

HeraldPOST

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

HP THURSDAY
May 7, 2009

Speed Read

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Defense Details

THWARTING PIRATES

The U.S. military will continue its efforts to help thwart acts of piracy off the coast of Somalia, but merchant-ship-supplied security is the best short-term defense, a senior Defense Department official told Capitol Hill legislators. The U.S. military's main task with regard to piracy, Michele Flournoy, undersecretary of defense for policy, said, is "to help commercial carriers turn their ships into hard targets."

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Father, son reunite after 48 years

By Ina Stiewitz
USAG MANNHEIM PUBLIC AFFAIRS

James Robert Backert never got to know his American father, but thanks to technology and the support of a close friend, father and son were reunited after a 48-year separation.

"My knees were shaking," said Backert, describing his emotions while he awaited the arrival of his biological father at Frankfurt see **REUNION** page 16

Military doc: Anti-flu drugs only needed after diagnosis

By Fred W. Baker III
AMERICAN FORCES PRESS SERVICE

WASHINGTON – Senior military health officials are warning against taking antiviral medicines to fight the H1N1 flu virus until a doctor has confirmed the diagnosis.

Most patients treated at military medical treatment facilities for flu-like symptoms don't actually have the H1N1 or any other kind of flu virus, officials said.

"Everything that looks like flu is not flu. Most of the cases where people think they have the flu, they actually have some

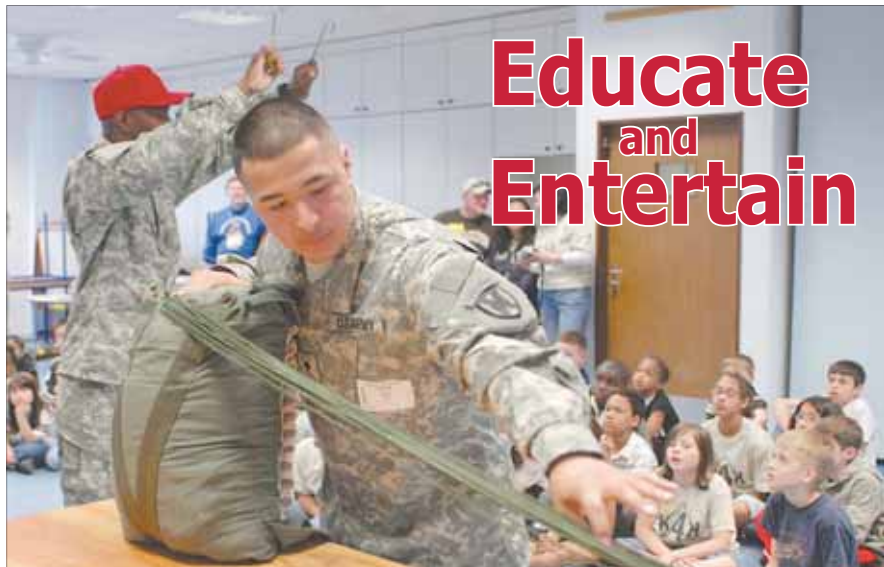
"Everything that looks like flu is not flu."

—Lt. Col. (Dr.) Wayne Hachey

other respiratory disease," said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for the Defense Department's health affairs office.

Taking the flu medicine without having the virus causes several problems, Hachey said. First, the medicine will have no effect on what actually ails the patient, so the symptoms may only get worse.

see **ANTI-FLU** page 16



Sgt. Frank Sanchez III

Sgt. Byron Harvin Jr. and Spc. Cruz Celis, parachute riggers from the 5th Quartermaster Company, demonstrate packing procedures on a T-10 Delta parachute for the Kids4Kids program at Ramstein Intermediate School April 24. Kids4Kids is a partnership program at Ramstein's intermediate and middle schools. It caters to students in grades three through eight who have at least one deployed parent.

Kids4Kids reaches out to help children affected by deployments

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

A couple of paratroopers dropped into Ramstein Intermediate School in support of the Kids4Kids

program April 24, and they brought their parachutes to prove it.

Soldiers from the 5th Quartermaster Company, 39th Transportation Battalion, 21st Theater Sus-

tainment Command, gave a demonstration on the proper handling of the T-10 Delta parachute as part of Kids4Kids, a program that meets once a month for the benefit of those students from Ramstein's intermediate and middle schools who have at least one deployed parent. One of the main priorities of the Ramstein

parent-teacher association sponsored partnership program is to show kids they are not alone.

"I think the quartermaster (Soldiers) are wonderful, and the kids have really enjoyed it. They learn a lot and get to see the Army side of it," said Nhung Hamilton, the coordinator for the see **RIGGERS** page 16

COMMENTARY

Illustration by Sgt. Renaldas Spigaitis



Pet poo can pose health problems

By Kelli Bland
HERALD POST EDITOR

Ah, springtime. It's so nice to see the blooms in the self-cut gardens and smell the fragrant flowers on the trees lining the streets. Sometimes there's another pungent scent mixed in with it, too. Hmm, how best to describe it?

Let's see – you know how the smell of baking brownies fills the air in your entire house – well, this is sort of the same concept, except the sun is doing the baking and the scent is not so nice.

Yes, we are talking about the ripe odor of doggy doo that can sometimes ruin a nice family outing. This may not be a pleasant read, but in case you haven't noticed, smelling the droppings doggy owners fail to poop scoop is not so pleasant either.

I have an oversized beagle-mix, and no, I don't particularly enjoy picking up after her, but I knew when I got her from a pound in Kentucky four years ago that it would be part of the job – the pain that goes with the pleasure of having a furry friend.

Leaving your pet's poopsicles on the ground is more than just disgusting for others to see and smell; it actually can pose serious health risks to you, your children and the families

living around you.

The biggest health risk is zoonotic disease, meaning it is transmissible between animals and people, according to Capt. Angela M. Schmillen, a veterinarian and commander of the 64th Medical Detachment (Veterinary Section) (Rear).

Domestic dogs and cats can be infected with parasites that live in their intestines, and, Schmillen said, the biggest concerns are hookworms and roundworms.

"These parasites produce eggs that are then deposited with the feces into the environment," she said. "When these eggs are ingested by other animals or people, the parasite eggs develop and infect that person or animal."

"In people, the parasite larvae do not simply stay in the intestines. These parasites can migrate out of the intestines in people, causing severe damage to the liver, lungs, brain and even the eyes. Some parasites can also penetrate the skin, and do not need to be ingested to become infective. These larvae can then migrate through the skin, causing pain and itchiness."

Doesn't that sound pleasant?

So what can you do to protect your family from these parasites? First, pick up after your pets. If you are already a

good neighbor and graciously pick up your puppy's poo, then you are free to move on to the other important step – ensure your entire family practices good hygiene.

"Children are the most susceptible to these conditions, because they play outside and tend to put their hands in their mouths," Schmillen said. "If you have a sandbox, keep it covered to discourage animals from using it as their bathroom. Ensure that you and your children wash your hands immediately after being outside playing or after picking up after your own pet."

If thinking about your children putting their hands in their mouths after playing outside isn't enough to get you to clean up the stink bombs and encourage frequent hand washing, maybe this will – the veterinarian says just because you don't see feces doesn't mean there aren't parasite eggs there. Dinner anyone? I think I just ruined my appetite.

But, alas, there is hope.

"Everyone must pick up after their pets to prevent transmission of these diseases," Schmillen said. "It takes a few days for the eggs deposited in the animal's feces to become infective, so if you pick up the feces right away, you significantly reduce the chances of contaminating the ground. If the feces are allowed to remain on the ground, the eggs can seep into the ground and can stay there for a very long time."

In case the message isn't clear yet – pick up the doggy doo and thoroughly wash those hands before touching anything in the house or getting them anywhere near your mouth.

Children should also wear shoes when playing outside, since some parasites can penetrate the skin, according to the veterinarian.

Besides protecting yourself and your children, Schmillen said you can protect your pet, too, by ensuring your pet has a fecal sample checked and be given a preventative deworming annually at the very least.

"Just because you do not see worms in your dog or cat's feces does not mean they are not infected," she said.

"Puppies and kittens are the most at risk, because they can get the parasites from their mother either while in the

Pet Ownership Responsibilities in Government Quarters

- Pets will be on a leash and accompanied when outside government quarters
 - Pets will be exercised outside the immediate vicinity of the housing area and a minimum of 50 feet away from buildings, playground boundaries, community picnic areas and resident parking
 - Dogs and cats will not be allowed to relieve themselves on balconies, playgrounds or within 50 feet of family housing buildings
 - Pet owners will immediately clean up excrement from their pets
 - Pets will not be housed or locked in/on balconies, in basement or attic storage rooms, servant quarters, spare rooms or building playrooms, nor will they be tied to stair railings, pipes, shrubbery or trees in or around family quarters
 - Pets will be fed only in the Soldier's apartment, not on landings or stairwells
 - No more than two dogs or cats or combination thereof are authorized per dwelling unit
 - Owners are required to register their pets with the post veterinary clinic
 - Violations of the pet policy will be handled by the building/area coordinator for the first infraction, and repeat infractions could result in action from the housing manager and/or referral to the community commander for possible loss of pet and/or quarters privileges
- SOURCE: www.heidelberg.army.mil/sites/area_policies/34C_Pet_Ownership.pdf

womb or through her milk after being born."

Schmillen encourages pet owners to speak with their veterinarian about a recommended deworming frequency for their pets, adding that there are inexpensive medications that can be given monthly to prevent pets from getting these parasites in the first place.

And just in case the disease-laden poo hasn't caused enough alarm for you, know that if you get caught leaving your pet's presents around on post, you could end up with more than poo on your shoe. The U.S. Army Garrison Baden-Württemberg's pet ownership policy says you can receive written warnings and possible loss of pet and/or quarters privileges for violations.

Please protect yourself and your family and play nice with the neighbors – pick up the piles of poo.



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Dragon Challenge

Photos by Staff Sgt. Jonathon M. Gray

Pfc. Malcolm Handy from 5th Signal Command's 11th Signal Detachment, runs for the finish line after exiting a tear gas chamber during the "Dragon Challenge" relay held at the Schwetzingen training area April 23. The Dragon Challenge is an annual team-level competition hosted by 5th Signal Command's 43rd Signal Battalion that's designed to give Soldiers confidence in their chemical, biological, radiological and nuclear training and equipment. (Below) Spc. Zachariah Blankenship, 181st Signal Company, dons his protective gear during the CBRN Dragon Challenge relay.

43rd Signal Battalion troops complete chemical, biological, radiological and nuclear training in Schwetzingen

By Staff Sgt. Jonathon M. Gray
5TH SIGNAL COMMAND PUBLIC AFFAIRS

Close to 100 Soldiers within 5th Signal Command's 43rd Signal Battalion gathered for chemical, biological, radiological and nuclear, or CBRN training, in the Schwetzingen training area April 23.

The Soldiers first were presented with a CBRN reconnaissance demonstration from the 18th Engineer Brigade's Emergency Management Assessment Team out of Heidelberg.

The EMAT demonstratively surveyed and entered an unknown, potentially deadly, area wearing chemical protective suits, a vapor-tight total encapsulation suit that provides a high level of protection against direct and airborne chemical contact.

The EMAT walked through the complete decontamination process that involved using a knife to cut them out of their suits allowing those inside to safely exit the contaminated area without injury.

Soldiers from the 43rd were also able to see the EMAT's equipment up close with small-group classes and a full static display.

"The EMAT showed Soldiers another important side of the CBRN job

specialty and gave us a live demonstration about CBRN operations," said Sgt. Horatio Patterson, 43rd Signal Battalion CBRN noncommissioned officer. "This is an experience that Soldiers of the 43rd can carry with them throughout their military career."

After the EMAT demonstration, the Soldiers began the CBRN rodeo, or round-robin CBRN training.

The tasks and training ranged from donning the protective masks to administering buddy-aid to a CBRN casualty and even decontaminating a High Mobility Multipurpose Wheeled Vehicle or Humvee.

"This isn't just about the training, it's about the team building and ensuring Soldiers have the confidence in their training and their leaders," said Command Sgt. Maj. Ricky Wallace, 43rd Signal Battalion.

The day's events finished off with the CBRN Dragon Challenge, a relay race in which CBRN teams from each unit under 43rd was able to compete. The four events consisted of donning their mask, putting on their chemical protective suit, drinking from a canteen through their mask, and finally, entering the tear gas chamber to find some written test answers posted on the wall.



"This isn't just about the training, it's about the team building and ensuring Soldiers have the confidence in their training and their leaders."

-Command Sgt. Maj. Ricky Wallace, 43rd Signal Battalion

The final dash was made from the gas chamber to the start line without the protective mask to then tag the next person on the team.

Team members were cheering on their teammates while trying to distract the other teams from their tasks. "The team-level competition really brought us all together," said Pfc. Malcolm Handy from 43rd's 11th Signal Detachment.

The 43rd plans to continue the

CBRN training and the Dragon Challenge next year, making this an annual event.

"We do the best with the equipment we have and make the most realistic training possible for our Soldiers," Wallace said.

"I love my job, and I love my work," Patterson said. "I will continue to train Soldiers in CBRN to help them visualize real life CBRN events that could save their lives."

Community baby shower



Jennifer Walsh

Registered nurse Pamela Krings, with the New Parent Support Program from Army Community Service Family Advocacy, shows expectant moms Edwina Strawn (far left) and Adriana Lopez how to properly bathe a baby at the Mannheim Community Baby Shower hosted by the Mannheim Army Health Clinic April 30 at the BFV Sports Arena. More than 30 mothers attended the shower and were treated to diaper bags filled with information, door prizes and raffles to win baby items, demonstrations on how to properly care for babies, and information and tools for services available on post.

DES starts awards program for 'superior guardians' in USAG BW communities

By Kristen Marquez
HERALD POST STAFF

U.S. Army Garrison Baden-Württemberg's Directorate of Emergency Services recently began a new awards program intended to recognize outstanding work by the emergency services personnel.

The program will honor one military police officer, one firefighter and one contract security guard from across the Baden-Württemberg communities each quarter. Nominations can come from Heidelberg, Mannheim and Kaiserslautern, and one winner in each category will be selected.

The Superior Guardian of the Quarter Award for second quarter 2009 was presented to its first three recipients in a ceremony April 30.

"Sometimes regular units have a Soldier of the Month board, well, this is kind of our version of that kind of board," said Master Sgt. Charles P. Cavanaugh, USAG Baden-Württemberg provost sergeant. "It's not necessarily a board where you go and answer questions, but a supervisor can recommend one of their subordinates for this award, and this recommendation is passed up through all three communities. Every quarter we take a

look at all of the recommendations. Based off the merit, we will recognize that person as the stellar performer to represent all three communities."

The awards program was initiated by Master Sgt. Steven Hahn, outgoing provost sergeant, and Lt. Col. Anita Greenlee, DES director.

This quarter, award winners were Sgt. Jennifer Knight, 529th Military Police Company; Markus Penninger, Heidelberg Fire and Emergency Services; and Maren Goodman, Pond Security.

While it's not something in which community members can officially submit the nominations, Cavanaugh said there is a way a community member can help recognize someone who they think deserves the award.

"If someone in the community does an (Interactive Customer Evaluation) comment, that could supplement the supervisor or cause the supervisor to put somebody in for one," he said.

The award winners are honored at a ceremony where they receive a certificate of achievement and a DES coin, according to Cavanaugh. They're recognized in front of their supervisors, their peers, the DES staff and the garrison chain of command.

Melvin Jones, DES deputy director,

said the importance of this recognition program goes all the way from the community members to the recipients themselves.

"It serves as positive reinforcement for both the employees and the community — it allows them to know that people are doing a great job in the different areas," he said. "I talked with one of the recipients, and they thought it served as a great motivator to raise the level of performance of her coworkers as well. It raises the bar, so to speak."

Making the community aware of the good things emergency services personnel are doing is important, Cavanaugh said, so they recognize that those who are responsible for their safety are actually going above and beyond what is asked of them.

"If you think about it, if the performance level is raised to a higher point for all, then that's just going to, overall, improve the service that we provide to the community," he said. "If we start at this level and go all the way up, that improves overall customer relations."

Read about the award winners in upcoming Herald Post "Who's Who: Get to Know Your Community" features.

7 local units, organizations bring home Army-level logistics awards

USAREUR Public Affairs

Thirteen U.S. Army Europe units and eight other Europe-based organizations are winners at the Department of the Army level of the Chief of Staff, Army Combined Logistics Excellence Awards competition for fiscal year 2009, Army officials announced April 30.

Seven of the winners came from organizations within U.S. Army Garrison Baden-Württemberg communities.

The annual CLEA competition recognizes units and organizations competing for three awards: the Army Award for Maintenance Excellence, the Deployment Excellence Award and the Supply Excellence Award.

Local USAREUR AAME winners:

Maintenance Activity Kaiserslautern was named the winner in the active Army Table of Distribution and Allowances (large unit) category.

Headquarters and Headquarters Company, Special Troops Battalion, V Corps, based in Heidelberg, was named runner-up in the active Army Table of Organization and Equipment (large unit) category.

Local USAREUR SEA winners:

Headquarters and Headquarters Company, 30th Medical Command, based in Heidelberg, was named the winner in the active Army Level II (A) Property Book Modification Table of Organization and Equipment category.

The 212th Combat Support Hospital, based in Miesau, was named the winner in the active Army Level III (A) Parent Level Modification Table of Organization and Equipment category.

Other local Europe-based winners:

The 406th Human Resources Company, 7th Army Reserve Command, based in Kaiserslautern, was named the winner in the SEA Army Reserve Level I (A) Unit Modification Table of Organization and Equipment category.

The Network Enterprise Technology Command's 6981st Civilian Support Group, based in Mannheim, was named runner-up in the AAME active Army Table of Distribution and Allowances (small unit) category.

U.S. Army Garrison Kaiserslautern was named the runner-up in the SEA active Army Level II (B) Property Book Table of Distribution and Allowances category.

Representatives of the winning units will be presented their awards at a ceremony in Washington, D.C., in June.



2009: Year of the NCO

COMMAND SGT. MAJ. GARRY D. TULL



Command Sgt. Maj. Garry D. Tull has been in the U.S. Army for 31 years. He is currently the senior enlisted advisor for the U.S. Army North Atlantic Treaty Organization Brigade where he advises the brigade commander on all matters related to training, administration, personnel service support, logistical support and military justice and oversees operational readiness for all Soldiers and civilians assigned to or deployed in support of NATO. The USANATO Brigade currently has a work force of 1, 635 military and civilians located in 13 counties at 32 locations.

How has being an NCO impacted your life?

It allowed me to make a difference in the lives of so many Soldiers. Once you put on those chevrons, Army leadership begins and you assume roles or are assigned responsibilities that inspire and influence people to accomplish organizational goals.

What advice do you provide to young NCOs?

Just because you are wearing chevrons does not make you a leader! You must instill in yourself the values and attributes that shape character before you can lead subordinates.

What one military experience stands out most in your career and why?

My first assignment as a sergeant. This was very difficult for me. I was promoted from within the section – now I'm the squad leader of all my friends. I wanted to be a part of the gang and then again I wanted to assume the leadership role. Once I finally made the decision to step up and act like an NCO, it was too late, I could not control them; they would not listen to me. From that experience, I realized that social separation from the Soldier and the noncommissioned officer is a must to be a successful leader.

What has been your favorite duty station?

My current duty station because it allows me to not only work with our sister services but also I allows me to work with our 28 NATO partners.

What is something interesting about you that most people don't know?

I love horror/scary movies and my favorite candy is jelly beans.

What do you like to do outside of work?

I enjoy running.

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.

Returning to the road



U.S. Army Photo

Staff Sgt. Karenthia T. Bland with the 68th Transportation Company inspects the tie-downs of a Humvee on a M915/M872 tractor-trailer during a transportation mission at Camp Taji, Iraq, in March.

Mannheim sustainers are back to driving trucks in Iraq

3rd Sustainment Command Public Affairs

CAMP TAJI, Iraq – Mannheim-based transportation Soldiers have focused on training, advising and mentoring the Iraqi army's General Transport Regiment since September.

But as of March 1, the Soldiers, assigned to the 68th Transportation Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, returned to doing what they do best – driving trucks.

"I liked partnering with the GTR, it was a good experience," said Pfc. Brandy Kallio, a Fayetteville, N.C., native. "I enjoyed learning about a different culture, but I am excited about returning to the road."

While their mission training the GTR has ended, they positioned the GTR for success and continued self-sustainment of their logistics and transportation operations.

The GTR, the only theater-level transportation unit in the Iraqi army, has a tremendous task of transporting critical supplies and equipment to and from various depots, multiple ports of embarkation, and 12 location commands around Iraq.

In six months, Soldiers of the 68th Transportation Company planned and executed a month-long exercise for the GTR to become trained and certified to conduct convoys.

The unit also taught an extensive maintenance

training program, enabling the GTR to keep its fleet of more than 350 vehicles on the road.

Establishing a Driver's Training Academy, the 68th Transportation Company Soldiers trained and licensed the GTR vehicle operators. As a result, the GTR now operates a DTA with no Coalition forces assistance.

To date, the GTR DTA cadre have trained and licensed more than 100 Iraqi soldiers on the regiment's fleet of vehicles – a significant accomplishment for any unit, let alone one manned entirely by Iraqi army noncommissioned officers.

While mentoring the GTR through 50 real-world missions, the 68th's Soldiers shared essential technical and tactical knowledge with the Iraqi soldiers and leaders.

The GTR successfully executed more than 12,000 miles transporting more than 1,500 pieces of equipment throughout Iraq.

As the GTR's need for transporters has increased, they continue to display outstanding performance as they support Coalition forces throughout Multi-National Division-Baghdad.

Since returning to truck missions, the 68th Transportation Company executed numerous missions supporting the 1st Squadron, 1st Cavalry Regiment and other customers within the Multi-National Division – Baghdad.

The unit is scheduled to redeploy to Germany in June.

Roadside Theater director honored for accomplishments, dedication

Staff Report

Heidelberg's Roadside Theater Director Dane Winters recently was awarded the 2009 David C. Bryant Outstanding Service Award for "significant, valuable and lasting service to community theater."

The award will be presented at the National Theater Festi-

val in Tacoma, Wash., in June.

"Dane has been 'Mr. Roadside Theater,' and without his dedicated efforts and love of the arts, we wouldn't be where we are now," said Rafael Santaluz Jr., director, U.S. Army Garrison Baden-Württemberg Directorate of Family and Morale, Welfare and Recreation.

Winters has worked in three major Army in Europe communities, beginning with Bamberg's Stable Theater as a music specialist. He then transferred to Stuttgart as the theater center director before being promoted to entertainment director.

"He was instrumental in successfully creating a new

community theater facility on Kelley Barracks, and relocating the successful program from the closing Bad Canstatt installation," said James Sohr, entertainment director, Installation Management Command-Europe.

According to Sohr, under the leadership of Winters, the Roadside has "blossomed,"

producing American community theater overseas premieres and having shows represent the overseas military category in the American Association of Community Theater festival.

"Dane has maintained a diverse and popular program that is widely regarded as one of the finest in IMCOM-E," Sohr said.

Kaiserslautern receives 2 revamped fire trucks

IMCOM-Europe Public Affairs

During Installation Management Command-Europe Region's Fire Safety Campaign now through October, U.S. Army Garrison Kaiserslautern's fire safety program received an upgrade April 29 when two revamped fire trucks were delivered as part of the IMCOM-Europe's standardized refurbishing program.

Col. Robert Ulises, U.S. Army Garrison Baden-Württemberg commander, presented the fire truck "keys" to Lt. Col. Mechelle Hale, USAG Kaiserslautern commander, during a ceremony at the Miesau Army Depot Fire Station, which serves the USAG Kaiserslautern community.

"The refurbished trucks provide up-to-date technology with significant cost-saving factor versus new trucks," Ulises said. "These refurbished trucks with new equipment and upgraded technology reflect changes in mission requirements since they were first fielded back in the '80s with much less specialized equipment and overall capabilities."

Upgrades include more equipment space and improved hazmat, rescue and firefighting equipment, such as thermal imaging.



U.S. Army Garrison Kaiserslautern's Deputy Fire Chief Axel Pollmann shows Col. Robert Ulises, USAG Baden-Württemberg commander, one of two revamped fire trucks delivered to Miesau Army Depot Fire Station April 29 to serve the USAG Kaiserslautern community.

The vehicles are part of a standardized European refurbishment program, which extends the life cycle of 1980s Amertek fire trucks, according to Sigurd Mack, IMCOM-Europe fire protection specialist. The refurbishment essentially includes retaining the engine and transmission – which are usually still in very good condition – and installing them into a new chassis with body.

Mack said that by consolidating IMCOM-Europe and U.S. Army Europe refurbishment requirements into one contract, the U.S. military realized significant cost reduction.

"Requirements from different USAGs and USAREUR were consolidated into one centralized contract with vehicles meeting both U.S. performance requirements and special challenges of operating in an (overseas) environ-

ment," Mack said. "Currently, a total of 11 vehicles are in production, with an estimated savings of \$50,000 per vehicle thanks to the consolidated contracting effort."

Other fire stations scheduled to receive revamped vehicles in the next few months as part of IMCOM-Europe's standardized refurbishing program are located in Katterbach, Heidelberg, Baumholder, Illesheim and USAREUR Joint Task Force-East in Romania.

Training on operations of the trucks will be provided at each fire station before putting the trucks into service, Mack said.

Also attending the delivery ceremony were Lt Col. Anita Greenlee, USAG BW director of Emergency Services and provost marshal; Melvin Wilson, USAG Kaiserslautern DES; Jürgen Stegner, USAG Kaiserslautern fire chief; Axel Pollmann, USAG Kaiserslautern deputy fire chief; Mike Eberlein, USAG BW fire protection specialist; and officials from the neighboring host nation fire departments, as well as the 435th Civil Engineer Squadron's Air Force fire department at Ramstein Air Base.

The ceremony included Ulises and Hale cutting a ceremonial cake sponsored by AAFES.

Heidelberg Health Center hosts Women's Health Week

Heidelberg MEDDAC Public Affairs

The Heidelberg Health Center Women's Health Clinic will host Women's Health Week May 11-15 on Nachrichten Kaserne.

"We're having a Women's Health Week because we want to keep our population healthy," said Capt. Jessica Miracle, Women's Health Clinic nurse case manager. "By educating and screening our population, we can prevent illnesses from happening."

During the event, women can see providers who specialize in women's health, nutrition and wellness. The goal is for women to be exposed to the different aspects of health care and understand how to take charge of their health, Miracle said.

"There's more than just Pap smears and mammograms that need to be done," said Capt. Julie Thompson, Women's Health Clinic nurse case manager. "In order to stay healthy, there are cholesterol screenings, blood pressure checks and sexually-transmitted disease testing."

Some of the services being offered during Women's Health Week include routine Pap smears and mammograms, cholesterol screenings, blood pressure checks, STD testing, metabolic testing,

individualized diet and exercise plans and the opportunity to ask providers individual health care questions.

Although women who choose to participate are not required to go through all of the screenings, Miracle recommends taking advantage of all of the services being offered at one time.

"We realize these screenings could get overwhelming if you had to schedule each one individually," Miracle said. "But if you schedule them all during Women's Health Week, you'll save yourself several trips to the health center."

For women who are currently up-to-date with their routine screenings, the clinic recommends they visit the Women's Health Clinic during the week to view the women's health displays and literature.

"We'll have information on menopause, colonoscopies, diabetes, bone density screenings and more," Thompson said. "We want everyone to be aware of the services we provide."

For more information on Women's Health Week or to schedule an appointment, call the Women's Health Clinic at civ. 06221-17-2533.

Please note, some screenings may require fasting and same-day mammograms are only offered Tuesday and May 14.

Casing the colors



Staff Sgt. Jonathon Gray

The command team of Col. Randall Bland (left) and Command Sgt. Maj. Terence Farmer (right) from 5th Signal Command's 7th Theater Tactical Signal Brigade headquartered in Mannheim, cased the unit's colors in a ceremony April 27 at the Sports Arena on Sullivan Barracks. The brigade's headquarters element will deploy this spring for up to 12 months with approximately 90 Soldiers to Afghanistan in support of Operation Enduring Freedom. The brigade headquarters will serve as the Joint Network Operations Control Center, which is the single control agency for the management of the joint force communications systems in Afghanistan.

Sgt. Justin Haugen, a military policeman team leader assigned to the 591st Military Police Company "Spartans," 93rd MP Battalion, 8th MP Brigade, takes the perimeter of a cordon for a new market opening in Abu Ghraib April 29. The Spartans' mission was to provide security during the opening ceremony along with their Iraqi police counterparts from three different Iraqi police stations in the area. The site of the previous market was notorious for crimes against coalition forces along a main route in western Baghdad; the market was moved and re-opened in a safer location.



Staff Sgt. Mark Burrell



Sgt. Gustavo Olgiati

Staff Sgt. Daniel Heptins unloads boxes of school books in Kirkuk, Iraq, April 26. Heptins is attached to the 9th Cavalry Regiment, 2nd Heavy Brigade Combat Team, 1st Cavalry Division.

(Right) Staff Sgt. Kay Izumihara takes notes during a meeting in the village of Laylan in Kirkuk, Iraq, April 26. Izumihara is a member of the 321st Civil Affairs Brigade, 353rd Civil Affairs Command, U.S. Army Civil Affairs and Psychological Operations Command.



Staff Sgt. James Selesnick

Soldiers of 5th Squadron, 73rd Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, recite the oath of enlistment during the unit's largest re-enlistment ceremony of the year, at the crossed saber monument in the International Zone in Baghdad, Iraq, April 23.



Sgt. Gustavo Olgiati

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Defense officials ask service members for participation in housing allowance survey

USAREUR Public Affairs

Officials with the Department of Defense's Defense Travel Management Office are asking overseas service members in Germany who live in privately leased housing and receive Overseas Housing Allowance to take part in its annual OHA Utility and Move-in Expenses Survey through June 3.

The survey, which is designed to collect information on utility, recurring maintenance and move-in expenses, is used to keep the OHA rates for overseas areas up to date, DTMO sources said.

Because accurate figures are needed, officials added, they recommend survey-takers have records and receipts that reflect actual housing expenses on hand when taking the survey.

The survey has been "live" on the Internet since Monday at <https://www.defensetravel.dod.mil/oha/survey/utilitymiha.html>.

For more information, call Kathleen Hammond or Tom Libera at DSN 312-426-7370, civ. 703-696-7370 or by e-mail at kathleen.hammond@dtmo.pentagon.mil or tom.libera@dtmo.pentagon.mil.

Creating awareness



Christine June

More than 50 members of the Kaiserslautern military community participated in the joint Army and Air Force Shine the Light Walk April 30 on Vogelweh Housing in Kaiserslautern. This is the second year that the Army and Air Force sexual assault response coordinators have teamed up to sponsor this joint event, which also had participation from the Navy in the KMC. Distance of the walk was one-mile around Vogelweh Housing.

Officials warn firearms owners in Germany about storing weapons

By Robert Szostek

USAREUR OFFICE OF THE PROVOST MARSHAL PUBLIC AFFAIRS

U.S. Forces personnel with firearms at home must strictly meet the terms of German firearms storage and registration laws, warn U.S. Army Europe Office of the Provost Marshal officials.

Gun owners must list all their privately owned firearms on a valid Waffensbesitzkarte (German weapons registration) and store them in containers that meet German standards. Violators of the law face severe fines and confiscation of the firearms.

"Following the recent school massacre in Winnenden, German authorities have become very sensitive about the subject of firearm storage," said Dan Saavedra, policy adviser at the USAREUR Registry of Motor Vehicles, which also registers the privately owned firearms of U.S. forces personnel in Germany.

He advised gun owners to store their firearms in accordance with German regulations.

Stuttgart Mayor Dr. Wolfgang Schuster said in a recent letter to the city's gun owners that the weapon used in the Winnenden school massacre had not been stored properly and appealed to gun owners to ensure they are securing their firearms in accordance with the law.

Schuster added that Stuttgart city inspectors would do spot checks to make sure gun owners are storing firearms correctly. These inspections could also affect U.S. personnel, OPM officials said, and other towns in Germany may carry out similar checks later.

Saavedra said rules for handgun and rifle storage safes for Germany and other useful references can be found at https://public.euromwr.army.mil/mwr_hunt.htm (available from the .mil domain only).

More information on firearms ownership in Germany is available by calling the vehicle registry at DSN 386-7123, civ. 0621-718-7123.

Information on shipping firearms Stateside is available from the U.S. European Command Customs Executive Agency at DSN 381-7466, civ. 0621-730-7466.

U.S. Forces ration card program ushers in technology

IMCOM-Europe Public Affairs

In a change to bring the U.S. Forces ration card issue process in line with technology, U.S. Army Installation Management Command-Europe region officials said ration cards will undergo a makeover.

According to Lanny Hall, IMCOM-Europe personnel services chief, the ration card process is transitioning from typewriters to Web-based forms and will change size and color.

"The principal reason for

the change is to take the issuance process from the typewriter to the PC and laser printer," Hall said. "The change mandates that we have to make a format change from the current long, skinny edition, and we also changed the color of the card to make it more visibly distinctive from the current edition."

The ration card color will change from blue to yellow, said Hall, adding that the change affects all U.S. Forces ration card holders in Europe. Yellow cards should start being

issued in June. Individuals who currently have the blue ration cards will keep them. When the time comes to replace ration cards, individuals will receive a new yellow ration card.

"It's important people realize that the blue cards are still good until they expire. Keep using them," Hall said.

The new Web-based process, said Hall, adds efficiency to the service process.

In the past, customers would watch as a service provider plucked away at a typewriter

to complete the ration card. Now, when customers obtain a new, replacement or renewal ration card, service providers will fill out an online form and print the ration card on 8-1/2 by 11-inch paper.

"This new process will enable service providers to rapidly complete the ration forms and easily fix errors on the spot," Hall said.

The one thing that will remain the same, though, is the ever-baffling riddle of how to fold the ration card.

"That is something that peo-

ple struggle with, like folding a map. But in a way, folding up a ration card is an iconic piece of being stationed in Europe," Hall said. "The new ration card will be slightly wider than the current edition and will contain folding instructions. Although the folding can still be a little tricky, the new ration card format will continue to accommodate easy wallet storage and retrieval."

For more information about U.S. Forces ration cards, contact the local ration card issuance office.

Days of Remembrance

Local group 'stands where they stood'

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Imagining what it must have been like weighed heavy on some of the 39 Soldiers, civilians and family members who visited the Concentration Camp Memorial Site at Dachau April 28, a day before and 64 years after it was liberated by American forces.

"You can always read about (the Holocaust) or watch it on TV, but to actually be there – standing where they stood – it's just such a unique experience," said Sgt. 1st Class James Ligons, U.S. Army Garrison Kaiserslautern Equal Opportunity advisor.

Opened in March 1933, Dachau was the first Nazi German concentration camp in Germany, located near the medieval town of Dachau, 10 miles northwest of Munich. Information provided at the camp's museum stated that more than 200,000 prisoners from more than 30 countries were housed in Dachau, and it is believed that 25,613 died in the camp and almost another 10,000 in its sub-camps.

That's exactly why, said Ligons, he wanted to sponsor a bus trip for Army units in the Kaiserslautern military community to Dachau instead of hosting an event on base for the Days of Remembrance, an annual commemoration of the victims of the Holocaust, observed in late April.

"No guest speaker can cover it like actually being here – seeing the place for what it is – a place of death," said Justin Wiese, Landstuhl Regional Medical Center, who was visiting the memorial for the first time.

"Hurts the soul – it really does – the needless death and slaughter," said Justin's wife, Sgt. Angela Wiese, the garrison's Headquarters and Headquarters Detachment supply sergeant, who was also experiencing her first visit to the camp. "You can still feel the anger and hostility resounding in this place."

Right from the start, the Wieses tried to read all the poster



Photos by Christine June

Sgt. 1st Class Eric Healey, from the U.S. Army Garrison Kaiserslautern Directorate of Emergency Services, walks through the front gate April 28 at the Concentration Camp Memorial Site in Dachau. The words above the iron-gate door – arbeit macht frei – translate to 'work will set you free.' The garrison hosted a trip to Dachau in observance of Days of Remembrance, America's annual commemoration of the victims of the Holocaust, observed in late April. About 40 Soldiers, civilians and their family members from the garrison, Defense Financing and Accounting Service, 7th Civil Support Command and the 212th Combat Support Hospital attended the trip. (Below)

boards hanging in the maintenance building that document the camp's history and prisoners' lives, blended with the history of the Nazi regime. And, they spent some time looking at all of the glass display cases, especially the ones housing photos and documents belonging to the camp's prisoners.

"Stats – photos – all this information – so many posters – so many people died," said Justin, who also listened with his wife to the English self-guided audio tour that includes in-depth explanations of the camp's layout and adding to the written accounts hanging from the ceiling, creating a maze of history.

But, time was running out as the observance tour had less than two hours – the drive there took twice as long – to see the whole camp.

Across the courtyard – where the museum's sometimes-graphic poster boards showed summary execution of prisoners took place, the Wieses walked along the ditches in front of the fences, still wrapped in barbed wire and further unsettling with iron stakes and a wall with seven guard towers.

They met up with two other garrison Soldiers – Sgt. 1st Class Eric Healey, from the Director-

ate of Emergency Services and Sgt. Robert Figueroa, from the Chaplain's Office, while touring the one fully restored barracks – complete with triple prisoner bunks, bathroom facilities and washroom, lockers, tables and chairs.

"Can't imagine sleeping on that," said Figueroa, after he studied several of the prisoners' triple bunk beds for a few silent seconds.

"It says here they slept on straw over these board flats," said Healey, referring to the audio guide.

Upon liberation – again from one of the museum's poster boards – Americans found about 32,000 prisoners, crammed 1,600 to each of the 20 barracks, which had been designed to house 250 people each. It further states that Dachau's camp area consisted of 32 barracks including one reserved for medical experiments.

In back of the restored living quarters are rows of 17 barracks' foundations – each with numbered markers and arranged with stones to show the original dimensions. These rows eventually lead to the crematorium.

History plastered on these poster boards records that Dachau – its organization and



camp layout – was the prototype and model for the other Nazi concentration camps that followed.

"Awfully big," said Angela, as she walked in the pathway between the rows and rows, on both sides, of these "ghost" barracks. At first she thought these organized piles of stones were mass graves, until she referred back to her audio guide.

Here, the husband and wife went their separate ways. She checked out the Jewish, Jehovah Witnesses and Catholic religious sites and visited the covenant on the far side of the camp. He went to the crematorium – disinfection rooms, ovens and gas chamber.

"Humbling," he tells his wife about the experience. "Especially when I walked into 'the

showers' (gas chambers)."

On the way to Dachau, Ligons showed two films – "The Boy in the Striped Pajamas" and a French documentary titled "Night and Fog."

Both movies showed how camp prisoners were told they were going to take a shower, when, in fact, they were in the gas chamber. Those movie scenes, said Justin, ran through his mind as he walked into the gas chamber.

"It's hard to imagine being here – then," he said.

"Hurts the soul," repeated Angela, as they walked back through the camp's iron gate marked with the words "arbeit macht frei" – "work will set you free" – to get back on the bus for the more than four-hour ride back home.

RIGGERS

continued from page 1

Kids4Kids program at Ramstein Middle School.

The riggers performed a pack demonstration on a T-10 Delta parachute to familiarize the children with the duties of an Army parachute rigger, and the students were also shown a video, which highlighted the day-to-day activities of a parachute rigger.

A parachute rigger's duties include everything from inventorying, cleaning, inspecting and packing parachutes as well as their associated equipment and more.

The students had many different questions to ask about what life is like for a parachute rigger.

Sgt. Byron Harvin Jr., one of the 5th Quartermaster Company representatives at the school, was surprised

at the level of knowledge some of the students already had about the duties of a parachute rigger.

"Some kids are very knowledgeable about what goes on," Harvins said. "This was surprising to me."

"They were very appreciative and understanding of what we are doing."



Sgt. Frank Sanchez III

Stanley Caldwell, the principal of Ramstein Intermediate School, and Sgt. Byron Harvin Jr., a parachute rigger with the 5th Quartermaster Company, demonstrate how much equipment is required in order for paratroopers to conduct combat airborne operations April 24 during a Kids4Kids demonstration at the school.

The demonstration ended with the students trying on the parachutes and examining all the parachute equipment.

"I like my job, and I like making kids happy too," said Spc. Cruz Celis, a parachute rigger with 5th Quartermaster Company about taking part in the Kids4Kids program.

REUNION

continued from page 1

airport in late March. Backert, a German fire prevention inspector with the U.S. Army Garrison Mannheim's Fire Department, immediately recognized his father, Jackson Croker, who brought along his wife, Brenda, one of his sons (Backert's half-brother) and his son's fiancée.

The story started when now retired Sgt. 1st Class Jackson Croker was stationed in Nürnberg from 1958 to 1962, where he fell in love with a German woman, Juliane Backert. In 1960, their son James Robert was born.

Shortly after his birth, certain circumstances, particularly military and German legal requirements, caused a separation of Backert's biological parents. When their son Robert was 3 months old, Croker saw his son for the last time—and it would be another 48 years before he would meet

him again.

Because Croker received reassignment orders, he left Germany in 1962. "When I had to leave, I asked Robert's grandparents to take care of him," Croker said about seeing the Backert family for the last time.

At 18 months old, Backert became a foster child and grew up at his aunt's and uncle's house in Nürnberg.

From 1964 to 1966, Croker was again stationed in Germany. This time he lived in Munich and tried to get in touch with Backert's grandparents or the aunt and uncle in Nürnberg, but, they had moved, and Croker never again had the chance to see or meet his son.

In the States, Croker started a new family. After he retired from the Army in 1980, he settled down in Houma, La., where he and his wife still live today. Together, they have six children—four sons and their

nephew and niece, whom they raised as their own children. Up to this point, only Croker's wife knew about the son from the former relationship in Germany.

While Backert grew up with his foster parents, he realized a difference in his last name and became interested in his parentage.

Because he did not want to hurt his foster parents' feelings, he waited a long time until he first started to search for his parents. He realized that his mother died early, but his father was still alive in the United States.

Finally, at the age of 48, married to his wife, Ingrid, and themselves adoptive parents of an 11-year-old boy, Mike, he found Croker with the help and support of a friend through Internet research.

When Backert's friend called to tell him that his father had been found, he realized a long journey of uncertainty and

searching had come to an end.

"I knew that there is no way back. They found my father and I was close to getting to know him," Backert said. "I picked up the sticky (note) with the contact information and went home. I was nervous, and I kept the note in my pocket until 10 o'clock in the evening."

After many years of research and a collection of documents, Backert was prepared with all the details he needed to know about his father.

"I was shocked, but I was really happy," said Croker about the phone call.

Croker had been drinking a cup of coffee when his son called. "My wife was wondering what was going on, and when I told her about who was on the phone, she was so happy for me."

On Christmas Day in 2008, Croker proudly presented his son's letter to his children and his family members.

ANTI-FLU

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The antiviral medicine does not act like a flu vaccine to prevent the flu. Taking the antiviral medicine before diagnosis simply depletes the national stockpile available to those actually diagnosed with the H1N1 virus, Hachey said.

Hachey warned that all drugs have potential side effects. "Taking a medication that you don't need subjects you to increased risks," he said.

Military treatment facilities are not prescribing antiviral drugs such as Tamiflu unless they suspect the H1N1 virus. Tests done locally cannot determine conclusively that a patient has the virus, but Hachey said they are fairly accurate at pinpointing it.

Military doctors send their suspected samples to the Centers for Disease Control and Prevention in Atlanta to confirm the diagnosis. In the meantime, if doctors suspect the virus based on local tests, they take the necessary precautions with the patient and prescribe treatment, Hachey said.

In the next few weeks, military doc-

tors should be able to conduct the tests locally, Hachey said. In the meantime, the Defense Department has a robust system of detection across the globe to protect its service members and families.

Defense Department health officials are "pretty familiar with being able to control and limit the impact of those kinds of diseases, especially influenza," he said.

The department has been preparing for a pandemic for the past decade, and has been ramping up its abilities to detect and provide services for the past five years, he noted. A robust surveillance system of 200 sites in 100 countries is tied into a network that reports on patients' symptoms. If several patients in the same region report similar symptoms, the system shows a spike in that area.

Doctors are tied into the system locally, and senior commanders at the Pentagon can view the results globally in near-real time.

All the information is shared with the CDC and other state and federal agencies, he said.

What if I'm sick?

As cases of H1N1 are identified in Germany, the Heidelberg Medical Activity recommends you use the following everyday precautions to help prevent illness.

1. Stay at home if you're sick.
2. Cover your nose and mouth when sneezing or coughing.
3. Wash your hands regularly.
4. Avoid touching your eyes, nose or mouth.
5. Seek medical care if you are experiencing complications from the flu such as pneumonia.

If you are experiencing flu-like symptoms, stay at home and call the Nurse Advice Line. A registered nurse will help you determine if you need to seek immediate medical attention.

-NAL from home: 0800-825-1600
-NAL from cell: 00800-4759-2330
-NAL from DSN: 99-0800-825-1600

Ensure you have the right passport for your next trip

Many U.S. personnel stationed in Germany falsely believe they can travel to just about anywhere in Europe without a passport – that only an ID card will do. And many of those with one or more passports are unaware of which passport (no-fee or regular-fee) to use when traveling on personal business.

Research on this subject revealed that much of the information available in print, online, word-of-mouth, etc. can be confusing and often contradictory.

It's best to refer to the DoD Foreign Clearance Guide (DoD 4500.54-G) <https://www.fcg.pentagon.mil> and the Passport and Passport Agents Services Regulation (DoD 1000.21-R) https://secureapp2.hqda.pentagon.mil/passportmatters/Passports/DoDR/DODR_FrameSet.htm, for the facts.

Use of Passports

No-fee passports are used by eligible DoD personnel and their family members while on official travel to countries requiring passports. Each family member must obtain a separate no-fee passport regardless of his or her age. Family members must have no-fee passports in their possession before port call. No-fee passports are issued for a specific purpose and may be used only under the conditions or restrictions specified.

All DoD personnel and family members assigned within the United States must obtain a regular-fee passport for personal travel abroad. Visas required for personal travel are the responsibility of the traveler.

While outside the United States, no-fee passports may be used for incidental personal travel between foreign destinations providing the foreign government concerned accepts no-fee passports for personal travel. If the foreign government does not accept no-fee passports for personal travel, travelers must obtain regular fee passports at their own expense. This applies to all U.S. personnel stationed overseas.

It should be interpreted to read that U.S. personnel with a no-fee passport MAY use it for personal travel ONLY if the country traveling to will accept it for personal travel. The bottom line is that the country traveling to may or may not permit entry with a no-fee passport if the traveler is not traveling on official orders (with directed official travel to that country). Refer to the DoD Foreign Clearance Guide for passport and other requirements prior to official or personal travel anywhere outside of the United States.

What is a No-Fee Passport?

The Passport and Passport Agents Services Regulation defines "no-fee" passports as those issued to DoD personnel and their family members carrying out official duties. The no-fee passport carries an endorsement that identifies the bearer is an agent of the U.S. government proceeding abroad on official travel. This endorsement is unique to no-fee passports. Passports are provided by the government at government expense; hence, no-fee to the passport applicant.

The types of no-fee passports provided for official travel are: diplomatic (black), official (maroon), and no-fee regular (blue and/or green). No-fee passports are normally valid for five years. The no-fee regular passport is identical in appearance to the blue regular-fee passport.

DoD civilians and family members on official orders to Germany require a no-fee passport with a SOFA stamp for entry into Germany. Why? Because Germany requires a passport with the appropriate visa, hence the "SOFA stamp," and travel is at the request of the U.S. government, hence the "no-

fee" passport.

Personnel already in possession of a regular-fee passport are permitted to have a no-fee passport in addition to their regular-fee passport. Military personnel on official orders to Germany do not require a passport for entry into and exit from Germany during their tour of duty, however, there are requirements to travel with military ID and orders/leave form when entering and exiting Germany.

Note that none of the above refers to the entry/exit requirements for any country other than Germany. The SOFA stamp in the no-fee passport for DoD civilians and family members traveling on official business to Germany states "The bearer is a member of a civilian component or dependent of a member of a force or civilian component of the United States of America and is entitled to unrestricted entry into and exit from (the Federal Republic of) Germany."

The SOFA stamp does not mention anything about entry into or exit from any other country. Personnel should be aware of the requirements for official and personal travel for each country and that these requirements can change at any time. Again, it is highly advisable that personnel refer to the DoD Foreign Clearance Guide prior to official or personal travel anywhere outside of the United States.

NOTE: The no-fee passport with the SOFA stamp is normally issued before travel to Germany, but sometimes travel occurs before the passport is issued or the passport is erroneously issued without the stamp. In either case the DoD civilian or family member (traveling on a U.S. passport) can travel on the no-fee passport issued without a SOFA stamp or a regular-fee passport and obtain SOFA card/identification certificate (AE Form 600-77C) within 90 days after arrival in Germany.

In both situations, the traveler must have a copy of the sponsor's official travel orders in their physical possession while traveling. Some non-U.S. family members may not be able to travel to Germany as dependents of U.S. Forces members without the required SOFA stamp/certificate.

Personal and Leisure Travel – Why You Might Need Two Passports

So you are stationed in Germany and want to travel outside Germany on personal business/leisure travel. Which passport should you use? DoD civilians and family members with a no-fee passport must carry the no-fee passport to exit and re-enter Germany. Remember why? Because the no-fee passport also has the visa information/SOFA stamp which allows unrestricted entry into and exit from Germany.

And remember that if the country you are traveling to does not accept the no-fee passport for personal travel, then DoD civilians and family members must obtain regular-fee passports. This means that in these instances the DoD civilian or family member will be required to travel with both passports – the no-fee (with SOFA stamp) passport to exit and re-enter Germany, and the regular-fee passport to enter/exit the country visiting. That's correct – you may have to travel with both passports.

Passport offices are prohibited by the State Department and DoD from issuing a SOFA card/identification certificate (AE Form 600-77C) to anyone

who already has a passport with a SOFA stamp. Again, the only way to avoid traveling with both passports is if the countries you are visiting will permit personal travel with a no-fee passport. Always check the DoD Foreign Clearance Guide to be sure.

... And Why You Might Only Need One

DoD civilian employees and family members who do not possess either the official (red) passport or a "no-fee" passport must have a regular-fee passport when traveling between countries. When exiting and re-entering Germany, the passport must contain the SOFA card/identification certificate (AE Form 600-77C). Individuals are not required to carry the AE Form 600-77C in their passport, except when exiting and re-entering Germany.

Employees hired in Germany are issued regular-fee passports. The passport must contain a SOFA card/identification certificate (AE Form 600-77C) when the employee is exiting and/or re-entering Germany.

U.S. Military Personnel

According to the DoD Foreign Clearance Guide, U.S. military personnel assigned to Germany for PCS, TDY, etc. who travel outside Germany do not require a passport to return to duty in Germany, but do require an ID card and leave orders. It also states that a passport is highly recommended for any military personnel who may travel beyond Germany on duty or leave.

NOTE: U.S. military personnel stationed elsewhere in Europe or North Africa do not require a passport to visit Germany on leave but do require military ID and leave documentation that identifies their European or African duty station (eligible family members of such personnel may also visit Germany temporarily without a passport).

U.S. military personnel assigned to operations Iraqi Freedom or Enduring Freedom do not require a passport to visit Germany on leave; however, certain restrictions apply, as outlined in the DoD Foreign Clearance Guide. U.S. military personnel subject to this paragraph will not be issued a SOFA stamp/card.

Passport Photos

Always check with the passport office for the photo requirements before taking your photo. This information is available in convenient hand-outs that can be taken with you. Passport photos can be taken at your local AAFES concessionaire or at most photo studios on the economy. Always make sure to let the photographer know the U.S. passport photo requirements. In Heidelberg, the Training Support Division takes passport photos for official passports only – call DSN 373-9233, civ. 06221-17-9233 or refer to the community's online phone book at www.heidelberg.army.mil for location and hours of operation.

Ensure You Area Ready for Travel

Plan your travel well in advance and make sure that your passport and/or SOFA card is still valid and won't expire before or during your travel. Furthermore some airlines and cruise ships may not let you fly/ship, and some countries may not let you enter if your passport expires within six months of your personal/leisure travel. For all your passport and SOFA questions, call or visit your local passport office.

SOURCE: Directorate of Human Resources

USAREUR announces its first ball in more than 20 years

By Jason L. Austin
HERALD POST STAFF

To celebrate the U.S. Army's long and distinguished heritage, and to call to mind the sacrifices and to honor the families and Soldiers who have served over the last 234 years, U.S. Army Europe will host an Army Birthday Ball June 11, said Col. William Gallagher, deputy chief of staff, USAREUR.

The last USAREUR Ball was held at least 20 years ago, according to Joseph Garvey, deputy public affairs officer, USAREUR.

"The ball is a means of celebration," Gallagher said. "This year, USAREUR decided the timing was right and the interest was there to celebrate a little differently this year with a formal dinner/dance in honor of the Army's 234th birthday."

"Everyone is welcome who would like to come," Gallagher said, noting that there is a 500-person capacity at the Village Pavilion, and tickets will be sold through the USAREUR Protocol Office on a first come, first served basis.

The ball will feature a ceremony that honors the Year

of the NCO, calls to mind the history of the U.S. Army, and honors the Soldiers and families who are currently serving in the Army, Gallagher said.

"Around that ceremony we've built an enjoyable evening of socializing, dinner, dance music later, door prizes and an affordable, enjoyable time for all those in attendance."

They will see the importance the Army places on family, as reflected in the Army Family Covenant throughout the ceremony and the evening, Gallagher said.

"Many of the USAREUR family will be in harm's way that night, and they will be in our hearts and minds," Gallagher said referring to the Soldiers currently deployed.

During the ceremonial portion of the evening, the program will call to mind the Cold War, the Balkans and operations Iraqi and Enduring Freedom, and USAREUR's contribution to those campaigns, Gallagher said. "We'll look at the entire history of the U.S. Army to gain a better understanding of USAREUR's place in that history, to strengthen the sense of pride we all feel."



Celebrate the Army's Birthday

What: Formal dinner and dance in honor of the U.S. Army's 234th birthday
When: 6 p.m., June 11
Where: Patrick Henry Village Pavilion in Heidelberg
Cost: E1-E6 and GS-7 equivalent and below - \$25; E7-E6 and GS-9 equivalent and above - \$30; general officers, SES - \$35
Contact: USAREUR Protocol Office DSN 377-4507, civ. 06221-394521
Dress: Military - Dress Mess, or Class A with bow tie
Civilian - Tuxedo or business suit

On June 14, 1775, Congress authorized 10 companies of riflemen for the American Continental Army. Those 810 authorized men ballooned to a force of 27,000 by July 22, and today, 234 years later, the Army has an all-volunteer force of 547,700.

High-school aged children, who may be thinking about a career in the Army, are also invited to experience the camaraderie experienced that evening.

"Something that has always been an important element of

Army life is the social side of Army life because it creates the bond and the glue that keeps us together during times of high stress," Gallagher said.

The Thursday evening event will kick off a four-day weekend for those on the USARE-

UR staff, and Gallagher encouraged those from outside the Heidelberg area to book a room at the guest house or a local hotel and enjoy the sites of Heidelberg, which was liberated by USAREUR troops March 30, 1945.

21st TSC's mortuary affairs staff performs delicate task

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

Soldiers and civilian employees from the 21st Theater Sustainment Command's mortuary affairs office perform the delicate but necessary task of processing the remains and personal effects of U.S. service members for shipment back to the United States or country of origin at Landstuhl Regional Medical Center.

Additionally, the mortuary affairs office handles deceased retirees, dependents and Department of Defense civilians for processing back to the United States and provides support to U.S. European Command and some outlying units of U.S. Africa Command, which encompasses about 37 countries. Mortuary affairs provides assistance regardless of the location of their final disposition.

Although their duties vary, all personnel play a vital role in ensuring the remains of the deceased are properly processed.

Pfc. Priscilla Blues, a mortuary affairs specialist, helps run the process-

ing section at Landstuhl's mortuary affairs office. Blues' responsibilities entail a wide variety of tasks from fingerprinting to dressing the deceased.

"I am doing my part in helping fellow Soldiers, family members and DoD civilians and their families," said Blues about the challenges of working in mortuary affairs.

As the noncommissioned officer in charge of the 21st TSC's mortuary affairs office, Sgt. 1st Class Adrian Randle said that mortuary affairs is the most demanding yet dignified field in the U.S. Army. "I believe a Soldier has to be strong minded," he said. "A Soldier must possess nothing but the best qualities to work in this field."

The mortuary affairs office is outfitted with everything necessary to ensure the Army's dress uniform is squared away and looking sharp for those fallen warriors who require it. It also provides a U.S. flag box with a complete display of the Soldier's awards and decorations, which is given to the family of the deceased.

Despite the somber nature of their jobs, the Soldiers of the mortuary af-



Sgt. Frank Sanchez III

Pfc. Priscilla Blues, a mortuary affairs specialist with the 21st Theater Sustainment Command, puts away cleaning equipment in the mortuary affairs processing room at Landstuhl Regional Medical Center April 22. One of her duties includes assisting the medical examiner with autopsies.

fairs office feel this seems to create an even deeper bond between them as they go about their daily duties.

"I think we have a tight group here,"

said Staff Sgt. Terry John, operations sergeant for the office. "We all have different responsibilities, but we all make it come together."

Re-enlisting in Berlin

Capt. Rajesh Ramlakhan, commander of 5th Quartermaster Company, 39th Transportation Battalion, issues the oath of enlistment to Sgt. Jonathan Christal, Cpl. David Butler, Spc. Jeremy Smith and Spc. Angelina Ramirez at the Brandenburg Gate in Berlin April 24. While there, the 21st Theater Sustainment Command Soldiers also visited the Siegessäule (Victory Column), the Reichstag (German Federal Parliament) building and Check Point Charlie.



U.S. Army Photo

HHS student heads to MIT for internship

By Jason L. Austin
HERALD POST STAFF

It's every child's worst fear – that they'll go off to camp and their family will move away while they're gone.

For Shannon Grammel, the high school-aged daughter of a Soldier, the move is nothing new, what is unique is where she's going this summer – the Massachusetts Institute of Technology better known as MIT. Meanwhile, her parents and two younger siblings will move from Heidelberg to Fort Campbell, Ky.

As one of 80 students, Grammel will be a member of the Research Science Institute, a highly competitive six-week internship for students who excel in math and sciences.

For Grammel, who will enter her senior year, both the math and science come easy, scoring an 800 in math on her SAT, she says she loves physics.

"She thinks in math terms," said Ray Smola, who teaches Advanced Placement physics and chemistry at Heidelberg High School. "More than once, she's looking at the calculus angle of some of the things we're doing in physics."

"I love math a lot," said Grammel, "but I'd say physics is my favorite just because it makes math more than just math, it's actually using the math. It means something when you attach it to the world."

"I think it's awesome that processes and stuff can be reduced to equations and numbers, and we can figure nature out."

Grammel, who holds a 4.6 grade point average, says she does well in all her classes, and between her four AP classes, being a member of the Model U.N., National Honor Society, running



GRAMMEL

cross country and teaching Sunday school at church, she doesn't have much free time.

Her free time is spent mostly with her friends, even more so since finding out she's moving away this summer after two years at HHS.

Grammel said she's happy for the frequent moves throughout her school years, where she's only been in public schools at two duty stations.

"I think it helps tremendously to be in (a Department of Defense) school, because when you switch schools and you have different teachers with different teaching styles and you see things in different ways," Grammel said. "In the long run, the switching is definitely good for children. You become more adaptable and more flexible. You do learn to see things from different perspectives. You get a more comprehensive view of the world and thought processes."

It's Grammel's thought processes, and her incredible politeness, that Smola said sets her apart from her peers.

"It's more an artwork for her, for proving something is true," Smola said when describing her problem solving skills.

Grammel said she is very meticulous, and writes down every step of the problem. "For me, if I skip a step it doesn't look right and it will throw me off."

Something that threw Smola off on Grammel's application to RSI was her two choices for research interests, the field she will work in during her six-week internship at MIT.

"My first area was applied mechanics – mechanics is my favorite part of physics – and that's

my number one by far. Then my number two – I've never taken any advanced biology classes, but I've always loved genetics – it fascinates me, and MIT has the human genome project, and I think that would be really interesting."

The RSI internship starts off with one week of seminars, and learning how to use the research tools available to them while at MIT, according to the RSI Web site. They then participate in hands-on research at leading research laboratories in the Boston area for four weeks before presenting their research through papers and conference-level presentations in the final week.

Grammel said she's really looking forward to the "overall college experience, living with other kids away from home, studying and just being at a college for six weeks."

After her stint at RSI, Grammel says she plans to tackle college applications. Her dream school is Notre Dame, but that might change after her time at MIT.

She also hopes to spend some time camping with her dad – who currently is deployed to Iraq as a military judge – something they haven't been able to do much of since moving to Germany.

She'll miss certain things about Germany though, the skiing and traveling and, of course, all her friends, but is looking forward to a busy summer.

The time at RSI "could really lay things out for me, and I could figure everything out," she said.

"I've never ever really known what I wanted to do when I grow up," Grammel said, "but physics just seems like something I could do, and this seems like the perfect opportunity to see if that's really what I want to do with the rest of my life, so I'm actually really looking forward to figuring it out."

Local students win \$16,000 in Army's eCYBERMISSION competition

eCYBERMISSION

WASHINGTON – Two teams from local Department of Defense Education Activity schools have won \$16,000 in U.S. EE Savings Bonds by taking regional awards in this year's national eCYBERMISSION competition.

eCYBERMISSION is a U.S. Army-sponsored, free, Web-based science, math and technology competition that allows students in grades six through nine to compete for regional and national awards while working to solve problems in their communities.

Taking criteria awards, which includes a certificate of recognition from the U.S. Army and a \$2,000 U.S. EE Savings Bond per student, are students from Kaiserslautern and Heidelberg middle schools.

The "We Like Cheese" team was comprised of Kaiserslautern Middle School sixth graders Jackson Horn, Michael Forzato, Drake Williams and Nicholas Tures, and led by Team Advisor Allison Horn. The team received a Benefit to the Community award for its research on obesity and eating habits. The students surveyed and studied the body mass indexes of students at their middle school. They hope that their project will bring to light the serious issues related to eating fast food and unhealthy lunches.

The "Piezoelectric Power" team was comprised of Heidelberg Middle School seventh graders Morgan Billmaier, Henry Dickson, Tyler Koester and Eric Ferraro, and led by Team Advisor Kina Billmaier-Stallings. The team received an Application of Science, Math and Technology award for its investigation into alternative energy sources to power different types of electrical and battery operated devices. In the future, the team hopes to further its research and find a way to wirelessly transfer energy produced by fabric.

In the past seven years, Heidelberg Middle School has won \$201,000 in U.S. EE Savings Bonds by students competing in eCYBERMISSION. In addition, Kaiserslautern Middle School has won \$8,000.

"We are extremely proud of these winners for their use of outstanding research, experimentation and analysis during this year's eCYBERMISSION competition," said Mike Doyle, U.S. Army eCYBERMISSION program manager. "These students were selected out of thousands of their peers, not only for their potential as future leaders in science, math and technology, but for their work to make their communities a better place to live."

This year, more than 12,000 students registered for eCYBERMISSION and 2,005 teams submitted their research for scoring. Now in its seventh year, eCYBERMISSION has awarded more than \$6.8 million in U.S. EE Savings Bonds in support of the science, math and technology leaders of tomorrow.

Since its inception, more than 58,000 students from across the country, in U.S. territories and Department of Defense Education Activity schools worldwide have participated in the competition.

Registration for next year's competition opens Aug. 1. For a complete listing of the 2008-2009 winners or for more information, visit www.ecybermission.com.

Community, nation to celebrate military spouses Friday

By Alexa Mattil
HERALD POST VOLUNTEER

Friday is Military Spouse Appreciation Day, celebrated each year as a day for the nation to honor military spouses for their service to the country.

President Ronald Reagan proclaimed the Friday before Mother's Day as Military Spouse Appreciation Day in 1984, and in the following 25 years, the view of military spouses and the role they play in their communities has evolved – and is still evolving.

After the deployments during Desert Shield and Desert Storm in the 1990s, the Army realized the social fabric of American society had changed since the Vietnam era, and some military families were struggling to cope with the separations.

From this experience, and with the input and guidance of experienced military spouses, the Army Family Team Building program was developed.

Rainer Rickers, an Army spouse and

"How do deployments affect military families? How do they affect the children? These were questions that weren't being asked."

–Rainer Rickers, Army spouse and AFTB volunteer instructor

AFTB volunteer instructor in Heidelberg, said education is the key to helping spouses and family members become more self-reliant.

Rickers, an employee and volunteer with Army Community Service, said another area that is evolving as a result of the current deployments centers around the effect that longer, more frequent deployments have on military families.

"How do deployments affect military families? How do they affect the children?" he asked. "These were questions that weren't being asked." But they are now, according to Rickers.

Who are these military spouses? The Army no longer assumes they are wives. Today, many spouses are men. Rickers said he sees the number of male spouses growing. He also sees them getting involved in activities

that were primarily handled by wives in the past.

"I have hosted coffees and teas just like other spouses do," he said.

Sonya Martin is another example of the changing face of today's military spouse. She retired from the military in 2008 after serving 21 years on active duty.

Martin became a volunteer with ACS after taking the classes and training they offered. "Getting the family more involved is important," she said.

Martin recently accepted a position at ACS and credited new employment initiatives like Military Spouse Preference and the direct-hire program in helping her find employment.

"Spouses bring a vast pool of experience to their communities and many are highly educated," Martin said.

She added that spouses make a great

Spouse Appreciation Day Community Events

Learn about hiking, running and biking trails
Campbell Gym in Heidelberg 10 a.m.-noon

Balloon-O-Gram

Purchase a Balloon-O-Gram at the Arts and Cultural Center, Outdoor Recreation or Campbell Gym for \$2 May 7, and it will be delivered to any location on USAG Heidelberg installations May 8.

Summer Safety Check

Auto Crafts, Tompkins Barracks, noon-6:30 p.m.

White Elephant Bingo

PHV Library, 6:30 p.m., great prizes and free refreshments

contribution through their volunteer efforts. "Last year volunteers saved the Army more than \$3 million, and that was just in Heidelberg," she said.

Martin and Rickers both agreed the Army views military spouses as valuable assets to its mission and to the communities they serve.

"It's still not an easy life," Rickers said, but added that the evolving view of the importance and value of spouses and the military family will continue to improve their quality of life.

NCO 'D.A.R.E.s' local kids away from drugs

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

What surprised Sgt. Ricky Torrez, the U.S. Army Garrison Kaiserslautern's Drug Abuse Resistance Education officer, the most during his first year teaching the D.A.R.E. program was just how much more fifth graders of today know about drugs, alcohol and tobacco.

"They are more exposed to drug, tobacco and alcohol use because of TV, movies and video games than I was at their age – especially here (in Kaiserslautern) because there are tobacco signs everywhere," said Torrez, who was in the fifth grade in 1993.

Founded in 1983 – the year Torrez was born – in Los Angeles, D.A.R.E. gives students the skills they need to resist peer pressure and to live productive drug- and violence-free lives.

"It's a proactive and preventive program helping students to resist pressures which may influence them to experiment with alcohol, tobacco or other drugs," he said.

The nine-week course features situational lessons and contains topics dealing

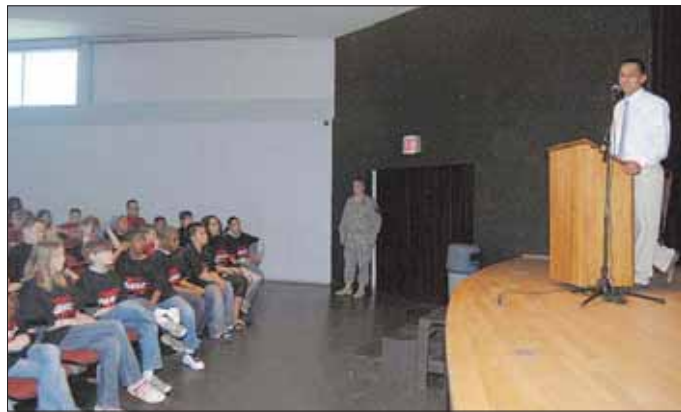
with drugs, tobacco, alcohol, friendship foundations, and peer and personal pressures.

Going into each class, Torrez taught 454 students at Kaiserslautern, Vogelweh and Sembach elementary schools, and Landstuhl Elementary and Middle School starting in October. The program can be tailored for kindergarten to eighth grade, but Torrez said the primary focus in this year was fifth graders. Due to a teacher's request, he did teach one fourth grade class at Sembach this school year.

"Officer Torrez did a wonderful job teaching our fifth graders about the dangers of drug abuse through structured lessons and role-playing," said Sean Conrad, a KES fifth-grade teacher, at the D.A.R.E. graduation Friday at the school's auditorium. Conrad's class was among the 47 students graduating from the program.

One of those students, Sami Patrick, 10, from Jeff Grogg's fifth-grade class, said that the D.A.R.E. class "helps us in the future to not abuse drugs and alcohol."

Melissa Hastings, USAG Kaiserslautern's safety manager, was also at the D.A.R.E.



Sgt. Ricky Torrez, the U.S. Army Garrison Kaiserslautern's Drug Abuse Resistance Education instructor, addresses Kaiserslautern Elementary School student body, their parents and teachers May 1 at the D.A.R.E. graduation at the school's auditorium on Vogelweh in Kaiserslautern.

graduation at KES to see her son, Devin, 10, from Conrad's fifth-grade class, walk across the stage to receive his certificate.

"Exposing them to the dangers of abusing drugs, alcohol and tobacco early keeps them from starting unhealthy life habits," said Hastings, who also noticed that all the students seemed really excited to be D.A.R.E. graduates.

The D.A.R.E. curriculum is designed to be taught by police officers like Torrez, who has seven years of military police experience, because

their training and experience gives them the background needed to answer the sophisticated questions often posed by young students about drugs and crime.

"When you choose a D.A.R.E. instructor, you need to choose someone who is professional, personable and reliable," said Capt. John Evans, the garrison's Headquarters and Headquarters Detachment commander, who was not only the guest speaker for the graduation at KES, but he is also a D.A.R.E. alumni – 1991 at Robinson Barracks El-

ementary School in Stuttgart. "He is one of our go-to NCOs. I knew he would do a great job with the Kaiserslautern D.A.R.E. program, which was apparent today when I saw how the graduates lit up when they saw Sgt. Torrez."

Torrez said that this program is important for military and civilian communities "because the more these students know about drugs, alcohol and tobacco the less likely they are to use these substances, which is better for the community because less drug and alcohol use means less crime."



Actors re-enact "the Meistertrunk" or "The Master Draught" an historical festival play in the emperor hall of the city hall May 6, 2008. This year's performance will take place at 6 and 8 p.m. May 29; 10 a.m. and 12:30 p.m. May 30; and 11 a.m. and 1:30 p.m. June 1.

Rothenburg celebrates history

Festival to include craftsmen market, parade, military camp and play

Visitors of Rothenburg ob der Tauber May 29-June 1 will be able to witness how the city was saved in 1631 by the drinking of a tankard of wine in one draught.

In 1631, 13 years into the 30-year-war between the Protestant and Catholic parties, the Protestant King of Sweden, Gustav Adolf II, defeated the Imperial army under Field Marshall Johann Tserclaes Tilly. Tilly and his 60,000 troops were forced to retreat. Moving south, they besieged the Protestant Imperial City of Rothenburg.

After three days, Rothenburg's resistance was broken and the Catholic troops took over the city ready to loot and sentence the mayor and city councilors to death. Finding themselves in a hopeless situation, the city council offered Count Tilly a welcome drink—a 3 ¼-liter tankard of wine.

The count promised mercy if someone was able to drink the whole tankard in one draught. The former mayor, Nusch, took up the challenge and saved the town.

In 1881, the master glazier and poet Adam Hörber wrote a play about the 1631 events entitled "Der Meistertrunk – The Master Draught." Taking advantage of its medieval scenery, the city of Rothenburg honors these historical events with a re-enactment and performance of the play each year during Whitsun.

During this time, about 100 of Rothenburg's citizens dress up in the period's costumes to participate in the play "Master Draft" and the re-enactment.

This year, the event kicks off May 29 at noon with a historical craftsmen and merchants' market at the Grüne Markt and Kirchplatz. The market continues until June 1 with craftsmen and merchants offering their wares, quack doctors offering their services, and musicians and jugglers entertaining the crowd.

May 29, the craftsmen market opens up at noon at the Grüne Markt and Kirchplatz. May 30 the craftsmen market opens up at 10 a.m. From

noon on, various historical camps depicting the city's defenders will be set up in the old city.

At 4:30 p.m., the market square turns into a military camp. All recruit-aged men, musketeers, troopers armed with lances, riders and cannons on wagons gather to defend the city. While the city council inspects the troops, Lord Mayor Bezold appeals to his army.

At 6 and 8 p.m., the Rathaus hosts the performance of "Master Draft."

On Sunday at 9 a.m., plundering troops take over the city center.

The "Master Draft" will be performed at the Rathaus at 10 a.m. and 12.30 p.m.

At 3 p.m., more than 700 participants with 130 horses will parade through the city. Accompanied by a singing and cheering crowd the parade makes its way toward the camp outside the city wall between the Galgentor and Rödertor gates. The parade is made up of the herald, buglers on horses, the city's children

and women, the mayor and city councilors, Magdalena, the mayor's niece in her carriage, the troopers and the Swedish squad, the council's cellar man on a huge keg containing his best wine—escorted by his bodyguards and accompanied by his generals, Field Marshall Tilly and musketeers. Of course jugglers and female cutlers, and cannons, gunpowder and supply wagons complete the procession.

The parade will come to a halt at the Galgentor at about 4 p.m. and will set up camp until 11 p.m. June 1, "Master Draft" will be performed at 11 a.m. and 1:30 p.m. at the Rathaus.

Around 3 p.m., a festive parade goes through Rothenburg to the open area near the Galgentor where everyone celebrates the salvation of the city until "Tilly's Farewell."

Everyone will return to the market square at 8 p.m. to see Count Tilly take his official farewell.

For more information on the festival, check www.meistertrunk.de/en. SOURCE: USAG Ansbach Public Affairs

GERMAN COOKING

Zucchini Soup with Pumpernickel and Quark Toasts (Zuchinisuppe und Pumpernickeltoast mit Kräuterquark)

Pumpernickel makes delicious little toasted croutons which can be spread with green-herb-flavored quark to float on top of soup or served alongside. Spinach leaves give this light creamed vegetable soup its fresh green color.

Ingredients:

- 3 1/2 tablespoons (50 g) butter
- 1 onion chopped
- 1 garlic clove, crushed
- 3 large zucchini, trimmed and chopped
- a good handful of fresh spinach leaves, roughly chopped
- 5 cups chicken or vegetable broth
- 6 ounces (150 g) quark
- 3 slices pumpernickel
- a little fresh lemon juice
- 2 to 3 tablespoons chopped mixed fresh herbs (e.g. parsley, basil, dill or marjoram)
- sea salt and freshly ground black pepper

Preparation:

- Melt the butter in a large saucepan and sauté the onion, garlic and zucchini gently for about 10 minutes, stirring once or twice. Do not let them brown.
- Add the spinach and cook until wilted then pour in the broth. Bring to a boil, season to taste then stir in and simmer, partially covered, for about 10 to 15 minutes.
- Strain the vegetables and reserve the liquid. Pass the vegetables through a food processor or blender, gradually adding back the liquid and adding 2 tablespoons of the quark. Return the soup to the pan and set aside.
- Either cut the pumpernickel into small rounds using a cookie cutter or leave whole. Toast under a hot grill for 1 to 2 minutes until just crisp. Remove, cut into quarters if not already cut into rounds, and allow to cool.
- Whisk the herbs and some seasoning into the rest of the quark. When ready to serve, spread the quark on the pumpernickel toasts.
- Bring the soup to a boil and check the seasoning, adding a little lemon juice if you think it needs it.
- Divide the soup between warmed bowls and top or serve with the pumpernickel toasts.

SOURCE: www.germanfoods.org



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

Dear Ms. Vicki,

My wife has become more and more boring. It's so bad until it's like I am living with my sister or my mother. She is so unwilling to try any new thing to make me happy.

She is always tired and complains about all that she does for the children and the housework. Before we married, she gave me whatever I wanted and how much I wanted. Now all of that has stopped.

She doesn't even keep herself up. I'm ashamed to leave the house with her. Her hair is in a pony tail and she is wearing sweats, a T-shirt and dirty sneakers. We can definitely afford for her to do better about her appearance.

Everything is about the children and what they need. She even sleeps in the room with our children instead of our bedroom. I'm really getting tired of trying. We've been married for seven years and I've been deployed three times – each time was for a year or longer. I needed a wife to come home to, not a roommate.

She confronted me the other day about chatting online with other women. I don't think it's any of

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.

her business, right? How can she question me when she is refusing to make me happy, and some of these women are willing to make me happy.

Honestly, I have not met up with any of them yet, but I have contemplated it several times. I don't see anything wrong with having friends. How can I get my wife to see that she has to be more accommodating?

From: I Need Service

Dear Service,

I've had some dialogue with you and made some recommendations. However, I quickly discovered you are a "yes-but-ter." Which means every time I gave you some advice you said "yes, but" and gave reasons why that advice would not work.

This is what I advised: I advised you not to have an affair, and I recommended you stop chatting on the Internet because you are asking for trouble! I also recommended you solicit the help of a babysitter so you can spend time with your wife. I also advise you to start having some conversations with her telling her what you need instead of talking to other women over the Internet about what your wife doesn't do for you, which I think is very disrespectful of you to do.

Additionally, I recommended marital counseling and provided resources for you. You said counseling wouldn't work and your wife doesn't want counseling. This lets me know that you are "hell-bent" on having an affair and not solving your marital problems.

Listen Service, you are not the only one who has marital problems from time to time. It

happens to everyone regardless of race, age and socio-economic status; marital problems are universal.

We must be willing to work on those problems and not run to the arms of someone else. That won't solve the problem. As a result, I can only hope that many women may be reading this letter and my advice to you, and will also engage in some dialogue with their husbands as a result.

Response to last week's column:

Dear Ms. Vicki,

I'm writing regarding the husband with a porn problem. I think you are way off base with the advice you gave to the wife. She wrote you and poured out her heart to you and although you said you were not blaming her, it sounds like you were. You put everything on her shoulders to solve.

What is she suppose to do about a husband who is using porn? It's not her problem; it's his problem. It's nothing she is doing wrong. Stop blaming women!

Dear Ms. Vicki,

I thought you gave some heartfelt advice to the woman whose husband was involved with pornography. I think she should also know that it's a tough addiction to beat. She should not be in denial; it is an addiction and not a fetish.

Dear Ms. Vicki,

Please tell the writer whose husband is addicted to porn to get out and leave now! He will never change. She should trust someone whose been in her shoes – me. I know first hand and I can tell her that it will only get worse.

Making sure your kids' health care is ready before college

TRICARE Public Affairs

The end of the school year is almost here and many young people will be going off to college this summer or fall.

It is important to remember health care and determine which TRICARE Option would be best for your son or daughter.

First, it is important for you to know that your son or daughter will remain eligible for TRICARE up to the age of 21. The coverage may be extended to age 23 if they remain enrolled full-time in an accredited institution and if they continue to receive more than 50 percent financial support from you.

It is important to verify your child's eligibility in the Defense Enrollment Eligibility Reporting system, better known as DEERS. Disenrollment is automatic the day your child turns 21 years old, unless you have updated the information prior to his birthday. Visit www.dmdc.osd.mil/appj/bwe to check and update information or do an enrollment within the United States.

Which TRICARE Option would be best for your college student? A lot will depend on where the school is located. If the school is in the United States in a TRICARE Prime service area or in one of the six U.S. Family Health Plan locations, you may take advantage of Prime enrollment option

using split enrollment. With TRICARE Prime, your child must seek all non-emergency and non-behavioral health care from an assigned primary care manager or they may incur out-of-pocket, non-reimbursable expenses for going to a different doctor.

For specialty care, your child will require a referral from the PCM and authorization from the regional contractor. USFHP is a managed-care option, so all care must be received or coordinated by the PCM to include using the USFHP pharmacy for prescriptions. Go to www.tricare.mil for more details.

If your child's school is overseas or in an area where TRICARE Prime is

not offered, then your child would be covered under TRICARE Standard. There is no enrollment process, but there are costs and deductibles. In the states your child may decrease out-of-pocket cost and the "hassle factor" of submitting a claim for reimbursement by using a TRICARE Network Provider, considered TRICARE Extra. Visit www.tricare.mil/tricarecost for more details.

Some colleges and universities offer student health plans which would be considered other health insurance. If purchased, the student would have to follow that policy guidance for any care received. TRICARE would be the secondary insurance.



X-Men Origins: Wolverine

This is it ladies and gentlemen, the movie we've all been waiting for – or at least the one I have been waiting for.

Wolverine in all his feral glory is finally getting his own flick on the big screen. I will be honest, I had been giddy with anticipation since I heard about this movie and boy-oh-boy was I surprised.

It's a tough movie to explain without ruining anything, so I will go on to tell you it's awesome, that pretty much sums up the movie. Seriously though, the movie shows you things about Wolverine you've always wanted to know – where did he come from, what happened in his past, why doesn't he remember

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.

anything? All questions tackled in the movie.

Now the movie's main character isn't the only "beast" in the movie (yes, ladies Hugh Jackman is your guy). Liev Schreiber ("The Omen" 2006) plays the quintessential "bad guy," Sabretooth.

The movie has an all-star cast all around (I mostly mean the mutants portrayed in the film) with greats like Wade Wilson (Deadpool – played by Ryan Reynolds) and John Wraith (a New mutant – played by Will.i.am) to add to the fun.

All in all, they did a great job keeping the movie full of some great action while keeping it toned down enough that the kids can tag along to watch their favorite hero go to town (There was little to no blood in the movie). So bring the boys, old and young because every guy for the last 30 to 40 years has heard of Wolverine and will enjoy the action.

GET OUT!

area events

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

May 8

International Lake Constance Festival

– Cultural events around Lake Constance under the motto "Onset of modernism" through June 1. Civ. 07541-203-3300, www.bodenseefestival.de.

Military Spouse Appreciation Day – Heidelberg Family and Morale, Welfare and Recreation is offering a variety of activities. www.mwrgermany.com.

May 9

Skydiving – Join Kaiserslautern Army Outdoor Recreation for an adventurous day out. DSN 493-4117, civ. 0631-3406-4117.

May 10

Mother's Day – Celebrate Mom with brunch at the Village Pavilion in Heidelberg 10 a.m. – 2 p.m. (reservations recommended), by sending her a special message at Slapshots on Patton Barracks starting at 6 p.m., or by playing bingo at the Kazabra Club in Kaiserslautern 3-6 p.m. www.mwrgermany.com.

St. George's Ride – Several hundred riders and their horses (average number of riders: 370-400), almost a dozen bands and well over a thousand pilgrims come to Limpach to ask for succor from Saint George. The procession starts at 8 a.m. moving through the festively decorated village of Deggenhauseral and continues on a circular path through the Höger forest up to the Leustetterhöfen and back again to Limpach. Civ. 07555-92-0013, www.deggenhauseral.de.

Trout Fishing – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

65th Anniversary of Normandy Invasion

Join the Veterans of Foreign Wars for a tour of Paris and the beaches of Normandy for the 65th anniversary of D-Day. June 4-8. \$650 per person; price includes hotel, breakfast, transportation and English tour guide. All are welcome. Pick-ups in Mannheim and Kaiserslautern. DSN 380-5433, civ. 0175-947-0042 or www.mannheimvfw.com.

May 14

MES Drama Club – Head to the Mannheim Elementary School gym to see the Drama Club presentation of "The Little Mermaid" at 5 p.m.

May 21

Memorial Day in Spain – Enjoy Memorial Day in beautiful Costa Brava with Kaiserslautern Army Outdoor Recreation through May 25. Trip includes transportation, three nights lodging and an optional day trip to Barcelona. DSN 493-4117, civ. 0631-3406-4117, www.mwrgermany.com.

May 22

The Sound of Music – Enjoy this classic musical at the Roadside Theater on Patton Barracks in Heidelberg May 22, 23, 29, 30 and June 5, 6, 12, and 13 at 7 p.m. and May 24 and June 7 and 14 at 3 p.m. There will also be a special performance for the Exceptional Family Member Program May 31 at 3 p.m. DSN 373-5020, civ. 06221-17-5020, www.roadside theater.com.

May 24

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

May 29

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

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, civ. 0621-730-2342, www.mwrgermany.com.

June 13

European Signal Regimental Ball – Celebrate the Year of the NCO in style at the Patrick Henry Village Pavilion beginning at 5 p.m. All personnel affiliated with the Signal Regiment in Europe are invited. www.2009.europeansignalregimentalball.com.

June 16

Anastacia Concert – Soul diva Anastacia appears at the Festspielhaus in Baden-Baden June 16 at 8 p.m. Tickets: 07221-301-3101.

coming to THEATERS



MADEA GOES TO JAIL

(Tyler Perry, Derek Luke) After a high-speed chase puts Madea in front of the judge, her reprieve is short-lived as anger management issues get the best of her and lands her in jail. A gleeful Joe couldn't be happier at Madea's misfortune. But Madea's eccentric family members rally behind her, lending their special "country" brand of support. Meanwhile, Assistant DA Joshua is on the fast track to career success. But he lands a case too personal to handle – defending young prostitute and former drug addict Candace and asks his fiancée and fellow

ADA Linda to fill in on his behalf. When Candace ends up in jail, Madea befriends the young woman, protecting her in a "motherly" way as only Madea can. Rated PG-13 (mature thematic material, drug content, violence, sexual situations) 103 minutes

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Theater Improvements

Quality of life renovations at the Heidelberg theater are complete. Check out the new concession area and new Dolby Digital sound system for an improved theater experience.

- May 7 - OBSESSED (PG-13) 7 p.m.
- May 8 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.; MADEA GOES TO JAIL (PG-13) 9:30 p.m.
- May 9 - MADEA GOES TO JAIL (PG-13) 4 p.m.; STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) 7 p.m.; X-MEN ORIGINS: WOLVERINE (PG-13) 9:30 p.m.
- May 10 - X-MEN ORIGINS: WOLVERINE (PG-13) 4 p.m., 7 p.m.

- May 11 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 12 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.
- May 13 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.
- May 14 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.

Mannheim, Schuh

- May 7 - FIRED UP (PG-13) 7 p.m.
- May 8 - OBSESSED (PG-13) 7 p.m.
- May 9 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 4 p.m.; MADEA GOES TO JAIL (PG-13) 7 p.m.; OBSESSED (PG-13) 9:30 p.m.
- May 10 - MADEA GOES TO JAIL (PG-13) 4 p.m.; OBSESSED (PG-13) 7 p.m.
- May 11 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 7 p.m.
- May 12 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 13 - OBSESSED (PG-13) 7 p.m.
- May 14 - MADEA GOES TO JAIL (PG-13) 7 p.m.

Vogelweh, Galaxy

- May 7 - CONFESSIONS OF A SHOPAHOLIC (PG) 7 p.m.
- May 8 - X-MEN ORIGINS: WOLVERINE (PG-13) 3:30 p.m.; X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m., 10:30 p.m.
- May 9 - X-MEN ORIGINS: WOLVERINE (PG-13) 11 a.m., 3 p.m., 7 p.m., 10:30 p.m.
- May 10 - X-MEN ORIGINS: WOLVERINE (PG-13) 11 a.m., 3 p.m., 7 p.m.
- May 11 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 7 p.m.
- May 12 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 13 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 7 p.m.
- May 14 - X-MEN ORIGINS: WOLVERINE (PG-13) 7 p.m.

Ramstein, Hercules

- May 8 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 9 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 7 p.m.
- May 10 - MADEA GOES TO JAIL (PG-13) 7 p.m.

Ramstein, Nightingale

- May 7 - 17 AGAIN (PG-13) 7 p.m.
- May 8 - MADEA GOES TO JAIL (PG-13) 3:30 p.m.; OBSESSED (PG-13) 7 p.m., 10:30 p.m.
- May 9 - MADEA GOES TO JAIL (PG-13) 3 p.m.; OBSESSED (PG-13) 7 p.m., 10:30 p.m.
- May 10 - MADEA GOES TO JAIL (PG-13) 3 p.m.; OBSESSED (PG-13) 7 p.m.
- May 11 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 12 - STREET FIGHTER: THE LEGEND OF CHUN LI (PG-13) 7 p.m.
- May 13 - MADEA GOES TO JAIL (PG-13) 7 p.m.
- May 14 - OBSESSED (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

Fuel Ration Card System Outage

The Army and Air Force Exchange Service will have a scheduled system outage that will affect the Esso Ration Card System. There will be a complete outage 6 a.m.-4:30 p.m. May 19 when customers will not be able to purchase fuel on post or at local Esso stations.

OCs Board

The next Officer Candidate School board for USAG Baden-Württemberg will be conducted June 26. Completed packets must be turned in to the Military Personnel Division on Sullivan Barracks in Mannheim no later than June 15. DSN 385-2274.

AAFES School Lunch Survey

The Army and Air Force Exchange Service School Lunch Survey is up and ready for use. As a part of the School Meal Program improvement planning, AAFES SMP Administration is conducting a satisfaction survey to gain important feedback on how its customers rate the nutrition services. The survey runs through May 15 and can be found at <http://odin.aafes.com/nutrition/08/index.html>.

Technology Exchange

The 5th Annual U.S. Army Europe IT Contracting and Technology Exchange will be held May 19-20 at the Patrick Henry Village Pavilion in Heidelberg. Learn about the latest in policy guidance on the Computer Hardware, Enterprise Software and Solutions' designation as the Army's primary source for commercial information technology contracts. There will be special presentations, workshops and exhibitors showcasing the latest IT products and services available through CHES contract vehicles. DSN 370-3869, civ. 06221-57-3869, https://ascp.monmouth.army.mil/scp/usareur_aic/generalinfo.jsp.

local EMPLOYMENT

Health Promotion Coordinator

The primary purpose is to coordinate the Community Health Promotion Clinic for both USAG Heidelberg and Stuttgart. This position is equivalent to a GS-12. DSN 373-5139, debra.weeks2@us.army.mil.

Mobilization Deployment Assistant

Mannheim Army Community Service has a contract position available for a mobilization and deployment assistant. <https://acquisition.army.mil/asf>. Solicitation will close May 11. DSN 375-3375, civ. 0621-487-3375.

Financial Readiness Educator

Mannheim Army Community Service has an opening for a Financial Readiness Program educator. Solicitation number is W912PE-09-T-0135. To apply, https://acquisition.army.mil/asf/solicitation_search_form.cfm. Solicitation will close at noon May 18. DSN 385-3101, civ. 0621-730-3101 or DSN 375-3371, civ. 0621-487-3371.

Emergency Placement Coordinator

Mannheim Army Community Service has an opening for an emergency placement coordinator. Interested candidates must possess a bachelor's degree in social work, psychology, counseling or a related field. Solicitation number is W912PE-09-T-0114. To apply, https://acquisition.army.mil/asf/solicitation_search_form.cfm. Solicitation will close at noon May 18. DSN 385-3101, civ. 0621-487-3380.

KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, www.mwgermany.com/ki/acs.

• **Microsoft Publisher** – Learn the basics of Microsoft Publisher and make Father's Day cards to take home at 11 a.m. May 19 at the Landstuhl Library. DSN 486-7322.

• **CYS Services Babysitters Class** – Two-part Babysitters' Certification Class 9 a.m.-5 p.m. May 9 and 16. Participants will receive comprehensive training using 4H materials, CPR/First Aid certification from the Red Cross, membership in the babysitters' referral service and more. DSN 493-4516, civ. 0631-3406-4516.

Community

• **Mother's Day Spa Event** – 1-4 p.m. May 9 the Landstuhl Library will host a relaxing afternoon for mom and the whole family. DSN 486-7322, www.mwgermany.com.

• **Independent and Foreign Films** – Kaiserslautern Libraries present independent and foreign films at Heaton Auditorium. All showings begin at 6 p.m. and are free. May 13: Adam's Apple, by Anders Thomas Jensen – Danish with English subtitles. May 27: The Pope's Toilet, by Charlene and Fernandez – Spanish with English subtitles. www.mwgermany.com.

• **Spring Safety Day** – 9 a.m.-4 p.m. May 14 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks. The event will provide safety and health training and awareness to Soldiers and their families. Events will include safety and health training presentations, booths and displays, as well as a motorcycle riders' engagement. DSN 493-4040, civ. 0631-3406-4072.

• **Scholarship Banquet** – Alpha Phi Alpha Fraternity Inc. will present its 46th Annual Black and Gold Scholarship Banquet 7 p.m. May 16 at the Ramstein Officer's Club. Tickets are \$40. Civ. 0179-536-2115 or 0176-6827-9708.

• **Indoor Flea Market** – The market is 8 a.m.-2 p.m. May 16 at the Special Events Center on Rhine Ordnance Barracks. Reservations: DSN 493-4117, civ. 0631-3406-4117.

• **Community FIRST** – Two Community FIRST focus groups will be hosted in May to discuss issues and develop recommendations for solution. The Retiree Focus Group is at 1 p.m. May 12 on Pulaski Barracks at the AFB training room, Bldg. 2917, Room 202. The Reservist Focus Group is at 1 p.m. May 19 at the same location. Submit an issue or sign up to participate: DSN 493-4241, civ. 06313-406-4241, emma.vinson@eur.army.mil.

• **Volunteer Recognition Ceremony** – Army Community Service hosts the 2009 ceremony at 6 p.m.

May 21 at the Armstrong Community Club on Vogelweh Housing. DSN 493-4062, civ. 0631-3406-4062.

HEIDELBERG Education

• **ACS Classes and Events** – Effects of Domestic Violence on Children, 3-5 p.m. May 7; Families Learning about Germany, 9 a.m.-2 p.m. May 11-12 with field trip 8:30 a.m. May 18; Re-integration briefing, 9 a.m. May 12; Smooth Move, May 10-11 a.m. May 13; English as a Second Language Advanced is now offered in the evening. Nurturing Parenting classes begin May 20. DSN 370-6883, civ. 06221-57-6883, www.mwgermany.com/hd/acs.

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

• **Red Cross Classes** – Standard First Aid with CPR for children and adults and AED training, 8 a.m.-5 p.m. May 16 and 30. Shopping Center Bldg. 3850, room 172. DSN 370-1760, civ. 06221-57-1760.

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

• **Summer Session Registration** – UMUC Summer Session One registration is now underway, with the following classes being offered: Environmental Science, Ethics in the Information Age, Personal and Family Finance, Elementary German, Pre-Algebra, Introduction to Writing, Word Processing, Info. Literacy Methods, Great Composer Series: Beethoven and Psychology of Parenting. Civ. 06221-17-6986 or hdpt@ed.umuc.edu.

• **Community**

• **Diseased Rabbits** – There has been a recent outbreak of myxomatosis, a deadly disease, in wild rabbits on Patrick Henry Village in Heidelberg. Residents have no need to worry, as the disease cannot be transmitted to humans or domestic dogs and cats. If a dead or sick rabbit is found, call the DPW Service Order Desk at DSN 387-3310/3311/3312, civ. 06221-4380-3310 to request pick-up. During after-duty hours, the emergency number is 115.

• **Restricted Parking by VP** – University of Maryland University College Europe will conduct Commencement at the Patrick Henry Village Pavilion May 9. The parking area along the side of the VP will be restricted May 8-9.

• **Heidelberg International Wandering Club** – Upcoming Volksmarches: Tiefenback, May 8;

Reichelsheim, Kriegsfeld, Westernhausen, May 9-10; Odenheim, Lichtenau, May 16-17. Sign up for trips to London and Belgium. Next meeting 7 p.m. May 11 at the SG Gasthaus Oftershiem. hiwc@yahoo.com, www.hiwc.de.

• **Thrift Shop Closed** – The thrift shop will be closed May 13.

• **Asian Pacific American Heritage Month** – Celebrate Asian Pacific American Heritage Month, noon-2 p.m. May 16 at the Community Support Center. This year's theme is "Leadership to meet the challenges of a changing world." Volunteers who can assist in preparing an Asian-Pacific dish, display material and/or set-up contact your EO/EEO representatives or DSN 373-7955, civ. 06221-17-7955.

• **Real World Workshops** – Workforce Preparation, Making the Most of Your Summer Job and PCS – Positive Change of School are featured workshops at CYS Services Real World transition workshops for youth 7th-12th grade and parents, 4-6 p.m. May 17 at Heidelberg Middle School. DSN 388-9377, civ. 06221-338-9377, barbara.abeje@eur.army.mil.

• **OSA Survey** – The Organizational Self-Assessment Survey will take place May 10-21. Employees from all levels of the garrison who have been randomly selected will receive instructions via e-mail from the OSA system. The survey will take approximately two hours to complete.

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

• **HMS Yearbooks** – Yearbooks from Heidelberg Middle School are now available to order for \$25. Supplies are limited. Civ. 06227-380-994, shirani.tisdale@us.army.mil.

• **Poetry Slam** – Check out Poetry Slam every first Thursday of the month 7-8:30 p.m. at the Arts and Cultural Center on PHV. It's a place for poets and poetry lovers to share, listen to and discuss poetry. Open to ages 17 and over. www.mwgermany.com.

MANNHEIM Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. May 9, 11 and 13 and 6-7:30 p.m. May 12 and 14; Toddler Parenting Class, 9-10 a.m. May 11; Installation Volunteer Orientation/Training, 1-2 p.m. and 3-4 p.m. May 11 and 13; School Age Parenting, 9-10 a.m. May

12; Resumix, 10-11 a.m. May 12; FRG Leader 101, 9 a.m.-noon and 5:30-8:30 p.m. May 12 and 14; Levy and Out-processing Briefing, 1-2:45 p.m. May 12; AFTB Level III, 9 a.m.-2 p.m. May 14 and 15. 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.

Community

• **Sullivan Library** – Story Hour, 10:30-11:30 a.m. Thursdays; Teen Advisory Board, 4-5 p.m. Thursdays. DSN 380-1740, civ. 0621-730-1740.

• **Coleman Gym Grand Reopening** – A ribbon cutting ceremony will be held 3:30 p.m. May 8 to celebrate the grand reopening of the Coleman Gym. The six-month renovation project included enlargement of the fitness room, new flooring in the aerobic room, a new basketball floor, a new women's locker room, a new washer and dryer and new handicap ramps. DSN 385-3164, civ. 0621-730-3164.

• **SSSC Closure** – The Self Service Supply Center Mannheim will be closed through May 8 for GSA annual inventory. It will reopen at 8 a.m. May 11.

• **Community Yard Sale** – Head to Ben Franklin Village to sell and purchase items 8 a.m.-2 p.m. May 9. Only personnel with valid U.S. ID cards may sell, and only personnel with SOFA status in Germany may make purchases. DSN 385-3169.

• **Bike Repair Clinic** – Learn how to work on your own bicycle at Outdoor Recreation at 9 a.m. May 9. Instruction on how to fix a flat tire, adjust gears and perform general maintenance. You must furnish your own bike parts. Cost is \$15. DSN 381-7215, civ. 0621-730-7232.

• **Free Pancake Breakfast** – The USO Mannheim hosts a free pancake breakfast 7-9 a.m. May 13 in the USO ballroom.

• **New MOUT Site** – A new urban training facility is set to open at the local training area in Mannheim-Lampertheim to help prepare Soldiers for possible deployment missions. The grand opening is scheduled for 10:30 a.m. May 19 and will include a ribbon-cutting followed by a live demonstration.

• **Summer Camp Registration** – SAS Summer Camp enrollment begins May 18 at CER, building 255, room 106. Camp is June 15-Aug. 28 and is for children 6-11 years old.

• **MES Spring Fest** – Head to Mannheim Middle School 6 p.m. May 19 for a spring fest featuring skits, songs, dances, jazz band, and beginning and advanced bands. Various departments will display work from students. Refreshments provided. DSN 380-4739.

Earning a black belt

Kaiserslautern twins tackle tough challenge

By Christine June
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Christopher and Caitlin Holland defended themselves Saturday from a baseball bat, stick, knife and pistol to become the first set of twins to earn Karate Tech black belts in the Kaiserslautern military community.

But, that's not all they did in the hourlong belt testing.

They demonstrated 150 self-defense maneuvers and the seven Karate Tech forms and answered questions on an essay they wrote.

Still more as they each had to create their own form. Caitlin designed a creative form that she named "Black Dragon." Christopher did a creative staff form that he called "Eagle Claw."

Again, that's not all they did because they had to fulfill several prerequisites for the privilege to test for the black belt.

These prerequisites had to be done one week prior to the actual test, said the twins' instructor, Grand Master Jorge Ordonio, who is the president and founder of Karate Tech Mixed Martial Arts.

What the twins had to get out of the way was running two miles in less than 25 minutes and a 50-yard dash in less than 10 seconds, sparring five opponents – 3 minutes, 30-second rest – completing 25 pushups, 25 sit-ups and all the kicks they learned from white- to black-belt levels.

"With only a water sip break in between," said the twins' mother, Penny Holland.

There was even more they had to do. They had to know all the Karate Tech school rules by heart. They had to demonstrate self-discipline, self-respect, self-confidence, self-esteem and self-control.

"It's not just kicking and punching," said Ordonio, who founded Karate Tech in Landstuhl in 1997. "A black belt is everything you do in life.



Christine June
Christopher and Caitlin Holland are the first twins to earn black belts in Karate Tech Mixed Martial Arts in the Kaiserslautern military community.

It stays with you the rest of your life, and you're setting an example for the citizens – they want to be also like that."

Both are on the Karate Tech demonstration team – Christopher is on the weapons team for the past two years, and Caitlin is on the self-defense/kicking team for a year. Christopher has taken Karate Tech since he was 5 years old, and Caitlin started when she was almost 7 years old.

For the past year, both have taken classes four nights a week, plus they have assisted adult instructors in at least one – usually two – classes a week. Their mother said this was to learn how to be a sensei (a karate teacher) and teach others.

Caitlin is the 2009 World Organization of Martial Arts Athletes World Champion for girls 9 and under in sparring. Christopher is the 2009 WOMAA World Champion for boy's nine and under in weapons forms.

"I am pleased that personal discipline, respect and responsibility are traits emphasized and given prior-

ity over martial arts skills in Karate Tech," Holland said.

Karate Tech is the creation of Ordonio, who said it is American Karate coming from traditional Karate and is mixed with "all the art" he has studied through the years. He said this art ranges from Taekwondo to Kickboxing.

He teaches Karate Tech on Landstuhl, Ramstein and Vogelweh. The Landstuhl classes are a part of the U.S. Army Garrison Kaiserslautern's School of Knowledge, Inspiration, Exploration and Skills, a program from the Army's Family Covenant.

Since the program began almost two years ago, classes offered by the garrison's Child, Youth and School Services' SKIES program range from dancing to horseback riding.

To find out about the garrison's SKIES classes, visit www.mwrgermany.com/KL/KLCYS/skies_classes.html.

The Covenant represents a \$1.4 billion Army commitment to improve quality of life for military families, especially those experiencing multiple deployments.

Ramstein rugby club looks for Saturday victory

Ramstein Rogues Rugby Club

The Ramstein Rogues Rugby Club will face the Trier Rugby Club in the Rheinland-Pfalz Division III championship match at 2:30 p.m. Saturday in Trier's Waldstadion.

The Ramstein team has lost only one match – and that was to the Trier team earlier in the season. They meet again in this final match of the season.

The Rogues have accumulated a point's differential of +207 points in the thumping of the other teams from Worms, Andernach, Kaiserslautern and Stadt Saarois.

The Trier Rugby Club is the only obstacle between the

mighty Ramstein Rogues and another RP championship. The Rogues previously have been champions in the '06-07 season, and seek to claim it back for the '08-09 season.

All spectators, supporters, and rugby enthusiasts are encouraged to join the club in this final contest of the season, and to the victors, the championship.

The Rogues continually welcome all players interested in the game of rugby of all skill levels. Training is provided and travel opportunities within Europe are on the schedule.

The team can be reached at the club mail, ramstein-rogues@hotmail.com.

staying ACTIVE

Heidelberg Volleyball Champions

Team MEDDAC brought home the Heidelberg unit-level volleyball championship title at Patton Fitness Center Monday evening by defeating the garrison's Cougars, who took second place and the Left Overs, who took third. MEDDAC won the tournament by defeating the Cougars three games to one.

Spring Open Results

The Heidelberg Women's and Men's Spring Open double-elimination tennis tournament hosted at the Heidelberg Tennis Center on Patrick Henry Village came to a conclusion Monday. In the women's division, Laura Carpenter took first and Allegra Steinfurt brought home second. In the final, Carpenter won 6-3, 6-1 over Steinfurt. In the men's division, Karim Ismail took first, followed by Jim Moss, Ralph Totorica, Tom Hlavacek and Mark Goulet. In the finals, 12-year-old Karim Ismail, the tennis son of local pro Adel Ismail, won in straight sets 7-6, 6-3 over Kaiserslautern's Jim Moss.

Tennis Tournaments

The Heidelberg Men's and Women's Memorial Day Tournament will be conducted May 16-17. Entry fee per player is \$20. DSN 388-9037, civ. 0176-2456-8225. The Spring Open Junior (ages 6-18) boys and girls clay court tournament will be hosted May 30. Entry deadline is May 29 at 6 p.m. Several age categories will be established for the youth event. www.mwrgermany.com.

German Fishing Course

Want to go fishing in Europe? Take the summer fishing course 9 a.m.-5 p.m. May 9-10 at the Heidelberg Rod and Gun Club. Fee is \$65 or \$100 for a family of two or more. Open to ages 10 and older. www.mwrgermany.com.

All-Stars/Masters Championships

BFV Bowling Center in Mannheim invites all qualified members of local associations chartered through USBC to participate in this state-level tournament May 22-25. Bowling competition will be handicap with a separate division for scratch bowlers. Cash prizes available depending on the number of participants. Sign-up through May 15. Entries accepted on a first-come, first-served basis. DSN 380-9528, civ. 0621-730-9528, colleen.gardner@eur.army.mil.

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.

Baseball Players Wanted

The Worms Cannibals are looking for players of all ages and skill levels in the hope of registering new teams for the coming seasons. Those interested are invited to a practice any time. Practices are Wednesdays and Thursdays at 5:30 p.m. on the Bürgerweide in the Worms Naherholungsgebiet. Civ. 0151-1108-7096, www.worms-cannibals.de.

Inline Hockey Players Needed

If you play inline hockey and want to join an official men's league, the DPL is currently looking for experienced inline players. Summer season starts May 10. Civ. 0172-6263642, ken.robinson@eu.dodea.edu, www.dpliga.com.