

HeraldPOST

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

Housing options expand for accompanied Soldiers

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

For accompanied Soldiers relocating to or currently living in the U.S. Army Garrison Baden-Württemberg footprint, you and your family can expect to see a few changes when it comes to your on- and off-post housing options.

Earlier this year U.S. Army Europe officials signed a revised Army Family Housing Policy for accompanied Soldiers, which now allows Soldiers sergeant first class and above to have the option to voluntarily live off post. The change is designed to help allocate more available on-post housing to Soldiers staff

sergeant and below and their families.

Sgt. Maj. Andrew Lonning is the sergeant major for the office of the deputy of engineering, USAREUR, and he's one of the many senior-enlisted Soldiers desiring to move off-post.

Lonning and his family relocated from Kaiserslautern about a year and a half ago, and they currently live on Patrick Henry Village in Heidelberg. Lonning has already submitted his request and received approval to move off post.

He says the main reasons he wanted to move off post was because of problems he says he's experienced with overcrowding and quality of life issues such as maintenance in and around the housing areas.

"I think the change in the policy is a good one, especially for non-enduring installations. I believe that giving people the opportunity to live off post frees up some of the better housing for those required to live on post."

-Gary Elmore, Housing Division chief

"Patrick Henry Village, Campbell Barracks, Mark Twain Village, they're busting at the seams ... there is no more room," Lonning said.

see HOUSING page 12



Kids enjoy a ride during Mannheim's Day Just For Kids, part of the German-American Volksfest July 8. German and American children alike came to do arts and crafts, ride the bumper cars and other rides for free, and enjoy one-on-one time with volunteers. The German police brought horses, the German firefighters brought their truck, and Army Community Service provided T-shirts and goodie bags for the kids.

HP THURSDAY
July 15, 2010

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VA EASES CLAIMS PROCESS

The Veterans Affairs Department will publish a final regulation intended to ease the claims process and improve access to health care for veterans with post-traumatic stress disorder, VA officials announced. The new rule, to be published in the Federal Register, will relax the evidence requirement if the PTSD stressor claimed by a veteran is linked to "fear of hostile military or terrorist activity and is consistent with the places, types and circumstances of the veteran's service," a VA news release said.

SAVE AWARD

President Barack Obama wants federal employees to submit their ideas for eliminating government waste and saving American taxpayers' money as part of the 2010 SAVE Award program. The deadline for submissions is July 22. Civil servants interested in submitting their ideas should go to <http://SAVEAward.gov>.

Army news: www.army.mil
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COMMENTARY

Cloth diapers: Better for baby, the environment and your bank account

By Kelli Bland
WORKING MOM

Not long after I found out I was pregnant with my daughter, I started to think about all the things I needed to make our home safe and comfortable before her January arrival.

I realized the small rubbish container (only emptied every other week) for all four families in our off-post apartment building simply wasn't going to hold all those diapers. I knew my neighbors wouldn't be too pleased if I added 110-140 diapers to the mix for each trash pick-up, and it disturbed me to think about that many diapers being tossed out.

When I did the math and realized my baby would go through about 7,000 diapers in two years, I started to research alternatives to disposables.

I was a little worried at first because I thought cloth diapers involved annoying pins and were difficult, leaky messes. I was pleasantly surprised to discover that reusable cloth diapers are becoming very popular and are super easy to use. And the diapers are just as adorable as the brand names – BumGenius, FuzziBunz, Happy Heineys, SmartPants, Rumparooz, GroBaby and so many more.

The old-fashioned pre-folds are still out there and many moms swear by them, but there are also options that make changing cloth diapers as easy as changing disposables. All-in-one diapers and pocket diapers include all the absorbent and waterproof layers you'll need – they go on and come off just like disposables and use Velcro or snaps to keep them snug on baby's bottom. There are even diapers out there with flushable inserts, so they are sort of a cross between cloth and disposable.

When I broke the news to my husband that I wanted to cloth diaper, he thought I was nuts. And then everyone else I told about it thought I was nuts, too. But I was determined to do it, and the more I researched, the more excited I got.

The biggest question I got – the one that made everyone wrinkle their nose – was "yuck, what do you do with the poo?" Believe me, that was the first thing I researched, because I wasn't about to go sticking my hand in the toilet multiple times a day.

Well, with breastfed babies, the poo is water soluble and washes away in the laundry just like dirt. With formula and solids, there are a variety of alternatives to the commode. Diaper sprayers attach to the toilet and allow you to spray the solids away. Flushable liners are like thick toilet paper, and they catch the solids, so you can just throw that out before putting the diaper in the laundry bag. There are also washable liners made of fleece and other materials that repel poo, so it easily shakes off into the toilet.

I'm proud to say we've been using cloth for six months now, and I love it. My husband even tells people about cloth diapering. He still uses disposable wipes most of the time, as he hasn't warmed up to the flannel wipes and homemade wipe solution I use, but that's OK with me.

My mom's even gotten into it by making the cutest little fleece covers for my daughter's fitted diapers. My baby doesn't even need clothes in the summer because she looks so darn cute in just her diaper. No one can resist my kid in her cow print diaper!

If you're pregnant or have kiddos in diapers, consider cloth. I'm a working mom, and I can tell you from experience that it doesn't take any more



time than disposables to change. The additional two to three loads of laundry a week are well worth the benefits.

Using cloth diapers can save you thousands of dollars – a few hundred dollars on cloth diapers versus the approximately \$2,000 you'll spend on disposables. You don't throw thousands of diapers in the trash, so you help protect the environment. In addition, cloth diapers don't contain any of the chemicals found in disposables, so they are much better for your baby's skin.

If you are interested in learning about cloth diapers, come on out to the cloth diaper seminar at the Reuse Center on Patrick Henry Village in Heidelberg at 10 a.m. Saturday. You can meet other parents who cloth diaper, check out different types of diapers available on the market, and find out how easy it is to get started.



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DISCUSSION BOARD

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

Question: What are your thoughts on the new USAREUR housing policy and its implementation at the Heidelberg and Mannheim garrisons? (If you haven't heard about the policy, it's in today's Stars and Stripes, and Col. Butcher's video blog below also addresses it)

Good info. Wish they could've addressed E1-E6 living on PHV who want quarters with TWO bathrooms. We're a family of four with only one bathroom. Let's just say it gets "interesting" when my 4-year old needs to go potty and the bathroom is already occupied

If I could get housing on PHV with two bathrooms, regardless if I pay to move my HHG, I would do it in a heartbeat. Preferably on the 1st floor if the laundry room is in the basement, but at this point, I'm not picky.

-Gia Oney, BWnow Facebook Fan
Being FORCED to live on post is rough, as a German I was so excited being back for a few years and now this also with three kids in an apartment without a washer and dryer for myself, it's a constant hassle, not talking about the disgusting dirt everything is covered in the

shared laundry room. The playgrounds are trashed and dirty everyday. This mandatory on post housing kicked this Germany Tour for my whole family.

-Bettina Carter, BWnow Facebook Fan
I feel fortunate to be allowed to move off post and to be financially stable to do it on my own dime. We have invested much into making our place livable but with all the issues that we had to deal with, we are here fighting to save what's left of our sanity and our kids health...

-Mihaela Fruehlich, BWnow Facebook Fan



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Developing the workforce with education, resources

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Imagine a well-trained, innovative, multi-skilled and adaptable workforce comprised of Soldiers and civilian leaders who are consistently capable of meeting the ever-changing demands of their community and their command.

Now imagine there was a playbook or blueprint containing all of the strategies this elite workforce would need to not only meet the standard but to exceed it.

To encourage leader and workforce development as part of the Installation Management Campaign Plan, leaders from U.S. Army Garrison Baden-Württemberg are encouraging military and civilian employees to take advantage of the Army Continuing Education and Civilian Education System. The command group is promoting its internal civilian leadership program and educating supervisors on the latest training opportunities and professional development tools.

Constance Goodwin, property book officer for USAG Baden-Württemberg, just completed the Customer Service and Personal Development curriculums. She began taking classes in April

and has two more courses to complete in the Administrative Support Curriculum to receive her level 1 certification in the program.

"I believe continuous learning is necessary for personal and professional growth," Goodwin said. "It also gives individuals the opportunity to improve weaknesses and to refine strengths."

The California native has been an employee in the garrison since 2005 and also serves as a collateral duty equal opportunity counselor and mediator in Heidelberg.

"I enjoy learning new ideas and concepts," Goodwin said. "I like try to take advantage of all learning opportunities to better myself as an individual."

Ron Joseph, director of human resources for USAG Baden-Württemberg, says leader workforce development is vital now and in the future for both employers and employees.

"Leader workforce development is important because it's the only way we can grow the workforce to meet the latest and greatest challenges of the time," Joseph said. "Things are changing right now, and we need people in the force with certain skill sets to handle the demands of all ever-present change and complex situations that we

face."
"The CES courses teach you about the issues the Army thinks all leaders should know about, and that will help you be successful in your job," Joseph said. "If a leader understands these concepts, they will be better able to lead and to understand the challenges in today's society. It can also be a discriminator for some high-level positions when employers must decide who to hire."

The command has also updated its in-processing requirements to ensure new civilian employees coming on board receive information on all available educational opportunities and resources. Leaders are also paying close attention to their Department of the Army civilian and local national population who may sometimes be overlooked, unaware or misinformed about available educational and training resources, particularly the CES courses.

Christina Asuncion, administrative program specialist for USAG Baden-Württemberg, works with supervisors and employees from different directorates to educate them on available training and development programs.

"It's important because, for one, we all know that we are a non-enduring community, and it's not how it was before



where you could stay in Germany however long you like," Asuncion said.

"The main focus is career development," she said. We want to make sure employees are marketable when they leave Germany and that they can compete with their state-side counterparts for whatever position they like. That's why we stress career development, and this helps."

Leader and workforce development is the third line of effort under the IMCOM plan where the main objective is "to build and sustain a cadre of agile and adaptable leaders and a multi-skilled workforce with a commitment to deliver installation services for the Army community."

Under this objective there are six different keys to success or goals – multi-skilled and adaptive leaders, constant communication and continuous feedback, teamwork, pro-

fessionalism, selfless service in all things, sustainable, empowered workforce focused on collaboration and innovation, continuing education and training opportunities, and a culture of safety, sustainability and a healthy work environment.

These keys are designed to give leaders clear goals to foster leader and workforce development, implement effective strategies in their workplaces and measure their progress.

To access the USAG Baden-Württemberg workforce development site, visit <https://portal.eur.army.mil/sites/IMCOM-E-BW/Baden-Wuerttemberg/dhr/workforce/default.aspx>.

To view a copy of the IMCOM Campaign Plan visit www.imcom.army.mil/hq.
Editor's Note: This is the first in a six-part series on the six lines of effort outlined in the IMCOM Campaign Plan.

Mannheim's 72nd Expeditionary Signal Battalion Dining Facility reopens

By Brigitte O'Preska
USAREUR PUBLIC AFFAIRS

The menu promised a delicious meal, and the line continued to get longer as Col. Gerald Miller, commander of 2nd Signal Brigade, welcomed the many patrons waiting for the grand re-opening of the 72nd Expeditionary Signal Battalion Dining Facility July 6 in Mannheim.

He looked back on the 15 months the facility had been closed due to the unit's deployment and encouraged the community to continue to frequent the dining facility that not only serves the Soldiers but should be considered a family facility.

The dining room filled quickly with Soldiers, families, civilian employees and summer hire high school students.

High school graduate Michael Faison is spending his last summer in Mannheim before heading to college in North Carolina and said he was sad to see the facility close last year.

"It is great to see the facility will be in operation again," Faison said.



Brigitte O'Preska
Soldiers, family members and civilians line up outside the 72nd Expeditionary Signal Battalion Dining Facility in Mannheim July 7 for the first meal served since the facility closed 15 months ago.

Chief Warrant Officer 2 Dean Prang, of 7th Theater Tactical Signal Brigade, was checking to see if the food was good as he arrived only six months ago. He said it is important to support the local DFAC.

"So far, so good. They offer quality food for a great

price," Prang said.

Gil Traore, a human resources employee, came for lunch because of the convenience, the cost and the selection of food, but especially for the shrimp gumbo soup.

"It is delicious. You cannot eat fast food every day, and so it's great this place is opening up again," Traore said.

It took almost six weeks to get the facility ready for service again. Most of the furniture remained in the building. Appliances needed to be checked for serviceability, and freezers needed to be restocked.

Gregory Neal, a food service worker who had worked at the Coleman Dining Facility while the one on Sullivan was closed, is happy to be back.

"This is where I originally started working from. I am glad we are back to help the Soldiers get an inexpensive and nutritious meal," Neal said.

The dining facility is located in Bldg. 230 on Sullivan Barracks. Hours of operation are Monday-Friday 6:30-8:45 a.m. for breakfast; Monday-Friday, 11:30 a.m.-1:30 p.m. for lunch and Monday-Friday, 4:30-6 p.m. for dinner.

Summer hires help with 21st TSC mission

By Carolyn Vasquez
21ST PUBLIC AFFAIRS SUMMER HIRE

Real-life experience and a behind-the-scenes view are but two benefits for students who are participating in the 21st Theater Sustainment Command's Summer Hire program through July 30.

The program, which places local dependents, ages 14 to 22, in various clerical or manual labor positions, is an opportunity for these young adults to learn working skills and prepare themselves for the professional challenges ahead. Some students have no idea what they want to be when they finish school and getting involved in the Summer Hire program gives them an idea what being in a work environment is like.

Sixteen-year-old Shanice Ossig-Gibson, a junior at Kaiserslautern High School on Vogelweh, is working as a clerk for the 21st TSC's comptroller budget control office.

Ossig-Gibson is learning more about working on computer programs such as Microsoft Excel and lends a hand with various tasks around the office all while earning the standard Summer Hire pay of \$5.50 per hour.

Being a summer hire has been an exciting experience for Ossig-Gibson.

"It's great, because it actually pertains to what I want to do in the future. It's teaching me a lot of stuff that I never knew, so it's really good," she said.

Ossig-Gibson, who plans on joining the military to become a finance officer, also believes the program teaches young people about responsibility.

The students, who gave up six weeks of their summer break, can earn extra money and learn how to function in a work environment with supervisors, directions, set work hours and even deadlines.

Abigail Simons, a student at Kaiserslautern High School, felt anxious about starting her new job at the information communications office at the 21st TSC.

"I was anxious at first to join this program, but now I am learning responsibility and how to work in an office," Simons said.

IMCOM senior leader visit



Dijon Rolle
U.S. Army Installation Management Command's Command Sgt. Maj. Neil L. Ciotola talks with a group of IMCOM-Europe Soldiers at the "Warrior Zone" on Patton Barracks in Heidelberg Tuesday. The IMCOM leader spent time with the group to answer questions, address concerns and provide feedback to the command during his European stop. Ciotola also visited Soldiers in Mannheim.

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Customs rules ease up for retirees living in Germany

By Robert Szostek
USAREUR OPM PUBLIC AFFAIRS

The German Federal Ministry of Finance has eased the rules under which retired U.S. military members, accompanying dependents and surviving dependents can shop in post exchanges and commissaries in Germany, say U.S. Army Europe Office of the Provost Marshal officials.

Retired U.S. military members, accompanying dependents and surviving dependents no longer have to report to German customs officials once a month if they don't shop in U.S. facilities.

However, German authorities may request a written statement from retirees, unaccompanied dependents and surviving dependents who report no purchases during the entire 12-month validity period of the "pink cards" (Form 0217) they must get from German customs officials before making purchases.

With that statement they confirm that no purchases were made and agree for German customs to forward information to U.S. Forces Customs-Europe for verification purposes.

"To qualify for shopping privileges, military retirees first need a form verifying their retired status, which they can get at their local military customs office," explained Iris Hoehenberger, chief of customer service at the USAREUR OPM.

"Then, take the verification to the German customs office serving your area of residence," Hoehenberger said, "and you will receive an authorization known as Form 0216 and a German Customs Certificate (the 'pink card')."

The 'pink card' and the retiree ID card allow you to buy nonrationed items in exchanges and commissaries in Germany.

Retirees who don't live in Germany but visit Germany for at least 30 days also qualify for the "pink card."

However, surviving dependents must have their permanent residence in Germany.

German customs will levy 17.5 percent duty on each item that costs less than the U.S. dollar equivalent of €50, OPM officials said.

For each item that costs more than €50, they will charge the tariff rate for that particular item plus 19 percent value added tax.

German customs can also withdraw a "pink card" and authorization and take legal action against those who fail to meet their obligations, Hoehenberger added.

These shopping privileges are not available to retired civilian employees.

For full details, go to www.hqusareur.army.mil/opm/custom4.htm or call a military customs office.

Faces of the community: Kaiserslautern Outdoor Recreation



Kayla Breton, recreation assistant, performs repairs on a bicycle at Outdoor Recreation located in Bldg. 2905 on Pulaski Barracks in Kaiserslautern. The facility provides bicycle maintenance and equipment rental for camping, fishing, sports and other outdoor activities. Outdoor Recreation also offers a variety of trips and tours to locations across Europe. Bus and van charter is also available for private excursions. Outdoor Recreation is open Monday-Friday 9 a.m.-6 p.m. and Saturdays 9 a.m.-2 p.m. DSN 493-4117, civ. 0631-3406-4117. kloutdoorrec@eur.army.mil.

Saying goodbye



Spc. Jeffrey Brunson and his daughter, Cassandra, share an intimate moment outside the Patton Barracks Gym in Heidelberg July 9, just prior to the specialist's departure for a 12-month deployment to Afghanistan with an advance party from the V Corps headquarters. Brunson and other corps Soldiers will support the NATO mission in Afghanistan as part of the International Security Assistance Force Joint Command.

Twilight actor visits LRMC



Linda Steil

Actor Michael Welch visits with patient Zack Turner, 13, in the Pediatric Ward at Landstuhl Regional Medical Center Saturday. Welch played "Mike Newton" in the popular Twilight Saga movies. The actor was on a tour of various military installations throughout Germany.

Camp offers kids tropical adventure

By Jonathan Ochart
HERALD POST INTERN

With the Heidelberg Vacation Bible School "Rainforest Kids Camp," the definition of "summer school" changed from a summer break disturbance to an exciting and fun place to learn about God. The annual camp is set for 9 a.m.-noon Aug. 2-6 at Patrick Henry Elementary School.

"At Rainforest Kids Camp, your kids will experience an adventure camp like no other," said James Corneliusen, U.S. Army Garrison Baden-Württemberg director of religious education.

Each day, children build upon their spirituality with a number of themed activities indoors and outdoors. Similar to an expedition within a rainforest, youth undergo a series of exploratory events designed to help children discover their relationship with God.

Through a variety of indoor diversions, such as making crafts, singing songs, watching skits, and participating in games, young members of the Heidelberg community can better understand God, Corneliusen said.

"Recreational time spent outdoors is intentional and designed to reinforce the day's theme, develop teamwork, and provide opportunities for fellowship and fun amongst the kids, regardless of whether they are running the obstacle course or doing the limbo," Corneliusen said.

"Our program will teach and reinforce character traits that last a lifetime based upon something bigger than them — God," he said. "The chapel has many different Christian traditions and they all come together for the yearly Vacation Bible School."

Rainforest Kids Camp possesses a number of ambitions in addition to teaching young community members about God through innovative lessons.

"Our goal is to create an environment that ministers to the adults, children and anyone else who participates," Corneliusen said.

"When you have a positive environment, regardless if you are 4 or 40, you will learn and develop relationships with those in our community. Newcomers and those who have been around for awhile will be able to meet."

Parents can register their pre-kindergarten to fifth-grade children for the adventure at the Mark Twain Village and Patrick Henry Village chapels, the commissary, PHV Library, Java Café or the Heidelberg Lodge.

Parents with children not yet in kindergarten must volunteer during the length of the program. For more information, call DSN 370-7600, or visit the chapels on PHV and MTV.

American pilgrims journey to France

By Carmen Ochart
INTERPRETER FOR THE U.S. DELEGATION

Spirituality and strength combined for more than 400 American pilgrims who visited the 52nd International Military Pilgrimage in Lourdes, France.

Long distances from home failed to prevent pilgrims from reaching the Pyrenean town, which is known for its grotto and water's mysterious healing qualities.

Military communities all over Europe, including those in the U.S. Army Garrison Baden-Württemberg, as well as a group from Fort Bliss, Texas, and a group traveling with the Our Lady of Lourdes North American Volunteers, a New York-based hospitality, arrived by train, plane, car and bus to build upon their souls.

This year's pilgrimage was presided over by Monsignor Luc Ravel, the military bishop of France and president of the IMP, joined by military bishops and head chaplains of the various delegations.

For the American delegation, the senior religious representative was Archbishop Timothy P. Broglio from the Archdiocese for the Military Services, while the senior military representatives were Lt. Gen. Frank Gorenc, 3rd

Air Force commander, and Brig. Gen. Mark A. Bellini, U.S. Army Europe deputy chief of staff, G4.

Lourdes has been a pilgrimage location for more than a 100 years, bringing several nations together to create a harmony similar to the multicolored pieces in the various stained glass windows lining its basilica.

According to the Historical Commission of the IMP, members of the French military began visiting Lourdes during WWII to give thanks to the Blessed Mother for prayers answered and to pray for peace. The actual beginning of the military pilgrimage as it is known today is attributed to a gathering in Lourdes Dec. 10, 1944, when French and Russian soldiers, as well as military representatives from the British, Belgian and U.S. armies, met for a mass in the Rosary Basilica.

Monsignor Ravel stressed the significance of soldiers coming together from around the world in prayer. The pilgrimage is an ecumenical event where all soldiers are welcome to pray for peace.

Soldiers, Marines, Airmen and Sailors represented the United States; some were accompanied by family members, including young children. Military retirees and Department of Defense civilians with families also

migrated to southern France to experience unity through prayer May 21-23.

"The Lourdes IMP was an honor and a privilege for me and my family to have been a part of," Staff Sgt. Michael Calub said. "I was very proud to be part of an event where every country came together and represented with pride. I feel this is our opportunity to really represent the U.S. military in a great way."

"I'm glad I participated in the 2010 International Military Pilgrimage to Lourdes, France," said a DOD civilian who went to Lourdes for the first time.

"Lourdes was a unique spiritual experience. It was touching to see the faith and hope exhibited by so many and the tender care given to the sick by the sisters, volunteers and others at Lourdes," the civilian added. "It was also great to watch militaries from all over represent their countries in the many religious ceremonies, processions and services."

This is an opportunity not only to grow spiritually but to forge lifelong friendships with people from all over the world. Next year's IMP is scheduled for 20-22 May 2011. For more information contact your local chaplain.



Spc. Eric Cabral

Dirt gets stirred up as Pfc. Erik Tyson, 1st Battalion, 4th Infantry Regiment, U.S. Army Europe, fires an AT-4 anti-tank rocket during a live-fire exercise outside Combat Outpost Sangar in Zabul province, Afghanistan, July 1.



Sgt. 1st Class Michael J. Garden

Retired Brig. Gen. George Price; John Piltzecker, National Mall and Memorial Parks superintendent; Lindy Hart, widow of sculptor Frederick Hart, center right, and Jan Scruggs, Vietnam Veterans Memorial Fund founder and president, unveil the Three Servicemen Statue during a rededication ceremony on the National Mall in Washington, D.C., July 8.



U.S. Navy Petty Officer 2nd Class Ted Green

Sgt. Casey Gazzaway, 5th Battalion, 20th Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, leads a squad during a squad live-fire exercise at Kirkush Military Training Base, Diyala province, Iraq, June 27.

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Spc. De'Yonte Mosley

Cpl. Robert Graves provides security in a wheat field in the village of Alowsi in Afghanistan July 6 as his unit conducts a dismounted patrol through the village.

USAREUR Band and Chorus performs at Heidelberg Castle

By **Brigitte O'Preska**
USAREUR PUBLIC AFFAIRS

The historic walls of Heidelberg Castle provided the perfect backdrop for the U.S. Army in Europe Band and Chorus' summer concert July 8.

Many local residents and numerous tourists who happened to be visiting the famous Heidelberg site shared in the enjoyment of a diverse musical program the band and chorus provided for the second time as part of the annual Fourth of July celebrations.

Deputy Mayor Wolfgang Erichson welcomed the large audience in the castle courtyard. He spoke of the great relationship between the city and the U.S. Army and briefly reflected on the recent announcement to withdraw from Heidelberg.

"In Heidelberg, the Soldiers became our neighbors and fellow citizens. Friendships between German and American families were formed and, naturally, we are proud to know that for most of the Soldiers, it is a pleasure to live among us. Let us take even more care



USAREUR Band and Chorus flautists, Sgt. 1st Class Jennifer Staggs and Sgt. Craig Leake, perform during a summer concert July 8 at the Heidelberg Castle.

of our American neighbors, because leaving Heidelberg is not easy for most of them either. Let us take the chance of our last years together to strengthen the friendship and partnership."

Brig. Gen. Mark Bellini, the USAREUR deputy chief of staff of logistics, conveyed Gen. Carter Ham's greetings and his thanks for the city's support and the friendship shown to the Americans on a daily basis.

Lt. Col. Beth Steel, commander and conductor of the USAREUR Band and Chorus, selected a wide range of music from classical pieces, to movie sound tracks, to Broad-

way classics – many featuring members of the Soldiers' chorus and vocal soloists. Guest conductor was British Lt. Col. Graham Jones, senior director of Her Majesty's Coldstream Guards Band. The band of the Coldstream Guards is one of the oldest and best known bands in the British Army, currently stationed at Wellington Barracks in St. James, London.

Following a stirring performance of John Philip Sousa's "The Stars and Stripes Forever" at the end of the program, the band received a well deserved standing ovation from the crowd for a wonderful evening of music.

Correct DEERS information vital for Army beneficiaries

ERMC Public Affairs

To assure beneficiaries receive information and educational material about the TRICARE Overseas Program managed care contract changeover in September, sponsors are advised to confirm or update their Defense Eligibility Enrollment System enrollment and address.

Military health clinics and other authorized organizations access the DEERS database to verify benefit eligibility of military sponsors, family members and other beneficiaries.

They also use addresses entered in DEERS to mail information and educational material to beneficiaries.

The TRICARE Management Activity has selected International SOS, Inc., as the TRICARE Overseas Program contractor effective Sept. 1.

Information and educational material will be mailed soon to beneficiaries to explain how the new overseas managed care contract will benefit them.

Several options are available to update or verify a

mailing address in DEERS:

- In-Person: Visit your nearest ID card-issuing office. It can be located at www.dmdc.osd.mil/rs/1/. Be sure to call to verify location and business hours.

- Online at the DEERS Web site, www.dmdc.osd.mil/appj/address.

- Select "Non Registered Users" and logon with your CAC or DFAS/MyPay logon.

- Call the Defense Manpower Data Center toll-free from a DSN phone at 99-001-800-538-9552. Calls from local civilian phones are not toll-free.

Information about the TRICARE Overseas Program is available at www.tricare.mil/TOContract.

Though transition to the new managed care provider will be largely transparent to beneficiaries, some administrative and appointment processes for host nation health care may change.

Procedural changes will be explained in the mailed literature and, as needed, by information provided by the Europe Regional Medical Command or your local Army health clinic.

HOUSING

continued from page 1

"When I moved here, I agreed completely with the way the USAG Baden-Württemberg garrison, Directorate of Public Works and USAREUR had to decide, as a non-enduring community, to force lieutenant colonels and below to live on post," he said.

"There was no kicking from me because I felt it was important because V Corps had gone away, and there was all this available on-post housing ... but now with V Corps standing back up, anybody can figure that big Army is going to turn on the spicket, and all kinds of people are going to fill V Corps within the next year to two years, and there is just not enough room on post," Lonning said.

On the flipside, Lonning is also quick to acknowledge meeting the housing needs of a military community can be a delicate balancing act, and he says he commends the command for its efforts thus far.

"You can't make everyone happy," he said.

Gary Elmore, USAG Baden-Württemberg Housing Division

chief, says there's been a great deal of interest generated by the revision, and his office has received several requests for exceptions to policy from Soldiers requesting to move off post.

"I think the change in the policy is a good one, especially for non-enduring installations," Elmore said. "I believe that giving people the opportunity to live off post frees up some of the better housing for those required to live on post. I can give the E-1's through E-6's a better choice of quarters under this policy, and that's a good thing."

Under the revision, accompanied Soldiers staff sergeant and below and their families are still required to reside in government housing, however, junior enlisted Soldiers will now have a larger and better selection of housing to choose from as senior leaders begin to vacate their on-post quarters.

To move off post, a senior enlisted Soldier or officer on an accompanied tour must submit his request endorsed by a commander lieutenant colonel or above to the housing office.

Junior-enlisted Soldiers on an ac-

companied tour can still request to move off post. They must also have an exception to policy endorsed by a commander, lieutenant colonel or higher, but their request must also be approved by USAG Baden-Württemberg Commander Col. William Butcher and submitted to housing. Soldiers should also be aware that if they already reside in government housing and decide to move off the installation, they are solely responsible for paying all of their moving expenses.

"We are supposed to be a service organization, and anything that we can do to make Soldiers' lives a little easier is a good thing," Elmore said. "It gives them the freedom of choice which they did not have before, and when they get to choose where they are living, it's a little harder for them to complain about their choice later. So I think it makes for a happier population."

For more information on the revision to the accompanied service members housing policy, contact the USAG Baden-Württemberg Housing Division at DSN 387-3290, civ. 06221-4380-3290 or your local housing office.

Navigating the MEB/PEB Process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process are most often confused and weighed down with questions concerning their legal rights.

MEB Outreach Counsel and Soldiers Counsel are licensed attorneys available to provide information, advice and representation to Soldiers throughout the MEB-PEB process.

The MEB Outreach Counsel is available to assist each individual Soldier from the moment he or she is referred into the MEB process.

At the beginning, general advice and assistance is provided in developing a strategy to reach the Soldier's desired outcome.

As the Soldier progresses through the system, the MEB Outreach Counsel can provide more specific advice and representation.

The Soldiers Counsel is available to represent the Soldier once the case progresses from the MEB to the PEB stage.

The MEB Outreach Counsel who serves all Soldiers in USAREUR is located in the Wiesbaden Legal Center. Soldiers Counsel offices are located at Landstuhl and Wilseck.

If you reside in USAREUR and are undergoing an MEB-PEB, legal teams are available at the following locations:

Heidelberg: DSN 371-2091, or civ. 06221-17-2091.

Landstuhl: DSN 590-8907, or civ. 06371-86-8286.

Don't try to navigate this complex process on your own.

Don't hesitate, take advantage of the free legal advice and representation available to you now.

Your rights and benefits may be adversely affected if you don't.

GERMAN COOKING

Ham With Noodles (Schinkennudeln)

Servings: 4

Ingredients:

- 3/4 pound fresh egg noodles
- 1/2 pound, diced
- salt
- 1 cup sour cream
- 3 tablespoons grated swiss cheese (emmentaler)
- 1-2 tablespoons butter
- 2 tablespoons bread crumbs

Directions:

- Preheat the oven to 350 F.
- Cook the noodles in salted water and drain; they can also be left over from the day before.
- Fill a soufflé pan with alternate layers of ham and noodles; salt lightly and put some of the sour cream and some grated cheese over each layer.
- The top layer should consist of noodles.
- Dot with little bits of butter and sprinkle with bread crumbs.
- Bake in the oven for about 30 minutes.
- If desired, sprinkle with left over cheese and bake for another 5 minutes.
- Feel free to increase the proportions of the costlier ingredients (ham, butter, sour cream) as your fancy dictates.

SOURCE: www.mygermanrecipes.com

Learn all about German Cuisine, Food Shopping and Nutrition

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



DEAR MS. Vicki

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

Dear Ms. Vicki,

Please keep on giving the helpful advice to others. It's greatly needed. Everyone is very stressed from the many deployments. Home again, gone again is stressful for everyone.

Sometimes it can bring out the best in people, and other times it can bring out the worst. As a wife, I try to help out with the unit family readiness group, but it has become so stressful on me that I am considering not volunteering any longer. Some of the spouses want to use people in the FRG for something that it's not intended for.

People have been calling me asking inappropriate questions and wanting me to help them with things that are not my responsibility. Many of the wives, especially the battalion advisor, try to make you feel like it's your civic duty and that you are negligent as an Army wife and that you are not a good person if you don't help out.

In so many ways you are letting us know that it's OK to say no and that we must take care of ourselves first. I like that, and I like the advice you

give. Sometimes I bring your letters to our FRG meetings, and I encourage others to read the paper so they can read your much-needed advice.

From: Decreasing my Stress Levels

Dear Ms. Vicki,

I am a divorced parent, but have done my best to always support my other children with all of their endeavors. Their father was active-duty Army and retired after 27 years. My youngest son was the only one of my children to join the military and follow in the steps of his father.

He is an E-6 and has done well with promotions in spite of his short time on active duty. He has endured three deployments to date, and we know he will be deployed to Afghanistan soon.

About six months ago, I was very financially strapped. I am buying a home, which I want to keep even though I am underwater with my mortgage and cannot refinance. I am working two jobs just to stay afloat.

So when my son wanted to move in with me, I celebrated this because he said that he would assist me with paying all bills. We split everything down the middle: the mortgage, gas, electricity, water, the cable and the phone bill. I have been able to save money the last couple of months.

So what's the problem? Well, my son wants to bring his girlfriend over to the house to spend the night. It's nothing for me to find them waking up together in his room, her getting a shower with him and even cooking meals together. I think this is so disrespectful, and I have tried over and over again telling him that I am his mother and he should have more respect for my home.

I cannot tolerate his girlfriend coming over any time she wants like she runs my house. My son says it's just as much his home while he is

living here. He says I'm being unfair and treating him like a child. I don't know what to do.

From: Mom with a Disruptive Son

Dear Mom,

With the recession affecting employment, housing costs and an overall decline in housing value, it's common to find families living together to share expenses. I'm not blaming you for your situation because yours is universal as many are experiencing the same.

However, it adds another layer if we reside with our adult children who are sharing in the household expenses. Rightfully so, the adult child will feel that he is living in his own home with all rights and privileges to carry on as they would as if they were living in their own apartment or house.

Trust me, I get your point. I know it's hard for you to know that your son and his girlfriend are in the next room right under your nose. Conversely, to his point, "he is an adult" and wants to live like one. Most adults are spending the night together regardless if we as parents choose to accept that.

So here's the deal and I think you have two options. You report that she is practically living in the home too because she is there constantly. Well, maybe everything should be split three ways instead of two.

Lastly, you should consider giving your son a notice to leave your home and find his own place. Yes, you appreciate his income and the ways it is helping you financially, but the boundaries in your relationship are getting skewed in a way that is making you uncomfortable.

It sounds like you have some major decisions to make. Continue to contact your mortgage holder and ask if they are willing to lower your interest rates.

What protections are offered for former military spouses?

Patton Law Center

The Uniformed Services Former Spouses' Protection Act is a law passed by Congress in 1982 to offer some financial protection to certain former spouses of service members.

It allows states to divide military disposable retired pay as marital property upon divorce. It also allows some former spouses, through a court order, to be awarded a share of the disposable retired pay by direct payment from the Defense Finance and Accounting Service. While the law has been around for quite some time, there is still a fair amount of misunderstanding by Soldiers and former spouses regarding the USFSPA.

What is disposable military retired pay? It is the total monthly pay to which a service member is entitled, minus most disability pay, federal debt repayments, fines, forfeitures and Survivor Benefit Plan premiums.

Do all states allow disposable military retired pay to be divided as marital or community property? Yes. Only Puerto Rico bars the division of military

pension upon divorce. All states have one method or another of granting the division of military pensions as marital property although some states have conditions which must be met for military pension division.

An overseas court cannot grant military pension division as DFAS will only honor orders regarding division of retired pay from U.S. courts. You can check the rules of your home state, or consult a civilian attorney, or your local legal assistance office.

If part of the disposable retired pay is awarded as marital property upon divorce, how does a former spouse obtain direct payment from DFAS? The former spouse must meet the 10-year-test to receive direct payment under the USFSPA. The former spouse must have been married to the service member for at least 10 years, during which the service member performed at least 10 years of creditable service for retirement purposes. Further, if the former spouse meets this test, the former spouse must get a court order specifically stating the award shall be made as direct payment of retired pay. Many people think a spouse must be married to a service member for at

least 10 years to qualify for division of the military pension as marital property. This is not true. Only Alabama requires a marriage to be at least 10 years duration before treating a military pension as marital property. Outside Alabama, the 10-year-test only applies to direct payment from DFAS, not dividing the military pension.

If the former spouse dies, what happens to the pension division award? Under USFSPA, rights to a portion of the military retired pay ends upon the death of the former spouse. It cannot be passed as part of an estate or to heirs or survivors.

Is there any way that the former spouse can continue to receive payments after the service member dies? Yes. Federal law states that is the service member dies, the person receiving the award shall receive no further benefits unless the Survivor Benefit Plan was selected by the service member. A court can order a spouse to provide SBP coverage for the former spouse.

There are many other aspects to the USFSPA. If you have questions, you should consult with your nearest legal assistance office.

GET OUT!

area events

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

July 16

Polish Shopping Express - Spend the day shopping in Poland for beautiful Polish pottery and gift items. <http://affiliates.uso.org/rheinneckar>.

Karaoke Best Singing Competition - Bring your best singing talent to Armstrong's Community Club on Vogelweh Housing in Kaiserslautern. Competition begins at 11 p.m. Prizes will be awarded to first, second and third places. DSN 489-6000, civ. 0631-354-9986. www.mwgermany.com.

Heidelberg Historic Rally - Enjoy the sights and sounds of classic cars during this annual rally. Catch the action at the Heidelberg Market Square outside of the Heidelberg Rathaus. www.heidelberg-historic.de.

Flame Concert - The group Flame will perform a free concert at Ludwig-Wagner Strasse 17 in Wiesloch. Purified and S.O.C.O.M. will also perform. Civ. 0160-98524792.

July 17

Nürnberg Tour - The former imperial city of Nürnberg, was chosen by the leaders of the Nazi party to be the center of their party and propaganda machine. Tour what's left of the site where thousands of 3rd Reich soldiers marched in dress rehearsal and the official documentation center. In the afternoon, take part in a very special viewing of the Palace of Justice where the Nazi elite were tried for their war crimes in November 1945. <http://affiliates.uso.org/Kaiserslautern>.

Deep Sea Fishing - Join Kaiserslautern Army Recreation for a day of deep sea fishing. DSN 493-4117, civ. 0631-3406-4117.

Prague - Spend a fun day in the capital of the Czech Republic, one of the most exciting cities in central Europe. Take a guided tour to learn about this incredible city full of rich, opulent beauty, with an epic history. Our fascinating route takes in the four most interesting and important parts of the city. <http://affiliates.uso.org/rheinneckar>.

Flea Market - Are you moving and looking to lighten your load or are you new here or just searching for unique things to fill your home? Visit the indoor flea market for exciting deals on interesting treasures 8 a.m.-2 p.m. Sellers are welcome, too. Come to the Special Events Center on Rhine Ordnance Barracks in Kaiserslautern, Bldg. 237. www.mwgermany.com.

July 20

German Breakfast Cooking Class - This three-hour class will feature easy breakfast and brunch recipes that children

can prepare and sample. The USO will supply all the ingredients. For safety reasons, each child must be accompanied by an adult and be at least 5 years old to participate. Menus can be viewed on the Facebook group: *KMC USO German Cooking and Baking Space* is limited. <http://affiliates.uso.org/Kaiserslautern>.

July 21

Cheap Eats - Come see what's cooking with Heidelberg BOSS in the Warrior Zone kitchen on Patton Barracks in Heidelberg. Learn how to cook great meals quickly and on a budget. Experience and discover awesome ways to cook delicious Italian cuisine that's "molto bene." www.mwgermany.com.

July 23

Geocaching - Join Heidelberg Army Community Service for a geocaching adventure. Geocaching is a GPS treasure hunt played throughout the world. ACS Heidelberg will post the coordinates of three different caches or hidden treasures on the ACS Heidelberg Facebook Page and BWnow. Put those coordinates in your GPS, locate the geocache(s) and then share your experiences online. There are three caches so the more you find the better your chances are at winning. Winners will be announced July 27. DSN 370-6883, <http://mybwnow.ning.com/>, www.mwgermany.com/HD/acs.

July 24

Annweiler and Trifels Castle - Explore two exciting destinations - Trifels Castle and the town of Annweiler. Annweiler, the charming town at the foot of Trifels Castle, will be celebrating its annual medieval market, the Richard the Lion Heart Festival. Perched high above the town is the castle of Trifels. The castle was first mentioned in the year 1081, and was one of the imperial castles of Frederick Barbarossa. <http://affiliates.uso.org/Kaiserslautern>.

Holland Sailing Adventure - Set sail for a nautical adventure on Holland's inland coast between Amsterdam and Volendam. During the cruise, you can relax and enjoy the experience or volunteer to help the crew members. Enjoy free time in Volendam and Amsterdam to explore, shop or just have a meal or drink. <http://affiliates.uso.org/Kaiserslautern>.

July 25

Ropes Course - Challenge yourself and spend the day with Kaiserslautern Army Outdoor Recreation tackling the Tree Top ropes course. DSN 493-4117, civ. 0631-

3406-4117.

July 31

Four Castle Illumination - Cruise along the Neckar and enjoy the breathtaking sight of the four castles overlooking the village of Neckarsteinach. From the boat, you'll have a terrific view of the illumination, fireworks, and a waterfall of lights. <http://affiliates.uso.org/rheinneckar>.

The Rhein-Neckar Silver Chapter, Warrant Officers Association will host its annual four-castle illumination river boat cruise and castle fireworks display 8 p.m. July 31. Tickets are €30 each or two for €55. Children 7 and under are free. The boat will dock at the "Alt Heidelberg" and depart from the front of the Heidelberg Stadthalle on highway B37. Boarding starts at 7:30 p.m. Tickets are limited. Food, drinks and raffle tickets will be available for purchase onboard. DSN 370-9696, civ. 0151-127-29079.

Salsa Night - Learn to salsa or show off your skills with a live disc jockey, margarita bar, free finger foods and an hour of free salsa lessons. 8 p.m.-1 a.m. Armstrong's Club, Bldg. 1036, Vogelweh Housing in Kaiserslautern. DSN 489-6000, civ. 0631-354-9986.

Europa Park - Spend the day at Europa Park, one of Germany's most popular amusement parks with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Chili Cook-Off - There will be a chili cook-off July 31 at the Heidelberg Rod and Gun Club in Ofterstheim. Cooking starts at 9 a.m. and judging begins at 3 p.m. There is a \$5 entry fee. Civ. 06202-51193. www.mwgermany.com.

August 7

Strasbourg - Strasbourg is home of the European Parliament and the capital of the Alsace region. Begin your day with a city tour, including the beautiful Gothic cathedral with the famous astronomical clock built in 1483, and the famous "Petite France" section of the charming old city with its 16th and 17th century timbered houses. After the tour you will have free time to try one of the regional dishes, explore the city center and shop. <http://affiliates.uso.org/rheinneckar>.

August 15

Player's Choice Bingo - Choose the game you want to be played 3-6 p.m. at the Kazabra Club, Bldg. 2057 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.

coming to THEATERS



DESPICABLE ME

(Steve Carell, Kristen Wiig) In a happy suburban neighborhood surrounded by white picket fences with flowering rose bushes, sits a black house with a dead lawn. Unbeknownst to the neighbors, hidden beneath this home is a vast secret hideout. Surrounded by a small army of minions, we discover Gru, planning the biggest heist in the history of the world. He is going to steal the moon. Gru encounters the immense will of three little orphaned girls who look at him and see something that no one else has ever seen: a potential dad. The world's greatest villain

has just met his greatest challenge: three little girls. Rated PG (rude humor and mild action) 98 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

July 15 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
 July 16 - DESPICABLE ME (PG) 7 p.m.; PREDATORS (R) 9 p.m.
 July 17 - DESPICABLE ME (PG) 4 p.m.; PREDATORS (R) 7 p.m.; IRON MAN 2 (PG-13) 9:30 p.m.
 July 18 - DESPICABLE ME (PG) 4 p.m.; PREDATORS (R) 7 p.m.
 July 19 - ROBIN HOOD (PG-13) 7 p.m.
 July 20 - DESPICABLE ME (PG) 7 p.m.
 July 21 - IRON MAN 2 (PG-13) 7 p.m.
 July 22 - PREDATORS (R) 7 p.m.

Mannheim, Schuh

July 16 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
 July 17 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 4 p.m.; FURRY VENGEANCE (PG) 7 p.m.; THE LAST AIRBENDER (PG) 9 p.m.
 July 18 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 4 p.m.; THE LAST AIRBENDER (PG) 7 p.m.

Vogelweh, Galaxy

July 16 - IRON MAN 2 (PG-13) 3 p.m.; ROBIN HOOD (PG-13) 7 p.m.
 July 17 - THE LAST AIRBENDER (PG) 3 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
 July 18 - THE LAST AIRBENDER (PG) 3 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

July 15 - THE TOOTH FAIRY (PG) 12:30 p.m., 3:30 p.m., 6:30 p.m.; FURRY VENGEANCE (PG) noon, 3 p.m., 6 p.m.; A NIGHTMARE ON ELM STREET (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.
 July 16 - PREDATORS (R) 11:30 a.m., 3 p.m., 6 p.m., 8 p.m.; DESPICABLE ME (PG) 11:15 a.m., 2:15 p.m., 4:45 p.m., 7 p.m., 9:15 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; ROBIN HOOD (PG-13) 2:30 p.m., 5:30 p.m., 8:30 p.m.
 July 17 - PREDATORS (R) 12:15 p.m., 3 p.m., 6 p.m., 9 p.m.; DESPICABLE ME (PG) noon, 2:15 p.m., 4:45 p.m., 7 p.m., 9:15 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; ROBIN HOOD (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m., 8:30 p.m.
 July 18 - PREDATORS (R) 12:15 p.m., 3 p.m., 6 p.m., 9 p.m.; DESPICABLE ME (PG) noon, 2:15 p.m., 4:45 p.m., 7 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 5 p.m.; ROBIN HOOD (PG-13) 11:30 a.m., 2:30 p.m., 5:30 p.m.
 July 19 - PREDATORS (R) 12:15 p.m., 3 p.m., 6 p.m., 9 p.m.; DESPICABLE ME (PG) noon, 2:15 p.m., 4:45 p.m., 7:15 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 7 p.m.; ROBIN HOOD (PG-13) 11:30 a.m., 2:30 p.m., 6:45 p.m.
 July 20 - PREDATORS (R) 12:15 p.m., 3 p.m., 6 p.m., 9 p.m.; DESPICABLE ME (PG) noon, 2:15 p.m., 4:45 p.m., 7:15 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 7 p.m.; ROBIN HOOD (PG-13) 11:30 a.m., 2:30 p.m., 6:45 p.m.
 July 21 - PREDATORS (R) 12:15 p.m., 3 p.m., 6 p.m., 9 p.m.; DESPICABLE ME (PG) noon, 2:15 p.m., 4:45 p.m., 7:15 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 7 p.m.
 July 22 - ASTRO BOY (PG) 12:30 p.m., 3:30 p.m., 6:30 p.m.; IRON MAN 2 (PG-13) 11 a.m., 2 p.m., 7 p.m.; ROBIN HOOD (PG-13) 11:30 a.m., 2:30 p.m., 6:45 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

Sex Signals Training

"Sex Signals," an Army-sponsored interactive play on how to deal with sexual assault will be at the Galaxy Theater on Vogelweh 9:30 a.m. for Soldiers, 1:15 p.m. for civilians and 3 p.m. for dependents. July 20. In Mannheim there will be two performances at the Benjamin Franklin Village Schuh Theater 9:30-11:30 a.m. for civilians and 1:30-3:30 p.m. for Soldiers July 27 and in Heidelberg 9:30 a.m. - 11:30 a.m. for Soldiers, 1:15-3 p.m. for civilians and 3:30 p.m. - 5:30 p.m. for dependents. All attendees must be 18 years of age or older.

Community Bank Check Cashing

Effective Aug. 1 Community Bank will no longer cash checks for non-account holders due to losses the bank incurred from insufficient fund transactions of non-account holders.

AFCEA Summer Technology Expo

The KMC chapter of the Armed Forces Communications and Electronics Association will host a summer technology expo 9 a.m. - 3 p.m. July 20 and 10 a.m. - 2 p.m. July 21 at the Ramstein Officers Club on Ramstein Air Base. www.ncsi.com/effyer10/ramstein.shtml.

Real Property Planning Board

The U.S. Army Garrison Baden-Württemberg Real Property Planning Board will meet 1:15 p.m. July 21 in the Village Pavilion on Patrick Henry Village in Heidelberg.

AFN Discusses Transformation

U.S. Army Europe will close 22 installations in the Heidelberg and Mannheim area by 2015. On the next AFN OpenLine show at 9 a.m. July 21, experts from U.S. Army Europe and U.S. Army Garrisons Baden-Württemberg and Mannheim will answer your questions and provide the latest information on transformation. You can call in your questions live or e-mail them in advance to openline@afn.dma.mil. This show will also be broadcast live over the Internet. The streaming audio link will be available on www.afneurope.net on the day of the broadcast. DSN 389-4595, civ. 0621-46085-595.

Passport Fees Increasing

The U.S. State Department has announced new fees for passport and consular services. The change to the schedule of fees was a result of a cost of service study completed in June 2009. The Department of State determined the fee change was necessary to reflect more accurately the true cost of doing business. For more information on the new passport fees, visit http://travel.state.gov/passport/passport_1738.html, or contact your garrison passport office.

local EMPLOYMENT

ACAP Counselor

The Army Career and Alumni Program is seeking a full-time ACAP counselor for positions in Heidelberg. Applicants must have a master's degree, logistical support, be computer literate, and have a minimum of two years experience in job assistance, career or employment counseling, teaching, training or a related field. Submit resume to Julie.e.hodge@eur.army.mil. DSN 370-7545, civ. 06221-57-7545.

KAISERSLAUTERN Education

• **English Classes** - Army Community Service has rescheduled English as a Second Language classes. Both beginner classes and intermediate classes will not be offered now through Aug. 2. Intermediate classes will start back Aug. 6, and beginner classes will start back Aug. 9. DSN 493-4064, civ. 0631-3406-4064.

• **New Parent Class** - The New Parent Support Program will have its "Basic Training for Parents" class 10 a.m.-5 p.m. July 19 in Bldg. 2917, on Pulaski Barracks. Registration: DSN 493-4058, civ. 0631-3406-4058.

• **Employment Readiness Program** - The Employment Readiness Program has changed its class days and times. Until further notice the resumix class will now only be offered at 1 p.m. on Tuesdays in Bldg. 2917 on Pulaski Barracks.

• **Kindergarten Preparation** - Parents with children attending kindergarten for the first time are invited to come to Landstuhl Main Library at 10 a.m. July 31 for an event focused on helping children prepare for their first day of kindergarten. Activities include story time and creating a Schultüte - the German tradition of putting together a cone with school supplies. www.mwrgermany.com.

Community

• **Vacation Bible School** - The Chaplain's Office will host Vacation Bible School 9 a.m.-noon July 19-23 at Landstuhl elementary and middle schools. DSN 493-4098, civ. 0631-3406-4098. Registration: <http://vbs2010.eventbrite.com> Password: kaiserslautern.

• **EFMP Summer Camp** - The Exceptional Family Member Program is now enrolling children for the upcoming EFMP Summer Camp. Open to children enrolled in the EFMP program ages 6-12. Applications are available at Parent Central Services, Bldg. 2898, Pulaski Barracks DSN 493-4094, civ. 0631-3406-4094.

• **Lending Closet** - If you are new to Germany or leaving Germany and need to borrow some household items, stop by Army Community Service on Pulaski Barracks in Bldg. 2891 and visit the lending closet. They have everything from kitchenware to cribs to hot water heaters. DSN 493-4057, civ. 0631-3406-4057.

• **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.

• **Mystery Shopper** - The Mystery Shopping Program is a program

designed to help make a difference in your Army garrison community and Family and Morale, Welfare and Recreation programs. Your feedback can help to improve your local facilities. To participate, e-mail garrisonervices@bareinternational.com or visit www.mwrgermany.com.

HEIDELBERG Education

• **ACS Classes** - The following classes are available at Army Community Service: Smooth Move Class, 10-11 a.m. July 20; Communicating Assertiveness 1-3 p.m. July 20; Single Parent Support Group, 2 p.m. July 20; Sponsorship Assistance Training 10 a.m. July 21; Buying Your First Home, 12-1:30 p.m. July 21, Smart Banking, 9-11:30 a.m. July 22; Warrior Transition Unit-Life in Balance, 10 a.m.-12 p.m. July 22; Making Marriage Work 1-3 p.m. July 22, and Community Orientation Briefing 12-3 p.m. every Monday. www.mwrgermany.com/hd/acs.

• **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 multi-purpose room. DSN 388-9310.

Community

• **Cloth Diaper Seminar** - There will be a free seminar on cloth diapers 10 a.m. July 17 at the Reuse Center on PHV in the training room upstairs. Meet parents who currently use reusable cloth diapers, find out what you need to get started, and see samples of different diaper types and accessories.

• **Patton Gate Exit** - The Patton Access Control Point exit lane has been re-routed to allow traffic to flow around the other side of Bldg. 3852. Drivers will now use a standard traffic circle to reach the TMP office, Speedy Lube, the exit lane and the car wash. Please use caution when driving through the circle and watch the traffic signs.

• **Traffic Construction** - Traffic flow on Speyerstrasse near Patton Barracks has changed. Traffic coming from Heidelberg can no longer make a left turn into Patton. Motorists will need to travel to the next stoplight, and use the traffic circle near ADAC to go back to Patton. Expect construction to continue through October.

• **Volksmarches** - The Heidelberg International Wandering Club is registered at the following volksmarches in July: Aurich July 17-18, Otterweier (Sunday only) and Eschbach (Sunday only). Sign up available now for a weekend trip to Bamberg Aug. 14-15. www.hiwc.de, hiwc@yahoo.com.

• **Lion's Den Summer Activities** - Join the Lion's Den for some summer fun. Sign-up is available now for the

following activities: July 21, Panchasialand; July 28, Alpine Towers and Aug. 10, visit World War II sites with City Cult. www.mwrgermany.com.

• **Vacation Bible Camp** - The Chaplain's Office is sponsoring a "Rainforest Kids" vacation bible camp 9 a.m.-noon Aug. 2-6. DSN 373-8238.

• **Cheap Eats** - Heidelberg B055 will host a "Cheap Eats" cooking class 6-8:30 p.m. July 21 in the Warrior Zone Kitchen on Patton Barracks. Learn how to cook great meals quickly and on a budget. Discover that "molto bene" taste and learn awesome ways to cook delicious Italian cuisine.

• **Antiterrorism Training** - There will be Antiterrorism Level 1 training at the Patrick Henry Village theater 1:30-2:30 p.m. Aug. 5, 12 and 19. Training can be taken online at: <https://atlevel1.dtic.mil/at/>. DSN 373-7420.

• **Free Car Donation** - You can donate your car to the Auto Crafts Center on Tompkins Barracks for free now through August. The Auto Crafts Center can accept your vehicle, take care of paperwork and provide you with proper paperwork to de-register it, free of charge. DSN 379-6181.

• **Christmas in July** - Throughout the month of July the Arts and Cultural Center will offer various classes, events and discounts to give you a jump start on creating your holiday gifts. DSN 388-9419.

MANNHEIM Education

• **Red Cross Classes** - CPR/AED for professional Rescuer Course 8 a.m.-4 p.m. July 24, cost is \$50 (includes workbook, material and breathing barrier mask) in Bldg. 242. Scholarships are available. Registration: DSN 385-1760, civ. 0621-730-1760.

• **Mannheim Elementary School Summer Hours** - The business hours for Mannheim Elementary School are Monday-Friday 7:30 a.m.-4 p.m. The office is closed for lunch noon -12:30 p.m. Registration office hours are Monday-Friday 8 a.m.-4 p.m., and the office is closed for lunch noon -12:30 p.m. DSN 380-4705, civ. 0621-730-4705.

• **FAST Class** - The Sullivan Education Center will offer a Functional Academic Skills Training class July 22-Aug. 11. Contact DSN 385-2053, civ. 0621-730-2053, jennifer.goltz@eur.army.mil.

Community

• **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.

• **Unit Victim Advocate Training** - There will be Unit Victim Advocate training for selected unit representatives 8:30 a.m. - 4:30 p.m. July 19-23 at the USO facility Bldg. 254. Additional sexual assault training for entire units will be available 8:30-4:30 p.m. July 21 at the USO and 10:30-11:30 p.m. July 28 at the Coleman Barracks Chapel. DSN 385-3336, civ. 0621-730-3336.

• **Mannheim Library** - The Mannheim Sullivan Library offers the following activities for the month of July: Voyage to Book Island - Mannheim Sullivan Library Summer Reading Program, 10:30-11:30 a.m. Wednesday mornings through July 28; Scrapbook Club, noon-3 p.m. July 24; free movie, 4-5:30 p.m., July 24. DSN 380-1740, civ. 0621-730-1740.

• **FMO Closure** - The Furnishings Management Office on Spinnelli Barracks will be closed July 28 for personnel assembly. No services will be provided on that day.

• **Law Center Reopened** - The Law Center is now located on the first floor of Bldg. 244 on Sullivan Barracks. The law center will continue to provide power of attorney and notary services on a walk-in basis 9-11:30 a.m. Monday, Tuesday, Wednesday and Friday.

The center will no longer provide legal assistance and claims. Soldiers should contact the Heidelberg Legal Assistance Office on Patton Barracks at DSN 373-5058, civ. 06221-17-5058. Trial Defense Services is now located in Bldg. 107 on Patton Barracks in Heidelberg at DSN 373-5350. The new phone numbers for the law center are as follows: Military Justice, DSN 385-3469, Trial Counsel, 385-3262; Law Center NCOIC, DSN 385-3259 and Administrative Law, DSN 385-3236.

• **AAFS Vision Center** - The AAFS Vision Center on Coleman Barracks will close Aug. 1. To minimize the inconvenience to customers, the hours of the optical shop at the Heidelberg Shopping Center will be extended to include Mondays.

• **Summer Camp** - Summer camp registration is open for the School Age Center. Children must be registered with Child Youth and School age Services. They must also attend an orientation. SAC summer camp runs through Aug. 20. DSN 380-4321, civ. 0621 730-4321.

• **Voting Assistance Officers** - Mannheim's voting assistance representatives are Marcia Sierra-Williams and Elyonne Klein. 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.

Four from Heidelberg make U.S. Army-Europe 10-Miler team



Alex Cornelius, from Mannheim, runs during the U.S. Forces-Europe Army 10-Miler Qualifier race as a civilian July 10 in Grafenwöhr. Although Alex is not a military member, he wanted to run this race for the experience and thrill before he leaves for U.S. Army basic and military police training Aug. 16.

Staff Report

A total of 113 competitors finished the U.S. Army-Europe Army 10-Miler Qualification race held in Grafenwöhr Saturday and four runners from Heidelberg made the team.

The top six men and top six women finishers will go on to compete in the Army 10-Miler in Washington, D.C. in October.

This was the smallest turnout for the race since it began 14 years ago, but records were still broken.

Maj. Keith Matiskella, with the Joint Multi-National Training Command in Grafenwöhr, ran the fastest time ever recorded at this race, finishing in 53 minutes, 9 seconds.

Heidelberg Qualifiers

- Sgt. 1st Class Walter Johnston, 63:04
- Ekaterina Volsky, 84:11
- Sgt. Katherine O'dell, 87:28
- Kattie Lucido, 91:14

Courtesy Photo

Mannheim Skateboarding Competition

Two skateboarders show off their moves during a skateboard competition held in Mannheim Friday. A number of youth came out to participate in the event while the audience cheered them on. More photos can be seen on www.facebook.com/USAGMannheim.



Photos by Martin Hoepfner



staying ACTIVE

Summer Slam Kickoff

The opening ceremony for the 2010 "Summer Slam" tournament is 5 p.m. July 16 at Patton Gym in Heidelberg.

Basketball (Men and Women): 3:45 p.m. July 16, 9 a.m.-10 p.m. July 17 and 9 a.m.-6 p.m. July 18. All games in Patton Gym.

Softball: Men's softball - 7 p.m. July 16, 10 a.m.-9 p.m. July 17 and 9 a.m.-5 p.m. July 18. All games on Patton Barracks softball field.

Women's softball - 7 p.m. July 16, Tompkins Barracks, 9 a.m.-9 p.m. July 17, Tompkins Barracks and 9 a.m.-7 p.m. at Patton Barracks.

Beach Volleyball: 10 a.m. July 17. One day event at Tompkins Beach Volleyball Complex.

Racquetball: 8 a.m.-9 p.m. July 17, Campbell Fitness Center racquetball complex.

Free camping at Patton and Tompkins Fitness Centers. DSN 373-8032.

Tennis Tournament

Check out the U.S. Forces Europe Tennis Championships 9 a.m.-8 p.m. July 16, 17 and 9 a.m.-5 p.m. July 18 at the Heidelberg Tennis Center. Categories are men's, women's, doubles and mixed doubles. DSN 388-9037. www.mwrgermany.com.

Germany's Most Active Town

Community members are encouraged to support the city of Mannheim in its bid in "Germany's most active town competition." The USAG Mannheim Sports Office is offering a 5-kilometer walk 9 a.m.-noon July 17 at the Sullivan Fitness Center in Mannheim as a gesture of German-American cooperation and support in Mannheim's quest to win the competition. DSN 385-3314.

Unit-Level Softball Championships

Kaiserslautern's top six unit-level garrison softball teams will compete 6 p.m. July 19-22 at the Kaiserslautern Army Depot Sports Field. DSN 493-2087, civ. 0631-3406-2087.

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., July 22 and Aug. 12. Bring complete shot records and the CYS Sport Physical Form to your appointment. DSN 371-2622, civ. 0800-914-6133.

Kaiserslautern - The U.S. Army Health Clinic located on Kleber Kaserne will offer sports and school physicals 8 a.m.-4 p.m. July 28 and 1 p.m.-4 p.m. Aug. 4. To ensure your child's medical records are accurate, please bring a copy of their immunization record. DSN 483-1750, civ. 0631-411-1750.

Heidelberg - The Heidelberg Health Center Pediatrics Department will offer a one-day sports physical July 31. Patients will be seen by appointment only and only for sports physicals - no other care will be provided. Appointments are now open: DSN 371-2622, civ. 06221-17-2622.

Viking Challenge

The Kaiserslautern Military Community Viking Challenge run/walkathon will be noon-midnight July 30-July 31 at the Vogelweh track next to the fitness center. The event raises money for the Fisher House and other KMC organizations. Deadline to register is July 23, and there is a \$15 registration fee. DSN 480-8542, anjelica.kaylor@ramstein.af.mil.

Golf Tournaments

The Heidelberg Golf Club hosts its annual Heidelberg Open 7:30 a.m. July 31-Aug. 1 at the Heidelberg Golf Course in Oftersheim. Tournament is open to the first 144 paid participants. Sign up deadline is July 23. DSN 379-6139, civ. 0620-253-767.