

HeraldPOST

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



Juan R. Meléndez Jr.

The Green Team gets pulled into the big wading pool in the Tug-of-War competition during Club Beyond and Child, Youth and School Services Splash N2 Summer event held on Patrick Henry Village for Heidelberg middle schoolers June 11. Divided into four teams identified with colored head- and armbands, they competed in Splash Volleyball, Tug-of-War and Capture the Flag. See more photos at www.flickr.com/heraldpost.

Kaiserslautern to host town hall meeting June 30

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

When current community facilities will close and which new ones will open due to the completion of the Kaiserslautern Military Community Center on Ramstein Air Base is just one of seven topics to be discussed at the town hall meeting 6 p.m. June 30 at the Armstrong Community Club on Vogelweh Housing.

"This is the town hall not to miss," said Emma Vinson, the garrison's customer service officer, who is hosting this meeting. "There are a lot of improvements and transformation projects coming in the KMC, and this will be your one-stop shop to get all the information."

Besides being a one-stop-information shop, the town hall is also a way see **TOWN HALL** page 12

Heidelberg installations get 3 new 'smart' pedestrian gates

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

Good news: If you've been taking the streetcar to Heidelberg's Patton Barracks, your days of having to hike all the way around the installation to get on post are over.

A new automated "smart gate" that uses your CAC, or Common-Access Card, is up and running on the Kirchheimerweg side of Patton Barracks. In the next two weeks, similar gates will start operation near the shoppette at Mark Twain Village and on Nachrichten Kaserne.

This new gate is a boon to pedestrians who want to enter Patton Barracks through what used to be the post's main gate. Post-9/11 security measures forced its closing and the former back gate has been the only entry point.

The gate itself is a two-door metal booth meant to allow one CAC-carrying person at a time to enter using a fully automated system. With manual assistance from the guard force, adults with see **SMART GATES** page 12



Juan R. Meléndez Jr.

Sgt. Cheryl Mancill swipes her CAC through the reader to gain admission to the gate. The instructions for using the gate are posted at the entrance. The intercom button, labeled "Call," is below the card reader.

HP THURSDAY
June 18, 2009

Speed Read

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GOVERNMENT CELL PHONES

Government cell phones are intended for official purposes, and misusage can spell big charges for the individual. 11

Defense Details

NORTH KOREA

The United States and its international partners have the assets and authorities needed to carry out a UN Security Council resolution aimed at stopping North Korea's proliferation activities, but the Pentagon press secretary expressed hope Tuesday North Korea won't put them to the test. "Hopefully it does not become necessary" to enforce provisions of UN Security Council 1874.

IMPROVING IRAQ

Iraq security forces are increasingly taking the lead on missions targeting roadside bombers and extremist networks. On their first mission since becoming a nationalized force, the 6th Battalion, Emergency Readiness Brigade, alongside coalition forces advisors, arrested three suspects wanted for planting roadside bombs.

Army news: www.army.mil

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COMMENTARY

Emergency Placement Care: Be a life saver for a child in your community

By Michele Barber
USAG HEIDELBERG FAMILY ADVOCACY PROGRAM

At any given time in the United States, there are over half a million children in the foster care system.

The issues that make the placement of a child outside the home necessary are no different in your local community. There are a number of reasons why parents may be unable to care for their children. Situations can vary from physical or emotional abuse to neglect or domestic violence issues in the home. Sometimes, it may be as simple as a family emergency, leaving a parent unable to care for their children for a short time.

The challenge we face in overseas locations is that we are often unable to depend on the local community resources to provide a placement for American children due to legal, financial and cultural barriers.

Last month, members of the Heidelberg community may have noticed staff from the ACS Family Advocacy Program handing out Life Savers candy and flyers at installation gates to promote awareness of National Foster Care Month and the need for Emergency Placement Care providers.

Emergency Placement Care is different from Foster Care in the States, primarily because it's a short-term solution to a family crisis. Most placements last from a few days to a couple of weeks; placements are intended to last no more than 90 days, except in very rare instances.

The intent of the EPC program is to provide children with a safe, stable environment until family issues can be addressed or a more permanent

solution can be found for the child's care.

Volunteers must be ID card holders and must be willing to attend training provided by ACS. They must also agree to background checks, a medical clearance and a home safety and fire inspection.

However, the most important criteria is for volunteers to be flexible, caring and willing to help a child in need of a little extra support during a rough time.

It's important for the EPC program to have a range of volunteers, since each child has unique needs, and every placement is different.

Family Advocacy staff is committed to doing everything possible to meet each child's individual needs and to make each placement as smooth as possible for the EPC provider by offering ongoing support and guidance for the duration of each placement.

There is always a need for EPC volunteers in the Heidelberg community. The Heidelberg ACS Family Advocacy Program will be offering an orientation and training 5:30-8:30 p.m. July 14 and 16 for all EPC volunteers or individuals and families who may be interested in learning more about becoming EPC providers.

If you are interested in attending the orientation and training, or if you are interested in becoming an EPC volunteer, contact Heidelberg ACS at DSN 370-6883, civ. 06221-57-6883. You can become a Life Saver to a child in your community!

You can begin the application process at any time by calling or stopping by ACS (Building 3850 at the Shopping Center in Heidelberg) or by visiting www.mwrgermany.com/hd/acs/fap for more information and an application.

BAILEY'S BREAD

'His elevator doesn't go all the way to the top'

By Chap. (Col.) Ray Bailey
USAREUR AND 7TH ARMY CHAPLAIN

Have you ever heard the phrase, "His elevator doesn't go all the way to the top?" I've been told that about me, but I'm sure it was meant in the kindest way. I recently went into an elevator to go to my room and was by myself. As I stood there waiting to get to my floor where my room was, I noticed how quiet the elevator was. "Wow, this elevator sure is smooth. I can hardly hear it or feel it moving. It sure is taking a long time for just a few floors."

I guess you are already ahead of me in this story. Yes, I forgot to hit the button for my floor. Luckily no one was around to make it worse, but the embarrassment was bad enough just with myself.

By Wednesday of each week, my motivation fuel is low. I have the hardest time during the work week to get energized or excited about the day of labor. Naturally it could be that Friday is still on the horizon or that the first three days have sapped my energy or I have a hidden negative attitude to Wednesdays. I need motivation.

Motivation is the desire to do what we know. We know what we must do and need to do, but it's the desire part that holds us down. We just can't push the button, but we have to. We get nowhere feeling content just standing in one spot neither going up, down or even sideways. It feels good for a short time but that small space gets confining. Our lives of standing still just vegetate and erode.

Today you know you must move forward to your next destination wherever that may be. You were not created to live in a small room going nowhere. You were meant to seek the horizon. Push the button today. Your elevator will go to the top.



Join the virtual community today
<http://myBWnow.ning.com>

BLOG ROLL

Find out what your garrison commanders and members of your community are saying in the BWnow virtual community

I often hear people say they don't know where to get information, or aren't sure what's happening in our community. Attending a USAG Heidelberg Community Update is a great place to start. In today's meeting, organizations from throughout the community gave information about their activities. ACS talked about a new program designed to help teens get hired... If you want to know what's happening in your community,

attend the next Community Update, July 8 at 9 a.m. in the PHV Theater. It's a place for you to hear what's happening, but even more important than that, it's a forum for you to provide feedback and ask questions. Look forward to seeing you next month.

-Lira Frye, USAG Baden-Württemberg Public Affairs

When they say "I see the light at the end of the

tunnel" is when we have reached the halfway mark of our deployment. We are under 45 days left in our deployment and the time has gone by fairly quickly since we started back in March. The temperatures are rising daily and we have already been in heat category V. Sandstorms still roll in from time to time preventing flights in and out of COB Speicher.

-Peter Buttner, Heidelberg Red Cross Station Manager (Deployed)



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Advertising:

All requests for advertising must be made to the publisher's sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; www.hp-ads.de.

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

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Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg. Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: usaghd.post@eur.army.mil.

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.

Happy Birthday Army!



Jason L. Austin

U.S. Army Garrison Heidelberg Command Sgt. Maj. Annette Weber and Commander Lt. Col. Robert White read the Army Birthday story to a group of children gathered at the Heidelberg Patrick Henry Village Child Development Center to celebrate the Army's 234th birthday Saturday. White's children, Jakob and Hannah, took their typical spots next to dad during story time. See more photos at www.flickr.com/heraldpost.

Clinics cut appointment reminder lead time

ERMC Public Affairs

"Don't hang up. There's more." That's the message Europe Regional Medical Command would like to get across to health care beneficiaries as it changes the way it gives telephone reminders for appointments.

Starting immediately, those with appointments will receive a call the evening before their visit to the clinic is scheduled. Before the change, patients received a call two business days in advance.

"A lot of people hang up as soon as the recorded message begins," said Maj. Carla Dickinson, ERMC Clinical Operations Division.

She said the real purpose of the call is to offer the patient an opportunity to either confirm or cancel the appointment. If people hold the line, they'll be given that option.

Even though it may seem a bit late to cancel the night before, Dickinson said that clinic staffs can use the appointment in a number of ways. The first option is to give the appointment to another beneficiary.

The change to the shorter notification came after a majority of clinic commanders asked for it. They said the change would make life better for both patients and staff.

Customer comments, for example, indicated that beneficiaries were much more likely to know if they couldn't make it to an appointment when reminded the night before.

It's also important for beneficiaries to update their telephone numbers registered with the clinics, officials said. That can be done whenever making an appointment by phone, or at the clinic counter at check-in.

202nd MP Group says farewell to home on Stem Kaserne

By Jason L. Austin
HERALD POST STAFF

When Command Sgt. Maj. Drew Underwood, 202nd Military Police Group (CID), joined the Army, Brig. Gen. David H. Stem was the commandant of the MP Corps, and he remembers hearing Stem speak at functions.

"Coming to Stem Kaserne was like seeing an old friend," said Underwood, who has served on the installation for a year. "Walking in every morning and seeing his photograph was pretty nice."

During a brief ceremony June 11, Underwood and the rest of the 202nd said goodbye to the kaserne as they cased the unit colors to relocate to Kleber Kaserne in Kaiserslautern as part of the Army in Europe transformation plans.

They are, however, taking part of the installation with them, a monument dedicating the former Autobahn Kaserne to the memory of Stem, who died in an aviation accident while on active duty.

The monument will take a place in a grove of trees be-

hind the new Stem Investigative Building on Kleber.

The group has command and control over criminal investigation units throughout Europe who support the commanders and military communities of the U.S. Army in Europe and supports contingency operations throughout the European, African, Middle East and Southwest Asian areas of responsibility.

The 202nd has spent the last four decades on the kaserne, which also houses the European Special Investigations and Fraud Field Office, the military police dog kennels, the Army and Air Force Exchange Vending Machine Distribution Office and an AAFES warehouse.

Over the past year, as the group prepared to relocate, it allowed the personnel numbers to decrease and offered to extend or curtail assignments to lessen the number of people impacted by a mid-tour permanent change of station.

"There's only a handful of us who are actually making the move," Underwood said.

The ceremony, however, wasn't only a symbolic gesture.

It served as an opportunity for the 202nd to recognize Stem's commitment to the Criminal Investigations Command, known as CID.

Stem was pivotal in the Army's centralization and consolidation of its felony crime investigative assets into a single major command, according to the ceremony's master of ceremonies, Maj. Jennifer Schroeder, deputy commanding officer, 202nd MP Group (CID).

After covering the monument to Stem, in preparation for transport, Underwood presented a cased flag, which had flown over the kaserne, to Capt. David H. Stem Jr., who works at the U.S. Army Europe Office of the Judge Advocate.

Capt. Stem grew up on Patrick Henry Village, and now his children are growing up on PHV as well.

"Growing up as a child, you get to know what your parents' interests are, and certainly law enforcement, CID, that was something that was a daily part of our lives," Stem said.

"I took sort of a different path, to be a lawyer involved



Jason L. Austin

Col. Jeffery Harris, and Command Sgt. Maj. Drew Underwood, 202nd Military Police Group (CID) cover a monument to Brig. Gen. David H. Stem during a relocation ceremony held on Stem Kaserne June 11.

in these types of issues rather than a commander of an investigative unit," he said. "But, it's all one law enforcement community."

The look and feel of that community in Europe is changing with the move to Kaiserslautern, Underwood said.

"For the Military Police Corps, this was the center hub. For us, you hop right on the autobahn and go visit all your offices and do all the things you need to do," he said, add-

ing that Kleber Kaserne is a bit out of the way.

Through his five tours in Germany, Underwood recalled many times coming to Stem Kaserne for special events, change of command ceremonies or investigative task forces.

"It was nice to start my career knowing about Stem (Kaserne)," Underwood said. "I've got a lot of fond memories here ... we've gotta create a new home down at Kleber Kaserne."

Pandemic announcement has no immediate effect on health care in Europe

ERMC Public Affairs

The World Health Organization decision to declare the novel H1N1 influenza outbreak has reached pandemic levels June 11 has no immediate impact on health care operations in the Europe Regional Medical Command, according to leading health experts.

"We continue to track the spread of the disease, and we have sufficient reserves of medications for treating the seriously ill," said Col. Evelyn Barraza, ERMC preventive medicine consultant and

chief of preventive medicine at Landstuhl Regional Medical Center.

There have been six confirmed cases involving U.S. service members in Europe, she said. Those patients have received treatment and are responding well.

She added that the command continues to follow Centers for Disease Control guidelines. Current guidelines include information on treating the illness for those who suspect they may have contracted the H1N1 influenza.

The CDC notes that if you are sick, you may be ill for a

week or longer. You should stay home and avoid contact with other persons, except to seek medical care. If you leave the house to seek medical care, wear a mask or cover your coughs and sneezes with a tissue.

In general you should avoid contact with other people as much as possible to keep from spreading your illness. At the current time, CDC believes this virus has the same properties in terms of spread as seasonal flu viruses.

With seasonal flu, studies have shown that people may be contagious from one day

before they develop symptoms to up to seven days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

The CDC guidelines say that most people will recover without needing medical care. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

Your health care provider will determine whether flu testing or treatment is needed. Be aware that if the flu becomes wide spread, there

will be little need to continue testing people, so your health care provider may decide not to test for the flu virus.

Antiviral drugs can be given to treat those who become severely ill with influenza. These antiviral drugs are prescription medicines (pills, liquid or an inhaler) with activity against influenza viruses, including H1N1 flu virus. These medications must be prescribed by a health care professional.

For updated information, refer to the CDC guidelines on the CDC Web site at www.cdc.gov/h1n1flu.

Mannheim ACS offers AFTB classes

By Myriam McClellan

MANNHEIM ARMY FAMILY TEAM BUILDING

The term "family" is usually identified with a Soldier's spouse and children.

But a family also can be defined as people who share goals and values, and have long-term commitments to one another, like the Army Family.

Army Family Team Building is a volunteer-based program that was originally developed by spouses to teach other spouses basic survival skills for Army life. But the information taught in this program is beneficial to the entire Army Family, and the Army recognizes this by giving Soldiers up to four promotion points for attending 40 hours of classroom instruction to include AFTB.

The curriculum is based on an experiential learning model that is very interactive and gives attendees many opportunities to share views and perform practical exercises.

The skills acquired in this program help individuals become more self-sufficient and self-reliant and are especially useful for spouses who are faced with the separation of long deployments.

The courses are divided in three levels and, in Mannheim, are usually taught in the Army Community Service conference room.

Any unit or family readiness group can also request specific classes to be taught at their location, during their meeting time.

AFTB Classes

Instructor Training: June 22-24

Level I: July 7-8 and Oct. 27-28

Level II: Aug. 3-5 and Nov. 2-4

Level III: Sept. 21-23 and Dec. 7-9

All classes take place 9 a.m.-2 p.m.
Registration: Civ. 0621-730-3101.

Army Family Team Building is a volunteer-based program originally developed by spouses to teach other spouses basic survival skills for Army life.

Level I courses target those new to the Army and those interested in updating personal skills or basic knowledge of the Army lifestyle. Level II provides personal development and encouragement to emerging leaders within the Army community. Level III courses offer training to enhance professional growth and leadership development, especially suitable for those who might assume leadership or advisory roles within the community.

The continued success of the program is ensured by an instructor training course that is also taught locally a year. Volunteer instructors come from all backgrounds, including family members, Soldiers and civilian employees.



Sgt. Richard Barney, 44th Expeditionary Signal Battalion, talks with German citizen Johann Bachmann at the 2009 Hessentag June 10. Hessentag is a state fair that attracts a million visitors every year. The program covers everything from pop music to sport, politics and a variety of exhibitions.

5th Signal participates in Hessentag

By Kristopher Joseph

5TH SIGNAL COMMAND PUBLIC AFFAIRS

LANGENSELBOLD, Germany – Every year, Germany's federal state of Hessen holds a weeklong state fair that attracts a million visitors called "Hessentag," which means "Hessen Day" in German. One of the exhibitors in attendance during the second week of June that was feeling right at home was 5th Signal Command's 44th Expeditionary Signal Battalion.

Set up in the "Platz der Bundeswehr" or "military area," the 44th, who recently returned from serving a yearlong deployment in support of Operation Iraqi Freedom, represented the sole U.S. Army presence at the annual event that offered everything from pop music, sport, politics and a variety of exhibitions.

The small contingent of signal Soldiers had a static display that included a Humvee, a Satellite Terminal Trailer and a Single Shelter Switch located inside a field tent with information boards translated in German. The Soldiers spent their days letting kids jump behind the wheel of the Humvee, speaking with the general German public about the Army, and explaining what the STT can do.

"Most people thought the STT was a radar," said Sgt. Richard Barney, Company A, 44th

ESB. "But mostly the Germans wanted to know why so many Soldiers are leaving their cities."

With Hessentag being held this year in Langenselbold, a small suburb near Hanau, many German residents said that the Hanau area feels "dead" since the U.S. Army closed their bases there last year.

"Almost all the Germans we talked to said they are happy to have us here," Barney said.

"I was sad when many Soldiers left in the 1970s and '80s because I had many nice American friends," said Johann Bachmann, a German who also spent five years working in the U.S. for two auto companies.

Barney explained to Bachmann and other onlookers that 5th Signal Command will again be residents in Hessen when the headquarters moves from Mannheim to the Wiesbaden Army Airfield this summer.

"They said that was great, but they still want us to come back to Hanau too," Barney said.

The 5th Signal commander, Brig. Gen. Jeffrey G. Smith Jr., also visited the 44th exhibit with Dr. Franz Josef Jung, Germany's defense secretary, and explained that the signal display could be set up anywhere in world and provides communication support to both German and American armies working together in a joint environment.

21st TSC chaplain assistant selected as Army's only CSM in Chaplain Corps

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

With the spotlight on her career and accomplishments, her first comments are not about herself but deal with a misconception about her chosen career field.

"For some reason, Soldiers believe that chaplain assistants are people who go to church a lot or who have gotten into some kind of trouble and therefore get assigned to work with the chaplain's office. In truth, it's an official military occupational specialty, and we go to school to be trained," said Command Sgt. Maj. Marylena McCrimmon, the 21st Theater Sustainment Command's senior chaplain assistant.

Actually, the MOS was established at the War Department, Washington, D.C., Dec. 28, 1909, and celebrates its centennial this year. And, since June 8, when she was pinned with the rank of command sergeant major at a ceremony on Panzer Kaserne here, McCrimmon is the highest ranking chaplain assistant in the Army.

In contrast to her modesty, the number of chaplain assistants present in addition to the military and civilian personnel from the 21st TSC reveal how respected she is.

"The senior chaplain assistants from U.S. Army Europe in Heidelberg, from Southern European Task Force in Vicenza, Italy, and from Installation Management Commands across Europe are here to cheer her success. She is not only well respected, but also very well liked," said Sgt. Maj. Pamela Neal, the senior chaplain assistant in Europe.

The pinning itself was a historic occasion. There is only one command sergeant major position in the Chaplain Corps, and McCrimmon, the second female to be promoted to that rank, is the first chaplain assistant to be pinned in Europe, Neal explained.

"I really wanted to show my support. Today is a great day for all of us. Command Sgt. Maj. McCrimmon has



Command Sgt. Maj. Marylena McCrimmon, the senior chaplain assistant at the 21st Theater Sustainment Command, receives a memento from Col. Sharon Duffy, the 21st TSC's deputy commanding officer, during a ceremony on the parade field at Panzer Kaserne June 8.

touched and influenced a lot of lives in a positive way. She has earned this position because she epitomizes what an NCO and a chaplain assistant should be," said Master Sgt. Evelin Montealegre, the SETAF command chaplain's noncommissioned officer in charge.

"No one would have traveled here if she didn't have a place in our heart as well as our professional respect. She is my role model and represents everything a Soldier wants to be," said Sgt. 1st Class John Alam, the NCOIC with the installation chaplain at U.S. Army Garrison Grafenwöhr and Vilseck.

Nonetheless, it's not what McCrimmon would have predicted for herself when she joined the Army 24 years ago. She grew up, attended school and graduated from college in St. Pauls, N.C., a small town of 2,000 people.

"I wanted to move to a different place but wouldn't go without having a job lined up. I thought I would stay in the Army for four years, but ended up liking my job so much, the re-enlistments just kept coming," she said. "When the recruiter asked what type of position I wanted, I didn't really know. I told him, 'I want one where I still will be able to go to church.'"

Yet, becoming a chaplain

assistant is not quite that easy. Chaplain assistants attend a seven-week course on how to support the Army's religious ministry after going through basic combat training. In addition to basic prerequisites, like possessing a driver's license, typing skills and no convictions, there are some more specific requirements.

"We are required to uphold high moral standards, we must have the ability to support all religions and we cannot object to bearing arms," McCrimmon said.

This, of course, does not explain her success. McCrimmon is low key about it. "You lead by example; you don't just tell but show. Soldiers see you doing the right thing, they try to emulate you; they see you doing something bad, you lose all their respect," she said.

Besides, she is doing what she likes best. "I love to train and prepare Soldiers for their careers, and I love that I get to listen to them, that I can try to help them. I can't counsel, but I can be there for them – I can listen."

Neal, who has been friends with her since they joined the Army within a month of each other, has a different take. "Only the top performers make it to the level she has. She is in the top 1 percent of her MOS, which corresponds to her selection to sergeant major and later command sergeant major. She has reached all the benchmarks that guarantee success. She has been a drill sergeant, a first sergeant and an instructor."

Col. Thomas MacGregor, the 21st TSC's command chaplain, agrees.

"Strength of character and a deep love for Soldiers and their families have been the hallmarks of this outstanding NCO leader," he said.

That love of training and leading Soldiers will serve her well in her new assignment as the command sergeant major of the U.S. Army Chaplains Center and School in Fort Jackson, S.C., where she will be in charge of overseeing the training programs.

Why you might not be able to pick up AFN radio signals in your car

By Kristen Marquez
HERALD POST STAFF

Listening to American Forces Network Radio in some vehicles can be quite the challenge for those stationed in the Heidelberg area.

The reasoning is simple – the frequency on which AFN Heidelberg sits, 104.6 FM, is an even-numbered frequency. Most American digitally tuned radios only program odd frequencies. You can try to listen on one of the surrounding odd frequencies, 104.5 or 104.7, perhaps, but unfortunately it will not come in very clear.

"If you've ever been in a German car, with a German radio, and tried to listen to us, you probably noticed that we tune in pretty clear," said Master Sgt. Chris Seaton, AFN Heidelberg station commander. "We've got a strong local national following in Heidelberg, because tuning isn't an issue for them. AFN originally obtained those frequencies from the German government in a time when odd or even didn't really matter, because we all had analogue dials to tune in the station."

In Mannheim, Seaton said, reception problems center around transmitter strength. "We have a very clear signal on an American-friendly frequency (107.3), but we're limited to 50 watts, so it doesn't travel very far," he said.

Radio frequencies in Germany are expensive and strictly regulated by the German government, according to Seaton.

"Of course it's a goal of ours to have crystal clear radio everywhere we have listeners, and we're working in that direction," he said. "Within the past two years, AFN Europe has negotiated three new FM frequencies in other communities, but it's not as simple as switching to another frequency or turning up a transmitter."

In the cases of Heidelberg and Mannheim, for example, either of those options would result in the AFN stations overlapping other local radio stations.

"In the mean time, until we can find a perfect solution, we've gone to great lengths at each transmitter site to ensure that the product we send out is as clear as possible, with as few interruptions as possible," Seaton said.

"In the past six months, we've replaced cables and outdated equipment at each site, significantly improving the quality of our broadcast signal."

To get your fix of AFN radio and its on-air personalities, command information, news and music variety, there are other ways to listen than just in your car. With an AFN satellite decoder, turn to channels 152 and 153 to hear AFN Heidelberg's Power Network and The Eagle formatted music stations.

"You can also listen to us at work all day with the right equipment," Seaton said. "You just need a radio that tunes in an even frequency. Desktop and home radios are relatively cheap, and there's no installation involved. Also, remember we're also on AM 1143. We put all the same important command information on both AM and FM frequencies to give you the most options possible."

Heidelberg is not the only community facing challenges with its radio frequencies. Listeners in Kaiserslautern are dealing with the same 'even frequency' problems with their station on FM 100.2.

Wiesbaden (FM 98.7) and Stuttgart (FM 102.3), though, have powerful transmitters that sometimes can even be heard here better than the Heidelberg station. In Grafenwöhr, the Eagle formatted radio station is actually broadcast over AM instead of FM due to limitations on the FM dial.

"The good news for them is that they are one of the communities who will soon benefit from years of negotiations to get a strong new FM frequency," Seaton said. "Hopefully, we'll start reaping those benefits soon."

For a complete list of radio and television frequencies throughout Europe, log on to www.afneurope.net.

39th Trans. Bn. cases colors for deployment

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The 21st Theater Sustainment Command's 39th Transportation Battalion cased its flag during a ceremony at its motor pool on Kleber Kaserne June 10. The casing of the unit's colors is the last official step before the unit of approximately 50 Soldiers deploys to Arifjan, Kuwait, in support of Operation Iraqi Freedom.

"For half the formation, it is their first yearlong deployment – these are young Americans who volunteered to serve during a time of war, knowing that they would likely deploy. The other half of the formation is made up of those who've deployed multiple times – for most, this being their third deployment," said Lt. Col. Lee English, the battalion commander.

As a movement control battalion, the 39th will synergize with the movement control battalion in Iraq and will have command and control for the theater transportation of all assets within Kuwait and from Kuwait into Iraq.

English, who took command exactly four weeks earlier, said that means the battalion will be responsible for all equipment, supplies and Soldiers moving into and coming out of Kuwait.

Col. Sharon Duffy, the deputy commanding officer at the 21st TSC, reminded the Soldiers that while they could expect to work long hours, they should take pride in being part of such an importation operation.

English agreed and asked the Soldiers, their families and friends to keep the significance of their mission in mind.

"What sometimes gets lost in the long teary goodbyes is the deep sense of satisfaction, pride and honor derived from knowing that all are about to contribute to something much greater than just themselves – an endeavor that supports the betterment of others while serving our great nation," he said.

Despite the expected hardship and separations, English remained positive.

"The battalion has trained long and hard for this deployment. I have the utmost confidence that we will excel at our future mission. This battalion headquarters is ready, and I have no doubt that the 39th will continue to carry the mission in Kuwait," he said.

Duffy was confident as well. While the color casing is the official way to say goodbye, she said, she was already looking forward to the Soldiers' return in 2010.



Lt. Col. Lee English and Command Sgt. Maj. Charles Nash, the command team of the 39th Transportation Battalion, case the unit's colors during a ceremony on Kleber Kaserne June 10.



Members of the Mark Twain Elementary School fifth-grade team speak to an official about their project "Rocky" during the 30th Annual World Finals of Odyssey of the Mind at Iowa State University in May.

MTES students compete in Odyssey of the Mind

Mark Twain Elementary School fifth graders competed in the 30th Annual World Finals of Odyssey of the Mind at Iowa State University May 27-30.

"It was quite exciting to qualify for such a prestigious competition – I knew the team had worked hard and was ready," said Kate Dunbar, the team's head coach.

The Mark Twain team of five – Matti Dimmick, Hannah Farmer, Kiana Guzman, Emma Dreyer and Emma Holland – worked tirelessly to polish their creative and technical performance along with raising funds necessary to travel to the competition site. Annalise Igyarto and Kylie Horst, also on the team, helped the team prepare although they were unable to travel to the World Finals.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college. Team members apply their creativity to solve problems ranging from building mechanical devices to presenting their own interpretation of literary classics. Then, they bring their solutions to competition on the local, state and world level. Thousands of teams from throughout the United States

and about 25 other countries participate in the program.

The road to the World Finals was paved with hard work and creativity. Together with the leadership of their coaches Kate Dunbar and Kelly Dreyer, the girls selected a problem called "Teach Yer Creature." Building "Rocky" from paper mache, milk cartons and pieces of a remote control car, they conceived and executed an eight-minute performance that met specific technical criteria, incorporated humor and showcased each girl's specific ideas and special talents.

The team placed 31 out of 52 teams – a major accomplishment considering it was the student's first visit, and the competition was steep.

"We are so proud of our students and their accomplishment," said Dolly Crooks, MTES principal.

At this competition, 785 teams competed, traveling from as far as Korea and representing the majority of the 50 states. When the fifth-grade girls were asked if they would participate in Odyssey of the Mind in future years, the girls all said, "Of course," without hesitation.

SOURCE: Kelly Dreyer

Mannheim caretaker becomes community's first STAR Provider

By Silvester Guerrero
MANNHEIM FAMILY CHILD CARE DIRECTOR

A Mannheim Family Child Care provider received the highest achievement that can be attained by an Army FCC provider during a recent dinner for the local program.

Jacqueline Francis was honored as the first Mannheim recipient of the National Association for Family Child Care certificate and also completed the Child Development Associate, a similar program, which coupled with the NAFCC, makes her the first USAG Mannheim STAR Provider.

Francis now is qualified at the highest level of child care among child care providers,

placing her in a very enviable position as the "cream of the crop" of her field.

The NAFCC is a rigorous process divided into four main phases: application, self-study, observation and decision. In order for a candidate to qualify for the program, extensive documentation is required.

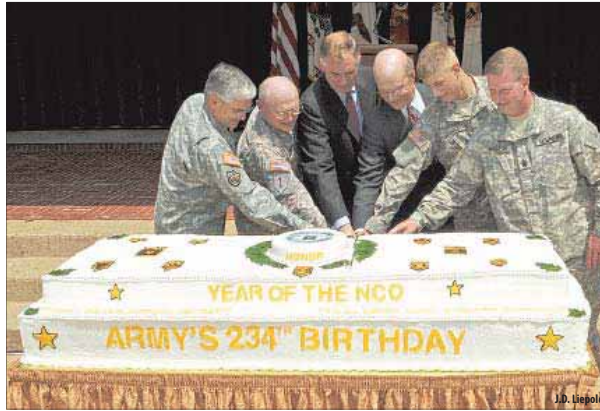
Once the documentation and application packet is received and approved by the board, a self-observation packet is sent to the candidate. The packet includes a self-observation book, parent surveys and other forms. The candidate must complete the self-observation book prior to the visit phase. At least 80 percent of the parents enrolled in the

program must return parent surveys to the provider. Candidate must spend a minimum of two months in self-study.

The observation visit is planned for a typical day in the life of a Family Child Care provider. Once the observation is completed, the observer will interview the provider. The decision phase is the last phase of the process.

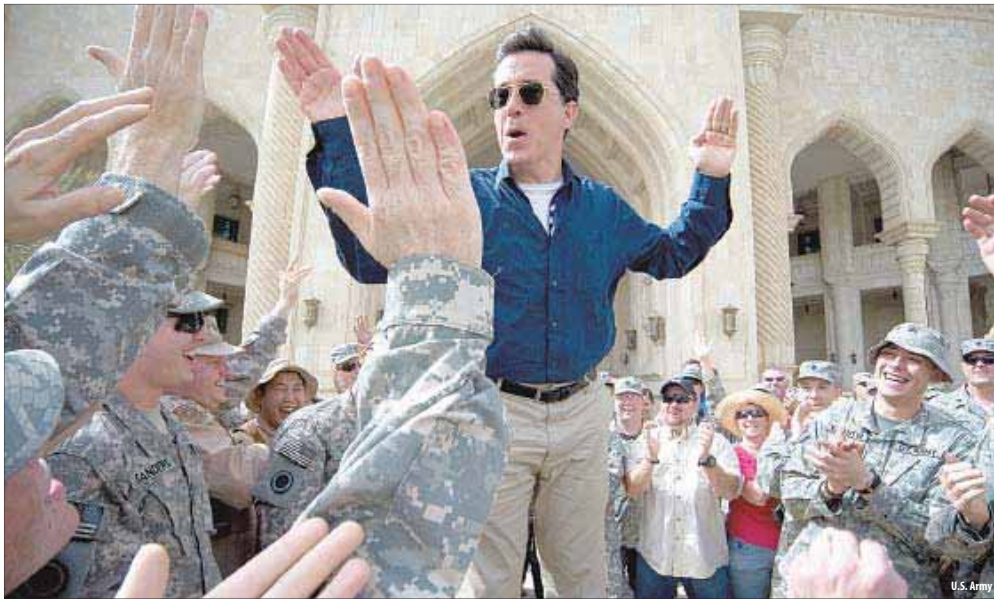
For the past five years, Francis has supported the Mannheim community's Child, Youth and School Services Program. But like everything, all good things move somewhere else. After an outstanding sheet of service to the community, Francis will soon take her expertise to Fort Bragg, N.C.

Chief of Staff of the Army Gen. George W. Casey Jr., Dr. (Col.) Arthur C. Wittich, Deputy Secretary of Defense William J. Lynn III, Secretary of the Army Pete Geren, Pvt. Rex Vaughn and Sgt. Maj. of the Army Kenneth O. Preston slice into the Army's birthday cake at the Pentagon courtyard celebration of the service's 234th birthday.



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Stephen Colbert greets troops and civilians at Al Faw Palace at Camp Victory in Baghdad, Iraq, June 5 as part of his "Operation Iraqi Stephen: Going Commando" tour.



Mid-morning Saturday history began to repeat itself as antique military vehicles from the Military Vehicle Preservation Association began winding its way through downtown Washington, D.C., on the first leg of a journey that will take the drivers 3,251 miles in 26 days, traveling at about 35 mph to San Francisco.



Col. Mark D. Baines, former deputy commander of 5th Signal Command, becomes the new commandant of the prestigious NATO School in Oberammergau June 10.

Turning Off Vehicle Ignition INSTRUCTIONS

STEP 1:
Firmly grasp key in desired hand using thumb and forefingers.



Hand Placement

STEP 2:
Rotate in the direction of the off position.



STEP 3:
When the key reaches the off position, the engine has shut off, now you are saving the environment.



Turn off the Key... be Idle Free!!!

Don't forget, car idling in Germany is forbidden

As many of you know, after taking and passing your German U.S. Army Europe driving license exam, car idling in Germany is forbidden. What you might not know is the environmental impact of car idling and why this is a problem.

It might also surprise you to know that this issue is also being taken very seriously by other United States Army garrisons and in the United States mainland.

For example, it is against the law to idle for more than three minutes in Connecticut and New York City, Idaho has a "Clean Air Zone" program, and Massachusetts has fines of up to \$500 for idling except in traffic.

The most recent compendium of stateside idling regulations can be found on the American Transportation Research Institute Web site at www.atri-online.org.

WHY IS IDLING A PROBLEM?

From an environmental point of view, an operating vehicle emits more than 40 hazardous pollutants from its tailpipe into the atmosphere. Some emissions, mainly carbon dioxide (CO2), are classified as greenhouse gases due to the fact that they increase the earth's natural "greenhouse effect" and by doing so, are contributing to the changing of the world's climate. Other pollutants include carbon monoxide, nitrogen oxides, sulfur oxides and volatile organic compounds.

If you drive a diesel operated car, then the exhaust contains microscopic soot about 200 times smaller than the period at the end of this sentence. These small particles can enter and lodge in the lungs, aggravate asthma and potentially cause lung damage.

In addition, the Environmental Protection Agency has classified diesel particulate matter a likely human carcinogen.

From your pocket's point of view, when you let your vehicle idle, you are wasting fuel. One hour of idling burns up to one gallon of gasoline.

An idling engine delivers zero miles to the gallon, and excessive idling can actually damage parts of your car's engine including cylinders, sparkplugs and the exhaust system.

More than 10 seconds of idling uses more fuel than starting the engine. It is more economical to stop the engine even if you only have to wait for 30 seconds.

So let's work together to make our garrison idle free. By doing so, we will improve our health and the environment while saving fuel and reducing car maintenance costs.

So do the right thing and turn off your engine when parked.

SOURCE: USAG Baden-Württemberg DPW Environmental Division

Illustration by Brandon Spragins

Misusage of your government cell phone can lead to personal charges

By Jason L. Austin
HERALD POST STAFF

Can I use my government cell phone to tell my wife of a schedule change while performing government travel? What about to make a doctor's appointment? Look for a job?

Surprisingly, the answer to all three questions is yes, as long as the calls don't impact official duties and are of reasonable duration, according to Army regulations.

There are other stipulations, like the employee must be looking for a job as a result of Federal downsizing, the calls can only be made if another, less expensive, means of communication is not available, and cannot be placed if they involve a private business enterprise.

"The general rule is no personal calls and no SMSing," said Eric Ruggles, deputy director of Information Management, U.S. Army Garrison Baden-Württemberg, who suggested simply carrying a personal cell phone to alleviate the possibility of abuse.

Many government cell phone users in USAG Baden-Württemberg, however, are exceeding these boundaries according to casual observations by Judy Spencer, an information technology specialist with the 43rd Signal Battalion's LandWarNet Service Office.

"Some Soldiers are starting to be charged financially for cell phone abuse," Spencer wrote in an e-mail. "Some of these cell phone bills could range in the thousands of dollars on overages."

Some of those overages occur when the user places a call from outside of Germany and is charged roaming fees, or when the user goes downrange or back to the states when Ruggles said there are other options available.

Telecommunications control officers can loan out a state-side phone or one that is specific to the downrange, and in some cases temporary duty, location.

Spencer said no one unit or organization is a problem, but individuals, who may not have received proper training from their TCO.

The TCO is responsible for "imparting the correct cell phone usage information to the employees when they are issued a cell phone/BlackBerry in accordance with (Army Regulation) 25-1 and (Army in Europe Pamphlet) 25-1," Spencer said.

The TCOs at times also do not have proper training, Spencer said, which leads to inadequate guidance to users about how to operate the phone and to what is acceptable and unacceptable usage.

However, each user signs an agreement that they will only use the phone for official business, and they will be held accountable for their unofficial usage, Ruggles said.

In cases where an abuse has taken place, TCOs can issue cash collection vouchers to reconcile the account, he said.

TCOs are responsible for issuing phones, monitoring monthly statements for longer than usual calls, and unofficial calls and report those discrepancies to the commander.

"Education is key to keep this situation from happening," Spencer said.

"We don't want a Soldier to become stressed because of this action and take drastic measures," she said. "They have enough stresses in their lives."

TOWN HALL

continued from page 1

for Army leadership to hear the concerns of the community, said Lt. Col. Mechelle Hale, U.S. Army Garrison Kaiserslautern commander, referring to the senior mission commander and garrison leadership.

As a combined Army leadership event, this is the fourth town hall meeting for the KMC. It came about, said Hale, because Senior Mission Commander Maj. Gen. Yves Fontaine, the 21st Theater Sustainment Command commanding general, wanted to talk with families and hear their concerns.

"Initially, (the garrison was) having the Community Information Forum as sort of our town hall meetings, but we were just touching a small percentage of the population, and by having a town hall meeting after working hours, we make it easier for family members to attend," Hale said.

This town hall meeting will be the last for Fontaine and Hale, as both will be leaving the KMC this summer.

These town hall meetings follow a format similar to the monthly CIF in that subject matter experts will give 10-minute briefs, which will follow the "due-out" presentations – researched information on concerns brought up at the January town hall.

"We did our research, and we are going to provide (families) answers to the concerns they asked us about," Hale said.

In addition to information about the KMCC, a "due-out" presentation

will also be given about the KMC shuttle bus service implemented in March to provide transportation from East Kaiserslautern kasernes to Ramstein, Landstuhl Regional Medical Center and Vogelweh, and transportation for the Department of Defense Education Agency's Sure Start program in the KMC, Vinson said.

Scheduled topics are the customer service initiatives by the 266th Financial Management Center, changes to recycling on military installations in the KMC, summer programs at the garrison's youth facilities and updates on the current construction on Ramstein.

These presentations and briefings should take about an hour, and then the floor will be open for either questions or to raise other issues.

"My directorates will be at the town hall meeting," Hale said. "Attendees will actually be able to address other issues because there will be so many subject matter experts from KMC agencies and units attending this town hall meeting."

She lists the Army and Air Force Exchange Service, Service Credit Union, KMC Housing Management Office and 21st TSC Judge Advocate Office.

"This town hall is also a one-stop shop to talk to all kinds of community agency representatives about your specific issues and concerns," Vinson said. "From AAFES to Housing, they'll be there, ready and willing to take your questions."

For more information, call Vinson at DSN 493-4241, civ. 0631-3406-4241.

School's out



Jason L. Austin

Jace Charland plays with a ribbon at the Patrick Henry Village playground June 10 during the Education and Development Intervention Services and Patrick Henry Elementary School's Preschool for Children with Disabilities Family Picnic celebrating the end of the school year.

SMART GATES

continued from page 1

small children, pushing prams or carrying heavy objects may also use it.

Coming through alone

"First, read the instructions," said George Rodriguez of the Directorate of Emergency Services, who oversees the gate's contract. The gate isn't something you can just rush through, so, to avoid frustration, make sure to follow the instructions posted at the entrance.

For starters, make sure nobody else is using the booth.

When it's free, swipe your CAC through the reader and wait for the green light to open the door and enter.

Let the door close behind you. You can't proceed if it's left open.

Then, gently place the tip of your right index finger on the fingerprint reader. Once it's confirmed your identity, the other door will open, letting you on post.

Coming in with small children or heavy objects

If you try to come in with small children, pushing a pram, carrying luggage or a heavy pack, sensors will detect this and block automatic entry, but you can still be admitted by com-

municating with guards using the intercom.

First, while outside, press the intercom button, labeled "Call," there and talk to the guard, explaining that you need to admit members of your family or that you're burdened with heavy items.

Then, swipe the CAC, open the door and enter.

Inside, don't use the fingerprint reader. Use the intercom there to call the guard again. He or she will then let you on post.

Leaving post

For unencumbered individuals exiting that side of Patton Barracks, the simplest way is to use the old one-way turnstile next to the gate. But, if you have small children with you, a baby buggy, etc., you can use the smart gate. It will allow 3-4 people to leave at a time.

Problems?

The "ready" light isn't on – Sorry, but the gate is not in operation. You'll need to walk around to the main gate.

The "wait/busy" light is on – The gate can handle one admission at a time, so you'll need to wait until it's free.

The CAC reader doesn't recognize

your card after three tries – Is your card registered in Installation Access Control System, or IACS? If not, you need to get it registered. If the card is damaged, you may have to get it replaced.

You got in, put your finger on the print reader, but can't gain admission – Watch the small screen next to the reader for instructions.

"The most common problem is people mashing their finger down hard," Rodriguez said.

Leave it in place but ease up. If that doesn't help, you can try wiggling it around a little, or use your left index finger."

Another possibility may be that the system is unable to match your print because of a problem with the print info stored on the CAC. In that case, the only fix is a trip back to the ID card office.

Still no go? – Talk to the guard on the intercom. In fact, if there's any problem or complication at any step in the process, press the intercom button to get help from the guard force.

Don't hit the emergency button – "People get frustrated, and the first thing they want to do is hit the panic button," Rodriguez said.

It's easy to see why, because it's a

large red knob right above the print reader, but it's not the smart way to go.

It sets off an alarm but doesn't permit you to talk to the guards. Rodriguez advises users to use the intercom button labeled "Call," just to the left of the fingerprint reader, to get any problems resolved.

Why smart gates?

With today's increased security requirements, installation gates must be secured, but guards are expensive. According to Rodriguez, posting one guard for 24 hours for a year costs the Army about \$190,000.

A third-generation smart gate like the new one on Patton Barracks has an initial cost of about €30,000 plus relatively minor maintenance and operation costs.

Similar gates are already in operation the Kaiserslautern and Mannheim communities.

What can't the smart gates do?

If you've misplaced your CAC, if it's not registered in IACS, or if you need to sign someone in who doesn't have one, you must go to the normal manned gates to seek admission.

Can I bring my bicycle in?

No. Rodriguez advises you to just ride around to the regular gate.



Magnificent Malta

By **Andy Bailey**
BAVARIAN NEWS

After a long dark winter in Germany, my wife and I searched for the perfect place to enjoy sunshine and relaxation for our spring vacation. We found the perfect mixture of sunshine, culture and rest in Malta.

Day 1

Our first day in Malta, we walked around Spinola Bay. Named for a Spanish nobleman, the bay is lined with restaurants, shops and traditional Maltese fishing boats beautifully painted yellow, green and blue. We quickly learned that English was the main language of the island and had no trouble communicating.

Day 2

Our second day, we hired a cab to take us to the Three Cities, Vittoriosa, Senglea and Cospicua. The cities date back to the Phoenicians. The ancient homes and fortresses offer a glimpse back to what life was like for them. Several major civilizations from Phoenicians to Romans, Crusaders to Muslims, to the French and English empires settled on Malta. Vittoriosa housed the Maritime Museum. Exhibits included log books from British war ships and parts from of triremes showing Malta's long shipping history.

Wandering through Vittoriosa, we also found the Inquisitor's house. Site of the Spanish Inquisition, the self-guided tour contrasted how people were jailed and tortured during the Inquisition with displays on the history of Christianity on the island.

After our walk, I could feel the sense of historical importance of the island.

Day 3

Our third day, we scheduled an open jeep tour of the nearby island Gozo. Second of three islands in the Maltese archipelago, Gozo is the agricultural heart of Malta. Our first stop was the fabled Blue Lagoon on the island of Como. The absolutely gorgeous water was an intense blue that

I had never seen before. We traveled through herds of goats, orchards of figs, pomegranates and lemons to the next stop – Calypso cave. Anyone who has had the pleasure of reading Homer's "Odyssey" in high school English class might remember Calypso was the sea nymph who imprisoned Odysseus. The cave was quite small and required a candle to illuminate my way as I climbed over rocks.

Below the cave is a beautiful orange-sand beach. Our guide quite proudly explained this particular beach was a film location for the movie "Troy." Little did I know that this would be a precursor of Brad Pitt and Jennifer Aniston sighting stories for the rest of our trip. In the parking above the "Troy" beach and the Calypso cave, a stand sold hand-made woolen goods from local sheeps' wool and honey from local bee hives.

We watched the old Maltese women weaving the sweaters on site. Our tour guide then drove us to the Ggatiya or "Giant Towers," more than 5,000-year-old Neolithic temples.

Unfortunately, there was not a lot of information on the history of the temples, but there were a lot of tourist stands. At that point we drove to Victoria, the medieval fortified town which is the heart of Gozo. There we ate a typical Maltese meal, all the food locally grown.

Our guide explained that prior to Malta joining the EU, it was agriculturally self sufficient. Our meal was an interesting cross of English and Italian cuisine. Malta is a former British colony and geographically close to Sicily. The meal was fabulous.

After our meal, we drove to the Azure Window, an enormous land and sea feature that can be seen from miles away.

It is hard to describe but is a huge rock out-cropping with a hole through it. The hole creates a frame and through it, the view looks like a picture of the sea crashing against the rocks. The area itself is reported to be a divers' paradise. We then drove to

the salt flats, our last stop of the tour.

The local inhabitants carved several kilometers of one inch deep "pans" into solid rock in order to harvest salt from seawater.

The pans were anywhere from nine to sixteen square feet. The inhabitants would pour nearby seawater into the pans; once the water had evaporated they would gather the salt for use.

Day 4

Our fourth day, we arranged for a tour of the main island of Malta. Our first stop was the local artists' colony of Ta' Quali. The colony had been a former British military base. The artists' shops are in old military Quonset huts. We saw traditional glass blowing and filigree making.

After our several purchases of local crafts, our guide, Francis, took us to MDina-Rabat, the old walled fortress. En route, Francis took us on a stop to see a tree. It was a unique spot and spoke to how deep Christianity is rooted in Malta. The tree had a natural formation of Christ on the Crucifix. After the mandatory pictures, we went on to the old city.

Upon arriving, we walked around the city wall. The views of the island were fantastic. In town, we went to St. Paul's catacombs, named for St. Paul who was hidden in these catacombs from the Romans. Our tour of the catacombs was odd. We expected to learn about St. Paul, but the tour focused on the origin of the catacombs and the pagan religions and cultures that would entomb the dead there. There was not a word on St. Paul.

Next we headed to the traditional fishing village of Marsaxlokk. It was incredible. The bay was filled with the traditional blue, green and yellow fishing boats as far as the eye could see. Lining the bay was an open air market packed with locally made foods and goods. After an hour of haggling and buying, we met back up with our tour guide and headed toward our last stop: the Blue Grotto.

The Blue Grotto, near the town of Zurrieq, is a series of caves suppos-

edly with the bluest waters. Unfortunately, the wind was too strong to hire a boat to get us out to see the grotto. We had our guide take us back to the hotel after a long day of walking and shopping.

Day 5

Our plan for the fifth day was to tour the capital city Valletta, named after the crusader that built the town. Much to our dismay, it was Good Friday. Malta observes Christian holidays. It worked in our favor, however. It was a sunny day that we spent poolside, resting.

Day 6

On our last morning, we hired an early cab to take us to Valletta to see St. John's Co-Cathedral. Several locals told stories about the cathedral's famous Black Gate. Named the Black Gate from the time of Napoleon when he conquered the island, the Black Gate is completely made of silver. When the French invaded, they proceeded to loot the island of its gold and silver. To protect the gate, the people painted it black in hopes of fooling the looters. The disguise worked and the Black Gate became a local legend.

When we arrived, the Cathedral was packed with people. We were able to see it was filled with stones ornately designed with crests of crusaders from across Europe. After defending ourselves from French and German tour groups, we eventually made our way to the "Black Gate." I was disappointed and excited at the same time. Stripped of its black disguise, I could see that it was an intricately designed silver gate. Unfortunately, the room was under construction, so we could only look across the room at it.

After the Cathedral, we decided to make a quick walk around town. The town was great, and we wish we spent more time exploring it.

We found Malta to be one of the best Mediterranean Islands we have visited. Its mixture of history, culture, people and food made it an enchanting visit, well worth a return trip.

GERMAN COOKING

Pork Casserole with Cabbage

Serves: 6

Ingredients:

- 2 lb pork cut into 1/2 inch cubes
- 2 oz seasoned flour
- 1/2 oz caraway seeds
- 3 oz lard
- 1 oz paprika
- 6 oz shredded cabbage or sauerkraut
- 2 oz tomato puree
- 1 cup water
- 1 oz vinegar
- 4 oz sour cream
- 1 oz onions

Directions:

- Toss the meat cubes in seasoned flour and caraway seeds.
- Heat lard and saute the meat with a lid on pan. Shake from time to time and cook until brown for 10 minutes.
- Add ground paprika and sliced onions. Toss a few minutes, add tomato puree and white cabbage or sauerkraut, vinegar and cold water. Season with a little salt. Simmer gently for 1 1/2 hours until the meat is tender.
- Add sour cream or plain yogurt at the last minute.

Sweet-And-Sour Potatoes

Serves: 4

Ingredients:

- 8 new potatoes; boiled in skin
- 1 onion; medium, diced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup sugar
- 4 bacon slices, cut up
- 3/4 cup vinegar

Directions:

- Peel and cube potatoes.
- Add diced onion, salt, pepper, and sugar. Reserve in a covered bowl.
- In a small frypan, fry the bacon until crisp. Add the vinegar to the hot bacon and bring to a boil.
- Pour immediately over potato mixture, mix well. If too tart, add a little more sugar before serving.

SOURCE: www.mygermanrecipes.com



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 trying to find an outside opinion to an ongoing argument that my husband and I have constantly. We are new in Germany—we have been here for two years, and I am loving it so far. The only issue I have is with the people my husband keeps choosing for us to be friends with.

You see, we don't have children, and although we want to have kids soon, I have found myself losing patience with the people we meet who do have kids. Most of the kids I have seen here are spoiled, obnoxious and bratty as all get out. Don't get me wrong, I love children, as a matter of fact most of my formative years were spent caring for and helping (mostly as a live in nanny) to raise many children (some family, and some not.)

I just can't see how these parents can live with themselves. I have seen kids throw fits, throw objects, scream at the top of their lungs and run wild in stores while the parents shop oblivious to their kids' actions.

I have seen kids laugh in their parent's face when told not to do

something, and then do exactly what the frustrated parent told them not to do. I have actually gotten to the point where I hate going anywhere where there is a chance there might be kids.

I just get sick of the good time we're having getting spoiled by some unruly child that a parent is too lazy to discipline. I really want to know what happened. I came from an era of the "butt whoopin". I was told never to "show out" and never to "act up" if I didn't want a tanned hide ... so what happened to parents? When did a child get the right to say no to a parent's words?

And when did all parents become a buddy instead of a stern figure-head to be respected and listened to? At any rate, our argument is about me not wanting to meet anymore "new friends." I am tired of dealing with the lack of discipline in the children here and people who just let their kids do whatever without consequences. My husband thinks I am becoming a hermit.

I say no. I spend my time pursuing knowledge in all forms and appreciating the arts, so not in any way lonely or bitter. I am a woman of considerable age (late 30s) and I know at this point in my life who I do and don't want to associate with. So tell me ... do you think I am wrong? I can't wait to hear what you think.

Signed: Ex Nanny

Dear Ex Nanny,

You are too funny. Sounds like these adventures could very well be a sitcom. :)

I totally understand what you mean especially about "today's

parents." I'm not sure if parents are trying too hard to be a friend, or if they are afraid to have balanced discipline. I too came from the era of a good "butt whoopin".

However, we know now that there are many ways to discipline, and not all discipline is abuse. Professionally speaking, I think all parents could benefit from taking a parenting class or two. I'm with you, I don't like being in a position where I have to be the one to provide structure and discipline to someone else's children.

I'm sure it's tougher for you since you don't have children. You are in a different "place" (if I may) than those who are parenting. On the other hand, I agree with your husband that I don't want you to become a hermit. I'm not sure but maybe he wants to be around children because he wants them?

Honestly though, you have every right to decline those events or settings where young children are present. My husband and I are doing an all-inclusive vacation this summer and I made sure to book an "adults only" spot.

Here's the deal, I don't think there is a right or wrong answer here. However, don't stop going places or doing things with your husband. If he invites you some place where children will be, I think you may need to "grin and bear" some of this. Point being that you will also be spending time with your husband in the process.

Thank you so much for writing me and for reading the column. Continue to take care of yourself and keep in touch when you can.

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.

It's time to put the brakes on those painful headaches

By Dr. Kelly L. Forsy, Psychologist

U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE

Aching, pulsing, throbbing, stabbing ... Headaches can really be a pain!

Headaches are extremely common. They can range from being a minor nuisance to a debilitating pain. One in 20 people experience a headache on any given day. Even though headaches are common, they can sometimes be a sign that something is wrong.

There are many different types of headaches, and they occur for a variety of reasons. It is important to identify the type of headache you have so that you can get the proper treatment.

The most common types of recurrent headaches are:

Tension Headaches – These headaches often produce mild to moderate pain over the entire head, with pain concentrating at the back of the neck or base of the skull. Tension headaches can seem to occur without an identifiable cause, but they frequently

happen during times of stress and tension. Treatment for this type of headache often includes over-the-counter pain relievers; however, a doctor can determine if a more powerful remedy is required.

Migraine Headaches – In addition to pain in the head, migraine headaches are often accompanied by nausea, sensitivity to light and sound, and numbness and/or tingling. These headaches are more complex and most always require a physician's assistance.

Sinus/Allergy Headaches – Allergy and sinus headaches often co-occur with an infection in the sinuses, a fever and pain or throbbing behind the eyes and at the temples. Over-the-counter medications can help in some cases. If the headache is the result of an infection, then a physician would need to assess the condition.

Headaches can occur during the adjustment to a new environment, such as when you are deployed or when you return from a deployment. The change in air temperature, humidity and stress can produce headaches. Headaches can also occur after staring at

the computer screen for long periods of time or from holding your posture in an unusual way.

Headaches happen more frequently during times of stress when your muscles become tense and your breathing is rapid and shallow. Sudden onset headaches may occur for reasons such as thirst, hunger or caffeine withdrawal, or can result as a side effect from taking prescription medications.

Prevention is the best medicine. Here are some tips for preventing headaches:

- Stay well-hydrated.
- Eat meals at regular intervals to maintain steady blood sugar.
- Get adequate rest.
- Take breaks throughout the day to relax your body.
- Take a few deep breaths when you feel tense and stressed.

Because there are so many types of headaches, identifying which type you have is essential to getting the proper treatment. Seek the advice of a physician to help you put the brakes on headache pain.



The Taking of Pelham 1 2 3

This movie was a tough one. I mean it stars Denzel Washington ("Fallen" one of my all time favorite films) and John Travolta ("Face Off," another great movie). You suspect the movie will be incredible with two great names like that.

What I found was that I wasn't blown away – not that the movie wasn't good, just that it wasn't as spectacular as it could have been. For some that remember "The Taking of Pelham One Two Three" was a 1974 film with a similar story, although the new version is updated for a "today" perspective, with a pretty good story

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.

and great actors for its time.

What I found was that I might have enjoyed the original movie a bit more because for its time, it would have been intense.

The director Tony Scott is known for some great movies like "Top Gun" (classic), "The Last Boy Scout" (awesome), and "Man on Fire" (insanely cool), but the formula for those older films just wasn't good for this one. I think I want our readers to check it out and see what you think. I would be delighted to be told I'm wrong.

On Monday, the PHV theater is having a Studio Appreciation-Free Screening of a PG-13 movie, with tickets available at your local AAFES food court, PHV theater and PHV Shoppette. I can't wait to see what they have in store for us. See you there.

GET OUT!

area events

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

Four-Castle Illumination Cruise

Tickets are on sale now for the Warrant Officers Association's river boat cruise and four-castle illumination with fireworks July 25. 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.

Apollo Amateur Talent Show and After Party

Get your act together now to win big cash on July 11 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. Interested participants must sign-up before June 27. Mannheim/Kaiserslautern: Civ. 01511-162-1992; Heidelberg: Civ. 01515-125-1285.

June 19

Maximilian Knights Tournament

Through June 21, head to Horb am Neckar for jousting, a medieval market and a festival procession. The "Horber Vertrag" (Contract of Horb) (1498) describes the historical background for the tournament. The visitors will see King Maximilian and his retainers at the presentation of the Horber Vertrag in front of the town hall. Four tournaments as well as one night tournament, four medieval parades, a medieval concert and medieval market. www.horb.de.

Salsa Party – Enjoy a night of tantalizing music at the Salsa Party at the Top Hat Club in Mannheim 9 p.m.-4 a.m. Dance lessons will take place from 9-10 p.m. Tickets are \$5. DSN 380-9370, civ. 0621-730-9370.

June 20

Mannheim Idol – Come out and support your favorite contestant at the first Mannheim Idol. Youths (8-12), teens (13-17), and adults (18+) are critiqued by three judges and the audience selects the winners. Up for grab are cash prizes for each category, AAFES gift certificates, and a two-overnight beach vacation package at Sea Pines, Camp Darby in Italy for the

adult winner. Competition rounds (June 20 and 27) will be held at the Top Hat Club and Finals (July 4) will be held at the German-American Summer Fest. All events will start at 6 p.m. DSN 385-2342, civ. 0621-730-2342.

Flea Market in the Netherlands – If you like strolling around flea markets then you'll love the Vrije Market in Cuijk, Netherlands. The market is about the size of four football fields and the Dutch say that "if you don't find what you're looking for here, you won't find it anywhere!" With over 1,500 stands, you'll find antiques, furniture, lights, carpets, toys, clothing, hardware and flowers. When you need a break, there is also a food court where you can relax and think about your impending purchases. <http://affiliates.uso.org/heinecker>.

Bike from Mannheim to Heidelberg – Bike the scenic route from Mannheim along the Neckar River to Heidelberg. Once arriving, we will park our bikes and catch the tram up to the Heidelberg Castle. Mannheim Outdoor Recreation. DSN 381-7215, civ. 0621-739-251.

Patchwork Quilt Show – The Heidelberg Hearts and Castles Quilt Guild e.V. will sponsor a major patchwork quilt show in various locations in Heidelberg-Wieblingen 11 a.m.-6 p.m. through June 21. Exhibition

showrooms include the Catholic Parish Hall, the old and new Catholic churches, the Protestant church, the Protestant parish hall, the antique store, the Froebel School Gymnasium, the Buergerhaus and s'Laedle (quilt shop). The famous "Last Supper" quilt based on Leonardo Da Vinci's painting will be featured in Germany for the first time. Admission for all exhibitions is €2 and includes entrance in a raffle. The event only happens every five years. www.hearts-and-castles.de.

June 21

Father's Day Trout Fishing Trip – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

June 26

Amsterdam Weekend – Head to the Netherlands through June 28 with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

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

June 27

Merengue Dance Competition – Armstrong's Club in Kaiserslautern will host a Merengue Dance Competition in the Irish Pub. Prizes will be awarded to first-, second- and third-place couples. Registration will take place 8-10:45 p.m. with the competition beginning at 11 p.m. Civ. 0631-354-9986, www.mvrgermany.com.

coming to THEATERS

DRAGONBALL: EVOLUTION



(Justin Chatwin, Yun-Fat Chow) Goku's quest begins innocently in the backyard of his grandfather's home where Gohan is training the young man in exotic martial arts moves. On Goku's 18th birthday, Gohan gives him a Dragonball with four stars floating inside the ball. There are only six others like it in the world. The holder with all seven Dragonballs will be granted one perfect wish. In the quest to find out about his past and his connection to the Dragonball, Gohan promises to reveal all to Goku at his birthday dinner. When Goku skips out to attend a party, he finds himself facing the deadliest enemies on Earth. Rated PG (intense sequences of action/violence, brief mild language) 85 minutes

UP

(Edward Asner, Jordan Nagai) 78-year-old balloon salesman Carl finally fulfills his lifelong dream of a great adventure when he ties thousands of balloons to this house and flies away to the wilds of South America. But he discovers all too late that his biggest nightmare has stowed away on the trip: an overly optimistic 8-year-old Wilderness Explorer named Russell. Rated PG (some peril and action) 96 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

June 18 - OBSERVE AND REPORT (R) 7 p.m.
June 19 - THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.; DRAGONBALL: EVOLUTION (PG) 9:30 p.m.
June 20 - DRAGONBALL: EVOLUTION (PG) 4 p.m.; 17 AGAIN (PG-13) 7 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 9:30 p.m.
June 21 - 17 AGAIN (PG-13) 4 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.
June 22 - TAKING CHANCE (PG-13) "Free Screening" 7 p.m.
June 23 - DRAGONBALL: EVOLUTION (PG) 7 p.m.
June 24 - THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.
June 25 - 17 AGAIN (PG-13) 7 p.m.

Mannheim, Schuh

June 18-23 - Closed for renovations
June 24 - THE HANGOVER (R) 7 p.m.
June 25 - DRAGONBALL: EVOLUTION (PG) 7 p.m.

Vogelweh, Galaxy

June 18 - KNOWING (PG-13) 7 p.m.
June 19 - DRAGONBALL: EVOLUTION (PG) 3 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 7 p.m., 10:30 p.m.
June 20 - DRAGONBALL: EVOLUTION (PG) 3 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.; KNOWING (PG-13) 10:30 p.m.
June 21 - DRAGONBALL: EVOLUTION (PG) 3 p.m.; THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.
June 22 - 17 AGAIN (PG-13) 7 p.m.
June 23 - DRAGONBALL: EVOLUTION (PG) 7 p.m.
June 24 - 17 AGAIN (PG-13) 7 p.m.
June 25 - THE TAKING OF PELHAM 1 2 3 (R) 7 p.m.

Ramstein, Hercules

June 19 - 17 AGAIN (PG-13) 7 p.m.
June 20 - DRAGONBALL: EVOLUTION (PG) 7 p.m.
June 21 - 17 AGAIN (PG-13) 7 p.m.

Ramstein, Nightingale

June 18 - UP (PG) 7 p.m.
June 19 - MONSTERS VS. ALIENS (PG) 3 p.m., 7 p.m.; THE HANGOVER (R) 10:30 p.m.
June 20 - MONSTERS VS. ALIENS (PG) 3 p.m.; THE HANGOVER (R) 7 p.m.; 17 AGAIN (PG-13) 10:30 p.m.
June 21 - MONSTERS VS. ALIENS (PG) 3 p.m.; THE HANGOVER (R) 7 p.m.
June 22 - MONSTERS VS. ALIENS (PG) 7 p.m.
June 23 - 17 AGAIN (PG-13) 7 p.m.
June 24 - THE HANGOVER (R) 7 p.m.
June 25 - 17 AGAIN (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

Scheduled Fuel Card Outage

The Army & Air Force Exchange Service will have a scheduled system outage that will affect the ESSO Ration Card System from 10 p.m. June 28 through 8:30 a.m. June 29. Between these hours customers will not be able to purchase fuel on post or use their ration card at local ESSO stations and AAFES will not be able to issue new fuel ration cards.

Used Government Vehicle Sale

Interagency Fleet Management System European Region, will hold a public auction of used U.S. government vehicles June 19-28. Bidding will be via live Internet auction. The public inspection period is 9 a.m.-3 p.m. June 25 on Spinelli Barracks in Mannheim. Another auction will be held June 19-29 with public inspection 9 a.m.-3 p.m. June 24 at the Mainz-Kastel Housing Area. Photos and details available at www.vebeg.de/web/en/auktionen/index.htm. DSN 337-7784, civ. 0611-705-7781.

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.cpmos.osd.mil/icuc. DSN 370-6914.

local EMPLOYMENT

Teens get HIRED!

If you are 15-18 years old, the HIRED! Program can find you a paid apprenticeship with MWR placement sites to match your goals and interests. The first 12-week term starts July 1. Applications are accepted no later than June 26. Call now or stop by the Heidelberg Lion's Den Teen Center for more information on the HIRED! Program. DSN 388-9396, civ. 06221-338-9396.

Program Assistants

The Kaiserslautern Child, Youth and School Services is now hiring program assistants. Enjoy flexible, regular full-time or regular part-time schedules. Benefits include health, life insurance and retirement benefits. Training provided. Scholarships are available. Employee discounts are provided for staff needing child care. DSN 493-4370, civ. 0631-3406-4370. Apply online: <http://qpolrhp.belvoir.army.mil>.

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 Training 9 a.m. June 25 in the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 493-4277.

• **Teacher Certification Examination** – The garrison will host the PRAXIS Teacher Certification Examination 8 a.m. July 29 at the education center on Rhine Ordnance Barracks. Deadline to register is June 9. DSN 493-2593, civ. 0631-3406-2593.

• **CYSitter Class** – Become a certified babysitter through CYS Services and SKIESUnlimited. This two-day course is open to youth 13-18 and will offer Red Cross CPR/First Aid certification and 4-H babysitter certification. Classes will be held 9 a.m.-5 p.m. June 20 and 24. Pre-registration is required. DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.

Community

• **Construction on Ramstein** – Until July 2, a change in lane closures at the west gate is required. Security forces will keep two inbound lanes open during the morning. Personnel who use the west gate should anticipate delays entering the base. Also, the Kising-Lincoln intersection is closed for approximately three months, which started May 18, in support of the new Kising-Lincoln Traffic Circle construction.

• **Summer Camp** – Sign up to take part in Summer Camp 2009 now through Aug. 28. DSN 493-4516, civ. 0631-3406-4122.

• **Indoor Flea Market** – Army Outdoor Recreation will host a market 8 a.m.-2 p.m. June 20. DSN 493-4117, civ. 0631-3406-4117.

• **Father's Day Bingo** – The Kazabra Club will host Father's Day Bingo 3-6 p.m. June 21. Dads will be entered into a raffle for prizes. Coffee and cake will be served. DSN 489-7261, civ. 0631-536-7261, www.mwrgermany.com.

• **Sports Physicals** – The U.S. Army Health Clinic-Kaiserslautern on Kleber Kaserne will provide sport and school physicals 7 a.m.-noon June 25 for empaneled patients. To ensure medical records are accurate, bring a copy of immunization records. DSN 483-1750, civ. 0631-411-1750.

• **Library Closure** – The Miesau and Kleber Branch Libraries will be closed June 19. Services at the Landstuhl Main Library will be available 10 a.m.-5 p.m. on that day. DSN 486-57322, civ. 06371-86-7322.

• **Town Hall Meeting** – The Garrison and 21st TSC will hold a town hall meeting at 6 p.m. June 30 at

the Armstrong Community Club on Vogelweh Housing. The town hall meeting is open to all members of the community. DSN 493-4241, civ. 06313-406-4241, emma.winson@eur.army.mil.

• **College Night Representatives Needed** – The annual Kaiserslautern College and University Information Night will be held Oct. 8. More than 1,200 high school students, plus parents and community members attend the program each year, making this one of the largest such events in Europe. College admissions, alumni or other staff are invited to provide information and materials and answer questions for potential students. kaiserslautern@agbc.de.

• **American Legion Meeting** – Post GR01 hosts post meetings the first and third Wednesday of the month in Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, www.ktownamericanlegion.org.

• **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.

HEIDELBERG Education

• **ACS Classes and Events** – Community Orientation, noon-3 p.m. June 22; Intro to MS PowerPoint, 9 a.m.-noon, June 22 and 24; Families Learning About Germany, 5-9 p.m. June 22-23 with field trip at 8:30 a.m. June 27; Federal Web-Based Application, 9 a.m.-noon June 23; Reintegration Briefing, 9 a.m. June 23; Smooth Move, 10-11 a.m. June 24; Buying Your First Home, noon-1 p.m. June 24; First-Termers Money Management, 8 a.m.-noon June 25. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **German Language Classes** – Sign up for German classes at the Patton Education Center. Classes will meet June 22-Aug. 17. Level I and II classes available. Register by e-mail only: germanatpatton@iks-heidelberg.com. Civ. 06221-16-8226.

• **Red Cross Classes** – A Child and Infant CPR and First Aid, 9 a.m.-1 p.m. June 27; Standard First Aid and CPR – Adult, Child and Infant, 8 a.m.-4 p.m. July 1. DSN 370-1760, civ. 06221-57-1760.

• **CYSitter Class** – Become a certified babysitter through CYS Services and SKIESUnlimited. This free two-day course is open to youth 13-18 and will include Red Cross CPR/First Aid certification and 4-H babysitter

certification. Classes will be held June 24 and 25. Registration: DSN 388-9377, civ. 06221-338-9377.

Community

• **HIWC Events** – Join the Heidelberg International Wandering Club for the following volksmarches: Hasenroth, June 20-21; Meckesheim, June 21. Sign up for upcoming trips to Belgium and Versailles. www.hiwc.de.

• **English-Spanish Mass** – Mass will be held at 5 p.m. June 20 at Mark Twain Village Chapel. Join us for a Peruvian dinner after mass. All are welcome to attend. Civ. 06221-751859, evening; day 0177-6748-775.

• **KONTAKT Club** – Barbecue at Neulussheim grill hut, 10 a.m. June 20. Civ. 0170-537-8380, annemarie.fritz@t-online.de.

• **Summer Reading Program** – Sign ups are underway for summer reading programs at the PHV library. Grades 1-6, 11 a.m. Tuesdays June 30-July 29; ages 3-5, 11 a.m. Wednesdays July 1-July 29. DSN 388-9443.

• **Acute Care Clinic Hours** – Beginning July 1, the Acute Care Clinic at the Heidelberg Health Center will be open 9 a.m.-7 p.m. every day. DSN 371-2605, civ. 06221-17-2605.

• **Community Update** – Join Heidelberg community leaders at 9 a.m. July 8 in the Patrick Henry Village Theater to find out what's happening in the community, provide feedback and ask questions.

• **Field Registration Office Open on Saturdays** – Don't have time to register your vehicle during the week? The Field Registration Office is open 8 a.m.-noon the first and third Saturdays of the month to coincide with Parents' Day Out. DSN 370-9484, civ. 06221-57-9484.

MANNHEIM Education

• **ACS Classes** – Interview Skills, 10-11 a.m. June 19; FRG Key Caller and POC Training, 9:30-11:30 a.m. and 5:30-7:30 p.m. June 19; Mannheim Orientation Spouses' Tour, 9 a.m.-2 p.m. June 22-24; FRG Key Caller and POC Training, 9:30-11:30 a.m. and 5:30-7:30 p.m. June 22; Multicultural Club, 11:30 a.m.-1 p.m. June 22; Levy and Out-Processing, 1-2:45 p.m. June 23; Hearts Apart, 11:30 a.m.-1 p.m. June 24; Tscheuss Teens, 3:30-4:30 p.m. June 26. DSN 385-3101, civ. 0621-730-3101.

Community

• **Community Bank Closure** – The Sullivan Barracks location will be closed June 19-22 due to current renovations. On June 19 and 22, Teller Service will be offered at the Mobile Teller Van. The service is limited to check cashing, deposits, withdrawals and euro bill payments. The ATMs at the banking center will be available.

• **VenturePoint Expo** – The new

CYSS VenturePoint program will host an expo 2-6 p.m. June 25. Venture Point is a new initiative that allow youths in the community another avenue to participate in a CYSS SAS or YS program and be able to do so at an MWR facility at the same time. VenturePoint is designed to reach those youths that do not require a full-time CYSS SAS and YS facility and is a three-part component consisting of the Edge, which offers first-12th grade youths monthly activities 3-6 p.m., five days per week; Hired, which offers teens 15-18 years old apprenticeship positions; and Kids on Site, which provides child care at approved MWR facilities. DSN 380-9997, civ. 0621-380-4887.

• **Vacation Bible School** – VBS will be at Mannheim Elementary School, 5:30-8:30 p.m. July 13-17. Civ. 0163-717-7087.

• **Summer Camp Registration** – SAS Summer Camp enrollment is now open at CER, Bldg. 255, room 106. Camp is through Aug. 28 and is for children 6-11 years old. This year's theme is "SAS Goes Green." DSN 380-4864, civ. 0621-730-9997.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. June 27; Film Screening, 4-5:30 p.m. June 27; Volunteers needed to help plan programs, choose materials. DSN 380-1740, civ. 0621-730-1740.

• **Youth Services** – Father's Day Appreciation, 7-9 p.m. June 19; Dragon Fly Quest, 4-5 p.m. June 19; Youth Action Council, 5-6 p.m. June 19; Sleepover/Lock-in, June 29-July 2. DSN 380-4864, civ. 0621-730-9997.

• **FRG/Unit Night** – FRG/Unit Night will be 5:30-8:30 p.m. June 18 at the CDC. Child care will be available only to those families who will be attending FRG or deployment-related meetings. Children must have a current registration with CYSS. DSN 385-2750, civ. 0621-730-2750.

• **Day for Kids** – Mannheim Army Community Service will host Day Just for Kids 10 a.m.-1 p.m. July 9 on Benjamin Franklin Village. This is a fun annual event in which enrolled Exceptional Family Member Program children enjoy carnival rides, games, arts and crafts and free food at the German-American Summer Fest. Volunteer "buddies" are needed to assist the children on this special day. Contact ACS no later than June 30. DSN 385-3101, civ. 0621-730-3101.

• **SKIESUnlimited** – Register for the following classes at the Central Registration Office: Mixed Martial Arts, Gymnastics, Piano Lessons, Kindermusic (music for beginners), TAE-BO, Ballschule, Technology for Youth, Arts and Crafts, Cooking and Baking, Voice Lessons, Dance Classes, Babysitters Training. DSN 380-9290, civ. 0621-730-9290, darren.brown3@eur.army.mil.

Military Long Drive

20 finalists will vie for 2009 Championship in Nevada; Europe event to be held in Heidelberg

By Tim Hippius
FMWR PUBLIC AFFAIRS

ALEXANDRIA, Va. – For the first time in the competition, 20 big hitters will advance to the finals of the 2009 Military Long Drive Championship presented by 7Up to compete for \$10,000 Oct. 20 in Mesquite, Nev.

In the first year of the event, five military golfers competed at the finals. In the second year, the competition was opened to military family members and six competitors advanced to the finals.

This year, the size of the original finals field has been quadrupled for a trip to the desert oasis golf resort town.

From the moment competitors land in nearby Las Vegas, they receive the green-carpet treatment of a lifetime while vying for military long drive bragging rights.

Former Army sergeant and military spouse Brandon Boehmer, who finished second in the 2008 Military Long Drive Championship, can't wait to earn another trip to Mesquite.

"It gives you an opportunity to go out there and win some money, get some sponsors, and meet good people, too," Boehmer said. "I've met a ton of good people out here. And if you win these little scrambles, they give you like thousand-dollar clubs. I feel like a king.

"I said the first day, 'I don't even need to win this event. Shoot, you get here and (the sponsors) give you \$600 worth of stuff the second you walk in.'"

Two-time Military Long Drive champion Coast Guard Petty Officer 3rd Class Ryan Hixson seems to have the event wired from start to finish.

"It's a little nerve-racking your first time here," he said. "Once you've been through it and know the process, it's a good time.

"It's a great time to go out there and interact with the sponsors," Hixson said of playing in pro-am tournaments as a prelude to the big event. "That's what it's all about. Without the sponsors, we wouldn't be here."

Boehmer played golf without much success as a youngster and took up the sport of long driving just 40 days before stepping onto the grand stage in Mesquite.

"I golfed with our club pro a couple of times, and he told me I



U.S. Coast Guard Petty Officer 3rd Class Ryan Hixson wins the 2008 Military Long Drive Championship presented by 7UP with a drive of 389 yards in Mesquite, Nev.

had a hell of a swing," said Boehmer, who works with Army Youth Sports programs at Camp Zama, Japan.

He was ready to tee it up again in Mesquite before he left last autumn.

"My workout partners back home are already ready to go," Boehmer said after finishing runner-up to Hixson. "They called me three times, and I hadn't gotten from the driving range to the ESPN tent over there.

"What did you do?" they asked.

"Finished second," Boehmer replied.

"Got to hit the weights harder," the voice shot back.

Boehmer assured everyone within earshot "when I come back here next year, y'all won't be able to recognize me."

Army Staff Sgt. Bryan King reached the finals in each of the first two years of the military competition.

"The Army always has some of the best people in anything in the world – you can put it right up there with people that are great at it or have the potential to be great," King said. "I think more people are getting aware of this event.

"I know people in my unit were asking me if I was competing again this year, and they were keeping up with my competitions, so I know the word is getting out."

"MWR did it up right," he concluded. "They treated us like kings. It was even better than the first time. It was awesome."

After all, "MWR is all about families, not just Soldiers," added King, who is accustomed to being treated like a King. "I wouldn't be surprised

if some of the top open-division guys have a military dependent card."

The Army Family and Morale, Welfare and Recreation Command-backed Military Long Drive Championship is open to all active-duty military and family members 18 and older, including National Guard, Reserves and retirees from all services.

King dreams of eventually seeing a long-drive competition added to the Armed Forces Sports calendar. For now, a week in Mesquite with the Long Drivers of America will suffice.

This time, however, every local winner earns a trip to Mesquite.

Events will be held throughout August and September at NAS North Island, Calif.; Fort Jackson, S.C.; Heidelberg, Germany; Schofield Barracks, Hawaii; Fort McPherson, Ga.; Fort Carson, Colo.; Fort Leonard Wood, Mo.; Camp Zama, Japan; Fort Bliss, Texas; Fort Hood, Texas; Fort Campbell, Ky.; Fort Dix, N.J.; Fort Benning, Ga.; Fort Sill, Okla.; Fort Lewis, Wash.; Fort Lee, Va.; Fort Bragg, N.C.; Fort Belvoir, Va.; Fort Huachuca, Ariz.; and Yongsan, Korea.

The only Europe-based competition will be held at the Heidelberg Golf Club Aug. 8.

Details can be found at www.mwrgermany.com as they become available. The Heidelberg Golf Club, located in Oftersheim, can be reached at DSN 379-6139, civ. 06202-53767.

Rules and regulations for the Military Long Drive are available at www.armymwrgolf.com or www.longdrivers.com.

staying ACTIVE

5th Annual Duathlon

The 10-kilometer bike and 5-kilometer run being held at 9 a.m. June 20 at Sullivan Gym in Mannheim is open to all adult and youth ID card holders. The first 50 finishers receive medals, and there will be a free raffle. \$5 entry fee. DSN 385-2001, civ. 0621-730-3314.

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.mwronline.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.

Women's Basketball

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

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

Baumholder – The Theta Theta Lambda Alumni chapter of Alpha Phi Alpha Fraternity Inc. will sponsor a "Swinging for the Youth" Golf Tournament July 11 at the Rolling Hills Golf Course in Baumholder. Entrance fee is \$50, which includes a lunch meal, golf cart and a team mulligan package. All proceeds benefit scholarships for DoDDS students. Civ. 0170-309-8659, 0179-536-2115.

Heidelberg – 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.

Sports Physicals


Heidelberg – The Heidelberg Health Center is currently scheduling sports physicals for children who plan to enroll in school sports or Child, Youth and School Services programs this summer. DSN 371-2622, civ. 06221-17-2622.

Landstuhl – Sports physicals for children ages 5 to 18 who are enrolled at Landstuhl Regional Medical Center are scheduled 8 a.m.-3 p.m. June 20 and July 11. This appointment is for the school requirement for health assessments and sports physicals. Immunizations will be provided as needed. The AE Form 608-100A Child and Youth Services Health Assessment/Sports Physical form must be completed prior to the appointment. DSN 486-5762.

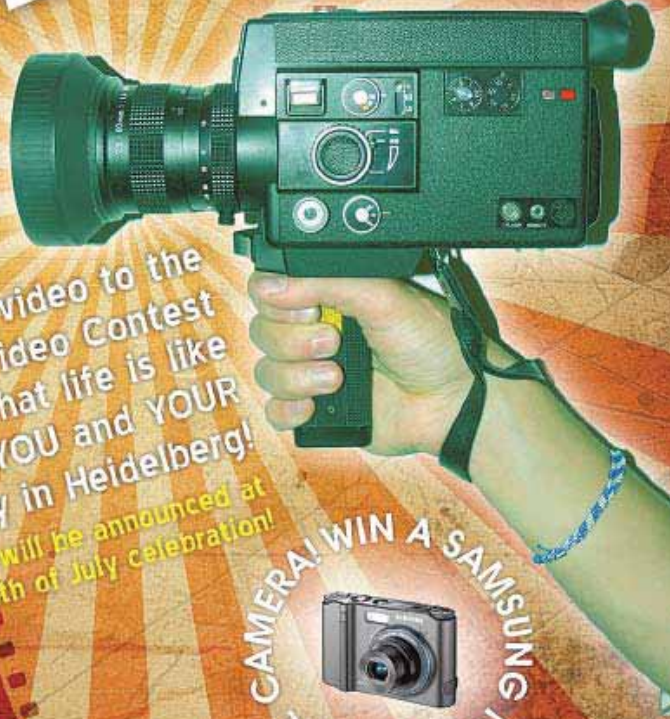
Free Aerobic Classes

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.

MWRGERMANY.COM



The REEL LIFE (HEIDELBERG)



Submit a video to the BNow & FMWR Video Contest and show us what life is like for YOU and YOUR military family in Heidelberg!

The winner will be announced at the Heidelberg 4th of July celebration!

BW now

CAMERA! WIN A SAMSUNG NV40 DIGITAL CAMERA!

<http://myBNow.ning.com>

Videos should be less than 2 minutes in length and uploaded to the BNow virtual community at <http://myBNow.ning.com> by midnight, June 28, 2009. Remember to keep them family friendly and follow force protection guidelines. Vote for your favorite July 2-3 at the Arts & Cultural Center or at the 4th of July celebration on PHV. For more information, call 373-7243; 06221-17-7243