

HeraldPOST

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

HP WEDNESDAY
May 20, 2009

Speed Read

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Defense Details

AID FOR PAKISTAN
The Defense Department is ready to send aid to help the internally displaced people in Pakistan, a senior official said Monday. Pakistan has requested the assistance, and that request is working through the State Department for validation, Pentagon spokesman Bryan Whitman said. Once the Defense Department receives the request, Whitman said, the military will begin delivery. About 800,000 to 900,000 people are refugees inside Pakistan from the government's fight against the Taliban in the Swat Valley, Buner and Dir, according to Pakistani estimates.

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

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Casey: Tragedy highlights need for mental health help

By Jim Garamone
AMERICAN FORCES PRESS SERVICE

WASHINGTON – Last week's tragedy at Camp Liberty in Iraq, in which a Soldier undergoing treatment for stress is charged with killing five fellow service members, highlights the need for the efforts the Army is making to deal with mental illness, the service's top officer said here May 13.

Army Sgt. John M. Russell, an engineer serving his third deployment to Iraq, allegedly opened fire in a combat stress facility at the main camp outside Baghdad. Two doctors and three enlisted Soldiers were killed.

The May 11 tragedy shook all in the military. "Whenever we lose any fellow service members, all among our military family grieves as well," Army Gen. Raymond T. Odierno, commander of Multinational Force Iraq, wrote in see **TRAGEDY** page 16

'The Reel Life' video contest begins

By Kristen Marquez
HERALD POST STAFF

Bust out your video cameras, fire up the creativity, and get ready to show the world what life is like for your military family in Heidelberg.

"The Reel Life: Heidelberg" video contest officially opens today and runs through June

28. The U.S. Army Garrison Baden-Württemberg Public Affairs Office and Family and Morale, Welfare and Recreation are teaming up for this new contest geared toward the Heidelberg community.

Whoever makes the winning video will earn themselves a new Samsung NV40

digital camera. The winner will be announced at the Heidelberg garrison Fourth of July celebration on Patrick Henry Village – and the community decides who takes home the prize.

The details for the video contest can be found by logging on to the BWnow virtual see **REEL LIFE** page 16



Julie Thoppil of Heidelberg demonstrates the Bollywood dance style at the U.S. Army Garrison Heidelberg's Asian Pacific American Heritage Month celebration Saturday at the Community Support Center. The celebration included traditional music and dance demonstrations, quizzes for prizes and sampling of traditional Asian Pacific food items.

Asian Pacific American Heritage



Spc. Adrienne Killingsworth
Cpl. Juan Tovar finishes the obstacle course during the 18th MP Brigade's Soldier and NCO of the Year competition.

MPs battle for top honors

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

The top Soldiers and noncommissioned officers from the 18th Military Police Brigade competed in a grueling two-day competition May 11-12 in Mannheim for the chance to be named the brigade's Soldier or NCO of the Year.

The 13 Soldiers journeyed to Mannheim from various posts throughout Germany. There were

Soldier and NCO representatives from each of the brigade's four battalions – 28th Transportation Battalion, 95th MP Battalion, 709th MP Battalion and 793rd MP Battalion – competing for the title.

The Soldiers were selected to compete based on their previous successes at company- and battalion-level Soldier of the month, quarter and year boards.

see **18TH MPS** page 15

COMMENTARY

Stay healthy: Screenings key for disease management

By **Chuck Unruh**
U.S. ARMY HEALTH CLINIC KAISERSLAUTERN

Health screening and tests save lives and are a crucial part of preventive health care. They can help ensure that common, serious diseases and conditions are detected and treated early. The U.S. Army Health Clinic Kaiserslautern staff members are concerned and making every effort to improve their enrolled patient's health. We will call or send letters or e-mails to those who require screening tests as well as use nationally recognized clinical practice guidelines to manage chronic diseases.

If you are enrolled to the USAHC-K and have one of the chronic conditions we are not currently managing, call Carri Rochon or Maj. Leonetta Oliphant or at DSN 483-8729, civ. 0631-411-8729 to discuss your management plan or e-mail us at kleber.clinic@amedd.army.mil. Remember that your doctor does not necessarily think you have a condition if he suggests a screening test, and screening tests are repeated regularly.

Diabetes

Diabetes in the United States is common, costly and complicated, but controllable. It is the sixth leading cause of death by disease in the United States and may lead to long-term complications, such as heart disease, blindness, kidney disease, stroke, toe or foot amputation and even death.

With appropriate and timely screening and management, this burden can be reduced significantly. Screening for complications is important to determine your risk for developing eye, foot or kidney disease.

A person living with diabetes requires regularly scheduled tests and screenings that will assess how well you are managing your disease. If you are a diabetic who has gone more than 12 months without a Hemoglobin A1c blood test or have questions about

12.03 percent of women born today will be diagnosed with cancer of the breast at some time during their lifetime.

your medical care, contact us.

Colorectal Cancer: Men and Women over 50

Colorectal cancer is cancer that develops in the colon or rectum, equally among males and females. It is the second leading cause of death from cancer in the United States, but it doesn't have to be.

If everyone age 50 and older had regular colorectal cancer screening tests, more than one third of the deaths could be avoided. Ninety-three percent of cases occur in people age 50 and older, and the risk increases with age.

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum, which can be found and removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. Most men and women should begin screening for colorectal cancer soon after turning 50 (if there is no family history of colorectal cancer), then continues at regular intervals. Several tests are available to screen for colorectal cancer and the recommended interval varies by individual. They include the fecal occult blood test, sigmoidoscopy or colonoscopy.

Cancer Screenings: Women

Despite being very preventable with proper screening, there were approximately 11,070 new cases and 3,870 deaths from cervical cancer in 2008, according to the National Cancer Institute.

A Pap smear is an exam your doctor does to check for signs of cervical cancer. A Pap exam is required annually for all active-duty female Soldiers and

tracked in the Soldier's individual medical readiness of MEDPROS. Other women should have a Pap smear/pelvic exam every two to three years if in a relationship with only one partner and have had at least three consecutive normal Pap smears.

Annual screening may be recommended by your provider if you are on birth control medications, have more than one sexual partner, or have had an abnormal Pap smear or sexually transmitted disease in the past.

During your Pap exam, your doctor will also check for sexually transmitted illnesses such as gonorrhea, Chlamydia and trichomonas that can go undetected in females. A female may have no symptoms at all or the symptoms may be so mild that she doesn't notice them until they become more severe. To schedule your well woman exam, call your enrolled clinic.

According to the National Cancer Institute, and based on rates from 2003-2005, 12.03 percent of women born today will be diagnosed with cancer of the breast at some time during their lifetime. Screening can help doctors find and treat cancer early. An annual mammogram is required for all female Soldiers age 40 years and older and recommended for all women 50 years and older with some exceptions.

A mammogram is an x-ray exam of the breasts. The goal of a mammogram is to find cancer when it is still too small to be felt by a woman or her doctor. Finding small breast cancers early by a mammogram greatly improves a woman's chance for successful treatment. The entire procedure for a mammogram takes about 20 minutes. To schedule your mammogram appointment, call your enrolled clinic or LRMCI Radiology at DSN 486-7449, civ. 06371-86-7449.

Now is the time to make healthy choices for your life; schedule your screenings now.



<http://myBWnow.ning.com>

BLOG ROLL

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

Greetings and I hope this msg finds you in good health and spirits. I'm the Garrison Commander in Mannheim, and if you live, work or frequent the Mannheim Community, let me know how things are going! Looking Forward To Hearing From You.

-USAG Mannheim Commander Lt. Col. Jeffrey Fletcher

Have you been wondering how long the construction outside of Heidelberg's Patton Barracks may

last, and how much longer you will be stuck in a stau every day, especially when you are on your way to work? Have you also noticed that traffic from the Heidelberg shopping center or downtown Heidelberg cannot take a left turn to the main access gate on Patton Barracks?

The good news first: That the left turn will "only" be closed off until June 15, 2009 ... Here is the scoop on the construction: The city of Heidelberg

is working on improving traffic flow by giving Speyererstrasse a major overhaul, straightening the road, making it 4 lanes all the way to and from downtown, eventually taking down the overpass, running new sewer and service pipes, and all this in support of the new Heidelberg suburb "Bahnhof" which is being built near our shopping center.

-USAG Baden-Württemberg Public Affairs



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

USAREUR announces transformation actions

USAREUR Public Affairs

The U.S. Army Europe announced its fiscal year 2010 force structure changes which will convert, inactivate and relocate numerous units stationed in Germany and Italy to support Army transformation and the Department of Defense's overall Global Defense Posture and to increase strategic responsiveness in overseas contingency operations.

USAREUR continues to support overseas contingency operations while simultaneously transforming units and consolidating into our enduring main operating bases. Many of the actions will complete the consolidation of the 172d Infantry Brigade from Schweinfurt to Grafenwöhr begun in 2008.

172d Infantry Brigade actions

The following units relocate from Schweinfurt to Grafenwöhr:

- 1st Battalion, 2nd Infantry Regiment
- 9th Engineer Battalion
- 1st Battalion, 77th Field Artillery Regiment
- 172nd Forward Support Battalion

Combat Support and Combat Service Support changes

The following units relocate:

- 18th Combat Service Support Battalion in Grafenwöhr relocates to Schweinfurt.
- 23rd Ordnance Company in Grafenwöhr relocates to Schweinfurt.
- 574th Supply Company in Grafenwöhr relocates to Schweinfurt.
- 5th Maintenance Company in Grafenwöhr relocates to Schweinfurt.
- 1st Cargo Transportation Company in Grafenwöhr relocates to Kaiserslautern or Schweinfurt.
- HHC, 421st Medical Battalion in Wiesbaden relocates to Schweinfurt.
- 71st Preventive Medicine Detachment in Grafenwöhr relocates to Schweinfurt.
- 557th Ground Ambulance Company in Wiesbaden relocates to Schweinfurt and converts.
- 12th Chemical Company in Grafenwöhr relocates to Schweinfurt
- 503rd Chemical Detachment

in Grafenwöhr relocates to Schweinfurt

The following unit activates:

- The 56th Quartermaster Company (Aerial Delivery) will activate in Aviano, Italy.

The following units inactivate:

- 561st Medical (Dental) Company, Grafenwöhr.
- 464th Medical (Dental) Company, Landstuhl.

The following units return to CONUS:

- 41st Transportation Company in Grafenwöhr.
- The 497th Movement Control Team in Livorno.
- 486th MCT in Kaiserslautern.
- HHC 793rd Military Police Battalion in Bamberg.
- 212th Military Police Company in Wiesbaden.

In Germany, as a result of these unit actions, there will be an overall decrease of approximately 1,368 (547 Soldiers, and 821 family members).

•Bamberg: population decrease of 73 Soldiers, and approximately 110 family members; approximate total decrease of 183 U.S. personnel.

•Grafenwöhr: population increase of 1,134 Soldiers, and approximately 1,701 family members; approximate total increase of 2,835 U.S. personnel.

•Kaiserslautern: population decrease of 77 Soldiers, and approximately 116 family members; approximate total decrease of 193 U.S. personnel.

•Schweinfurt: population decrease of 1,388 Soldiers, and approximately 2082 family members; approximate total decrease of 3,470 U.S. personnel.

•Wiesbaden: population decrease of 322 Soldiers, and approximately 483 family members; approximate total decrease of 805 U.S. personnel.

In addition, force structure changes in Italy associated with these actions will result in an approximate increase of 20 in the U.S. Army total population in Italy (eight Soldiers and 12 family members).

These numbers reflect the total personnel associated with the units and organizations in this announcement. No local national or U.S. government employees are affected by these actions.

Cleaning up



Maj. Gen. Yves Fontaine, the commanding general of the 21st Theater Sustainment Command, helps Girl Scouts from Daisy Troop 409 in Kaiserslautern plant flowers at the entrance to Panzer Kaserne May 13. Troop 409 routinely plants flowers at Panzer Kaserne during the fall and spring clean ups.

Heidelberg, Darmstadt KONTAKT clubs bring home 10 awards during USAREUR-wide competition

USAREUR Public Affairs

U.S. Army Europe honored KONTAKT groups and individuals for their outstanding contributions to the German-American Friendship Program OUTREACH-Germany with the May 13 announcement of winners in the USAREUR 2008 awards competition.

The competition salutes excellence among Soldiers, family members, civilian employees and host nation supporters throughout Germany for their day-to-day support to the local military and civilian communities and their efforts toward the German-American friendship in calendar year 2008.

Awards associated with KONTAKT clubs in the U.S. Army Garrison Baden-Württemberg communities are listed below.

Group High Achievement Award

- Community Support at a Community with Military Presence – KONTAKT Darmstadt
- Cultural Awareness – KONTAKT Heidelberg
- Web page – KONTAKT Darmstadt

Outstanding Civilian Service Awards for Non-Members

- Lawrence Ford, OUTREACH/KONTAKT Darmstadt
- Heike and Roman Sum, OUTREACH/KONTAKT Heidelberg
- Manfred Fastner, OUTREACH/KONTAKT Heidelberg
- Blanca Siebler, OUTREACH/KONTAKT Heidelberg

The OUTREACH/KONTAKT program gives Soldiers, family members and civilians an opportunity to learn about Germany and its culture together with Germans and citizens of other countries.

Individual High Achievement Awards for Members

- Jennifer and Evan Stubbs, KONTAKT Darmstadt
- Mara Cornejo, KONTAKT Darmstadt
- Mark Barron, KONTAKT Heidelberg

This year's winners were selected during a two-day judging period by a panel of five board members of the Federal Association of German-American Friendship and OUTREACH-Germany and one representative from the USAREUR and 7th Army Public Affairs Community Relations Branch. The awards will be presented at the annual awards banquet, scheduled for July in Nürnberg.

The OUTREACH/KONTAKT program gives Soldiers, family members and civilians an opportunity to learn about Germany and its culture together with Germans and citizens of other countries.

KONTAKT has been an official USAREUR community relations program since 1969.

Reading for Success



Sgt. Fay Conroy

The commanding general of the 21st Theater Sustainment Command, Maj. Gen. Yves Fontaine, took a few minutes to stop by Mannheim Elementary School Friday and read to one of the kindergarten classes there. Soldiers from the 21st TSC continue to take part in the "Reading for Success" program, which depends on Soldier volunteers who periodically visit the Kaiserslautern and Mannheim elementary schools and read to school children.

Fuel Ration Card Claims

What should I do when my fuel ration card is denied?

Recently, the Patton Law Center claims office has seen a good number of claims arising from the denial of ESSO fuel cards after pumping gas. In such a situation, the customer will likely have to pay for full price and then request reimbursement from AAFES Customer Service for the difference in price. When the AAFES is responsible for the fuel card denial, the customer should be reimbursed and no further actions are necessary. However, AAFES Customer Service will decline the customer's request when AAFES is not at fault.

What if AAFES denies my request for reimbursement?

At this point, you will have to undertake more investigation. The following are a few recommended steps:

1. Go to the fuel card account on the AAFES Web site (<http://odin.aafes.com/esso>) to see if there is anything unusual or incorrect. For example, the Web site may indicate a wrong fuel type or wrong vehicle registration number.
2. Contact Vehicle Registration to find out if there have been any errors or discrepancies in the system.
3. If you believe Vehicle Registration is responsible for any errors or discrepancies that lead to the denial of the fuel card, contact Patton Law Center claims office to file a claim under Military Claims Act.

Before using the fuel card that has already been declined once, make all reasonable attempts to investigate and resolve any problems with the fuel card. Under the Military Claims Act, claimants have a duty to mitigate damages, and any damages that could have been avoided by the claimant will not be payable.

What can I do to prevent it from occurring?

ESSO fuel card users should educate themselves about the fuel card system and how any changes to a vehicle's registration may affect the fuel card. The Vehicle Registration Web site and the AAFES Web site provide helpful information on the fuel card system, which every fuel card user should know. You are advised to regularly review your fuel card account to look for any errors or discrepancies that may affect use of the fuel card. You should be especially attentive when you suspect your vehicle's registration has been modified, updated or expired.

SOURCE: June Weppeler, Patton Claims Office

Be sure you know emergency procedures when traveling by coach

USAG Baden-Württemberg DES

Spring is just around the corner, the weather is warming up, and there is no better time to plan a getaway to explore Europe's great cities and rich history.

Soldiers, family members or civilian employees are eager to sign up for bus trips, which take them to all those exciting places within a couple of hours.

Coach travel is a very safe and comfortable means of transportation, however, there are a few simple safety considerations everyone should keep in mind when traveling.

For your own safety, please stay seated, wear seat belts (if provided) while the vehicle is in motion. Keep all items including your hands and feet out of the aisle. If you must stand or move along the aisle, support yourself using the seat backs or overhead supports. Baggage should not be kept in the aisles or stacked in empty seats. It could become a deadly projectile, in case of an emergency stop – coaches have storage areas for luggage.

Statistics show that fires in coaches

are relatively seldom, but if they occur, they spread very fast and pose a considerable risk if passengers and driver do not react quickly and effectively.

From the time a fire starts to the time the whole coach is totally engulfed in fire, there might only be a short time span of 15 minutes; the smoke spread can even be within a couple of minutes, releasing very dangerous levels of toxic gases.

Most fires in coaches during a trip originate in the engine compartment in the rear of the vehicle. Investigation of fire causes shows that damaged wiring near fuel and oil lines as well as mechanical problems and electrical deficiencies are the most common causes for fire.

In addition to that, some fires are caused by humans (e.g. smoking in the restroom and/or arson). Quite often the driver of the coach cannot see a fire in the coach right away. Other drivers usually will make him aware of it.

If you are a passenger discovering a fire, stay calm and react quickly in the correct way, as human lives are at

stake.

Inform the driver immediately. The driver should stop the coach as quickly as possible, turn off the engine, and open the doors, so passengers can leave. Then passengers should step behind the guard rails and keep a minimum distance of 50 meters from the coach.

To be able to quickly exit the coach in the event of an emergency, passengers should familiarize themselves with possible exits routes before the trip starts. It does not take any extra effort other than being aware. This is particularly true for people who only travel by coach once in a while.

You should check and see where the exits are located in case of an emergency. During an emergency you may not have the time to do so. It might also help passengers to know the location of the fire extinguishers and first aid kit on the coach.

On bus trips you won't find the emergency instructions like the mandatory ones given to passengers on airplanes. Therefore, passengers should take it

upon themselves to find out where the nearest doors are on a coach, and what other exits are available. In coaches, several windows are designated as secondary emergency exit. Despite the height, using these windows is always more desirable than staying in the bus if the primary exit is blocked.

Contrary to coaches in the United States, European coaches do not have "push-out windows" which can be used for exiting or gaining access to the coach in an emergency, but you must find those emergency hammers – therefore, it is important to know where those emergency hammers are located. They are marked in bright orange or red and usually located at a window pillar of a designated emergency exit window. There are also roof hatches in most coaches, which can be used as a way to exit the coach.

Be encouraged to ask the coach driver about the safety measures and emergency exits on the coach, if he doesn't mention them. In the event of a fire, never return to the coach, i.e. to recover personal items.

Soldiers donate life at community blood drive

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

Chances are most blood donors did not realize why the blood drive at the gymnasium on Kleber Kaserne May 8 was a special one. They participated simply because they know there is a vital need for blood.

"Blood is needed for the Soldiers who get injured in combat," said Capt. Richard Rogers, the operations officer for the plans and operations section of the 21st Theater Sustainment Command's 39th Transportation Battalion. "It could be me injured and on the receiving end. I try to come and donate whenever there is a blood drive."

Capt. Benjamin Eichel, the operations officer of the 39th Transportation Battalion's security and intelligence section, agreed that it's important to donate blood to fellow service members. "People get hurt and need it," he said. "Our Soldiers, who are deployed and get injured, need it. At the risk of sounding like my mother – If we don't give it to them, shame on us."

Donating blood is an easy way to get involved and support your community, according to Mike Peacock, a recruiter for the Armed Services Blood Program-Europe.

"It's easy, it's free and it helps – especially if you come on a regular basis," Peacock said.

The May 8 blood drive was a community event held



A steady flow of donors kept everyone busy at the blood drive co-sponsored by the Kleber Health Clinic and the American Red Cross in support of the Armed Services Blood Program at the gymnasium on Kleber Kaserne May 8. The drive was held in conjunction with World Red Cross Day.

Staff Sgt. Tyrone Bassnight

in recognition of World Red Cross Day and co-sponsored by the Kleber Health Clinic and the American Red Cross to support the ASBP. As a result, there was more publicity, a number of great prizes for the donors to win, and Armed Forces Network radio broadcasters were on location to give away the donations.

"We like to celebrate World Red Cross Day by being part of a community event; here, this means we support ASBP, who do all the blood drives for the military," said Kirsten Kuykendall, the field office assistant for the American Red

Cross Kaiserslautern office located at Kleber Kaserne.

Red Cross Day has been celebrated worldwide since 1948 and marks the birthday of Red Cross founder Henry Dunant who was born in Geneva in 1828. After several name changes, it became World Red Cross and Red Crescent Day in 1984.

The significance of the Kleber blood drive, however, comes from it being a community event.

"Whenever we can team up with the Red Cross we benefit," Peacock said. "Kleber Kaserne is usually a bit slower because there are so

many deployments here. If we leave with 30 good units, I am happy. Today, we'll probably double that number."

"We actually have donors coming here from Ramstein to support this drive," Kuykendall said.

The Red Cross's involvement also was aimed at building a larger donor base for the KMC east location.

"Since Stars and Stripes as well as some government agencies are moving to Kleber Kaserne, we are trying to tap into that donor base and get more civilian employees to participate," Kuykendall said.

AFN hosts new radio show that listeners can control

By George A. Smith
AFN EUROPE

AFN Europe is using the Internet to determine the most popular songs airing on its new AFN "The Eagle" radio countdown show, which debuted 1-3 p.m. Sunday.

Listeners determine the top songs for the new show, "Eagle 20," by logging on to AFN Europe's Web site and voting.

Radio stations usually rely on Stateside music industry charts to determine song popularity. Companies tabulate music sales or count how often radio stations play songs to come up with music popularity charts.

AFN Europe's 33rd Commander Col. Scott Malcom says the new show is a result of this year's AFN survey, which indicated people enjoyed weekend surveys, the AFN "The Eagle" music and felt comfortable with the Web.

"Eagle 20" is a countdown you control," Malcom said. "It's a very interactive concept – kind of like Web 2.0 meets radio."

To vote, visit <http://afneurope.net>, and click on the "Eagle 20" logo on the right. Then vote for up to five of your favorite songs currently playing on AFN "The Eagle." Listen in Sunday afternoon to see how high your songs placed.

Beth Monk, the 6-10 p.m. AFN "The Eagle in the Evening" disc jockey is the host. Follow her and her show on Facebook – just search for "Eagle 20."

"Eagle 20" – The Show You Control.

109th Trans. prepares for move to Alaska

By Capt. Lindsay Rowland
28TH TRANSPORTATION BATTALION

The Mannheim-based 109th Transportation Company held its colors casing ceremony May 7 on the parade field at Coleman Barracks in anticipation of the unit's move to Fort Richardson, Alaska, where the company will be based beginning in July.

The 109th – which belongs to the 28th Transportation Battalion, 18th Military Police Brigade, 21st Theater Sustainment Command – returned from a deployment to Kuwait in October. While there, the company ran theater-

wide gun truck escort missions in Iraq for 15 months.

Since the company's return to Germany, the focus has been on preparing the company to relocate.

"After spending the last year preparing to move the unit, there is a sense of elation to finally be nearing completion," said Capt. Kevin Howell, commander of the 109th. "This process has been long and took a lot of work by a lot of people, not just the Soldiers in the unit."

The company will relocate to Alaska with only 10 Soldiers.

"I am excited, and I am ready to

go. It's a change. This side of the work is done, and it feels good," said Staff Sgt. Thomas Cossom, the noncommissioned officer in charge of the Alaska cadre team. "We have been cleaning equipment, getting it inspected, and just finished sending it to the port. Now we are getting the personnel ready to leave."

Cossom noted that the casing of the colors ceremony is a symbol of closure for this chapter of the 109th Transportation Company in Germany. The next chapter will begin when the unit uncases its colors in July at Fort Richardson.



Spc. Jonathan Mundwiler

First Sgt. Christopher Gilbreath (left) holds the 109th Transportation Company's guidon while Capt. Kevin Howell and Staff Sgt. Thomas Cossom case the colors in preparation for the company's relocation to Fort Richardson, Alaska.

Garrisons spring into safety

Record numbers turn out for Kaiserslautern event

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

More than 1,000 Soldiers, civilians and family members attended the U.S. Army Garrison Kaiserslautern's Safety Day at the Special Events Center on Rhine Ordnance Barracks Thursday.

"It's a good thing to show what the fire department can do for all (Kaiserslautern military community) members, said District 5 Chief Gerhard Georgi, from the 835th Air Base Wing's Civil Engineer Squadron, on why the Army and Air Force fire departments participated in this Safety Day.

The fire departments hosted several demonstrations such as an extinguisher hands-on exercises, grease fire and barbecue explosions and vehicle extrication. Other events included motorcycle inspections and military working dog demonstrations.

Attendees had their hands full as there were more than 25 information booths and displays in addition to the live demonstrations. Briefings also were held every 30 minutes in four training areas. Summer, fire, water and driving safety were covered, but other subjects that may

not easily come to mind were also available, such as sleep deprivation and pet safety.

"There are a lot of different aspects to safety such as occupational safety, health safety and public safety, and we wanted to touch on as many of these areas as we could," said Melissa Hastings, the garrison's safety manager.

She added that the community pulled their resources together to provide a more effective way to do training.

"It was beneficial to get knowledge about safety issues," said Staff Sgt. Fabian Naranjo, from the 39th Transportation Battalion, who brought his wife, Carmela, and 5-year-old daughter, Esperanza, to the event. "I'm glad I did there is a lot of information here that is family oriented and good for them to know, especially from subject matter experts."

His wife agreed, "I found out so much information about nutrition and resources I didn't know about that are available in the community."

She cited the Army Wellness Center on Landstuhl. "I didn't know about that, and I'm definitely going there."



Firefighter Uwe Laengler, from the 835th Air Base Wing's Civil Engineer Squadron, demonstrates why it's not a good idea to throw gasoline to start a barbecue fire Thursday at the U.S. Army Garrison Kaiserslautern's Safety Day on Rhine Ordnance Barracks.



Photos by Jason L. Austin

Spc. Alexander Vinning, 43rd Signal Battalion and Sgt. 1st Class Patrick Taylor, 5th Military Police Detachment, flips upside down in a rollover car sponsored by ADAC during the Heidelberg Spring Safety Day Thursday.

Heidelberg one-stop training shop for troops

By Jason L. Austin
HERALD POST STAFF

For one of the 12 Heidelberg units in attendance, the Spring Safety Day event was a one-stop shop for its Soldiers, allowing the unit to fulfill training requirements while exposing its Soldiers to more information from more sources.

"We normally conduct our own (safety day)," said Sgt. 1st Class Jaime Calzadilla, operations noncommissioned officer in charge, 43rd Signal Battalion, adding that the garrison has more resources available and can provide more than at the unit level.

The garrison safety office had several stations that focused on vehicle safety.

"Vehicle accidents are the leading cause of accidental death," said E.J. Singleton, safety and occupational health specialist, U.S. Army Garrison Baden-Württemberg. The purpose of safety day is to remind personnel of the inherent risk associated with summer related activities. By making them aware of the risk, they can in turn take actions to mitigate their risk and participate in the activity without incident.

Safety Day participants were given a pop quiz on German road signs with the opportunity to win prizes for speed and accuracy, which was followed by a briefing on safe driving during the summer months as

well as international driving.

"The purpose of Safety Day is to remind personnel of the inherent risk associated with summer related activities," Singleton said. "By making them aware of the risk, they can in turn take actions to mitigate their risk and participate in the activity without incident."

Military police officers taught classes on drunken driving and together with the Army Substance Abuse Program let participants "get drunk" by wearing goggles that simulate the effects of alcohol.

Tompkins Auto Craft staff members taught vehicle maintenance and encouraged everyone to rethink what they keep in their car, suggesting they have what they need in times of emergency.

The ADAC was also on hand to promote their services and to let the participants have a little fun on the motorcycle driving game, the vehicle rollover demonstrator and the impact simulator, which allows riders to experience an impact at nine miles per hour, knocking off berets.

The day also had a fire safety station, a water safety station and a station on how to safely perform yard work.

Soldiers from the Heidelberg Medical Activity were also on hand to talk about heat casualties and how to avoid becoming one through proper hydration and work/rest cycles.



Sgt. 1st Class John Ditmore, assistant inspector general, U.S. Army Europe and 7th Army, runs a drunken race during Heidelberg's Spring Safety Day.

More Photos Online
www.flickr.com/heraldpost

The day was also filled with goodie bags and door prizes for the 230 people who came out, such as a weekend at Edelweiss Lodge and Resort won by 2nd Lt. Niquitha Y. Clark, 18th Engineer Brigade, as well as free passes to the AAFES movie theater and several tool boxes.

"This (event) meets all the requirements we're expected to meet for our brigade," Calzadilla said. "It helped us out and helps the community ... and the Soldiers are having fun."



Air Force Master Sgt. Jerry Morrison

our ARMY around the world

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U.S. Defense Secretary Robert M. Gates talks to Soldiers deployed to Field Operating Base Airborne in the Wardak Province, Afghanistan, after re-enlisting eight Soldiers May 8. Secretary Gates visited Afghanistan and met with military and local leaders.

(Below) Under the shade of a mango tree, Sgt. 1st Class Eddie King, a U.S. Army Africa Command noncommissioned officer, discusses the leadership development school that U.S. Army NCOs attend with privates from the Armed Forces of Liberia.



U.S. Army photo



U.S. Army photo

(Left) Sgt. 1st Class Blake Simms (left) and Sgt. 1st Class Chad Stackpole, both from the 4th Ranger Training Battalion, hold the Colt .45 pistols they received for winning the 26th annual Lt. Gen. David E. Grange Jr. Best Ranger Competition. It is the first time in the competition's history that one team has finished first in the road march and the night orienteering as well as winning the overall competition.

(Right) The aircrew of a UH-60 Black Hawk helicopter from 3rd Assault Helicopter Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, scouts for a landing zone to conduct their dust qualification training, at Camp Beuringh, Kuwait, May 7.



U.S. Army photo

HHS Hosts Awards and Scholarship Ceremony

Heidelberg American High School's eighth annual senior awards and scholarship ceremony was held Friday at the Patrick Henry Village theater.

With 140 graduating seniors in the class of 2009, many of the students were recognized at the ceremony for the awards and scholarships they have received.

"I know them all really well because I've been with them for four years," said Edna Pruitt-Bates, HHS senior class counselor. "They really and truly are a good bunch of kids, genuinely a very nice bunch."

Pruitt-Bates said the kids who have deployed parents have handled that additional stress as well and overall have been very successful.

"In general I think military kids are so much more resilient, and they are able to bounce back," she said. "They are able to figure out how to transition from one school and one community to the next."

Graduation for HHS is 6 p.m. June 5 at the Kongresshaus Stadthalle.

Scholarships and Awards

- Kevin Beerman, Eagle Scout Award
- Alyssa Bernasconi, Florida Medallion Scholars Award
- Chloe Bradley, University of Alaska, \$11,000
- David Brunel, DoDDS-Europe Science Championship and Junior Science and Humanities Symposium research contest
- Jordan Bush, National School Choral Award
- Mary Alice Clark, Furman University, \$30,300
- Chelsea Cotter, Lubbock Christian University, \$2,000 per year
- Sasha Coursen, American Legion Gold Music Award
- Toni Downey, University of Minnesota, Gold National Scholarship
- Sarah Fowler, United States Bowling Congress European Zone Peeps Youth Bowling Challenge, \$382.40
- Malcolm Griffin, Lakeisha Bankhead Memorial scholarship
- Stuart Gujral, National High School Oratorical Contest
- Lee Hillmon, Louis Armstrong Jazz Award
- Christine Holland, Prairie View A&M University, University Presidential Scholarship; Alpha Phi Alpha Fraternity scholarship; NAACP scholarship
- Amanda Huffmyer, Heidelberg Alumni Association scholarship
- Laura Jacobs, University of Nebraska at Lincoln, \$1,000
- Rebecca Jost, Denison Alumni Award, totaling \$52,000; Girl Scout Gold Award; Lakeisha Bankhead Memorial Scholarship
- Michaela Lacy, Ben Berry Scholarship
- Seger Marion, American Legion Silver Music Award
- Colleen Mattingly, University of Central Florida, \$400 a year for two years; Lakeisha Bankhead Memorial Scholarship
- Michael Mersereau, Appalachian State University, Heltzer Honors Program; Eagle Scout Award
- Jennifer Rivera, Florida Southern College, \$6,000 per year for four years; ROTC Academic Excellence Ribbon
- John Sharer, University of North Dakota, Community of Learners Scholarship program \$4,000 freshman scholarship; Alpha Phi Alpha Fraternity scholarship; Kappa Alpha Psi Fraternity scholarship; Delta Sigma Theta Sorority scholarship; David Taylor Memorial Scholarship
- Jay Steacy, University of South Carolina, \$2,000 per year
- Stephan Steen, Alpha Phi Alpha Fraternity scholarship; Kappa Alpha Psi Fraternity scholarship
- Andrew Stephens, Heidelberg Alumni Association scholarship
- Christopher Wilhelm, Lesley University, Dean's Scholarship totaling \$56,000

Outstanding Young Man: Alexander Savusa

Outstanding Young Woman: Mary Alice Clark

Military-related honors

- Kevin Beerman, West Point Prep School appointment
- Lindsey Braden, Air Force ROTC scholarship; Warrant Officer's Association scholarship
- Everett Dougherty, West Point prep school appointment
- Stephanie Howard, Society of American Military Engineers
- Michael Mersereau, Society of American Military Engineers; Scholarship for Military Children; Warrant Officer's Association scholarship
- Rebecca Jost, Warrant Officer's Association scholarship
- Alexander Savusa, West Point Prep School appointment
- John Sharer, Warrant Officer's Association scholarship
- Kyle Usles, United States Military Academy at West Point appointment; Army ROTC scholarship; Air Force ROTC scholarship
- Christopher Williams, Army ROTC scholarship
- Shannon Wright, Warrant Officer's Association scholarship

SOURCE: Edna Pruitt-Bates



Spc. Adrienne Killingsworth
Capt. Shaun Hall, the company commander of the 230th Military Police Company, and 1st Sgt. Pedro Guevara, the company's first sergeant, uncasing the unit's colors May 11 after returning from a 15-month tour in Iraq in support of Operation Iraqi Freedom.

230th MPs unfurl guidon at home station

By Spc. Adrienne Killingsworth
18TH MP BRIGADE PUBLIC AFFAIRS

The Soldiers of the 230th Military Police Company, 95th MP Battalion, were officially welcomed home during a ceremonial uncasing of the unit's colors at Rhine Ordnance Barracks in Kaiserslautern May 11.

The ceremony came after a 15-month combat tour in Iraq in support of Operation Iraqi Freedom, from which the Soldiers returned in March.

Lt. Col. Duane Miller, commander, 95th MP Battalion, presided as the guest speaker for the event and thanked the Soldiers for their service to their country, the Army and each other.

The friends and families of the Soldiers also received a nod from Miller when he recognized them for the special brand of courage they display when their Soldiers are deployed. The patriotism involved in supporting a Soldier during a time of war takes a lot of courage, Miller said.

As military police Soldiers, the mission of the 230th MP Company could at times be very dangerous. The unit's mission in Iraq was to work with the Iraqi police, helping them to take the lead in

securing their country and providing them with the knowledge and tools to lead future generations of policemen. It is a mission that supports the larger mission of the 18th Military Police Brigade and its battalions to assist with Iraqi police expansion, development and legitimacy.

But despite the dangers and despite their encounters with insurgents, the Soldiers of the 230th always maintained their company motto of "Mission first, honor always."

Capt. Shaun Hall, commander, 230th MP Company, praised his Soldiers for their work ethic and their ability to keep their morale up, despite the hardships of their tour. Hall said he felt honored to have served with each and every one of his Soldiers and proud that in his entire time in service he has never lost a Soldier.

After spending 15 months providing protection to the citizens of Iraq and training to the Iraqi police, the Soldiers of the 230th are prepared to resume their mission in Kaiserslautern, providing joint law enforcement and conducting response force operations for the Kaiserslautern military community and transportation security for the 21st Theater Sustainment Command.

Provost marshal provides ID card safety tips

By Robert Szostek
USAREUR PMO PUBLIC AFFAIRS

Keeping your Department of Defense ID card safe at all times is clearly a good idea, say U.S. Army Europe Office of the Provost Marshal officials. Losing one can reduce the security of your military community and make you vulnerable to scams and identity theft.

"Your ID card is U.S. government property and a very valuable document," said Lt. Col. Lon Walker, Chief of Law Enforcement Operations, USAREUR OPM.

Walker offered five tips for keeping ID cards safe:

- Keep the card on your person when you are out of the house. Never leave it in your car.
- Keep the card in a wallet or a special ID pouch on a lanyard that goes around your neck. Don't just stick it in your pocket.
- Make it a habit to always put your wallet or ID card in the same place when you are in the office or at home so you know where it is when it is time to leave.
- Never surrender your ID card to anyone except law enforcement or base security personnel. Never give it to club or gym personnel.
- Always check all pockets before throwing clothes into a dirty washing basket. You may be sur-

prised at what might turn up — even a missing ID card.

If you find an ID card, Walker said, quickly take it to the nearest military police station.

ID card holders must report the loss of an ID card to the MPs to get a new one.

"With this paperwork you can go to the ID card section for your new card," Walker explained. He added that the card holder must then go to their local Installation Access Control System section.

"This process can take many hours and some garrisons also make you go to mandatory classes on the value of ID cards if you lose one," Walker said.

Suicide prevention

Army takes personal approach in new phase two prevention training

By Dave Melancon
USAREUR PUBLIC AFFAIRS

The Army lost one active-duty Soldier to suicide in April and is investigating six other potential suicides, according to a May 7 Department of the Army press release.

The same report noted that the Army had 35 active-duty suicides during 2009 and 29 other deaths which are under investigation to determine their cause.

To combat suicide within the ranks, Army Vice Chief of Staff Gen. Peter W. Chiarelli issued a comprehensive, multidisciplinary Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Prevention. The plan, published April 24, encompasses the physical, spiritual and mental health of Soldiers and their families.

In U. S. Army Europe, the second phase of Army-mandated suicide prevention training for Soldiers and civilian employees began in March and continues through July and takes a more personal approach.

Called "Shoulder to Shoulder: No Soldier Stands Alone," the training picks up where the "Beyond the Front" training conducted during a USAREUR-wide suicide prevention stand-down in March left off. Small-unit leaders and first-line supervisors will conduct the training.

"(The first phase) was intended to make an impact with immediate execution by enhancing Soldiers' ability to recognize risk factors and warning signs," explained B. Joy Summerlin,

Well-Being and Quality of Life program manager for the USAREUR personnel division. "Phase I provided ways to intervene in order to prevent suicidal behavior. Phase II is intended to augment Phase I with a more deliberate and personal approach to training."

Led by noncommissioned officers and other first-line leaders, "Shoulder to Shoulder" is conducted in small groups with members who know one another, bringing the training closer to home and making it more relevant to the team, she explained.

Leaders from all echelons of the command are expected to participate in the interactive "chain teaching" program focused on how to identify at-risk Soldiers and how their "battle buddies" or leaders can get them the help they need from the appropriate person or agency, Summerlin said. Participants will watch a video and then discuss what they saw, focusing on risk signs, suicidal behaviors and suicide prevention within their organizations.

Soldiers and Department of the Army civilian employees must attend the course. Contractors and family members are invited to participate as well, according to the Army policy.

"Shoulder to Shoulder" is designed to enhance a person's abilities to spot risky behaviors and other warning signs of potential suicidal behavior, Summerlin said, so they may be able to intervene and prevent those behaviors or suicide attempts.

Unlike the interactive "Beyond the

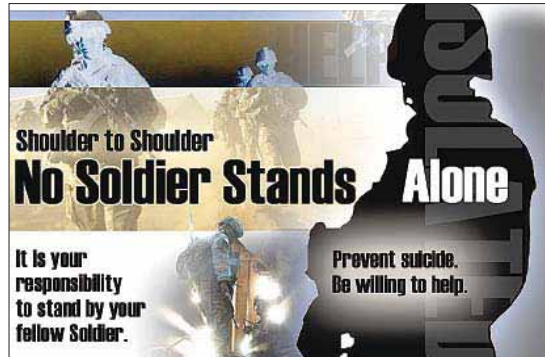


Illustration by Sgt. Carlos Keat

Front" presentation, the 13-minute-long "Shoulder to Shoulder" presentation focuses on the aftermath of suicide and works to eliminate the stigma and myths that may prevent a person from seeking help or from helping a comrade in trouble, said Chaplain (Capt.) David Montgomery, V Corps Special Troops Battalion chaplain.

"This is not a scenario-based (presentation)," Montgomery explained. "This is a follow-up to the training that the Soldiers received in the first phase. It is a straight 13 minutes of guys and gals sharing their stories; real-life experiences with suicide, firsthand."

The chaplain said among the leaders who tell their stories is Maj. Gen. Mark Graham, commander of 1st U.S. Army's Training Division (West) and Fort Carson, Colo., who talks about how he and his wife coped with the suicide of their son, Mark.

"They are coming at it from a parent's perspective. They talk about what it did to them," he said. "It talks about what they had to wrestle with."

Montgomery said chaplains, health care professionals and subject-matter experts from USAREUR, the Installation Management Command-Europe and the Europe Regional Medical Command are sharing resources and will back up training instructors to increase the program's effectiveness. The presentation also includes dis-

ussion of Army values and loyalty, Montgomery said. "It talks about being there for our buddies, caring for them and supporting them."

One of the primary goals of the training is to convince those who may be contemplating suicide to get help, Montgomery said, noting that sometimes Soldiers are afraid their reputations and careers will be damaged if they ask for help.

The captain added that the small-group sessions will allow participants to talk about suicide in a safe environment, but stressed that they are not designed to be group counseling or therapy sessions.

"With the smaller groups (we) will have a more intimate setting and will give individuals the opportunity to talk in an environment where you do not have 200 other people."

All members of the Army Family are part of the same team, the chaplain said. Everyone – battle buddies, family members, chaplains and health care professionals – needs to watch out for one another and be ready to seek or provide help.

Montgomery said help is available and Soldiers do not have to face emotional pain alone or carry their burdens single-handedly.

"When one member of the family hurts, the whole family hurts," he said.

39th Trans. Bn. holds induction ceremony for NCOs

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

The 39th Transportation Battalion celebrated the history of the Noncommissioned Officer Corps and welcomed new NCOs into the corps during an NCO induction ceremony held at the Kleber Theater on Kleber Kaserne May 5.

During the ceremony, six newly appointed NCOs from the 39th Transportation Battalion and the Kaiserslautern military community accepted the duties and responsibilities of being an NCO in the Army.

Commonly known as "the backbone of the Army," the NCO corps' duties and responsibilities were developed by Baron Friedrich Von Steuben in "Regulations for the Order and Discipline of the Troops of the United States" during the long, hard winter at

Valley Forge.

The ceremony featured Soldiers in various historical uniforms who gave speeches on the different roles NCOs have had throughout the Army's history.

The ceremony, however, did not solely focus on the history of the NCO Corps, but also on what is expected of the newly appointed NCOs.

"You must now lead, teach and mentor," said the guest speaker, USAG Kaiserslautern Command Sgt. Maj. Richard Jessup.

"What you do today will reflect positively or negatively on the NCO Corps," he said.

After the guest speaker, the inductees took the Oath of the NCO and signed a Charge of the NCO reaffirming their commitment to their Soldiers.

They also signed their names in a book, which

"You must now lead, teach and mentor."

-USAG Kaiserslautern Command Sgt. Maj. Richard Jessup

contains all the names of the NCOs who participated in NCO induction ceremonies with 39th Transportation Battalion.

Following the ceremony, the new NCOs were congratulated by the members of the audience.

"This was my first time at the ceremony," said Sgt. Roberto Figueroa, a chaplain's assistant with the USAG Kaiserslautern chaplain's office, who was promoted Jan. 1.

"I got goose bumps when the Soldiers recited their parts."

39th Trans. changes leaders on eve of deployment

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

The 39th Transportation Battalion welcomed its new leader during a change-of-command ceremony at the parade field on Panzer Kaserne May 13.

Lt. Col. E. Lee English assumed command of the 21st Theater Sustainment Command's 39th Transportation Battalion from Lt. Col. Robert Curran, who spent the past 21 months leading the unit.

Curran noted it had been a distinct honor and privilege to command the 39th Transportation Battalion and remarked on the accomplishments of its military and civilian personnel, calling them the "heart, soul and energy of the battalion."

"Many of these Soldiers before you have multiple tours of 12 and 15 months in Operation Iraqi Freedom and Operation Enduring Freedom," he said. "Many of our 39th civilians have served 20, 30 and 40 years for the U.S. Army. Our Soldiers and civilians come together to create quite a team who perform their missions at the highest of standards."

Besides the change in leadership, the Soldiers of the 39th are faced with another critical change with their upcoming deployment to Kuwait in support of OIF. As a movement control battalion, the 39th will synergize with



Col. Sharon Duffy, the deputy commanding officer of the 21st Theater Sustainment Command, incoming commander Lt. Col. E. Lee English and outgoing commander Lt. Col. Robert Curran inspect the troops during the 39th Transportation Battalion's change-of-command ceremony at the parade field on Panzer Kaserne May 13.

Staff Sgt. Tyrone Basnight

the movement control battalion in Iraq and will have command and control for the theater transportation of all assets within Kuwait and from Kuwait into Iraq. Therefore, when Curran addressed the new commander he spoke of "high-adventure times."

"You will make history on this upcoming deployment with the high-profile redeployment surge mission in OIF. Thanks for taking the baton in stride," Curran said.

English, too, was focused on the de-

ployment. "I am proud and excited to be standing before you as your new commander on the eve of a deployment," English said. "Truth be told, I was a little concerned about the speed of the sequence of events, which have brought us to today and will continue through the deployment."

Nonetheless, he said his apprehension was dispelled once he met the civilians and Soldiers at the 39th.

"Much of my concern, however, has been laid to rest as I've been welcomed

into the unit and have experienced, first-hand, the professionalism of the Soldiers and civilians that make up this great battalion," English said.

The ceremony also marked two additional changes – the colors of the 606th Movement Control Team will depart Mannheim July 15 to relocate to Fort Bliss, Texas, and the command and control of the 5th Quartermaster Company transferred from the 39th to the 21st TSC's Special Troops Battalion Saturday.

18TH MPS

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The Soldiers and NCOs competing in the brigade's Soldier and NCO of the Year competition were tried and tested to be the best each battalion had to offer.

"I've been training since after I found out I won the battalion Soldier of the Year," said Spc. Daniel Micek, a military police Soldier from the 709th MP Battalion.

"So, I've been training with the warfighter team that we have here," Micek said. "We were doing PT three times a day, a lot of field training ... it's been ruck marches, and it's been basic skills like reacting to fire and movement under fire."

The brigade competition was structured to push the Soldiers' limits, both physically and mentally, with the intent of ultimately allowing one Soldier and one NCO to rise above the rest.

The two-day competition consisted of numerous events that kept the Soldiers on their toes with just enough time to catch their breath

between events. Points were scaled based on where Soldiers placed in each individual event, culminating with a board presided over by 18th MP Brigade Command Sgt. Maj. Brenda Curfman.

The first day of the competition began with even the weather working against the competitors. Gloomy grey skies and a steady dose of rain was the backdrop for what would be a day of intense physical competition.

The Soldiers started their morning with a 6 a.m. Army Physical Fitness Test – a 2-mile run and two minutes each of push-ups and sit-ups. It was just a small taste of how hard they would have to physically push themselves for the next two days.

After a quick breakfast, the Soldiers embarked on a difficult land navigation course through the woods where they plotted points on their maps using their protractors and a piece of string, hoping to find all six of their markers in the three-hour period allotted, while eventually traversing through just under

three miles of woods.

After finding the final point, the competitors were whisked off to the qualification range where they tried to best one another on the M-4 rifle and the M-9 pistol.

More weapons followed at the next event where Soldiers were given a case with three disassembled weapons inside, which they had to reassemble in the quickest time possible.

The competition then continued into the night with the Soldiers returning to the woods for a night land navigation course, the dark severely limiting their ability to use terrain features to orient themselves.

Morning came quickly, and day two offered little relief for the Soldiers as they began their morning with a 16-kilometer ruck march carrying a 30-pound ruck sack through more rain.

After a chance to change their socks and get into a dry uniform, the Soldiers made their way over to the situational training exercise lanes where they simulated entering and exiting a forward op-

erating base, reacting to fire, searching a vehicle, evaluating a casualty and calling in a nine-line medical evacuation report, among other tasks.

As they completed the lanes, the Soldiers were taken to their last physical event, the obstacle course, where they would have to give every last bit of physical effort they had.

The low crawling and high crawling, jumping over walls, heaving sandbags over their shoulders and dragging a 180-pound dummy – in addition to all of the other obstacles on the course – tested each Soldier in combat-related drills.

The end of the physical portion of the competition though, marked the beginning of the mental portion. Every Soldier now had to sit at a board presided over by Curfman. It would be the deciding factor in choosing the winner.

In the end, despite who came out the winner, the Soldiers enjoyed the competition and the chance to test themselves against their peers.

"The sportsmanship was great – everyone helping each other out. It was definitely competitive but friendly at the same time," said Spc. John Visaggio, an explosive ordnance disposal technician with the 720th Explosive Ordnance Disposal Company, 28th Transportation Battalion.

Each of the Soldiers had their reasons for wanting to come out on top. For Cpl. Chadwick Forbes, a military police Soldier with the 95th MP Battalion, it was tradition.

"I come from a long line of NCOs," he said, "and just to say to my dad and my uncles and my grandfather that I was the best this year, it would mean a lot to them."

For Forbes, that is precisely what he will be able to tell them. Forbes was named the brigade's NCO of the Year while the Soldier of the Year honor went to Micek.

Next for the winners will be the 21st Theater Sustainment Command's Soldier and NCO of the Year competition in June.

TRAGEDY

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a statement he issued May 14. "The selfless service of our fallen comrades will not be forgotten. In this difficult time, I ask that all of our Soldiers, Sailors, Airmen and Marines throughout Iraq continue to look to each other as a source of strength and caring."

In Russell's case, the command identified him as a stress casualty, took his weapon, and referred him for treatment. Yet, the tragedy still occurred, Gen. George W. Casey Jr., Army chief of staff, said.

Casey did not comment directly on the case, but said all of these cases are fed by a lot of different factors, including repeated deployments.

"Combat deployments are, by their nature, stressful," the general said. "I can't say that the deployments contributed, but I can't believe that the stress of combat deployments, added to the stress of personal and family issues, is not some sort of a contributing factor."

The Army has beefed up its program to allay stress since going into Iraq in 2003. This summer, for example, the service will begin the Comprehensive Soldier Fitness program.

"The whole idea of this is to raise mental fitness to the level of physical fitness," Casey said. "The program is focused on building resilience and enhancing performance – on giving more Soldiers the skills they need to succeed."

Casey said Americans seem to think that all those who go into combat get post-traumatic stress. "That's not true," he said. "Everybody who goes to combat gets stresses – there's no doubt about it – but the vast amount of people have growth experiences, because they are challenged by something very, very difficult, and they succeed."

The Army program has several components. The service has had master fitness trainers for several years. These are Soldiers who help other Soldiers structure exercise and diet programs. "We are starting a master resilience training course at the University of Pennsylvania," Casey said.

Young sergeants are attending the course, which has been developed in cooperation with the American Psychiatric Association. "The idea is to put these folks at battalion and brigade level so they can help commanders structure programs to build resilience," Casey said.

The service also is putting in place an individual Web-based self-help program to be launched in the fall, Casey said. Soldiers will participate in this program at different times in their careers. The various questions will connect to online instructional modules.

The service also will continue "resilience training" that will take place before, during and after deployments and at every school that Soldiers go to. The premise is that just as Soldiers exercise their muscles, they also must exercise their minds.

Multinational Force Iraq, U.S. Central Command and the Army will study the shooting at Camp Victory to see what else needs to be done, Defense Department officials said.

HMS students head to Iowa for competition

By Emilee McGann

HEIDELBERG MIDDLE SCHOOL STUDENT

Students from Heidelberg Middle School are getting pumped up to compete in World Finals for "Odyssey of the Mind" in Ames, Iowa, May 27-30.

Odyssey of the Mind is an enormous opportunity for kids from kindergarten to college to show off their creative problem-solving skills. There are about 25 different countries, including the United States, that participate in this competition, which has three levels – local, state and world.

During the competition, each team chooses one of five problems to solve, according to the Odyssey of the Mind Web site. "The problems appeal to a wide range of interests; some are technical in nature, while others are artistic or performance-oriented... The 'friendly' competitive aspect encourages students to be the best that they can be," the site says.

Eric Ferraro, Morgan Billmaier, Rachel-Ann Vanderbos, Summer Werner and Emilee McGann have worked

diligently for seven months in preparation to attend Europeans (state level) in Kaiserslautern after winning the local competition. All of the hard work and practice paid off when they won first place against three other European-based teams in their division.

"I was happy that we won, but in the long run, winning didn't matter. It was all about fun," Summer said. "I also cannot wait to go to Iowa. I can't wait to meet all of the different people who have participated, too."

"It gave us a sense of pride to accomplish something for our team, our school and our community," Eric said. "It was really all about teamwork."

The whole team is exceedingly thrilled about all of the opportunities that await them in Iowa, such as hands-on workshops, parties and recreational activities. Not only that, but there will also be a hypnotist, a magician, obstacle courses, laser tag, and variety of other fun activities.

"I can't wait to learn during the hands-on workshops, and make friends with new people as well," Morgan said, "but most of all, I can't wait to play laser tag."

REEL LIFE

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community, <http://myBWnow.ning.com>, which is where the videos should be submitted. Make your own account and check out all the virtual community has to offer.

Take a video of your family bowling night or that cute song your kids like to sing when it comes on the radio. Get a video of your child at the skate park showing off his skate tricks or your daughter's first home run in T-ball.

Whatever your family likes to do here, make a video and submit it. Show us what life is like for your family in Heidelberg.

Remember to keep submissions family friendly and follow force protection guidelines – no videos of the gates, guards or perimeter fencing areas.

Videos should be two minutes or less in length, and you are encouraged to get those creative juices flowing. Upload your videos to the BWnow virtual community. Videos will be judged on creativity and content as it relates to life as a military family in Heidelberg. Remember to include the tag "reel-life" when you upload the video.

The top three videos will be selected by USAG Baden-Württemberg Public Affairs representatives and then shown to the community for judging.

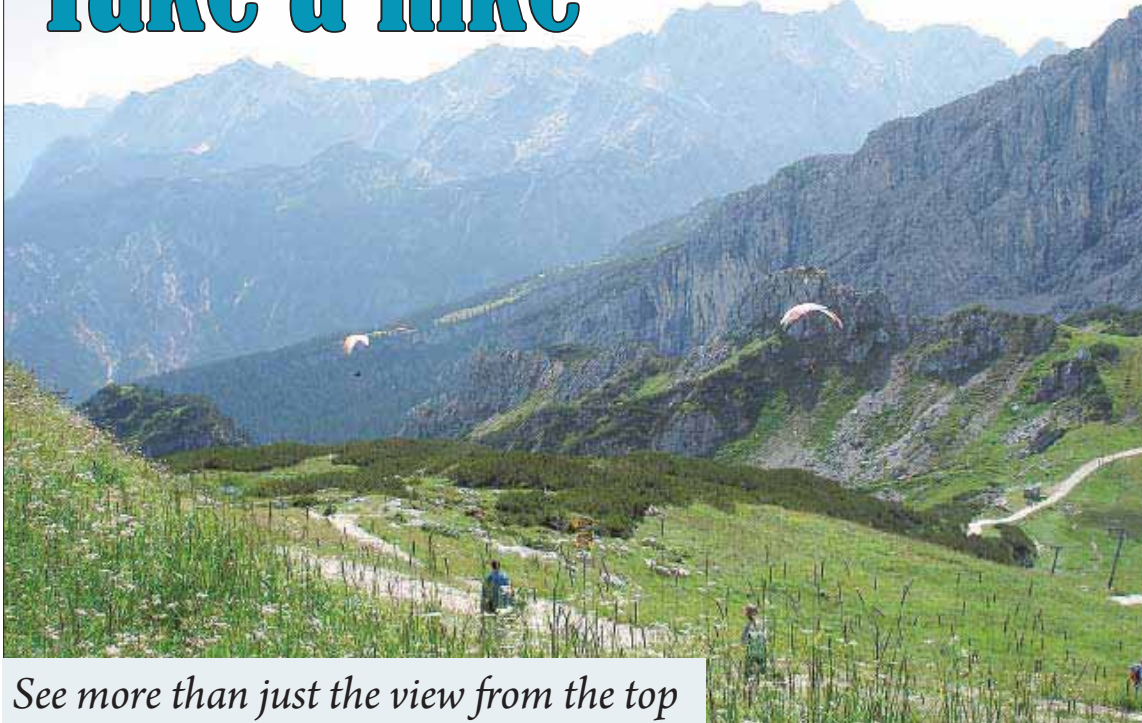
The community will decide the winner by placing votes July 2-3 at the Arts and Cultural Center and again at the garrison Fourth of July celebration.

All videos will remain posted on BWnow and some will be featured on the BWnow YouTube channel at www.youtube.com/BWnow.

For more information

about guidelines or to ask questions about the contest, check out the video contest tab in the BWnow virtual community or call DSN 373-7243, civ. 06221-17-7243.

Take a hike



Photos by Kelli Bland

See more than just the view from the top

by Jessica Roberson
BAVARIAN NEWS

Writer and poet Henry David Thoreau once wrote, "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach..."

There are few better ways to save money this summer than spending your free time in your own backyard.

Headlines in the states are reporting on the growing trend of families pinching pennies this summer by planning trips that do not entail expensive travel arrangements.

It's a no-brainer for folks to cut back on extravagant trips this year due to the economic downturn, but the good news about living in Germany is that there is such an amazing "backyard" to explore.

Heading to the Alps doesn't have to be an expensive experience with the help of the Army's Outdoor Recreation in Garmisch and your own two feet.

The Garmisch garrison's Alpine experts at Outdoor Recreation can help with equipment, advice or provide a guided expedition. The most satisfying views are the ones that are earned by putting on a pair of hiking shoes, putting one foot in front of the other, and taking the time to enjoy these mountains from every angle.

The morning light on the Hausberg tells its own unique story. The light changes by midday as you climb above the tree line and see the craggy face of the Zugspitze towering above off

to your right.

Each mountain top you conquer comes with a cross at the peak and a book for you to inscribe your name, letting you leave a bit of your own legacy for others to read. The series of hüttes (small mountain huts) in the area make wandering the Alps a civilized affair with homemade soups, schnitzels, local beer and the favorite Bavarian dessert "Kaiserschmarrn," a pastry concoction with a fruit filling served with ice cream. Any one of these choices beats a baggy of trail mix any day.

You don't have to be a mountaineer to explore the local Alps around Garmisch, either. Because of its intricate series of easy-to-challenging hiking trails, affordable cable cars and a train through the mountain almost to the summit of Germany's highest peak, the Zugspitze, the Alps of Garmisch are designed to help get people of all ages and fitness levels to ascend into this limestone paradise.

For unseasoned hikers who are nervous about walking the Alps, Garmisch's ODR has guided overnight hikes scheduled for this summer to conquer the Zugspitze or sleep in the Schachen Hütte, aka "Mad King" Ludwig's hunting lodge. For the truly adventurous, there is also white-water kayaking or rafting offered by ODR – they'll take to the starting point and bring you back when you're done.

Even a day trip through Partnach Gorge provides an unforgettable experience.

Take the trail less travelled – it comes with a guarantee that you won't regret it.

Garmisch ODR can be contacted at DSN 440-2638, civ. 08821-750-2638 Monday-Friday.



The "Höllentalklamm" gorge can be seen on a hike down from the Osterfelderkopf, the top station of the Alpstiz cable car. Parking for the cable car can be found on the road between Garmisch-Partenkirchen and Grainau, where the Zugspitze is located.

(Above) From the Osterfelderkopf, hikers can take a variety of paths to wind down the mountain. Maps are available to guide you.

GERMAN HOLIDAY

Thursday is Ascension Day

Ascension Day is celebrated on the 40th day after Easter Sunday and symbolizes Jesus Christ's ascension to heaven.

Furthermore, it is part of the Easter Fest Circle consisting of the Easter fest symbolizing Christ's resurrection, Ascension Day and Pentecost symbolizing the appearance of the Holy Spirit to the Apostles.

In the Bible's New Testament, the Evangelist Luke delivers the meaning of ascension and describes it as the ascension of Christ from the Mount of Olives to heaven on the 40th day after his resurrection, which was only visible to the apostles. Christ's ascension is also mentioned in the Apostles' Creed.

Since 370 A.D., Ascension Day is commemorated in services of the Protestant and Catholic Church. In 1936, it became a legal German holiday.

Today, most German families celebrate Father's Day instead of the original Christian holiday. However, Father's Day originated in the United States and it has been adopted by Germans as counterpart to Mother's Day.

In Germany, Father's Day is used to spend time with family in joint adventures such as bicycle tours, hiking or barbecuing. More often, you can see groups of men walking around with a cart in which they carry lots of beer.

This tradition goes back to the time when people were beating the bounds of a parish on a specific day of the year. They had to walk around their estate to keep the right of their tenure. Some people said that it is the imitation of the 12 Apostles' walk to the Mount of Olives. In Medieval times, beating the bounds lost its religious meaning, and people used the day to go on walking tours where alcohol had been drunk in huge amounts.

Finally, in the 19th century, the so-called "Herrenpartei" (Men's party) developed in the Eastern part of Germany. It is based on the ritual of introducing young men to the vices of manhood like drinking, smoking and women.

The "Herrenpartei" became very popular over the years, and many men go on these walking tours nowadays. One thing is for sure, German Father's Day does not have much to do with daddies but rather a lot with manhood. To honor those who are real fathers, bachelors and non-fathers pull the cart during the tours.

Editor's Note: Information gathered by Ina Stiewitz, USAG Baden-Württemberg Public Affairs.

Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



Dear Ms. Vicki,

My beau didn't marry me when he finally divorced his wife. He is engaged to marry another woman next month!

I knew nothing about this other woman, or where she came from. Out of nowhere, he leaves me a "Dear Suzie" letter on my kitchen table. I feel so humiliated and angry! I met this man four years ago online while he was on his second deployment to Iraq. I was the one who kept him encouraged and kept his spirits up. His wife did nothing but spend all of his money on plastic surgery, cars and jewelry. She cared nothing about him and he knew it.

He always told me his marriage to her was over. I believed him and continued to build a relationship with him. We spent a lot of time together, and it was just like I was his wife.

After his third deployment he didn't even go home to his wife and children, he came home to me and we took a two-week vacation together.

His wife knew it was over. They were no longer sleeping in the same bed and were barely even communicating. He was going to divorce her as soon as his son recuperated from a life-saving surgery he had to undergo.

I know people always think the other woman causes all of the problems in marriages, but this is not true in my case. I stayed out of his marriage and tried to let him handle everything that had to do with his wife and his children.

Since we met in 2005, I've given him everything, and I was preparing for us to get married. Now this man won't even speak to me? He has disconnected his numbers. I had met many members of his family and they refuse to take my calls, too. Why have I been ostracized? I did nothing wrong; he is the wrong one.

I want him to know I just want all of my money back that I've given to him. I was the one who was paying his bills. I bought furniture for him, clothes, trips, etc. You name it and I

did it. Now I feel like I've been taken advantage of. I even called his unit and spoke to his commander. The commander told me he had nothing to do with this issue and not to contact him again. What happened to an officer and gentlemen? These men are no officers or gentlemen.

Please direct me to someone who can help me. I want him to look me in my face and tell me why he treated me this way.

From: No Way to Treat a Real Woman

Dear Woman,

Your beau? Are you serious? Well I guess you are serious, because you have written me about this mess numerous times. I kept telling you to leave this man alone and go on with your life, but you wouldn't listen to me.

You know, Elizabeth Edwards has been talking about her husband's affair for some months now. Something she said was so paramount. She said "women should have more respect for other women." This is so true. I don't know why it's so hard to keep walking or turn the other way when you know a man/woman is married.

You met him online and you said you knew he was married. You should have ceased all conversation with him, but you didn't. You said you became his wife? Oh, really? I'm always amazed at the other woman who always feels like she is owed something. You are good for only one thing, and I would let you know but I won't be so graphic. You want respect, but you are not willing to give respect.

Married men always use the same old lame lines and women like you keep falling for them. You were cheating with him and he was cheating on you, well, well, well. I guess the player was getting played, too.

Listen, he owes you nothing as far as I'm concerned. I wholeheartedly agree with his commander's response. If I was the commander, I would have told you the same. I have no one to direct you to for help.

Take him to small claims court if you want, and see what happens. In the meantime stop messing around with married men. Try being the only woman to someone who is available.

If you finally get married, you will quickly find out that it takes much hard work to keep a marriage together. Let's see if you have the stamina and the heart to make a marriage work.

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.

Responses to last week's column:

Dear Ms. Vicki,

I have respect for you and the advice you are trying to give, however, I think you are missing the mark on much of what you say. For example, a writer wrote you recently about her out of control 4 year old. She even said she is afraid to see what he will be like when he is 14. This is her fault, not her son's fault and as a parent, she should be ashamed to allow him to act in such a manner.

If she is married, her husband should be even more ashamed. People write you who are fornicating, shacking up, cheating on husbands, and cheating on wives, who's gay and who's straight. You name it, and they write to you about it.

It's appalling to me that you won't give them advice from a Christian point of view. This is all sin, and they better get their hearts and minds cleaned from all of this unrighteousness. I was in the Army for nine years. I left the Army because God called me to start a church. As a pastor, I give my congregation the advice and the words they need to truly bring change in their lives. I would be happy to bring you into the fold and show you the right way, too.

Sometimes in your articles you appear to try to give the right advice, but you hold back from the entire truth - sin. Stop doing this and start telling the whole truth. I'll be reading your articles from time to time to see if you are making real change.

From: Rev. C.W. Smith

Dear Ms. Vicki,

I always get a copy of the newspaper to only read your column. I'm online with a lot of other military Web sites and chat rooms, but your column keeps it real, and people talk to you about what is really going on. I think you give good advice mixed with humor and truth. You keep it real and tell it like it is. Please let me give some advice, too.

Far too many women call you and complain about this and that. They act like Uncle Sam owes them something. Uncle Sam doesn't owe us anything. These spouses should understand that our husbands/wives are not doing this for free, they get paid on the first and 15th of every month. That's all we are owed is our pay. Everyone wants to tell a sob story to you about how they are being used, abused or taken advantage of, and how much they can't cope with another deployment.

What did they think their spouse signed up for? This comes with the territory. These people need to swallow a reality pill and toughen up!



Angels and Demons

I haven't had a chance to read the books this movie and "The DaVinci Code" were based on, but I did check them out in theaters, and I was very impressed.

I thought "The DaVinci Code" was pretty good. There were some twists and turns I didn't expect, and it was well written overall.

This time around Ron Howard ("Apollo 13") has directed another masterpiece. While some may disagree, seeing as the topic, as it was with the last film, is pretty controversial, I think it was still a good film.

Tom Hanks returns as Robert Langdon and brings his super intellect into play to help the Vatican discover who is behind a string of very

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

intriguing events. Backing up Langdon is Ayelet Zurer ("Munich") who plays super physicist Vittoria Vetra whose field of expertise is what draws her into this strange and massive conspiracy.

While it was a little less complicated than the first film, which I thought was the best part, it still keeps you into the flow of action and story.

It has an assortment of genius people but doesn't leave you with your jaw wide open trying to figure out what they are saying.

The movie is pretty good from start to finish and moves at a fast pace, so don't blink or you might miss something. It's a bit much for the kiddos, in my opinion, as there is a bit of blood along with some intense scenes.

Overall, it's a good movie, so head on over and pick up your tickets early – you won't want to miss out.

coming to THEATERS

CORALINE

(Dakota Fanning, Teri Hatcher) Coraline walks through a secret door in her new home and discovers an alternate version of her life. On the surface, this parallel reality is eerily similar to her real life – only much better. But when her adventure turns dangerous, and her counterfeit parents (including Other Mother) try to keep her forever, Coraline must count on her resourcefulness, determination and bravery to get back home – and save her family. Rated PG (thematic elements, scary images, language, suggestive humor) 101 minutes



PLAYING THIS WEEK

- Heidelberg, Patrick Henry Village**
 May 20 - THE LAST HOUSE ON THE LEFT (R) 7 p.m.
 May 21 - STAR TREK (PG-13) 7 p.m.
 May 22 - CORALINE (PG) 7 p.m.; ANGELS AND DEMONS (PG-13) 9:30 p.m.
 May 23 - CORALINE (PG) 4 p.m.; DUPLICITY (PG-13) 7 p.m.; ANGELS AND DEMONS (PG-13) 9:30 p.m.
 May 24 - CORALINE (PG) 4 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m.
 May 25 - DUPLICITY (PG-13) 7 p.m.
 May 26 - ANGELS AND DEMONS (PG-13) 7 p.m.
 May 27 - ANGELS AND DEMONS (PG-13) 7 p.m.
 May 28 - ANGELS AND DEMONS (PG-13) 7 p.m.

Mannheim, Schuh

- May 20 - THE LAST HOUSE ON THE LEFT (R) 7 p.m.
 May 21 - WATCHMEN (R) 7 p.m.
 May 22 - STAR TREK (PG-13) 7 p.m.
 May 23 - STAR TREK (PG-13) 4 p.m., 9:30 p.m.; CORALINE (PG) 7 p.m.
 May 24 - CORALINE (PG) 4 p.m.; STAR TREK (PG-13) 7 p.m.
 May 25 - DUPLICITY (PG-13) 7 p.m.
 May 26 - STAR TREK (PG-13) 7 p.m.
 May 27 - DUPLICITY (PG-13) 7 p.m.
 May 28 - STAR TREK (PG-13) 7 p.m.

Vogelweh, Galaxy

- May 20 - WATCHMEN (R) 7 p.m.
 May 21 - MISS MARCH (R) 7 p.m.
 May 22 - CORALINE (PG) 3:30 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m., 10:30 p.m.
 May 23 - CORALINE (PG) 11 a.m., 3 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m., 10:30 p.m.
 May 24 - ANGELS AND DEMONS (PG-13) 3 p.m., 7 p.m.
 May 25 - DUPLICITY (PG-13) 5 p.m.
 May 26 - CORALINE (PG) 7 p.m.
 May 27 - DUPLICITY (PG-13) 7 p.m.
 May 28 - ANGELS AND DEMONS (PG-13) 7 p.m.

Ramstein, Hercules

- May 22 - DUPLICITY (PG-13) 7 p.m.
 May 23 - CORALINE (PG) 7 p.m.
 May 24 - DUPLICITY (PG-13) 7 p.m.

Ramstein, Nightingale

- May 20 - MISS MARCH (R) 7 p.m.
 May 21 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.
 May 22 - STAR TREK (PG-13) 3:30 p.m., 7 p.m., 10:30 p.m.
 May 23 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 3 p.m.; STAR TREK (PG-13) 7 p.m., 10:30 p.m.
 May 24 - STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 3 p.m.; STAR TREK (PG-13) 7 p.m.
 May 25 - CORALINE (PG) 7 p.m.
 May 26 - DUPLICITY (PG-13) 5 p.m.
 May 27 - STAR TREK (PG-13) 7 p.m.
 May 28 - DUPLICITY (PG-13) 5 p.m.

GET OUT!
area events

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

Four-Castle Illumination Cruise

Tickets are on sale now for the Warrant Officers Association's river boat cruise and four-castle illumination with fireworks July 25. Cost: €25 per person, children under 7 are free. Proceeds fund the WOA scholarship program for graduating seniors and family members. DSN 375-5192, civ. 0162-297-4953, www.Rhein-NeckarSilver.com.

Apollo Amateur Talent Show and After Party

Get your act together now to win big cash on July 11 starting at 9 p.m. It's the audience who decides who walks away with the \$1,000 cash prize. The show takes place at the Schuh Theater followed by an after party at the Top Hat Club. All participants and patrons must be at least 18 years old. Interested participants must sign-up before June 27. Mannheim/Kaiserslautern: Civ. 01511-162-1992; Heidelberg: Civ. 01515-125-1285.

May 20

Ulm Cultural Fest – More than 70 events are held in and around the big top through July 4. Internationally known artists give concerts from the fields of rock, pop, blues and jazz as well as comedy, dance, cabaret and variety. Civ. 0731-960-8513, www.ulmzelt.de.

Swabian Springtime Music Fest – Enjoy classical concerts in baroque halls through May 24. www.schwaebischer-fruehling.de.

May 22

The Sound of Music – Enjoy this classic musical at the Roadside Theater on Patton Barracks in Heidelberg May 22, 23, 29, 30 and June 5, 6, 12 and 13 at 7 p.m. and May 24 and June 7 and 14 at 3 p.m. There will also be a special performance for the Exceptional Family Member Program May 31 at 3 p.m. www.roadside-theater.com.

Comedy After Dark and After Party – Head to Mannheim's Top Hat Club at 9 p.m. to see Chicago native Marlon Mitchell, who is a six-season mainstay on BET's comedy showcase, "Comic View." DSN 380-9370, www.mwgermany.com.

May 24

Ballet Performance – Heidelberg's SKIES Unlimited program presents Hans Christian Anderson's enchanting production "The Emperor and the Nightingale" at 7 p.m. Tickets on sale through May 21. www.mwgermany.com.

Meersburg and Mainau – Head to Meersburg and the island of Mainau on Lake Constance with the USO. <http://affiliates.uso.org/rhein-neckar>.

May 25

Shopping Tour – Shop till you drop when you spend a day at the CentrO Mall, the largest mall in Europe, located in Oberhausen, north of Düsseldorf, with the USO. CentrO Mall houses more than 200 stores and boutiques and more than 20 restaurants, snack bars and pubs. <http://affiliates.uso.org/kaiserslautern>.

May 28

Cake and Well Festival – Head to Schwäbisch Hall through June 1 for the historical

saltmakers festival dating back to a decree from the year 1785 with dancing, torchlit dancing, courtroom scenes, presentation of the saltmakers' cake and initiation of the young saltmakers on the market square. Civ. 0 791-75-1246, www.siedershof.de.

May 29

Fashion Show and After Party – Head to the Top Hat Club in Mannheim for a fashion show and after party hosted by DJ Rob Money. \$7 in advance, \$10 at the door. DSN 380-9370, civ. 0621-730-9370.

Lucky Stiff – The KMC Onstage Community Theater will present "Lucky Stiff," a musical comedy, at 7:30 p.m. May 29, 30 and 31 and June 5, 6, 7, 12 and 13 and at 3 p.m. May 31 and June 7. www.mwgermany.com.

Beach Party – Head to the Recovery Room on Nachrichten Kaserne in Heidelberg for the Beach Party at 9 p.m. Compete in the best swimsuit competition and enjoy a tasty barbecue buffet.

May 30

Vrije Flea Market – Head to the Netherlands with the USO. <http://affiliates.uso.org/rhein-neckar>.

Prague Express – Head to the Czech Republic with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

June 6

Mannheim Idol – Mannheim is looking for local talent to participate in the first ever Mannheim Idol competition. First auditions are June 6 with competition happening June 13, 20 and 27 and the finals July 4. DSN 385-2342, www.mwgermany.com.

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

Money Orders

Army and Air Force Exchange Service facilities will no longer offer money order services after close of business May 31. Stringent anti-money laundering requirements and DoD Financial Management Regulations that forbid "base organizations" from selling money orders when banking offices are open prompted AAFES' decision to curtail Money Order services.

Cash Cage Closure

The 266th Financial Management Center and 208th Financial Management Company Disbursing Cash Cage will remain closed for an unspecified time frame. Until a plan to permanently reopen the cages is implemented, the Heidelberg Cash Cage on Campbell Barracks will open 9:30 a.m.-noon and 1-4 p.m. June 1-2 only. DSN 370-6856.

UMUC Europe Registration

University of Maryland University College Europe announces registration for its Summer 2009 Session. Registration for on-site courses is available through May 29, with classes beginning May 31. Registration for online courses continues through June 14, with classes starting June 15. UMUC Europe will offer two new \$100 summer book awards for active-duty enlisted service members, their spouses and families: www.ed.umuc.edu/financial_aid. UMUC Europe also has a new \$5,000 military spouse scholarship available starting this session: www.ed.umuc.edu/militaryspouse. DSN 370-6762, cv. 06221-3780.

Fuel Ration Cards

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

local EMPLOYMENT

ACAP Counselors

The Army Career and Alumni Program is currently seeking full-time counselors for the Heidelberg-Mannheim area. 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. Applicants cannot be considered ordinarily resident and must have logistical support. DSN 431-2191, cv. 07031-15-2191, darla.huck@us.army.mil.

Teens get HIRED!

If you are 15-18 years old, the HIRED! Program can find you a paid apprenticeship with MWR placement sites to match your goals and interests. The first 12-week term starts July 1. Call now or stop by the Heidelberg Lion's Den Teen Center for more information on the HIRED! Program. DSN 388-9396, cv. 06221-338-9396.

Mobilization and Deployment

Mannheim Army Community Service has a contract position available for a mobilization and deployment assistant. This non-personal service contract position will execute a wide range of tasks associated with mobilization and deployment. Solicitation number is W912PE-09-T-0086 and closes May 22: <https://acquisition.army.mil/usfi>. DSN 385-3101, cv. 0621-487-3375.

KAISERSLAUTERN

Education

• **ACS Classes and Events** – DSN 493-4203, cv. 0631-3406-4203, www.mwrgermany.com/kl/acs.

Community

• **Kleber VAT Office Has Moved** – The office can now be found in Bldg. 3205 on the third floor. Office hours: Monday-Friday, 8 a.m.-3:30 p.m. DSN 483-1780, cv. 0631-411-1780.

• **Friday Family Fun Night** – Enjoy family games 5:30-8 p.m. May 22 at the Landstuhl Library. DSN 486-7322, www.mwrgermany.com.

• **Midnight Bingo** – Kazabra Club brings you Midnight Bingo starting at 9 p.m. May 24. Doors open at 7 p.m. Free food and soft drinks. DSN 489-7261, www.mwrgermany.com.

• **Independent and Foreign Films** – Kaiserslautern Libraries present independent and foreign films at Heaton Auditorium. All showings begin at 6 p.m. and are free. May 27: The Pope's Toilet, by Charlene and Fernandez – Spanish with English subtitles. www.mwrgermany.com.

• **It's Bunco Time** – May 28, 6-10 p.m. the Landstuhl Community Club will host an indulgent evening of free Bunco fun. No experience necessary to play. Win gift cards and other great prizes. DSN 486-7244, www.mwrgermany.com.

• **BOSS Meeting** – The Better Opportunities for Single Service members meeting is 1 p.m. May 28 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **Single Soldier Day** – Better Opportunities for Single Service members hosts a Single Soldier Appreciation Day 9 a.m.-5 p.m. May 29 at Pulaski Park on Pulaski Barracks. DSN 493-4344, cv. 0631-3406-4344.

• **Chapel Grand Opening** – Enjoy a free lunch as the Chaplain's Office hosts a grand opening for Daenner Chapel on Daenner Kaseme at noon June 1. Follow the signs and balloons to Daenner Chapel once entering the gate. The grand opening will include: a cookout with free hot dogs and drinks, the Daenner Chapel Band, a raffle for tickets to Strasbourg, France, and a cake to celebrate the occasion. DSN 493-4098, cv. 0631-3406-4098, mirna.oceguera@us.army.mil.

Focus Groups for Single

Parents and Deployed Spouses

– The Chaplain's Office will host focus groups to determine what needs, issues or concerns exist in the community. The Single Parent Focus Group will take place at noon and 6 p.m. June 3, and the Deployed Spouses Focus Group will take place at noon and 6 p.m. June 10. Both focus groups will meet at Daenner Chapel. A meal will be provided at all meetings. RSVP: DSN 493-4098, cv. 0631-3406-4098, mirna.oceguera@us.army.mil.

• **CYSS Summer Camp** – Sign up now to take part in Summer Camp 2009, June 15-Aug. 28. Open to children entering grades two through six. Kids will enjoy: arts and crafts, field trips, workshops and more. DSN 493-4516, cv. 0631-3406-4122.

HEIDELBERG

Education

• **ACS Classes and Events** – Reintegration Briefing, 9 a.m. May 26; Intro to Computers, 9 a.m.-noon, May 26; Anger and Stress Management, 1-4 p.m. May 26; First-Termers Money Management, 8 a.m.-noon May 28; English as a Second Language classes offered throughout the week. DSN 370-6883, www.mwrgermany.com/hd/acs.

• **FAST Class** – The Army Education Center on Patton Barracks will conduct Functional Academic Skills Training classes 8 a.m.-noon May 28-June 19. Class will meet at the Education Center, Bldg. 106, room 116. TABE test is required to get a seat. DSN 373-6176.

• **Central Texas College** – Register through May 29 for Term V classes – Child Abuse Prevention and Investigation, Emergent Literacy for Early Childhood, Garden Manager, and Purchasing for Hospitality Industry. Classes run June 8-Aug. 6. DSN 373-8660, www.europe.ctcd.edu.

Community

• **Construction Near Patton Barracks** – Until approximately June 15, personnel traveling south (leaving Heidelberg) on Speyererstrasse wishing to turn left in order to enter Patton Barracks will not be able to do so because of ongoing construction in that vicinity by the city of Heidelberg. The access control point is still open and accessible to those traveling north on Speyererstrasse.

• **Army Emergency Relief** – The deadline for the AER Campaign in Heidelberg has been extended to June 1. Donations help AER in fulfilling its mission of providing emergency financial assistance to Soldiers and their families. DSN 370-8238, www.aerhq.org.

• **HIWC Events** – Join the Heidelberg International Wandering Club for the following volkshochschulen: Ofersheim, Michelbach, May 20-21; Speyer (Saturday only), Aglasterhausen, May 23-24; Bensheim Muenster-Sarsheim, May 30-31. Sign up for upcoming trips to Belgium. www.hiwc.de.

• **KONTAKT Club** – Bowling at PHV, noon May 24 and 31; Stammtisch at Makedonia, 6 p.m. May 26; Krämer u. Fohlenmarkt Sinsheim, May 23; Lunch at Yang-Yang in Schwezingen, noon May 25; Stadtfest in Mannheim, 11 a.m. May 30. Cv. 0170-537-8380, annemarie.fritz@t-online.de.

• **Housing Office Closure** – The

office will be closed May 21 and June 1 for German holidays. It will close at noon May 22 with full services resuming May 26.

Campbell Fitness Center

Closure – The fitness center on Campbell Barracks will close from 1 p.m. May 21 until 5:30 a.m. May 26 for installment of new water lines inside the building. While the gym is closed over the Memorial Day holiday, patrons will still be able to use the fitness center on Patton Barracks, which will be open regular hours May 21-22 and extend its hours May 23-25 to 9 a.m.-6 p.m.

Homeschool Curriculum Fair

– Buy and sell books and educational materials with the Heidelberg Homeschool Group 2-4 p.m. May 27 at the Patrick Henry Village Scout Hut. Check out the huge table of free items. Reserve a table to display or sell: melcut@earthlink.net. You don't need to be a member to participate.

Community Yard Sale

– Set up shop in front of your quarters or in the park behind PHV Library for the Heidelberg Community Yard Sale 8 a.m.-2 p.m. June 6. Rental tables and canopies are available from Outdoor Recreation. Open to U.S. ID card holders only. Personal items only, no retailers allowed. DSN 388-9282, cv. 06221-338-9282.

International Movie Nights

– Enjoy an evening watching great foreign films at International Movie Nights at the Arts and Cultural Center in the Patrick Henry Village Pavilion, every last Thursday of the month starting at 7 p.m. Feel free to bring your own refreshments. Movie Nights are open to ages 18 and over only. DSN 388-9418, cv. 06221-338-9418, www.mwrgermany.com.

MANNHEIM

Education

• **ACS Classes** – School-Age Parenting, 9-10 a.m. May 26; Multicultural Club, 11:30 a.m.-1 p.m. May 26; Levy and Out-processing, 1-2:45 p.m. May 26; ESL, 6-7:30 p.m. May 26 and 28 and 9-11 a.m. June 1 and 4; Mom and Me Play Group, 10 a.m.-noon May 27; Volunteer Orientation and Training, 1-2 p.m. and 3-4 p.m. May 27 and June 1; Hearts Apart, 11:30 a.m.-1 p.m. May 27; Tschuss Teens, 3:30 p.m.-4:30 p.m. May 27; Toddler Parenting Class, 9-10 a.m. June 1. DSN 385-3101, cv. 0621-730-3101.

• **German Language Class** – The USO offers a beginner German class June 4-July 23. Cost is €50, and the class meets 5-6:30 p.m. Thursdays. DSN 385-2082.

• **CTC Summer Classes** – Register for summer classes with Central Texas College through May 29. Small, hands-on classes in Mannheim are available in Automotive Technology, Criminal Justice, Early Childhood Education and Hospitality Manage-

ment. Courses start June 8 and are eight weeks long DSN 385-2818, mannheim@europe.ctcd.edu.

Community

Summer Camp Registration

– SAS Summer Camp enrollment is now open at CER, building 255, room 106. Camp is June 15-Aug. 28 and is for children 6-11 years old. This year's theme is "SAS Goes Green." The programming provided will help raise children's awareness of their vital role in our environmental preservation while having fun in the process. DSN 380-4864, cv. 0621-730-9997.

FRG/Unit Night

– Child, Youth and School Services FRG/Unit Night will be held 5:30-8:30 p.m. May 21. This program offers free child care for families attending a FRG or deployment-related meeting. Reservations: DSN 385-2750, cv. 0621-730-2353.

• **Customs Office Closure** – The office will be closed May 21 for the German holiday. DSN 385-3326.

Free Barbecue

– The USO is hosting a free barbecue at the Cove on Sullivan Barracks starting at 11 a.m. June 6. There will be live music, free beverages, an electric bull, bouncy castle, beach volleyball, and many more offers for each age group.

• **Sullivan Library** – Teen Book Discussion Group, 4-5 p.m. May 27; Scrapbook Club, noon-3 p.m. May 30; Film Screening, 4-5:30 p.m. May 30; Story Hour, 10:30-11:30 a.m. Thursdays; Teen Advisory Board, 4-5 p.m. Thursdays. Volunteers needed to help plan programs, choose materials. DSN 380-1740, cv. 0621-730-1740.

• **Youth Services** – Youth Sponsorship, 5-6 p.m. May 22; Project Learn, 4-5 p.m. May 26; Passport to Manhood, 4-5 p.m. May 27; Club Tech, 5-6 p.m. May 27; 4-H Club, 6-7 p.m. May 27. DSN 380-4864, cv. 0621-730-9997.

• **Parents' Night Out** – May 29 from 6:30-10 p.m. at the Child Development Center. Parent's Night Out provides four hours of free child care for families who have a current registration with the Mannheim Child, Youth and School Services. Reservations: DSN 380-4851, cv. 0621-730-4851.

• **SKIES Unlimited** – Register for any of the following classes at the Central Registration Office (Sullivan Barracks, Bldg. 255 in room 106): Mixed Martial Arts for ages 6-18; Gymnastics, 3-18; Piano Lessons, 3-18; Kindermusic (music for beginners), 2-8; TAE-BO, 4-18; Ballschule, 3-8; Technology for Youth, 4-18; Arts and Crafts, 3-9 and 10-18; Cooking and Baking, 3-9 (parent and child) and 10-18; Voice Lessons, 4-18; Basic and Advanced Gymnastics, 3-18; Dance Classes, 3-18; Babysitters Training, 13-18; DSN 380-9290, cv. 0621-730-9290, darren.brown3@eur.army.mil.



Jason L. Austin

Tyrese White and Serenity Owens reach to touch the right number of dots during Ballschule at School-Age Services at the Heidelberg Community Support Center.

Heidelberg's School-Age Services hosts Ballschule program

By Jason L. Austin
HERALD POST STAFF

"You're a winner if you're having fun," said Thorsten Damm, program manager for the Ballschule Heidelberg during a session at School-Age Services on the Community Support Center May 13.

For 10-15 first and second graders, every Wednesday is Ballschule day, a time to be active and have fun. They are also learning skills that will help them at various sports throughout their lifetime.

The goal of Ballschule, a program developed by University of Heidelberg's Institute of Sport and Sport Science, is not to teach children how to be the next soccer superstar, but to introduce them to the basics of sports while keeping them active and having fun.

You won't find a coach ordering drills or a pick up game of any sort at Ballschule, instead the games are the type of invented games kids naturally play in their neighborhoods, but with the scientific research behind them to ensure they are effective.

One skill they try to teach is "finding the gap," according to Damm, which has application in most sports whether it's figuring out where to hit

a line drive or what part of the goal to kick the soccer ball.

There are several other basic skills – like hitting the target, playing together as a team, and maintaining possession of the ball – that the Ballschule staff try to teach the children through a variety of games.

"So the child gets an idea of how the ball flies through the air," Damm said, adding that the children are at the golden age for learning.

"All their synapses are forming and if you reduce the instruction, they get bored and learn less compared to what they could do."

The staff, however, doesn't teach the children how to kick or throw the ball but allows them to learn through trial and error what works best while keeping the games fun and active.

"Everything is played at game speed," said Tim Mickens, lead child and youth program assistant at SAS. "We try to tire them out for the parents."

The Ballschule program was developed at the Institute in 1998, in response to the decline of German sports teams, Damm said.

Through research the institute learned that children in Germany weren't getting out and playing unlike in other countries like Brazil,

where the children play a variety of games in the streets.

The idea was to allow the children to have free play in a safe environment. Today more than 1,000 elementary school children in from the Heidelberg area participate in the program along with more than 100 sports clubs offering the program.

Ballschule can also be found in several other German cities and in a few locations in Brazil and Japan.

The program has been offered at SAS since September and was brought to the American community by Damm to build the relationship between Germans and Americans.

Damm attended college in Alabama and knew of the American population in Heidelberg and decided to introduce Ballschule to the American children in the area.

"(The program) taps into expertise and offers our community something not usually available," said Dawn Grossman, SAS director.

And the children respond to the program. While lining up to head outside, several children came to Mickens and asked if they could play.

Because, despite all the science behind the program, the goal, according to Mickens, is to "try to make it fun."

Soccer official clinics set for Germany, Italy

Installation Management Command-Europe and U.S. Army Garrison Vicenza Family and Morale, Welfare and Recreation will host a soccer official clinic in June.

The clinic will be held at IMCOM-Europe's Center for Workforce Development in Schwetzingen June 16-20.

Dan Heldman, a national instructor and contributing editor of Referee Magazine, will oversee both events, designed to train attendees in becoming officials and prepare others for programs such as Child, Youth and School

Services, community and high-school sports. Selected officials will be certified to hold future clinics.

Participants will learn field mechanics, current rules, points of emphasis, and will review changes. The clinic ends with a written test and practical examination.

Those interested in the Schwetzingen clinic need to register online – www.mwraonline.com – or contact Tony Lee at tony.leesr@eur.army.mil.
SOURCE: IMCOM-Europe

staying ACTIVE

New traffic sign for skaters

The German Federal Council approved a new traffic sign showing a black skate on a white background and the word "frei", which allows skaters to use streets and cycle tracks. The sign does not prevent skaters from considering the vehicle traffic. Skaters are directed to stay on the far right, skate only in the direction of the vehicle traffic, be extremely careful, and consider other traffic and let it pass. Without the additional sign, sports and games are still not allowed on streets, breakdown lanes, or cycle tracks.

Sports Physicals

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

Heidelberg Unit-Level Softball

Upcoming games at the Patton sports field: MED-DAC vs. DENTAC, 6:30 p.m. May 20; PMO vs. MEDDAC 7:30 p.m. May 20; MEDDAC vs. DENTAC, 6:30 p.m. May 27; V Corps vs. PMO, 7:30 p.m. May 27.

Tennis Tournament

The Spring Open Junior (ages 6-18) boys and girls clay court tournament will be hosted in Heidelberg May 30. Entry deadline is May 29 at 6 p.m. Several age categories will be established for the youth event. www.mwgermany.com.

Youth Track and Field

Sign up through May 29 to get involved with track and field in Kaiserslautern. Events available include long jump, shot put, discuss, relays and various track distances. DSN 493-4122, civ. 0631-3406-4122, www.mwgermany.com.

Baseball World Cup 2009

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

Parents' Exercise Room

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

Want to be a Cheerleader?

SKIESUnlimited now offers a Cheerleading Class. Classes are available for youth ages 5-11. No previous experience is necessary. All classes include basic instruction to include: cheer fundamentals, yelling techniques, jumps, dance and teamwork. For more information or to enroll, contact Central Enrollment at DSN 493-4516/4122 or Civ. 0631-3406-4516/4122.

Youth Dance Classes

Mannheim SKIESUnlimited Program is now offering creative movement, ballet, jazz dance and tap dance classes. All classes meet once a week with a cost of \$35 per month. All children must be registered with the Mannheim CYSS. DSN 380-9290, darren.brown3@us.army.mil.