

HeraldPOST

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

Seasonal Flu vaccine at health clinics, available now

ERMIC Public Affairs

Seasonal influenza vaccines have arrived in Europe and are being distributed to Army medical clinics throughout Europe, according to Col. Theresa Moser, chief of the Force Health Protection Office, Europe Regional Medical Com-

mand, who has oversight of this year's immunization program.

"We expect no vaccine shortages," Moser said. "We can begin immunizing everyone in our population now – no one should wait."

She said it takes about two weeks for your body to build immunity to the influenza

virus, so sooner is better than later.

Plans to immunize beneficiaries in an effort to minimize the effects of influenza during the coming months have been finalized.

Clinic commanders have been charged with making early efforts to vaccinate all active-duty and civilian

health care providers.

Family members and other beneficiaries can get their shot now.

This year's goal is to immunize 95 percent of the active duty population and all civilian direct health care providers by Dec. 1, a month earlier than last year's goal. see **VACCINE** page 10

21st TSC flag changes hands

Story by Angelika Lantz
21ST TSC PUBLIC AFFAIRS

Even the hottest day of this summer could not keep the large number of guests, Soldiers, civilian employees and families away.

They attended the 21st Theater Sustainment Command's change of command ceremony at the sports field on Danner Kaserne to wish their former commanding general, Maj. Gen. Yves J. Fontaine, and his wife, Kathy Fontaine, a fond farewell. But they also came to meet and welcome their new commanding general, Brig. Gen. Patricia E. McQuiston and her husband, Leif Johnson.

The Aug. 20 ceremony hosted by Gen. Carter F. Ham, the commanding general of U.S. Army Europe and 7th Army, began with a cannon salute and a joint troop inspection.

After passing the command's colors to McQuiston, Ham acknowledged the "accomplishments of the Fontaine command team."

"General Fontaine, the Soldiers and civilian employees of the 21st TSC have truly benefited from your leadership. You transformed the 21st TSC into a unit of warriors focused on supporting Soldiers ... Soldiers and commanders alike know the 21st will deliver the right stuff to the right place at the see **21ST TSC** page 10

Working with war wounds



Jason L. Austin

William Jessip asks Richard Ranno, a postal finance clerk, about delivery confirmation on a letter Friday at the Heidelberg Community Support Center post office. Ranno, who medically retired from the Army Friday, is the first wounded warrior to be hired in Europe with the assistance of the Army Wounded Warrior program.

AW2 program helps warriors find work

By Jason L. Austin
HERALD POST STAFF

Three weeks before returning to Germany after a 15-month tour in Anbar province with the 1st Armored Division, then-Sgt. Richard Ranno was closing the door of a Conex being used as an arms room when a mortar round slammed through the roof, throwing the doors off their hinges and turning the container into a watermelon shape.

Ranno was also thrown to the pavement. To this day, Ranno is not sure if it was this incident or the various improvised explosive devices he encountered as an infantry Soldier that caused his current list of injuries.

Ranno suffers from postconcussive syndrome and post traumatic stress disorder,

which manifests as frequent headaches, dizziness, nausea, hypersensitivity, nightmares and abnormal anxiety, among other symptoms.

But, despite his injuries, Ranno has found work in Heidelberg thanks to the Army Wounded Warrior program, and is thriving as a federal employee, according to his boss, Kevin Williams, Heidelberg postmaster.

"He's an outstanding employee," Williams said. "Right away I recognized that he was highly motivated and wanted to learn, so I refused to let him go," referring to the practice of sending new postal employees to the community mail rooms.

Instead Ranno, who is the first person to find work in Europe through the AW2 program, works as a postal finance clerk at see **WARRIOR** page 10

HP THURSDAY
Aug. 27, 2009

Speed Read



RABBINICAL ROLES

Europe's only uniformed rabbi works hard to ensure he meets the needs of his diverse flock while remaining faithful to his religion. 3

BAZAAR VOLUNTEERS

Attend the Heidelberg Holiday Bazaar grand opening; shop before everyone else and get a free T-shirt. All it takes is a little volunteer time. 3

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Keeping your children safe requires thinking about what they wear, what they carry and how they get to school. 4

FREEDOM WALK

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HOUSING MARKET HELP

Community ACS offices can help Soldiers with troubled mortgages back home through various government programs and existing services. 6

FONTAINE'S TATTOO

Members of the 21st Theater Sustainment Command and the surrounding communities came out to honor former commander, Maj. Gen. Yves J. Fontaine at a retreat and tattoo ceremony. 12



Defense Details

VA EASES PTSD CLAIMS

VA published a proposed regulation Monday in the Federal Register to make it easier for a veteran to claim service connection for PTSD by reducing the evidence needed if the stressor claimed is related to fear of hostile military or terrorist activity.

RESTRUCTURING NSPS

A Defense Business Board task group has recommended a "reconstruction" of the National Security Personnel System.

Army news: www.army.mil
Defense news: www.defenselink.mil

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COMMENTARY

Mommy-to-be: Nearing the halfway point

By Kelli Bland
HERALD POST EDITOR

I cannot even begin to fathom how my grandmother did this 15 times – yes 15 times in a matter of 22 years. If I calculated correctly, she spent 51 percent of those 22 years carrying a baby in her belly! Can you even imagine being pregnant for 11 years? And I thought the first trimester was rough...

I – one of nearly 50 of my grandmother's grandchildren – am now into what I've heard to be "the best trimester." I'm no longer losing my breakfast on a daily basis, and food is actually pretty good. In fact, the nausea has been replaced by a ravenous hunger.

How do you not blow up like a balloon when all you can think about is food? Not that I'm complaining – I'd much rather be hungry than hanging out with the toilet (or my trusty Cool Whip container I keep in my drawer at emergencies).

At 19 weeks pregnant, I'm still looking like I had half a cow for lunch to most people and slightly pregnant to those who know me. I feel pretty good, but there are a lot of crazy things happening to me.

Why is it that other mothers always say how wonderful pregnancy is without bothering to mention all the strange and sometimes disgusting things that happen to you? Is it something you magically forget after you give birth?

First of all, I would like to know what is meant by "the pregnancy glow." If it's not talking about how the fluorescent lights reflect off all the extra oil pouring out of my skin these days, I sure haven't seen it. Am I going through puberty again?

And what's up with the fact that you can practically see my entire circulatory system through my skin? I know I'm pasty, but come on! You could make a road map out of me – maybe the random line of dark hair forming on my belly could serve as a mountain range.

On top of that, I think the Red Cross could set up

shop in my bathroom when I brush my teeth. They could probably get a pint a week at the rate my gums bleed.

On a positive note, we had another doctor's appointment two weeks ago, and the baby is healthy and seemingly happy. We were eager to find out the gender, but the baby didn't think it was time yet to "spread" the news, so we're still playing the waiting game.

According to the pregnancy sites I frequent, my baby is about six inches from head to rump and his (or her) arms and legs are now in the right proportions to the rest of his body. He's even sprouting hair these days!

We've started to receive a few gifts and make a few purchases here and there, one of which was a fantastic pregnancy pillow we affectionately call the "comma" because of its interesting shape resembling a useful punctuation mark. My husband made fun of it until he unconsciously stole it from me in the middle of the night and got a great night's sleep because of it. When my belly gets bigger, we'll be doing battle if he tries to steal it again!

As for my German doctor, things are still moving along wonderfully. My "Mutterpass" is filling up with all the ins and outs of my pregnancy – including the not-so-good-for-my-vanity section on weight gain. If you don't know, a Mutterpass is a small booklet that contains all the details of a mommy-to-be's pregnancy – appointments, blood and urine test results, measurements of the fetus from the ultrasounds and more. With this book in hand, any doctor you visit will know everything they need to know to treat you and your growing baby.

In the coming months, I plan to tour the area birthing facilities to give you an idea of what each one offers. In addition, I will take some of the courses offered for moms-to-be at Army Community Service and the Heidelberg Health Center and share my thoughts on those as well.



Illustration by Brandon Spragins

Pregnant? Have Children Under 5?

You may be eligible for the Women, Infants and Children Overseas nutrition program, which provides a variety of nutritious food items, tips on how to prepare a balanced meal, and nutrition and health screenings. You pay no enrollment fees, and your food drafts cost you nothing. Civilian employees, DoD contractors and members of uniformed services are eligible.

Heidelberg: Civ. 06221-338-9460

Mannheim: Civ. 0621-730-4340

Ramstein: Civ. 06371-47-4466

www.tricare.mil/mybenefit/home/overview/SpecialPrograms/WICOverseas

Editor's Note: This is the second part in a series about pregnancy and host nation medical care.



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

I want to thank Mr Rolf Kittner, Mr Doug Deika and Mr Rocco DiGiugliano, DPW employees, for a terrific job completed in front of the PHV Shopette. That old wooden facade and deteriorating paint and plaster were unsightly and disgusting. They, through the Bernion Construction Company, have done a terrific job in cleaning the place and making it practical, functional, appealing and inviting. The entire project was completed within the original timeframe even though several changes had to be made. The really amazing thing about the entire project is that no one was hurt and businesses continued their normal events. Neither the Shopette, Raj's Imbiss or the Pick up point ever had to close

for the construction. This is a great testament to the planning, coordinating and consulting these three folks did every day. Thanks a bunch again!

-Richard Glass, USAG Baden-Württemberg DPW

As technology improves, so do the tactics used by thieves. Recently at a number of OFF-POST ATMs Heidelberg were discovered to have been altered to get ATM or credit card information. These ATMs had pin hole cameras installed to capture your PIN number as you input your PIN and a device installed to read the magnetic information as the card went into the ATM for processing.

It is a good idea to check your bank account statements frequently to see if there are any transactions that you did not initiate whether you bank off post or not. Your name, your future and your credit rating could depend on it. Report any illicit activities to your financial institution and law enforcement officials immediately upon discovery.

-Melvin Jones, USAG Baden-Württemberg PMO

While connecting and conversing, please be cognizant of OPSEC and Force Protection issues.

-BWnow administrator



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



Juan R. Meléndez Jr.

Chaplain (Lt. Col.) Avi Weiss leads a group of children a Hebrew song at the Max-Willner-Heim in Bad Sobernheim, the site of the upcoming Rosh HaShanah retreat. The children, from Berlin and Munich, were on a summer camp at the center.

Europe's only Army rabbi leads diverse flock

By Juan R. Meléndez Jr.
HERALD POST STAFF

He's the only Army rabbi in Europe, with a flock scattered over the continent who follow a variety of religious traditions. Now he's organizing a retreat for the Jewish New Year next month, but you don't even have to be Jewish to attend.

Welcome to the world of Chaplain (Lt. Col.) Avi Weiss, deputy chaplain of Army Installation Management Command-Europe and its only Jewish chaplain.

Energy and constant motion are what strike a visitor to his office.

Hopping on his e-mail, he forwards an inspirational message, then advises a chaplain in Korea who had been invited to a foreign embassy (don't go in uniform, inform your commander and security people).

Then it's next door to discuss another chaplain's officer efficiency report. Then back in to make a couple of phone calls, followed by a pause for morning prayers, then more calls, and finally out the door to drive an hour and a half out to

the site of the retreat for a reconnaissance and coordination meeting.

And the flow of words never stops.

"I'm a talker," Weiss said. "You probably noticed," he adds with a grin.

Wearing two hats – Deputy Command Chaplain of IMCOM-Europe and its only Jewish chaplain – just means "I have to work more than 100 percent," Weiss said.

Like all chaplains, he serves Soldiers, civilians and family members of all faiths, but the wide variety of Jewish traditions among his faithful adds an extra level of complexity.

Weiss is personally "very traditional Orthodox," unlike many of the military members he serves.

For example, the traditional Orthodox have separate seating for men and women at services, but other denominations do not. Somehow he manages to square the circle most of the time.

"I must be inclusive," said Weiss. He must be true to the core tenets of the faith, but in such a way that

nobody is offended or feels left out.

"I will never tell somebody they're not Jewish," he said firmly.

Weiss provides what he calls a "collective Jewish service," analogous to the collective Protestant services offered at many chapels.

It's very challenging," Weiss said.

Weiss is actually on his second tour of active duty. Commissioned in 1974, he went on active duty in 1976 and served as a chaplain for 10 years. He then left active duty but stayed active in the Army Reserve.

"It was a hard decision," Weiss said, "but my wife (Elcya) and I wanted to raise our children in a Jewish environment."

That turned out to be in Israel, where their grown three children and seven grandchildren now live.

Facing an empty nest, and hearing the call to serve, he returned to active duty in 2002.

Home is Heidelberg Weiss said.

He explained: "Some people live in the past, some live in the future, but I live in the moment. Wherever we're living, that's home."

Chaplain plans retreat during Rosh HaShanah

By Juan R. Meléndez Jr.
HERALD POST STAFF

Chaplain (Lt. Col.) Avi Weiss, deputy chaplain of Army Installation Management Command-Europe calls his retreat for Rosh HaShanah, or Jewish New Year, a "unique" experience to build a sense of community in a religious body that is scattered all over Europe.

Weiss added that this would be a chance for Jewish young people to meet others.

"We rabbis are match-makers," he chuckled.

This year, Rosh HaShanah is Sept. 19-20. According to the Hebrew calendar, a day begins after sunset of the preceding day, so it actually starts Friday evening, Sept. 18. The program begins Friday afternoon, Sept. 18, and ends Sunday evening.

People may stay for both nights, just one night, or just attend the services.

The focus is on Jewish Americans associated with the military in Europe – active-duty military, civilian employees and their family members – but, space permitting, it is open to non-Jewish people who "wish to share the experience."

The retreat is free to military, family members, DoD civilians and regular attendees at military chapel services, but a donation of \$10 per overnight stay and \$10 per meal is suggested. Those not affiliated with the military may attend by paying €120 per person directly to the organization which owns the retreat center.

The retreat will be held at the Max-Willner-Heim in Bad Sobernheim, a small spa town west of Bad Kreuznach. It is about equidistant from Baumholder, Kaiserslautern, and Wiesbaden.

The center, owned by the Zentralwohlfahrtstelle der Juden in Deutschland, or Central Jewish Welfare Organization of Germany.

For more information

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Spouses Club, FMWR gearing up for Holiday Bazaar, seek volunteers

Staff Reports

The call is out for volunteers for the Heidelberg Community Spouses Club's annual Heidelberg Holiday Bazaar Oct. 9-12 at the Village Pavilion in Heidelberg's Patrick Henry Village.

"We need more than 300 volunteers to make the bazaar work," said bazaar chairperson Linda Miller.

Volunteers must be at least 13. They can serve as runners, decorators, or credit card operators. They will receive a free bazaar T-shirt, an invitation to the grand opening ceremony,

a chance to do some early shopping, and are eligible for both the public and volunteer-only raffles.

Volunteers can find registration forms at various locations in the Heidelberg community, including at the library, the schools and the Java Cafe, or they can register on-line at www.hcsc-heidelberg.com and follow the bazaar links.

Last year, bazaar profits contributed \$132,000 of the nearly \$195,000 that the HCSC was able to give to the Heidelberg community in the form of grants and scholarships.

"We will have over 120 vendors

from around Europe with something for everyone's tastes and collections, adults and children alike: artwork, jewelry, clothing, wine, carpets, antiques, toys, stained glass, tapestries," said Rosemarie Smith, vendor chair, HCSC Holiday Bazaar Committee.

"We continue to keep things interesting by having some vendors that will be new to the Heidelberg Holiday Bazaar," Smith said. "This makes our Bazaar a fresh and exciting experience for our shoppers. We will also continue to showcase many returning Bazaar favorites. Our goal is not to be the biggest bazaar, but the best."



Courtesy photo

Volunteers sport their Bazaar T-shirts while waiting to help customers during a previous year's Holiday Bazaar.



On a serious note, you may only get one chance to save yourself and loved ones. Deal with the occasional beeps and save lives.

SMOKE ALARMS

Smoke alarms are lifesavers - but only if they work and if they not disabled. Most deaths and injuries occur in fires that happen while the victims are asleep. The sooner a sleeping person wakes up and begins to escape, the greater his chances are of surviving a fire.

Smoke alarms are considered to be the most effective early warning devices available. Years of real-life experience show that smoke alarms cut your risk of dying in a home fire almost in half. A working smoke detector is your first line of defense.

Smoke alarms, when properly installed and maintained, are one of the best and least expensive ways to provide early warning when a fire begins. The alarm will sound before the concentration of smoke reaches a dangerous level or before the fire becomes too intense. Smoke alarms save lives, prevent injuries, and minimize property damage.

Test your smoke alarms at least once a month for functionality. It takes only a moment to test a smoke alarm. If your smoke alarm detector does not respond to the recommended test procedure (usually pushing a test button for at least 30 seconds), contact the Directorate of Public Works (Service Order) to replace the smoke alarm immediately.

If you live in government-leased, government-controlled housing units or even off-post and don't have a smoke alarm in your dwelling, you can contact the Directorate of Public Works (Work Reception) to have a smoke alarm installed. Do not tamper with a properly working smoke alarm. Remember, a functional smoke alarm can save your life.

COURTESY INSPECTIONS

U.S. Army Garrison Baden-Wuerttemberg Fire Departments will visit residents in Army Family Housing, leased housing, off-post and unaccompanied personnel housing to offer advice on how to make your home safe. Call DSN 373-8400, civ. 06221-17-8400 for an appointment.

IN CASE OF FIRE

If you have to call the fire department from a military phone, dial '117'; if you using a civilian phone (including mobile phones), you have to dial the commercial prefix to call the military fire department, i.e. to call the USAG Heidelberg Fire Department, dial 06221-17-117.

The individual IMCOM-Europe United States Army Garrison emergency phone numbers can be found on your garrison's Web site.

www.imcom-europe.army.mil/sites/installations/garrisons.asp.

Back-to-school safety includes attire, backpacks and selecting safe routes

USAG Baden-Württemberg Safety Office

Say goodbye to summer and hello to fall. It's school time again. Just like teachers, books, and homework go hand-in-hand with the school year, so should safety. Use the below checklist to prepare your child for a safe school year.

Dress for visibility

•Buy outer clothing and backpacks designed with reflective material to make your child more visible during periods of reduced visibility. If they are not designed into the material, augment with reflective material as needed to make your child stand out to motorists.

•Drawstrings on jackets and sweatshirts — There should not be drawstrings on hoods or around the neck. Drawstrings at the waist or bottom of jackets should extend no more than 3 inches to prevent catching in car and school bus doors or getting caught on playground equipment.

Walk the route with your child

•If they're more than one route to your child's school/bus stop choose the most direct route that offers the most protection from the traffic environment. Also, select an alternate route in the event the primary route is obstructed for any reason. If possible, have your child walk to school with others; a friend, brother or sister.

•Depending on the maturity of the child, consider providing him or her a cell phone. Make sure your child knows his or her telephone number and address as well as 112 for an emergency.

•After selecting the route, walk it with your child before school starts to identify any potential problems (e.g. crossing concerns, obstructions, etc.) to your child. Ensure you child has a safe place to wait for the bus, away from traffic and the street.

Teach children roadside safety rules

•Never to talk to strangers or accept rides or gifts from strangers or others without your permission. You might want to have your child have a secret password that only someone you sent would know, in case you had to have someone new pick them up before

you had a chance to tell them. If the person doesn't know the password, your child will know not to go with them.

•Cross only at marked intersections and look both ways for traffic before attempting to cross the street.

•Keep a safe distance away from the bus until it comes to a complete stop and the driver signals him or her to approach and enter the bus. Also, let them know that the bus driver can see them best when they're are back away from the bus.

•Use the bus handrail to enter and exit the bus to avoid falls. When getting off the bus, move away from it by taking five giant steps.

Weigh the risk of backpacks

Help your child avoid lower back pain and injury this school year — follow these simple backpack safety tips.

•Buy a backpack with two wide, padded straps that go over the shoulders — and make sure your child uses both straps at all times.

•Choose a backpack with a padded waist or chest belt. This distributes weight more evenly across the body. Multiple compartments also help distribute the weight.

•Your child's backpack should not be wider than his or her body. Consider a backpack with a metal frame (like hikers use) or on wheels (like a flight attendant's bag). Check with your child's school first to see if these types of bags are allowed.

•When fully loaded, your child's backpack should weigh less than 15 percent of his or her body weight. To help your child know what this weight feels like, use your bathroom scale to measure the right backpack load.

•Make sure your child isn't toting unnecessary items. Laptops, CD players and video games can add a lot of pounds to a backpack. Heavier items should be placed closer to the back of the backpack, next to the body.

•Picking up the backpack properly is important. As with any heavy object, your child should bend at the knees and grab the pack with both hands when lifting it to his shoulders.

September is Healthcare Benefits Awareness Month

ERMC Public Affairs

Europe Regional Medical Command military treatment facilities are supporting the U.S. European Command's 2009 Healthcare Benefits Awareness Month throughout September by hosting health fairs.

Healthcare Benefits Awareness Month is a theater-wide, joint-service initiative to in-

form beneficiaries about healthcare benefits. Army Military Treatment Facilities are also informing beneficiaries about medical services, wellness and preventive health, host nation healthcare and other medical topics.

Themes throughout the month will include physical health, mental health, dental health and travel health.

For more information, contact your MTF.

Health fair dates

MTF	Date	Time	Location
Coleman	Sept. 25	8:30 a.m. - 1 p.m.	Coleman Health Clinic
Heidelberg	Sept. 11	12:30 - 4:30 p.m.	Heidelberg Shopping Center
Kleber	Sept. 17	9 a.m. - 2 p.m.	Heaton Auditorium, LRMCM
Landstuhl	Sept. 17	9 a.m. - 2 p.m.	Heaton Auditorium
Mannheim	Sept. 18	12:30 - 4:30 p.m.	Mannheim Health Clinic

In Memoriam - Mike Mowrer

Michael S. Mowrer, 62, who edited the Herald Post for 25 years, died Monday in an assisted living facility in Mercer Island, Wash., after a long battle with cancer.

A 1969 journalism graduate of the University of Washington, he served as an Army lieutenant in Worms 1970-1972, after which he returned to his home state. As a civilian, he worked for five years in the 1970s editing Army regulations at Headquarters U.S. Army, Europe. In 1980, he came to the Herald Post, becoming editor in 1981, a position he held until his retirement in September 2006. He had a total of 33 years of military and civilian service.

He was a gregarious and active member of the Heidelberg military community, known for leading tours of wine fests and his energetic membership in Heidelberg's military-civilian The Leftovers volleyball team. Among his other enthusiasms were beer brewing – he was a member of the Franconian Brewers' Association – and genealogy. He took advantage of his presence in southwest Germany to research his Maurer ancestors in this region. Fluent in German, he enjoyed the variety of dialects, including "Pennsylvania Deutsch."

He loved gardening and had his own "schrebergarten" or hobby garden. He traveled frequently to the German-speaking region of Alsace and loved sampling food and drink everywhere he went.

Among his professional accomplishments was selection as Army Civilian Journalist of the Year in 1987 and in 1985 he earned the Thomas Jefferson award as the best sportswriter in the Department of Defense.

Under his leadership, the Herald Post and its staff members accumulated a long list of awards in the Army's Keith L. Ware competition.

Photos and tributes by friends and family are available at www.caringbridge.org/visit/michaelmowrer.



MOWRER

Heidelberg, K-town host Freedom Walks

Staff Reports

The Heidelberg and Kaiserslautern communities have scheduled Freedom Walks in September to commemorate those lost on 9/11.

The America Supports You Freedom Walk calls on people to reflect on the lives lost on September 11, 2001, honor our veterans, past and present, and renew our commitment to freedom and the values of our country.

The tradition was born when Pentagon employees, seeking a way to honor the victims of the attack on the Pentagon and their families, and pay tribute to those who responded to that attack as well as those who serve, organized a walk from the Pentagon to the National Mall. Nearly 15,000 people took part.

The Freedom Walk is becoming a tradition in many places across the nation. Since 15,000 took the initial walk in 2005, more than 390 Freedom Walks have taken place in all 50 states and at military installations around the globe.

Kaiserslautern's Freedom Walk is set for Wednesday, with sign-in at 5:30 p.m. It consists on a 1-mile walk starting at the Rhine Ordnance Barracks U.S. flag pole and ending at the Ameri-



can Legion Hall. It is sponsored by The American Legion Post GR01.

USAG Heidelberg's event is a 5-kilometer, pet and stroller friendly run/walk set for Sept. 11.

Sign-up is at the Commissary parking lot at 6 a.m., and the walkers and runners move out at 6:30. Units are encouraged to use this community event for their physical training run.

Soldier seeks assistance to avoid home foreclosure

Local ACS offices offer financial readiness to all ID card holders

CHIEVRES, Belgium – The U.S. housing market has hit a steep decline, and it's hurting service members like 'Joe.'

Joe is a U.S. Soldier stationed in Belgium. He prefers to remain anonymous, but agreed to share his story, in hopes it would help others who are in similar situations.

Joe's life was pretty planned out. He started a family, fulfilled his military commitment and decided to buy a home in Florida and settle down. But as life happens, plans change. Joe chose to stick with the Army and make a career of it, and he re-enlisted and received orders overseas. He rented his home to family members, packed up his wife and kids and moved to Belgium in February 2007.

"The first year was all right," he said, "but then the economy was going down." Although the family who was renting the house didn't lose their jobs, Joe said their hours were cut back and they couldn't afford to pay the rent any longer.

"I couldn't put the house up for sale because it lost almost half the value," he said. Joe paid \$207,000 for the home and signed an interest only mortgage with a rate that was

locked in for 10 years. Because it's an interest only loan, he hasn't paid any principle on the house, so he still owes the full amount.

"I was going to try to rent it," he said, but in his neighborhood there were already eight houses for sale and four for rent. "I knew I would have to rent it for a really low price."

His mortgage is \$1,300 per month, and at that time, houses were renting for as low as \$600. He never got his home officially appraised, but he said similar homes in his neighborhood were selling between \$110,000 and \$140,000.

"That's when I started to go to ACS," he said.

Army Community Service offers numerous programs to help Soldiers in financial hardships. Comel Rooms is the Financial Readiness Program Manager for U.S. Army Garrison Benelux. She said, to date, three Soldiers have come to her office for assistance with their mortgages.

"Soldiers who are having trouble with the housing crisis can use the Homeowners Assistance Program, or if their families stay back in the States,

Financial Readiness

Heidelberg

Monday-Wednesday and Friday: 8 a.m.-4:30 p.m.

Thursday: 11 a.m.-4:30 p.m.

Shopping Center, Building 3850

DSN 370-6975/6883

Civ. 06221-57-6975/6883

Kaiserslautern

Monday-Friday 8 a.m.-5 p.m.

Pulaski Barracks, Building 2919

DSN: 493-4151

Civ. 0631-3406-4151

Mannheim

Monday-Friday: 7:30 a.m.-4:30 p.m.

Sullivan Barracks, Building 253

DSN 385-3101

Civ. 0621-730-3101

there is a BAH waiver, so they can continue to pay for that property until it's rented or sold," Rooms said.

"AER provides interest-free loans and grants to help service members with rent and mortgage," she added.

Joe said he was introduced to these options when he met with ACS, and they prioritized the different programs and the pros and cons that came with each.

"I was still making payments with money in savings from my deployment," he said. But because of the home's value he couldn't refinance it.

He even reached a point where he thought he would

have to let the bank foreclose on the house or file bankruptcy. "I was so stressed out. I'm going through a lot to keep my credit good," he said, adding that ACS didn't want him to have to take that route, if there were other options.

ACS walked him through the programs they had to offer, but unfortunately, Joe didn't qualify for any of them, but he said they didn't give up. The final option was an Early Return of Dependents or ERD as it's commonly referred to.

"They made an exception to the policy," he said. "In the month of June, I sent my wife back to the states, and I have the BAH for the states in order to pay for the house."

He was scheduled to leave Belgium in February 2010, but now, he's going to be here a few months longer, which he said was hard on the family.

"I kind of regret it because it's going to be a year that we're apart, but I think this was the only option we had," he said. With nine years in, Joe plans to make a career of the Army. "I solved the problem temporarily."

Joe recommends seeking help. "I would start with the chain of command, but ACS is a good source to go to."

Rooms said ACS isn't just there to help with housing needs. "If the need exists and

they're having problems making ends meet, then we can figure out a way. We can help pay their rent here, or help them out with groceries and utilities – whatever we can do so they can get through the immediate crisis. We also do budget counseling so they cannot get in this situation again."

At the local level, emergency loans can be approved for up to \$2,500. "Oftentimes we can cut the check the same day. It's a quick and fairly easy process."

The Army has many other tools to help Soldiers through the housing crisis.

Army OneSource has launched a Web page filled with links and information on new programs, including the \$555 million dollar expansion to the Home-owners Assistance Program that can partially reimburse home sale losses due to permanent changes of station.

Because the programs are fairly new, HAP is still updating its Web site, but Rooms recommended reading through the information that is posted online and then contacting your local ACS to get more information or to schedule an appointment.

"We're happy to work one-on-one with them and look at their specific situation," she said.



Sgt. Matthew Moeller



Tech. Sgt. Carolyn Erfe

(Above) Sgt. Matthew Roberts, along with fellow members of 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, patrols the Korengal valley in Afghanistan's Kunar province, during the early morning hours of Aug. 13. Roberts is a native of Houston, and stationed at Fort Carson, Colo.

(Left) Soldiers from the 349th Combat Support Hospital off-load a mock patient during an exercise at the Joint Readiness Training Center at Fort Polk, La., Aug. 17.

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Sgt. Mark Burrell

(Above) The sun sets on another day in Baghdad as Spc. Joshua MacQuarrie, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, scans the horizon for enemy activity from a guard tower Aug. 17. (Right) 1st Lt. Julie Legget, 25th Special Troops Battalion, 25th Infantry Division, talks with a town leader about businesses in Sequor, Iraq, Aug. 12



U.S. Air Force Staff Sgt. Luke P. Thelen

WARRIOR

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the main post office on the Community Support Center in Heidelberg.

Ranno medically retired from the Army Friday, but has already been working in the Heidelberg community for a month while on terminal leave.

The path from post-deployment in Germany to working in the Heidelberg post office was a two-year process across two continents and an ocean.

After returning to Baumholder with the 1st Battalion, 6th Infantry Regiment, Ranno, a six-year Army veteran, discussed his symptoms with doctors during post-deployment screenings, but with orders in hand for Fort Campbell, Ky., his treatment was delayed.

After moving to Fort Campbell in June 2007, Ranno began working with Blanchfield Army Community Hospital doctors, who immediately recognized his need for treatment.

Care for Ranno's conditions began immediately at BACH, but the local Warrior Transition Unit was a rela-

tively new entity, and it was hard to get into the unit, but after eight months he was transferred from 1st Battalion, 506th Infantry Regiment to the WTU.

Once he was in the WTU, Ranno said he was able to attend college at Embry-Riddle Aeronautical University while receiving treatment and awaiting medical evaluation boards.

Today, Ranno is four courses short of an associate's degree in technology management with a minor in occupational safety and health.

Ranno said his time at the WTU was a good experience.

"For the most part it was really good," he said. "They just take care of the Soldiers."

Fortunately for Ranno, the WTU cadre weren't the only ones taking care of him. His wife, Alexandra, who is from Bad Kreuznach, has helped him weather the storms of recovery.

"She's been great," he said. "She's dealt with everything with me and did her research to try to help me cope with all these problems. I couldn't ask for anything better.

"As hard as it was on her, I'm sure, she didn't complain and just helped me with whatever I needed."

The Rannos have a 15-month-old son, who Ranno says has too much energy, and is growing up too fast.

"I just try to keep up with him," Ranno said, "and play with him."

At work, however, Ranno is doing more than keeping up.

"He came in with a go-getter attitude, wanting to learn," Williams said. "If he was on the list for a permanent position, I would hire him in a heartbeat."

Since coming on board, Ranno has attended two and a half weeks of training and has been up front working with the customers. He's still learning about the job but has already volunteered to drive the truck to and from Mannheim, which includes loading and unloading the truck.

Ranno said he deals with the migraines, dizziness and other symptoms of his injuries at work by taking a break when he needs to. He said he experiences these conditions daily and is

dizzy probably 80 percent of the day.

"I've had it for two and a half years now," Ranno said. "I just have to deal with it ... I mean I have to work ... When you have something all the time, you just learn to adapt to it. I have my little tricks to try to make things easier."

One thing Ranno said he hasn't dealt with is his PTSD symptoms.

"I don't want to deal with it, so even when I go to try to see doctors and stuff, they try to get me to talk about it and I push it away and I'll stop going," Ranno said. "That doesn't help. Obviously, I'm not going to get better ... I've started seeing someone here ... This guy is ready to help, but when am I going to let him? We'll see."

So far Ranno said he hasn't shared much of his story with his coworkers.

Williams said he hasn't noticed anything out of the ordinary about Ranno and with the new Postal Service Center concept coming to Europe, "I need the best people ... I need people who can work without supervision, and he qualifies for that."



Sgt. Frank Sanchez III

Col. Jeffery Miser, commander of the troops, leads the reviewing party of Brig. Gen. Patricia E. McQuiston, the new commanding general at the 21st Theater Sustainment Command, Gen. Carter F. Ham, the commanding general of U.S. Army Europe and Seventh Army, and Maj. Gen. Yves J. Fontaine, the former commanding general, during the change of command ceremony at the sports field on Danner Kaserne Aug. 20.

21st TSC

continued from page 1

right time," he said.

Ham also found words of appreciation for "the better half of the Fontaine command team," he said.

"To Kathy Fontaine, we also owe our appreciation. A true leader and mentor to family readiness group leaders and family members, her dedication to Soldiers and Families is evident in her many volunteer activities," Ham said.

Additionally, Ham encouraged and welcomed the new commander.

"To Brigadier General McQuiston, welcome to Germany and the 21st TSC. You have inherited a command with a workforce that has an expeditionary mindset and a "can do" attitude.

I know that you will prepare them for the inevitable challenges that lay ahead. I wish you the best of luck and know you will do well," he said.

When Fontaine took the microphone, he expressed his gratitude to all who participated in the change of command ceremony and emphasized that leaving a command is not easy.

"Well, the moment any commander dreads has come – the time to relinquish command, and it is with sadness that Kathy and I and our daughter Genevieve leave because we have thoroughly enjoyed being part of this fantastic organization – an organization that accomplishes its missions on a daily basis without much fanfare, without much accolades but to perfection all

while taking time to care for families," he said.

Fontaine will next serve as the commander of the U.S. Army Sustainment Command in Rock Island, Ill.

McQuiston joins the 21st TSC from the Defense Supply Center Columbus headquartered in Columbus, Ohio, where she served as the commanding general for the past two years.

She, too, thanked the Soldiers on the field and noted that the command's "tremendous reputation" as the premier sustainment command had been recounted to her numerous times since she was selected for the command post.

"I am committed to maintaining this reputation," she said.

VACCINE

continued from page 1

One reason for this earlier date is to be ready to begin a novel H1N1 immunization program if and when the vaccine is available to DoD.

That vaccine is undergoing clinical trials in the United States and is expected to be available in mid-October, according to the U.S. Centers for Disease Control in Atlanta.

FluMist, nasal spray vaccine, is again recommended this year for most people aged 2-49. For those who should not receive the nasal mist, other forms of vaccination will be offered.

The type of vaccine an individual receives will depend on age and contributing health factors, such as pregnancy or pre-existing medical conditions, says Col. Evelyn Barraza, ERMIC's preventive medicine consultant.

The CDC publishes guidelines for influenza vaccinations, and the Army will follow those guidelines in its annual campaign.

For more general information on influenza and the benefits of receiving the annual vaccination, visit their Web site at www.cdc.gov/flu/protect/keyfacts.htm.

Members of the active force can expect to receive information about seasonal flu vaccinations from their units.

Other beneficiaries should watch for announcements about local vaccination programs in their garrison newspapers and local AFN affiliates in the coming weeks, or contact their clinic

21st TSC holds retreat, tattoo ceremony honoring their former commander

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command held a retreat and tattoo ceremony dedicated to its former commanding general at the parade field on Panzer Kaserne Aug. 19.

On the eve of relinquishing command, Maj. Gen. Yves J. Fontaine was treated to a special ceremony in his honor. The combined ceremony served as a solemn reminder of the end of Fontaine's tour of duty at the 21st TSC as well as a celebratory musical tribute to his service and career in the Army.

In addition to a number of distinguished guests from the Kaiserslautern military and civilian community, Gen. Carter F. Ham, U.S. Army Europe and 7th Army commanding general, was present as the guest speaker.

Ham noted that the year and a half Fontaine served as the 21st TSC's commanding general was a very busy time with many changes for the unit.

"It was a time in which the 21st TSC was transformed from what it was for many, many years to what it is today. A time that brought changes in its mission sets, its units' locations and names, and its mindsets – they all changed to reflect a more expeditionary, warrior focus," he said.

Another related change Ham remarked on was the emphasis of the 21st TSC's mission, which has been adjusted to recognize the same warrior focus.

"This command is composed of Soldiers, civilians and local national employees who understand that at the end of the supply chain there is a Sol-



Sgt. Frank Sanchez III

Soldiers from the 21st Theater Sustainment Command's Special Troops Battalion retire the colors during a retreat and tattoo ceremony dedicated to Maj. Gen. Yves J. Fontaine, the former commanding general of the 21st TSC. Fontaine and Gen. Carter F. Ham, U.S. Army Europe and 7th Army commanding general, stand at attention as the colors are retired.

dier in combat. The word "customer" has been replaced by the word "Soldier" – removing all doubt about the importance of the 21st TSC's mission," he said.

Then Ham complimented and thanked Kathy Fontaine for her community involvement and volunteer work.

"She has been a leader, advisor and friend to the community. With 21st TSC family members located in Germany, Italy, (Belgium, Luxembourg, and the Netherlands), she worked tirelessly to keep family readiness group leaders informed. Kathy was also a champion of Families in numerous U.S. Army Europe, Installation Management Command-Europe and U.S.

Army NATO forums," he said.

Ham pointed out that the Army in Kaiserslautern and its surrounding villages not only benefit from extraordinary host nation support, but also from their coexistence with Air Force and the resultant assistance.

Case in point – the music was provided by the U.S. Air Force Europe Band led and conducted by Tech Sgt. Dodd Martin, which performed the musical tribute to Fontaine.

Marking assignments of Fontaine's career, the band played the songs of the 4th Infantry Division, the 24th Infantry Division, the 82nd Airborne Division, the 1st Corps Support Command, the 21st TSC and the Army Song.

773rd Civil Support Team set to activate Sept. 16 in Kaiserslautern

By Lt. Col. Michele R. Sutak
7TH CIVIL SUPPORT COMMAND PUBLIC AFFAIRS

The 7th Civil Support Command will activate the 773rd Civil Support Team, a new full-time Army Reserve unit in Kaiserslautern, Germany, Sept. 16.

In preparation for the "Road to War" the 773rd CST is developing partnerships with various U.S.-based Civil Support Teams to include Nevada and New Mexico.

Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th CSC, met with Brig. Gen. Jack R. Fox, the deputy adjutant general, New Mexico National Guard, on Danner Kaserne, July 14.

A partnership for the National Guard and Army Reserve CSTs is in the development stages, and both commanders are on board.

"The New Mexico team could definitely provide assistance," said Fox, adding "it will be a great training opportunity for both teams."

Currently the 92nd CST from Nevada has agreed to assist the 773rd CST with training and providing lessons learned.

The 773rd CST will be the only active Army Reserve Weapons of Mass Destruction Civil Support Team stationed outside of the continental United States.

The mission of the 773rd CST will be to provide technical assistance to host nation first responders in case of a biological, chemical or nuclear incident.

Once the unit is activated, each member of the team will receive hundreds of hours of training.

This training includes a two-month course of individual and team training at Fort Leonard Wood, Mo., and follow-on home station individual and collective training.

This extensive training is necessary in part due to the advanced non-standard equipment the members will need to operate. Some of the specialized equipment includes Level A protective chemical suits, industrial detection equipment, specialized communications and a mobile analytical laboratory.

The 21st Theater Sustainment Command, USAREUR and 7th Army, and its new mission capabilities will make it a model for active and reserve component teamwork and partnership.

21 TSC STB changes command

Lt. Col. Michael A. Cortez Jr., incoming commander 21st Theater Sustainment Command Special Troops Battalion, receives the colors of the 21st Theater Sustainment Command Special Troops Battalion from Col. Sharon R. Duffy, deputy commanding officer, 21st TSC, during the battalion change of command ceremony on Panzer Kaserne, August 18.



Spc. Jason Nolte



Bianca Weissbarth, seals-keeper, conducts the training with the seals as part of the daily feeding hour that is open to all visitors in the zoo in Heidelberg.



An orangutan keeps an eye on visitors while enjoying a snack.

Feeding public's love of animals

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

"A zoo visit is always worth it," said Stefan Geretschlaeger, zoo-keeper and supervisor of the African area in the Heidelberg Zoo.

Two hundred different species in a total of about 1,000 animals represent a variety from different countries and continents. Spread across 11 hectares, the zoo is divided into species-appropriate enclosures, green areas, as well as fun and action areas for children.

The zoo offers many highlights which make it a special attraction.

The enclosures are created in a remarkable way and the keepers pay great attention to details. So could it be that one of the sloths, either Wilma or Fred, climb and crawl along the fence and trees above your head between their 15 hours rest, while you are entering their terrain. Or you feel like standing at the North Sea while walking through the bird aviary, which is an imitation of the natural environment at the tideland.

The zoo exists since 1934 and it even survived World War II. The oldest zoo inhabitants are the giant turtles Julius and Caesar who are older than 70 years and part of the zoo for more than 50 years.

Besides these old animals, there are currently many young and newborn animals. The 1 1/2 year old gorilla Kiki is the only gorilla in the zoo that could have been raised by hand. Usually, if the mother gorilla rejects her baby, they are passed to the zoo in Stuttgart and are raised there. In

nature they would die. The monkey house invites you for a short rest, while watching the fascinating social behavior of the chimpanzees, orangutans, and gorillas.

An additional noteworthy feature is the largest population of the rare species of Roloway long-tailed monkeys, which has its home at the Heidelberg Zoo along with the zoo in Munich. By supporting a special protecting project, the Heidelberg Zoo also guarantees the protection of the long-tailed monkeys in their natural environment in West Africa.

One major highlight is the feeding of the seals, which includes the playful demonstration of little exercises like playing ball. Furthermore, the seals give birth in the months of June or July and this would be the best time to see the pups.

Currently, pup Holly learns to swim in a separate basin with her mother Lea to protect Holly from the dangers of the adult animals while they romp around. In their natural environment only 20 percent of the pups would survive.

"Kids are mostly interested in small things and small animals," said Steffanie Richter, Chief of Marketing and Public Relations. Speaking from her experience, the guinea pig and rabbit enclosure is as popular as the locusts in the terrariums and both are more interesting than the lions, monkeys, and elephants.

"Furthermore, kids love to be in interaction with animals, that is why we have our petting zoo with goats," she added.

"The monkeys are our first stop and then the goats where my son can pet them," said Jen-

nifer Swetland, an American visitor. After her fourth or fifth time in the Heidelberg Zoo she still thinks that it is a good place to go with her children.

"It has a good size, it is not too small and not too big," she said.

For older children and adults, the zoo offers guided tours in English, which could be booked for up to 20 people. These tours are a possibility to get detailed information on the zoos and to have questions answered by the guide.

"Americans are our guests here in Heidelberg and they are always welcome in our zoo," Richter said.

But not only animals are important in a zoo. Playgrounds and green areas, where children have fun and adults can relax also play a big role.

Many special plants and trees grow there and in honoring the 75th birthday of the zoo, this year, they built a new playground with handicapped accessible merry-go-rounds, adventure path, and climbing structures.

An improvement for the animals will be the new elephant house, which is planned by special elephant house architects and will be opened next year. A small herd of young elephant bulls will become the new fellows of the two older elephant ladies Jenny and Ilona. This project is once more a proof, that life in a zoo is determined by the continuing improvement and variety not only for the zoo employees but also for its visitors.

The zoo is open year-round and entrance fees are €7 for adults and €3 for children 3-18 years old.

Behind the scenes

By Ina Stiewitz
BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

To guarantee the animals' well-being, a total of 29 zoo-keepers take care of the animals and are responsible for certain areas every day, year-round.

The 8-hour day of a zoo-keeper begins with a tour of all the animals in his area. They check the animal's behavior and well-being and spend most of their time with cleaning the enclosures, preparing of food and conducting animal training.

This training is supposed to teach the animals how to move in certain situations. The elephants for example need to react to different instructions, while they are showered and their feet and mouth are checked.

"To be able to conduct such training, we go to special schools, like the First European Elephant Management School in Hamburg for example," said Stefan Geretschlaeger, zoo-keeper and supervisor of the Africa area. All instructions are in English in case an elephant will be passed to another zoo. The elephants get a so-called "positive training" which includes a reward after the performed action.

"During a trip through India at the age of 18, I got in touch with elephants for the first time and that

sparked my interest in these animals," Geretschlaeger said. "Back in Germany, I did an apprenticeship to become a zoo-keeper at the zoo in Cologne."

Most of the zoo-keepers have a special attraction to their job. "It has been my dream job since ever, because working outside, the contact with people and especially the relations to the animals are awesome. The animals know me, that is amazing," said Bianca Weissbarth, seal-keeper.

"Working with all the animals is exciting and varies, but it could also be nerve-racking, especially when you feel that one of your animals is sick," said Kim Kleene, elephant-keeper.

Sick animals, but also newborns, can demand more time than usual and an 8-hour working day could be extended sometimes. The newborn animals need to get used to the zoo life. Meaning that seal pup Holly has to learn to take the salted bath on Thursdays, while the keepers clean the seal basin.

"We know in advance that it could take us until midnight, to get Holly to the salted bath," said Dirk Eichmann, zoo-keeper for the seals and predators.

The most important aspect of the work in a zoo is to keep all animals in their appropriate environment.

GERMAN COOKING

Bauernfrühstück (Farmers Breakfast)

Serves: 4

Ingredients:

- 4 potatoes; medium
- 4 bacon; strips, cubed
- 3 eggs; large
- 3 tablespoon milk
- 1/2 teaspoon salt
- 1 cup ham; cooked, small cubes
- 2 tomatoes; medium, peeled
- 1 tablespoon chives; chopped

Directions:

- Boil unpeeled potatoes 30 minutes. Rinse under cold water, peel and set aside to cool. Slice potatoes.
- In a large frying pan cook bacon until transparent.
- Add the potato slices; cook until lightly browned.
- Meanwhile blend eggs with milk and salt. Stir in the cubed ham.
- Cut the tomatoes into thin wedges; add to the egg mixture.
- Pour the egg mixture over the potatoes in the frying pan. Cook until the eggs are set.
- Sprinkle with chopped chives and serve at once.

Apfelpfannkuchen (German Apple Pancakes)

Serves:6

Ingredients:

- 2 large cooking apples (yellow delicious, or granny smith)
- 1/4 cup butter
- 1 cup flour
- 1 cup milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg, grated
- 1 confectioner's sugar

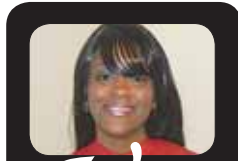
Directions:

- Preheat oven to 475.
- Peel, core and very thinly slice the apples; you should have approximately 1-1/2 cups.
- Melt 2 tablespoons of the butter over medium low heat in a small frying pan, and saute the apples until they are just tender. Keep apples warm while preparing the batter.
- Place a 9 or 10 inch cast-iron skillet in the oven to heat for at least 5 minutes — the pan has to be very hot for this to work. When it is well heated, add the remaining 2 tablespoons of butter to melt and put the skillet back in the oven; the butter should be very hot but not brown when you add the apples and the batter.
- Place the flour, milk, vanilla, salt and nutmeg in a blender and whirl until smooth.
- Remove the skillet from the oven, quickly arrange the warm apple slices over the melted butter, and pour the batter evenly over all.
- Bake for 15 minutes, reduce heat to 375 and bake 10 minutes longer. The pancake will puff and climb up the sides of the pan.
- Sprinkle with confectioner's sugar, then cut in wedges and serve with maple syrup.

SOURCE: www.mygermanrecipes.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 dietitian 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.



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,

I hope you can give me some advice and wisdom in a hurry. I made a big mistake that I really regret. To say, it's not the first time this has happened, but I thought I was learning to make better decisions as I have gotten older. Somehow I keep falling in the same tracks.

What turned into some late night booty calls is giving me the blues because I want more from this relationship. It seems he only sees me as this woman who he calls for one thing, and one thing only. I don't get any respect — no phone calls that say "Hi I miss you, how is your day?" I don't get any flowers, or nothing for my birthday. However, when he wants me to break him off a little "something, something" he calls me.

I'm getting older, and I'm ready to settle down. I really like this guy, and I think we have great chemistry. Can you give me some advice on how to turn this relationship around into something special?

From: Wanting More From My Beau

Dear Wanting More,

Trust me, this will never be more than what it is. I have to be honest to you because I get tons of letters like yours.

Here's the deal, "it is what it is." You agreed that you were only a booty call when you first agreed to let him come over late one night; as you said "you broke him off a little something."

You seem surprised that he has listed you in his "Black Book" as the woman he calls late at night when he wants to creep over. The only thing you can do is refuse his offers in the future. He won't mind because he has other women just like you to choose from. Just know you will never have a respectable relationship with this guy.

Not to be so harsh to you, but you brought this on yourself. If you believe you deserve better from a relationship, then set higher standards and stop jumping into bed with any man who only wants to give you 10 minutes of his time. I

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 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.

think you deserve better.

If you are to change, it must start within. Visit the bookstore and start reading self-help books that focus on your self-esteem. Focus on "you" and how you can improve yourself spiritually. Don't fall into this trap again. I really wish you the best.

Responses to previous columns:

Dear Ms. Vicki,

Please let me start out by saying I have never written in to a newspaper column in my entire life. After the letter printed on Aug. 6, with regards to spouses spending, I had to respond because I was seeing red. The writer made two statements that infuriated me; "no spouse should be able to have full control of the Soldier's assets" and "the Army should repay him every dime he lost." Are you kidding me?

If you are unable to trust your spouse and are not on the same page when it comes to serious issues (finances) then why are you married to that person? Correct me if I am wrong, but aren't you supposed to communicate and come to a consensus before getting married and possibly putting yourself in a bad situation? And why should the Army pay you twice? If you can't control what's going on in your household, that is not their problem.

I would never go for my husband putting me on an allowance nor would I ever think about rationing his money either. We respect each other more than that. We both agree that our budget is important and that we have the same goals we are striving for (new house, retirement and etc.) If there is a small-ticket item he wants to buy, then he gets it and the same for me. If it is a big-ticket item, then we have to write everything down on paper, look at the pros and cons and then come to an agreement on if we can afford the item. It seems like a lot of married couples out there need relationship help, not financial help.

From: Infuriated in Germany

Dear Ms. Vicki,

I want to let "Loving Wife" know that what her FRG is doing is wrong! I am not just saying this because I feel that way, but because it is actually in the regulations governing how FRGs are to run. I wouldn't be surprised if it's in the SOP for her Soldier's brigade, battalion and even company FRGs, too!

First, everywhere you look there is drama. I don't know exactly how bad things are or what's going on specifically, but trust me. It's there even in the best of FRGs. Getting involved and speaking up is the first step to

curbing it. I say curb it because we're all people — it's always going to be there. The less of it we can show, though, the better.

Second, she is an FRG member automatically when her Soldier joins the unit. "An FRG is a command-sponsored organization of Soldiers, civilian employees, family members (immediate and extended) and volunteers belonging to a unit." (AR 608-1, Appendix J). How much, or little, you participate is up to you, but you can't be kicked out! Third, cliques, spouse "rank" and 'retaliation' are issues that need to be discussed with your Soldier's unit commander immediately! The FRG is the commander's program (see AR 608-1, Appendix J and AR 600-20), not the FRG leader's!

They need to know what is going on and to fix it. Focus on the problems, not the people causing it, if possible. Pointing fingers seldom gets you anywhere. If the commander doesn't seem to address the issues, your next stop needs to be to your battalion FRSA! The FRG is not a social club, it is for communication and information — there should not be cliques. Spouses, unless they are or have served in the military, do not have rank!

Any retaliation threats or actual actions are punishable under UCMJ (sometimes it is possible to punish the Soldier for the 'crimes' of the spouse...). Come prepared with ideas on how to solve the problems, if you can. Sometimes, that could be as easy as establishing the '5 Basic Rules for FRGs' and making them prominent. Be prepared to volunteer if possible. FRGs need to focus on communication and information, as these are the missions as laid out in the regulations.

Remember that anything that involves more than one person has the potential for drama. Creating drama is the way some people cope with stress. (Easier said than done, but) try not to take it personally, if possible. FRGs, like the Army, is a work in progress. Work with the resources in place to build a great FRG. Families depend on people who want to pass the information along! Continue to be a resource for the families and Soldiers. The military is a life of service; for the Soldier, service to country ... and for the family, service to community. FRGs need to be in place, and we need to work together to make them the best that we can. Our Soldiers and families deserve it! I share your concerns. Pushing them aside is not an option! May you have luck working to overcome them.

From: Proactive FRG Coordinator

GET OUT!

area events

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

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.usa.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.

Europa Park or Prague Express – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, [civ. 0631-3406-4117](http://www.6631-3406-4117).

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.usa.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. OCCHeidelberg@aol.com.

September 2

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](http://www.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.

Prime Rib Dinner – Head to the Patrick Henry Village Pavilion 5:30-9 p.m. for prime rib with au jus and creamy horseradish sauce, chicken Parmesan or grilled salmon fillet with dill sauce, all accompanied by side items, a fresh garden salad bar and dessert station. Reservations recommended, walk-ins welcome. DSN 388-9436.

Salsa Party – The Top Hat Club will host a Salsa Party 9 p.m.-4 a.m. The evening will include tantalizing music and dance lessons. There is a \$5 cover. The Top Hat Club is

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.

located in Benjamin Franklin Village, Bldg. 738. DSN 380-9370, [civ. 0621-730-9370](http://www.0621-730-9370).

Top Hat Club is located in Benjamin Franklin Village, Bldg. 738. DSN 380-9370, [civ. 0621-730-9370](http://www.0621-730-9370).

September 5

Heidelberg Castle Illumination Cruise – Tickets are now on sale for the Heidelberg International Ski Club's riverboat cruise and Heidelberg Castle's fireworks/illumination. Open to all and the cost is €20 per person. Price includes complimentary food and beverages dockside prior to departure. DSN 370-8248, [civ. 06221-4330905](http://www.06221-4330905), www.heidelbergski.com.

Mannheim Comics Show – Head to the Großer Saal der Jakobus-Pfarrrei in Mannheim-Sandhofen, Domstiftstr. 40, 9 a.m.-3 p.m. for this semi-annual event. More than 50 dealer tables will have U.S. comics and trading cards. Entry is free.

Old School R&B Night – Armstrong's Club invites you to Old School R&B Night on Sept. 5 and 19, 9 p.m.-2 a.m. This free event features a live DJ and free finger food. DSN 489-6000, [civ. 0631-354-9986](http://www.0631-354-9986), www.mwrgermany.com.

September 6

Midnight Bingo – Kazabra Club will host Midnight Bingo 9 p.m.-midnight. Two guaranteed \$1,000 games will be played. Free soft-drinks and food will be available. Doors open at 7 p.m. DSN 489-7261, [civ. 0631-536-7261](http://www.0631-536-7261), www.mwrgermany.com.

September 10

Fall Hunting Course – The Heidelberg Rod and Gun Club will be offering a course to obtain your German federal hunting license and weapons ownership permit. Class runs through Oct. 31 on Thursday & Friday evenings as well as Saturdays. The same class will be offered in Kaiserslautern, Baumholder and Wiesbaden during the fall. Class fee is \$150 plus the cost of ammunition. Pre-registration is encouraged. [civ. 06202-51193](http://www.06202-51193), Wednesday - Sunday.

September 11

Back to School Bash – Head to the Heidelberg Arts and Cultural Center 3-10 p.m. for fun and games, barbecue, ice cream, giveaways and a dance 7-8 p.m. DSN 388-9003.

Comedy After Dark & After Party – Don't miss the Comedy After Dark and After Party at the Top Hat Club on Sept. 11, 9 p.m.-4 a.m. The night will feature a state-side professional comedian and a local R&B band. Patrons must be 18 and older. Tickets are \$15 in advance and \$18 at the door. The

September 17

Time for the Bazaar! – The 45th Annual Ramstein Welfare Bazaar will through Sept. 21. There will be more than 130 vendors from all over Europe selling their wares including furniture, pottery, art, food, linens and more, various organizations will also be selling food and performing on the entertainment stage. This is the perfect time to get started or finish shopping for holiday presents. Doors open at noon on Thursday. Thursday and Friday are stroller friendly days. All proceeds from this event are returned to the KMC in the form of scholarships, welfare grants and charitable donations managed by the Ramstein Officers' Spouses Club Welfare Committee. Visit the Web site at www.ramstein-bazaar.org.

September 18

Comedy Show – Leon Rogers and Kaye-ree and the Band will be performing at Armstrong's Club Sept. 18 at 9 p.m. Tickets can be purchased at Armstrong's Club in advance for \$15 and at the door for \$18. DSN 489-6000, [civ. 0631-354-9986](http://www.0631-354-9986), www.mwrgermany.com.

September 19

European Army Medical Department Regimental Ball – Military and civilian medical professionals in Europe are invited to the European Army Medical Department Regimental Ball at the Patrick Henry Village Pavilion in Heidelberg. Tickets: \$30 for 04/E7 and above; \$25 for 01-03 and E6 and below. Unit AMEDD Ball representatives have tickets. <http://emc.amedd.army.mil>.

Indoor Flea Market – Army Outdoor Recreation will host an indoor flea market Sept. 19, 8 a.m.-2 p.m. on Rhine Ordnance Barracks, Bldg. 237. If you are interested in selling, contact ODR now to reserve your booth at DSN 493-4117, [civ. 0631-3406-4117](http://www.0631-3406-4117), www.mwrgermany.com.

Ongoing

Railway Romance – Take a 50-kilometer trip on the 100-year-old line. Experience pure railway romance: treat yourself to the unique experience of a leisurely train excursion in old carriages, which rolled through a romantic landscape at the time of our great grandparents. Runs through October. [civ. 07702-47-7604](http://www.07702-47-7604), www.sauschwenzelnbahn.de.

coming to THEATERS

POST GRAD

(Alexis Bleidel, Zach Gilford, Michael Keaton, Carol Burnett) Ryden Malby had a plan. Do well in high school, thereby receiving a great college scholarship. Now that she's finally graduated, it's time for her to find a gorgeous loft apartment and land her dream job at the city's best publishing house. But when Jessica Bard, Ryden's college nemesis steals her perfect job, Ryden is forced to move back to her childhood home. Stuck with her eccentric family – a stubborn do-it-yourself dad, an overly thrifty mom, a politically incorrect grandma – and a growing stack of rejected job applications, Ryden feels like she's going nowhere. The only upside is spending time with her best friend, Adam – and running into her hot next-door neighbor, David. But if Ryden's going to survive life as a post grad, it may be time to come up with a new plan. Rated PG-13 (sexual situations and brief strong language) 89 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 28 - POST GRAD (PG-13) 7 p.m.; THE PROPOSAL (PG-13) 9 p.m.
 Aug. 29 - MY SISTER'S KEEPER (PG-13) 4 p.m.; POST GRAD (PG-13) 7 p.m.; THE PROPOSAL (PG-13) 9 p.m.
 Aug. 30 - MY SISTER'S KEEPER (PG-13) 4 p.m.; POST GRAD (PG-13) 7 p.m.
 Aug. 31 - THE PROPOSAL (PG-13) 7 p.m.
 Sept. 1 - POST GRAD (PG-13) 7 p.m.
 Sept. 2 - MY SISTER'S KEEPER (PG-13) 7 p.m.
 Sept. 3 - POST GRAD (PG-13) 7 p.m.

Mannheim, Schuh

Aug. 28 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
 Aug. 29 - THE PROPOSAL (PG-13) 4 p.m.; MY SISTER'S KEEPER (PG-13) 7 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 9 p.m.
 Aug. 30 - THE PROPOSAL (PG-13) 4 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
 Aug. 31 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
 Sept. 1 - THE PROPOSAL (PG-13) 7 p.m.
 Sept. 2 - MY SISTER'S KEEPER (PG-13) 7 p.m.
 Sept. 3 - THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.

Vogelweh, Galaxy

Aug. 28 - THE TIME TRAVELER'S WIFE (PG-13) 3 p.m., 7 p.m.
 Aug. 29 - THE PROPOSAL (PG-13) 3 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
 Aug. 30 - MY SISTER'S KEEPER (PG-13) 3 p.m.; THE TIME TRAVELER'S WIFE (PG-13) 7 p.m.
 Sept. 3 - MY SISTER'S KEEPER (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Aug. 28 - POST GRAD (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.; MY SISTER'S KEEPER (PG-13) 6:30 p.m., 9:30 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m., 9:45 p.m.
 Aug. 29 - POST GRAD (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10:15 p.m.; MY SISTER'S KEEPER (PG-13) 11 a.m., 2:30 p.m.; IMAGINE THAT (PG) 6:30 p.m., 9:30 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m., 9:45 p.m.
 Aug. 30 - POST GRAD (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.; MY SISTER'S KEEPER (PG-13) 6:30 p.m., 9:30 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m., 9:45 p.m.
 Aug. 31 - POST GRAD (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; IMAGINE THAT (PG) 11 a.m., 2:30 p.m.; MY SISTER'S KEEPER (PG-13) 6:30 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m.
 Sept. 1 - POST GRAD (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m.; MY SISTER'S KEEPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.
 Sept. 2 - POST GRAD (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m.; MY SISTER'S KEEPER (PG-13) 11 a.m., 2:30 p.m., 6:30 p.m.
 Sept. 3 - POST GRAD (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; THE PROPOSAL (PG-13) Noon, 3:30 p.m., 7:15 p.m.; MY SISTER'S KEEPER (PG-13) 11 a.m., 2:30 p.m., 6:30 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

Customer Service Assessment

The annual survey is available for everyone to take through Sept. 18. Go to www.mymilitaryvoice.org to take the survey. The results will be published December 2009. The assessment enables the Garrison Commander to obtain critical customer service feedback on the service provider strengths and areas requiring improvement. Your voice makes a difference. Customer Management Services Regional Manager, DSN 379-5299, civ. 06202-80-5299.

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/fimwrc/AFC/survey.htm and let them hear your thoughts. You can also access the link at www.mwrgermany.com.

GI Bill Briefings

Come with your questions about eligibility for and transferability of the new POST 9/11 GI Bill. **HEIDELBERG:** Beginning Sept. 1, 9:30-10:30 a.m. Tuesdays and 2-3 p.m. Thursdays at the Heidelberg-Patton Education Center, Patton Barracks, Building 106, Room 109. DSN 373-8660/6176/8700. **MANNHEIM:** Noon - 1 p.m. every Wednesday at the Sullivan Education Center, Building 253, Room 302. DSN 385-2053/3361, civ. 0621-730-2053/3361

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. 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.

• **ATM Skimming Scam** – Be careful when using local ATMs to avoid becoming a "skimming" victim. There have been a number of ATMs discovered in Heidelberg, that had been manipulated to get bank or credit card information. Skimming is referred to when the perpetrator has put a device over the card slot of an ATM, which reads the magnetic strip as the user unknowingly passes their card through it. These devices are often used in conjunction with a pinhole camera to read the user's PIN at the same time. If anything seems unusual about the ATM that you want to use, please contact the bank officials.

• **Service Credit Union Closure** – All Service Credit Union branch offices will be closed Sept. 7 in observance of Labor Day. All Service Credit Union branch offices will resume normal hours of operation on Sept. 8.

KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.
• **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.

Community

• **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 CIF. 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.

• **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 or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, kin.atap.distro@eur.ds.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** – DSN 370-6883, www.mwrgermany.com/hd/acs.

• **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 2-4). Register: Germanatpatton@KSH-heidelberg.com. Civ. 06221-16-8226.

• **Cash Cage Opening** – The Heidelberg Disbursing Office/Cash Cage in Building 31N on Campbell Barracks is scheduled to open 8 a.m.-noon Sept. 1-2. The Cash Cage is schedule to close indefinitely after those dates.

Homeschool Group Signup

– The Heidelberg Homeschooling Group is signing up families for activities in the children's room of the Patrick Henry Village Library 1-4 p.m. Sept. 2. Come to learn more about us, tell us your ideas, and see what we have to offer this fall for field trips, book clubs and classes. melcu@earthlink.net.

• **Field Trip** – The Heidelberg Homeschooling Group is sponsoring its first field trip Sept. 4 to the Messel Fossil Pit (Messel Grube) south of Darmstadt. Meet us at the Patrick Henry Village Park and Ride at 9:30 a.m. melcu@earthlink.net, <http://messel-fossils.eu>

• **Cost Estimates for CPI/Lean Six Sigma** – Work as team member in developing cost estimates for CPI/LSS projects Sept. 9. DSN 370-7811/7870.

• **Thrift Store Closure** – The Heidelberg Thrift Shop will be closed Sept. 8 for the HCSC monthly luncheon.

• **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

• **Volksmarch Volunteers Needed** – The Heidelberg International Wandering Club is seeking volunteers for the 35th annual volksmarch 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, www.hiwc.de.

• **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.

• **Health Fair** – September is Healthcare 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** – 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.

• **Women's Equality** – Mannheim community celebrates Women's Equality Day 11 a.m. Aug. 28 with a 1.3 kilometer Walk for Women's rights starting at Sullivan field. Families and Soldiers from throughout the community are encouraged to attend and participate in the day's event, which include face painting, food, entertainment, a bouncy castle and informational displays.

Central Enrollment Hours

Change – The Mannheim Central Enrollment and Registration (Child, Youth, & School Services) hours of operation will temporarily change Aug. 31 through Nov. 30. Central Enrollment is located at Sullivan Barracks, Building 255, Room 106. DSN 385-2750/2353, civ. 0621-730-2750/2353. New appointment hours: 8 a.m.-noon Mondays, Wednesdays and Fridays; noon-4 p.m. Tuesdays; and 1-4 p.m. Thursdays. New walk-in hours: 1-4 p.m. Mondays, Wednesdays and Fridays; 8-11:45 a.m. Tuesdays; and closed 8 a.m. - 1 p.m. Thursdays.

• **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.

• **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.

• **Community Yard Sale** – 8 a.m.-2 p.m. Sept. 12. Only personnel with valid U.S. I.D. cards may sell and only personnel with 50FA 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.

School Liaison Transition

Services – It's time to apply for free and reduced lunches for school year 2009/2010. You will need sponsor's and spouse's most current LES; sponsor's orders with family members listed. Apply with Central Registration. Applications at all Mannheim schools, and SLO Office. You must re-apply every year.

• **Training Facilities** – Your local 7th Army Joint Multinational Training Command, Digital Training Facility on Coleman Barracks has several air-conditioned classrooms with 16 multi-media computer workstations with Internet access and video teletraining capability. These classrooms are ideal for individuals seeking a quiet place to work online on self-development courses. DSN 382-4384, civ. 0621-799-4384.



Overall competition winners, Sandra Griffin, Rick Kranning and Janail Baglia pose with their trophies Saturday at the U.S. Army Garrison Stuttgart Bodybuilding and Figure Competition. Shaheed Simms

Stuttgart Bodybuilding and Figure Competition
Women's

- Short Figure**
1st Janail Baglia
2nd Valerie Sullivan
3rd Marcie Ireland
- Tall Figure**
1st Brandi Dearmon
- Body Building - Light Weight**
1st Valerie Sullivan
- Body Building - Heavy Weight**
1st Sandra Griffin
2nd Marcie Ireland
- Overall Body Building**
Sandra Griffin
- PRO CARD Overall Female Body Building**
Janail Baglia

Mens:

- Light Weight**
1st Ricky Kranning
- Light Heavy Weight**
1st Terry Graham
- Heavy Weight**
1st Lorenzo Peterson
- PRO CARD Overall Male Body Building**
Rick Kranning.

Bodybuilders, sculptors show off work

Showing off years, months and weeks of strenuous, grueling body sculpting training, with a diet that would wreck the average mortal, the competitors of the second Annual U.S. Army Garrison Stuttgart Bodybuilding and Figure Competition

filled the Kelly Theatre Saturday. This competition brought bodybuilders from as far as Aviano, Italy and Grafenwöhr, Germany.

It was the second year for the event, but the first year as a professional qualifying bodybuilding event.

The event was sanctioned by the International Natural Body Building Federation, in affiliation with the World Natural Body Building Federation. Winners of this event can now move on to the professional circuit. SOURCE: Shaheed Simms

18 year old wins Heidelberg Golf Championship

Nikolai Straetz, Ricky Peltier and Sabine End, were all winners at the annual two-day Heidelberg Golf Championship this past weekend.

Eighteen-year-old Straetz shot a two under par 70 on opening day to lead the Mens division by four strokes over Jason Perry and Josh Woodfox.

But Perry and Woodfox caught up with Straetz on the back nine on Sunday.

Then Perry double-bogeyed and Woodfox bogeyed the 17th hole, giving the lead back to Straetz.

All three had pars on the final hole, with Straetz winning the championship by a stroke, 145 to 146.

Woodfox took second in the scorecard playoff.

Net winners (with handicap) in the Mens division were Roger Verville (141), Mike Wilkens (144), and Troy Misak (145)

In the Seniors division, Rickey Peltier shot 72-77 to beat Joe DeBoer (79-72) by two strokes. They were tied going into the final two holes Sunday but Peltier birdied the 17th while DeBoer double-bogeyed. Jim Long won the Seniors' net (133). H-J Dorando was 2nd (137) and Ed Wagner 3rd (140).



Jason Perry lines up his putt on the 18th hole during the Heidelberg Golf Championship. Regina Abrigo
Nikolai Straetz, in blue, was the overall winner.

Sabine End won the Ladies' division with a steady 78-79. Kim Daffron was runner-up with 79-91. Ladies' net winners were Tammy Book (141), Helga Worm (156), and Kim Perez (158).

Long Drive winners were Marco Armbruster, Jim Long, Sabine End, Lori Schlichter, and Douglas Reeves.

Closest to the Pin winners were Dan Hingen, Tafuna Oney, Jim Long, Sabine End, Kim Daffron, and Frank Reynon.

Club official Lamar Porter presided over the tourney and the awards ceremony followed play. Seventy-five golfers took part. SOURCE: Rex Gribble

staying ACTIVE

Sports and School Physicals

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. esys-heidelberg@googlemail.com, 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 active-duty Army and Air Force 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.

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.

Ice Hockey Players Wanted

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

Mannheim Community Sports

Basketball - The Mannheim Mustang Community Women's Basketball Team is looking for players. DSN 385-3164, civ. 0621-730-3164.

Volleyball - Male and female players are needed for community volleyball teams. DSN 385-3164, civ. 0621-730-2001.

Soccer - Practice is held every Monday, Wednesday and Friday at 6 p.m. at Sullivan Gym Field. DSN 385-3149, civ. 0151-587-21197.

Free Aerobics Classes

FMWR's SKIES Unlimited now offers dance instruction in ballroom, jazz, hip-hop and ballet for children and youth. Classes offer students of all levels an opportunity to be exposed to the beautiful world of dance and fine arts. Contact Central Enrollment, DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.