

HeraldPOST

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

HP THURSDAY
Sept. 27, 2012

Speed Read

READING THE FINE PRINT

Service members and families may be in for a surprise when trying to terminate German phone and Internet contracts. 2

COMMUNITY HEALTH FAIRS



Large crowds gather in the Heidelberg and Kaiserslautern communities for health fairs held during Army suicide prevention stand-down days. 3

FULL OF FLAVOR

Community members celebrate Hispanic Heritage Month with a spicy mix of food, music and dancing during the annual Latin Flavors event in Heidelberg. 6

HEIDELBERG LIONS HIT HARD

Heidelberg High School football players divide and conquer during an 18-13 victory against Kaiserslautern Friday. 13



Defense Details

CIVILIAN SUPPORT

Department of Defense civilians need to understand and recognize the warning signs for suicide just as their military counterparts are being trained to do, the acting director of the Defense Suicide Prevention Office said Friday. "We want to make sure our civilians are as comfortable talking to our military members as their military leaders are," Jacqueline Garrick, a licensed clinical social worker and former Army captain, said during an educational session about suicide prevention at the Pentagon conference center. To combat military suicides, Garrick said, you also have to look to civilians who not only work alongside and manage service members, but "civilians also are our family members." Managers need to be attuned to those on their staff who may be suicidal, Garrick added. Information gathered by the department shows that young, white men make up the largest block of military suicides, usually committed at home with their own firearm, she said. Half had never deployed and many joined the military with personal problems that can mount into emotional instability. Managers have to understand that employees also are dealing with stress from their personal lives - problems with spouses, kids, finances or legal trouble.

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

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Rhino Serpent



Capt. Elizabeth Behring

From left, Pfc. Vernisha Brownne, 212th Combat Support Hospital out of Miesau, a German soldier, British army Sgt. Andrew Hunter and Pfc. Rachel Nuñez, 212th Combat Support Hospital, stabilize a simulated casualty Sept. 14 during Operation Rhino Serpent at Sennelager Training Area. Rhino Serpent is a joint medical training exercise for U.S., British and German armed forces.

Medical troops tested during field training exercise Operation Rhino Serpent

30TH MEDCOM PUBLIC AFFAIRS

SENNELAGER TRAINING AREA – "Ambulance inbound," a voice boomed, as troops from the United Kingdom's 2nd Medical Regiment immediately prepared to receive a German ambulance transporting a "victim" injured by an improvised explosive device here, Sept. 15.

As the patient – actor and real-life

amputee Raymond Bays – alternated between yelling in pain and slipping into unconsciousness, the medics and doctors from the German army's Medical Regiment 22 and the 2nd Medical Regiment (based in Bergen-Hohne) worked in tandem to stabilize Bays until he was able to be transported to the Combat Support Hospital. There, he was treated by medical personnel from 30th Medical Command's 212th Com-

bat Support Hospital out of Miesau, the 202 (Midlands) Field Hospital and the 335th Medical Evacuation Regiment, both based in England.

The scenario was part of Operation Rhino Serpent, a multi-national medical field training exercise comprised of more than 550 U.S. Army Europe, German Armed Forces and British Armed Forces active duty

see **RHINO** page 9

Cybersecurity Awareness Month

USAREUR PUBLIC AFFAIRS

U.S. Army Europe information assurance officials want to remind members of the U.S. forces community in Europe that October is National Cybersecurity Awareness Month and that it's everyone's duty to protect Army information and communications.

USAREUR cybersecurity experts say there is a real and ongoing war in cyberspace. The U.S. is constantly under cyber attack by hostile governments, organizations and individuals. Everyone can contribute to defending the U.S. against such attacks. Your contributions can include secur-

ing networks from hazards, staying up-to-date on threats and training, practicing good online habits and setting the example for others to be cautious and vigilant as well.

President Barack Obama declared October National Cybersecurity Awareness Month for the first time in 2010. This year's focus for the U.S. Army in Europe community is on home computing security. USAREUR officials said they will offer more cybersecurity information and resources throughout the month.

More information is also available to computer users on the eur.army.mil domain at <https://portal.eur.army.mil/sites/iassure>.

Outages hit AFN Europe

TV, radio services temporarily affected

By George Smith
AFNE PUBLIC AFFAIRS

American Forces Network Europe had two unrelated technical issues that caused unscheduled radio and TV outages last weekend.

Some viewers lost AFN TV signals Saturday and Sunday when a technical problem resulted in some decoder owners losing decoder authorization.

A second unrelated

issue happened Monday, when the unit providing power to the AFN Europe Headquarters in Mannheim failed.

This, in turn, caused an AFN TV outage and temporarily knocked AFN radio stations off the air in Germany and Belgium.

AFN station signals are routed through the headquarters building to a satellite and then sent

see **OUTAGE** page 9

LEGAL ADVICE

Ending contracts for local phone, Internet services

Contracts can be difficult to terminate, prepaid services offer more flexibility

BY PATTON LAW CENTER



Because of Permanent Change of Station moves, separation from service, deployments and base closures, many U.S. families are faced with terminating contracts with German service providers.

Terminating a contract for phone and Internet services is often very challenging. As many German legal assistance attorneys working for the U.S. Army can attest to, after helping clients as far away as Kuwait or Italy, service members are often still receiving their German Telekom bills for six months or more at their new duty location.

Most telecommunication contracts in Germany, whether landline and Internet or mobile phone service contracts, run initially for 24 months. If you do not terminate them by a certain point of time, usually three months prior to the normal expiration date, the contract will automatically be renewed for

another 12 months.

There is no immediate termination right in German civil law, even when you are required to move due to military orders. A cancellation has to be in writing and should be faxed or sent by registered mail return receipt requested. The burden of proof that the cancellation was received by the phone company is on you. However, many companies will release a customer with PCS or ETS orders out of those contracts, although there is no legal right for service members to be released early.

The Service Members Civil Relief Act does not apply in Germany. The release is totally up to the company. However, by sending a letter and explaining the circumstances for the move, most companies will agree to an early termination in return for a settlement fee which will usually consist of the basic monthly fees for the rest of the contract term.

If you are moving within Germany, you can take your home phone and Internet contracts with you. You do not have to cancel the old contract and sign a new contract at your new location.

Simply notify your phone and Internet service provider about your relocation. If your provider is unable to offer you services at your new location, you can terminate your contract by giving three months notice. Be sure to keep all documents and receipts.

Telekom and T-Online are known to sell unpaid German bills to U.S. debt collection agencies and you might have to prove that payments were made, even after you have returned to the U.S.

In order to avoid problems with mobile phone providers, service members should consider purchasing prepaid phone cards instead of signing a contract. These are paid in advance and allow for more control over how much you are spending

on phone calls. Most German card providers only charge for outgoing phone calls and you can still use your phone to receive calls even when the card is empty. The 110 emergency number always works.

If you need help with writing a cancellation letter or to negotiate a settlement fee, contact the Patton Law Center at DSN 373-5058 or civ. 06221-17-5058 or your nearest legal assistance office.

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- Discuss local issues
- Ask and answer questions
- Search for events
- Share photos and more!

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www.facebook.com/BWnow

DISCUSSION BOARD

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

"Anyone know why I lost half my AFN for most of the day and when we might get them back on Patrick Henry Village? I tried calling the AFN outage number but it is constantly busy."

— Jeff Stevens, BWnow Facebook Fan

"CLOSURE- The Heidelberg Housing Office will be closed Sept. 28 for their annual staff outing."

— BWnow Administrator

"Hope you all have a fun time."

— Helena Marsh, BWnow Facebook Fan

"Hey BWnowers ... just in case you missed it. Check out this Stars and Stripes article, "Medication from US won't be mailed to APOs in Germany."

— BWnow Administrator

"I'm curious about part of the article ... Are we not

supposed to be getting beef jerky?"

— Jennifer Burrows Schlegel, BWnow Facebook Fan

"Jennifer, according to Heidelberg customs officials, beef jerky is prohibited from being sent through military Army Post Office boxes under German law because it is a meat product."

— 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.

Health fair spotlights resiliency, suicide prevention



Dijon Rolle

Soldiers from U.S. Army Garrison Baden-Württemberg maneuver through more than 20 information tables and displays during the garrison's community health fair Sept. 20 at Patton Barrack's Fitness Center in Heidelberg. The fair was one of several events held in support of the garrison's suicide prevention stand-down day.

Community members gather for health fair

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A steady stream of more than 700 service members, civilians and family members filled the Patton Barrack's Fitness Center in Heidelberg Sept. 20 for a community health fair. The event was one of several planned community gatherings in support of the Army's Suicide Prevention Month and the garrison's suicide prevention stand-down day.

Organizers provided each attendee with a checklist to help them navigate the more than 20 individual stations scattered across the gymnasium floor. The purpose of the fair was to provide community members with the tools to increase their overall resiliency, reduce

negative stigma and provide education about suicide prevention resources.

Representatives from Behavioral Health, Outdoor Recreation, Financial Readiness, Religious Services, Better Opportunities for Single Soldiers, Army Community Service, Family Advocacy and other agencies provided attendees with information handouts, candy and small grab bag items.

But amid all of the activity, Soldiers and leaders still remained focused on the mission at hand – preventing another life from being taken by suicide.

In a growing sea of attendees, Pfc. Jonathan Guemmer quietly stood in line near the Army Community Service table. Guemmer joined the Army 15 months ago and works as a geospatial engineer with the 60th Geospatial Planning Cell. The Wisconsin native offered a simple solution to Army leaders to help reduce the growing number of suicides in the ranks.

"Invite them to dinner," Guemmer said. "Socialize with your Soldiers and get to know them and their habits. That way you can notice if there is something wrong and you [can] see if there is a difference in their behavior."

Nearby, Sgt. Maj. Hoyt Williams, Intelligence and Sustainment Company, U. S. Army Europe and his wife, glanced at information brochures as they waited for their turn to speak with Army Community Service representatives.

"I think it's important because we as leaders, family members and Department of the Army civilians ought to come together and actually learn about how we can decrease the stigma of suicide and about some of the risk factors to help eliminate suicide overall," said Williams, whose worn the Army uniform for more than 30 years.

"What I'm going to take back to my troops is the message that we must look out for each other. Supervisors have to make sure you know you're Soldiers and that you know everyone on the team," he said. "Having that ongoing awareness can make it easier for us as leaders to spot changes in our Soldiers."

Elsewhere, attendees who visited the Club Beyond table tried their hand at a spinning game, where participants placed their forehead on the end of a pole and spun around in circles until they were dizzy. Afterwards, they would try to stack a pyramid of paper cups.

"Life is not always easy for a military family or civilian," said Tim Cole, Community Director for Club Beyond. "This demonstration is just a way to show participants that when life turns them upside down, we are here to steady them, walk alongside them and encourage them throughout whatever issues they may have ...

We're not here just to do a program to entertain," he said.

"We're in the schools and we're at the sporting events. We do weekly clubs, retreats and camps. We're here to provide support," Cole added.

Club Beyond is part of the Military Community Youth Ministries and works alongside the chaplain programs.

In addition to the health fair, members of Better Opportunities for Single Service Members hosted a suicide prevention night walk at the Heidelberg commissary on Patrick Henry Village. Several units throughout the garrison also hosted prevention training, fun -runs and group-focused activities to provide information to Soldiers and family members.



Dijon Rolle

Sgt. Shakala Bentley concentrates as she stacks a pyramid of paper cups at the Club Beyond display table during the garrison's public health fair Sept. 20 in Heidelberg. Bentley and other participants spun around in circles several times before attempting to stack the cups.

Kaiserslautern Stand-Down



Spc. Iesha Howard

Maj. Everett Franklin, family life chaplain for the U.S. Army Garrison-Kaiserslautern, disseminates information to members of the Kaiserslautern Military Community during the Suicide Stand-Down Health Fair at the Armstrong's Club on the Vogelweh Military Complex in Kaiserslautern Sept. 20. The fair was organized to educate community members about suicide indicators and support agencies.

U.S. Army Europe holds a Suicide Prevention Stand-Down

USAREUR PUBLIC AFFAIRS

Soldiers, civilians and family members from across U.S. Army Europe participated in Suicide Prevention Stand-Down Day, Sept. 20, to focus on promoting good health, teammate involvement, risk reduction and resilience training.

"This is a day that starts something new," said Lt. Gen. Mark Hertling, USAREUR commander. "The Army has had a significant challenge in [preventing suicides] the last couple of years, and it is not just the Army, but society as a whole."

The theme for the stand-down day was "Shoulder to Shoulder, We Stand up for

Life." Activities throughout the day focused on well-being, resilience, stigma reduction, and education about suicide prevention resources.

"I think we not only have the capability to address the issue in the Army, but we can do so [much] better than the rest of society because of the leaders who care," Hertling said. "All of this is just flat out caring. If someone is hurting, it's the ability to reach out to them and say, 'hey, everything okay?'"

Programs like ACE - Ask, Care, Escort - teach skills on how to intervene, and the questions to ask to get Soldiers the help they need. The key is to have the courage to

intervene.

"Our NCOs are the ones with the most interaction with Soldiers, especially at the team leader, squad leader level," said Command Sgt. Maj. David Davenport, USAREUR senior enlisted advisor. "I think that's where we are going to have the most success if we can get leaders to understand their role in identifying the problem, getting our Soldiers to get help and reducing the stigma behind seeking help."

USAREUR is committed to ensuring all Soldiers, family members and civilians have access to the training and resources needed to stay resilient.

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 will be discontinued effective **Sept. 30** due to personnel and budget constraints. To receive current up-to-date, useful quality information after that date, please refer to the garrison's website: www.bw.eur.army.mil, and the garrison's facebook page: 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.

During the Sept. 7 garrison town hall meeting, a community resident voiced a complaint about the safety of playground equipment located behind Bldg. 4451 on Patrick Henry Village in Heidelberg.

On Sept. 7 Luis Rosariofebus, Heidelberg Housing Division Facilities Branch Chief, inspected the three playground areas behind the building. Two playgrounds were found to be in good condition while one showed signs of damage and vandalism. An assessment is being conducted on the vandalized playground. Officials will decide whether the equipment can be repaired before winter or have to be removed. Parents are asked to use one of the other two playgrounds available in the same area until a decision is made. Area coordinators are encouraged to monitor these areas and report vandalism immediately to the MP station and to the housing office. Community members are encouraged to submit service orders for minor repairs by using the online form found at <http://www.bw.eur.army.mil/dpw/serviceorder>.

During the Sept. 7 garrison town hall meeting, a community resident voiced a complaint about excess trash and abandoned household items being dumped in vacant storage spaces in Bldg. 4451 on Patrick Henry Village in Heidelberg.

On Sept. 7 Luis Rosariofebus, Heidelberg Housing Division Facilities Branch Chief, conducted an investigation into the complaint. A follow-up inspection with Garrison Command Sgt. Maj. Kenneth Kraus was conducted Sept. 11. The inspection revealed that several attic rooms were unsecured and unknown persons used them to dump trash and abandoned household items. Members of the Housing Division plan to clean and secure the areas. Stairwell and building coordinators are encouraged to inform the Housing Office of any other locations.

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.

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 will end **Sept. 28**. Soldiers assigned to Coleman Barracks and requiring sick call services will be seen at the Heidelberg Clinic beginning **Oct. 1**. DSN 371-3130, civ. 06221-17-3130.

UPDATED – Community Bank – 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.

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 Shopette, 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) will close **Sept. 27**. A temporary Hazardous Waste Disposal Center will be open 10 a.m. – noon Nov. 9 (only) on Coleman Barracks (location will 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.

UPDATED – Service Credit Union – 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.

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 Bldg. 3850, located on the shopping center will close **Oct. 31**. This closure is mandated due to the reduction in staffing and the drawdown of customer service facilities within the Heidelberg area. CIF in Mannheim Bldg.1515, on Spinelli Barracks, 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 have 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 Shopette – The Exchange Shopette on Nachrichten Kaserne is closed.

Optomtry 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 Clinic 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.**

Tompkins Retail Store – The Tompkins retail store is closed.

Tompkins Gym – The Fitness Center on Tompkins Barracks in Schwetzingen is closed. DSN 370-9193, civ. 06221-57-9193.

Tompkins Strip Yard Closure. The Tompkins strip yard is closed. Vehicle donations will no longer be accepted at Tompkins Auto Crafts. All patrons must go to Spinelli Auto Skills, Bldg. 1570 on Spinelli Barracks in Mannheim to donate vehicles. DSN 384-6023, civ. 0621-730-6023.

Wood Shop – The Wood Shop on Patton Barracks will remain open until the garrison deactivates. DSN 373-5195, civ. 06221-17-5195.



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www.preventsuicide.army.mil

U.S. Department of Veterans Affairs

Garrison program wins Department of Defense Award

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Based on the strength of the 2011 Red Ribbon Run, the U.S. Army Garrison Kaiserslautern Army Substance Abuse Program was named the winner of the 22nd annual Department of Defense Community Awareness award.

In recognition of the honor, Maj. Gen. Aundre F. Piggee, commanding general of the 21st Theater Sustainment Command, presented ASAP employees Crystal Malloy and Kathryn Arnette with commander's coins at his headquarters Sept. 11.

"It's a Department of Defense wide recognition for the great efforts that these two great ladies represent for the entire ASAP Program," said Lt. Col. Lars Zetterstrom, USAG Kaiserslautern Commander during the coin presentation ceremony.

"The Red Ribbon Run represents the commitment of everyone in the Kaiserslautern Military Community to be drug free," Zetterstrom wrote in the letter nominating

ASAP for the DoD award.

In addition to the anti-drug programming, the officials making the selection appreciated the positively focused efforts of the organization, according to Malloy, who is the ASAP clinical coordinator and employee assistance coordinator.

"They really liked the idea that we focused on health, on making healthy choices. Rather than looking at it totally anti-substance abuse. We looked at it from a pro-health perspective," Malloy said, adding that 250 volunteers contributed to the Red Ribbon Run.

Reflecting on the award, she recounted the story of a community member who recently stopped into the ASAP office for assistance, unannounced and unplanned – but in need.

"I think that comes with the strength of the program. People are coming to us off the street, because they feel like it's a place where they can come for help," Malloy said.

This year's 2012 Red Ribbon Run will take place at the Special Events Center on Rhein Ordnance Barracks 9 a.m. Oct. 13.



Spc. Iesha Howard

Crystal Malloy (second from left) and Kathryn Arnette pose with Maj. Gen. Aundre F. Piggee, the commanding general of the 21st Theater Sustainment Command and U.S. Army Garrison Kaiserslautern commander Lt. Col. Lars Zetterstrom.

Event celebrates diversity

By Capt. Tamara Gonzales

NATO PUBLIC AFFAIRS

U.S. Army Garrison Baden-Württemberg community members and leaders celebrated Hispanic Heritage month during the annual Latin Flavors event held at the Village Pavilion Community Center in Heidelberg, Sept. 15.

Colorful paintings from a multi-national group of artists, lively Latin music and various Latin-American foods greeted visitors as they arrived for the annual event.

"As you enjoy tonight's event, please take time to reflect on the many sacrifices made by His-

panics throughout our country's history," said USAG Baden-Württemberg Commander Col. Bryan DeCoster as he welcomed the many attendees of all ages.

During the event, guests sampled a variety of Latin dishes, such as Puerto Rican roast leg of pork, tilapia fish in a spicy *tampiqueña* sauce, chicken in *adobo* sauce and chicken and beef *fajitas*.

"This is a great way to celebrate Latino culture and brings together other cultures to experience it too," said attendee Maria Escalera.

The Cuban-Latin band Mario Corrado's *Mayito Y Su Son* performed Latin music during din-

ner and later people filled the dance floor late into the night while grooving to the sounds of Disc Jockey Bello.

Attendees also had the opportunity to linger over the paintings from artists like Lisbania Perez and other works by Lynette M. Lawson, Deborah Ahern, Milena Tiner, Sandra Walker, Malik and Areta Mayfield, Karla Zolezzi and Andrew Washington.

"It is important to understand the culture and what makes America special, bringing together different ethnic groups to live in one community," said event coordinator Master Sgt. Alozie Wosu.



Peter J. Gonzales

Dancers crowd the floor as Mario Corrado y su Son provide lively music as part of the Sept. 15 Latin Flavors event in recognition of Hispanic Heritage Month held at the Village Pavilion Community Center in Heidelberg.

Veterans tour Sembach

By Mark Heeter

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Four veterans who served on Sembach Air Base (now known as Sembach Kaserne), including one who was in the advance group in 1952 that created the original installation, returned to the Kaiserslautern Military Community for a trip down memory lane Sept. 12 and 13.

"It's good to come here and see that it's become so vibrant," said Retired Air Force Lt. Col. Ed Albert, vice president of the Sembach Air Base Veterans' Organization and primary planner for the visit.

Lt. Col. Lars Zetterstrom, U.S. Army Garrison Kaiserslautern commander, and Col. Brian Bisacre, 18th Military Police Brigade commander, hosted the group for a visit and a tour of Sembach Kaserne Sept. 12.

"These facilities are being beautifully revitalized," Zetterstrom said, explaining some of the many projects that have recently been completed or are being renovated

for the expected influx of people who will work on Sembach under U.S. Army Europe transformation plans.

Zetterstrom and Bisacre, along with many friends from the days of Sembach Air Base, joined the veterans for dinner that evening.

"I truly love Sembach. While my duty here was often hard, both myself and my wife came to feel this was the best assignment I ever had in the Air Force. So coming back, especially with other veterans, was very meaningful," Albert wrote in an email following the visit.

The next day, the veterans got to see the modern Air Force in action with a tour of Ramstein Air Base and mission briefing by the 1st Combat Communication Squadron.

"We had more than 150 years of military service among the veterans, so every once in a while, we should definitely be able to do that," said Kilian Bluemlein, who works for the 86th Airlift Wing public affairs office and provided the tour for the veterans' group.

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Visual Information Specialist Gertrud Zach
Capt. Christopher Harris with the 10th Army Air and Missile Defense Command, applies first aid to a simulated casualty during the U.S. Army Europe Expert Field Medical Badge examination in Grafenwöhr Sept. 20.



U.S. Navy photo by Lt. Benjamin Addison
Staff Sgt. Paul Weber, an Alaska Army National Guard infantryman provides security during a mission in Farah city, Farah province, Afghanistan, Saturday.



Staff Sgt. April Campbell
Soldiers with the 82nd Combat Aviation Brigade march past a crowd of cheering family and friends at Pope Field, N.C., Sept. 19 after returning from a deployment to Afghanistan.



U.S. Navy Petty Officer 2nd Class Patrick Grieco
Sgt. 1st Class Jacob Nelson, with the Kansas National Guard, uncovers a simulated mine on a metal detector lane as part of a humanitarian demining action training course in Yerevan, Armenia, Sept. 20. Kansas National Guardsmen and a civilian representative with the U.S. Humanitarian Demining Training Center instructed Armenian peacekeepers and engineer battalions on international demining standards as part of the Humanitarian Mine Action program.



Staff Sgt. Teddy Wade
Army Chief of Staff Gen. Raymond T. Odierno listens to a Soldier's question during a question and answer session at Camp Lemonnier, Djibouti, Sept. 20. Odierno used the forum to discuss the future of the Army and the importance of its mission in the Horn of Africa.

RHINO

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Reservists and volunteers. The exercise culminated in a 96-hour simulated event, where “deployed” British and German medics cleared the battlefield of casualties to a U.S. Combat Support Hospital staffed by U.S., British and German personnel.

“It’s very important to train together so that when something happens – such as now, when an ambulance appears – everything runs smoothly. And in the next deployment, wherever that may be, we’ve got things worked out so there are no problems going in,” said British army 2nd Lt. Graeme Hogg, 2nd Medical Regiment troop commander.

The exercise combined multinational health care with preparation for contingency and programmed operations in the fictional landlocked, poor and divided country of Curi, but can be anywhere in the world, said 1st Lt. Brian Thorson, the S4 (supply and logistics)

for 212th CSH.

“The current operations that most U.S. units find themselves in is presently in Afghanistan. We’re transitioning from an army at war to an army that is preparing for contingency operations. Essentially, what that means for us is we need to be ready to prepare at any time, at any place, anywhere,” Thorson said.

Careful consideration was made by planners to make the scenarios as realistic as possible, down to troops living and working out of tents, eating meals, ready-to-eat and having no communication with the outside world, Thorson added.

“These are all things that add to realism to training for future scenarios,” Thorson said.

The realism of the environment – combined with the injuries sustained by victims, which ranged from Bays’ IED blast to a British army private with a large nail through her hand – made medical personnel unsure of when the next rush would be, or what it would entail.

“[At this point] I’ve treated IEDs,

heart attacks, nausea, vomiting, broken legs and children, as well as military working dogs, which are treated as if they were Soldiers,” said Capt. Nathan Beckerman, 212th CSH emergency physician.

Each patient was cared for as though the situation were real, but the available IVs, tourniquets and X-rays were not used due to safety reasons, Beckerman added. With the exception of the animals and children, in which mannequins were used, all cases involved actors hired by Trauma FX, a company from North Yorkshire, England, that specializes in casualty situation make-up, amputee effects and more.

Managing Director Linzi Foxcroft said she often recruits injured combat veterans as actors, including Bays and Ruben Carvil, a Glendora, Calif., native and veteran of the U.S. Air Force, who has resided in England since 2007.

With fellow artist Joanna Parvin, the two use realistic props, makeup and large amounts of fake blood to make the wounds appear as they really would right after occurring.

“It’s a lot of fun. And what’s really

satisfying, is when people who’ve done tours come over and say, ‘You know what? I worked with you last year, and it really helped me through the tour, and I had to actually treat somebody.’ That’s probably the most satisfying part of the whole job,” Carvil said.

The actors stayed in character from the moment they were transported from the Trauma FX building in the ambulance to the time they were released, or when the mission was ended, whichever came first.

In some cases, that meant the patients spent a few days in the mobile CSH, “recovering.”

The CSH was a maze of tents hooked together to make rooms and hallways. Like most permanent hospitals, it included an intensive care unit, ICU wards, operating space, a pharmacy, lab, laundry and more, said Capt. Patrick Kadilak, officer-in-charge of the Emergency Medical Technician section, 212th CSH.

It can be configured into a 44-bed, 84-bed or 284-bed hospital, but was made into an 84-bed hospital for the exercise.

Combined Endeavor



Sgt. Brian Rodan

Brig. Gen. Bruce T. Crawford, commander, 5th Signal Command, discusses cyber issues with members from various NATO countries during Combined Endeavor 12 at the Grafenwöhr Training Area Sept. 13.

Signal Soldiers share wires, wisdom with allies

By Sgt. Brian Rodan
5TH SIGNAL COMMAND

GRAFENWÖHR – Members of the 44th Expeditionary Signal Battalion shared wires and wisdom with more than 1,000 communication professionals from nearly 40 NATO partners at Combined Endeavor Sept. 7-20 at the Grafenwöhr Training Center.

The multinational communications exercise is one of the largest in the world and this year’s theme was Coalition Information Dominance.

Combined Endeavor is designed to help improve U.S., European and NATO military communications and computer network inter-connectivity, and to help nations partner together when responding to regional crises or disasters. During this year’s exercise, 5th

Signal Command provided help in multiple areas.

“We have a few sections from within 5th Signal Command that are supporting this exercise. Plans and Engineering designed the network, 44th Expeditionary Signal Battalion has two satellite transport terminals on site providing transport and one network technician to monitor the network,” said Jeffery D. Mack, an exercise planner and satellite communications manager at 5th Signal Command.

“69th Signal Battalion provided support, extending the command and control network and DSN lines wherever requested. 7th Theater Tactical Signal Brigade rotated four network technicians to support monitoring the network,” Mack said.

OUTAGE

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back down to local radio transmitters.

The outage was from 7:40 a.m. to noon Central European Time.

If your service is still out and you own or rent an AFN decoder, visit www.afneurope.net or AFN Europe’s Facebook site at www.facebook.com/afneurope for complete details on how to restore service.

Contractors are working to assist on-post customers who receive AFN TV from a cable provider.

For further assistance, viewers can also post a message on AFN’s Facebook site or send AFN an email on the feedback tab of www.afneurope.net.

Viewers can also call civ. 0621-46085-444 to report outages or ask for help, but callers should be aware that lines are frequently busy because of the high volume of calls.

AFN officials warned of another short outage Monday and Tuesday as they ran tests on the power unit that initially failed.

Cost of living survey begins Oct. 1

All overseas service members encouraged to participate

USAREUR Public Affairs

Eligible U.S. Army in Europe Soldiers will soon be asked, via email, to participate in the 2012 Overseas Cost of Living Allowance Overseas Living Patterns Survey, scheduled for Oct. 1-31.

This survey is used to track the shopping patterns of uniformed service members stationed overseas.

The data collected will assist in the determination of COLA paid to members in their country of assignment.

The survey is only for service members stationed at 13 locations in Germany; Ansbach, Kalkar, Bremerhaven, Kaiserslautern Military Community, Buechel, Spangdahlem, Garmish, Stuttgart, Geilenkirchen, Vilseck-Grafenwoehr, Heidelberg, Wiesbaden and Hohenfels.

The service member also must not be living in the barracks and have been on station for at least three months.

For more information, service members and their family members are encouraged to contact their unit personnel office or visit the COLA survey Web site at www.defensetravel.dod.mil/site/oscsla-lps-germany.cfm.

Military dog reunites with handler during hospital visit

By **Chuck Roberts**
LRMC PUBLIC AFFAIRS

When an injured handler of a military working dog regains consciousness from a blast or other incident downrange, the first thing they often ask is, "How is my dog?"

A Soldier recently injured in Afghanistan asked the same question in the intensive care unit at Landstuhl Regional Medical Center. When his nurse told him his dog JaJo was being treated for injuries at a nearby military veterinary clinic, but was doing fine, she said a tear of relief rolled down his cheek.

Only one day after surgery, JaJo, with a bandaged foot and shrapnel wounds visible across his body, was allowed to visit his handler and friend – an infantry Soldier recovering from the same incident whose name is being withheld for patient privacy reasons.

Although JaJo had half of his spleen removed and suffered two broken bones in his right-rear foot, the young German Shepherd appeared uninjured as he eagerly made his way bedside. Although his handler wasn't initially aware of his visitor, JaJo licked his outstretched hand and was ready to jump up and share the bed. Moments later, an eye opened as JaJo licked his hand again and the Soldier was alert enough give his friend a loving cuddle.

"If he could, JaJo would lay on that bed all day," said Capt. (Dr.) Catherine Cook, officer-in-charge of the Military Working Dog Ward at the Dog Center Europe facility at Pulaski Barracks. Cook said JaJo is expected to recover from his wounds and could be able to deploy again as a Tactical Explosive Detection Dog, but first would be flown stateside to recover. His handler would also soon be sent to the U.S. to continue his long-term recovery.

"If he could, JaJo would lay on that bed all day."

—Capt. (Dr.) Catherine Cook, Pulaski Barracks Military Working Dog Ward

It was because of the unlikelihood of their paths crossing again that prompted Cook and her staff to help them reunite. She could recall only a handful of previous occasions when both handler and dog were seriously injured and one was physically capable of visiting the other.

JaJo and his handler weren't a traditional K-9 team. JaJo's handler is an infantry Soldier who attended an intensive dog handler's course for approximately four weeks and was paired up with JaJo for the duration of his deployment. It is during the training period when Cook said teams develop a special bond and handlers learn to give commands for seeking out improvised explosive devices.

Cook gives huge credit to the on-scene medics and other medical personnel downrange for helping make the reunion possible. JaJo's treatment in Afghanistan included a chest tube, catheter and other medical treatment for penetrating shrapnel wounds.

"The medics who worked on him did a fabulous job. They treated him as well as any human Soldier," Cook said.

The effort to treat military working dogs continues in Germany where Cook and her staff put in long hours caring for canines seriously injured in combat. Being able to experience the reunion helps put the hard work and effort into perspective.

"It's rewarding because you could tell he recognized JaJo," Cook said. "If he only remembers just a little bit of this in the future, it was all worthwhile."



Chuck Roberts

Military working dog JaJo touches the hand of his handler in the intensive care unit at Landstuhl Regional Medical Center Sept. 21. JaJo and his handler sustained blast injuries while serving in Afghanistan. Both will be flown to the States to recover from their injuries.

Recycle, re-use center gives new life to old items

By **Samantha Smith**
USAG BW PUBLIC AFFAIRS VOLUNTEER

With the closure of the Mannheim garrison, the Heidelberg Recycling and Re-use Center is now the main on-post location to drop off recyclables and unwanted items.

Open 8 a.m. - 4 p.m. Monday-Saturday, patrons can drop off anything from general recyclables to broken electronics, bulky items and hazardous waste at the recycling facility.

Another benefit is the Re-use Center, where unwanted goods can be dropped off to find a new home with another community member.

Popular items include children's clothes and toys which can be easily passed on when outgrown. The center also stocks a large amount of books as well as shelves of kitchen utensils, cookware and appliances.

Susanne Griffith, one of several volunteers, has been working at the Re-use Center for four years.

When her three kids are safely off to school, she arrives about 9 a.m. to sort through and shelve donated items and keep the center organized.

"About seventy five percent of what we get goes in the trash," said Griffith, who urges people to follow the center's guidelines and not donate broken or useless items.

The Re-use Center is open 8 a.m. - 3:30 p.m. Monday-Saturday.

If community members are interested in donating their time, contact Solid Waste Manager Travis Vowinkel at civ. 06221-4380-3180 or stop by the center and speak to one of the volunteers. Afternoon help is particularly needed.

Re-use Center Guidelines

- ◆ No bike helmets
- ◆ No carseats
- ◆ No food
- ◆ No broken or unusable items
- ◆ Leave bulky items outside
- ◆ Take items at your own risk – the center does not take any responsibility for the items left by community members
- ◆ Items must be taken for personal use only



Samantha Smith

Volunteer Susanne Griffith sorts through a customer's donations at the Patrick Henry Village Re-use Center in Heidelberg Sept. 20. The Re-use center accepts donations of lightly used clothing, housewares, toys and other items between 8 a.m. - 3:30 p.m. Monday-Saturday.

GET OUT!

area events

More events online at www.facebook.com/BWnow

September 28

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

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.

Autumn Craft Market – Visit a colorful array of arts and crafts stalls with products such as wine, herbs, oils, candles, jewelry, flowers, window frames and more during the Wiesbaden Autumn Craft Market. Enjoy a children's program, games, a marching band and a child's carousel. The market opens 10 a.m.-8 p.m. Sept. 28-29 and 10 a.m.-6 p.m. Sept. 30 in the pedestrian zone downtown. 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

September 29

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

Belgium – Spend the day in Brussels - one of Europe's capitals and an international city with flair. Beautiful shops and a myriad of museums await visitors as they tour the area. Stroll through the city's beautiful main square, shop and sample international cuisine. <http://affiliates.usa.org/Kaiserslautern/>

Comedy Show – GMD Entertainment presents a Mega Comedy Show starring comedian Pierre Edwards. Show starts 9 p.m. at Armstrong's Community Club on Vogelweh Community Center. Civ. 0631-354-9986, www.mwgermany.com.

Medieval Market – Travel back in time to the middle ages for games, food and music during the Bad Dürkheim Medieval Market 10 a.m.-8 p.m. €3 for children and €10 for families. Ruine Hardenburg, 67098.

Fall Fest – Savor the sights and sounds of the fall season during the Heidelberg Fall Fest downtown 11 a.m.-11 p.m. Enjoy a medieval market, arts and crafts, events for kids and live bands. Welcome in the fall weather while exploring this annual event.

September 30

Tongeren Flea Market – Tongeren is one of the oldest towns in Belgium and home of the largest and most famous antique and flea market. Find everything from simple household goods to rare works of art. DSN 370-7924, www.usa.org/rheinmain.

October 2

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

October 4

Sound of Music Tour – Experience the magic and beauty of Salzburg and Berchtesgaden and surrounding Bavarian Alps. This season, the "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. Afterwards, 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://affiliates.usa.org/Kaiserslautern/>

October 5

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

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 Gülden Schaf in Heidelberg.

The discussion will focus on the European Union, its future, its 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, Kurpfalz Hof 1, 69124. Cost is €5 for pumpkin and €5 for the barbecue afterwards. 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/>

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 O2 World Berlin. www.eventim.de.

Ongoing

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, 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. www.buzzoffbase.com.

Audi Museum – Located in Ingolstadt, north of Munich, the Audi Museum is housed in a round futuristic building designed to represent the rings of a tree, ideal to exhibit the models Audi has produced in its 100-year history. Tours in English are offered at 11:30 a.m. Monday-Friday. Museum is open 9-6 p.m. daily. Civ. 0800-283-4444. www.buzzoffbase.com.

coming to THEATERS

DREDD 3D

(Karl Urban, Lena Headey) The future America is an irradiated waste land. On its East Coast, lies Mega City One - a vast metropolis where criminals rule the chaotic streets. During a routine day on the job, Dredd is assigned to train and evaluate Cassandra Anderson, a rookie with powerful psychic abilities thanks to a genetic mutation. A heinous crime calls them to a neighborhood where fellow Judges rarely dare to venture. (Rated R for strong bloody violence, language, drug use and some sexual content) 98 minutes.



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Sept. 27 - RESIDENT EVIL: RETRIBUTION (R) 7 p.m.
 Sept. 28 - TROUBLE WITH THE CURVE (PG-13) 7 p.m.; DREDD (R) 10 p.m.
 Sept. 29 - THE DARK KNIGHT RISES (PG-13) 4 p.m.; DREDD (R) 7 p.m.; END OF WATCH (R) 10 p.m.
 Sept. 30 - TROUBLE WITH THE CURVE (PG-13) 4 p.m.; DREDD (R) 7 p.m.; Oct. 1 - END OF WATCH (R) 7 p.m.
 Oct. 2 - TROUBLE WITH THE CURVE (PG-13) 7 p.m.
 Oct. 3 - THE DARK KNIGHT RISES (PG-13) 7 p.m.
 Oct. 4 - DREDD (R) 7 p.m.

Vogelweh, Galaxy

Sept. 28 - KATY PERRY: PART OF ME (PG) 4 p.m.; RESIDENT EVIL: RETRIBUTION (R) 7 p.m.
 Sept. 29 - KATY PERRY: PART OF ME (PG) 4 p.m.; ABRAHAM LINCOLN: VAMPIRE HUNTER (R) 7 p.m.
 Sept. 30 - ABRAHAM LINCOLN: VAMPIRE HUNTER (R) 7 p.m.

Ramstein, Gateway Cineplex

Sept. 28 - DREDD (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; TROUBLE WITH THE CURVE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10 p.m.; END OF WATCH (R) 9:30 p.m.; THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Sept. 29 - DREDD (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; TROUBLE WITH THE CURVE (PG-13) 11:15 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10 p.m.; END OF WATCH (R) 6:30 p.m., 9:30 p.m.
 THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Sept. 30 - 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.; END OF WATCH (R) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Oct. 1 - 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.; END OF WATCH (R) 5 p.m., 7:45 p.m.; THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 5 p.m., 8 p.m.
 Oct. 2 - 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.; END OF WATCH (R) - 11 a.m., 2 p.m.
 THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 5 p.m., 8 p.m.
 Oct. 3 - 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.; END OF WATCH (R) - 11 a.m., 2 p.m.; THE DARK KNIGHT RISES (PG-13) 11 a.m., 3 p.m., 7 p.m.; THE WATCH (R) 5 p.m., 8 p.m.
 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.

THEATER INFORMATION

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

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

Mannheim Cineplex (P4 13), CinemaxX (M7, 17), Mannheim, civ. 01805-625466, www.cineplex.de

Mannheim, CinemaxX, Cineplex - English Language movies

Sept. 28-29 – THE BOURNE LEGACY 11 p.m. at Cineplex
 Sept. 30 – THINK LIKE A MAN (PG) 8 p.m. at CinemaxX
 Oct. 3 – HOPE SPRINGS (PG-13) 5 p.m., 8:15 p.m. at Cineplex

community HIGHLIGHTS

Absentee Voters Week

The Army Voting Assistance Program and the Federal Voting Assistance Program have designated the week of Sept. 27 - Oct. 4 Absentee Voters Week. Soldiers and all other eligible voters are reminded to complete and return ballots to their State election office prior to the state established deadline. Deadlines are available at the Federal Voting Assistance Program's website www.fvap.gov. Absentee voters who have not received their regular state absentee ballot can complete the Federal Write-In Absentee Ballot (Standard Form 186) and send it to their State's local election office during Absentee Voters Week. The U.S. Army Garrison -Baden-Württemberg Installation Voting Assistance Officer is located in Room 273 of the Heidelberg Shopping Center, Bldg 3850. DSN 370-3347, civ. 06221-57-3347.

Military Council of Catholic Women

The Military Council of Catholic Women European Regional Board invites women who are stationed on U.S. military facilities in Europe to attend the annual MCCW European Regional Conference Oct. 18-21 in Ettal with guest speakers Anne Trufant and Bishop F. Richard Spencer. Register now through Oct. 4 at www.mccweurope.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 at 8 a.m. and the official opening at 9 a.m. Services begin at 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. Email: usarmy.badenwuer.usag.mbx.retirement@mail.mil.

Annual AFAP Conference

U.S. Army Garrisons Baden-Württemberg, Kaiserslautern and Baumholder community members are encouraged to send their 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.mwgermany.com.

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-0 in Heidelberg, call DSN 370-7687, civ. 06221-57-7687.

Directorate of Public Works Survey

The U.S. Army Garrison Baden-Württemberg Directorate of Public Works would like feedback and input on the community's perception and future use of the Re-use Center within the SORT compound on Patrick Henry Village in Heidelberg. The Interactive Customer Evaluation may be completed at <http://ice.disa.mil/index.cfm?fa=card&sp=12774&s=222&dep=DoD&c=8>.

KAISERSLAUTERN

Education

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

Community

• **House Party** – Dance the night away during a house party 9 p.m.-2 a.m. Sept. 28 at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Civ. 0631-354-9986.

• **Rocktober Fest** – Dimmer's Eye band will play, and there will be a prize for the best rock costume, an air guitar contest and a lip-synch contest during Rocktober Fest 9 p.m.-2 a.m. Sept. 29 in Armstrong's Club, Bldg. 1036 on Vogelweh Housing. Civ. 0631-354-9986.

• **National Banned Books Week** – Kaiserslautern Libraries will celebrate Banned Books Week Sept. 30-Oct. 6. Patrons can take the banned or challenged book quiz for a chance to win a prize bag. www.mwgermany.com.

• **Operation Rising Star** – U.S. Baumholder's Operation Rising Star Contest welcomes members of the Kaiserslautern military community to audition 6 p.m. Oct. 2. Finals are 7 p.m. Oct. 10 at the Hilltop Theater. There will be cash prizes for 1st, 2nd and 3rd place and a chance to advance to the Army-wide finals in San Antonio, Texas. The 2012 Rising Star grand prize is an all expenses paid trip for two with a professional recording studio experience and \$1000 to spend. The Hilltop Theater is located on Smith Barracks, Bldg. 8218 (next to Burger King) in Baumholder. DSN 485-7244, civ. 0151-4230-4083.

• **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.

• **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 on Landstuhl bldg. 3810, will host a Tween Game Day (grades 5-8) 3-5 p.m. Oct. 5. Enjoy free games, snacks and drinks. Call DSN 486-7322, civ. 06371-86-7322.

• **Hairspray Auditions** – KMC Onstage presents the musical "Hairspray!" Show dates: Oct. 12-14, 19-21 and 26-28; 7:30 p.m. Fridays and Saturdays. 3 p.m. Matinee Sunday. Tickets: adults-\$14, students-\$12. No children under 5 admitted. Kleber Kaserne, Bldg. 3232, DSN 483-6626, civ. 0631-411-6626.

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

• **Bingo** – Kazabra Club is hosting a progressive bingo program, 7 p.m. Wednesdays, 8 p.m. Fridays and 3 p.m. Sunday. Win a \$5,000 jackpot or a 2011 Jeep Patriot. Two guaranteed \$1,000 games. Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261. www.mwgermany.com.

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

• **Bruno Pasta Bar** – Bruno's Pasta Bar, located inside of the Landstuhl Community Club is now closed on Sundays. The Landstuhl Community Club in Bldg. 3780 will open on Sunday for reservations. For events call DSN 486-6107.

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

• **Landstuhl Car Wash** – The Landstuhl Car Wash is open 7 days a week, Monday-Sunday, 10 a.m.-3 p.m. Car wash is closed on federal holidays. Regular service -\$8, full service \$9. Located on Landstuhl Post, Bldg. 97370. DSN 486-5153, civ. 06371-86-5193

HEIDELBERG Education

• **ACS Classes** – Job Search Overview and USAJOBS Application Process 10 a.m. – noon Oct. 2, Village Pavilion Community Center; Professional Resume Writing, 10 a.m. – noon Oct. 3, Village Pavilion Community Center; NPSF Lunch and Learn Potluck: Topic: Celebrating Military Families 11 a.m.-1 p.m. Oct. 3, Army Community Service Annex, Patrick Henry Village, Bldg. 4531, Conference Room; Communication and Assertiveness, 10-11:30 a.m. Oct. 4, Nachrichten Kaserne, Bldg. 3622, Warrior Transi-

tion Unit Conference Room; English as a Second Language, 6-7:30 p.m. every Monday, ACS Annex, PHV, Bldg. 4531; Financial Readiness Briefing Computer Based Training (mandatory for first-term Soldiers), for registration call DSN 370-6883.

• **UMUC Europe Field Study** – Students can explore fascinating locations and come face-to-face with European history while earning university credit with University of Maryland University College Europe's field study program in Cambridge, England, and Dublin, Ireland, Oct. 13-20. Register until Sept. 30. DSN 370-6762, civ. 06221-3780, www.ed.umuc.edu/fieldstudy.

• **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

• **Housing Office** – The Heidelberg Housing Office will be closed Sept. 28 for their annual staff outing.

• **Biodegradable Waste** – The city of Heidelberg is emptying biodegradable waste bins weekly until Sept. 28. Customers can put out their bins at the regular location.

• **Hispanic Celebration** – The School Age Center, Community Support Center, located on Bldg. 3850, will host a Hispanic-Heritage Celebration 3:30-5:30 p.m. Sept. 28. Children will prepare Latin dishes, display art creations, enjoy Latin music and break colorful piñatas in celebration of Hispanic - Heritage Month. DSN 370-8994, civ. 06221-370-8994.

• **Quilters And Stitchers Retreat** – A retreat for quilters and stitchers, with sewing, prizes, potluck and more. 9 a.m.-5 p.m. Sept. 28 and 9 a.m.-11 p.m. Sept. 29. Attend all three days or Saturday only. DSN 388-9421, civ. 06221-338-9421, www.mwgermany.com.

• **CYSS** – Starting in October, reservations for Parent's Night Out and Parent's Day Out will close at noon the Monday before. 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.

• **Lodging Special** – Beginning Oct. 1 Heidelberg and Wiesbaden Army Lodging is offering discounted weekend rates. Reservations accepted on a first come first served basis until rooms are sold. Must be at least 21 yrs with base access. This offer applies

to Friday and Saturday with checkout on Sunday. DSN 370-1700, civ. 06221-795100.

• **Photo Printing** – Beginning in October, print services will be available at the Arts and Cultural Center on Patrick Henry Village Bldg. 4507. Customers can order express prints, custom books, photo editing, banner printing, custom calendars and more. DSN 388-9418, civ. 06221-338-9418. Email: usaghd.artscrafts@mail.mil.

• **Library Hours** – The Patrick Henry Village library will have new operating hours beginning Oct. 1; Monday -Closed; 11 a.m.-7 p.m. Tuesday -Thursday and 11 a.m.-6 p.m. Friday-Sunday. Story time for ages 3-5 is 11 a.m. every Wednesday and 11 a.m. Thursdays for babies and toddlers. Parents are also invited to this free activity.

• **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 will be 7:30 p.m. Oct. 5 in the Patrick Henry Village Library parking lot. DSN 388-9152, civ. 06221-338-9152.

• **CIF Closure** – The Heidelberg Central Issue Facility Bldg. 3850, located on the shopping center will close Oct. 31. This closure is mandated due to the reduction in staffing and the drawdown of customer service facilities within the Heidelberg area. CIF in Mannheim Bldg. 1515, on Spinelli Barracks, will remain open to provide customer service.

• **Facility Closure** – The Installation Access Control office in Bldg 3850 in the Shopping Center, will be closed until further notice. The main IACS office located across the street from the Shopping Center in the Department of Public Works compound in Bldg. 3962, Room 113 (next to Self Help) will be open to provide IACS service. Operating hours are Monday, Wednesday and Friday 8 a.m. - 4 p.m. and Thursday 10 a.m. - 4 p.m. Closed on U.S. federal holidays. Phone DSN 370-3311, civ. 06221-57-3311. Visit the Service directory http://www.bw.eur.army.mil/contacts/HD_IL.html.

• **Slapshots** – The Slapshots Casino Room 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.mwgermany.com

Heidelberg Lions victorious



Thomas V. Hogue Jr.

The Heidelberg High School football team face off against the Kaiserslautern Red Raiders in a Division 1 match Friday. Seniors Andre Brown (39), Ryan Hoyt (17), Jakeel Leggins (51) and Cedric Davis (8) wait for the coin toss at the start of the game. The Heidelberg Lions were victorious with a score of 18-13. Heidelberg faces Lakenheath at the annual homecoming game Oct. 6 in Heidelberg. A homecoming bonfire will be held 7:30 p.m. Oct. 5 in the Patrick Henry Village Library parking lot.

Pilates class emphasizes endurance, balance

By Samantha Smith
USAG BW PUBLIC AFFAIRS VOLUNTEER

Pilates instructor Stasia Bryant is no stranger to the world of dance and fitness. With a background in ballet and modern dance, she has been teaching classes for six years and until recently owned her own Pilates studio just down the road in Walldorf.

First-time pilates students Donalee Yenney and Katja Murray have been enjoying the class so far. "I felt it in my core," Yenney said.

"It wasn't hard" said Murray, "but you're stretching the muscles. I liked how Stasia said there's no pressure, do your own pace, if you can't do it right the first time, it's okay."

Developed in the early 20th century by German-born Joseph Pilates, the exercises emphasize flexibility, strength and endurance in the core muscles while improving coordination and balance.

The classes are popular in Germany and interest has soared in the States over the past ten years as baby boomers discover its low-impact benefits.

"You can do Pilates forever," Bryant said, "you just keep modifying and changing the way you do it."

The classes run 3:30-4:30 p.m.



Photos by Samantha Smith

Above, Pilates instructor Stasia Bryant helps a student with her alignment in a class Sept. 20 at the Patrick Henry Village fitness studio in Heidelberg. Below, Bryant stretches with her students.

Wednesdays and 9-10 a.m. Thursdays. The series began in early September but people can still sign up for the remainder of the session which runs through Dec. 13, Bryant said.

Bryant advises people to complete the full session to see the maximum benefit. "Pilates is progressive," said Bryant, "you need to give it time to work."

For more information, see Bryant before one of the weekly sessions.



staying ACTIVE

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 0172-6263642 or email ken.robison@eu.dodea.edu.

Bundesliga Soccer

Catch a home game of TSG 1899 Hoffenheim e.V. when the soccer team plays Hannover 96, 5:30 p.m. Sept. 28 at the Rhein-Neckar Arena in Sinsheim. Tickets can be purchased online at www.achtzehn99.de.

Outdoor Recreation Skydiving Trip

Join Outdoor Recreation Sept. 30 at the former Bitburg Airbase for a skydiving adventure. Trip departs 7:30 a.m. from Kaiserslautern Outdoor Recreation on Pulaski Barracks, Bldg. 2905. Cost is \$269 and includes transportation, tandem jump instruction and fees. Sign up by Sept. 26. Call Heidelberg ODR DSN 388-9282, civ. 06221-338-9282. www.mwrgermany.com.

Autofree Bike Ride

Join Kaiserslautern Outdoor Recreation for an auto-free biking day in the Salm river valley Sept. 30. Trip departs 8 a.m. from Pulaski Barracks, Bldg. 2905 and returns about 4 p.m. Cost is \$29 (\$39 if rental bike and helmet are needed.) www.mwrgermany.com.

Edge! Indoor Tennis

Fit Edge indoor tennis begins Oct. 1 at the St. Ilgen Indoor Tennis Hall in Leimen. Instruction runs 4-6 p.m. Mondays, Wednesdays and Thursdays by age level. Call Edge for more information at DSN 388-9240, civ. 06221-338-9240 or register at Parent Central Services.

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.

Ice Hockey Game

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

Halloween Fun Run

Family and Morale, Welfare and Recreation hosts a halloween fun run Oct. 27. Registration begins at 8:30 a.m. and run starts at 9 a.m. at 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.

Personal Trainer Services

Personal trainer services are available at Heidelberg fitness centers. Call DSN 370-7506 or civ. 06221-57-7506 for more information.

Send the Herald Post Your Photos

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