

HeraldPOST

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

HP THURSDAY
Aug. 6, 2009

Speed Read

OVERSEAS PREGNANCY

Having a baby is a challenge anywhere; having a baby overseas brings a whole new set of issues. Find out what it's like to have prenatal care in a host nation facility. 2

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VACATION BIBLE SCHOOL

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Jason L. Austin

Spc. Jorge Ayala, V Corps, is decontaminated by two German firefighters during an anti-terror and consequence management exercise held at Nachrichten Kaserne Saturday. Ayala was one of about 30 victims of a simulated terrorist attack at the kaserne.

Community checks readiness capabilities

By Jason L. Austin
HERALD POST STAFF

A simulated radioactive-laced bomb was detonated on Nachrichten Kaserne Saturday morning killing several Soldiers and wounding even more.

A terrorist hijacked a community

shuttle bus and attempted to enter the kaserne. After being denied access by barriers, he held 30 hostages – executing three – on the bus before a breakdown in negotiations led him to detonate his explosive vest.

The incident was part of an annual anti-terror and consequence manage-

ment exercise designed to test the response of community emergency crews and validate the procedures in place to handle this type of situation.

“The lessons we learned today are extremely valuable in the world we live in today,” said Col. Paula K. Underwood, commander, Heidelberg Medical Department Activity, addressing all the participants in the exercise in an after see **EXERCISE** page 12

Heidelberg Soldier to compete at Army level

By Kelli Bland
HERALD POST EDITOR

Sgt. Jason Boatwright can now add two new titles to his resume after being named both the Installation Management Command and National Capital Region Soldier of the Year.

This humble Heidelberg garrison chaplain assistant has earned the chance to compete in the Department of the Army “Warrior Challenge” competition at Fort Lee, Va., Sept. 28 - Oct. 2, see **SOY** page 12

Troops join 4-day, 100-mile march

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

NIJMEGEN, the Netherlands – The team was met with cheers of encouragement and praise as they crossed the 100-mile finish line at 2:45 p.m. July 24 on the southern outskirts of the Dutch town of Nijmegen.

The 23 Soldiers from the 21st Theater Sustainment Command and one Air Force member from Ramstein who made up the U.S. team participated in the grueling four-day foot march in the Netherlands.

Joining more than 40,000 other military service members and civilians from around the world, the 21st TSC team marched 25 miles a day through the Dutch provinces of Gelderland, Brabant, Limburg and the city of Nijmegen.

The Four Days March began in 1909 and was conceived by Dutch army Lt. C. Viehoff. The Dutch Physical Education Organization designed 15 150-kilometer walking courses, see **MARCH** page 12



Sgt. Fay Conroy

Sgt. Jason Hancock, the 21st Theater Sustainment Command's NCO of the Year, calls cadence as the team from 21st TSC enters a rest area during the Four Days March held in Nijmegen, the Netherlands, July 24. The flowers in the Soldiers rucksacks were gladioli, the official flower of the march, given to them by onlookers.

Defense Details

HEALTH CARE REFORM

In ongoing discussions about health-care reform, President Barack Obama offered assurance today to those receiving medical care through Tricare or the Department of Veterans Affairs: Your benefits are safe. Eligibility for health care under VA or Tricare “will not be affected by our efforts at broader health-care reform,” Obama told military reporters at the White House Tuesday. Obama said he also made that point clear after meeting with the American Legion's national commander and executive director.

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

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COMMENTARY

Mommy-to-be: Surviving the first trimester

By Kelli Bland
HERALD POST EDITOR

"Pregnant," according to the pee test, anyway. Yay, we're pregnant! Oh crap, we're pregnant! What do we do now?

I think I was pregnant for all of four minutes when the anxiety of becoming a parent hit me. We live overseas, thousands of miles from family – besides our friend-family here, of course – and we have no idea how to raise a child.

Where will I give birth? What's it like in a German hospital? How does child care work? How much does all this cost? Is there room in the restmüll for that many diapers? Does it hurt to breast feed? How much weight will I gain?

I didn't have much time to worry, since more urgent issues started to "arise" right before the six-week mark. I was down for the count with 24-hour sickness (all you moms out there know that "morning" sickness is such a lie), and unfortunately it all started while we were on vacation in Greece. Yeah, the flight home – not so fun.

The "fun" continued when I returned to work, making it very difficult to keep the news quiet, since we didn't want to tell many people until we passed the first trimester. I heard a lot of "you really should go home if you don't feel well." I wonder what they would have said if I really stayed home until I felt better?

On the verge of vomit, since that's how I spent most of my days for seven painful weeks, I paid a visit to my German gynecologist to find out what to do next. At six weeks and four days, I already had a picture of my little peanut, and I at least felt comfortable knowing that my doctor and his staff deal with Americans regularly and speak fantastic English. (I'm pretty sure my restaurant German wouldn't help much at the doctor's office).

I figured out how to keep my body in a somewhat

normal state by eating every hour or two, so at least I could get through the day at work looking slightly normal. Once food started to sound a little appetizing, the pounds I lost in the two weeks of torture (all for a good cause), came right back – probably because the only things I could stand to look at were starchy and fatty. Bring on the French fries and macaroni and cheese!

My poor husband wasn't quite sure what to do with me and my whacked out hormones, but he was a trooper. Laundry, dishes, cleaning – he did it all without a peep.

At 10 weeks, I visited the good doctor again. My worries were put at ease as I watched my baby, about the size of a prune then, move around in response to the doctor's poking and prodding. I left with another sonogram, this one looking more like a little person.

If you think you are pregnant, your local military health clinic can confirm your pregnancy and then refer you to a host nation OB/GYN. It's really not that much different from visiting an American gynecologist. My friends in the States are even jealous because my German doctor does an ultrasound at every visit. Now 16 weeks into my pregnancy, I've already had three, and another coming next week, so my husband and I have been able to watch our baby grow each step of the way.

In my experience, German doctors tend to avoid the small talk you usually get from American doctors, so it seems a bit formal at first, but after they see you a few times, they loosen up. I even got a pretty good laugh out of mine when I asked him at the last visit if my breasts will ever stop growing. I'm worried the PX may not have bras that fit me if they don't stop soon!

There's so much more to tackle, but we're gathering information wherever we can. I've been scouring Web sites (I like www.parents.com, www.what-to-expect.com and www.babycenter.com) and asking questions of a few friends back home with infants

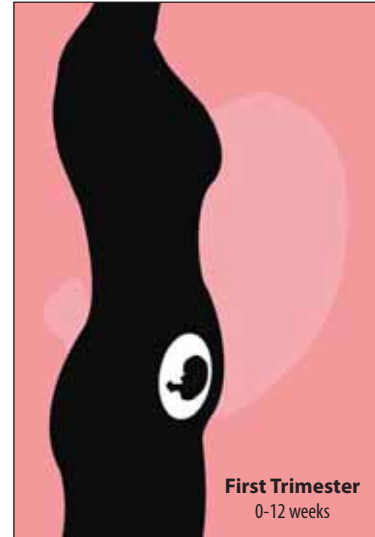


Illustration by Brandon Spragins

Pregnancy Video Feature

If you are a mom-to-be, the Europe Regional Medical Command needs you! They are looking for someone to talk openly about her experiences in the host nation facilities and follow along on a few doctor's visits to capture those happy ultrasound moments on video. DSN 371-3317, civ. 06221-17-3317.

and toddlers. I've also started a group for moms and moms-to-be in the Heidelberg, Kaiserslautern and Mannheim communities on the BWnow virtual community at <http://myBWnow.ning.com>. Check it out, and join the group to talk to other local moms. Editor's Note: This is the first 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

We had a great turnout this weekend at the Village Grille. Thanks for showing your support and trying our new menu.

Some of you may have noticed the long wait times (in Heidelberg). Rest assured we're working on that. Let me explain what happened. In addition to changing our name and menu, we were also required to change our software program to the new RecTrac system. Here's how it works: After

you give the server your order, the staff puts your order into a computer screen; your order then shows up on an order screen in the kitchen; the cooks then begin your meal.

Well, this weekend, the computers weren't transferring the orders to the kitchen screen. Many times, the cooks didn't even know an order had been placed. Thus the delay in getting you your food. As soon as we figured out the problem,

we starting taking orders manually – writing the orders on slips of paper and posting them in the kitchen, just like you see on TV ... please bear with us. Bottom line: This is your restaurant, and our success depends on your support. Give us your input. Let us know what you think about the menu changes, the food, the service. We look forward to serving you in the future.

—Ralph Santaliz, USAG Baden-Württemberg FMWR Director



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Workforce Recruitment Program

Students with disabilities have opportunity to explore government employment

By Kristen Marquez
HERALD POST STAFF

For Estrellita Austin-Wimbush, coming to Germany to work for the federal government has been a long road.

She's here now, though, working in the U.S. Army Garrison Baden-Württemberg Equal Employment Opportunity Office, thanks to the Workforce Recruitment Program for College Students with Disabilities.

The WRP is a joint effort cosponsored by the Department of Labor and the Department of Defense, with participation from about 20 additional federal agencies.

It is a recruitment and referral program that connects federal sector employers with postsecondary students and recent graduates with disabilities. Since 1995, the WRP has provided employment opportunities for nearly 5,000 students.

Austin-Wimbush arrived in Heidelberg in June and will complete her work here toward the end of September.

So far, she said it has been a fantastic opportunity, and she is keeping busy as an EEO technician, "like an EEO specialist in training," she said.

The road here for Austin-Wimbush included lots of schooling – she has an associate's degree in business with an emphasis in accounting, a bachelor's degree in psychology with a minor in early childhood development and a master's degree in mental health counseling.

Her disability is attention deficit hyperactivity disorder, something that wasn't diagnosed in her until age 39, around eight years ago.

"It was such enlightening information ... that was just like the greatest thing that could have ever happened to me," she said of the diagnosis, "because I had gone through life thinking I'm not very bright. Because I just couldn't get it like everyone else, and I didn't know I can get it, I just have to get it differently and I didn't know that. So I just thought I wasn't very smart."

She said she had attempted college several times and said she just couldn't finish.

"Once I got diagnosed, from then on my GPA went up," she said. "I just graduated with my master's with a 3.96. And that's due definitely to know the learning disability that I had and learning how to manage it."

Bonnie Ballard is Austin-Wimbush's supervisor during her tenure with the EEO office. Ballard said in the short time she's been here, Austin-Wimbush has already proven in-



Kristen Marquez

Estrellita Austin-Wimbush works in the Heidelberg Equal Employment Opportunity Office on Patton Barracks as part of the Workforce Recruitment Program for College Students with Disabilities.

"You come into the job being able to be just who you are. You don't have to try to do it like everyone else and pretend that you're OK when you're not. That, I guess, would be the greatest part of it. That and you can just be who you are and accepted for who you are and not have to be someone that you're not."

-Estrellita Austin-Wimbush, Workforce Recruitment Program for College Students with Disabilities

valuable to her office, filling in spaces that couldn't be filled due to budget constraints and educating others about ADHD.

"Actually, if we look at funding, for example, I have lost two slots they say I can't hire," Ballard said. "There are a lot of organizations like that. So these students here are very capable. Just because they have some sort of disability, it doesn't mean that they can't produce."

"My student has a learning disability. She may not be able to do a project as fast as a person that does not have that disability, but she can get it done

– she has a master's degree in mental health counseling."

Ballard said she thinks Austin-Wimbush will serve as an encouragement to others who may have a similar disability.

One of the projects she's been working on is establishing a mini-program for future WRP students, based on her feelings and experiences here, so the next students can benefit. She's also been tasked to contact school and college counselors to gauge interest in the program.

"Most people when you talk about people with disabilities, they think

about a person on crutches or a person in a wheelchair," Ballard said, "but there's a whole gamut out there of persons with disabilities. We just need to take care of people, and that's what I'm about, taking care of people."

Wanda Watson-Mays is the program coordinator for U.S. Army Europe and 7th Army.

"My predecessors started the program in Heidelberg in 2003, and I became responsible for managing it when I reported on board in 2006," she said.

"It was too late to participate in the program that year, so I brought my first student to Heidelberg in 2007 and progressed to two students in 2008 and nine students in 2009," Watson-Mays added. "Of the nine students in Europe, six are in Heidelberg, two are in Ansbach, and one is in Hohenfels."

She explained the process to get a WRP student to work for an organization is simple.

"The manager calls their servicing EEO office to request a student," Watson-Mays said. "They must provide the position title and a job description. Based on that information, student names are retrieved from the WRP database with the same or similar education, major, skills and interest in working abroad. The manager may contact the students and interview them."

"Once the student accepts the position, the manager notifies that EEO manager, and they work together to ensure the student understands the job, grade level, pay, etc. Then, the offer of employment is extended to the student and the manager works with the student for a date to report to work."

To be eligible for the WRP, students must be current, full-time undergraduate or graduate students with a disability, or have graduated within one year of the release of the database each March.

Austin-Wimbush, who grew up in North Carolina and Kansas and graduated from Emporia State University in Kansas, said her time here has proven beneficial and invaluable, and she's hopeful it might lead to a permanent job with the government.

"You come into the job being able to be just who you are," she said. "You don't have to try to do it like everyone else and pretend that you're OK when you're not. That, I guess, would be the greatest part of it."

"That and you can just be who you are and accepted for who you are and not have to be someone that you're not!"

Vacation Bible School



Jason L. Austin

Two children, performing as Andrew and Simon Peter, cast out their nets to try to catch fish, but pull the nets in empty, until Jesus comes to them and asks them to cast one more time, at which point they were unable to pull the nets back in because of the enormous catch. The children were taking part in the drama portion of vacation Bible school in the Heidelberg community Monday. This year's VBS theme is SonRock Kids Camp. More than 200 children are attending VBS this year.

SonRock Kids' Camp begins in Heidelberg

By Jason L. Austin
HERALD POST STAFF

More than 200 children and more than 110 volunteers showed up for the first day of vacation Bible school in Heidelberg Monday to kick off a week of SonRock Kids Camp.

From 9 a.m. until noon each day this week, the children participated in a carousel of activities centered around a daily theme.

Monday's theme for example was "Accepted by Jesus."

To demonstrate that theme, the camp counselors focused on the story of Peter, one of the first disciples, who was casting his net but not catching many fish, but when Jesus entered his boat Peter and his brother Andrew couldn't pull in the nets they were so heavy-laden with fish. Children acted out the story in drama sessions.

During snack time they ate gold fish and pretzel and licorice fishing poles. During craft time, they glued paper Mache onto fish outlines.

The children also participated in a recreation time, and

a theme center, where they focused on the day's lesson.

The whole carousel of activities takes place over three short hours, according to James Corneliusen, religious education director for U.S. Army Garrison Baden-Württemberg.

The event is open to the whole community, and most of the children and volunteers come from the main Christian congregations in the community, although some of the children have no religious affiliation.

"The military community is one where you need evangelism on an enormous level," Orla Zuckerman said.

"You have a lot of children — who for this week, for whatever reason, their parents bring them — this may be the only Jesus they ever see."

Friday the chapel community will host "Party in the Park" at noon to wrap up this year's VBS in style through free food, free concerts by two bands, bouncy equipment, a ministry fair and for a second year in a row The Ultimate Slooze Show.

The Slooze show is a traveling

evangelical ministry that draws children in through games and slooze, a green, edible semi-liquid substance that will cover most players by the end of the show.

The team from First Baptist Church in Altamonte Springs, Fla., flew in land held two shows over the weekend one in Landstuhl and one in Mannheim.

The 22-member team, made up of mostly young professionals spent the week volunteering at Heidelberg's VBS, a first for the show, according to Pastor Todd Lamphere.

The team will wrap up their tour at the Party in the Park, which is open to the whole community, not just those who took part in VBS.

Along with VBS, Friday's Slooze show teaches the children that God is crazy about them and has a purpose in their lives, Lamphere said.

The Slooze team will put on two shows during Friday's Party in the Park on Patrick Henry Village, the first begins around 12:45 p.m. and the second show starts at 3 p.m., and everyone is invited.

DLA-Europe, Africa marks opening in Kaiserslautern

By Clesson Allman

DEFENSE LOGISTICS AGENCY EUROPE AND AFRICA

The Defense Logistics Agency Europe and Africa held a ribbon-cutting ceremony July 24 at its new facilities on Kleber Kaserne in Kaiserslautern.

The ceremony marked the end of a journey that started more than two years ago as preparations began to relocate all DLA elements from the American Arms Office Tower in Wiesbaden to Kleber Kaserne in Kaiserslautern, a distance of approximately 60 miles.

Renovations to the new DLA campus were completed early this year. The buildings' interior was completely gutted then renovated to include new flooring, wiring, heating, ventilation and air-conditioning.

The new 35,000 square-foot DLA campus, consisting of five buildings, is now home to DLA-E/A Headquarters, Defense Energy Support Center Europe and Africa, Defense Supply Center Philadelphia-European Region, Defense Reutilization and Marketing Service-Disposal Service Directorate Europe, DLA Enterprise Support-Europe Legal, J6-Europe, Office of Accountability, Document Automation and Production Service and forward presence personnel. This new facility houses activities that were previously dispersed throughout the Wiesbaden and Mainz-Kastel communities.

"It was no easy task to coordinate and execute the relocation of more than 200 personnel and their families to our new home at Kleber Kaserne, but as one team, you worked together to achieve 100-percent mission success, without once losing focus on our customers," said Linda Ward, the DLA Europe and Africa deputy commander, in her speech to the almost 200 people who attended the grand opening.

Customers, added Ward, now consist of 140,000 military and government civilians, five flying wings, five combat brigades and three joint task forces. These customers are also scattered along 31 million square miles encompassing 104 nations and spend more than \$6.5 billion in annual sales.

"In placing all of the European field activities in one central location, we are now able to provide our customers with true 'one-stop' shopping for their logistics needs," Ward said. "It has also given our team members the golden opportunity to more fully coordinate our efforts with each other and with our customers."

Ward cited the establishment of a true Joint Logistics Operations Center and Fusion Center and the consolidation of four Local National Works Councils into one as examples of this expanded teaming success.

"It is great to see the DLA folks here as one family," said Kim Huntley, Defense Energy Support Center director, who added that the synergy the co-location will now provide in support of a central customer base.

"We have a huge mission ahead of us," Huntley said. "All of you will aid in safely withdrawing our troops and retrograde 685 million tons of material from Iraq and who knows how to do that better than the European Command theater?"

Jennifer Abel, DLA Enterprise Support-Europe site director, noted that the ongoing partnership between the DLA activities and headquarters, and the Installation Management Command-Europe and the U.S. Army Garrison Kaiserslautern led to the success of the relocation.

"Everyone had an important role to play in the implementation of this effort," she said. "We put aside individual and organizational preferences to pave the way for a seamless, timely and effective relocation."

MP regimental CSM asks 18th MP Brigade for feedback

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

The Soldiers of the 18th Military Police Brigade were offered a rare opportunity July 21-24 when Military Police Corps Regimental Command Sgt. Maj. Charles Kirkland paid them a visit.

With the 68th anniversary of the MP Corps approaching Sept. 26 and a senior leaders conference at Fort Leonard Wood, Mo., leading up the anniversary, Kirkland wanted to take the time to get a sense of how MPs feeling at all levels within the regiment.

Kirkland held briefings, had lunch meetings with senior noncommissioned officers, and toured the facilities within the brigade to get an idea of the topics and issues that were of particular interest to the Soldiers of the "Ever Vigilant" brigade.

Kirkland held a forum July 21 at Sullivan Chapel on Benjamin Franklin Village in Mannheim to brief the Soldiers of the 18th MP Brigade on what was going on within the regiment as well as provide them with an opportunity to get some face-to-face interaction with their top leadership.

Soldiers had a chance at the end of the briefing to ask Kirkland any number of questions. Most questions



Military Police Corps Regimental Command Sgt. Maj. Charles Kirkland meets with Soldiers of the Office of the Provost Marshal July 23 on Taylor Barracks in Mannheim to give them an update on the state of the regiment and provide them with an opportunity to give their feedback.

revolved around future operations, new programs, changes in schools and training.

Kirkland also used his meetings with the Soldiers to introduce them to the new military police mission statement, which now includes their duties supporting combat operations in Iraq and Afghanistan.

The MP mission now states that, "The Military Police Corps provides expertise in police, detainee and sta-

bility operations in order to enhance security and enable mobility."

During the open forums, one topic that MPs were eager to discuss was the possibility of adding canine handlers as a military occupational specialty to the MP career management field. Currently, canine handlers are recruited from within the MP Corps and given the additional skill identifier of Z6.

Kirkland received a lot of positive feedback on the subject and prom-

ised to take that back with him to Fort Leonard Wood and see how it works out.

The implementation of military working dogs in support of current operations has proved to be a huge asset to the overall mission and something that many leaders would like to see expanded.

Another topic relating to combat operations that Kirkland focused on with the Soldiers was balancing law-and-order training and experience with combat training and experience.

One of the biggest missions for military police right now is the police transition teams that establish and train local police forces in Iraq and Afghanistan.

"Training indigenous police forces is going to be an enduring mission for the MP Corps," Kirkland said.

That being the case, Kirkland said he would like to see MPs continue to "work the road" and maintain their law and order skills so that they can train Iraqi and Afghan police forces on more advanced policing techniques as a part of their PTT mission.

Kirkland plans to use the senior leader's conference in September as a chance to "scrub out" the issues and make plans to move forward with solutions.

28th Trans. Bn. prepares to inactivate

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

Since the return of the Headquarters and Headquarters Detachment, 28th Transportation Battalion, 18th Military Police Brigade Soldiers from a 15-month deployment in support of Operation Iraqi Freedom last month, the unit has undergone a lot of changes.

In addition to reintegrating its troops, the 28th has begun the process of inactivation.

The start of the transformation of the unit was initiated when Soldiers, friends and family of the battalion gathered July 17 during a dual ceremony at the gymnasium on Coleman Barracks in Mannheim for an uncasing of the colors and a relinquishment of command ceremony.

The HHD began the ceremony by uncasing its colors after 15 months downrange, which was soon followed by Lt. Col. Chris Benoit, the 28th's commander, addressing his Soldiers, reflecting on their tour together in Iraq as well as his tenure as commander for the battalion.

Benoit's relinquishment of command was one of the first steps in the inactivation process. During his farewell speech, Benoit reflected on his time with the battalion, recalling his first day as commander when he said he started counting his days as commander.

"Today is day 1,032," Benoit said. "My, how time goes by."

Benoit's time with the "En Temps" battalion was not limited to acting as commander; he also held the position of special projects officer and executive officer for the battalion, adding another 750 days to his

overall time with the unit.

Having spent so much time with the unit, Benoit had a lot to reflect on – the countless missions, taskings, deployments and redeployments that he has been a part of.

Over the millions of miles the battalion has traveled during his tenure with them, Benoit noted that, "As any commander knows, he or she does not accomplish anything without these great Soldiers and civilians making it happen."

In addition to thanking his unit for making his time in command so successful, Benoit gave a special thanks to the local nationals who work with the Soldiers to keep the unit running smoothly and effectively.

Col. Thomas Evans, commander, 18th MP Brigade, noted that Benoit's success was evident in the fact that his accomplishments as a leader would remain after he has gone.

"Leave knowing that you did what a commander must do – you leave this unit better than when you joined it, and that is the true measure of a commander," Evans said.

As the battalion prepares to inactivate, its Soldiers and its missions make the transition to becoming a part of the brigade's legacy and Army history, a fact that leaves Benoit with a unique distinction, Evans said.

"Lt. Col. Chris Benoit relinquishes command and has the distinction of being the last battalion commander of this unit," Evans said, noting that they leave behind, "a great history of a great unit – and we celebrate their accomplishments today."

Maj. Nicole Heumphreus will be acting as the



Command Sgt. Maj. Gilbert Adkins, 28th Transportation Battalion, and Lt. Col. Chris Benoit, commander of the 28th, uncasing their unit's colors following the Headquarters and Headquarters Detachment's return from a 15-month tour in Iraq in support of Operation Iraqi Freedom.

transformation commander during the unit's inactivation.

The units that currently fall under the 28th Transportation Battalion will either be inactivated or re-flagged under new battalions within U.S. Army Europe or some may go back to stateside units, according to Sgt. 1st Class Johnathan Trussel, human resources noncommissioned officer in charge, 18th MP Brigade.

In his closing remarks to those who gathered at the gymnasium, Benoit admitted how difficult it was to say goodbye after so many years.

"I was told every day in command would be tough," Benoit said, "but no one said the last day would be the toughest."

Camp challenges 150 kids with deployed parents

IMCOM-Europe Public Affairs

U.S. service members stationed in Europe continue to support ongoing operations in Iraq and Afghanistan. The Department of Defense recently announced the 1st Armored Division and 173rd Airborne Brigade Combat Team are heading downrange in a few months. Meaning: the emotional rollercoaster families experience before, during and after a deployment rolls on.

To assist military children through these difficult times, Installation Management Command-Europe has sponsored a summer program, Camp A.R.M.Y. Challenge – the acronym stands for Adventure, Resilience, Memories, Youth – since 2006.

This year nearly 150 CAC participants, whose parents are assigned to organizations scattered from England to Italy, had their choice of activities during a sports, fitness and culinary arts camp.

“CAC needs to be educational and entertaining,” said Joe Marton, IMCOM-Europe’s Child, Youth and School Services program specialist who serves as the action officer for the program. “Our goal is to give the kids a break from the stresses of having a parent serving in combat, along with providing a fun environment ... but one that also provides life skills.”

While much of the 2009 CAC focused on outdoor activities, numerous indoor educational sessions were held as well.

During the one-week camp, held in Bitburg, representatives from Military One Source and the Children’s Financial Network gave classes on nutrition and finances, as well as career advice for the older youth.

Heather Axelrod, an executive assistant with CFN, delivered several presentations as part of the Army’s “LIFE, Inc.” program, which is sponsored by the Deloitte Foundation. The goal, she said, “is to have them think about positive possibilities ... to have them understand the importance of school now and how it relates

long term ... and for us to provide tools needed to help them reach their dreams.”

But for many children of U.S. troops, their biggest wish is to see mom or dad walk through the front door again – and for the worrying to go away.

In a recent Department of Defense release, Barbara Thompson, director of the Pentagon’s Office of Family Policy/Children and Youth, said: “(We) recognize these multiple, long-term deployments are really tough on families.”

Since the start of operations Enduring Freedom and Iraqi Freedom, nearly 2 million children have watched mom or dad leave. And about 234,000 of them have at least one parent currently deployed.

Last year, a survey provided to military spouses included questions regarding their sons and daughters. More than 29,000 responses reinforced anecdotal knowledge on the impact of deployments, Thompson said.

“It indicated that children were showing fear and anxiety,” she explained. “Some were having behavioral issues.”

And during recent testimony before a Senate Armed Services Committee subcommittee, Thompson added: “It was very clear spouses were concerned about the cumulative effects of deployments on their children.”

For its part, IMCOM-Europe has supported more than 720 boys and girls with CAC residential camps during the past four years. Outings have included island and sailing adventures, “space” travel and city tours.

Additionally, specialty day camps – held on installations hit especially hard by deployments – hosted 1,100 military children in 2008.

Overall, the CAC curriculum is built around fitness and health, outdoor adventure, character education, team building and cultural exchanges. Plus social and life skills are introduced throughout the camps.

At Bitburg, for example, Christina Kruger of the IM-



Team-building exercises were a common sight during the 2009 Installation Management Command-Europe Camp A.R.M.Y. Challenge held in Bitburg.

COM-Europe Region Library program highlighted various ways that academic success can be reached via current and emerging technology. And Military Family Life Consultants weaved targeted presentations throughout the camp. “They catered to each kid’s own personal situation,” Marton said.

Financial literacy and career exploration specialists participated this year, educating the young campers and garrison staff members as well.

And every CAC venue, including Bitburg, has employed the “Up With the Sun” work out since it was initiated in 2007 as a sport, fitness and health initiative mimicking military PT time. Campers are outside by 6 a.m. for early-morning workouts, a habit Marton hopes they retain for life.

Initially surprised by Up With the Sun’s popularity, Marton said its success convinced him that by giving youth a chance, they will take advantage of activities that some skeptics believe this generation doesn’t take much interest in. “It is all about opportunity and choices,” he said.

For instance, more than 40 teenagers and middle-schoolers participated in the 2009 CAC culinary arts program that focused on making proper food choices while preparing healthy snacks and meals. Basic kitchen skills – knife safety, ingredient selection, cooking techniques and recipe knowledge – were reviewed and practiced.

And the Army’s Year of the Noncommissioned Officer campaign rang loudly dur-

ing these cooking and baking sessions – with “astounding positive response from campers,” said Marton, because of the gastronomic skills belonging to Sgt. 1st Class Howard Shakespear, a member of the 1st Battalion, 214th Aviation Regiment in Mannheim.

A father of three, Shakespear has participated in operations Desert Shield, Desert Storm, Joint Endeavor and Iraqi Freedom. During OIF he served on a military transition team as an advisor imbedded with the Iraqi army.

“With children of my own, I understand what these kids are undergoing,” Shakespear said. “I’ve also experienced what many Soldiers are feeling downrange – missing their families and concerned about how a deployment impacts those at home.”

Past IMCOM-Europe support of deployed Soldiers and their families included a 2007 and 2008 CAC environmental awareness program tagged “Island Adventure.” Held on the remote North Sea community of Langeoog, the outing offered an extended-family atmosphere and daily community service projects aimed at protecting fragile dunes and beaches. The campers studied native German vegetation, as well as the impact of weather on the island and its delicate water supply.

In 2008, a highlight of the 2008 CAC Space Camp held in Transinne, Belgium, was the European Space Agency, the National Aeronautics and Space Administration, the Amateur Radio on the International Space Station and

IMCOM-Europe pulling together to connect young minds with astronaut Air Force Col. Mike Fincke – while he worked aboard the International Space Station.

A “Tall Ship Experience” was offered as a component of CAC 2007. With 140 campers skimming the Baltic Sea, the crash-course sailors operated a topsail schooner built in 1919, measuring 170 feet long, 105 feet tall and covering 2,799 square feet.

“I will never forget the silence of this massive ship sailing on wind power,” Marton said, “with our youth manning the helm.”

As part of IMCOM-Europe CYS Services, Camp A.R.M.Y. Challenge is part of a youth empowerment process.

An example is Bitburg’s culinary arts camp. Marton explained: “The kids said they needed help preparing meals at home; more meals were being left for them to cook. With Sgt. 1st Class Shakespear’s expertise, we provided them positive life skills.”

Since CAC began four years ago, every individual venue has been specifically designed to meet the needs of military teenagers and middle-schoolers, offering them a chance to meet and bond with others facing similar challenges.

As 14-year-old Daniell LaFleur, from U.S. Army Garrison Mannheim, put it: “We all understand what everyone here is going through. We can relate to how it feels about coming home after school everyday and knowing that your mom or dad isn’t coming home that night.”



U.S. Army Photo

George Weidensall (seated) a chaplain assistant during the Korean War and guest of honor at the July 26, 234th celebration of the founding of the Army Chaplain Corps, prays with Chief of Chaplains Maj. Gen. Douglas Carver and Sgt. Maj. Tommy L. Marrero, chief of chaplains regimental sergeant major.



Spc. Samantha R. Ciaramitaro

U.S. Army Soldiers speak with Iraqis and pass out bumper stickers with local emergency contact information in Basra, Iraq, July 21. The Soldiers are assigned to the 445th Civil Affairs Battalion.



U.S. Army Photo

U.S. Army paratroopers from 2nd Battalion, 377th Parachute Field Artillery Regiment, 4th Brigade Combat Team, 25th Infantry Division, run off a CH-47 Chinook Helicopter during an air assault mission to search the area of Khost province, Afghanistan during Operation Champion Sword, July 29. Operation Champion Sword is a joint operation involving Afghanistan national security forces and International Security Assistance Forces focused on specific militant targets and safe havens within eastern Afghanistan.



D. Myles Cullen

A new Soldier hugs her mother at the conclusion of the basic training ceremony for "Family Day" at Fort Jackson, S.C., July 30. Family Day is when Soldiers are able to meet with their families for the first time since starting basic training.



Kristin Molinaro

U.S. Army Cadet Bernard Wheeler, right, and U.S. Army Pvt. Daniel Shirer, both students with the U.S. Army Airborne School, board a C-130 aircraft for their first parachute jump with combat equipment on Fort Benning, Ga., July 21. Wheeler and Shirer are assigned to Company B, 1st Battalion, 507th Parachute Infantry Regiment.

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U.S. Army Photo

Teams of ROTC cadets compete at the water confidence course during Leader Development and Assessment Course training on Fort Lewis, Wash., July 19.

Mannheim MPs potentially save life of AAFES employee

By Zoë H. Todd
HERALD POST INTERN

Two Mannheim-based military police Soldiers potentially saved the life of a local AAFES employee after an accident at the Mannheim Clothing and Sales store on Taylor Barracks July 8.

Sgt. Adam McGuire and Spc. Casey Almeida, both of the 272nd MP Company, were the first responders on the scene after Kimberly Ascherl sustained a severe laceration approximately nine inches long and up to one inch deep on her arm while using a box-

cutter. The wound caused arterial bleeding, according to local military police officials.

"I didn't even see it at the first minute," Ascherl said about her injury. "All of a sudden I'm seeing all the blood ... they called the ambulance and the next minute ... the two (MPs) were here."

Immediate action was taken to slow the bleeding with pressure bandages applied to the wound and a trouser belt from the store used as a tourniquet to tie off Ascherl's arm and stop the blood flow.

"(Ascherl) was in a good amount of shock," McGuire

said.

After Almeida treated the wound, McGuire proceeded to calm Ascherl until emergency medical personnel arrived.

"They calmed me down - one of the MPs kept saying, 'It'll be OK ma'am, it'll be OK.' They were really professional," Ascherl recalled.

McGuire and Ascherl even went so far as to clean up the blood once Ascherl was safely on her way to a hospital.

"Due to the calm and professional manner in which these two Soldiers conducted themselves, I believe they saved Ms. Ascherl's life and

deserve some kind of recognition," said 1st Lt. Christopher McWhirter, Mannheim director of emergency services.

This recognition was given to both MPs one week after the incident by Mannheim's garrison commander, Lt. Col. Jeffrey Fletcher, and again on July 22 by regional AAFES representatives.

"(MPs) get beat up all the time, and a lot of people don't know what (they) have to do every day," Fletcher said. "It's nice when I get the chance to recognize (MPs) for the great things (they) do day to day."

After a swift recovery, Ascherl is now back on the job and full of gratitude for her rescuers.

"They saved my life," she said. "Saying thank you is not enough - I don't know what to say. As MPs, (saving lives is) their job - they're MPs - but really, they're not, they're more than that."

"Depending on our day, we can drive around and just patrol the area," McGuire said. "Or it can be really busy. We're here to help you, so don't be afraid to come and ask questions and ask us for help."

RTSC Mannheim wins Army-level award

RTSC Mannheim

The Regional Training Support Center Mannheim recently won the Army's Sustainable Range Program 2009 Tier 3 Award for having the best program Army-wide.

Maj. Gen. R. Martin Umbarger, the adjutant general of the state of Indiana, presented the award to Dennis Begin, RTSC Mannheim's Range and Training Land Program/Integrated Training Area Management coordinator at the Department of the Army's annual Sustainable Range Program Conference July 7 in Indianapolis.

The award is based on outstanding accomplishments achieved above and beyond the status quo in three specific areas: integrated management approaches, outreach excellence and innovative programs, projects or approaches developed to improve or sustain the capability, availability and accessibility of installation ranges and training lands.

"This award recognizes the vast coordination and constant teamwork required by the Training Support Center chiefs and their local training area coordinators to successfully implement Department of the Army's Sustainable Range Program," said Dan Wemhoff, chief, RTSC Mannheim. "Making sure that the training platforms - the local training area and in Mannheim the Lampertheim Local Training Area - are in the best possible condition and that the training facilities such as the ranges are fully operational guarantees that the Soldiers are provided the best to train for overseas contingency operations."

RTSC Mannheim, comprised of Training Support Center Heidelberg, TSC Mannheim and TSC Stuttgart, provides the command and control of all ranges and training lands within these military communities as well as the visual information support and the training aids, devices and simulators used for training.

A total of 63 installations and organizations Army-wide were eligible for the Tier 3 level award.

Some regional accomplishments during the period of execution, January 2007 through January 2009, that were considered included repair of trails in the Lampertheim Local Training Area, drainage of the MOUT site in the Böblingen Training Area, renovation of ranges in Heidelberg as well as the stewardship of the historical sand dunes in the Schwetzingen Local Training Area.

RTSC Mannheim is part of the Training Support Activity Europe, Directorate of Simulations and Training Support, 7th US Army Joint Multinational Training Command, all headquartered at Grafenwöhr.

Leaving Mannheim



Lt. Col Dwayne Dickens, 44th Expeditionary Signal Battalion commander (left), and Command Sgt. Maj. Earl Allen unfurl the colors to mark the relocation of 44th ESB to Schweinfurt in a ceremony on Ledward Barracks Friday.

44th ESB officially claims Schweinfurt as new home

By Sandra Wilson
USAG SCHWEINFURT PUBLIC AFFAIRS

SCHWEINFURT, Germany - The 44th Expeditionary Signal Battalion has now unfurled its colors in Schweinfurt marking its official relocation from Mannheim in a ceremony at the Schweinfurt Rose Garden Friday.

"Although we've been on the ground for a little over a month, it seems like yesterday that the command sergeant major and I arrived to start conducting our day-to-day operations out of the new building," said Lt. Col. Dwayne Dickens, 44th ESB commander.

The work done to accomplish the move from Mannheim to Schweinfurt has been "awe-inspiring," said Col. Gerald Miller, 2nd Signal Brigade commander.

According to Miller, the battalion has safely moved 212 pieces of rolling stock, 120 containers, and relocated 105 Soldiers and their families the distance of 150 miles between the two cities.

"In all, the battalion has logged tens of thou-

sand of accident-free miles as part of this move. You should all be proud of what you have accomplished in this very short time period," Miller said.

In addition to the hard work of the battalion's Soldiers, Dickens attributed the smooth relocation to the contributions of community support around them.

"It's because of this outstanding garrison support that 44th was able to hit the ground running and never miss a step," he said.

The 44th ESB brings a long history with it, originating in 1944 and headquartered in Mannheim for most of its years until now. It has deployed in support of numerous operations over that last two decades including, most recently, 15 months in Operation Iraqi Freedom 2007-08.

"As the battalion sets down roots here in the community, we're looking forward to hearing about the positive impact that you will have in the military community and the new bonds of friendship ... in the great city of Schweinfurt," Miller said.

EXERCISE

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action review.

The exercise was a full-scope exercise using both military and local national emergency response assets according to Master Sgt. David Ralston, U.S. Army Garrison Heidelberg Directorate of Plans, Training and Mobilization and Security.

"This helps validate the anti-terrorism and force protection plans for the hospital and the community," Ralston said. "It's an evaluation of the plan we already have and will identify any

changes we need to make to make it more effective.

"We're testing not just our plan but allowing the city of Heidelberg and their first responders to train."

"This exercise incorporated the entire spectrum of emergency services," said Lt. Col. Robert White, USAG Heidelberg commander, "from fire fighters and medical personnel to hostage negotiators and law enforcement; a total team effort that reminds us just how complicated a coordinated response can be and how many players there really are in case we have to do

this for real."

After the simulated explosion, two German firemen in hazardous material suits tested the air surrounding the blast and determined radiation was present.

As they withdrew from the scene, a detachment of medics from HMEED-DAC entered the blast area wearing protective gear and began administering first aid and transporting victims out of the contaminated area and into a staging area where they all awaited decontamination.

The German fire department decon-

taminated everyone through several stations before the victims were able to be triaged and stabilized by an emergency medical team from HMEED-DAC before being nominally transported by the German Red Cross to host nation medical facilities.

"I am amazed at the host nation response," said Col. William Butcher, commander, USAG Baden-Württemberg, following the end of the exercise. It's the host nation support that Butcher reminded everyone about at the AAR.

"(The host nation emergency responders) help keep you and I safe."

MARCH

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and in September of that year 306 Dutch soldiers and 10 civilians walked one of the 150-kilometer courses. In 1925, Nijmegen became the official start point for the Four Days March, which has been held there every year since, except during World War II.

The team from 21st TSC began training for the march three months ago under the leadership of Sgt. Maj. Brent Dick, the 21st TSC's intelligence and security directorate sergeant major. The team went through many phases. At one point, there were about 47 members on the team, but only 26 team members attended the Four Days March in Nijmegen, and only 24 completed the march. Two 21st TSC Soldiers who participated in the Nijmegen march had to drop out due to injuries.

"Twenty-five miles a day really wears and tears on you," said Sgt. Nathaniel Booker, a promotions clerk with the 21st Special Troops Battalion, 21st TSC. "If it wasn't for Sgt. Maj. Dick and all of the Soldiers' motivation, I don't think I would have been able to complete it without them."

That motivation helped carry the team through a particularly trying day – the day it rained and poured.

"The rain can really take your motivation out of you, and you would be surprised by how quickly people want to quit when they've come so far," said Staff Sgt. Chrystal Drummonds, the noncommissioned officer in charge of Client Services at the Legal Assistance Office on Kleber Kaserne. "The Soldiers called cadence, motivated each other and pushed each other. I saw some young Soldiers in this team step up, and they really impressed me. It made me feel good to be a NCO. It made me feel good to be a Soldier."

On the last day of the march, spectators lined the route singing, cheering and passing out gladiosi, the official flower of the Four Days March.

After they completed the march, the exhaustion was evident on their faces as many of the Soldiers grimaced as they stood at attention to receive the Vierdaagse Cross, which is an official Dutch decoration that literally translates to "cross for demonstrating marching proficiency."

"It feels great. It is beyond words," Drummonds said. "The first day I doubted myself. The second day I thought I was crazy. But we've got a great team, and we worked really hard training."

The Four Days March is held every year in mid July. For more information and to start preparing for next year's march, interested parties can visit the official Web site at www.4daagse.nl/index.php/en.html.



Kelli Bland

Sgt. Jason Boatwright, U.S. Army Garrison Heidelberg chaplain assistant, was named the Installation Management Command and National Capital Region Soldier of the Year. He will participate in the Army-level competition Sept. 28-Oct. 2.

SOY

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"It is an honor and a privilege to be considered the IMCOM Soldier of the Year, and I know that it comes with great expectations of me," said Boatwright, who was promoted June 1.

"I believe winning the Soldier of the Year title is the beginning, and now the real work begins by representing my unit, family and IMCOM ensuring that I hold myself to the standard set before me by my own leadership.

"I have been fortunate to experience opportunities that come once in a lifetime, and I feel that it is my obligation to train and prepare as never before, and one day provide other Soldiers guidance on these competitions."

The community is not surprised by Boatwright's accomplishments, according to USAG Baden-Württemberg Command Sgt. Maj. Annette Weber. "Sgt. Boatwright is a dedicated warrior who lives the Army Values," she said. "He is

the epitome of what you want in all enlisted Soldiers entering our ranks. He always gives 100 percent in every task. He embodies the warrior ethos and is definitely an outstanding leader who motivates others just by his presence."

While Boatwright motivates others, his family is busy supporting and motivating him. He and his wife of 11 years have two children, ages 10 and 15 months.

"My wife has been the greatest support for me," he said. "Not only for my career, but also throughout my life she has been there and gives me advice on board answers, rucking with me to prepare for these boards, and any advice that I might have needed."

Boatwright was able to train with two noncommissioned officers from Stuttgart in preparation for the IMCOM competition. Staff Sgt. Edmond Whipple, who competed at the IMCOM level last year, spent several days a week working with Boatwright and Staff Sgt. Ronald White, this year's

IMCOM-Europe representative for NCO of the Year, to ensure they were ready for the intense competition.

Judging by the results, the training was top notch. In addition to Boatwright's success, White claimed victory in the NCO of the Year competition and was named runner-up for the National Capital Region to compete in the Army competition as the district's alternate if the first place winner is unable to do so.

With support from his local leaders, Boatwright will begin training soon for the next step at next month's Army-level competition.

"I will continue to provide purpose, motivation, direction," Weber said. "We will ensure that he receives every opportunity to hone in on skills already acquired and fine tune all warrior leader task and drills. I won't give further details about our training plan because our competition may be listening."



Cinque Terre

tourism perfected

Kristen Bradley
BAVARIAN NEWS

Take a moment to mentally list the places you would like to visit while living in Germany.

For most, and I must admit that I also fall into this category, the list would mainly consist of cities: Paris, London, Rome, Prague, etc. There might be a few countryside locations thrown in there: the Champagne region of France perhaps, or the hills of Tuscany.

Still it seems most of us flock to the cities first and as a result have seen little of the impressive European countryside.

Though a small region in one country is certainly not indicative of this diverse continent as a whole, Cinque Terre is a perfect place to start experiencing Europe outside of the cities.

Five Lands

Five remote towns on the Italian Riviera, the Cinque Terre, or Five Lands, remain remarkably authentic.

Though tourism is a major source of income in the region and tourists roam the streets, they do so side-by-side with locals. No high-rise hotels have squeezed their way between the colorful villas; no Starbucks awnings mar the quaint alleys.

Cinque Terre is, in many ways, tourism perfected.

The easiest way to reach these secluded gems is by car. Arriving by train or plane is possible, but would most likely require numerous connections.

Remember to bring plenty of cash along for the ride. You must purchase a sticker upon entering Austria and will pass through a few tolls there and in Italy, all of it adding up to around €75 one way for a car.

If you do run out of cash, don't panic. Each tollbooth, all of which are easy to understand and navigate, have

credit card lanes if necessary.

Deciding where to park your car is less clearcut. Some rooms advertise free parking spaces for their guests, though this is rare.

Parking inside the towns in scarce and winding your way out to them can be treacherous, so almost all visitors opt to park in either La Spezia or Levanto and take the inexpensive and frequent train into the towns. (From west to east the five towns are: Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. Levanto lies West of Monterosso; La Spezia is the next town east of Riomaggiore.)

Cinque Terre Card

Most travelers will find it extremely worthwhile to purchase a Cinque Terre Card Treno. The Cinque Terre park, established in 1999, charges a fee to use the coastal path (and some others) that links all five towns.

A Cinque Terre Card will allow you usage of shuttle buses and public lifts, access to the coastal trail, entrance to various museums and cultural displays, three hours free usage (upon availability) of bikes on the high paths, and a discount at park stores. The Cinque Terra Card Treno includes all this and unlimited train rides on the Lenanto to La Spezia route.

Sold in one-, three- or seven-day increments, access to the trail and trains alone makes the card well worth the price (a three-day pass with train costs €19.50 per person.)

Trains run frequently and until late at night, so you could go back and forth between the towns all day and night if you wish; they are so close that for most it takes less than five minutes by train to get from one to the other.

Finding a place to stay within one of the towns requires a bit more work than most locations. Type 'Cinque Terre' into hotels.com and you won't find a thing in any of them (trust me,

I tried.)

Yes, having to find a room by sending countless e-mails can be tiresome, but this is what keeps Cinque Terre so special. There are very few big hotels, none of them international megachains.

Some B&Bs may have 10 or so rooms, but the majority of accommodations you'll find are small rooms (with private entrances and bathrooms) connected to a home and let by the homeowner.

There are very few places where you can sit on your porch and simultaneously watch a tourist walk back from the beach while local children play soccer in front of the town church. Cinque Terre is one of them, and the result is magical.

The rest of the magic of the region can be found right outside of the villages, in the hills above them.

The best way to experience the scenic and historic beauty of the area is by walking from Riomaggiore to Monterosso (or vice versa) via the coastal trail (#2). It passes through family farms and each of the towns, allowing hikers to marvel at the thousands of miles of stone walls locals built over hundreds of years while they terraced acres upon acres of land.

The stubborn will of man to make his land his own, while still respecting its natural beauty, is awe-inspiring here.

Not all sections of the path are traversable by every tourist, however. The section between Riomaggiore and Manarola, called the Via dell'Amore or Lover's Walk, is flat, short and suitable for anyone while still offering amazing views.

From Manarola to Corniglia is lightly strenuous, though not suitable for small children as the path is uneven, narrow in places, and runs close to the cliff.

Corniglia to Vernazza and Vernazza

to Monterosso are where the challenge lies, but so does the reward.

No matter which direction you hike, leaving town involves a steep climb up the hillside.

At places the trail becomes so narrow you must place each foot in front of the other instead of side-by-side to make it through. (It is here you see how the trail must require constant maintenance and do not mind paying a small fee for the Cinque Terre Card so the park can maintain it.)

Try not to do either of these sections in the hottest part of the day, and absolutely do not take small children. Parents with babies on their backs should be very cautious as it is easy to lose your balance here.

Wear comfortable hiking shoes, bring plenty of water and lots of sunscreen.

Also try to avoid the peak summer months if you really want to enjoy the trails. They are about as crowded as is comfortable in May; June through August must be unbearable.

After you hike from one end of the Cinque Terre to the other, you will most likely be hot, dusty and ready for a swim.

You won't find many beaches here, the largest and most popular is in Monterosso, but any place where the water meets land is fair game for a dip.

The water's edge becomes crowded as people of all ages lounge on boulders and piers, having just as much fun jumping off the rocks as they would wading in from the beach.

An outdoor paradise, beach bums and foodies will also find more than enough to satisfy in Cinque Terre.

The unique atmosphere of the park lies in the rare and seamless way locals and tourists manage to co-exist and that can be seen either on the trails above the town or at a restaurant table within them.

GERMAN COOKING

Jaeger Eintopf (Hunter's Stew)

Servings: 4

Ingredients:

- 1 1/2 cup onions; minced
- 1/4 pound mushrooms; sliced
- 2 tablespoon vegetable oil
- 1 pound lean ground beef; coarse grind
- 1 cup beef broth
- 5/8 teaspoon nutmeg
- 1/2 teaspoon worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 potatoes; medium
- 3 tablespoons butter
- 2 eggs; large
- 4 apples; tart
- 1/2 cup bread crumbs; fine, dry

Directions:

- In a frypan saute onions and mushrooms in vegetable oil until soft.
- Add ground beef; saute mixture 3 to 4 minutes.
- Stir in broth; bring to a simmer.
- Add 1/2 teaspoon nutmeg, worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Peel the potatoes and boil them in salted water until tender, about 30 minutes.
- Drain and put through a food mill or grinder.
- Beat in 2 tablespoons butter, 1/2 teaspoon salt, 1/4 teaspoon pepper. Adjust seasonings to taste.
- Beat in eggs and remaining nutmeg.
- Peel, core and slice apples.
- Layer mixtures in a 1 1/2-quart buttered baking dish.
- Spread 1/3 of potatoes on bottom of dish.
- Top with 1/2 of the meat mixture and 1/2 of the apples.
- Continue with layers, ending with a layer of potatoes.
- Sprinkle the top with bread crumbs, and dot with remaining butter. Bake at 375 degrees for 45 minutes and then at 400 degrees for 10 minutes more.

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 dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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

Dear Ms. Vicki,

I was doing a great job during my last deployment. As a matter of fact, I felt that I was on top of the world. I was glowing during the deployment. I just finished my fourth deployment. I have been to Afghanistan and Iraq twice each.

I have almost completed my degree and I've been promoted and working hard for my next one.

I started to think that something was wrong with me because I actually preferred being deployed rather than coping with things here, plus you make more money being deployed. I would laughingly tell my coworkers that I liked both Iraq and Afghanistan. I took care of things at home and at work. What's wrong with that?

Well, when I returned from this last deployment, I found out my wife was cheating. I don't think I will ever get over finding out what she was doing behind my back. She wants to stay married to me and wants marriage counseling. I don't know if I want counseling or not, but I know I want her to have to look at my face every day so I can make her miserable about what she did.

I am not going to file for divorce, at least not yet. I've cried and tried to figure out why this happened and what did I do wrong to make her fall into the arms of another man, especially when I am a committed and hard worker.

Since that time my mother's

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.

health has begun to fail, and I'm not sure exactly what is going on with her. Hearing about my mother caused extreme stress and anxiety.

No, I'm not flying so high, and I even had an incident with my first sergeant; I pushed him and even started cussing at him. Now I'm facing an Article 15.

All of a sudden I'm hearing others say, "Hey what's going on with you, it seems that something is going on?"

I haven't told anyone what's going on with my wife or my mother. I just don't know who to trust at a time that I am coming apart at the seams.

From: Not OK Soldier

Dear Soldier,

Your story sounds very familiar. From your report you were "excited and fired up" and had a lot of energy during deployments. Many service members report that being in Iraq provided a rush of adrenaline, and with that they were able to be focused.

Now you are home with other emotional, family and occupational problems i.e. marriage problems, infidelity, anger, Article 15 and stress from your mother's illness.

To your advantage, I think you have many strengths. It seems that you have been able to get through some tough times using good coping skills, except the time when you pushed your first sergeant. I'm sure that's Army rule #1: Never push your first sergeant.

At any rate, I hope you will be able to redeem yourself with that issue.

Soldier, there is a lot going on with you right now, and I think you should listen to your family and friends who stated they have noticed many changes in you. I would normally recommend marital counseling, and in your situation, it would be well worth it.

However, I think you should speak to a professional counselor or therapist regarding the many things you are experiencing right

now. My professional feeling tells me that you are experiencing some depression, too.

Seeking help doesn't mean you're not stellar. I would recommend you start with your primary physician to rule out any other medical concerns. There are many resources available to you that I will send in a subsequent e-mail. Please don't delay and keep in touch.

Response to last week's column:

Dear Ms. Vicki,

My son's wife has continued to do the same thing to him that happened to the writer in last week's paper. I'm so happy you told this young man to change his financial accounts and other information.

He should take her name off of everything.

My son just won't listen to us. We keep telling him the right way, but he continues to trust his wife who keeps burning him. Now he filed bankruptcy!

He still doesn't get it and his wife doesn't either. My son deploys and she spends money like it's growing on trees; it's ridiculous.

Good luck to this young Soldier. Tell him I said to keep his chin up.

Dear Ms. Vicki,

Spouses spending all of the money and Soldiers coming home to "no money in the bank" is not a new thing. It keeps happening, and it will continue until the Department of the Army decides to intervene and put measures in place to protect Soldiers.

No spouse should be able to have full control of Soldiers assets. Why do they need this? They only screw it up every time.

It's not the Soldiers fault, and the Army should repay him every dime he lost. He was serving his country. Stop leaving your wife's name on your checking/savings and other accounts. Send her a check every month or a monthly allotment.

When on vacation, buyers best beware of banned belts, beluga

By Robert Szostek
USEUCOM CUSTOMS PUBLIC AFFAIRS

Some vacation souvenirs can get you in big trouble if foreign or U.S. customs inspectors catch you with them. A good place to know before you go is the military customs Web site at www.hqusareur.army.mil/opm/uscustoms.htm.

It is a crime to take many natural products across international borders. Customs can seize the goods and fine you, but worst of all is that buying these

products adds to the risk of animals and plants dying out completely.

People vacationing abroad should never buy live animals such as baby tortoises, turtles or birds or live plants such as cacti and orchids. Beluga caviar is another restricted item as are traditional medicines containing ingredients such as tiger bone or rhinoceros horn.

You should also avoid items made from hides, shells, feathers or teeth. "Souvenirs made of tortoise shell, coral, ivory and skins may be openly sold in

many countries but they are still illegal," said Bill Johnson, director of the European Command's Customs and Border Clearance Agency.

Ivory and whale teeth decorations known as scrimshaw and netsuke are banned. Reptile skins are often used in watchbands, handbags, belts, wallets and shoes. Most crocodile, lizard, snake and all sea turtle products are prohibited, too.

For more information on endangered species issues, ask a military customs office for the "Buyer Beware" pamphlet.



Movie Lovers Online

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

Land of the Lost

Now we have a surprise this week. I love Will Ferrel movies, and I watch some of them regularly at home. This movie wasn't a Will Ferrel movie nor was it "Land of the Lost." Somewhere between that old show and this movie, the good stuff was lost.

The viewers in the States have agreed with that thought because the movie never made more than it cost. Now don't get me wrong, it's a decent movie with some entertaining stuff in there, but overall it just left me feeling a bit let down. You may want to check it out if you're curious for yourself, but don't have any high hopes in my opinion, especially if you watched the show.

Take care folks and see you at the theaters.

Aliens in the Attic

Attention all kiddos, this is the movie you want to see. Parents be prepared to line them up and strap them in.

I thought this was a great kids' film, easily enjoyed by the older kids, too. I didn't think they cast the best crew for the movie, but honestly I enjoyed the aliens more anyway. So "Aliens in the Attic" is about, well, aliens in the attic. The story is straight forward and doesn't require a lot of "figuring out."

Easily a great kids movie because they can sit back and enjoy. Check it out folks, you'll get a kick out of it.

GET OUT!
area events

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

August 7

Salsa Party – Head to Mannheim to spice up your night at the Top Hat Club's Salsa Party 9 p.m.-4 a.m. Dance lessons will be available 9-10 p.m. There is a \$5 cover. DSN 380-9370, civ. 0621-730-9370.

Prime Rib Dinner – Head to the Patrick Henry Village Pavilion in Heidelberg. Main course selections include prime rib with au jus and creamy horseradish sauce, chicken parmesan or grilled salmon filet with dill sauce, all accompanied by delicious side items, a fresh garden salad bar and a savory dessert station. Reservations recommended, walk-ins welcome. Children 5 and under eat free; Adults - \$19.95; Children 6-11 - \$12.95. DSN 388-9436.

Prague Weekend – Through Aug. 9 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

Idar-Oberstein on the Nahe River – Join the USO for this special day out to the twin town of Idar-Oberstein on the Nahe River. This weekend, the town of Oberstein will host its 10th German Gem Cutter and Goldsmith Festival. In the historic old town, craftsmen will be displaying and selling their wares and demonstrating their trade. <http://affiliates.uso.org/kaiserslautern>.

August 8

Couples Salsa Dance Competition – At 8 p.m. Armstrong's Club in Kaiserslautern will host a salsa dance competition. Cash prizes will be awarded to first, second and third-place couples. No entry fee is required. DSN 489-6000, civ. 0631-354-9986, www.mwgermany.com.

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

Operation Rising Star

Win the ultimate recording music experience! USAG Mannheim is looking for talented singers to participate in the Army-wide singing competition, Operation Rising Star, at the Top Hat Club. Audition night is Aug. 8, with competition rounds Aug. 14, 21, 28 and the finals Sept. 12 – all starting at 8 p.m. At the local level, prizes include: \$500 (first place), \$250 (second place), and \$100 (third place). The first-place winner will then qualify for the 2009 Rising Star finals. The winner of 2009 Rising Star will receive an all-expense paid trip to Los Angeles to record a three-song CD at a professional studio. Units and FRGs will also have the opportunity to compete each week for the Spirit Award grand prize of \$300 for their unit or FRG. Contestants must be active duty, Guard or Reserve from any branch of service or family members; all need to be at least 18 and older. DSN 385-2342, civ. 0621-730-2342, www.oprisingstar.com.

0631-3406-4117, www.mwgermany.com.

Skydiving – Head to Bitburg with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117, www.mwgermany.com.

August 14

Comedy After Dark – Get your laugh and groove on at Comedy After Dark and After Party at The Cove in Mannheim 9 p.m.-4 a.m. There will be a stateside professional comedian and local R&B band. Tickets are \$15 in advance & \$18 at the door; patrons must be 18 and older. DSN 380-9370, civ. 0621-730-9370.

Swiss Alps Adventure Weekend – Head to Switzerland through Aug. 16 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

August 15

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

Cheb and Karlovy-Vary Shopping Express – Head to the Czech Republic with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

August 16

Rothenburg ob der Tauber – Head to the medieval town of Rothenburg ob der Tauber with Mannheim Outdoor Recreation. DSN 381-7215, civ. 0621-739-251.

Grupo Fantasma – The Latin group Grupo Fantasma will play a free show at 6:30 p.m. at Kazaba Club. DSN 489-7261, civ. 0631-536-7261, www.mwgermany.com.

September 4

BOSS Escape to Prague – Spend Labor Day weekend, through Sept. 7, touring Prague, seeing the sites and shopping in the world famous Karlovy Vary and Cheb Flea Market. Registration deadline is Aug. 14. Contact your Unit BOSS representative, www.mwgermany.com.

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.

coming to
THEATERS

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN

(Ben Stiller, Amy Adams) Night guard Larry, now a successful entrepreneur, returns to the Museum of Natural History to visit his friends, the exhibits that come to life at night, only to learn that they are being shipped off into deep storage at the Smithsonian Institution. Larry rushes to Washington, D.C., and makes his way into the inner workings of the largest museum complex in the world. He finds himself with spunky Amelia Earhart as a co-conspirator and love interest while General Custer leads the battle for the Smithsonian. The stakes are high as the paintings on the Smithsonian walls come to life at night. Larry finds purpose again while helping his friends. Rated PG (mild action, brief language) 105 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 6 - G-FORCE (PG) 7 p.m.
Aug. 7 - ALIENS IN THE ATTIC (PG) 7 p.m.; LAND OF THE LOST (PG-13) 9 p.m.
Aug. 8 - ALIENS IN THE ATTIC (PG) 4 p.m.; NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.; LAND OF THE LOST (PG-13) 9 p.m.
Aug. 9 - ALIENS IN THE ATTIC (PG) 4 p.m.; UP (PG) 7 p.m.
Aug. 10 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
Aug. 11 - ALIENS IN THE ATTIC (PG) 7 p.m.
Aug. 12 - UP (PG) 7 p.m.
Aug. 13 - LAND OF THE LOST (PG-13) 7 p.m.

Mannheim, Schuh

Aug. 6 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
Aug. 7 - G-FORCE (PG) 7 p.m.
Aug. 8 - UP (PG) 4 p.m.; LAND OF THE LOST (PG-13) 7 p.m.; NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 9 p.m.
Aug. 9 - G-FORCE (PG) 1 p.m.; UP (PG) 4 p.m.; NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
Aug. 10 - G-FORCE (PG) 7 p.m.
Aug. 11 - LAND OF THE LOST (PG-13) 7 p.m.
Aug. 12 - UP (PG) 7 p.m.
Aug. 13 - LAND OF THE LOST (PG-13) 7 p.m.

Vogelweh, Galaxy

Aug. 6 - DRAG ME TO HELL (PG) 7 p.m.
Aug. 7 - ALIENS IN THE ATTIC (PG) 3 p.m., 7 p.m.
Aug. 8 - ALIENS IN THE ATTIC (PG) 3 p.m., 7 p.m.
Aug. 9 - ALIENS IN THE ATTIC (PG) 3 p.m., 7 p.m.
Aug. 10 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
Aug. 11 - LAND OF THE LOST (PG-13) 7 p.m.
Aug. 12 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
Aug. 13 - LAND OF THE LOST (PG-13) 7 p.m.

Ramstein, Hercules

Aug. 7 - UP (PG) 7 p.m.
Aug. 8 - LAND OF THE LOST (PG-13) 7 p.m.
Aug. 9 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.

Ramstein, Nightingale

Aug. 6 - HARRY POTTER AND THE HALF-BLOOD PRINCE (PG) 7 p.m.
Aug. 7 - G-FORCE (PG) 3 p.m., 7 p.m.
Aug. 8 - G-FORCE (PG) 3 p.m., 7 p.m.
Aug. 9 - G-FORCE (PG) 3 p.m., 7 p.m.
Aug. 10 - LAND OF THE LOST (PG-13) 7 p.m.
Aug. 11 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
Aug. 12 - LAND OF THE LOST (PG-13) 7 p.m.
Aug. 13 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Hercules, Ramstein, 06371-47-5550
Nightingale, Ramstein, 06371-47-6147

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

community HIGHLIGHTS

Garrison Organizational Day

U.S. Army Garrisons Heidelberg and Baden-Württemberg will host organizational day at the Patrick Henry Village Park Aug. 21. The golf tournament at the Heidelberg Golf Club begins at 7 a.m. — sign up by Aug. 11: DSN 373-7948. Bowling and mini-golf on PHV begin at 10 a.m. — sign up by Aug. 11: DSN 388-9040. There also will be children's events, games and beach volleyball. Lunch will be served noon-1:30 p.m. for \$5. Purchase tickets from your directorate. DSN 373-7414.

USAREUR SOY/NOY Tickets

Tickets are now on sale for the 2009 U.S. Army Europe Soldier of the Year and NCO of the Year awards program, scheduled for 11:30 a.m. Aug. 27 at the Patrick Henry Village Pavilion. This year's USAREUR Soldier of the Year and NCO of the Year will be named at the event, based on competition slated for Aug. 9-11 in Grafenwohr. To purchase tickets, guests must first make reservations on the site, then print their reservation receipt and take it to their unit representative for payment. The deadline for reservations is Aug. 24. Reservations: <https://www.updb.hq.usareur.army.mil/events>. DSN 370-4154.

UMUC Europe \$6,000 Grants

University of Maryland University College Europe announces that it is a full participant in the Military Spouse Career Advancement Accounts (MyCAA) program, administered by the U.S. Department of Defense. All UMUC undergraduate and graduate degrees and certificates qualify for the program, which provides up to \$6,000 in grant money to eligible spouses of active-duty or activated National Guard or reserve service members (officer or enlisted). The program is designed to provide financial assistance to eligible military spouses who are seeking licensing, credentials and education for future or continued employment in portable career fields. DSN 314-370-6762, civ. 06221-3780, www.ed.umuc.edu/mycaa.

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.

Concessionaire

The U.S. Army is looking for a concessionaire to operate the Village Pavilion, one of the largest American/European catering and conference centers located at USAG Heidelberg, Building 4507, Patrick Henry Village. The concessionaire will be responsible to host balls, banquets, luncheons and conferences for 30 guests up to 700+ guests. Contact by Aug. 11: claudia.fink3@eur.army.mil, civ. 0631-411-7050.

KAISERSLAUTERN Education

• **ACS Classes and Events** — DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.com/ki/acs.

• **Understanding Grief Class** — The Family Advocacy Program will initiate a new class in August dealing with the issues of grief and loss. This one-hour educational class will help individuals better understand the grief process and provides information for healthy grieving. Individuals will have the option to talk one-on-one with a military and family life consultant. Register: DSN 493-4228, civ. 0631-3406-4332.

• **POSH Training** — The Equal Opportunity Office hosts Prevention of Sexual Harassment Refresher Training 9-10 a.m. Aug. 20 and Sept. 17 in the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. POSH Refresher Training is also available online at <https://secure.newmedialearning.com/psh/usarmy-image/index.htm>. DSN 493-4277, civ. 0631-3406-4277.

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

Community

• **FMWR One Stop** — FMWR is proud to announce the FMWR One Stop on Landstuhl post, Bldg. 3810. This new and conveniently located shop will give you the opportunity to purchase VAT forms, enroll your children in CYS Services, make reservations, book FMWR services and much more all in one location. The FMWR One Stop is 10 a.m.-5 p.m. weekdays.

• **Commissary Appreciation Day** — Better Opportunities for Single Soldiers invites KMC units to participate Aug. 7 at the Vogelweh Commissary. Civ. 0160-708-4367, www.mwgermany.com.

• **Saturday Vaccination Clinic** — The Veterinary Treatment Facility is having a vaccination clinic 9 a.m.-1 p.m. Aug. 8 at the clinic on Pulaski Barracks. Appointments are required: DSN 493-4444, civ. 0631-3406-4444.

• **Ramstein Ski Patrol Membership Drive** — The drive will be held 9:30 a.m.-4 p.m. Aug. 8 and 9 at the Ramstein Commissary. Classes begin Sept. 1 at Bldg. T41 on Ramstein Air Base. www.nspeurope.org/ramstein.

• **KMCC Service Credit Union Branch Grand Opening** — The new full-service branch in the Kaiserslautern Military Community Center on Ramstein Air Base will open Aug. 15. The branch will be open 10 a.m.-6 p.m. Tuesday-Sunday.

• Auditions for "Almost, Maine"

— A cast of up to nine men and eight women are needed (20-ish and over) for the play "Almost, Maine." Audition material will be provided. Directors and technicians are also needed. Directors should contact KMC prior to auditions. Auditions will be held at 7 p.m. Aug. 24 and 25. Performances will be Sept. 25 and 26 and Oct. 2 and 3. DSN 493-6626, civ. 0631-411-6626.

• **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. This information fest is an opportunity to meet with a broad range of agencies from across the Kaiserslautern military community. For details or to represent an agency: DSN 493-4062, civ. 0631-3406-4062, selinda.torbert@eur.army.mil.

HEIDELBERG Education

• **ACS Classes and Events** — Community Orientation Briefing, noon-3 p.m. Aug. 10; Reintegration, 9 a.m. Aug. 11; Intro to MS PowerPoint, 9 a.m.-noon Aug. 10 and 12; Families Learning About Germany, 9 a.m.-2 p.m. Aug. 10-11 with field trip at 8:30 a.m. Aug. 15; Deployment Dollar Decisions, noon-1 p.m. Aug. 12. DSN 370-6883, www.mwgermany.com/hd/acs.

• **Preparation Briefing** — Briefing for honorably transitioning Soldiers (not retirees) will be held 1-4 p.m. Aug. 11 at the Heidelberg ACS, Bldg. 3850 at the Community Support Center. Reservations: DSN 370-3283, civ. 06221-57-3283.

• **POSH Training** — The final Prevention of Sexual Harassment training opportunities of the fiscal year will be 1-3 p.m. Aug. 19 and Sept. 16 in Bldg. 104 on Patton Barracks. Reservations: DSN 373-5494.

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

• **German Language Classes** — Evening, daytime and weekend classes will be offered at Patton Education Center starting Aug. 31. Cost is €80 (level 1) and €100 (levels 2, 3, 4) for 38 contact hours over eight weeks (bi-weekly, evenings) or three weeks (daytime, Mondays through Thursdays 9-11:30 a.m.) Register: Germanatpatton@IKS-heidelberg.com. Civ. 06221-16-8226.

• **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.

Community

• **Focus Groups** — The Family, Morale, Welfare and Recreation Command are looking for participants to total 18 focus groups for the Heidelberg area. Three separate focus groups will be conducted in late September in each of the following demographics: senior officers, junior officers, officer spouses, enlisted spouses, retirees and DoD civilians. tiffany.n.lanigan@eur.army.mil.

• **Community Update** — Head to the PHV theater at 9 a.m. Aug. 12 to find out about community events and information.

• **New Hours at Patton Law Center** — The Law Center will be closed all day the first Thursday of each month for training. The first closure will be Aug. 13 (the second Thursday in August.) Normal hours are 9 a.m.-4 p.m. Monday-Wednesday and Friday, 1:30-4 p.m. Thursday.

• **HIWC Events** — Join the Heidelberg International Wandering Club for the following volkmarches: Aug. 8-9, Luetzelbach and Hoffenheim (Sunday only); Aug. 15-16, Crailsheim and Kieselbronn (Sunday only). Sign up for trips to Nurnberg in October, France in November and Cologne in December. www.hiwc.de.

• **Tompkins Barracks Gate Closure** — The main gate to Tompkins Barracks will close beginning Aug. 13 for upcoming repair work by the city of Schwetzingen. The project will start Aug. 17 and last 3-10 days. The city will post signs and portable traffic lights to the temporary entrance located near the rail road bridge.

• **Tompkins Barracks German Kantina Closure** — The Kantina will be closed through Aug. 14 for a holiday; it will re-open for business Aug. 17.

• **Disneyland Paris Trip** — The CYS Services Middle School and Teen programs are headed to Disneyland Paris Aug. 21-23. Spaces are limited so sign up by Aug. 18. Cost is €50 per student and is open to students entering grades 6-12. DSN 388-9003.

• **Sixth-Grade Welcome Week** — Get to know the Panther's Place during the Sixth-Grade Welcome Week, Aug. 24-28 from 8 a.m.-6 p.m. Participate in bowling, art activities, Tech Lab digital work, scavenger hunts and the end of summer barbecue. DSN 388-9003.

• **HMS New Student Orientation** — Students in sixth-eighth grades who are new to the community are welcome to attend new student orientation at Heidelberg Middle School's multi-purpose room at 10:30 a.m. Aug. 28.

• **Personal Car Wash** — Private vehicle washing is only permitted in certain areas. On Patton Barracks, members of the community can take their cars through Speedy Wash, use

the high pressure wands located behind Speedy Lube or hand wash their cars using soap and water via the regular hoses with spray nozzles (also located behind Speedy Lube).

MANNHEIM Education

• **ACS Classes** — English as a Second Language, 9-11 a.m. Aug. 7, 10 and 12 and 6-7:30 p.m. Aug. 11 and 13; Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. Aug. 10 and 12; FRG Leader 101, 9:30-11:30 a.m. and 5:30-7:30 p.m. Aug. 11; Levy and Out-Processing Briefing, 1-2:45 p.m. Aug. 11; Hearts Apart support group, 11:30 a.m.-1 p.m. Aug. 12; Guten Tag Kids, 3:30-4:00 p.m. Aug. 12; Multicultural Club, 11:30 a.m.-1 p.m. Aug. 17; Mannheim Orientation Spouses' Tour, 9 a.m.-2 p.m. Aug. 17-19. DSN 385-3101, civ. 0621-730-3101.

Community

• **Free Pancake Breakfast** — Join the USO for pancakes, bacon, sausage and orange juice 7-9 a.m. Aug. 12 in the USO Ballroom on Sullivan Barracks. <http://affiliates.uso.org/rheinneckar>.

• **Sullivan Library** — Scrapbook club, noon-3 p.m. Aug. 8; Film Screening, 4-5:30 p.m. Aug. 8. DSN 380-1740, civ. 0621-730-1740.

• **Winter Bowling League** — Sign up during the month of August at BFV Bowling Center for the Winter Bowling Leagues. The Monday Night Family Fun League is a two-person team for bowlers of all skills. Friday's TGIF League is a four-person mixed team (one must be female) for the more experienced bowlers. Saturday morning is the Youth League for kids 4-18. DSN 380-9528, civ. 0621-730-9528.

• **Super Saturday** — Child care will be open at the Child Development Center 10 a.m.-4 p.m. Aug. 8 for families who have a current registration with CYS Services. Reservations: DSN 380-4851, civ. 0621-730-4850.

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

• **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.

Tryouts for Olympic Development Program's Heidelberg select soccer teams coming Aug. 30

By Zoë H. Todd
HERALD POST INTERN

Heidelberg soccer moms have another activity to mark in their calendars, as the U.S. Youth Soccer Olympic Development Program will hold tryouts Aug. 30 for all new ODP teams in the Heidelberg district.

"The idea of our program is that we identify and develop American soccer players," said Paul Guelle, president of the Heidelberg select district.

ODP is an American-based program that trains talented young athletes, helping them to reach their full potential and prospectively joining regional or national teams. Over the past years, ODP has been introduced to Americans stationed in Europe with established teams in Germany, Italy and England, the nearest of which is in Kaiserslautern.

Any American citizen born between 1991 and 2000 is welcome to attend tryouts. However, ODP is not a program for someone looking for a recreational pastime.

"There's a marked difference between the kids who are serious about playing the game and the ones who are just looking for something to do," Guelle said.

When joining such an advanced level, an enormous amount of dedication and motivation is called for as all players are expected to participate in the activities of their respective teams such as exhibition matches, invitational tournaments and sub-regional or regional camps, according to the U.S. Youth Soccer official Web site.

Yet despite a sometimes taxing schedule, ODP is not without its

rewards.

"If you're living in Heidelberg or Stuttgart or Wiesloch, University of XYZ is not seeing you," Guelle said. "(Through ODP) you get an opportunity to go back to the States and you're going to get exposure, so that's a giant advantage."

"I would like to play college soccer and after that try to make the national team," said Melia Smith, a 16-year-old goalie who began playing soccer at the age of 4.

During her three-year membership with ODP, Smith had the opportunity to meet stateside coaches as well as German coaches, to be part of the all-star team and a chance to attend the OPD Region I Camp in America.

"I have gained a lot from being involved with ODP," she said. "I have had exceptional coaches who have taught me many skills."

Of course, these coaches must also be found for the new Heidelberg ODP teams.

"What I need are qualified coaches," Guelle said. "Even Soldiers who played in college."

Candidates for coaching positions will be trained and supervised in order to assure the best possible training environment for the individual players.

Members of ODP also have a greater chance of being "scouted out" for prestigious college teams not only in the States, but in the local area as well.

"People playing ODP are normally serious about improving their skills and playing on a higher level," Smith said. "ODP here in Europe also gives (players) the chance to be involved as a team in German tournaments."

"ODP has improved my skills allowing me to move up to a higher level," said Smith, who has accepted a contract from the well-known and much loved Karlsruhe Sports Club. With offers from KSC and a history of ODP, Smith hopes to eventually achieve her dream of playing for the University of San Diego's soccer team.

"I would recommend ODP to soccer players interested in playing and practicing on a higher level," Smith said. "It gives girls and boys a good opportunity to play soccer competitively and enjoy the sport."

"If they're serious about the game and they want to improve their level and reach their full potential they should come on out and join other kids that feel the same way," Guelle said about the program.

Anyone who is interested in playing for ODP Heidelberg is encouraged to attend tryouts Aug. 30.

For more information, contact Paul Guelle under usysheidelberg@googlemail.com or visit the Web site at www.odp-europe.com.

The Heidelberg select teams will be represented at the Heidelberg C.A.R.E. Fair on Patrick Henry Village Aug. 29 if anyone has questions prior to the following day's tryouts.

Tryouts

When: Aug. 30 – 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.

Where: Patrick Henry Village by the baseball fields
Cost: \$10 administration fee
Equipment: Bring a ball, water bottle and shinguards

staying ACTIVE

Military Long Drive

Take your best shot for a trip to compete in the 2009 Military Long Drive Championship Finals in Mesquite, Nev., and possibly win \$10,000. The Europe event will be held Aug. 8 at the Heidelberg Golf Club in Oeffersheim. Second place wins \$200 in pro-shop certificates, and third place gets \$100 in certificates. Entry fee: \$10 for six balls. www.mwvgermany.com.

Swim Camp

The Sea Lions swim team is having a newcomer's swim camp Aug. 10-14. The only requirement is to be able to swim one length of the pool unaided. efstsealions@yahoo.com.

Heidelberg Unit-Level Softball

Results of the Unit-Level Softball Post Season Championship: 1st place - V Corps, 2nd place - MEDDAC, 3rd place - 529th MPs. Tournament MVP was V Corps' Reinaldo Montanez.

Edge! Bicycling for Fun

Kaiserslautern Army Outdoor Recreation and CYS Services Edge! Program offer Bicycling for Fun class Thursdays in August, 3-4 p.m. Class is open to youth 6-11 and costs \$25. DSN 493-4516, civ. 0631-3406-4122.

Unit-Level Flag Football

Kaiserslautern – Register by Aug. 12. League play will be at the sports fields on Rhine Ordnance Barracks. DSN 493-2087, quinton.floyd@eu.army.mil.
Mannheim – The season starts Aug. 31 at Lincoln Field. An information meeting will be held at the BFV Sports Arena (Bldg. 736) at 1 p.m. Aug. 13. Unit representative/coaches must attend. DSN 385-3314, civ. 0621-730-3314.

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.

Summer Camp for Kids

Mannheim Sports and Fitness, along with Child, Youth, School and Services will host a summer camp for kids ages 3-12 Aug. 17 and 18, 11 a.m.-5 p.m. Kids ages 3-5 will participate in Ballschule, an introduction to ball playing. Kids ages 6-12 will have an introduction to basketball, soccer and flag football. \$10 entry fee. Register: CYSS Central Enrollment Office.

Golf Championship

Participate in the Heidelberg Golf Club's Club Championship Aug. 22-23 beginning at 8 a.m. \$60 registration fee. Register by Aug. 16. DSN 379-6139, civ. 06202-53767.

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 Mens league. Civ. 0172-6263642, admin@badenbruins.com.

Trans., MP units represent Mannheim at Europe tourney

Staff Report

The 28th Transportation Battalion claimed the 2009 Mannheim Unit-Level Softball Championship July 29 after taking down the defending champions, Headquarters and Headquarters Detachment, 95th Military Police Battalion 14-3 in a do or die match-up on Benjamin Franklin Village.

Both teams will represent Mannheim at the Europe-wide Unit-Level Softball Championships this weekend.

What started out as 10 teams was quickly cut down to six with four forfeits due to fielding issues. Two teams were sent home disappointed after losing to fellow players leaving Headquarters and Headquarters Company, 18th MP Brigade; 9th MP Detachment; HHD, 28th Transportation Battalion; and HHD, 95th MP Battalion to scuffle for the gold.

HHC, 18th MP Brigade, after placing two teams in the losers' bracket, sustained its first loss to the 9th MP Detachment and then bowed out to the 28th's HHD.

This left the 9th MPs to go up against the 28th, each

with one loss and the winner getting a crack at taking the crown from the 95th MPs, the only team left completely victorious.

The 9th MP Detachment came up to bat in the top of the seventh, trailing by four runs and looking doomed but one batter after another, they scored five runs to force the 28th to hit one run to tie and two to win the game during their last bats.

The 28th's team came through, scoring on a sacrifice fly to secure the win and a chance at derailing the defending champs.

"I have been involved in unit-level sports programs for the past 28 years, and (it) is something the Army is missing," said Mater Sgt. Jeff Thomas, coach of the HHC, 18th MP Brigade softball team. "These unit level sports can bring up a units morale and make them like a family ... You can see it during the games. I remember when the unit would have their guidon and their entire unit at the games to support their unit teams, but this just doesn't happen anymore – something that I hope for all the young Soldiers will change in time."