

HeraldPOST

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



SALUTING THE UNITED STATES

Brandon Spragins

Members of the 529th Military Police Company fire cannons as part of the salute to the 50 states during Heidelberg's Fourth of July celebration on Patrick Henry Village Saturday. More than 3,000 community members took part in the days' festivities, which included live music, pie-eating contests, food, games and, of course, fireworks. For more photos from the event, see pages 12-13.

HEIDELBERG

BOSS teams up with local German students

By Jonathan Ochart
HERALD POST INTERN

The Better Opportunities for Single Soldiers program teamed up with local German elementary school students and sparked a kickball match Friday that was more intense than the heat from the afternoon sun.

While the activity consisted of several kicks and running bases, another feat came alive on the field: strengthening Soldiers' lives while reinforcing the relationship between the American and German communities.

"The best part about being in BOSS is giving back, and being the voice of the

Soldiers – making sure that they're taken care of and having fun," said Spc. Alexandria Durazo, Heidelberg BOSS vice-president. "I like to see the smiles on the kids' faces and their expressions when they see us."

Playing kickball is the third event BOSS has conducted with third and fourth graders at the Englisches Institut Grundschule near Mark Twain Village. For the past two years, Soldiers in BOSS have brought the American tradition of Thanksgiving to the students through crafts and cuisine.

While cheering on classmates and the Soldiers on his team, fourth-grader Adam Berger said, "It's fun



Kelli Bland

Sgt. Adam Morrissey (left) cheers with the students at the Englisches Institut Grundschule in Heidelberg following a game of kickball.

and exciting to have Army people here. I learned about Thanksgiving before when the Soldiers brought pie and turkey, and now I learned how to play kickball with them."

In addition to learning how to play the game, "it was fun to play kickball with them," said Cara Vetter, another fourth-grade student at the Englisches Institut.

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July 8, 2010

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Defense Details

GATES ISSUES MEDIA MEMO

In a memo to senior civilian and military leaders, Defense Secretary Robert M. Gates reiterated the need for leaders to take media engagement seriously, and to stay within their levels of knowledge. The memo was the culmination of weeks of discussion within the Pentagon on leader interaction with the media. In the memo, the secretary said he is concerned that the department has grown lax in following long-established rules and procedures for engagement with the media. A Pentagon spokesman says the memo and resulting implementation guidance are not in response to the "Runaway General" story published in Rolling Stone magazine.

Army news: www.army.mil
Defense news: www.defenselink.mil

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COMMAND MESSAGE

EFMP: Fulfilling the promise to all family members

By Lt. Gen. Rick Lynch
IMCOM COMMANDING GENERAL

ARLINGTON, Va. - Army families deal with unique challenges associated with military life, especially when it comes to relocation. Not only do families have to find a new place to call home, they also have to find new health care and child care providers, enroll children in new schools and activities, and build new networks of friends and support.

These challenges are not easy for any Army family, but for families with special needs, they are magnified.

Families with members requiring special educational and medical services often have to rebuild a complex system of providers and services to support the health and development of their family members. Families can put an incredible amount of time and effort into creating a network that enables their family members to flourish, and then, when it comes time to relocate, they have to start again.

The Army does not intend for these families to go through this alone. The Exceptional Family Member Program, managed through Family and Morale, Welfare and Recreation Command, is a comprehensive, coordinated program that provides community support, educational, medical, housing and personnel services to families with special needs.

Families who have questions or need EFMP support are encouraged to go to

their garrison Army Community Service center and speak with the EFMP manager.

Soldiers with family members who have special needs are required to enroll in EFMP, so the needs can be considered during the nominative phase of the military personnel assignment process. Some Soldiers may be reluctant to identify family members for this program. They may feel identifying with the program will adversely affect their career. This is simply not true. Army leaders at all levels must help dispel this misconception.

It is also important for Soldiers and their families to know the Army's EFMP does much more than provide information for assignment decisions. The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

EFMP is currently serving 16 percent of all Army families, or more than 70,000 registered family members. The program has provided critical support to families since its start in 1979. Over the last 30 years, through initiatives such as the Army Family Covenant, the Army's commitment and promises to families have become more defined. At the same time, the number of on- and off-post programs and services available to families with special needs has

increased and become more diverse.

As a result of the Army Family Covenant, promises and the greater array of programs to manage or coordinate with, we are committed to continually seek new ways to enhance our EFMP support to families.

The number one request I hear from EFMP families during my installation visits is for assistance in navigating the variety of services and programs available through the Department of Defense, Department of the Army and other federal, local and state agencies. When Soldiers and their families move to a new location, they need to know what is available on and off the installation and how to access and coordinate all the services.

The 2010 National Defense Authorization Act requires the Armed Services to provide support for families with special needs. As a part of the Army's response, Installation Management Command will add 44 system navigators to the existing EFMP staff at 26 garrisons stateside and overseas. The system navigators will help families connect to the local, state and federal resources they need. The system navigators will be trained and in place within the first quarter of FY11.

System navigation is just one of the areas we are looking at through the Army EFMP Strategic Action Plan, which grew out of EFMP Summits held in February 2009 and earlier this year. For all of the issues we are looking at - family member evaluation, en-

rollment eligibility, information management, coordination of services, new programs and others - our efforts are guided by the concerns of our families and a focus on improving Soldier and family well-being and readiness.

One way families with special needs can communicate their concerns and recommendations is through the Army Family Action Plan. AFAP is the Army's grassroots effort through which members of the Army community can identify and elevate significant quality of life issues affecting the community to senior leaders for action.

EFMP is also one of the programs that the Services and Infrastructure Core Enterprise is studying to bring about improvements for Army Families. SICE is a collaborative and cross-functional team of more than 15 commands, organizations and staff offices formed to develop solutions to Army-wide challenges.

EFMP has provided and continues to provide invaluable service, but this is an area in which we must always seek innovative ways to enhance support to families with special needs. Soldiers and families need to know before they depart for a new installation that they will be able to find the services necessary for the health and well-being of all their family members. This is part of our promise to families for the sacrifices they make and our commitment to Soldiers, whose strength and readiness is rooted in the strength of their families.

DISCUSSION BOARD

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



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

Question: What is your impression of the access procedures at the gates to our communities? Too much, too little, no problem, etc.

For the most part I think they are doing a great job! Of course everyone gets frustrated when you have to pull over and let them check your vehicle but they are just doing their job and it doesn't take so long to do that you miss anything anyway. I appreciate the fact that they are there just to try and keep us all safe. I am sure that everyone realizes they are just doing their job and

providing us a service in the process.

Susan, BWnow member

If you get pulled over to get checked it isn't that long, only takes about and extra five minutes. I appreciate that they give the option if I want to leave my child in the car in the winter. I appreciate not having to have her get out in the cold.

Crystal, BWnow member

Access control procedures at the gates are done to ensure only people authorized access gain entry to our installations. This is to protect our community members and keep Heidelberg your home away from home and one of the best places to live. That said, procedures are put in place to expedite your entry, provide protection, while minimizing the inconvenience to you. Terrorists only have to be successful one time. We must maintain vigilance.

-Melvin Jones, Director of Emergency Services



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THROUGH THE EYES OF AN ARTIST

Local logistician uses paintbrush to share love of military history

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

At first glance Andrew Washington appears to be a quiet and reserved type of man. At times he stands as an unassuming figure amid the hustle and bustle of the U.S. Army Garrison Baden-Württemberg staff.

Washington works as a logistician for the Directorate of Logistics, but what most people do not know about him is that he's also an extraordinarily gifted artist.

His passion for the pallet goes all the way back to the early days of his childhood, when he first began painting at the age of 5. Both of Washington's parents also painted, but surprisingly he says he has never had any formal art training. Everything he creates is self-taught.

"I paint because it's relaxing; it's an outlet," Washington said. "I just see things differently. I enjoy capturing the beauty in things ... I want people to walk away with a 'feel good' feeling and know they can bring out what's within them just as I did."

Washington prefers to use oil-based paints and canvas when he's capturing that beauty, but he says because oil based paints can take so long to dry, he often works on several paintings at once – sometimes six or seven at a time.

He also enjoys sketching with pencil and creating other works using the pointillism technique. Pointillism is where an artist combines tiny distinct dots of color to form an image.

One of his pointillism pieces, a World War II battle scene in Italy featuring African-American Soldiers, took 13 months to complete.

The timetable for some of Washing-

ton's other creations ranges from 30 days to over a year, depending on the amount of detail he wants to add.

Washington's latest work, which is still untitled, features a black and white stone statue of a woman set against a midnight black background.

The Washington, D.C., native admits he stayed up until the wee hours of the morning just working on the small bundle of intricate flowers nestled beneath her arm.

His attention to detail is evident in all of Washington's works, particularly in his military-themed pieces where pencil-drawn Buffalo Soldiers stare back with an intense life-like realism.

"I enjoy painting combat scenes because it tells the story and it's live," Washington said. "It's action, and I also try to capture stories that were never told, that were forgotten. Specifically those of African-Americans."

Washington is an avid collector of Civil War memorabilia, and he also has a few items from his days in uniform, including artifacts from the Gulf and Iraq wars, such as Iraqi uniforms, knives and pieces of Saddam Hussein's palace.

Washington spent 24 1/2 years in the Army as a unit supply specialist and drill sergeant before he retired as a master sergeant in 2004.

He remained in the Heidelberg community, where he works as a full-time logistician, and paints in his spare time.

"I'm a die-hard logistician. I love logistics," Washington said. "The best part is logisticians can do the impossible. It's like a chess game. Can you get this in a short amount of time to support Soldiers in the field? Can you get what the Soldier needs on the battlefield? There's nothing too complicated



Photos by Brandon Spragins

Andrew Washington, a logistician with the U.S. Army Garrison Baden-Württemberg, has been painting since he was 5 years old. He often paints military and combat scenes that reflect past U.S. wars.

that a logistician should not or cannot be able to do."

"It's a sense of accomplishment and at the end of the day, you know you've done something great and you're contributing to history, which is why I paint history," Washington said.

John Alva, director of logistics for USAG Baden-Württemberg, worked with Washington previously and said he is an incredibly talented artist.

"I've always enjoyed listening to him talk about the inspiration for his works of art and I could feel the love and energy that he put into every piece," Alva said. "Providing logistics support to the military communities can sometimes be very stressful, and I believe that Andrew focused that energy into his art to create a healthy balance in his life."

Currently Washington's works are not available for sale, but he says eventually he would like to start his own private business offering his pieces to the public.

In the past, he's created artwork for commission when time allowed, but these days he's solely focusing on building up his portfolio.

However, a few of his works are housed in private collections and galleries in England, the United States and Stuttgart.

Washington credits fellow artists Salvador Dali, Don Stivers and Frank Frazetta as his inspirations and offers some simple advice to young and up-and-coming artists.

"Don't stop," he said. "The worst thing you can do is to stop because then you'll have regrets. Everybody has got to understand that there is no such thing as this art piece or this artist is better than this artist, because artwork is artwork, and there are people out there that don't like my work."

"With each painting or drawing, it's practice," he said. "It's like math, with each painting you get better and better."

Army Family Action Plan offers new active issue search option at Army OneSource

By Rob McIlvaine
FMWRC PUBLIC AFFAIRS

Searching for the progress of AFAP Active Issues at the Department of the Army headquarters level became easier June 15, thanks to the new AFAP issue search application.

"The constituents that AFAP serves deserve to know the status of these issues. If the Army cannot resolve an issue, they also need to know what has been done and why the issue is unattainable," IMCOM Commanding General Lt. Gen. Rick Lynch said.

This new search tool was developed because Lynch was concerned that those involved in the AFAP program had no way to track the progress and eventual resolution of the HQDA AFAP issues they had worked.

Now, Soldiers, family members, retirees, survivors, wounded warriors and Department of the Army civilians – of all components – have the ability to search the database of active issues, review the status, and learn what is needed for resolution.

"Searching for active issues is simple and easy," said Shaunya Murrill, with Family and Morale, Welfare and Recreation Command's Family Programs.

"Simply visit Army OneSource at <https://www.myarmyonesource.com/default.aspx>, click on Family Programs and Services, click on Family Programs, and then click on Army Family Action Plan to access this new search application.

"Several filter options are available, allowing a search to be customized. Additionally, if an end-user has a question regarding an active issue, they can pose a question through email and receive a response within 72 hours," Murrill said.

The Army Family Action Plan is a year-round process that begins at the installation or unit level. It is the Army's grassroots process to identify and elevate the most significant quality of life issues impacting Soldiers (all components), retirees, DA civilians, and families to senior leaders for action.

AFAP is the preeminent

means for commanders at all levels to learn about and seek solutions for the concerns of their communities. The changes made through the AFAP process – unique in all military branches – foster a satisfied, informed, and resilient Army community.

To date, 667 AFAP issues have resulted in 117 legislative changes, 162 Army and Office of the Secretary of Defense policy changes, and 178 changes to programs and services.

Since the first signing of the Army Family Covenant in 2007, Army leaders have made a commitment to improving family readiness by standardizing and funding existing family programs and services; by increasing accessibility and quality of health care; by ensuring excellence in schools, youth services and childcare; by improving Soldier and family housing; and by providing Soldiers and families a quality of life that is commensurate with their service.

The active HQDA AFAP issue search application is a tool validating that senior leaders within the Army are committed to resolving the issues submitted by Army families.

The AFAP process begins at the installation level in the fall, culminating in an annual conference to examine and resolve issues. AFAP delegates develop issues through workgroup discussion. Issues that require higher headquarters resolution are forwarded to mid-level conferences which are conducted in the spring and hosted by Army commands, Army service component commands and direct reporting units.

Mid-level issues with Army-wide applicability are forwarded by Mission commanders to the Army chief of staff for installation management for review by delegates at the January AFAP Conference.

During this conference, AFAP delegates determine which issues will be selected to be forwarded to the director of Army staff to be worked toward resolution.

Similar to the local and mid-level AFAP conferences, delegates at the HQDA AFAP conference represent every demographic group of the

The screenshot shows the 'Army OneSource' website interface for the 'Active Issue Search' tool. At the top, there's a search bar and navigation links. Below, a header section includes a photo of a soldier and child, and a three-step guide: 1. Use this tool to view active Army issues, 2. Select criteria below to focus your search, 3. Click 'Search Now' to see your results. The main area contains several filter sections: 'Keyword', 'Start Date', 'End Date', 'Issue Number', 'Rel Level Command', 'Issue Status', 'Military Component', 'Subject Area' (with checkboxes for Child Care, Power Support, etc.), 'Demographic Group' (with checkboxes for Congress, Family Members, etc.), and 'Geographic Area' (with checkboxes for CONUS, etc.). A 'Clear Filters' and 'Search Now' button is at the bottom right.

"The constituents that AFAP serves deserve to know the status of these issues. If the Army cannot resolve an issue, they also need to know what has been done and why the issue is unattainable."

-Lt. Gen. Rick Lynch, IMCOM Commanding General

Army Family (Active, National Guard, and Army Reserve Soldiers, families, retirees and DA civilians).

Representatives from major commands, the Army Wounded Warrior Program, and the Reserve Component are also represented at the HQDA conference.

Also in attendance are delegates that make up the AFAP teen panel who present their top three issues that impact military youth. The young adults are from youth leadership forums at Army garrisons in seven regions and throughout the Army National Guard, Army Reserve and Accessions Command.

At the end of the conference, delegates report their issues and recommended solutions to senior leadership for adoption into the HQDA AFAP. Once adopted, the issues are assigned by the director of the Army staff to the appropriate Army staff office to be worked toward resolution.

Action officers develop a cost analysis and an action plan to resolve the issue and identify a completion date for each stage of the action plan.

The AFAP General Officer Steering Committee, consisting of senior Army leaders, serves as the review board to

ensure AFAP issues are thoroughly worked to resolution by the appropriate functional proponent.

The GOSC meeting takes place twice a year, once in the summer and once at the January AFAP Conference. Chaired by the Army Vice Chief of Staff, who leads the discussion, the GOSC determines the final issue resolution to be either: Active (issue still working), Completed (issue resolved-recommendation or "best solution" attained), or Unattainable (issue cannot be resolved at this time because of absence of service or congressional support, resource constraints).

'Mannheim Military Moms' connects community members

By Jonathan Ochart
HERALD POST INTERN

From calming shrieking cries, teaching children the rules of the potty, and learning how to deal with deployments, the New Parent Support Program assists mothers and fathers in sleeping like babies themselves after long days of tending to their little ones.

Even more soothing is the fact that Mannheim NPS Home Visitor Andrea Manus created a Facebook page called "Mannheim Military Moms," which is an online community that publicizes classes and playgroups for parents with newborns and toddlers up to age 3, as well as offering a place for discussion.

Thanks to the group, finding out about events to formulate a healthy child has become much simpler than deciphering baby food labels for the first time.

"With a large community of people, it's important to have a place where parents can frequently access information. It makes sense to go where parents already are," Manus said. "It's great, the moms are so technologically-savvy."

As a result of the online page, parents within the Mannheim community can find out about the variety of classes and programs available to them, including a pregnancy support group and infant massage classes. Other events include field-trips within 30 miles of the Mannheim installations, as well as the upcoming Combat Stress for Spouses class happening at 10:30 a.m.-1:30 p.m. Friday at the USO, which the NPS created for families of redeploying service members with children up to age 3.

"New Parent Support has been invaluable to me after I had both of my children," Laura Brown said. "Andrea has provided me with the latest research and updates that have happened since I had my first child. It has also been wonderful to get more information about what the community has to offer my 2 1/2 year old."

Recently, Manus added another feature to the group: "Momslist," a blog-type page where mothers can advertise child-related items for sale or for donation.

"I get e-mails from moms on a weekly basis that typically begin with, 'Do you know anyone who has 'fill in the blank' and doesn't need it anymore?' or 'My child no longer uses 'fill in the blank,' and I'd like to pass it on,'" Manus said. "While many of our moms utilize the thrift store, a good number of others don't, and the items they get rid of can be seen curbside on 'large item pickup day.'"

However, an increasingly popular event announced on the page seems to be the bimonthly playgroup. The largest get-together consisted of 154 attendees and offered children toys and entertaining games.

"It's a great way for kids to socialize with other children, and it decreases isolation by allowing moms to meet one another while their children are playing," Manus said.

More than 100 parents and their children met in Bldg. 725 behind the Mannheim Bowling Center to participate in the latest playgroup June 30. In addition, parents took advantage of language, social, hearing, cognitive and self-help screenings offered by Educational and Developmental Intervention Services at no cost.

"We're here to help parents through education and support," Manus said, "and that support may look different to each of the families with whom I work. While our overall goal is to reduce the incidents of abuse and neglect, a goal of mine in Mannheim has been to create a wealth of opportunities for families to connect and engage with one another."

Parents can visit the "Mannheim Military Moms" page on Facebook and join the other 160-plus community members who already "like" the page. Call DSN 385-3101, civ. 0621-730-3101 for more information.

Faces of the community: The Village Grille



Lynn Davis

Lexi Pace, a server at the Heidelberg Village Grille, clears a table off for the next customer. The Village Grille is located on Patrick Henry Village and offers a variety of menu selections from build-your-own burgers and salads to barbecue ribs, melts, wraps and a variety of steaks. It's open Tuesday-Thursday 5-9 p.m., Friday 5-10 p.m. and Saturday and Sunday 11 a.m.-10 p.m. DSN 388-9455, civ. 06221-388-9455.

HHS students liven up MTV benches

By Jonathan Ochart
HERALD POST INTERN

While some individuals prefer to paint the town red, Heidelberg High School's National Honor Society chose to bring life to nearly 20 benches throughout Mark Twain Village with a fresh coat of brown last month.

Although the school year has come to an end, the honor society's impact upon the community continues to live on.

"It was a recommendation by our NHS officers," NHS sponsor Bill Christie said. "I think it was a great idea, and we had fun painting while doing something for the community. It had a value and made a difference."

While the organization mainly focused on projects within the school, members felt they should leave an impact outside of the classroom.

"I decided to paint the benches because I feel NHS should be doing community service;

it needs to get out in the community and involve itself," NHS treasurer Sarah Brown said.

Around 15 students came together on a Saturday morning carrying buckets of paint and bags stretched with brushes, sandpaper and screwdrivers. While the project composed of tedious steps, including removing the wood from the benches, sanding the wood and then painting it, members felt a sense of satisfaction from contributing to the neighborhood.

"It's not like a few painted benches are going to change the world or anything, but I think it's the thought that counts — the thought that some groups care enough to tidy up a few benches to beautify a place," Brown said.

However, the project accomplished more than simply producing attractive places to sit.

"The paint protects the wood on the benches," Christie said, adding that it seals the seats for more years of use.

Moreover, members were

able to enhance their camaraderie with one another by taking on a mission together.

"The best part was having everyone show up, having fun, and at some points, goofing around," Brown said.

By midday, members finished revamping the benches and set out for Patrick Henry Village for an end-of-the-year social event consisting of food and games. The get-together celebrated a successful year for the National Honor Society, whose annual projects included creating holiday cards for wounded Soldiers in the Landstuhl Hospital and raising around \$500 in donations to the American Red Cross for Haitian Relief.

The project and social succeeded in achieving the NHS' purpose, which "is to recognize students who are high-achievers academically and in the fields of service, leadership and character," Christie said. "It's a lot of work, because the kids give themselves to others."

USAREUR introducing new 'data at rest' solution

By Sgt. Daniel J. Nichols
USAREUR PUBLIC AFFAIRS

U.S. Army Europe information management officials are introducing a new solution to a Department of Defense requirement to protect locally saved data on government computers. That requirement calls for such information – known as “data at rest” – to be encrypted to safeguard it if the computer is lost or stolen.

Earlier this year, the original plan to implement data at rest security was unsuccessful. USAREUR computer information systems experts said most users experienced computer down time, lock-outs and a variety of other problems after the original software was installed.

Those experts are now working toward a new solution using a Microsoft program named BitLocker, which

is expected to work more efficiently.

Microsoft's Web site claims “BitLocker helps keep everything from documents to passwords safer by encrypting the entire drive that Windows and your data reside on. Once BitLocker is turned on, any file you save on that drive is encrypted automatically.”

“Because it is part of Microsoft's operating system and not third-party and because the

installation and support are built in, implementation of BitLocker is much easier,” said Jonathan Lindow of USAREUR OP CIS, who has been working closely with the new data at rest solution.

“It will increase your level of security. If your laptop is stolen ... you'll have assurance in knowing that your data is secure,” Lindow said.

Lindow also said multiple tests of the new software are

being conducted before it is installed on every USAREUR computer. “The first goal is making sure we have all of the support pieces in place, so we don't have any gaps in service,” Lindow said.

Although no official implementation date is scheduled, Lindow said BitLocker will not be installed until the experts are sure they can roll out the new software with minimum inconvenience to the user.

USAREUR provides tips for using government cell phones, BlackBerrys

USAREUR Public Affairs

All calls, e-mail and text messages on government-provided cell phones and BlackBerrys cost the government and American taxpayers – you – money.

Unlike many personal phone contracts, the contract U.S. Army Europe uses for BlackBerry and cell phone service does not provide unlimited usage. To save money and avoid misuse, government users are asked to keep the following cost-saving measures in mind:

1. If available, use a “land line” or DSN telephone to make calls, rather than a government cell phone or BlackBerry.

2. Avoid international roaming – if you use your cell phone or BlackBerry outside the country where it is contracted, you will incur considerable international roaming charges for every incoming or outgoing call, e-mail or text message.

3. Remember that calls to other Army cell phones, BlackBerrys and land lines are NOT free.

4. Do not use government-contracted data service as a personal link to the Internet. One USAREUR member racked up more than \$22,000 for just one hour of Internet use, and may be held personally liable for those charges.

5. Do not use a government phone as a personal phone. Organization telephone control officers and USAREUR communications officials audit call logs each month and report abuse or misuse to unit commanders and the USAREUR chief of staff, and abusers must repay charges incurred.

6. Remember that government cell phones and BlackBerrys are official devices, for official use only. USAREUR policy prohibits their use while on vacation or TDY except in certain circumstances, and abusers must repay charges incurred.

7. Don't deploy with a USAREUR-issued government cell phone or BlackBerry. If you are deploying, return your phone or BlackBerry to your telephone control officer.

8. Do not call 1-800 numbers in the United States from a government cell phone or BlackBerry. These numbers are NOT toll free from outside the U.S., and the Army pays international long-distance rates when they are dialed. This includes numbers listed on calling cards.

9. Ask yourself whether you really need a government cell phone or BlackBerry. If you have one but seldom use it, perhaps you should turn it in. Each device costs the government a monthly service charge, and USAREUR pays for thousands of devices.

10. Know the most current policies. Army in Europe Command Memorandum 2010-033 (Use Of BlackBerrys and Cell Phones Outside of Service Coverage Area) outlines many of these policies. The USAREUR G3 (operations) and G6/OP CIS (information management) divisions are forming a panel to review cell phone and BlackBerry policies.

Let them eat cake

21st TSC leader tours Grünstadt AAFES bakery

By Angelika Lantz
21ST TSC PUBLIC AFFAIRS

What's a celebration without a cake?

Maj. Gen. Patricia McQuiston, the commanding general of the 21st Theater Sustainment Command, recently toured the Army and Air Force Exchange Service bakery in Grünstadt and picked up a cake right where it was baked.

During McQuiston's tour of the AAFES plant, officially called the European Industrial Activity, she said AAFES is an important strategic partner and that it is great to meet the behind-the-scenes people who make things happen.

The tour included the cake shop where deft-and-sure handed staff decorated cakes with remarkable speed and poise.

“One of our specialties is the hand-decorated cakes we produce. For the Army's birthday this year, we produced more than 60 cakes, all with different designs and decorations,” said Mathias Baum, the bakery manager at EIA.

Although the cake shop produced 53,584 cakes and 28,033 special cakes in 2009, it is only one segment of the bakery. It also produces bread, buns, tortillas, donuts, Danish pastries, cookies, pizza dough and crusts, which are then shipped throughout Europe and parts of Africa, explained Uli Paschke, the general manager for AAFES Grünstadt.

“In Europe our products



Angelika Lantz

Employees at the Army and Air Force Exchange Service bakery in Grünstadt visually inspect buns for imperfections. The highly automated bakery plant is licensed to bake certain Pillsbury, Country Hearth, Wonder Bread, Northwest Grain Country and Milton's products as well as Burger King buns.

reach almost every Soldier, family member and civilian employee through the AAFES shoppettes and recreational facilities like bowling alleys, commissaries, military clubs, installation restaurants and snack bars. They are also served in Department of Defense Dependents School cafeterias and military dining facilities,” Paschke said.

What started out as a small bakery in the 1950s became the largest AAFES production plant worldwide. Also unique is that the products baked in Germany are distributed in familiar American brand packaging. EIA is licensed to produce certain Pillsbury, Country Hearth, Wonder Bread, Northwest Grain Country and Milton's products as well as Burger King buns.

“This is the only AAFES bakery in Europe where American goods are baked. We follow the companies' recipes. Additionally, about 90 percent of the

161 ingredients used to bake the products are imported from the U.S. We store them in a 1,720 square meter warehouse, 33 silos and six liquid tanks,” Baum said.

“The important thing is that everything is freshly baked. We have more than 200 different items and everything is fresh,” said Angelika Hausser, an account manager with EIA.

The quality assurance laboratory plays a vital role as well since the bakery must meet U.S. and German health regulations.

“We are certified by the American Institute of Baking and are frequently inspected by Army Veterinary Corps Soldiers. Additionally, inspectors representing the brand-name products visit the operation annually or more frequently to ensure that recipes are correct and followed, and quality is constantly maintained,” said Maggie Knopf, the quality assurance specialist at EIA.

our ARMY around the world

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visit www.army.mil



Two Soldiers with the 1st Cavalry Division reach the turnaround point June 25 on the battalion's 12-mile road march portion of the Iron Warrior Stakes competition.

Spc. Kim Browne



Staff Sgt. William Tremblay

U.S. Army Sgt. Anthony Limon from the 1st Battalion, 4th Infantry Regiment sets up the TAC satellite while on patrol in Zabul province, Afghanistan, June 25. The Soldiers were deployed to Afghanistan in support of Operation Enduring Freedom.



Staff Sgt. William Tremblay

An Afghan national interpreter and 1st Lt. Matthew Hilderbrand from the 1st Battalion, 4th Infantry Regiment talk with an Afghan boy during a patrol at a bazaar in the Zabul province of Afghanistan June 29.



Spc. Eric Cabral

First Lt. Matthew Hilderbrand (left) and Staff Sgt. Kevin Sentieri, from the 1st Battalion, 4th Infantry Regiment, U.S. Army Europe, patrol across a plateau in search of a weapons cache outside Combat Outpost Sangar in Zabul province, Afghanistan, June 27.



U.S. Air Force Staff Sgt. Shawn Weismiller

U.S. Soldiers and Airmen, as well as soldiers from five NATO nations, parachute from a C-130J Hercules aircraft over the Alzey drop zone in southwestern Germany June 15. U.S. Soldiers, Airmen and Marines, as well as soldiers from Belgium, Germany, Hungary, Britain, Norway and the Netherlands, participated in airborne operations during International Jump Week 2010. The U.S. Air Force's 435th Contingency Response Group organized the event to build confidence and relations among the NATO allies.

Celebrating America's Independence



Several thousand community members gather on the lawn behind the library on Patrick Henry Village to celebrate America's 234th birthday. Heidelberg MWR Marketing



Dipon Rahn
More than 3,000 community members, many decked out in their USA gear, celebrated America's Independence in Heidelberg Sunday.



Heidelberg MWR Marketing
Jimi's Souliquity, winner of the Battle of the Bands, performs for the crowd at the Heidelberg Fourth of July celebration on Patrick Henry Village Sunday.



Dipon Rahn
(Right) Children attending Heidelberg's Fourth of July celebration participate in the pie-eating contest.

Dipon Rahn
(Below) A child has his face painted at the Heidelberg celebration.



Dipon Rahn



Greg Heppner
Leaders from the U.S. Army Garrison Mannheim and the city of Mannheim celebrate the opening of the Mannheim German-American Volksfest on Benjamin Franklin Village Friday. The fest continues through Sunday.



Dipon Rahn
Children enjoy the inflatable bouncers available at Heidelberg's Independence Day celebration.



Dipon Rahn
At the Heidelberg celebration, family members could dress up and pose for the Morale, Welfare and Recreation Photo Booth, which has all the pictures posted on the "Heidelberg MWR" Facebook page.



Dipon Rahn
The U.S. Army Europe Chorus sings for the crowd at the Heidelberg Fourth of July Celebration.

More Photos Online
www.flickr.com/heraldpost
Event Video Footage
www.youtube.com/BWnow

Kaiserslautern supports families through EFMP

By Kelley English
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Kaiserslautern's Exceptional Family Member Program provides a variety of groups and workshops to support local families, including the upcoming summer camp for children, scheduled for August at the Kleber Child Development Center.

"We have different support groups on a monthly basis for all of the parents," said Michelle Thomas, director of U.S. Army Garrison Kaiserslautern's Army Community Service, the proponent for EFMP. "We do workshops and bring in guest speakers and things of that nature in order to assist them and answer their questions. It lets them know they're not going through this alone.

"This is our way of helping them obtain the tools that they need to make their child successful in the community, at school or wherever," Thomas said.

The EFMP is designed to identify service members who have family members with special needs, ranging from diabetes or an allergy to autism – this allows the Army to assign them to areas with resources available to take care of the family's needs.

"A mother of one of the

kids started a group for autism support, or now known as speech communications difficulties, autism," said Kristen Mancha, whose autistic son is enrolled in the EFMP. "It's very supportive; it makes you feel like you're not alone.

"It's kind of nice seeing other children screaming and not having people staring at you funny for once. People aren't thinking you're a bad parent with a screaming child," she added.

The autism support group is sponsored by local schools, and meetings are held in some school libraries. During support groups such as this, the local Girl Scouts babysit in order to allow the parents to attend.

A happy family at home is important to have an effective Soldier for any mission, Thomas said.

In order for the EFMP to give all services available to Soldiers and their families, they must closely track the child's enrollment.

"It's very important that they stay updated on their enrollment," Thomas said. "Soldiers must be updated every three years. This ensures that we can service their family members the way we know how to the best of our ability. We have a great number of service

members that aren't updating their records and as soon as it's time for them to PCS and they need to take their family, the services won't be available for them at the new installation."

The EFMP summer camp is a way the program can provide support to the families by giving moms and dads a break for a week. The camp will be held from 8 a.m. until 3 p.m. Aug. 16-20. They will eat lunch and snack at the camp as well as go on daily activities out into the community ranging from the zoo to bowling.

The theme of the camp this year will be "Can you see what I see?" Once the children come back from the activities of the day, they will then be able to create different types of art based on what they saw.

"The final day, we will have the KMC Onstage set up as an art gallery and display all of the art that they created," Thomas said. "It's just beautiful, you'd be amazed at how, for example, an autistic child sees a giraffe and how they put it on paper. It's just beautiful, it makes you cry.

"Sometimes I ask myself, 'We as a society sit there and look at a child and say oh he's special, but you know what. Is he really special or are we special?'"

HEIDELBERG

20 American athletes honored at German banquet

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Members of the Heidelberg community came together to honor the city's finest young athletes during a reception Friday at the Heidelberg City Hall.

This year for the first time 20 American athletes were among the award recipients.

Local German and American players ages 10-19 received a certificate, gym bag and €20 gift certificate from Heidelberg Lord Mayor Dr. Eckart Würzner for excelling in their respective sports.

Paul Guelle is the president of the United States Youth Soccer Heidelberg Select Program and four of his players were honored during the ceremony.

"It's important to recognize these kids because they work really hard at what they do and... they really are dedicated players. It's good when they find success to get recognized by an outside organization like the city of Heidelberg," Guelle said.

"It kind of illustrates the partnership between the American community and Heidelberg with the Americans that are still here, especially with our kids. Sports brings people together. You see it in the World Cup and you see it

in the community," he said.

Guelle also added the awards were particularly special for members of U.S. Youth Soccer Heidelberg Select Program because the organization itself has only been in existence for about a year.

Members of the Heidelberg Sea Lions swim team and the Child, Youth and School Services Strikers soccer team also were honored.

Winners were chosen based on nominations submitted by their teams. The city of Heidelberg sent out a request earlier this year for nominees. Players were selected for their overall performance and sportsmanship both on and off the field.

"It's a good chance for us to come together as neighbors and as friends," said Gert Bartmann, one of the organizers for this year's event. "We are able to make a good memory for both Germans and Americans and to connect with each other despite some of the differences in our language and in our culture," he said. "It's a positive exchange in the way of sports and we are pleased to do this in the Heidelberg community."

Organizers plan to hold another ceremony next year to recognize outstanding athletes.

American Athletes Recognized

Reid Aldous	Joshua Elder	Samuel Janas	Rachel Rodriguez
Kristina Bean	Leslie Frye	Amanda Johns	Devan Tisdale
Justin Blair	Andrew Guelle	Carolin Kelson	Justin Vatcher
Brandon Brown	Vincent Harrington	Natalie Madsen	Alexander Vickers
Maggie Cutler	Nathan Holan	Jorge Ortiz	David Wilson

BOSS

continued from page 1

The alike enjoyed the event, which involved a number of home runs as well as strike-outs. Nothing prevented teammates from coming together and playing an unforgettable game.

"BOSS is a whole different world," said Spc. William Perkins, BOSS president. "You get the chance to do things such as coming here and doing this. It's great giving back to your host nation community, which is very important because we're guests in this country."

The kids appreciate the Soldiers spending time with them, Perkins said, and they

tell their parents about the great things they did with the Soldiers."

Once the match ended, the students and Soldiers completed push-ups together. While exhausted from a lively match, both children and adults learned not only how to play the game, but how to rely on each other's abilities as in the American and German communities.

"The continuity is amazing," Perkins said. "They remembered us from the last time we came here, and we built a connection. We strengthened the connection today in this school class. They're great kids, and we had a fun day."



Spc. William Perkins, Heidelberg Better Opportunities for Single Soldiers program president leads fourth graders from the Englisches Institut Grundschule in a push-up session following a friendly game of kickball during the students' sports lesson Friday.

Kelli Bland

Signal changes



Photos by Jonathon M. Gray

The 7th Theater Tactical Signal Brigade commander Col. Randall Bland and Command Sgt. Maj. Terence Farmer uncased the 7th TTSB colors during the uncasing ceremony held at the Benjamin Franklin Village Sports Arena in Mannheim June 24. The uncasing signified the brigade's official arrival from the 12-month deployment in support of Operation Enduring Freedom. The uncasing ceremony was followed by the change of command from Bland to the incoming commander, Col. John Arnold.



Col. Gerald Miller (right), commander, 2nd Signal Brigade, passes the 43rd Signal Battalion colors to Lt. Col. John Demko during the change of command ceremony held on the Patton Barracks parade field in Heidelberg June 25. The passing of colors symbolized the change in command from Lt. Col. Laroy Peyton to Demko.

From the COURTROOM

Heidelberg

Pfc. Ryan Gill was convicted June 17 by an enlisted panel at a general court-martial of one specification of violating Article 85, Uniform Code of Military Justice, desertion with intent to avoid hazardous duty. Gill was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for one year, and to be discharged from the United States Army with a dishonorable discharge.

Spc. Jay Bergeron was convicted June 29 by a military judge alone at a general court-martial of one specification of violating Article 86, Uniform Code of Military Justice, AWOL; one specification of violating Article 87, Uniform Code of Military Justice, Missing Movement; and one specification of violating Article 90, Uniform Code of Military Justice, violating a lawful order from a superior commissioned officer. Bergeron was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, and to be confined for 120 days.

Staff Sgt. Bradley Gump was convicted July 2 by a military judge alone at a special court-martial of one specification of violating Article 81, Uniform Code of Military Justice, Conspiracy to commit a felony offense; and one specification of violating Article 134, Uniform Code of Military Justice, Burning with the intent to defraud. Gump was sentenced to be reduced to the grade of E-1, to be confined for five months, and to be discharged from the United States Army with a bad conduct discharge.

Courts-Martial Results

The results of courts-martial associated with the Heidelberg, Kaiserslautern and Mannheim communities are published in cooperation with the V Corps and 21st Theater Sustainment Command Judge Advocate General.

Army looks at yoga, acupuncture to treat pain

By Alexandra Hemmerly-Brown
ARMY NEWS SERVICE

WASHINGTON – The Army's health care system may soon see changes in how Soldiers are treated for pain, according to a report released by the Army's surgeon general June 23, which recommends 109 changes.

The Pain Management Task Force's final report, which was initiated by Lt. Gen. Eric B. Schoomaker in August 2009, addresses the lack of a comprehensive pain-management strategy across the Army, and suggests alternative treatments to medication such as acupuncture, meditation, biofeedback and yoga. Also noted in the report is the fact that pain management has changed very little since the discovery of morphine in 1805.

Schoomaker explained that with the increasing numbers of Soldiers returning from combat with severe wounds, reports of medication abuse and suicides with pain as a possible factor are troubling.

"While these issues might not be directly related to pain management, I felt a thorough evaluation and assessment of current pain-management practice was indicated," Schoomaker said.

He said part of the problem is that severely injured Soldiers, like those in Warrior Transition Units, are often prescribed multiple medications and sometimes seen by several different doctors, which can cause inconsistencies in care. But he maintained that this is not just an Army problem—it's a problem throughout the U.S. health care system.

"This is a nation-wide problem ... we've got a culture of 'a pill for every ill,'" agreed Brig. Gen. Richard W. Thomas, assistant Army surgeon general.

"As a physician, the hardest thing to deal with is patients with chronic pain," said Col. Jonathan H. Jaffin, director of health policy and services, Army office of the surgeon general. "So many of us went into medicine to relieve suffering, and chronic pain is frustrating because we want to relieve that pain."

The task force visited 28 military, Veterans Affairs and civilian medical centers between October and January to observe treatment capabilities and best practices. Schoomaker said his goal is to form a pain-management strategy that is holistic, multidisciplinary and puts Soldiers' quality of life first.

Schoomaker stressed that

Army practices have always been in compliance with America's medical regulations, but he thinks the Army can do better.

"What we want to do is set the bar higher," Schoomaker explained.

Schoomaker's higher standards include offering treatment alternatives that might not yet be prescribed in average doctors' offices, but which patients are already seeking out on their own, such as acupuncture.

He said the Army has looked at research on the effectiveness of complementary techniques, and he would like to see them integrated into traditional medical treatment.

"Programs such as biofeedback and yoga have been subjected to scientific randomized trials and have been proven to be effective," Schoomaker said.

Biofeedback involves measuring body signals to help patients with relaxation techniques and pain reduction.

Schoomaker said he is hopeful Soldiers will be receptive to alternative methods of care once they see that the treatments work.

"Seeing success is the best way to convince people of the usefulness and the need for other approaches," Jaffin agreed.

GERMAN COOKING

German Ice Cream Torte

Ingredients:

- 2 large egg whites
- 1/4 teaspoon cream of tartar
- 1/2 cup sugar
- 1 package unflavored gelatin
- 1/4 cup water; cold
- 5 egg yolks
- 2/3 cup sugar
- 6 tablespoons sherry
- 3 cups whipping cream; whipped
- 2 tablespoons cocoa
- 10 ounces frozen red raspberries; thawed and drained
- 1 ounce unsweetened chocolate
- 1/2 cup whipping cream; whipped and chilled
- 12 chocolate kisses

Directions:

- Remove rim from a 9" springform pan. Cut brown paper to fit bottom.
- Beat egg whites and cream of tartar until foamy. Slowly beat in superfine sugar, beating until stiff. Spread evenly on paper.
- Bake 50 minutes at 275 F. Turn off heat. Leave meringue in oven 1 hour with door closed.
- Remove paper. Return meringue to bottom of pan. Replace rim.
- Mix gelatin with cold water in top of double boiler. Let stand for 5 minutes.
- Add egg yolks, sugar and sherry. Beat over simmering water until thickened. Cool.
- Fold egg mixture into the whipped cream. Divide into 3 equal parts. Add cocoa to 1 portion, raspberries to another and leave third plain. Spread cocoa mixture evenly over meringue. Freeze 10 minutes.
- Top with an even layer of the raspberry mixture. Freeze 10 minutes.
- Cover with plain mixture and freeze 8 hours.
- To serve, remove rim and transfer torte to serving plate.
- Shave unsweetened chocolate over top and sides of the torte.
- Ring top of torte with 12 mounds or rosettes of whipped cream. Top each with candy kiss.
- Return unwrapped torte to freezer until 10 minutes before serving. Cut into wedges.

SOURCE: www.mygermanrecipes.com



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,

People tend to think officers and their families are infallible, specifically senior officers. Nothing is further from the truth on this matter. No one is perfect, and everyone comes with issues both great and small.

My father is a retired officer, so I was a military brat through college. Yes we had our family drama, but as a family, we would mend whatever needed to be fixed and move ahead. My college boyfriend at the time was in the ROTC, and yes, I wanted to marry him. I knew I would feel very comfortable in his profession, and I wanted nothing more than to be an Army officer's wife.

It always sounded so prestigious, "my husband is an officer." I was very mistaken about the trouble we had in our marriage. I believed each move would fix the problem, another promotion would fix it, his command and another command would fix it. Whatever the problems were, all of these things would not fix the problem.

In retrospect, I was trying very hard to keep up with an image and ignore the elephant in the room.

That being my husband had many emotional problems and that he was a cheater. I'm not blaming anyone, but there were times I went to his boss for help and it was ignored. I was told it was my role to continue to support him through whatever, even the cheating.

We are separated, but I live close to the base with my parents, and they are supporting me and my children because he refuses to. All the while, he is living with another woman supporting her and her children. I thought the Army frowned on infidelity? I thought it was illegal to have affairs and leave your family destitute?

I know I could have left this marriage a long time ago, and I should have. No one told me to buy in to a false image of "your job is to love and support your officer husband while he rises to the rank of a field grade officer." I should have completed my education and had a career, too.

I know the predicament I'm in is no one's fault but my own. I need spousal support and child support, too, but no one is making him pay, and I don't know what to do? Do you have any suggestions?

From: Broken-Hearted Wife

Dear Wife,

My heart goes out to you, and I'm not blaming you either. A former coworker once told me that "every woman needs her own pair of roller skates." She was a single woman with several children who worked hard to take care of her children as a sole supporter and complete physician's school.

Listen, hindsight is 20-20. I don't want to give you the run around on telling you whom to contact regarding support. However, I think you should retain a good attorney. From my experience with questions like these, your husband is sitting in a good place because there is not a court order stating he

has to pay anything, but if you can file for a legal separation agreement (pending a divorce if you intend to get one), he can be ordered to pay spousal and children support in the interim.

Moreover, you can take the order to his boss who will hopefully put pressure on him to obey the court. I know it's not your parents' role to take care of you and your children, but I'm glad to know you have someone you can depend on right now. Please take care of yourself and write me again with an update.

Responses to previous columns:

Dear Ms. Vicki,

You are so right on in your advice to the woman who is always choosing the abusive men. She should pursue therapy or counseling.

I was involved in some abusive relationships myself as a teenager through adulthood. At first, you think they are possessive because they love you and they care but it continues to get worse and worse.

You would think I would have chosen to get some counseling other than what was provided me when I stayed in battered women's shelters but I did not. My case manager would always recommend and set appointments for me to receive counseling. However, I did not go, I was too busy moving on to the next foolish relationship. I did need therapy, but I came to my good senses on my own.

Thanks to your letter to the woman who wrote you; I will seek some counseling. You are right, I should learn a lot about myself and how I continued on the path of destruction with abusive men over and over. I am not currently in a relationship. I am also working on establishing a great Army career. I believe I owe it to myself to do something great with my life without depending on anyone else to make me happy.

From: Starting Over With Me

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Use caution while traveling – crime doesn't take vacations

By Robert Szostek

USAREUR OPM PUBLIC AFFAIRS

Crime doesn't take vacations. That's why U.S. Army Europe crime prevention experts say you can never be too careful, prepared or aware.

Members of the U.S. forces community in Europe should be particularly cautious when they travel, the experts say.

"It's important to remember that tourists make tempting targets for thieves," said Lt. Col. Shawn J. Kelley, chief of law enforcement at the USAREUR Office of the Provost Marshal. Travelers who are lost or distracted, weighed down with bags, and carrying money and other valuables in obvious places, make great targets for thieves.

The best advice is to blend in with the crowd and look like the locals, OPM officials say. Don't let your dress, talk or mannerisms identify you as American or a member of the military. Carry inconspicuous

baggage, not military bags or luggage with unit logos. Don't take uniform items or clothes with military designs with you.

Pickpockets are particularly active during the summer, OPM experts add, especially in major cities and in eastern and southern Europe. They stalk tourists and strike when their victims are vulnerable.

"If anyone jostles, bumps or crowds you, a pick-pocket may be in action," Kelley said.

Thieves may also stage distractions by dropping something or causing a loud commotion, and steal your belongings while you are distracted.

Pickpockets often offer to help their victims load bags on trains, taxis or buses to give the thieves an opportunity to steal something out of them. They may cut backpacks open and take whatever drops out.

Thieves watch potential victims buy tickets, food or other items at train and metro stations to see where victims keep their wallets or money. Don't

make yourself an easy target, the experts say.

Kelley said women should never sling purses or pocketbooks over their shoulders, because many items are plucked out of open purses. He recommended that women carry handbags or purses in front of their bodies, and that men place their wallets in a front pants pocket if possible.

Some thieves also target those who have had one too many in bars and clubs late at night, or take unguarded valuables while their owners are swimming or asleep or away from their seats on a train.

Kelley said it's best not to flash a lot of cash, and wise to not throw away receipts from credit card purchases or anything with an account number on it that a thief could use.

OPM officials said members of the U.S. forces community can contact their local provost marshal offices for more security tips or download National Crime Prevention Council travel safety pamphlets at www.npcp.org/resources/files/pdf/traveling.

GET OUT!

area events

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

July 8

USAREUR Concert - The U.S. Army Europe concert band and chorus will host a free summer concert 6:30 p.m. at the Heidelberg Castle courtyard.

July 9

USAREUR Concert - The U.S. Army Europe chorus will perform a free summer concert 5 p.m. at the Bretzelfest in Speyer at Maximiliansstrasse near the cathedral.

North Sea Jazz Festival - Enjoy the smooth sounds of the North Sea Jazz Festival with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

July 10

Weinheim City Tour - Travel by streetcar for a day of shopping, sightseeing and exploring in this romantic city. This nearby town has more than its share of interesting stories from the plague to banished queens. The Market Square is perfect for lunch at one of the many quaint cafes. <http://affiliates.uso.org/rheinneckar>.

Skydiving - Join Kaiserslautern Outdoor Recreation for a day of skydiving. DSN 493-4117, civ. 0631-3406-4117.

Pretzel Fest - Visit the 100th Speyer Pretzel Fest, where you'll enjoy both modern and classic carnival rides, beer gardens, a huge festival tent and daily live music on three stages all housed on the fairgrounds around the famous Speyer cathedral. www.mwgermany.com.

Mountain and Road Bike Weekend - Army Outdoor Recreation will host a two day weekend bike race at Schopp Mountain Bike Park and Rhine Ordnance Barracks in Kaiserslautern. Registration: DSN 493-4117, civ. 0631-3406-4117.

Dachau and Schleisheim Palace - The name Dachau is synonymous with the horrors of World War II. During this tour, you will view a short documentary film in English and tour the museum, reconstructed barracks, and the memorial built to honor those who lost their lives in the camp. After the tour the next stop will be the Schleisheim palace complex. This beautiful complex founded by Duke William V of Bavaria. <http://affiliates.uso.org/rheinneckar>.

July 11

FIFA World Cup - Watch the World Cup match at 8:30 p.m. in Kaiserslautern on Armstrong Community Club's big screen TV. www.mwgermany.com.

July 12

Othello Performance - There will be an open-air theater performance of Othello in English at 7:30 p.m. at the Schloss Heidel-

berg. Admission is €20 for adults and €10 for students. Tickets available at the Rhein-Neckar USO. DSN 385-2082, civ. 0621-730-2082.

July 16

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

Extreme Adventure Weekend - Experience a wet and wild weekend extreme white water rafting and canyoning in Austria with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

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 place. 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 24

Anweiler and Trifels Castle - Explore two exciting destinations - Trifels Castle and the town of Anweiler. Anweiler, 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 31

Boat Cruise - 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.

Chili Cook-Off - There will be a chili cook-off July 31 at the Heidelberg Rod and Gun Club in Otfersheim. 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.

Ongoing

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.

Game-A-Ganza - The last Saturday of every month from 2-6 p.m. Kaiserslautern Community Activity Center offers "Game-A-Ganza" Try your hand at chess tournaments, Texas Hold 'Em, poker, spades and lots of board game competitions. www.mwgermany.com.

coming to THEATERS



A NIGHTMARE ON ELM STREET

(Jackie Earle Haley, Kyle Gallner) A group of suburban teenagers share one common bond: they are all being stalked by Freddy Krueger, a horribly disfigured killer who hunts them in their dreams. As long as they stay awake, they can protect one another, but when they sleep, there is no escape. Rated R (violence, disturbing images and some sexuality) 95 minutes.

THE LAST AIRBENDER

(Noah Ringer, Nicola Peltz) Air, Water, Earth, Fire. Four nations tied by destiny when the Fire Nation launches a brutal war against the others. A century has passed with no hope in sight to change the path of this destruction. Rated PG (fantasy action violence) 90 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

July 8 - TWILIGHT (PG-13) 7 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 9:30 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) midnight
 July 9 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m., 9:30 p.m.
 July 10 - FURRY VENGEANCE (PG) 4 p.m.; THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.; THE LAST AIRBENDER (PG) 9:30 p.m.
 July 11 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 4 p.m.; THE LAST AIRBENDER (PG) 7 p.m.
 July 12 - A NIGHTMARE ON ELM STREET (R) 7 p.m.
 July 13 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.
 July 14 - THE LAST AIRBENDER (PG) 7 p.m.
 July 15 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.

Mannheim, Schuh

Theater closed until July 16.

Vogelweh, Galaxy

July 9 - FURRY VENGEANCE (PG); 3 p.m.; A NIGHTMARE ON ELM STREET (R) 7 p.m.
 July 10 - GROWN UPS (PG-13) 3 p.m.; KNIGHT AND DAY (PG-13) 7 p.m.
 July 11 - FURRY VENGEANCE 3 p.m. (PG); GROWN UPS (PG-13) 7 p.m.

Ramstein, Gateway Movieplex

July 8 - CLOUDY WITH A CHANCE OF MEATBALLS (PG) 12:30 p.m., 3:30 p.m., 6:45 p.m.; DEATH AT A FUNERAL (R) noon, 3 p.m., 7 p.m.; THE LOSERS-(PG-13) 11:15 a.m., 3:45 p.m., 6:30 p.m.
 July 9 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3 p.m., 6 p.m., 9:15 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 2:30 p.m., 5 p.m., 7:30 p.m.; FURRY VENGEANCE (PG) noon, 3 p.m.
 July 10 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3 p.m., 6 p.m., 9:15 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 2:30 p.m., 5 p.m., 7:30 p.m.; FURRY VENGEANCE (PG) noon, 3 p.m.
 July 11 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3:30 p.m., 7 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 3 p.m., 5:30 p.m.; FURRY VENGEANCE (PG) noon, 3 p.m.
 July 12 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3:30 p.m., 7 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 3 p.m., 5:30 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 13 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3:30 p.m., 7 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 3 p.m., 5:30 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 14 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 3:30 p.m., 7 p.m.; THE LAST AIRBENDER (PG) 11:15 a.m., 3 p.m., 5:30 p.m.; FURRY VENGEANCE (PG) noon, 3 p.m., 6 p.m.
 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.

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

Out and about with the



Rhine River Cruise

Cruise the mighty Rhine River July 24 at its most famous stretch from Rudesheim to St. Goar. The ship will pass castles, fortresses and the legendary Lorelei Rock.

Perfect pictures are yours for the taking, or just sit back and enjoy the ride until you arrive at the charming town of St. Goar. There you will take the train to the fortress Rheinfels high above the Rhine. Built in 1245, its history tells a story shared by many of the medieval castles on the Rhine, from the first stone to its ruin in the 1700s.

Once back in one of Germany's most popular tourist destinations Rudesheim, there will be plenty of time to shop or sample the wines of the Rhine. The tour includes boat, train and castle fees.

Bring Euros for lunch and purchases. Approximate 1 1/2 -hour bus ride from Mannheim. Cost is \$45 for adults, \$20 for children ages 4-12 and \$15 for children under 3. <http://affiliates.uso.org/rheinneckar>.

Amsterdam and Volendam Sailing Adventure

Set sail for a nautical adventure July 24-25 on Holland's inland coast between Amsterdam and Volendam. You'll arrive in Amsterdam early morning for breakfast (included).

After breakfast, you'll drive to Amsterdam's harbor where you board our authentic Dutch clipper ship and set sail on the former Zuyder Zee. You'll be welcomed on board with coffee and cake (included). During the approximately four-hour cruise, you can relax and enjoy the experience or volunteer to help the crew members as they chart the course toward Volendam.

You'll also have a typical Zuyder Zee lunch (included) on board. You'll arrive in Volendam in the mid-afternoon and have some free time to explore, shop or just have a meal or drink.

Volendam is an old fishing village with its charming houses, lace curtains and local traditional costumes.



You'll have free time to shop for the world famous Delft ware, lace and other Dutch specialties, or visit the harbor and check out the many seafood restaurants.

In the late afternoon, you'll board our bus and drive to your hotel in Purmerend, right outside of Volendam. Purmerend was once Holland's biggest cattle market town and is located on a major rail route connecting Amsterdam with the north. It's about 20 minutes from Amsterdam. The next morning after breakfast (included), you'll leave and head toward Amsterdam. Upon arrival in Amsterdam, you'll have a short orientation of the downtown area. From the Dam Square, you'll be able to visit Anne Frank's House, the famous Red Light District, the Royal Palace and many other downtown sights and shops.

In the afternoon, you'll make a final stop, visiting an original cheese farm and wooden-shoe makers in the area. Here, you can see how cheeses and shoes are made and can buy shoes as well as other last-minute souvenirs. Dinner (not included) will be in Holland.

We recommend U.S. (blue), EC or Canadian passports. Travel documents are the responsibility of the customer. Please bring euro. Tour price includes transportation; one overnight; two breakfasts, ship cruise with coffee, cake, and lunch on board; Amsterdam city orientation; and USO tour guide. German bus departs Vogelweh Bowling Center at 1:30 a.m. July 24 and returns at midnight July 25. Cost is \$329 based on double occupancy, single supplement is \$60. <http://affiliates.uso.org/kaiserslautern>.

Three Nights in London

What could be better than two nights in London? How about three nights in London? That's what you'll have on this special trip Aug. 12-17 to England's capital – one of the world's most interesting and versatile cities.

If you're a shopper, a theater goer,



Anirudh Koul

a museum enthusiast, history buff or even a lover of all types of cuisine, London is for you. Included in this tour are three nights in a centrally-located, 5-star hotel featuring spacious rooms, swimming pool, spa, and a complete gym. It's located within walking distance of the British Museum and the Covent Garden shopping and pub area, and is also convenient to an Underground "Tube" Station, which means that all of the city is at your beck and call.

The hotel offers an extensive continental breakfast buffet, which is included in the price of the tour (other meals are not included). During your four days in the London area, you'll see such picture postcard sights as Tower Bridge, the Houses of Parliament with Big Ben, Westminster Abby, Buckingham Palace and the changing of the Guard, Trafalgar Square, Piccadilly Circus, Hyde Park, the new London Eye, and all those places you learned about in history class. Your tour also includes admission to the Tower of London, St. Paul's Cathedral and Windsor Castle.

The great thing about having three full days and three nights in the city is the free time you'll have to pursue your own interests.

You can take a boat ride along the Thames to Greenwich; visit Kensington Palace where Princess Diana lived or Henry VIII's Hampton Court; take in the British Museum, Madame Tussaud's Wax Museum and London Planetarium or the Royal Botanic Gardens; if you're into walking, take the Jack the Ripper Walk or the Dickens' London Walk, or many other guided walks offered by several London companies; visit

Churchill's Cabinet War Rooms, the London Zoo, or the original Hard Rock Café, or see plays at London's West End theaters (the equivalent of New York's Broadway) where you can often get half-price tickets at the TKTS "half-price" ticket booth the day of show.

For those of you who love shopping, your hotel is located within walking distance of the famed Oxford Street shopping district. There's also the world famous Harrods Department Store and lots of weekend markets throughout the city featuring all kinds of antiques, jewelry, leather goods, china and anything else you might be looking for. If great cuisine is your passion, you won't be disappointed in London.

There's just about any type of food you can think of including England's famous "fish and chips," gourmet British cuisine (yes, there really is), Indian, French, you name it, they've got it. Really, this is a city with something for everyone.

Bring a passport or travel papers, euro for meals en route and British passports are required.

Tour price includes bus transportation, three overnights in a 5-star hotel, three breakfasts, London city tour, admission to St. Paul's Cathedral, the Tower of London and Windsor Castle, and two USO tour guides. German bus departs Vogelweh Bowling Center at 9 p.m. Aug. 12 and returns at 6 a.m. Aug. 17. Cost is \$649 for adults, \$619 when children share a room with a parent and single supplement is \$200. <http://affiliates.uso.org/kaiserslautern>.

community
HIGHLIGHTS

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 effective July 13. 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.

Puerto Rico Birth Certificates

As of July 1, Puerto Rico law cancelled or made invalid all birth certificates issued by Puerto Rico prior to June 30. The government of Puerto Rico has launched an online application process for those born in Puerto Rico to request new birth certificates. Soldiers, civilians and their family members who were born in Puerto Rico should follow this process. <http://forums.bcks.army.mil/Community-Browser.aspx?tid=1094466>.

UMUC Field Study Course

University of Maryland University College Europe will offer a three-credit undergraduate field study course, Expatriate Writers in Paris: 1920s. Aug. 7-14 in Paris. Registration deadline is July 16. DSN 314-370-6762, civ.06221-378367, www.ed.umuc.edu/fieldstudy.

COLA decreasing for Soldiers

The cost of living allowance decreased by about 33 percent at the end of June. The COLA rate set by the Defense Department is a result of the stronger U.S. dollar. To determine your COLA rate, go to www.defensetravel.dod.mil/perdiem/octorm.html.

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.

Child Care Professionals

Family Child Care of Heidelberg is recruiting family members who want a professional career with the benefit of working in their home. Requirements are enjoying children and the determination to succeed. Training and assistance will be provided at no cost. Civ. 06221-338-9378.

KAISERSLAUTERN Education

• **English Classes** - Army Community Service will be rescheduling 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.

Community

• **Cards for a Cause** - The Cards For A Cause Club will meet 11 a.m.-4:30 p.m. July 12 in the Augusta Suite, Woodlawn Golf Course, on Ramstein. There is a \$5 materials fee. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. Civ. 06301-719376. pejachowski@juna.com.

• **Quilt Guild** - There will be a Rhineland-Pfalz Quilt Guild meeting 9:30 a.m. July 15. Immediately after the meeting there will be a class on the Baltimore Album Series No. 1 with Shirley Herzer at Ramstein North Chapel noon-3 p.m. The Rhineland-Pfalz Quilt Guild meets 9:30 a.m. every third Thursday of the month at the Ramstein North Chapel and 6 p.m. every fourth Thursday of the month at the KLSA building in Pulaski Barracks. info@rpgg.eu.

• **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.

• **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 July 20. There will be three shows: 9:30 a.m. for Soldiers; 1:15 p.m. for DOD civilians and 3 p.m. for dependents and family members. All attendees must be 18 years of age or older. DSN 493-4615, civ. 0631-3406-4615.

• **EFMP Enrollment** - Enrollment is underway for the Exceptional Family Member Program's Summer Camp Aug. 16-20. There are only 12 slots available. Application does not guarantee enrollment. Camp registration is through July 15. 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.

HEIDELBERG Education

• **ACS Classes** - Intro to MS Excel, 9 a.m.-noon July 12 and 14; Families Learning about Germany, 9 a.m.-2 p.m. July 12-14; Field Trip, 8:30 a.m. July 17; Time Management and Goal Setting, 1-3 p.m. July 13; Investment Basics noon-1:30 p.m. July 14; Financial Readiness Training, 8:30 a.m.-12:30 p.m. July 15; Warrior Transition Unit - Time Management, 10 a.m.-noon July 15; and Bringing Baby Home, 1-4 p.m. July 15. www.mwgermany.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 multipurpose room. DSN 388-9310.

• **Pet First Aid** - Learn how to provide emergency care for your pets. There will be a pet first aid class at 5:30-8:30 p.m. July 12 at the Heidelberg Army Airfield. The cost is \$30. Register at the American Red Cross Main Office in Bldg. 3850 Room 263. DSN 370-1760.

Community

• **Cloth Diaper Seminar** - There will be a free seminar on cloth diapers 10 a.m. July 15 in the Yellow Ribbon Room, Bldg. 4531 on Patrick Henry Village and 10 a.m. July 17 at the Reuse Center on PHW 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.

• **Road 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: Grombach and Langenlosheim July 10-11, Aurich July 17-18, Otterweier (Sunday only) and Eschbach (Sunday only). Sign up available now for a weekend trip to Bamberg Aug. 14-15. There will be a meeting July 13 at the SG Gasthaus in Ofersheim. www.hiwv.de, hiwv@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 13, barbecue with City Cult; July 14, fishing; July 17, rollerskating; July 21, Phantasieland; July 28, Alpine Towers and Aug. 10, visit World War II sites with City Cult. www.mwgermany.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 BOSS 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.

• **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** - The following classes are being offered: Adult, Child and Infant CPR/AED (with first aid course following for participants of baby sitter training) 8 a.m.-5 p.m. July 10 in Bldg. 242. 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 Classes** - 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.goltz1@eur.army.mil.

Community

• **Postal Renovations** - Renovations on CMR 437 will run through Aug. 2. 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. 2418, Aug. 22.

• **Town Hall Meeting** - Brig. Gen. Jeffrey Smith Jr., commanding general of the 5th Signal Command and Mannheim military community senior mission commander, will conduct a community town hall meeting at 2:30 p.m. July 14 in the Schuh Theater. Learn more about the recent Department of Defense closure announcement and ongoing transformation efforts. DSN 385-3805.

• **Free Breakfast** - Enjoy a free pancake breakfast at the USO 7-9 a.m. July 14 free pancakes, bacon, eggs, sausage, coffee and juice.

• **Vacation Bible School** - The Religious Service Office will host Vacation Bible School 9 a.m.-3 p.m. July 15-17 at the Benjamin Franklin Village Chapel. Volunteers are needed. The program is free, but registration is required. Register at the BFV Chapel or online: <http://mannheim2010.eventbrite.com>. Password: mannheim. DSN 493-4660.

• **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 10 and 24; free movie, 4-5:30 p.m., July 10 and 24; brown bag book club, noon-1 p.m. July 13. DSN 380-1740, civ. 0621-730-1740.

• **Law Center Moving** - The Law Center is relocating to Bldg. 244 on Sullivan Barracks in July. Clients requiring legal assistance services will need to contact the law center in one of the surrounding garrisons. The primary mission of the Law Center will be military justice and administrative law support to unit commanders. Basic notary services and powers of attorney will still be available. The new office hours, location, and telephone numbers will be published once the move is complete.

• **AAFES Vision Center** - The AAFES 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.

Learning from the best



Kelley English

Costello, offensive coordinator for Valley City State College in North Dakota, provides some technical expertise to players who participated in the U.S. Army Garrison Kaiserslautern tackle football camp June 23-26.

NFL players coach military children in Kaiserslautern

By Kelley English
USAG KAISERSLAUTERN PUBLIC AFFAIRS

U.S. Army Garrison Kaiserslautern and Child, Youth and School Services held this year's 2010 Tackle Football Camp June 23-26 on Miesau Army Depot.

The camp was offered to military children from around the area ages 9 to 18 years old. Each child who participated sharpened his skills at both defense and offense with the help of NFL coaches and players, college coaches and coaches from around the community.

More than 130 children participated in the four-day camp coached by well-known NFL players such as Pittsburgh Steelers running back Rashard Mendenhall and Arizona Cardinals' fullback Reagan Maui'a. All of the coaches fostered a fun atmosphere for the campers by teaching participants pigskin fundamentals while keeping a competitive edge to the drills.

"They've been excited to have us around here, and that was humbling," Mendenhall said.

"When I was younger, they didn't have camps like this,

"They've been excited to have us around here, and that was humbling. When I was younger, they didn't have camps like this, especially in my town, football wasn't really big for us. It would have been nice to be able to learn a little bit, but it's cool for me to be a part of it that's for sure."

-Rashard Mendenhall, Pittsburgh Steelers running back

especially in my town, football wasn't really big for us. It would have been nice to be able to learn a little bit, but it's cool for me to be a part of it that's for sure," he added.

The children were very appreciative for the opportunity to work with various college coaches from schools across the country such as Tarleton State, Texas; Truman State, Missouri; Tennessee Tech and Valley City State College, North Dakota. For the few recruitable high school campers, it served as great exposure to college coaches and the recruiting process.

Younger campers also gained experience and inspiration from the camp.

"I think (the camp) will help me get tougher. We were doing a drill and two people were in the middle, and they had to hit each other until one fell down. It was my favorite drill so far," said 12-year-old camper Robert Brown.

"I think everything's going to help me get faster and seeing the (NFL) players come makes me really want to play in the NFL or NBA," the camper added.

According to assistant Defense back coach of the Arizona Cardinals, Rick Courtright, the camp originated in Nürnberg, Germany, in 2007 and has been increasingly successful since it was brought to the Kaiserslautern area.

staying ACTIVE

Swim Camp

The Heidelberg Sea Lions are hosting two swim camps this summer, July 12-16 and 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, efisdealions@yahoo.com.

Tennis Tournament

Registration is now through July 14 for the U.S. Forces Europe Tennis Championships July 16-18 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 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.

Heidelberg – The Heidelberg Health Center Pediatrics Department will offer a one-day Sports Physical Day 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.

Golf Tournament

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.

Free Yoga Class

Enjoy a free yoga class 5:15-6:15 p.m. every Monday at Sullivan Barracks Fitness Center in Mannheim. Towels and mats provided.

Ice Hockey Players Wanted

Experienced ice hockey players wanted to play for the Baden Bruins Army Hockey Team. Civ. 0172-6263642, admin@baden-bruins.com.

Volleyball Camp

Registration is open for the Department of Defense Dependents Schools-Europe and Amateur Athletic Union sanctioned volleyball camp at Rose Barracks in Vilseck. The elementary and middle school camp is scheduled for Aug. 18-20. Cost is \$75. The high school camp is scheduled for Aug. 21-24. Cost is \$150. All campers are required to have a valid physical to participate. Space is limited. Registration: brian.swenty@eu.dodea.edu.

Soccer Camp

Registration is now open for the Olympic Development Program Residential Soccer Camp. The camp will be held Labor Day weekend Sept. 4-6 at the Bitburg Sportschule in Bitburg. Cost is €250 and it covers training sessions, lodging and meals. labordaycamp2010@googlemail.com.