

HeraldPOST

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

HP THURSDAY
Aug. 5, 2010

Speed Read

WELCOME HOME

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Defense Details

PAKISTAN AID

The U.S. military in Afghanistan is responding rapidly to the disastrous flooding that reportedly killed more than 1,200 people in Pakistan and 60 in Afghanistan and has affected millions of others. U.S. forces have delivered about 637,000 packaged meals that conform with Islamic law, officials said. In addition, U.S. military experts in medicine, logistics, aviation, engineering and other fields are on the ground in Pakistan.

VETERANS CARE

Caring for veterans is a moral obligation, President Barack Obama said in a speech at the Disabled American Veterans National Convention in Atlanta. The president lauded Veterans Affairs Secretary Eric K. Shinseki for "building a 21st century VA," calling the administration's commitment to the veteran community "historic."

Army news: www.army.mil
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Army to implement standard child care fees

FMWRC Public Affairs

ALEXANDRIA, Va. – Beginning Oct. 1, most Army Families will see an increase in their child care fees, while

others will see a reduction, and some will see no change in fees for school year 2010-2011. This is a result of a new Department of Defense policy.

According to Maj. Gen. Reuben Jones, commander of the Family and Morale, Welfare and Recreation Command, the Army will ensure outstanding child

and youth programs and a quality of life for Soldiers and families commensurate with their service.

“Army Families will see **CHILD CARE** page 13

HEIDELBERG

Leaders to host town hall meeting

By Dijon Rolle

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

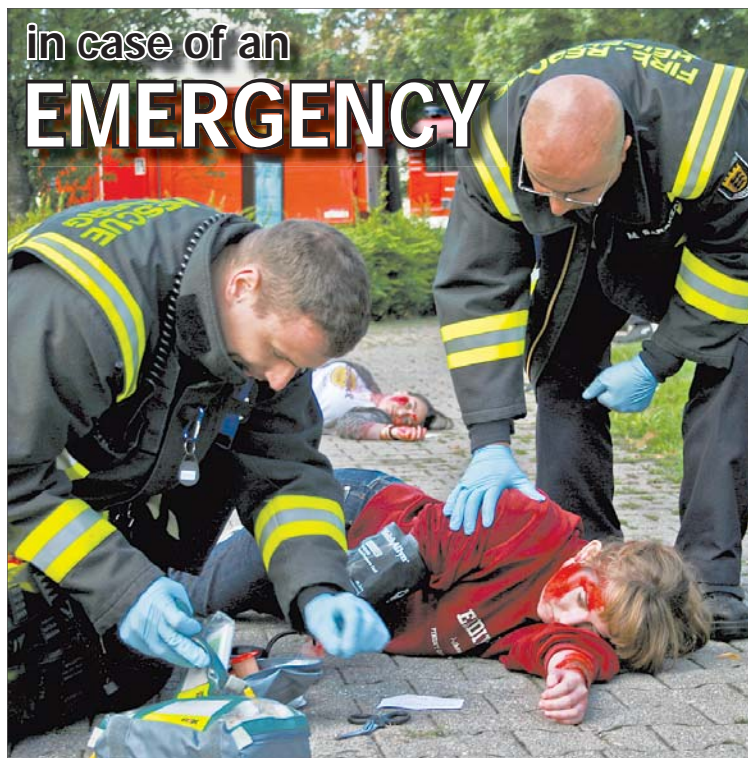
Garrison officials have revamped the Heidelberg community update into a quarterly town hall style meeting, designed to be more convenient and concise.

The new town hall meetings – now held at 6 p.m. – will allow community members an opportunity to attend and voice their concerns. The first meeting in the new format will be held Wednesday in the Patrick Henry Village Pavilion in Heidelberg.

“There’s a lot going on in the garrison, and town hall meetings are a great way to provide information directly to the community we serve and also give everyone an opportunity to ask questions on anything that’s happening in the garrison,” said Rafael Santaliz, USAG Baden-Württemberg executive officer.

Garrison Commander Col. William Butcher, Command Sgt. Maj. Annette Weber and a panel of garrison staff will provide information, answer questions, and listen to comments. The major topics up for discussion will be the U.S. Army Europe housing policy and the recently announced changes in the Department of Defense child care fees.

All community members and their families are invited to attend. Child care will be available for a fee. Call Parent Central Services at DSN 388-9240 to register by Aug.6.



in case of an EMERGENCY

First responders from Fire-Rescue U.S. Army Garrison Baden-Württemberg evaluate a young patient with simulated injuries during Exercise Active Shooter on Patrick Henry Village in Heidelberg Friday.

Garrison ensures responders are prepared

A white male in his mid-20s drives onto a Heidelberg military installation in a red Golf Volkswagen. After making his way on post, the young driver fires off a steady stream of blank bullets leaving 8 “dead” and 16 “injured.”

In just a few brief seconds, an ordinary military community transformed from a place of relative calm, peace and security to one marred by violence and chaos – but not for long.

The simulated active-shooter incident was reported immediately and American and host nation first responders quickly sprung into action during Friday’s full-scale force protection exercise on Patrick Henry Village.

Members of the Emergency Operations Center also responded and strategized amid

see **EXERCISE** page 13

Story by Dijon Rolle, USAG Baden-Württemberg Public Affairs

COMMENTARY

Flip a switch to kill power-hungry vampires living in your home, office

By Don Doran
USAG KAISERSLAUTERN

Resource conservation – what an ambiguous term. Who does it apply to? Who should manage it? How does it affect me, or better said, “What part do I play?”

With such “catch-all” terminology we often lose sight of the impact that each of us contributes to the end problem. That’s why sometimes we need to zero in on our individual habits and those of our families to figure out where we can make a difference, starting at the source.

Those of us living on the economy can feel the pain of high utility bills very personally. And when it gets bad enough, we can take immediate steps to reduce out-of-pocket costs. For example, when gas was \$4 a gallon, we probably didn’t drive as far for “pleasure,” began cutting unnecessary trips, and consolidated some of our errands to make the most of each time we left the driveway.

To bring our utility consumption under control, we might decide to lower our thermostat and keep a sweater handy, rather than crank up the heat and burn money.

We can turn off unnecessary lights, run the dishwasher or washer and dryer only when we have full loads, and much more – like use the “stop” control offered on most modern toilets. And paying attention to how many times we let the

faucet run extra seconds or minutes while washing dishes or brushing our teeth. How many transformers or appliance chargers are plugged in or turned on continuously?

At home or at work, after checking for the obvious, we can begin tracking down and slaying our “power vampires.” Yes, we all have power vampires. Each appliance, entertainment system or gadget we use and has any kind of standby light or time display, or is generating any kind of background noise, light or heat, is sapping energy.

How do we control these vampires? The easy way is a power strip with an on/off switch. When you are done using the item or system, switch off the power strip. The vampire is dead, and the bleeding is stopped instantly.

These devices are great to control frequently used phone chargers, stereos, coffee makers, computers, TVs, transformers and other equipment that burns energy.

Look around your house, shop or office. Every one of us can make a difference toward resource conservation. We can do more than reduce our off-post, out-of-pocket expenses.

It will take our combined efforts to reduce our multi-million-dollar utility bills for our military community, and to reach DOD and federal goals for reduced annual utilities consumption.

Thank you for your efforts.



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

DISCUSSION BOARD

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

Okay, I am really showing my ignorance, but I was wondering about using transformers. I wasn't sure what sizes we would need and how to make sure you have enough power to not ruin your appliances. Any advice?

-Karla Gurr, BWnow member

<http://international-electrical-supplies.com/transformers16.html> and <http://www.220voltage.com/faq.htm>. These links above should be able to answer your questions about transformers. You can

find them at the Heidelberg Community Spouses Club Thrift Shop on PHV where they sell used ones and the money goes back into the community.

-Peter Buttner, BWnow member

Thank you so much for that website...I really needed to know that. Sometimes finding out information is like being in a secret club and you have to know the password. This is the worst part about moving...trying to figure all the "ins and outs" and "did you know" kind of things that everyone needs.

I am glad to have this kind of forum and people to help.

-Karla Gurr, BWnow member

I know the feeling about the "secret code" to get the right information. The trick is knowing who to ask and in this forum there is usually someone who will respond.

-Peter Buttner, BWnow member

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Deployment, love and basketball



Lynn Davis

Lenny Jameson, 4, hangs posters for the single and unaccompanied Soldiers returning with V Corps Command Post 1, from a one-year deployment to Afghanistan Sunday at the Patton Fitness Center in Heidelberg. Lenny was there to welcome home soon-to-be step-father Chief Warrant Officer 4 Michael Townsel.

Coaching family reunites with return of V Corps Command Post 1

By Lynn Davis
USAREUR PUBLIC AFFAIRS

With the return of V Corps Command Post 1 Sunday, more than 100 families got their Soldier back, and the Heidelberg Lady Generals got their head coach back.

Among the families and friends waiting at the Patton Fitness Center gym late Sunday evening to welcome the Soldiers back from a one-year deployment to Afghanistan were Patricia Jameson and her son, Lenny, who is 4. The pair helped decorate and hang signs for the single or unaccompanied Soldiers returning, both anxiously awaiting the moment when they would see Chief Warrant Officer 4 Michael Townsel.

"It's been a long year; it's been lonely but we have been able to communicate," Jameson said. "The years before we have coached the community basketball team together, the Lady Generals, so this year during his absence, I coached by myself with another former player. Just being around the team kind of helped me to deal with the separation, and I tried to stay busy with work, but now it's time."

Jameson and Townsel met through

basketball – when Townsel was a coach and Jameson was a player.

"We saw each other at a tournament before in Bamberg, but we didn't know each other," Jameson said. "He became the coach in Heidelberg, and I ended up playing for him. The next thing we know we fell in love, you know, the whole works."

Although Lenny is not Townsel's biological son, that didn't dampen his excitement to be reunited with his role model.

"We have been cleaning up for him, and I am going to give him a surprise ... a horse, my favorite stuffed animal," Lenny said.

As the ceremony began, V Corps Soldiers filed into the gym, and families immediately got to their feet and began cheering for the warriors. In formation, Soldiers eyes were wandering and families desperately tried to pick out their loved ones. Jameson locked in on Townsel very quickly.

"Some 13 months ago, the Department of the Army called upon V Corps to stand up the International Security Assistance Force Joint Command," said Lt. Col. Matthew Rasmussen, V Corps Special Troops Battalion commander. "With two months notice, most of you were

alerted and on a plane, arriving at a place that was just beginning to develop. From day one, most of you accomplished missions well outside your expertise, but you persevered, you got it done."

After the short speech, the ceremony concluded and the bleachers emptied. Along with Jameson and Lenny, players from the Lady Generals welcomed Townsel home.

"It feels fantastic to be back after 12 months," Townsel said. "It's been a long 12 months and a lot of long hours, probably about 15-16 hours a day. V Corps built the International Joint Command from the bottom up, and I am looking forward to being back, relaxing a bit and co-coaching with my fiancé (Jameson). It's fantastic that all these ladies I coached before came out to see me and welcome me home. It's just great."

His players can't wait to get him on the court.

"We are going to hopefully get him into practice and get him practicing with our squad," said Amelia Tillman, Lady Generals player. "He is a good person, a good coach and an excellent mentor. For him to dedicate his time and energy to the Lady Generals and also still be a Soldier and have to deploy and support his country."

We still have two other Soldiers on our team that are downrange," she added, "so our family isn't complete yet, but it's good to have our coach back."

Europe commercial travel offices making changes, using interim procedures

Army Europe official and leisure travelers will be required to use interim procedures as Carlson Wagonlit/SATO Travel re-establishes commercial travel offices after being re-awarded a two-year travel service contract in late July.

These interim procedures will remain in effect until the on-site offices are fully staffed and all technical capabilities have been established, according to the Defense Travel Management Office, which is responsible for establishing travel services contracts for Department of Defense travel services worldwide.

As of Monday, CWTsatoTravel will have onsite agents offering limited CTO travel services at garrisons for individuals requiring travel within 48 hours of the request. Short-notice travelers should first call the local garrison CTO office.

Individuals arranging travel more than 48 hours away will be required to use the online reservation request form found at www.cwt-satotravel.com.

After accessing the Web site, travelers must click the "Military/Dept of Defense" button in the box entitled "Search CWTsatoTravel." Next, individuals must select "1. Army" from the drop-down menu and then click on "US Forces Europe Travelers" from the next drop-down menu. The electronic Web site submission for routine/non-urgent travel will enable CWTsatoTravel to more effectively handle requests telephonically for urgent travel.

Official travelers should continue to use the Defense Travel System. These interim CTO procedures are not intended to supersede usage of DTS, according to DTMO officials. Travel arrangements made and approved in DTS will remain the same. However, for travel that will be charged to the centrally billed account, a copy of the travel authorization/order must be e-mailed to the CWTsatoTravel CTO representative.

For travel arrangements made outside of DTS, the travel authorization/order will need to be hand-carried, e-mailed or faxed to the local garrison CTO office. Tickets cannot be issued unless CWTsatoTravel is provided a copy of the travel authorization/order.

Leisure travelers requiring assistance (except leisure travel in conjunction with official travel) should visit the CWTsatoTravel leisure Web site at www.europe.satovacations.com. This site is dedicated to personnel assigned to Europe.

For after-hour emergency and en route travel assistance, a toll-free number has been established: 866-422-9428. Local transportation offices may be contacted for more information.

Commercial Travel Office

- Heidelberg Shopping Center, Bldg. 3850, Room 240
DSN 370-6481, civ. 06221-14670; Monday-Friday, 8 a.m.-5 p.m.
- Campbell Barracks, Bldg. 31 South (back)
Civ. 06221-9850690; Monday-Friday 8:30 a.m.-4:30 p.m., closed for lunch 1:30-2:30 p.m.

College graduates break barriers with Workforce Recruitment Program

By Jonathan Ochart
HERALD POST INTERN

Some members of the Heidelberg community vividly remember the days dedicated to ensuring a successful move, and once nestled comfortably in quarters, life simply continued. But for others, arriving here signifies an opportunity to walk roads not taken that hopefully lead toward self-discovery.

Those new members of the community have been hard at work locating the tools needed to construct a firm foundation for their careers while focusing on shattering any glass ceilings preventing them from reaching their goals.

These builders belong to the Workforce Recruitment Program for College Students with Disabilities, which is devoted to assisting former college students in finding jobs within a year of their graduation.

Liz Merkowitz and Gwendolyn Chaffin make up two of the 10 WRP participants working in the Heidelberg military community, and after traveling wide distances, the future of their careers appears more promising than ever.

After receiving her bachelor's degree in anthropology, world religions and communications from Ohio University last year, Merkowitz has learned to cope with her disability to become who she is today.

"I have a learning disability in which I process things differently," Merkowitz said. "In high school and college, taking standardized tests was just outrageous. With high anxiety levels, my palms would sweat to the point where the test became wet. Dealing with high-

"Before this program, I was timid and shy to inform people that I had a disability, but now I'm very open and vocal about it – I don't let other people influence how I feel about it. Don't hide that you have a disability, because it's something to be proud of."

-Liz Merkowitz, Workforce Recruitment Program for College Students with Disabilities

intensity situations is kind of difficult for me, but I've learned to cope with it and go on with my daily routine a little differently than others."

As administrator of the WRP in Heidelberg, Merkowitz creates presentations covering a variety of Equal Employment Opportunity subjects and leads training sessions.

"I think the WRP is a wonderful opportunity for people with disabilities to get their foot in the door with the government, and it helps your employer and yourself to develop key skills you want to use later in your career," Merkowitz said. "But it also helps your office and supervisor see that people with disabilities aren't necessarily disabled people, but people who use what they've been given differently."

In addition to informing the community about the importance of equality, the EEO employee who enjoys reading and traveling assists participants in experiencing life-altering moments outside of the office through bowling and movie nights, among other activities.

Gwen Chaffin, another participant of the WRP, considers working the past few months as an EEO assistant on Patton Barracks as the most rewarding opportunity of her life.

"I have a disability, and I really have to concentrate and think rather than rushing into things," Chaffin said. "I learned to take my time, to stop and think."

However, immediately after graduating from Binghamton University's School of Social Work in New York, Chaffin boarded a plane destined for Germany. Following her arrival, the employee believes she has become one step closer to achieving her dream.

"I've always wanted to be a social worker," Chaffin said. "At the last moment, I decided I should go back to school, because I wanted to work with returning veterans from Iraq and Afghanistan and their families. For me to be working here and living on a military base is fantastic."

While her tasks do not completely consist of social work topics, Chaffin enjoys her chance to meet and even become friends with people she wishes to assist in the future while residing in a military community.

During her first stint in Europe, the employee captured moments in time through photography, her hobby and choice of meditation. With the variety of landscapes and historical buildings in Europe, Chaffin adds more to her portfolio filled mostly with pictures of

her children, lighthouses and country scenes throughout her leisure time.

Similar to photography's inspirational effect upon Chaffin, she offers words of wisdom to others like her.

"Even with disabilities, dreams can come true," Chaffin said. "You just have to work hard and pursue them. That's what I've done, and it's a great feeling to see how I worked hard in school, and I'm here now reaching the first part of my dream. I've had the opportunity to meet other people, people with disabilities, and I've had the opportunity to see how magnificent they are. They keep going, and that's an encouragement, it really is."

Merkowitz, who soon will work for the Navy in Virginia as a result of her experience with the federal government, also suggests advice gained from the WRP to those with disabilities.

"Before this program, I was timid and shy to inform people that I had a disability, but now I'm very open and vocal about it – I don't let other people influence how I feel about it," Merkowitz said. "Don't hide that you have a disability, because it's something to be proud of."

According to www.wrp.gov, the WRP is a recruitment and referral program that connects federal sector employers nationwide with highly motivated postsecondary students and recent graduates with disabilities who are eager to prove their abilities in the workplace through summer or permanent jobs. WRP is cosponsored by the U.S. Department of Labor's Office of Disability Employment Policy and the U.S. Department of Defense with the participation of many other federal agencies.



2nd Signal Brigade changes command

Col. Mitchell Kilgo, commander, 2nd Signal Brigade, applauds his Soldiers during the pass in review portion of the 2nd Signal change of command ceremony held on the Taylor Barracks parade field in Mannheim July 30. The pass in review was the final portion of the change in command from the 2nd Signal Brigade's previous commander Col. Gerald Miller to Kilgo.

HQ FC deploys second rotation to Afghanistan

HQ FC Heidelberg

Headquarters Allied Force Command Heidelberg said farewell July 23 to the second rotation of personnel deploying to Afghanistan to support NATO's continuing International Security Assistance Force mission.

The whole headquarters staff, deploying and remaining personnel of the headquarters, as well as families of the personnel to be deployed were present at the ceremony.

In his address, Lt. Gen. John W. Morgan III, commander, Allied Force Command Heidelberg, expressed his strong conviction that this second rotation from Heidelberg is ready to deploy after six months of dedicated mission-tailored pre-deployment training.

"The mission is of vital importance to each of your nations and the NATO Alliance – I have the utmost

confidence in the training you have received, and I am certain that you are fully prepared for this deployment," Morgan told the troops.

He ensured the deploying personnel that their families staying behind will have the utmost support from the headquarters throughout the deployment.

The Heidelberg contingent, consisting of men and women, military and civilian personnel, has been providing operational capabilities to the core staff of HQ ISAF in Kabul, Afghanistan, commencing in January.

To facilitate personnel sustainment as well as continuity of ISAF operations during the required 24-month period, headquarters personnel will in most cases be deployed on a six-month rotational basis, thus leading to four successive personnel rotations for HQ FC Heidelberg.

'Rabbit ears' will no longer work for AFN reception

AFN Europe

The 5th Signal Command is turning off its over-the-air television transmitters in most of Germany and Belgium this year in the latest step to modernize the way Americans get their AFN TV services in Europe.

The changes will only affect the relatively few viewers who get only one AFN TV service, AFN Atlantic|Prime, with a roof-top or "rabbit-ears" antenna, and will not impact people who get AFN via on-post cable or from an AFN decoder.

In other words, if you see more than one AFN TV service when you turn on your TV, the change does not affect you.

AFN is letting viewers know about the changes with a TV commercial that warns about the over-the-air signal going away two weeks before it happens.

"If you're seeing the commercial, it's going away," says AFN Europe Commander Col. Bill Bigelow. "If you're not seeing it, don't worry about it."

Most people in the States and Europe get their TV from a satellite decoder or cable.

The turning off of over-the-air transmitters in Europe has been under way for some time. Terrestrial AFN TV broadcasting stopped in Italy in 2006.

Kaiserslautern transmitters were turned off this week, and the Mannheim and Heidelberg transmitters will be turned off starting Aug. 12.

Faces of the community: Mannheim Thrift Store



Margaret Clevenger

Kit Dupont, the Mannheim Thrift Shop manager helps a customer test household appliances. The thrift shop in Bldg. 235 on Sullivan Barracks is open from 9:30 a.m.–2:30 p.m. on Tuesdays, Thursdays, the second Saturday of the month and 4:30–7:30 p.m. on Wednesdays. The thrift shop, available to all ID card holders sells used books, clothes, toys and much more. The thrift shop also accepts donations, so if you have items that you do not use or need, drop them off in the bunker in front of the store. All profits gained are given back to the community in the form of scholarships and community assistance. DSN 385-2862, Civ. 0621-730-2862.

Heidelberg Health Center welcomes digital mammography service

By Kristen Marquez
HMEDDAC PUBLIC AFFAIRS

Heidelberg Health Center's radiology department has upgraded its mammography service to perform digital mammography.

Digital mammography takes an electronic image of the breast, allowing the radiologist to enhance and manipulate the image to improve interpretation, similar to manipulating a digital photograph on a computer.

A recent study by the American College of Radiology Imaging Network showed that digital mammograms detected significantly more cancers – up to 28 percent – than mammography using traditional film in women 50 and younger, premenopausal and perimenopausal women, and women with dense breasts.

"This is particularly important for the Euro-

pean military population, many of whom fall into these categories," said Maj. Carol McLaughlin, radiologist and chief of mammography and ultrasound for the Heidelberg Medical Department Activity.

Heidelberg Health Center's Department of Radiology is open for all beneficiaries.

In addition to mammography, the department also performs ultrasound, computed tomography, fluoroscopic exams and diagnostic x-rays.

An order from any health care provider within the Europe Regional Medical Command can be fulfilled at Heidelberg.

To make an appointment at the Heidelberg Health Center or other military treatment facilities, call the ERMCC Care Call Center weekdays from 6 a.m.-6 p.m. at DSN 371-2622, civ. 06221-17-2622.

Ribbons for the troops



Kristen Marquez

Col. P.K. Underwood, Heidelberg Medical Department Activity commander, and Master Sgt. William Smith tie yellow ribbons on a tree at Nachrichten Kaserne Friday during the HMEDDAC "Yellow Ribbon Tree" ceremony. Soldiers from HMEDDAC removed yellow ribbons in honor of recently redeployed Soldiers and tied new ribbons to the tree in honor of Soldiers who are deploying or currently deployed. The yellow ribbon tree is located outside the chapel on Nachrichten Kaserne.

USAREUR's Top Supply Organizations

U.S. Army Europe has announced the winners of its annual Supply Excellence Award competition for fiscal year 2011. The awards recognize logistics professionals and their units across Europe for excellence in supply operations at all levels.

USAREUR-Level Supply Excellence Award Winners:

- ◆ Category Level I (A) Mobilization Table of Organization and Equipment, Company/Battery/Detachment: Headquarters and Headquarters Company, 1st Battalion, 4th Infantry Regiment, 7th United States Army Joint Multinational Readiness Center, 7th Army Joint Multinational Training Command, USAREUR, Grafenwöhr.
- ◆ Category Level I (A) MTOE, Company/Battery/Detachment: Headquarters Support Company, U.S. Army Southern European Task Force, U.S. Army Africa, Vicenza, Italy.
- ◆ Category Level I (B) Table of Distribution and Allowances: Company/Battery/Detachment: Maintenance Activity Vilseck, Theater Logistics Sustainment Center-Europe, 21st Theater Sustainment Command, USAREUR, Vilseck.
- ◆ Category Level II (A) MTOE Property Book Operations: Property Book Office, 21st Troop Support Battalion, 21st TSC, USAREUR, Kaiserslautern.
- ◆ Category Level II (A) MTOE Property Book Operations: Property Book Office, U.S. Army SETAF, U.S. Army Africa, Vicenza, Italy.
- ◆ Category Level II (B) TDA Property Book Operations: Property Book Office, Area Support Team Kosovo, USAREUR, Camp Bondsteel, Kosovo.
- ◆ Category Level III (A) MTOE Battalion: 212th Combat Support Hospital, 30th Medical Command, USAREUR, Miesau.
- ◆ Category Level III (B) TDA Battalion: 7th Army JMRC, 7th Army JMTC, USAREUR, Hohenfels.
- ◆ Category Level IV (A) MTOE Supply Support Activity: Supply Support Activity, 240th Quartermaster Company, 18th Sustainment Battalion, 16th Sustainment Brigade, 21st TSC, USAREUR, Bamberg.
- ◆ Category Level IV (B) TDA Supply Support Activity: Supply Support Activity, Task Force Falcon, USAREUR, Camp Bondsteel, Kosovo.

USAREUR-Level Supply Excellence Award Runners-Up:

- ◆ Category Level I (A) MTOE: Company/Battery/Detachment: Company B, 1st Battalion, 4th Infantry Regiment, 7th Army Joint Multinational Readiness Center, 7th Army JMTC, USAREUR, Grafenwöhr.
- ◆ Category Level II (A) MTOE Property Book Operations: PBO, 15th Engineer Battalion, 18th Engineer Brigade, 21st TSC, USAREUR, Bamberg.
- ◆ Category Level II (B) TDA Property Book Operation: Property Book Officer, 7th Army JMTC, USAREUR, Grafenwöhr.
- ◆ Category Level III (A) MTOE Battalion: 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade, USAREUR, Katterbach.
- ◆ Category Level IV (A) TDA Supply Support Activity: Supply Support Activity, Company A, 24th Brigade Support Battalion, 170th Infantry Brigade Combat Team, USAREUR, Baumholder.
- ◆ Category Level IV (B) TDA Supply Support Activity: Supply Support Activity, Supply Activity Europe, Theater Logistics Support Command-Europe, 21st TSC, USAREUR, Kaiserslautern.

Fellows program offers diverse, exciting career path, job security

IMCOM-Europe Public Affairs

When Austin, Texas, native Hilary Taylor bikes to work past the beautiful sites of Heidelberg, she sometimes has to pinch herself at her incredible luck.

The 2006 Texas Lutheran University graduate has come a long way from her roots in the Texas Hill country, where she seized on a great Army career opportunity that has landed her in what is arguably one of Europe's most storied cities.

"When I was completing college and seeking my first full-time job, I found it very difficult to find something I liked," Taylor said. "I wanted to get into logistics and supply chain management but I was not competitive with only a

bachelor's degree and no significant work experience, so that's what first attracted me to the AMC Fellows Program."

The Fellows Program, a partnership between Installation Management and Army Materiel Commands, offered Taylor a five-year program with the aim to mold her into a multifunctional, mobile, highly-qualified civilian employee.

For undergraduates, IMCOM's challenging program commences with 13 months of master's degree coursework conducted at AMC's Logistics Leadership Center and Texas A&M University in Texarkana, Texas, where fellows are afforded coursework leading to a Master of Business Administration.

Those accepted to the pro-

gram are made federal employees and benefit from compensation as a GS-7 with full federal employee benefits while undergoing their studies. The completion of their graduate degree commences nearly four years of rotational, developmental training assignments.

"When I completed the MBA portion, I was assigned to focus on supply and transportation, and since then I have completed almost three years journey-level experience in operations, first at Fort Hood, Texas, and now at the Europe Region HQ in Heidelberg, Germany," Taylor said.

"I have been assigned on numerous long-term projects in the logistics arena and other exciting work, such as working closely with experts focused

on the Army's Transformation here in Europe," she continued. "The variety of this experience is really unrivaled, and it's allowed me to more quickly develop as a professional than I ever thought possible as I benefit from my constant interface with folks from all Army disciplines, not to mention the perks of also being able to do this while living and working in a foreign country that has so much to offer."

Fellows can expect to advance non-competitively to the target level of GS-12 or GS-13 equivalent, through the intervening grade(s) of GS-9, GS-11, and GS-12 (if applicable), depending on the established career path for the position for which selected for final placement.

"Like many college students

graduating today, in an economy with a high unemployment rate and fears of massive corporate layoffs, the appeal of civil service has increased and wages are becoming more competitive in comparison to the equivalent private sector positions," Taylor said.

"The IMCOM Fellows Program's focus on training, life skills and leadership has benefited me tremendously and I'd recommend the program in a second, and in fact I recently recommended the program to a coworker's son," she added.

Positions are limited depending on funding and human resources needs, and competition is fierce. Application details are available online at www.amc.army.mil/pa/amccareers.asp.

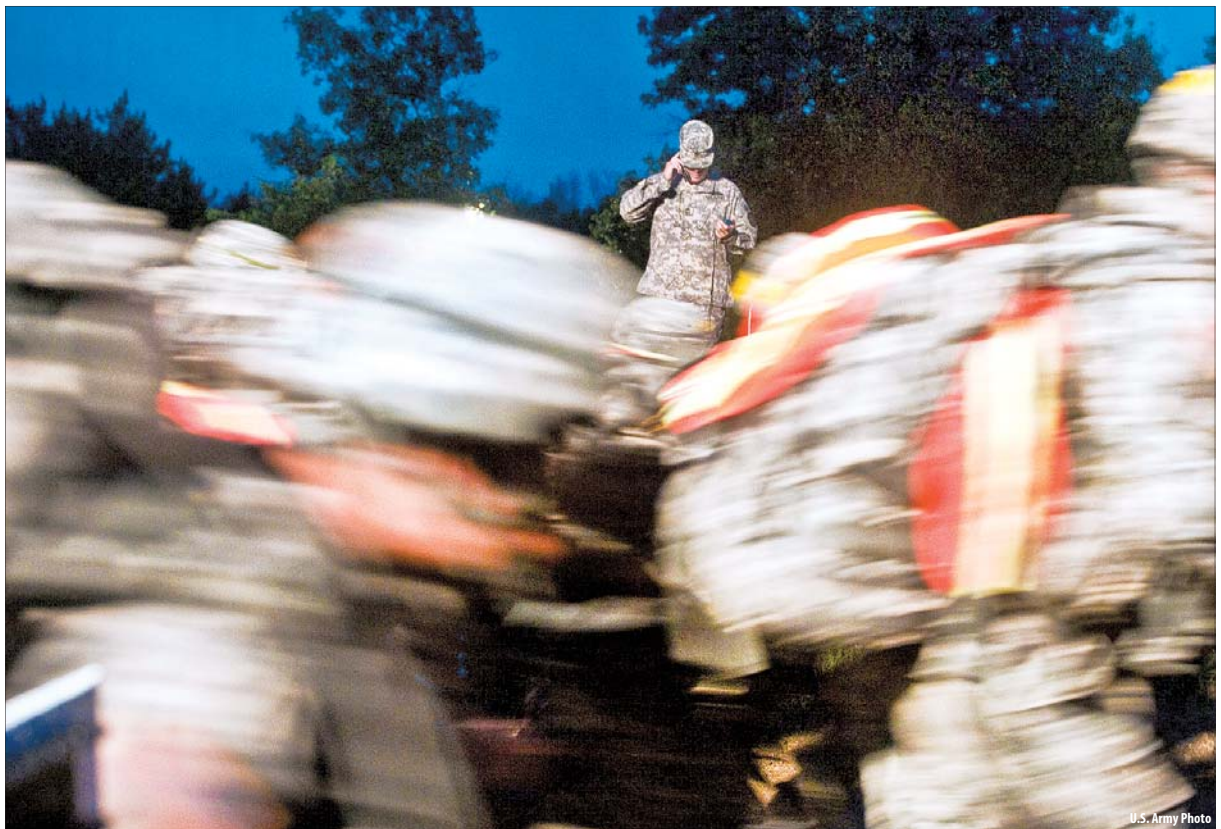
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John D. Banusiewicz

Vice President Joe Biden and his wife, Dr. Jill Biden, attend a homecoming celebration at Fort Drum, N.Y., marking the return of the 10th Mountain Division's 2nd Brigade Combat Team from Iraq. Joining the Bidens on the stage are Army Maj. Gen. James L. Terry, 10th Mountain Division commander, and Army Command Sgt. Maj. Christopher K. Greca, the division's command sergeant major.



U.S. Army Photo

An official starts the timer and calls the finish line to synch their watches as competitors for the 2010 Army Reserve Best Warrior Competition sprint out to start the 10-kilometer ruck march before dawn on Fort McCoy, Wis., July 28.



Cherie Cullen

Secretary of Defense Robert M. Gates addresses an audience of more than 45,000 during the Boy Scouts of America 2010 National Scout Jamboree at Fort AP Hill, Va., July 28. The massive group of boy scouts from all across America came to the 12,000-acre site for 10 days to celebrate the Boy Scouts' 100th anniversary.



U.S. Navy Petty Officer 2nd Class Walker M. Wayman

U.S. Army Warrant Officer 2 Mark Davis (left) and Chief Warrant Officer 3 Mike Croslin discuss their last mission after landing an AH-64 Apache helicopter from Company B, 1st Battalion, 4th Aviation Regiment, Attack Reconnaissance Battalion in Kunduz, Afghanistan, July 24. The Apache landed to refuel after a firefight with insurgents.

USAREUR seeks top troops

Best warriors from across Europe compete for title

By Staff Sgt. Patricia Deal
USAREUR PUBLIC AFFAIRS

GRAFENWÖHR, Germany – Seven noncommissioned officers and seven Soldiers from across Europe braved an onslaught of physical and mental challenges to test their skills, knowledge and stamina at the 2010 USAREUR Best Warrior Competition here July 26-29.

Only one NCO and Soldier in the competition can claim the title of USAREUR's "Best Warrior," and those winners will be announced Aug. 12. The two winners will then compete with NCOs and Soldiers from 12 Army commands from around the globe in the Department of the Army Best Warrior Competition scheduled to take place Oct. 17-22 at Fort Lee, Va.

"Last year's NCO of the Year for Department of the Army was a USAREUR Soldier, and we will have two more USAREUR winners this year," said Sgt. Maj. Brad Weber, who has been overseeing USAREUR Best Warrior competitions for the last five years. Weber, from USAREUR G1, the command's theater-level human resources provider, also said USAREUR has won at the Army level three times in the last five years.

"That type of success speaks directly to the quality of our competition and how well it prepares our winners for the next level," he said.

The competition is designed to be purposefully challenging, testing the competitors' ability to react at a moment's notice while under pressure, and to be able to excel even when extremely fatigued.

This year's competition was even more challenging than past ones, said Sgt. 1st Class Theodore Meckley, from the Joint Multinational Training Center, who managed the two previous USAREUR competitions. Yet it still allowed competitors to balance weaknesses with strengths.

"We structured it in such a way that someone who isn't as physically fit as another competitor, say, can make up points in other areas where they may be mentally stronger," he said.

In creating this year's pro-



Staff Sgt. Patricia Deal

Spc. Michael Freas of the 21st Theater Sustainment Command, returns fire during the convoy security and route clearing operations event at the 2010 U.S. Army Europe Best Warrior Competition July 27. The annual four-day competition is designed to test USAREUR Soldiers and NCOs from across Europe in their military knowledge, warrior skills and endurance. Winners of the competition will be announced Aug. 12.

gram, Meckley said he gleaned a lot of information about the Department of the Army's competition from last year's winners.

"We made ours more challenging, no doubt," he said. "We have the regular events like APFT, marksmanship and board briefings. We've changed things up, of course, and added some new things like night land navigation and added a level of realism to the training by using helicopters for some of the events."

Other events in the competition included an obstacle course, land navigation, 12-mile road march, night qualification and orienteering through an urban area.

"Through the help of our Bundeswehr (German military) partners, this year's mystery event was true-life training that all Soldiers in Europe need, as it involved reacting quickly in a crisis while facing the challenges of breaking through the language barrier," Meckley said.

The scenario required competitors to respond and provide aid to a wounded service member from an Allied nation, then react to an ambush from an enemy force, he said.

"I have to say the added bit

of realism really amped up the training. I was really surprised when doing the 'Evacuate a Casualty' task that a helicopter actually came. We usually just go through the motions when doing that part," said Sgt. 1st Class Henry Scott, from the 357th Air Missile Defense Detachment in Kaiserslautern. "I like the idea of 'train as we fight'. This was really a good competition. It was tough, but I'm glad I did it. It gave me something real that I can take back to my Soldiers."

Scott, the oldest of the competitors at 32, said he managed to hold his own with some of the younger competitors and that his years of experience gave him a bit of edge in some areas.

At 19, Spc. Michael Freas, from the 21st Theater Sustainment Command in Kaiserslautern, was the youngest of the competitors. He said he feels good about his performance, and that despite a "broken" body, his spirits are good.

"All throughout the competition, I gave it my all. It was definitely a lot harder than I expected. I'm hurting a bit now, but I just need a little time to heal and then on to Army," he said.

Competitors were sore at

"I have to say the added bit of realism really amped up the training. I was really surprised when doing the 'Evacuate a Casualty' task that a helicopter actually came. We usually just go through the motions when doing that part."

—Sgt. 1st Class Henry Scott, 357th Air Missile Defense Detachment

the end of the competition, with everyone's feet suffering the brunt of it all. By the end of the four days, they walked approximately 30 miles over gravel and through rain and rough terrain. Moleskin was a hot commodity during the competition.

Despite the pain and fatigue, each competitor made it through, drawing on their own means of motivation.

"It is tough, but no matter how much they try to break you down physically, you have to keep mentally strong. I just focus on doing the things I do well and keep going," said Staff Sgt. Alicea Anderson, JMTC.

Anderson was one of two female competitors this year and feels she has a pretty good chance of proving herself the top warrior.

"I do have the competitive spirit, so I'm always wanting to

do my best, to be the best that I can be. I keep pushing myself to stay ahead of everybody else," she said.

Not only did that warrior spirit help her through this competition, but it helped her earn a spot on the USAREUR women's team that will compete in the Army 10-Miler in Washington, D.C., in October.

Command Sgt. Maj. Roger Blackwood, USAREUR's interim command sergeant major, supported the competitors throughout the competition, sharing bits of advice and encouragement. He said he was impressed with the skills and tenacity of the competitors.

"This competition was tough, and the fact that you took it on is testament to your dedication and commitment. You represent the continued future strength of our Army," he said.

Army releases report to help combat suicide, promote resiliency in the force

U.S. Army Public Affairs

The Army recently released the Health Promotion, Risk Reduction and Suicide Prevention Report, the result of a focused 15-month effort to better understand the increasing rate of suicides in the force.

This candid report is intended to inform and educate Army leaders on the importance of recognizing and reducing high risk behavior related to suicide and accidental death, and reducing the stigma associated with behavioral health and treatment. This report represents the next phase in the Army's ongoing campaign to promote resiliency in a force that has been at war for nearly a decade.

"The dedicated effort behind this report sends a clear message to our force that we take the resiliency of our Soldiers and families very seriously," said Secretary of the Army John McHugh. "This effort is part of our culture to look closely at ourselves, and to make continuous improvements in our capability – but most importantly, to reduce the number of Soldiers we lose to suicide."

"This comprehensive review exposes gaps in how we identify, engage, and mitigate high-risk behavior among our Soldiers. After nearly a decade of war we must keep pace with the expanding needs of our strained Army, and continuously identify and address the gaps that exist in our policies, programs and services," said Army Chief of Staff Gen. George Casey.

Casey told the Army's two- and three-star commanders and command sergeants major recently that "our challenge over the next several years will be to maintain our combat edge at an appropriate tempo while re-establishing garrison systems to better care for our Soldiers and families. The combination of Comprehensive Sol-

dier Fitness with these health promotion efforts provides the foundation to improve the resilience of the force."

Unprecedented operational tempo has dictated that leaders remain primarily focused on preparing for their next deployment. As a result, enforcement of policies designated to ensure good order and discipline has atrophied. This, in turn, has led to an increasing population of Soldiers who display high risk behavior which erodes the health of the force.

The report grew out of a series of visits to six Army installations directed by Casey and led by Vice Chief of Staff Gen. Peter Chiarelli in spring 2009 to look at suicide prevention efforts in the force.

"What we witnessed were real indicators of stress on the force, and an increasing propensity for Soldiers to engage in high risk behavior," Chiarelli said. "We recognized almost immediately we had to widen the aperture – risk in the force cannot be mitigated by suicide prevention alone."

The Army's inward and transparent review is documented in this report. It addresses the full range of issues related to HP/RR/SP, outlines and defines the problem, documents actions taken, and makes recommendations for the way ahead.

Key findings include:

- Gaps in the current HP/RR/SP policies, processes and programs necessary to mitigate high risk behaviors;
- An erosion of adherence to existing Army policies and standards;
- An increase in indicators of high risk behavior including illicit drug use, other crimes and suicide attempts;
- Lapses in surveillance and detection of high risk behavior;
- An increased use of prescription antidepressants, amphetamines and narcotics;
- Degraded accountability of disci-

plinary, administrative and reporting processes; and

• The continued high rate of suicides, high risk related deaths and other adverse outcomes.

"These findings demonstrate that many of our programs are unbalanced and lack integration, while reinforcing recommendations that will help us improve the quality of our programs and services," Chiarelli said.

McHugh has directed that leaders at all levels become familiar with the report.

It informs leaders throughout the force about the consequences associated with high risk behavior; provides a candid, transparent and balanced review of HP/RR/SP issues; documents the Army's actions to date to improve programs and services; integrates policies, processes and programs for oversight of the force; and recommends solutions to eliminate gaps and unnecessary redundancies.

Programs must be realigned to improve support to the Soldier, family and unit. Reporting and data-sharing on high risk behavior among unit commanders, medical and garrison service providers, and law enforcement officials must be synchronized. The report also promotes continued use of the Department of the Army's Health Promotion Council which has aggressively addressed this issue for a year-and-a-half.

Report recommendations represent the next phase of the campaign, which has already implemented more than 200 separate initiatives over the last 15 months. For example, the Army tightened enlistment standards; established a Community Health Promotion Council at each installation; improved access and coordination between primary (medical) care and behavioral health providers; worked to stabilize unit leadership after redeployment;

"We've often said that the Army is a reflection of society, but we have Soldiers today who are experiencing a lifetime of stress during their first six years of service. Army leaders at all levels remain dedicated to promoting resiliency, coping skills, and help-seeking behavior across our force."

—Army Vice Chief of Staff Gen. Peter Chiarelli

expanded behavioral health screening; instituted a confidential alcohol treatment program; aggressively recruited new behavioral health counselors; and created 72 new positions for chaplains, among other things.

"Continued focus on mentoring and training our leaders and service providers is key to fixing these problems. Part of leadership is creating an environment where it's okay to ask for help – and where it's our duty to extend a helping hand," Chiarelli said. "This, too, is in keeping with the Army Warrior Ethos to never leave a fallen comrade."

Report findings indicate that there are no universal solutions to address the complexities of personal, social and behavioral health issues that lead to suicide.

"We've often said that the Army is a reflection of society, but we have Soldiers today who are experiencing a lifetime of stress during their first six years of service. Army leaders at all levels remain dedicated to promoting resiliency, coping skills, and help-seeking behavior across our force," Chiarelli said.

The full report is located at www.army.mil/hprrsp.

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CHILD CARE

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continue to have access to some of the best child and youth programs found anywhere in the world," Jones said. "These programs are an important part of our military communities and will continue to be a great value for our Soldiers and their families."

The Army Family Action Plan also played an important role in shaping the new policy. One result of AFAP was an expansion in the number of income categories to better reflect the full range of family incomes found across the Army.

By law, child care fees are based on total family income (excluding certain special pay and allowances), not rank or civilian grade.

In 2008, DOD conducted an in-depth study of the child development program fee policy. As a result, they determined current fee ranges were no longer in sync with the total family income for a majority of the users, and the fees have not kept pace with the increasing costs of providing care.

"While the cost of providing child care has risen each of the past six years, the value of the programs has also increased for Soldiers, their children and the Army," said Peggy Hinson, Child Youth and School Services director at FMWR. "Our child care programs promote

early learning. Most Army programs are nationally accredited, and most importantly, Soldiers can concentrate on their mission, knowing their children are safe and well cared for in a fully-accredited child care system," she explained.

The National Association of Child Care Resource and Referral Agencies, the country's leading voice for child care, issues a biennial report on the quality of nationwide child care, including the DOD.

The 2007 study found that the DOD child care system "stands alone as a model for states." In that report, military child care ranked first among the 50 states and the District of Columbia and was the only entity to score in the top 10 for both standards and oversight criteria.

Since 2004, child care fees at most Army garrisons have remained static in an attempt to ease the burden of persistent conflict and multiple deployments. In an effort to minimize the financial impact of fee increases, the Army received approval from DOD to begin a phased in implementation of this new Child Care Fee Policy.

Individual installations will have plans to reach fixed dollar amounts for each fee category within the next three years.

A 2009 update confirmed that DOD

child care continues to score more than 60 percent above the national average.

"It's important, in keeping with the promises made in the Army Family Covenant, that we do everything we can to minimize the impact the DOD fee changes will have on our Soldiers and their families," Jones said.

Currently there are six fee categories, including a minimum fixed rate and five income-based categories, each with a range of fees determined by the garrison.

The School Year 2010-2011 Child Care Fee Policy will contain nine categories, with three added at the top to more accurately accommodate higher incomes.

Under existing policy, families earning \$70,001 pay the same fees as those making more than \$100,000. The three additional categories will raise fees incrementally to cover families earning \$125,001 or more annually.

Those earning \$85,000 and below will see smaller increases. Furthermore, some lower-income families will pay reduced fees under the new policy.

As always, families with more than one child will receive multiple child reductions, regardless of total family income. This now will become an Army-wide standard 15 percent discount for second and subsequent

Learn More

In person: Find out more about the new Child Care Fee Policy at the USAG Baden-Württemberg town hall meeting in the Patrick Henry Village Pavilion at 6 p.m. Aug. 11.

Online: Check out the local video blog on the new policy at www.youtube.com/BWnow. Download the DOD fee schedule at www.defense.gov/news/d20100730fees2.pdf.

children.

Commanders may authorize additional fee reductions for families with temporary, documented financial hardships. Army Family Covenant fee reductions are in effect, while military parents are deployed.

In addition to Child Development Center fees, The Army's 2010-2011 fee policy covers all Child, Youth and School Services Programs, including: full day, part day, part time, school-age and hourly care, Family Child Care homes, Skies Unlimited instructional programs and youth sports.

Families will receive information about their specific fee changes beginning mid-August through personal contacts at their CYSS location. Additional information will be provided through town hall meetings, social media, radio and television commercials and print materials.

The Army will launch a Web site in late August to provide additional information on its School Year 2010-2011 Child Care Fee Policy.

EXERCISE

continued from page 1

cramped quarters, a constant barrage of demanding deadlines and duties and ever-changing conditions – all of which were designed to help them perform under pressure during Exercise Vigilant Shield 2010.

The one-day exercise tested the garrison's readiness and actual response to a simulated real-world shooting incident similar to the tragic Fort Hood, Texas, incident last November that left 13 dead and 30 wounded.

"This exercise had two purposes," said Dave Simpson, USAG Baden-Württemberg anti-terrorism force protection program manager.

"We have to do an exercise every year to meet certain military regulatory guidance the Army gives us, and the second piece was to explore what our commander saw as an area that needed to be trained in because of recent events like Fort Hood ... and that's why we formulated the exercise around it," he said.

Members of the 529th Military Police Company, U.S. Army Europe Office of the Provost Marshal, Explosive

Ordnance Disposal, the German Red Cross, the USAG Baden-Württemberg Fire-Rescue Department, local German Polizei and the 30th Medical Command all provided support during the training exercise held on Patrick Henry Village.

The first responders and EOC members had to all work together to locate and subdue the shooter, treat the injured, and assist garrison families, residents and employees.

American and host nation responders each took turns reacting to the same scenario to observe each other's procedures.

Sgt. 1st Class JonLantz Elliot, USAREUR Office of the Provost Marshal, was an observer controller during the exercise and says the mixed group of military police responded well together.

"Their performance was excellent," Elliot said. "They performed to standard, if not above standard and it was an excellent test because they didn't get a chance to really practice together. They were thrown together at the last minute, and they responded like they had practiced for weeks and months."

After the exercise was completed, USAG Baden-Württemberg commander Col. William Butcher and garrison members gathered at the post theater to discuss what worked and what didn't work.

Butcher also took a moment to commend all those who participated in the exercise.

"This is so important to our community and to its safety and to its security," he said. "We won't bring our children and our spouses out if we don't feel safe and secure. The way our community feels safe and secure is that it understands that you professionals, you first responders know your business and are willing to put your life on the line for it, and that's what you're doing."

According to Simpson, the garrison is planning to host another similar exercise next year. An Installation Force Protection Exercise is planned for Aug. 23-27 – and this time with officials from the Department of the Army.

"I think it went pretty well," Simpson said. "We had certain goals that we wanted to see, and we went out, performed and got some good informa-



Brandon Spragins

Staff Sgt. Ryan Burns, 720th Explosive Ordnance Disposal, works to disarm a car bomb during Exercise Vigilant Shield 2010 in Heidelberg July 30.

tion back we can use to build better response procedures and build better command and control procedures in our

EOC," he said. "It also gave us a chance to work with our host nation partners, and that in itself is vital."

GERMAN CULTURE

European Capital of Culture

In 2010 Germany's Ruhr region is the European Capital of Culture under the official name of 'RUHR.2010, Essen for the Ruhr'.

Never before has the title been held by an entire region – in this case a conurbation of 53 towns and cities in western Germany near the border with the Netherlands. Hundreds of highlights and events in captivating locations will reveal a surprising new side to the region.

The Ruhr region, Germany's former industrial heartland with its coal mines, coking plants and steelworks, is now a cultural conurbation full of contrasts in the heart of the Europe.

Places associated with hard physical labor have been transformed into recreational attractions where culture thrives, including the UNESCO World Heritage Zollverein coal mine and renaturalised landscapes such as Duisburg-Nord Industrial Landscape Park.

About 1,000 industrial monuments, 200 museums, 100 arts centers, 120 theaters, 100 concert venues, 250 festivals and fairs - with an even longer list during 2010 - give visitors from around the world the chance to experience the European Capital of Culture RUHR.2010 for themselves. The region is now home to 5.3 million people from an incredible 170 countries.

Through Aug. 7 as part of RUHR.2010 European Capital of Culture, renowned contemporary artists from Greece, Turkey and Germany stage their interpretation of Prometheus at the Zollverein World Heritage Site in Essen.

Also 60 kilometers of Europe's busiest motorway – the A40/B1 – have been transformed into a stage for different cultures, nations and generations. Residents of and visitors to the Ruhr Metropolis celebrate a unique festival of everyday life and culture on the region's main traffic artery.

The world's longest table with 20,000 tables over a 60-kilometer route represents a meeting place for different cultures, generations and nations – all part of the European Capital of Culture RUHR.2010. The entire section of the motorway is blocked for traffic but open to visitors in both directions. The project, which has been planned by the organizers of the European Capital of Culture RUHR.2010, is truly one for the record books.

Through Sept. 5, Emscher Island will play host to 20 installations and interventions by 40 internationally renowned artists including Monica Bonvicini, Mark Dion, Ayse Erkmen, Jeppe Hein, Olaf Nicolai and Rita McBride. The exhibition, which is outdoors and free and open to the public for 100 days, is called EMSCHERKUNST.2010 (EMSCHERART.2010), though its name could just as well be "beauty at second glance."

Find out more about events and activities happening as Germany celebrates the Ruhr region's honor as the 2010 European Capital of Culture. at www.essen-fuer-das-ruhrgebiet.ruhr2010.de/en/home.html.

SOURCE: www.cometogermany.com, www.essen-fuer-das-ruhrgebiet.ruhr2010.de



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

Dear Ms. Vicki,

I wanted to write you concerning my feelings toward my boyfriend's deployment.

I have been dating my boyfriend for five years now, and we recently moved where neither one of us knows anyone.

We found out I was pregnant approximately two weeks before he was deployed, and he is not scheduled to come home until three days before my due date, so there is a chance that he will not be home for the birth of our baby.

We are at the point now where he is saying he is ending our relationship.

He feels as though I have been complaining about various issues since he's been deployed.

I feel that I have been alone throughout my pregnancy, taking care of the entire household as well as his personal business, maintaining a 4.0 in the master's program.

I'm going to possibly have the baby alone and then will have to move out of the house with a newborn. The house is in his name only.

I feel as though I am bringing a baby into the world under horrible circumstances, and I don't know what to do.

I left a job in one state to move to another state to be with a man that I loved and start a future together

only to live in the house by myself while pregnant to have to move not long after the baby is born.

We haven't even lived in the house together because we moved in the house not long after he was deployed.

I pretty much lived in the house this first year by myself and pregnant.

I am wondering if his feelings and frustration are out of him being deployed and away while I'm pregnant and being jealous of me being home and him not being able to enjoy the house what he is working hard for.

It seems that everything that we were working on to have a future together is falling apart.

I appreciate any advice that you can give.

From: Overwhelmed

Dear Overwhelmed,

While reading your letter I could clue in to many stressors that you are experiencing.

The first one is you fell in love.

You moved to a new place and moved in with your boyfriend, you've been working on your graduate degree, taking care of the household alone, you're pregnant and experiencing many hormonal changes, and your boyfriend is deployed. Whew.

Deployments are stressful for everyone. The service member and his loved ones experience a wide array of emotions that are all normal.

I know many spouses, girlfriends and fiancé's who have given birth alone, moved alone, and spent many holidays alone.

I know it doesn't sound fair, and you are surely saying you didn't ask for all of this.

However, it is a fact when you are involved with a service member in today's military.

To your credit, it sounds like you have many positive things going on in your life, too.

Even though you moved to be with your boyfriend you have continued to pursue higher education.

Your boyfriend is surely experiencing many different emotions too.

My first suggestions is to avoid conversations that my cause escalation while he is deployed.

There's not much that can be done right now.

When he returns, I suggest the both of you give careful consideration to some couples counseling. This will help you both individually and as a couple, specifically if you plan to be married.

With that said, you report that you left your job and moved from your state to be with him.

You also report the home is in his name only.

This raises a red flag for me, because I hope you have not placed yourself in a situation where he could seriously take advantage of you financially.

Is he supporting you financially? As they say, hind sight is 20-20 and what's done is done now.

However, you deserve marriage and financial security. When he returns he could easily say he doesn't want to be with you anymore.

I really hope he doesn't, but I have to be honest, I've see it done many times before.

Continue to finish graduate school and continue to "stack the cards" in your favor. I would regret knowing that you are bereft of resources and finances with a new baby.

You both deserve the best. Keep in touch with me, and let me know how you are doing.

Ms. Vicki's Online Talk Show

Don't get enough Ms. Vicki in the Herald Post? Now you can tune in for her Internet radio show at www.blogtalkradio.com/dearmsvicki to hear her talk about teen dating violence, helping military children have a smooth transition, relationships and more. You can also visit her online at www.dearmsvicki.com.

Back to school for less with Army and Air Force Exchange Service

AAFES Public Affairs

With school just around the corner, many states are beginning to promote their "Back to School Sales Tax Holidays," which features tax-free shopping for specified items.

Fortunately, for students in military families, the same items found at local Army and Air Force Exchange Service stores are free of sales tax every day. So how do local exchanges maintain this benefit during "tax holidays?"

With an additional automatic reduction of up to eight percent on all specified back to school items,

of course.

"AAFES already has the no tax policy, so to give military shoppers added value we take an additional percentage off back to school items," said AAFES Acting Chief of Staff Col. Ada Conlan. "This time of year provides an excellent opportunity to emphasize that every day is a 'sales tax holiday' at the exchange."

While select states participate in "Back to School Sales Tax Holidays" from July through November, a total of 15 exchanges will offer 4.25 to 8 percent off all qualifying products.

As a value-added service, all retail facilities in

participating states will match the percentage discount for those specified categories up to 8 percent throughout the duration of the "sales tax holiday." A list of 'sales tax holiday' states, along with effective dates, is located at www.taxadmin.org/fta/rate/sales_holiday.html.

In today's economy saving money is key.

AAFES strives to give military families the lowest cost possible on goods and services, according to Conlan.

These additional savings will help parents get everything their child needs without creating a hole in their wallet.

GET OUT!

area events

More events online at <http://myBWNing.com>

August 5

Summer Fest in Stuttgart - Through Aug. 8, enjoy an elegant city party around the palace court and Eckensee. Music is presented on various stages. About 30 caterers offer culinary delights and beverages from wine to exotic cocktails. www.stuttgarter-sommerfest.de.

August 6

Weinheim Festival - Through Aug. 9 the Weinheimer Altstadt Kerwe invites you for days of fun and entertainment for all age groups. Rides, food booths and live entertainment are offered around the Market Place, the castle and the so called Gerberviertel. Saturday, the night of the 1,000 candle lights is taking place in the castle park. But you will find places all over the city of Weinheim where things are happening - especially for the children. www.weinheim.de.

Onion Festival - Head to Esslingen am Neckar's Market Square through Aug. 16 for a superb festival with wine and Swabian delicacies. The name "onion festival" is based on a saga whereupon in the Middle Ages a market-woman chased the devil out of town by means of an onion. www.esslingen-zwiebelfest.de.

15th Germanic Festival - Travel to Zell im Wiesental for this historic folklore festival with procession and Germanic contests to watch and take part in. Germanic feast, old handicrafts, children's competitions, dancing also take place. Dance around the camp-fire draped in skins, roast pigs, drink mead and turn back the wheel of time for more than 1,000 years. Friday from 8 p.m., Saturday from 6 p.m., and Sunday 11 a.m.-10 p.m. in the district of Mambach.

August 7

Evelin's Wellness Paradise - Evelin's Wellness Paradise in Bingen - Rüdeshheim offers a special two-hour package of USO customer spa favorites for €86. There will also be time to visit the beautiful Rhine River, explore a Tiffany glass factory, shop for gifts and eat lunch. <http://affiliates.uso.org/rheinneckar>.

Beat The Heat Party - Cool off and relax at the Heidelberg Warrior Zone on Patton Barracks in Bldg. 104 during the "Beat the Heat Party" at 7 p.m. Splash around in the pool and dunk booth while you enjoy free barbecue and music. Get there early and enter contests to win cool prizes. DSN 373-5194.

Mark Twain Tour - Follow in the footsteps of the famous writer Mark Twain with a tour through Heidelberg's Old Town at 3 p.m. at the Lion Fountain on University Square located on the Grabengasse near the Hauptstrasse. Buses go

directly there (look for University Square or "Universitätsplatz") from Bismarckplatz or from the main train station. The Lion Fountain is right there as you step off of the bus at Universitätsplatz. Cost is €7 for adults and €5 for students. The price covers a ticket for the two-hour guided tour in English. A €3 per person fee covers admission to the Student Prison and the Alte Aula. No reservations are required. Civ. 06221-436880 c.m.frey@gmx.de.

Art Exhibition - There will be a Tine Klein art exhibition followed by a meet and greet with the artist at 7 p.m. at the Heidelberg Arts and Cultural Center art gallery in Bldg. 4507 on Patrick Henry Village. The exhibition is titled "And Suddenly An Alien," and runs through Sept. 17. DSN 388-9418.

Weinheim Tour and Festival - Travel by streetcar for a day of shopping, sightseeing, and exploring in this romantic city. The city festival is also going on and features plenty of children's rides, music and tasty food to eat. <http://affiliates.uso.org/rheinneckar>.

Strasbourg - Strasbourg is home of the European Parliament and the capital of the Alsace region. Begin your day with a city tour and finish with some free time to explore on your own, enjoy one of the regional dishes or shop. <http://affiliates.uso.org/rheinneckar>.

Disneyland Express - Join Heidelberg Outdoor Recreation for a day in Paris. www.mwrgermany.com.

August 12

Croatia Adventure - Experience the Mediterranean and escape to Croatia with Better Opportunities for Single Soldiers. Cost is €329 for lodging, transportation and breakfast. Stay in the beautiful Hotel Admiral in the city of Opatija. Contact your local unit BOSS representative to sign-up.

London Adventure - Enjoy three nights in London - one of the world's most interesting and versatile cities. If you're a shopper, a theater goer, a museum enthusiast, history buff or lover of all types of cuisine, London is the place for you. <http://affiliates.uso.org/kaiserslautern>.

August 14

Hip-Hop Party - Disc Jockey Rainbow spins your favorite Euro techno and hip hop dance hits starting at 9 p.m. - until at Legends community club in Bldg. 4506 on Patrick Henry Village in Heidelberg.

Mosel Dinner and Wine Tasting - This popular tour starts in the picturesque village of Bernkastel-Kues. Here you'll discover medieval half-timbered houses surrounded by vineyards and dominated by the mighty 13th century castle Landshut. After a city tour, you'll have time for shopping, exploring, and a light snack. You'll also pay a visit to a family-owned Weingut and

enjoy a traditional German meal and tour of the vineyards. <http://affiliates.uso.org/kaiserslautern>.

Cooking Class - There will be a cooking class at the Mannheim USO at 1 p.m. Let chef Shanel Williams help you whip up a delicious entree featuring salmon, potatoes and hollandaise sauce. Sign up available at the USO.

August 15

Player's Choice Bingo - Choose the game you want to be played 3-6 p.m. at the Kazabra Club, Bldg. 2057 on Vogelweh housing. You'll also have the chance to win over \$10,000 in cash with four guaranteed \$1,000 games. Doors open at 1 p.m. and free buffet at 2 p.m. DSN 489-7261, civ. 0631-536-7261.

August 18

Auditions - Kaiserslautern Military Community Onstage in Bldg. 3232 on Kleber Kaserne in Kaiserslautern will hold auditions for an evening of one-act plays by American playwright Horton Foote at 7 p.m. Auditions are open to ages 16 and up and audition material will be provided. Dinner theater performances will be Sept. 24-25 and Oct. 1-2. DSN 483-6626, civ. 0631-411-6626 or visit KMC Onstage.

Family Barbecue - Tasty barbecue and plenty of fun and entertainment for the entire family 12:30-6:30 p.m. at Landstuhl Community Club, Bldg. 3780. Tickets: DSN 486-7244, civ. 06371-86-7244.

Cheap Eats - Learn how to cook great food quickly and on a budget with BOSS Cheap Eats. Football season is right around the corner. Create delicious finger foods perfect for a pre-game party and halftime break. Join Heidelberg BOSS at the Warrior Zone on Patton Barracks at 6 p.m. for this free event. Open to all Soldiers and their guests ages 18 and over and family readiness group members. www.mwrgermany.com.

August 20

Swiss Alps Adventure - Enjoy a weekend in the Swiss Alps with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Karaoke Partner Singing Contest - Show off your best singing and acting skills 11 p.m. at Armstrong's Club, Bldg. 1036, Vogelweh Housing. Prizes will be awarded for first, second and third place. DSN 489-6000, civ. 0631-536-6000.

August 21

Deep Sea Fishing - Spend the day deep sea fishing with Army Outdoor Recreation. www.mwrgermany.com.

coming to THEATERS

GET HIM TO THE GREEK



(Jonah Hill, Russell Brand) An ambitious intern at a record company, Aaron Green gets what looks like an easy assignment: Escort British rock legend Aldous Snow to L.A.'s Greek Theatre for the first stop on a lucrative anniversary-concert tour. Snow, however, has different plans. Learning his true love is in California, the rocker vows to win her back before starting the tour, forcing Aaron to pull out all the stops to get Snow onstage in time. Rated R (strong sexual content and drug use throughout, and pervasive language) 109 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

Aug. 5 - SALT (PG-13) 7 p.m.
 Aug. 6 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 2 p.m., 7 p.m.; GET HIM TO THE GREEK (R) 9 p.m.
 Aug. 7 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 4 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.; GET HIM TO THE GREEK (R) 9:30 p.m.
 Aug. 8 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 4 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.;
 Aug. 9 - GET HIM TO THE GREEK (R) 7 p.m.
 Aug. 10 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 7 p.m.;
 Aug. 11 - MARMADUKE (PG) 7 p.m.
 Aug. 12 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.

Mannheim, Schuh

Theater under construction until further notice.

Vogelweh, Galaxy

Aug. 6 - MARMADUKE (PG) 3 p.m.; GET HIM TO THE GREEK (R) 7 p.m.
 Aug. 7 - RAMONA AND BEEZUS (G) 3 p.m.; SALT (PG-13) 7 p.m.
 Aug. 8 - RAMONA AND BEEZUS (G) 3 p.m.; SALT (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

Aug. 5 - SHREK FOREVER AFTER (PG) 11:30 a.m., 2:15 p.m., 4:25 p.m., 7:40 p.m.; LETTERS TO JULIET (PG) noon, 2:30 p.m., 5 p.m., 7:30 p.m.; SEX AND THE CITY 2 (R) 11 a.m., 3 p.m., 6:15 p.m.
 Aug. 6 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:30 a.m., 2:15 p.m., 4:30 p.m., 7:15 p.m., 9:30 p.m.; MARMADUKE (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 2 p.m., 5 p.m., 7 p.m.
 Aug. 7 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:30 a.m., 2:15 p.m., 4:30 p.m., 7:15 p.m., 9:30 p.m.; MARMADUKE (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 2 p.m., 5 p.m., 7 p.m.
 Aug. 8 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:30 a.m., 2:15 p.m., 4:30 p.m., 7:15 p.m.; MARMADUKE (PG) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 2 p.m., 5 p.m., 7 p.m.
 Aug. 9 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:45 a.m., 2:15 p.m., 4:20 p.m., 6:45 p.m., MARMADUKE (PG) 11:30 a.m., 2:45 p.m., 5 p.m., 7:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11:15 a.m., 2 p.m., 4:35 p.m., 7 p.m.
 Aug. 10 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:30 a.m., 2:45 p.m., 5 p.m., 7:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11:15 a.m., 2 p.m., 4:35 p.m., 7 p.m.,
 Aug. 11 - CATS & DOGS: THE REVENGE OF KITTY GALORE (PG) 11:45 a.m., 2:15 p.m., 4:20 p.m., 6:45 p.m.; MARMADUKE (PG) 11:30 a.m., 2:45 p.m., 5 p.m., 7:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.
 Aug. 12 - MARMADUKE (PG) 11:30 a.m., 2:45 p.m., 5 p.m., 7:15 p.m.; GET HIM TO THE GREEK (R) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11:15 a.m., 2 p.m., 4:35 p.m., 7 p.m.

THEATER INFORMATION

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

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

community HIGHLIGHTS

Education Center Operating Hours

There will be a temporary change in operating hours for the Army Education Centers in Heidelberg, Kaiserslautern and Mannheim military communities now through September. The temporary hours will be 7:30 a.m. - 4:30 p.m. Monday-Thursday. The centers will be closed on Fridays and on federal and USAREUR training holidays. Customers can contact their local Army education center for details.

AFN Adult Programming

AFN is giving viewers more late night programming choices with the debut of its new mature-theme TV shows Aug. 7. The eight new programs, Treme, True Blood, Big Love, Bored to Death, Curb Your Enthusiasm, Eastbound and Down, Entourage and Hung will air between 11 p.m. and 2 a.m. Central European Time Saturday and Sunday nights on AFN|spectrum. www.afneurope.net.

National Immunization Month

August is National Immunization Month, and Army health care officials are urging beneficiaries to learn more about vaccinations. Keeping immunization records up-to-date provides protection and simplifies the vaccination process when you visit your health care provider. For more information contact your Army health clinic or visit www.cdc.gov.

Slooze Olympics

The chaplain's office will host the Slooze Olympics and a barbecue 12:30 p.m. Aug. 6 at the Patrick Henry Village Park in Heidelberg for children in kindergarten-sixth grade. To register your child for Slooze Olympics, stop by the library, Java Café, commissary, chapel or e-mail james.comeliussen@us.army.mil.

UMUC Europe Celebrates 60 Years

University of Maryland University College Europe is celebrating 60 years of providing educational opportunities for the U.S. military overseas. The university is hosting anniversary parties Aug. 6 at all UMUC Europe locations across Europe. www.ed.umuc.edu/celebrate60.

UMUC Fall Registration

University of Maryland University College Europe registration for on-site courses is available until Aug. 22 and classes begin Aug. 23. Registration for Europe distance education courses is now through Aug. 29 and classes start Aug. 30. DSN 314-370-6762, civ. 06221-3780. www.ed.umuc.edu.

local EMPLOYMENT

Patton Barracks Education Center

Patton Barracks Education Center is hiring for sub positions in Facility-Administration, Administrative Assistant, testing examiner and Army Learning Center. DSN:373-6226, civ. 06221-17-6176.

Photographer wanted

Mannheim Family and Morale, Welfare and Recreation is looking for a contract photographer to provide: photography instruction, full photo service, portrait, passport and family photos, on location group and military unit photos for the Family and MWR Arts and Craft Center. Position does not carry ID card benefits. Deadline is Aug. 9. aloma.davis@eur.army.mil.

KAISERSLAUTERN Education

♦ **Instructor Training Course** - If you would like to improve your presentation and teaching skills, the instructor training course will be offered 8 a.m. - noon Aug. 9. This course is mandatory for volunteers wanting to teach Army Community Service classes. The course is open to Soldiers, dependents and DOD civilians. DSN 493-4357, civ. 0631-3406-4357

♦ **Smooth Move Class** - Smooth Move classes are now offered twice a month. This class contains vital information on ACS readiness services, transportation, housing, finance, transportation claims and several helpful Web sites. Designed for service members, civilians and families re-entering the United States from overseas. DSN 493-4064, civ. 0631-3406-4064.

Community

♦ **Clinic Closure** - The U.S. Army Health Clinic-Kaiserslautern on Kleber Kaserne will be closed on Aug. 13 for a training holiday. The clinic will reopen Aug. 16 for normal business hours.

♦ **Quilt Guild Class** - The Rheinland Pfalz Quilt Guild will host a class on Baltimore Album Series #2 with Shirley Herzer at Ramstein North Chapel noon-3 p.m. Aug. 19. Meetings are held 9:30 a.m. on the third Thursday of each month in the Ramstein North Chapel. Night meetings are 6 p.m. the fourth Thursday of each month in the KLSA building on Pulaski Barracks. info@rpgg.eu.

♦ **Medical Appointments** - If you can't make your scheduled appointment, call the U.S. Army Health Clinic-Kaiserslautern to reschedule at DSN 483-1750, civ. 0631-411-1750. You can also use these numbers to schedule an initial appointment or visit kleber.clinic@amedd.army.mil, www.tricareonline.com.

♦ **SKIES Unlimited** - SKIES Unlimited is now offering "ABC Music and Me." This program is open for children enrolled in a child care or pre-kindergarten program and is based on early language and literacy development through music and story time. DSN 493-4516, civ. 0631-3406-4516.

♦ **Paws and Pals** - The Paws and Pals program helps children improve their literacy skills by teaming up with a dog to read books. The program is offered at 3:30 p.m. every third Tuesday of the month at the Kaiserslautern Main Library on Landstuhl, Bldg. 3810. DSN 486-7322, Civ. 06371-86-7322.

HEIDELBERG Education

♦ **ACS Classes** - Families Learning about Germany (FLAG), 9 a.m. - 2

p.m. Aug. 9-11; Field Trip, 8:30 a.m. Aug. 14; Time Management and Goal Setting, 1-3 p.m. Aug. 10; Hot Monogamy, 1-3 p.m. Aug. 12; Community Orientation Briefing, 12-3 p.m. every Monday; Re-integration Briefing, 9 a.m. every Tuesday and EFMP Teen Social, 7-9 p.m. first Friday of the month at the PHV Panther's Place. www.mwrgermany.com/hd/acs.

♦ **German Classes** - German 1 and 2 daytime classes will be offered 9-11:30 a.m. Monday, Tuesday, Wednesday and Friday Aug. 9-Sept. 17 and Sept. 27-Oct. 15. German evening classes levels 1 and 2 will be held at 5:45-7:30 p.m. on Tuesdays and Thursdays and level 4 on the same evenings from 7:30-9:15 p.m.; Level 3 classes are 7:30-9:15 p.m. on Monday and Wednesday. Registration: info@Germanatpatton.com. DSN 373-6226, civ. 06221-176226.

♦ **School Orientation** - Heidelberg Middle School will host a school orientation for families of students in grades six through eight who are new to the Heidelberg area at 10:30 a.m. Aug. 27 in the school's multipurpose room. DSN 388-9310.

Community

♦ **CPAC Closure** - The Heidelberg Civilian Personnel Advisory Center will be closed Aug. 6 for organizational day. For emergency situations: DSN 370-8514, civ. 06221-57-8514.

♦ **Volkmarches** - The Heidelberg International Wandering Club is registered for volkmarches Aug. 7-8 in Biffingen, Kaiserslautern-Moelschbach and Heuholz (Sunday only) The next meeting will be Aug. 9 at the SG Gasthaus in Oftersheim. Sign up available now for trips to Gelnhausen in Sept and Poland in Oct. www.hiwc.de, hiwc@yahoo.com.

♦ **Town Hall Meeting** - The garrison will host a town hall meeting at 6 p.m. Aug. 11 in the Patrick Henry Village Pavilion. Community members are invited to learn about the new U.S. Army Europe housing policy and the new DOD Child Care Fee Policy, find out about upcoming community events, and address questions and concerns with the garrison command group.

♦ **OJA/OSJA Organization Day** - The USAREUR OJA and V Corps OSJA will conduct Organization Day activities Aug. 12. Legal services will be limited on that day.

♦ **Anti-Terrorism Training** - There will be Anti-terrorism Level I training at the Patrick Henry Village Theater 1:30-2:30 p.m. Aug. 12 and 19. Training can be taken online at: <https://atlevel1.dtic.mil/at>. DSN 373-7420.

♦ **TRICARE Closure** - The TRICARE Service Center in the Heidelberg Health Center on Nachrichten Kaserne will be closed Aug. 13 for administrative purposes. In case of

an emergency, patients should call DSN 371-2605, civ. 06221-172-605 or contact military police. The center will reopen at 8 a.m. Aug. 16.

♦ **Shuttle Bus Schedule** - The Heidelberg shuttle bus schedule has temporarily changed through Aug. 16. Please note the time schedules posted at each shuttle bus stop for the schedule.

♦ **Dental Clinic** - The Heidelberg Health Center dental clinic will be open Aug. 13 for all service members and qualified beneficiaries in the Heidelberg and Mannheim area and Th PHV dental clinic will be open Aug. 16 for all service members and qualified beneficiaries in the Heidelberg and Mannheim area.

♦ **Cloth Diaper Group Meeting** - Parents who use cloth diapers or are interested in learning about them are invited to the cloth diapering group meeting 10 a.m.-noon Aug. 19 in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. <http://myBWnow.ning.com/group/clothdiaperers>.

♦ **C.A.R.E. Fair** - Army Community Service is hosting a Community Activities Registration and Education Fair 10 a.m.-2 p.m. Aug. 28 at the PHV Pavilion. There will be live performances, music, food and more. DSN 370-6883.

♦ **Free Wireless Internet** - The library now offers free wireless Internet for computer users. No password required. DSN 370-1740.

MANNHEIM Education

♦ **Testing Services** - Electronic testing services are available through Central Texas College at the National Testing Center on Coleman Barracks. The center offers College Level Examination Program testing and DANTES subject standardized tests. Both are free for military service members and exams are offered electronically with immediate score results. Professional certification exams are also available. www.europe.ctcd.edu.

♦ **UMUC Europe Celebration** - The University of Maryland University College will celebrate 60 years overseas at noon Aug. 6 in the USO ballroom on Sullivan Barracks Bldg. 254. Free T-shirts, giveaways, food and drinks. This event is open to the entire community.

Community

♦ **German Police Station** - The German Police Station within the Military Police Station has been down-sized. Police Officer Hans Schmidt will be available Monday-Friday 8 a.m.-1 p.m. He can be reached at DSN 385-2550, civ. 0621-738616. For German police assistance during afternoon duty hours contact Schmidt at the Mannheim-Vogelstang station at civ. 0621-1289788. The station is located

on Geraer Ring 6, 68309 Mannheim. For assistance after regular duty hours contact the Mannheim-Käfertal station at civ. 0621-718490. In case of an emergency, dial 110.

♦ **Library Activities** - The Mannheim Sullivan Library offers the following activities for the month of August: scrapbook club noon-3 p.m. Aug. 14 and 28; free movie viewing 4-5:30 p.m. Aug. 14 and 28. DSN 380-1740, civ. 0621-730-1740.

♦ **Wellness Expo** - There will be a wellness expo noon-5 p.m. Aug. 18-20 at the School Age Center Bldg. 737, Benjamin Franklin Village. SAC children will share their projects and the information they've learned throughout the summer. DSN 380-4321, civ. 0621 730-4321.

♦ **Blood Drive** - The Health Clinic is sponsoring an Armed Services Blood Program community blood drive 9 a.m.-2 p.m. Aug. 20 at the Sullivan Barracks Fitness Center. Walk-ins are welcome or for appointments visit www.militarydonor.com and click on "Donate Blood" and "Landstuhl, Germany."

♦ **Parent Advisory Council** - School Age Center parents are invited to attend the Child and Youth Services quarterly Parent Advisory Council meeting 11:30 a.m.-1 p.m. Aug. 24 at the Youth Center, Bldg. 696, Benjamin Franklin Village. DSN 380-4321, civ. 0621 730-4321.

♦ **Postal Renovations** - Renovations on CMR 437 will run through Sept. 17. CMR 437 will relocate to Bldg. 804 on Funari Barracks for package pick-up. The BFV Army Post Office will relocate to Postal Service Center Sullivan located at Bldg. 241B, Aug. 22.

♦ **Voting Assistance Officers** - Mannheim's voting assistance representatives are Marcia Sierra-Williams and Elyonne Klink. Flyers, voting assistance guides and absentee ballot request forms are available. Unit representatives are encouraged to stop by to pick up these materials at Bldg. 238, Sullivan Barracks, first floor. DSN 385-2774.

♦ **Voting Materials** - Beginning in Sept. through Oct. 25. Mannheim Postal Service Centers will allow U.S. non-military post office privileged patrons the ability to mail election materials at the Benjamin Franklin Village entrance gate by the POND guard station near the PX.

♦ **Road Construction** - Construction has started for Waldstrassenbrücke, the bridge over the railroad next to the Bauhaus store on the main route from Benjamin Franklin Village to Coleman Barracks. Completion date is November 2011. Traffic lanes will be cut back to one for each direction and occasional complete, short-term closures will occur. Anticipate traffic jams.

19 year old wins Heidelberg Open

By Rex Gribble
HEIDELBERG GOLF CLUB

A 19-year-old German golfer, Nikolaj Strätz, won the annual three-day Heidelberg Open golf tourney this weekend over a field of 144 golfers.

Strätz fired 13 birdies and an eagle over the 54-hole event to win by five strokes Sunday with a 210 total. His 66 on the second day was possibly the best round in the tourney's 29-year history.

Air Force golfer Jason Perry, who won the tourney in 2008 and 2009, shot a 68 Sunday for a 215 total to beat John Marshall of Rheinblick for second place by a single stroke.

Eighteen-year-old Heidelberg golfer Martin Mahler won the B flight with a 226 total over Eric Strauss.

Another young Heidelberg golfer, Joshua Woodfox, won the Long Drive contest over Tafuna Oney, who won the Army's Long Drive contest for Europe last year. Woodfox also teamed with Jason Perry to win the two-man putting contest.



Nikolaj Strätz, a 19-year-old regular at the Heidelberg Golf Club in Oftersheim, won the annual three-day Heidelberg Open held over the weekend.

Club Manager Ed Galvan at the awards ceremony following play Sunday handed out prizes for the top six in each flight plus a multitude of prizes from the club and sponsors.

The overall field was divided into eight flights of 18 golfers each.

Club official Lamar Porter

presented bouquets to the seven ladies who played in the open, all from the men's tees.

Winners of the other flights were: Flight C, Joe Ferrall with a 245 total; Flight D, John Kilburn (245); Flight E, James Long (254); Flight F, Karl-Heinz Karg (251); Flight G, Adrian Schager (257); Flight H, Andre Remaut (256).

Using foot shape for running shoes is 'sports myth'

By Lyn Kukral
U.S. ARMY PUBLIC HEALTH COMMAND (PROVISIONAL) PUBLIC AFFAIRS

If you want to minimize your chance of injury while running, you choose a shoe based on your foot shape, right?

Wrong.

Results of three military studies showed that prescribing shoes based on foot shape made no difference in the rate at which injuries occurred in Army, Marine and Air Force basic trainees, who spend quite a bit of time running. That's "no" as in none, sports fans.

"We found no scientific basis for choosing running shoes based on foot type," said Bruce Jones, M.D., injury prevention program manager at U.S. Army Public Health Command (Provisional), Aberdeen Proving Ground, Md. "Our findings have surprised not just military decision-makers, many of whom run to stay fit, but runners in general."

Popular running and sports medicine literature recommends that people with high arches should choose cushioning shoes, those with normal arches should choose stability shoes, and those with flat feet should choose motion-control shoes, Jones explained.

The literature says such shoes will compensate for the way these foot types strike the ground during running and lessen injuries to the legs and feet.

"This seemed to many of us to make sense," said Jones, a long-distance runner for many years. "But when we looked at it in multiple, scientific studies, it turned out to be a sports myth."

Jones and his colleagues were asked by the Department of Defense to test whether basic trainees suffered fewer injuries if shoes were matched to foot type in the way the literature suggested.

Overall, USAPHC injury experts led by Dr. Joseph

Knapik looked at more than 9,000 pair of feet, manually measuring arch height as well as taking foot imprints.

In the most recent study of Marine recruits, 1,400 men and women were divided into two groups at random, with one group receiving shoes matched to their foot types and the other group (the control group) receiving stability shoes.

Like their Army and Air Force counterparts from two previous studies, the recruits with shoes prescribed according to foot type experienced the same rate of injuries as those in the control group, regardless of other demographics like age, sex, race and smoking habits (other USAPHC studies have linked smoking to higher injury rates in basic training).

The military services are keenly interested in preventing injuries from running, and for good reason.

"Injuries are the leading health problem in the U.S. military, resulting in about two million visits to medical treatment facilities a year," Jones said. "Of those, more than 50 percent are lower-extremity injuries caused by weight-bearing training, and the biggest culprit is running."

In addition to the pain and disruption the service member suffers, such injuries mean duty time lost to recovery, which in turn affects unit readiness.

Some medical experts argue static foot morphology (what Jones and colleagues looked at in their studies) is less predictive of injuries than studying the foot in motion, but so far that theory has not been put to the scientific test.

In the meantime, what's a runner to do?

"You can't simply look at foot type as a basis for choosing running shoes if you want to prevent injuries," Jones advised. "You should choose a shoe that you like and that feels comfortable."

In other words, if the shoe fits, comfortably – wear it.

staying ACTIVE

Get-Fitastic Day

Kaiserslautern Sports and Fitness is offering free 30-minute fitness orientation sessions 9 a.m.-3 p.m. Aug. 6 at Landstuhl Fitness Center, Bldg. 3780. Patrons will receive a free fitness consultation and goal setting consultation and a 30-minute exercise orientation class on how to properly use the facility's fitness equipment. DSN 486-7172, civ. 06371-86-7172.

Sports Physicals

Mannheim - The Mannheim Army Health Clinic will offer sport and school physicals for Child, Youth and School Services and the upcoming school year 8-11:30 a.m., 1-4 p.m. and 6-8 p.m., Aug. 12. Bring complete shot records and the CYS Sport Physical Form to your appointment. DSN 371-2622, civ. 0800-914-6133.

Landstuhl - The Landstuhl Regional Medical Center Department of Pediatrics will offer sports physicals by appointment only 8 a.m. to 3 p.m. Aug. 16 in the LRMC Heaton Auditorium. Physicals will be provided for children ages 5 to 18. Call DSN 486-5300, civ. 06371-86-5762 for an appointment.

Prenatal Yoga Class

The Landstuhl Fitness Center now offers two new prenatal yoga classes taught by a certified instructor. The Landstuhl Fitness Center is located on Landstuhl Post, Bldg. 3720. DSN 486-7172, civ. 06371-86-7172.

Army-Europe Unit-Level Softball

Kaiserslautern Sports and Fitness is looking for active-duty Soldiers to sign up now for the unit level softball championships 11:30 a.m. Aug. 12-15 at the Kaiserslautern Army Depot. Each garrison will be authorized two teams if six or more teams participate. Register by Aug. 7. Coaches meeting 9 a.m. Aug. 12 at Kleber Fitness Center, Bldg. 3235. DSN 475-7576.

Youth Sports Camp

The German American Friendship youth sports camp will have basketball and soccer workshops, a Ballschule Dino Tour, fitness passport competition, barbecue party, healthy snacks, fun park, awards and prizes for children ages 3 to 15 9-5:30 p.m. Aug. 13 at Wood's Field on Benjamin Franklin Village in Mannheim. DSN 385-3314, civ. 0621-730-3314. www.mwrgermany.com.

Summer Soccer Camp

Registration is open for a summer soccer camp 9 a.m.-2 p.m. Aug. 16-20 on Landstuhl. There are three levels of play; beginning ages 5-12, intermediate ages 5-12 and advanced ages 12-16. Camps are co-ed. Each child receives a free soccer uniform, ball and water bottle. Call Parent Central Services for details. DSN 493-4516, Civ. 0631-3406-4516.

Strongman Competition

Registration is open now for the Kaiserslautern strongman competition. Deadline is Aug. 20. The competition begins at 10 a.m. Aug. 21 at the Kaiserslautern Army Depot. Awards for first and second place. DSN 493-2088, civ. 0631-3406-2088.

Breast Cancer Awareness Golf Tourney

The Heidelberg Women's Golf Association's Rally for Breast Cancer Awareness event is seeking volunteers for this year's golf tournament event Aug. 28 at the Heidelberg Golf Course in Oftersheim. Training will be provided. www.rallyforthebreastcancer.com. Click on the volunteer link or e-mail qmstr1@googlemail.com.

Try Before You Buy

Test out a wide selection of bowling balls with interchangeable grips at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village noon-5 p.m. Aug. 21 courtesy of Turbo 2-n-1 Grips. Cost is \$10. DSN 388-9040.