

HeraldPOST

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

Living the 'brat' life

Author, researcher discusses the culture of military families

By Kristen Marquez
HERALD POST STAFF

Brat is not a derogatory term when talking about children of service members.

This is part of the message author Mary Edwards Wertsch brought with her when she visited the U.S. Army Garrison Baden-Württemberg communities to talk about her research and her book, "Military Brats: Legacies of Childhood Inside the Fortress."

Wertsch, an adult military brat and the daughter of a career Army infantryman who lived in three countries and 20 different houses as a child, was the see **MILITARY BRATS** page 16

"... Everybody needs to know where they are from. I learned that it is very important to understand that we are from this military culture. It shapes us, and you don't stop being a military brat at age 18 – it affects you your whole life through."

-Mary Edwards Wertsch, author of "Military Brats: Legacies of Childhood Inside the Fortress"

Sex Signals tour brings interactive training

By Jason L. Austin
HERALD POST STAFF

In the confusing realm of gender stereotypes, innuendo and sex roles in human relationships, often young Soldiers are left in a fog not knowing what is acceptable behavior and what's a crime.

"This is part of a cultural change in our Army," said Lt. Col. Robert White, commander, U.S. Army Garrison Heidelberg, Monday in an introduction to "Sex Signals," a scripted, interactive and improv show designed to make see **SEX SIGNALS** page 14

Red Cross manager deploys to help troops serving in Iraq

By Jason L. Austin
HERALD POST STAFF

After 27 years in the Army without a combat deployment, Peter Buttner, station manager at the Heidelberg American Red Cross station, has deployed three times with the Red Cross as a Services to the Armed Forces team member.

Currently on his third deployment, Buttner leads a four-person SAF team in Tikrit, Iraq, which will provide emergency communication needs for Soldiers as well as help boost morale in their area of operations.

"The challenge will be creating a positive image for others to see that (the Services to the Armed Forces of the American Red Cross) are here with them and to help them in any way we can, be it making fresh bread to lift their spirits or keeping families informed to prepare, respond and prevent emergency situations that can cause undue see **RED CROSS** page 16



Courtesy Photo
Peter Buttner, Services to the Armed Forces team leader in Tikrit, Iraq, stands in front of a Mine Resistant Ambush Protected vehicle with his former neighbor from Heidelberg, Sgt. Bryan Borrud, who is deployed to Mosul with the Heidelberg-based 18th Engineer Brigade.

HP THURSDAY
March 26, 2009

Speed Read

EUROPEAN SUMMER TIME

Don't forget to set your clock forward Sunday morning.

HUMAN PERFORMANCE LAB

Discover the 'inner you' with a series of health tests at the Heidelberg Wellness Center. A Heidelberg Health Center employee shares her personal experience with the lab. 2

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Women's History Month luncheon extra special. 6

ARMY-LEVEL RECOGNITION

Two IMCOM-Europe employees received Secretary of the Army Publications Improvement Awards, and a USAG Baden-Württemberg public affairs specialist took home first place for a news story in the Army-level journalism competition. 8

CAREER COUNSELORS

Career counselors and retention NCOs work to help Soldiers re-enlist and make informed decisions throughout their careers and lives. 11

Defense Details

\$40 BILLION IN SAVINGS

Upwards of \$40 billion dollars in savings could be realized by eliminating wasteful programs in the Pentagon's procurement budget, President Barack Obama said Tuesday. Obama said he's been working with Defense Secretary Robert M. Gates to reform the Pentagon's weapons procurement system, "so that it keeps America safe, and we're not wasting taxpayer dollars."

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

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COMMENTARY

Finding your 'inner you'

Wellness Center tests identify where you're healthy ... and where you need a little work, too



By Jennifer Walsh
HEIDELBERG MEDDAC PUBLIC AFFAIRS

A few weeks ago, I went through the Army Wellness Center in Heidelberg's Human Performance Lab.

I'd heard about the success stories – people who lost weight and athletes who improved their fitness levels – and thought it would be interesting to write an article about the whole process. A firsthand, insider perspective, if you will.

However, I overlooked one key point – I am not an athlete. And when I say I'm not an athlete, I mean I don't really exercise, rarely go to the gym, prefer escalators to stairs and forego the pedestrian lifestyle for a set of wheels with an engine.

Needless to say, I wasn't looking forward to measuring my level of fitness.

I showed up for my appointment feeling nervous. I was wearing a pair of sweats and tennis shoes that were so clean they betrayed the fact that I rarely go to the gym.

We started the performance lab with metabolic testing. All I had to do was plug my nose and breathe through a tube. I sat in a massage chair, read a magazine, and breathed for about 15 minutes.

It was my kind of test.

Next, I answered a series of questions to make sure I could complete the rest of the test. We checked my heart rate, which was on the high side, and my blood pressure, which was surprisingly low. Next, it was time to check my body fat.

Wait, what?

It doesn't matter if you're big or small – hearing the words, "let's check your body fat," isn't pleasant.

Period.

For the test, I laid flat on the floor and took off one of my shoes and socks. Then we attached a mini wire, which would send a current through my entire body. Apparently, the longer it takes the

machine to finish, the more muscle you have.

My test didn't take long.

At this point, I was hoping for some feedback, but the staff stayed mum. I think they wanted me to stay positive for the rest of the test.

Trying to remain optimistic, I hopped on the treadmill. Although you can run or walk, I opted to walk.

Did I mention my shoes were clean for a reason?

Before we started, they strapped a mask to my head. Honestly, it felt really awkward and made me think of the pilots in "Top Gun." I decided to channel my inner Maverick as motivation, but after seven minutes of intense cardio, I was done.

Granted, seven minutes is average. The goal of the treadmill test is to see what type of heart rate you need to achieve when you work out. We gradually increased both the speed and the incline until I hit my peak heart rate. For most people, it only takes five to 10 minutes.

Next, I did a series of strength tests. First, I tested my grip strength by squeezing what looks like a round weight.

Then we tested my lower back strength. I had to bend over and pull up on a handle as hard as I could. I pulled and pulled, but my Hulk muscles decided not to make an appearance.

I like to think they're shy.

Finally, we had the flexibility test. I sat on the floor, extended my legs, and planted my feet firmly against this piece of equipment. Then I leaned forward like I was going to touch my toes and pushed a little bar as far as I could. We expected my flexibility to be pretty high since I do Pilates at home. It ended up being average.

After all of the tests, we went over my results. It was a rude awakening. You never expect to go into a test like this and find out you're not as healthy as you should be, but that's exactly what I found out.

Even though I look lean on the outside and my metabolism is high, I'm not very healthy on the inside.

My resting heart rate is way too fast, which is a sign I don't do enough cardio activity. Given the fact that my cardio consists of walking to and

from my parking garage and climbing the 87 steps to my apartment, this doesn't surprise me.

What does surprise me is that if I don't start doing cardio, I could be at risk for heart disease.

There's only one word to describe how I felt – scared.

No, not scared – terrified.

I had just written an article about heart disease and a few key phrases stood out. Heart disease is the number one killer of Americans. Heart disease is especially prevalent in women.

I'm 25 years old, and I could be at risk? The answer is: YES.

But all hope is not lost. We mapped out an exercise plan for me to follow.

Simply doing cardio three times a week will improve my heart. I also have a meal plan, which will help me gauge if I'm eating enough to keep my body going.

Did you know that if you aren't consuming enough calories your body thinks there's a shortage of food? Instead of burning fat to make up for it, your body burns muscle because it takes more work to maintain muscle than fat. It's just like a sinking boat – you want to dump the heavy stuff first.

Overall, my experience with the Human Performance Lab was positive.

Was it pleasant learning how much of my body mass is fat? Uh, no. Was it slightly depressing to know I'm not healthy on the inside? You bet. Did I call my best friend and have a mini-breakdown? You know I did.

However, there is always a silver lining. Now that I know what I need to work on, I can get healthy. Learning my heart rate is too fast, while slightly upsetting, may eventually save my life.

You can't fix something if you don't know there's a problem. So even if you're scared, even if you're embarrassed – go to the Wellness Center and have the test done. The folks there will take care of you and get you on the right track.

And if your results aren't what you were hoping for, don't worry – all it takes are a few changes here and there to make a huge difference.



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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

published 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.

COLA to decrease in May

USAREUR Public Affairs

U.S. Army Europe Soldiers will see a drop in their monthly cost of living allowance payments starting in May, finance officials announced last week.

Officials at the Department of Defense Per Diem, Travel and Transportation Committee said overseas COLA is designed to help keep service members' purchasing power about the same as their counterparts stationed in the continental U.S.

"The allowance is intended to offset the high costs of some goods overseas, but only to a level equal to what families are experiencing in CONUS," Stephen Westbrook, director of the per diem committee told delegates to the U.S. European Command Quality of Life conference March 11.

"It is not intended to reimburse service members' expenses, nor is it designed to compensate for nonavailability of items."

"The bottom line is that prices in the United States are rising at a higher pace than in Europe, so the gap has narrowed, and COLA is going down accordingly," said Col. Mary L. Ensminger, U.S. Air Forces in Europe Directorate of Financial Management and Comptroller.

Finance officials said the reduction will be phased in from May through August to ease the financial burden on service members.

For example, a service member in the pay grade of E6 with three family members will see his monthly COLA rate drop from the current \$628 to \$418.67 by August in increments of about \$52.33 per month during that period, according to estimates provided by officials at USAREUR's 266th Financial Management Center.

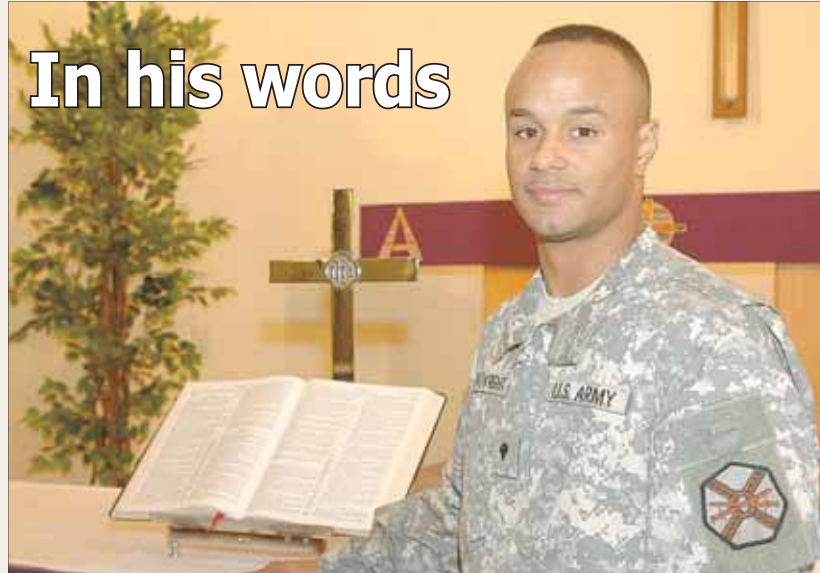
Annual survey data from Germany and the rate of inflation data collected in the United States during the last two years show the purchasing power gap has narrowed from 24 to 16 percent because the prices of goods and services in the U.S. are rising at a greater rate than in Germany, finance officials said.

Westbrook recommended that families pay attention to financial trends in the United States to better understand changes to their overseas COLA.

"Remember that you receive COLA only when the cost of living in your area is higher than it is in the United States," he said.

This article was compiled from releases and information from the Department of Defense, U.S. European Command, U.S. Air Forces in Europe and the 266th Financial Management Center.

In his words



Kelli Bland

Spc. Jason Boatwright, a chaplain assistant assigned to U.S. Army Garrison Heidelberg, said his early success in the military came from noncommissioned officers who "made it their personal goal to see that I excel and to achieve the goals that I strive for."

Spc. Jason Boatwright, a soon-to-be noncommissioned officer, describes in his own words the duties of a chaplain assistant and what NCOs bring to that career field

The role of noncommissioned officers in the chaplain assistant ranks:

"I truly believe they are the backbone of the NCO support channel. A noncommissioned officer's primary mission in our career field is to train junior Soldiers on what it means to be a chaplain assistant. It is imperative NCOs maintain that supervisory and mentoring role, ensuring junior Soldiers are properly trained and prepared for anything."

Reaction to earning NCO stripes:

"It will be an honor and a privilege when I finally become an NCO. In my short military career, I have worked with many senior NCOs who have truly led by example, showing me how to take care of Soldiers. I owe all of my success to the NCOs who have made it their personal goal to see that I excel and to achieve the goals that I strive for. In the very near future, such responsibility will be placed on me to do the same for others."

The role of a chaplain assistant:

"I assist the chaplain in all aspects of religious support. The Unit Ministry Team consists of only two people - the chaplain and chaplain assistant. As a team, we coordinate religious support for all religious faith groups. As a Soldier, it is my duty to provide security during UMT operations. A chaplain cannot bear arms; therefore, I provide protection on the battlefield. A chaplain assistant has to be the eyes and ears for the chaplain and focus solely on providing religious support regardless of the faith or the environment."

The connection between chaplain assistants and chaplains:

"Chaplains and chaplain assistants have a great rapport. Although their religious beliefs might differ, they clearly realize meeting their overall mission is what matters. As a team, they are in sync with what is expected and what is needed to support each other through adversities. That relationship is built on the seven Army values, which my chaplain and I

live by on a daily basis."

A typical day for a chaplain assistant:

"I coordinate all religious programs, including retreats, chapel services, baptisms and prayer breakfasts. I assess the Soldiers' morale within my unit and update the chaplain on any concerns. I maintain the chapel daily; order supplies; schedule and coordinate events; and ensure overall maintenance of the facility. The decisions I make on a daily basis need to reflect the morals and values that I believe a chaplain assistant should possess."

Reason for becoming a chaplain assistant:

"My goal is to become a counselor; this is a great step in that direction. I also wanted to do something that brought fulfillment to my life, especially when considering the commitment that my fellow Soldiers are making in today's world."

Reason that a Soldier should consider joining the chaplain assistant ranks:

"There is no better job in the Army."

Gates approves plan to end stop-loss

By Jim Garamone

AMERICAN FORCES PRESS SERVICE

WASHINGTON - The Army will phase out use of the so-called "stop-loss" program between now and January, Defense Secretary Robert M. Gates said March 18.

Since the beginning of his term as defense secretary, Gates has called on the services to eliminate their dependence on the controversial program that allows the involuntary extension of service members' active duty past the scheduled end of their term of service.

The Army currently has 13,000 Soldiers whose active-duty status was extended through the program so they could deploy with their units.

"We have the legal authority to do it," Gates said during a Pentagon news conference. "But I felt, particularly in these numbers, that it was breaking faith. It wasn't a violation of the enlistment contract. But I believe that when somebody's end date of service comes up, to hold them against their will, if you will, is just not the right thing to do."

The secretary said there will always be the need to hold a few people in

the service, but it should be a small number. "I would like to get it down to scores, not thousands," he said.

The secretary's decision will eliminate the use of stop-loss for deploying Soldiers.

The goal is to cut the number of Soldiers remaining in the Army under stop-loss by 50 percent by June 2010 and to near zero by March 2011.

The Army will put in place a number of incentives to encourage Soldiers to voluntarily extend their enlistments to mitigate the impact the decision will have on unit cohesion and strength.

Special Olympics volunteers needed

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Heike Templin can't wait for Special Olympics – it's a day she has looked forward to every year for more than 10 years.

"What a day – the happy faces – it's amazing," said Templin, a U.S. Army Garrison Kaiserslautern library technician, who volunteers for the garrison's Special Olympics each year.

The 26th Special Olympics Spring Games is May 6 at the German Police Academy in Enkenbach-Alsenborn.

Special Olympics is an international program of athletic competition for children and adults with intellectual disabilities.

It comes to the Kaiserslautern military community each year courtesy of the garrison and German Police Academy.

People throughout Europe are encouraged to volunteer

and root for about 800 German and American athletes at the games.

"Without our amazing volunteers and their incredible energy, commitment and enthusiasm, the USAG Kaiserslautern Special Olympics wouldn't be possible," said Ellen Summey, the garrison's Army Community Service marketing specialist.

More than 1,000 people throughout Germany have already volunteered for this year's games, said Jason Ille, this year's Special Olympics coordinator.

"We can always have more," Ille said. "They can volunteer the day of the event – we can always find something for them to do."

Volunteers are needed to set up, tear down, serve food, register athletes, operate the competitive and non-competitive games and to serve as "buddies."

Buddies are paired with ath-

letes and help them throughout the day going to events and lunch.

"Our volunteers run the show," Summey said.

A record number of athletes – 800 – almost 200 more than the previous year – participated in last year's games. With this number of athletes – many traveling great distances, spectators are also needed at this year's games.

"With more than 38 schools represented throughout Germany, we have many athletes who will not be able to have their friends and families there to cheer them on," Ille said. "This year, we are putting out a call for more people to come out and cheer for the athletes."

He added that shuttle buses will be picking up passengers at several installations in the KMC.

Spectators from surrounding communities are encouraged to use this shuttle ser-



Christine June

Patrick Henry Elementary School athletes and their buddies begin their friendship during the Parade of Athletes last year at the U.S. Army Garrison Kaiserslautern 25th Special Olympics Spring Games at the German Police Academy in Enkenbach-Alsenborn. This year's Special Olympics is May 6 at the police academy.

vice. Schedules will be posted at high-traffic areas on each of these installations.

Traditionally, the Special Olympics here has eight competitive games for ages 8 and older, and more than 10 non-competitive games for athletes, ages 5 to 7.

Competitive games include tennis, track and field, badminton, bocce ball, soccer, basketball, softball and volley-

ball. Non-competitive games include treasure hunt, beanbag toss, obstacle course and ring toss.

"Both volunteers and athletes look forward to this special day every spring when the entire community comes together for a day of great fun," Ille said.

To volunteer for this year's games, call the garrison's ACS at DSN 493-4062.

Construction to begin on PHV sand volleyball court

Staff Report

Construction will commence soon on a Patrick Henry Village beach volleyball court, a project that brings together many different organizations in collaboration and ultimately benefits the entire community.

The idea was the brainchild of Lt. Col. Bruce E. Alzner, who said he approached Col. Robert Ulses, U.S. Army Garrison Baden-Württemberg commander, at a Right Arm Night event last fall.

"Col. Ulses looked at me, noticing my short stature, and said jokingly 'You don't look like a volleyball player to me,'" he said. "I took the joke in stride and continued with my pitch. Col. Ulses agreed to the concept of the proposal – if I could provide the engineers to do the work, he would provide all the materials."

Alzner said throughout the months that followed, he met with leaders from Family and Morale, Welfare and Recreation to refine the proposed construction project. The project eventually turned into a group effort using FMWR, the 15th Engineer Battalion, the Directorate of Public Works and Boy Scouts Troop 59.

"The intent from the very beginning was to combine the resources of Baden-Württemberg FMWR, the equipment of Heidelberg DPW, and seasoned construction expertise and labor from the 18th Engineer Brigade," he said. "Turning the entire project



Lisa Alzner

Pfc. Kathryn Bowman, 15th Engineer Battalion; Lt. Col. David Poulton, U.S. Army Europe Operations; Jordan Poulton, Boy Scout Troop No. 59; and Les Green, Heidelberg Family and Morale, Welfare and Recreation, discuss the volleyball pit project set to begin soon on Patrick Henry Village.

into a Boy Scouts of America Eagle Scout Leadership Project was actually an afterthought.

"What a perfect fit – the engineers need quality training opportunities, the Boy Scouts can contribute to the community and, of course, the PHV community gets a volleyball pit for use during unit organizational days and holiday celebrations like Fourth of July."

Jordan Poulton, member of BSA Troop 59, is using this as an Eagle Scout Leadership Project and will be directly involved in the planning and coordination between all the participating organizations. He also will serve as the

on-site project manager while his fellow Boy Scouts provide the labor to fill the hundreds of sand bags needed for the sand pit perimeter.

"I'm grateful for the opportunity to work with organizations like DPW, MWR, 15th Engineers, and the 243rd Engineers in bringing this project together," Poulton said. "I've also enjoyed meeting with representatives from these organizations and have learned a lot from them. This project is the last step my earning the rank of Eagle Scout, a seven-year journey and also a great opportunity to give back to the Army community."

Ralph Santaliz, USAG Baden-Würt-

temberg FMWR director, said all the organizations coming together to work on this project is a new concept, especially since the customer brought the idea to the leaders and everyone agreed to do their part.

"This was a great collaboration, which does not normally occur," he said. "I've been in the business a long time, and this is not the way things normally work. It's a win-win for all, and the project happens in a more expeditious manner. I think this sand court will not only make the avid sand volleyball players happy, but also the daily picnic users of the PHV Pavilion area."

Celebrating women



Christine June

Sgt. Rachel Mayhill, the Landstuhl Regional Medical Center Color Guard's color sergeant, rehearses the 10-member all-female color guard under the watchful eye of Staff Sgt. John Wright, the LRM Color Guard NCOIC, March 17 at the U.S. Army Garrison Kaiserslautern Women's History Month luncheon at the Kaiserslautern Community Activity Center on Daenner Kaserne.

IMCOM-E director mentors at Kaiserslautern event

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Mentoring – how to and what it actually means – was the focus of the Installation Management Command-Europe Region Director Diane Devens' speech March 17 at the Kaiserslautern garrison Women's History Month luncheon.

"I think 'mentor' is probably one of the most misused terms in the military, and (Devens) nailed it because it's not just telling someone what they need to do to advance – it's physically walking them through the process," said the Headquarters and Headquarters Detachment, 357th Air and Missile Defense Detachment 1st Sgt. Crispin Bryant, who was one of about 200 people to attend the event held at the Kaiserslautern Community Activity Center on Daenner Kaserne.

"It's an honor to be a part of this (event)," said Spc. Nancy Antoine, from Landstuhl Regional Medical Center, and a member of the All-Female Joint Color Guard that presented the colors at the event. "It gives you a sense of encouragement as a mother, wife and Soldier. To be a part of something very special as a woman, and having all these military and civilian women come together for this month, I think it's a great thing."

Devens started her federal career as a GS-2 (General Schedule) employee in 1975. She was selected for the Senior Executive Service in 2000. She said of her career, "I guess I'm a poster child for opportunity."

Opportunity, she said, that came about from mentors – role models. "I think my own career can serve as an example to those of you who mentor subordinates today, and those of you who are subordinates seeking mentorship," Devens said.

Her first role model was her mother.

"My mom is a real hero in every sense of the word ... a career Army spouse who hauled me and my seven brothers and sisters around the globe," she said.

Mothers as role models really hit home for Capt. John Johnson, HHD, 357th AMD commander.

"I liked her speech because she actually gave information about how she mentored up, coming up through the ranks, and how people were on her to make something of herself – same way my mom did for me," said Johnson, who proudly added that when he graduated from college he bought two class rings so he could give one to his mother. "I felt we both earned the class ring for graduation."

When talking about her mother, Devens spoke about the "resiliency and strength" of military spouses.

"So when I think of women making an impact in the Army, I immediately think of Army spouses," she said. "I think of just how far women have come, and how much they continue to impact positively on the Army and beyond."

During her career, Devens said she was again fortunate to have role models, starting with her first boss, Carol Beecher.

"I can honestly say that I wouldn't be standing here today if it were not for her mentorship," Devens said. "She lived and breathed mentorship and taught me what it takes to be a successful mentor – perseverance and stubbornness."

Beecher convinced her to stick with going to college to get her degree.

"Don't just do the lip service – actually do the work to convince somebody it's better to go to school on the weekend than to go out to the club, party or beach – that's a lot of work," he said.

Johnson said that Devens explained about mentoring the right way.

"She (Devens) hit it right – the person of knowledge went to her and said, I see you as a person of the future so I want to pass on my knowledge and put you in the same position that I am, because when I retire, I know the person coming up behind me is definitely the person it needs to be to change the future," Johnson said.

NCOs step up, present unique color guard

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Mission: Provide a 10-member, all-female color guard for the U.S. Army Garrison Kaiserslautern Women's History Month 2009 Luncheon March 17 at the Kaiserslautern Community Activity Center on Daenner Kaserne.

Time Frame: Less than two weeks.

Difficulties: Yes, there were a few, but Staff Sgt. John Wright, the Landstuhl Regional Medical Center's Color Guard NCO in charge, and Sgt. Rachel Mayhill, the LRM Color Guard color sergeant, worked together with the 10-member team to make it happen.

"We were really fortunate that everybody who got involved really worked hard and grabbed a hold of the task very easily," said Mayhill, a LRM Addiction Treatment Facility mental health technician, who has been with the LRM Color Guard for more than three years. "There wasn't a need for a lot of repetition, and we were able to work on the finer details."

More than half of the members for this event-specific color guard were new with varied degrees of experience on a color guard, said Wright, the LRM Specialty Care Nursing Section NCOIC, who has been with the color guard for five months.

"The color guard team was superb," said Sgt. 1st Class James Ligons, the garrison's equal opportunity advisor, who helped coordinate the event. "This was by far the most squared away all-female color guard team I've seen in my 12 years of service."

Also requested was a quad-service – Army, Navy, Marines and Air Force – color guard, so at least three members had to put aside what they learned in boot camp and relearn steps and movements to Army standard.

"I think (Wright and Mayhill) are exemplary NCOs for the color guard," said Petty Officer 2nd Class Tracy Carpenter, with the Navy Expeditionary Medical Unit 2009 deployed to LRM, who carried the Navy flag in the all-female color guard for the Women's History Month event. "They stepped right up to the plate – made sure we were squared-away and looked sharp. They train us well and keep up on the rules and regulations for the color guard."

Practices started shortly after the request was made, and immediately after all the team members were found, Wright said. The new 10-member team practiced for two hours almost every night during those two weeks.

"We covered – during the first couple of practices – marching to make sure their knees are all the way up, and toward the end, we worked on the smaller movements like the hand salute," said Wright, who as the color guard NCOIC is the overall manager, responsible for getting the equipment, scheduling and training.

Size of the LRM Color Guard varies and is dependent on what is required for the event, said Mayhill. This color guard can accommodate a three, four and even a five-service team – Army, Navy, Marines, Air Force and Coast Guard. She added that sometimes German soldiers are a part of the LRM Color Guard.

The LRM Color Guard has been requested for changes of command, American and German observances, balls, retirement ceremonies and Friday's NCO Induction Ceremony at the LRM Heaton Hall.

"It's an honor to be able to take charge of these troops and see them actually perform in these ceremonies," Wright said. "That's the best part – to see all the hard work they do pay off during the ceremony – how sharp they look and how together they move – it's just awesome."

Army recognizes local journalist for news story

IMCOM-E Public Affairs

Several Installation Management Command-Europe journalists were recognized as being among the service's best during the 2008 Department of the Army Maj. Gen. Keith L. Ware Journalism Awards competition.

U.S. Army Garrison Baden-Württemberg's Jason Austin won first place in the civilian news article category.

Austin – who wrote a compelling article on the emotions military families experience during a time of war – said a news story “is only as good as the subject, and Dr. Russ Claus at the Patrick Henry Elementary School had a great idea in bringing spouses together to discuss the impact of deployments.”

“The story is the spouses’ story,” Austin said. “Without them the article wouldn’t have been possible.”

As for earning a Keith L. Ware, Austin, a winner of two Tennessee Press Association awards in 2007 and the 2008 IMCOM-Europe civilian journalist of the year, said: “It’s nice to be recognized by my peers for the day-to-day work I perform in support of our Soldiers, civilians and their families.”

“I’m glad that as a member of a team I can provide a product that serves the needs of our community.”

As a Soldier, Austin won Army-level awards for a stand-alone photograph in 2001, and then as a civilian, he won for a photojournalism piece in 2005.

In addition to Austin, garrison public affairs shops in Europe earned three other awards, including the following:

- Category B: Tabloid-size publication – third place, U.S. Army Garrison Grafenwöhr Public Affairs Office;
- Category I: Series (Civilian) – first place, Susan Huseman, USAG Stuttgart Public Affairs Office;
- Category M: Stringer (Civilian) – first place, Ute Wolf, formerly of the USAG Hesse Public Affairs Office.

Huseman, who was the 2007 IMCOM-Europe civilian journalist of the year, crafted a three-part series that gave a behind-the-scenes look of Stuttgart’s community theater.

“I’m not a theatrical person – I can’t carry a tune – so to be welcomed with open arms into this very creative world was a real treat,” Huseman said.



AUSTIN

During her coverage, Huseman attended auditions, callbacks and rehearsals, along with going to work parties to build sets.

“I almost felt as if I were part of the cast,” she recalled. “In fact, just before the show opened, I was invited into the ‘circle of power,’ where cast members held hands and the director gave his last-minute words of encouragement. That was cool.”

After taking second place last year in the series category, Huseman said she was thrilled to win top honors this year, “not so much for myself, but for all the theater volunteers whose stories I tried to tell.”

“These awards are no surprise to me, and these accomplishments are symbolic of the impact of public affairs professionals around and outside the Department of Defense,” said IMCOM-Europe Public Affairs Chief Ken White. “Writing isn’t just a job for these individuals; these journalists are the unsung heroes, week in and week out, putting their heart and soul into telling stories that the rest of the world wants to read about our great Soldiers and families.”

IMCOM-E employees win Army-level awards

IMCOM-Europe Public Affairs

Two Installation Management Command-Europe Department of the Army civilian employees received Secretary of the Army Publications Improvements Awards at a ceremony March 18 at the Women IN Military Service for America Memorial at the gates of Arlington National Cemetery, Washington D.C.

Marcus A. Cox received the Army Editor of the Year Award, and Dwayne J. Viergutz received the Secretary of the Army Award for Publications Improvements, the top two Army publishing awards in the Army-wide competition.

“Awards like these are indicative of the quality of U.S. and host nation employees we have in IMCOM-Europe,” said Alfred Lang, IMCOM-Europe Human Resources Division director. “Marc and Dwayne consistently provide outstanding customer support and are very deserving of the recognition.”

Cox was recognized for his work in editing Army in Europe publications. Viergutz was recognized for using a publishing system to incorporate the staff action requirements of two different organizations – IMCOM-Europe and U.S. Army Europe – in one form (the Staff Action Summary), which can now be used by both organizations to process their staff actions.

This marks the fourth time Cox received the Army Editor of the Year Award and the fourth

time Viergutz received the Secretary of the Army Publications Improvements Award. Also, this is the 14th time a member of the IMCOM-Europe Human Resources Division Document Management Office received at least one of these two awards and is first time that members of the DMO have taken awards in both categories in the same year.

“At first I didn’t believe it,” said Viergutz about both individuals being selected as recipients of awards. “Having beaten our peers throughout the Army in one or the other category several times in the past, I figured we had a good chance of winning in at least one category again this year.”

“But winning in both categories didn’t seem possible. It’s a great tribute to the entire staff of the DMO and to what IMCOM-Europe’s doing to help the Army achieve its objectives in Europe.”

This annual competition is sponsored by the U.S. Army Publishing Directorate, Office of the Administrative Assistant to the Secretary of the Army. Military and civilian personnel from all Army commands, Army service component commands, and direct reporting units, down to division level, are eligible to compete for these awards.

A panel comprising seven members of the HQDA staff reviews the nominations and recommends the finalists to the Secretary of the Army, who selects the winners.

Mannheim community honors women in the military

By Ina Stiewitz

USAG MANNHEIM PUBLIC AFFAIRS

Women have always been a part of the United States Army, but it wasn’t until 30 years ago they were finally integrated.

Looking back on the milestones of the women’s services within the Army since its foundation in 1776, the Mannheim garrison celebrated Women’s History Month March 17.

This event was not just to commemorate the women’s services within the Army, but also to mirror the progress of equality in society.

Equality “is the result of many smart and intelligent men and women,” said guest speaker Col. Donna Kapinus, deputy chief of staff, 5th Signal Command. “Because of these people, we

make the progress.”

Even though Kapinus named a few important individuals, who had a great impact on the integration of women, she called on the audience and today’s society to “open doors and let changes happen.”

Beginning with nursing wounded Soldiers, laundering their clothing or cooking for the troops in the camps, back in the 18th century, women became an invaluable and efficient part of the Army.

The first step in women’s Army history was the establishment of the Women’s Army Corps, which was a separate regular and reserve component of the Army until the late 1970s when women finally became integrated. Today, women make up about 14 percent of the active Army.

“This event’s purpose is to increase the knowledge and consciousness of women’s history,” Kapinus said.

“It has been 233 years since the establishment of the Army, and about 30 years since the integration of women into the Armed Forces, and we all must work together to ensure that the strength of the Army in the new millennium comes from the diversity of its Soldiers,” said the event’s organizer, Sgt. 1st Class Stephen Barthelme, equal opportunity advisor, USAG Mannheim, during his welcoming remarks.

Also parts of the event were a video presentation on the milestones of women’s history in the Army and musical presentations by Voncile Farmer and the Benjamin Franklin Village Gospel Choir.



Col. Donna Kapinus, deputy chief of staff, 5th Signal Command, addresses the audience during the Women’s History Month celebration at the U.S. Army Garrison Mannheim March 17.



Staff Sgt. Adam Mancini

Staff Sgt. Danieto Bacchus, Company B, 1st Battalion, 4th Infantry Regiment, U.S. Army Europe, participates in a dismounted patrol mission near Forward Operating Base Baylough, Zabul, Afghanistan, March 19.



Staff Sgt. Adam Mancini

Spc. Christopher Spositi and Spc. Adam Bugher, both from U.S. Army Europe's Company B, 1st Battalion, 4th Infantry Regiment, fire a 120 mm illumination round in celebration of Afghan New Year's at Forward Operating Base Baylough in the Zabul province of Afghanistan March 19.

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U.S. Air Force Tech. Sgt. Brady A. Schneider

North Dakota National Guard troops fill sandbags in response to recent flooding in their state. As of Monday, more than 250 Soldiers and Airmen from the state have been called out to help stem the flow of floodwaters from the Red River in the Fargo area. According to the National Weather Service Web site, flood stage at Fargo is 18 feet. On Tuesday the river was at 29 feet and is expected to crest in Fargo Friday at around 40 feet.

(Right) Sgt. James N. Stosh from Tampa, Fla., grades Spc. Michael B. Leslie, from Dallas, Texas, on his push-ups as he participates in a physical training test event of Sustainer Challenge at Joint Base Balad, Iraq, March 18. Stosh, a wheeled vehicle mechanic with the 330th Transportation Battalion from Fort Bragg, N.C., counted out 82 push-ups for Leslie, an infantryman running convoy security with the 2nd Battalion, 142nd Infantry Regiment out of Texas.



Spc. Brian A. Barbour

Program provides help for Soldiers, families

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

Finding someone to talk to in times of distress has just become easier for the Soldiers and family members of the 21st Theater Sustainment Command. As the result of a recent initiative by the 21st TSC Chaplain's Office, they can now see a counselor of the Military and Family Life Consultant Program right at the chaplain's office.

Counseling services are available to walk-ins and by scheduled appointment every Wednesday from 1 to 3:30 p.m. on the third floor of building 3005 on Panzer Kaserne.

"With the current high-operational tempo and high-stress environment, it is essential that we put our resources where the Soldiers and their family members are," said Maj. Mark Stewart, the 21st TSC operations chaplain.

Military and family life consultants are licensed clinical counselors who provide problem-orientated counseling to service members and their families. They work with individuals, families, couples, children and groups.

The service is intended to augment other military support services and as a short-term solution only. However, it is free, professional and confidential assistance without red-tape or record keeping.

"MFLCP is not intended to replace the military health care system, but to complement it. It provides immediate aid and stress-relief, sound counseling and advice, teaches life skills, and mature coping devices in a safe environment," Stewart said.

The program provides support for a range of issues. Life skill services include anger management, conflict resolution, communication, parenting, relationship and decision making. Military lifestyle specific services focus on the impact of deployments and reintegration, relocation adjustment and homesickness, separation, loss, and grief, to name but a few.

"The desired end-state is to have a more robust counseling presence within the 21st TSC – resulting in a better holistic care for our 21st TSC members," Stewart said.

For additional information on the program, visit www.mhngs.com.

Military and Family Life Consultants

Program information: www.mhngs.com

Heidelberg: 0175-601-1985 or 0151-1044-8433

Mannheim: 176-680-04965 or 176-299-87720

Kaiserslautern: 0175-792-3332 or 0170-369-3292

Career counselors



Sgt. Fay Conroy

Staff Sgt. Ladrena Burgio, the retention noncommissioned officer for the 39th Transportation Battalion, talks to Spc. Alexander Torres, Headquarters and Headquarters Company, 21st Theater Sustainment Command, about re-enlisting and changing his job specialty from human resources specialist to counterintelligence agent.

Helping Soldiers take care of life decisions

Story Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

For a lot of Soldiers, retention means only one thing – re-enlistment. However, retention is an ongoing process that spans a Soldier's entire career, and career counselors not only help with re-enlistment, but also help Soldiers with making more-informed decisions throughout their careers and lives.

The purpose of career counselors and retention noncommissioned officers is to "educate the company and unit on what is going on in retention and to help Soldiers make proper career choices and to inform them of their options," said Sgt. Kadiann Banton, the retention NCO for the 240th Quartermaster Company, 16th Sustainment Brigade, 21st Theater Sustainment Command.

There are four phases to a Soldier's career that career counselors focus on. They are integration, professional development, sustainment and career development.

Integration begins when a Soldier arrives to a new unit and usually lasts for the first 30 days.

Professional development begins immediately after integration and is a time when Soldiers are assisted in becoming part of the unit.

"Let them know how they fit into the mission of the unit and introduce what they can accomplish in the unit," said Sgt. Maj. Elisabeth Jones, the command career counselor for the 21st TSC.

The sustainment part of a Soldier's career starts 24 months from his estimated time of separation or ETS.

The career development stage is similar to the professional development state. This stage consists of things that can further a Soldier's career such as

promotions, re-classifying into another job specialty or attendance at military and civilian schools.

It's not just career counselors or retention NCOs who can help Soldiers make decisions related their careers.

"All leaders are retention NCOs. The chain of command has daily contact with the Soldiers and knows their day-to-day lives," Jones said.

One of the many things career counselors and retention NCOs can help a Soldier with is re-classifying into another job specialty. Contrary to what a lot of Soldiers believe, a Soldier does not necessarily have to re-enlist to reclassify into another job within the Army. Career counselors can provide Soldiers with the newest "in and out" list, which shows which jobs are over strength, under strength or critical. If a Soldier is in an over-strength job specialty, he can reclassify into another job that is under strength or critical, for example.

There are also special duty assignments such as drill sergeant, recruiter or Special Forces that Soldiers can volunteer for.

"It's important that we get any Soldiers who are interested in these duties because they impact the Army in a really big way," said Sgt. Yulissa Caraballo, the retention NCO for the 5th Maintenance Company, 16th Sustainment Brigade, 21st TSC.

There are also options for enlisted Soldiers who want to become officers such as the Green to Gold program, Officer Candidate School and Warrant Officer School.

"A successful retention program is taking care of Soldiers from the day they enlist until they retire," Jones said.

For more information on any of the programs mentioned here or to speak with a career counselor, contact your unit retention NCO.

Military looks to dispel myths, advance treatment for mTBI

By Mark Heeter
USAG SCHWEINFURT PUBLIC AFFAIRS

SCHWEINFURT, Germany – Get a good night's sleep.

That is a seemingly simple, yet sometimes complicated, goal and advice from medical professionals as part of a reintegration program for redeploying Soldiers who might have suffered traumatic brain injuries, ac-

ording to Brig. Gen. Keith Gallagher, commander of Europe Regional Medical Command based in Heidelberg.

"When you come back from Afghanistan or Iraq, part of the screening program process is (confirming) if you had multiple concussive injuries downrange," Gallagher said.

The objective of the reintegration is to "get you to where you can function and go to sleep at night," he said.

"Sleep is very important for the healing process."

And, contrary to popular misconceptions, these physical injuries will heal, according to Dr. (Brig. Gen.) Loree Sutton, special assistant to the Assistant Secretary of Defense (Health Affairs) for Psychological Health and Traumatic Brain Injury.

"One of the myths out there is that mild traumatic brain injuries, or concussions, means that somehow your brain is broken forever. No, it's an injury," said Sutton, who is also director of the Defense Centers of Excellence for Psychological Health and Trau-

matic Brain Injury.

Sutton and Gallagher were joined for a recent meeting and video teleconference at the Schweinfurt Army Health Clinic by Dr. (Brig. Gen.) Rhonda Cornum, director of comprehensive soldier fitness, Office of the Deputy Chief of Staff (G-3/5/7), Department of the Army.

"We need to address (brain injury and psychological health) in a holistic fashion," said Cornum, who aims to see more components of Soldiers' total health come into focus, through prevention and training, across the Army culture.



Operation Purple camps feature many traditional camp activities such as rock-climbing, hiking and water fun.

Operation Purple offers fun camps, coping skills

By Rob McIvaine
FMWRC PUBLIC AFFAIRS

The National Military Family Association's Operation Purple camp program once again is accepting applications online at www.operation-purple.org.

The program aims to help military kids experience carefree fun while also learning coping skills to deal with war-related stress and fosters relationships with others who know what they are going through because they are experiencing it, too. Operation Purple camp also helps kids to gain confidence and teaches them to be stewards of the community and of the environment.

In 2008, military children ages 7 to 17 had a chance to stay at the free, weeklong, overnight camp at one of 62 locations in 37 states and territories. Camps are free to all participants, thanks to support from the Sierra Club and the Sierra Club Foundation. More than 20,000 kids have participated in the program since its inception.

War takes its toll not only on the troops who fight in the field, but also on the families who wait and worry at home. More than 155,000 kids have at least one parent who is deployed in the war on terrorism. That number doesn't include those experiencing routine, but often lengthy, deployments and separations from loved ones through military service. Many of these children have more than one parent or family member deployed.

The Operation Purple camp program, created in 2004, imparts the message on these young heroes that "they serve, too."

Any military child can apply, but priority is given to those who have a parent, guardian or Family household member deployed between September 2008 and December 2009. If all spaces are not filled with campers who meet the deployment criteria, the remaining camp slots are filled with any military child from any service branch, the National Guard, Reserve, U.S. Public Health Service and the National Oceanic and Atmospheric Association.

For more information about the program, visit www.operationpurple.org. For information about the National Military Family Association, contact the National Military Family Association at 703-931-6632 or families@nmfa.org.

Retention numbers high for 28th Trans.

By Capt. Lindsey Rowland
28TH TRANSPORTATION BATTALION

As the retention trend in the Army continues to stay strong, the 28th Transportation Battalion is in the top in overall retention numbers, with an average that exceeds the Army's current objectives.

"(The) 28th Transportation Battalion is one out of two battalions that fall under 18th Military Police Brigade to complete their (fiscal year)-09 mission for retention," said Master Sgt. Michael Fredrickson, senior brigade career counselor.

Retention numbers for the 28th are projected to be at 27 percent mission completion for FY09 but currently have exceeded percentage in all four areas: Initial-term Soldiers, 77 percent; mid-career Soldiers, 56 percent; careerists, 58 percent; and ETS Soldiers, 108 percent.

"(The) 28th Trans. retention is up due to leadership through the chain of command and strong marketing tactics," said Staff Sgt. Marc Brooks, a career counselor for the 28th.

"The whole idea is getting information out to the company level," he said. "I receive information specific to retention and send out the most up-to-date information to the company leadership. I also send out names to the commander's and first sergeants of Soldiers that are in the window to re-enlist."

The key to the high recruiting

numbers is the first sergeant and commander, Brooks said.

"If the chain of command is active in discussing Soldiers' futures and doing the appropriate career counseling, retention will take care of itself," he said.

Companies such as the 566th Postal Company have already achieved their re-enlistment quotas and are at higher than 100 percent for FY09.

Retention numbers reflect the 28th's six companies currently deployed and the remaining three companies that have recently returned from downrange.

"We work with the retention NCOs from downrange, and it's a joint effort to ensure all contracts are processed in a timely manner so the Soldiers get what they're re-enlisting for," said Staff Sgt. Joshua Hintz.

"Overall in the 28th, Soldiers want to stay in the Army. They are electing to take the duty station option here or in the states and tax-free re-enlistment bonuses from downrange."

Spc. Courtney Gilpin had orders to Fort Polk, La., then re-enlisted for the station-of-choice re-enlistment option for Fort Sam Houston, Texas.

"This was a great opportunity for me to stay in the Army for longer, yet not go to a unit that was immediately deploying," said Gilpin, who also received a \$2,000 bonus and recently returned from a 15-month deployment to Camp Arifjan, Kuwait. "The option was there, and I took the Army up on

it."

U.S. Army Europe Soldiers are also able to re-enlist for current station stabilization, which keeps them in their current overseas unit and adds an additional 12 months to their date of return to the United States.

"We just had a guy that was three days out from (leaving the Army), and after checking the job outlook in his home state of Minnesota, he came in the office and re-enlisted for four more years in the Army," Hintz said. "The economy is having a positive impact on our numbers."

Another incentive Soldiers across the board benefit from is the 3.9 percent pay raise that began Jan. 1, which reduces the gap between civilian jobs and that of a Soldier's income. Housing allowance rates have also increased.

Sgt. Christopher Baneky, 109th Transportation Company, recently re-enlisted for four years and will see the benefits of the housing allowance increase.

His assignment to Fort Monmouth, N.J., has seen an increase of \$148. After being stop-lossed for eight months, Baneky said he re-enlisted primarily because of duty station.

"I had to make a mature decision in my life for my family," he said.

"The economy is bad; I have a child and a future to think about. Fort Monmouth is close to my family, a non-deployable post, and I get a break from back-to-back deployments."

Fun day at the airfield



A kindergartner from the Evangelischer Kindergarten "Arche" in Kirchhien tries on a helmet while standing in a UH-60 Black Hawk at the Heidelberg Army Airfield March 18. Students from the kindergarten toured the hangar and the fire station at the airfield after a 45-minute walk from their school.

Jason L. Austin

**In Memoriam –
Grady Mack Adams**

Grady Mack Adams, a retired sergeant major, died suddenly March 18, while on vacation in Bahrain, Saudi Arabia.

Adams was born on Feb. 13, 1954, in Gladewater, Texas. He retired from the U.S. Army in Heidelberg on June 31, 1996.

His military decorations include the Legion of Merit and numerous other awards and decorations for exemplary service.

He served as a recruiter retention noncommissioned officer and first sergeant for the U.S. Army Recruiting Company – Europe in Heidelberg.

Upon his retirement, he held positions as the Assistant Manager for the Heidelberg Guesthouse and the American Arms Hotel in Wiesbaden.

In January, he became the Manager for the Lagerhof Lodging Hotel in Baumholder.

He is survived by his wife, Elfriede, son Marc Oliver and family, mother Maggie and his brother Homer. Adams was member of Alt Heidelberg Lodge 821, the European Shrine Club and the Heidelberg York Rite Bodies and at the time of his death the Grand Master of the American Canadian Grand Lodge AF & AM.

He was put to rest in Schweinsberg.

A memorial service will be held 1 p.m. April 4, at the Mark Twain Village Chapel in Heidelberg.



Army FMWRC offers Great Getaways

By Tim Hippi
FMWRC PUBLIC AFFAIRS

ALEXANDRIA, Va. – Imagine attending a luau on Waikiki Beach; golfing in the shadows of the Magic Kingdom; sightseeing a seventh-century city in The Land of the Morning Calm; sunbathing beneath a famous lighthouse on the Atlantic; or skiing or hiking in the Bavarian Alps.

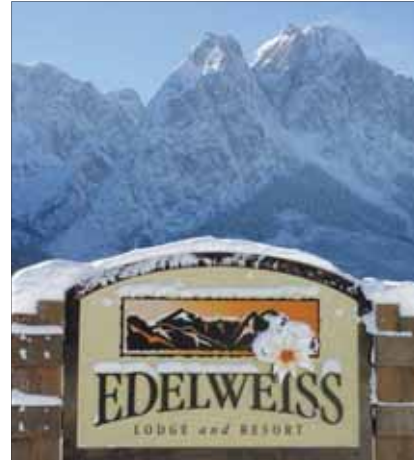
One of those dream vacations awaits the winner of the Great Getaways Sweepstakes, an Army Family and Morale, Welfare and Recreation Command-sponsored contest that began March 1 and runs through May 31 at www.afrcresorts.com.

The grand prize includes a seven-night stay at one of five Armed Forces Recreation Centers, a luggage set, a digital camera, a set of golf clubs and \$2,500 for travel expenses. As many as four people may occupy the room.

The AFRCs are the Hale Koa Hotel on Waikiki Beach, Hawaii; Shades of Green on Walt Disney World Resort in Lake Buena Vista, Fla.; Dragon Hill Lodge in Seoul, South Korea; Cape Henry Inn and Beach Club on Fort Story near Virginia Beach, Va.; and Edelweiss Lodge and Resort in Garmisch.

Ten \$100 winners will be randomly selected each month of the contest. \$100 winners can only win once, but all monthly winners will be eligible for the grand prize, as well. Active-duty U.S. military personnel from all branches of service, Reserve, National Guard, retirees, family members and Department of Defense civilians 18 and older are eligible for the contest.

Eligible patrons may enter online or via a 3-by-5 card with name, address, telephone number and e-mail address



Tim Hippi

The Edelweiss Lodge and Resort sits at the foot of the Bavarian Alps.

sent to Great Getaways, P.O. Box 150304, Alexandria, VA, 22315. Limit is one entry per day.

The sweepstakes is not open to employees or family members of FMWRC, the Armed Forces Recreation Centers, or the contest sponsors; USAA and Stars & Stripes.

Soldiers have chance to relax before deployment

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS



Outside an unassuming warehouse on Ramstein Air Base, a faint laughter can be heard coming from inside. Entering the warehouse, one sees Soldiers playing cards, watching movies, and relaxing with their friends.

It is not an environment one typically finds Soldiers in, but for these Soldiers, it is going to be one of the last breaks they will get to enjoy for a while.

These Soldiers are about to deploy – and beneath the appearance of a light atmosphere are all of the questions and last-minute worries that come with a deployment to Iraq.

The Soldiers of the Headquarters and Headquarters Detachment, 709th Military Police Battalion, 18th Military Police Brigade, based out of Grafenwohr, along with supporting Soldiers from the 38th Human Resources Company, 16th Sustainment Brigade, were sitting in the warehouse waiting to get the final word that would take them to their aircraft and bring them another step closer to Iraq.

The Soldiers, who all belong to the 21st Theater Sustainment Command, relax – some wondering, some knowing what awaits them at the other end of their upcoming flight. But, for many of the Soldiers, this will be their first experience being deployed.

For Spc. Gerald Brown and his wife Pfc. Keveyonna Brown, both with the 709th MP Battalion, there is the newness of their first deployment and the relief of getting to spend it together.

Keveyonna said they feel very lucky they get to have the spousal support so many Soldiers miss out on during a deployment.

“He’s going to be there for that support,” she said.

But, whether the Soldiers are deploying for the first time, or are seasoned veterans, the heightened emotions are apparent.

When asked how he was feeling about going on his first deployment, Spc. Zachary Walters expressed a mixture of feeling “prepared, anxious and excited.”

Overall, the Soldiers waiting in the warehouse display a great deal of enthusiasm for the training they received prior to deployment

and feel ready to be on their way.

A visit from Maj. Gen. Yves J. Fontaine, commanding general of the 21st TSC, gives troops a chance to tell him about the preparations and the training they went through and goes a long way in keeping the Soldiers’ spirits up as the time to board the plane draws nearer.

Fontaine makes a point to walk around and talk to the Soldiers and ask about their families, their jobs, about previous deployments and how they feel about this upcoming tour to Iraq.

Then, a voice yells out and outside the warehouse headlights of the buses cut through the darkness. The Soldiers seem ready to move out. As they form up to prepare to leave, Fontaine tells them to “stay safe” and reminds them that they are doing a great service.

As they make their way out of the warehouse, the Soldiers waste no time getting on board.

It is just a short bus ride later and the battalion is “wheels up” and en route to Iraq for a 12-month deployment in support of Operation Iraqi Freedom.

Warrant Officer Lynette Montegut, 38th Human Resources Company, makes one last call while waiting for the word to board one of the buses that would bring her and her fellow Soldiers one step closer to Iraq. Soldiers from the 38th HR Company are deploying with the 709th Military Police to Iraq for a 12-month tour in support of Operation Iraqi Freedom.

Spc. Adrienne Killingsworth

Damage by Golf Balls – How to File a Claim

Escaping Balls

Despite its pleasures, the game of golf involves certain known risks. Occasionally a golf ball escapes its intended path and strikes an inadvertent object. If you or your property is damaged by an errant golf ball, depending on your status in Germany, you may be eligible to file a claim either under the Military Claims Act or the Status of Forces Agreement.

The Military Claims Act

This statute applies to U.S. citizens and their dependents residing in Germany for the purpose of supporting the U.S. Armed Forces in Europe. If you are U.S. military service member, a DA civilian employee, or a spouse of a DA civilian employee, you can file a claim for personal injury or property damage at any military post. The closest Claims Office to the Heidelberg golf course is located on Patton Barracks, Bldg. 107 in Heidelberg. DSN 373-5246, civ. 06221-17-5246. Under MCA, you have two years from the date of the incident to file.

The Status of Forces Agreement

If you are a German national or foreign national who is a resident of Germany, you must file a claim under the Status of Forces Agreement. There is no requirement to use a form to file a SOFA claim in Germany. All that you need to provide is a written document briefly describing the incident and stating that you want a certain amount of money to compensate you for the damage. What is key is timeliness. You must give this notice within 90 days of the incident. Any bills or estimates of repair can be given at a later date if you don't have them available immediately. Notice and all other documentation must be sent to:

Schadensregulierungsstelle Nurnberg
Bundesanstalt fur Immobilienaufgaben
Schadensregulierungsstelle des Bundes
Regionalburo Sud, Krelingstr. 50
90408 Nurnberg
Herr Volke: 0911-376-3811
Fax: 0911-376-2449
SOURCE: Patton Law Center

Germany-based Soldier receives Silver Star



Sgt. Mirah E. Clare

Staff Sgt. Lincoln V. Dockery, a combat engineer with Headquarters and Headquarters Company, 173rd Airborne Brigade Special Troops Battalion, stands with his wife Dominika and daughter Pria, shortly after the ceremony in which the sergeant was awarded the Silver Star and Purple Heart in Bamberg March 11. Dockery said he didn't even see the grenade that sent shrapnel into his right forearm while charging insurgent fighters in Afghanistan's Korengal valley, Nov. 16, 2007. Dockery, then assigned to a route clearance patrol with Company A of the 173rd STB, said he decided the injury wasn't major and continued his charge up a hill into enemy fire.

SEX SIGNALS

continued from page 1

young people think about sexual assault prevention.

"Too often in the past we have been reactive rather than proactive when it comes to sexual assault and sexual harassment in our Army. That is no longer the case," White said.

The show, on its first stop in a weeklong tour of military communities in Europe, used humor and common language laced with military jargon to make the audience feel at ease while discussing difficult subjects like date rape and sexual assault.

"It was really good, and funny, but they talked about the truth and reality," said Sgt. Maricela Morena, with U.S. Army Europe's personnel section.

The show, featuring two actors – Fawzia Mirza and Chris Beier with Catharsis Productions – was originally designed for college audiences, according to Suzanne Dubois, regional program manager for Installation Management Command-Europe's Sexual Assault Prevention and Response program, but has been adopted by the Department of the Army because of the similar demographics.

In one skit Mirza and Beier set up a bar scene with two



Christine June

"Stop" cards engage the audience and teach them several valuable lessons during the "Sex Signals" Soldier training Tuesday in the Galaxy Theater on Vogelweh in Kaiserslautern.

straight-backed chairs, which become a love seat in a different scene.

They had just confirmed gender roles with the audience – men are aggressive and goal (sex) oriented, and women are passive and innocent.

"We're supposed to be virgins every time, right?" Mirza asked the audience. "So, I'll be a virgin (the audience laughed) why is that funny?"

In the scene the man approached the woman with a 'special' drink and encouraged her to drink up while getting very aggressive with his body and hands.

The woman, playing the

passive role, resisted, but allowed the activity to continue.

The audience, who all had stop signs to signal when the situation warranted intervention, held up the signs to no avail. The man kept going.

The stop signs represented the many opportunities people have in intimate moments to say no. It's up to the initiator, most often the man, to pay attention to the stop signs and stop.

In a more subtle way, Beier described how the initiator didn't stop when told to in an acquaintance rape situation. Beier was being interviewed

for a talk show "It's not my fault."

He described an evening with a fellow Soldier playing video games, drinking and sharing a pizza. The evening had many starts and stops toward sexual intercourse, with his partner often reinitiating the activity, but when intercourse began she whispered "stop."

He didn't and now faces rape charges.

Many in the audience initially supported his character, but when it became more evident that he didn't stop when she said to, he was guilty of the crime.

The only true way to ensure consent to sex, according to the actors, is to ask for consent and respect the answer.

White and the actors encouraged the audience to also look out for others who may be falling victim to sexual predators.

"There are no innocent bystanders when it comes to this crime," White said. "Do not let it happen. Act. Do something."

Beier pointed out during the show that as American Soldiers, "it's your job to protect people you don't know," whether it's the 300 million people back home or a stranger in a bar.

Despite the heavy subject, one Soldier who saw the show in Kaiserslautern Tuesday said, the humor caught her attention.

"The fact that the actors put humor and life into the show made it capture and keep the attention of everyone who watched it," said Sgt. Angela Wiese, a supply sergeant for the USAG Kaiserslautern. "It didn't seem as if this were training that was being mandated. It seemed like something you would've wanted to see anyway. It made it relatable to every day life."

Editor's Note: Christine June, USAG Kaiserslautern Public Affairs contributed to this report.

Motorcycle Safety: Are You Ready to Ride?

The warm weather and the longer hours of daylight mean spring is on the horizon. Signs that it's time to break the bike out of winter storage. Hold on before you ride you should thoroughly inspect your vehicle to ensure it is safe to ride. Perform a pre-ride inspection of your vehicle checking the tires and wheels for serviceability, controls for damage and proper adjustment, lights for operation, fluid levels, and the chassis for visible signs of damage and the stands. Okay, the vehicle may be ready, but are you?

The Motorcycle Safety Foundation offers the following guidelines for riding a motorcycle safely:

Be Visible!

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Wake up your headlights, work and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

Dress for safety!

- **Helmets:** Certified to meet American National Standards Institute Z50-1 or the Economic Commission for Europe Norm 22-02.
- **Eye Protection:** Impact or Shatter Resistant Goggles or Full-face Shield. Must meet Vehicle Equipment Commission Regulation, Standard 8 (VECS-8).
- **Full-fingered Gloves**
- **Leather boots or over-the-ankle shoes**
- **Outer Garment:** Brightly colored (i.e. yellow, bright green, red, orange) during the day and reflective at night (See Note)
- **Long-sleeved shirt or jackets and trousers**
- **Remember - the only thing between you and the road is your protective gear.**

Note: While wearing military uniforms, military operators will wear a high-visibility yellow reflective vest that is clearly visible from the front and back of the motorcycle. Operators should also wear a high-visibility yellow reflective vest when riding on a road bike. Jacket worn with an orange reflective vest is also acceptable. Reflective vests are available in a variety of colors and sizes. Reflective vests are available in a variety of colors and sizes. Reflective vests are available in a variety of colors and sizes.

Apply effective mental strategies:

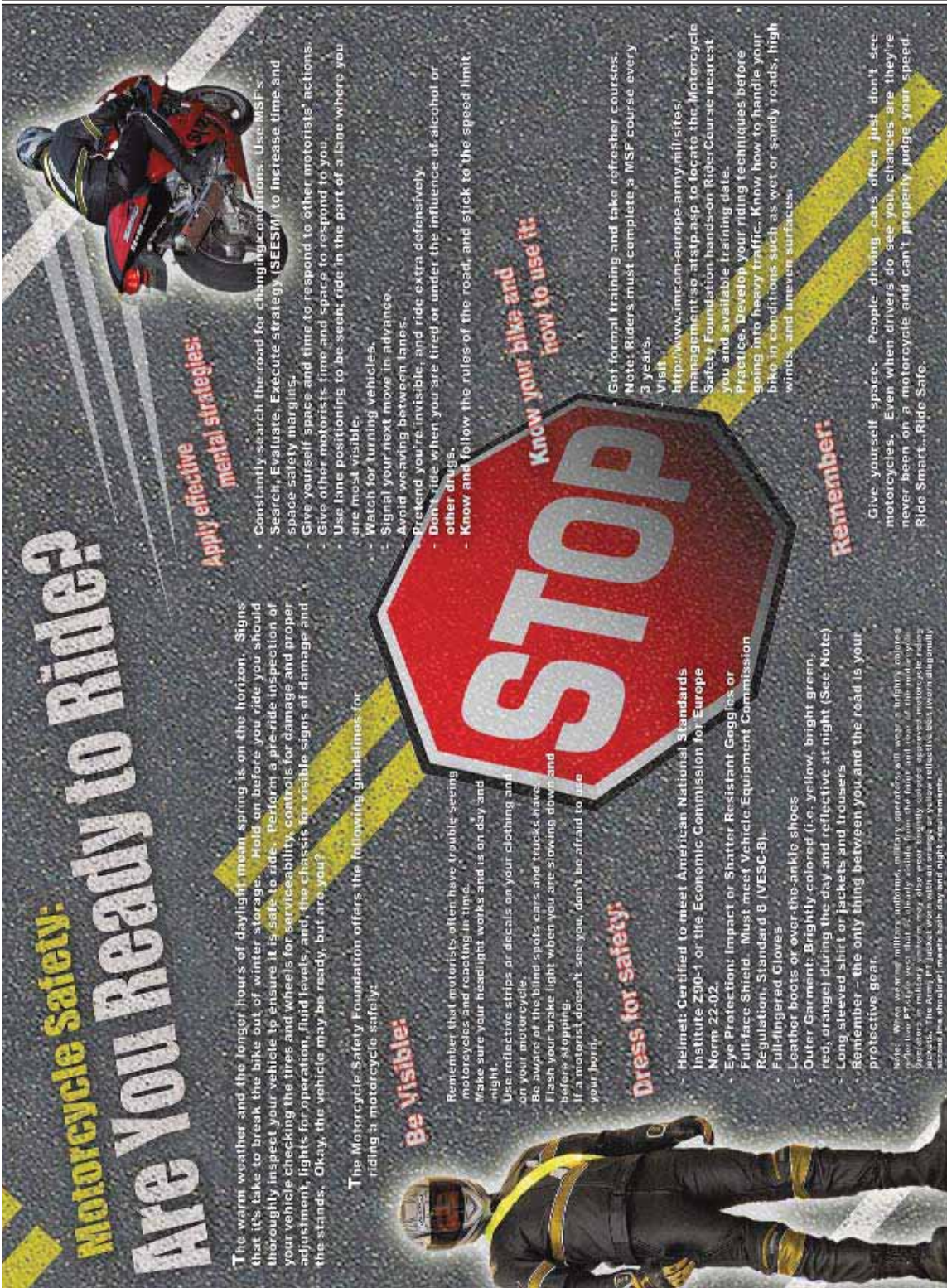
- Constantly search the road for changing conditions. Use MSF's Search, Evaluate, Execute strategy (SEESM) to increase time and space safety margins.
- Give yourself space and time to respond to other motorists' actions.
- Use lane positioning to be seen, ride in the part of a lane where you are most visible.
- Signal your next moves in advance.
- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road, and stick to the speed limit.

Know your bike and how to use it:

- Get formal training and take refresher courses.
- Note: Riders must complete a MSF course every 3 years.
- Visit <http://www.mcom-europe.army.mil/sites/management.asp> to locate the Motorcycle Safety Foundation hands-on RiderCourse nearest you and available training dates.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

Remember!

Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they've never been on a motorcycle and can't properly judge your speed. Ride Smart... Ride Safe.



MILITARY BRATS

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guest of the USAG Baden-Württemberg Chaplain's Office for a week called "The Good and the Grief."

From March 17-19, Wertsch traveled to the Benjamin Franklin Village Chapel in Mannheim, Patrick Henry Village Chapel and Mark Twain Village Chapel in Heidelberg, and the Landstuhl Library in Kaiserslautern.

She presented information for parents and those who work with military children – information she said is invaluable.

"Because military children do not grow up with the same sense of hometown or roots that many other civilian people do," she said, "here is the fact of the matter – everybody needs to know where they are from. I learned that it is very important to understand that we are from this military culture. It shapes us, and you don't stop being a military brat at age 18 – it affects you your whole life through."

Wertsch discussed ways to strengthen resiliency in military children with those in attendance at an evening session at MTV Chapel March 18. She pointed out ways to use story sharing, poem writing, blues music and an activity she created called 'operation footlocker.'

The activity was launched in 1996



Mary Edwards Wertsch, military family researcher and author of "Military Brats: Legacies of Childhood Inside the Fortress," autographs a copy of her book after leading a discussion at Mark Twain Village Chapel in Heidelberg March 18.

to help develop cultural identity and connection among adults who grew up in the military, and three footlockers now crisscross the United States filled with contributed 'memories' from adult military brats.

Wertsch said she hopes parents and others who learn about her research simply get a better understanding of the military culture.

"I hope they take away that the military is a culture for the children raised

within it, the same as any culture on the face of the planet," she said. "It is a shaping culture. For parents to understand their own children, they need to understand the military as the root culture for their children."

Wertsch said as part of the research for her book, first published in 1991, she interviewed 80 adult military brats.

Through the research, she said the main strength of those she interviewed

was the values all those interviewed shared: Integrity, honesty, service, loyalty and the tendency to not be racist, for example.

Dr. Becky Powell, director of religious education for USAG Baden-Württemberg, helped organize the visit by Wertsch, whom she met through reading Wertsch's book while conducting research for her dissertation.

"Mary wrote the book, really and truly, and anything that you're going to read about military families is going to cite back to her," she said. "Hers is the first broad examination, in a systematic research way, of this population."

Powell said Wertsch not only helped her professionally but personally as well.

"Mary has become a valued colleague and friend," she said. "When we had a time when we had some significant transition issues for my daughter, Mary was one of the people who sustained us. She gave us practical advice."

Powell agreed that it is important for military families to think about the culture they are living in.

"I hope they come away with a sense that there is an identity, there is a pride that children and adults can have from their lives here, and it is a very good and honorable thing," she said.

RED CROSS

continued from page 1

stress on the service members and their families," Buttner wrote in an e-mail from Kuwait.

Buttner and his team, "4:18 to Tikrit," were stranded in Kuwait for a time while awaiting transport into theater. The delay was just one more stop on their three-week journey to Tikrit via Washington and Fort Benning, Ga.

"The toughest part of SAF deployments are getting there and getting back," Buttner said in a blog on myBWnow, the U.S. Army Garrison Baden-Württemberg virtual community.

The time wasn't wasted, he wrote. "These past days have allowed us to get over the jet lag and acclimate to the weather. It still takes some time getting use to all the dust in the air."

For Buttner, who retired as a chief warrant officer 2, deployments have become a part of life over the past six years, like it has been for many of the Soldiers he supports.

When he retired, Buttner became a volunteer at the Fort Bragg, N.C., Red Cross office, and was also a volunteer in the

Reserve Corps, he said.

Since then the Red Cross has deployed the Wisconsin native to Lajes Field in the Azores, Baghdad and Kuwait, and Buttner has been a staff member at the Fort Bragg, N.C., Ramstein and Heidelberg stations.

"Deployments are a part of the job," Buttner said. "I signed up to deploy anywhere in the world."

For the next four months, anywhere in the world means Tikrit for Buttner and his team.

He said his plans are to hit the gym hard and ensure his team functions well together.

One of his Heidelberg team members, Rainer Neuhauser, field office coordinator, said Buttner will have no problem leading the 4:18 Tikrit team.

"He's a really good manager," Neuhauser said. "He has the leadership skills to lead a team downrange."

The team will provide the Soldiers the support they need while deployed.

Part of that support is emergency communications – where Red Cross staff verify emergency situations that involve the family member of a Soldier and generate a Red

Cross message for that Soldier's command.

Red Cross messages allow "the American people to communicate with their family members serving in the Armed Forces," according to the American Red Cross Web site. Buttner described the process of generating a Red Cross message as a way to independently verify emergency situations, which may require the presence of the service member. The process involves interviewing the service member, his family, doctors and others to ensure all resources have been exhausted.

The team then relays the message to the Soldier's command team and offers any assistance they can provide to the Soldier.

"Military leaders rely on the American Red Cross to provide objective, timely, confidential, factual, complete and verified information on emergency family situations," the Web site read.

Neuhauser said last time he was deployed, the Red Cross members were called "angels of death," because they are so often the bearers of bad news.

But, he said Buttner has worked to change that image



Follow Peter Buttner's deployment blog online in the BWnow virtual community.

<http://myBWnow.ning.com>

in Heidelberg.

"Peter is the face of the Red Cross in Heidelberg," he said.

One of the ways Buttner has worked to change that image is through community outreach. Neuhauser said Buttner came up with the idea of handing out blankets and coffee at the Cancer Awareness Laps for Life event held in September.

It's more than emergency case management, Neuhauser said. "We're here to help."

Buttner, on his way to Tikrit, sought out opportunities to share the Red Cross mission with Soldiers he met.

"I spoke with a few Soldiers here in Kuwait who asked us about what we do," Buttner wrote in his blog, "and they were grateful for our services in the time of need. One Sol-

dier who had been evacuated to (Landstuhl Regional Medical Center) for having a gallbladder removed stated his experience for the whole event was very positive. The SAF teams are getting the message through and taking care of both the service member and their families so they can focus on what's important."

For Buttner that means caring for people, whether that's giving a ride to someone in the garrison or deploying downrange.

"My military experience played an important part of getting a job with the American Red Cross," Buttner wrote in an e-mail. "(The) 'serve those who have served with me' attitude has taken me on a whole new adventure around the world."

Where are you spending your spring break?



Christopher Porter

The tiny fishing village of Riomaggiore, Italy, is nestled on the cliffs in the Cinque Terre National Park.

Tuscany's tantalizing spring has something for everyone

By Joyce Costello
USAG LIVORNO PUBLIC AFFAIRS

LIVORNO, Italy – Spring break is right around the corner for U.S. military families in Europe.

And it's the perfect time for them to let Camp Darby be a springboard to the treasures of Tuscany.

It doesn't matter if you want to stroll through art museums, shop at antique markets, wander about medieval cities or visit the Leaning Tower of Pisa, there is something for everyone in this part of Italy.

During spring break – April 6-10 for most U.S. students in Europe – Camp Darby's information, trips and recreation office is offering a variety of tours for those vacationing in the area.

Hike nature trails in Cinque Terre

Known as the five lands by the sea, Cinque Terre are quaint seaside villages, built on steep cliffs, which have been connected by path, rail and ferry.

It is the ideal place to enjoy fresh sea air and cool Mediterranean breezes – and because the peak tourist season doesn't start until later in April, the trails and towns aren't too crowded.

How about the eternal city of Rome?

Visit the Vatican, the Sistine Chapel, the Coliseum and Pantheon. Enjoy lunch by Trevi Fountain and then make a quick visit to the Spanish steps. Plus the Roma Opera Virtuoso will perform Mozart's last Requiem Mass April 9.

Interested in seeing art and sculpture masterpieces?

Florence is always bustling with events and energy. Or for something different, check out the World Sacred Music Week April 3-10 at St. Stefani al Ponte Church.

Sample Tuscany's famous wines

Wine tasting in medieval San Gimignano is a great way to enjoy Tuscany's most famous wines.

Other events in San Gimignano include the Easter Market near Piazza Matteotti and Piazza Gramsci, and the Procession of the Cross April 10. This ancient procession has been celebrated in San Gimignano since 600 A.D.

For more springtime ideas and to plan a Tuscan vacation near Camp Darby – Europe's Southern Destination of Choice – visit www.usag.livorno.army.mil, and click on "Plan My Vacation," located on the home page's left side.

Visiting Tuscany

How to book a trip

Contact Camp Darby ITR by phone at DSN 633-7589, civ. 050 54 7589 or by e-mail at lodging-itr@eur.army.mil

Where to Stay

Sea Pines Lodge has hotel rooms, log cabins and camp grounds. Make your reservation by calling DSN 633-7225, civ. 050 54 7225 or e-mail lodging-itr@eur.army.mil (www.livornomwr.com)

How to get there

By Air:
www.pisa-airport.com

By Rail:

Why waste a day of travel when you can catch an overnight train from across Europe?
www.trenitalia.com

By Car:

Located off the A11/A12 Autostrade, exit Pisa Centro.
www.autostrade.it

By Ferry:

Exploring France, Spain, Corsica or Sicily and don't feel like driving to Camp Darby? Ferries operated by Grimaldi, Corsica and Moby dock in Livorno (Leghorn) 10 minutes south of Camp Darby.
www.grimaldi-lines.com
www.mobyfines.it
www.corsicaferies.it

GERMAN GOVERNMENT

Experience Stuttgart

Capital city opens doors to
American visitors

American personnel stationed in Mannheim and Heidelberg are invited to spend a day in Stuttgart as special guests of the Baden-Württemberg State Parliament, the state government and the city of Stuttgart.

Community members are invited to participate in the next city visit set for April 6.

The Capital City Visitation Program is part of an initiative to increase German-American contact and offers Soldiers, civilians and family members a unique opportunity to learn more about the state of Baden-Württemberg and its history.

The program begins at the Baden-Württemberg State Parliament with a presentation on the political structure and current political situation, as well as a comparison to the U.S. political system. A luncheon will be hosted in either the restaurant of the State Parliament or in the "Ratskeller" as special guests of the city of Stuttgart.

A tour guide will provide a guided walking tour to some of Stuttgart's major sights — the State Theater, the New Palace, the Old Palace and the Market Hall of Stuttgart.

The program concludes with a reception at the city hall with the lord mayor or the lord mayor's personal envoy. The presentation at the city hall also includes a film showing some of the highlights of the city of Stuttgart and the state of Baden-Württemberg.

Each participant will receive informative brochures and books from both the State Parliament and the city of Stuttgart, covering a myriad of topics on history, politics and culture, as well as taking a light-hearted look at "those strange German ways."

The tour also provides an understanding of the history shared by the U.S. forces and the state of Baden-Württemberg with special emphasis on the crucial role the United States played in reconstructing war-torn Germany and providing it with its present day democratic constitution.

The visit will also provide an overview of Baden-Württemberg, which is the third largest of the 16 German federal states both in terms of area (13,803 square miles) and population (10.7 million). Baden-Württemberg is Germany's most prosperous state and one of Europe's leading industrial regions.

Stuttgart, the capital of Baden-Württemberg, is Germany's sixth largest city and is best known for its high-tech industry. Stuttgart is also world-renowned for its culture. The city features the Stuttgart Theater, which offers world-class ballet, opera and theater performances and is the largest theater of its kind in Europe. The Stuttgart region has Germany's highest density of scientific, academic and research organizations.

Furthermore, Stuttgart is one of Germany's largest wine-growing towns with a centuries-old viticulture tradition.

Participation in this program is free. Transportation to and from downtown Stuttgart will be via bus provided by U.S. Army Garrison Heidelberg. The bus will depart the park and ride located outside the Heidelberg commissary gate at 7 a.m. Expected return at approximately 7 p.m.

For more information or to register for the April 6 visit, call DSN 373-1600 or e-mail usaghdpaoo@eur.army.mil no later than March 30. Space is limited, so reserve seats in advance.

Also, please note that this tour is not designed for children. The tour is open to all Soldiers, DoD civilians and spouses who are new to Germany.



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

Dear Ms. Vicki,

My husband smells like a pig! His hygiene is terrible, and nothing I can do will make him take a bath. I'm sure the people at his job must complain about the way he smells. It's not just his underarms or his butt that's atrocious; it's his breath, too. He has terrible halitosis.

It can light up a room. I can't take it, and I'm at a loss to why he won't take heed to my complaints. I told him that a wife is supposed to be able to tell her husband when something is wrong — even if it is his hygiene.

He never changes his pants or his shirts, well barely. I know for a fact he will wear the same thing to work over and over again. This has absolutely ruined our sex life. I can't tell you when the last time I've made love to my husband. It has to be over a year.

I'm 36 years old and have no intimacy with my husband. This is terrible! Years ago we used to have what they call monkey sex. Now it's dwindled to us never talking or even looking at each other. He used to have discipline, or at least I think he did when he was in the Army. Now that I'm thinking about it, this may be the reason he left the Army. Maybe he did not leave voluntarily, but was

forced out because of his hygiene.

I'm sorry for going on and on about this. I'm very tired of living like this. I don't sleep in the same room with my husband because he smells so bad. It's like we don't even know each other, and I'm living with a stranger or maybe just a roommate. I can't see myself with someone like this. I'm so ready to move on. Please help!

From: Stinky Hubby

Dear Stinky,

It sounds like you and your husband are having some serious problems. I'm not sure how he is managing to keep his job with such poor hygiene.

In my professional opinion, it sounds like he might be battling with depression.

At any rate, he won't bathe and he won't change clothes, but he is still working. Here's the deal, you can't make him bathe or see a dentist, and you can't make him see a doctor for a health check up or mental health screening. However, if he takes those pants, shirt and underwear off for any length of time at night, I would hurry and throw them in the washer.

I almost want to say "throw them away!" Seriously, I think you need to try and have a heart-to-heart conversation with your husband. His hygiene is unacceptable.

I'm not blaming you or putting all of this on your shoulders, but like you said, you are his wife.

Try approaching it from this angle; let him know you miss the closeness, affection and intimacy you used to have in earlier years. Hopefully this will allow him to open up to you and disclose what is really going on with him.

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.

I would regret if you ended up in divorce court over your husband's poor hygiene, but I think it has to be something that is affecting his behavior. Let me know if this helps.

Dear Ms. Vicki,

I think you are out of touch with some of your advice. Like your information to the writers last week. One of the Soldiers has PTSD symptoms and said he is about to snap. The other woman said her husband changed since the war.

You make everything so cut and dry like the military has to help you. The military does not care when you return messed up. They will only need you during war. After that, you are on your own.

Help is not easy to come by. My husband had to go to the hospital over and over, time and time again. Workers were not showing up to work, and his appointments kept being cancelled. Who knows why?

It has taken an act of Congress to try and get the basic help he needs. All I'm saying is don't have so much faith in the system. Help just isn't out there. Please know the facts, Ms. Vicki, and always keep it real.

From: A Real Experience

Dear Ms. Vicki,

My husband was a Vietnam vet. When he served his two tours, he came home to no services. As a spouse I wasn't even allowed to remain in base housing. Instead, me and my children had to go home with my parents. Believe it or not, there wasn't even a Ms. Vicki either. I read your column faithfully, and I really love the candid, no nonsense advice you give. Keep up the good work.

From: An Avid Fan

Get involved with Child Abuse Prevention Month

By Dr. Vernon Chandler

USAG KAISERSLAUTERN FAMILY ADVOCACY PROGRAM

If you spot a civilian handing out flyers at the gate of a local military installation April 1, don't be afraid of a possible April Fool's Day prank. The Kaiserslautern Family Advocacy Program staff will be manning the gates to give motorists candy and information regarding child abuse prevention.

"We have a full month of Child Abuse Prevention Month activities planned for the Kaiserslautern area," said Devon Paul, Kaiserslautern Emergency Placement Care coordinator and project officer for the prevention month programs. "We have a variety of events planned to promote healthy families. Special activities include a pool party, teen dance, family fun night, puppet show, commissary information booths, a lunch-n-learn, parent reading programs and a blue ribbon campaign."

"The blue ribbon pays tribute to those children who are victims of child abuse, and we will be passing

out blue ribbons at all our activities," Paul said.

There will also be a Child Abuse Prevention Month proclamation signing at Wednesday's Community Information Forum with Lt. Col. Mechelle B. Hale, Kaiserslautern garrison commander, to officially kick off the month's observance. Child Abuse Prevention Month is devoted to transforming the community into a place that cares about — and actively supports — families and children.

"The majority of child abuse cases stem from situations and conditions that are entirely preventable in an engaged and supportive community," said Judy Kintz, a social worker with Kaiserslautern's New Parent Support Program. "A community that cares about early childhood development, parental support and maternal mental health, for instance, is more likely to see families nurturing children who are born healthy and enter school ready to learn."

For more information regarding the child abuse prevention awareness activities, contact Paul at DSN 493-4331, civ. 0631-3406-4331.



I Love You, Man

First thought that comes to mind? Awkward, to say the least.

This movie is all about the great awkward situations you can put a guy into when he's trying to find himself a new best friend. Paul Rudd plays "girlfriend guy" Peter, the kind of guy who lets his guy friends fall to the wayside once he has a girlfriend.

Now engaged to girlfriend Zoocy (Rashida Jones) he needs to find a best friend to be his best man at his wedding. Oh, if only it could be so simple.

Naturally this being a Judd Apatow film, it

has to have all kinds of awkwardness to it, and he doesn't let us down yet again on the "man" humor, as one of my friends puts it. I have seen every single Apatow film ("40 Year Old Virgin" "Knocked Up" and "Forgetting Sarah Marshall" to name a few), and he hasn't let us down yet, in my opinion.

Apatow uses Rudd and Jason Segel ("Forgetting Sarah Marshall") to play out this hilarious quest to find platonic "man love" and all the weirdness that comes with the endeavor. Rudd and Segel are a perfect duo – like a comedic Batman and Robin, they have the kind of comedic chemistry to leave you in stitches.

While the movie has done great in the states, keep in mind that it is rated R and keeps with most of his previous films in that it's geared toward the older crowd. Ladies, I think you will get a kick out of this film but it has "guy" film written all over it.

Grab some seats, and make sure you time your eating or drinking – we wouldn't want you to cough it all over the person in front of you.

GET OUT!
area events

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

March 26

Cheap Eats – Join Heidelberg BOSS in Bldg. 114 on Patton Barracks for Cheap Eats – Iron Chef Pancakes 6:30-8:30 p.m. www.mwgermany.com/HD/boss/hd_boss.htm.

March 27

Live Theater Performance – The KMC Onstage Community Theater presents Ayn Rand's "Night of January 16th," a courtroom drama-comedy in three acts. This interactive show will bring members of the audience onstage as jurors to decide the fate of murder suspect, Karen Andre. Show dates are 7:30 p.m. March 27-28, April 3-4 and 10-11 and 3 p.m. April 5. DSN 483-6626, civ. 0631-411-6626.

Sesame Street Screening – The USO Rhein Neckar will host a special sneak preview screening of Sesame Street's "Coming Home: Military Families Cope with Change," featuring Queen Latifah, John Mayer and Elmo, 1-3 p.m. in Bldg. 254 on Sullivan Barracks in Mannheim.

Poland Shopping Trip – Now is the chance to shop in Poland for all those beautiful Polish designs you've been admiring in the local area. This is strictly a shopping tour that runs through March 29, so you'll have plenty of time to shop, shop and shop. <http://affiliates.usa.org/kaiserslautern>.

Bärlauch Tage – Through April 12, enjoy the wild version of garlic in the Neckar and Odenwald region. Restaurants and bakeries are using Bärlauch, or garlic, in their recipes. Also classes how to cook or bake with Bärlauch are scheduled. Special guided tours to discover Bärlauch in the area are offered as well as sampling of goods. www.eberbach.de.

Salsa Disco – Dance it up with DJ Otmane starting at 9 p.m. at JUZ, Steinstrasse 47,

The Student Prince

Tickets are now on sale for the Heidelberg Castle's annual festival of theater and music, the Schlossfestspiele.

Tickets bought by March 31 receive a 10 percent discount, according to organizers. The festival runs June 26-Aug. 9 at various venues in the castle.

It includes the perennial American Favorite "Der Studentenzprinz" (The Student Prince) which plays July 24, 26 and 30, and Aug. 7, all at 8:30 p.m. Tickets are available at the theater box office, civ. 06221-582-0000, tickets@theater.heidelberg.de, and at many local ticket outlets. www.heidelbergerschlossfestspiele.de and www.theater.heidelberg.de.

Kaiserslautern. Admission is €3.50. Civ. 0631-4145452, www.juz-kl.de.

March 28

Prague – Spend an exciting day at "the crossroads of Europe." The route takes in the four most interesting and important parts of the city: The New Town, The Old Town, The Jewish Quarter and Prague Castle. Highlights to visit on your free time are the town square, the Astronomical Clock, the changing of the guard at the Castle and the Charles Bridge. DSN 385-2082, civ. 0621-730-2082, <http://affiliates.usa.org/rheinneckar>.

Time Warp – Originally celebrated as a meeting of the house and techno scene, "Time Warp" long ago established itself as an interdisciplinary music and media art spectacle. At various locations through April 4. On April 4, the grand TDK Time Warp Concert will be held at the Maimarktgelände on five different stages. www.time-warp.de.

The Glass Menagerie – The Roadside

Theater presents this classic American drama, 7:30 p.m. March 28 and April 3-4, and at 3 p.m. March 29. A heartbreaking memory play of family and lost dreams, it's filled with lyrical symbolism about the inability to escape the harshness of reality. DSN 373-5020, civ. 06221-17-5020, www.roadsideheater.com.

Paris Dinner, Tour and Cruise – See such major tourist attractions as the Eiffel Tower, Notre Dame Cathedral, the Arch of Triumph, and more. Spend the evening in the Latin Quarter for an authentic five-course meal served in a historic atmosphere. You'll also marvel at the City of Lights on an evening boat cruise on the Seine River. <http://affiliates.usa.org/kaiserslautern>.

March 31

Darmstadt Art Nouveau – Best known as a center for science and the arts, Darmstadt's beautiful "Art Nouveau" buildings are worth the trip. Visit the Herregarten, the Prince George Palace and Gardens, and the Russian Chapel built by the last Czar, Nicholas II for his German bride Alexandra. Climb the "Wedding Tower" for a panoramic view. There's time for lunch and some shopping. <http://affiliates.usa.org/rheinneckar>.

German Cooking Class – Do you enjoy German food? Would you like to learn how to prepare some popular German soups? Then sign up for this USO class. We'll teach you how in a three-hour session. <http://affiliates.usa.org/kaiserslautern>.

April 1

JazzToDay Part 2 – Features the German band Triband and the American singer, double-bass player and composer Esperanza Spalding, 8 p.m. at Kammgarn in Kaiserslautern. Tickets cost €25. <http://kammgarn.de>.

coming to
THEATERS

FROST/NIXON

(Frank Langella, Michael Sheen) For three years after being forced from office, Nixon remained silent. But in summer 1977, the steely, cunning former commander-in-chief agreed to sit for one all-inclusive interview to confront the questions of his time in office and the Watergate scandal that ended his presidency. As cameras rolled, a charged battle of wits resulted. Rated R (language) 122 minutes



NOT EASILY BROKEN

(Morris Chestnut, Taraji P. Henson) Dave's dreams of major league baseball success were dashed by an injury in college, leading him to a steady but unfulfilling career as the head of a small construction firm. Clarice is basking in the glow of real estate stardom, creating a life that revolves around her rise to the top. They face a total disruption in their lives when a car crash seriously injures Clarice. Help comes in the form of kind-hearted physical therapist and single mom Julie Sawyer, whose son Bryson is coached by Dave. Rated PG-13 (sexual references, thematic elements) 99 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

March 26 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
March 27 - I LOVE YOU MAN (R) 6:30 p.m.; MY BLOODY VALENTINE (R) 9:30 p.m.
March 28 - NOT EASILY BROKEN (PG-13) 2 p.m.; I LOVE YOU MAN (R) 5 p.m.; FROST/NIXON (R) 9:30 p.m.
March 29 - DOUBT (PG-13) 2 p.m.; I LOVE YOU MAN (R) 5 p.m.
March 30 - MY BLOODY VALENTINE (R) 7 p.m.
March 31 - I LOVE YOU MAN (R) 7 p.m.
April 1 - GRAN TORINO (R) 7 p.m.
April 2 - FROST/NIXON (R) 7 p.m.

Mannheim, Schuh

March 26 - WATCHMEN (R) 7 p.m.
March 27 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
March 28 - THE TALE OF DESPEREAUX (G) 2 p.m.; GRAN TORINO (R) 7 p.m.
March 29 - DELGO (PG) 4 p.m.; FROST/NIXON (R) 7 p.m.
March 30 - GRAN TORINO (R) 7 p.m.
March 31 - MY BLOODY VALENTINE (R) 7 p.m.
April 1 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
April 2 - FROST/NIXON (R) 7 p.m.

Vogelweh, Galaxy

March 26 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
March 27 - GRAN TORINO (R) 2:30 p.m.; I LOVE YOU MAN (R) 7 p.m., 10:30 p.m.
March 28 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 2:30 p.m.; I LOVE YOU MAN (R) 7 p.m., 10:30 p.m.
March 29 - I LOVE YOU MAN (R) 3 p.m., 7 p.m.
March 30 - GRAN TORINO (R) 7 p.m.
March 31 - MY BLOODY VALENTINE (R) 7 p.m.
April 1 - FROST/NIXON (R) 7 p.m.
April 2 - I LOVE YOU MAN (R) 7 p.m.

Ramstein, Hercules

March 27 - MY BLOODY VALENTINE (R) 7 p.m.
March 28 - GRAN TORINO (R) 7 p.m.
March 29 - FROST/NIXON (R) 7 p.m.

Ramstein, Nightingale

March 26 - THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 7 p.m.
March 27 - RACE TO WITCH MOUNTAIN (PG) 3:30 p.m., 7 p.m.; GRAN TORINO (R) 10:30 p.m.
March 28 - RACE TO WITCH MOUNTAIN (PG) 3 p.m., 7 p.m.; MY BLOODY VALENTINE (R) 10:30 p.m.
March 29 - RACE TO WITCH MOUNTAIN (PG) 3 p.m., 7 p.m.
March 30 - FROST/NIXON (R) 7 p.m.
March 31 - GRAN TORINO (R) 7 p.m.
April 1 - MY BLOODY VALENTINE (R) 7 p.m.
April 2 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Retiree Pay Representative

A Retiree pay representative from DFAS-Cleveland will be in Germany to assist retirees and annuitants with pay problems and conduct audits of individual pay account. The schedule includes: April 20, Mannheim, CPF Building; April 21, Kaiserslautern, Daenner Kaserne/Panzer Kaserne; April 23, Heidelberg, Shopping Center CPF office. Check with your local Retirement Services officer for exact times and possible location changes.

Unauthorized Mail in CMRS

Mail received and addressed in "c/o" is unauthorized mail and will be sent back to the sender, reference DoD 4525.6-M. Patrons will be notified prior to returning it to the sender. DSN 370-6611, jennifer.m.coleman@eur.army.mil.

local EMPLOYMENT

Career Expo

Don't miss the upcoming Career Expo 9 a.m.-3 p.m. April 16 at the Kazabra Club, Vogelweh Bldg. 2057. Participants can meet with dozens of employers, including government and contracting agencies. DSN 493-4029, civ. 0631-3406-4029, or jaqueline.boone@eur.army.mil.

Education Center Substitutes

Sullivan Barracks Education Center seeks administrative assistant, ALC Operator, test examiner and Central Texas College field representative. Civ. 0621-730-2370, jeanne.bakits@eur.army.mil.

Chapel Contractors

The U.S. Army Garrison Kaiserslautern Chaplain's Office seeks a contracted nursery and watch coordinator and a religious education coordinator through Sept. 30. DSN 493-4229, civ. 0631-3406-4229.

OU Area Site Director

The University of Oklahoma is seeking applicants for an area site director at Patton Barracks. Requirements include a bachelor's degree, experience in marketing, public relations, office administration, supervisory position, needs assessment, reporting skills, MS Office XP computer skills. Submit cover letter and resume to: University of Oklahoma, CMR 419, Box 1634, APO, AE 09102, apeadmin@ou.edu, or fax DSN 370-6687, civ. 06221-768945, by March 25.

Tutors

Kaiserslautern SKIES Unlimited seeks tutors for math, English, science, history and more. DSN 486-5412, civ. 06371-86-5412.

Aerobics Instructors

The USAG Kaiserslautern Sports and Fitness Centers are looking for aerobics instructors. DSN 493-2086, civ. 0631-3406-2086.

ACAP Counselor

The Army Career and Alumni Program currently has an opening for a part-time counselor for the Stuttgart area. All applicants must have a master's degree, be computer literate, and have a minimum of two years' training in job assistance, career or employment counseling, teaching, training, or a related field. All applicants cannot be considered ordinarily resident and must have logistical support. DSN 370-7545, civ. 06221-57-7545 or darla.huck@us.army.mil.

KAISERSLAUTERN

Education

• **ACS Classes and Events** – BRAG support group meeting, 10:30 a.m. March 28; Resumix, 1 p.m. March 31 and 9 a.m. April 2; REACH special needs support group, 4:15 p.m. March 31; Career Ready, noon April 1; HUGS Playgroup at Pulaski Kids' Zone, 10 a.m. April 2; Anger Management, 3 p.m. April 2; Stress Management, 4 p.m. April 2; Couples' Communication, 6 p.m. April 2. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.com/kl/acs.

Community

• Community Information Forum

– Hear informative briefings from community agencies and voice your opinions to local military leaders during this monthly forum at 1 p.m. April 1 at the Kaiserslautern Community Activity Center, Bldg. 3109 on Daenner Kaserne. DSN 493-4093, civ. 0631-3406-4093, ute.l.nickstadt@eur.army.mil.

• Car Wash Tokens

The Pulaski Auto Skills Center will switch to token-operated car washes and vacuums in April. The tokens can be purchased at the change machines. Quarters will no longer work in the car washes or vacuums after the switch has been made. DSN 493-4167, civ. 0631-3406-4167.

• DHR Operating Hours

The Directorate of Human Resources will change operating hours for admin services effective April 1. The new operating hours are 8 a.m.-noon, and 1-4:30 p.m., Monday, Tuesday, Wednesday and Friday, and 1-4:30 p.m. Thursday. DSN 493-4262.

• FRG BBQ Fundraiser

The Headquarters and Headquarters Detachment, U.S. Army Garrison Kaiserslautern Family Readiness Group hosts a BBQ fundraiser 11 a.m.-2 p.m. April 1 at the pavilion in front of the garrison Headquarters on Pulaski Barracks. Cost is on a donation basis. newsletters@yaho.com.

• BOSS Meeting

– Better Opportunities for Single Service members meet 1 p.m. April 2 at Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• Clothesline Project

– The Sexual Assault Prevention and Response Program sponsors the Clothesline Project March 30-April 30 at Army dining facilities on Landstuhl Regional Medical Center, Kleber Kaserne and Rhine Ordnance Barracks.

• Easter Sunrise Service

– The Army and Air Force Chaplain's Office will host an Ecumenical Easter Sunrise Service 6:30 a.m. April 12 at the Vogelweh football stadium, located between the Vogelweh Gym and commissary. In the event of inclement weather, the service will take place inside the Vogelweh Gym. DSN 493-4219, civ. 0631-3406-4219.

• CYS Services Teen Shuttle

This service, beginning April 15, is available to all CYS Services patrons in high school. A valid ID card and shuttle card will be required to ride. Pick up points are located throughout the KMC including Vogelweh, Ramstein and Landstuhl. DSN 493-4516, civ. 0631-3406-4516.

• BOSS Commissary Appreciation Day

– The Vogelweh Commissary and Better Opportunities for Single Service members host this event at 6 a.m. April 16. All military units in the Kaiserslautern military community are asked to come out and participate in this unit-level physical training competition. DSN 493-4344, civ. 0631-3406-4344.

HEIDELBERG

Education

• **ACS Classes and Events** – Checkbook Management, 9-11 a.m. March 27; EFMP Coffee Group, 9:30 a.m. March 27 at Java Cafe; VMIS Training, 10:30-11:30 a.m. March 27; Sponsorship Assistance Training, 2-3 p.m. March 30; Career Seekers Seminar, 9 a.m.-noon March 31; Health Relationships, 3-5 p.m. April 5; Reintegration, 9 a.m. Tuesdays; Community Orientation Briefing, 12-3 p.m. Mondays. DSN 370-6883, civ. 06221-57-6883, www.mwgermany.com/hd/acs.

• Red Cross Classes

– CPR AED, 8 a.m.-5 p.m. March 28. DSN 370-8711, civ. 06221-57-8711.

• German Language Classes

– Day and evening classes will be offered at Patton Education Center starting April 20. Cost is €80 (level 1) and €100 (levels 2-4) for 38 hours over eight weeks (evenings) or three weeks (daytime). Registration is 5-7 p.m. April 3-4 in room 116 at the education center. DSN 373-6176, civ. 06221-168226.

• Master of Business Administration

– University of Phoenix is currently enrolling students for the MBA program. Classes are one night a week and start May 27. DSN 373-7650, civ. 06221-588-0492.

• Military History Circle

– Meeting at the Heidelberg Rod and Gun Club at 7 p.m. March 26. sissonwe@isp.gds.net.

• Women's History Month

– Observance will be held at 1 p.m. March 27 at the chapel on Nachrichten Kaserne. DSN 371-2636.

• Heidelberg International Wandering Club

– Join the HIWC at the following volksmarches: March 28-29, Hüttenhal (Mossautal), Hahnstätten. Sign up for upcoming trips to Balleersdorf, Reinsfeld, Frankfurt and London. www.hiwc.de.

• School Registration

– Registration for school year 09-10 will be: Mark Twain Elementary, 8:30 a.m.-3 p.m. through April 3; Patrick Henry

Elementary School, 7:30 a.m.-3:30 p.m. through April 3; Heidelberg Middle School, 8 a.m.-6 p.m. March 30-31; Heidelberg High School, 8 a.m.-5 p.m. March 30-31 and noon-4 p.m. April 1. Contact each school directly with questions.

• Library Closed

– The library on PHV will be temporarily closed March 31. Call DSN 370-1740, civ. 06221-57-1740.

• Winger's Lunch Express Shuttle

– Starting at 11:30 a.m. March 30, Winger's Grill and Bar will offer a Lunch Express shuttle service from Campbell Barracks to PHV. Pick up is every day in front of Campbell Gym.

• Thrift Shop Closure

– The Thrift Shop will be closed April 1 for the monthly HCSC luncheon and April 4-11 for spring break. Any consignments expiring during the closure must be withdrawn prior to the closure. The shop will reopen April 14 to take summer consignments.

• Army Emergency Relief

– The 67th Annual AER Campaign will kickoff with a community luncheon at noon April 1 at the Mark Twain Village Chapel. DSN 370-8448.

• Alpha Phi Alpha Scholarships

– Deadline for applications is April 3. Civ. 0179-536-2115, covens316@hotmail.com.

• Sexual Assault Prevention and Response Training

– Join subject matter expert Russell Strand April 3, Roadside Theater, Patton Barracks. Victimology: 8:30-11:30 a.m. Sex Offenders: 1-4 p.m.

• PHV Shoppette Closure

– The shoppette will close midnight-4 a.m. April 4 for equipment upgrades.

• Family Movie Day

– Enjoy a free movie in honor of Child Abuse Prevention Month, featuring "The Tale of Despereaux," starting at 2 p.m. April 6 at the PHV Theater. Seating is limited.

• EDIS Happy Hours

– Parents can talk to professionals about their child's development 4-6 p.m. April 7 and 15 at PHV Child Development Center and 4-6 p.m. April 2 and 21 at MTV CDC. Civ. 06221-17-2738.

• Housing Office Closure

– The office will be closed April 10 and 13 in observance of Good Friday and Easter. Full services will resume April 14.

• Child Lights

– Child Lights: Protect and Celebrate Children 6-8 p.m. April 16 at the Village Pavilion. Enjoy family crafts, infant safety, teen dating, Internet safety and more.

• Retirement Ceremony

– Held at 3 p.m. April 24 near the flag pole on Patton Barracks for Soldiers and civilians with an approved retirement date. DSN 373-6334.

• Krimson and Kream Scholarship Benefit Ball

– Kappa Alpha Psi Fraternity Inc. will hold its 2009 ball April 25 at the Village Pavilion. Donation is \$35, and proceeds go toward

scholarships for graduating DoDDS students. Civ. 0160-9916-2144.

MANNHEIM

Education

• **ACS Classes** – Toddler Parenting, 9-10 a.m. March 30; Installation Volunteer Orientation, March 30 and April 1; Quarterly FRG training forum, 6-8 p.m. March 31; School-Age Parenting, 9-10 a.m. March 31; Levy and Out-Processing, 1-2:45 p.m. March 31; Mom and Me Playgroup, 10-11 a.m. April 1; Hearts Apart Support Group, 11:30 a.m.-1:30 p.m. April 1; Sponsorship Training, 3-4 p.m. April 1; FRG Funds Management, 5:30-7:30 p.m. April 1; Organization POC VMIS Training, April 2; Welcome to America for Foreign-Born Spouses, 9 a.m.-2:30 p.m. April 4. DSN 385-3101, civ. 0621-730-3101.

Community

• **Gate Changes** – Upgrades are coming to the access control points at Funari, Coleman, Spinelli, Grant Circle and BFV-5. Any installation with a closed exit lane will be marked as closed and signs will be posted to the alternate exit gates. Schedule:

Grant Circle (BFV Side), March 23-28; BFV-5 Gate (PX), April 6-18; Spinelli Gate, April 20-25; Coleman Gate (phase II), May 4-11; Funari Gate, May 18-23.

• Sexual Assault Awareness Month

– Unit Victim Advocate training will take place at the USO on Sullivan Barracks 8:30 a.m.-4:30 p.m. March 30 and 31. The Sexual Assault Awareness Month 5K run and walk will take place at 6:30 a.m. April 2 starting at Sullivan Gym. DSN 385-3101, civ. 0621-730-3101.

• Volunteer Ceremony

– The garrison will host its annual Community Volunteer Ceremony at Benjamin Franklin Village, Bldg. 725 6-8 p.m. April 23. Reserve a seat by March 30. DSN 385-2759, civ. 0621-730-2759.

• Sullivan Library

– Starting March 29, hours of operation will change to: 10 a.m.-7 p.m. Tuesday-Thursday; 10 a.m.-6 p.m. Friday and Saturday, closed Sunday, Monday and German holidays. DSN 380-1740, civ. 0621-730-1740.

• Youth Services

– Youth Sponsorship, 5-6 p.m. March 27; Keystone Club, 4-5 p.m. April 1; Club Tech, 5-6 p.m. April 1; Money Matters, 4-5 p.m. April 2; Image Makers, 4-5 p.m. April 3; Ultimate Journey, 4-5 p.m. April 3. DSN 380-4864, civ. 0621-730-9997.

• MCC Scholarships

– Mannheim Community Club is offering merit-based scholarships to college-bound high school seniors and to undergraduate students already enrolled and continuing their education. Applications are available in the MHS counselor's office, the Education Center, the Thrift Shop and at ACS. Apply by April 1.

Year of the (Lady) Lions

HHS teams claim titles, look to future for more

By Colleen Mattingly
HEIDELBERG HIGH SCHOOL STUDENT

Countless times in 2008 and 2009 Heidelberg fans have found themselves once again cheering on the Lions in victory. Whether it was girls' cross country, girls' volleyball, boys' and girls' tennis, football, girls' basketball or cheerleading, the school year 2008-2009 has undoubtedly been a year for the Lions. Further than the wins, it seems to be more a year for the Lady Lions, as they have won every title they have been faced with.

Looking back, girls' cross country captured the title for the first time in 15 years. This win came with the help of All-Europe runners junior Maggie Cutler and sophomore Lindsey Duckworth. Other top runners were sophomore Olivia Darrow, sophomore Kristine Bremer, and junior Kerry O'Brien, who all placed in the top 20.

Girls' volleyball had not won since 2004; this was a hard-earned win as the Lady Lions finished last in 2007 and first in 2008. This could not have been done without the bumps, sets and spikes of team captains and seniors Ashley Hicks, Teri Henderson, Emily Robertson and more. Hicks won tournament MVP along with All-Conference, All-Tournament and All-Europe. Hicks was joined in these awards by Robertson and Henderson.

"We were more of a team this year, and we had a lot of passion," Robertson said.

The Lady Lions comeback was even featured in "Volleyball Magazine" after receiving summer help from four professional volleyball players. Col. Robert Ulses, U.S. Army Garrison Baden-Württemberg commander, gave the champions the Commander's Award for Excellence because of this great achievement.

Heidelberg tennis swept with a girls' doubles win by senior Nikki Ecenrode and junior Andrea Wheatcroft, a boys' singles win by senior Nick Garcia for his three-peat, and senior Chelsea Cotter taking third in girls' singles. Together the wins placed Heidelberg first in the tournament.

As the only full boys' team to win Europeans this year, the football team has earned respect. This team brought back the title that had been lost since 2005, more spirit with their Lava Lava skirts, and brought back a long-missed head coach Brad Shahan.

Shahan was awarded coach of the year after his return to HHS football.

"We were more of a team this year, and we had a lot of passion."

-Emily Robertson, member of the 2008 Lady Lions championship volleyball team

This title came with the help of the All-Europe players running back and kicker senior Kyle Ulses, offensive lineman senior Chip Dougherty, linebacker senior Alex Savusa and defensive lineman senior J.C. Sharer.

Girls' basketball captured a title that had not come home since 1996. Senior Fallon Puppulo, senior Ashley Hicks, freshman Rebecca Luna along with other deserving Lady Lions brought home the 13-year missing crown. Hicks once again won tournament MVP and All-Tournament with team members Puppulo and Luna.

After a disappointing loss in 2008, the cheerleading team made a huge comeback in 2009 with nine tumblers, new flyers, the spirit award, and, of course, the first-place trophy, not won since 2006.

"It felt great to not only beat Ramstein, but to send them to third place," senior Nikki Ecenrode said. This win came with the help of team captains senior Maggie Gallagher and junior Nachele Allen. Allen was joined by sophomore Tess Taylor, and freshman Jacqueline Montflurry in receiving the All-Tournament award.

Looking ahead, the boys' soccer team holds last year's crown, after the gut-wrenching overtime win, and according to senior Gavin Gramtham, "We're going to win again." Cocky much? Maybe, however, last season they projected themselves as being the undefeated champions – and they were.

The soccer team is full of returning champions like team captain senior Kevin Beerman, 2008 tournament MVP, All-Europe center mid-fielder, and sophomore Zach Harrington, All-Europe second team goalkeeper; both are also all-conference players. Sophomore Nate Joyner joins the two with an All-Tournament award.

Girls' soccer won second in 2008, and in hopes of keeping with the year of the Lady Lions, they hope to take first in 2009, as the last win was in 2006. Most of the team is returning, and they are led by team captains senior Lindsay Braden and junior Katie Garner, along with All-Tournament player junior Maggie Cutler.

The track and field teams have positive outlooks after the girls' cross country win and 2008 boys' and girls' second-place track and field

finishes. The teams hope 2009 proves as lucky for them as others, as the last win was in 1995.

"I think the sprinters will do really well; we have Chris Frazier back," said team captain senior John Rynecki, who placed third in the 1500 last year. Rynecki is joined in leadership by senior Christine Holland, junior Loretta Keeseh, senior Nina Weller and junior Nachele Allen. Holland is the 100- and 200-meter dash defending champ, while Keeseh is right behind her in the 100. Weller is a top jumper in the high jump at 4 feet 6 inches. Allen, Keeseh and Holland joined to take 2008's win in the 4x100 relay.

Girls' softball is undergoing a change this year. With the 10th anniversary of softball in DoDDS-Europe, HHS's team is receiving a new coach in Kara Mittenzwey. The Lady Lions have all returning starters, which brings them high hopes. The Lady Lions took third in the tournament last year, and won the conference, with the help of All-Tournament juniors Melissa Guelle, pitcher, and Courtney Milton, catcher; All-Europe second team and All-Conference pitcher BriAnn Joyner, a senior and team captain, along with senior Brooke Koschade. With the help of their new coach, all the returning starters, and in keeping with the year of the Lady Lions, the girls hope to capture Heidelberg's first softball crown.

"I want to win this year," Milton said. "I'm tired of third."

For the first time ever, Heidelberg High School baseball is a DoDDS-Europe sport. This came after many complaints about the absence of "America's Pastime." The team has many returners from the previous Youth Services lineup. Seniors Jonathan Klinner, Chris Williams and Ben Jackson, are all returning players. Junior Jamal Pope, an old Heidelberg, even made a return to the Lions for this new era of HHS baseball. Senior Justin Patrick, who moved from Patch, has proven to make an excellent addition to HHS after a winning season in Patch in 2008.

"It's a special feeling to play for Heidelberg in the first year of DoDDS baseball," Patrick said. Whether the upcoming sports win or lose, the school year 2008-2009 has been, and will remain a year for the Lions.

staying ACTIVE

Send the HP Your Sports Photos

Do you have photos from sporting events in your community – youth sports, high school sports, unit-level or community sports? Share them with the Herald Post. E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil within one week of the event.

Basketball Championship

Mannheim Sports and Fitness hosts the Final Four Army/Air Force Basketball Championship April 3-5. All games are played at BFV Sports Arena (Benjamin Franklin Village, Bldg. 736). Entry is free. DSN 385-3164, civ. 0621-730-3164.

Unit-Level Volleyball

Heidelberg – Games to be played at Patton Fitness Center: Cougars vs. Leftovers, 6:30 p.m. March 30; MEDDAC vs. 302nd MI, 7:30 p.m. March 30; MEDDAC vs. Leftovers, 6:30 p.m. April 1; Cougars vs. 302nd MI, 7:30 p.m. April 1.

Kaiserslautern – Units wishing to participate in this year's unit-level volleyball league should contact Sports and Fitness. DSN 493-2087, civ. 0631-3406-2087, usagknsports@eur.army.mil. Sign up no later than April 15. www.mwrgermany.com.

Unit-Level Softball

Mannheim – Mannheim Sports Office will be conducting a meeting for teams that wish to participate in the upcoming unit-level softball league at the BFV Sports Arena at 1 p.m. April 9. Coaches/representatives need to bring a letter of intent signed by the unit commander or first sergeant to play. DSN 385-3149, civ. 0621-779-4337. A Mannheim Community Unit-Level Softball Clinic will be held at Sullivan Barracks, (Bldg. 238, room 234) 6-9 p.m. April 22-24. Anyone interested in umpiring softball must attend. DSN 385-2048, civ. 0621-730-2048.

Kaiserslautern – Units wishing to participate in this year's unit-level softball league should contact Sports and Fitness. DSN 493-2087, civ. 0631-3406-2087, usagknsports@eur.army.mil. Sign up no later than May 6.

Golf Tournament

Play in the Heidelberg Golf Club Masters Tournament April 12. Registration deadline is April 5. The Masters is an 18-hole stroke play event. Prizes will be awarded to places based on participation in each flight. The entry fee is \$40 (plus applicable green fees) and the tournament is open to those with verifiable handicaps. www.mwrgermany.com or www.heidelberggolf.com.

Yoga Classes

The Landstuhl Fitness Center now offers six yoga classes: 9-10 a.m. Monday, Wednesday and Friday; 6:30-7:30 p.m. Tuesday and Thursday; and 6:15-7:15 a.m. Tuesday. Classes are \$7/class or \$40 for eight classes. Tuesday mornings are free. DSN 486-7172, civ. 06371-86-7172, www.mwrgermany.com.

Youth Sports Coaches

The Heidelberg Youth Sports and Fitness program is looking for instructors and coaches for the summer programs for archery, baseball, basketball, football, golf, soccer and tennis. DSN 388-9397, civ. 06221-338-9397, cell 0160-963-10380.