magic and beauty of Salzburg and Berchtesgaden and surrounding Bavarian Alps. This season, the popular "Sound of Music" tour has been extended to two overnights. Visit the grounds of Hellbrunn Palace where the gazebo scene was filmed, view the Von Trapp movie home, stand at the lake where the Von Trapp children fell into the water and explore the grounds of Leopoldskron. Afterward, enjoy the sights, sounds and culinary delights of Salzburg. In Mozart's hometown, you can visit his birth house, the house where he lived (now a museum of his life,) and roam the charming streets and alleyways as he once did. <http://www.buzzoffbase.com>.

affiliates.usa.org/Kaiserslautern/

October 5

School House Rock – Razz Ma-Tazz Family Theater presents the musical "School House Rock Live" at the Ramstein Community Theater 6:30 p.m. Oct. 5-6. Tickets: DSN-480-6600, civ. 06371-47-6600

Milan – While famous as a center for fashion, Milan is also known for its history, art and architecture. Enjoy a walking tour featuring the highlights of the city. After the tour, visit the Sforza Castle, a museum or sip espresso in a café. On the way back, stop at the Fox Town Factory Stores in Switzerland, home to more than 250 outlet stores. <http://affiliates.usa.org/rheinmain/>

October 7

Paintings – View an exhibition of 50 oil paintings by Chinese artist Qiu Shihua through Jan. 6 at the museum Pfalzgalerie 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 10

English Language Stammtisch –

Members of the English Language Stammtisch will meet 6:30 p.m. at Zum Güldenen Schaf in Heidelberg. The discussion will focus on the European Union, its future, currency and the ramifications of the Sept. 12 decision made by the German Constitutional Court. Hauptstraße 115, Heidelberg Altstadt.

October 13

Pumpkin Carving – Pumpkin carving 2 p.m. at Becker's Farm in Heidelberg, Kurpfalzhof 1, 69124. Cost is € 5 for pumpkin and € 5 for the barbecue afterward. Deadline to sign up is Oct. 9. Call civ. 0171-537-8380.

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 includes major department stores and unique boutiques designed to spoil shoppers. <http://affiliates.usa.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.

Upcoming concerts

Lionel Richie – Lionel Richie performs at the Festhalle in Frankfurt 8 p.m. Oct. 8. www.bb-promotion.com.

Jennifer Lopez – JLo's Dance Again World Tour comes to Berlin Oct. 13 at 02 World Berlin. www.eventim.de.

Ongoing

Xocoatl Chocolate Shop – Sample the huge array of white, dark and milk chocolates during a trip to the Xocoatl chocolate shop in Wiesbaden. Enjoy a hot mug of their special cocoa as you explore the shelves for delicious treats. The shop is located at Grabenstr. 24, 65183 in Wiesbaden. Civ. 06113-41-7364.

Der Teesalon Mannheim – Der Teesalon (English Tea Room) Mannheim, is a pretty venue which is also known as the British Tea House. Enjoy a cup of tea or homemade scones with a spoonful of fruit jam, perfect for those who fancy trying out the British tradition of afternoon tea. There's also a large variety of coffees, pasta, snacks, chocolates, sandwiches and even fine whiskeys if you prefer something a little stronger. The Teesalon is located at M3 7, 68161 in Mannheim. Civ. 0621-37-09497.

coming to THEATERS

WON'T BACK DOWN

(Viola Davis, Maggie Gyllenhaal) Two determined mothers, one a teacher, will stop at nothing to transform their children's failing inner city school. Facing a powerful and entrenched bureaucracy, they risk everything to make a difference in the education and future of their children. (Rated PG for thematic elements and language) 90 minutes.



LOOPER

(Bruce Willis) In the futuristic action thriller *Looper*, time travel is finally possible – but it's illegal and only available on the black market. When the mob wants to get rid of someone, they will send their target 30 years into the past, where a "looper" – a hired gun, named Joe – is waiting to finish the job. (Rated R for strong violence, language, some sexuality, nudity and drug content) 118 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 4 - DREDD (R) 7 p.m.
Oct. 5 - WON'T BACK DOWN (PG) 7 p.m.; LOOPER (R) 10 p.m.
Oct. 6 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.; WON'T BACK DOWN (PG) 7 p.m.; LOOPER (R) 10 p.m.
Oct. 7 - DIARY OF A WIMPY KID: DOG DAYS (PG) 4 p.m.; TOTAL RECALL (PG-13) 7 p.m.
Oct. 8 - WON'T BACK DOWN (PG) 7 p.m.
Oct. 9 - TOTAL RECALL (PG-13) 7 p.m.
Oct. 10 - DIARY OF A WIMPY KID: DOG DAYS (PG) 7 p.m.
Oct. 11 - LOOPER (R) 7 p.m.

Vogelweh, Galaxy

Oct. 5 - TROUBLE WITH THE CURVE (PG-13) 4 p.m.; DREDD (R) 7 p.m.
Oct. 6 - THE DARK KNIGHT RISES (PG) 4 p.m.; THE WATCH (R) 7 p.m.
Oct. 7 - THE DARK KNIGHT RISES (PG-13) 4 p.m.

Ramstein, Gateway Cineplex

Oct. 4 - DREDD (R) 11 a.m., 2 p.m., 4:30 p.m., 8:30 p.m.; TROUBLE WITH THE CURVE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 5 p.m., 7:45 p.m.
Oct. 5 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 p.m., 8:30 p.m.; LOOPER (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11 a.m., 1:30 p.m., 3:45 p.m., 6:15 p.m.; TOTAL RECALL (PG-13) 11:15 a.m., 2 p.m., 5 p.m., 8 p.m.
Oct. 6 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 p.m., 8:30 p.m.; LOOPER (R) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; DIARY OF A WIMPY KID: DOG DAYS (PG) 11 a.m., 1:30 p.m., 3:45 p.m., 6:15 p.m.; TOTAL RECALL (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.
Oct. 7 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 p.m., 8:30 p.m.; LOOPER (R) 11:15 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., 4:30 p.m., 6:30 p.m.; TOTAL RECALL (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.
Oct. 8 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 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., 4:30 p.m., 6:30 p.m.; TOTAL RECALL (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.
Oct. 9 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 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., 4:30 p.m., 6:30 p.m.; TOTAL RECALL (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.
Oct. 10 - WON'T BACK DOWN (PG) 11 a.m., 2 p.m., 5 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., 4:30 p.m., 6:30 p.m.; TOTAL RECALL (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:30 p.m.
Oct. 11 - WON'T 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.

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 presidential debate live 3-5 a.m. Oct. 4 on AFN News. The vice-presidential debate will air 3-5 a.m. Oct. 12, and the second presidential debate will air 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.

Military Council Of Catholic Women

The Military Council of Catholic Women European Regional Board will hold its annual MCCW European Regional Conference Oct. 18-21 in Ettal with guest speakers Anne Trufant and Bishop F. Richard Spencer. Register through Oct. 4 at www.mccweurope.com.

Annual AFAP Conference

U.S. Army Garrisons Baden-Württemberg, Kaiserslautern and Baumholder community members are encouraged to send Army Family Action Plan issues to www.MyArmyOneSource.com by Oct. 8. The tri-community Armed Forces Action Plan Conference is scheduled for Oct. 23-26 at the Kaiserslautern Community Activity Center on Daenner Kaserne. USAG Kaiserslautern: DSN 493-4357, civ. 0631-3406-4357; USAG BW: DSN 370-6883, civ. 06221-57-6883 and USAG Baumholder: civ. 0678-36-8188. www.mwrgermany.com.

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 and by wearing purple wristbands, which will be available at the exhibits. Report domestic violence to the 24-hour hotline, civ. 0170-609-2862. www.mwrgermany.com.

Retiree Appreciation Day

An 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. Registration begins 8 a.m., the official opening is 9 a.m., and services start 10 a.m. Guest speakers will be U.S. Army Europe 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.baden-wur.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, as well as provide full customer service. DSN 370-3347, civ. 06221-57-3347.

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.

KAISERSLAUTERN

Education

• **Food Safety Course** – A food safety course for volunteers is scheduled for 5-7 p.m. Oct. 4 at the Learning Resource Center in Bldg. 3718 at Landstuhl Regional Medical Center. DSN 486-8489, civ. 06371-86-8489.

• **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 (DSN 493-4516, civ. 0631-3406-4516) or at the Landstuhl One Stop Shop, Bldg. 3810 (DSN 486-8943, civ. 06371-86-8943.)

Community

• **College Night** – Family and Morale, Welfare and Recreation and Ramstein High School will present College Night for ID cardholders 6-8:30 p.m. Oct. 4 in the Special Events Center in Bldg. 237 on Rhine Ordnance Barracks. Attendees can learn about education opportunities from more than 100 accredited U.S. and European colleges and universities. Food and beverages available while supplies last. DSN 493-4123, civ. 0631-3406-4123.

• **Tween Game Day** – The Kaiserslautern Main Library (Bldg. 3810 on Landstuhl,) will host a Tween Game Day (grades 5-8) 3-5 p.m. Oct. 5, with free games, snacks and drinks. DSN 486-7322, civ. 06371-86-7322.

• **National Banned Books Week** – Kaiserslautern Libraries celebrate Banned Books Week through Oct. 6. Patrons can take the banned or challenged book quiz for a chance to win a prize bag. www.mwrgermany.com.

• **Dine-In Movies** – Enjoy the movie "Snow Dogs" while eating meal specials at Bruno's Pasta Bar 7 p.m. Oct. 9 and Tuesdays in the Landstuhl Community Club, Bldg. 3780. Upcoming movies include "The Pacifier," "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. 12, 13, 19, 20, 26, 27 and 3 p.m. Oct. 14, 21 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.

• **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, www.mwrgermany.com.

• **Bingo** – Kazabra Club in Bldg.

2057 on Vogelweh 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 more. 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.

• **Tow Services** – Vehicle tow services are now available through Pulaski Auto Skills 10 a.m.-5 p.m. Monday-Friday. Services are also available after hours for an additional fee. Pricing and appointments: DSN 493-4167, civ. 0631-3406-4167.

HEIDELBERG

Education

• **ACS Classes** – Pregnancy Support Group, 1-2:30 p.m. Oct. 10, Army Community Service Annex, Patrick Henry Village, Bldg. 4531, Conference Room; Hands-On Interactive Stress Reduction, 10-11:30 a.m. Oct. 11, Nachrichten Kaserne, Bldg. 3622, Warrior Transition Unit 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 Book Award** – University of Maryland University College Europe offers a military book award for active duty service members and their spouses and dependents. Both new and current students are eligible to apply. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/financialaid.

Community

• **Holiday Bazaar** – The Heidelberg Holiday Bazaar, hosted by the Heidelberg Community and Spouses' Club, will be held 10 a.m.-8 p.m. Oct. 5, 10 a.m.-7 p.m. Oct. 6 and 11 a.m.-5 p.m. Oct. 7 in the Village Pavilion Community Center on Patrick Henry Village for U.S. and NATO ID cardholders (with shopping privileges.) www.hcsc-heidelberg.com/bazaar_main.html.

• **Homecoming Bonfire** – The Heidelberg High School homecoming bonfire, open to all ID cardholders, will be 7:30 p.m. Oct. 5 in the Patrick Henry Village Library parking lot. DSN 388-9152, civ. 06221-338-9152.

• **Roadside Theater** – The Roadside Theater in Bldg. 109 on Patton Barracks presents the musical "[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.

• **EFMP Network** – The Exceptional Families Network will meet 10-11:30

a.m. Oct. 17 at Army Community Service, Bldg. 3850, Room 172 on the Community Support Center. Topic will be "EFMP Families in Transition." 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.

• **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 "The Three Questions" by Jon Muth, 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 free copy of the book. The event is free, but space is limited, so make reservations by emailing PatHeidelberg@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, photo editing, banner printing, custom calendars and more. DSN 388-9418, civ. 06221-338-9418, usaghd.artscrafts@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 operating 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.

• **Bowling break** – The Patrick Henry Village Bowling and Entertainment Center Strike Zone now offers breakfast, including French toast, hash browns, eggs, sausage, bacon, ham and pastries 7-10 a.m. Monday-Friday. www.mwrgermany.com.

• **IACS Closure** – The Installation Access Control office in Bldg. 3850 in the Community Support Center (Shopping Center) is closed until further notice. The main IACS office located across the street from the Community Support Center in the Department of Public Works compound in Bldg. 3962, Room 113 (next to Self Help) is open. Hours are 8 a.m.-4 p.m. Monday, Wednesday and Friday, 10 a.m.-4 p.m. Thursday and closed U.S. holidays. DSN 370-3311, civ. 06221-57-3311.

Tennis team defeats Hohenfels

By Linda Steil
USAG BW PUBLIC AFFAIRS VOLUNTEER

The Heidelberg High School Lions tennis team is off to a great start in the final year of the

school's existence that has been dubbed "The Last Roar."

At Saturday's match at Patrick Henry Village Tennis Center in Heidelberg, the team defeated the Hohenfels Tigers. The boys won

their matches 8-1 while the girls won 7-2.

So far, the Lions have defeated Vilseck and Hohenfels High Schools and tied with Wiesbaden for a total of 41 matches won and only 13 matches lost.

Senior Cameron Meeker continues his bid for a Department of Defense Dependents Schools-Europe title this season. Meeker has lost only one game so far, winning his three singles matches 6-1, 6-0; 6-0, 6-0; and 6-0, 6-0.

Seniors Jack Kolodziejski and Wylder Raney are also on track for a men's doubles title run, having won all three of their matches thus far in straight sets.

On the women's side, the Lions have seen strong singles play from senior Agnes "Bunty" Dewitt and doubles partners Kaisa Fuhriman and Meghan Bowen.

In addition, seniors Kara Luciano, Alison Adkins, Myles Lacy and Nate Discavage, junior Benjamin Little and sophomores Rachel Ryktarsyk and Hanna Mowes have all posted winning records in varsity play.

Heidelberg has two more meets at the Patrick Henry Village Tennis Center this season: Schweinfurt Saturday and Ansbach Oct. 13. The team then travels to Stuttgart to play Patch High School Oct. 20.

Meets begin at 10 a.m., admission is free and concessions are available.



Linda Steil

Agnes (Bunty) Dewitt returns a shot against Hohenfels at a game Saturday at the Patrick Henry Village Tennis Center in Heidelberg. Dewitt lost her match 2-6, 2-6. Dewitt is ranked number one for Heidelberg.

Heidelberg High School Tennis Team Results – Saturday's match against Hohenfels

Boys: Heidelberg 8, Hohenfels 1

Cameron Meeker (HD) def. Nathan Witty 6-0, 6-0;
Jack Kolodziejski (HD) def. Brandon Lucio 8-1;
Wylder Raney (HD) def. Alex Sink 8-3;
Myles Lacy (HD) def. Cody Coon 8-4;
Lucas Heath (HOF) def. Nate Discavage 8-5;
Benjamin Little (HD) def. Logan Webb 8-4;
Kolodziejski and Raney (HD) def. Lucio and Heath 6-1, 6-0;
Meeker and Lacy (HD) def. Witty and Tony Williams 8-1;
Discavage and Little (HD) def. Coon and Webb 8-6.

Girls: Heidelberg 7, Hohenfels 2

Caroline Bourgeois (HOF) def. Agnes Dewitt 6-2, 6-2;
Meghan Bowen (HD) def. Lisa Bourgeois 8-3;
Alison Adkins (HD) def. Brittany Jacques 8-3;
Kaisa Fuhriman (HD) def. Chloe Holland 8-2;
Kara Luciano (HD) def. Delaney McKinney 8-1;
Rachel Ryktarsyk (HD) def. Jasmine Hack 8-1;
Bourgeois and Bourgeois (HOF) def. Bowen and Fuhriman 6-2, 7-5;
Adkins and Drewitt (HD) def. Jacques and Holland 8-1;
Luciano and Mowes (HD) def. McKinney and Cutler 8-0.

Girls cross-country team captures victory



By Sharon Brady
HHS CROSS COUNTRY COACH

Congratulations to the boys and girls cross-country teams for their performance at the Baumholder Invitational meet Saturday.

The girls captured their first victory of the season,

besting Kaiserslautern, Baumholder and Brussels, and placing four girls in the top ten. Leading the girls to victory was freshman Rachel Braun (4th)

and junior Kathryn Tehranfar (5th.) Rounding out the top ten was Hannah Mayfield (6th) and Maggie Hogie (9th.)

The boys team finished third with strong performances by seniors Camden Stokes (7th) and Ian Hall (15th.) Newcomers Matt Hall and Micah Williams also posted their season best times.

In the middle school competition, Heidelberg's Sean Brady captured second place with his best time of the season.

The team will host its homecoming race across from Tompkins Barracks in Schwetzingen 12:30 p.m. Saturday.

staying ACTIVE

Ice Hockey Game

Adler Mannheim play the Düsseldorf EG 4:30 p.m. Oct. 7 at the SAP Arena in Mannheim. Tickets available online at <https://tickets.saparena.de>.

Baumholder Breast Cancer Run

The Breast Cancer Awareness Run will be held Oct. 12 at the Hall of Champions PFC in Baumholder. Registration starts 7:30 a.m.; run starts 9 a.m. T-shirts available for purchase at the Mountaineer Fitness Center.

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. Cost is \$35. 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.

Rifle Shoot at Rod and Gun Club

The Heidelberg Rod and Gun Club is hosting a rifle shoot 1 p.m. Oct. 20. Cost is \$35. Call civ. 06202-51193.

Halloween Fun Run

Family and Morale, Welfare and Recreation hosts a halloween 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.

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 wanted to play for the Baden Bruins Army Hockey Team. The Bruins are coached by ex-National Hockey League player Bob Sullivan and play in both the first and third divisions of The Players League. For more information, call civ. 0172-626-3642.

Lacrosse Team Seeking Players

The Kaiserslautern Lumberjacks has men's, women's and youth lacrosse programs for boys and girls grades K-12. Practice takes place at TSG 1861 Kaiserslautern e. V., Hermann-Löns-Str. 25, 67663 Kaiserslautern. Search Kaiserslautern Lacrosse on Facebook or email ktownlax@hotmail.com for more information. No experience necessary.

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.badenwuer.usag.mbx.post-newspaper@mail.mil. **Deadline is noon Monday.**

ASSAULT

continued from page 1

arm signals, helicopter landing zones and markings and aero-medical evacuation operations.

The second phase was sling-load operations, in which service members were taught standard sling-load equipment, sling-load ground crew operations, and how to properly prepare, rig and inspect various pieces of military equipment.

The third and final phase of air assault training was the rappelling phase where students were instructed how to tie the conventional hip rappel seat in less than 90 seconds, and how to properly hook themselves up to a set of rappel ropes in 15 seconds or less.

They also conducted several rappels from a 55-foot tower and from a UH60 Blackhawk from the altitude of 80 feet.

After surviving the three phases, the students still weren't safe from failing the

course. On their final day prior to graduation, they had to complete a 20-kilometer ruck march in three hours, while carrying 45 pounds of gear.

"We lose most of our students in phase two during the sling-load test," said Staff Sgt. Ammon S. Blair, an air assault operations noncommissioned officer, and a Sandy, Utah, native. "But we have the most success in phase three during rappelling operations, and I believe that is because it is the most fun part of the training."

Of the 260 service members who began with Air Assault Class 308-12, 193 graduated.

"It takes a lot from host units to prepare for our course, because there is a lot of equipment that we need in order to conduct the course properly," Blair said. "Air Assault is very vital in today's current theaters of operations, especially in Afghanistan, where a lot of places you have to utilize helicopter assets," he said. "So it is always good when units like the 21st TSC decide to host the course in places where Soldiers would not normally have the opportunity to attend it."

PINK

continued from page 1

size, more localized tissue,) the treatment options can be less invasive and the survival rate is much higher.

As routine use of mammograms increased from the 1980s through the 1990s, more breast cancers were detected even before they could be felt. Early detection and improved treatments have led to improved survival. Statistics show deaths have decreased by 2 percent per year from 1990 - 2007.

Improved cancer treatments include lumpectomies, neo-adjuvant chemotherapy, hormonally targeted therapy and radiation therapy, depending on the type of cancer cells and the extent of invasion.

Guidelines for screening for breast cancer have been established by several governing bodies. In 2009, the U.S. Preventive Services Task Force recommended mammograms every two years for women between 50 and 74 years old. The American Cancer Society and American Congress of Obstetricians and Gynecologists recommend clinical breast exams by your health care provider every three years for women 20-39; then clinical breast exams plus annual mammography beginning at age 40.

Monthly breast-self exams have been re-emphasized, and women are encouraged to become familiar with the appearance and feel of their breasts as part of "breast-self awareness" and notify their physician of any changes.

In addition to routine screening, achieving and maintaining a healthy weight, regular physical activity, as well as reduction of alcohol consumption have been linked to a reduced risk of breast cancer.

Mammogram appointments can be booked at Landstuhl Medical Center

DSN 486-6447, civ. 06371-86-6447. For more information visit The American Cancer Society at www.cancer.org.

BREAST CANCER AWARENESS MONTH EVENTS

As part of Breast Cancer Awareness Month, the following events are scheduled in the Kaiserslautern Military Community:

Oct. 13: The Landstuhl Regional Medical Center 5K Breast Cancer Awareness Run. Registration begins 7:30 a.m. at the track near Gate 4 and the AAFES Gas Station. Race begins 9 a.m. Prizes will be awarded. Mammogram appointments can be booked at the event. DSN 486-6791, civ. 06371-86-6791.

Oct. 13: The Rhineland Pfalz Breast Cancer Survivors representatives will be at the Kaiserslautern Military Community Center with information on breast cancer.

Oct. 21: A tea will be held at the Ramstein Community Club from 2-4 p.m. Major (Dr.) Penelope Harris, an oncologist from Landstuhl Regional Medical Center and Lt. Col. (Dr.) Bradford Scanlon, a LRMCC plastic surgeon, will be two of the guest speakers. Speakers will also include a breast cancer survivor. Tea, coffee and pastries will be served. There will be door prizes and baskets given away. Mammogram appointments can also be booked. For more information, call DSN 486-6447, civ. 06371-86-6447.

TRICARE

continued from page 1

TRICARE contract liaison officer.

"Although beneficiaries are not required to hand-carry referral authorizations to their host nation provider, they are encouraged to do so," Jones said. "They will still need to hand-carry their medical documentation."

TSCs should offer beneficiaries two options for receiving authorizations and medical documentation:

Beneficiaries may receive their authorization and medical documentation via email from the TSC or beneficiaries may stop by the TSC to pick up their authorization and medical documentation.

Beneficiaries still have three choices for making appointments: They may book their own appointment, call the TOP Regional Call Center to request assistance in booking their appointment or have Army health facility TSCs book appointments for them.

Beneficiaries who have questions about the referral or emailing process should contact their local health facility TRICARE Service Center.

TRICARE Access to Care standards require that appointments for TRICARE Prime beneficiaries be made according to these guidelines:

• Acute care	24 hours
• Routine care	7 days
• Wellness	28 days
• Specialty	28 days

There are special procedures that beneficiaries need to be aware of when traveling back to the United States.

"The TRICARE Overseas Program website explains the process of TOP enrolled beneficiaries seeking care stateside," Jones said. "As a reminder, emergent care never requires an authorization, but all urgent care requires an authorization. If you are stateside and require urgent care please contact International SOS or your local TRICARE Service Center for assistance."

Stateside routine care authorizations are rare and only authorized with prior justification from the patient's primary care manager and with health care coordination, Jones added.

The TRICARE Overseas Program website also offers information for all TRICARE beneficiaries, including contact numbers for claims and customer service. The TRICARE Overseas Beneficiary Handbook and other literature may also be downloaded from the site, Jones said.

At host nation provider appointments, TRICARE Overseas Prime beneficiaries should present their TRICARE Prime Overseas Program Enrollment Card. Enrollment card examples can be viewed at www.tricare-overseas.com/Provider01_b02.htm.

In addition to referral authorizations that will be sent directly to the host nation provider by International SOS, the enrollment card validates that the bearer is the TRICARE Prime beneficiary for whom the referral authorization was written.

Each family member enrolled in TRICARE Overseas Prime should have a card. Beneficiaries who did not receive a card or need a replacement card should contact the TRICARE Overseas Program regional call center and press option 4. Toll-free contact numbers are: Germany, civ. 0800-589-1599, Italy, civ. 800-915-994 and Belgium, civ. 0800-811-18.

"Army health facility TRICARE Service Centers will continue to provide host nation patient liaison services, health care finders, beneficiary counseling and assistance, and debt collection assistance" Jones said.

She encourages all beneficiaries to visit www.tricare.mil for plan and benefit information.

Beneficiaries can access country-specific toll free contact numbers and a useful "Find-A-Provider" search tool at the TOP Web site at www.tricare-overseas.com.

Forms and links to other TRICARE overseas programs are also available at that site.