

HeraldPOST

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

Community crowns Mannheim Idols

By Jacqui Haggerty
MANNHEIM FMWR

More than 2,000 fans gathered in the standing-room-only fest tent to cheer on their favorite performers as the Mannheim Idol competition came to a close at the German-American Summer Fest Saturday evening.

The crowd declared 8-year-old Victoria Raymond the Youth Category Idol; Mechalonthe Delapierre, 14, became the Teen Idol; and Danny Adams, 28, was crowned the adult category's Mannheim Idol.

The 38 original competitors in this military community's first-ever Mannheim

Idol contest spent a grueling three weeks battling each other for a place in the "Final Five" of their respective category, and on this night, the finalists took their turn on the main stage in an effort to win over the crowd.

What was at stake on that humid summer night? Aside see **MANNHEIM IDOL** page 12



Jacqui Haggerty

Adult Mannheim Idol winner Danny Adams sings his rendition of "God Bless the USA."



Kelli Bland

The crowd at Heidelberg's Fourth of July Celebration listens to country music star Michael Peterson perform on Patrick Henry Village Saturday. Along with Peterson, New York rock band Edison and the U.S. Army Europe Band and Chorus performed prior to the Independence Day fireworks display. See more photos from the Heidelberg celebration and the Mannheim German-American Summer Fest on pages 10-11.

AFAP delegates discuss family concerns

IMCOM-Europe Public Affairs

Looking to tackle problems that impact U.S. military communities throughout Europe, 58 delegates from garrisons in Belgium, Italy the Netherlands and Germany met earlier this month for the 2009 Army Europe Army Family Action Plan Conference.

Out of 85 issues discussed during the weeklong event held in Weinheim, 14 were forwarded to a steering committee that is briefing Gen. Carter Ham, commander of U.S. Army Europe, July 17. Afterwards, Ham will approve whatever issues are sent to the Army-level AFAP General Officer Steering Committee for final review and possible implementa-

tion service wide.

Conference participants – who are at the heart of a process that pinpoints problems and proposes solutions – included a mix of active-duty Soldiers, family members, civilian employees and retirees who also participate in garrison-level AFAP programs.

see **AFAP** page 12

HP THURSDAY
July 9, 2009

Speed Read

AUTHOR DONATES BOOK

Nancy Werner Dulin, author of "Renate's Journey," a book about life in Heidelberg after World War II, donated a copy of her book to the PHV Library. 3

AIRBORNE

Kaiserslautern's 5th Quartermaster Company spent a few days in Italy training with the Navy's explosive ordnance disposal team during joint operations at Naval Air Station Sigonella. 4

BIKE PATROL

Several members of Heidelberg's military police force will be patrolling the area on bicycles throughout the summer months – and these bikes have flashing lights, so they can pull people over for traffic violations. 6

PILGRIMAGE

Local teens spent a week in Lourdes, France, providing aid to sick and suffering people who visit the haven there. 13

Defense Details

RUSSIAN RELATIONS

President Barack Obama Tuesday called on current generations free from Cold War antipathy to chart a new course of U.S.-Russian relations that focuses on areas of mutual interests. On nuclear weapon reduction, Obama noted that he and Russian President Dmitri Medvedev agreed Monday to reduce U.S. and Russian nuclear weapons stockpiles by up to a third. In a meeting at the Kremlin, the leaders signed a pact to follow up the Strategic Arms Reduction Treaty, known as START.

REFORM

Closing the U.S. detention center in Guantanamo Bay, Cuba, and reforming military commissions will enhance national security, the Defense Department's chief legal advisor said. Echoing President Barack Obama's recent call to reform the Military Commissions Act of 2006, General Counsel Jeh C. Johnson told the Senate Armed Services Committee that he welcomes the opportunity to help change military commissions into a more viable forum.

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LEGAL ASSISTANCE

Are you entitled to your spouse's Social Security benefits if you divorce?

Patton Legal Assistance Office

Legal assistance attorneys are often asked how U.S. courts divide Social Security benefits upon divorce.

Unlike military retired pay and other marital assets, U.S. courts do not consider Social Security payments to be marital property and thus do not divide them during a divorce. However, it is possible for a non-working spouse, or ex-spouse, to file for Social Security benefits directly from the Social Security Administration in certain situations.

Generally these spouses are required to be over 62 and not remarried to qualify for benefits on the worker's record.

As the spouse of an insured worker, you are entitled to spouse's insurance benefits if you meet these conditions:

- 1) the worker is entitled to retirement or disability benefits;
- 2) you have filed an application for spouse's benefits; and
- 3) you are not entitled to retirement or disability benefits which equal or exceed one-half the worker's primary insurance amount.

Additionally, you must be age 62 or older or have in care a child under age 16 or disabled who is entitled to benefits on the worker's Social Security record and you meet one of these conditions:

- 1) You have been married to the worker for at least one continuous year just before he filed the application for Social Security benefits;
- 2) You are the natural mother or father of the worker's biological son or daughter; or
- 3) You were entitled or potentially entitled to spouse's (including divorced spouse's), widow or widower parent's or childhood disability benefits based on the record of a fully insured individual under the Social Security Act in the month before the month you married the worker.

Some of the rules in this area can be technical and difficult to interpret. The Federal Benefits Unit at the American Consulate General in Frankfurt, civ. 069-7535-2496, is an excellent resource. You may also contact your nearest Legal Assistance Office for information.

COMMENTARY

Weight gain leads to new mission

By David W. Kuhns Sr.
NORTHWEST GUARDIAN

It's funny how increased weight and poor conditioning can sneak up on you. It's even funnier that the solution can be right under your nose, if you just look for it.

Now this problem shouldn't be a big concern for most of you Soldiers. Uncle Sugar keeps you plenty busy and sees to it you keep fit. But for the rest of us, it can be a challenge.

I retired from the Army nine years ago. I had some long-term aches and pains that already kept me from doing some of the things I always had to stay in shape. Running was out – bad knees. Pushups were out – bad wrist. But the biggest problem for me was a lack of focus. I was a mission-first kind of guy. Keeping fit was part of the mission, so it was second nature. But when the mission went away, so did the psychological requirement to keep pushing myself.

It didn't happen overnight. It took years, but gradually, the pounds started to climb, the waist started to expand. And the extra weight had a lot of other negative effects, too. It got harder to get through what exercise I attempted. My back hurt more. My knees got worse. Even my sleep suffered, as I began to snore more and louder – I often woke myself up.

Last fall the garrison began offering a six-month program allowing employees to spend on-duty time working out. I signed up, but it didn't do much for me. I tried some cardio work in the gym, then went for walks, and finally just found reasons –

excuses? – for doing nothing at all.

And the weight kept creeping up.

When I went to the closeout session for that fitness program I got a bit testy with the organizers. "What a lousy program. It didn't do anything for me at all."

They came back at me, too. And they made it clear to me that I had been waiting for someone to spoon feed me a solution to my problem. I needed to take some positive steps.

In response to their challenges, I began a program to eat more responsibly. I also made an appointment for a fitness assessment. The results were kind of shocking. I was always the skinny guy, but I found that I had passed all the way through the overweight category and edged into the clinically obese. That was an eye opener.

With a doctor's clearance, I made an appointment with one of the personal trainers. She used my assessment and my personal goals to design a workout routine, then coached and monitored me as I got into the swing of regular workouts.

I started all that a couple months ago. The results have been pretty dramatic. I have dropped more than 30 pounds; my knees feel better; my back doesn't bother me at all; and my wife tells me I barely snore. My fat clothes no longer fit, and trousers I hadn't worn in years are back into use.

I have a mission again. I will always have to guard against slipping back into old habits, but I have the tools and support to keep me fit. That support was always available. I just had to look for it.



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

Tuesday June 30, 2009 was a day for the children who reside in an orphanage in Tikrit, Iraq. The SAF Team here at COB Speicher had the opportunity to join in the fun and help out the 25th Infantry Division, Special Troops Battalion (STB), Intelligence & Sustainment Company in entertaining the children at the main MWR gym.

We had been approached by the commander CPT Emerito Tiotuico the week prior to offer sugges-

tions and possible supplies to support a station for a kid's carnival type setting. We brainstormed several ideas from bean bag toss to rubber ducks in the pool drawing for prizes. The final concept was to have a fishing event. Everyone enjoys fishing!

... The service members seemed to be having the time of their lives entertaining the children. For this was truly a day for the children which hap-

pened to be on the same day the US was turning over the security of cities in the north to the Iraqi Army. There were Iraqi people celebrating in the streets up north while these children were having their own celebration by having a day to enjoy the hospitality of the 25th ID, STB on COB Speicher.

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

HEIDELBERG

Author shares post-WWII experiences with community

By Kristen Marquez
HERALD POST STAFF

As a 22-year old in 1948, Nancy Werner Dulin came to Heidelberg for the first time to work as a War Department civilian.

"Of course I wanted to travel as far and wide as I could, so I took a job with the Army, which was the only way that you could travel in Europe in that time," she said. "Because of the occupation, it was restricted to tourists.

"I guess I could have been sent anywhere in the world because I left my options totally open, but of course where they sent me was Heidelberg."

Dulin remembers flying from Massachusetts to Frankfurt on an old turbo-prop plane delivering mail. They flew into Frankfurt during the Berlin Airlift, she said, and were put on buses in the total darkness. The first lights they saw were the interior of their hotel rooms. The next day, she woke up and took the picture that now appears on the cover of her book – the rubble at the Frankfurt main train station. She traveled to Heidelberg that day by train, which ended

up taking about seven hours.

She has since been to Europe several times, but most recently returned to Heidelberg June 29 and visited the Patrick Henry Village library to present a copy of her book, "Renate's Journey," a chronicle of Heidelberg in the four years immediately following World War II.

Inside the donated book, she wrote a message to the current residents of Heidelberg.

"I hope they enjoy learning about what it used to be and a bit of its history," she said.

"(I hope they get) the appreciation for what war did not just to Heidelberg, but to Germany, and the trauma that it caused to the people. I hope they get an appreciation for exactly what it was like and how long it was like that after the war."

Dulin married her husband, Ralph, an American Soldier, in 1950 and moved with him back to the States in 1952 so he could use the G.I. Bill and go to school.

She said they lived in the country, and with free time on her hands, she decided to write a book.

At the time, she said she was "so full of experiences that in

1952, I wrote the book and I sent it off to an agent in New York who really rather liked it. She tried to show it around, but said it was too soon after the war. People were not ready to accept Germans as protagonists."

So, the manuscript was packed away and forgotten about. Years later, when moving to Sarasota, Fla., for retirement, the manuscript was found amongst her boxes of things that had been stored for years in Bayonne, N.J.

"I spent my retirement re-writing," she said. "You learn a lot in 50 years. I was 24 or 25 when I wrote it the first time. I was 65 or 70 when I re-wrote it, but I didn't change any of the basics. I left them there because I thought when I wrote it the first time, they were fresh and brand new, and why mess with that?"

She was 78 or 79 years old when it was finally finished again, she said.

"At that age you just don't want to go through the process of submitting it," she said. "I tell people I don't handle rejection well – I didn't want to collect all those slips of paper that say no – so I self-published."



Kristen Marquez

Author Nancy Werner Dulin shows a copy of her book "Renate's Journey" to Misa Whieford, Patrick Henry Village Library director before donating the book to the library so members of the military community can learn about experiences in Heidelberg in the late 1940s and early 1950s.

The book is about a young woman, Renate, struggling to survive in post-WWII Germany, beginning in the spring of 1945 and following the seasons through winter 1949.

"I feel like the book has been authenticated not just by me, I think it was authentic because I lived there," she said. "I lived through it, but I was an American living through it."

In addition, Dulin's family helped her authenticate the time period. She also had friends who were German sol-

diers during the war read the book to make sure it was accurate.

"Now, it's done," she said. "I'm not on a crusade of any kind, but I just think those years are too important to forget. It was a horrendous time here. It was a hard, hard time. What I have written in the book is as it was in those years."

The book is available to borrow at the PHV library. For more information, visit www.renatesjourney.com.

New Landstuhl CDC



Christine June

U.S. Army Garrison Kaiserslautern Commander Lt. Col. Mechelle Hale (left), 5-year-olds Tynazia Antoine and Joseph Aponte, Kaiserslautern Directorate of Public Works Chief Bill Mack and Command Sgt. Maj. Richard Jessup perform a ground-breaking ceremony June 26 for the new Landstuhl Child Development Center. Construction is scheduled to start in August with a completion date for March 2010. The new facility will house 100 children. The current Landstuhl CDC will remain open and provides care for 145 children, from newborn to 5 years old. Cost for the new CDC is about \$5 million.

LRMC welcomes new leader

By Chuck Roberts
LRMC PUBLIC AFFAIRS

Col. (Dr.) John M. Cho assumed command of Landstuhl Regional Medical Center in a July 1 ceremony also honoring the departure of Col. (Dr.) Brian C. Lein. It marked the second time Cho succeeded Lein as commander.

"I stand before you honored and humbled to assume this command from Col. Brian Lein," said Cho, who also followed Lein as commander of Evans Army Community Hospital at Fort Carson, Colo. Cho, a cardiothoracic surgeon, described his new command as an "outstanding organization with a world-class reputation."

Cho, whose previous assignment was as chief, Health Care Business Operations, J3, Joint Task Force Capital Medical Region, expressed his appreciation to the LRMC staff gathered before him.

"Thank you for all you have done and thank you in advance for your continued commitment for our number one priority – providing the best care for those returning from the theater of operations."

Lein, who will serve as the senior medical officer for U.S. Army Forces Command at Fort McPherson, Ga., said he envied Cho in his new position.

"You are getting the opportunity to command the best organization in the entire Department of Defense. This joint team before you is ready, willing and able to accept any challenge before it," Lein told Cho.

LRMC, which falls under the command of Europe Regional Medical Command, is the largest American hospital outside of the United States and is verified by the American College of Surgeons as a Level II Trauma Center, making it the only U.S. medical facility overseas to hold that distinction, and only one of three in the Department of Defense.

LRMC provides primary care, tertiary care, hospitalization and treatment for more than 245,000 U.S. military personnel and their families within the European Command. It is also the evacuation and treatment center for all injured U.S. service members, contractors and members of 44 coalition forces serving in Afghanistan and Iraq, treating more than 55,000 since January 2004.

Voluntary recall impacts MRE, unit ration shake

ERMC Public Affairs

Due to salmonella contamination in one component of Meals Ready to Eat and Unitized Group Rations-Express, consumers and end users have been advised to not drink Dairy Shake powder until further notice.

According to a DoD-wide food alert issued June 26 by the Defense Supply Center Philadelphia, Dairy Shake powder fortified with calcium and vitamin D should be removed from those rations in a manner to ensure it will not be accidentally consumed.

Europe Regional Veterinary Command and Defense Commissary Agency officials said June 30 that MREs are not generally commercially available in Europe. However, because MREs have a long shelf life, there is a possibility that some people may have bought the field rations elsewhere.

The DoD guidance was issued following the voluntary recall by the manufacturers of non-fat dry milk used in vanilla, chocolate, strawberry and strawberry-banana Dairy Shake powder.

The FDA has determined a Minnesota dairy cooperative may have shipped non-fat dry milk, fruit stabilizers, whey protein and gum products potentially adulterated with salmonella to their commercial customers between June 2007 and June 2009.

Salmonella is an organism that can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weak immune systems. Healthy people infected with salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain. Most healthy people recover from salmonella infections without treatment. In rare circumstances, infection with salmonella can result in the organism getting into the bloodstream and producing more severe illnesses, such as arterial infections (infected aneurysms), infection of the lining of the heart and arthritis.

The Defense Supply Center Philadelphia is working with the FDA, Dairy Shake manufacturers, and operational rations assemblers to determine specific lots of operational rations that may contain Dairy Shake powder with the potentially adulterated non-fat dairy creamer. DSCP will issue follow-up guidance with specific lot numbers/codes and disposition instructions when the investigation is complete.

There have been no known incidents of illness from consuming the operational ration Dairy Shake powder.

According to the guidance, the remainder of the MRE/UGR-E menu is consumable and should not be discarded or destroyed.

Recall details are posted in a June 28 news release entitled "Company recalls various products due to potential Salmonella contamination" on the FDA Web site at www.fda.gov under the "News and Events" heading.

Flying high



Photos by Sgt. Frank Sanchez III

Spc. Jonathan Sisk and Chief David Fabunan of the 5th Quartermaster Company stand by to jump with other members of the Navy's explosive ordnance disposal team during joint airborne operations at Naval Air Station Sigonella June 23 in Sicily, Italy. The joint training culminated with several successful jumps from the rear tailgate of an Air Force C-130 Hercules cargo plane from the 37th Airlift Squadron.

5th QM cross trains with Navy EOD in Sicily

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

SICILY, Italy – A group of paratroopers from the 5th Quartermaster Company, 21st Special Troops Battalion, 21st Theater Sustainment Command traveled to the Italian island of Sicily to cross train and conduct joint airborne operations with one of the Navy's explosive ordnance disposal teams, Mobile Unit 8, June 22-26.

The exercise, which was designed in part to assist both units in further understanding each other's airborne operations and training procedures, took place at Naval Air Station Sigonella where Mobile Unit 8 conducts airborne and high altitude jump training.

Mobile Unit 8 is the Navy's European response force for explosive ordnance disposal with teams deployed all over the world. The 5th QM Company is a parachute rigger company stationed in Kaiserslautern that supports airborne operations across Europe and Africa.

"I love the fact that we can get several branches working together to see how the Army does things and how the Navy does things because we can always learn a lot from each other, and it is always good to get that cross-service training," said Petty Officer 1st Class John DeLong,



Chief Petty Officer Nathaniel Spencer, air operations leader for the Navy's explosive ordnance disposal team Mobile Unit 8, performs a high altitude jump from the rear tailgate of a C-130 Hercules at Naval Air Station Sigonella June 23.

a special operations rigger for Mobile Unit 8.

The joint training culminated with several successful jumps from the rear tailgate of an Air Force C-130 Hercules cargo plane from the 37th Airlift Squadron with maintenance support from the 86th Maintenance Squadron home stationed at Ramstein Air Base.

"I think it is an intricate part of our job to see how other branches of the military work. We see how they handle their equipment, and they can see how we handle ours," said Staff Sgt. Shanard Letang, the 5th QM Company noncommissioned

officer in charge of the mission to Sigonella.

The island of Sicily was made famous by the large scale invasion that took place there during World War II in July 1943. Chief Warrant Officer David Fabunan, 5th QM Company officer in charge during the mission there, said he was excited about jumping on the same soil that Allied Soldiers did during the Sicilian invasion of World War II.

"It was a good feeling. Historically, this was a good opportunity to come down here and jump on the same land that our troops did over 60 years ago," Fabunan said.



TERENA CAMPBELL
As an obstetric nurse at the Mannheim Army Health Clinic, Terena Campbell assists all of the pregnant patients in the Mannheim community. In addition, Campbell is the gastric bypass support group coordinator.

How do you assist pregnant patients?
I am responsible for new obstetric orientations and helping patients make the transition from the American health care system to the German health system for obstetric care. I also see the newborns in the clinic after they're discharged from the hospital for pertinent tests and procedures.

What is the most rewarding part of your job?
I would say it's the relationship that is begun with the new expectant parents and assisting them with their pregnancy needs while being so far away from family and familiar surroundings.

What is the farthest place you've been from home?
I was born in Fayetteville, N.C., and moved to Raeford, N.C., at the beginning of fourth grade and stayed until I went to nursing school. The farthest place I have been from home would have to be Germany. I have been here in Germany for seven years and will be leaving in early October.

Any advice you have for people new to Germany?
Travel to as many places as possible and enjoy what the culture has to offer, such as the food!

Do you have any hobbies?
When not working or taking online classes, I enjoy scrapbooking, reading, bowling, bingo and bunco.

Nominate a community member
If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to usaghd.post@eur.army.mil.

Army Family Covenant

Free respite care hours save families money, provide stress relief during times of need

IMCOM-Europe Public Affairs

Since October 2008, the Army Family Covenant has delivered more than 150,000 free hours of respite care in Europe, along with saving Soldiers and their families more than \$1.5 million while participating in Child, Youth and School Services activities.

Indeed, since the covenant was established roughly 18 months ago, significant progress has been made, said Army leadership, in maturing a program that has provided more than a million free respite care hours at garrisons worldwide.

Closer to home, in the past year Installation Management Command-Europe has provided eligible families 150,424 free hours of respite care, saving them \$297,000, said Cherri Verschraegen, region program manager for CYS Services.

"And we provided those same eligible families with an additional 36,880 hours of care at a 50 percent discount, saving them another \$101,265," Verschraegen said.

Additionally, 1,929 SKIES instructional classes and 1,705 sports registrations – all free – have saved families another \$273,521.

"When you add up all of the benefits we have provided from October 2008 to May 2009, we have saved families \$1,570,606," Verschraegen said. "I would say this is a significant program for Army families; it contributes not only to their stress relief but also to their financial health."

Overall, the Army Family Covenant now provides free respite 16 hours per child per month



U.S. Army photo

Child, Youth and School Services for Installation Management Command-Europe have delivered more than 150,000 free hours of respite care as part of the Army Family Covenant during fiscal year 2009.

for children of Soldiers serving downrange, starting 30 days prior to the deployment and 60 days after.

Army Family and Morale, Welfare and Recreation officials are quick to note that parents need not be current CYS Services patrons to use deployment-cycle-support respite care, and that any custodial parent or legal guardian caring for a child of a deployed Soldier or Department of Defense civilian is eligible.

Such care is provided in numerous ways, including: designated child development center spaces; family child care homes; summer camps for school-age children; trained babysitters referred to parents by CYS Services outreach offices; and parent/child play groups.

MP bike patrol on duty to help keep community safe

By Kristen Marquez
HERALD POST STAFF

The military police in Heidelberg have rolled out their bikes for the summertime bike patrol, keeping an eye on the community with a little pedal power.

They were recently at the Patrick Henry Village Fourth of July Celebration, helping to monitor the crowd and provide assistance. The rest of the time, they'll be monitoring PHV and wherever else they are needed.

"It's about approachability," said Sgt. Andrew Metzinger, noncommissioned officer in charge of the bike patrol. "People forget when they see cars going around that there are officers in them. I've been looking at what other departments back in the States do with their bike patrols, and it

"We're a fully functional patrol. We're just on a bike. It's not just limited to helmets and traffic."

-Sgt. Andrew Metzinger, NCO in charge of the bike patrol

really is a lot of community relations."

Metzinger, who normally works as the Drug Abuse Resistance Education instructor for the Heidelberg schools, said he thinks having MPs on bikes will allow community members an even better opportunity to talk to them and help report wrong-doings.

"I did talk to one of the Soldiers who did it last year, and he was surprised how much just being out there, that people would come up and talk to you and tell you things, especially the kids," he said.

So what else is the reason behind having the bike patrol?

According to Metzinger, they can monitor safety issues like making sure kids and adults are wearing helmets when biking, and that people aren't wearing earphones when running, bicycling, skateboarding or even driving.

New this year for the bike patrol is the addition of lights – flashing lights similar to the type you'd see on a patrol car. And yes, they can pull you over for things such as traffic violations.

"We'll still have radios," he said. "Everything that a normal patrol will have, so if they call us to, say, if there's a domestic at a building, we



Kristen Marquez

Military policemen Staff Sgt. Alejandro Torres (left) and Sgt. Andrew Metzinger talk with members of the community at the Heidelberg Fourth of July Celebration at Patrick Henry Village. Torres and Metzinger are two of the members of the bike patrol, on duty during the summer months to help keep a closer eye on the community.

can still go there. We're a fully functional patrol. We're just on a bike. It's not just limited to helmets and traffic."

Mostly though, the bike patrol is out to help keep the community safe.

"A lot of it will be watching an eye on the kids," Metzinger said. "A lot of times our patrols are busy so having two more people out there will really help. This will just be more eyes-on."

The U.S. Marine Corps Band plays patriotic tunes while marching through the crowd during an Independence Day celebration for military families at the White House Saturday.



Elaine Wilson

OUR ARMY

around the world

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Master Sgt. Cecilio Ricardo

(From left to right) Staff Sgt. Ramon Padilla, Tiger Woods and Maj. Ken Dwyer hit the ceremonial first shot at the opening ceremony of the Earl Woods Pro-am golf tournament at the Congressional Country Club, Bethesda, Md., July 1. Dwyer is an injured Soldier assigned to the 3rd Special Forces Group in Fort Bragg, N.C. Padilla is also an injured Soldier, who is assigned to Walter Reed Army Medical Center.



Sgt. Frank Sanchez III

Col. Rodney McCants, commander of the 357th Air and Missile Defense Detachment, and Command Sgt. Maj. Bryan McGhee unfurl the unit's colors during an early morning uncasing ceremony held on Rhine Ordnance Barracks in Kaiserslautern July 2. The Soldiers of the 357th AMD-D also participated in Warrior Day, which included several team building events to promote esprit de corps amongst the Soldiers of the 357th AMD-D.



Douglas DeMaio

Soldiers and local national workers from the Nieves Webb Dining Facility pose for a picture with Dr. Jill Biden, wife of Vice President Joe Biden. Jill Biden visited Bamberg Friday and Schweinfurt the following day.

Celebrating America's Independence



Michael Peterson, country music songwriter and recording artist, performs for the thousands of community members gathered at Patrick Henry Village in Heidelberg Saturday for the Fourth of July Celebration. Peterson is well-known for his country music chart toppers "Drink Swear Steal & Lie" and "From Here To Eternity." In addition to Peterson, New York band Edison and the U.S. Army Europe Band and Chorus entertained the crowd prior to the evening's fireworks display.

(Right) Children attending Heidelberg's Fourth of July Celebration wave their hands to the beat while Michael Peterson performs for the crowd.



(Below) Children from the Heidelberg community participate in the kids' pie eating contest on Patrick Henry Village Saturday. The contestants had five minutes to eat as much pie as possible, including the crust.



Ritosa Marjor



Brandon Spragins

Festgoers participate in the Mannheim German-American Summer Fest, which is ongoing through Sunday evening.



Joan L. Austin

Lt. Col. Robert White, U.S. Army Garrison Heidelberg commander, spends a little time in the dunking booth Saturday to support the community's Better Opportunities for Single Soldiers program. Various community leaders took turns in the tank while community members paid \$1 for three chances to soak them. Someone paid an additional \$10 to add ice to the tank during White's turn.

More Photos Online
www.flickr.com/heraldpost
Event Video Footage
www.youtube.com/BWnow



Brandon Spragins

Community members ride the "Revolution" at the Mannheim German-American Summer Fest on Benjamin Franklin Village Saturday. The fest began Friday and runs through Sunday, when the fireworks display starting at 10:45 p.m. brings the annual event to a close. Throughout the weekend, festgoers can enjoy karaoke, variety music, various bands, food, rides and more.



Christine Gehard

U.S. Army Garrison Mannheim Command Sgt. Maj. Anthony Bryant plays on the bumper cars during the opening day of the German-American Summer Fest on Benjamin Franklin Village Friday.



Donny Propper

(Left to right) Prof. Dr. Achim Weizel, Mannheim City Council; Col. Gerald H. Miller, 5th Signal Command; Heinz Schneider and Dennis Wright, Eichbaum Brewery; and Lt. Col. Jeffrey Fletches, U.S. Army Garrison Mannheim commander, toast at the official opening of the Mannheim German-American Summer Fest Friday.



Willy Hahn

Soldiers from the 529th Military Police Company add some firepower from their 105 mm howitzers to the Heidelberg Fourth of July Celebration.

MANNHEIM IDOL

continued from page 1

from the title and a standing invitation to perform at numerous upcoming garrison events, contestants were vying for \$1,000 in cash prizes donated by Discount Auto Parts, \$150 in AAFES gift cards, and for the adults, the additional bonus of a two-night stay at Sea Pines Lodge, courtesy of the Armed Forces Recreation Center's Camp Darby, Italy.

In the youth category, Victoria prevailed after a three-way tie with Psalms Doucettperry and Tommy Howe failed twice to be broken through the use of a sound meter.

The judges were called upon to cast the deciding vote based on the overall score each contestant earned for their performance, and it was Victoria's brother, Jimmy (also a finalist in the youth category), who crashed the stage first to envelope his baby sister in a congratulatory bear hug.

Mechalonte claimed her teen title for her rendition of the '80s hit, "Let's Hear It for the Boy," originally performed by Deniece Williams and made popular by the movie "Footloose."

Ashley Kopcho, also 14, gave Mechalonte a run for the money with her high-energy rock rendition of Rhianna's mega hit, "Umbrella," but in the end, it was Mechalonte the sound meter favored.

With tears streaming down her face, combined with a, "did I just win?" look, Mechalonte was declared the military community's second winner of the night.

In the adult category, dark horse contestant Adams stole the show with a rock-solid performance of Lee Greenwood's, "God Bless the USA," neatly wiping contest favorites Joan Fortin and Deborah Michael right out of the competition.

Adams received the one and only standing ovation from the spectators crammed into the tent for a glimpse of a live "American Idol"-type show performed by American service and family members.

The finals of the competition were held at Ben-



Jacqui Haggerty

Mannheim Idol emcee Mike Marcustre presents Youth Idol Victoria Raymond and Teen Idol Mechalonte Delapierre to the crowd inside the packed fest tent at the competition's finals during the German-American Summer Fest on Benjamin Franklin Village Saturday.

More Photos Online
www.flickr.com/heraldpost
Videos, Blogs and More
<http://myBWnow.ning.com>

jamin Franklin Village as part of the U.S. Army Garrison Mannheim's Annual German-American Summer Fest, which this year celebrated 53 years

of bringing local national and American neighbors together for food, carnival rides and entertainment.

The German-American Summer Fest continues through Sunday with various rides, food choices and a wide variety of entertainment in the main fest tent, 4 p.m. – midnight on weekdays and 2 p.m.-1a.m. on weekends. Visit www.mwgermany.com for the schedule of events.

AFAP

continued from page 1

"They are the ones at the forefront of ensuring Soldiers and families obtain and keep the standards of living they have earned by sacrificing so much," said Bonnie Thomas, conference coordinator and a community life specialist with Installation Management Command-Europe.

During the conference, delegates split into five work groups, focusing on these areas: health care; force support; community and family support; employment; and consumer services.

Prior to work groups moving to their break out sessions, Ham addressed them, saying: "Your challenge is to prioritize issues ... from all Army communities in Europe and developing recommendations for their solutions. I ask you to be thoughtful, deliberate and resourceful in making your collective decisions."

Each issue examined at the conference arrived via a gar-

risson AFAP program and an Installation Commanders' Steering Committee. Under the AFAP concept, any problem not resolved locally, depending on scope, could be forwarded to an overseeing major command for further assessment.

The number of issues raised at the installation level range anywhere from a handful to several hundred. For example, community members at U.S. Army Garrison Stuttgart submitted 260 quality-of-life topics for its AFAP conference this year.

"It's really a grass-roots effort to (make) changes," said Felice Procaccio, a civilian employee at Stuttgart and AFAP delegate.

Whether at the installation or region level, when concerns are reviewed, conference delegates are supported by subject matter experts and issue managers, like Sherry Davenport of USAG Wiesbaden.

"We are here to bring reality and experience," said Dav-

enport, an 11-year veteran of AFAP. "We ensure the delegates have a clear understanding to get (the issue) where it needs to go."

These subject matter experts and other participants, such as facilitators and issue managers, bring years of experience and keep conference attendees on track, said Thomas, by detailing what can and can't be achieved through the process.

Besides reviewing 85 issues brought to the 2009 Army Europe conference, delegates were asked to rank issues and areas that have been previously pushed up the AFAP chain or other quality-of-life programs.

"This additional tasking is another way to let leadership know what people are concerned about," Thomas said. "It allowed the delegates to further highlight the concerns of communities they represent."

She also noted that 2009 is the 25th anniversary of the

Top AFAP Issues

Most critical active AFAP issues at service level:

- Distribution of Montgomery GI Bill benefits to family members
- Inferior shipment of household goods
- Convicted sex offender registry at overseas installations
- Medical entitlements for college-age family members
- Minimum disability retirement pay for medically retired wounded warriors

Mobilization/deployment challenges:

- Dwell time use for training/exercises
- Increase in suicide rates
- Soldiers charged leave for Rest and Recuperation break
- Vehicle storage during deployment
- Slow processing of Veterans Affairs claims

Mobilization/deployment strengths:

- Landstuhl Regional Medical Center
- Rest and Recuperation leave
- Warrior Transition Units
- Additional pay and benefits during deployment
- Medical care in theater
- Army Community Service

Army Family Action Plan. Since the program's inception, 633 issues have been identified, resulting in 101 legislative changes, 147 Army policy and regulatory changes and 165 improved programs services.

Accordingly, she encouraged anyone "who sees something that they believe needs

changing," to become involved with AFAP at their garrisons. "By becoming part of AFAP, you can help fix something that is broke. You can be part of the solution."

For more, visit www.myarmylifetoo.com and click on the "Family Programs" link in the "Family Programs and Services" section.

Lourdes pilgrimage

Local teens head to France to help individuals with disabilities explore the 'place of miracles'

By Jonathan Ochart
HERALD POST VOLUNTEER

One hundred one people took a leap of faith and landed in the place of miracles – Lourdes, France – during the week beginning June 21.

Thirty-eight of these pilgrims from the Heidelberg, Ramstein and Kaiserslautern communities were North American Lourdes Volunteers, LTD., a non-profit organization and charity dedicated to help the sick and suffering who visit the haven.

These teens sacrificed themselves so those with disabilities from the United States could strengthen their faith while witnessing the magic of the small market town.

The area is famous for its stunning basilicas and fort, yet the grotto where the Virgin Mary appeared to the young girl named Bernadette in 1858 is its most renowned location.

Marlo Dowdy, head of the Heidelberg Life Teen group, inspired the 12 volunteers from her community to take on the challenge.

"We are called to love oth-

ers unconditionally, to lift one another up in times of distress and need," the leader said. "We are truly fulfilled and happy when we give ourselves, because it is through giving that we truly receive."

Dowdy has several reasons why she participates in this selfless project, but one of her most profound comes from a friendship she shares with a disabled pilgrim.

"I have the name and face of Jamie, who was born with cerebral palsy and is confined to a wheelchair and dependent on others to feed and dress him," she said. "He came to Lourdes as a volunteer to share his love for others with the teens and adults.

"I know that Jamie's love changes lives. Jamie has given others hope and a purpose for waking up and living each day to the fullest."

The vibrant personalities of the volunteers shone brighter than the glow-in-the-dark religious figurines that lined the shelves of Lourdes' many shops. They were and still are the pin-lights within rooms of darkness that offer great amounts of hope to those

who could not see.

Rachel Perrotta, a veteran of the service project, was one of these lights that could only be seen with faith.

After welcoming the pilgrims by singing and dancing, Perrotta met Carol James, a woman diagnosed with diabetes. She also has knee problems, is approaching blindness, and currently is recovering from cancer.

Perrotta was this woman's caretaker for the week. The volunteer was accountable for making sure James reached every major destination in Lourdes, in addition to creating a caring and positive atmosphere while her pilgrim dug deeper into her religion.

Those who served were responsible for giving the disabled memories of a lifetime. Ranging from pushing wheelchairs up and down hills, serving meals, and cleaning after those who cannot take care of themselves, the volunteers rarely had a moment to spare. That is most definitely not a bad thing, however.

"I gained new appreciation for my abilities as a healthy young person to help my pil-



Courtesy Photo
Rachel Perrotta pushes her "pilgrim," Carol James, during a pilgrimage in Lourdes, France, in late June. Perrotta was one of 101 people who traveled to Lourdes to spend a week helping the sick and suffering people who visit the haven there.

grim who is sick so that she could make the best out of her experience in Lourdes," Perrotta said.

Volunteers gained new qualities that come with offering one's self, such as patience, humility, strength, compassion and affection.

Serving created special bonds between the youth and the disabled as well, particularly for Perrotta and James.

"My pilgrim and I were looking around the sanctuary, and she leaned over from her wheelchair, picked up my hand, and told me that she was so happy and thankful that I was there to just share the day and her special experience in Lourdes with her," the volunteer said. "Moments

like those made all the work in Lourdes worth it."

Although pushing a voiture (a hand-drawn carriage device unique to Lourdes) while holding a candle and singing during processions, not to mention with a bright smile, is seemingly difficult, seeing the grateful faces of those who cannot walk on their own, among other things, was well worth the work, according to the volunteers.

Nevertheless, the sweat and toil of the week is something the teens will look forward to and remember for years to come, because, as said by Marlo Dowdy, it is their priority to "give love, respect and dignity to all, especially those who are lost and forgotten."

USEUCOM changes leaders

By Tech. Sgt. Rob Hazelett
U.S. EUROPEAN COMMAND PUBLIC AFFAIRS

STUTTGART, Germany – Adm. James G. Stavridis became the 14th U.S. European Command commander during a change-of-command ceremony at Patch Barracks here June 30.

Secretary of Defense Robert Gates and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen presided over the ceremony that transferred command to Stavridis from Army Gen. John Craddock, who served as the USEUCOM commander since December 2006.

"Gen. Craddock brings to a close nearly 40 years of exemplary service. In many ways it's appropriate we gather at this post in a country where he spent most of his time in uniform keeping the peace," Gates said.

"The trajectory of his career

tracks some of the most important missions the U.S. military has undertaken during the last two generations."

The change of command marks the third consecutive time Stavridis has relieved Craddock in their careers.

Stavridis, who previously served as the commander of U.S. Southern Command in Miami, also serves as the Supreme Allied Commander-Europe, following the July 2 change-of-command ceremony in Mons, Belgium.

The EUCOM commander's responsibility spans 51 nations and five U.S. subordinate commands represented by the Army, Navy, Air Force, Marine Corps and Special Operations Command-Europe.

Craddock is retiring after serving more than 38 years in the Army.

Ham visits Kaiserslautern



Christine June
Raymond Rodriguez Jr., U.S. Army Garrison Kaiserslautern's Java Café manager, explains the services available for Soldiers at the Java Café to Gen. Carter Ham, U.S. Army Europe and 7th Army commanding general, and the Kaiserslautern Garrison Commander Lt. Col. Mechelle Hale July 1 at the facility on Rhine Ordnance Barracks. During his visit, the general visited three Army kasernes and two Air Force installations, and received briefings from garrison personnel on several topics concerning the Kaiserslautern military community and U.S. Army Corps of Engineers on the construction of the new Kaiserslautern High School.

GERMAN COOKING

Streusel Coffee Cake

Ingredients:

- 1/2 cup milk
- 2 tablespoons sugar
- 1/4 cup butter (or margarine)
- 1 teaspoon salt
- 1 package yeast, dry
- 1/4 cup water; very warm
- 1 egg
- 2 cups flour, all-purpose; approx.
- 1/2 cup flour, all-purpose
- 1/2 cup sugar
- 1 teaspoon cinnamon, ground
- 1/4 cup butter (or margarine)

Directions:

- Scald milk and pour into large mixing bowl.
- Add sugar, 1/4 cup butter, and 1 teaspoon salt, and cool to lukewarm.
- Dissolve yeast in 1/4 cup very warm water.
- Add yeast mixture and egg to milk mixture and stir well.
- Add 2 to 2-1/4 cups flour gradually, beating well after each addition.
- Cover and let rise until doubled in bulk (about 1 hour).
- Spread in a greased 13x9x2 pan.
- Combine 1/2 cup flour, 1/2 cup sugar, and 1 teaspoon cinnamon.
- With a fork or pastry blender, cut in 1/4 cup butter. Sprinkle over the mixture in pan.
- Let rise until doubled in bulk (30 to 45 minutes).
- Bake at 375 degrees for 20 to 25 minutes.

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,

My husband is trying to make me and our children move back to Nebraska with my family, but I'm refusing to do it. He keeps saying he will be getting orders soon, and he wants to go there and set up things before we come there.

He won't give me an answer when I ask him where he is moving to. He keeps switching places every time I ask him. Finally I said, "well if you don't have a firm PCS assignment, then why should we have to leave?" He just says because he wants us to leave.

This isn't fair, and I've told him I know something is going on with him, something he must be keeping a secret from me. He already told my parents that he wants me to move back home for a while. I was furious because he involved my family in this matter, and it's none of their business.

First of all, I'm not moving there. Now that he realizes I'm not going willingly, he is trying to threaten to cut off all money from me. He's gonna take my name off the checking account and refuse to give me anything.

On the other hand if I go back to Nebraska then he will give me \$1,000 a month. Why is my husband trying to buy me off with money? What in the world is going on, and

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.

why won't he talk to me and give me the truth?

I know something is not right. He said he will refuse to put me and his children on his orders for his next assignment!

I want my marriage. I've done nothing wrong. I love my husband – I just don't know why he has changed all of a sudden and is refusing to talk with me. In my opinion, he is saying he wants out. What do you think? I'll take any advice you have to give.

From: I'm Not Going

Dear Not Going,

Something is definitely going on with your husband, but I hate to speculate. Remember, you know him much better than I do, right?

Here's the deal, I think your marriage needs a quick intervention like marital counseling. They have marital counseling available on post or you can contact Military OneSource, and they will connect you to a counselor off post in your local community.

Conversely, your husband may refuse marital counseling, and in this case, I think you should accept individual counseling for support and advice.

Understand that I am not implying that you are to blame. I only want you to feel like you have some support with this matter. Your husband cannot leave you destitute, but from my understanding, he doesn't have to put you on his follow-on assignment orders. If this is not true, then I stand corrected.

I don't want to further frighten you more, but from your report your husband sounds like he is distancing himself from his marriage. This is not fair to you for him to treat you this way and threaten you financially. Because of this, you should call and speak with a victim

advocate with Army Community Service. Please contact them for some advice, too. I know they will point you in the right direction and let you know if anything can be done on their end to assist you.

I regret this is happening to you and your family. You should get all of the advice from as many resources as you can even legal advice, too. Please let me know if I can help you further. I wish you well.

Responses to last week's column:

Dear Ms. Vicki,

I'm an avid reader of your column and a fan of your advice. I think you keep it real most of the time, except when it comes to cheating husbands. You seem to stay out of it when a woman is asking whether she should forgive him or move on.

I think this is when you don't want to tell the truth for some reason. Like the writer last week – I would like to tell her, "once a cheater always a cheater." You should tell her just that. She needs to move on and in a hurry. He will never be faithful to her, he doesn't love her, and he will always do it again and again.

You should use your column to tell people the unmitigated truth and never shy away from it. Stay real.

Dear Ms. Vicki,

This is in reference to the woman who wrote you last week. I disagree with your advice. She should leave him. My husband cheated on me after all I had done for him. I was true to him and always supportive of him and his career. I forgave him, and to my surprise, he did the same thing again.

Never trust a man when he steps into another woman's room and into her bed. Things will never be the same – trust me, I know first hand.

Expanded HAP could help with hardships caused by BRAC

By Rob McIlvaine
FMWR PUBLIC AFFAIRS

While Base Realignment and Closure 2005 is causing upheaval for many families, help is available through the Department of Defense National Relocation Program, the Homeowners Assistance Program, and soon, the Expanded HAP, thanks to the American Recovery and Reinvestment Act.

Besides standard permanent change of station entitlements, the Department of Defense National Relocation Program provides relocation services, including a guaranteed home buyout process, to eligible DoD civilian employees, so they can sell their homes at the prior duty station and locate housing at

the new duty station.

Its primary benefit, known as Guaranteed Home Sale, offers an optional alternative to the PCS reimbursement process. It also offers other valuable services such as the Home Marketing Incentive Payment, a financial incentive bonus payment that may be authorized for employees who successfully market their homes.

Since its inception in 1987, the relocation program has helped thousands of employees sell their homes through the Guaranteed Homesale Program, rent their homes through the Property Management Program, and purchase or rent in a new town through Destination Services. The complete DoD National Relocation Program Handbook, revised December

2008, explains in detail the services available and the process required to obtain these services.

The traditional HAP program provides benefits for transferring Soldiers and civilian employees only when an economic impact study determines that the depreciation of home values is specifically linked to the closure of a nearby military installation. Expanded HAP will help even more.

On May 14, Vice President Joe Biden announced DoD's plan to add \$555 million in funding from the American Recovery and Reinvestment Act to expand the HAP to help offset the effects of the country's struggling housing market.

The DNRP Web site, www.nab.usace.army.mil/dnrp.htm, includes info and a link to the HAP site.



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.

Ice Age: Dawn of the Dinosaurs

I don't know how they do it, but they manage to make each movie better than the last.

Granted, this "Ice Age" is a bit more fast paced, it's still a great movie.

Part three stars all of your favorites from the last movie – Sid, Manny, Diego and Ellie – with all their respective voices from the previous movies (I really hate trying to get used to a new actor every movie), which is great.

I won't lie, I think I'm a bit biased because I loved the first two films. This time around they decided to use "ReaLD" to make the film 3-D, which was a huge hit stateside. So, if we have it in 3-D, bring your glasses (if you happen to

keep some laying around).

Naturally this is a kid's film, but just like the others there are plenty of adults who want to catch this one, too. I know I did.

I don't want to give the plot away, but as you can tell from the previews the "Herd" comes into contact with new dinosaurs (seeing as it's the Ice Age, there aren't many left) and things get a bit crazy. But there are other great new characters voiced by some well known actors – Sean William Scott (Stifler in "American Pie") and Simon Pegg (Scottie in "Star Trek") – both are great.

All in all I'd say the movie is a blast for the kiddos, and for us "big kids" it's still a good movie. I mean they just about knocked out Transformers its opening weekend (big surprise there) so the fans have spoken. Bring the whole family along and check it out.

GET OUT!
area events

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

July 9

ADAC Rally Heidelberg Historic – Head to Sinsheim through July 11 for the classic rally between the Rhein, Neckar and Main with 14 regularity test sections distributed over a total distance of 650 kilometers. Many beautiful highlights from the history of the automobile are on the road again. The 170 vehicles dating from 1928 not only make up the biggest but also the most exclusive starting field which can be seen in a veteran car sports rally in Germany. www.heidelberg-historic.de.

July 10

North Sea Jazz Festival – Travel to Rotterdam, Netherlands, through July 13 to visit Europe's largest Jazz Festival. See such artists as: Duffy, Herbie Hancock & Lang Lang, B.B. King, James Taylor, Jamie Cullum and more. Festival tickets are able to be purchased through Kaiserslautern Outdoor Recreation. DSN 493-4117.

Swiss Alps Adventure Weekend – Through July 12 Kaiserslautern Outdoor Recreation, DSN 493-4117; or Heidelberg ODR, DSN 388-9282.

July 11

Apollo Amateur Talent Show and After Party – Starting at 9 p.m., it's the audience who decides who walks away with the \$1,000 cash prize. The show takes place at the Schuh Theater followed by an after party at the Top Hat Club. All participants and patrons must be at least 18 years old. www.mwgermany.com.

Heidelberg Castle Illumination – Burning of the castle with grand fireworks display at approximately 10:15 p.m. Can

best be enjoyed from the banks of the Neckarwiese (Neckar Meadows) or from the Philosophenweg. A concert takes place in the Heiliggeistkirche beforehand. www.heidelberg-tourismus.de.

International Highland Games – Head to Angelbachtal through July 12 for the International Highland Games at the castle grounds in Eichtersheim. There will be a bag-pipe competition featuring more than 300 musicians, tree trunk tossing, high weight throwing, stone thrusting, barrel rolling, log slalom, archery and a rope-tow. www.highland-games.info.

July 12

Wagon Festival – The grand festival of heavy horses with exciting competitions: logging (Baden-Württemberg championships), obstacle driving, pulling and agricultural demonstrations. In the open-air museum from 11 a.m., museum open: 9 a.m.-6 p.m. (admission until 5 p.m.). www.freilichtmuseum-neuhausen.de

July 15

Hip Hop at a Castle – Enjoy an evening of hip-hop "auf Deutsch" at Ehrenhof of Mannheim's Schloss. MTV HipHopOpen Minded features artists K.I.Z, Jondo, Materia and Dennis Lisk. Tickets: Civ. 0621-10-10-11, www.bb-promotion.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 lampposts 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 are 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/rheinnekar>.

coming to
THEATERS

EARTH

(James Earl Jones) Using the sun as a guide, we set out on a truly global journey while watching the movie "Earth." On the way, we meet three mothers struggling to bring up their young. In the Arctic a polar bear and her two cubs awaken to the first sunlight of spring. Half a world away, in the heat of the Kalahari, an elephant calf and her mother find water after a danger filled trek across the desert. But they must share the pool with a pride of lions. For the final leg of the journey, we follow a humpback whale mother. She must keep her calf safe on their 4,000 mile migration from the equator to Antarctica. And so life on "Earth" goes on. A story played out billions of times a day. 365 days a year, as the Earth moves through seasons, every living creature bending to the power of the sun. Rated G - 90 minutes



PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

July 9 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
July 10 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.; GHOST OF GIRLFRIENDS PAST (PG-13) 9 p.m.
July 11 - EARTH (G) 4 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.; GHOST OF GIRLFRIENDS PAST (PG-13) 9 p.m.
July 12 - EARTH (G) 4 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
July 13 - OBSESSED (PG-13) 7 p.m.
July 14 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
July 15 - EARTH (G) 7 p.m.
July 16 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.

Mannheim, Schuh

July 9 - SUNSHINE CLEANING (R) 7 p.m.
July 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
July 11 - EARTH (G) 4 p.m.; OBSESSED (PG-13) 7 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 9:30 p.m.
July 12 - EARTH (G) 4 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
July 13 - OBSESSED (PG-13) 7 p.m.
July 14 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.
July 15 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
July 16 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.

Vogelweh, Galaxy

July 9 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.
July 10 - ICE AGE: DAWN OF THE DINOSAURS (PG) 3 p.m., 7 p.m.; OBSESSED (PG-13) 10:30 p.m.
July 11 - ICE AGE: DAWN OF THE DINOSAURS 11 a.m., 3 p.m., 7 p.m.; GHOST OF GIRLFRIENDS PAST (PG-13) 10:30 p.m.
July 12 - ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 3 p.m., 7 p.m.
July 13 - EARTH (G) 7 p.m.
July 14 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.
July 15 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.
July 16 - OBSESSED (PG-13) 7 p.m.

Ramstein, Hercules

July 10 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.
July 11 - EARTH (G) 7 p.m.
July 12 - OBSESSED (PG-13) 7 p.m.

Ramstein, Nightingale

July 9 - CRANK: HIGH VOLTAGE (R) 7 p.m.
July 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m., 7 p.m., 11 p.m.
July 11 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m., 7 p.m., 11 p.m.
July 12 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m., 7 p.m.
July 13 - GHOST OF GIRLFRIENDS PAST (PG-13) 7 p.m.
July 14 - OBSESSED (PG-13) 7 p.m.
July 15 - EARTH (G) 7 p.m.
July 16 - TRANSFORMERS: REVENGE OF THE FALLEN (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

Dinkelsbühl Kinderzeche



Photos by Susanne Kortshagen

Town brings its 30 Years War history alive with annual festival

USAG Ansbach Public Affairs

It's that time of the year again for the city of Dinkelsbühl to bring its past alive. Honoring its history, each summer the city celebrates the Kinderzeche and Volksfest.

This year the Kinderzeche is scheduled for July 17-27.

Kinderzeche is the name of the city's re-enactment recalling the story of "Kinderlore." The historical background dates back to the spring of 1632 when Europe's "30 Years War" between Protestant and Catholic parties was ongoing. Colonel Sperreuth of the Protestant Swedish army besieged the Catholic Imperial city of Dinkelsbühl.

With weeks of the siege passing by, the misery of the Dinkelsbühl citizens increased. The legend states that part of the Catholic city council and its

three mayors leaned toward unconditional surrender while others wanted to remain true to the emperor and the Catholic Church.

Realizing the futility of resistance and under pressure from the suffering citizens, the city council finally brought itself to surrender.

As soon as the city gates were opened, the tower guard's daughter, "Kinderlore," bringing a crowd of young children with her, appeared. With a song on their lips they marched toward the Swedish troops.

The Volksfest opens at 6:30 p.m. July 17 with the traditional keg tapping ceremony. The fest, with its carnival rides, beer tent, wine marquee and vendor stalls, is set up at Schießwasen.

The Volksfest ends July 22 at 10:30 p.m. with fireworks. On both Sundays at 2 p.m., a parade of more than 1,000

citizens in historical costumes and marching bands starts off at the old council hall.

The parade leads the herald of the imperial city followed by a Swedish trumpeter, who sounds his trumpets in short intervals signifying that the town has fallen to the Swedes.

Colonel Sperreuth, along with his officers and the Swedish drum and pipe band, march in front of the infantry troops, the executioner and his staff, armored soldiers with cannon and ammunition wagons, children, and looters are part of the parade. Following the Swedish infantry are two municipal soldiers representing the imperial city.

"Kinderlore" and her crowd of children precede the three mayors of Dinkelsbühl and the city councilors. They are followed by citizens, the city guardsmen on horseback

and lightly armed peasants. Leading the children's group is the famous Dinkelsbühl's Boys Band. A boy's battalion comes complete with its 'little Colonel,' shepherd boys and other children dressed in historical costumes representing the several medieval guilds of Dinkelsbühl.

Three different dancing groups conclude the parade. July 19, 20 and 26, the Swedish army sets up its camp in front of the town gates at 8:30 a.m. Officers on their horses, the drum and pipe band, the executioner and the infantry soldiers will give performances of their skills.

July 20 at noon, the students of Dinkelsbühl join the parade. July 21 is children's day when the parade is built up by children in historical costumes.

Visit www.kinderzeche.de. Tickets can be purchased on-site.



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.

Study in Paris with UMUC

University of Maryland University College Europe announces two three-credit undergraduate field study courses, Picasso in Paris and Expatriate Writers in Paris: 1920s, offered this August in the "City of Lights." The registration deadlines are July 10 and 17 respectively, with classes starting in early August. DSN 370-6762, edfieldstudy@ed.umuc.edu, www.ed.umuc.edu/fieldstudy.

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.

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.

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.

Program Assistants

The Kaiserslautern Child, Youth and School Services is now hiring program assistants. DSN 493-4370. Apply online: <http://cpolhp.belvoir.army.mil>.

Aerobics Instructors

The Kaiserslautern Sports and Fitness centers are looking for aerobics instructors. DSN 493-2086.

KAISERSLAUTERN Education

- **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.
- **POSH training** – The Equal Opportunity Office hosts Prevention of Sexual Harassment Refresher Training 9 a.m. July 15 at the Vogelweh Community Center. POSH training for new Department of Army civilians is 10 a.m.-noon July 21 at the Vogelweh Community Center. DSN 493-4277, civ. 0631-3406-4277.
- **CSB briefing** – The Transition Center hosts a briefing on Career Status Bonus July 15 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. DSN 483-7071, civ. 0631-411-7071.
- **SKIESUnlimited Photography Class** – SKIESUnlimited 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.mwrgermany.com.

- **USAG Kaiserslautern Change of Command** – Lt. Col. Mechelle Hale, U.S. Army Garrison Kaiserslautern commander, relinquishes command to Lt. Col. Kevin Hutchison at 10 a.m. July 10 at the Armstrong Community Club on Vogelweh Housing.
- **Reduced Garrison Staffing** – The U.S. Army Garrison Kaiserslautern will have reduced staffing at its facilities July 10 for command functions.
- **USACHPPM Change of Command** – The US Army Center for Health Promotion & Preventive Medicine, Europe in Landstuhl will change command at 2 p.m. July 15. Col. James L. Fudge will assume command from Col. Robert G. Webb on the sports field between Bldgs. 3809 and 3810. In case of inclement weather, the ceremony will be held at the Landstuhl Gym.
- **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.mwrgermany.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.mwrgermany.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://vbs.2009ktown.eventbrite.com>. Password is "Kaiserslautern." DSN 493-4098, civ. 0631-4098, mirna.oceguera@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.

HEIDELBERG Education

- **ACS Classes and Events** – ACS Focus Group, 10 a.m. and 2 p.m. July 27; FLG, 9 a.m.-2 p.m. July 13-14 with field trip 8:30 a.m. July 18; Intro to Microsoft Excel, 9 a.m.-noon July 13 and 15; EPC Provider Training 5:30-8:30 p.m. July 14 and 16; Retirement Savings noon-1 p.m. July 15; Bringing Baby Home, 1-4 p.m. July 16. DSN 370-6883, www.mwrgermany.com/hd/acs.

- **Community**
- **Real Property Planning Board** – The USAG Heidelberg Real Property Planning Board will meet 2 p.m. July 10 in the Presidential Room of the Patrick Henry Village Pavilion. The garrison will present the current status on a number of Heidelberg installations, as well as other key topics such as project updates and Gernersheim future development. The RPPB is one of the garrison commander's key forums to gain input from tenant unit commanders and the community at large.
- **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 Ulises 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.
- **HIWC Events** – Join the Heidelberg International Wandering Club for the following volkshochschulen: July 11-12, Aurich (Vahingen) and Ottersweier (Sunday only); July 18-19, Bruchweiler-Baerenbach, Reihen (Sunday only). The next general membership meeting at 7 p.m. July 13 at the SG Gasthaus in Ottersheim. 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.

- **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 out: 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.
- **College Night** – Represent your college at Heidelberg College Night Oct. 25. DSN 388-9377, civ. 06221-338-9377, collegenight@dodds.net.

MANNHEIM Education

- **ACS Classes** – English as a Second Language, 9-11 a.m. July 10, 13 and 15 and 6-7:30 p.m. July 14 and 16; Mannheim Orientation Spouses Tour, 9 a.m.-2 p.m. July 13-15; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. July 13 and 15; FRG Leader 101, 9:30-11:30 a.m. and 5:30-8:30 p.m. July 14; Levy and Out-processing briefing, 1-2:45 p.m. July 14; Hearts Apart Support Group, 11:30 a.m.-1 p.m. July 15; Sponsorship Training for Leaders, 3-4 p.m. July 15; Healthy Relationships, Stress Management, Anger Manage-

ment, Communication Class, call for date and time. DSN 385-3101, civ. 0621-730-3101.

- **Preseparation Briefing** – Honorably transitioning Soldiers, not retirees, must attend no later than 90 days before their transition date. The next briefing will be held 8:30 a.m.-noon July 15 in the USO Conference Room. Reservations: DSN 385-3487.
- **Career Status Bonus** – Find out about the \$30,000 Career Status Bonus. Soldiers reaching 14 ½ years of active duty should attend this informative presentation in Bldg. 238 on Sullivan Barracks 1:15-3 p.m. July 15. Reservations: DSN 385-3484.
- **Pre-Retirement Briefing** – Receive important information from agencies such as the Transition Center, Transportation, Law Center, TRICARE, Finance, ACAF, 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

- **Vacation Bible School** – VBS will be at Mannheim Elementary School, 5:30-8:30 p.m. July 13-17. Student and volunteer enrollment available online at <http://vbs09.eventbrite.com>, password vbs09 or at the BFV Chapel. Civ. 06204-705-0724.
- **1-214th Change of Command** – The 1st Battalion, 214th Aviation Regiment will hold a change of command ceremony at 10 a.m. July 16 on Coleman Barracks in the 1-214th Avn. Regt., Co. D hangar. Lt. Col. Troy D. Krings will relinquish command to Lt. Col. Richard G. Watson.
- **Sullivan Library** – Summer Reading Program, 10-11 a.m. every Thursday July 2-Aug. 6; Scrapbook Club, noon-3 p.m. July 11 and 25; Film Screening, 4-5:30 p.m. July 11 and 25. DSN 380-1740, civ. 0621-730-1740.
- **Super Saturday** – Super Saturday will be held at the Child Development Center 10 a.m.-4 p.m. July 11. Child care will be open to families who have a current registration with CYS Services. Reservations: DSN 380-4851, civ. 0621-730-4850.
- **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.
- **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. Applications are available at all Mannheim schools, and in the SLO Office.

Army Europe 10-Miler



by Awe

Kelis Secret, Kaiserslautern, was the first individual to cross the finish line at the Army Europe 10-Miler in Grafenwoehr June 27. Secret ran the course in 57:6.45.

Heidelberg, Kaiserslautern troops to head to D.C. competition

By Mary Markos
USAG GRAFENWÖHR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Three hundred and sixty feet hit the ground running June 27 at the U.S. Forces Europe Army 10-Miler Qualification race hosted by U.S. Army Garrison Grafenwoehr.

Of the 180 competitors, the top six male and six female Soldiers earned spots on the team that will travel to the national competition held in Washington, D.C., Oct. 4.

Staff Sgt. Kirk Madgic, 173rd Airborne Brigade Combat Team, Headquarters and Headquarters Company, will lead the 12-Soldier team. Madgic, who traveled from Vicenza, Italy, to compete in the race, was the first Soldier to cross the finish line with a time of 58:46.81.

The other qualifiers for the men's team were: Capt. Kyle Greenberg, Grafenwoehr (60:20.78); 2nd Lt. Bradley Glosser, Ansbach (61:7.42); Maj. William Rediske, Kaiserslautern (61:16.44); Sgt. 1st Class Walter Johnston, Heidelberg (62:18.98); and Capt. Colby Broadwater, Stuttgart (63:36.73).

With a time of 65:21.17 seconds, Capt. Stephanie Feagin, U.S. Army Health Clinic Livorno, was the first female Soldier to cross the finish line.

Capt. Myra Markey, Ansbach (67:43.98); Capt. Rhonda Winsky, Kaiserslautern (75:11.00); 1st Lt. Lisa Becker, Ansbach (76:53.09); Lt. Col.

"I've personally seen (the course) in D.C., and I think our course is tougher. The location is unique. It is no further than D.C., but there are a lot of crooks and turns."

-Tony Lee, USAG Grafenwoehr Morale, Welfare and Recreation chief of recreation programming

Laura Landes, Stuttgart (77:3.39); and 2nd Lt. Kimberly Defiori, Grafenwoehr (78:3.89) also qualified for the women's team.

For Feagin, who ran the course almost 10 minutes faster than the first female qualifier last year, the win was bittersweet.

"I love to run. I'm one of those psychos that just love it," she said. "I'm leaving the Army soon so I won't be able to go to D.C., but it just felt good today."

Eight alternates were also selected based on their times in Grafenwoehr, in the event a runner, like Feagin, is unable to attend the national race.

The Soldier-teammates will have more than three months to prepare for the national race, where an expected 30,000 runners will navigate a route that begins and ends at the Pentagon and passes national monuments such as the Smithsonian and the United States Capital building.

The Grafenwoehr course, according to Tony Lee, USAG Grafenwoehr Morale, Welfare and Recreation chief of recreation programming, was planned to prime the runner for the

Washington, D.C. race.

"I've personally seen (the course) in D.C., and I think our course is tougher," he said. "The location is unique. It is no further than D.C., but there are a lot of crooks and turns... a lot more turns than normal. We try to mentally prepare (the runners) for the D.C. race."

Lee added that the Grafenwoehr staff is already looking into the route for next year. "The plan is to relook at the course and try to find another one, one that is more conducive in terms of what we need for support," Lee said.

He added that any changes will not affect the level of challenge the route brings to the runner.

While, as a civilian, he did not qualify for the national 10-Miler in October, the first individual to finish the loop and pass in front of the crowd that gathered at the finish line was Kelis Secret, Kaiserslautern, with a time of 57:6.45.

More photos of the June 27 race can be found at the USAG Grafenwoehr Flickr site, www.flickr.com/photos/usaggrafenwoehr/sets.

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.

Heidelberg Unit-Level Softball

Standings as of June 25: 529th MPs, 5-1; V Corps, 8-3; MEDDAC, 7-4; PMO, 4-7; DENTAC, 1-10. **Games to be played on Patton Barracks:** V Corps vs. 529th MPs, 6 p.m. July 9; PMO vs. MEDDAC, 7 p.m. July 9; DENTAC vs. 529th MPs 8 p.m. July 9; MEDDAC vs. 529th MPs, 6 p.m. July 13; V Corps vs. DENTAC, 7 p.m. July 13; PMO vs. 529th MPs, 8 p.m. July 13; 529th MPs vs. PMO, 6 p.m. July 15; DENTAC vs. MEDDAC, 7 p.m. July 15; 529th MPs vs. V Corps, 8 p.m. July 15.

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. Softball and basketball require pre-registration by July 13 at Patton Fitness Center, 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 Otfersheim 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.

Sports Physicals

Sports physicals for children ages 5 to 18 who are enrolled at Landstuhl Regional Medical Center are scheduled 8 a.m.-3 p.m. July 11. The AF Form 608-100A Child and Youth Services Health Assessment/Sports Physical form must be completed prior to the appointment. DSN 486-5762.

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