

HeraldPOST

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



New recruits

Photos by Kristen Marquez

Pfc. Michael Bacchus disguises sixth-grader Joel West with camouflage paint during the Heidelberg Middle School "Kids' Boot Camp" May 19. The boot camp was designed for children with deployed or recently redeployed parents and offered an opportunity for the students to experience some of the Army lifestyle their Soldier-parents experience.

Kids spend a day in the life of Soldier-parents during 'boot camp'

By Kristen Marquez
HERALD POST STAFF

For sixth-grader Chelsea Shivers' most recent birthday, she and her mom threw an "American Hero" theme party so she could be just like her father, who was deployed at the time.

The kids dressed in uniforms and Kevlar helmets and took home little Army-themed party favors.

At Heidelberg Middle School May 19, Chelsea and other classmates with deployed or recently redeployed parents got another chance to be like their Soldier-parents – by participating in "Kids' Boot Camp."

At boot camp, the 60 students from grades six through eight ate from a buffet line of meals ready to eat, had their faces painted in

see **BOOT CAMP** page 16



Staff Sgt. Hector Campos, Headquarters and Headquarters Company, V Corps, encourages sixth-grader Gunner Bruenderman to continue doing push-ups during "Kids' Boot Camp."

IMCOM-E Soldiers battle in annual competition

By Melissa Wolff
USAG GRAFENWÖHR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Thirteen Soldiers and noncommissioned officers from garrisons throughout Installation Management Command-Europe gathered here May 10-13 to compete for the titles of IMCOM-Europe 2009 Soldier and NCO of the Year.

"This experience is going to test you mentally, physically, and if you believe in a higher power, spiritually. That's what this competition is designed to do," said IMCOM-Europe region Command Sgt. Maj. Tracey Anbiya. "But regardless of whether you win or lose, you stand shoulders above your peers because you competed."

Spc. Jason Boatwright, chaplain assistant, represented U.S. Army Garrison Heidelberg at the competition.

At the welcome barbecue May 10, participants got to know the competition and discussed their expectations and goals for the event.

Each participant went through varying kinds of competitive mental and

physical preparation with their sponsor and chain of command at their installation.

The competition commenced May 11 with an Army Physical Fitness Test. Competitors performed sit-ups, push-ups, and a timed two-mile run.

Challengers crossed the finish line of the run to the see **COMPETITION** page 16

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May 28, 2009

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PRESIDENTIAL MESSAGE

America's troops and their families embody what's best in the country, and the American people have a responsibility to serve them as well as the troops serve the country. President Barack Obama said this weekend during his radio address to the nation. Obama expressed hope that the spirit of Memorial Day will extend beyond the actual holiday observance. He said he's committed as president to honoring the nation's "sacred trust" to those who wear or have worn the uniform – a trust he conceded it hasn't always lived up to. Obama said he'll look out for the best interests of the men and women in uniform in making national security decisions.

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COMMENTARY

Washing your vehicle

Don't contaminate your drinking water; use local car wash facilities for cleaning

USAG Baden-Württemberg DPW

Living and working outside of the United States can be a wonderful and challenging experience.

With different cultures and traditions as well as celebrations to explore it takes time adjusting to a new environment, working, and getting the family settled.

When we live abroad not only do we learn new customs, but we also learn how to abide by new laws.

As many people living in Europe are aware, the environmental laws here are more stringent than those of the United States.

So let's talk about the environment. In case you have not heard, a new car washing policy recently has been signed by Lt. Col. Robert White, U.S. Army Garrison Heidelberg commander.

This policy is based on the German Final Governing Standards, and if "we" choose not to follow this policy, we are breaking a host nation environmental law.

The policy states that the washing of vehicles is permitted at designated "wash racks" or car wash facilities only.

Privately owned vehicles may be

taken to the Patton Barracks Speedy Lube or any local car wash.

Patton Speedy Lube offers an automated car wash and free hand-washing opportunities. Washing vehicles at other locations within the USAG Heidelberg – i.e. Mark Twain Village or Patrick Henry Village – is not permitted.

Military vehicles may be washed at wash racks on Patton Barracks, Tompkins Barracks, the Community Support Center DPW and Germersheim Army Depot.

When we wash our cars with certain soaps, spray down our engines to get rid of the dirt and grime, and get all the gunk out from our hub caps as well as the oil and residues from exhaust fumes (in the car washing process), we are unconsciously polluting the environment.

When certain chemicals found in car washing solutions end up in our water system, they provide breeding nutrients for algae and cause other harmful effects to our water system.

Unlike household waste water – which enters a sewer and undergoes treatment before being discharged into the environment – when we wash our cars, that water goes straight into storm drains or back into our ground



water (which we drink).

The drains, on the other hand, eventually discharge into rivers, streams, creeks and wetlands and affect aquatic life and ecosystems.

By washing our vehicles in designated areas, pollutants are caught in POL (petroleum, oil and lubricant) separators, which have been installed in these areas, and are thus removed from the waste stream.

Washing your car in an undesignated area is like deliberately throwing all your trash out of your car window. The difference is that we can see the trash we throw out the window, and

we see our environmental impact.

When we wash our cars, we should give these pollutants the same consideration.

So now that you understand the reason behind this policy, do the right thing.

Help protect your environment, and don't break the law.

Got an environmental question? Send the Environmental Division an e-mail at environmental@dpw.eur.army.mil or visit the Web site at www.dpw.heidelberg.army.mil/environmental/environmental.htm for more environmental related topics.



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

BLOG ROLL

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

The Heidelberg Community and Spouses' Club awarded USANATO BDE FRG and several other Heidelberg Community FRGs, an Open Grant in the amount of \$1,000.00. The generous donation was made in recognition of the outstanding programs and community service our organizations provide to the Heidelberg Community... Let's face it... nothing says "job well done" like cold, hard cash!

-Teri, BWnow member

I'm sure almost all of us know that when you buy a drink at a German store you have to pay a Pfand, or deposit, usually 15-25 Euro cents. But did you know that many of the single serving drinks you buy at the commissary and shoppettes can also be returned for a Pfand.

-Jason Austin, Herald Post staff member

Does anyone know about how the housing ar-

rangements work in Heidelberg? I am moving from California with my 3 yr old and husband. Before we get there we wanted to make sure that we would be ok out there with housing and all. I just don't want to go yet if there is a chance that we will be without a place... So I have actually been trying to get in touch with anyone who has information regarding the housing on post.

-Cristyan Mathis, BWnow member



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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.

Out of this world

Students learn to fly high at space camp in Belgium

Staff Report

Students from Heidelberg Middle School and Kaiserslautern Elementary school got a chance to experience some hands-on astronaut training recently.

Thirteen eighth graders from HMS and 45 fifth-graders from KES attended Space Camps in Transinne, Belgium, at the Euro Space Center, which is run by the European Space Agency.

"It's real experience – not textbook learning," said Jeff Grogg, one of the two KES fifth-grade teachers who accompanied the students on their field trip. "They got to experience what astronauts go through – some of the training they have to do before they ever go to space. We can't do that in the classroom."

Astronauts, the students learned, have to be able to complete tasks quickly and accurately under ever-changing physical circumstances. The training began with the multi-axis chair, a contraption that rotates randomly on different axes and at varying speeds.

Later in the week, the Heidelberg trainees were asked to complete a drawing task while spinning unpredictably in the chair, underscoring the need for concentration, coordination and a very good sense of balance. These skills were emphasized again in the 360-degree chair and the micro-gravity tank.

"They learn a lot of things and meanwhile, they have fun," said Philippe Laborte, one of the tour guides at the Euro Space Center for the KES students.

Besides going through some of the training astronauts do, the students also got to construct a micro rocket during a workshop between the rotations through the simulations.

The middle school students from Heidelberg are members of the Young Astronauts Club. They met after school on a weekly basis through-

out the school year to prepare for this trip, built their own balloon racers, visited the headquarters of the ESA in Darmstadt, studied Newton's Laws of Physics, learned about various international space agencies and practiced calculating altitude using handmade altitude finders and logarithms.

HMS Young Astronauts Club co-sponsor and Department of Defense Dependents Schools science teacher Elaine Young said her goal for the year was to foster an interest in space exploration, and what better way to accomplish that than to train to be an astronaut?

Lexie Berrett, from Jeff Grogg's fifth grade class at KES, said her favorite part was the multi-axis chair, especially when her mom, Angie Berrett, took a turn and even solved a math problem using a calculator while she was spinning upside down and sideways.

"It was cool – I like it," Lexie said.

To gain experience in the equipment that an astronaut would use on performing tasks outside their shuttle, students used the Five Degrees of Freedom chair and the Manned Mobility Unit.

The "astronauts in training" also received briefings on astronomy, the space shuttle, clean room theory, an astronaut's life in space and satellites. They put all this knowledge to use in a mock shuttle mission aboard Amicitia, the European shuttle. During the two-hour mission, the pilot and the commander had to work closely with the ground crew in the control room to successfully take off, deploy a satellite and land the shuttle.

The students got to launch the rockets they had made earlier in the week on the last day of camp. As their rockets sped more than 150 meters into the sky, some may have been contemplating journeying into space themselves one day.

Editor's Note: Christine June and Shirani Tisdale contributed to this report.



Shirani Tisdale

A team of Heidelberg Middle School eighth-graders work to build a tetrahedron, from left, Christina Martin, Nathaniel Haga in the Five Degrees of Freedom chair and Devan Tisdale in the Manned Mobility Unit.



Christine June

Alex Fisher, 11, a Kaiserslautern Elementary School fifth grader, takes a spin on the multi-axis chair as a part of his school's field trip May 15 to the Euro Space Center in Transinne, Belgium.

Candles: A hot issue during Fire Safety Campaign

IMCOM-Europe Public Affairs

As Installation Management Command-Europe Region Army garrisons continue to observe the Army's Fire Safety Campaign, fire protection and safety officials say to prevent accidental fires, it's a good idea to know what the leading causes of fires are in Army family housing, barracks and leased housing in Europe.

So, answer this as quickly as you can: What are the leading causes of accidental fires?

If you said cooking, you're right. So far in fiscal year 2009, seven fire incidents in AFH and three incidents in barracks were attributed to unattended cooking.

The number two cause of preventable fires might surprise people. It's the only

cause of fire reported in all three Army living quarters in Europe: AFH, barracks and leased housing - candles - unattended candles to be specific.

"That fact surprises people we talk to about fire prevention," said Patricia Jackson, IMCOM-Europe safety specialist. "It seems in recent years that more companies make scented candles. These candles smell so good that they get used more often, leading to an increase in fire-related incidents caused by candles."

Safety personnel and Division of Emergency Services fire protection personnel at IMCOM-Europe garrisons region wide are spreading information and raising awareness about the dangers of fire

as part of an Army Fire Safety Campaign that runs through October. Candles are one of the hot topics.

Jackson explained that candles are a workplace safety consideration, too.

"During one of my workplace safety inspections, I walked through an office and saw a desk heaped with paper. On that desk, left unattended, was a burning candle. Although it was a votive – or a jar candle – it presented a fire hazard," Jackson said. "The big problem is that candles are prohibited in the workplace. It should have never been there."

Tips for proper candle use:

- Instead of using candles during unforecasted power outages, have a flashlight available for use.

- Always put candles on a heat-resistant surface. Be especially careful with night lights and tea lights, which get hot enough to melt plastic. TVs are not fire-resistant objects.

- Candles should be held firmly upright by a proper holder so they won't fall over. In addition, the holder should be stable, so it won't fall over.

- Don't put candles near curtains or other fabrics or furniture. Keep them out of drafty areas.

- If you put a candle under a shelf or other surface, it can burn the surface. Make sure there's at least three feet between a candle and any surface above it.

- Keep clothes and hair away from flames.

- Candles should be out of

reach of children and pets.

- Leave at least four inches between two burning candles.

- Take care with votive or scented candles, which turn to liquid to release their fragrance, so put them in a glass or metal holder.

- Don't move candles when they're burning.

- Extinguish candles before you leave a room. Never go to sleep with a candle still burning. Never leave a burning candle or oil burner in a child's bedroom.

- Use a snuffer or a spoon to put candles out. It's safer than blowing them, which can send sparks and hot wax flying.

- Double-check they're out. For more information, log on to www.imcom-europe.army.mil/sites/management/so_fs.asp.

HMS Tech Fair



Photos by Jason L. Austin

Skylar Warner and Jeremy Thorson try to get a pingpong ball into a waste basket using a machine designed and constructed by themselves and teammates, Josephine Steinacker-Olsztyn and Lamar Davenport, during the Heidelberg Middle School Tech Fair held at the school May 21.

Heidelberg hosts local science event for students

By Jason L. Austin
HERALD POST STAFF

"The band kids got concerts, the video kids have a festival, the art kids got a festival, my kids deserve something, too," said Chris Weller, applied technology teacher at Heidelberg Middle School.

That is why Weller decided to carry on the tech fair tradition at HMS, despite the lack of a Department of Defense Dependents Schools-Europe-wide competition this year.

The tech fair – held at the middle school May 21 – was a series of events modeled after what each grade level was learning in Weller's applied technology classes.

For the eighth-grade pre-engineering students, that meant 20 minutes for teams of two to four students to build a machine that would launch a pingpong ball across a table and into a waste basket.

The team with the most balls in the basket after five minutes wins.

Adryan Jackson, Ian Hall, Eric Radabaugh and Dave Diaz won by scoring 11 balls with a fixed fulcrum device.

"One of my directions was to keep it simple," Weller said, adding that the third-place team had nothing more than a spoon glued to a stick.

For the sixth-grade students, the task was to design and build, in advance, a model car that would be propelled by carbon dioxide cartridges down a 20 meter track.

In a double elimination tournament with races lasting about a second each, the field quickly narrowed with Alejandro Canon-Sandoval's car coming in first, followed by Jacob Shamberger's car in second.

In the afternoon the seventh graders tested their bridge-building skills. The students had built bridges using only balsa wood, a lightweight hobby wood applying load bearing principles they learned in class.

"We'll be destructively testing them to see how much (weight) they hold," Weller said before the event.

Holding the most weight was a bridge built by Sarah Callery and Chase Chavez.

Two other projects were judged throughout the day, graphic communications with Aric Henley winning first place and a project display, of mostly traditional shop crafts, with the team of Henry Dickson and Eric Ferraro taking the top prize.

"I hope that DoDDS has (a tech fair) next year because this was a lot of work," Weller said, "but (the kids) are all happy, so it's worth it."



William Ingram cuts a piece of wood as Deyonte Generette watches during the Heidelberg Middle School Tech Fair held May 21. The students were designing and building machines to launch a pingpong ball into a waste basket.

Correction

In the May 20 Herald Post story "HMS students head to Iowa for competition," one of the team members' names should have been spelled Rachel-Ann Vandembos.

USAREUR presents Legion of Merit to German officer

USAREUR Public Affairs

A distinguished German officer was presented the U.S. Legion of Merit in a ceremony in Heidelberg May 15.

Retired Maj. Gen. Bernd Diepenhorst, former commander of the German Military District Command II (Wehrbereich II), was awarded the Legion of Merit (Degree of Officer) by U.S. Army Europe deputy commander Lt. Gen. Gary D. Speer.

The award recognizes the general's contributions to the global war on terror and sustaining and furthering good relations between Germany and the U.S. and their military forces during his tenure at WBK II from March 2004 to December 2008, according to the citation for the award.

The citation honors Diepenhorst's personal support and commitment as he managed the German military program that provided security for U.S. Army and Air Force installations and housing areas in Hessen and Rheinland-Pfalz.

"His diligent efforts to resolve any impediments and political barriers which would have hampered our mission requirements allowed us to successfully train, deploy and operate within his area of responsibility," Speer added. "He served as an excellent ambassador for the U.S. military in Germany, doing so much more to improve the German-American friendship."

"I am so proud and honored to have worked with so many great Soldiers. Without the willingness of everyone to work together, we would not have been able to accomplish such a cooperative friendship," Diepenhorst said of the achievements for which he earned the award.

The Degree of Officer, one of four degrees of the Legion of Merit, is awarded to general or flag officers below the rank of Army chief of staff who are in service assignments equivalent to those normally held by U.S. general officers, as well as military attaches. The other degrees are chief commander, awarded to chiefs of state and heads of government; commander, awarded to those holding a rank equivalent to a U.S. military chief of staff, but not heads of state; and legionnaire, awarded to all other recipients.

Diepenhorst retired from the Bundeswehr in December after 42 years of service.



LT. COL. REBECCA R. TOMSYCK



Lt. Col. Rebecca Tomsyck is an adult and child psychiatrist at the Heidelberg Health Center. As such, she helps people with problems, crises and emotional difficulties by using medication and talk therapy.

Why did you choose this line of work?

After practicing for 25 years in the private sector, I experienced a need to serve my country; I wanted an adventure before I died; and I felt called to join the Army. So at the ripe old age of 53, I joined the Army and have not looked back – proving that you can indeed teach old dogs new tricks!

Do you have any hobbies?

I love antiques and have become hooked on the German "FlohMarkts." I am an avid reader, love scrapbooking, decorative painting and enjoy maintaining my physical fitness.

Where is the most exciting place you have lived?

I absolutely love living in Germany! I have found great pleasure in traveling and discovering the treasures of Europe. The pace of life is slower, value is placed on relishing the simple things, and a premium is placed on family time. I have to pinch myself to convince myself that I am living my dream. How many people drive through vineyards to get to work, hear the church bells chiming all day long, buy freshly made cheese right from the farm, experience a bakery on every corner while at the same time are within minutes to hours of some of the greatest museums, monuments and sites in history? Frequently I find myself mumbling to no one in particular, "It doesn't get any better than this!"

What is something you have always wanted to do but never had the chance?

Do not ask me why, but I would love to know how to drive an 18-wheeler!

If you could pick only five adjectives to describe yourself what would they be?

Sensitive, tough, passionate, spiritual and happy.

Nominate a community member

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

Country Music Concert



Photos by Shaheed Simms

Derek Sholl, a rising country music star, plays his guitar for the crowd at the Patrick Henry Village Pavilion in Heidelberg during a concert held May 17.

Jonalee White, Derek Sholl play in Heidelberg

By Shaheed Simms

More Photos Online
www.flickr.com/heraldpost

Country music fans gathered at the Patrick Henry Village Pavilion in Heidelberg May 17 for boot stomping and head bobbing fun with Jonalee White and Derek Sholl.

The two country stars paid tribute to the military community with a repertoire of debut and 'Top 40' country songs.

White, born in Erie, Pa., and now residing in Cincinnati, started the evening off with her hit singles "I Break," "Really" and "Wake Me."

During the brief intermission, White took time to pose for pictures and sign autographs on the complimentary CDs given to all the audience members.

Sholl's performance was a home run hit with the crowd. From a pro baseball hopeful to fast-rising country star, Sholl touched the crowd with his hit song "But It Was," a song that reflects the different faces of love.

Other hits Sholl performed included "One More Round," "Just Because You Can" and more.

Sholl's roots are in Southern California, but he now hails from the Lone Star State of Texas with his combination of fiddle and harmonica.

Armed Forces Entertainment sponsored this event.



Jonalee White sings to the Heidelberg crowd during the concert sponsored by Armed Forces Entertainment. White sang her hit singles "I Break," "Really" and "Wake Me" during the show.

Heidelberg Acute Care Clinic to change hours in July

Heidelberg MEDDAC Public Affairs

The Heidelberg Health Center Acute Care Clinic operating hours will change July 1 to 9 a.m.-7 p.m. Monday through Sunday.

According to Col. Kyle D. Campbell, Heidelberg Medical Department Activity commander, standardizing the Acute Care Clinic hours will create more appointments for beneficiaries.

"We'll be able to move some of our ACC staff to the Family Practice Clinic," Campbell said. "As a result, we'll be able to schedule an additional 21 appointments a day."

Consequently, many of the patients

who would normally go to the ACC and wait to see a doctor will be able to get an appointment instead.

"This is all about part of our continuing work to increase our community's access to safe, high-quality health care," Campbell said.

Patients who need medical care after 7 p.m. should call the Nurse Advice Line, Campbell said. A registered nurse will walk the patient through the medical issue and either advise the patient to go to a German emergency room, schedule an appointment at the health center or tell them how to perform self treatment at home. The NAL is available at civ. 0800-825-1600, or

"This is all about part of our continuing work to increase our community's access to safe, high-quality health care."

-Col. Kyle D. Campbell, HMEDDAC commander

00800-4759-2330 from a cell phone.

In all cases, patients should seek care based on the severity of their medical needs. In an emergency situation, which includes threat of loss of life, limb or eyesight, difficulty breathing, deep cuts or crippling pain, patients should immediately call an ambulance at DSN 117, civ. 06221-57-117.

"An ambulance will pick you up and the emergency personnel will deter-

mine the best hospital to take you to depending on your medical needs," Campbell said.

For more information about the ACC operating hours, contact the Heidelberg MEDDAC Public Affairs Office at DSN 371-3130, civ. 06221-17-3130.

To schedule an appointment, patients should call the Central Appointment line at DSN 371-2622, civ. 06221-17-2622.



Photos by Jason L. Austin

Courtney Best and Allison Sober, as The Nightingale and Chen-Chi, perform during a dress rehearsal of "The Emperor and the Nightingale" at the Mehrzweckhalle in Plankstadt Saturday.

Dancing through SKIES

Students exhibit ballroom dance skills at Heidelberg Village Pavilion

The tickets read "Simply Ballroom Soiree" in an elegant script, accent on the first "e," French style. They set the tone for the Heidelberg SKIES program's first-ever formal ballroom dance exhibition at the Village Pavilion, Patrick Henry Village May 15.

While the ballroom dance program is not a new one, in the first three years of its existence, dance demonstrations were held in more informal venues like The Lion's Club, schools and gyms.

The atmosphere this evening was decidedly different as parents and students, all dressed in their finest, milled around under the chandeliers of the grand ballroom.

At 7 p.m. sharp, Arianna Heck, ballroom instructor for the programs in Heidelberg and Kaiserslautern, quieted the crowd and introduced the first pair of soloists, Myles and Mallory Lacy.

They started off the evening with a spirited Lindy Hop set to "Boogie Woogie Bugle Boy." The brother/sister team wowed the crowd and kicked off the energy-filled evening with their dance number punctuated with multiple lifts and tosses.

Throughout the evening, various students showcased their talents in solo numbers, all choreographed by Heck. There was a fast and incredibly graceful Viennese waltz, a fun Hawaiian inspired beach number, a dramatic Paso Doble and a quick tango with deep lunges, to name a few.

The final solo of the evening was actually a cha-cha duet performed by two brother/sister teams, Elisabeth and Christian Allred and Erin and Taylor Clark. The smoothness with which the pairs changed partners during the piece amazed the crowd and elicited spontaneous applause.

When the Beginning Ballroom students took to the floor, the group of 16 students switched partners for

each of the four numbers as they demonstrated their skills at the Foxtrot, Tango, Swing and Cha Cha.

Their performance was followed by members of the Intermediate Ballroom class who performed six routines, including the Waltz and the Swing, among other dances.

Adult members of the audience couldn't keep their feet from tapping when the students did the hustle to the familiar and upbeat tune of "Shake Your Booty."

The final group of the evening was Heck's Advanced Ballroom class. Several of those students had been with the program for three years and displayed a grace and fluidity that was wonderful to watch, especially in the languid rumba.

They performed eight pre-choreographed dance routines, one of which was the Polka, a dance of German origin. Younger members of the crowd smiled in recognition when they performed a spirited Samba to Shakira's "Hips Don't Lie."

While she is also trained in ballet, jazz and tap, ballroom dance is Heck's passion.

"Ballroom dancing is a mixture of etiquette, discipline and grace, all working in conjunction with one another," Heck said.

"Each year I have watched my students grow in both maturity and in their dancing ability. One of the most exciting transformations to watch happens in my male ballroom dancers ... they come into class because their parents make them take dance lessons, and as the weeks pass, it becomes evident that they are enjoying themselves immensely.

"There is something wonderful about having the confidence in your ability to lead a lady out onto the dance floor and know that she is having a wonderful time dancing with you."

SOURCE: Shirani Tisdale

Dancers take to stage for tailor-made show

By Jason L. Austin
HERALD POST STAFF

Louis Hodge, who plays the emperor in this year's Heidelberg Youth Ballet Theater, couldn't say what part he enjoyed the most in Sunday's performance of "The Emperor and the Nightingale."

"I have to dance four different solos with the girls, and if I say I prefer one over the other I would get in major trouble," said Hodge, 17, who has been dancing for nine years. "I just enjoy dancing in general. It's a lot of fun, it's a lot of work ... The entire show in general is satisfying to do."

The full-length story ballet, this year adapted from H.C. Anderson, is the idea of Isabel Christie, Production director.

Thinking of her childhood, Christie said, "I loved stories, and I loved being in the middle of a fairy tale and I wanted to give that experience to the children who are dancing over here."

For the past 20 years, Christie has been bringing that fairy tale experience to the children enrolled in the Schools of Knowledge, Inspiration, Exploration and Skills Unlimited ballet classes.

Each year she produces a story ballet for her advanced children - ages 8-18 - and a separate recital-type performance is held for beginner and primary classes and for other dance classes, according to Christian Praesent, SKIES Unlimited manager.

"From year to year the chemistry changes and then it's part of my job to figure out how each group interacts," Christie said.

"Perhaps they are a feisty little bunch of dragons, like this year, where they really love expressing their personalities and jumping around and scaring people," Christie said of the



Princess Shining Moon, Alyssa Bernasconi, dances during a rehearsal of "The Emperor and the Nightingale" Saturday.

47 dancers in the performance.

"With this ballet I created it totally new and from the people who I have as my soloists," she said. "I tailor made the roles to suit each personality."

Rachel Gill, 17, who recently moved from Virginia where she was part of a dance company, and was exposed to jazz dance, said her role really suited her teaching experiences so far. She played the mechanical nightingale.

"I do really like the part where all the different countries come in because the music is very fun and lively," Gill said. "I do a bit more dancing and it's more mechanical, more jazzy than some of the other dances."

Courtney Best, 17, played the nightingale, and said that Christie knows her dance style, because she has been her only instructor for the five years she has danced, and she is still surprised when a show comes together.

"It's just amazing," Best said, "because it goes from weeks to weeks and you never think it's going to come together, and at the last minute it just seems like it clicks."

Helping make everything click is an army of volunteers, Praesent said.

"We're dependant on volunteers big time," he said.

It all comes together, "as if by magic," Christie said jokingly, adding, "do you see (my) grey hairs?"



Master Sgt. Jerry Morrison

A Cadet at the graduation ceremony for the U.S. Military Academy at West Point, N.Y., listens to Defense Secretary Robert M. Gates' remarks Saturday.



Sgt. Teddy Wade

(Above) Soldiers from the 3rd Infantry Regiment "Old Guard" perform facing movements during The NCO Parade, a ceremony in honor of The Year of the Non-Commissioned Officer at Ft. Myer, Va., May 19.

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(Below) Soldiers of 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, move forward, almost shoulder to shoulder, with live ammo while practicing team movement drills at an Advanced Close Quarters Marksmanship course at Camp Beuhring, Kuwait, May 13. The ACQM course is meant to sharpen the Soldiers' skills before moving north to support Operation Iraqi Freedom.

(Right) Sgt. Nathaniel Adams, a cavalry scout from the 9th Cavalry Regiment, 2nd Heavy Brigade Combat Team, 1st Cavalry Division talks via radio with a helicopter pilot during a recent combined reconnaissance patrol with counterparts of the Iraqi Police in the industrial sector of the town of Taza near Kirkuk, Iraq, May 16.



Sgt. Gustavo Olgiati



Sgt. Travis Zielinski

'Big Fish' author chats with future writers

By Christine June
USAG KAISERSLAUTERN

Only 15 minutes every day of writing was one of many bits of advice passed down to future writers by award-winning author and illustrator Daniel Wallace May 20 at the U.S. Army Garrison Kaiserslautern's library on Landstuhl Regional Medical Center.

Kaiserslautern was the second to the last stop on Wallace's tour of eight Army installations in Italy, Belgium and Germany as part of the Army Europe Libraries' Conversations literary discussion series. The Installation Management Command-Europe Family and Morale, Welfare and Recreation sponsored Wallace's tour.

The day before visiting Kaiserslautern, Wallace was in Heidelberg where 75 people attended the free literary discussions and readings of his work. Close to that number of people also showed up for his presentation at the Landstuhl Library.

"Nature of the writing process, the best way to go about it and to think of ways to be successful as a writer," Wallace said, on what he wanted to share with those who attended his questions-and-answers literary discussions.

Wallace told those attending the literary discussion at the Landstuhl Library he wrote five novels that were rejected by publishers before getting his most famous work – "Big Fish: A Novel of Mythic Proportions" published in 1998. This novel was the basis for Tim Burton's 2003 film "Big Fish."

"It was very enlightening to hear him talk about the process of getting your work ready, how to get an agent and when you would get one," said Mary Ressler, from Ramstein High School, who attended this literary discussion to get ideas on how she can get her works published.

Wallace's other books include "Ray in Reverse," "The Watermelon King: A Novel," and his latest, "Mr. Sebastian and the Negro Magician." He has



Christine June

American author Daniel Wallace shares advice on how to be a successful writer May 20 at the U.S. Army Garrison Kaiserslautern's library on Landstuhl Regional Medical Center. His tour to eight Army installations was part of the Army Europe Libraries' Conversations literary discussion series. The Installation Management Command-Europe Family and Morale, Welfare and Recreation sponsored Wallace's tour.

published more than three dozen short stories in venues such as "The Yale Review," "The Massachusetts Review," "Shenandoah," "New Stories from the South," and "The Best American Short Stories." His work has been translated into 18 languages.

"It's vital to have authors who are currently writing come to our facilities and share what they know and have learned about writing with people who have that ambition and who could be a new voice,"

said April Harward, a garrison library technician, who organized Wallace's visit to the Landstuhl Library.

Gary Shteyngart, best-selling author of "Absurdistan" and "The Russian Debutante's Handbook," is the next visiting writer for the IMCOM-Europe Conversations literary discussion series. He will be visiting eight installations including Mannheim Aug. 10, Landstuhl Aug. 12 and Heidelberg Aug. 13.

Summer Safety Showdown



Staff Sgt. Jonathon M. Gray

Spc. Patricia Medhanie (on screen, right), 5th Signal Command, answers a question while Spc. Mahogany Morrisette (on screen, left), 18th Military Police Brigade, and Spc. Charles Harrell (on screen, middle), 11th Signal Detachment, participate in the 9th Annual Summer Safety Showdown hosted by 5th Signal Command at the Schuh Theater on Sullivan Barracks May 20. The showdown promoted safety awareness through a Jeopardy-style competition with questions asked by "Safety Joe" Michalkiewicz (left), 5th Signal Command's chief of safety operations.

U.S. and French remember fallen at Meuse-Argonne

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

MEUSE-ARGONNE, France – Soldiers from the 21st Theater Sustainment Command and their families were provided the opportunity to honor the 14,246 American World War I veterans buried in the Meuse-Argonne American Cemetery during the Memorial Day ceremony May 24.

"Our fallen comrades died 91 years ago," said Maj. Gen. Yves J. Fontaine, commanding general of the 21st Theater Sustainment Command. "To most this may seem the distant past, but on this day, Memorial Day, it is our duty to remember their courage, honor, and sacrifice as if it happened yesterday."

"With the ceremony and everything going on, it was just a great feeling of pride just to be in the uniform and to be part of the service," said Sgt. 1st Class Barbara Anderson, acting first sergeant for the 147th Adjutant General Company, 21st Theater Sustainment Command.

The cemetery is reserved exclusively for U.S. World War I Soldiers and is the largest American cemetery in Europe. Most of those buried here lost their lives during the Meuse-Argonne Offensive of World War I, which includes nine Medal of Honor recipients.



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In Memoriam - Helga Nielsen



Due to terminal illness, Mrs. Helga Nielsen, a long-time local national employee of the U.S. Army in the greater Heidelberg area, died May 5.

She worked with 266th Finance Command between 1977 and 1997.

During these twenty years, Nielsen moved with 266th FinCom between Heidelberg's Campbell Barracks, and Heidelberg's suburb Rohrbach, to Tompkins and Kilbourne Kasernes in Schwetzingen.

Helga's friends and daughter remember her as a happy, life-loving and caring mother and friend, an ambitious woman who was always trying to fit in, but, when it was called for, stood her ground.

Everyone that knew her remarked on her constant smile on her face, accompanied by a spark in her eyes. In spite of the severe pain caused by her illness in the last few years, Helga was forever helpful and kept up her strong will, which kept her smile and humor until the end.

Nielsen was laid to rest following a memorial service at the Heidelberg Bergfriedhof May 20. She is survived by her daughter Corinna Nielsen of Heidelberg.

Paying respect



Sgt. Frank Sanchez III

U.S. Army Garrison Kaiserslautern Command Sgt. Maj. Richard Jessup lights a candle during a memorial service at the Kaiserslautern City Cemetery May 16 to honor the 451 American infants who are buried at the American Kinder graves site. From 1952 to 1971, American infants, six months or younger, who died at the American military hospital at Landstuhl or at nearby civilian hospitals were buried in the Kaiserslautern City Cemetery. Each year Army and Air Force leaders and community members from around the Kaiserslautern Military Community gather at the American Kinder graves site to pay their respects.

IMCOM-E local national intern program offers benefits, experiences to garrisons in Germany and Benelux

IMCOM-Europe public affairs

When Markus Neuman began his four-month stint as an environmental "Praktikant" at U.S. Army Garrison Ansbach in March, it marked the first hiring action as part of Installation Management Command-Europe's Local National Student Intern Program.

The intern program benefits students and garrisons in Germany and the Benelux, according to IMCOM-Europe Director of Human Resources Alfred Lang. The program is not available in Italy.

"Students employed in our organizations will gain work experience in furtherance of their studies and degree work by working productively in the daily process here," Lang said. "And garrisons benefit because the students inject fresh thinking into processes."

According to Lang, he developed the idea "some time ago" as a way to encourage new ideas in work places and to develop a future LN workforce pool of talent. HR specialists worked closely with numerous subject-matter experts and local national workforce

officials to bring the idea from concept to an actual program.

Lang explained that because students are non-Army, non-government, and are receiving the latest academic-level developments, there are a lot of opportunities for exchanging ideas and potentially relooking at what we do and how we do it.

"Every question from an intern is an opportunity for a worker to explain our processes and re-validate why we do it," Lang said. "On the other hand, it may happen that a question may generate a better way to do something."

At a higher level, Lang explained that the intern program is an opportunity to raise employment interest with highly qualified, motivated individuals.

"This certainly creates a pool of potential future local national employees," Lang said. "It's a small investment with potential high intellectual and productivity gains."

Each garrison is responsible for identifying potential job opportunities, funding the position and marketing to potential interns, according to Ilona Hackel, IMCOM-Europe HR specialist.

"It's a small investment with potential high intellectual and productivity gains."

-Alfred Lang, IMCOM-Europe Director of Human Resources

"All garrisons except Italy may use the opportunity to hire a 'Praktikant' if they have the capacity and the funds," Hackel said. "The garrisons are required to do their own marketing for this program in their commuting area, but if they need any support from the HR division they will get it."

Periods of employment will vary from six weeks to a year, and must match the student's university or school training plan. Students may work in different functional areas. Management, however, must closely coordinate the training provided with the institution of higher learning, explained Lang.

For agencies or individuals interested in the program, the IMCOM-Europe policy memorandum is available at: <https://aepubs.army.mil/library/ltr/ul2008-028.htm>.

Checkmate

Issac Hutzky captures his opponent's pawn during a chess tournament held by the Heidelberg Homeschool Group at Luisenpark in Mannheim May 20. The homeschool group is made up of about 20 active families. There is no charge for membership into the group and membership is available to any family that resides in the Rhein-Neckar Region that expresses interest in home schooling. Heidelberg Homeschooling Group is founded upon Christian principles. The express intent of the group is to support homeschool families; therefore, membership is open to families of all faiths upon the understanding that Christian principles govern the organization. For more information visit www.heidelberghomeschoolgroup.org.



Jason L. Austin

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BOOTCAMP

continued from page 1

camouflage, and watched demonstrations from combat medics and military working dogs. They put on body armor and Kevlar helmets, sat inside several different Army vehicles and even did some physical training – including push-ups, side-straddle hops and different types of stretching.

"I think it's really good because it shows the kids, it puts them in an experience that their parents have been through and it really shows them what their parents are doing," Chelsea said as she chowed down on MRE food like spicy cheese spread and a strawberry drink. "A lot of times they'll be like, 'I don't know what my dad's doing, but he's out there just doing something.'"

Soldiers from V Corps, Heidelberg Medical Department Activity, 529th Military Police Company and U.S. Army Garrison Heidelberg volunteered their time to set up different stations for the students to rotate through.

"I think it gives them an insight into what their parents do," Chelsea's mom Cherie Shivers said. "Just the food alone is kind of cool that they see how their parents eat."

Cherie said her family has been through seven deployments with her husband, Chief Warrant Officer 3 Robert Shivers, now an Ordnance Officer with 30th Medical Command. He returned in November from his most recent tour downrange with the 405th Field Support Battalion.

"It's neat that they get to experience what they would experience downrange," Cherie said. "Carrying a person, to offer first aid and know that you could be possibly saving a life. It's

fun and games, but they're learning a skill even though it's fun and games."

Chelsea admitted that sometimes she wants to be like her dad and become a Soldier herself, but sometimes, especially when he's deployed, she changes her mind.

She said the kids' boot camp would help her talk to her dad a little bit more about the job he does in the Army since she's now experienced a little bit of it up close and personal.

One of the event's organizers, Lana Barshinger, said overall it was a huge success. Walking around the event, she said she could hear lots of excitement from the children as they participated.

"I walked around and every station they were very excited, they were listening, they were asking questions, so I think that they learned a lot," she said. "I think everyone is walking away with something new that maybe they didn't know before."

This is the first time in approximately 15 years that anyone can remember doing a kids' boot camp at HMS.

"We really wanted to focus on the safety of their parents," Barshinger said. "We didn't want it to be the guns, although that's very much a part of (deployment). It was more 'what is life like for them?' Let them know that their parents are safe."

Barshinger said the community really pulled together to help make this event a success for the students.

"That was one of the best things about how this worked out," she said.

"Lynn Mattingly, the school counselor, called me and had been trying to get this going, so I said of course we'll help. As we started, HMEDDAC came in, (Army Community Service) came



Kristen Marquez

Heidelberg Middle School students participating in the "Kids' Boot Camp" May 19 on Patrick Henry Village compete in a relay race against classmates during the physical training portion of the day's event under the watchful eye of Staff Sgt. Jermaine Ellis, Headquarters and Headquarters Company, V Corps.

in, even Club Beyond. So we were able to draw many people together. There are several different organizations that have been out here. I think it's good for us to do more of these events."

Having dad home again means the Shivers family can get back to normal for a little while. Going through seven deployments with four children in the family has been tough, according to Cherie, especially as they get older.

"I always say when they're younger I think it's so much easier," she said.

"I find that they are usually more attached to their parents as they get older where they're dependent on them, especially middle school and freshman year, even though they are pushing their parents away, they still need them and want them."

Cherie said having three girls who are "daddy's girls" has caused them to

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miss out on some things, but still have time for things like daddy-daughter dates where dad could help them learn how to date.

"I think for them it was harder as they were older," she said. "They express their emotions so clearly. When they're younger, you just know they're grumpy, you can pacify them with a Popsicle or whatever, but when they're bigger, you can't pacify them. So, I think as a parent, it was more difficult to be two people, and I'm not."

For Chelsea, she's just glad her "American Hero" dad, who has been deployed four times in her lifetime, is back home with them for now.

COMPETITION

continued from page 1



Sgt. 1st Class Clinton Wood

Spc. Jason Boatwright, U.S. Army Garrison Heidelberg, competes for the Installation Management Command-Europe Soldier of the Year title May 11-13.

sound of shouting and cheering from sponsors and onlookers.

The day continued at the firing ranges where the Soldiers and NCOs, donning Kevlar and protective gear, zeroed their weapons and tested their marksmanship.

Later, weapons maintenance exercises also tested the competitors' knowledge on the safety, cleaning, disassembly and malfunction procedures for the M16-series rifle. Their mental stamina was further challenged during a written exam and essay which rounded out day one of the competition.

Day two began at 4:50 a.m. with a 12-mile ruck march. Each competitor carried a 35-pound ruck sack on his back and approximately 20 pounds of other gear, to include a supply of water, a rifle, and interceptor body armor.

The march took competitors through both wooded and populated areas of the Grafenwöhr training area.

Many competitors did not perform the challenge alone. Their sponsoring NCO walked and ran the length of the route alongside the Soldier, shouting words of encouragement and support.

NCO of the Year competitor Staff Sgt. Ronald White, USAG Stuttgart, crossed the finish-line first with a time of 2 hours, 29 minutes and 57 seconds.

White, who did a ruck march every week for the past four weeks to train for the event, said, "I pushed myself, gave everything I had, and didn't leave anything."

He said he felt the competition was important to build "esprit de corps, that warrior spirit. And it's really good when the Soldiers see us out

here doing this kind of stuff. It motivates them – this is why I joined the Army. It's even more important because it's the Year of the NCO, and it would mean a lot to me to win this in the Year of the NCO."

After a chance to eat breakfast, the Soldiers and NCOs were taken to a land navigation course.

Armed with a compass and map, the competitors raced to locate four points in the wooded navigation area.

Among the trees of the course, competitors also were tested on a set of warrior tasks and drills, to include administering first aid, radio communications, interacting with the media and nuclear, biological and chemical equipment exercises.

That evening, the challengers faced a two-hour night land navigation course.

The final day of the compe-

"It would mean a lot to me to win this in the Year of the NCO."

—Staff Sgt. Ronald White

tion posed the longest and most difficult mental challenge to the participants – the selection board.

Seven command sergeants major from installations across Europe performed a final review of the Soldiers and NCOs.

Competitors were asked a wide array of questions, ranging from uniform regulations, to their role in combating sexual assault, to current events.

The competitors will gather today in Heidelberg to find out the 2009 Soldier of the Year and 2009 NCO of the Year.



ScubaBeer

The Angkor Wat temple, built in AD 113, in Cambodia has been a UNESCO World Heritage site since 1992.

A LOOK AT CAMBODIA'S RICH CULTURE

By Colleen Caputo
BAVARIAN NEWS

Cambodia is not on many Americans' "must-see" list. After seven years in Germany I have checked-off many sites on that list and knew it was time to go a bit farther afield and expand my view of the world beyond western culture.

The little we hear about this country in the media has led many Americans to perceive Cambodia as a very rugged, poor country ravaged by war and danger, so when my friend and I traveled there for spring break, we were unsure of what to expect. We planned our trip using the travel agency About Asia, www.asiatravel-cambodia.com.

What we found over our five-day trip was a safe country rich in culture, history and spirit.

Attractions

We visited 18 temples; met a local honey harvester; experienced local markets, food, a floating village and a fishing village; and were graciously welcomed by local people.

Our vacation was full of explorations and surprises throughout the north of Cambodia in Siem Reap, which proved to be a life-changing experience.

Upon arrival into Siem Reap, we paid a visa fee of \$25. Our trip to Siem Reap, the capital of Siem Reap Province, included hotel, private guide and driver, entrance into the temples, a boat trip and many other extras for less than \$500.

Our guide and driver were waiting with friendly smiles to greet us at the airport. They took us to La Maison d'Angkor, a French-owned hotel more charming and intimate than the other large-scale hotels in the surrounding area that featured bungalows, a private pool and Jacuzzi.

The first day in Siem Reap, we visited Angkor Wat, a temple built in AD 113. This temple has been a UNESCO World Heritage site since 1992, which has given the Cambodian government

an incentive to preserve the temple.

Angkor Wat rises out of the lush jungle with towers, a moat and bas-reliefs depicting the Devantas, or dancing ladies of the court. This is a large tourist attraction, but the walls and monks dressed in saffron-colored robes give you a sense of this temple's majestic appearance and purpose.

Tonle Sap Lake

On our second day we traveled by boat through the Tonle Sap Lake. During the rainy season, this is the largest freshwater lake in Southeast Asia and produces a huge fish crop.

In the distance, the floating village appears like little wooden houses and boats bobbing up and down. Our boat snaked its way along the tributary past a floating school, including a floating basketball court. Cruising along the lake for 45 minutes, the tree trunks and leaves extend high to compensate for the swelling of the lake.

After walking on one of the floating shops/restaurants, we traveled to the fishing village Kampong Pluk. High on stilts, this village depends on the fish and shrimp crop for survival.

The towns have homes built on both sides of a main dirt road. During the rainy season, you can float through the main street. The town was full of life with locals getting haircuts, kids playing games, dogs and chickens running about and the smell of drying shrimp filling the air. Though poor by U.S. standards, the people who live there exude happiness.

They were very welcoming, asking us questions and even letting us into their homes. Simple pastimes, such as talking with neighbors and playing volleyball had all the locals smiling and laughing.

Ta Prohm Temple

The next day we arrived at Ta Prohm, a temple left unrestored in the dense jungle. Taken over by massive fig, banyan and kapok trees, the tentacle-like roots have strangled the temple's stonework.

The sheer size and scale of the trees'

roots as they tower over the temple create a feeling that nature has claimed Ta Prohm for itself. This temple is also well known as the "Tomb Raider Temple" where Angelina Jolie filmed the first of the series of films.

While walking through ruins, we saw monks dressed in saffron robes and children sketching the carvings in the stone walls.

Though temples are a big part of experiencing Cambodia, the local trades are fascinating to experience. We spent some time in a silk factory where locals continue to use traditional means for growing silk worms, collecting and weaving the silk.

We also met a local bee harvester and experienced a honey harvest in the forest. We were only inches from the hive and watched as the Africanized honey bees swarmed around us in a cloud of smoke. After being swarmed by thousands of bees, we went for a walk through the bogs, searching for wild orchids and insect-eating plants.

Hidden Treasures

While crossing the countryside visiting temples and villages, any traveler is going to get hungry. Some of Cambodia's culinary treasures can be found in local markets such as the Psa Leu market that is constantly buzzing with the sounds of locals shopping and stall-owners chatting.

Locals sell fresh fish, chicken, salted eggs, dried fish, piles of brightly colored fruits and vegetables and large bags of dried spices and sauces from stalls in a large, barn-like structure.

We were fortunate to try one of the local dishes, a snake-head fish stew cooked inside of a coconut. This delicious dish is made using this special fish cooked with vegetables, coconut milk and spices. Eating hot food out of a coconut was an adventure in itself in addition to eating the stew inside.

Things to Remember

Anyone planning a trip to Cambodia should remember a few key things.

The climate in Cambodia is very hot and humid. Pack light clothing, a hat



Flydime

Cambodia's local markets are filled with fish, vegetables, fruit, spices and more.

and comfortable walking shoes as the steps at most temples are steep and narrow.

Avoid drinking the water and eating raw vegetables. Bottled water and sodas are readily available for purchase. Our travel agent, About Asia, provided us with bottled water and cool towels in our van.

It is wise to bring travel rolls of toilet paper, wipes and hand sanitizer in the event that they are unavailable.

The children love to talk and ask questions. When visiting the villages, bring along pencils, pens, stickers or small notepads as a token for the children. Candy is not recommended as the Cambodians do not have local dental care. There has been a rise in dental problems in children due to the candy provided by tourists.

Cambodia is an exciting place to visit, full of local flavor and flare that enhances your view of the world and of another culture's priorities.

Many Americans would be astounded at the Cambodian way of life upon arrival, but they would leave as admirers of this very unique and rich culture.

GERMAN HOLIDAY

Pentecost – Celebrating Whit Sunday and Whit Monday

Pentecost, celebrated May 31 and June 1 this year, is one of the most important German holidays besides Christmas and the Easter fest.

As the last event of the Easter Fest Circle, Pentecost finally completes the Eastertide and is celebrated on two days, Whit Sunday and Whit Monday.

This holiday had been mentioned for the first time in the year 130.

It symbolizes the appearance of the Holy Spirit to the Apostles and the official foundation of the church. Since the day when the Apostles saw the Holy Spirit, they told everyone about Christ's good deeds.

Since then people were gathering together and celebrating, which could be defined as the birth of the Christian community or church.

The name "Pentecost" originates from Greek "pentecoste" and is the word for "50" entailing its celebration on the 50th day after the Easter fest.

Focusing on the historic origin, Pentecost comes from the Jewish people, namely from their "Schawuot" celebration.

It had been named after its date, 50 days after the first "Passahfest." "Schawuot" is also called "pentekoste," the event of the 50th day, and both celebrations are to honor the crop harvest.

Different traditions in celebrating this Christian event emerged from regional and cultural diversities, which, to some extent, still exist today.

Churches are decorated with small birch branches in preparation for their services.

Until the 19th century some communities were leading a Pentecost ox, decorated with flowers, through the streets of their villages before it was slaughtered for the Pentecost feast.

In some areas they light a Pentecost fire that symbolizes the Holy Spirit.

Other communities have processions, games and pilgrimages.

And it is very often that people go on Pentecost walking tours.

But Pentecost does not only have a Christian background, it is also celebrated as the beginning of the summer season, and the final defeat of winter time.

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.



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

Dear Ms. Vicki,

I need to ask you a question and hopefully you can point me in the right direction.

Do the FRG spouses help Soldiers pre-screen their fiancés before they marry them?

My son is about to marry a young woman who raises many red flags for me. I want to know if the FRG will help intervene in any way and warn him about her.

I heard things have changed a lot since the time my husband was in the Army. The commanders, first sergeants and FRG leaders carry a lot of weight. I was also told the commanders have authority to approve if a Soldier can get married or not? Please give me any information you can.

I hate to sound so desperate, but I just don't trust this girl's intentions. First of all this girl has latched onto my son for dear life and she doesn't let him breathe. The worst part is that he knows nothing about her. When I try to query her for information, she is all "closed mouthed" and only gives me one-liner answers like yes and no.

I want to know how old she is and where she is from. Goodness, I don't even know if he has her real name. This girl could be taking my son for a serious ride. A lot of women marry military men for a brown ID

card and that's it. They want to lay up in government housing, shop at the commissary and the PX and do nothing else. She doesn't even have a job!

What has this girl been doing before she met my son? God only knows. I know she is only interested in my son taking care of her and spending his money.

My husband and I keep telling my son to slow down and take his time. He's not hearing us right now. He will deploy later this year, and I believe this girl is putting pressure on him to marry her before he leaves.

The bad part is that I think my son is stupid enough to do it. He's acting like this is the first time he's been with a girl when he's 25. If I send you the name of his unit, can you put me in touch with his commander, first sergeant or the FRG? I'll talk to anyone or do anything to help him through this. The last thing he needs to do is make a mistake.

I know you are a busy lady but please provide any information you can.

From: Heartburn

Dear Heartburn,

I couldn't wait to write you back and answer your questions. I can tell that you have much anxiety about the young woman your son is dating. However, the answer is "no" to all of your questions.

I'm sorry but the family readiness groups do not pre-screen girlfriends or fiancés to see if they are fit to marry Soldiers. That's not the role of the FRG.

Also, to my knowledge, commanders do not give a stamp of approval for a Soldier to marry. A Soldier doesn't need a commander's permission. I know you want what's best for your son, especially when it comes to a wife. However, I think you should spend this time trying to get to know her without

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.

putting her on the defensive. Many mothers report that if they showed objection to the person their child was dating, then their child became more involved with the person just to prove their parents wrong.

You don't want your son to feel like you are isolating him. Doing so will push him even closer to her. Hopefully, with the help of other loved ones like his parents, siblings and close friends, he will start asking more questions about his girlfriend and at least agree that he should slow the relationship down.

Try to keep a close relationship with your son and continue to show support toward him. He will definitely need his family support to help sustain him during the deployment.

Responses to last week's column:

Dear Ms. Vicki,

Did the writer last week refer to herself as a "real woman?" She has got to be kidding, right? She is not a real woman. Real women don't date married men! I hope you told her "what goes around comes around."

Dear Ms. Vicki,

My husband cheated on me with a woman for over two years. I had no idea this was going on. When his indiscretion finally came to light, I was devastated.

I even blamed myself for being so stupid that I did not see the signs. The other woman thought she deserved to be with my husband. She knew she would come right in and become step mother to my children and I guess move into my home.

My husband and I decided we would work on our relationship. Our marriage has improved and become much stronger thanks to prayer and counseling.

The other woman never wins!

Volunteer needed to care for MTV garden

Staff Report

Heidelberg is in need of a volunteer gardener to care for the flower garden outside Bldg. 3734 on Mark Twain Village.

Hilde Gritzbach started the flower garden more than 12 years ago when the beauty salon moved to its current location in Bldg. 3734.

Hilde was the salon manager until retiring around 1993. After her retirement, the garden became an almost full-time job and Hilde a daily visitor in and around the building.

After Sept. 11, 2001, she and her husband, Hans, also established a small floral memorial at the front gate of Campbell Barracks.

Hilde had a stroke while gardening and passed away two days later on Sept. 26, 2006.

Hans has tried to take over for Hilde since she died, but it has just become too much for him physically.

"Hilde loved working in the garden with the different shrubs and flowers, especially the beautiful rose bushes of all colors," Hans said. "Her gardening also brought her in contact with the people in the building; that interaction was probably what she loved the most."

If you have a green thumb and a little bit of gardening experience, call the Army Volunteer Corps coordinator at Heidelberg Army Community Service or contact Brigitte O'Preska at DSN 370-5502 or brigitte.opreska@eur.army.mil.



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.

Terminator Salvation

Here we go again with the Terminator. I know people were kind of disappointed with the Terminator 3 movie, and rightfully so – I mean, come on, you can only spruce it up so many times.

I will say this – I thought this movie was awesome. Christian Bale ("Batman") plays the now full-fledged resistance fighter John Connor (who they've protected countless times now). They picked the number one action star to play this guy, and they chose well. The movie has a break-neck pace and is chock-full of cool references from the other movies.

I thought they took a great take on the series, and now that technology is so advanced, it was especially cool to see the robots go to town (sorry, mankind).

John Connor and his resistance have uncovered an unsettling and potentially disastrous plot by Skynet the cyborg mind controlling the world. The movie is rated PG-13, but has some pretty intense stuff happening, so keep that in mind when you bring the kids along. Enjoy folks, and see you there.

And, don't forget this week we have Night at the Museum: Battle at the Smithsonian, a great movie also. The first was pretty funny, and this one keeps the punches rolling. Most of the cast returned with the movie and they added a bunch of new faces to the group. A great movie for the whole family; check it out folks.

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 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

The Sound of Music – Enjoy this classic musical at the Roadside Theater on Patton Barracks in Heidelberg May 29, 30 and June 5, 6, 12 and 13 at 7 p.m. 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.roadsideheater.com.

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. The market is about the size of four football fields and as the Dutch say, "if you don't find what you're looking for here, you won't find it anywhere!" <http://affiliates.uso.org/rheinneckar>.

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

June 5

Summer Bazaar – Through June 7, head to Rhine Ordnance Barracks, Bldg. 237 for the Summer Bazaar. Vendors from around the world will bring their quality products and services to the KMC. Find such things as wine, cheese, wood and leather works, art, coo-coo clocks, and much more. www.usareur.com.

mwgermany.com.

Swiss Alps Adventure Weekend – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Live Rock Concert – See New York alternative rock band Edison and local bands Kojak, the Same Old and Raw at The Cove in Mannheim starting at 7 p.m. \$10 entry fee. DSN 385-2884, civ. 0621-730-2884.

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.

June 7

North Sea Jazz Festival – Travel to Rotterdam, Netherlands, to visit Europe's largest Jazz Festival. See such artists as: Duffy, Herbie Hancock & Lang Lang, B.B. King, James Taylor, Jamie Cullum and more. Festival tickets are able to be purchased through Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Holiday Park – Mannheim Outdoor Recreation. DSN 381-7215, civ. 0621-739-251.

Rhine River Cruise – Cruise with the USO. <http://affiliates.uso.org/rheinneckar>.

June 11

USAREUR Army Birthday Ball – Celebrate the Army's 234th birthday with U.S. Army Europe. The formal dinner and dance will begin at 6 p.m. Cost is \$25-35 depending on rank or grade. Tickets: DSN 377-4507, civ. 06221-39-4521.

coming to
THEATERS



Night at the Museum: Battle of the Smithsonian

(Ben Stiller, Amy Adams) Night has fallen on the Smithsonian Institution in Washington, D.C. The guides have gone home, the lights are out, yet something incredible is stirring as former night guard Larry Daley finds himself lured into his biggest, most imagination-boggling adventure yet in which history truly comes alive. Rated PG (mild action, brief language) 105 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

May 28 - ANGELS AND DEMONS (PG-13) 7 p.m.
May 29 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 9:30 p.m.
May 30 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 4 p.m., 7 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 9:30 p.m.
May 31 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 4 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 7 p.m.
June 1 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
June 2 - TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 7 p.m.
June 3 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
June 4 - TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 7 p.m.

Mannheim, Schuh

May 28 - STAR TREK (PG-13) 7 p.m.
May 29 - ANGELS AND DEMONS (PG-13) 7 p.m.
May 30 - ANGELS AND DEMONS (PG-13) 4 p.m., 9:30 p.m.; RACE TO WITCH MOUNTAIN (PG) 7 p.m.
May 31 - RACE TO WITCH MOUNTAIN (PG) 4 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m.
June 1 - ANGELS AND DEMONS (PG-13) 7 p.m.
June 2 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
June 3 - ANGELS AND DEMONS (PG-13) 7 p.m.
June 4 - ANGELS AND DEMONS (PG-13) 7 p.m.

Vogelweh, Galaxy

May 28 - ANGELS AND DEMONS (PG-13) 7 p.m.
May 29 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 3:30 p.m., 7 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 10:30 p.m.
May 30 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 5 p.m., 8 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 11 p.m.
May 31 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 11 a.m., 3 p.m.; TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 7 p.m.
June 1 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
June 2 - I LOVE YOU MAN (R) 7 p.m.
June 3 - NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 7 p.m.
June 4 - TERMINATOR SALVATION: THE FUTURE BEGINS (PG-13) 7 p.m.

Ramstein, Hercules

May 29 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
May 30 - I LOVE YOU MAN (R) 7 p.m.
May 31 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.

Ramstein, Nightingale

May 28 - DUPLICITY (PG-13) 5 p.m.
May 29 - RACE TO WITCH MOUNTAIN (PG) 3:30 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m., 10:30 p.m.
May 30 - RACE TO WITCH MOUNTAIN (PG) 3 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m., 10:30 p.m.
May 31 - RACE TO WITCH MOUNTAIN (PG) 3 p.m.; ANGELS AND DEMONS (PG-13) 7 p.m.
June 1 - I LOVE YOU MAN (R) 7 p.m.
June 2 - RACE TO WITCH MOUNTAIN (PG) 7 p.m.
June 3 - I LOVE YOU MAN (R) 7 p.m.
June 4 - ANGELS AND DEMONS (PG-13) 7 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

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.umuc.edu/financial_aid. UMUC Europe also has a new \$5,000 military spouse scholarship available starting this session: www.umuc.edu/militaryspouse. DSN 370-6762, civ. 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, civ. 07031-15-2191, darla.huck@us.army.mil.

Foreign Language Instructors

SKIESUnlimited in Kaiserslautern is currently seeking individuals to become foreign language instructors for children and youth. All languages will be considered. Set your own class schedule, choose your own classroom materials. DSN 486-5412, civ. 06371-86-5412.

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, civ. 06221-338-9396.

KAISERSLAUTERN

Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwrgermany.com/kl/acs.
 • **Pre-Separation Briefing** – The Kaiserslautern Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. June 2 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. Registration: DSN 483-7071, civ. 0631-411-7071.
 • **CSB Briefing** – The Kaiserslautern Transition Center hosts a briefing on Career Status Bonus June 2 in Bldg. 3245 on Kleber Kaserne. This class is for Soldiers who reach the 15-year mark and are eligible for a \$30,000 bonus. Registration: DSN 483-7071, civ. 0631-411-7071.
 • **Teacher Certification Examination** – The garrison will host the PRAXIS Teacher Certification Examination 8 a.m. July 29 at the education center on Rhine Ordnance Barracks. Deadline to register is June 9. DSN 493-2593, civ. 0631-3406-2593.
 • **CYSitter Class** – Become a certified babysitter through CYS Services and SKIESUnlimited. This two-day course is open to youth 13-18 and will offer Red Cross CPR/First Aid certification and 4-H babysitter certification. Classes will be held 9 a.m.-5 p.m. June 20 and 24. Pre-registration is required. DSN 493-4516, civ. 0631-3406-4516, www.mwrgermany.com.
Community
 • **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, civ. 0631-411-1780.
 • **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, civ. 0631-3406-4344.
 • **Kapaun Vehicle Registration Closure** – The office will be closed at 11 a.m. May 29 for inventory. All "AD, AF and HK" series plates must be turned in during regular renewal for the new "KL" series plates. Any plate number changes require a new proof of insurance with new double white insurance cards. <https://rmv.hqsareur.army.mil/sspov.info.htm>.
 • **Commander's Community Information Forum** – Hear from your commander at 1 p.m. June 3 at the Armstrong Community Club on Vogelweh Housing for an update on the recycling program, summer safety, and the Child, Youth and School Services summer programs. DSN 493-4093, civ. 0631-3406-4093.
 • **Chapel Grand Opening** – Enjoy a free lunch as the Chaplain's Office hosts a grand opening for Daenner

Chapel on Daenner Kaserne on 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, civ. 0631-3406-4098, mirma.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, civ. 0631-3406-4098, mirma.oceguera@us.army.mil.
 • **CYS 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, civ. 0631-3406-4122.
 • **American Legion Meeting** – Post GR01 hosts post meetings the first and third Wednesday of the month in Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, www.ktownamericalegion.org.
 • **Veterans of Foreign Wars Meeting** – Post 10614 hosts post meetings at 6:30 p.m. the second Tuesday of the month at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516, www.ktownvfw.org.
 • **BOSS Meeting** – Better Opportunities for Single Service members hosts meetings 1 p.m. every first and third Thursday of the month in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.
HEIDELBERG
Education
 • **ACS Classes and Events** – Community Orientation Briefing, noon-3 p.m. June 1; Reintegration Briefing, 9 a.m. June 2; Intro to MS Excel, 5-6:30 p.m. June 1; Parents of Multiples, 12:30 p.m.-2 p.m. June 2; Healthy Relationships, 3-5 p.m. June 4; Self-Defense Class, 10 a.m. and 1 p.m. June 6. DSN 370-6883, www.mwrgermany.com/hd/acs.
 • **Central Texas College** – Register through May 29 for Term V classes. 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.
 • **Case Lot Sale** – Buy in bulk and save money at the Commissary's case lot sale May 30-31. The sale will be during the commissary's regular hours. Case-lot customers must use the regular cashier lanes to pay for their purchases. They will not be able to use the self-checkout lanes.
 • **HIWC Events** – Join the Heidelberg International Wandering Club for the following volksmarches: Bensheim Muenster-Sarsheim, May 30-31; Krumbach and Langenbrand, June 6-7. Sign up for upcoming trips to Belgium. www.hiwc.de.
 • **KONTAKT Club** – Stadtfest in Mannheim, 11 a.m. May 30; Bowling at PHV, noon May 31, June 7, 14, 21 and 28; Stammtisch at Makedonia, 6 p.m. June 2, 9, 16, 23 and 30; Open-Air Concert with the band Sidestep at the Buffalo's, June 6; Bus tour to Guntersblum, 10 a.m. June 13; Barbecue at Neulussheim grill hut, 10 a.m. June 20. Civ. 0170-537-8380, annemarie.fritz@t-online.de.
 • **Housing Office Closure** – The office will be closed June 1.
 • **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, civ. 06221-338-9282.
 • **Red Cross Volunteers** – Orientation will be held 2-5 p.m. June 11 in Bldg. 3850, room 263 of the Community Support Center. DSN 370-1760, civ. 06221-57-1760.
 • **Volunteers Needed** – Heidelberg Girl Scouts are looking for energetic adults to help "Build Girls of Courage, Confidence, and Character." Training and mentoring are provided. OCHeidelberg@aol.com.
 • **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, civ. 06221-338-9418, www.mwrgermany.com.

MANNHEIM

Education

• **ACS Classes** – ESL, 9-11 a.m. June 5, 8 and 10 and 6-7:30 p.m. June 9 and 11; Toddler Parenting Class, 9-10 a.m. June 8; Volunteer Orientation, 1-2 p.m. and 3-4 p.m. June 8 and 10; School-Age Parenting, 9-10 a.m. June 9; FRG Leader 101, 9 a.m.-noon and 5:30-8:30 p.m. June 9; Resume Writing, 10-11 a.m. June 9 and 23; Levy and Out-Processing, 1-2:45 p.m. June 9; Hearts Apart, 11:30 a.m.-1 p.m. June 10. DSN 385-3101, civ. 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. Classes in Mannheim are available in Automotive Technology, Criminal Justice, Early Childhood Education and Hospitality Management. Courses start June 8 and are eight weeks long. DSN 385-2818, mannheim@europe.ctcd.edu.
Community
 • **Customs Office Closure** – Mannheim Customs Field Office will be closed June 1.
 • **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, civ. 0621-730-9997.
 • **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** – 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, civ. 0621-730-1740.
 • **Youth Services** – Army Birthday celebration, 1-7 p.m. June 13; Father's Day Appreciation, 7-9 p.m. June 19; Sleepover/Lock-in, June 29-July 2. DSN 380-4864, civ. 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, civ. 0621-730-4851.

NCOs lead the way



Sgt. 1st Class David Green, Master Sgt. Steven Hahn and Staff Sgt. Uria Hess compete May 10 in the Prague, Czech Republic, marathon.

Local Soldiers take part in historic Prague marathon

STAFF REPORT

On a sunny morning in the Old Town Square of historic Prague, Czech Republic, more than 6,000 runners from several countries around the world took part in the 15th annual Volkswagen Prague Marathon May 10.

A total of 134 Americans ran the marathon, and among those were five noncommissioned officers from U.S. Army Garrison Baden-Württemberg communities.

Staff Sgt. Uria Hess, U.S. Army Garrison Heidelberg Provost Marshal Office, said his personal motivation for running his first marathon was the fact that only one percent of the world population will ever run a marathon.

"I wanted the sense of accomplishment of doing something not everyone normally does," he said.

Hess said one of his favorite parts about the marathon was the atmosphere the spectators created by cheering the runners on.

"I had to really pace myself because the adrenaline and excitement that the spectators created gave me a false sense of 'I can run like this forever,'" he said.

Master Sgt. Steven Hahn, USAG Baden-Württemberg provost sergeant said his personal motivation for running the marathon was the fact that he likes to challenge himself every year or so with the demands of a marathon. The Prague marathon was his third.

At the beginning of the race the temperature was 66 degrees, but the sky began to get cloudy and cool the course off. This was short-lived as temperatures rose throughout the rest of the race. Hahn said that this was the most difficult part for him.

"The constant sun beating on you,

it was hotter than we expected since most of our training took place in the cold winter months of Germany, not to mention that most of the course was cobble stone surfaces making it the hardest out of the three marathons I have completed," he said.

Hahn said he enjoyed the camaraderie that came with training for the marathon – spending time bonding with three other Military Police non-commissioned officers he works with on a daily basis.

"I am proud of every one of them for sticking it out and following through with their individual goals for finishing the marathon," he said.

Sgt. 1st Class David Green, USAG Baden-Württemberg equal opportunity advisor, running his first marathon, said the halfway point was both encouraging and discouraging.

"I had that feeling of accomplishment this being my first marathon and that I was half way there, but at the same time I was thinking 'can I keep this pace up another 13 miles?'" he said.

Green went on to say that it didn't help any that there was a flat screen TV at the halfway point showing the top three runners having already completed the race and the first place runner breaking the course record by more than a minute, finishing in 2 hours, seven minutes and 48 seconds.

"USAG Heidelberg is extremely proud of all the NCOs that participated in the Prague Marathon," said USAG Heidelberg Command Sgt. Maj. Annette R. Weber. "In keeping with the Army's theme '2009 Year of the NCO,' the NCOs challenged themselves, encouraged each other, set the example for others to follow and accomplished the goals they set for themselves. They are truly 'NCOs



Staff Sgt. Dana Valentine and Sgt. Phillip Valentine run in the Prague Marathon.

leading the way." Staff Sgt. Dana Valentine, USAG Baden-Württemberg force protection non-commissioned officer, said her favorite part about training and running her first marathon was training with her husband Phillip. This was his first marathon as well.

"It sounds cliché, but the end was the best part," she said. "With hundreds of people lining the streets and cheering you on, you suddenly feel stronger for the last few hundred meters and actually feel like you are winning."

Valentine said there were times her body just wanted to quit, but that was out of the question in her mind.

When asked what advice they would give someone wanting to run a marathon, they all agreed commitment is the key.

"Finding someone who wants to train with you, as well as doing your research on the best training plan for you and your partner; there are tons of them out there," Hahn said. "Last but not least, invest in the proper running shoes and socks; it makes a huge difference in the long run, no pun intended."

Heidelberg Spring Youth Open Tennis Tournament

The Heidelberg Tennis Center hosted the Heidelberg Youth Open Tennis Tournament May 11-18. Brackets were used to achieve balanced participation.

Results: A Group: Abby Farmer, Roxanna McKaig, Annika Wuika; B1 Group: Emma Dreyer, Kylie Horst, Hannah Farmer; B2 Group: Rebecca Luzack, David Holland, Quincy Martinez; C1 Group: Briana Goulet, Emma Holland, Emily Johnson; C2 Group: Ellie Dreyer, Katrina Smith, A.J. Farmer.

Noteworthy: In the women's pro set final, Susan Flynn won against Laura Carpenter of Heidelberg, 9-1. In the men's finals, Ramstein's Jim Moss took the gold with a 6-1, 6-4 win over Scott Pall of Wiesbaden.

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. DSN 371-2622, civ. 06221-17-2622.

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.mwrgermany.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, discus, relays and various track distances. DSN 493-4122, civ. 0631-3406-4122, www.mwrgermany.com.

Girls Softball Championships

Heidelberg CYSS Youth Sports & Fitness will host the IMCOM-Europe Junior Girls' Softball Championships June 5-7 at the middle school fields on Patrick Henry Village. Opening ceremony is 8 a.m. June 5. Ten teams from all over Europe will participate in the 3-day tournament to include: Ansbach, Aviano, Bamberg, Grafenwoehr, Hohenfels, Schweinfurt, Stuttgart, Vicenza and Wiesbaden.

Mannheim Mustang Softball Bash

Men's and women's teams representing various military garrisons throughout Europe will battle June 13-14. Awards include 1st and 2nd team and individual trophies and 3rd place team trophy. Games are played at Lincoln Field on Sullivan Barracks and are free for spectators. DSN 385-3164, civ. 0621-730-3164.

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.mwrgermany.com.

Send the HP Your Sports Photos

Do you have photos from sporting events in your community? E-mail your photos, along with the details of the event and names of those pictured to usaghd.post@eur.army.mil.