

HeraldPOST

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

New plan aims to improve property accountability

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

U.S. Army Europe logistics professionals are working to implement a plan that re-emphasizes property accountability and equipment management, as part of Army-wide efforts to better manage and allocate resources and save money.

"Everyone in the G4 (the USAREUR logistics directorate) is currently working on this process and how we're going to attack this," said Chief Warrant Officer 3 Travis Byrd, a member of the directorate's sustainment assistance review team.

"The property initiative is a campaign driven down by the Department of the Army to clear up a lot of the excess equipment that is out there in the field," Byrd said.

"This our way of helping the United States by downsizing the amount of equipment and getting rid of the waste that has been accumulating over the years," he added.

Reallocating existing stocks of supplies and equipment to recoup expenses or prevent unnecessary purchases is a key part of the initiative.

"If the unit does not need the equipment, it needs to go back into the system so it can be identified and redistributed to a unit that does need it. If it's deemed that no one needs it, it'll go back to the Defense Reutilization and Marketing Office to be recycled, reused ... or sold on the aftermarket," he said.

According to a recent Department of the Army message, the challenge of see **NEW PLAN** page 14

Welcome to the Corps



18th Engineer Brigade develops junior leaders

By Spc. Aislinn Amig
18TH ENG. BRIGADE PUBLIC AFFAIRS

Every Soldier remembers the first noncommissioned officer who made a difference in his career – the first NCO who inspired him and taught him how to be the best.

For many Soldiers, that NCO is a newly-promot-

ed sergeant working as their supervisor. During a junior leader development program July 13-15 in Schwetzingen, 26 recently promoted corporals and sergeants from 18th Engineer Brigade gained knowledge on how to be that NCO who makes a difference.

Col. Paul M. Paolozzi, 18th Engineer Brigade

commander, quoted John F. Kennedy during his opening remarks, by stating "physical excellence is the basis of all other excellence."

The physical excellence of the NCOs was tested during the course of the program by including a six-mile motivational run, multiple sets of pull-

see **NCO** page 11

COMMAND MESSAGE

Army Family Action Plan General Officer Steering Committee resolves 27 quality-of-life issues

By Lt. Gen. Rick Lynch
INCOM COMMANDER

I have always said you can either read history or make it. Many in our workforce have made important history by asking the three fundamen-

tal questions: Are we doing the right things? Are we doing things right? What are we missing?

These questions compelled the workforce to provide valuable feedback that helps us sustain the Army Family

Covenant. Because of your voice and the Army's commitment to taking care of Soldiers, civilians and families, you have added to the 27-year history of the Army Family Action Plan's quality-of-life improvements, enabling us to

do the right things the right way and fix things that were missing.

One of the greatest achievements of the recent AFAP General Officer Steering Committee is resolving see **AFAP** page 14

HP THURSDAY
July 29, 2010

Speed Read

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NATO Brigade Soldiers said farewell to Col. Leah R. Fuller-Friel and welcomed new commander, Col. B.J. Constantine Jr. 3

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A change aimed at reducing rubbish pickups to save costs and the environment will soon sweep through Heidelberg. 12

SUMMER SOCCER CAMP

Over 55 children participated in a soccer camp held on Patrick Henry Village in Heidelberg. 19



Defense Details

LEAK INVESTIGATION

The Pentagon has launched an investigation to find out how thousands of classified military documents were leaked to the group WikiLeaks.org. The Army's Criminal Investigation Division, also known as CID, is heading the investigation. A defense spokesman said having the Army take charge of the investigation doesn't suggest that Army personnel are responsible for the leaks. CID was chosen for its capabilities in such matters.

IRAQI PARTNERSHIP

The United States military is committed over the long-term to a positive, productive partnership with Iraqi security forces, the chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen said. The U.S. military drawdown in Iraq is on schedule, and it will reduce the numbers of U.S. troops in Iraq to less than 50,000 by Aug 31, he added. Mullen has been visiting Iraq since 2004.

Army news: www.army.mil
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LEGAL ASSISTANCE

Understanding a separation agreement

Patton Legal Office

When married couples begin to contemplate divorce, their thoughts often turn to a separation agreement. But just what is a separation agreement and is one needed for the parties to get a divorce or to be considered legally separated?

A separation agreement is simply a contract entered into by a married couple considering divorce or physical separation.

Such an agreement typically provides for child custody and support, spousal support or maintenance, division of marital assets such as military or other pensions and bank accounts, martial debts and division of real and personal property.

Because it is a contract, no one can be forced to sign one, and Army officials cannot require a separation agreement to qualify for an action, such as an early return of dependents. A separation agreement is also not required for a husband or wife to seek a divorce.

Many Army attorneys would probably agree that only a small percentage of the separation agreements drafted in Army offices are ever signed by the parties.

This is generally due to the parties not being able to agree on significant marital issues such as child custody, spousal support and division of marital assets, particularly if one spouse may some day qualify for a military retirement pension.

If you are contemplating a separation agreement, it is usually a good idea to try and keep in good communication with your spouse and be prepared to compromise on certain issues.

You should not try and use the separation agreement to "punish" your spouse.

A separation agreement can be very helpful in

making a divorce less costly and less stressful to the parties and their children.

It can also guide the court in fashioning a final decree and resolution that complies with the wishes of the parties.

A separation agreement is not the same as a legal separation and legal separation means different things in different states.

Generally a legal separation is a court order that directs the parties to live apart and provides for the terms and conditions under which they will live separately until the divorce is final.

Thus, no Army legal assistance office can give anyone a legal separation, and some states do not recognize legal separations under their state law.

Usually Army policy is relatively simple; you are considered married until you are divorced. But having said this, there are some significant differences between how Soldiers and civilian employees are treated under certain Army regulations.

For instance, under the ID card regulation, Army Regulation 600-8-14, the spouse and children of federal civilian employees in Germany lose their ID cards when the family is no residing in the same household.

Household is generally defined as the same house. Soldiers and their family members ID cards are not affected in a similar situation.

If you are considering divorce or separation from your spouse, you should consult with an attorney at your nearest legal assistance office.

Because of ethical and professional rules concerning conflicts of interest, you should be aware that a single Legal Assistance Office generally will not advise both parties in this type of matter.

COMMENTARY

Properly processing hazardous material

Hazardous Material Reuse Center

A great method of saving money for your unit is to use hazardous materials that other units have turned in to the Hazardous Material Reuse Center.

The HMRC supports all military units, civilian organizations and other activities within the U.S. Army Garrison Baden-Württemberg.

The HMRC processing of your excess hazardous material avoids ultimate disposal, making it available for reissue to other units.

All material will be reissued free of charge. This will reduce hazardous material purchases and hazardous waste disposal costs, and help reduce compliance violations and EPAS findings resulting from mismanagement of excess hazardous material.

The HMRC also serves as a central collection and distribution point for excess hazardous material, taking the burden of storing large quantities of hazardous material away from the units. In general, the HMRC achieves the following goals:

- Provides a central location for the collection, storage and redistribution of excess hazardous material.

- Reduce health and safety hazards (including commander liability) associated with hazardous material management by storing the material in an environmentally responsible manner, in a proper facility, and reducing the number of satellite hazardous material storage locations.

- Reduce unit expenditures on hazardous material by offering reuse material free of charge. Screen material at the HMRC prior to ordering, which in turn also reduces hazardous waste generation.

- Minimize material going to waste providing shelf-life extension information, material safety data sheets and assistance to units.



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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: - There are many misconceptions out there about the Exceptional Family Member Program. What are your questions and thoughts about EFMP?

Mandatory EFMP enrollment is frustrating. My son is enrolled for ADHD. It affected our command sponsorship, appointments for EFMP screenings are not consistently convenient, there is an extra step during his annual CYS registration, and now... due to the shortage of psychiatrists at the Heidelberg clinic, he just

sees a pediatrician for his prescription refill anyway. It seems more of a hassle than it is worth for my family. I understand that some people need and want the extra support, but mandatory support doesn't seem helpful. And it doesn't apply to CONUS assignments...
-Kelley Ramirez, BWnow Facebook Fan

From a former commander. I and many do not fully understand the program nor the steps or locations of those who stamp sign and review the paperwork. It seems to me EFMP was

designed to ensure we did not assign family member to areas that could not support their needs. For the most part here in Germany their health care is as good as anywhere USA. Some places in the US have poor support but we ignore that as EFMP is for CONUS. I have found don't take the first answer or no you get. Most administrating the program can't navigate it. Paperwork gets lost. You are the best monitor of your situation.
-Daniel Colling, BWnow Facebook Fan



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Government computer users within USAREUR will soon use new 'data at rest' security program

USAREUR Public Affairs

All personnel using government computers within the U.S. Army in Europe will be taking part in the installation of new "data at rest" protection software for their systems in the weeks ahead, according to USAREUR information assurance officials.

"Data at rest" refers to information contained in a computer's hard drive.

Army regulations require that all information on the hard drives of government computers be protected to prevent unauthorized personnel from accessing sensitive but unclassified or personally identifiable information in the event the hard drive, or the computer that it is in, is lost or stolen.

Security measures such as data encryption and password protection are often employed to prevent hackers or unauthorized users from accessing, altering or stealing that information.

Microsoft's BitLocker security program is the Enterprise Data at Rest Solution for the Army in Eu-

rope, IA officials said, noting that BitLocker provides a large cost savings to the Army, increased reliability and higher levels of support for Army in Europe customers.

"To assure that BitLocker is free from the problems experienced during earlier data at rest projects, multiple tests of the new software are being conducted before it is installed," said Jonathan Lindow of USAREUR G6, the command's information systems directorate.

In addition, the directorate has trained help desk personnel and provided training and documentation to information management officers and servicing signal battalions to assist customers and address issues.

The directorate has also set up an online documentation and help folder that will be available to customers and information technology support staff.

In the coming weeks Army in Europe personnel will receive a notice with the information needed to install BitLocker, Lindow said.

Each user will be responsible for initiating the BitLocker encryption

process. This process is mostly automated, he added, but a few steps require customer involvement. The customer will need to change the PIN at the end of the installation.

Users do not need any administrative rights to install BitLocker, Lindow said. Organization IMOs will assist with questions about the BitLocker encryption process and ensure customers know where to get the documentation and resources needed to implement the program.

Although testing of BitLocker has been highly successful, Lindow said, it is always recommended to backup any critical files prior to drive encryption.

For more information, government computer customers can visit the BitLocker help folder on the USAREUR enterprise portal at <https://eep.army.mil/119/user/BitLocker/default.aspx>.

BitLocker Installation and other support documentation is available at <https://eep.army.mil/119/imo/BitLocker/default.aspx>.

These links are available to official users on the .mil domain only.

U.S. Army NATO Brigade farewells commander

By Richard Crusan
U.S. ARMY NATO BRIGADE

The Soldiers of the U.S. Army NATO Brigade said their farewells to their commander during a change of command ceremony on Tompkins Barracks in Schwetzingen Tuesday.

Soldiers of each of the brigade's three battalions and Headquarters and Headquarters Company attended the event along with many distinguished guests, local German police and members of the Heidelberg and Schwetzingen communities.

Col. Leah R. Fuller-Friel, outgoing commander, transferred command to Col. B.J. Constantine Jr.

Maj. Gen. Robert B. Brown, deputy commanding general, U.S. Army NATO, who was the reviewing officer for the ceremony spoke thoughtfully about Fuller-Friel and her family's contributions to the unit as well as the support and dedication they had for the Soldiers, families and the local community.

Brown gave credit to the Soldiers of the brigade and the job they have done under the leadership of Fuller-Friel and will continue to do under Constantine.

Brown, in addition to recognizing the outgoing and the incoming commanders during Tuesday's ceremony, took time to recognize the accomplishments of the Soldiers from the U.S. Army NATO Brigade.

While it is hard for any commander to leave a unit, it is understandable why Fuller-Friel may have trouble walking away from what she refers to as, "the best and most dispersed command in the Army," with Soldiers located at 34 locations and 12 countries in Europe and the United States.

Fuller-Friel has served with the U.S. Army NATO Brigade one other time in her career, but felt that this most recent tenure with the unit was most memorable in many aspects.

"Not for any particular accomplishment or any specific event, but because of the people – the extraordinary military and civilian personnel and family members I served with – that has made this short time together one of great joy and happiness. NATO Rocks," she said.

Fuller-Friel is headed to the Army Senior Leader Division at Arlington, Va. for her next assignment.

When Constantine gave his speech as the new commander of the brigade, he addressed the crowd and said he felt, "honored to stand before the Soldiers of U.S. Army NATO Brigade as their commander."

Constantine mentioned two previous assignments in the brigade as company and battalion commander, but said he looks forward to this assignment with great anticipation, adding that he is excited to lead and serve the 2,700 Soldiers, civilians and family members in the brigade and plans to "maintain the high standard" set by Fuller-Friel.

39th Trans. Bn. uncases colors



Lt. Col. Lee English, commander of the 39th Transportation Battalion, and Command Sgt. Maj. Charles Nash, uncase the battalion colors at a ceremony held at Kleber Kaserne in Kaiserslautern July 20. The ceremony officially marked the redeployment of 39th Transportation Battalion from a year long deployment to Arifjan, Kuwait, in support of Operation Iraqi Freedom. The Headquarters and Headquarters Detachment also unfurled its color during the same ceremony.

What doesn't kill you, makes you stronger

Soldier perseveres, succeeds despite difficult childhood

By **Dijon Rolle**
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

While saying Spc. Ekaterina Volsky's childhood was difficult is accurate, it doesn't even begin to describe the poverty, abuse and neglect she has overcome in her short lifetime.

The now poised, talented U.S. Army Europe human resources specialist, was born near the Ural Mountains in Perm, Russia, 23 years ago. Her birth mother struggled with alcoholism and bouts of mental illness and eventually committed suicide.

As if that wasn't a rough enough start to life for an innocent child, at age 2, she was sent to an over-crowded orphanage where, she said, she was raised primarily by the other residents living there – some only a few years older than she was. And sadly, Volsky admitted she was abused during her time at the orphanage.

Over the next seven years of her life in Russia, Volsky poured her pain and her passion into the performing arts to escape the hell she faced on a daily basis.

"I grew up just learning how to be focused on music and art; that's how I learned to survive," she said. "I would study singing, poetry and history to try to be as normal as possible."

At age 9, Volsky met Joyce Sterkel, an American woman who would later become her adoptive mother.

As a nurse, Sterkel spent time working with humanitarian organizations in Russia and later founded "Ranch for Kids," a facility in rural Montana specializing in helping children suffering from fetal alcohol syndrome, mental illness, abuse and reactive attachment disorder.

Initially, Sterkel was not allowed to adopt Volsky due to a one-year moratorium on Russian adoptions at the time.

"I really had no contact with her during that year, but she left some gifts and that was helpful ... when it was time to be adopted and I came to America, it was quite a shock for me," Volsky said.

"There's always a bright side to a challenge. That's one of the things my mom has always said. Without the bad, there could be no good. We are just human beings, and we have to strive forward no matter what, and that's why I'm here."

-Spc. Ekaterina Volsky

The family moved to Wyoming before setting up shop in Eureka, Mont., the future home of Ranch for Kids.

As she tried to adjust to her new life in the United States, Volsky learned English by watching American television and movies and engaging in conversations with her new friends and family. She also picked up her U.S. citizenship, attended Utah State, worked as an Americorps volunteer and nurse's aid, and helped out around the ranch.

Volsky and Sterkel returned to the orphanage in 2000 for a visit and to find out more about Volsky's biological family, including the whereabouts of her biological brother.

She was told he worked in a factory in Siberia, but the two were not able to connect during her visit.

"It was very heartbreaking and shocking. I couldn't stop crying," Volsky said. "I wanted to bring everyone with me to America because it was so sad to see children that can-not go anywhere. They do not have families, and that's pretty sad to me because they have to be stuck here."

In 2008 Volsky, with her families' blessing, decided to take on a new challenge – this time as a Soldier in the U.S. Army. Heidelberg is her first duty station.

"I feel very proud and very appreciative because I can live and serve in a normal country where I do not have to be violated or abused," Volsky said.

"The United States Army is not something that you have to do; we are volunteers here to serve, and that is the greatest opportunity, I think, without looking at the benefits," she said. But just look-

ing at trying to get out and do something different. I feel very proud," she said.

The human resources specialist does admit there have been some challenges.

"Being in the Army as a Soldier from where I come from it is hard, because I have to learn to adapt in a different way from how I used to be, and I think most people have that," she said.

"A lot of Soldiers who have family members in the military can kind of grasp what it's like because they've been around military people, but for me I have to take an extra step, ask questions, and find my way," she said. "Probably learn much more to get to where I want to be."

According to Volsky's supervisor, Sgt. Amanda Jordan, she's definitely on the right track.

"She is highly motivated. She does things with little to no guidance, and she's a person that I would go to as my right-hand man," Jordan said.

"It's pretty amazing she is where she is now. Knowing where she came from and that she's had such a hard life. I just think that she is such a great person," Jordan added. "She's one person that you can learn from ... and now to be so happy and to be where she is now, she's also a person to look up to."

In her free time Volsky enjoys singing, dancing, drawing, playing the piano, and performing community service, which she often does as a member of Heidelberg's Better Opportunities for Single Soldiers program.

"Spc. Volsky is a person that you can truly see has a servant heart and tries very hard to



Dijon Rolle

Spc. Ekaterina Volsky, human resources specialist for United States Army Europe's G-1 section, has overcome several obstacles in her 23 years few would ever imagine. She says her difficult childhood has motivated her to use her talents and time to serve others and to share her story of hope.

ensure others are taken care of," said BOSS President Spc. William Perkins. "She sets the example for others."

Another passion Volsky has is acting, and she had the opportunity to hone her chops with a part in a commercial for USAREUR's diversity campaign, aired on American Forces Network.

Most viewers will recognize her from her memorable delivery of the line "I am USAREUR." Volsky admits she was a little surprised by the attention she received after the commercial began airing.

"At first I wasn't used to it, and it was a little much for me, but then I went on autopilot and so it doesn't bother me at all. Sometimes I even laugh. It's good that people recognize it."

Despite the struggles she's overcome and the many different activities and hobbies that now consume her schedule, Volsky says there is one thing that remains a constant quest in her life.

"I really enjoy community service, and I really enjoy meeting people and commu-

nicating. I've found when I help other people, I am helping myself," she said.

"I know that I'm going to make a difference, and when I can make people smile, that's one thing that I appreciate about the talents and the gifts that I have," she added. "I am able to share them and to give something in return."

These days, Volsky continues to weather the stormy seas of life while helping to raise others up to stand on the mountains she was able to conquer years ago in a Russian orphanage.

"There's always a bright side to a challenge. That's one of the things my mom has always said. Without the bad, there could be no good," Volsky said. "We are just human beings, and we have to strive forward no matter what, and that's why I'm here."

In October Volsky will head to Washington, D.C., to compete in the U.S. Army 10-Miler. She was one of four runners from Heidelberg to earn a spot on the U.S. Army Europe 10-miler team earlier this month in a qualification race in Grafenwöhr.

21st TSC employee modifies supply, maintenance system

By Sgt. Fay Conroy
21ST TSC PUBLIC AFFAIRS

The logistical world at 21st Theater Sustainment Command just got a lot easier thanks to the expertise of Lean Six Sigma Black Belt Strawberry Olive and the Standard Army Management Information System cell, which is part of Support Operations at Theater Logistics Support Center-Europe.

Olive and her coworkers at the STAMIS cell realized that the process to validate information using the Standard Army Management Systems and the Property Book Unit Supply Enhanced was very slow and could lead to multiple errors.

"The problem is that we have PBUSE, which the property book office runs. We have SAMS, which is maintenance. The problem is that these two systems are stove-piped. They don't communicate with each other," Olive said.

Previously, supply and maintenance workers had to check equipment in SAMS against the records in PBUSE by hand.

Throughout the Army, this is a stubby pencil action. You have to take the PBUSE and SAMS data separately then you have to validate it, so it's very, very time consuming and it's open to errors, Olive said.

For the cell at TLSC-E the sheer number of records that the cell had to validate made the task a daunting one.

With 91 units to induct for fiscal year 2010, the cell began with the first five units and realized the time-consuming and error-ridden current process was not going to work.

As a recently certified black belt in the LSS program, Olive began a project to streamline the process.

STAMIS cell contributors Ingrid Boger and Karl Brand played key roles in the testing phase of the project. Brand is also a green belt in the LSS program.

Kersten Boranek, a management assistant from support operations worked with the project as a green belt candidate in the LSS program.

Karl Schneider and Brigitte Wurm from the TLSC-E property book office also worked with the cell. Schneider designed the prototype and produced the final automated tool while Wurm provided support with the PBUSE side of the process.

Using problem solving techniques learned through the LSS program, the group came up with the PBUSE V SAMS Maintenance Data Validation Tool.

In the testing period, the manual method took 13 hours to validate 388 pieces of equipment. The PBUSE V SAMS Maintenance Data Validation Tool took 13 minutes to validate 21, 257 pieces of equipment.

"One of the operators said that it took him 11 hours and now it takes him 30 minutes, so it's a good tool for maintenance and supply managers at that management level," said Lt. Col. Tom Hays, chief of operations, research and systems analysis for the 21st TSC. "It's good for the clerks who have to actually do the work down at the company and battalion."

The current plan is to replicate the program across 21st TSC and the rest of U.S. Army in Europe.

Faces of the community: Rhein-Neckar USO



Margaret Olevenger

Diane Dearth and Sieglinda Hertenberger, USO employees, serve Soldiers on Sullivan Barracks water and snacks for a small donation. The USO is located in Bldg. 245 on Sullivan Barracks and is open Monday-Friday 8 a.m.-5 p.m. as a place for Soldiers to hang out, use computers, and get information about local activities, tours and classes. The USO also provides a conference room that can be reserved for special events. DSN 385-3195, civ. 0621-730-3195. www.uso.org/rheinneckar.

'Sex Signals' helps raise awareness, prevention of sexual assault

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

The Galaxy Theater on Vogelweh in Kaiserslautern was filled to capacity as the audience came to better grasp the seriousness of sexual assault in a whole different perspective in an entertaining show called "Sex Signals", July 20.

The Sex Signals show is a 90-minute two person improvisational show with skits that include discussion on varied topics such as dating, rape, consent, alcohol and intervention within the military.

The program, which has been used at many universities and colleges, was created by Catharsis Productions and is a popular program touring military bases all over the world.

Amber Kelly, an actress from the show, believes the positive response the show has been getting shines a different light on the way sexual assault is perceived.

"I think the most rewarding feedback is when someone comes out with some questions," Kelly said. "You see that later on that they're making a

transition in their own mind and trying to figure things out. I personally think that it is the best when you see someone making that connection."

Audience participation was encouraged in their opinions about typical "hanging out at the bar," scenarios the two actors performed on stage to entice discussion about stereotypes and misinterpretations.

The improv show was made as candid as possible for the audience that consisted of Soldiers, civilian employees and family members over 18 years old in the Kaiserslautern military community.

Spc. Tanisha Bussey, a material expeditor for the supply and services branch for the 21st Theater Sustainment Command thinks that the show was definitely a better way of getting information about sexual assault to the community.

"It was interactive and you got back a lot of feedback from different people. There was lot of questions about many different situations where we all could relate to on some level," Bussey said.

The program was in Mannheim Tuesday and Heidelberg Wednesday.

PLAY IT SAFE

**LEADERS
SOLDIERS
FAMILIES**



- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.

IN THE SUN!





Sgt. Travis Zielinski

A UH-60 Black Hawk helicopter from the 1st Air Cavalry Brigade, 1st Cavalry Division, makes a traffic pattern near Robert Gray Army Airfield July 21. Although the 1st ACB returned from Iraq just three months ago, they are already back to work and training for missions.

our ARMY around the world

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Air Force Senior Master Sgt. David Lipp

Sgt. 1st Class Cory R. Schall, of Devils Lake, N.D., is greeted by his daughter, Alyssa, upon his return to Fargo, N.D., after a one-year deployment to Kosovo. He was part of a NATO-led peacekeeping mission and served in Multi-National Battle Group East, which was commanded by Brig. Gen. Al Dohrmann, of Bismarck, N.D.

After delivering Soldiers and Iraq dignitaries to their final destinations, Crew Chief Sgt. Fred Oser, attached to 2nd Heavy Brigade Combat Team, 3rd Infantry Division, dismounts the 240 Bravo Machine Guns from the UH-60 Black Hawk used during the morning's mission to several Combined Security Checkpoints in the Ninewa Province, Iraq, July 2.



Gregory Gleske



Sgt. Caycee Cook

Carly M745, a security forces K-9 with the 332nd Expeditionary Security Forces Group, is sedated to have blood drawn July 3 during a canine blood drive at Joint Base Balad, Iraq. Just like humans, this life saving contribution can be used for another K-9 of the same blood type when needed. Military working dogs at JBB have their blood tested prior to being used as a donor for blood typing and to ensure they are ideal donors. Carly is deployed to JBB from the 87th Security Forces Squadron at McGuire Air Force Base, N.J. Tech.



Sgt. Russell Gilchrist

A Soldier completes her 20th repetition with a 25-pound weight while taking part in the One Shot, One Kill workout program at Forward Operating Base Shank, Logar province, Afghanistan, on July 20.

21st TSC Soldier appears on German television

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

Chances are, no other 21st Theater Sustainment Command Soldier had his nose powdered by a make-up artist before participating in a live broadcast at the German television station, SWR Fernsehen, July 10 in Mainz.

Sgt. Juan Carlos Mogollon, the prescribed load list noncommissioned officer in charge at the 21st TSC motor pool did – twice.

When a team from SWR's regional newscast the Landeschau, looked for American soccer players to kick against British players, Mogollon volunteered.

Mogollon, a soccer player from Colorado Springs, Colo., and his British opponents competed the night their national teams played in the World Cup in South Africa.

However, in lieu of a soccer match, there was the type of precision shooting contest most Europeans are familiar with from live sportscasts. Each contestant has a pre-determined number of attempts to kick the ball through a round opening in the lower right and in the upper left of a goal-shaped wall.

A complete novelty for Mogollon who was stunned by the large crowd gathered to watch the live broadcast at



Angelika Lantz
Sgt. Juan Carlos Mogollon (front), the prescribed load list noncommissioned officer in charge at the 21st Theater Sustainment Command's motor pool, is introduced by Martin Seidler, host of the Landeschau, in Mainz. Mogollon became a finalist in a soccer shoot-out after previously competing during the show's broadcast at the state fair in Neustadt.

the Rheinpfalz state fair in Neustadt.

"I looked around and thought, 'this is huge. What am I doing here?'"

And, then the rehearsal, it was all, 'stand here, move there, look in this direction' – I felt a like a puppet.

But, when they counted down to the show's signature music, I felt OK," he said.

In addition to feeling OK, he did OK as well and became a finalist.

"What was really great is that ev-

eryone on and in front of the stage clapped and cheered whenever I had the ball. They cheered for the Americans, not the British. The whole thing was a wonderful experience for me," Mogollon said.

When the invitation to participate in the finals came, Mogollon did not hesitate. Accompanied by his friend, Sgt. Alexander Torres, a battle NCO with the 21st TSC, he spent a hot afternoon at the station's studio in Mainz.

The Soldiers received the VIP treatment with the show's host, Martin Seidler, taking the time to sit down at their table and speak with them. Then, when an assistant showed the three finalists through the studio's facilities, the tour was conducted in English.

"I've never been to a television studio or a live broadcast. This was great – I even got a free vuvuzela," said Torres.

A vuvuzela is a type of noisemaker used extensively by audiences at the World Cup in South Africa.

"It was a once in a lifetime experience. I was on TV, I had a wonderful time," Mogollon agreed.

While Mogollon did not win the finals, he did not have any regrets either, but enjoyed the entire experience, he said.

NCO

continued from page 1

ups and a 10-kilometer ruck march.

Command Sgt. Maj. David M. Clark, the 18th Eng. Bde. command sergeant major, led the NCOs on the 10-kilometer ruck march around Schwetzingen on day three of the program.

"It was challenging and gave us a chance to bond together, to push ourselves and our peers so we could finish together," said Sgt. Micah Morris, personnel actions NCO for 18th Engineer Brigade.

Along with the rigorous physical fitness and team building exercises, emphasis was placed on military education and leadership development.

Briefings were given on the Army Equal Opportunity Program and Comprehensive Soldier Fitness. Personal experiences were also shared in order to further enhance the NCOs' leadership skills and prepare them for a successful career.

"We were all sergeants once and all of you have the potential to be sergeants major... no one can buy that rank, it is earned," said Command Sgt. Maj. Roger Blackwood, V Corps command sergeant major.

"I'm a better leader now," said Morris, referring to the knowledge he gained on the effectiveness of counseling Soldiers. "I'm informed now of what an NCO can do and how they can better take care of Soldiers."

Following the three-day program on July 15, all 26 NCOs were welcomed into the noncommissioned officers corps in an induction ceremony at Tompkins Barracks Parade Field in Schwetzingen.

Environmental award



Sieg Heppner
German children perform a play during an event where U.S. Army Garrison Mannheim was presented with an environmental award for the Eagle Scout Project – building a lizard habitat in the vicinity of the Mannheim Commissary July 22 at the Alte Feuerwache in Mannheim.

The sounds of 'Rumbling Rubbish' captivate Heidelberg community

By Jonathan Ochart
HERALD POST INTERI

Although the stench wafting from trash cans may overwhelm some individuals, sorting through garbage has strengthened the smell of sweet success for the Rumbling Rubbish recycling program in Heidelberg.

Marty Hanson, pollution prevention manager and Travis Vowinkel, Directorate of Public Works solid waste program manager, are catalysts of the program dedicated to reducing the amount of rubbish (unrecyclable materials) thrown away by the community. By demonstrating how to recycle properly and sorting through trash bins to determine any cross-contamination, Rumbling Rubbish has succeeded in decreasing the size of rubbish containers in the Heidelberg housing areas, therefore lowering costs charged by the City of Heidelberg.

The program's latest project involves reducing all 1,100 liter grey rubbish containers in the housing areas to 660 liters by the end of August.

Shrinking the amount of refuse thrown away not only helps the world become a greener place, but it cultivates the greenery in the community's wallet as well.

"Doing so will save \$2,000 per recycling island per year, and there are roughly 275 islands for the stairwell buildings," Hanson said, therefore saving the garrison a whopping \$550,000.

"A lot of the residents are quite happy to do this, especially since they've been through things like this before," Vowinkel said.

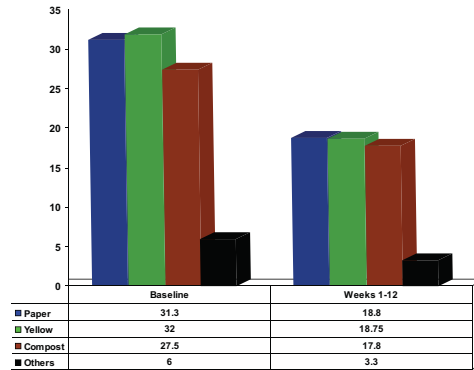
Throughout the two-year operation, Hanson and Vowinkel have provided families, via stairwell and building coordinators, with information necessary to separate waste correctly and lower the rate of cross-contamination within the plastic, paper, compost and glass containers.

According to Hanson, the coordinators have been invaluable to the success of this project.

"We know we are burdening them with an additional task, but they have all been extremely cooperative," he said.

Whenever a stairwell fails to separate waste properly, it receives a yellow sticker and a report, pictures and a letter explaining why it earned a yellow sticker rather than a green one denoting approval.

A stairwell receives a red sticker if no improvement occurs after getting three yellow stickers, which calls for a meeting between the garrison commander and the stairwell or building coordinator to solve the problem.



Comparison of average impurities per week in rubbish containers, in liters from Feb. 5-May 20, 2009.

Before the meeting commences, however, the solid waste team meets with the families involved to try and resolve the problem that led to a red sticker.

"We give any support needed, and so far it has always worked. We've never had an island that stayed at red and never got better," Hanson said.

Community members living in housing can prevent their rubbish containers from overflowing by making sure to place every unwanted item in the correct bin, especially since the German government does not charge money for picking up recyclable materials.

With the community's cooperation, "we're achieving what we set out to do, to save money," Vowinkel said.

"There are a lot of success stories in this garrison. A lot of people truly want to recycle and have stepped

up to the plate," Hanson said.

Although separate from the Rumbling Rubbish program, one achievement belongs to the hospital on Nachrichten Kaserne.

"They used to have five 5-cubic-meter trash containers emptied four days a week," Hanson said. "Now they're down to three and emptied only two days a week, because they're separating their trash more."

Those wishing to make their workplaces cleaner and greener can bring recycling bins to their offices by contacting Hanson at DSN 387-3260, civ. 06221-4380-3260. Supplies are limited and are on a first-come, first-serve basis.

While a variety of colors may confuse and startle those unfamiliar to the world of recycling, the Rumbling Rubbish program exists to offer assistance. After all "we're here to help," Vowinkel said.

Multifaceted efforts give recycling a new look

by Jonathan Ochart
HERALD POST INTERI

Thanks to a variety of programs offered by the Recycling Center on Patrick Henry Village in Heidelberg, salvaging unwanted items by placing them in the correct containers can now be a unique experience.

"One man's junk is another man's treasure" embodies the Reuse Center's function, which is located within the Recycling Center. ID card holders interested in taking home a range of goods, including books, clothes, movies, dishes, furniture, kitchen appliances and electronics, can visit the building and give an unwanted item a longer life.

In addition to taking objects home, community members may also give any of their unwanted, yet usable items to center solely staffed by volunteers.

The second floor of the building, run by Solid Waste Management professionals, community members may take advantage of a training center where learning about recycling and engaging in environmentally-friendly activities is possible.

"I never thought it would take off like it did," said Directorate of Public Works solid waste program manager Travis Vowinkel, who came up with the idea of installing the Reuse Center.

At the center, young children can also discover the benefits of recycling through a number of interactive activities, such as finger painting on recyclable items as well as creating paper of their own from recycled materials.

In one activity, elementary students learn how composting, or the breaking down of materials in the environment, is nature's way of recycling.

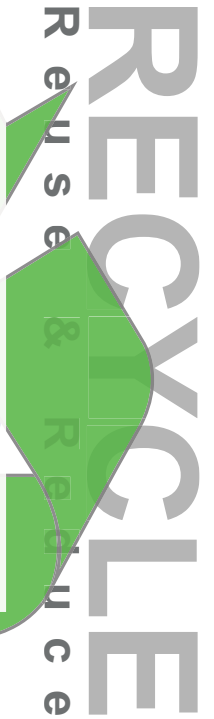
"We have a terrarium with stick insects, beetles and other bugs, and we use it to show how they eat plants and create waste that helps the plants grow; they recycle," Vowinkel said.

Another innovative approach to educating youth about the importance of recycling is the Waste Graveyard, where middle school students buried certain items in the ground to see how long it takes for them to decompose. "The schools have been very excited about this and they do want to get involved," said Marty Hanson, pollution prevention manager contractor.

As a result of Vowinkel and Hanson's commitment to saving the earth, recycling found its way from the insect terrarium and graveyard into the schools' cafeterias, where students put their newly gained knowledge into practice by separating their food waste from packaging.

By educating young members of the community, Vowinkel and Hanson hope students will promote efforts designed to maintain natural resources. Keeping in mind that recyclable materials wrongly placed in rubbish bins still face incineration, the recycling advocates believe that everyone, no matter how young or old, should do their part to foster a healthy environment.

Although some individuals believe recycling will impact the world insignificantly, "sometimes you can't think locally; you have to think globally," Hanson said.



The Life of a Plastic Bag



NEW PLAN

continued from page 1

maintaining good accountability of equipment and supplies has continued to grow as the result of operations in Iraq and Afghanistan. Because commanders' primary mission focus has been on deploying, redeploying and combat zone operations, supply discipline has not been uppermost in their minds. Byrd said one of the objectives of current efforts is to raise their awareness of the importance of using their resources wisely.

"Once we get them back in the mind-set of what command supply discipline is, and the overall picture as far as saving resources and preventing fraud waste and abuse, and we get that idea back into the mainstream, I think we'll be set for the future," he said.

As part of the new initiative, Byrd explained, units and organizations across USAREUR can expect to undergo a series of supply reviews and inspections by senior command supply officials, to ensure those organizations meet Army supply standards. USAREUR's SART is ready to support units that need assistance, he added.

Byrd said he believes re-emphasizing the need for property accountability will help save money and improve supply accountability throughout USAREUR.

Unit personnel interested in more information on obtaining the assistance of the USAREUR SART can go to www.dcs4.hq.usareur.army.mil/crt.htm or contact the team by e-mail at DSN 370-5500 or 370-5504 or by e-mail at G4-CLRT-Team@eur.army.mil. An edition of the USAREUR podcast featuring Byrd and a greater discussion of new supply initiatives, as well as other USAREUR audio products, is available on iTunes at <http://bit.ly/aENrz5>.

AFAP

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27 of 40 quality of life issues. The GOSC, composed of Department of Defense officials, Army leaders, and field representatives reviewed some tough issues that require resources, legislation and policy changes. In the end, the resolutions expanded Soldier entitlements and civilian employment, enhanced medical and family support, and improved facilities and relocation services for the Soldiers and civilians who support our nation and the families who support them.

The AFAP is a year-round process that begins at the installation or unit level and is the preeminent means for commanders at all levels to learn of and seek solutions for the concerns of their communities. Currently, the Army is the only service with a program like AFAP.

Because of your voice, the Army is able to dedicate child and youth spaces to accommodate our special needs children at Child, Youth and School Services facilities. Garrison commanders now have the authority to designate areas

within their community for immediate special needs child care. This resolution supports Soldier and family well being.

Our pledge to improve family readiness is evident in the resolution of issue No. 562, an efficient and seamless delivery of family support services with Army One Source. This is a significant approach to reaching out to families. Information about Army Family programs, health care benefits, education, and recreation is available online at www.myarmyonesource.com, and is easily accessible by Soldiers and families – regardless of geographic location. This one-stop shop for Army information is available for members of the active and Reserve components.

We are ensuring excellence in schools through an online, one-on-one tutoring service for Army affiliated students. Family members in grades K-12 can receive live online assistance with math, science, language and introductory college-level courses. This worldwide service is available 24 hours a day, seven days a week at www.tutor.com.

Providing additional support to surviving families with

enhanced survivor family dental benefits was also attained. Surviving children can now maintain coverage in the TRICARE Dental Plan through age 21, or age 23, if they are full-time college students.

Additionally, an issue requesting around-the-clock child care was resolved. The Army funded 24/7 child care facilities at 11 installations, based on installation missions and projected demand. Family Child Care homes provide the same services at the remaining installations.

We have made great strides, but the committee agreed that six AFAP recommendations cannot be resolved because of resource constraints, lack of legislative support, or other factors. However, we decided to continue pursuing seven agenda items, such as increasing weight allowances for relocating families and boosting medical retirement pay for some disabled Soldiers.

Above all, the AFAP continues to turn possibilities into realities. Since the first AFAP conference in 1983, we have established standards for child care, increased single Soldier programs, granted paternity

leave for new military fathers, and expanded educational benefits for families.

This grassroots process identifies and elevates the most significant QOL issues that affect Soldiers, retirees, civilians and families. Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, QOL needs and expectations of the Army community. Leaders use the information to effect changes that improve standards of living and support programs. These changes foster a satisfied, informed and resilient Army community.

We are entering a new era in AFAP. As the assistant chief of staff for installation management, I am committed to ensuring all recommendations are thoroughly analyzed to determine if they are realistically achievable. To that end, I will be meeting with the Army staff proponents each month to analyze eight to 10 issues. I want to include the entire Army Family in this process by keeping them informed of the progress of each issue. As such, I invite you to visit the Army One Source Web site at

www.myarmyonesource.com, and select the Family Programs and Services menu to activate the AFAP Active Issue Search feature. Here, you can enter keywords to find related active issues, or insert an issue number to see a specific issue. You may also search by subject area, demographic group or geographic area to see what we are doing to improve quality of life for those we serve. I will also keep you informed by publishing monthly updates and postings to my Facebook page.

I encourage you to continue asking these three fundamental questions about our programs and services: Are we doing the right things? Are we doing things right? What are we missing? If you answer "no" to the first two questions or you think we are missing something, get involved and become part of the solution for improving the Army's home – your home.

Reading history is educational, but getting involved and making important history is an exceptional way of providing exceptional support to the Soldiers, civilians and families in our home.

Not enough hands



Linda Steil

Cub Scout Jonathon Thomas washes dinner dishes at a campsite in Verdun, France, while trying to hold a dish towel under his chin. Heidelberg Cub Scout Pack 284 spent the weekend exploring various WWI sites, walking the trenches and visiting various monuments in and around Verdun as well as the American cemetery there.



Photos by Krämer Pferdesport

American rodeo in Hockenheim promises bull riding, music, food and fun

If you are searching for exciting western riding shows, special sales and American food, come to "Western Days," a popular event organized by Krämer Pferdesport.

Rodeo-America takes place for the first time Aug. 6 and 7 at the main Krämer Pferdesport company location in Hockenheim.

Approximately 80 cowboys and cowgirls from the United States, Germany and England are expected to

compete in bull riding, saddle bronco riding and bareback riding.

Other events include barrel racing, pole bending, flag racing and calf roping, where cowboys and cowgirls compete to be the fastest of them all while gaining points for the finale at the German championships.

At the Trick Riding Show, spectators can also enjoy rapid, yet breathtaking stunts and acrobatic shows. Moreover, viewers can delight in watching the

Indian Stunt Show, where the horse is shown as the Native American's close partner during hunts and in combat.

Rodeo-America's grand opening is 6 p.m. Aug. 6, which will contain cattle-work. The actual rodeo begins an hour later, and at 9:30 p.m., barrels of fun are guaranteed with country music.

The next day, viewers can watch cowboys complete cattle-work while enjoying beer and juicy steaks until

the second rodeo begins at 4 p.m. Once the rodeo ends, a massive country party with live music will commence at 7 p.m.

The rodeo entry fee costs €12 for adults, €6 for children ages 6-16, and families (two adults and three children) cost €30.

For additional information, visit www.rodeo-america.de or www.kraemer.de.

Source: Krämer Pferdesport



GERMAN COOKING

Ground Meat Dumplings (Braetknoedel)

Servings: 4

Ingredients:

- 1 pound ground meat
- 1 egg
- salt
- water
- pepper
- ground nutmeg
- lemon juice
- 1 small bunch of parsley
- plain breadcrumbs
- cream or milk
- beef broth

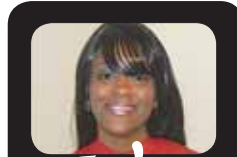
Directions:

- In a bowl, stir a little milk or cream into the ground meat.
- Then add the egg and seasonings.
- Mix well, until the egg is absorbed.
- Add lemon juice.
- Then add as much breadcrumbs as needed to make the mixture firm but still pliable.
- Mix together thoroughly.
- Form into small dumplings and cook in simmering salted water.
- Cook until browned.
- The dumplings must not boil.
- Serve in hot beef broth.

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,

Today is our one-year anniversary and all I'm doing is crying.

I always pictured our first anniversary to be just the two of us. I woke up this morning, my husband was still playing his online games and I thought to myself if he even knew that today is our anniversary.

So after that, my husband went and bought me a neck massager, and a card with some chocolate and gave it to me as an anniversary gift. After that he went to sleep.

I was just sitting there thinking aren't we suppose to spend time together the whole day since it's our anniversary? Like I'm really wanting to spend time with my husband but he is the type who doesn't want to go out but stay home and play video games.

So today I was thinking maybe we will go out and have some fun since it's our anniversary. But I was wrong, he is dead asleep and I don't know what time he will be up anyway.

Now I got to take care of the kids and be miserable.

I thought this day will be special, but it's the same like every other

day. I don't know if he really cares to spend time with me.

Well hope to hear from you soon. I need your advice on what to do.

Thanks you so much for listening.

From: No more video games

Dear Video Games,

Much is being researched about playing video games can become an addiction.

I know ... another addiction to add to the category. Well, I hope he is not addicted and can realize he has a wife who wants to spend more time with him. Many spouses are feeling disheartened about the countless number of hours their husbands are spending playing video games.

So let me ask you, has your husband been deployed? How many times?

How long have you been married, and how many children do you have?

Some report playing video games is a stress reliever, it's fun, and they believe it's a healthy competition because they can play against other people from all over the world.

At any rate, I think you should talk to your husband more about the number of hours he spends playing the games.

You are not asking him not to play at all, but to decrease the number of hours he is currently playing.

It sounds like you have the main stress of running the household and caring for your children alone.

From the tone of your letter it also sounds like you could use more activities to increase your self esteem and self-worth. I would like to encourage you to seek educational opportunities and volunteer opportunities, too.

You can start on your local base or in your local community. Start by visiting the Army Community Service for information on these

efforts.

Let me know how you are doing and write back with an update.

Responses to previous columns:

Dear Ms. Vicki,

Soldiers leaving their wives and children destitute happens all too often.

My next door neighbor has been trying to get support from her ex-husband for two years and still she is not receiving anything. Before he PCS'd she tried everything. She hounded his 1st Sgt. and his commander.

She went to legal and even filed reports with the inspector general and nothing, I mean nothing happened. Thank you so much for printing these letters. This is shameful.

Dear Ms. Vicki,

You had an article regarding a woman whose husband was not providing support. You advised that she contact his commanding officer for assistance.

I have knowledge of the same type situation and the woman contacted her husband's commander and was told that there was nothing he could do as it was a personal matter of the Soldier.

This Soldier kicked his wife out of their home, left her with no money for her or her child, and has abandoned her for a woman he met on the internet.

How can this type of behavior be condoned by the military? I would think that if a Soldier is receiving BAH that he would be under some kind of responsibility to his family.

Also, the Soldiers have access to military legal assistance, but from what it looks like, that assistance is not there for the spouses of those Soldiers who decide to do wrong, morally and financially, toward their families, particularly their children.

DOD to resume Restructured Military Spouse Career Program

Defense.gov

The Department of Defense announced the resumption of a restructured military spouse career advancement account program – MyCAA, following a comprehensive review. The program will be available to spouses of service members in the pay grades of E1-E5, W1-W2 and O1-O2 beginning 8 a.m. EDT Oct. 25.

"The changes announced reflect a return to the original intent of the program which is to help military spouses, with the greatest need, successfully enter, navigate and advance in portable careers," said Clifford Stanley, undersecretary of defense for personnel and readiness. "We fully

support the program and are committed to ensuring the program's sustainability. To that end, we are making several critical operational changes."

Amongst these changes, eligible spouses will receive a total of \$4,000 in DOD-funded financial aid, with an annual cap of \$2,000 per fiscal year; funding must be used within a three-year time period from the start date of the first class; and must be used to obtain an associates' degree, licensure or certification.

A waiver may be granted when fees for licensure or certification require an up-front fee greater than \$2,000 and up to the total maximum assistance of \$4,000.

"The MyCAA program popularity

grew beyond our expectations and became too expensive to continue. Therefore, we are returning to the original intent of the program in a way that is attainable and fiscally responsible for the Defense Department," Stanley said. "As we look to the future, we envision a program that is much broader than DOD's financial assistance component. Military spouses will be guided along a more holistic approach to career planning."

Under the long-term program guidelines, career counselors will continue to work with all military spouses to help develop career and education goals and plans, and assist them in identifying and accessing

available federal education benefits toward these goals.

"Families play a crucial role in supporting our men and women on the battlefield. When service members are confident that their families at home have access to resources and support, they are better able to focus on their mission," Stanley said. "The Defense Department is committed to investing in military families. When we invest in the well-being of the family, we invest in the well-being of the force."

More information can be found on the MyCAA Web site at www.militaryonesource.com/MOS/FindInformation/Category/MilitarySpouseCareerAdvancementAccounts.aspx.

GET OUT!

area events

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

July 31

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 Offersheim. 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 1

Family Bingo - Come celebrate with ice cream, cake and lots of prizes 3-6 p.m. at the Kazabra Club, Bldg. 2057, on Vogelweh housing. There will also be a coloring contest and a special guest. DSN 489-7261, civ. 0631-536-7261.

August 5

Bantu-Afrika Festival - Experience live music, dancing, food, drumming and more at the Bantu African Music and Culture Festival in Kaiserslautern at the Messeplatz. www.bantu-afrika.de

August 7

Evelin's Wellness Paradise - Evelin's Wellness Paradise in Bingen - Rüdeshelm 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. Private group tours are also available. Civ. 06221-436880 c.m.frey@gmx.de.

Art Exhibition - There will be a Time 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>.

August 12

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

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>.

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 Kaseme 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.mwgermany.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 Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

Disneyland Paris - Experience the Magic Kingdom and see the characters you have enjoyed come to life at Disneyland Paris. Tour includes round-trip transportation and entrance ticket to either the movie or theme park. <http://affiliates.uso.org/rheinneckar>.

Ongoing

Dance Lessons - Learn how to move your feet from line dancing to two-stepping at the Kazabra Club Bldg. 2057 on Vogelweh. 7-9 p.m. Thursdays and Saturdays. Lessons are available for all experience levels. DSN 489-7261, civ. 0631-536-7261. www.mwgermany.com.

Top 40 - Every Friday, 9 p.m.-1 a.m. the Kazabra Club Bldg. 2057, in Vogelweh plays your favorite top rock, pop, soul and country hits. DSN 489-726, civ. 0631-536-7261.

Historical Steam Train - Visit a historical steam train and railway museum in Neustadt. The museum is just a 60-minute train ride from Heidelberg. www.eisenbahnmuseum-neustadt.de/index.htm, email schoenberger@eisenbahnmuseum-neustadt.de or call civ. 0621-832-6368.

coming to THEATERS

LETTERS TO JULIET

(Amanda Seyfried, Marcia DeBonis) When a young American travels to the city of Verona, home of the star-crossed lover Juliet Capulet of Romeo and Juliet fame, she joins a group of volunteers who respond to letters to Juliet seeking advice about love. After answering one letter dated from 1957, she inspires its author to travel to Italy in search of her long-lost love, which sets off a chain of events that will bring a love into both their lives unlike anything they have ever imagined. Rated PG (brief rude behavior and sensual images, some language and incidental smoking) 105 minutes.



SEX AND THE CITY II

(Sarah Jessica Parker, Kim Cattrall) The continuing story of Carrie, Charlotte, Miranda and Samantha as they struggle to manage their love lives, friendships and careers in New York City. Rated R (some strong sexual content and language) 140 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

July 29 - INCEPTION (PG-13) 7 p.m.
 July 30 - RAMONA AND BEEZUS (G) 2 p.m., 7 p.m.; SALT (PG-13) 9 p.m.
 July 31 - RAMONA AND BEEZUS (G) 4 p.m.; LETTERS TO JULIET (PG) 7 p.m.; SALT (PG-13) 9 p.m.
 Aug. 1 - RAMONA AND BEEZUS (G) 4 p.m.; LETTERS TO JULIET (PG) 7 p.m.
 Aug. 2 - SHREK FOREVER AFTER (PG) 7 p.m.
 Aug. 3 - RAMONA AND BEEZUS (G) 7 p.m.
 Aug. 4 - SEX AND THE CITY 2 (R) 7 p.m.
 Aug. 5 - SALT (PG-13) 7 p.m.

Mannheim, Schuh

Theater under construction until further notice.

Vogelweh, Galaxy

July 30 - SHREK FOREVER AFTER (PG) 3 p.m.; LETTERS TO JULIET (PG) 7 p.m.
 July 31 - THE SORCERER'S APPRENTICE (PG) 3 p.m.; INCEPTION (PG-13) 7 p.m.
 Aug. 1 - THE SORCERER'S APPRENTICE (PG) 3 p.m.; INCEPTION (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

July 29 - JUST WRIGHT (PG) 11:15 a.m., 2 p.m., 4 p.m., 6:30 p.m.; MACGRUBER (R) noon, 3:30 p.m., 6:45 p.m.; THE PRINCESS AND THE FROG (G) 11 a.m., 3:30 p.m., 6 p.m.
 July 30 - RAMONA AND BEEZUS (G) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SALT (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SHREK FOREVER AFTER (PG) noon, 2:30 p.m., 5:30 p.m., 8:30 p.m.
 July 31 - RAMONA AND BEEZUS (G) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.; SALT (PG-13) 11 a.m., 2 p.m., 5 p.m., 8 p.m.; SHREK FOREVER AFTER (PG) noon, 2:30 p.m., 5:30 p.m., 8:30 p.m.
 Aug. 1 - RAMONA AND BEEZUS (G) 11:15 a.m., 2 p.m., 5 p.m., 7:30 p.m.; SALT (PG-13) 11 a.m., 2 p.m., 5 p.m., 7:45 p.m.; SHREK FOREVER AFTER (PG) noon, 2:30 p.m., 5:30 p.m.; LETTERS TO JULIET (PG) 12:15 p.m., 3 p.m., 6 p.m.
 Aug. 2 - RAMONA AND BEEZUS (G) 11:15 a.m., 2 p.m., 4:35 p.m., 7:15 p.m.; SALT (PG-13) 11 a.m., 1:40 p.m., 4:15 p.m., 7 p.m.; 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.
 Aug. 3 - RAMONA AND BEEZUS (G) 11:15 a.m., 2 p.m., 4:35 p.m., 7:15 p.m.; SALT (PG-13) 11 a.m., 1:40 p.m., 4:15 p.m., 7 p.m.; 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.
 Aug. 4 - RAMONA AND BEEZUS (G) 11:15 a.m., 2 p.m., 4:35 p.m., 7:15 p.m.; SALT (PG-13) 11 a.m., 1:40 p.m., 4:15 p.m., 7 p.m.; SHREK FOREVER AFTER (PG) 11:30 a.m., 2:15 p.m., 4:25 p.m., 7:40 p.m.
 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.

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

Technology Expo

The 43rd Signal Battalion will host a technology expo 10 a.m.-4 p.m. July 30 at the Campbell Barracks Fitness Center. Free to all military, civilian and contractor personnel. Free refreshments and giveaways available while supplies last. Civ. 001-443-561-2438, Mirican@ncsi.com.

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.corneliusen@us.army.mil.

Updating DEERS Information

Sponsors are advised to confirm or update their DEERS enrollment and address, to assure beneficiaries receive information and educational material about the TRICARE Overseas Program managed care contract changeover in September. To make any updates visit your nearest ID card-issuing office or <https://www.dmdc.osd.mil/appj/address>.

UMUC Europe Celebrates 60 Years

University of Maryland University College Europe is celebrating 60 years of providing education opportunities for the U.S. military overseas. The university is hosting anniversary parties Aug. 6 at all UMUC Europe locations across Europe and the Middle East. The celebration events are free and open to the public. For specific event details, visit www.ed.umuc.edu/celebrate60.

Caterpillar Alert

The warmer weather has caused an increase of caterpillars in oak trees. Contact with the oak caterpillar's hair can cause severe allergic reactions. Do not attempt to remove any nests yourself. Contact the Directorate of Public Works or the Fire Department. If you are exposed to the hairs, take a shower and wash your clothes immediately. Consult a physician in case of severe exposure.

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.

local EMPLOYMENT

ACS Career Fair

Heidelberg Army Community Service will host a career fair 10 a.m.-2 p.m. Aug. 28 at the Patrick Henry Village Pavilion in Heidelberg. Employers interested in participating can call DSN 370-6883, civ. 06221-57-6883, dennis.menard@eur.army.mil.

Photographer wanted

Mannheim Family and MWR 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 Morale, Welfare and Recreation Arts and Craft Center. Position does not carry ID card benefits. aloma.davis@eur.army.mil.

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.

• **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.

• **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

• **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@pqg.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.

• **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 garrisonservices@bareinternational.com or visit www.mwrgermany.com.

HEIDELBERG Education

• **ACS Classes** - The following classes are available at Army Community Service; EFMP guest speaker Dr. Juve Vela, TRICARE Applied Behavior Analysis Therapist, 5:30-6:30 p.m. Aug. 5; Parents 1, 2, 3, 4 (3 sessions) 2-4:30 p.m. Aug. 2, 4 and 9 and Life in Balance, 1-3 p.m. Aug. 3. 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

• **Road Closure** - Due to the garrison training exercise on Patrick Henry Village July 30, the roads that make up the PHV triangle by the chapel, theater and library will be blocked to through traffic from 7 a.m. until approximately 10 a.m. Detour signs will be posted, and access to all services will still be available. Both installation access points will remain open for the duration of the exercise, however, the commissary gate may have delays due to emergency vehicles gaining access as part of the exercise.

• **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.

• **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.

• **National Night Out** - The community is invited to grill out, get to know neighbors, meet local law enforcement officials and learn

about anti-terrorism and anti-crime programs during National Night Out on Patrick Henry Village 4:30-9 p.m. Aug. 3.

• **SAEDA Training** - There will be an annual training for Subversion and Espionage Directed Against the U.S. Army 10-10:30 a.m. (in English) and 1-2:30 p.m. (in German) Aug. 4 at the PHV theater. All military, civilian, contractors and local national personnel are required to attend this training once a year.

• **Anti-Terrorism Training** - There will be Anti-terrorism 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.

• **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.

• **Lion's Den Summer Activities** - Join the Lion's Den for some summer fun. Sign-up is available now for the following activities: Aug. 10, visit World War II sites with City Club. www.mwrgermany.com.

• **EFMP Summer Camp** - The Exception Family Member Program is sponsoring a summer camp 9 a.m.-3 p.m. Aug. 10-13. Registration is on a first come, first serve basis. There are 15 slots available to currently enrolled EFMP family members, grades first-eighth. Deadline is July 30. Registration: DSN 385-3101, civ. 0621-730-3101.

• **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, find out about upcoming community events, and address questions and concerns with the garrison command group.

• **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 Tricare Service Center will reopen at 8 a.m. Aug. 16.

• **Volksmarches** - Sign-up available now for The Heidelberg International Wandering Club's weekend trip to Bamberg Aug. 14-15. www.hiwc.de, hiwc@yahoo.com.

• **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://myBWNw.ning.com/group/clothdiapers>.

• **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.

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 Gerger 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.

• **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.

Heidelberg soccer camp



Photos by Linda Stiel

Coach Denis Krupa explains to the players how to best keep the ball from your opponent during a Heidelberg Youth Services soccer camp on Patrick Henry Village Monday. During the camp kids work on technique, tactics, coordination, team building, fast foot work and socialization. Krupa was brought in from Maryland to do the camp, and this is his 23rd year coaching camps in Heidelberg. There are a total of nine soccer camps offered throughout the summer. The next session is Aug. 2-6 for ages 8-13. Sign up through Heidelberg Youth Services.



Thomas Magee gets past Shane Colbert while doing a drill at a Heidelberg Youth Services soccer camp on Patrick Henry Village Monday. The camp consisted of about 55 boys and girls ages 8-13.

staying ACTIVE

Sports Physicals

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.

Kaiserslautern - The U.S. Army Health Clinic located on Kleber Kaserne will offer sports and school physicals 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.

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 486-5762/5300, civ. 06371-86-5762 for an appointment.

Prenatal Yoga Class

Starting in August the Landstuhl Fitness Center will offer 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.

Swim Camp

The Heidelberg Sea Lions are hosting a swim camp Aug. 2-6. Registration is now open. The swim camps are for swimmers with little or no competitive swimming experience and for those with experience. www.heidelbergsealions.com, efssealions@yahoo.com.

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.

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 3-15 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.

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.