

# HeraldPOST

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

## 100 years

*Chaplain assistants serve as vital link in assessing and supporting local religious needs*

By Staff Sgt. Patricia Deal  
USAREUR PUBLIC AFFAIRS

Even though they have been doing their jobs for 100 years, many people don't really know what Army chaplain assistants do.

"Many people think that a chaplain assistant just types up the Sunday bulletin and opens the chapel for services. Or some may think that chaplain assistants are like lay ministers," explained Sgt. Maj. Pamela Neal, senior chaplain assistant for U.S. Army Europe and 7th Army. "A chaplain assistant job is so much more than that of a mere secretary. And a chaplain assistant job isn't about religion as much as

people may think."

The official military occupation specialty of chaplain assistant was established by War Department General Orders No. 253 on Dec. 28, 1909, which read in part: "One enlisted man will be detailed on special duty, by the commanding officer of any organization to which a chaplain is assigned for duty, for the purpose of assisting the chaplain in the performance of his official duties."

Although high moral character was required, there were no other prerequisites or religious preferences specified. The MOS continued to evolve as a unique occupational specialty. In 1974 the Army see **ASSISTANTS** page 12

## C.A.R.E., career fairs coming to Heidelberg

By Zoë H. Todd  
HERALD POST INTERN

The annual C.A.R.E. Fair will be held in conjunction with a Career Fair in the Patrick Henry Village Pavilion in Heidelberg 10 a.m.-3 p.m. Aug. 29 to educate community members about the endless possibilities offered by local organizations.

With all the music, food and entertainment, it's fun for all ages with a "Whopper Hopper" for the kids, a Hired! stand for teens see **CARE FAIR** page 12

## Paratroopers share the skies

By Frank Sanchez III  
21ST TSC PUBLIC AFFAIRS

At the 2009 International Jump Week, Soldiers from five countries participated, bonded and learned from one another. The event was hosted by the 21st Theater Sustainment Command's 5th Quartermaster Company and the 435th Contingency Response Group, Ramstein Air Base Aug. 9-14.

The jumpers began their busy day with sustained airborne training conducted by U.S. jumpmasters at the 5th QM Company rigger facility on Rhine Ordnance Barracks. They then traveled to RAB to suit up with U.S. T-10 Delta parachutes to perform multiple low altitude static-line jumps from the back tailgate of a U.S. Air Force C-130 Hercules cargo plane.

Sgt. 1st Class Herschel Gillins, a platoon see **JUMP WEEK** page 12



Frank Sanchez III

Sgt. Byron Harvin Jr., a parachute rigger with the 5th Quartermaster Company, demonstrates emergency evacuation techniques using a reserve parachute to a group of Air Force and foreign paratroopers.

**HP THURSDAY**  
Aug. 20, 2009

### Speed Read

#### NEW MANNHEIM LEADERS

The Mannheim garrison held a change-of-command and change-of-responsibility ceremony Friday to welcome its new command team. 3



#### HIRED!

Local teens now have a new option for gaining work experience and a little cash to boot through FMWR's new Hired! program. 4

#### EFMP CAMP

As part of the Army Family Covenant, Heidelberg was once again able to provide a week of education and fun for special needs children in the community. 4



#### USAREUR SOY/NOY

Soldiers from across Europe gathered in Grafenwöhr last week to determine who will represent USAREUR at the Army-Level Soldier and NCO of the Year competition. The winners will be announced in Heidelberg next week. 6

#### MARTIAL ARTS

Mannheim's SKIES Unlimited program offers a martial arts class to teach kids physical and mental discipline. 17

### Defense Details

#### SECURITY IN IRAQ

The top U.S. commander in Iraq has proposed a tripartite arrangement between American, Iraqi and Kurdish forces to shore up security in disputed areas of northern Iraq. The proposal by Gen. Raymond Odierno is only in the discussion phase, but leaders involved in the talks have been receptive, according to a defense official speaking on background. The initiative has been characterized as "a confidence-building measure" aimed at protecting Iraqis and preventing disputed areas "from being used as a seam" by insurgents. Defense officials declined to comment on how the proposed security force would be implemented in accordance with an agreement between Baghdad and Washington that forced the withdrawal of U.S. forces from Iraqi cities.

Army news: [www.army.mil](http://www.army.mil)

Defense news: [www.defenselink.mil](http://www.defenselink.mil)

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## LEGAL ASSISTANCE

# What is a separation agreement?

## Patton Legal Assistance Office

When married couples begin to contemplate divorce or separation, their thoughts often turn to a separation agreement. But what is a separation agreement, and is one needed for the parties to be considered legally separated or to get a divorce?

A separation agreement is simply a contract that is entered into by a married couple considering divorce or separation. Such an agreement typically provides for child custody and support, spousal support or spousal maintenance, division of marital assets and debts, division of real property and personal property, and division of retirement and pension plans.

A separation agreement is voluntary. No spouse can be forced to sign such an agreement if the spouse does not agree to its terms, and the Army never requires a separation agreement to qualify for a benefit or program, such as an early return of dependents.

Most legal assistance attorneys would probably agree that only a small percentage of the separation agreements they draft are ever signed by the parties. This is generally due to the parties not being able to agree to custody arrangements, military retirement division, and division of assets and debts.

But once signed by both parties and notarized, a separation agree-

ment remains in effect until the divorce is final and a decree issued by the court or until the separation agreement is revoked by both parties according to the procedure contained in the agreement.

A separation agreement can be helpful in making a divorce less costly and less stressful. It can also guide the court in fashioning a final decree and resolution that complies with the wishes of both parties.

But what happens if a spouse signs the agreement and then violates it before final action by the court? If a spouse does not abide by the terms of the separation agreement, the only remedy is a suit in a civilian court for breach of contract. This is generally not practical when the parties live overseas or when one party is overseas and the other is in the United States.

Additionally, military commanders, however well intentioned, generally do not have the authority to order enforcement of the terms of a separation agreement. The only exception relates to family support provisions of the agreement, which can be enforced by an Army commander under Army Regulation 608-99 if the agreement has been properly signed.

A separation agreement is not the same as a legal separation, and legal separation can mean different things in different states. Generally a legal separation is a court order

that directs the parties to live apart and provides for the terms under which they will live separately until the divorce is final. For this reason, no Army Legal Assistance Office can give anyone a legal separation. Obtaining a legal separation can be as difficult, complicated and expensive as obtaining a divorce, and a legal separation is not available in all states.

Living and working in Germany after separating from your spouse also raises many issues, including military housing entitlements, employment rights and spousal and family privileges following the separation. And Soldiers and civilian employees are not treated equally under all Army regulations.

For instance, under the ID card regulation, Army Regulation 600-8-14, a spouse and children of a federal civilian employee lose their ID cards when the family is no longer residing in the same household. Soldiers and their family members ID cards are not affected in a similar situation.

If you are considering separating from your spouse or you are considering a separation agreement, you should consult with an attorney at your local Legal Assistance Office. Because of ethical and conflict of interest rules, you should be aware that a single Legal Assistance Office may not advise both parties in this type of matter.

## Letter to the Editor

### Dear Editor:

The "100 Days of Summer" represent one of the most dangerous and deadliest times of year on U.S. highways. One big reason is a significant jump in alcohol-related traffic crashes and fatalities.

Increased alcohol use throughout the summer, and particularly around major holiday weekends, beginning with Memorial Day, continuing through the Fourth of July and ending with Labor Day, has made the "100 Days of Summer" a very grim season for law enforcement, emergency medical staff, highway safety officials, and the friends and families of impaired driving victims.

Fortunately, the tragedies from alcohol-related crashes can be prevented if everyone would take a few simple precautions before going out to party this summer. When you plan to consume alcohol, be sure to "Plan Before You Party" — and Designate a Sober Driver" in advance. And remember, "Friends Don't Let Friends Drive Drunk."

Always follow these tips for a safer summer outing:

- Designate your sober driver before going out;
- If drinking alcohol, don't even think about driving when impaired — and never let your friends drive if you think they are impaired;
- Drink lots of water during your activities to avoid dehydration, and don't drink alcohol "on an empty stomach";
- When impaired, ask a sober friend for a ride home, use mass transit, or call a cab;
- Ask a friend or family member to come get you, or just stay where you are and sleep it off until you are sober;
- And, of course, always remember to wear your safety belt. It is still your single best defense against death or injury in a crash.

Driving impaired or riding with someone who is impaired is simply not worth the risk because the consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be really significant. Too many people still don't understand that alcohol, drugs and driving don't mix. Impaired driving is no accident — nor is it a victimless crime.

—Kathy Burrell,  
IMCOM-Europe Army Substance Abuse Program



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

On Monday, 10 August the garrison was informed of the discovery of a 500lb World War II era bomb at a construction site a few hundred yards from our Community Support Center (CSC, sometimes better known as the PX complex). German authorities were planning on detonating the device in place and required the evacuation of not only our CSC, but of some 800-900 German residents living in the area as well.

We were given an hour and a half to complete

the evacuation ... Our Directorate of Emergency Services with an assist from the Garrison Operations Cell immediately went to work and to my pleasant surprise the CSC was cleared in a little less than an hour. During the evacuation German authorities were able to disarm the device and transport it safely away rather than detonate in place, so there wasn't an explosion.

Kudos first to all our customers, who quickly and orderly evacuated without a complaint. To AAFES

management who performed well despite the fact that the Store Manager was on leave and his back-up just arrived in country a few days before. A shout out to SAS and FMWR, who not only got the SAS kids out safely, but organized transportation to take the kids to the PHV for pickup by their parents. And finally to the Provost Marshal, who spearheaded the entire effort and ensured first responders were on site ...

—Lt. Col. Robert White, USAG Heidelberg Commander



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

## Mannheim changes leaders



Lt. Col. Elizabeth Ryan Griffin accepts the U.S. Army Garrison Mannheim colors from USAG Baden-Württemberg Commander Col. William Butcher during a change-of-command ceremony on Sullivan Barracks Friday. Lt. Col. Jeffrey Fletcher (right), who had been in command of the Mannheim garrison for the past 38 months, is slated to be the deputy C1/G1, 3rd Army, U.S. Army Central Coalition Forces Land Component Command. At the same ceremony, Command Sgt. Maj. Anthony M. Bryant transferred responsibility as senior noncommissioned officer of the garrison to Command Sgt. Maj. Alberto Delgado. Bryant will assume responsibility for the Stuttgart garrison.

## 202nd MP Group welcomes new commander after Kaiserslautern move

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

It's been a week of official functions and ceremonies for the 202nd Military Police Group, Criminal Investigations Division.

After a recent move from Heidelberg's Stem Kaserne to Kleber Kaserne in Kaiserslautern, the unit dedicated its new building, naming it the Brig. Gen. David Stem Investigation Building, Aug. 10.

A day later, the unit's Soldiers, friends and families gathered again to bid a fond farewell to the outgoing commander and his wife while also welcoming the new leader and his family at a change-of-command ceremony at the Sports Field on Daenner Kaserne in Kaiserslautern.

Col. Dan McElroy assumed command of the 202nd MP Group from Col. Jeffrey Harris, who spent the past 25 months leading it.

Harris spoke of how important this command and its staff have become to him and his wife, Sarah. "Walking away is very hard, but I want you to know that this command over the past 25 months has been the highlight of my career. The tightness of this unit and the camaraderie it displays is what I will judge all future and past units by. Sarah and I will miss you all," he said.

He mentioned that the past two years have not been easy for anyone in the 202nd MP Group since the unit had ini-

tially been slated for elimination because of the drawdown and the ongoing transformation process. Yet, as circumstances changed so did the fate of the 202nd.

"Brig. Gen. Rodney L. Johnson was quick to realize that standing down the group may not be the right answer. Our focus shifted to preservation and in fact growth in command and control to allow us to deploy the 5th MP Battalion and remain a viable command and control element in this third of the world," he said.

Harris also remarked on the importance of having exceptional staff.

"Whatever I have asked, you have executed — a staff of mostly civilians with a spattering of military. Every single civilian on the 202nd team chose to uproot families to move from the Heidelberg area to Kleber Kaserne. A hundred percent of our employees chose to stay on the team. That is team I am proud to have been on," he said.

Harris' next assignment is as the III Corps Provost Marshal at Fort Bliss, Texas.

Like Harris, McElroy and his wife Norma have lived in Germany during previous assignments. They lived in Mannheim while McElroy served as the Deputy Provost Marshal at the U.S. Army, Europe just a few years ago. Most recently, however, McElroy served as the senior advisor/mentor to the Afghan chief of general staff.

## American Red Cross: Carrying your emergency messages anywhere, anytime

By Jonathan Ochart  
HERALD POST VOLUNTEER

Imagine being in the heart of a desert, alone, with no one else in the barren, empty environment. How would you feel? Would you wonder what was happening back home?

Luckily, those who are tied to the military would have no problem discovering family news before it is too late. Thanks to the American Red Cross and its Emergency Communication Message service, civilians and those in uniform will be notified about family occurrences ranging from births to deaths.

It all began in 1898, during the Spanish-American War, when the American Red Cross made it possible for those on the battlefield to receive messages from their loved ones.

Awed by the importance and power of the messaging system, Congress gave the organization a charter to handle communications between service members and their families.

More than a century later, while dealing with training courses and volunteers, the American Red Cross in Heidelberg is challenged with sending at least five emergency messages a week, according to Field Office Coordinator Christina Kilgore.

"Say a service member is in Afghanistan, and his wife just had a baby. She could alert her Red Cross, and we'll deliver the good news of the baby," Kilgore said.

However, a series of steps must be strictly followed to reach a successful message delivery.

It all begins with a phone call or visit from an immediate family member to his local American Red Cross.

After providing a trained staff member or volunteer with the family news, the relative must state the service member or civilian's full name, Social Security number, date of birth, unit and unit address, phone number and the name of his commander or first sergeant.

If the family member does not know the required information, the process will be difficult and could delay the news.

After the call, the organization speaks to those who are connected to the report, such as doctors, funeral homes and police reports in order to verify the news.

Once the information is certain,

those working on the message will notify the Soldier or civilian in a formal message, which is "sent and received electronically through the American Red Cross Internet system called Dovetail," said Cynthia Reuter, station manager of the organization in Heidelberg. This ensures that the notification will reach the desired people in the fastest way possible.

Then they will "alert their command, and their command will find them," Kilgore said. Next, the command will discuss emergency leave with the individual. If all goes according to plan, the service member or civilian has a high chance of witnessing a family occurrence halfway across the world.

Reuter recently recalled a success story relating to the service. "I recently did a case where a service member's father, who lived in Europe, passed away, and because his father was retired military, he had to assist with the burial. I had to get a verification of the death, and the service member was in the States. It didn't take me long to get the verification, and the message was sent out, and the service member got the message the same day. So he was able to come to his father's funeral."

This service can be used anytime, 24 hours a day, 365 days a year, whether the individual is on the war-front, home-front or even while vacationing on the beach-front.

However, make sure to leave the information noted above with family members in order to hear of a family matter on time. Keeping your AKO, DKO and Outlook Global contact information up to date can be extremely helpful as well.

"Leave your phone number with your supervisor at work," Kilgore added.

The American Red Cross is a bit like carrier pigeons, swift and valuable; nevertheless, they carry with them the compassionate spirit of the dove. In order for one to get the full benefit of this service, one must feed the messenger with the required information before it takes flight.

For more information on feeding the messenger, call the Heidelberg American Red Cross at DSN 370-1760, civ. 06221-57-1760 or attend its newcomer's orientation briefing, usually given by Christina Kilgore once or twice every two weeks.

## HMEDDAC earns top safety award at AUSA Medical Conference

### HMEDDAC Public Affairs

The U.S. Army Medical Department Activity-Heidelberg recently was awarded the 2009 U.S. Army Medical Command Exceptional Organization Safety Award during the Association of the United States Army Medical Conference, held in San Antonio, Texas.

The award is presented annually to one organization that has demonstrated the most effective overall safety program.

"I believe this award is a testament to the vigilant

and committed effort by the HMEDDAC to create a culture of safety," said Col. Paula K. Underwood, HMEDDAC commander. "I'm proud of our employees for their innovative approach to ensuring the safety of those involved with our organization."

HMEDDAC won a monetary award of \$25,000, and Safety Director Hermann Ehrhardt said he will take input on ways the money can be used to benefit everyone in HMEDDAC.

"It's important that we won the award to demonstrate that

we are taking everything seriously," Ehrhardt said. "We are taking safety seriously in the organization."

"The good thing about the award is that we will now take feedback on how people would like to spend the money. It's an award the organization got, so it should benefit the organization."

Among the noted accomplishments that led to HMEDDAC earning the award include: the completion of the Department of the Army and MEDCOM's fiscal year 2009 Safety and Occu-

pational Health Objective number one, safety climate and culture, by successfully completing the initial Army Readiness Assessment Program; routine hazard surveillance by a multi-disciplinary team; the permanent placement of a safety noncommissioned officer in the safety office; a commander's safety video message for all Soldiers and civilians within HMEDDAC to view before long weekends; a video by Soldiers for Soldiers on the dangers of drinking and driving during off-duty activities; the

creation of a motorcycle operator safety packet; and the implementation of the Army Hearing Program.

HMEDDAC also partnered with garrison organizations to coordinate a bike safety rodeo, sponsored classes on car seat safety and instituted procedures that would no longer allow the possibility of old, used or potentially recalled child car seats at recycling centers. Crib safety inspections and guidance regarding the implementation of tip-over safety prevention measures were additionally provided to CDCs.

## FMWR's Hired! program offers apprenticeships

By Zoë H. Todd  
HERALD POST INTERN

Twenty-nine students were successfully placed with Hired!, a teen-apprenticeship program recently introduced to the Baden-Württemberg community that provides paid apprenticeships for 15- to 18-year-olds.

Similar to a summer job, teens are employed for 12 consecutive weeks during their vacation with a 15-hour work week and a \$500 stipend.

"I wanted to do something which would help in the future," said Nico Hunter an apprentice at Heidelberg's Family and Morale, Welfare and Recreation Marketing office, who is kept busy with Web updates, cutting, laminating and printing. "It's not laid back, but it's not stressful," said the 17-year-old about his job. "Everybody's nice and the work is never boring."

Hired! has recruited FMWR partner organizations as placement sites for youth wishing to gather useful work experience. Teens have been placed in the local area with MWR; Army Community Service; Soldier and Community Recreation; Business Operations; Child, Youth and School Services; and the Schwetzingen Data Center.

"It's a good program," said marketing assistant Danielle Jackson, who has been working with Hunter. "I'm all for having kids working for the summer — trying to make their own money and not laying around the house watching TV."

Yet not only apprentices benefit from Hired! "It is good for the community in the long run to have more task-oriented kids," Jackson said, adding that teens partaking in the program have the chance to do positive work in the district while also training themselves for the future.

"(Hired!) will benefit the community in one aspect, but more so the appren-

tice," said Gia Oney, marketing specialist for Heidelberg. "It's an opportunity for that kid to learn about different opportunities available in the community, to better him or herself before they head off to college or enter the workforce."

Hired! is also a great way for short-staffed organizations to get some extra hands, according to Oney who is responsible for Hunter.

"Nico's a good kid," Oney said. "We're expecting a lot out of him, and we hope that he sticks with us throughout the school year."

Unlike a typical summer job, the Hired! program can be extended to the school year, giving apprentices an opportunity to work several hours a day following their high school classes.

To secure apprenticeships, candidates must achieve and maintain a 2.0 grade point average or higher before completing a video-taped mock interview, pre-assessment and interviews with the facility managers.

Depending on the skills and interest teens show in these interviews, they are placed with an appropriate organization under the direct supervision of a designated on-site mentor who is responsible for tutoring their individual apprentices in the given field of work, according to Anne Anderson, the Hired! program coordinator.

"I very much value the mission of the Hired! program," Anderson said.

Along with the endless learning possibilities, Hired! also boosts apprentices academically, with credits awarded to juniors and seniors through the Heidelberg High School career practicum and an increase in scholarship chances brought about by the ambition shown by apprentices through taking part in Hired!

"I would do (Hired!) again," Hunter said. "It's a lot of fun, it's not too many hours, and it's still a good experience."

## EFMP Camp



Jason L. Austin  
Alexis Perez, 8, plays catch with her balloon-covered in papier-mâché Aug. 12 during a visit to the Heidelberg Arts and Cultural Center as part of the Exceptional Family Member Program Summer Camp. More photos online at [www.flickr.com/heraldpost](http://www.flickr.com/heraldpost).

## ACS offers five days of fun for local kids

By Jason L. Austin  
HERALD POST STAFF

Andre Ross, 10, said he really enjoyed making his papier-mâché football at the Arts and Cultural Center Aug. 12, but he said the best part of the Heidelberg Exceptional Family Member Program Summer Camp was visiting the animals at the Walldorf Tierpark.

Andre was also looking forward to 'mountain climbing' at the Kletterwald, a ropes climbing course he and the 10 other fellow campers were to attend Thursday.

This year's camp was the second year the Heidelberg Army Community Service has hosted the five-day camp, which included horse back riding, the ropes course, the tierpark as well as music and art classes.

The original proposal for EFMP

camp in Heidelberg was an Army Family Covenant program, and the care givers are all respite care providers under the covenant.

The week before camp, team members met individually with the children and their parents to talk about the week and to get first-hand knowledge about the children's special needs.

The children, aged 5-11, had a wide range of disabilities ranging from speech delays and attention deficit hyperactivity disorder to autism spectrum disorders.

Regardless of their abilities, a team of care givers ushered them through the week.

"I'm real pleased with how well it ran because of the staff," said Helena Palmer, EFMP coordinator in Heidelberg, adding that their professionalism, ability to act on their feet and a lot of planning ahead got them through the week.

## Grueling four-day competition challenges USAREUR's best warriors for 2009 Soldier, NCO of the Year titles

By Sgt. Daniel J. Nichols  
USAREUR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Eleven Soldiers and non-commissioned officers spent four days having their physical and mental stamina and warrior skills challenged in the 2009 U.S. Army Europe and 7th Army Soldier of the Year and NCO of the Year Competition Aug. 9-13.

The annual competition determines who is named USAREUR's best Soldier and best NCO this year, and who will represent the command in Army-level competition.

"We've got a very challenging week for you," said USAREUR Command Sgt. Maj. Ralph Beam during a reception the first day. "If it was easy, we'd get anyone to come up here and do it. Regardless of who comes out as the winner at the end of this week ... you're really going to be a winner if you make it to the end of the week. That should be your challenge."

This year's competition was intended to be tougher than competitions in the past.

"The competitor that we're looking for to send to the Army level is the one that is very good at dealing with fatigue – physical and mental," said Sgt. Maj. Michael Kennedy of the Joint Multinational Training Command's operations division here, who designed many of the tasks for the event. "The Soldier that can operate on minimum amounts of rest and information for long periods of time and still remember to do the little things even when they're tired, sore, and not real happy about the situation they're in."

The competition kicked off Aug. 10 with an Army Physical Fitness Test, and then compet-

itors flexed their mental prowess with a military board, an essay assignment and a written exam. The mental challenges had some itching to do some field training.

"The whole competition's been pretty good so far, except for the board," said Soldier of the Year competitor Sgt. Robert Murray from Hohenfels' 1st Battalion, 4th Infantry Regiment. "I was kind of hoping we could leave for the field now."

Later that night, the competitors did head for the field, leaving behind everything but their military gear, ID cards and ID tags. They wouldn't return until three days later.

Their first task was night orienteering and night land navigation, a course that kept them moving from late night until early the following morning, when they bedded down for a short rest under a rising sun.

"It was daylight outside when I went to sleep," said Sgt. Jason Gilliland, NCO of the Year competitor from the 173rd Airborne Brigade Combat Team. "The sun was out, and when I woke up, it looked like the sun didn't move too much in the sky, so I'm guessing maybe an hour, an hour-and-a-half of sleep."

The candidates quickly moved on to the next tasks, which included a medical task lane, weapons familiarization, and a 'pile test,' which involved assembling five working weapons from a box of parts in less than 15 minutes.

After another long day the competitors caught some sleep, and then moved out on their next task later that night.

"Probably sometime tonight, the competitors will enter a new playing field," Kennedy said. "There will be those of them who just don't really

want to win anymore; they just want to finish because their pride won't let them quit."

"Now all of them want to win it to some degree," the sergeant major added. "But it's up to me to measure how much they want to win it in that 72 hours, with four or five hours of sleep walking 50 to 60 kilometers carrying 40-60 pounds of equipment and not knowing what you're doing every 10 minutes to 10 minutes. I hope to separate those who really want to win and those who just want to compete."

That night competitors went on a foot march that truly tested their limits.

"It was long and it was difficult, because you don't know how far you're going," said Spc. Gavin Spain of the NATO Brigade. "You just go from one point to another, and the next thing you know 1K turns into two, two turns into five, five into 10, and after that you just lose count. So you just keep moving."

The next day's challenges included reacting to indirect and direct fire on a Military Operations on Urban Terrain site; reacting to improvised explosive devices while on a mounted patrol; identifying and throwing grenades; and chemical, biological, radiological and nuclear skills testing.

Sgt. Jason Hancock was Pfc. Jason Hancock when he competed last year for Soldier of the Year honors. This year the 21st Theater Sustainment Command sergeant aims to be named top NCO, but he admitted this challenge is different.

"Either it got a lot tougher, or I got a lot older," Hancock said.

That night was the last night movement for the contenders before the final day of compe-



Sgt. Jason Hancock, (foreground) of the 21st Theater Sustainment Command establishes security behind a wall with his squad while Spc. Andrew Payne of the 173rd Airborne Brigade Combat Team calls in a situation report, during competition on the Military Operations on Urban Terrain site at the 2009 U.S. Army Europe and 7th Army Soldier of the Year and NCO of the Year Competition in Grafenwöhr Aug. 12.

tion. In the dark with only a chem-light and a small flashlight with a red lens, Spain plotted a point the size of a pinhead on his map.

On the final day, competitors qualified on the M-4 rifle, ran an obstacle course, and completed a leadership reaction course before taking some time to patch up their feet for the next mission.

Your next task, Beam told them, was a one- to 10-kilometer run over various types of terrain. At the finish point, they were to receive their next mission.

After less than a kilometer the group was heading to the

NCO Academy, where a crowd of about 50 command sergeants major, company first sergeants, sponsors and friends waited to cheer them on.

Concluding the run, Beam turned the competitors over to Kennedy, who had only one thing to say: "Fall out!"

The competition was over. But perhaps the hardest part – finding out who won – was just beginning.

That announcement will be made Aug. 27 at the 2009 Soldier of the Year and NCO of the Year awards ceremony at the Village Pavilion in Heidelberg. More information: [www.hqusareur.army.mil/soy](http://www.hqusareur.army.mil/soy).

## Outpatient operating room continues routine care

### ERMC Public Affairs

The Same Day Surgery section at the U.S. Army Health Center Heidelberg will remain open to serve authorized military and civilians for the time being.

According to Brig. Gen. Keith W. Gallagher, U.S. Army Europe and 7th Army Command Surgeon and com-

manding general of the Europe Regional Medical Command, the previous closure announcement was "pre-decisional."

Gallagher said his medical command will continue to analyze the population served within the Heidelberg community and the servicing Heidelberg Medical Department Activity area of responsibility to deter-

mine the appropriate medical and surgical support and the timing for closing the operating rooms.

Though surgeons in Heidelberg operate on outpatients' minor cases, they will continue to refer complex cases to the excellent local host nation hospitals, which have an inpatient capability.

Gallagher said the capability of performing less complex surgery at

Heidelberg balances surgeons' skills and prepares them for future combat missions.

"The quality of care at the Heidelberg MEDDAC is superb, and it will remain so," he said. "Any future decisions will, of course, take into consideration medical service requirements of the Heidelberg community during a period of continued transformation."



Sgt. Teddy Wade

Sgt. Chris Miller talks to an Afghan construction worker during a reconnaissance mission in Kohistan district in Kapisa province, Afghanistan, Aug. 9. Miller is assigned to the Kapisa-Parwan Provincial Reconstruction Team's personal security detachment.



U.S. Army Photo

A Boy Scout helps escort a veteran from his bus into Arlington National Cemetery's Memorial Amphitheater for the Operation Dragon commemoation ceremony Aug. 5.



Staff Sgt. Tyrone Clakely

Sgt. Thomas Pearson, assigned to 277th Engineers Company, 416th Engineering Brigade, waters the ground to help compact the sand near the Tigris River in Baghdad, Iraq, Aug. 10.



U.S. Army Photo

U.S. Army Marksmanship Unit Soldier Spc. Jeff Holguin competes in the final round of the Men's Double Trap event at the 2009 International Sport Shooting Federation World Championships Aug. 13. Holguin, a 2008 Olympian, won a silver medal.



U.S. Army Photo

Helicopter Overwater Survival Training water-survival instructor Bob Wood and life-guard instructor Sarah Mayes prepare to flip Warrant Officer Kyle Wagley in the shallow water egress trainer Aug. 6. The training is designed to teach students how to safely evacuate a helicopter in the event of a water landing.

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## ASSISTANTS

continued from page 1

began bringing chaplain assistants and chaplains together to form Unit Ministry Teams that are embedded at the battalion level throughout all branches of the active and reserve components.

Today's chaplain assistants provide a wide array of support services. "One part of our job is that we take care of all the logistics and details so that the chaplain can do what he does best – fulfilling the religious needs of the commander and community," said Sgt. Bob Hazel, NCO-in-charge for the USAREUR and 7th Army Chaplains Office. At a headquarters level, Hazel's responsibilities include many administrative tasks such as handling correspondence, ordering supplies, scheduling, maintaining computers – anything and everything to keep the office functioning smoothly.

"Then I also support some of the other chaplaincy mission requirements like participating in suicide prevention training and Army Family Action Plan meetings," he added. "Oh yeah, then there is also the preparation for the different worship services."

There's also interaction with Soldiers. Helping to assess a unit's needs is considered a vital and continual part of the chaplain assistant's job. To do that they must be active participants in the unit's training and events.

"Chaplain assistants don't

just sit in the office all day. They have to integrate into the unit, interacting with the Soldiers so they can effectively assess the unit climate, providing critical feedback to the chaplain and senior enlisted leadership," Neal explained. "Chaplain assistants are out there running ranges, leading (physical training), working in the motor pool – they are out there, wherever their Soldiers are, doing what their Soldiers do."

Getting out among the Soldiers is a major plus for Staff Sgt. Dennis Volz, chaplain assistant NCO-in-charge with the recently reflagged 170th Infantry Brigade Combat Team (Heavy) in Baumholder.

"With all the deployments and such, Soldiers undergo so much stress and anxiety. I'm someone they can relate to, having experienced the same things they have. So often an enlisted Soldier will have a problem but won't feel comfortable talking to an officer, yet will confide in me," Volz said.

Volz just redeployed with the 2nd Brigade Combat Team, 1st Armored Division (now the 170th) after a year in Iraq and is currently helping the unit with its reintegration.

Volz recalled an incident during that deployment when a young Soldier who came into the unit's chapel late one night.

"It's a great feeling to be able to help someone who other-

wise might have just struggled with the problem by himself," Volz said. "He was in obvious physical pain, needing treatment, but I could tell there was something else wrong. He confided in me that he was really worried because he was unable to reach his wife. Having gone through that same thing, I was able to put him in touch with the right people who were able to help him to ultimately get in touch with his family."

As the backbone and "eyes and ear" of the UMT, the chaplain assistant has one more function that's critical to the team's success – ensuring the safety of the chaplain during military operations. Army chaplains are noncombatants who do not carry or use weapons, so the chaplain assistant provides security for the UMT in tactical situations.

"Chaplains often have to go into hostile areas, so it's absolutely critical that chaplain assistants master their warrior tasks and drills, and maximize their combat training to effectively coordinate security for the unit ministry team so the mission is accomplished," Neal said.

The sergeant major noted that the job training chaplain assistants get following basic training is predominantly focused on Soldier-specific tasks, with very little time spent on religion. "They do receive some administrative-type training and some broad overview of general religious

education, but the emphasis is on combat skills," she explained. "When they come out of school, they are trained professionals – fully competent warriors."

Chaplain assistants have been proving their skills in combat even longer than the Army has had an official job title for them. Chaplain assistant Calvin Titus earned the Medal of Honor in 1902 during the Boxer Rebellion in China. Cpl. Greene Strother, a chaplain assistant with the 11th Infantry Regiment, earned the Distinguished Service Cross for capturing 14 prisoners and their machine guns in Vieville, France, in 1918.

Chaplain assistant Al Tribuani was just starting a career as a professional boxer when his National Guard unit got orders to fight with Patton's 90th Infantry Division in Europe, where he earned the Bronze Star for valor during the Battle of the Bulge. Eight chaplain assistants gave their lives during the Vietnam War.

Neal pointed out that more than 400 chaplain assistants are currently deployed to military operations around the world. Because there will always be a need to tend to the religious needs of Soldiers and to provide a wide range of religious services, and because demands for those services increase during times of conflict, she added, their numbers Armywide are expected to grow.

"Chaplain assistants will al-

ways be in demand to ensure the success of the chaplain and the unit ministry team and to provide religious support and other vital services to the command and the Soldiers," she said.

Volz said he chose being a chaplain assistant as a way for him to serve his faith and his country. "My recruiter had no idea about what a chaplain assistant did," Volz said, laughing. "But he did put me in touch with actual chaplain assistants so I could find out."

But being a chaplain assistant isn't for everyone, Neal said. Due to the nature of the field they serve and the high visibility of their positions, they are expected to lead by example.

"Chaplain assistants have to earn the respect of the Soldiers they serve. The more they trust and respect the chaplain assistant, the better the relationship and then the more receptive the Soldiers and their families will be to the religious services and programs we provide to the command," said USAREUR and 7th Army Chaplain (Col.) Charles Bailey. "For me to be successful in accomplishing my mission, I need to depend fully on the assistant, not just to take care of all the logistical aspects, but also to be my conduit to the community."

"Having strong trust in the chaplain assistant is especially critical in battle situations, where the chaplain essentially trusts the chaplain assistant with his life."

## CARE FAIR

continued from page 1

interested in apprenticeships and tables overflowing with useful information about organizations and job opportunities for the adults, not to mention a human foosball tournament for anyone who's interested.

Yet the C.A.R.E. Fair and the Career Fair are not to be confused – while one provides facts about organizations in the community, the other is an information point about employment opportunities and potential job openings.

"The C.A.R.E. Fair provides information and education," said Norma Ewers, Army Volunteer Corps Coordinator. "Every member of the community who attends ... (will know) where to go – who to call for what services, whether it be educational or recreational."

The C.A.R.E. Fair is a yearly event

that has been offered to the community for the past 15 years with more than 40 participating organizations including the Heidelberg Wandering Club, the Fire Department and the PHV Library. People can stroll from booth to booth, enjoying the different displays – such as the military police K-9 display – and various activities, it's a one-stop information fair, Ewers said.

"It's aimed at everybody," she said. "(There is) something there for everyone."

This year Ewers expects to see between 350-400 visitors, with any military identification card holder welcome to attend, however, only registered organizations may apply for a table.

The biannual Career Fair will be running in the Village Pavilion parallel to the C.A.R.E. Fair.

This is a fair designed for people seeking work in the local district

– potential employees are free to explore the opportunities, drop off resumes, or even complete a job interview on site, according to April Rudder, the Employment Readiness Program manager. Currently employed workers are likewise encouraged to survey the stands.

"Even if somebody's not looking for a job right now, it's a good thing to go out to see what's available," Rudder said. "You can do everything in one place. You're not running around from one organization to another, they come together and you can just walk around one room and see all the different kinds of jobs that are in the community."

Both the fairs will run simultaneously, allowing everyone to indulge in their individual fields of interest. "People can bring their kids," Rudder said. "We're going to have just about every age-group that's available."

## JUMP WEEK

continued from page 1

sergeant with the 5th QM Company, talked about the importance of planning and participating in International Jump Week. "It builds bonds between different nations. We know for a fact that we can count on those nations if we've trained with them before. When it comes down to more serious situations, we know who we can count on because we have that cohesiveness," he said.

The units participating in the event were from the German 26th and 31st Airborne Brigade, the Para-Commando Brigade from Belgium, the Dutch Marine Corps, the Dutch Air Force, and from an Italian Airborne unit. On the American side, paratroopers came from the 5th QM, the 435th CRG, and the 4th Air Support Group.

Master Sgt. Kai Becker, a German Bundeswehr paratrooper with the 26th Airborne Brigade, believes that being an airborne soldier means belonging to a truly special brotherhood.

"I have jumped now in 25 nations all over the world, and everywhere it is the same. When you come to an airborne unit, you are among friends," he said.



Charlton Clemens

One of the sights visited during the Mark Twain Tour is the student prison, where students created their own artwork while serving their term for misbehavior.

## Mark Twain Tour tramps tourists through Altstadt

By Zoë H. Todd  
HERALD POST INTERN

"Behind the Castle swells a great dome-shaped hill, forest-clad, and beyond that a nobler and loftier one. The Castle looks down upon the compact brown-roofed town; and from the town two picturesque old bridges span the river."

These are Mark Twain's immortal comments on the city of Heidelberg – everyone is familiar with at least one of his works, and the list is extensive. From "Tom Sawyer" to autobiographies, "Huckleberry Finn" to "A Tramp Abroad," and it is this last piece of literature that forms the spine of one of Heidelberg's most popular tours: The Mark Twain Tour.

"You can take the tour without knowing a thing about Mark Twain," said Charlotte Frey, one of the four founding members of this theme-tour. No registration is required, those interested in the next tour are asked to bring comfortable footwear and an open ear to the Lion Fountain situated on the historical University Square, Grabengasse just off Hauptstrasse Aug. 22 at 3 p.m. It's a guided two-hour tour completely in English that has been

"... The town lay, stretched along the river, its intricate cobweb of streets jeweled with twinkling lights."

-Mark Twain

running for over half a decade.

"The great thing about the Mark Twain Tour is it's all in the old town," said Frey, who has been a licensed tour guide for the past 12 years. "We try to incorporate enough of an old town tour so that people who haven't had an old town tour before are seeing all the normal things, but in addition you see a lot of these things through Mark Twain's eyes."

In "A Tramp Abroad," Twain was so taken with Heidelberg that he fills chapter upon chapter with its wonders – even in the late 1800s the city, in all its silent splendor, did not fail to impress one of the greatest writers of the English language – and it is on these chapters that the tour is based.

Following in Twain's footsteps, you will visit famous sites such as the "Alte Aula," an antique lecturing hall on University Square, the Student Prison, which has walls that speak for themselves, and, of course, the infamous

Old Bridge.

Twain once wrote, "Away down on the level under the black mass of the Castle, the town lay, stretched along the river, its intricate cobweb of streets jeweled with twinkling lights." And it is through this "intricate cobweb of streets" that you may now traipse while on your own tramp while abroad.

"Mark Twain was here," Frey said. "He spent three months here; he fell in love with Heidelberg."

Anyone is welcome to join the tour and there is no limit as to numbers, according to Frey.

"This is not a tour from which we would ever turn anyone away."

The fee is €9.50 for adults and €7.50 for children.

"Mark Twain is so well known," Frey said. "His name really is almost magical."

But even if you don't know how to spell Mark Twain much less know the first thing about him, the tour is

### Mark Twain Tour in English

Next Tour: 3 p.m. Aug. 22, University Square  
Info: Heidelberg Tourist Office  
Civ. 06221-14220, [www.cvb-heidelberg.de](http://www.cvb-heidelberg.de)

still worthwhile – if only to enjoy the sights, which are another thing mentioned in "A Tramp Abroad."

"I have never enjoyed a view which had such a serene and satisfying charm about it as this one gives," Twain wrote.

This is not a stereotypically dry history tour one expects, but extremely interesting in all its intricacies, according to Frey.

In the words of Twain himself, "History requires a world of time and bitter hard work ... when you are merely stuffing yourself with a mixed-up mess of empty names and random incidents and elusive dates; which no one teaches you how to interpret, and which, uninterpreted, pay you not a farthing's value for your waste of time."

With a tour guide like Frey, the bustle of the Old Town, the lively German culture and the thoughts of a man and an era long gone, history will be brought to life.



## GERMAN COOKING

### Braised Red Cabbage And Onion

Serves: 4

**Ingredients:**

- 2 tablespoons butter
- 1 chopped onion
- 1/2 teaspoon sesame oil or 1 teaspoon bacon fat
- 2 tablespoons brown sugar
- 1/2 medium head chopped red cabbage
- 2 tablespoons cider vinegar, rice vinegar, or raspberry vinegar
- 1/4 cup dry red wine
- 1/4 cup water

**Directions:**

- Sauté onion in butter until golden, then stir in sesame oil or bacon fat and sugar, stir while cooking another minute and add cabbage and the rest of the ingredients.
- Stir well to mix. Cover and let simmer on low for 15 minutes.
- Uncover and simmer until liquid has evaporated.
- Salt and pepper to taste.
- Serve warm.

### Cheese Strata

Serves: 4

**Ingredients:**

- 10 slices bread
- 1/2 pound sharp cheddar cheese; grated
- 2 cups milk
- 1 teaspoon salt
- 3 eggs
- 5 tablespoons butter
- 2 tablespoons chopped parsley for garnish; (optional)

**Directions:**

- Butter bread and cut into cubes (or leave whole).
- Layer in baking dish, alternating with grated cheese.
- Mix milk, salt and eggs.
- Beat and pour over bread and cheese. Let stand several hours or overnight.
- Bake at 275 degrees for 45 minutes.

### Potato Pancakes

Serves: 4

**Ingredients:**

- 2 1/2 cup potatoes; (2 large)
- 1 teaspoon lemon juice
- 1 egg; large, beaten
- 1/2 teaspoon salt
- 3 cups; water
- 1 potato; boiled, mashed
- 2 tablespoons milk
- vegetable oil; as needed

**Directions:**

- Grate raw potatoes into water to which lemon juice has been added. Place potatoes in a strainer or cheese cloth and drain off liquid. Drain well.
- Beat raw and cooked potatoes with egg, milk and salt to form a batter.
- Using 3 tablespoons oil for each batch, drop batter for 3 or 4 pancakes at a time in hot oil in a large frypan. When firm on the bottom side, loosen edges and turn. Brown on other side.
- Remove, drain on paper towel, and keep warm. Continue until all batter is used.

SOURCE: www.germanrecipes.com

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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](mailto:dearmsvicki@yahoo.com).

**Dear Ms. Vicki,**

*I have written you twice before, and you have always given me sound advice, so here I am again.*

*My Solider and I have been married about a year and a half now. We are happy, and I have adjusted well to military life. The only honest flaw in our happiness is my mother-in-law. My husband's mother has a long history of controlling behavior. When someone in our family does not do what she wants them to, she responds with vicious verbal attacks, manipulation and ultimately refusing to speak to them. She even forbids his relatives to speak to us and intimidates them by threatening to do the same to them if they do contact us.*

*Before our marriage, my husband was used to dealing with this behavior which became even more pronounced when we got engaged. He was respectful but did not let it stop him from making his decisions. She refused to speak to him or contact him throughout his deployment to Afghanistan, and when we married after his return she came to our wedding but refused to take part in it. She made her family sit in the back and left right after the ceremony.*

*Since then we have come to visit, and she has behaved somewhat kindly. At times she makes thinly veiled, back-handed "compliments" to me. However, she gets very upset and rude when we go to visit any of my friends or my husband's father. She calls and berates my husband for hours when he doesn't call, and when he does call, she refuses to talk to him.*

*I have dealt with similar behavior from my own mother, but after taking a firm stand, she has ceased doing anything of this nature. My question is why does my husband allow her to do this to him? My husband is a strong but gentlemanly man. He would never allow anyone else to talk to him like that, so why does he allow her to? What can I do?*

*He doesn't agree with me that we have to take a stand and refuse to let her act like this with us. I try to talk to him about it, but he just goes silent and won't address it. I don't want to*

### Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at [www.blogtalkradio.com/dearmsvicki](http://www.blogtalkradio.com/dearmsvicki) to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at [www.dearmsvicki.com](http://www.dearmsvicki.com).

*nag him about it, but her behavior is getting worse.*

*My husband is deploying very soon to Iraq. He told her that we would be coming back home to visit, but she was upset about our plans to see our other friends and family when we came. So she made plans with his siblings to go on "vacation" to another state that week and said she didn't remember him telling her we were coming.*

*Now we have to follow her plans if my husband is to see his family before he goes to war. It makes me so mad. I have made great efforts to be patient and gracious with this woman for my husband's sake, but I am reaching my limit. I love and respect my Soldier.*

*Should I take the lead in setting boundaries with my mother-in-law? How can I do that? I really appreciate any advice and understanding you can give me in this situation.*

*From: Ready to do Battle*

**Dear Battle,**

*I wholeheartedly agree with you about this issue! Bottom line, your mother-in-law needs to grow up. I agree that she is being manipulative and controlling. But here's the real deal: her behavior is abusive!*

*As adults we do not have to settle with abusive relationship, even if it is our parents. Your husband should not accept this and you surely don't.*

*It sounds like you have been trying to make amends and have a cordial relationship. However, having a relationship with her will always be conditional, with strings attached. Even more, you will never know what to expect from her one moment to the next. Who needs a relationship like that?*

*I know it's not your mother but you want to support your husband, right? Well, you may have to be the one who will say "I won't go on the family vacation and I won't visit with your mother because her behavior is disrespectful and abusive," "now honey if you want to go be with your mother and your family, you can go and I will still love you, but I can't do it."*

*It's your choice. I don't think your mother-in-law will ever get it. What will happen is that you will have children together who will inherit this mess and it won't be fair to them either. In the big scheme of things, your husband needs to stop accepting this behavior from his mother. Sad to say it could mean that he just doesn't talk to her.*

*He could solicit the help of another trusted adult family member (if there is one in his family), or the help of his chaplain, pastor, etc. Another option would be to seek*

*the advice of a professional counselor for support and advice too, especially before he deploys.*

*Bottom line, he should not accept the abuse from his mother. You both deserve better. This could really cause a lot of marital problems for you and him if you are not careful, and I would regret this. You need positive people and mentoring from positive relationships.*

**Response to last week's column:**

**Dear Ms. Vicki,**

*I was honestly appalled when I read the response to "no money in the bank" in the Herald Post. I felt angry that someone would lump all military spouses into one large money spending group. Not all spouses spend the money while their husband's are deployed. I refuse to say "his money" because it is not just his money. I feel that when two people get married, it is a commitment to join each other's lives financially, spiritually, emotionally and physically.*

*When my husband deployed, I paid off the credit cards, built a new house (which I made a 20 percent down payment with money I had before we were married), and built up our savings. He came home to a better financial situation than when he left.*

*The idea that the Army should not let spouses have control of the money is absolutely ridiculous. A spouse is not a hired worker that should receive a paycheck every month. If you want that, then go hire a personal assistant and don't get married.*

*Like I said before, marriage is a joining of two people's lives in every aspect. It is no longer my money or his money. It is our money, and believe me, there are many spouses that work for that money. I have three children (6, 2, and 3 months). I'm a taxi driver, a teacher, a coach, a chef, a nurse, a maid, an accountant, a secretary, a lover, a friend and a confidant all rolled into one. This gives me the right to call it our money and have an equal say in how we spend it.*

*I have a master's degree. I could probably make more than my husband if I decided to go back to the workforce, but we decided long ago that I would stay home with the children until they were all in school. I work just as hard as my husband taking care of our home, children and ultimately him.*

*People should not accuse an entire group for the wrong doings of some of its members. All it does is cause hurt and resentment. There are spouses who love and help their Soldier not hurt or devalue him.*

*Thanks, A Proud Army Wife*



**Year One**

Who could have thought the first year of mankind could be so weird? Well I'm a big fan of Jack Black and all of his movies, and Michael Cera made a lasting impression on me from his roll in "Superbad."

This movie, however, didn't really move me the way I had expected from a Jack Black film. I'm not saying he is not his normal crazy self, but he certainly doesn't live up to some of his other roles. The movie, which obviously takes

**Movie Lovers Online**  
Join the "Movie Lovers" group in the BWow virtual community at <http://myBWow.ning.com> to give props and flops to the latest flicks and chat with The Reel Life's Spc. Joseph Nieves.

place at the start of "time," deals with Zed, (Black) a hunter, and Oh, (Cera) a gatherer. These two unlikely travelers get kicked out of their tribe and have to make it on their own. Cue crazy weird adventure. The movie isn't bad, but it just didn't have the same feeling as the other Judd Apatow films.

The film didn't do great stateside, but it had stiff competition its opening weekend. Check it out – you might think I'm wrong (which I've been known to be from time to time).

It's a PG-13 movie, so the kiddos can come along. There might be a few things in there you might not feel are appropriate, but they could have been worse in my opinion.

**GET OUT!**  
area events  
More events online at <http://myBWow.ning.com>

**August 21**

**Polish Pottery Express** – Stock up on all your favorite patterns at the Annual Ceramics Fest. This is the weekend when all the factories put up ceramic stalls around the town square. You can buy the ceramic directly from factories and also watch how the ceramic was created in the past. <http://affiliates.uso.org/rheinneckar>.

**August 22**

**Salsa Night** – Armstrong's Club in Kaiserslautern will host Salsa Night 8 p.m.-1 a.m. This free event features a live discjockey, margarita bar, chips and dip, and a free hour of salsa lessons. Ctv. 0631-354-9986.

**Extreme White Water Rafting and Canyoning** – Head to Austria through Aug. 24 for an adventure weekend with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Paris Express** – Head to France with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Operation Rising Star** – Competition round Aug. 22 and finals Aug. 29 – all starting at 8 p.m. at the Top Hat Club in Mannheim. The winner of 2009 Rising Star will receive an all-expense paid trip to Los Angeles to record a three-song CD at a professional studio. Units and FRGs will also have the opportunity to compete for the Spirit Award grand prize of \$300. DSN 385-2342, [www.oprisingstar.com](http://www.oprisingstar.com).

**August 23**

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

**August 24**

**Stuttgart Zoo** – The zoo is located at the Wilhelma Park, the largest zoological and

**Heidelberg Apollo Show**  
Think you've got what it takes to be the Apollo King or Queen? Show us what you got! Choose from categories like singing, musical instruments, impersonation acts, dancing, poetry, comedy and lip syncing. Interested acts must register by Sept. 10. All participants must be 18 years or older. \$10 cover charge includes a finger food buffet. First-place winner wins a \$500 AAFES gift card. The event takes place at 9 p.m. Sept. 18 in the Recovery Room on Nachrichten Kaserne. DSN 371-2762.

botanical gardens in Europe. It is a large historical park with more than 9,000 animals, exotic plants and 19th century buildings in Moorish style. Newly designed polar bear enclosures, the aquarium, the sea lions at feeding time, and the elephants' baths are some of the delights for children. <http://affiliates.uso.org/kaiserslautern>.

**August 26**

**Stuttgart Wine Village** – One of the largest and most beautiful wine festivals in Germany. Through Sept. 6, the Stuttgart city center is changed into a festive wine village. On the marketplace and the Schillerplatz as well as in the Kirchstrasse, around 120 cozy wine alcoves are decorated according to the Swabian folklore tradition. [www.stuttgartger-weindorf.de](http://www.stuttgartger-weindorf.de).

**August 29**

**Medieval Fair in Bad Wimpfen** – During the annual crafts fair, the impression of a colorful Middle Ages market scene takes place with its different forms of music handicrafts and dancing. <http://affiliates.uso.org/rheinneckar>.

**Princess Ball** – Heidelberg girls entering kindergarten through first grade this fall, head to the Patrick Henry Village Scout Hut 2-4 p.m. Dress in your prettiest princess gown, wear beautiful jewelry, rock to great sounds, and enjoy a light snack. Food, crown, and participation patch included. Remember to bring your Prince Charming, dad, brother, uncle, or even your mom. Pre-

registration required: [www.gsusahd.org](http://www.gsusahd.org).

**August 30**

**Cochem Castle and Wine Festival with Fireworks** – Reichsburg Castle is perched on a hilltop overlooking the medieval village of Cochem. The magnificent wood paneled interior, medieval walls, towers and secret passageway delight all her visitors, and the view of the Mosel River and village below is picture perfect. <http://affiliates.uso.org/rheinneckar>.

**Bowling for Brownies** – Girl Scouts USA invites Heidelberg girls in second and third grades to a fun-filled afternoon of bowling, 2-5 p.m. Each girl and one parent will bowl a game for free. [OCHeidelberg@aol.com](mailto:OCHeidelberg@aol.com).

**September 4**

**Austrian Hut Hike** – Through Sept. 7, see the Austrian Alps from a whole new perspective. Register by Aug. 28. DSN 370-6489.

**Lloret de Mar Spain** – Kaiserslautern Outdoor Recreation invites you to Spain through Sept. 7. Trip includes transportation, three nights in a four-star hotel with breakfast, and an optional day trip to Barcelona. DSN 493-4117, civ. 0631-3406-4117.

**Trout Fishing Trip** – Join Heidelberg Outdoor Recreation on a fishing expedition at a private pond 9 a.m.-5 p.m. Participants will be bussed to and from the pond, and rental equipment is available. Cost is \$25, plus €6.80 per kilogram of caught fish. DSN 388-9282.

coming to  
**THEATERS**

**THE TIME TRAVELER'S WIFE**

(Rachel McAdams, Eric Bana) 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 tries to build a life with her one true love. Rated PG-13 (thematic elements, brief disturbing images, nudity & sexuality) 108 minutes



**PLAYING THIS WEEK**

**Heidelberg, Patrick Henry Village**

Aug. 20 - DISTRICT 9 (R) 7 p.m.  
Aug. 21 - THE TIME TRAVELER'S WIFE (PG-13) 4 p.m.; YEAR ONE (PG-13) 9 p.m.  
Aug. 22 - THE TIME TRAVELER'S WIFE (PG-13) 4 p.m.; YEAR ONE (PG-13) 7 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 9 p.m.  
Aug. 23 - THE TIME TRAVELER'S WIFE (PG-13) 4 p.m.; YEAR ONE (PG-13) 7 p.m.  
Aug. 24 - THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.  
Aug. 25 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.  
Aug. 26 - YEAR ONE (PG-13) 7 p.m.  
Aug. 27 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.

**Mannheim, Schuh**

Aug. 20 - ALIENS IN THE ATTIC (PG) 7 p.m.  
Aug. 21 - G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.  
Aug. 22 - YEAR ONE (PG-13) 4 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.; DISTRICT 9 (R) 9 p.m.  
Aug. 23 - G.I. JOE: THE RISE OF COBRA (PG-13) 4 p.m.; DISTRICT 9 (R) 7 p.m.  
Aug. 24 - THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.  
Aug. 25 - G.I. JOE: THE RISE OF COBRA (PG-13) 7 p.m.  
Aug. 26 - YEAR ONE (PG-13) 7 p.m.  
Aug. 27 - DISTRICT 9 (R) 7 p.m.

**Vogelweh, Galaxy**

Aug. 20 - IMAGINE THAT (PG) 7 p.m.  
Aug. 21 - G.I. JOE: THE RISE OF COBRA (PG-13) 3 p.m., 7 p.m.  
Aug. 22 - G.I. JOE: THE RISE OF COBRA (PG-13) 3 p.m.; DISTRICT 9 (R) 7 p.m.  
Aug. 23 - G.I. JOE: THE RISE OF COBRA (PG-13) 3 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.  
Aug. 27 - YEAR ONE (PG-13) 7 p.m.

**Ramstein, Gateway Movieplex**

Aug. 20 - DISTRICT 9 (R) 11:30 a.m., 3 p.m., 7 p.m.; ALIENS IN THE ATTIC (PG) 11 a.m., 2:30 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 12 p.m., 3:30 p.m., 7:15 p.m.; MY LIFE IN RUINS (PG-13) 6:30 p.m.  
Aug. 21 - THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10:15 p.m.; IMAGINE THAT (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; YEAR ONE (PG-13) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 9:30 p.m.  
Aug. 22 - THE TIME TRAVELER'S WIFE (PG-13) 12 p.m., 3:30 p.m., 7 p.m., 10:15 p.m.; IMAGINE THAT (PG) 11:30 a.m., 3 p.m., 6:30 p.m.; YEAR ONE (PG-13) 7:15 p.m., 9:45 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 11 a.m., 2:30 p.m.  
Aug. 23 - THE TIME TRAVELER'S WIFE (PG-13) 11 a.m., 2:30 p.m., 7 p.m.; IMAGINE THAT (PG) 11:30 a.m., 3 p.m., 6:30 p.m.; YEAR ONE (PG-13) 12 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 3:30 p.m., 7:15 p.m.  
Aug. 24 - THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; IMAGINE THAT (PG) 12 p.m., 3:30 p.m., 7:15 p.m.; YEAR ONE (PG-13) 11 a.m.; THE TAKING OF PELHAM 1 2 3 (R) 2:30 p.m., 6:30 p.m.  
Aug. 25 - THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 12 p.m., 3:30 p.m., 7:15 p.m.; DISTRICT 9 (R) 11 a.m., 2:30 p.m., 6:30 p.m.  
Aug. 26 - THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; G.I. JOE: THE RISE OF COBRA (PG-13) 12 p.m., 3:30 p.m., 7:15 p.m.; DISTRICT 9 (R) 11 a.m., 2:30 p.m., 6:30 p.m.  
Aug. 27 - THE TIME TRAVELER'S WIFE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 11 a.m., 2:30 p.m., 6:30 p.m.; YEAR ONE (PG-13) 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](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Army Family Covenant Survey

Let the Army know how the Army Family Covenant is working for you. Through Sept. 15, fill out the Army Family Covenant Survey at [www.armymwr.com/fmwr/AFCSurvey.htm](http://www.armymwr.com/fmwr/AFCSurvey.htm) and let them hear your thoughts. You can also access the link at [www.mwrgermany.com](http://www.mwrgermany.com).

### Garrison Organizational Day

U.S. Army Garrisons Heidelberg and Baden-Württemberg will host organizational day at the Patrick Henry Village Park Aug. 21. The USAG Kaiserslautern will host its organizational day at Pulaski Park also on Aug. 21. **All three garrisons will have reduced staffing and some closures in community offices. Check your garrison's Web site for details.**

### Military Scholarship Program

The University of Phoenix has established scholarship opportunities for overseas military individuals in the European theaters who wish to further their education. Up to eight \$4,000 scholarships will be awarded to individuals pursuing either a Master of Business Administration or Master of Arts in Education degree at a University of Phoenix on-ground campus in Europe. Heidelberg/Mannheim: DSN 373-7650; Ramstein/ROB: DSN 480-8993.

### OCs Board

The next Officer Candidate School Board will be conducted Sept. 16. Completed packets must be submitted no later than Sept. 8 to the Military Personnel Division in Bldg. on the Heidelberg Community Support Center. DSN 370-3347.

## local EMPLOYMENT

### Career Fair

Heidelberg ACS will host a Career Fair at the Patrick Henry Village Pavilion 10 a.m.-2 p.m. Aug. 29. Get information on employment opportunities in Heidelberg, contractor positions, downrange positions and employment with the universities. There will also be information on education and volunteer opportunities. Open to all ID card holders. Companies interested in participating in this event, call ACS at DSN 370-6883, civ. 06221-57-6883.

### Army Community Service

Heidelberg Army Community Service has three NPS contract positions available: Loan closet monitor, W912PE-09-T-0194; relocation educator, W912PE-09-T-0201; and family advocacy educator, W912PE-09-T-0193. Civ. 06202-80-7579.

### Custodian/Gardener

The Heidelberg Thrift Shop has a position open for custodian/gardener. Must be at least 18, have references and a valid ID card. Apply in person.

### ACAP Counselor

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

### KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, [www.mwrgermany.com/kl/acs](http://www.mwrgermany.com/kl/acs).

• **Understanding Grief Class** – The Family Advocacy Program will initiate a new class in August dealing with the issues of grief and loss. Register: DSN 493-4228, civ. 0631-3406-4332.

• **POSH Training** – The Equal Opportunity Office hosts Prevention of Sexual Harassment Refresher Training 9-10 a.m. Sept. 17 in the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 493-4277, civ. 0631-3406-4277.

• **Conversational German Classes** – Conversational German Level 1, 2 and 3 classes start Aug. 24 and 25 at the Army Education Center, Room 1, Bldg. 285 on Rhine Ordnance Barracks, and Level 1 and 2 also starts Aug. 24 at the Landstuhl Army Education Center, Bldg. 3701. Cost is €70 per student, cash only. Payment is due on the first day of class. Civ. 0631-072255.

### Community

• **CPAC Closure** – The Civilian Personnel Advisory Center will close at 11 a.m. Aug. 21 for participation in organizational day.

• **Health Clinic Closure** – The U.S. Army Health Clinic-Kaiserslautern is closed in recognition of the U.S. Army Europe training holiday Aug. 24 and open with limited services – sports physicals, acute care and pharmacy – Aug. 25. The clinic will resume normal hours 7 a.m. Aug. 26. If you need medical advice, call the Nurse Advice Line, civ. 00800-4759-2330. For medical emergencies, dial 112 (off post) or 116 (on post).

• **Education Center Closure** – The U.S. Army Education Centers on Landstuhl Regional Medical Center, Kleber Kaseme and Miesau Army Depot will be closed Aug. 24-25. Counseling services will be available at the education center, Bldg. 288 on Rhine Ordnance Barracks.

• **Women's Equality Day** – "Celebrating Women's Right to Vote" 1:30-2:30 p.m. Aug. 26 at the Armstrong Community Club on Vogelweh. DSN 493-4130.

• **NICU Reunion** – The Neonatal ICU at Landstuhl Regional Medical Center will host its fourth annual NICU Reunion Aug. 29 at the Hercules Movie Theater at Ramstein Air Base beginning at noon. Lunch will be served, and there will be a free private movie shown to all families that attend, as well as other festivities. RSVP: DSN 486-8220, civ. 06371-86-8220.

• **Community Information Forum** – Army Community Service Information and Referral Program is hosting a Community Information Forum at 1 p.m. Sept. 2 at the Armstrong Community Club on Vogelweh Housing. The upcoming Army Family Action

Plan Conference, a Department of Defense Dependents Schools' 2009/2010 school year overview and the garrison's Red Ribbon Relay are just three of the topics for this CIE. The forum is a monthly outline that provides information on various programs, agencies and organizations within the KMC. DSN 493-4093, civ. 0631-3406-4093.

• **Freedom Walk** – Join the Kaiserslautern Military Community for an Operation Homefront Freedom Walk to commemorate the lives lost Sept. 11, 2001 and honor veterans. The one-mile walk begins at the Rhine Ordnance Barracks flag pole at 5:30 p.m. Sept. 2 and continues to the American Legion Hall.

• **Operation: Meet the KMC** – Army Community Service hosts Operation: Meet the KMC 1-7 p.m. Sept. 10 at Armstrong Community Club on Vogelweh Housing. For details or to represent an agency: DSN 493-4062, civ. 0631-3406-4062, [selinda.torbert@eur.army.mil](mailto:selinda.torbert@eur.army.mil).

• **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.mwrgermany.com/kl/acs/afap.htm](http://www.mwrgermany.com/kl/acs/afap.htm) or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, [kf.afap.distro@eur.ds.army.mil](mailto:kf.afap.distro@eur.ds.army.mil).

### HEIDELBERG Education

• **ACS Classes and Events** – Community Orientation, noon-3 p.m. Aug. 24; Reintegration Briefing, 9 a.m. Aug. 25; 1-2-3 Job Fair Ready, 9 a.m.-noon Aug. 24; Money Matters-Current Economy, noon-1 p.m. Aug. 26; First-Termers Money Management, 8 a.m.-noon Aug. 27. DSN 370-6883, [www.mwrgermany.com/hd/acs](http://www.mwrgermany.com/hd/acs).

• **Pre-Retirement Briefing** – The Heidelberg Transition Center hosts a pre-retirement briefing in ACS, Bldg. 3850 at the Community Support Center 8:30 a.m.-4 p.m. Aug. 26. Register: DSN 370-3283, civ. 06221-57-3283.

• **CPR and First Aid** – The American Red Cross will offer CPR and first aid for adult, child and infant classes 8 a.m.-5 p.m. Aug. 29 and Sept. 12 in Bldg. 3850 on the Community Support Center. Cost is \$40. DSN 370-1760, civ. 06221-57-8711.

• **German Language Classes** – Evening, daytime and weekend classes will be offered at Patton Education Center starting Aug. 31. Cost is €80 (level 1) and €100 (levels 2,3,4). Register: [Germanatpatton@ks-heidelberg.com](mailto:Germanatpatton@ks-heidelberg.com). Civ. 06221-16-8226.

• **Outdoor Emergency Care Class** – The National Ski Patrol will have an outdoor emergency care class starting Sept. 8. This first-responder class

is designed to teach you what to do in an outdoor emergency like what you might find hiking, biking, rafting, skiing, snowboarding, or any outdoor event. Service members, civilians, family members, local nationals and NATO forces can all take this course. DSN 370-6181, civ. 0174-165-8950.

• **POSH Training** – The final Prevention of Sexual Harassment training opportunity of the fiscal year will be 1-3 p.m. Sept. 16 in Bldg. 104 on Patton Barracks. Reservations: DSN 373-5494.

• **Field Sanitation Course** – Register now to get certified in field sanitation and be part of your Unit Field Sanitation Team. The course will be held Sept. 14-18 in the ITC building on the Community Support Center. DSN 371-2833.

• **New On-Site Graduate Degree Program** – The University of Phoenix is currently enrolling students for Master of Arts in Education/Teacher Certification Program at Patton Education Center. Class starts Sept. 30. DSN 373-7650, civ. 06221-588-0492.

### Community

• **Women's Equality Day** – The 2009 observance will be held 11:30 a.m.-1 p.m. Aug. 26 at the Casablanca Room on Campbell Barracks. DSN 373-7955, civ. 06221-17-7955.

• **HIWC Events** – Join the Heidelberg International Wandering Club for the following volksmarshes: Aug. 22-23, KA-Hohenwettersbach & Urberach (Roedermark); Aug. 29-30, Ober-Ramstadt & Rauenberg (Sunday only); Sept. 19-20, Our own volksmarsh with beer mug as this year's prize. [www.hiwc.de](http://www.hiwc.de).

• **Volksmarsh Volunteers Needed** – The Heidelberg International Wandering Club is seeking volunteers for the 35th annual volksmarsh Sept. 19-20. Help is needed in all areas – setting up benches and tables, marking and monitoring the trail, operating checkpoints, stamping cards, preparing and selling food, etc. Civ. 06227-84-1226, [hiwc@yahoo.com](mailto:hiwc@yahoo.com), [www.hiwc.de](http://www.hiwc.de).

• **Sixth-Grade Welcome Week** – Get to know the Panther's Place during the Sixth-Grade Welcome Week, Aug. 24-28 from 8 a.m.-6 p.m. DSN 388-9003.

• **Ski Club Annual Picnic** – Heidelberg International Ski Club is hosting the traditional season opening picnic at the Patrick Henry Village Picnic Pavilion noon-4 p.m. Aug. 29. The cost is €5 for non-members and is free for members; membership is available at the picnic. You need not be a skier to join the club or enjoy the picnic. [www.heidelbergski.com](http://www.heidelbergski.com).

• **Health Fair** – September is Health Care Benefits Awareness Month. Join the Heidelberg Health Center for a health fair 12:30-4:30 p.m. Sept. 11 at the Community Support Center parking lot. Booths include

the Wellness Center, behavioral health, nutrition, pharmacy, dental, women's health and much more. DSN 371-3130, civ. 06221-17-3130.

### MANNHEIM Education

• **ACS Classes** – ESL, Aug. 21 and 24-27; Volunteer Orientation, 1-2 p.m. and 3-4 p.m. Aug. 24 and 26; Levy and Out-Processing, 1-2:45 p.m. Aug. 25; Hearts Apart, 11:30 a.m.-1 p.m. Aug. 26; Welcome Teens, 3:30-4:30 p.m. Aug. 26. DSN 385-3101, civ. 0621-730-3101.

### Community

• **Closure of CMR 421** – Community Mail Room 421 located on Funari Barracks will close its doors permanently at noon Aug. 28. All customers of CMR 421 should make immediate arrangements with CMR 437 (Sullivan Barracks) to acquire a new mailing address. Once you've received your new address, you still need to inform CMR 421 so your mail can be forwarded properly.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. Aug. 22; Film Screening, 4:50-5:30 p.m. Aug. 22. DSN 380-1740, civ. 0621-730-1740.

• **Emergency Placement Providers Needed** – Providers are needed for short-term care, 90 days or less. Training is provided by ACS. Providers can be active duty, family members, DoD civilians and retired military residing on or off post. DSN 385-3101, civ. 0621-730-3101.

• **VenturePoint Expo** – Child, Youth and School Services VenturePoint will host an Expo at the Top Hat Club 2-6 p.m. Aug. 21. VenturePoint is a three-component initiative that includes Edge, Hired! and Kids on Site. These three programs offer community activities, career building, and child care while partnering with Family and Morale, Welfare and Recreation facilities. DSN 380-4887, civ. 0621-730-4887.

• **Parents' Night Out** – The Child Development Center will offer child care 6:30-10 p.m. Aug. 28 to families who have a current registration with CYS Services. Reservations: DSN 380-4851, civ. 0621-730-4851.

• **DOL Closure** – The Directorate of Logistics, including Food Service Branch, Installation Transportation Office, Transportation Motor Pool, POV Storage and Installation Property Book will be closed Aug. 24 for Annual Logistics Day, with the exceptions of mission essential activities (i.e. shuttle bus and dining facilities).

• **Community Yard Sale** – Sept. 12 from 8 a.m.-2 p.m. Only personnel with valid U.S. I.D. cards may sell and only personnel with SOFA status in Germany may make purchases. All items being sold must be used personal items. No new or commercial items may be sold. DSN 385-3169, civ. 0621-730-3169.

**Heidelberg Scramble of the Year**

Ninety-six qualifiers from the 16 Wednesday night scrambles held since April 22 played in the 18-hole Scramble of the Year at the Heidelberg Golf Course Saturday with all participants receiving a prize. Club official Dee Woodfox, who conducted the weekly scrambles,

told the golfers when he announced the four-person team pairings on the clubhouse terrace Saturday morning that they were "to have fun." Members of the top three teams in the popular weekly nine-hole scrambles qualified for the 18-hole event. The winning team captained by

Carsten Straetz shot 11 under par 61. Members of his team were Ricky Peltier, Andy Neal and Carola Zlobickl. Three teams were tied at minus 10, with Joe DeBoer winning the tie-breaker for his team by chipping closest to the pin on hole 18. Marvin Gardner won the Men's Long Drive and Frank Tordeur the

Closest to the Pin. Lori Schlichter took the Ladies Long Drive and Pia Wagner the Closest to the Pin. Winning points during the weekly scrambles were also tabulated, and Adrian Shager won the Men's Player of the Year and Kim Perez the Ladies. SOURCE: Rex Gribble



Ant Geiger

Joshua Seitz takes part in the Mannheim SKIES Unlimited martial arts program. After one year of training, Joshua was promoted to Green Belt after martial arts testing at the Sports Arena Aug. 1.

*Martial arts program helps student with personal transformation*

He leaned his head inside the room, exposing only half his face in an effort to sneak a peek. Joshua Seitz was a meek and quiet young man that came into the Dojo when invited by the chief instructor. Slightly fearful, yet cautiously daring, Joshua walked in slowly. He was soon invited to participate in training that day.

This was the beginning of the end of the old Joshua. Joshua thought he was only going to learn martial arts, but in reality it was the start of his transformation. In the months to come, Joshua's shy and timid demeanor got in his way of learning, but his indomitable spirit pushed him to succeed.

He struggled to performance the tasks in the lesson plan that his martial arts instructor set out for him. His Chi-yell sounded like a mouse before it scampers off in fear. But that was the old Joshua.

Almost a year later, Joshua Seitz stood fearlessly before three Black Belt judges: Carl Brown, De'Nyasha Hampton and Master Ant in the Mannheim Sports Arena Aug. 1. That day he would prove the old Joshua is yesterday's newspaper.

During rigorous martial arts testing, Joshua demonstrated leadership, enthusiasm and proficiency, resulting in his promotion to Green Belt. The testing consisted of martial arts terminology, proficient demonstration of combination kicking techniques, two separate martial arts dance-like forms and board breaking simulation.

For the board breaking simulation, Joshua punched and kicked a padded target so hard it knocked the target

holder off balance and down to the floor. Joshua's performance clearly stood out above the other testing students that the chief of Child, Youth and School Services, Sandy Hill, felt compelled to speak to Joshua after learning of his transformation.

"Joshua, you were a very impressive young man out there today," Hill told him. "I'm very proud of you and I'm looking forward to seeing your performances in the future."

Directly afterwards, the chief instructor told Hill that Joshua has become the Lead Belt, taking on the responsibilities of class starting ceremony and closing ceremony. Furthermore, Joshua leads the other students through the routine stretches and exercises getting them ready for the lesson plan of the day.

"Joshua's transformation is admirable, and what I work to achieve in the students in my program," Chief Instructor Ant Geiger said.

"Sure, the students learn self defense, but along the way they learn to believe in themselves. I empower them, encourage them to achieve, to feel great about themselves though accomplishments by invoking their desire to become the leaders that they can be. I have no doubt Joshua will take his place in the world as a responsible individual."

To learn more about the SKIES Unlimited martial arts program in Mannheim, call DSN 380-9290, civ. 0621-730-9290.

SOURCE: Ant Geiger

**staying ACTIVE**

**Volleyball Tourney Results**

Mannheim claimed the title at the 2009 Installation Management Command-Europe Volleyball Officials Clinic Women's Tournament at Patton Barracks Aug. 15. 1st - Mannheim, 2-0; 2nd - Heidelberg, 1-1; 3rd - Wiesbaden, 0-2)

**Youth Golf**

Child, Youth and School Services Youth Sports in Kaiserslautern is now offering a golf program to youth ages 8-15. The season begins Aug. 24. DSN 493-4516, civ. 0631-3406-4122.

**Sports and School Physicals**

**Kaiserslautern** – The U.S. Army Health Clinic-Kaiserslautern on Kleber Kaserne will provide sport and school physicals Aug. 25 for empanelled patients. Appointments: [www.tricareonline.com](http://www.tricareonline.com) or DSN 483-1750, civ. 0631-411-1750. To ensure your child's medical records are accurate, bring a copy of his immunization records.

**Heidelberg** – Heidelberg Health Center will conduct physicals for CYSS sports for children 6-18 years, 8 a.m.-noon Aug. 29. Walk-in slots are available. Providers will only be seeing those who need physicals for CYSS sports, not school physicals. Limited immunizations will be available. If you need your child's shot records, please request prior to Aug. 29. DSN 371-3392, civ. 06221-17-3392.

**Olympic Development Program**

Tryouts for the Heidelberg select district soccer team will be held Aug. 30 by the baseball fields on Patrick Henry Village. Registration begins 30 minutes prior to tryouts for all age groups. Tryout times: players born 1999-2000, 12:30 p.m.; players born 1991-1994, 1:45 p.m.; players born 1995-1998, 3 p.m. Cost: \$10 administration fee. Bring a ball, water bottle and shinguards. [usys-heidelberg@googlemail.com](mailto:usys-heidelberg@googlemail.com), [www.odp-europe.com](http://www.odp-europe.com).

**Civilian Fitness Enrollment**

Civilians have your supervisor authorize three hours of excused absence per week for up to six consecutive months. Participation is limited to one time only. Sign up 10 a.m.-1 p.m. Sept. 8 at Sullivan Gym in Mannheim. DSN 385-3164, civ. 0621-730-2001.

**Army-Air Force Golf Challenge**

Register now for the 2009 Army-Air Force Golf Challenge Sept. 19-20. This two-day event will see play at both the Ramstein Woodlawn Golf Course and the Heidelberg Golf Club. The event is open to all Army and Air Force active duty and DoD civilians ages 18+. The lowest 54 handicaps from each branch will be selected for teams. Cost is \$100 plus applicable green fees. Register by Sept. 12. DSN 379-6139, [www.mwrgermany.com](http://www.mwrgermany.com).

**Boxing Invitational**

Join the Miesau Gym Oct. 17 for a free boxing invitational. Register and begin training now. Event begins at 6 p.m. Must be 18 or older to participate. DSN 489-2088, civ. 0631-3406-2088, [usagkhsports@eur.army.mil](mailto:usagkhsports@eur.army.mil).

**Ice Hockey Players Wanted**

Experienced ice hockey players wanted to play on an all-Army hockey team. The Baden Bruins are the 2008 USAFE Hockey Champions, are coached by ex-NHLer Bob Sullivan, and play in the local German men's league. Civ. 0172-6263642, [admin@badenbruins.com](mailto:admin@badenbruins.com).