

HeraldPOST

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

Assessment to grade covenant success

IMCOM-Europe Public Affairs

From mid-July through September, the United States Army in Europe and Installation Management Command-Europe Region will join forces to evaluate how well the Army Family Covenant is meeting the needs and expectations of Soldiers and families in Europe.

The Army Family Covenant Assessment in Europe is the first initiative of its size and scope in the Army. It is designed to study and evaluate the effectiveness of the full range of AFC programs and services. The goal is to maximize the positive impacts for Army Families in Europe.

The assessment begins in July with pre-defined focus groups drawn from the seven garrisons across Europe that have been most impacted by recurring, extended deployments: Wiesbaden, Stuttgart, Ansbach, Schweinfurt, Bamberg, Grafenwöhr and Vicenza. On-site facility visits and interviews will span a wide range of uniformed and civilian individuals.

The focus group assessment will be followed up in August with an online survey that anyone in Europe will be encouraged to complete. The survey will focus on gauging community satisfaction with all aspects of covenant-related programs.

Battle to be the best



Photos by Sgt. Fay Conroy

Spc. Andres Galindo, an air defense C-41 tactical operations center enhanced operator maintainer with the 357th Air Missile Defense Detachment, adjusts the barrel of a .50 caliber machine gun while under simulated fire during the situational training exercise lane portion of the 21st TSC Soldier and NCO of the Year competition June 30. Competitors were required to go through the lane wearing their mission-oriented protective posture gear.

21st TSC troops compete in Baumholder

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

BAUMHOLDER, Germany – There would be blood and sweat but no tears as eight Soldiers from 21st Theater Sustainment Command battled it out to claim the title of Soldier and Non-commissioned Officer of the Year during a competition see SOY NOY page 16



Staff Sgt. Charles Alexandre, a missile launching station operator with the 7th Air Defense Artillery, begins another round of combatives during the 21st TSC Soldier and NCO of the Year competition June 30.

Changes coming to Heidelberg AAFES facilities

By Juan R. Meléndez Jr.
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A new print shop and changes in Shoppette operating hours are among the upcoming Army and Air Force Exchange Service changes for the Heidel-

berg community.

Also, the Morale, Welfare and Recreation Speedy Lube on Patton Barracks has picked up the slack after AAFES ended auto garage service at the Heidelberg Community Support Center at the end of June.

In September, according to Heidelberg AAFES Manager Bob Koch, a commercial print shop will open at the Community Support Center.

The new facility will handle organizational or private printing for such see AAFES page 16

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July 16, 2009

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CHANGE OF COMMAND



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HEIDELBERG OPEN

144 golfers spent the weekend battling it out on the course in Offersheim for the annual Heidelberg Open. A Ramstein golfer claimed victory for the second year in a row. 21

Defense Details

MISSILE DEFENSE

The layers and diversity of the U.S. missile defense program are its biggest strengths, the Missile Defense Agency's director said Tuesday. Army Lt. Gen. Patrick J. O'Reilly told the Defense Writers Group that the program was conceived as a layered defense with boost, mid-course and terminal phases. The general compared missile defense to a football game. The defensive backfield plays a zone defense, trying to bat down the ball or intercept it.

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

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COMMENTARY

Kaiserslautern hops on the 'social norming' band wagon



By Heather Robinson
USAG KAISERSLAUTERN

According to recent data, 75 percent of Soldiers do not drink and drive, 78 percent of Soldiers have not been a passenger in a vehicle belonging to a driver who is under the influence, and 95 percent of Soldiers do not use illicit drugs.

Too good to be true some might say, but the data speaks for itself and research from college campuses in the United States indicate that disseminating this information broadly will lower risk of incidents related to alcohol and drugs for that population.

Why is this information important, and why are our Soldiers so willing to be a part of pushing it out to others?

It is called social norming and uses a positive message, solid information and peer counseling to challenge misperceptions about drinking and drug use.

Research from college campuses illustrates that peers have the greatest influence on student norms. When peer norms appear to encourage immoderate drinking, consumption goes up.

Regardless of gender, ethnic group, residential circumstance and Greek affiliation, most students believe their peers hold more permissive attitudes about drinking than they actually do. Likewise, they believe their peers drink more heavily than they do.

The U.S. Army Garrison Kaiserslautern Alcohol Substance Abuse Program and Community Health compared the demographics of our population to that of a college campus one year ago and with the help of a volunteer – Lourdes Guidicelli – began working our own social norming campaign called "Stand Up and Be Counted." Senior leadership from the 21st Theater Sustainment Command and the garrison have led the way with flyers promoting a positive campaign that will lead Soldiers to making the low-risk decision in regards to alcohol

and drugs.

The program has taken off to include public service announcements with celebrity fighters and Soldiers from 5th Battalion, 7th Air Defense Artillery and Criminal Investigation Department promoting that those with high-risk jobs and personalities can and do make low-risk decisions regarding lifestyle.

With the support of the Army and Air Force Exchange Service, Defense Commissary Agency and our senior leadership, you now see social norming posters with familiar faces that are leaders of every rank, race and gender promoting the positive message of low-risk choices.

Help our Soldiers and families protect the things they value most. Send a positive message and "Stand Up and Be Counted."

For more information on social norms, visit www.socialnorms.org.

To get involved in our local "Stand Up and Be Counted" campaign, e-mail me at heather.a.robinson1@us.army.mil

BAILEY'S BREAD

Wealth in hard times

By Chaplain (Col.) Ray Bailey
USAREUR CHAPLAIN

While in a store to purchase an item I just couldn't do without, I looked in my wallet for a charge card and had to make a serious decision. I had to decide which charge card to use.

I am an American. I know how to charge on credit things that will make my life better. I like to think that credit

is what keeps me from knowing how far past broke I am. Of course, I am talking to others who know exactly what I'm talking about and set a good example in their financial lives.

I have often thought of how wealthy I am. This thought could also relate to you. The real measure of how much I have as wealth is how much I would be worth if I lost all my money. I think about that for yourself. What is of

great value you have beyond what is in your bank account?

I read recently in a trivia book about a family who took money as security to the extreme. John G. Wendel and his sisters were some of the most miserly people I have ever read about. Although they had received a huge inheritance from their parents, they spent very little of it and did all they could to keep their wealth for themselves.

John was able to influence five of his six sisters never to marry, and they lived in the same house in New York

City for 50 years. When the last sister died in 1931, her estate was valued at more than \$100 million. Her only dress was one that she had made herself, and she had worn it for 25 years.

How sad that seems. They had more money than they knew what to do with, but they were not wealthy. We need to measure our wealth not by the money we have, but by the things you and I have for which we would not take money.

Measure your wealth by these standards – family, faith, friends, health and other priceless items in your life.



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

When I'm out and about in the community I'm amazed at the number of residents who don't realize how much our Heidelberg Rod and Gun Club offers to the community. Luckily we have one in Heidelberg, not many communities in Europe do. Yes, I know what goes through most people's mind at the mention of the Rod and Gun; middle-aged beer-bellied redneck types telling fishing stories and shooting trap, and then retiring to the

bar to down a few cold ones. But the Rod and Gun is much more than that. Did you know there's a playground for the kids, rooms that can be rented out for special events, and picnic areas for camping and BBQs?

-Lt. Col. Robert White, USAG Heidelberg commander

Since deploying to Contingency Operating Base Speicher, Tikrit, Iraq in March 2009, the American

Red Cross - Service to the Armed Forces team "4:18 to Tikrit" has made some major accomplishments ... We have handled over 2,900 emergency communication messages, distributed over 9,000 lbs of Starbucks Coffee donated, hosted a monthly birthday event for four months (April-July), a "Pool Party for Boe" the combat stress dog of the 47th Combat Support Hospital ... and more...

-Peter Buttner, Heidelberg Red Cross station manager (deployed)



Commander, U.S. Army Garrison
Baden-Württemberg:
Col. Robert J. Ulse
Public Affairs Officer:
Lira Frye
Editor:
Kelli Bland
Reporters:
Jason L. Austin, Baden-Württemberg
Christine June, Kaiserslautern
Kristen Marquez, Baden-Württemberg
Webmeister:
Juan Meléndez Jr.

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

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Kaiserslautern welcomes new garrison commander

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Lt. Col. Kevin Hutchison took command of the U.S. Army Garrison Kaiserslautern Friday at the Armstrong Community Club on Vogelweh Housing.

He succeeds Lt. Col. Mechelle Hale who goes to Washington, D.C., to serve with the Army Chief of Staff for Installation Management Office as the chief of the Joint Plans Branch.

"I'm looking forward to working with the members of the command, our higher headquarters, the many units and agencies in the area, and our German neighbors to ensure Kaiserslautern stands the ensign for both an Army garrison and German-American community," said Hutchison, who followed with a similar greeting in German in his speech to the more than 200 German and American dignitaries and guests, and garrison Soldiers, civilians and contractors and their families.

Hutchison comes to the garrison from a joint assignment at North Atlantic Treaty Organization in Brussels, Belgium.

"A special leader" is how Col. Robert Ulses, the USAG Baden-Württemberg commander, referred to Hale in his remarks at the ceremony.

"(Lt.) Col. Hale has led this garrison from the front for the past three years, and her infectious optimism and positive attitude has affected all those who come in contact with her," he said.

Ulses then cited the garrison's achievements during Hale's tenure



Christine June

Lt. Col. Kevin Hutchison, U.S. Army Garrison Kaiserslautern commander, accepts the garrison organizational colors from Col. Robert Ulses, U.S. Army Garrison Baden-Württemberg commander, in a change-of-command ceremony Friday at the Armstrong Community Club on Vogelweh Housing in Kaiserslautern. Hutchison relieved Lt. Col. Mechelle Hale as the Kaiserslautern commander. Hale's next assignment is in Washington, D.C., to serve with the Army Chief of Staff for Installation Management Office as the chief of the Joint Plans Branch.

starting with supporting the relocation of 17 Department of Defense, Department of the Army and civilian organizations. This translated to more than 770 Soldiers, 18,000 family members and 860 civilians from five other military locations throughout Europe.

Recently, the garrison became the first DoD site overseas to achieve Star Status in the DoD Voluntary Protection Programs Center of Excellence – comparable to the U.S. Department of Labor's Occupational Safety and Health Administration management systems. In fact, the VPP flag ceremony

took place an hour before the change of command.

Another accomplishment Ulses mentioned was the 24th, 25th and 26th Special Olympics Spring Games the garrison hosts in partnership with the German Polizei Academy in Enkenbach-Alsenborn. Last May's Special Olympics saw the greatest number of participants with more than 800 athletes, 1,500 volunteers and record numbers of spectators resulting in more than 4,000 people attended the event, Hale recalled in her goodbye address.

Hale also talked about the Month of the Military Family and Month of the Military Child events that were hosted for the first time by the garrison and the 435th Air Base Wing.

As garrison commander, Hutchison will oversee command and control, base operations support, force protection, reception, staging and onward movement in support of contingency operations. Based on Pulaski Barracks, the garrison also acts as a power-projection platform, deploying and redeploying Army units, which it has done steadily for the past seven years.

Within the garrison's footprint, there are 83 tenant activities in an about 1,100-mile community consisting of 10 Army kasernes.

Customer service is the most visible part of the garrison's mission, which enhances the readiness and quality of life within the KMC.

This translates to the battalion's three – soon to be four – child development centers, three chapels and chaplain programs, three libraries, Army Community Service's classes and support programs, four Army clubs and sports and fitness programs including four gyms and fitness centers, and the award-winning live theater program – KMC Onstage. The garrison provides many other community services also open to the entire community, such as Pulaski Park and Kid's Zone, both located on Pulaski Barracks, and Java Café on Rhine Ordnance Barracks.

About 500 civilian personnel and 26 Soldiers are assigned to Garrison Kaiserslautern.

Army opens Civilian Talent Pool

Civilian Talent Management Office

Through the Civilian Talent Management Program, the Army is building a bench of interchangeable and agile civilian leaders. Among the first the Army is inviting to register for the program are Germany's 287 eligible senior civilians.

"Over time, Army leadership has learned that there needs to be somewhat of parity in development for Army civilians," said Linda Donaldson, executive director of Civilian Talent Management. "The program will offer civilian senior leaders opportunities to expand their knowledge and experience through reassignments and professional development."

While GS-15 equivalent employees are the target population for the talent pool, the program will benefit the entire Army. The new structure aligns the senior civilian management at the GS-15 level with that of colonels, generals and those in the Senior Executive Service – providing an enterprise view of leadership positions and the avail-

able pool of senior talent.

Currently, the Army has only limited visibility of its senior civilian workforce and the positions they occupy. Designed to give senior civilians similar career growth opportunities as their uniformed counterparts, Civilian Talent Management fuses the Army's current and projected civilian leadership requirements with the individual employee's desires for reassignment and career growth.

Because the number of eligible members of the talent pool is large – more than 12,000 – registration is a phased process per geographic location. Germany is one of 25 venues career advisors are visiting this summer. During the site visits, career advisors will present the program and answer questions. Eligible Germany senior civilians will receive an invitation to register into the program, and also an invitation to attend a briefing in either Heidelberg or Stuttgart. The Heidelberg briefings will be held at Campbell Barracks' Casablanca Room 10 a.m.-1:30 p.m. July 28.

Parachute packing



Sgt. Frank Sanchez III

Spc. Joseph Casaus, a parachute rigger with the 5th Quartermaster Company from Kaiserslautern, performs a T-10 Delta parachute packing demonstration at Rheinland-Pfalz Tag in Bad Kreuznach July 4 in front of a large crowd, which included Brig. Gen. Jimmie Jaye Wells, the deputy commanding general of the 21st Theater Sustainment Command, and Rheinland-Pfalz Minister President Kurt Beck. Rheinland-Pfalz Tag is a state fair attracting thousands of visitors with musical programs that include rock, pop, classical, jazz and typical German music.

In Memoriam – Dr. (Lt. Col.) Rob Ensley

Dr. (Lt. Col.) Robert John Ensley, 46, died June 15 in Columbus, Ga.

Ensley served as the chief of the Department of Behavioral Health for the Medical Department Activity-Heidelberg. He also served as the chairman of the Health Care Personnel Monitoring Committee, the medical review officer, a clinical Army Substance Abuse Program consultant and clinical expert to the community's Suicide Prevention Team. He consulted on all behavioral health issues for the Warrior Transition Unit Soldiers, provided sanity boards on demand, and completed command-directed psychiatric evaluations.

He left Germany at the end of April to join the Warrior Transition Battalion at Fort Benning, Ga., and continue his cancer treatments near his family.

Ensley received an appointment to the U.S. Army Reserves in 1982. He graduated in 1986 with a Bachelor of Science with concentrated studies in engineering BIOMED, and he received his Master of Science in general medicine in 1994.

Funeral services with full military honors were held June 19 at Vance Memorial Chapel in Phenix City, Ala., with interment following at Philadelphia Baptist Church Cemetery.

He is survived by his wife, Heather, and their three children, of Smiths Station, Ala.; his parents, Donald and Billie Ensley; his sister, Mary Smith; and his brothers, Doug and David Ensley.

DTS to modify reservation process

By Sgt. 1st Class Michael J. Carden
AMERICAN FORCES PRESS SERVICE

Minor changes are scheduled to take place within the Defense Department's travel reservation system later this summer to support the Transportation Security Administration's new pre-flight screening program.

Under the current format, when travelers arrange flight, hotel and rental car reservations online at the Defense Travel System Web site, the only personal information the site processes through to the vendors is the traveler's first name, last name and middle initial.

But after the system and Web site modifications take effect, the traveler's date of birth and gender will be included to comply with the TSA's Secure Flight Program, said Pam Mitchell, director of the Defense Travel Management Office.

Defense travelers will be prompted by a pop-up screen from the DTS Web site to add the information, as well as to enter their name as it appears on their government-issued identification card.

The change will be minimally inconvenient to the traveler, as the information will be entered only once then saved to their profile, Mitchell said.

The program is an outcome of the 9/11 Commission, and it basically streamlines the process of identifying potential passengers deemed a match on the FBI-generated watch list screened by the airlines, said Paul Leyh, the program's director.

Before the program officially began last month, the various airlines each had their own screening processes, which were inconsistent and inconvenient for many travelers, Leyh said. It's not uncommon for a passenger's information to be identified as a match on one airline's list but cleared through another's, he added.

With the Secure Flight Program, the TSA eventually will become the sole pre-screening agency for all airline passengers. The program officially started in May with several domestic airlines, but within 18 months, every airline – international and domestic – that travels within, to, from and over the United States will be phased into the program, he said.

This will improve the safety of more than 2.5 million people, Leyh added. Also, travelers who've been misidentified as a close-enough match on the watch list can apply for a redress number through TSA to prevent future inconveniences. If cleared, the redress number also will be added to their profile in DTS.

Mortuary affairs

Puerto Rican Reserve unit supports 21st TSC

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

They perform a mission so sensitive it's hardly ever talked about. Their spotless, sanitized work environment at the 21st Theater Sustainment Command's mortuary affairs office is permeated with sorrow and grief. They are mortuary affairs specialists who share a quiet pride in what they do.

Currently, there are five mortuary affairs specialists from the U.S. Army Reserve's 246th Quartermaster Company assisting the 21st TSC's mortuary affairs office, which is located at Landstuhl Regional Medical Center.

The mortuary affairs Soldiers arrived in Kaiserslautern from Ramey Air Force Base in Aguadilla, Puerto Rico, and despite dreary days, meat-and-potato-based diets and other geographical or cultural peculiarities, they are extremely positive about their three-week stint with the 21st TSC.

"This is a great opportunity for us," said Pfc. Pedro Gonzales, a mortuary affairs specialist with the 246th QM Company. "We assist the mortuary affairs staff here, but they help us, too. We are actually performing mortuary affairs duties, hands-on. This is the real world, no longer just theory or book-learning."

"It is very sad to actually perform the duties we have trained for," said Sgt. Moises Cordero, also a mortuary affairs specialist with the 246th. "You have to prepare yourself mentally and psychologically to do it. But it is also very rewarding, because we do our work with respect and dignity to honor our fallen heroes."

Part of the 21st TSC mortuary affairs office's responsibility is to take care of deceased Soldiers, retirees and Department of Defense civilians. The 21st TSC provides support to the U.S. European Command and some outlying units of U.S. Africa Command spread across more than 37 countries. With such a significant mission, the reserve unit's augmentation is highly valued.

"The Overseas Development Training team and the 21st TSC truly appreciate the crucial support the 246th QM



Angelika Lantz

Spc. Alex Perez, a mortuary affairs specialist with the 246th Quartermaster Company, completes some paperwork while assisting the staff of the 21st Theater Sustainment Command's mortuary affairs office at Landstuhl Regional Medical Center. Perez is one of five 246th QM Co. mortuary affairs specialists from Aguadilla, Puerto Rico, completing their three-week Overseas Development Training in Germany.

We are honored that we can treat (fallen Soldiers) with the respect and dignity they deserve. They are part of our family!"

-Spc. Alex Perez, mortuary affairs specialist

Company provides to the command," said Lt. Col. Philmore Williams, the operations, training and ODT officer with the 21st TSC's Army Reserve Affairs Office. "We began our rotations in January and had units assist throughout the year. As we plan for fiscal year 2010 and 2011, I can only see that relationship improve and grow."

Mortuary affairs specialists' duties include the recovery, collection and evacuation of the remains, establishment of tentative identification, escort and temporary interment. They also inventory, safeguard and evacuate personal effects of deceased personnel.

The other oft-mentioned aspect of performing those duties concerns family – with the Army being the family of those who serve and their families.

"The (fallen) Soldiers have sacrificed all, and we are proud to provide this last service for them. We are honored that we can treat them with the respect and dignity they deserve. They are part of our family,"

said Spc. Alex Perez, a mortuary affairs specialist with the 246th. "Their sacrifice was for us, too."

"You don't know what to do for the families – you really can't help – you only strive to do the best and most professional job possible," said Sgt. Omar Alvarez, another mortuary affairs specialist with the 246th.

Unfortunately, being professional does not facilitate the performance of their duties.

"You attempt to separate yourself and focus on the work, but even the most routine tasks never become routine," Perez said. "This is our own way to serve our country. Not many people can do what we do. Not many people are prepared to do what we do. There is honor in being able to perform these important duties."

It also takes a great measure of grit right along with a lot of sensitivity and caring to perform the noble duties of what is often termed the hardest job in the Army.

Human foosball sure to excite at C.A.R.E. Fair

By Zoë H. Todd
HERALD POST INTERN

Everything has its firsts, including the Heidelberg military community – so why not let it be a human foosball tournament?

This is an event hosted by Army Community Service that will be held at the upcoming C.A.R.E. Fair Aug. 29 on Patrick Henry Village.

Military units of Heidelberg and Mannheim – especially single Soldiers – are encouraged to join the fun with five-player teams of their own. However, each unit may only put forth one team.

“These five team members will be representing their units,” said ACS marketing specialist Dawn Powell.

Contestants are tied, hands and waist, to a mobile pole with only two directions to move – left or right.

“It’s similar to foosball that’s played on a table,” said Norma Ewers, ACS’s volunteer coordinator, who helped Powell plan the event.

Two players are allotted to each pole with the goal-tender free to move in-

dependently.

“There’s no one controlling them,” Powell said, adding that it will be a good team-building exercise for the entire unit.

The goal of both the C.A.R.E. Fair and the infamous human foosball tournament is for new Soldiers to explore their community in a fun and relaxed environment.

“They can come out, see what else is going on and what groups there are to join,” Powell said. “You have a good audience with the families coming in.”

Powell first discovered human foosball at a local German fair, and the idea was quickly transferred to the C.A.R.E. Fair and welcomed by the community.

“We’re introducing something new to Americans,” said Ewers, who has never seen human foosball played by an American team. “Fun, teamwork... all the good factors that bring a team together.”

The Better Opportunities for Single Soldiers program will also have a hand in the events.

“The single Soldiers around Heidel-

berg are always actively engaged with the different programs that the Army has,” said Spc. William Perkins, BOSS president.

“We’re definitely willing to help out to make things more functional and lend a hand to our Army Community Service program.”

Both single and married Soldiers are encouraged to join in not only the human foosball tournament as players, judges or coaches, but the C.A.R.E. Fair in general, according to Perkins who will be directly involved with the human foosball tournament himself.

“I’ve never played it,” he said, “or seen it live, but it’s going to be a fun time to get together with other people from different jobs and different backgrounds.”

BOSS maintains a very flexible attitude toward the fair but hopes for single Soldiers to join in the events. “We don’t necessarily say ‘well this is what we’re going to do’ – we’re pretty flexible with things,” Perkins said. “That’s just how we usually operate – wherever they need us, we’ll go.”

Yet despite this, he is firmly con-

vinced that the human foosball tournament will be a great opportunity to interact in the community and have a great time besides. “I definitely think it’ll be a good time for sure.”

As well as being hugely entertaining for both the contestants and their spectators, human foosball also has other benefits.

“The tournament is very unique,” Powell said. “It’s going to be a really fun opportunity for anyone who wants to participate in it.”

“There’s a trophy,” added Ewers, referring to the prizes awarded to the three units with the highest scores. When asked why human foosball is worth playing, Ewers simply responded, “It is fun.”

“We’re trying to get the word out there,” said Powell about the tournament – and with all the entertainment human foosball entails, who wouldn’t want to join?

Register by Aug. 14 by phone or in person at ACS.

For more information, call DSN 370-6975, civ. 06221-57-6975 or visit www.mwrgermany.com.

Keep away from certain caterpillars that cause rashes, other reactions

By Kristen Marquez
HERALD POST STAFF

If you see a fuzzy-looking caterpillar, don’t try to touch it or pick it up – it could be a procession caterpillar, and touching it could cause a rash or worse.

Procession caterpillars look like regular caterpillars, but have long hairs along their bodies that are usually in a dark brown or gray color. Called procession caterpillars because of the way they travel up and down trees, they look similar to an army of caterpillars moving in a line, according to Allan Prucnal, the Directorate of Public Works liaison for U.S. Army Garrison Heidelberg.

Prucnal said their movements are distinct. They form a band a few inches wide as they move across trees. Once up in a tree, they form a nest in the upper limbs. Professionals need to be called in to remove those nests, he said.

Right now, there are nests on Tompkins Barracks and possibly Kilbourne Kaserne, according to Prucnal.

“The hairs are the problem,” Prucnal said. “As the hairs fall out of the trees or somebody touches the caterpillars, that can cause a rash in some people. It’s not deadly, but it’s uncomfortable, from what I understand.”

Nests were removed in May, Prucnal said, but according to DPW, new nests were discovered on Tompkins Barracks and will be removed as soon as possible. The area that is affected has currently been blocked off. DPW contractors will be coming in to remove the nests.

Until then, people are reminded to leave nature alone – a caterpillar that looks cute to your child may cause an ugly rash later on.

409th CSB changes command

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

Soldiers, civilians and families of the 409th Contracting Support Brigade, as well as the 21st Theater Sustainment Command, gathered at Panzer Parade Field to welcome the 409th CSB’s new commander.

Col. Debra Daniels assumed command from Col. Stephen Leisenring during a change-of-command ceremony in Kaiserslautern July 9.

Leisenring, the outgoing commander of the 409th CSB, had nothing but good things to say about the incoming commander.

“You could not ask for a better officer to assume command,” said Leisenring, who also had some words of advice for his former Soldiers who were standing on the field.

“Remember that everything you do is for the Soldiers and their families. All of the things that you have to put up with and all of the processes and procedures that you have to follow are important,” Leisenring said.

Daniels also had encouraging words for the Soldiers in her new command.

“I am truly humbled to stand before you and have the opportunity to take command of the greatest contracting support brigade in the United States Army



Sgt. Frank Sanchez III
Maj. Gen. Yves Fontaine, the commanding general of the 21st Theater Sustainment Command, passes the brigade colors to the commander of the 409th Contracting Support Brigade, Col. Debra Daniels, during her change-of-command ceremony held at Panzer Parade Field July 9.

– the 409th,” she said. “I know that when much is given, much is also expected. And I understand that.”

Leisenring has served as the commander of the 409th CSB since its activation in September of 2007. His next assignment is with the Mission Installation Contracting Command at Fort Sam Houston, Texas.

Daniels was previously assigned to the European Contracting Command as the commander of the Wiesbaden Contracting Center. She also served as the executive officer for the Assistant Secretary of the Army for Acquisitions, Logistics, and Technology, and as the director of con-

tract operations for the assistant deputy assistant secretary of the Army for procurement.

The 409th CSB plans and executes contingency, operational and sustainment contracting in support of U.S. Army Europe and the 7th Army as well as U.S. European Command and U.S. Africa Command. The 409th CSB falls under the operational control of the 21st TSC.

“The unit you see before you is the first operational contracting brigade and, in my opinion, the premier contracting support organization in the Army,” said Maj. Gen. Yves Fontaine, the commanding general of the 21st TSC, officiating over the ceremony.

Venture Point: Getting kids involved

Edge!, Hired! and Kids On-Site provide, after-school programs, apprenticeships and child care

By G. Lewis Robinson
USAG MANNHEIM FMWR

Three new programs – the Edge!, Hired! and Kids On-Site – are part of Venture Point, a collaborative work program bridging Child, Youth and School Services and Family and Morale, Welfare and Recreation programs through jobs, after-school program and child care services.

Venture Point provides more opportunities for Army Families to enjoy more activities within the garrison.

The Edge!

The Edge! program provides new opportunities for School-Age Services and Youth Program-eligible children to attend CYS Services-sponsored activities similar to what is being offered in SAS or the YP. Children and youth must be attending either primary or secondary school to be eligible for the Edge! program.

The Edge! specifically targets children and youth who do not ordinarily have a need to frequent SAS or the YP on a full-time basis, but would still like something to do. At the same time, however, Edge! is not designed to be just another CYS Services program.

For example, in U.S. Army Garrison Mannheim, the inaugural Edge! activity was called “Rolling for Bowling,” and began July 7 for SAS-aged children and July 8 for YS-aged youth. Each group meets for three hours once per week for four weeks, learning the basics steps, approach and etiquette needed to participate in a bowling program. At the end of the four weeks, a mini-tournament will be held and prizes will be given to all participants. By September, there will be two to four activities per a five-day-a-week program in place.

In keeping with the four CYS Services Service Areas, the Edge! program will offer activities within four Edge! packages – fit, art, adventure and life. There will be different activities offered within each

Edge! package every month. Additionally, participants of the regular School-Age Center-based program may be offered one Edge! activity each month at no extra cost.

Venture Point is designed to be a win-win for both CYS Services and FMWR programs. In the case of the “Rolling for Bowling” activity, the BFV Bowling Center director will be able to order additional shoes and bowling balls for the SAS age-group, paid for by Venture Point. An Arts and Crafts Center may need new art supplies in order to run an Edge! activity, while a library may need new youth-sized tables and chairs. All of these program enhancements will be paid for by Venture Point. The Venture Point MWR partnership specialists, who are new to the garrisons, have a budget that will pay for such costs on a case-by-case basis for all participating FMWR facilities.

Hired!

Hired!, another component of Venture Point, is meant to place highly-motivated teens 15-18 years of age into an apprenticeship program at any garrison facility that may need additional manpower. Hired! is not just another summer-hire program, though. Those teens interested in the program complete a strenuous selection process.

Prospective apprentices face a selection-panel that will verify their dedication and commitment to the facility with which they are seeking an apprenticeship. In addition, they must write a 100-word essay describing how they can be beneficial to the placement site and be interviewed by the director of the placement site. Concurrently, the prospective apprentice also attends mandatory workforce-preparation and academic-enhancement training.

Once the apprenticeship begins, the teen is required to work 15 hours per week for a 12-week period. Work will be during the normal work week, but also may include Saturday and Sunday shifts. The place-



Jennifer Clampet

Six-year-old Isabella Myles and Camp Adventure worker Lori Mankin get into the steps during a SAS Edge! Zumba class in Wiesbaden.

Venture Point provides more opportunities for Army Families to enjoy more activities within the garrison.

ment site pairs the apprentice with a qualified mentor to begin showing that apprentice the “ropes” for the placement site.

Duties might begin with sweeping and mopping floors, but the apprentice could work his way up to being mentored by the facility manager directly in many cases. The apprentice will learn the ins and outs of running a facility and continue to attend Hired! training classes.

There will be four 12-week sessions per year, and a teen may work two sessions per year for three years in a row.

Selected apprentices will not be paid an hourly wage; however, they will receive an end-of-program cash award for the completion of their apprenticeship.

The Department of the

Army has enlisted Kansas State University to assist with the distribution of Hired! cash awards. Funds have already been allocated to KSU for the remainder of FY 2009, and the Hired! program has been funded through 2015. Upon notification from the Hired! workforce-preparation specialist, KSU will send the teen a \$500 cash award.

The cash award climbs to \$625 for the second Hired! term, and then up to \$750 for the third. In addition, the teen will receive an official certificate of completion from KSU that can be used for future college résumés and applications.

Kids On-Site

The Kids On-Site program provides child care at participating FMWR facilities while parents or legal guardians are participating in activities at

that facility. In order for the program to exist in the facility, though, there must be an area able to be used for child care. In addition, the area must pass all CYS Services fire, safety and other inspections before it can be used for child care. After the green light is given, interested parents of children/youth (up to 12 years of age) register with CYS Services Outreach Services and pay the appropriate CYS Services hourly-care fees.

Kids On-Site is not ordinary CYS Services hourly care. A parent cannot pay for Kids On-Site, drop the child/youth off at the participating FMWR facility, and then go shopping elsewhere. The parent must remain within the participating facility the entire time their child/youth is in the care of Kids On-Site.

Pfc. Dustin Clark calibrates the sights on a radar system on Contingency Operating Base Basra, Iraq, June 28. Clark and other members of Battery E, 4th Battalion, 5th Air Defense Artillery Regiment, out of Fort Hood, Texas, detect mortar and rocket attacks.



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Sgt. Arturo Islas treats an Afghan boy's injured finger during a patrol in the Khas Kunar district of Kunar province, Afghanistan, July 7. Islas is a combat medic assigned to the 10th Mountain Division's Company A, 1st Battalion, 32nd Infantry Regiment, based out of Fort Drum, N.Y.



Staff Sgt. Jonathon M. Gray
Lt. Col. Patrick Ginn (left), commander, 72nd Expeditionary Signal Battalion, and Command Sgt. Maj. Mathew Acome prepare to case the battalion colors during a ceremony held in the Sullivan Gym on Benjamin Franklin Village in Mannheim July 7. The casing of the colors signifies the battalion's official departure for their third deployment in support of Operation Iraqi Freedom.



Sgt. Ferdinand Thomas
Sgt. 1st Class Jeremiah Glassford looks through an advanced combat optical gungight to see if the Soldiers he is supporting are accurately engaging their targets at Prosperity Range on Forward Operating Base Prosperity in Baghdad Saturday. Glassford is assigned to the 314th Public Affairs Operations Detachment from Birmingham.



Tim Hippias
Martial artist 2nd Lt. Steven Ostrander kicks New Jersey's Jonathan Lee in the face during his 12-1 semifinal victory en route to his third career crown in the heavyweight division of the U.S. National Taekwondo Championships in Austin, Texas, July 5. Ostrander is a member of the U.S. Army World Class Athlete Program.

ROTC cadet finds 'home away from home' in Kaiserslautern

By Sgt. 1st Class Osvaldo Sanchez
7TH CSC PUBLIC AFFAIRS

Living and learning in Paris, the "City of Lights," a Vermont college U.S. Army ROTC cadet found a home away from home in Kaiserslautern with the U.S. Army Reserve 7th Civil Support Command.

Cadet Alexander Nishida says the biggest challenge facing his overseas college education isn't money, it's finding a place to conduct a weekend battle assembly with the Army Reserve.

With hundreds of Army Reserve units spread across the United States, it is usually easy to find one to train with while attending college. But overseas it is a different story.

"You can't just go anywhere and pull drill," said Nishida, a Chicago native, who is studying in the Cultural Experiences Abroad program in Paris for a semester.

CEA provides college study abroad programs to U.S. and Canadian students in 15 countries and 28 cities around the world, intended to immerse students in a different culture and build international relations.

Nishida enlisted in the Army Reserve in his senior year of high school and went through Military Po-



"... Experience on a military installation overseas will give me a larger range of experiences to draw from in my career, as a cadet and then in my first years as a junior officer."

-ROTC Cadet Alexander Nishida

lice One Station Unit Training from June to November 2007. He then enrolled at Champlain College in Burlington, Vt., and joined the ROTC Simultaneous Membership Program offered at the University of Vermont.

Nishida is assigned to Company B, 1st Battalion, 391st Regiment, 4th Brigade, 98th Division (IT), 108th Training Command, from Colchester, Vt.

Nishida travels to neighboring Germany to conduct his battle assembly with the 7th CSC, the U.S. Army's only Reserve command on foreign soil.

Reserve Soldiers can conduct training with another unit by rescheduling training to meet the requirements of the Army Reserve and maintaining a satisfactory status with their assigned unit.

Nishida said attending 7th CSC battle assemblies gives him academic and military experience while studying abroad.

"I wanted to further understand how the Army

and the Army Reserve operate in Germany and Italy. I feel that experience on a military installation overseas will give me a larger range of experiences to draw from in my career, as a cadet and then in my first years as a junior officer."

Another Soldier can relate to Nishida's story.

Staff Sgt. Brett McMillan of the 200th Military Police Command at Fort Meade, Md., who studies in Holland, said, "I had just re-enlisted two months before being given the opportunity to pursue a master's degree and live in Amsterdam for 11 months. I was very glad when my command agreed to let me reschedule training with another Army unit. I used to drive 18 miles to my battle assembly, now it's 500 kilometers to Kaiserslautern, but it beats flying home every month for battle assembly weekends."

The command is undergoing transformation, and Nishida is witness to it. He attended weekend battle assemblies with the 7th CSC until the end of June.

Heidelberg scouts experience adventure camp in England

Heidelberg Boy Scout Troop 26

Boy Scouts from Heidelberg descended on the English countryside to share in the scouting experience with scouts from across Europe.

Using a grant provided by the Heidelberg Community Spouses' Club to defray the expense of travel, Troop 26 led the Heidelberg contingent's multi-pronged movement to Camp Baden-Powell, near Sheffield, England.

The camp, named after the founder of scouting, Robert Baden-Powell, is a British camp, but is run by the Boy Scouts one week each year, according to Don Brown, Troop 26 scout master. It is one of the premier scout camps in the world and the longest running Boy Scout camp in Europe.

"If you're in Europe, you need to go to Baden-Powell because that's where it all began," said Brown, who's been involved in scouting since he was 8 and has three sons who are also highly active scouts.

An advanced party traveling in vans delivered equipment and a small detachment of boys to prepare for the weeklong adventure. Crossing the English Channel by ferry, they arrived in time to establish the camp before the majority of the boys arrived by plane in late June.

Once on the ground, the larger group traveled from Manchester through the Peak District by train to Sheffield. Once assembled, the 22

scouts and seven adults prepared for a week of activity.

"We have so many diverse scouts, and everyone got to do something," Brown said. "Nobody had time to complain about being bored."

Many of the younger scouts participated in the ACE Program, which teaches the fundamental scouting skills required to advance to the rank of first class.

Highlights of this training included knife handling skills, proper use of the ax and saw, the fundamentals of orienteering, and a five-mile hike through the English countryside.

All the boys participating in the program left England prepared for greater challenges on the path to Eagle Scout.

Those scouts who had already completed the ACE Program took advantage of the many merit badges offered at the camp.

Moving from station to station throughout the day, scouts gained practical experience in the skills needed for wilderness survival and learned other specific skills such as canoeing and archery.

Other featured merit badges included pioneering, oceanography, environmental science, emergency preparedness, swimming, lifesaving, first aid and handicrafts.

By week's end, the contingent from Heidelberg collectively earned more than 30 merit badges.

Camp Baden-Powell's flagship activities revolved around adventure



Courtesy Photo

Boy Scouts from Heidelberg Troop 26 – Steven Brown, Jay Chitnis, Jonathan Brown, Jordan O'Connor, Kyle Reuschhoff and John Morton – participate in the High Adventure Program at Camp Baden-Powell near Sheffield, England.

training.

The Heidelberg scouts experienced the thrill of rock climbing and rappelling on a variety of premier venues in the Peak District, including the Stanage Ridge.

They also enjoyed mountain biking, water skiing, kayaking and extreme rappelling from railroad viaducts over the rushing white water only to be pulled to a dry landing at the last possible second.

"Everyone enjoyed the tasks they were doing," Brown said. "The scouts doing the high-adventure activities were just glowing."

The days were long and tiring, but the rewards manifold as the scouts acquired new skills to prepare them for future outdoor adventures.

Aside from all of the adventure

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training, merit badge work, and other camp activities, Troop 26's own Robin Hood duo of assistant scout master Steve Eggert and Zach Eggert accompanied by Will "William Tell" Miller and his father Col. Kurt Miller outshot the entire camp in the annual archery event.

The scouts also enjoyed competing in a variety of troop events and cheering on their peers as they took on the staff in the annual raft race.

"The boys came back with a renewed vigor for wanting to do more scouting activities," Brown said.

And they're already devising ways to raise money to go back next year.

Craddock: NATO must find better ways for nations to participate

By C. Todd Lopez
ARMY NEWS SERVICE

WASHINGTON – Options exist to help members of the North Atlantic Treaty Organization better meet their obligations within the alliance, said the former NATO commander, who left the post about two weeks ago.

Gen. John Craddock, the recent NATO supreme allied commander Europe and former commander of U.S. European Command, spoke July 9, at the Reserve Officers Association in Washington, D.C., as part of a presentation by the Heritage Foundation titled “NATO and Afghanistan: Equitable Burden Sharing.”

The general addressed concerns that some NATO nations weren't as active in the alliance as others, in particular, to commitments in Afghanistan. He also suggested ways NATO could help member nations be more active in the alliance, including the development of shared NATO resources and the expansion of the NATO mission to include non-military, nation-building activities.

Craddock said NATO can do more to enable member nations to provide support – to meet their commitments to the alliance.

“We as an alliance need to make it easier for individual nations to make those contributions,” he said. “We need to help nations financially who are willing to deploy to an operational theater.”

Such assistance could come, he said, through the use of common or shared resources – including a funding system that could reduce the strain on national defense budgets.

“We must bring new modern interoperable capabilities to the nations of the alliance, and also collectively to the alliance itself,” he said. “I think we should further explore the acquisition of the commonly owned assets.”

Even more, he said, NATO could redefine its mission in such a way as to enable some nations to participate in non-military ways.

“The vast majority of the new and emerging threats that we face collectively: transnational terrorism, proliferation of weapons of mass destruction, piracy, energy security, mass migration, cyber attack – these cannot be defeated by military means alone,” he said.

Those threats to national security call for international solutions built on international partnerships and cooperation, he said.

To read more about the general's speech, visit the news link at www.defenselink.mil.

University students discover environmental conditions at Schwetzingen training area

By Juan R. Meléndez Jr.
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

A group of German university students got a first-hand look Monday at the U.S. Army's stewardship of the environment at the Schwetzingen Local Training Area.

U.S. Army Garrison Baden-Württemberg Directorate of Public Works Training Support Center Heidelberg staff and German federal and state forestry and nature protection officials briefed the 36 University of Freiburg students on the history and environmental concerns of the training area then led them on a walking tour.

The tour showed the students “the very high value” the Army places on protecting nature in its training areas, said Heinz-Ludger Henning of DPW's Environmental Division, and exposed them to the often unique biotopes – small areas with distinct environmental conditions – that many of these areas represent.

“These areas were never treated with pesticides and artificial fertilizer,” said Henning, unlike nearby agricultural areas, and as a result, they became places where many rare species survived.

Military activity in the training areas also had an impact, helping create special conditions that allow small islands of certain species to prosper.

The area, Dr. Matthias Schneider of the Federal Forestry Office explained, contains ancient sand dunes formed during the last Ice Age, about 11,000-10,000 B.C. Over time, they were covered with vegetation that was destroyed when humans started to keep sheep there.

Then, during World War II, it was used by the Wehrmacht – German military – as a tank training ground, which cleared away the vegetation and exposed the sand. The U.S. Army continued to train with tracked vehicles there after the war. The result is a biotope that provides homes for many rare and protected species: plants, grasshoppers, wild bees and sand lizards, among them.

The end of tracked vehicle training around 1990 meant that plant growth began to encroach on this biotope, one of the challenges facing the Army as it continues to use the 294-acre local training area while responsibly managing its environment.

“The first ground rule is that we obey the law,” Dan Welch of the Environmental Division told the students at the initial briefing, “German and American.”

He said the Army cooperates with the Obere Naturschutzbehörde (Higher Nature Protection Authority) and the Federal Forestry Office (Bundesforst). The authority, among



Shepherd Markus Waldmann shares his experiences with several of the 36 University of Freiburg students who visited the Schwetzingen Local Training Area Monday.

The tour showed the students “the very high value” the Army places on protecting nature in its training areas.

other things, hires a shepherd whose flock keeps vegetation under control, and has work groups to trim and remove vegetation in areas where the sheep are not allowed.

The area, also known as Hirschacker, is inside a water protection zone (Wasserschutzgebiet), hence the ban on vehicle maintenance.

LTA manager Joe Kelly said the LTA serves some 33 units from the Heidelberg, Mannheim and even Kaiserslautern areas. It provides bivouac sites, a land navigation course and a gas chamber.

“Local units would be lost without it,” said Seth Williams of the LTA's Range Control. He said it gives them a chance to train locally year-round without having to undergo the time and expense of trips to large training centers such as Grafenwöhr.

Williams said the units that train there are the least of their worries as far as the environment is concerned. He said Range Control briefs the units before they train, and that NCOs do a good job of keeping their Soldiers on track.

A greater problem is encroachment by individuals and groups who use the general area for recreation, including picnicking, mountain biking and walking their dogs. The result is trash, plant destruction and sometimes even landscape modification.

“We find mountain bike ramps,” said Kelly of Range Control. “We tear them down, and they build them again.”

Markus Waldmann, the shepherd contracted by the Authority, also voiced his irritation with dog owners who let their dogs run free, instead

of keeping them leashed as the forest rules require.

“We had some encounters this Saturday and Sunday,” Waldmann said.

“It's not just Germans,” Williams of Range Control was careful to point out. “Some of the trash we find, you can tell it was bought at the PX or commissary.”

The difficulty is that the LTA abuts forested areas and trails that are popular among recreation seekers. It is not fenced off, and although there are warning signs along the perimeter, they are not always visible or always heeded. With no legal jurisdiction, Army officials must call on German police when they encounter environmental violators.

Another, but non-human challenge, according to Henning, is “invasive species,” mostly non-native plants whose seeds find congenial homes in the LTA's biotope, and thereby threaten its character. He said authority work crews remove the plants from time to time, but that it is a continuing challenge.

Henning said the tour of the LTA came about when the University of Freiburg asked Schneider of the Federal Forestry Office for a tour of a military training area for its students of landscape management and geography, which includes landscaping and land management.

Schneider, an alumnus of the university in the Black Forest region, selected the Schwetzingen LTA as an example of an active training area. After their visit there, Schneider led the students on a tour of a closed training area farther south in Landau-Ebenberg.

Geren highlights Soldiers, families

Secretary of the Army prepares to step down

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

WASHINGTON – To Army Secretary Pete Geren, the Army is not some amorphous entity that the country calls on in time of crisis. To him, the Army is people – Soldiers and families – serving something larger than themselves.

He knows this from visiting Soldiers in Iraq and Afghanistan. He knows this from meeting with families as they cope with long-term and repeated deployments. And he knows this from attending funerals and burials at Arlington National Cemetery's Section 60 for young men and women killed fighting America's wars.

As Geren prepares to step down as secretary, he can look back on solid accomplishments – all centered on Soldiers and their families. "They are truly the strength of our nation," he said during a recent interview. President Barack Obama has nominated U.S. Rep. John McHugh of New York to succeed Geren as Army secretary.

Geren, who had been serving as Army undersecretary, took over as acting secretary in March 2007 after the resignation of Francis Harvey, who left office after revelations of systemic shortfalls in outpatient care at military health care facilities. He took office in his own right in four months later, and the Obama administration kept him on when it took office in January.

His tenure has been eventful. In March 2007, the surge in Iraq was continuing, and it featured heavy fighting and casualties. Soldiers sent to the U.S. Central Command region – including those in Afghanistan – served 15-month deployments.

The Army was having problems meeting its recruiting goals. The service had to improve care to wounded warriors, including improving treatment of the signature injuries of the wars – post-traumatic stress and traumatic brain injuries. Support to families had to increase. "On top of this, we needed to take care of the long-term goals for the

Army," Geren said.

In short, the Army had to fight today's wars while positioning the service to maintain its edge in the future.

Balance for Soldiers is key to maintaining the foremost combat force in the world, Geren said. "This is the first time since we've had an all-volunteer force that we've gone through extended deployments," the secretary said. The Army of World War II, Korea and Vietnam were mostly single, male draftees. The Soldiers of today's force are volunteers and are married, and women serve in large numbers.

The stresses and strains on the all-volunteer force became apparent soon after beginning this conflict, Geren said. Over the past several years, the Army has devoted more and more resources to families.

"Soldiers who are married have expectations for their families, and we've been trying to meet those expectations," he said. "Over the past two years, we've doubled the amount of money that goes into family programs – (from) \$700 million to \$1.4 billion.

In his travels around the Army, Geren said, he has heard a lot of concern about the availability and affordability of quality child care. The Army has stepped up construction and manning of child care centers and is working to reduce the cost for enlisted families.

The service is stressed, Geren acknowledged, but he said Soldiers continue to meet the challenges. Many of the Soldiers have served three and four deployments, and some are gone as much as they are home. Increasing dwell time – the time Soldiers are at home stations with families – is a priority. "The Army is growing, and we hope to meet the 1-to-2 goal (of one year deployed followed by two years at home station) by 2011," the secretary said.

Part of the problem is demand. Some 130,000 U.S. troops are in Iraq, and almost 60,000 service members are in Afghanistan. The current dwell ratio is a bit over 1-to-1. "This is a work in progress," Geren



Army Secretary Pete Geren visits troops at Forward Operating Base Ghazni, Afghanistan, Sept. 20, 2008.

said. "We must do more."

The role of reserve-component Soldiers and the support provided to them increased during Geren's tenure. "It is clear that the reserves' role in the war has been crucial. We could not do what we have done without the reserves."

Yet equipping and training Army National Guard and Army Reserve units was far below that of active duty forces. Coordination with Congress has led to a significant increase in equipment funding. National Guard units are receiving the same equipment – often at the same time – as their active duty counterparts. The last "deuce and a half" – the trucks driven by Army forces since World War II – will be out of the service in fiscal 2011, all replaced by medium tactical trucks.

Personal protective equipment, night-vision goggles, communications systems, helicopters and much more are flowing to reserve-component units. Funding for Army National Guard equipment was \$1 billion in fiscal 2001. Today, it is \$3.9 billion yearly.

The reserves are valuable for another reason: their civilian experiences. Army Reserve and National Guardsmen take lessons learned in their civilian jobs to the battlefield, Geren noted. "We have units of Soldiers who are farmers from states in the Midwest," he said. "They are working with Afghan farmers." The units are helping Afghan farmers cope with drought, plant crops other than the poppy that fuels the illicit drug trade and finances terrorist activities, and in keeping livestock alive and producing.

Other reservists are lawyers, city managers, firefighters and police, and they work with Afghan and Iraqi counterparts to build governance and economic bases.

"We need to do better in identifying these skills and putting them to work," Geren said. But again, he emphasized, families matter.

"We must do a better job getting assistance to the families of our deployed reservists," he said. Reserve-component service members are not centered at a base, as active duty units are. Updating family programs for reservists is important. Making programs available where they live is a priority that the Army is working on, the secretary said.

Caring for the wounded or the families of those killed in service is a promise the Army and the country must fulfill, Geren said. Under Geren's watch, the Army has set up 36 warrior transition units that allow Soldiers to focus on getting better, or – if they are not returning to their units – what they will do with the rest of their lives. "We have to get rid of administrative rules that make no sense," he said. "Two years later, I still hear of these."

Transitioning from the Defense Department health care system to the Department of Veterans Affairs system remains a problem, Geren said. "The Army continues to work with VA to streamline the system, and it's better than it was, but it needs to be better (than it is now)," he said.

The service has also established Soldier and family assistance centers to centralize services for transition. "If Sol-

diers want educational opportunities, here's the place to get them," he said. "If they need help with housing or getting a job or signing up for VA benefits, it's all there."

The Warrior Care and Transition Program is the way the service will take the hard-won lessons and translate them to results. This past year, the Army spent \$751 million on the program, and anticipates spending \$1.2 billion this year. "This is the least we can do, given the tremendous sacrifices these Soldiers and their families have made for us," Geren said.

The secretary said he appreciates that the American people support their Soldiers, "but I don't think they understand the scope of their sacrifices."

"They come up and shake their hands when walking through airports, but they don't fully understand what it is that these Soldiers do for us every day," the secretary said. "We need to communicate that better, because just a small percentage of Americans volunteer for military service."

Geren, a former congressman from Texas, started working at the Defense Department as a special assistant in 2001. "I was just going to spend two years and go home," he said. He served as acting secretary of the Air Force before becoming undersecretary of the Army, and ultimately secretary.

"For nearly eight years, I have watched Soldiers go off to war and their families stand with them," he said. "I always will remember that I had the privilege to work for them when our nation was asking so much of them – truly the privilege of a lifetime."

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held in Baumholder June 28-July 1.

The competitors arrived at Panzer Kaserne for an equipment layout and transportation to Baumholder, and as soon as they arrived, the competition began. They were given map coordinates to the site where they would set up camp. Once they dropped their equipment, they were taken immediately to the start point for the first event of the competition – the 12-mile ruck march, up and down the hilly terrain of Baumholder Training Area. After a small break came the next event, night land navigation.

“It wasn’t easy. The points were far off and with the terrain plus doing it at night, it was pretty challenging. You had to really know what you were doing in order to find the points,” said Staff Sgt. Charles Alexandre, a missile launching station operator with the 7th Air Defense Artillery Battalion.

Events included a board appearance, presided over by 21st TSC Command Sgt. Maj. David Wood, M16A2 rifle and M249 squad automatic weapons qualifications, reflexive fire with a 9 mm pistol and situational training exercise lanes in full mission-oriented protective posture. The competitors also did three rounds against combatives experts while wearing their Army combat helmets and body armor, and took a physical fitness test on the last day of the competition.

Unbeknownst to the competitors, members of their units and their families were waiting for them when they arrived back at Panzer Kaserne where they enjoyed a barbecue to celebrate making it through the rigorous four-day competition.

After commending all of the Soldiers for their hard work and determination, Maj. Gen. Yves Fontaine, the commanding general of the 21st TSC, announced Spc. Daniel Micek, representing the 18th Military Police Brigade, as the 21st TSC Soldier of the Year.

Fontaine then announced Sgt. Jason Hancock, a transportation management coordinator representing the 16th Sustainment Brigade, as the 21st TSC NCO of the Year. This was the second time in a row that Hancock has won at this level. Last year he was named the 21st TSC Soldier of the Year.

“When I did it as a Soldier, I was doing it for myself and being a NCO now, I’m doing it to be a role model for other Soldiers and to present to other Soldiers what can be done and what is expected of them,” Hancock said.

“By far this is the most physically demanding competition that I have been in,” said Micek, who serves as a military police Soldier with the 615th Military Police Company, 709th Military Police Battalion. “It’s mainly focusing on how much heart you have and how much dedication you have.”

Hancock and Micek will represent the 21st TSC at the U.S. Army Europe Soldier and NCO of the Year competition later this year.

AAFES

continued from page 1

things as banners, flyers and handbills.

It will set up in the area now occupied by the Class VI store. To make room for it, the Class VI will close Aug. 1. The beverage sales have already moved to the Exchange Annex, also at the shopping center.

The Shoppette time changes, Koch said, are driven by customer traffic – or the lack

of it – and will allow AAFES to cut losses and provide more dividends to FMWR.

Starting Aug. 31 the Patrick Henry Village Shoppette will be open 24 hours a day only on weekends, with weekday service hours changing to 6 a.m.-midnight. Koch said that the change was driven by low customer use of the facility during the midnight-to-6 a.m. time slot on weekdays.

“That constitutes 25 per-

cent of our service hours, but only .5 percent of our sales,” said Koch, who added that 80 percent of that limited sales activity was for alcohol.

Customer late-hour use is higher on weekends, so the facility will stay open then. Typically, the PHV Shoppette will open at 6 a.m. Friday and stay open non-stop through Sunday night at midnight. If there is an American holiday on Monday, he said, the

24-hour service will continue for the additional day.

Also starting Aug. 31, the Mark Twain Village Shoppette will change hours, opening Monday-Saturday, 1-9 p.m. and Sunday, noon-5 p.m. The nearby Campbell Barracks Shoppette will remain unchanged, Monday-Friday, 8 a.m.-6 p.m.

The AAFES Car Care Center at the shopping center ended garage services June 27, al-

though it remains open for retail sales. “You can still buy tires at the store,” Koch said, “but you can get them mounted and balanced at Jiffy Lube.”

Koch said the MWR-operated Speedy Lube on Patton Barracks was already performing many of the same services as the AAFES garage, so it made sense to consolidate. Speedy Lube is open daily 10 a.m.-6 p.m., closed American holidays.

SonRock Kids Camp



Jason L. Austin

Accepting the challenge to tilt her head back and let the slime go into her mouth, a girl gets her turn in the slime machine during the Ultimate Slooze Show June 27, 2008 on Heidelberg's Mark Twain Village. Slooze is back for 2009 and will take place at the end of vacation Bible school Aug. 7.

Vacation Bible school, Slooze coming to Heidelberg

By Zoë H. Todd
HERALD POST INTERN

Every summer, elementary school children flock to SonRock Kids Camp, the yearly vacation Bible school held by local chapels and ministries on Patrick Henry Village.

From Aug. 3-7, kids can spend three hours creating crafts, singing songs, witnessing skits, and playing games – all under the watchful eyes of volunteers with a heart for children.

Everyone from pre-kindergarten through grade five is invited to join the fun while expanding their horizons on God and his word.

“I’ve done a lot of camp work over the years,” said Chaplain (Capt.) Mike Griffith, PHV’s protestant chaplain. “Some of them teach some morals, but we try to teach the basis of the morals being in God.”

Not only is SonRock Kids Camp a break for both parents and children, but it also offers campers the opportunity to

learn life lessons through play and laughter.

“They see some skits that make them laugh,” Griffith said, “but in the midst of making them laugh, they drive home some powerful truths.”

A daily program similar in the arrangement of activities creates a reliable and reassuring environment while individual themes spice things up with their own unique flair – games, crafts and skits are based on a given theme of the day that helps to add meaning to activities.

The final day is said to be one of the camp’s main highlights when parents may attend camp with their children and Heidelberg Garrison Commander Lt. Col. Robert White drops by to participate in activities.

“It pulls everything together and lets parents know what we’ve been doing over the week,” Griffith said.

This year promises to be particularly exciting with a barbecue planned in conjunction with the Ultimate Slooze Show, a program

developed by a ministry run out of a church in Florida that will be visiting the PHV community.

Similar to old Nickelodeon shows, Slooze-contestants fall victim to the slime machine should they lose the game.

“They call it Slooze because it’s where slime and ooze meet,” Griffith said about the forthcoming event.

The barbecue and Ultimate Slooze Show will be held Aug. 7 at the PHV chapel starting at noon and is open to everyone.

SonRock Kids Camp has been a great success in the past with more than 200 children in attendance for the previous year.

“It’s an opportunity for children to be introduced to the great things that the chapel ministries do here in the community,” Griffith said. “Ultimately, we’re trying to teach them some of the truths about God – about his word. About how it can affect their lives. Let’s face it, in a world where kids have enough negative influences, we’re just trying to give positive influences.”

VIENNA

Discover imperial history, modern beauty in Austria



Ina Stiewitz

The Gloriette on the Schoenbrunn Hill was built in 1775 and intended to be the crowning touch to the unity of the palace and the garden. It served as a focal point and a lookout point for the garden. Today it has a cafe and a platform on the roof for overlooking Vienna.

By Ina Stiewitz
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Vienna, located in the Northeast of Austria, is a beautiful city with historical flair. With about 1.7 million citizens, Vienna is the largest city of Austria and famous for its imperial touch.

Before travelling there, one should be aware of Vienna's imperial history, especially of the reign of Emperor Franz Joseph I and Empress Elisabeth I.

The following four-day excursion through Vienna will focus on the remains of the monarchs' life. Part one will showcase the first two days, and part two in next week's Herald Post will feature sights to see on days three and four.

Before You Go

The most important item you need in Vienna is a city map. This little helper includes all the information you need to find your way through Vienna, all sightseeing offers, and most important, the public transportation map.

The second item you should carry with you is the public transportation ticket - buses, streetcars, and subways are available all over the city, all day and night. The route network is easy to understand and once downtown you can reach everything on foot. The tickets are available at ticket machines for different time spans, such as 24 hours, 48 hours, 72 hours, or week tickets.

The third thing you should bring to Vienna is the good condition of your feet and legs, because walking and standing will be the main part of your sightseeing tour, especially during a four-day stay.

After being prepared one can expect an interesting and overwhelming trip through impressive buildings, churches and museums.

Day One

Depending on your arriving time, a good start would be to figure out where your hotel is located and which public transportation is nearby. After that, drive downtown and walk around with your city map. This will help you to get an overview of the sights, and provide you with a first impression.

The Spanish Riding School, the only institution in the world where the art of classical riding has been trained for more than 430 years, is located in the Imperial Palace.

To see the Lipizzaner ballet, it is recommended to

visit either a gala performance or the morning practice with music. Both are conducted in the baroque riding hall of the Imperial Palace. To get an idea of what the horses perform during a gala performance, visiting the morning practice is the right decision. Tickets are affordable and you can come and go during the two-hour training on Saturday mornings.

Vienna is the largest city of Austria and famous for its imperial touch.



Emperor Franz Joseph I

Silver Collection, the Schoenbrunn Palace, and the Imperial Furniture Collection.

In buying the Sisi ticket your tour will begin with the Imperial Silver Collection, the exhibition of the Habsburgs dining service and silverware. Besides many impressive services, the 30-meter long "Milan Centerpiece" mirrors the splendor of imperial dining tables.

After that you will be led to the "Sisi museum" which provides an insight into the life and feelings of Empress Elisabeth I, who is nowadays spoken of as the "Myth Sisi." Different rooms show stages of her life, beginning and ending with her death.

This tour ends with the exhibition of the imperial apartments, where you will see a considerable amount of exhibited rooms.

An audio guide is available at the entrance and is recommended. After this exhibition tour, you

should drink a cup of Viennese coffee in one of the famous Viennese cafes, which can be found everywhere in the city center.

Day Two

One day of your tour should be reserved for the Schoenbrunn Palace and the Imperial Carriage Museum in the Schoenbrunn Park. The Palace, the monarchs' summer residence, is



Empress Elisabeth I

one of the most important monuments of Austria. In 1996 it was put on the list of the UNESCO World Cultural Heritage. It is the place of birth of Emperor Franz Joseph I and he spent his last years entirely in the palace. With your "Sisi ticket" the entrance to the palace includes a tour with audio guide passing through 40 magnificent rooms. If you decided against a Sisi ticket, there are different ticket combinations available.

The Schoenbrunn Park extends 1.2 kilometers from east to west and approximately 1 kilometer from north to south. The palace and the park form a unit and reflect each other. The Schoenbrunn Park includes a huge Neptune Fountain, the Schoenbrunn Hill with the Gloriette, a zoo, a palm house, a botanic garden and a carriage museum. From the Schoenbrunn Hill and the Gloriette you will have a gorgeous view at the palace and over Vienna.

The imperial carriage museum is home to the core of the former vehicle fleet of the Viennese Court. A total of 170 are located there. The exhibition also shows court uniforms from 1800-1918. Additionally, some of the remaining dresses of Empress Elisabeth are kept there.

Until December 31, part of the carriage museum is an exhibition called "Trailing Sisi" that again explains the Empress' life.

In next week's Herald Post, learn about the Karl Church and the Giant Ferris Wheel at the Prater, along with the Treasury, St. Stephen's Cathedral, the Imperial Burial Vault, and finally, riding with a typical Viennese carriage, called "Fiaker."

For more information, visit www.wien.info/en.

GERMAN COOKING

Chocolate-Filled Cake

Ingredients:

- 1 package active dry yeast
- 1/4 cup warm water (105-115 degrees)
- 3/4 cup milk, scalded
- 1/3 cup butter, softened
- 1/4 cup sugar
- 1 teaspoon salt
- 2 eggs
- 1/2 teaspoon vanilla extract
- 3 1/2 cups all-purpose flour
- 6 oz package nestle toll house
- 1 package semi-sweet chocolate morsels
- 1/2 cup chopped walnuts
- 1 egg beaten

Directions:

- In small bowl, dissolve yeast in water; set aside. In large bowl, combine scalded milk, butter, sugar and salt; stir until butter melts. Beat in eggs and vanilla extract. Stir in yeast. Gradually add flour, beating well after each addition.
- Turn dough out onto lightly floured board; knead 8 minutes. Place dough in large greased bowl; turn once. Cover bowl with plastic wrap; let rise in warm place until doubled in bulk (about 1 1/2 hours).
- Turn dough out onto lightly floured board; knead 1 minute. Roll into 22x14 inch rectangle. Sprinkle Nestle Toll House semi-sweet chocolate morsels and nuts over dough. Roll up jelly roll style starting with long side; seal seam. Form into ring; seal ends.
- Place seam side down on cookie sheet. Cut 2/3 way through ring at 1 inch intervals, leaving center intact. Gently twist each section. Cover with plastic wrap; let rise in warm place until doubled in bulk (about 1 hour).
- Preheat oven to 350 degrees. Brush break with beaten egg. Bake at 350 degrees for 25-30 minutes. Serve warm or at room temperature. Garnish as desired.

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 am still grief stricken about the loss of my husband. He was killed in action in 2006. It has been very hard for me and my children to cope.

I've been trying my hardest with very little help from the Army. I don't want to sound like a victim, but I feel like my husband was very committed to the Army and committed to serving his country. Since he sacrificed everything, the Department of Defense has done very little with the continuity for the care of his family.

My closest family and friends have tried very hard to be there for me. I know I've been a big burden to them. My sad days have truly made it difficult for them. Things began to pick up for me after I started working. All of a sudden with the help of Zolof and counseling, it was like a fog had been lifted and much of the depression decreased. I began to feel some what normal, but I still missed my husband very much. I was still angry.

In retrospect I think I was taking it out on many people, including my family. I have apologized to every one greatly. I said all of that to give you some of my history.

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.

While I was working I became friends with many of my coworkers. One in particular wanted to introduce me to her brother who is also a Soldier and stationed in Afghanistan. We began talking over the phone and e-mailing each other. When he came home for R&R we spent a great amount of time together. We were not sexually involved, but we shared some physical intimacy.

He wants to take our relationship further and has been talking about marriage. I would like to be married, too, and I have not given up on the possibility of love. I really believe love is right here with this man.

Yes, I'm scared. I do not want to lose another husband or a boyfriend in a war. I guess I don't know why I am even going down this road again. Is something wrong with me? Am I moving too fast or should I just drop this relationship? It's not like I've never been in love before.

I loved my husband dearly, and I was very much in love with him. I am still very young (at least in my opinion), and it's hard for me to think I could be alone for the rest of my life. So, thank you for listening. Any advice you could give would be helpful.

From: Finding My Way Back Dear Finding,

I'm glad you wrote to me and shared your story. I've heard from many spouses and other family members over the years that have experienced the same.

I know it hasn't been easy. The different emotions you have experienced are all quite normal given your situation. You will continue to have them, so I encourage you

to continue with counseling. You will need a professional to help you process these feelings.

I'm glad to know you started working and have been trying to establish some sense of normalcy for you and your children. Now, you've become involved with someone, a Soldier and certain feelings and questions have surfaced.

I'm not saying that you shouldn't become involved with him, but I am saying you should take things very slow. Don't feel like you have to commit to a relationship right now.

From your report, you stated that you are still healing. No professional can tell you when that healing process will be complete or if it will ever happen. I would much rather you concentrate on yourself and your children.

However, I know you've become involved with this man and have spent time with him. Explain to him that you can't commit to anything right now, but you would like to keep in touch with him.

Conversely, I would advise him to take this relationship slow as well. He is deployed; it's natural for him to want some one home waiting for him. He could also be having some transference regarding the death of your husband – almost like he is doing some good by taking care of you and your children since your husband is deceased.

Continue with counseling. I would also advise you find a therapist who works with children who have grief and loss issues. Please know that our country appreciated your sacrifice.

Cut costs when grocery shopping

By Anita Tedaldi
HOMEFRONTONLINE.COM

The commissary is one of the great perks of military living. OK, I've been known to gripe about the narrow aisles and the empty shelves, but frustrations aside, the commissary really helps you save a few bucks. And if you're willing to put in a little effort, you can stretch those dollars even further.

"Even though the commissary has better prices than other grocery stores, military families can save more money by following some simple shopping tips," said Melissa Ketterman, a Marine Corps wife and a buyer for a large manufacturer.

It's not all in the coupons, though they certainly help. Sometimes it's all about a little inside information. Ketterman said to compare prices and look at the less visible items on the top and bottom shelves.

"Grocery stores usually place more expensive items at eye level," Ketterman said. "Grocery stores are pro-

fessionally designed and want you to spend money. When you see something on sale, it's not necessarily the best deal but the one the buyers paid for."

So don't fall for a sale item just because the store tells you it's a deal. One trick that may require a bit of organization and planning is to keep your old receipts and check the prices of the items you usually buy against sale prices.

One obvious tip that budget-minded consumers should all use – but I've been guilty of forgetting – is writing a list and sticking to it. If it helps, use cash instead of a credit card. "A lot of people will spend more on a credit card than when they're handing over actual dollars," Ketterman said.

"Before shopping, we plan out meals for the coming week, including any outings to sporting events and/or field trip lunches," said Cathy Mann, an Air Force wife and mother of four. "I make a detailed grocery list and do my best to stick to it. Impulse shopping can prove deadly to the food budget."

With four teenagers to feed (and all of their friends), Mann said she has "to watch our grocery budget or it could easily become larger than our mortgage."

Buying items in bulk isn't the great deal it used to be a few years ago. "Stores figured out that they could actually charge more without consumers realizing it," Ketterman said. "So you need to check that the bigger box of cereal is actually cheaper per ounce than the smaller box."

And it's not always an intentional effort to squeeze your wallet. At commissaries more than civilian stores, you might find quirky pricing that can save you a lot. If you're willing to check the pricing labels on the shelves and compare the price per unit of weight or volume, you might be surprised how much you can save by buying the "right" size.

Finally, Ketterman advises heeding that tried and true advice: Never shop on an empty stomach. You will make better choices if you're not fantasizing about how good your purchases will look on a plate.

So the next time you head to the store, make sure you have a full tummy, an iron-clad list and sharp eyes. Your wallet will thank you for it.



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.

The Soloist

This week, folks, I get to write about a genuinely good movie. I can't honestly say we have movies like this one too much anymore.

What we do have here is a moving true story of a man named Nathaniel Ayers, a man who a few years into attending Juilliard School develops schizophrenia and becomes homeless. A man named Steve Lopez finds Nathaniel and writes about him in the Los Angeles Times and they eventually become great friends.

Playing Nathaniel is Jamie Foxx ("Ray") and playing Steve is Robert Downey Jr. ("Iron-man"), and they couldn't have picked a better pair to play these characters in this movie. The

movie itself is moving in my opinion, there are some really profound moments, and if you know the real story behind it all it makes it that much more powerful.

I thought this was a great movie and our readers should definitely give it a shot. Kids would probably be a bit bored, but we have good news for them.

Battle for Terra starts this week also, definitely a kids and "big kids" movie. I know I thought this was cool movie, it seems more and more movies that are released in this format (CGI) are getting better and better. Now this movie was not really advertised, and I feel that's the reason it didn't get the numbers it deserved stateside. Overall this movie is cool, for lack of a better word, with some great names lending their voices to the cast. Check it out and make sure to bring the kiddos.

GET OUT!
area events

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

July 16

Jazz Festival – Like jazz? Check out the Jazzopen in Stuttgart. The renowned festival with first-class artists attracts an enthusiastic audience to the state capital every year. In cooperation with the Stuttgart jazz clubs, the "Stuttgart Jazz Week" takes place simultaneously, so the very best of jazz can also be heard in the clubs of the city away from the main venues. Through July 26. www.jazzopen.com.

July 17

Festival of European Church Music – Head to Schwäbisch Gmünd through Aug. 9. In the historical churches of the town and the surrounding area you'll find "the" church music event in Germany with concerts, competitions, courses, seminars and divine services. www.kirchenmusik-festival.de.

July 18

Old School R&B Night – Enjoy a live disc jockey and free finger food 9 p.m.-1 a.m. at Armstrong's Club in Kaiserslautern. www.mwgermany.com.

Lichterfest – Thousands of lamps will illuminate the castle garden in Schwetzingen at the Lichterfest from 5-11 p.m. Programs will be offered to children and adults. Part of the program includes a children's circus and clown theater, hunting horn fanfare, jazz, pop, and folklore music, chamber choirs as well as ballet performances. The 1st Armored Division Band from Wiesbaden will perform at the Lichterfest for the first time. Fireworks will close the family event. Limited to 25,000 people. Tickets: at the castle, civ. 01805-570000.

Nürnberg Military History Tour – The former imperial city of Nürnberg was chosen by the leaders of the Nazi party to be the center of their party and propaganda machine. Tour what's left of the site where thousands of 3rd Reich soldiers marched in dress rehearsal. Then, go on a walking tour within the town's gates. <http://affiliates.usa.org/rheinneckar>.

Paris Express – Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. Experience the one and only Paris and make memories that will last a lifetime! This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. <http://affiliates.usa.org/rheinneckar>.

July 19

Bad Wimpfen – The picturesque old town becomes a meeting place for numerous amateur and professional artists, capturing the atmosphere of Paris's famous neighborhood, Montmartre. All types of creative art are displayed by the artists in the old streets and alleys with the beautiful backdrop of half-timbered houses. <http://affiliates.usa.org/rheinneckar>.

July 21

Heidelberg Bach Week – Celebrate the works of Bach during Heidelberger Bachwoche through July 28 at the Heiliggeistkirche, Church of the Holy Spirit. www.studentenkantorei.de.

German Cooking Class – The USO Kaiserslautern will teach you how to cook a German meal in a three-hour session. <http://affiliates.usa.org/rheinneckar>.

Please bring a container, utensils and your appetite. The USO will supply all the ingredients. <http://affiliates.usa.org/kaiserslautern>.

July 25

7th Annual Chili Cook-Off – Head to the Heidelberg Rod and Gun Club in Oftersheim to enter your best chili concoction, or come out to taste test them all. Sign up as an individual or as a team. \$5 entry fee per chili. Cooking starts at 9 a.m., and judging is at 3 p.m. Chili must be made on site. Tables, benches and electricity are provided, and camping is available. Civ. 06202-5193, www.mwgermany.com.

Four-Castle Illumination Cruise – Cruise to Neckarsteinach with the Warrant Officers Association for the annual four-castle illumination with fireworks. Cost: €25 per person, children under 7 are free. Proceeds fund the WOA scholarship program for graduating seniors and family members. DSN 375-5192, civ. 0162-297-4953, www.Rhein-NeckarSilver.com.

Open-Air Festival – One of the highlights of the annual festival season at the Monrepos lakeside palace in Ludwigsburg. Experience an unforgettable summer evening with classical music in the unique atmosphere of the romantic parkland in front of a picturesque backdrop. The highlight is the baroque inspired fireworks display. Civ. 07141-939-636, www.schlossfestspiele.de.

Strasbourg Tour – Head to Strasbourg, home of the European Parliament and the capital of the Alsace. Visit the famous Gothic cathedral and marvel at the astrological clock built in 1350. Ride through the old district, and the picturesque "Le Petite France," on a Strasbourg choo-choo train. <http://affiliates.usa.org/rheinneckar>.

coming to
THEATERS

BATTLE FOR TERRA

(Justin Long, Evan Rachel Wood) Senn and Mala are two rebellious alien teens living on the beautiful planet Terra, a place that promotes peace and tolerance, having long ago rejected war and weapons of mass destruction. But when Terra is invaded by human beings fleeing a civil war and environmental catastrophe, the planet is plunged into chaos. During the upheaval, Mala befriends an injured human pilot and each learns the two races are not so different from one another. Together they must face the terrifying realization that in a world of limited resources, only one of their races is likely to survive. Rated PG (sequences of sci-fi action violence, some thematic elements) 85 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

- July 16 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
- July 17 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.; THE SOLOIST (PG-13) 9 p.m.
- July 18 - BATTLE FOR TERRA (PG) 4 p.m.; I LOVE YOU BETH COOPER (PG-13) 7 p.m.; THE SOLOIST (PG-13) 9 p.m.
- July 19 - BATTLE FOR TERRA (PG) 4 p.m.; THE SOLOIST (PG-13) 7 p.m.
- July 20 - ANGELS AND DEMONS (PG-13) 7 p.m.
- July 21 - BATTLE FOR TERRA (PG) 7 p.m.
- July 22 - THE SOLOIST (PG-13) 7 p.m.
- July 23 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.

Mannheim, Schuh

- July 16 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.
- July 17 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
- July 18 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; THE SOLOIST (PG-13) 7 p.m.; ANGELS AND DEMONS (PG-13) 9:30 p.m.
- July 19 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; BATTLE FOR TERRA (PG) 7 p.m.
- July 20 - ANGELS AND DEMONS (PG) 7 p.m.
- July 21 - THE SOLOIST (PG-13) 7 p.m.
- July 22 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
- July 23 - BATTLE FOR TERRA (PG) 7 p.m.

Vogelweh, Galaxy

- July 16 - OBSESSED (PG-13) 7 p.m.
- July 17 - BATTLE FOR TERRA (PG) 3 p.m.; I LOVE YOU BETH COOPER (PG-13) 7 p.m., 10:30 p.m.
- July 18 - BATTLE FOR TERRA (PG) 11 a.m., 3 p.m.; I LOVE YOU BETH COOPER (PG-13) 7 p.m., 10:30 p.m.
- July 19 - BATTLE FOR TERRA (PG) 7 p.m.; I LOVE YOU BETH COOPER (PG-13) 3 p.m., 7 p.m.
- July 20 - ANGELS AND DEMONS (PG-13) 7 p.m.
- July 21 - THE SOLOIST (PG-13) 7 p.m.
- July 22 - ANGELS AND DEMONS (PG-13) 7 p.m.
- July 23 - I LOVE YOU BETH COOPER (PG-13) 7 p.m.

Ramstein, Hercules

- July 17 - ANGELS AND DEMONS (PG-13) 7 p.m.
- July 18 - THE SOLOIST (PG-13) 7 p.m.
- July 19 - ANGELS AND DEMONS (PG-13) 7 p.m.

Ramstein, Nightingale

- July 16 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
- July 17 - ICE AGE: DAWN OF THE DINOSAURS (PG) 3 p.m., 7 p.m.; ANGELS AND DEMONS (PG-13) 10:30 p.m.
- July 18 - ICE AGE: DAWN OF THE DINOSAURS (PG) 3 p.m., 7 p.m.; ANGELS AND DEMONS (PG-13) 10:30 p.m.
- July 19 - ICE AGE: DAWN OF THE DINOSAURS (PG) 3 p.m., 7 p.m.
- July 20 - THE SOLOIST (PG-13) 7 p.m.
- July 21 - ANGELS AND DEMONS (PG-13) 7 p.m.
- July 22 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
- July 23 - ANGELS AND DEMONS (PG-13) 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

Nostalgic for Darmstadt?

Members of the general public are invited to sign up for escorted group tours of Darmstadt's Cambrai-Fritsch Kaserne and Jefferson Village and Lincoln Village housing areas the afternoon of Sept. 4. Civ. 06151-132045, konversion@darmstadt.de. The message should list the names, addresses and telephone numbers of the visitors.

Military Technology Expo

The Mannheim Military Community Technology Exposition will be 10 a.m.-2 p.m. July 30 at the Sports Arena on Benjamin Franklin Village. The event is being hosted by 2nd Signal Brigade. All military, civilian and contractor personnel are invited to attend for free. More than 50 exhibitors will be on hand. Complimentary refreshments and giveaways will be available while supplies last. For more information or to request a company or technology, call 001-443-561-2420 or e-mail brooks@ncsi.com.

APO Use for Retirees

Retired members of the U.S. Armed Forces and their widows can apply to use the Army Post Office system after retirement. To obtain APO privileges, make arrangements with the local APO to receive your mail through "Box R" (General Delivery Mail Section). Your mail must be addressed to "Box R" of the APO concerned and the address must include the word "retired" (e.g., "U.S. Army Ret"). You must pick up your mail at the APO and take any parcels received unopened to German customs for clearance. If you fail to present parcels to German Customs within a reasonable time (about one week), you may lose APO privileges for the rest of your stay in Germany. DSN 370-7142, civ. 06221-577142.

Fuel Ration Cards

When a vehicle receives new license plates, the current Esso fuel ration card will no longer work. After receiving the new plates, visit your local AAFES facility to get a new card, or you will be charged and required to pay the full Esso price for gasoline.

Work-Related Injury Claims

All civilian/military supervisors and employees should be familiar with the appropriate procedures for filing a work related injury claim. Visit www.cpm.osd.mil/cuc. DSN 370-6914.

local EMPLOYMENT

Bank Employees

Employment is immediately available for a part-time teller and a part-time customer service associate at the Coleman Barracks Community Bank. Call Harlan Morse, banking center manager. DSN 382-4187, civ. 0621-784158. Applications are available for pick-up, drop off at any Community Banking Center.

Chapel Watch Care Workers

Contracted positions available at PHV and MTV chapels. Flexible schedule, must complete background check and Red Cross CPR/First Aid certification. Civ. 06221-301-269, ed.matthiessen@kabelbw.de.

Thrift Shop

The Heidelberg Thrift Shop is accepting applications. Must have a valid ID card and be at least 18 years old. See manager for details.

KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.com/kl/acs.
• **POSH training** – The Equal Opportunity Office hosts Prevention of Sexual Harassment training for new Department of Army civilians 10 a.m.-noon July 21 at the Vogelweh Community Center. DSN 493-4277, civ. 0631-3406-4277.
• **SKIES Unlimited Photography Class** – SKIES Unlimited is now offering a six-week photography class for children ages 8-18. Learn photography from a professional photographer with 30 years experience. Every Tuesday 5-6 p.m. for 8-12 year olds, and 6-7 p.m. for 13-18 year olds. \$50 per session. DSN 493-4516, civ. 0631-3406-4516, www.mwgermany.com.

Community

• **Indoor Flea Market** – Army Outdoor Recreation will host an Indoor Flea Market 8 a.m.-2 p.m. July 18. They are now taking reservations for people interested in selling items at the next market. DSN 493-4117, Civ. 0631-3406-4117, www.mwgermany.com.
• **College Night Representatives Needed** – The Kaiserslautern College and University Information Night will be Oct. 8. kaiserslautern@agbc.de.
• **BOSS Meeting** – Better Opportunities for Single Service members hosts meetings 1 p.m. every first and third Thursday of the month in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **CYS Services Parent Handbook** – The 2009-2010 CYS Services Parent Handbook is now available. Pick your copy up at Central Enrollment and Registration, Pulaski Barracks, Bldg. 2898 or download it from www.mwgermany.com.

• **VBS** – The Chaplain's Office hosts the 2009 Vacation Bible School July 27-31 at the Landstuhl Elementary and Middle School. Registration is required and can be done online at <http://vbs2009ktown.eventbrite.com>. Password is "Kaiserslautern." DSN 493-4098, civ. 0631-4098, mirna.occuera@eur.army.mil.

• **CYS Services Summer Camp** – Sign up to take part in Summer Camp 2009 through Aug. 28. Open to children entering grades 2-6. Kids will enjoy arts and crafts, field trips, workshops and more. DSN 493-4516, civ. 0631-3406-4516.

• **Ultimate Summer Program** – This free program is open to youth and teens entering grades 7-12. Stop by anytime, 1-6 p.m. Mon. – Fri. through August to join in the fun at the Middle School Teen Center, building 3819, Landstuhl. DSN 493-4516, civ. 0631-3406-4122, or www.mwgermany.com.

• **Teens on the Go** – Now through

Aug. 28 teens entering grades 7-12 can participate in field trips several times a week for \$45 per week and include transportation and admission costs. Those interested in participating must sign up one week in advance. For a schedule of trips, information and to register go to www.mwgermany.com. DSN 493-4516, civ. 0631-3406-4122.

HEIDELBERG Education

• **ACS Classes and Events** – Sponsorship Assistance Training, 2-3:30 p.m. July 20; Families Learning about Germany (FLAG) 5-9 p.m. July 20-21 with field trip at 8:30 p.m. July 25; Resume Writing 9 a.m.-noon July 21; Smooth Move 10 a.m.-noon July 22; ACS Focus Group 10a.m. and 2 p.m. July 27. Help us improve our services. DSN 370-6883, www.mwgermany.com/hd/acs.

Community

• **Shopping Center Exit** – Motorists exiting the Community Support Center have noticed an additional "bump" as they leave the installation. The bump is a rubber covering over an electric cable feeding power to the temporary air-conditioning system for the PX. Motorists are cautioned to drive slowly when exiting the installation. The cable is expected to remain in place through September and will be removed after the new air-conditioning units have been installed.

• **USAG Baden-Württemberg Change of Command and Responsibility** – U.S. Army Garrison Baden-Württemberg Commander Col. Robert Ultes will relinquish command to Col. William Butcher at 9 a.m. July 17 on the Village Green on PHV. At the same ceremony, Command Sgt. Maj. Yolanda Lomax will transfer responsibility to Command Sgt. Maj. Annette Weber.

• **HMS Summer Hours** – Heidelberg Middle School is open daily for new student registration and PCSing student record requests. School hours during the summer recess are 8 a.m.-noon and 1-4 p.m. Monday through Friday. Student immunizations must be current at the time of registration. New students or returning students who need a booster shot or updated immunizations may go to the HMEDDAC Immunization Clinic and return a copy of the completed immunization certificate to the school during school hours. Civ. 06221-338-9310.

• **Kebab Closure** – The Kebab stand in the PHV Plaza, adjacent the shoppette will not be accessible July 20-21 as part of the ongoing plaza upgrade project.

• **HIWC Events** – Join the Heidelberg International Wandering Club for the following volksmarches: July 18-19, Bruchweiler-Baerenbach,

Reihen (Sunday only) and July 25-26, Kronau and Frankfurt-Goldstein. Sign up for our upcoming trips to Belgium and Versailles – closing dates for sign-ups are in July. Check out the Web site for new trips. www.hiwc.de.

• **Girl Scout Movie Day** – July 25 is Movie Day for Heidelberg Girl Scouts. There will have a special showing at noon of "Harry Potter & the Half-Blood Prince", followed by a costume parade and contest. Registered Heidelberg Girl Scouts may attend for free. 2009-2010 registration will begin at 10:30 a.m. Pre-register online: www.gsusahd.org and click "Movie Day," or e-mail OCCHelidelberg@aol.com.

• **Consequence Management Exercise** – USAG Heidelberg will be hosting a full scale exercise Aug. 1 on Nachrichten Kaserne. During morning hours until approximately noon the normal entry gate will be closed to all traffic. Persons requiring entry to the installation can do so through the "old" gate adjacent to Romerstrasse. Parking will remain open to customers in front of the main building and the south parking lot. At approximately 9 a.m., a loud explosive simulator will be activated.

• **Green Beauty** – Girl Scout USA in Heidelberg is sponsoring a "Green Beauty" event for all 11-17 year old girls 6-8 p.m. Aug. 1 in the PHV Scout Hut. Learn how to make your own products, using ingredients found in your home. Register online, www.gsusahd.org and click "Green Beauty". OCCHelidelberg@aol.com.

• **Vehicle Registration** – Effective Aug. 3, the office in the DPW compound will be open 8 a.m.-noon due to lack of manpower. Customers can still get full service in Bldg. 3850, Room 230 during regular hours (8 a.m.-3:30 p.m.). The office remains closed on the last working day of each month. As of Aug. 1, the main office will be open the first Saturday of the month 8 a.m.-noon. The final mid-month Saturday service is July 18.

• **Vacation Bible School** – Registration is open for children in pre-kindergarten through fifth grade for the SonRock Kids Camp to be held 9 a.m.-noon Aug. 3-7 at Patrick Henry Elementary School. Register your child or volunteer to help: DSN 388-9406 or visit PHV or MTV Chapel.

• **Playgroups** – Your child can socialize with others his age during playgroups at the PHV Child Development Center Room 7. Schedule: Newborn-15 months, 10 a.m.-noon Tuesday; 16-30 months, 9:30-11:30 a.m. Monday and Wednesday; 31-48 months 2-4 p.m. Monday and Wednesday; Family Group for newborn-48 months, 9:30-11:30 a.m. Friday. Civ. 0160-968-53425.

MANNHEIM Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. July 17, 20 & 22 and 6-7:30 p.m. July 21 & 23; Multicultural Club, 11:30 a.m.-1 p.m. July 20; Installation Volunteer Orientation/Training, 1-2 p.m. 83-4 p.m. July 22; Tschuess Teens, 3:30-4:30 p.m. July 23; Stress Management, Anger Management and Communication Class, call for date & time. DSN 385-3101, civ. 0621-730-3101.

• **Pre-Retirement Briefing** – Receive important information from agencies such as the Transition Center, Transportation, Law Center, TRICARE, Finance, ACAP, the Education Center and the Central Processing Facility at the USO Conference Room 8:30 a.m.-4 p.m. July 21. Reservations: DSN 385-3487.

Community

• **Orthodox Christian Divine Liturgy** – held at Coleman Chapel every Sunday at 9:30 a.m.

• **Summer Camps 2009** – (Child, Youth & School Services) Youth Services Summer Camp for middle and high school age kids will run now until Aug. 16. School Age Services Summer Camp for children ages 6 to 11 is in session now until Aug. 22. DSN 385-2353, civ. 0621-730-2750.

• **Sullivan Library** – Summer Reading Program, 10-11 a.m. every Thursday July 2-Aug. 6; Scrapbook Club, noon-3 p.m. July 25; Film Screening, 4-5:30 p.m. July 25. DSN 380-1740, civ. 0621-730-1740.

• **DFAC closures** – Taylor Dining Facility will close July 20, due to 72nd Expeditionary Signal Battalion deployment. The Sullivan DFAC will close July 31, due to 44th ESB's relocation to Schweinfurt and low service member headcount.

• **ACS Celebration** – Join the Mannheim Army Community Service for refreshments and celebrate 44 years of servicing the military 11:30 a.m.-1 p.m. July 22, just outside ACS located at Sullivan Barracks, Bldg. 253. DSN 385-3101, civ. 0621-730-3101.

• **Block Party** – The Cove will host a Block Party 1-8 p.m. July 26. Families join in the outdoor fun with live entertainment, various activities, and food! The event is free, but the food must be purchased. The Cove is located in Mannheim, Sullivan Barracks, building 240. DSN 385-2884, civ. 0621-730-2884.

• **School Liaison Transition Services** – July is the month to start applying for Free and Reduced Lunch School Year 2009/2010. Items needed for every application: sponsor's and spouse's most current LES; sponsor's orders with family members listed; completed application. Apply with Central Registration.

Heidelberg Open



Regina Abrigo

Staff Sgt. Tafuna Oney, U.S. Army Garrison Heidelberg, hits his qualifying "longest drive" of 356 yards on the first tee box of the Heidelberg Golf Course in Oftersheim. The Heidelberg Golf Club hosted the Heidelberg Open, a three-day tournament, with 144 players from golf courses throughout Europe participating. Oney's drive qualified him for the finals of the "longest drive playoff," where he came out first.

Ramstein golfer wins annual 3-day tournament

Jason Parry of Ramstein shot a 5-under-par total of 211 to win the three-day Heidelberg Open for the second straight year this weekend.

Parry fired a 67 opening day Friday, then slipped to a 75 Saturday, but finished Sunday with 69 to win by six strokes.

Ken Scavone, also of Ramstein, was runner-up with a 217 total. Gerald Beierschmitt of Wiesbaden, was third with 219.

The field of 144 golfers was divided into eight flights based on handicaps, with the golfers coming from several courses in Germany plus other countries. Some have returned year after year for the popular event.

Dana Williams and Michael Tognino tied at 235 for Flight B with Williams winning the scorecard playoff.

Domingo Arana won Flight C over Jim McMurray by four strokes with 236. Flight D winner was local 17-year-old Martin Mahler with 240, six strokes over Carsten Straetz and Roger Verville.

Local golfer Tracy Junker won Flight E with 246. Frank Santillo was second at 252. David Briggs with 255 took Flight F by a single stroke over Gunter Kern.

Local golfers Frank Tordeur was Flight G winner with 255 and Steve Gates was second with 261. Adrian

Schager won Flight H with 259. Gerhard Wittman had 274 for second.

In special events, Jason Parry and Zlatko Tadic teamed up to win the two-man putting contest, and Randy McGinnis made seven straight putts on the artificial surface by the clubhouse to win the "Helicopter Ride" event. Tafuna Oney won the Long Drive final by less than a yard from McGinnis.

Club Manager Ed Galvan presided at the awards ceremony, thanking the golfers and volunteers, and handing out the prizes including many won in the drawings following the awards.

SOURCE: Rex Gribble

IMCOM-E to host flag football officials clinic

IMCOM-Europe Public Affairs

Installation Management Command-Europe's Morale, Welfare and Recreation is offering the opportunity to become a certified flag football official. A certification clinic will be conducted at the Center for Workforce Development in Schwetzingen July 21-25 beginning at 10 a.m.

The clinic is open to all ID card holders who are interested in becoming an official and officiate or coach at installations during the upcoming flag football season.

Attendees will receive 32 hours of training from certified instructor/official. Attendees will learn current rules, points of emphasis, field mechanics, proper signaling and safety.

"We offer officials training in several sports to ensure we have qualified officials for the competitions offered by garrisons and the region," said James Mattingly, IMCOM-Europe MWR sports, fitness and aquatic director. "Officials are responsible for the safe and fair conduct of the events/games conducted."

Conducting the clinic are certified recreational sports specialists Kurt D. Klier and Christopher J. Schmidt.

To enroll in the clinic, visit the MWR Academy Web site at <https://www.mwraonline.com>. Go to Course Catalog / Europe courses / Official's Flag Football Clinic.

If you are unable to register through the Web site, e-mail Tony Lee at tony.lee@eur.army.mil.

For more information contact Jim Mattingly at DSN 379-7667.

staying ACTIVE

Youth Sports Registration

Heidelberg – Register through Aug. 7 for soccer, flag football, tackle football and cheerleading. Volunteer coaches are needed. If anyone is interested in becoming a paid official, clinic information is available at www.mwraonline.com. DSN 388-9397.

Mannheim – Register through July 31 for soccer, flag football, tackle football and cheerleading at Central Enrollment Registration. DSN 380-9290, civ. 0621-730-9390.

Kaiserslautern – Child Youth and School Services Youth Sports is now offering a golf program to youth ages 8-15. Registration begins Aug. 10 and the season begins Aug. 24. DSN 493-4516, civ. 0631-3406-4122.

Summer Slam

Heidelberg's 18th Annual Summer Slam event, featuring Europe-wide competitions in beach volleyball, softball, basketball and racquetball will be held July 17-19. DSN 373-8032, civ. 06221-17-8032.

Golf Tournament

The annual Golf Classic honoring the 234th Chaplains' Anniversary will take place at the Heidelberg Golf Club in Oftersheim July 24. A suggested donation of \$40 per person to support the Wounded Warriors Fund will be accepted at registration. This 18-hole, four-person scramble includes golf cart, green fees, range balls and a barbecue lunch. Registration deadline is July 17. DSN 388-9406, michael.griffith@eur.army.mil.

Mannheim Soccer Summer Camps

Developmental Soccer Camps will be offered for ages 5-7 July 27-31 with morning (9 a.m.-noon) or afternoon (1:30-4:30 p.m.) sessions. Junior Soccer Camp will be offered for ages 8-13 Aug. 3-7 (9 a.m.-4:30 p.m.) Senior Soccer Camp will be offered for ages 13-18 July 27-30 (6-8 p.m.). Cost: \$70. Central Enrollment Registration: DSN 380-9290, civ. 0621-730-9290.

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 Oftersheim. Second place wins \$200 in pro-shop certificates, and third place gets \$100 in certificates. Entry fee: \$10 for six balls. www.mwgermany.com.

Free Aerobics Classes

Try the Early Bird Class at 5:30 a.m. Tuesdays and Thursdays at Landstuhl Fitness Center or the Evening Stress Buster Class at 6 p.m. Wednesdays at Miesau Fitness Center. DSN 486-7172, civ. 06371-86-7172.

Baseball World Cup 2009

Get your tickets now to see Team USA along with teams from Venezuela, China and Germany compete at the Armin-Wolf-Baseball-Arena in Regensburg Sept. 9-12. Team USA plays Venezuela at 7 p.m. Sept. 10, Germany at 7 p.m. Sept. 11 and China at 2 p.m. Sept. 12. www.baseball.de.

Parents' Exercise Room

The Landstuhl Fitness Center recently opened its Parents' Exercise Room. The room features the latest in cardio equipment and offers a play area for your little ones to safely play or watch movies while you workout. DSN 486-7172, www.mwgermany.com.