

HeraldPOST

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

KAISERSLAUTERN More than 1,100 flock to College Night event

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

As he weaved through the crowds, Alex Tremble kept referring to his list. He was shopping for his 16-year-old daughter who was home sick.

"Just saw Penn State ... need Connecticut ... just saw them ... where was that? No not here," he thought out loud as he searched the rows of tables.

He was shopping for his daughter's future at the Kaiserslautern High School and U.S. Army Garrison Kaiserslautern's College Night held Oct. 8 at the garrison's Special Events Center on Rhine Ordnance Barracks.

"My job as the dad is to come out here and pick up information from the schools she has whittled down to – she started out with about 50 schools," said Tremble, who is the Drug Demand Program manager for Ramstein Air Base. "She's been doing her homework over the last couple of years, and now, she is down to five schools."

A one-stop shopping for higher education bonanza, College Night offered all Department of Defense Dependents Schools-Europe high school students to see **COLLEGE NIGHT** page 16

BOSS turns 20



Spc. Kathryn Bowman, 243rd Engineer Detachment, volunteers to supervise first graders while they color pictures during the Better Opportunities for Single Soldiers service day at Patrick Henry Elementary School Oct. 13. Members of the Heidelberg BOSS program played games and hung out with the students as part of their community service project in honor of the 20th birthday of the BOSS program.

Heidelberg troops celebrate through service

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Heidelberg's Better Opportunities for Single Soldiers group celebrated the Army program's 20th anniversary last week.

During its birthday celebration, BOSS attached great importance to its three pillars – quality of life, recreation and leisure

activity, and community service – while spending a day with first to fifth graders at Patrick Henry Elementary School Oct. 13.

Eleven BOSS volunteers provided help to the school in different ways. Supporting the teachers by reading to the class, or talking and singing with the students, but also helping to carry supplies and cleaning see **BOSS BIRTHDAY** page 16

5th Signal officially leaves Mannheim

By Kristopher Joseph
5TH SIGNAL COMMAND PUBLIC AFFAIRS

Headquarters, 5th Signal Command, formerly stationed on Funari Barracks in Mannheim, cased its colors Oct. 16 on the barracks' parade field to signify the official move to Wiesbaden Army Airfield.

5th Signal, commanded by Brig. Gen. Jeffrey G. Smith Jr., is conducting a phased move of approximately 125 Soldiers and ci-

vilians and approximately 250 family members to WAAF through this month.

Portions of the headquarters and general staff will remain in Mannheim until renovations on 5th Signal's slated headquarters building on WAAF is completed sometime in 2010. The move is part of the Army's overall transformation process to consolidate key units on WAAF to improve operational capability, improve force protection see **5th SIGNAL** page 16



Kristopher Joseph
Brig. Gen. Jeffrey G. Smith Jr. (right) and Command Sgt. Maj. Patrick Brooks, 2nd Signal Brigade, case the 5th Signal colors Oct. 16.

HP THURSDAY
Oct. 22, 2009

Speed Read

DAYLIGHT SAVINGS TIME

Daylight Saving Time ends in Germany - move clocks back one hour at 2 a.m. Oct. 25. The U.S. ends Daylight Saving Time at 2 a.m. local time at different time zones Nov. 1.

ENERGY AWARENESS

Heidelberg has embraced several environmental initiatives throughout the year that have helped save both energy and money. 2

BLIND STUDENT TEACHER

Patrick Henry Elementary School welcomed a blind student teacher from the University of Heidelberg for a three-week practicum. 3



BRONZE STAR WITH VALOR

During Saturday's Retiree Appreciation Day in Heidelberg, a Vietnam veteran received a Bronze Star with Valor for actions during a battle in June 1967. 4

INSPIRATION TO YOUTH



While serving in Uganda for the Natural Fire 10 exercise, a 21st TSC logistics specialist who grew up in Kenya found himself to be the inspiration for a crowd of high school students. 6

RED RIBBON RUN

Saturday is Kaiserslautern's annual Red Ribbon Run to encourage the community to take a stand against drugs, alcohol and tobacco. The Army is competing with the Air Force and Navy to see who can garner the most participation. 8

Defense Details

AFGHAN ELECTION

President Barack Obama applauded Afghan President Hamid Karzai's consent for a second round of elections next month, calling the decision "an important step forward" for the country. Karzai agreed earlier today to a run-off with Abdullah Abdullah, his top challenger, after controversy over the credibility of Karzai's votes in Afghanistan's Aug. 20 election.

Army news: www.army.mil

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COMMAND MESSAGE

Heidelberg embraces environmental initiatives, policies

By Lt. Col. Robert L. White
USAG HEIDELBERG COMMANDER

In the continuous pursuit of protecting and preserving the environment as well as raising levels of awareness at U.S. Army Garrison Heidelberg, I would like to thank you – our Soldiers, civilian employees, families and community members – as we begin fiscal year 2010.

You have made our garrison environmental policies and initiatives a success, and these initiatives worked because you understood the reasoning and, as a community, embraced them.

When we began fiscal year 2009, the goals of our garrison's Environmental Management Policy were to increase our recycling rate, to conserve energy, and to reduce our hazardous waste production and greenhouse gas emissions.

We read in the Herald Post the environmental impact of idling our cars, saw the implementation of a car-washing policy to prevent ground water contamination, and implemented a garrison recycling policy to properly separate recyclable material in order to save taxpayer dollars.

When we committed to recycling in family housing, we worked to develop an environment that was community based, process-oriented and had measurable results.

Today we can say that your efforts have paid off, and the garrison has

realized more than \$250,000 in savings since implementation in 2008, just from the proper sorting of solid waste.

Our children attending on-post schools constantly remind us of how to properly sort our trash at home, having in FY 09, through their own recycling efforts, reduced their waste disposal costs by \$40,000 at our local Department of Defense Dependents Schools.

Also, as many of you have noticed, administrative areas are being supplied with the tools to improve office recycling. Based on this initiative and with proper waste separation, Dumpsters throughout our installations are being "right-sized," to fit the needs of tenant units within their respective areas.

One ongoing pilot project within a small administrative area has already resulted in savings to the garrison in the amount of \$10,761 for calendar year 2009.

Right-sizing of solid waste containers at Nachrichten Kaserne has resulted in \$22,275 in savings, and this community is continuously looking at ways to better conserve energy. A second pilot project in the realm of energy conservation will be initiated by students from the University of Maryland University College Europe later this year.

These efforts assist the garrison in being both financially and environmentally responsible to the tax payers

back home.

Our continued success in this area revolves around two simple questions: "Are we doing the right thing?" and "how does this impact our environment and quality of life tomorrow?"

Recycling is such an important issue in today's culture, and, at the same time, we have to concern ourselves with what we dispose of and how we dispose of it. From household to administrative items, within our daily interactions, we at times deal with materials that are considered hazardous and need to be disposed of properly.

Fortunately we have programs to capture this waste stream, either through collection points scattered within the garrison or at the household hazardous waste collection site located at the garrison's Reuse Center on Patrick Henry Village.

So yes, we are doing the right things, and we are providing a positive impact on our environment and quality of life for tomorrow. However, no matter how well we have done in the past, we must be alert and responsive to environmental issues that are yet to come.

Today we renew our commitment to our environment as we begin this new fiscal year.

We look forward to the future not only for us, but for our children as well. And as garrison commander, I thank you for making all our initiatives the success stories that they are.

National Energy Awareness Month

Reduce consumption at home and office:

- Install a programmable thermostat for better control of heating units and radiators.
- Energy saving bulbs use 1/4 the energy of incandescent bulbs.
- Turn off your monitor when you are away from your desk.
- Turn off printers, computers (if possible), scanners, copiers, fans and heating systems at the end of the work day.
- Use a switchable power bar with electronic devices that have a stand-by mode (TVs, DVD players, game systems).
- Unplug phone chargers when they are not in use.
- Leave the lights off when there is adequate day lighting.
- If you have an American (top loading) washing machine, reduce energy used per load by 90 percent by washing clothes with cold water.
- Set refrigerators to the energy saving setting.
- Call in a service order to fix leaky faucets, and defective radiator valves.
- Do not block radiator surfaces with furniture.

Reduce consumption on the road:

- Do not idle your car, this is illegal in Germany, turn off your car after 30 seconds. Idling your car for 10 seconds uses more fuel than restarting your vehicle.
 - Avoid quick starts and stops, and avoid rapid acceleration, which decreases vehicle fuel efficiency by 5-30 percent.
 - Carpool and use public transportation to reduce energy consumption and decrease Green House Gas emissions – visit <http://bwcommunity.erieshare.com>.
- SOURCE: USAG Heidelberg DPW



Join the virtual community today
<http://myBWnow.ning.com>

BLOG ROLL

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

Calling for 200 Mannheim Community Members!!!

This Saturday, 24 Oct 09, is "MAKE A DIFFERENCE DAY"... Here in Mannheim, Ms. Nancy Ward, our Community Volunteer Coordinator, has put together a first class showing of Community Service Projects. Your participation will help make the day a success! The day starts at 10 a.m. in Bldg. 725 (behind the Bowling Center at BFV).

We'll kick off our annual Angel Tree providing an opportunity for community members to donate new toys to needy families during the holiday season.

The Girl Scouts will host a one-mile-walk "In the Pink" for Breast Cancer Awareness coupled with a benefit for school children in Africa called "Take the Walk".

The BFV Chapel hosts a "Joy Project", collecting

clothes for the people of Ghana and a non-perishable food drive for the Mannheim community's Chaplain Closet.

Together we'll clean up the Thrift Shop— bring your tools—we've got plenty of paint!!! If you haven't registered... it is not too late!!! Call Nancy at 0621-730-3101 or simply show up on Saturday at Bldg 725! Hope to see you there!

-Lt. Col. Lisa Griffin, USAG Mannheim Commander



Commander, U.S. Army Garrison
Baden-Württemberg:
Col. William C. Butcher
Public Affairs Officer:
Lira Frye
Command Information Chief:
Kelli Bland
Reporters:
Ina Stiewitz, Baden-Württemberg
Christine June, Kaiserslautern

Contact information:
Herald Post
Building 107, Patton Barracks
373-7277/7243 or 06221-17-7277/7243
usaghd.post@eur.army.mil
Baden-Württemberg Public Affairs
373-1400/1600 or 06221-17-1400/1600
usaghd.pao@eur.army.mil
Kaiserslautern Public Affairs
493-4072 or 0631-3406-4062
usak.pa1@eur.army.mil
Mannheim Public Affairs
380-1600/385-3369 or 0621-730-1600/3369
usagmpao@eur.army.mil

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Seeing beyond a disability

Blind student teacher brings new perspective to PHES

By **Tricia Bolyard**
HEIDELBERG CYSS TRAINING SPECIALIST

The farewell presents they gave Isabell Pfeufer were unique, but so were the lessons she taught students at Patrick Henry Elementary School.

During her last afternoon in Jenny L'Esperance's second- and third-grade class, students showered Isabell Pfeufer – who has been completely blind since birth – with sensory tokens of their affection.

First came giggles as children listened to an audio recording of classmates recounting their favorite memories from their three weeks with Pfeufer: "Ms. Isabell has a Braille typewriter and a special machine that helps you tell colors ..." "She actually does this job without making any mistakes!" "I liked when she helped us walk with the cane." "Ms. Isabell can hear even the quietest whisper!"

Pfeufer, 24, a Berlin native and Heidelberg University student, came to L'Esperance's classroom in mid-September to complete a three-week student teaching practicum. Each day, she met fellow German student teachers at the train station. From there, they took public transportation to reach their classrooms.

With the aid of a Braille wave computer, voice software and scanning equipment, Pfeufer and cooperating teacher L'Esperance were able to "translate" class materials into Braille characters.

During her practicum, Pfeufer facilitated a Braille unit with the children, first presenting them with their own nametags – in Braille characters. The children later completed an in-depth study of the alphabet's founder, Louis Braille. The unit culminated with activity centers that featured interactive activities introducing the children to a Braille typewriter and puzzle, an ear diagram and sound game. Students not only approved of these hands-on activities but also of Pfeufer.

"I will miss her because she

has been nice to everybody. She did hard work as a student teacher," said Alana, 7.

Anja, also 7, echoed Alana's praise. "She can hear better than us! When someone distracted me, she heard him and she said, 'stop that please.'"

Jorel, 7, added, "I am glad that she wanted to come to our classroom, so I could learn how to feel the vibrations from her walking cane."

Pfeufer was also impressed by lessons she and the children learned. "At first, the children were shy with me," she said. "But then they had many good questions about how I dress myself, pack my backpack, read and write, eat, and if I can see when I open my eyes."

Pfeufer attributes her own professional development to an "open-minded American school system" and L'Esperance.

"I learned so much about teaching and myself during the past three weeks," Pfeufer said. "Never did I feel afraid of failing in this environment. I have developed a toolbox of skills and strategies valuable to beginning teachers."

The practice of assigning German student teachers to American classrooms began in late 2004, thanks to a U.S. Army Europe host nation pilot project initiated by Heidelberg Schools Liaison Officer Jim Ruehmling.

In the past five years, nearly 200 pre-service teachers have been placed. Before Pfeufer, however, a blind student teacher had never taught in Heidelberg's DoDDS schools.

Earlier this year, Pfeufer contacted Ruehmling to inquire about being placed in an American school. Initially, the telephone conversation with the prospective student teacher was much like any other. A few minutes into their conversation, she mentioned, "by the way, I am blind."

Ruehmling found himself impressed by her enthusiasm and persistence. "Each day I left working thinking, 'we have to make this (placement) happen,'" he said.



Patrick Henry Elementary School student teacher Isabell Pfeufer listens carefully as students edit their book reports Oct. 2. Pfeufer, who has been blind since birth, completed a three-week practicum with the class in September and October.

"As a disabled person, you can reach your goals if you are willing to work on them. I cannot do everything I want. I cannot drive, for example. But I can successfully live with my disability."

-Isabell Pfeufer, student teacher at PHES

Some safety concerns had to be addressed before moving forward with the placement, but by September, Pfeufer had made it to L'Esperance's classroom.

Ruehmling attributes the student teacher's successful experience to cooperating teacher L'Esperance. "Jenny made this happen. Lots of teachers would have been intimidated by such a placement."

L'Esperance said she knew from the moment she met Pfeufer that the placement would work, due to her adaptability. "I have a great appreciation for Isabell's courage and her kind, wonderful spirit," the veteran teacher said.

L'Esperance also was impressed with how well her students adapted to Pfeufer being in the classroom. "Her presence has engendered a great sense of empathy in the children. They now help guide Isabell from one transition to another by putting a hand on her shoulder."

L'Esperance pondered how adults would respond in similar situations with special needs individuals.

"In reality, how many times are we hesitant to help people with special needs?" she asked. "Perhaps we are unsure what to say. Or maybe we're worried about hurting someone's feel-

ings ... In the future, I hope my students will be less shy when they encounter others like Isabell. Perhaps while they are out and about in the world they will initiate such a conversation naturally."

L'Esperance even thinks her students' exposure to someone with a special need might help them approach their own varying skill levels in a more constructive light.

"Perhaps a child who has trouble reading might ask himself, 'what adaptations can I make to become a better reader?'" she said.

Ruehmling sees the German student teacher placement program as a "win-win" for everyone involved. "The introduction of a German pre-service teacher student enhances adult-to-student ratios and introduces children to a native German speaker," he said. "And German practicum students receive mentors that you don't find everywhere. DoDDS produces some of the fin-

est teachers – individuals that demonstrate continual growth as professionals."

Despite her blindness, Pfeufer knew since she was a child that she wanted to become a teacher. "As a disabled person, you can reach your goals if you are willing to work on them. I cannot do everything I want. I cannot drive, for example. But I can successfully live with my disability."

She anticipates graduating from the University of Heidelberg in three years. In her spare time, she enjoys playing piano, guitar and flute, and singing rap music.

By the end of the goodbye party, children had stuffed the departing student teacher's canvas bag with carefully-crafted gifts. Among them: a heart-shaped rock, three-dimensional drawings studded with artistically-placed glue droplets, and a gingerbread heart with Braille characters – its message: "Thank you, Ms. Isabell."

Soldiers who want to transfer Post-9/11 GI Bill benefits to a family member need to visit their career counselors

By Dave Melancon
USAREUR PUBLIC AFFAIRS

It takes more than just logging onto a Web site for U.S. Army Europe Soldiers to transfer their Post-9/11 GI Bill education benefits to a family member.

Signing up is the first step. The second is letting a career counselor know about it, say USAREUR retention officials.

Soldiers can start the transfer process by logging into the Department of Defense Transferability of Education Benefits Web page and filling out the transfer form. Soldiers will need to log in with a DoD Common Access Card or Defense Finance and Accounting Service "myPay" PIN number.

Family members listed under the Defense Enrollment

Eligibility Reporting System are eligible to receive education benefits under the program.

The next step is even easier, said Sgt. Maj. David Best, USAREUR senior career counselor.

"The first thing the Soldier has to do after transferring his or her benefits in the TEB Web site is to contact their career counselor," he said. "We are the certifying officials for all enlisted Soldiers in Europe."

The career counselor verifies that the Soldier meets the eligibility standards required by the GI Bill program.

The basic requirement is that the Soldier must have at least six years of military service and not be subject to any adverse personnel actions, explained Sgt. 1st Class James

Hatfield, USAREUR retention operations NCO.

Most requests are easy for counselors to certify, because most of the Soldiers requesting to transfer benefits have enough time remaining to their enlistments and are in good standing, Best explained.

However, some Soldiers may need to re-enlist or extend to be eligible to transfer benefits.

If Soldiers do not get in touch with a career counselor to make arrangements to re-enlist or extend, their requests will be rejected and they must reapply after re-enlisting or extending, he said.

The Army goal is to take about three business days to complete a transfer, Best explained. "Our goal in USARE-

UR is one business day."

Since Aug. 1 – the day the transfer program became active – more than 400 USAREUR Soldiers have logged onto the TEB site and signed their family members up for education benefits, Best said.

"This is one of the number-one requested benefits that has come out of the Army Family Action Plan," Best said. "It is a benefit that Soldiers and family members have requested over the years, and they are taking advantage of it."

"It has been wildly popular," he said. "Soldiers and family members are very interested in it."

Best stressed that career counselors are not education counselors, and do not dispense education advice, but said career counselors will

help Soldiers who need assistance with the application process.

Once a career counselor certifies a request, the Soldier's family member should apply to the Department of Veterans Affairs.

Soldiers with questions about their Post-9/11 GI Bill benefits, eligibility to transfer those benefits and other questions can contact their servicing career counselor, local education services office, or visit the VA Web site at www.gibill.va.gov.

The DoD Transferability of Education Benefits Web page is available at <https://www.dmdc.osd.mil/TEB>.

General policies for TEB are available at www.defenselink.mil/home/features/2009/0409_gibill.

Vietnam veteran awarded Bronze Star with Valor

By Dave Melancon
USAREUR PUBLIC AFFAIRS

A Vietnam veteran was honored for his valor in combat with the presentation of a Bronze Star medal at Heidelberg's Retiree Appreciation Day on Patrick Henry Village Saturday.

Retired Staff Sgt. Alfred Pankey Jr., a former U.S. Army Europe cavalry scout, was formally recognized for the courage and leadership he displayed during a four-hour firefight against superior North Vietnamese forces during a battle with the 3rd Squadron, 11th Armored Cavalry Regiment, June 19, 1967.

The 9th Infantry Division originally cut orders in August 1967 for a Bronze Star for Valor recognizing Pankey for his bravery, however, he did not receive the decoration until July 2009.

Brig. Gen. Allen W. Batschelet, USAREUR deputy chief of staff for operations, presented the award in front of a room full of retirees, family members and current Soldiers gathered at the Village Pavilion for the services available at the annual event for retirees.

"Even though it was a long time in coming, I feel like I have earned it," Pankey said.

The 3/11th ACR annual historical summary reported at about 1 a.m. on June 19, 1967 the 1st and 2nd battalions of the 274th Viet Cong Regiment, reinforced by their regimental heavy weapons company and the 5th Viet Cong

Division anti-aircraft weapons company, attacked 3rd Squadron's perimeter along Highway 2 near the Cambodian border.

According to the 3/11th's report, the squadron "was attacked from three sides and subjected to an intense volume of fire. Team K and Headquarters Troop, who were manning the perimeter, reacted quickly and laid down a heavy volume of suppressive fire."

The 9th Infantry Division's award citation published Aug. 24, 1967 said the enemy attacked furiously and without warning.

"Sergeant Pankey and his fellow Soldiers were subjected to mortars, rockets, recoilless rifles, automatic weapons and small-arms fires from an estimated battalion of Viet Cong," the orders read. Exposing himself to the enemy, Pankey directed his platoon's fire and helped evacuate wounded Soldiers from the firefight.

Pankey's platoon leader and sergeant were mortally wounded during the onslaught. Realizing the situation had become critical, Pankey rallied his men and maneuvered them to strengthen a vital sector of the perimeter, the award orders said.

"Charlie was following us for 28 solid days," Pankey remembered. "All of a sudden, he started opening up with everything you could name He was coming in from all directions."

Manning a .50-caliber machine gun, Pankey fired in the direction of the in-



Dave Melancon

U.S. Army Garrison Baden-Württemberg Command Sgt. Maj. Annette R. Weber congratulates retired Staff Sgt. Alfred Pankey Jr. for his service after he was presented the Bronze Star with Valor during the annual U.S. Army Europe and USAG Heidelberg Retiree Appreciation Day Saturday.

coming attack during the four hours of non-stop fighting.

"I thank the 'old man' above," Pankey said. "Bullets were flying that night and not one hit me. It could have happened. Charlie was shooting with everything with full force."

The next morning, Pankey and a team patrolled the battle site. He was one of the first to see the devastation.

"A sweep of the battlefield at first light revealed 56 Viet Cong bodies," the squadron reported. In addition two wounded prisoners were taken, nine troopers in the squadron were killed and 32 were wounded. This battle was known as the "Battle of Slope 30."

The former cavalry scout worked his

way through the ranks and voluntarily served two more 12-month tours of duty in Vietnam. In 1979 Pankey served along the border with the former East Germany.

After retiring in Germany 1982, Pankey began a mail and telephone quest for his medal that ended with a surprise note in his Bamberg post office box in July.

Pankey, who lives in Erlangen, Germany, with his family, said the award he received is not for him but for those he served with in Vietnam.

The 42-year wait was worthwhile, he said. "Heidelberg has made me happy," he said. "They did a good job. I enjoyed it, and my family enjoyed it, too."

Double speed cameras can mean big fines, suspensions for speeders

By Robert Szostek
USAREUR PROVOST MARSHAL PUBLIC AFFAIRS

U.S. Army Europe drivers who travel on German autobahns should remember that German police sometimes set up more than one radar camera along the same stretch of autobahn, say USAREUR Office of the Provost Marshal officials.

"The theory is that anyone can unwittingly drive faster than the speed limit for a short time," said Maj. Vincent Amerena, deputy chief of law enforcement at the USAREUR OPM. "But someone caught in two sequential traps is obviously speeding deliberately."

The Rheinpfalz newspaper reported recently that double camera control points were set up near Baumholder on autobahn A62, and noted that similar control points are planned along autobahns A63 and A6. According to the article, excessive speed is involved in 80 percent of the accidents with injuries or deaths in these areas.

A spokesman for the USAREUR Registry of Motor Vehicles said anyone caught speeding in two sequential radar traps is liable for fines of up to €2,000, a six-month suspension of driving privileges and 12 points to their USAREUR driver's license.

"Two tickets on the same day could easily put someone over 12 points in one year," said Tom Lorenzini, registrar at the USAREUR RMV. In that case, their license is required to be suspended for six months, he added.

Motorists in Germany face driving suspensions of at least one month if they are caught driving more than 31 kilometers per hour faster than the speed limit inside built-up areas. Outside built-up areas the driving suspensions kick in at speeds of 41 kilometers per hour over the speed limit.

Driving suspensions issued by German authorities always lead to the suspension of a USAREUR license, OPM officials added.

The German point system is different from the USAREUR system. The schedule of fines for driving offenses in Germany is available online at the German Federal Ministry of Transport Web site: www.bmvbs.de/en/artikel-1,1872.970156/%20Schedule-of-Fines.htm.

USAREUR speeding points

• 1 to 10 mph over posted speed limit	3
• 11 to 15 mph over posted speed limit	4
• 16 to 20 mph over posted speed limit	5
• 20+ mph over posted speed limit	6

Inspiring youth of Uganda



Staff Sgt. John Okumu, a 21st Theater Sustainment Command logistics specialist who hails originally from Kenya, was among the first U.S. Soldiers to set up operations for Natural Fire 10, a multi-national partnership exercise held in Uganda.

21st TSC Soldier originally from Kenya shares experiences, advice with teens in Kitgum

By Lt. Col. David Konop
U.S. ARMY AFRICA PUBLIC AFFAIRS

WHEN Staff Sgt. John Okumu joined the Army nearly five years ago, he never dreamed he would one day deploy to Africa, the continent he once called home.

Okumu, who hails originally from Kenya, was among the first U.S. Soldiers to set up operations for Natural Fire 10, a multi-national partnership exercise held this month in Uganda.

During a recent visit to Kitgum High School, Okumu, the logistics specialist from the 21st Theater Sustainment Command, found himself surrounded by curious teens eager to learn more about the American sergeant who spoke their language.

Okumu, 35, welcomed such an ambush, responding to a barrage of questions from the uniformed high school students. Within minutes, a small circle of a dozen students grew into a crowd of 60 or more.

"How can I go to the United States and become a Soldier like you," one teen asked.

What began as an impromptu discussion grew into a huddle of dozens, hanging on Okumu's every word. He told them how important it was for them to do well in school and reach for their goals.

"Education is the key," Okumu

During a recent visit to Kitgum High School, Staff Sgt. John Okumu, the 21st TSC logistics specialist from the 21st Theater Sustainment Command, found himself surrounded by curious teens eager to learn more about the American sergeant who spoke their language.

said. "Everyone has a talent. You just need to find out what yours is."

The students paid close attention and asked many questions. At one point, they broke into laughter after one student asked a question the others thought was silly. Okumu was quick to jump in, telling the students never to be afraid to learn by asking.

"There's no such thing as a stupid question, except to the question that's never asked," Okumu said.

The conversation went on in English, which the teens learn in their classes. But they were initially drawn to Okumu when they heard him speak Luo – the language spoken in northern Uganda, which is what Okumu learned as a child in Kenya. He moved to Missouri in 2000.

Okumu is assigned to a group of 21st TSC Soldiers tasked with constructing a base camp in Kitgum and providing logistical support for Natural Fire 10. In the coming days, hundreds of Soldiers from Burundi, Kenya, Rwanda, Tanzania and Uganda will join U.S. troops

for the 10-day exercise, which has been held in East Africa every two years for the past decade.

This year, Natural Fire 10 offers an opportunity for East African Community Partner Nations and the U.S. military to work together on a humanitarian assistance mission. The exercise takes place in Entebbe, Kampala and Kitgum.

In Kitgum, U.S. troops and East African partners will provide medical, dental and engineering support to local communities. Engineer projects will be conducted at the Kitgum High School, Mucwini Primary School and Kitgum Government Hospital – where students anxiously anticipate more interaction with Okumu and his fellow Americans.

And Okumu looks forward to seeing them again soon. During their recent chat, Okumu made sure they understood the importance of education to their future success.

"Good grades and test scores may qualify you for scholarships to the U.S.," Okumu said. "Do your best."

KAISERSLAUTERN

Army, Air Force, Navy to show Red Ribbon spirit Saturday

By Heather Robinson
USAG KAISERSLAUTERN

Red Ribbon Week is a grass roots event celebrated across the United States and at military installations worldwide during the last week in October.

The U.S. Army Garrison Kaiserslautern's annual Red Ribbon 5-Kilometer Run is 8:30 a.m.-noon Saturday at the Java Café on Rhine Ordnance Barracks.

This year, the event has taken on a greater meaning – to also show solidarity of all branches and to those deployed.

Kaiserslautern has picked up participation in this event to a feverish capacity, growing from 200 participants in 2007

to more than 600 in 2008.

The 2009 event predicts a huge turn out with heated healthy competition from the Air Force, Army and Navy to show who has the most Red Ribbon spirit. The Air Force has secured a trophy and is challenging the Army and Navy to see who can have the most people at the event.

"Stand Up and Be Counted" is the intent of this national observance, which encourages everyone in a community to take a visible stand against drugs, alcohol and tobacco use.

Kaiserslautern students are waiting for the big day that will be the culmination of all of their efforts to promote a drug-free community.

As word has spread, the 39th Transportation Battalion, winner of the 2008 trophy for most average laps per runner, is deployed and preparing its own Red Ribbon 5-kilometer run downrange to show that even absent from the community – "They will be counted."

Everyone in the community is encouraged to "Stand Up and Be Counted" by asking local adolescent substance abuse counselors, school staff, sports and fitness personnel and Army Substance Abuse Program counselors on what students have planned for their community and school.

Not a runner and hate to walk? Then just come out and enjoy the fun as the community takes a stand against drugs,

alcohol and tobacco use.

So, the question remains. Who will show? Who will win? Who will demonstrate the most Red Ribbon spirit? Regardless of all the healthy trash talk and competition, it's the community that wins. Children see families of all branches come out to support a very preventable disease – the disease of addiction.

For more information about the run, call DSN 486-1710 or e-mail heather.a.robinson1@us.army.mil.

To pre-register for the event go to the ROB Fitness Center or sign up 8:30-9:30 a.m. Saturday in front of the Java Café.

The Red Ribbon campaign was started when drug traf-

fickers in Mexico City murdered Kiki Camarena, an undercover drug enforcement officer in 1985. Within weeks of his death, Special Agent Camarena's congressman and a high school friend launched Camarena Clubs in his hometown of Imperial Valley, Calif.

The tradition of making pledges to lead drug-free lives and wearing red badges of satin – red ribbons – as a symbol of Camarena's memory was created at these clubs.

Eventually, Red Ribbon Week became a nationally recognized observance to honor Camarena and reduce demand for drugs through prevention and education programs.

For more information, visit www.redribboncoalition.com.

Historical journey

Former Soldiers visit Coleman Barracks 55 years after tour of duty in Mannheim

By Brigitte O'Preska
USAG MANNHEIM PUBLIC AFFAIRS

More than 55 years after being stationed in Mannheim, two former U.S. Army Soldiers visited Coleman Barracks and reminisced about their post-war years there.

During their visit to Germany and Mannheim, Bob McCarthy and Herb Fine noted that the city looked very, very different from when they were stationed in Coleman Barracks in the early 1950s. Most of the city had still been in ruins after the heavy bombardments in World War II, and life was still difficult for the German populace.

McCarthy arrived in Mannheim in 1952 to be a tank gunner with the Headquarters Company, Combat Command A of the 2nd Armored Division, which was based at Coleman Barracks. Fate would have it that McCarthy never even saw the inside of a tank because his company commander had different plans for the young sergeant.

He was chosen to be the personnel sergeant, but he did not know how to type. The Army's answer to his problem: "The company sent me to Garmisch where I typed for eight hours a day and finally reached the goal of 40 words per minute after 10 long weeks," he said.

McCarthy, who now lives in Cheboygan, Mich., and made the journey to Germany with his wife, Diane, said he visited Mannheim in 1989 and had every intention to go to Coleman Barracks. However, since the city and traffic patterns had changed so much, he could not find his way to Sandhofen. He vowed to return again one day.

Fine also was sent to Headquarters Company



Brigitte O'Preska
Bob McCarthy (left) and Herb Fine, two former Soldiers, return to Coleman Barracks after more than 55 years.

to become a radio operator but was assigned as a clerk typist. Since his typing skills were not up to par, he was sent to the Military and Combat Intelligence School in Oberammergau and returned as an intelligence specialist.

After his discharge in 1955, he returned to Michigan State University and then went into the advertising business. Fine, who now lives in Bellingham, Wash., said he considers Mannheim a city close to his heart.

Fine and McCarthy, who met in Germany and served in the same company of the 2nd Armored Division, toured Coleman Barracks and immediately spotted their old headquarters building, which now houses the 6981st Civilian Support Group of the 2nd Signal Brigade. They said they remembered the chapel and the gym, the old main gate and the Coleman Annex.

A tour of AFN Europe, lunch at the Coleman Dining Facility and a nostalgic trip to the Schützenhaus concluded the reminiscent journey for the two former U.S. Army Soldiers.

Army joint effort keeps family covenant promise to survivors

By Rob McIlvaine
FMWRC PUBLIC AFFAIRS

Survivors Outreach Services is a joint effort between the Installation Management Command-Human Resources, the Family and Morale, Welfare and Recreation Command, the Army Casualty and Mortuary Affairs Operation Center, the Army National Guard and the Army Reserve.

FMWRC serves as an advocate for survivors and advises Army senior leadership on the resolution of issues affecting survivors. SOS services are available to all survivors, not just survivors of the current conflict, until the survivor desires to discontinue services.

This joint effort came about because gaps had been identified in the services to surviving family members.

"This Army program was largely developed based upon feedback we received from our survivors. It is designed to ensure we take a more proactive approach to meeting the needs of survivors, while also helping others prepare in advance for the unexpected," according to Col. Carl M. Johnson, chief of CMAOC.

As part of the Army Family Covenant, support coordinators provide services such as information and referral, support groups, life skills education and supportive counseling. Financial counselors provide basic financial management information and assist with estate planning and financial decision making for survivors.

The SOS support coordinator and financial counselor will coordinate with other key stake holders, such as chaplain, legal, medical and behavioral health support, in order to provide ongoing assistance to survivors closest to where they reside.

To ensure the above occurs, IMCOM Army Community Service centers, the 50 states' and four territories' Joint Force Headquarters and the Army Reserve Regional Readiness Commands will receive additional personnel – to include support coordinators and financial counselors – who serve as the long-term support agents for survivors.

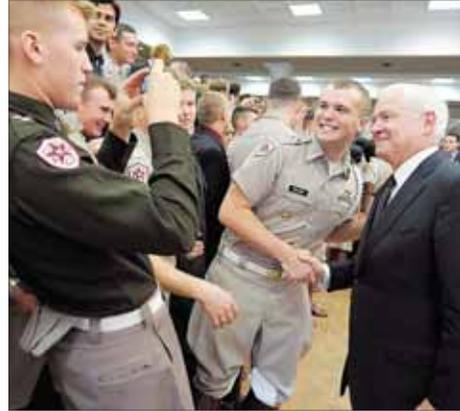
Also, the Special Survivor Indemnity Allowance has been instituted to help with the Death Indemnity Compensation Offset.

For more information, visit www.myarmyonesource.com, click on "Family Programs and Services" for the Surviving Families link.



U.S. Army Photo

Soldiers assigned to the 14th Cavalry Regiment, "Strykehorse," 2nd Stryker Brigade Combat Team, 25th Infantry Division, listen to a yoga instructor during their yoga session at Camp Bundela in Babina, India, Oct. 11. The instruction is part of a cultural exchange between the Indian Army and the U.S. Army. The Soldiers are in India in support of Exercise Yudh Abhyas 09. YA09, which is scheduled for Oct. 12-27, is a bilateral exercise involving the Armies of India and the United States. The primary goal of the exercise is to develop and expand upon the relationship between the Indian and U.S.



U.S. Air Force Master Sgt. Jerry Morrison

Secretary of Defense and former President of Texas A&M University Robert M. Gates poses for photos with Cadets after attending the Points of Light Foundation forum at the university in College Station, Texas, Friday.

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Staff Sgt. Tyrone Bassnight

Ed Peters, a new equipment trainer with NCI Information Systems Inc., teaches Soldiers from the 14th Transportation Battalion, 21st Theater Sustainment Command how to operate the Improved Outer Tactical Vest during a rapid fielding initiative in Vicenza, Italy, Oct. 5. The IOTV has a new quick-release mechanism that Soldiers can use to remove the body armor rapidly during emergency situations.



Spc. Tia P. Sokimson

Spc. Steven Hamilton (right) gives medical treatment to a 12-year-old Afghan boy in Mowtsi village in Zabul province, Afghanistan, Oct. 7. Hamilton is a medic, attached to 1st Battalion, 4th Infantry Regiment, United States Army Europe. U.S. Soldiers of 1st Battalion, 4th Infantry Regiment are deployed throughout southern Afghanistan in support of Operation Enduring Freedom.

ERMC officials: Influenza-like illness occurring at a higher rate this year

ERMC Public Affairs

Europe Regional Medical Command military treatment facilities are reporting influenza-like illness at a higher rate this year, prompting health officials to increase efforts to promote vaccination and good personal hygiene to mitigate its spread.

An influenza-like illness, also referred to as "ILI," is a medical diagnosis of possible seasonal or H1N1 influenza, common cold or a similar illness.

"We are seeing increasing outpatient visits for ILI, especially in the 5-17 year age group," said Col. Evelyn Barraza, ERMC Preventive Medicine consultant.

Seasonal flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, or muscle aches. Stomach symptoms such as nausea, vomiting and diarrhea may also occur, but are more common in children than adults.

According to the Centers for Disease Control and Prevention, some people who have been infected with H1N1 flu virus have reported diarrhea and vomiting along with symptoms associated with seasonal flu.

As of Oct. 15, there have been 350 lab-confirmed cases of novel H1N1 in the European military community of approximately 84,000 military members, 130,000 dependents and 20,000 civilian employees.

Of five cases that have required hospitalization at ERMC medical treatment facilities, all patients recovered and have been released. No deaths from H1N1 influenza have been reported among U.S. personnel or family members stationed in Europe.

Although an upward trend in weekly clinic visits for ILI is typical for this time of year, medical surveillance shows a higher overall trend compared to last year.

Barraza said much of it may be attributable to the new 2009 H1N1 influenza, a pandemic virus that is spreading worldwide. All 27 European Union and four European Free Trade Association countries are now reporting cases of pandemic (H1N1) influenza.

As of July 24, the Centers for Disease Control and Prevention stopped counting individual

confirmed and probable cases of H1N1 influenza. Likewise, the Department of Defense Pandemic Influenza Watchboard has stopped tracking cases. The Watchboard, however, continues to offer information to service members, families, DoD leadership and health care planners and providers. The DoD Watchboard is at <http://fhp.osd.mil/aiwatchboard>.

To keep from making others sick, Barraza recommends that people who have ILI should stay home and keep away from others as much as possible. Unless they need to go out for medical care or other necessities, they should avoid travel for at least 24 hours after their fever is gone. Their temperature should be below 100 F or 37.8 C. without the use of a fever-reducing medicine.

According to ERMC preventive medicine consultants and health clinic personnel, most people with the 2009 H1N1 flu have experienced a mild illness that did not require medical care or antiviral drugs. The same is true of most seasonal flu cases.

Over-the-counter cold and flu medications can help lessen symptoms such as fever, cough and congestion. However, some people are at increased risk of flu complications and should check with their health care provider about any special care or treatment if they develop flu symptoms this season, to include the need for antiviral medications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. Those more likely to get complications if they get sick from influenza include pregnant women, children under age 5 (especially children under 2), adults 65 years and older and persons with health conditions such as diabetes, asthma, heart disease, cancer, chronic lung disease, kidney and liver disorders, neurologic disorders and weakened immune systems.

Beneficiaries can visit their clinic for advice about seasonal or H1N1 influenza. They can also call the Nurse Advice Line 24 hours a day at 00800-4759-2330 from most countries in Europe.

Barraza said Army health providers assess each patient's symptoms and take appropriate medical action. She added that

patients are no longer automatically tested for H1N1 influenza.

"The military health care system follows Centers for Disease Control and Prevention guidelines," she said. "After examining a patient, the provider will decide if H1N1 testing or treatment with antiviral drugs is necessary."

Since June, almost all of the influenza viruses identified through lab tests in Europe have been the 2009 H1N1 influenza A virus.

Col. Theresa Moser, ERMC Force Health Protection director, said health officials have acknowledged the obvious.

"It is flu season. Seasonal and H1N1 flu are here. Some of our beneficiaries will get sick and our health care providers will treat them," said Moser, who is also in charge of the command's seasonal and H1N1 vaccination programs.

She said vaccination and good personal hygiene practices help mitigate the spread of influenza.

"Seasonal flu vaccinations are available at your local health clinic," Moser said. "We are advising everyone to get vaccinated now."

H1N1 vaccine should begin arriving in late October or early November in stages. It will be distributed quickly to military health clinics.

H1N1 vaccination priorities will be:

- Deployed or deploying soldiers.
- Health care workers and emergency first-responders.
- At-risk groups, including pregnant women, household contacts and caregivers for children younger than 6 months old, all people from 6 months through 24 years of age, and persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.
- Other authorized beneficiaries.

When H1N1 vaccine arrives in Europe, beneficiaries will be notified by ERMC and Army health clinic announcements on AFN-Europe television and radio, in garrison newspapers, on garrison and unit Web sites, through unit chains of command and all other available means. DoDDS schools will also be notified of vaccination plans.



Kristopher Joseph

Brig. Gen. Jeffrey G. Smith Jr., commander, 5th Signal Command, gives a high-five to Col. Kari Everett, deputy director of U.S. Army Europe/7th Army's Operation Communications Information Systems, during a regional signal leaders conference in Grafenwöhr.

5th Signal strengthens European signal bonds

By Kristopher Joseph
5TH SIGNAL COMMAND PUBLIC AFFAIRS

During the second week of October, 5th Signal Command, headquartered in Wiesbaden, invited military signal leaders from across Europe to the cities of Heidelberg and Grafenwöhr to participate in development conferences and discussions.

With the goal of strengthening theater collaboration and enhancing the delivery of rapid communication support to warfighters and military community members, the theater's senior signal officer, Brig. Gen. Jeffrey G. Smith Jr., 5th Signal commander, kicked off the multi-day forums.

He made his intent clear — to ensure that signal units and leaders, whether they fall under 5th Signal or not, have a forum to discuss any signal-related topic and learn about current trends and future milestones.

"We're doing this not only because we want to help our own 5th Signal folks, but we want to especially reach out to those signal officers out on their own in brigade combat teams that need support and training when they are preparing to deploy," Smith said.

The conferences are scheduled to occur biannually and cover a wide-array of signal topics. The forums covered new operational concepts as well.

"The Signal Corps is embracing a paradigm shift," Smith said. "Europe is at the front of this change that will improve communications capabilities for our forces."

The command is providing never-before-seen support to warfighters and customers by transforming its organic units. Currently, the two brigades and eight battalions under 5th are doctrinally either tactical or operation-based. Tactical, meaning the unit's mission is to rapidly deploy and provide communications support for military exercises and deployments, and operation-based, meaning the unit provides only signal support to a garrison or static military community.

The transformation is being called "Operation Full Spectrum" where every signal brigade or battalion under 5th Signal will take on a hybrid formation and will be able to provide most signal or communication service to any military entity in the European theater to include joint and coalition partners whether they are at home base or deployed.

"The old (signal) ways were all about control," Smith said at the Grafenwöhr conference.

"Now we need to break down those walls and facilitate a means for the open exchange of information across the entire spectrum of operations."

ACS

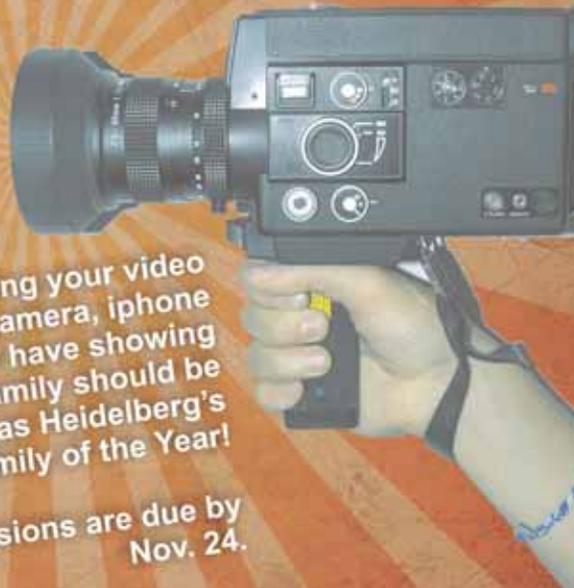
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Make a video using your video camera, digital camera, iphone or whatever you have showing why your Family should be recognized as Heidelberg's Military Family of the Year!

Video submissions are due by Nov. 24.



<http://myBWnow.ning.com>

Videos should be less than 2 minutes in length and uploaded to the BWnow virtual community at <http://myBWnow.ning.com> by midnight, November 24, 2009. Tag your video with Military Family Week. Remember to keep them family friendly and follow force protection guidelines. For more information, call Heidelberg ACS.



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Warrior Response



Christine June

The City of Kaiserslautern's Arbeiter-Samariter-Bund emergency medical technicians Thomas Weilemann (left) and Peter Schröder lift a role-playing victim Pvt. 2 Jeffrey Angel, from the 5th Quarter Master Company, into an ambulance Oct. 16 during the U.S. Army Garrison Kaiserslautern's 2009 Warrior Response force protection exercise on Miesau Army Depot.

Celebrating Hispanic heritage



Pfc. Tawnee Ledesma

Performers of the "Folklorico Panameno Group" (Folkloric Panamanian Group) entertain guests with a cultural dance at the Hispanic American Heritage luncheon at the Patrick Henry Village Pavilion in Heidelberg Oct. 15. About 230 community members attended the event, which featured a variety of Hispanic-style food, performances by entertainers from the Heidelberg and Mannheim communities, and guest speaker U.S. Army Garrison Mannheim Command Sgt. Maj. Alberto Delgado. See more photos from the event online at www.flickr.com/heraldpost.

Troops head to Schweinfurt for sling load certification

By Mark Heeter
USAG SCHWEINFURT PUBLIC AFFAIRS

SCHWEINFURT, Germany – Grabbing straps. Tugging strings. Checking chain links.

Thirty-eight Soldiers from across U.S. Army Europe trained to become certified sling load inspectors, responsible for inspecting cargo lifted and transported via helicopter, at Camp Robertson training area near Schweinfurt Oct. 5-9.

"(The helicopter) is our main, prime mover of equipment in Afghanistan," said Sgt. 1st Class William Baker, the leader of the four-man mobile training team from the Quartermaster School at Fort Lee, Va., who conducted the training in cooperation with the 21st Theater Sustainment Command.

"These units are rotating back knowing that they have to have this tool in order to get their equipment safely from Point A to Point B, because of the mountainous terrain (in Afghanistan)," Baker said.

While many of the students were assigned to the 21st TSC, Soldiers from Schweinfurt, Hohenfels, Bamberg and Vicenza, Italy, were among the candidates aiming for certification.

"With 21st TSC being a sustainment command, all the tools ... about sling load and air assault training, it assists us as well, providing support to the units that actually on the ground, fighting in Afghanistan," said Master Sgt. Anthony Young, who, as a member of 21st TSC operations, helped select the training location and provide logistical support throughout the 40-hour course.

"We also have to be able to provide them with equipment, supplies. We have to be able to get it to their locations, which would involve sling loading," Young said.

Throughout the week, the MTT taught basic loading principles and evaluated both written and hands-on tests for the Soldiers, who came to the course from a variety of military occupational specialties.

"The whole purpose of



Mark Heeter

SpC. Geoffrey Gilsdorf, 635th Movement Control Team, 21st Theater Sustainment Command, fills out a sling load inspection form during the hands-on testing in the Camp Robertson Training Area Oct. 8.

sending us out here is to get hopefully at least one person certified at each (forward operating base) that we go to," said Sgt. Matthew Clark, an infantryman who has deployed once with the 1st Battalion, 4th Infantry Regiment, in Hohenfels.

"Make sure you put your hands on the equipment, instead of just looking at and saying, 'Hey, it's good,'" Clark said, when asked what advice he would give to Soldiers who want to become certified sling loaders.

The students were trained and tested on inspecting loads of water containers, cargo bags, five- and 10,000-pound cargo nets, and Humvees.

Working with Soldiers from different jobs and units added to the value of the course, according to SpC. John Herold, 5th Quartermaster Company, 21st TSC, who has been a parachute rigger for three years.

"I've always found it fascinating, because not only do you get to do training with other Soldiers, you get to expand your knowledge," Herold said.

"You get the knowledge of, 'Wow, it takes everybody to make the whole Army,' rather than one just thinking they're the best," he said.

Heidelberg District 'reads for the record' through worldwide event

Staff Report

The Department of Defense Education Activity Heidelberg District schools along with the Patrick Henry Village Child Development Center and library joined an effort Oct. 7-8 to make early education and literacy a national priority.

Teachers, librarians, volunteer high school and middle school readers, and adult volunteer readers read "The Very Hungry Caterpillar" by Eric Carle to more than 2,100 pre-school and elementary school students as part of the Read for the Record worldwide campaign.

"Read for the Record has been made stronger through partnerships between the schools and communities. Phi Delta Kappa, the Heidelberg District schools, child development centers, base libraries and the USO have worked together to make these Read for the Record events possible," said



A volunteer reader from Heidelberg Middle School reads "The Very Hungry Caterpillar" to pre-school children at the Patrick Henry Village Child Development Center as part of the Read for the Record campaign Oct. 7.

Mary Leonhart, Continuous School Improvement/Assessment/Program Evaluation liaison for the Heidelberg

District.

"By working as a team, we can raise literacy awareness throughout the

Heidelberg District," she added. "Research tells us that facilitating literacy skills at an early age is crucial as a foundation for learning."

Jumpstart and the Pearson Foundation, sponsor and founding partner of the campaign, funded the cost of the book and tried to set a world record of communities around the world reading the same book.

"This is a really wonderful activity that brings all grade levels together," said Margy Roehl, Patrick Henry Elementary School librarian. "An old book is like an old friend. This book is over 40 years old and has been translated into 46 languages."

In addition to reading the book, teachers and information specialists in the schools created lesson plans and activities to enhance student learning.

Several schools in the district have identified continuous school improvement goals targeting reading comprehension, according to Leonhart.

Fuel farm

21st TSC fuels helicopters at Natural Fire 10 in Uganda

By Spc. Jason Nolte
21ST TSC PUBLIC AFFAIRS

KITGUM, Uganda — When CH-47 Chinook helicopters landed at Pajimo Barracks from Entebbe, Uganda, the event marked a major step forward in the preparation for the Natural Fire 10 exercise.

The airlift replaces an eight-hour ride with a two-hour flight — an obvious advantage for exercise participants heading to Kitgum.

But those benefits don't come without a lot of hard work by the advanced party from the 21st Theater Sustainment Command who prepared the forward site. Soldiers from the 240th Quartermaster Company, 391st Combat Sustainment Support Battalion set up the "fuel farm."

Setting up a fuel farm posed its challenges, even without the equatorial sun beating down.

"There were a few bumps in the road, but we've overcome everything that's come our way," said Spc.

"We've done field problems before, but this is the real thing. And I'm just having a blast out here."

—Spc. Joshua Shackleton, petroleum supply specialist

Joshua Shackleton, a petroleum supply specialist with 240th QM Company.

Establishing logistics is key for Natural Fire 10. In the coming weeks, the exercise will offer an opportunity for East African Community Partner Nations and the U.S. military to work together on a humanitarian assistance mission. Working together, all parties will learn from each other to increase regional capabilities to respond to complex humanitarian emergencies.

The team had to ensure fuel quality, prior to the Chinooks arrival. That meant circulating, filtering and testing the fuel in the days before the first airlift. When the first of the mammoth birds touched down, the troops on the ground were prepared.

"It was a first time ever

working around Chinooks (running). I almost got knocked down by the gusts," said Sgt. Richard Hunter, the noncommissioned officer in charge of the fuel farm. "We connected and gave them about 5,500 pounds of fuel. It's what we're here to do."

Helicopter crews arrived with more Soldiers and supplies.

After unloading and refueling, the Chinooks took to the sky once again, heading back to Entebbe laden with fuel provided by the quartermaster troops.

For Shackleton, the operation was a thrill.

"It's been an excellent experience for my first time actually setting up a real fuel farm," Shackleton said. "We've done field problems before, but this is the real thing. And I'm just having a blast out here."

Fire prevention



Angela Kalekas

A U.S. Army Garrison Heidelberg firefighter rescues Mark Twain Elementary School teacher Jenny Thouw and fifth-grader Xoe Villa from a window of the school as part of a Fire Prevention Week demonstration Oct. 8. Two days prior to the demonstration, fire inspector Harold Büschel talked to MTEES students about fire safety in the home and what causes most fires. For additional photos of the rescue, visit www.flickr.com/heraldpost.

BOSS BIRTHDAY

continued from page 1

the storage room were part of their responsibilities.

"We've had an ongoing relationship with BOSS for the last two years. They are reading to the kids, conducting aerobics, and playing games," said David Groat, assistant principal at PHES.

"What I mostly like about volunteering at the school is being with the kids and observing how they react and behave towards adults," said Spc. Kathryn Bowman, 243rd Engineer Detachment, who volunteered for the day. "You can see that some kids are really shy."

Bowman volunteered to read a story about Christopher Columbus to first graders, followed by coloring pictures and singing a Christopher Columbus song.

The attendance of Soldiers at the school is an unusual experience for the kids, according to Groat.

"When the kids see Soldiers in their uniform, they see their parents, who are on active duty or even deployed," Groat said. "Having the Soldiers at our

school is a way for the children to be connected to the community."

The students enjoyed the BOSS service day, and a lot of them clung to the Soldiers' sides. Playing "duck-duck-geese" or basketball at the school's playground were highlights of the day.

The time outside at the playground is not only the most fun bringing part of BOSS's service day, but also a great resource for the school, the Soldiers and the students.

"The greatest resource is to have adult trainers on the playground," Groat said. "The kids get so excited about the Soldiers playing with them, and that is great to see."

The Soldiers constantly interacted with the kids. They either taught them to throw a ball into the basket or played a basketball game with them, where they formed a Soldiers' team versus a student team.

"BOSS is a great program, because it helps Soldiers to interact with the community," Bowman said.

Teachers, secretaries, students and the supervisors at the playground all agreed that it is great to have the vol-



Spc. William Perkins (left), BOSS president, Spc. Kathryn Bowman, 243rd Engineer Detachment, and Pfc. David Henderson, 43rd Signal Battalion, all part of Heidelberg's Better Opportunities for Single Soldiers program, play basketball with elementary school students Oct. 13.

Ina Stewitz

unteers at the school.

"We thank BOSS for the ongoing process, and we look forward to expand ways of volunteering for them to all schools," Groat said. "Whenever they are available, they are welcome at our school."

The BOSS birthday week ended with Soldiers from the Heidelberg community participating in a community run and holding a music and barbecue bash at Slapshots Friday, which attracted more than 220 community members.

5TH SIGNAL

continued from page 1

posture and save on operational costs by moving units onto a few main operating bases.

5th Signal's 2nd Signal Brigade headquarters will also move with approximately 45 Soldiers and 30 civilians from Mannheim to WAAF sometime in 2010.

5th Signal Command has a long-standing relationship with Rheinland-Pfalz and Baden-Württemberg. The command was activated July 1, 1974 and was located on Taukkunen Barracks in the city of Worms until 1996 when 5th Signal then moved to Mannheim's Funari Barracks.

Smith has mentioned on several occasions to Rheinland-Pfalz and Baden-Württemberg leadership and friends that although the command will move to the German state of Hessen, the relationship between 5th Signal and Baden-Württemberg will remain active and strong in the years to come.

"For over 13 years, this has been our home. It's a beautiful home. And it will always be a home to those of us who have been lucky enough to be a part of this unit," Smith said during the ceremony.

"We have engaged in a partnership that will continue to grow. It is a testament to the strong partnership between our armies and our nations," Smith said. "I realize we use this phrase often, but trust me, it is not one we take lightly. This partnership, at our level or at a national level, is deeply appreciated and essential in the world today."

"I am still the senior commander in Mannheim, and we still have many units, Soldiers, civilians and family members here," Smith said. "Both the military and host nation communities should know that I will continue to be their representative, and I will continue to provide them support."

COLLEGE

continued from page 1

school students and their parents a chance to get first-hand knowledge about colleges and universities, scholarships and financial assistance.

Tremble was one of 1,132 people who attended this year's College Night. Also shopping for their futures were students, parents, guidance counselors and teachers from international and DoDDS schools throughout Germany, Belgium, Luxembourg and the Netherlands.

"Alexis and I have been going to College Night here for about five years now – when she was still into middle school – she's a junior now," he said as he continued to search for the University of Connecticut.

He still couldn't find it, so he decided to double back and check one of the boards listing the universities and colleges – more than 100 – represented at this year's event.

"It says Connecticut should be right here," as the words came of his mouth, Tremble turned and looked right into the eyes of Air Force Staff Sgt. Meredith Healy, stationed on Sembach Air Base and an alumnus of the Uni-



Christine June

More than 1,000 people attended the Kaiserslautern High School and U.S. Army Garrison Kaiserslautern's College Night held Oct. 8 at the garrison's Special Events Center on Rhine Ordnance Barracks.

versity of Connecticut's graduate school.

Tremble asked Healy questions from a list provided by his daughter, making sure to hit each one. "I really enjoy talking to students and their parents about their futures and what is available and just getting to know what they are looking for," said Healy, who added this was the second year she represented the University of Connecticut here.

Representatives at this year's College Night were a mixture of university

staff from the U.S. and alumni living in Europe. There were also representatives from scholarship and financial assistance agencies, and military recruiters.

While she answered the questions, Healy gave Tremble several information brochures about the university, its programs and enrollment procedures.

By this time, all the attendees were carrying college or scholarship information either in their hands and under their

arms, or in bags provided by many of the representatives there.

Tremble passed by several scholarship tables. "We started her college fund when she was very little," he explained.

But, when he heard Sgt. 1st Class Craig Buchan, from the garrison's Directorate of Human Resources, call out, "Graduating seniors – need scholarship money," Tremble stopped at the Alpha Phi Alpha Fraternity, Inc.'s table.

"We gave out \$12,000 last year in scholarships," Buchan told Tremble, who then asked for more information for next year when Alexis will be a senior at Ramstein High School. Most of the schools on Alexis' shopping list were represented at this year's College Night.

"I didn't come here expecting to see Florida State or Connecticut, but they were here," Tremble said. "That makes me feel good because it gives me an opportunity to sit down with my daughter and talk with her about college and how she is going to pick the one that's she going to, and make that decision as a family."

Heidelberg hosts its College Night 2-6 p.m. Sunday at Heidelberg Middle School.

Frighteningly fun fall festivities



Heidelberg Oct. 30

Freaky Friday Monster Mash – 3-5 p.m. at the Heidelberg Middle School large gym. Enjoy spookendous games, fun and tasty treats. All middle school students are invited. Come in costume and you could win a prize.

Halloween-Eve Lock-in – 10 p.m.-8 a.m. at the Lion's Den on PHV. High schoolers, come in costume and win a prize, or just come to check out the awesome games and munch on some spookily delicious treats. The party starts at 10 p.m. and ends 8 a.m. the next day.

Community Trunk or Treat – 5:30-7:30 p.m. in the PHV Chapel parking lot. All attending adults are encouraged to decorate their car trunks and hand out Halloween treats, so kids can trick-or-treat without having to go door to door. Prizes go to the best decorated cars and most creative costumes. There will be hot dogs and chips, festive games and lots of fun. Free admission. No scary costumes please.

Frankenstein Castle – Join Outdoor Recreation on a trip to the famous haunted castle and spectacular Halloween show. Fog wafts around the rocks, and monsters emerge from their hiding places. The castle, once of considerable dimensions, is located at an elevation of 370 meters on the northern spur of Langenberg. The noble family of Frankenstein built their stronghold in this jutting rock. Cost is \$59.

Oct. 31

Halloween Fun Run – 8:30 a.m. at the commissary parking lot on PHV. Wear your costumes on the 5-kilometer run that's fun for the whole family.

Pet Halloween Costume Contest – 5 p.m. at the Arts and Cultural Center on PHV. Prizes awarded for the top three pet costumes.

Trick-or-Treating – 6-8 p.m. in the Army Family Housing areas.

Children's Fall Festival – 6-8 p.m. at the Village Pavilion. Come in costume! Children ages 3-12 can enjoy fun games and activities.

Halloween Party – 8 p.m. at the Bowling Center on PHV. Prizes awarded for best costume and highest score bowled while wearing a

costume.

Halloween Pirate Party – 7 p.m. at Slapshots on Patton Barracks. Come decked out in your hottest pirate gear to win prizes.

Halloween Costume Party – 9 p.m. at the Recovery Room on Nachrichten Kaserne. Prizes awarded for the top three costumes. \$10 entry fee.

Halloween Monster Mash – 10 p.m. at Legends on PHV. Have a good time at the annual costume party.

Mannheim Oct. 24

Frankenstein Castle – Join Outdoor Recreation on a trip to the famous haunted castle and spectacular Halloween show. Fog wafts around the rocks, and monsters emerge from their hiding places. The castle, once of considerable dimensions, is located at an elevation of 370 meters on the northern spur of Langenberg. The noble family of Frankenstein built their stronghold in this jutting rock. Departs Mannheim Schuh Theater at 4 p.m. Cost: \$20 plus entrance fees.

Oct. 29

Halloween Party – 4-5 p.m. at Sullivan Library. Story and craft hour for toddlers. Wear a costume and enjoy scary stories and games.

Oct. 30

Halloween Run – 2:30 p.m. at Lincoln Field on Benjamin Franklin Village. The 28th Transportation Battalion's "En Temps" will host the three-mile run/walk. This event is open to the public (young and old), strollers are welcomed, and costumes in good taste are encouraged. Bring candy for the run.

Oct. 31

Halloween Bowling – 3-5 p.m. at the BFV Bowling Center. All kids in costume, bring your parents and bowl one free game.

Trick-or-Treating – 6-8 p.m. in the Army Family Housing areas. Children 12 years old and younger may participate. Children under 10 years old must be accompanied by an adult.

Costume Halloween Party – 6-10 p.m. at Youth Services. Wear your favorite costume

and enjoy contests, prizes, food, music and fun.

Halloween Costume Party – 11 p.m.-4 a.m. at the Top Hat Club. Prizes awarded for the best three costumes.

Kaiserslautern Oct. 25

Frankenstein Castle – Join Outdoor Recreation on a trip to the famous haunted castle and spectacular Halloween show. Fog wafts around the rocks, and monsters emerge from their hiding places. The castle, once of considerable dimensions, is located at an elevation of 370 meters on the northern spur of Langenberg. The noble family of Frankenstein built their stronghold in this jutting rock.

Oct. 28

Spooky Story Time – 10:30 a.m. at the Landstuhl Library. Enjoy spooky crafts and prizes for best costume.

Oct. 30

Family Fright Night – 6-9 p.m. at Skate Express on Vogelweh. There will be free skating, arts and crafts, and a family photo area. Wear costumes to participate in the Costume Bragging Rights competition. Register by Oct. 23: DSN 493-4062, selinda.torbert@eur.army.mil.

Frankenstein Castle – Join Outdoor Recreation on a trip to the famous haunted castle and spectacular Halloween show. See Oct. 25 for more details.

Oct. 31

Fall Harvest Festival – 2-4 p.m. in the Heaton Auditorium on Landstuhl Regional Medical Center. Hosted by the Chaplain's Office, there will be games, crafts, face painting and a pumpkin-decorating contest. Attendees are asked to bring their own pumpkins.

Trick-or-Treating – 6-8 p.m. in housing areas on Ramstein Air Base, Vogelweh and Landstuhl Regional Medical Center.

Halloween at Europa Park – Take a trip with Kaiserslautern Army Outdoor Recreation.

Halloween Bash – 9 p.m.-4 a.m. at the Kazabra Club. Disc jockey, dancing and a costume contest.

Stay safe while trick-or-treating

Planning ahead can help make this Halloween a fire-safe one. Taking simple fire safety precautions, like making sure fabrics for costumes and decorative materials are flame-resistant, can prevent fires.

Purchase only costumes, wigs and props labeled flame-resistant or flame-retardant. When creating a costume, choose material that won't easily ignite if it comes in contact with heat or flame. Avoid billowing or long trailing features.

Provide children with lightweight flashlights to carry for lighting or as part of their costume. Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources.

Use flashlights or battery-operated candles when illuminating Jack-o'-lanterns. Use extreme caution when decorating with candle lit Jack-o'-lanterns, and supervise children at all times when candles are lit. When lighting

candles inside Jack-o'-lanterns, use long, fireplace-style matches and be sure to place lit pumpkins well away from anything that can burn including doorsteps, walkways and yards.

Remember to keep exits clear of decorations, ensuring nothing blocks escape routes.

Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against

the lighting. Instruct children to stay away from open flames or other heat sources. Be sure children know how to stop, drop and roll in the event their clothing catches fire. (Stop immediately, drop to the ground, covering your face with your hands, and roll over and over to extinguish flames.) Cool the burn.

Instruct children who are attending parties at others' homes to locate the exits and plan how they would get out in an emergency.

SOURCE: Mike Eberlein

GERMAN COOKING

Roasted Pork Loin with Bacon and Onion Spaetzle

Serves: 4

Ingredients:

- 2 pounds pork loin
- 3 tablespoon olive oil
- 1/2 cup cracked black pepper
- 1 recipe basic spaetzle
- 1 pound diced bacon
- 2 cups yellow onions; julienne
- 1/2 cup red wine
- 1 cup veal reduction
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- salt and pepper

Directions:

- Preheat the oven to 400 F.
- Season the entire pork loin with olive oil and salt.
- In a hot saute pan, sear the loin for 1-2 minutes on each side.
- Remove from pan and crust the loin with cracked black pepper.
- Place in a roasting pan. Roast the loin for 25 to 30 minutes for medium.
- Remove from the oven and allow to rest for 10 minutes.
- Prepare spaetzle as directed on the package.
- In a hot large pan, render the bacon until crispy. Remove the bacon from the pan.
- In the bacon fat, saute the onions for 2-3 minutes. Stir in the bacon. Season with salt and pepper as needed.
- Add bacon and onions to the prepared spaetzle and serve.

SOURCE: www.mygermanrecipes.com



DEAR MS. Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at dearmsvicki@yahoo.com.

Dear Ms. Vicki,

Every once in awhile I read you column concerning the difficulties people are posing to you looking for help. I appreciate your social background and the fact that you are married to one of our military heroes and enduring this type of life.

Forgive me if my comments sound offensive, they are not meant to be, but of a more constructive nature. I find your comments to be very broad, giving no real advice. Most importantly, from my point of view, there was no reference or advice mentioned about seeing a priest or pastor for counseling or advice. I am not sure if these type of restrictions are placed upon you, but if it were me and they were, I wouldn't write the column. God bless.

Dear Ms. Vicki,

If you ever need someone to assist

you with your advice column, shoot me an e-mail. They have you on the ropes and they are going for the knock out. I got your back if ever you should e-mail ...

Dear Ms. Vicki,

I really enjoy reading your nifty and quick advice. Many people are afraid of talking to a mental health person for fear of being labeled crazy or something worse. You have a way of talking to your readers as if they are talking to their best friend. I sincerely thank you for that.

As my children and I face my husband's fourth deployment, do you have any quick advice to help my children cope with this deployment?

I won't get into the way I'm feeling right now, but trust me, I will be writing you soon because I am reaching deployment burnout. I'll scream if I hear someone say "Soldier On" to a spouse.

From: Burnout

Dear Burnout,

All of your feelings are very normal, so you should not be embarrassed by them. Many spouses and loved ones report the same feelings. I know that you are deployment weary and burned out, too. You are not alone. You will have a range of different emotions, and that's OK.

There isn't one way to make it through deployments. Instead there are many things one can do to help. In my case, I would strategize and have a wellness plan that included support and help from close family and friends. It would include much spiritual support and guidance, emotional tools to include medita-

tion and talking with other spouses who were coping with deployment, relaxation techniques, and also physical exercise and other hobbies.

All of these things have helped me in the past and presently. Don't be afraid to tweak things and make changes. Additionally, take advantage of all the services available in school for your children. There are professional therapists available to help with children and deployment concerns located in base schools.

Research shows that children will exude the emotional actions of their caregiver. With that said, if you are developing good coping skills, they will do the same. I'm not saying it will be easy, just that it can be done.

Lastly, I would recommend you speaking to a professional counselor for support along the way.

Responses to previous columns:

Dear Ms. Vicki,

I implore you to tell Concerned Mommy to trust her instincts. Many of us mothers of special needs children have experience great frustrations in getting our children properly diagnosed. An autistic child may (or may not) have trouble with eye contact, he may (or may not) have significant language delays and other symptoms. That's why autism is now referred to as a spectrum.

In any case, early intervention can make a huge difference in the life of this child. Generally, it takes a persistent adult to guide a child through the labyrinth to get the child the care he or she needs. If this family has difficulty getting assistance through their family doctor, they should consider Child Find. Best regards!

Defense Department announces Housing Assistance Program details

Department of Defense

The Department of Defense has announced details for the temporary expansion of the Homeowners Assistance Program.

Using \$555 million in funds from the American Recovery and Reinvestment Act, this program is designed to partially reimburse eligible military personnel, surviving spouses and federal civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

The U.S. Army Corps of Engineers executes the program for all the military branches and HAP administrators are now processing applications.

Potential eligible personnel include:

- Active and former service members of the Army, Navy, Marine Corps, Air Force and Coast Guard;
- Civilian employees of the DoD, Coast Guard and non-appropriated fund activities; and
- Surviving spouses of both fallen service members and civilian employees.

Potential eligible personnel who have sold a primary home for a loss or are considering selling their home are encouraged to visit the DoD HAP Web site to check specific program criteria, and if eligible, apply online.

The DoD HAP has been providing financial assistance to military personnel and DoD civilians since 1966, mainly at base realignment and closure sites where government action caused a decrease in market home values. While the HAP expansion is not designed to pay 100 percent of losses or to cover all declines in value, it can help protect eligible applicants from financial catastrophe due to significant losses in their home values.

Supporting military families is one of administration's highest priorities and includes leadership and engagement by Michelle Obama and Jill Biden.

In February, the Congress provided ARRA funding for a temporary expansion of the HAP to address unique economic pressures faced by military personnel who are forced to relocate during these unusually adverse housing market conditions.

After conducting an extensive analysis to determine how best to prioritize the finite funds available while maximizing assistance to as many people as possible, the DoD developed specific eligibility criteria designed to take care of people in the greatest need. These program details have been published in the Federal Register and are now available for public comment.

ARRA funding allows the DoD to temporarily expand HAP to partially reimburse losses from the

sale of a primary residence in the following priority order:

1. Homeowners wounded, injured or ill in the line of duty while deployed since Sept. 11, 2001, and relocating in furtherance of medical treatment;
2. Surviving spouse homeowners relocating within two years after the death of their spouse;
3. Homeowners affected by the 2005 BRAC round, without the need (which existed under previous law) to prove that a base closure announcement caused a local housing market decline; and
4. Service member homeowners receiving orders dated on or after Feb. 1, 2006, through Dec. 31, 2009, for a permanent change of station move. The orders must specify a report-no-later-than date on or before Feb. 28, 2010, to a new duty station or home port outside a 50-mile radius of the service member's former duty station. These dates may be extended to Sept. 30, 2012, based on availability of funds.

Each of these general categories has more specific eligibility requirements which have been updated at the DoD HAP Web site (<http://hap.usace.army.mil>). The U.S. Army Corps of Engineers executes the program for all the military branches and HAP administrators will immediately start processing applications.

GET OUT!

area events

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

October 23

Free Comedy Show – Join the USO in Mannheim on Sullivan Barracks for refreshments and comedy with Bengt Washburn. Doors open at 6 p.m., show starts at 7 p.m. www.getbengt.com, <http://affiliates.usa.org/rheinneckar>.

The Mystery of Irma Vep – This rave, Off-Broadway hit is a hysterical spoof of Gothic Melodramas. Two actors play all the roles in this quick-change marathon. Haunted Mandacrest Manor on the howling moors is plagued by a host of horrors. What are Lord and Lady Hillcrest to do? A sympathetic werewolf, a vampire and an Egyptian princess brought to life make this a comedy that has everything. The show runs at Roadside Theater on Patton Barracks in Heidelberg Oct. 23, 24, 30 and 31 and Nov. 6 and 7 at 7:30 p.m. There will be a 3 p.m. show Nov. 1. Reservations are recommended and must be made at the Roadside Theater. DSN 373-5020, www.roadside-theater.com.

Gallop Races – The international gallop races in Iffezheim near Baden-Baden offer a tingly atmosphere, thrill and fascinating races. The races take place from 12:30 p.m. three times a day. Civ. 07229-187310, www.baden-galopp.com.

German Tap Dance Championship – The Penguin Tappers, tap-dance group with several German championship prizes, will host the German Tap Dance Championship at the Dietrich Bonhoeffer-Sporthalle in Weinheim Oct. 23-24. www.penguin-tappers.de.

Fall Market in Speyer – The city of Speyer celebrates its annual Fall Festival through Nov. 1 and offers lots of fun for the whole family with fairground rides, food and drinks, and an entertaining program in the fest tent. www.speyer.de.

October 24

Salsa Night – Head to Armstrong's Club in Kaiserslautern 8 p.m.-1 a.m. for a live disc jockey, margarita bar and free finger food. Civ. 0631-354-9986.

Strasbourg, France – Curious about the French Alsace region, the region Louis XIV called "the beautiful garden"? Then you'll want to take this USO tour to Strasbourg, the capital of Alsace. <http://affiliates.usa.org/kaiserslautern>.

Merengue – Armstrong's Club will host a couple's Merengue Dance Competition. Cash prizes for first and second place, entry is free. Registration is 8-10:45 p.m. DSN 489-6000, civ. 0631-536-7261, www.mwrgermany.com.

Bavarian Fairy Tale Castles – Join USO Kaiserslautern on a tour to the castles Hohenschwangau and Neuschwanstein. On this express tour, you'll pursue the traces of Ludwig II of Bavaria, the 19th century "Fairy Tale King" who built the lavish castles that are among the greatest tourist attrac-

tions in Germany. <http://affiliates.usa.org/kaiserslautern>.

October 25

Trout Fishing – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Music is in the Air – The Landstuhl Stadthalle presents a musical with German Oldies and Rock'n'Roll songs from the 1950s and 1960s at 8 p.m. Tickets cost €19-23. Civ. 06371-923-444, www.stadthalle-landstuhld.de.

Blue Sunday – DJ Big Money will host Blue Sunday at the Top Hat Club in Mannheim 5-9 p.m. The evening will include R&B Oldies, card/ dominoes games and free food. DSN 380-9370, civ. 0621-730-9370.

October 28

World Harmonica Festival – Every four years harmonica fans travel to Trossingen in order to attend the World Harmonica Festival featuring concerts with internationally renowned artists, workshops, competitions, sessions, etc. This year the program is especially rich in highlights, including breathtaking gala concerts featuring some of the finest harmonica virtuosos in the world, the excitement and tension of competitions in a whole range of categories, informative workshops by leading experts, unforgettable late night sessions, exhibitions and much more. The festival runs through Nov. 1. www.whf-2009.de.

October 30

"Lost in Yonkers" – KMC Onstage proudly presents Neal Simon's "Lost in Yonkers" Oct. 30 and 31 and Nov. 6, 7, 13 and 14 at 7:30 p.m. at the theater located on Kleber Kaserne, Bldg. 3232. Tickets are available by phone or in person at the theater or at the FMWR One Stop (Landstuhl Post, Bldg. 3810) Call ahead for pick-up and office hours. DSN 483-6626, civ. 0631-411-6626 or the FMWR One Stop: DSN 486-8146, civ. 06371-86-8146.

October 31

Comedy Show – Armstrong's Club in Kaiserslautern welcomes comedians Maurice G. and The Mighty Snowcone at 9 p.m. Advance tickets are available for \$15. Door tickets will be sold for \$18. This show is rated "explicit" and is open to adults only. DSN 489-6000, www.mwrgermany.com.

Fall Hiking Trip – Join Kaiserslautern Army Outdoor Recreation for a hike in Germany's Pfalz region as you tackle the Seven Castle Tour. DSN 493-4117, civ. 0631-3406-4117.

Mosel Dinner and Wine Tasting – Join USO on this popular tour that starts in the picturesque village of Berncastel-Kues. Here you'll discover medieval half-timbered

houses surrounded by vineyards and dominated by the mighty 13th century castle Landshut. Early in the afternoon, you'll be served a traditional German meal and given a tour of the vineyards at a family-owned Weingut. The vintner will tell you all about the production and characteristics of his wine and entertain you with some fascinating local folklore, as we taste 13 of his wines. <http://affiliates.usa.org/kaiserslautern>.

Cologne City Tour – With a history of almost 2000 years, Cologne (Köln) is the one of the largest and oldest metropolitan cities of Germany. The guide will give you a tour of the city and relate to you the history and sights of Cologne's storied past dating back to the first century B.C. when the Romans founded Colonia Agrippensis. <http://affiliates.usa.org/kaiserslautern>.

Fall Hiking Trip – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

November 6

Holiday Bazaar – Kaiserslautern's annual Holiday Bazaar is back and features handcrafts, wine, cheese, leather works, wood working and collectibles from around the world. Over 100 vendors will be available through Nov. 8 to help you with your holiday shopping. DSN 493-4184, civ. 0631-3406-4146, www.mwrgermany.com.

November 7

Trout Fishing Trip – No license is required. Enjoy a relaxing day of fishing at a private pond with Heidelberg Outdoor Recreation. \$25. DSN 388-9282.

November 13

"A Fall Cabernet Cabaret" – The Heidelberg Roadside Theater presents "A Fall Cabernet Cabaret" at Mannheim's Off Main Street Theatre on Coleman Barracks Nov. 13, 14, 20 and 21 at 7:30 p.m. The internationally known performer, Andrea Huber, will again grace the stage this year with a marvelous musical evening. Come enjoy wine and cheese and the beautiful voice and charismatic performance of Andrea. Wine and cheese will begin at 7 p.m. Reservations and advanced payment is required. DSN 373-5020, civ. 06221-175020.

November 26

Escape to London – Heidelberg Better Opportunities for Single Soldiers program will "Escape to London" through Nov. 29. The trip includes transportation, two overnights in London in a beautiful hotel with breakfast, sightseeing tours of London, a visit to the Dover Castle and WWII tunnels, plus a free London sign-up. All for £224. Space is limited so sign-up by Nov. 12. www.mwrgermany.com.

coming to THEATERS

THE TIME TRAVELER'S WIFE

Clare has been in love with Henry her entire life. She believes they are destined to be together, even though she never knows when they will be separated: Henry is a time traveler, cursed with a rare genetic anomaly that causes him to live his life on a shifting timeline, skipping back and forth through his lifespan with no control. Despite the fact that Henry's travels force them apart with no warning, Clare desperately tries to build a life with her one true love. Rated PG-13 (thematic elements, brief disturbing images, nudity and sexuality) 108 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Oct. 22 - BANDSLAM (PG) 7 p.m.
Oct. 23 - WHERE THE WILD THINGS ARE (PG) 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 9 p.m.
Oct. 24 - WHERE THE WILD THINGS ARE (PG) 4 p.m.; POST GRAD (PG-13) 7 p.m., THE GOODS: LIVE HARD, SELL HARD (R) 9 p.m.
Oct. 25 - WHERE THE WILD THINGS ARE (PG) 4 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
Oct. 26 - POST GRAD (PG-13) 7 p.m.
Oct. 27 - WHERE THE WILD THINGS ARE (PG) 7 p.m.
Oct. 28 - THE GOODS: LIVE HARD, SELL HARD (R) 7 p.m.
Oct. 29 - WHERE THE WILD THINGS ARE (PG) 7 p.m.

Mannheim, Schuh

Oct. 22 - G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.
Oct. 23 - ZOMBIELAND (R) 7 p.m.
Oct. 24 - THE TIME TRAVELER'S WIFE (PG-13) 4 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 9 p.m.
Oct. 25 - THE TIME TRAVELER'S WIFE (PG-13) 4 p.m.; ZOMBIELAND (R) 7 p.m.
Oct. 26 - THE GOODS: LIVE HARD, SELL HARD (R) 7 p.m.
Oct. 29 - ZOMBIELAND (R) 7 p.m.

Vogelweh, Galaxy

Oct. 22 - A PERFECT GETAWAY (R) 7 p.m.
Oct. 23 - ZOMBIELAND (R) 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 10:30 p.m.
Oct. 24 - THE TIME TRAVELER'S WIFE (PG-13) 3 p.m.; ZOMBIELAND (R) 7 p.m.
Oct. 25 - POST GRAD (PG-13) 3 p.m.; ZOMBIELAND (R) 7 p.m.
Oct. 29 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Oct. 22 - ZOMBIELAND (R) 12 p.m., 3:30 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 11:30 a.m., 3 p.m., 7:15 p.m.; BANDSLAM (PG) 11 a.m., 2:30 p.m., 6:30 p.m.
Oct. 23 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 9:30 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.; POST GRAD (PG-13) 7 p.m., 10 p.m.
Oct. 24 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 11:30 p.m., 3 p.m., 9:30 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.; POST GRAD (PG-13) 7 p.m., 10 p.m.
Oct. 25 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 11:30 p.m., 3 p.m., 9:30 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.; POST GRAD (PG-13) 7 p.m.
Oct. 26 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 11:30 p.m., 3 p.m., 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.
Oct. 27 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; POST GRAD (PG-13) 1 p.m., 3 p.m., 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.
Oct. 28 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 11:30 p.m., 3 p.m., 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.
Oct. 29 - WHERE THE WILD THINGS ARE (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; POST GRAD (PG-13) 11:30 p.m., 3 p.m., 7 p.m.; THE GOODS: LIVE HARD, SELL HARD (R) 12 p.m., 3:30 p.m., 7:15 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550

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

community HIGHLIGHTS

COLA Survey

U.S. Army Europe Soldiers and their families in Heidelberg and Kaiserslautern can directly affect their Cost of Living Allowance by taking part in the Living Pattern Survey through Oct. 31. Eligible Soldiers can access the survey via the "Hot Topics" link on www.hqsaeur.army.mil.

Save a Life Tour

The Army Center of Substance Abuse Programs is funding the first-ever Save a Life Tour for Europe. The tour includes the most advanced drinking and driving simulators available and takes Soldiers through a four-hour training to reduce risks of binge drinking, and drinking and driving. The U.S. Army Garrison Baden-Württemberg will kick off the tour Nov. 5-19 in Kaiserslautern with the 21st Theater Sustainment Command's Headquarters and Headquarters Company. The tour will include a separate presentation for Ramstein and Kaiserslautern High School juniors and seniors Nov. 6. The tour will proceed to Mannheim Nov. 21 and Heidelberg Nov. 23-25. DSN 486-6121, civ. 06371-86-6121.

local EMPLOYMENT

Job Fair

Kaiserslautern Army Community Service Employment Readiness will host a Job Fair 10 a.m.-2 p.m. Nov. 5 featuring more than 20 different agencies. The NAF Civilian Personnel Office will conduct interviews and hire for Non-Appropriated Funds positions with FMWR and Child, Youth and School Services. Bring a current resume and three letters of recommendation. DSN 493-4029, civ. 0631-3406-4029.

Tours Manager

The USO seeks a part-time tours manager to plan, organize and oversee sightseeing and newcomer orientation tours for the Heidelberg and Mannheim communities. gcurrie@uso.org or www.uso.org.

Mannheim Elementary School

MES seeks a school registrar, a lunch room monitor (part-time), education techs (teacher/classroom aides) and substitute teachers. DSN 380-4705, civ. 0621-730-4705, soha.saikali@eu.dodea.edu.

Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes (i.e., glass fusing, silk screening, etc.), pottery, singing and other areas of performing arts and sculpture. DSN 388-9418, civ. 06221-338-9418.

ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor for the Mannheim ACAP. Must have master's degree, be computer literate, and at least two years of experience in job assistance, career or employment counseling, teaching, training or related field. Cannot be considered ordinarily resident and must have logistical support. DSN 370-7545, civ. 06221-57-7545, darla.huck@us.army.mil.

Family Child Care Providers

Be your own boss with tax-free income, make money in your home, and provide a playmate for your child. Training will be held at Sullivan Barracks 8 a.m.-5 p.m. Oct. 26-30. Stop by FCC (BFV, Bldg. 742) to pick up a packet. DSN 380-9668, civ. 0621-730-9668.

KAISERSLAUTERN Education

• **Career Ready Class** – Army Community Service can help you be "Career Ready" at 1 p.m. Oct. 29. Have your resume reviewed and polished. Stand out from the crowd at the Nov. 5 Job Fair. DSN 493-4187, civ. 0631-3406-4187, jacqueline.boone@eur.army.mil.

• **Pre-Separation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. Nov. 3 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, civ. 0631-411-7071.

• **Pre-Retirement Briefing** – The Kaiserslautern Transition Center hosts a pre-retirement briefing 8:30 a.m.-4:30 p.m. Nov. 12 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, civ. 0631-3406-7071.

• **German-American Business Club Scholarship** – Applicants for this €1,000 scholarship must be studying business or business-related courses at the University of Kaiserslautern or at any accredited university while having a home residence within the area surrounded by Kaiserslautern, Pirmasens, Saarbrücken, Koblenz and Mainz, and have a minimum of one year remaining before degree completion. Deadline is Jan. 31. kaiserslautern@agbc.de.

Community

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club bring you "Noise" by Matthew Saville (in English) Oct. 28. Show starts at 6 p.m. DSN 486-7322, www.mwgermany.com.

• **AFAP Conference** – Volunteers are needed as delegates for the 2009 Army Family Action Plan Conference Oct. 28-30 at the Armstrong Community Club on Vogelweh Housing. Submit issues online at www.mwgermany.com/kl/acs/afap.htm or in the issues boxes located throughout the community. DSN 493-4357, kl.afap.distro@eur.ds.army.mil.

• **Community Information Forum** – Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Nov. 4 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4093, civ. 0631-3406-4093.

HEIDELBERG Education

• **ACS Classes and Events** – Make a Difference Day, 8 a.m. Oct. 24; Intro to MS Word, 9 a.m.-noon Oct. 26 and 28; Community Orientation Briefing, noon-3 p.m. Oct. 26; Rear Detachment Commander Training, 1-4 p.m. Oct. 26; Respite Care Training, 5:30-7 p.m. Oct. 27 and 29; Reintegration Briefing, 9 a.m. Oct. 27; EFMP Autism Spectrum Support Group, 9:30 a.m. Oct. 28 at PHV Java Café; Money

Matters-Holiday Savings, 10:30-11:30 a.m. Oct. 28. DSN 370-6883, www.mwgermany.com/hd/acs.

• **German Language Classes** – Evening and daytime classes are being offered at the Patton Education Center starting Oct. 26. The cost is €80 (level 1) and €100 (levels 2,3 and 4) for 38 contact hours over eight weeks (bi-weekly, evenings) or three weeks (daytime, 9-11:30 a.m. Monday-Thursday). Registration: Germanatpatton@iks-heidelberg.com.

• **Red Cross Classes** – Pet First Aid will be held 5-8 p.m. Nov. 2 for \$30. DSN 370-1760, civ. 06221-57-1760.

Community

• **PTSA Bingo** – Heidelberg Middle School PTSA Bingo Night will be held 5-7 p.m. Oct. 22 in the multi-purpose room. Great prizes, food and desserts.

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Oct. 24-25, Kindsbach, Koblenz and Wiesental. Upcoming trips to Rixheim, France, in November; Cologne in December; and Verona, Italy, in January. www.hiwc.de.

• **College Night** – Middle and high schoolers can meet with college reps from the U.S. and Germany at Heidelberg College Night 2-6 p.m. Oct. 25 at Heidelberg Middle School. Workshops: Alternatives to 4-year Universities, College Admissions, FAFSA Application and more. DSN 388-9377, collegenight@dodds.net.

• **International Film Night** – Head to the Arts and Cultural Center at 7 p.m. Oct. 29 to see Bernardo Bertolucci's masterpiece "The Conformist." Bring your favorite movie snacks.

• **Milestones and More** – EDIS is sponsoring the annual Heidelberg Milestones and More Developmental Screenings for all children, ages birth to 5 years. The screenings will be 8 a.m.-12:30 p.m. Oct. 30, at the Lion's Den Teen Center on Patrick Henry Village. Reservations: DSN 371-2738, civ. 06221-172738. Walk-ins accepted.

• **MTE Sock Hop** – Oct. 30, 2:15 p.m.-4 p.m. at the school's bubble gym. Games, food, dancing, music, \$2 entry fee, promotes school spirit, parents are encouraged to attend.

• **Book Parade** – Dress up as your favorite book character and join Mark Twain Elementary School students for the annual book parade 1-2 p.m. Oct. 30 on MTV. Parents are encouraged to attend.

• **Polish Pottery Bingo** – The Heidelberg High School Boosters Club will host Bingo Night Nov. 6 at the Heidelberg Middle School. Bingo winners will receive Polish Pottery prizes. Food and drink will be available. Doors open at 5 p.m. and play begins at 6 p.m.

• **NAACP 100th Anniversary** – The Rhein Neckar Branch of the NAACP will hold its 100-year anniversary

celebration at 7 p.m. Nov. 7 at the Hotel Zagreb in Schwetzingen. The theme is "Bold Dreams, Big Victories" with guest speaker Maj. Gen. Byron S. Bagby. The donation is €30. Civ. 0162-296-0030.

• **Veterans Day Ceremony** – This annual event co-sponsored with the American Legion and local Boy Scouts will be held in front of Bldg. 101 on Patton Barracks at 10 a.m. Nov. 11. After the ceremony, the Boy Scouts and American Legion members will plant flags on the graves of U.S. service members buried in local cemeteries surrounding the Heidelberg military community.

• **Fall Clean-up** – Heidelberg's fall clean-up will be held Nov. 16-20 with make-up days Nov. 23-25.

• **Holiday Magic** – This year's Holiday Magic event is Dec. 4 at Patrick Henry Village. As well as the tree-lighting ceremony, there will be a Christmas market, beginning at 4 p.m. Local sellers are invited to participate free of charge. Register for a booth: DSN 373-7414.

• **Christmas Card Competition** – Get ready for Christmas. Pick up an oversized piece of plywood at Self-Help and show off your decorating skills. Turn your card in to the PHV installation coordinator by Nov. 17 and let the Heidelberg community vote on which card will take home the grand prize. www.mwgermany.com.

• **Handel's Messiah Concert Singers Needed** – The Heidelberg Chapel Community will present Handel's Messiah Dec. 5. Rehearsals are every Monday night at 7 p.m. in the Fellowship Hall of MTV Chapel. All are invited. Civ. 06221-301269, ed.matthiessen@kabelbw.de.

• **Volunteer Clown** – Klutz the Clown volunteers for birthday parties; church, school and FRG functions, as well as other events. Civ. 0175-690-1876.

MANNHEIM Education

• **ACS Classes** – Multicultural Club, 11:30 a.m.-1 p.m. Oct. 27; Tschudens Teens, 3:30-4:30 p.m. Oct. 28. DSN 385-3101, civ. 0621-730-3101.

• **German Language Class** – The Sullivan Barracks Education Center will offer a class for beginners Oct. 26-Dec. 20 at Mannheim High School 6:30-8:30 Monday and Wednesday evenings. Cost: €50. DSN 385-2053, civ. 0621-730-2053.

• **GI Bill Briefings** – The Sullivan Barracks Education Center will hold Post 9/11 GI Bill briefings noon-1 p.m. every Wednesday during October and November in Bldg. 253. DSN 385-2053, civ. 0621-730-3361.

Community

• **Polish Pottery Bingo** – The Mannheim Community Club hosts Polish Pottery Bingo at 7 p.m. Oct. 22 at the Top Hat Club. Doors open at 6:30 p.m.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Oct. 24; Free Movie Viewing, 4-5:30 p.m. Oct. 24; Halloween Party, 4-5 p.m. Oct. 29. DSN 380-1740, civ. 0621-730-1740.

• **Make A Difference Day** – Army Community Service will host Make A Difference Day at Benjamin Franklin Village, Bldg. 725 Oct. 24 starting at 10 a.m. Community members can participate in the following projects: Angel Tree Kickoff; remodeling of Mannheim Thrift Store; combined one-mile walk (Girl Scout's "In the Pink" for Breast Cancer Awareness and "Take the Walk" in which an organization matches \$1 to 1 mile for those suffering in Africa); BfV Chapel Joy Project; and a non-perishable food drive for the Mannheim community's Chaplain Closet. DSN 385-3101, civ. 0621-730-3101.

• **Outreach Services** – Parents' Night Out, 6:30-10 p.m. Oct. 30, reservations at DSN 380-4851.

• **Domestic Violence Awareness Month** – Mannheim community agencies, such as ACS, the Health Clinic, Religious Services and the schools have made a cooperative effort to raise awareness. An information booth will be set up at the commissary 1-4 p.m. Oct. 22. The close-out event for the Domestic Violence Prevention and Awareness activities will be held at 11:30 a.m. Oct. 29 at the Top Hat Club. Lunch will be provided by the Village Grille (approx. \$12). DSN 385-2027.

• **Mannheim Angel Tree** – Help community children have a joyous holiday with the generosity of gift giving Nov. 4-Dec. 4. Select an angel identifying the gender and age of the child, purchase a gift, and drop it off at one of the trees located at the Mannheim AAFES Main Exchange, the PX-tra / Toyland or Army Community Service. Gifts need to be unwrapped. Volunteers are needed for gift wrapping and inventory assistance. DSN 385-3101, civ. 0621-730-3101.

• **CYS Services Closure** – All CYSS programs will be closed Nov. 6 for mandatory training. Facilities include the Child Development Center, School Age Services, Family Child Care, Youth Services, Youth Sports and Fitness, Central Enrollment and Registration and School Liaison Services.

• **Blood Drive** – Mannheim Health Clinic will host a blood drive at the Sullivan Gym, 9 a.m.-2 p.m. Nov. 13. DSN 380-1750.

• **Family Bingo** – The Top Hat Club presents Family Bingo the first and third Sunday of every month 2-4 p.m. Enjoy an afternoon of bingo, trivia and music. Compete for prizes based on the theme of the month – Teddy Bear Bingo (Nov. 1) and New Moon Bingo (Nov. 15). DSN 380-9370, civ. 0621-730-9370, www.mwgermany.com.

Heidelberg youth sports

Nine-year-old Sabrina Grover participates in a soccer game on Patrick Henry Village Saturday as part of the Heidelberg Child, Youth and School Services sports program. Soccer, cheerleading, and flag and tackle football run through November. Registration is going on now for winter sports - cheerleading, basketball and wrestling - which begin in December.



Linda Steil

Home teams victorious in Heidelberg meet

Both the Heidelberg boys and girls cross country teams were victorious Saturday at their homecoming meet, defeating Mannheim, Frankfurt International and Ansbach.

Junior Olivia Darrow blazed a speedy trail through the course at Tompkins Barracks in Schwetzingen, winning in a time of 20:50. She was followed by Maggie Cutler, Lindsey Darrow, Kerry O'Brien, Stephanie Barlow, Anne Von Seggern and Celina Frye who all finished in the top 10, along with Mannheim's Daniell La Fleur, who placed ninth. Lady Bison Margaret Clevenger placed 13th with a time of 25:19.

Mannheim's Alex Cornelius came in first for the boys race with a time of 17:31, followed by Heidelberg junior Jaron Henninger, who finished second in his best race of the season, and then Adam Cornelius in third place with a time of 19:04.

Other Lion boys in the top 10 were Andrew Bean and Brian Hannum.

Mannheim boys following the Cornelius brothers were Billy Amos, Scott Floyd, Travis Optenber, Andrew Harris and Sean McGlone, respectively.

The Lions head to Frankfurt this week for the final regular season meet.

SOURCE: Sharon Brady and Dayna Wiederich

Lions overtake Tigers



Way Holan
Devin Jackson (82) battles for the ball during Heidelberg's homecoming game on Patrick Henry Village Saturday. The Lions easily defeated the Patch Tigers in a 63-6 stomping.

Heidelberg Volleyball Invitational Results

Sunday, Patton Fitness Center
Women's Division Championship
Heidelberg Lady Generals vs. Wiesbaden Lady Eagles (15-8, 12-15, 11-15)
Mixed Division Championship
Heidelberg Generals and Lady Generals vs. Mannheim Mustangs and Lady Mustangs (26-24, 25-23, 25-17)

Mannheim Columbus Day Basketball Tournament

Oct. 12, BFV Sports Arena
Women's Championship
Heidelberg 38, Mannheim 40
MVP: Lamanda Marrantis - Mannheim
Men's Championship
Kaiserslautern 85, Ramstein 81
MVP: Ayo Lawson - Kaiserslautern

staying ACTIVE

Heidelberg Flag Football Results

Final Regular Season Standings: DENTAC 8-0; USAREUR B&C 6-2; S29th MPs 5-1-2; MEDDAC 4-3-1; 18th Engineers 3-3-2; V Corps 3-4-1; USAG HD 2-6; B Co. 24th MI 2-6; USAREUR 0-8. **Post Season Championship Tournament:** Oct. 21-Nov. 2 on Patton Barracks.

Powerlifting Program

Thursdays through Dec. 3, head to the Campbell Fitness Center in Heidelberg 4-5:30 p.m. to learn all about the sport of powerlifting. Get ready to represent Heidelberg at the December Powerlifting invitational in Kaiserslautern. DSN 370-6350.

Volleyball Workshop

Adults and kids (ages 13+) are invited to a two-day workshop and tournament Oct. 24-25, 9 a.m.-6 p.m., at the BFV Sports Arena and Sullivan Gym in Mannheim. \$10 entry fee for ages 13-18 and \$20 entry fee for 19 and older. DSN 385-3314, civ. 0621-730-2001.

Mannheim Basketball

Unit-level basketball season will start Nov. 5. Games will be held at the BFV Sports Arena, Sullivan Gym and Coleman Gym. DSN 385-3314, civ. 0621-730-2001.

Volleyball Invitational

Mannheim - The Second Annual Mannheim Mustang Volleyball Invitational Tournament will be held 9 a.m.-9 p.m. Nov. 1. Mannheim is seeking volleyball teams (women and co-ed) to participate in this event held at the BFV Sports Arena and Sullivan Gym. Entry fee for teams is \$150. No entry fee for spectators. DSN 385-2001, civ. 0621-730-3314.

Heidelberg - Sports and Fitness is hosting a volleyball invitational Nov. 8 for community volleyball teams. Men's, women's and co-ed teams from all garrisons are invited to participate. Registration begins at 9 a.m. DSN 373-8032, civ. 06221-17-8032.

Become a Yoga Instructor

Train to be a Yoga Fit instructor at Campbell Fitness Center. Level I classes will be held Nov. 7 and 8 (no experience necessary) and Level II classes will be held Nov. 14 and 15 (pre-registration is Level I). Each class is \$450. Sign up: civ. 001-310-320-1277, rtmerz@jps.net.

Turkey Shoot

The 2009 Turkey Shoot at the Heidelberg Golf Club will take place at 10 a.m. Nov. 22 in Oftersheim. Each player will receive a turkey and the last place team will receive a Cornish hen. Event is limited to first 64 paid participants. DSN 379-6139.

Youth Sports and Fitness

Mannheim - Fall sports enrollment is ongoing through Nov. 30. Register for basketball and cheerleading at Central Enrollment on Sullivan Barracks. Volunteer basketball and cheerleading coaches are needed: DSN 380-9290, civ. 0621-730-9290, darren.brown3@eur.army.mil.

Kaiserslautern - Sign up for Youth Winter Sports through Jan. 3 at Central Enrollment. Open to ages 5-15. DSN 493-4516, civ.0631-3406-4122.

Adult Dance Classes

Learn to tap dance at the Mannheim USO starting Saturdays in November 10-11 a.m. Learn to belly dance 7-8:30 p.m. at Sullivan Gym for €40 per month.

Lions remain undefeated



Heidelberg freshman Jack Kolodziejski reaches for the ball in a match where he defeated Patch's Charlie Schoonover 9-7 on Patrick Henry Village Saturday. The Heidelberg boys team won 6-3, and the girls also won 6-3. Both Heidelberg boys and girls tennis teams are undefeated (4-0) with one match left in the season.

Linda Steil