

# HeraldPOST

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

## Personal experience leads MP to become resiliency trainer

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Sgt. 1st Class Daniel Stoner says resiliency is “the ability to have a positive outcome from negative situations.”

With 25 years in the Army, the Georgia native is no stranger to change or to the ups and downs that often accompany military life. In fact, it’s one of the reasons he agreed to take on his latest mission – Stoner is the master resiliency trainer for the 18th Military Police Bri-

gade in Mannheim.

In 2003, after returning from a deployment, Stoner says he had some “major problems” readjusting that were further compounded by his marital problems. With support from his chain of command, Stoner says he sought help at community mental health.

“Back in 2003, if you went to community mental health and said I need help, as an MP they put you on a rubber gun squad,” he said. “But my unit didn’t do see MRT page 12

“A lot of people think it’s a ‘hold hands and make everybody feel good’ type of thing, but the program works, and I believe that it will greatly assist not just the Soldiers, but the families.”

-Sgt. 1st Class Daniel Stoner, master resiliency trainer



**Graduation day**  
A group of 35 children graduated from the Strong Beginnings program in Mannheim May 25, preparing them for their journey to Kindergarten. Each of the graduates introduced themselves and their respective teachers before the group entertained the audience with songs like “Baby Shark,” “You Are My Sunshine,” and “The World Is A Rainbow”. Strong Beginnings is a program offered as a pre-kindergarten class to children enrolled in the Child Development Center ages 4-5. Students are introduced to reading, writing and math skills, all while developing their young minds to follow instruction and prepare for a classroom setting. For more information, contact the Heidelberg, Mannheim or Kaiserslautern Child, Youth and School Services.

## Heidelberg farewells community leader

Staff Report

Lt. Col. Robert White relinquished command of the Heidelberg community to Col. Bill Butcher in a ceremony on Patrick Henry Village Tuesday. The ceremony

also marked the merger of U.S. Army Garrison Heidelberg and USAG Baden-Württemberg.

USAG Baden-Württemberg, under Butcher’s command, remains the direct-report garrison responsible for

overseeing the communities of Mannheim and Kaiserslautern. Butcher will continue his current command function overseeing both indirect garrisons as well as take on the duties White previously performed.

Butcher said the merger should be transparent to the community.

“There will be no service changes and no job losses. We’ll just continue our mission providing support to see RELINQUISHMENT page 12

HP THURSDAY  
June 10, 2010

### Speed Read

#### WARRIOR OF THE YEAR

The 18th MP Brigade held its Warrior and Warrior Leader of the Year competition at the Lampertheim Training Area in Mannheim. 4



#### DEPLOYMENT TRAINING

V Corps Soldiers trained beside service members from other countries in preparation for their upcoming deployment. 7

#### MANNHEIM IDOL KICKS OFF

The popular FMWR program began last Saturday with auditions and will commence with finals July 3. 8

#### BEYOND THE BISON YEARS

A panel of former Mannheim High School graduates answered questions for seniors and spoke about life in the ‘real world.’ 9



#### MEMORIAL DAY

Members of the Baden-Württemberg community honored fallen heroes in ceremonies all over Europe. 10

#### ARMY 10-MILER

U.S. Army Garrison Grafenwöhr will host an Army Europe 10-Miler qualification race July 10. 17

### Defense Details

#### U.S. AND BRITISH ALLIANCE

The defense secretaries of the United States and Great Britain praised the strength and depth of the U.S.-British alliance and pledged continued cooperation in meeting today’s challenges and those of the future. U.S. Defense Secretary Robert M. Gates and his British counterpart, Liam Fox discussed a variety of issues, including Iran’s nuclear ambitions, Afghanistan, an upcoming British defense and security review, the need for NATO reform, and the threat terrorism poses to the world.

Army news: [www.army.mil](http://www.army.mil)

Defense news: [www.defenselink.mil](http://www.defenselink.mil)

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## COMMENTARY

# Graduation: New beginnings and fond memories

By Jonathan Ochart  
HERALD POST INTERN

Never before did I think that blue and gold, Heidelberg High School's colors, could ever flow freely throughout my veins. As part of the 134 seniors graduating at the Stadthalle today, however, I can now proudly call myself a Heidelberg Lion of the Class of 2010.

I remember the beginning of the year when my friends and I failed to feel like seniors. It seemed as if junior year simply carried on, and the next stage of our lives was still far away. We were nothing but lion cubs admiring the sunset along the horizon of the savannah.

However, as graduation looms, I feel like nothing but a senior. Now, the sunset seems to be right in front of our faces!

It all began when we wore our togas to school. Walking to the bus stop in the morning with my body wrapped in a white sheet succeeded in gaining unwanted attention, but it also succeeded in initiating our senior year. Similar to a rite of passage, toga day inspired the wisdom and wit within us that we usually associated with seniors from years past.

From then on, the senior class began behaving more like, well, seniors. We learned how to survive in the wild savannah, from hunting freshmen (not really), laughing like hyenas, and handling the immense heat spewing from towering homework assignments.

As if homework failed to dominate some of our weekends, we also had to face another obstacle: applying for college.

Several hours went toward creating a perfect reflection of ourselves in essays, asking for letters of recommendation, and answering endless ques-

Throughout my life, I always looked forward to the day when I would walk across a stage overlooking a sea of graduation gowns. To me, receiving my diploma is not the end; rather, it evokes new beginnings.

tions.

Some of us were rewarded with acceptance letters, making the difficult process worth every second. Moreover, we realized the profound impact our families, teachers and members of the community had on us, with their dedication to help make our dreams come true.

Without their help, we would have to look forward to a barren desert rather than a fruitful and stunning environment.

Although toga day and applying for college were firsts, senior year was also filled with lasts. 2010 held my final homecoming, pep rallies and prom (although it was the first time I ever danced in the Heidelberg castle).

Soon I will never travel by school bus again or devour food in the cafeteria, which actually relieves me, but the idea of terminating high school traditions and familiar routines instills a bit of longing within me.

But 2010 also possesses the keys to open the doors to so much more.

Soon I will say goodbye to adolescence and plunge into what adults call the "realworld." Long gone will be the days of pretending to be sick and secondchances.

But what will I do without all of my friends and family? How will I survive in a city I have never lived in before?

Oh, I know what I will do. But my days will

never be the same without scrumptious spätzle and pizza and apfel strudel, and sadly, the list goes on. However, this will be my chance to hunt on my own and sustain life within fresh surroundings.

Throughout my life, I always looked forward to the day when I would walk across a stage overlooking a sea of graduation gowns. To me, receiving my diploma is not the end; rather, it evokes new beginnings.

Entering a new chapter in life will be an adventure I am sure I, as well as the senior class of 2010, will be able to grow even more from because we now have hearts that pump blood of blue and gold.

Although many of us come from different walks of life, we experienced these life-altering events as one. Sharing the unbreakable bond that results from having parents serving in the military and supporting the Armed Forces through civilian jobs helped us overcome the tribulations we faced together. Some of us will leave the military lifestyle behind as we begin our own lives, but having moved around will help us manage the dramatic change.

Now, our new lives will no longer resemble an oasis within the wilderness saturated with heat; we will soon engage the beauty of withstanding the perils of the plains and transform into the lions we were bred to become. While the sunset brings the night, a new day is sure to come.



Join the virtual community today  
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## QUESTION OF THE WEEK

Find out what your garrison commanders and members of your community are saying

**Question:** Lt. Gen. Lynch, IMCOM commander, has been asking folks about how to improve the sponsorship program across the Army. So, what do you think we can do locally to help new people transition into our community?

I can tell you that we had a mixed experience with our sponsor coming here this time. We had fantastic communication before we got here and were able to get a mailing address set up for us before hand

so that we could mail some items to ourselves before leaving the states. That was a huge help and stress reliever right there. ...Our sponsor was a few months from leaving and so once we got into lodging we were basically left on our own. Yes we had been to Germany once before and pretty much knew the drill but it was not easy still.

-Susan, BWnow member

No one contacted my husband before he came over here, and the person that met

him at the airport just picked him up, took him to buy some temporary bedding and dropped him off at guest housing or the barracks. We got married a few months after he was stationed here, so I didn't get a sponsor. I actually never got contacted at all by the military when coming over here. I love to host people, and it was a big let down to miss out on that when it was our turn to need someone to host us.

-Sarah, BWnow member

## CORRECTION

In the June 2 issue of the Herald Post, the first question of the Army Birthday Quiz on page 6 was worded incorrectly. It should have read, "What was the name of the modern mobile artillery system the Army had considered to replace its aging howitzers?" The correct answer is the Crusader.



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# Welcome home 7th TTSB



Christine Gebhard

Family and friends wait patiently to welcome back their heroes from a 12-month deployment to Afghanistan May 30 at the Sullivan gym in Mannheim. Fifty-four Soldiers of the 7th Theater Tactical Signal Brigade returned safely. The unit was stationed at Bagram Airfield in Afghanistan and responsible for setting up and operating network communications for the coalition forces.



Jonathan Gray

First Lt. Charles Batista hugs his daughter during the 7th Theater Tactical Signal Brigade's welcome home ceremony.



Jonathan Gray

Command Sgt. Maj. Terence Farmer hugs his family during the 7th TTSB's welcome home ceremony.

## COMMAND MESSAGE

### Sponsorship: Start strong to be strong

By Lt. Gen. Rick Lynch  
IMCOM COMMANDER

I have moved many times in my career, within the United States and overseas. I have deployed several times, leaving my wife to pull double duty at home. I know the good, the bad and the ugly of moving firsthand from my family's experience and the stories shared by other Soldiers, civilians and family members. Every move brings new opportunities but also challenges and stress that can have a negative impact on work and home life.

I also know from personal experience that sponsors can be the determining factor between a good or bad move. An excellent sponsor plays a key role in making a positive first impression and helping the new person and family integrate into the unit, workplace and community.

During the past several years, the Army has been experiencing a high volume of transition due to Army Force Generation, modularity, Grow the Army, Base Realignment and Closure and troop mobilization. Now more than ever we need effective sponsorship to mitigate the stress of transition; however, Soldiers, civilians and families continue to express frustration with the Army's Sponsorship Program.

Sometimes our personnel and family members have an exceptional sponsor – someone who truly makes them feel welcome and gets them off to an excellent start – but that is not always the case. There may be sponsors who are not well-equipped or motivated to provide the needed assistance or, even worse, no sponsorship at all. These experiences make sponsorship a pressing Army Family Action Plan issue. I am taking this opportunity to improve on our Total Army Sponsorship Program to enhance the readiness of our Soldiers and civilians and deliver on our promise to take care of families.

The Army's Sponsorship Program, as prescribed in AR 600-8-8, The Total Army Sponsorship Program, requires every first-term Soldier have a sponsor. The sponsor acts as a big brother or sister and helps the Soldier learn Army standards and develop a sense of responsibility and teamwork. After that initial assignment, TASP offers sponsors for every Soldier, private through colonel, and likewise for every civilian in grades up to GS-15. A vital part of the Sponsorship Program that is often forgotten or overlooked is the rear detachment support provided to family members of deployed Soldiers and civilians.

So we have in our regulations a Sponsorship Program that covers all members of our community. I want to make sure what is outlined on paper is also happening in our communities. Soldiers, civilians and family members will have a sponsor to provide information and support before, during and after transitions, mobilizations and deployments.

We must make sure sponsors are well-equipped for their important role. Sponsors must understand their role and have the necessary information and resources to fulfill it. Even more so, sponsors must be willing to reach out and make human contact, especially with new Soldiers, first-time civilian employees and family members who are unfamiliar with the Army way of life.

Above all, I want to ensure commanders are invested in the success of the Sponsorship Program within their community. TASP is a commander's program. Its success is contingent upon the commander's involvement and support. It is leadership's responsibility to send the message that sponsorship is something important to do and to do it right. At the most basic level, that means having an adequate pool of sponsors to meet the needs of the community and supporting those sponsors with reasonable time and resources to do a good job.

I have asked Command Sgt. Maj. Neil Ciotola to lead a working group to review sponsorship from a holistic perspective and to update the program to meet the needs of Soldiers in today's Army. Two important aspects of the Sponsorship Program under examination are integration and tracking.

We must have a means to collect, transmit and follow up on their needs and issues. We do not want Soldiers carrying unresolved issues from assignment to assignment. We do not want families to fail to connect or to become disconnected from their community, especially if their Soldier is deployed. We are looking at the feasibility of using current systems to integrate and track TASP processes Army wide, among other possible improvements. I anticipate new recommendations, guidance and requirements will be forthcoming as a result of our review.

We are approaching summer, the traditional moving season for the military. Most of us in an Army environment, Soldiers, civilians and family members alike, know what it is like to relocate. We know what a difference it makes to have a helping hand along the way.

Leaders, your direct experience alone, whether good or bad, should be enough incentive to make the Sponsorship Program in your sphere of influence as effective as possible.

With a successful sponsorship program, we can treat every one of these moves as an opportunity to show we will do right by Soldiers, civilians and families. The time and effort invested up front will pay big dividends in the satisfaction, commitment, and increased cohesion and mission readiness of Army units.

All Soldiers, civilians and family members must be provided with quality programs and safe communities that meet their needs while enabling them to thrive and maintain resiliency. We will keep our promise.



## Breaking the plane

Sgt. Adrienne Killingsworth

Spc. Alana Bergstrom, a military police Soldier with the 527th Military Police Company, 709th Military Police Battalion, from Grand Forks, N.D., is evaluated on her push-ups during the Army Physical Fitness Test portion of the 18th Military Police Brigade's Warrior/Warrior Leader of the Year competition May 23-25 in Mannheim.

## 18th MP Brigade Soldiers battle to be named 'the best'

By Sgt. Adrienne Killingsworth  
18TH MP BRIGADE PUBLIC AFFAIRS

For most Soldiers, the road to a brigade Warrior or Warrior Leader of the Year competition begins months prior to the event itself. It is a journey of late-night studying, memorizing, repetitive drills, training, practicing – and practicing again.

The knowledge and the skills are applied periodically at monthly and quarterly boards at the company and battalion level.

Making it through every level to a brigade WOY/WLOY competition says a lot about the Soldier or noncommissioned officer who is able to rise above his peers. It suggests a resiliency and dedication that exceeds the norm.

The 18th Military Police Brigade tested the degree of that resiliency and the mettle of its Soldiers during its three-day WOY/WLOY competition May 23-25 at the Lampertheim Training Area in Mannheim.

The brigade operations section had done its fair share of preparing for the event – planning since March, enlisting the support of 50 supporting personnel to ensure the competition went off without a hitch and getting the official thumbs-up from 18th MP Brigade Command Sgt. Maj. Brenda Curfman, during her walk-through of the events.

All of the planning and rehearsals were done to make sure the event ran smoothly and that Soldiers could focus on their tasks with minimum delays. Soldiers endured the relentless physical demands of day and night land navigation, an Army Physical Fitness Test, an obstacle course, combatives, a 12-

mile ruck march, an M4 rifle and M9 pistol range, situational training exercise lanes, and a board in front of four sergeants major by the time their three days were through.

"All of the Soldiers out there wanted to be challenged in one way or another, and looking at how we set these lanes up, I know these Soldiers got challenged," said Sgt. Maj. Russell Erickson, operations sergeant major for the 18th MP Brigade.

As much as these Soldiers might love a challenge, being prepared is key during an event like the WOY/WLOY.

"It was kind of difficult to anticipate what we were going to do ... there was an outline, of course, so it made it a little easier to prepare," said Spc. Kiyah Mitchell, signal systems specialist with Headquarters and Headquarters Company, 18th MP Brigade, and one of the competitors. "But, it never quite prepares you for the real thing because it's always on a much larger scale."

The competitors were all put to the test during their three days, racing against time for most of their events, and battling heat and exhaustion while trying to retain everything they'd been training for.

At the end of the final day of competition, the board, presided over by Curfman, was a defining factor in determining which Soldiers and NCOs personified the values and characteristics the brigade was looking for in its competition.

"I think the board at the end is a key piece, and I think it's critical to their success ... it really shows the 'total Soldier' package," Erickson explained, adding that the Soldier who represents the bri-



Sgt. Adrienne Killingsworth

Sgt. Samuel Dagiau, a military police Soldier with the 230th Military Police Company, 95th Military Police Battalion, from Plains, Mont., calls in a nine-line medical evacuation report for a simulated casualty during the situational training exercise portion of the 18th Military Police Brigade's Warrior/Warrior Leader of the Year competition May 23-25 in Mannheim.

gade ultimately needs to be a "walking, talking, regulation, Skill Level 1 manual of being a Soldier."

Spc. Alana Bergstrom, a military police Soldier with the 527th MP Company, 709th MP Battalion from Grand Forks, N.D., was named Warrior of the Year. Sgt. Samuel Dagiau, a military police Soldier with the 230th

MP Company, 95th MP Battalion from Plains, Mont., was named Warrior Leader of the Year. Bergstrom and Dagiau will advance, along with Sgt. 1st Class Dashawne Browne, an operations NCO with the 527th MP Company, to the 21st Theater Sustainment Command WOY/WLOY competition June 12-16.

## Retired Soldier, civilian finds 'Wonderful Life' with the Army

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It's been almost 50 years since Douglas Sims left behind the soybean fields of Norborne, Mo. to join the ranks of the U.S. Army.

At the time very few people, including Sims, could have ever imagined his travels would take him everywhere from the "long gray line" to the jungles of Vietnam to the company of presidents and even a beloved film legend.

By all accounts, Sims has had a "wonderful life."

Yet, these days you'd most likely find him sitting quietly at his desk, Harley Davidson coffee mug in hand, donning a crisp white shirt or 'his uniform' as he likes to call it, carefully going over the day's agenda.

Sims' door is always open to co-workers and visitors in search of a quick chat or even a chuckle. A film poster from the movie "Casablanca" and pictures of his grandchildren adorn the walls of his office.

Sims is the deputy of the Force Management Division, Headquarters U.S. Army Europe G-3. His office is responsible for helping to field new equipment to Soldiers and maintaining readiness for Army units in Europe.

He came to the division in 1993 after 27 years as a Soldier.

"I joined the military because I had no place else to go," Sims said. "I had no money to go to school. I came

from a fairly poor background, and the opportunity to go to West Point arose."

Sims graduated from West Point in 1966 and left for Vietnam soon after. During his time there, the young officer experienced a chance encounter with the late actor Jimmy Stewart, best known for his role in the 1946 American classic, "It's a Wonderful Life." Stewart was there visiting troops serving in the war zone.

"He and I were just sitting down chit chatting, and he was just like you would imagine on the screen—very warm, personable individual and extremely pleasant and down to earth," Sims recalled.

"And back in those days, we didn't have video conferencing that you could talk to your wife on, so we sent recordings back and forth. So I said 'Jimmy would you say hello to my wife,' and he says 'sure sure'... and he gave that ol' 'how ya doing and it's sure good to see you.' I still have the recording stored at home. That was probably one of the nicest meetings I ever had with an individual," Sims said.

Some people like Lime Li, a command management analyst, G-3, would say the same about Sims. The two have been friends for 18 years and worked together for eight.

"Always pleasant, always has a smile. I don't think I remember ever seeing him upset," Li said. "We all respect him as a person and as a boss. I think it's because he always has an ear

open for any problems you have and for any concerns. Anytime you need to talk to someone, he's there."

After leaving Vietnam, the father of two took on assignments in Wurzburg and Washington, D.C., where he was a familiar face in the halls of the Pentagon, working with the secretary of the Army and chief of staff of the Army. Sims also served as an official escort for dignitaries during the presidential inaugurations of Ronald Reagan and George Bush Sr.

Sims says the best thing about his military service was the opportunities it gave him to travel but most importantly, to take care of Soldiers, which is something he continues to do some 17 years after retiring from active-duty as a lieutenant colonel.

One of those Soldiers is his son, Lt. Col. Douglas Sims Jr., a squadron commander with the 2nd Stryker Cavalry Regiment stationed in Vilseck. Just like his father, the younger Sims is also a West Point graduate class of 1992. His other son is a warden at a prison in West Texas. The elder Sims says he's proud of both of his children and the leadership paths they've taken in life.

When he's not behind his desk, you'll most likely find Sims' behind the handlebars of his custom Harley enjoying the open road with his wife Karen, also an avid motorcyclist, or running with the Hash House Harriers international running club. He's also president of the West Point Society of Germany.

Soon Sims will have even more time for riding and running, at least when he's not busy welding a hammer and nails. After almost 50 years of service both in and out of uniform and two decades in Germany, Sims is retiring and moving to Maryland, where he says his wife already has a long list of home improvement projects awaiting him.

"I think the most important thing that I am going to remember is that we are really a big team. I don't care if you're a cadet, an officer, enlisted or a civilian," Sims said, "you are a part of a really important team. Although I'm ready to retire, I'll miss the focus each day of doing something for the Soldiers ... and I think I'll miss that kind of energy and excitement, but I'm going to enjoy the peacefulness of the hills of Maryland."

Although most of Sims' coworkers knew this day would come, they admit the office won't be the same without him.

"I'm going to miss the laughs and I'm going to miss his understanding," said Cecil Moore, USAREUR operational needs statements manager. "Doug is a strategic thinker who has a unique way of thinking, and he's someone who cares about people throughout the division and USAREUR," he said.

"It's going to be hard and there will be a void that's missing. One that will probably be pretty hard to fill. We are all going to miss Doug, and we'll also miss the laughter and the leadership."

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SOLDIERS  
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- Obey all traffic laws.
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**SAFE Summer**

ARMY SAFE IS ARMY STRONG

## Bridge to Wiesbaden eases educational transition, worries

By Kris Wheeler  
USAG MANNHEIM SCHOOL LIAISON OFFICER

Some families in U.S. Army Garrison Mannheim are in the process of moving to U.S. Army Garrison Wiesbaden as part of major command transitions.

Moving to a new military community can be stressful for families and students.

Thoughts of a new school, new friends and new environment are unsettling. Being prepared with tools to face these unknowns is important for students and their families.

As part of their many duties, school liaison officers are key resources connecting local military command teams, schools, parents and students to ease the educational transition.

This assistance provides needed school and academic information, reduces anxiety, and eases the burden that is part of a permanent change of station move.

In partnership with USAG Wiesbaden school liaison officer, Peter Witmer, the "Bridge to Wiesbaden" program was launched to offer families and students in Mannheim the opportunity to take advantage of personalized attention to experience their new schools.

They can register for the upcoming year's classes, and be introduced to the vast number of Child, Youth and School Services events and programs at their gaining community.

A significant feature of the program was visiting Wiesbaden May 28 and becoming oriented to the schools, programs, and community facilities.

"Welcome to Wiesbaden; we are excited that you will be joining us," said Sharon O'Donnell, Wiesbaden High School principal.

School counselor Udra Robinson conducted a tour of the school and worked with each Mannheim family to personally assist with answering questions, registering and meeting people.

Mannheim students were also greeted by Wiesbaden Student to Student representatives and given a chance to feel what being in their new school was about by sitting in on a class of their choice.

"I can't wait to get into the robotics program," said ninth grader Dhillon Tisdale.

In addition to visiting their new school, students also explored the USAG Wiesbaden CYSS facilities and learned about upcoming summer camps and programs.

"We picked up a lot of information on our visit. Each of us walked away with something to anticipate about our upcoming move," said mother of two, Shirani Tisdale.

Mannheim parent Willie Carter was thankful for the opportunity to pre-register his son, Ermis, for school next year.

"We both learned a few things we did not know before; this trip was amazingly valuable for us," Carter said.

## V Corps Soldiers receive first phase of deployment training in France

By Sgt. Michael Reinsch  
V CORPS PUBLIC AFFAIRS

LILLE, France – V Corps Soldiers and service members from allied nations converged here May 25-27 for the first of three training phases to prepare them for their upcoming deployment.

More than 100 service members from many countries including France, Belgium, Germany, the United Kingdom and the U.S. gathered in the citadel, a pentagon shaped fortress built in the late 1600s, now the home of the French Rapid Reaction Corps. Inside one of the citadel's historical buildings is where the different nations came together to learn about working on a multi-national staff.

"It's great to bond and connect with the personnel that they are going to be working with down range," said Col. Keith Bean, who will be the director of the Joint Operations Command at the International Joint Command in Afghanistan.

The first phase of the training gave service members a basic over-

view of what to expect when they deploy to Afghanistan at the IJC in July. It also outlined many different aspects including; counter insurgency, cultural information and mission objectives.

Although the service members were briefed on basic knowledge of the IJC and Afghan culture, the primary theme was team building.

"Team building is very important to V Corps and the French Rapid Reaction Corps ... in International Security Assistance Force there are 45 different nations but only one mission and one team," said French Lt. Col. Xavier Lanlandott, International Security Assistance Force trainer at the Joint Command Warfare Center in Stavanger, Norway.

This is the second group of V Corps Soldiers who were assembled from different units from across the Army for the purpose of filling staff positions at IJC. Since the new IJC has been completely built from the ground up, the service members needed to get a feel for how each other worked, and sync as a team.

The IJC isn't set up like most

headquarters and the training reflected that. During the first day, all of the service members were brought together for the initial briefing of the days to come. From there they broke out into their different groups: future plans, future operations and current operations. This is an unconventional way to run a staff; where a normal staff would have different sections arranged in a Napoleonic structure, the IJC has the three different teams.

The new structure emphasizes the counter insurgency fight at all levels of the new staff, so the service members must be adaptive and willing to break from their comfort zones, Bean said.

At the end of the training, the service members were a step closer to becoming a functioning team.

"These weeks together started the road to understanding," Bean said.

V Corps Soldiers will receive their second phase of training in Stavanger, and the third phase will be on-the-job training when they arrive in Afghanistan.



Singer-songwriter Darden Smith performs for Mark Twain Elementary School students June 3 as part of the "Be An Artist" program. Smith began the program as a way to talk to children about creativity. It all began with his idea that people don't have to become artists, because they are born that way, and that what people do in their free time is what they love. Smith goes into the classroom and talks with the students about his work, how he started as a musician and writer and how it became his job. He introduced inspiration as key in the artistic process, discussed where it came from, and played a few original songs to demonstrate how inspiration becomes art. Darden took them through a process to help them realize the things they love to do (what they do when they don't have to do anything) and talked to them about their ability to make themselves happy by doing these things every day.

Alison LeMire

## Mannheim Idol 2010 kicks off with a bang

By Jacqui Haggerty  
MANNHEIM FAMILY AND MWR

One of the largest Family and Morale, Welfare and Recreation special events programs in U.S. Army Garrison Baden-Württemberg is back: Mannheim Idol 2010 kicked-off last Saturday to record participant and spectator crowds at Mannheim's Top Hat Club.

A total of 69 contestants spent eight grueling hours battling each other in category specific vocal competitions including junior youth, youth, teen and adult.

A junior youth category was added to accommodate the overwhelming number of youth participants in this signature USAG Mannheim program.

"The Mannheim military community has consistently demonstrated that they are more than willing to support this kind of programming," said Christopher Clements, director of the Family and MWR, "and we are more than happy to provide our Soldiers and families with events that provide an opportunity for our community members to shine."

With 40 participants in the youth category alone, this year's competition has already more than doubled the amount of contestants in last year's competition – a competition where the grand finale in the Mannheim German/American Volksfest entertainment tent brought more than 2,000 people out to cheer on their favorite idol in the hopes of seeing them win the coveted title of "Mannheim Idol."

To that end, the Mannheim Idol program has refused to turn anyone away who is willing to audition.

"The producer of the show feels very strongly about giving everyone the opportunity to get up on that stage and have their 'moment in the spotlight,'" said Top Hat Manager Alex Cole. "If you take the first step and face her in auditions, well, what happens after that is totally in your hands as a contestant."

Taylor Swift and Justin Bieber songs were the youth contestant favorites, with Taylor's "Our Song" and "Love Story," and Bieber's "Baby" clear contestant favorites. Teens and adults sang everything from Alicia Keys to Jimmy Buffet, providing the audience with a number of sing-along favorites.

Adult competitor and crowd favorite Tim Cunningham managed to have the most successful sing along, with his rendition of "Friends In Low Places." Surprising everyone was Jeffrey Nichols overwhelming win in the junior youth category with an a'capella version of "Thank You, Lord," placing him in the number one spot this week.

Mannheim Idol competition rounds are every Saturday in June, beginning with the junior youth category taking the stage at 6 p.m.

Each audience member receives one ballot per category, with extra ballots available with purchase from the Village Grille. Audience votes decide who is eliminated and who moves ahead, with the judges maintaining one 'save' per week for those truly outstanding performers who just might not have the 'popular vote' to carry them ahead.

The finals, with five competitors in each category, will be held at the USAG Mannheim German/American Summer Volksfest July 3 in the fest tent.

## Faces of the community: Patrick Henry Village Library



A volunteer at the Patrick Henry Village Library sorts and returns books back to the shelves. The library offers free check-out of books, DVDs, CDs, audio books and video games. Magazines, newspapers, a copy machine, kids' playroom and Internet access are also available. The library is located in Bldg. 4509 on Patrick Henry Village. Its operating hours are Tuesdays 10 a.m.-7 p.m., Wednesdays and Thursdays 10:30 a.m.-7 p.m. and Friday-Sunday 10 a.m.-6 p.m. The library is closed Mondays and on American holidays. DSN 370-1740, civ.06221-57-1740. [www.library.eur.army.mil](http://www.library.eur.army.mil)

## 21st TSC conducts retirement ceremony, remembers fallen

By Sgt. Fay Conroy  
21ST TSC PUBLIC AFFAIRS

On the eve of the Memorial Day weekend, Soldiers and civilians from the 21st Theater Sustainment Command gathered at the gym on Kleber Kaserne in Kaiserslautern May 27 for a retirement ceremony to celebrate the careers of three Soldiers.

"These three veterans reflect the strength of our Army and the level of talent that exists among our Noncommissioned Officers Corps. There is no greater responsibility that you can place on an individual than to train Soldiers to deploy and conduct their wartime mission," said Col. Jeffery Miser, chief of staff for the 21st TSC, who was the guest speaker for the ceremony.

All three retirees are also veterans, which took on a special meaning in light of the upcoming Memorial Day holiday.

"Standing before you throughout the ceremony are the Soldiers of 21st TSC. Just like the generations of Soldiers who came before them – who answered the nation's call during World War I, World War II, Korea, Vietnam – they are our national treasures. They are veterans and have earned our respect and admiration," Miser said.

Master Sgt. David Clark, a native of Fort Fairfield, Me., will conclude 21 years and eight months of service July 31.

He most recently served as the brigade communications chief for 16th Sustainment Brigade in Bamberg. Clark recently returned from his second deployment in support of Operation Iraqi Freedom.

"I think it's really nice. I'm really quite honored to see everyone come out and recognize the service that you've done," Clark said.

Sgt. 1st Class Brian Randall, a Danville, Ill., native, will finish 20 years of service Aug. 1. A transportation specialist with 21st TSC, Randall has served in Germany for the majority of his career and is planning to stay in Germany.

"If I can't say it personally to each and every person who is participating today, I would like to thank them now," Randall said.

Staff Sgt. Tyrone Basnight, a native of Pittsburgh, Pa., and a member of the Warrior Transition Battalion at Kleber Kaserne, finished 20 years and eight months of service June 1. He recently won the 2009 Operation Rising Star Competition for the Kaiserslautern military community and was a top 12 finalist in the overall competition.

"I came into the Army straight out of high school, so the Army has been like a second family for me. I would like to say thank you to everybody who has been there as a friend, as a comrade, as a Soldier and as a supervisor," Basnight said.

All three retirees are planning on staying in Germany following their retirements.

# Going 'Beyond The Bison Years'

By Kris Wheeler  
USAG MANNHEIM SCHOOL LIAISON OFFICER

"Hey, how are you? What have you been doing since graduation?" drove not only smiles, hugs, and reunions, but also was the theme capturing the experiences of former graduates and conversation at the "Beyond the Bison Years" special panel presentation May 27 at Mannheim High School.

All the way from stateside colleges to locally-based, panel members included graduates Sascha DeWitt, Lance Guysick, James Lancaster, Pam O'Brien, Katie O'Donnell, Trisha Smith, Mariah Vickerstaff, Jennifer Wheeler and Kevin Wheeler.

"These panel members have stories to tell and a lot to share with you concerning their experiences after leaving high school," said emcee Master Sgt. Steven Carter, "so be a sponge and learn whatever you can from them."

Spinning off from the best practices of the award-winning "Real World: Where Are You Going," the program began several years ago in Heidelberg. BBY was the brainchild of the 2008-2009 Mannheim High School student council. The formula was designed to be simple and successful: student-launched and U.S. Army Garrison Mannheim Child Youth and School Services sponsored. BBY is a success story which is not only popular and thriving in Mannheim, but is also an inspirational role model for other military communities.

"High school students really benefit from these college preparation programs," said Peter Witmer, USAG Wiesbaden school liaison officer. "We are looking at doing something similar."

The scope of the BBY program in Mannheim consists of three focused programs conducted throughout the school year. The first is scheduled in the fall and concentrates on building portfolios. The second deals with money and finances and normally is held in March.

"I have to tell you all that the shocker for me was the cost of all those so-called little extras in college and not having enough money to pay for everything," Vickerstaff pointed out. "People have to know that they can expect to lay out at least \$600-\$800 each

semester just for books alone," Wheeler said. "On top of that, there is tuition, housing, meals, and a lot of other miscellaneous expenses to take into consideration."

"The bank of mom and dad saved me from poverty," O'Donnell smiled, "but I got caught very, very short at times."

The final event for the school year is the eagerly-anticipated "Beyond the Bison Years Blowout!" that brings in high school graduates who talk about what happened in their lives during that critical first year out of high school.

Not everyone on the BBY panel went on to a college or university after graduation.

"I stayed here in the community and I have worked really hard this past year to save up money to go on to school," DeWitt said.

Guysick and Lancaster did the same, but each is taking a separate future path.

"I wasn't really sure what I wanted to do after high school, so I worked. I also talked with recruiters. I'm happy with the decision I am making - I am going to join the Air Force in August," Guysick said with confidence.

Both Smith and O'Brien emphasized the importance of family connections and emergency contact information.

"We just never know what is going to happen; the world is full of surprises. Having my family to rely on really helped me through this past year at school," O'Brien said.

"I know what you mean," Smith added. "Because of an emergency during my first year in college, I had to redirect all my plans. I learned quickly that having immediate contact information for family is absolutely critical. If I were to give one piece of advice, it would be that anybody that leaves home must make sure that parents and other relatives can be easily contacted should something happen. I can't emphasize that enough. I learned to never take anything for granted."

USAG Mannheim Commander Lt. Col. Lisa Griffin and Chaplain (Maj.) Dan Kinjorski contributed this end-of-school-year celebration by adding their personal stories and inspiration.

**"If I were to give one piece of advice, it would be that anybody that leaves home must make sure that parents and other relatives can be easily contacted should something happen. I can't emphasize that enough. I learned to never take anything for granted."**

- Trisha Smith, Mannheim High School alum

"I know this might sound unusual, but I did not graduate from my local high school," Griffin said. "My friends thought I was crazy. I actually spent my senior year at a school in London. In looking back, that year helped me develop the confidence and independence that I needed to become an Army officer."

Kinjorski added, "What I do now is not at all what I thought I would do when I left high school. A number of events redirected my talents into the direction I am now in - helping others. I think this was all part of the plan and it has turned out to be good for me."

After the panel fielded questions ranging from "What is one thing you would have done differently?" to "How did you readjust your life based on what happened to you?," all attending enjoyed a spaghetti dinner and celebration cake while still learning even more about life after high school.

"As part of the HIRED! Program, our students prepared this spaghetti dinner," said Josie Craft, Mannheim CYSS Youth Center director. "This program offers valuable paid work experience and training to better equip students with skills needed for the highly-competitive job market."

"The impact of Beyond the Bison Years is so powerful that I am looking at incorporating it into the school day," said Shelia Smith, Mannheim High School principal. "I want to involve all our students for the simple reason that they need to know how to take control of their futures."

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# GONE BUT NOT FORGOTTEN



The 21st Theater Sustainment Command color guard begins the parade toward town after the memorial ceremony held at the Meuse-Argonne American Cemetery and Memorial near Romagne-sous-Montfaucon, France May 30. The 21st TSC provided an honor platoon and a ceremonial firing detail in addition to the color guard.

## 21st TSC remembers fallen at Meuse-Argonne on Memorial Day

**By Sgt. Fay Conroy**  
21ST TSC PUBLIC AFFAIRS

ROMAGNE-SOUS-MONTFAUCON, France — Despite the gray skies and heavy rain, Soldiers from the 21st Theater Sustainment Command's Special Troops Battalion traveled to the Meuse-Argonne American Cemetery and Memorial to take part in a Memorial Day ceremony here May 30.

The 21st STB provided a ceremonial firing detail, an honor platoon, and a color guard for the ceremony. Located near the village of Romagne-sous-Montfaucon, the cemetery is the final resting place for 14,246 Soldiers, most of whom lost their lives during the Meuse-Argonne offensive of World War I. The cemetery has the largest number of American military dead in Europe and covers more than 130 acres.

"Here, at Meuse-Argonne, every headstone and memorial plaque testifies to the enormous sacrifices our nations have paid in the defense of these values more than 90 years ago," said Maj. Gen. Patricia E. McQuiston, commanding general of the 21st TSC, who gave the memorial address at the

ceremony. "As an American and a Soldier, I am indebted to all who came here today and any day of the year to pay tribute to those who have given their lives for the ideals and values we cherish," she said.

The ceremony concluded with a wreath laying ceremony, the playing of taps and a ceremonial volley of rounds from the firing detail. "It was overwhelming, especially in the beginning," said Spc. Shannelle Santiago, a postal clerk with Human Resources Sustainment Center-Europe, 21st TSC. "When they started playing taps, that's when it registered that these Soldiers did give their lives and that they still have family members out there who are still mourning them even though they can't be here today to celebrate Memorial Day with them."

For Sgt. 1st Class Darrell Cornelius, the 21st STB training noncommissioned officer in charge, the ability to celebrate Memorial Day in the presence of so many fallen Soldiers was one he said he will not forget. "It was absolutely breathtaking. I really felt like I was on sacred ground,"



Maj. Gen. Patricia McQuiston, commanding general of the 21st Theater Sustainment Command, along with several French military officials and civilian dignitaries, render honors after laying a wreath at a memorial ceremony held at the Meuse-Argonne American Cemetery and Memorial near Romagne-sous-Montfaucon, France, May 30.

he said of his first trip to the cemetery three weeks before the ceremony. "It really felt special to be a part of this whole event."

After the ceremony, the 21st TSC Soldiers marched into town accompanied by a formation of French soldiers who also took part in the event. French citizens waving American and French flags lined the parade route to cheer

the troops. A reception was held at the end of the parade route to thank the participants.

The Meuse-Argonne American Cemetery and Memorial is open from 9 a.m. to 5 p.m. year round, except Jan. 1 and Dec. 25. More information can be found at the Meuse-Argonne's official site at [www.abmc.gov/cemeteries/cemeteries/ma.php](http://www.abmc.gov/cemeteries/cemeteries/ma.php).

## 7th CSC pays tribute to American heroes during ceremony in England

**By Lt. Col. Michele R. Sutak**  
7TH CSC PUBLIC AFFAIRS

BROOKWOOD, England — More than 90 people attended the Memorial Day ceremony at Brookwood American Military Cemetery here May 30 to honor our more than 520,000 fallen American heroes who died in World Wars I and II and the approximately 5,000 service members who have died fighting in Iraq and Afghanistan.

Surrounded in a sea of marble headstones, Col. Fred Humphrey, the commander of the 361st Civil Affairs Brigade, 7th Civil Support Command, said, "there is arguably no greater sacrifice one can make than to die for another like the veterans who now lie here silently, but are never forgotten."

"And so through the years and wars, Americans have never ceased to honor those who gave all, Humphrey said. "Let us visit the gravesites of our fallen service members and give thanks."

Roy A. Cochran, a native of Detroit and a U.S. veteran, has been attending the Brookwood ceremonies for nearly 30 years.

"I like to reflect on the dedication and great sacrifice to the men who are buried in this fine cemetery who gave to our country," he said. "Without their supreme sacrifice there would be no freedom. I wouldn't have a choice to come out here, there probably would not be a Brookwood."

Cochran, who served with the 3rd Infantry Division in the 1950s, was honored to be able to reflect and tell his story.

"I am now in my 70s, I tell people how

I feel and others should too or show it by deeds," Cochran said. "I don't think they come out of curiosity, I think they come out of dedication and love for their nation and for the sacrifice that these men and women made."

Since 1997, Elizabeth Aran and her family have participated in the Brookwood ceremony by organizing, giving and laying the wreaths for 13 years.

"We come to Brookwood every year, twice a year, to remember the fallen," Aran said. "And to help other people remember that each of the individual stones is actually a person and not just a cross ... and at some point was somebody's father, brother, son or other relative."

Aran's daughter, Charlotte, participated in the ceremony as a wreath giver. She gave out several wreaths to include one to her father who participated as a wreath layer and a Doughboy. He was part of a three-volley salute firing team to commemorate the fallen.

Humphrey laid a wreath on behalf of Brig. Gen. Jimmie Joyce Wells, commander of the 7th CSC, and another was laid by 361st Civil Affairs Brigade, 7th CSC Command Sgt. Maj. Jeffery Miller.

A first time visitor, Sam Treat, a retired enlisted airman from Ramstein said he and five buddies rode their motorcycles to attend the Memorial Day ceremony, which was a very professional and moving event.

"We came to pay tribute to the boys who fell back in World War I, this is our tribute ride and what a super, super wonderful memorial service," he said. "It was well worth the 13-hour ride in the wretched weather."



Command Sgt. Maj. Jeffery Miller, 361st Civil Affairs Brigade, 7th Civil Support Command, discusses the role of the Doughboy in World War I with two members of the Memorial Day ceremony May 30. Both reside in the London area, and return to Brookwood American Military Cemetery twice a year to participate in the Memorial and Veterans Day events, which they have been doing for more than 10 years.

Brookwood American Military Cemetery is one of 24 overseas military cemeteries, which is located about 30 miles southwest of London. The ceremony is held at the cemetery every year to remember the 468

American heroes killed during the Great War, including 41 graves of unknown servicemen from World War I. The American servicemen, who rest in the Brookwood American Cemetery were brought here after the Armistice in 1918 from various temporary sites throughout Europe.



U.S. Army Garrison Heidelberg Commander Lt. Col. Robert White and Boy Scout Jonathan Wriston, Troop 26, lay a wreath at the USAG Heidelberg Memorial Park on Patton Barracks May 30, to honor the nation's fallen veterans. Community members, service members and leaders from the USAG Baden-Württemberg command all came out to participate in the Memorial Day ceremony sponsored by the Army Legion Post GR03.



Members of the Mannheim military community observed Memorial Day with a ceremony at Veterans Park. Participating were the VFW Mannheim Post, the American Legion, Boy Scout and Girls Scouts and the Mannheim High School Junior ROTC, providing the Honor Guard. Mannheim Garrison Commander Lt. Col. Elizabeth Ryan Griffin helped lay the wreath at the Veterans Park Memorial site.

## COMMAND MESSAGE

**Lt. Col. Robert White bids farewell to Heidelberg**

As I leave command, I want to share with you how proud I am of the community and how fortunate I feel to have been the Heidelberg garrison commander for the past 26 plus months.

I don't want to ramble on and discuss "accomplishments," for that is an area I believe only the residents who have been here while I've been in command can measure. Is the community as a whole better today than 26 months ago? That is a question only you can answer. I do, however, want to say thank you.

I want to say that from where I sit I believe the community has grown closer and has come together more often for the greater good. More attention is being paid to our residents' well-being and the programs emphasized by the Army Family Covenant over the past few years reflect accordingly. Our force protection posture has improved while at the same time opening us up a little more to our Host Nation neighbors. This positive trend keeps us safer in the long run for our host nation also has a stake when it comes to the safety and security of our residents. Community participation in special events has increased close to 50 percent as well as Family and Morale, Welfare and Recreation programming. Especially noteworthy and a point of pride is the community's work in environmental stewardship; whether you realize this or not, you lead the way for others in Europe. I believe the garrison is on the right track and will only improve under the leadership of Col. Butcher and his team.

All is of course not perfect, and much work is to be done. This is where we still need your help. The best ideas during my command tour have come from the residents and members of the garrison who serve them — where the rubber meets the road. Col. Butcher and Command Sgt. Maj. Weber will no doubt continue to seek out your good ideas on how to make this great community even better. Continue to use ICE as well as community forums to express your ideas and suggestions; they proved invaluable to me and will continue to do so under new community leadership.

Thanks for all your support during my tour, best wishes to all, and I hope to continue to see you around the neighborhood as my family and I transition to become a part of Victory Corps.

## RELINQUISHMENT

continued from page 1

our Soldiers, civilians and their families."

White took command in March 2008 when USAG Heidelberg was activated as an indirect-report garrison, falling under the direct-report garrison, USAG Baden-Württemberg. He was the first and last commander to support the Soldiers, civilians and local nationals assigned to USAG Heidelberg.

"Command is the ultimate position of trust that can be bestowed upon an officer of our great nation. The Heidelberg region has also been one of my favorite places to be in all of Europe," White said. "Much has happened in my 26 months of command. I am not here to talk about the changes that occurred, accomplishments or if this community is better now than it was then. I believe those are topics that are best left to you the residents and the members of this great community. I'm simply here today to say thank you."

During White's time in command, he supported many initiatives such as the new Arts and Cultural Center, the opening of the Warrior Zone on Patton Barracks and the garrison's move into social media. A prolific blogger on BWnow (<http://myBWnow.ning.com>), he looked for new and innovative ways to engage his community.

Also under White, the command made extensive improvements to the Village Pavilion, the Patrick Henry Village Shoppette and theater in addition to significant upgrades to more than half of the Heidelberg Army Family Housing units and the Germerheim Army depot.

According to Butcher, White's constant focus on the Heidelberg community and its members will be missed by all.

"For more than two years, Lt. Col. White has been a champion of the community," Butcher said. "He's worked to ensure our safety and security, while simultaneously providing a solid focus on Soldier and family programs. We'll miss him, but as his family will remain in our community, we will have a great connection with him over the course of the next year."



Dijon Rolle

Lt. Col. Robert White addresses the crowd as his 7-year-old daughter Hannah, stands by his side during his farewell speech to community members, leaders and friends. White relinquished command of the Heidelberg community to Col. Bill Butcher during a ceremony at the Village Pavilion Tuesday. The move marks the official merger of U.S. Army Garrison Heidelberg and USAG Baden-Württemberg; however, USAG Baden-Württemberg will remain a direct-report garrison responsible for overseeing the Mannheim and Kaiserslautern communities.

## MRT

continued from page 1

that, they supported me, and I was able to get the assistance that I needed to become an effective Soldier again."

"The skills I learned from community mental health were very similar to what is in the MRT program," he said. "If I had learned these skills, prior to my difficulty in 2003, I probably wouldn't have had those same problems. That's why I believe in the program so much. It really helped me."

The MRT course is one component of the Army's Comprehensive Soldier Fitness program designed to help Soldiers become more resilient by increasing their strengths in all five areas of fitness: physical, emotional, social, spiritual and family.

An MRT is a Soldier or civilian who has graduated from the Army's Master Resilience Training Course and has specialized training in teaching and applying the program's doctrine.

The skills they learn are designed to help Soldiers cope more effectively with stress, emotions and changes in their environment.

MRTs are responsible for teach-

ing four modules: resilience, building mental toughness, building character strength and building strong relationships. The training is conducted using several interactive classroom sessions. Small and large groups participate in mostly scenario-based exercises and dialogue.

All Soldiers are required to complete 28.5 hours of MRT training and take the Global Assessment Tool. The GAT is a confidential online assessment tool designed to give an individual an idea of how they fare in the five different areas of comprehensive fitness and where they can improve.

Stoner attended the Master Resilience Training Course at the University of Pennsylvania at Philadelphia last year. The Army just opened a MRT facility at Fort Jackson, S.C.

"This program is going to teach Soldiers how to deal with adversity a lot better. This isn't just something the Army threw together since 9-11," Stoner said. "It's a culmination of research that has been conducted by several different departments, most of them at the University of Pennsylvania over the past 40 plus years."

Amy Cates is the health promotion officer for U. S. Army Garrison Baden-Württemberg, and she's played an active part in helping the command implement the Army's Comprehensive Soldier Fitness program.

"Soldiers have always focused on a rigorous physical fitness training," Cates said, "but before this training, there was no program to teach Soldiers how to deal with stress, work, physical training, family, personal problems and multiple deployments. Becoming mentally strong is just as important, if not more important than physical strength."

Despite all the research and a strong push from Army officials, Stoner says he knows the MRT program will probably meet some resistance.

"A lot of people think it's a 'hold hands and make everybody feel good' type of thing," he said, "but the program works, and I believe that it will greatly assist not just the Soldiers but the families if the Soldiers and the families get the training."

Stoner is also realistic about any immediate impact MRT training may have on the Soldiers themselves.

"This is not a magic bullet," he said. "This is not something that I am going to be able to sit there and teach the Soldiers in 28.5 hours and turn around and everything is going to be perfect in their unit. That's not the way it works."

"What is going to happen though, is that it's going to give the Soldiers a better idea on how to handle stressors," Stoner said. "And as they develop the skills and use them in their lives, the more resilient they'll become, and maybe three, four, five years down the road, we'll actually see a large decrease in hopefully domestic violence, drug abuse, sexual assault and other problems."

In addition to his work as an MRT, Stoner is also a MRT facilitator. Currently he's the only one in the 21st Theater Support Command. Facilitators have received more in-depth training on the program and the research behind it.

The program is open to all Soldiers, family members and Department of the Army civilians.

For more information on Comprehensive Soldier Fitness, visit [www.army.mil.csf](http://www.army.mil.csf).

# Bamberg: City of bishops and beer

Bamberg's history reaches back as far as 902, but it was raised to the status of a Bishopric in 1007 under Emperor Heinrich II.

For a short time, Bamberg, the city built on seven hills, was even the capital of the Holy Roman Empire. Bamberg's churches and cathedrals house some impressive works of art by medieval, renaissance, and baroque artists and sculptors. In the 17th century, the most renowned architects of their day made their lasting impression on Bamberg, changing it into an unmistakably baroque city.

Escaping substantial damage during the wars, Bamberg is blessed with the largest intact old town in all of Germany, which since 1993 has been a UNESCO World Cultural Heritage Site. Bamberg's old town hall, which is perched on an island in the middle of the Regnitz River, is

surrounded by the tanners' houses along the old canal, the millers' quarter, and the fishermen's settlement known as Little Venice, which are all guaranteed to provide exceptional photo opportunities.

Explore Bamberg's old town with its interesting pubs and stores, including more than 20 antique dealers.

Beer brewing in Bamberg began more than 900 years ago in the monasteries, and by the 12th century, Bamberg was producing beer to send to far-off countries as a valuable export.

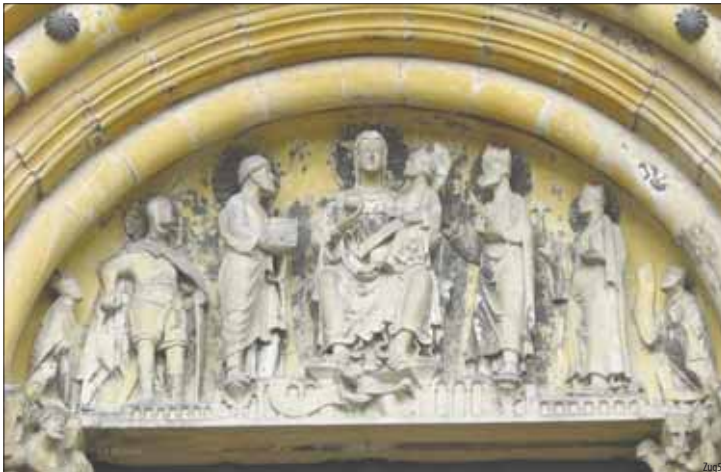
Two of Bamberg's hills still provide a natural cellar for some of Bamberg's brewers. Beer lovers go to the beer gardens on (not in) the Kellers of the Stefans and Kaulberg to enjoy the fresh Kellerbier in the shade of the lime and chestnut trees.

Source: Kaiserslautern USO



Autumnal Fires

Bamberg's old town hall is perched on an island in the middle of the Regnitz River.



The tympanon of the Gnadenpforte shows Mary and Jesus in the center, the patron saints St. Peter and St. George on the left, and Heinrich and Kunigunde as founders of the Bamberg bishopric and original builders of the Dom on the right. On the far outside are the two builders of the cathedral, bishop Ekbert und Dompropst Poppo von Andechs. Some believe that it represents the crusader Duke Otto VII, a count of Andechs, who possibly donated this gate.

### USO Tour

The Kaiserslautern USO is offering a tour of Bamberg June 19. Bus departs the Vogelweh Bowling Center at 5 a.m. and returns at 11:30 p.m. Cost: adults - \$89, children - \$79.

After the city tour and free time, take a guided tour of one of Bamberg's nine remaining breweries (there were still 65 breweries in 1818), and hear from the experts the secrets of their brew.

After the brewery tour, you will have a chance to taste one of the specialties of the house (included) and eat dinner in the brewery's restaurant (included) before returning to Kaiserslautern.

Tour includes transportation, city tour, brewery tour, one beer and dinner and a USO tour guide.



Werner Kunz

## GERMAN COOKING

### German Noodle Ring with Cheese Sauce

Servings: 1

**Ingredients:**

- 1 cup of noodles
- 3 tablespoons flour
- 1/2 teaspoon paprika
- 2 eggs, well beaten
- 3 cups water, boiling
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1/4 pound cheese, American Swiss

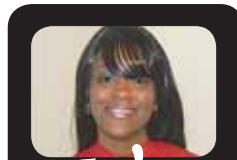
**Directions:**

- Boil the noodles in salted water and cook about 10 minutes until tender.
- Drain and put into a well-greased ring mold. Melt the butter, add the flour and blend.
- Stir in the milk and continue cooking, stirring constantly until mixture thickens.
- Add the seasoning and cheese cut in small pieces.
- Cook until cheese melts.
- Reserve 1/2 of the sauce to use later.
- To the remaining sauce, add the well beaten eggs and mix well.
- Pour over the noodles. Set mold in pan containing hot water and bake at 350F about 45 minutes.
- Unmold on large platter, pour over the remaining hot cheese sauce and fill center with any desired vegetable, such as peas and carrots, spinach or asparagus tips.

SOURCE: [www.mygermanrecipes.com](http://www.mygermanrecipes.com)

#### Learn to Shop for German Food

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



DEAR MS.  
**Vicki**

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

**Dear Ms. Vicki,**

*I love your nifty advice you give to people. Do you get many letters? Just wondering. I also like the way you are so quick and practical with your advice, and you are also very funny.*

*I've often wondered if the letters you get are for real, but now I find myself writing you for some advice.*

*Most of your letters are from people who find themselves having relationship problems. Their marriages are in trouble, they are looking for love, financial problems; you name it, and I've read it in your letters.*

*Well, I'm looking for love. Honestly, I've been in relationships where it was only friends with benefits, if you know what I mean. It's my choice in having these relationships because I don't want anything to take me off my focus or my career.*

*For instance, I leave for the advance course next month. If I was in a steady relationship, this would cause some problems I guarantee you. Yes, I've dated guys with higher*

*and lower rank, but here's my question. Why do the ugly guys keep asking me out?*

*I mean, I'm very attractive, "thick" as most guys call me, I present myself well, I'm physically fit, professional and I've got money in the bank. I'm wondering what am I doing wrong to make the cute guys scared of me? Are they intimidated and think I would give them too much of a challenge?*

*Please help me because I can't keep dating "the fugg-lees." It's ruining my reputation.*

*From: Need A Trophy Man*

**Dear Trophy Man,**

You are too funny. I don't know what you are doing wrong and why you are attracting men who are "less attractive" by your standards.

Let me keep this quick, because I could go on and on with an answer to your letter. From your report, you say that you are accepting these relationships as "friends with benefits," so why would anyone be intimidated by you? You want the control the "sleep with who you want to sleep with," right?

You have many great qualities that you named above. Interestingly enough, you did not say that you were looking for a man with "great character." In other words, all you want is someone who looks good? Wow, that's amazing. I think you are shallow, with all of your great qualities you are still shallow and somewhat immature, too.

Any-who, stop accepting dates and sleeping around with people

who you don't feel measure up. Why waste their time, especially when you are not really interested. You don't owe anyone a favor. I wish you the best in your upcoming course next month. Keep in touch when you can.

**Responses to previous columns:**

**Dear Ms. Vicki,**

*I think it's terrible for you to tell the woman who wrote you last week that she needs to gain insight about herself to make her abusive relationships stop.*

*Basically you said it's her fault and it's not. It's the abusive men's fault. You should be ashamed of yourself. What type of therapist are you? I thought you were a social worker?*

*Is something wrong with the social work profession or is something wrong with you? You should advocate for anyone who is having problems, not say it's their fault.*

*Yes, I was in several abusive relationships, but are you saying that I was picking them out in the crowd? Hell no!*

*Finally, I met the man of my dreams and he is taking good care of me and my children. He is a hard worker, and he is not abusive. If something is wrong with me, then how did I end up with such a great man?*

*I say the woman who wrote you should definitely take a chance on this new relationship and not listen to you. Take your credentials out of the paper. Obviously they mean nothing to you!*

*From: Furious*

#### Ms. Vicki's Online Talk Show

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

## Cancer support group available in Heidelberg

*Group provides information, support and tips from other cancer survivors*

By Kristen Marquez  
HMEDDAC Public Affairs

Being diagnosed with cancer, or having a relative or close friend receive the diagnosis, can be a scary thing for a person to go through.

Living stateside, there are many options available for support groups and awareness events, but living overseas can sometimes cause one to feel more alone. Fortunately for Heidelberg-area families, the Heidelberg Health Center hosts a cancer support group.

Open to anyone who has cancer, knows someone with cancer, or even those just wanting to volunteer their time to meet and help others cope, the group usually meets the last Monday of every month in the gynecology clinic at the health center.

"The meetings might involve time to sit and talk about issues, or it may be a special event where we

get together and go on an outing," said Holly S. Baker, a nurse case manager at the health center who helps host the group. "Last month we had a fantastic get-together one weekend in Speyer. We toured the city, had a cookout and learned special deep-breathing techniques from one of our group members, Eleanor Gould."

Other events the group has participated in include the "Cancer Kids Easter Egg Hunt" at the Heidelberg Rod and Gun Club in April.

This summer, the group plans to tour the Arts and Cultural Center on Patrick Henry Village for a drawing class, and in July, they'll be competing in the Chili Cook-off at the Rod and Gun Club.

"The only question we have for the chili cook-off is who's cooking," Baker said.

According to the American Cancer Society, benefits of participating in a support group include

providing a connection in an experience that can feel isolating; providing support in hard times; providing information and coping skills; making people feel less helpless about themselves and others because they are able to help others; offering tips that only cancer survivors can provide; and allowing powerful emotions to be shared.

"We want to make this group whatever the group members want and need it to be," Baker said. "If they want to talk about their experiences, they are welcome to. If they just want to listen to others, they're welcome to do that, too. If they only want to participate in activities and never talk about cancer, they can do that as well. This group is available for whatever the members want."

Baker said volunteers are always needed. For more information, call DSN 371-3459, or civ. 06221-17-3459.

# GET OUT!

area events

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

## June 11

**Rhineland Pfalz Tag** - Come out to Neustadt an der Weinstrasse to experience this years Rhineland Pfalz Tag. This event is held to bring people from all over the Rhineland Pfalz area together. Visitors will find many things to choose from including more than 350 booths offering food and merchandise, 13 stages with live entertainment and a gigantic ferris wheel overlooking the beautiful country side.

## June 12

**Mannheim Idol** - Competition rounds for Mannheim Idol are 6 p.m., June 12, 19, and 26. The finals will be 6 p.m., July 3rd at the main tent of the German American Fest. The winner will sing on the Fourth of July at the German American Fest. DSN 380-9370, civ. 0621-730-9370.

**FIFA World Cup** - Catch all the action of the FIFA World Cup soccer games at Armstrong's Club in Kaiserslautern. Watch the game on a big screen TV and enjoy free snacks. DSN 489-6000, [www.mwrgermany.com](http://www.mwrgermany.com).

**Army Birthday Ball** - Officials from U.S. Army Europe will host an Army Birthday Ball at 6 p.m. at the Village Pavilion Ball Room on Patrick Henry Village in Heidelberg. DSN 377-4507, civ. 06221-394507. Limited number of tickets available.

**Merengue Competition** - Step up your salsa moves in Kaiserslautern and bring them to Armstrong's Merengue dance competition at 11 p.m. Prizes for first, second and third place. DSN 489-6000, civ. 0631-354-9986.

**Heidelberg Zoo** - Join Army Community Service 10 a.m.-3 p.m. for an outing to the Heidelberg Zoo. The zoo is located in the Neuenheimer Feld area of Heidelberg city, and it is home to more than 1,100 animals from 250 species. There is also a petting zoo and a large playground for the young ones and the young at heart. The tour will meet at ACS and take public transportation to the zoo. DSN 370-6883, civ. 06221-57-6883.

**Step and Bike Show** - There will be a step and bike show 2-8 p.m. in the parking lot in front of Slapshots on Patton Barracks. Come check out some hot moves and even hotter motorcycles. DSN 373-5194, civ. 06221-17-5194, [www.mwrgermany.com](http://www.mwrgermany.com).

## June 15

**German Cooking Class** - Learn how to prepare tasty dishes made from white asparagus and strawberries. This royal king of vegetables, white asparagus is only harvested for a very brief period - from late April until June 24 and locals take

every opportunity to prepare a variety of asparagus and fruit dishes. Participation is limited, so sign up now for this special cooking class. Open to adults only and children over 12. Cost is \$25. <http://affiliates.uso.org/Kaiserslautern>.

## June 18

**Megan Mullins Concert** - Country music's newest singer, songwriter and instrumentalist, Megan Mullins, will perform live in concert, 9 p.m. at the Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261.

**White Water Rafting** - Join Kaiserslautern Army Outdoor Recreation for an extreme white water rafting and canyoning weekend in Austria. DSN 493-4117, civ. 0631-3406-4117.

**Escape to Interlaken** - Join BOSS for his extreme escape to Interlaken. Participate in the experience of a lifetime with knowledgeable instructors who will guide you through some of the most beautiful alpine canyons. \$299 includes round trip transportation, two overnights with breakfast accommodations. Based on a double-occupancy rate. Registration: DSN 388-9282, civ. 06221-388-9282, [www.mwrgermany.com](http://www.mwrgermany.com).

## June 19

**Fun Shoot** - Test your skills at the Heidelberg Rod and Gun Club 25-meter range fun shoot 10 a.m.-2 p.m. Prizes awarded for male, female and youth categories. Visit the club's pro shop for more details. \$25 entry fee. Must be at least 14 years of age. [www.mwrgermany.com](http://www.mwrgermany.com).

**Bike from Mannheim to Heidelberg** - Bike along the Neckar River and enjoy the scenic route to Heidelberg. Spend the day in Heidelberg's old city, \$15 for bike and guide. DSN 381-7215, [www.mwrgermany.com](http://www.mwrgermany.com).

## June 21

**Salsa Night** - Learn to Salsa dance or show off your dancing skills with free Salsa lessons, a live disc jockey, finger foods and a margarita bar 8 p.m.-1 a.m. at Armstrong's Club, Bldg. 1036, Vogelweh housing. DSN 489-6000, civ. 0631-354-9986.

## June 26

**Disney Express** - Experience the Magic Kingdom right here in Europe as your favorite Disney characters come to life at Disneyland Paris. Tour includes round-trip transportation and your entrance ticket to either the movie or theme park. <http://affiliates.uso.org/rheinneckar>.

## June 27

**Family Barbecue** - Kids and families are invited to come celebrate summertime with a barbecue buffet, games and entertainment noon-6 p.m. at the Landstuhl Community Club, Bldg. 3780. Tickets: DSN 489-7244, civ. 06371-86-7244. [www.mwrgermany.com](http://www.mwrgermany.com).

## July 2

**Berchtesgaden Hut Hike** - See the German Alps from a whole different perspective and enjoy a great day of hiking in the beautiful Berchtesgaden region. Stay three nights in the mountain huts. Hikers must be able to carry a 25 pound backpack for five to six hours. Registration deadline is June 21. DSN 388-9282.

**Berlin** - Berlin, the former divided city and beautifully refurbished capital of Germany, beckons to you to visit on this Fourth of July weekend. Throughout the centuries, Berlin has frequently been a focal point of Germany's major historical events. Join us as we travel the sites of German history. <http://affiliates.uso.org/Kaiserslautern>.

## Ongoing

**Little Shop of Horrors** - The award-winning Roadside Theater presents the musical "Little Shop of Horrors." It's the story of a down-and-out skid row floral assistant who becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. Through June 19. DSN 373-5020, [www.roadside-theater.com](http://www.roadside-theater.com).

**Schwetzingen Festspiele** - Visit the Schwetzingen Palace for a radio-classic-festival with top-class opera and concert program. Through June 13. Civ. 07221-929-4990, [www.schwetzingen-festspiele.de](http://www.schwetzingen-festspiele.de).

**Ulm Cultural Festival** - More than 70 events are held in and around the big top through July 3. Internationally known artists give concerts from the fields of rock, pop, blues and jazz as well as comedy, dance, cabaret and variety. Children's program and beer garden also available. [www.ulmerzelt.de](http://www.ulmerzelt.de).

**Historical Steam Train** - There is a historical steam train and railway museum in Neustadt, which is a 60 minute train ride from Heidelberg. For more information visit [www.eisenbahnmuseum-neustadt.de/index.htm](http://www.eisenbahnmuseum-neustadt.de/index.htm), email [schoenberger@eisenbahnmuseum-neustadt.de](mailto:schoenberger@eisenbahnmuseum-neustadt.de) or call civ. 0621-832-6368.

# coming to THEATERS

## MARMADUKE

(William H. Macy, George Lopez) For Phil and Debbie Winslow, moving their family from Kansas to the O.C. is a big deal. For their enormous Great Dane "Marmaduke," however, the move means a whole new way of life. It's chaos at home and awkward at work as the Winslows struggle to control their angry teenage canine. Rated PG (some rude humor and language) 88 minutes.

## WHY DID I GET MARRIED TOO?

(Janet Jackson, Tyler Perry) In the Bahamas for their annual reunion, four couples are eager to share news about their lives over the past year. But when one's ex-husband arrives, eager to break up her marriage and win her back, the other couples realize they are not immune to the challenges of love and fidelity. Rated PG-13 (thematic material including sexuality, language, drug references and some domestic violence) 121 minutes.

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

June 10 - REPO MEN (R) 7 p.m.  
 June 11 - MARMADUKE (PG) 7 p.m.; WHY DID I GET MARRIED TOO? (PG-13) 9 p.m.  
 June 12 - MARMADUKE (PG) 4 p.m.; CLASH OF THE TITANS (PG-13) 7 p.m.  
 THE GHOST WRITER (PG-13) 9 p.m.  
 June 13 - MARMADUKE (PG) 4 p.m.; WHY DID I GET MARRIED TOO? (PG-13) 7 p.m.  
 June 14 - CLASH OF THE TITANS (PG-13) 7 p.m.  
 June 15 - THE GHOST WRITER (PG-13) 7 p.m.  
 June 16 - WHY DID I GET MARRIED TOO? (PG-13) 7 p.m.  
 June 17 - MARMADUKE (PG) 7 p.m.

### Mannheim, Schuh

June 11 - SEX AND THE CITY 2 (R) 7 p.m.  
 June 12 - HOW TO TRAIN YOUR DRAGON (PG-13) 4 p.m.;  
 HOT TUB TIME MACHINE (R) 7 p.m.; SEX AND THE CITY 2 (R) 9 p.m.  
 June 13 - DIARY OF A WIMPY KID (PG) 4 p.m.; SEX AND THE CITY 2 (R) 7 p.m.

### Vogelweh, Galaxy

June 11 - WHY DID I GET MARRIED TOO? (PG-13) 7 p.m.  
 June 12 - CLASH OF THE TITANS (PG-13) 3 p.m.; SEX AND THE CITY 2 (R) 7 p.m.  
 June 13 - THE GHOST WRITER (PG-13) 3 p.m.; SEX AND THE CITY 2 (R) 7 p.m.

### Ramstein, Gateway Movieplex

June 11 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) 12 p.m., 2:45 p.m., 5:30 p.m., 8 p.m.;  
 THE GHOST WRITER (PG-13) 3:30 p.m.  
 June 12 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m., 8 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m., 8:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) noon, 2:45 p.m., 5:30 p.m., 8 p.m.;  
 THE GHOST WRITER (PG-13) 12:15 p.m., 3:30 p.m.  
 June 13 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) noon, 2:45 p.m., 5:30 p.m.;  
 THE GHOST WRITER (PG-13) 12:15 p.m., 3:30 p.m.  
 June 14 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3:30 p.m., 6:15 p.m.;  
 THE GHOST WRITER (PG-13) noon, 2:45 p.m., 5:30 p.m.  
 June 15 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3:30 p.m., 6:15 p.m.;  
 THE GHOST WRITER (PG-13) noon, 2:45 p.m., 5:30 p.m.  
 June 16 - MARMADUKE (PG) 11 a.m., 2 p.m., 5 p.m.;  
 CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3:30 p.m., 6:15 p.m.  
 June 17 - CLASH OF THE TITANS (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3:30 p.m., 6:15 p.m.;  
 THE GHOST WRITER (PG-13) noon, 2:45 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](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Education Center Hours

Effective immediately there has been a temporary change in operating hours for the Army Education Centers in Heidelberg, Kaiserslautern and Mannheim military communities for June and July. The temporary hours are 7:30 a.m.-4:30 p.m. Monday - Thursday. The centers will be closed on Fridays and federal and USAREUR training holidays. Customers can contact their local Army Education Center for more details.

### Frankfurt USO Reopens

The United Services Organizations lounge located in Frankfurt International airport's terminal 1 is now reopened. The new lounge offers six public computers, wireless Internet access, snacks and drinks, a widescreen television, and new furniture for Soldiers and families.

### CYSN Amnesty Program

Heidelberg Child, Youth and School Services is sponsoring the Family Child Care Amnesty Program now through June 17. Unauthorized child care providers can register with the child care program without penalty from the command. DSN 388-9378, civ. 06221-338-9378, [www.ArmyFCC.com](http://www.ArmyFCC.com).

### Primary Elections

The following states will hold primary elections during the months of June, July and August.

June 22: Utah

July 20: Georgia

July 27: Oklahoma

[www.fvap.org/FPCA](http://www.fvap.org/FPCA)

### Estate Claims

Anyone having any claims on or obligations to the estate of **Sgt. Joshua Abram Tomlinson** of the Special Troops Battalion, V Corps, should contact DSN 370-5462, civ. 06221-575462.

Anyone having any claims on or obligations to the estate of **Staff Sgt. Richard J. Tieman** of the Special Troops Battalion, V Corps, should contact DSN 370-6246, civ. 06221-576246.

## local EMPLOYMENT

### Aerobics Instructors Needed

Kaiserslautern Sports and Fitness centers are looking for contract aerobics instructors to teach Power Pump, Hip-Hop Aerobics, Step Turbo Kick, Latin Aerobics, Hi-Low Step, martial arts, combatives and kickboxing. DSN 493-2086, civ. 0631-3406-2086.

### Educational Instructors

Heidelberg Army Education Center is looking for a FAST instructor, along with subs for the following positions: administrative assistant, test examiner and ALC lab. DSN 373-6549, civ. 06221-17-6549.

### RNs and LPNs

The Heidelberg Health Center is in need of RNs and LPNs for its outpatient clinics and education department. Send resumes to [charleen.miller@amedd.army.mil](mailto:charleen.miller@amedd.army.mil) or deliver to HMEDDAC Department of Nursing in Bldg. 3612, Rm. 117 Nachrichten Kaserne. DSN 371-2911, civ. 06221-17-2911.

### KAISERSLAUTERN Education

• **Educational Grants** - The Army Emergency Relief Office offers educational grants for active-duty, retirees and dependents that qualify. DSN 493-4221, civ. 0631-3406-4221.

• **Army Traffic Safety Program** - 26-and-under intermediate driving classes are held 1 p.m. every Thursday at the Kaiserslautern In-processing Training Center, Bldg. 3109 on Daenner Kaserne. Family members are welcome to attend. DSN 483-8805.

#### Community

• **Airport Shuttle** - The Kaiserslautern airport shuttle program has ceased operations. The reservation desk will remain open until July 1 to provide alternative shuttle services to customers. The program is still honoring previous reservations. DSN 493-4115, civ. 0631-3406-4115.

• **AGBC Meeting** - The Kaiserslautern American German Business Club will host a presentation and workshop event 6:30 p.m. June 22 at the Hacienda Mexican Restaurant in Einsiedlerhof's Midway Plaza. The theme will be: "Starting a business in Germany."

• **Motorcycle Safety Day** - The 21st Theater Sustainment Command will host a Motorcycle Safety Day 9 a.m. June 25 starting at Kapaun Air Station on Vogelweh. All motorcycle riders, both civilian and military from the 21st TSC and the Kaiserslautern, Mannheim and Heidelberg military communities are encouraged to attend. The event will include welcoming remarks by 21st TSC Deputy Commander Brig. Gen. Jimmie Jaye Wells, a motorcycle and apparel safety check, a motorcycle obstacle course, food and refreshments and a 35-kilometer scenic motorcycle ride. DSN 484-8446, civ. 0631-413-8446.

• **Father's Day Activities** - Enjoy a fun afternoon celebrating Father's Day at the Kaiserslautern Main Library on Landstuhl, Bldg. 3810 noon-4 p.m. June 19. Kids can compete against dad at video games, make a Father's Day card, send a video message to Dad or go on a scavenger hunt. DSN 486-7322, civ. 06371-86-7322, [www.mwgermany.com](http://www.mwgermany.com).

• **VAT Office Closure** - The Kleber VAT Office will be closed July 1 for mandatory office maintenance. The office will reopen for regular hours on July 2. VAT offices on Landstuhl, Miesau and Pulaski will remain open. DSN 483-1780, civ. 0631-411-1780.

• **Warrior Zone** - This facility features the latest in gaming and digital entertainment, four flat-screen TVs and surround sound system and DVD capabilities. The Warrior Zone is located inside of Java Café on Rhine

Ordnance Barracks, Bldg. 273. Free for all Soldiers and their guests 18 and over. DSN 493-2623, civ. 0631-3406-2623, [www.mwgermany.com](http://www.mwgermany.com)

### HEIDELBERG Education

• **ASAP Training** - There will be Army Substance Abuse Program and Employee Assistance Program training for civilians 3-4 p.m. June 16 at the community training center above the Shoppette on Patton Barracks, Bldg. 104. Seating is limited. Additional scheduled dates are 3-4 p.m. Aug. 18 and Sept. 22. Registration: [amy.sensiba@eur.army.mil](mailto:amy.sensiba@eur.army.mil). DSN 370-6069.

• **ACS Classes** - Intro to MS Excel, 9 a.m.-noon p.m. June 14 and 16; FLAG, 5-9 p.m. June 14-16; Smooth Move, 10-11 a.m. June 15; Resume Writing 9 a.m.-noon June 15; Communicating Assertiveness, 1-3 p.m. June 15; Sponsorship Assistance Training 10-11 a.m. June 16 and Helping Children Manage Anger, 1-3 p.m. June 17. DSN 370-6975, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

#### Community

• **Culinary Arts Demo** - The USAREUR Culinary Team will perform a culinary arts demonstration at the commissary 4-7 p.m. June 10-11 and noon-6 p.m. June 12-13 in honor of the Army birthday.

• **Community Bank Closure** - The Community Bank branch located in Bldg. 31N on Campbell Barracks will close at 1 p.m. June 10 for quarterly staff training.

• **Volksmarches** - The Heidelberg International Wandering Club will host a volksmarcHe June 12-13 to Limbach-Krumbach, Schoenberg-Langenbrand and Schwedelbach. Sign up for available trips to Holland in July and Bamberg in August. [www.hiwc.de](http://www.hiwc.de), [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **Yard Sale** - Family and Morale Welfare and Recreation will host a community yard sale 8 a.m.-2 p.m. June 12 on Mark Twain Village. Sellers may set up in front of their quarters. The Recycle and Reuse Center on Patrick Henry Village will stay open extended hours June noon until 4pm. Contact Outdoor Recreation to rent tables and benches. DSN 388-9282, civ. 06221-338-9282.

• **DPW Closure** - The Directorate of Public Works will close at noon June 14 for training. Emergency services only will be available.

• **Road Construction** - Beginning on or around June 14 traffic flow on Speyerstrasse near Patton Barracks will change. Lanes coming from Heidelberg and lanes leading into Heidelberg will be redirected around the bridge on the Burger King side. As a result, traffic coming from Heidelberg will be unable to make a left turn into Patton. Motorists will

need to travel to the next spotlight, and use the traffic circle near ADAC to go back to Patton. Expect construction to continue through October.

• **Community Update** - There will be a community update at 1 p.m. June 16 at the Village Pavilion. The event will be hosted by USAG Baden-Württemberg commander Col. William Butcher.

• **NSPS to GS Meeting** - There will be an NSPS to GS town hall meeting at 2:30 p.m. June 24 at the Patrick Henry Village Theater.

• **Women's Health Week** - HMEDDAC is hosting a Women's Health Week June 21-25. The Women's Health Clinic will provide hypertension screening, same-day mammograms, same day pap smears, metabolic screening, cholesterol, diabetes and thyroid screening. Appointments: DSN 371-2622, civ. 06221-1722622.

• **Summer Reading Program** - The PHV Library presents the 2010 Summer Reading Program June 29-July 27. Registration is open. Grades 1-5 will meet at 11 a.m. on Tuesdays at the PHV library, preschool ages 3-5 will meet at 11 a.m. on Wednesdays at the PHV library. The program's closing celebration for grades 1-5 will be July 27. [www.mwgermany.com](http://www.mwgermany.com).

• **Teen Summer Reading Program** - The PHV Library presents the 2010 Teen Summer Reading Program Survival on Book Island. Teens can earn prizes for reading. Kick-off is 2 p.m. July 1. Closing celebration is 2 p.m. July 28. [www.mwgermany.com](http://www.mwgermany.com).

• **Tax Relief Office Hours** - The Heidelberg Tax Relief Office has new operating hours. It is now open 8:30 a.m.-4:30 p.m. Monday, Wednesday and Thursday; 10 a.m.-6 p.m. Tuesdays and special early bird hours 8 a.m.-4 p.m. Fridays. The Heidelberg Tax Relief Office is located inside the Village Pavilion on Patrick Henry Village.

### MANNHEIM Education

• **Red Cross Classes** - The following classes are being offered: Baby Sitter Training for Teenagers, 1-5 p.m. June 24-25 in Bldg. 242; Adult, Child and Infant CPR/AED (with first aid course following for participants of baby sitter training), 1-5 p.m. July 1-2 at Bldg. 242. Scholarships are available. Registration: DSN 385-1760, civ. 0621-730-1760.

• **Scholarships** - The following Mannheim High School students received MCC/thrift store scholarships: Rachel Nevinger, \$3500; Ashley Southworth, \$2500; Jacqueline Howard, \$2000; J Shepard, \$1000; Alanna Crockwell, \$1000; Christopher Broeker, \$750 and Scott O'Donnell, \$750.

#### Community

• **Tax Center** - The Mannheim Tax

Center will remain open until June 15. Free tax assistance is available 9 a.m.-4:30 p.m. Monday-Friday in Bldg. 343 on Taylor Barracks. If you have filed at the Mannheim Tax Center in previous years, you may pick up all of your tax files until June 15. DSN 381-7978, civ. 0621-730-7978.

• **ASAP** - Effective June 18 the Army Substance Abuse Program will relocate between the Military Treatment Facility on Coleman Army Airfield and the Heidelberg ASAP clinic. DSN 385-2602.

• **EDIS Screenings** - In conjunction with the New Parent Supporter's Play Group, EDIS will sponsor Mannheim milestones and developmental screenings 9 a.m.-12:30 p.m. June 30 in Bldg. 725 on Sullivan Barracks. In addition to free developmental screenings for motor, communication, cognitive, social-emotional and adaptive skills, there will also be hearing screenings. Reservations: DSN 385-3133, civ. 06221-730-3133. Walk-ins also accepted.

• **Law Center Moving** - The Law Center will relocate 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 completed.

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

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

• **IACS Office Hours** - The Installation Access Control System or "IACS" Office located in building 724/A, Sullivan Barracks, is now open 8 a.m.-4 p.m., Monday-Friday, with a lunch time closure of 11:30 a.m.-12:30 p.m. daily. IACS will no longer be closed on Thursday mornings. DSN 380-9165, [PennyJ.Ivinik@eur.army.mil](mailto:PennyJ.Ivinik@eur.army.mil).

• **Virtual Trainer** - The Virtual Convoy Combat Trainer is available for training now through June. The VCTT is located behind Bldg. 95 and in front of the chapel on Coleman Barracks. DSN 382-5504, [daniel.gorham@eur.army.mil](mailto:daniel.gorham@eur.army.mil).

# ANNOUNCEMENTS

## Grafenwöhr to host Army Europe 10-Miler qualification race

IMCOM-Europe Public Affairs

The qualification race for Soldiers wanting to compete on the U.S. Army Europe 10-Miler team is set for July 10 at U.S. Army Garrison Grafenwöhr.

The top 12 active-duty Soldiers (six each in the men's and women's divisions) will be nominated to represent U.S. Army Europe during the Oct. 24 Army 10-Miler in Washington, D.C. To be considered, male competitors must finish under 68 minutes, while female runners must finish at 86 minutes or better.

Additionally, each will need commander's approval to be placed on orders, said Jim Mattingly, Installation Management Command-Europe sports and fitness director.

The men's team that represented Europe last year placed second, with the women's squad placing seventh in their division.

While only Soldiers can compete for the U.S. Army Europe team, everyone holding a U.S. Department of Defense identification card, and are at least 18, may participate in the Europe 10-Miler, which attracted 214 participants last year.

Participants can register online through at: <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrrectrac.html>.

"The final stretch will be a one-mile lap near the fitness center, where spectators and fans will be able to cheer the runners on to the finish line."

-Jim Mattingly, IMCOM Europe sports and fitness director

"Registration packets and last minute sign-up will be the fitness center at USAG Grafenwöhr," Mattingly said.

The course is laid out in a fashion the makes it easy for spectators to watch the final run to the finish.

"The final stretch will be a one-mile lap near the fitness center, where spectators and fans will be able to cheer the runners on to the finish line," Mattingly said.

Free troop billets are available on a first-come, first-served basis. For more information, contact the USAG Grafenwöhr Recreation Division at DSN 475-9024.

If you prefer to reserve lodging at Grafenwöhr's Tower Inn, call DSN 475-1700, or civ. 09641-83-1700.

Camping at Outdoor Recreation Vilseck is available by calling DSN 476-2866, or civ. 09662-83-2866.

Individuals with questions about registration or last-minute sign ups should call DSN 379-7667, or civ. 06202-80-7667.

## MTES Field Day

Brenna Demko pulls Krice-na Sayles through the relay course ahead of Brett Davis during Mark Twain Elementary School's Field Day May 26.



Angela Kaleskas

## AER golf tournament raises \$6,500

By Kevin Tryon

Army Emergency Relief held its first golf tournament May 7 at Woodlawn Club on Ramstein Air Force Base and had over 70 participants.

Although the day was not a golfer's paradise, the golfers bravely outlasted the cold wet drizzle of the German sky.

The frigid golfers gulped hot refreshments to stay warm throughout the day. The tournament was sponsored in part by the Command Sergeants Major Association and the USO.

"Over \$6500 was raised from entries, donations and also sponsorship," said Roy Bolton, AER program manager.

Proceeds from the tournament will go to the AER fund, which allocates for emergency food assistance, loans, scholarships and also educational grants to active duty Soldiers, retirees and dependents.

"Many people are not aware of these programs," said Arabella Quick, assistant AER program manager.

The camaraderie of the tournament was summed up at the banquet afterward. The winning

team of Command Sgt. Maj. Jessep, Capt. Matthews, Sgt. Maj. Wilkinson and Jason Ille gave back portions of their winnings to the AER fund. AER is looking forward to hosting their second annual tournament next year and according to Lanny Jenkins, whose team came in third place, he will be there.

"Anytime I can support a cause for service members I'm there. I spent 16 years in the Marines; I do understand the need to help our own," he said.

For AER assistance call DSN 493-4221, or civ. 0631-3406-4221.

## staying ACTIVE

### Army Birthday Run

Celebrate the Army's 235th birthday with the Heidelberg Sports and Fitness sponsored 5K fun run and walk 8:30 a.m. June 12. Register at the PHV commissary parking lot before the race. Race starts at 9 a.m. Free and open to all ages. [www.mwgermany.com](http://www.mwgermany.com).

### Tennis Tournament

Registration is June 14-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.mwgermany.com](http://www.mwgermany.com).

### Bowling

The Heidelberg Bowling and Family Entertainment Center on Patrick Henry Village hosts no tap mystery doubles 1 p.m. June 19. Check in at noon. Enjoy four games of no-tap bowling. \$20 per person. [www.mwgermany.com](http://www.mwgermany.com).

### 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](mailto:labordaycamp2010@googlemail.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](mailto:brian.swenty@eu.dodea.edu).

### Bodybuilding Competition

Kaiserslautern Sports and Fitness invites all men and women to participate in its bodybuilding competition. Registration deadline is June 11. The competition is 11 a.m.-9 p.m. June 19 at the Kaiserslautern High School auditorium on Vogelweh, Bldg. 2001. DSN 493-2087, civ. 0631-3406-2087, [www.mwgermany.com](http://www.mwgermany.com).

### Gymnastics Classes

Kaiserslautern's SKIES Unlimited is now offering gymnastics classes for toddlers and children. For additional class offerings, times and prices contact Central Enrollment and Registration. DSN 493-4156, civ. 0631-3406-4516.

### Heidelberg Sea Lions

Does your child enjoy the water? The Heidelberg Sea Lions are looking for swimmers. If your child is between the ages of 6 and 19 and can satisfactorily complete a swimming proficiency test administered by a Heidelberg Sea Lions' coach, he can join the Heidelberg Sea Lions swim team. [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

### Swim Coach

The Heidelberg Sea Lions swim team is seeking an assistant swim coach with competitive swimming or swim instructor experience. Swim team practices during the week and on some weekends from 3-5 p.m. [efsisealions@yahoo.com](mailto:efsisealions@yahoo.com), [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

### CYSS Registration

Registration is now open for Mannheim youth summer sports camps. Parents can register their children at the Parent Central Services office, Bldg. 742 on Benjamin Franklin Village. The Sports and Fitness Department still needs volunteers, coaches and officials for its youth sports programs. Coach and officials packets will be accepted throughout the year. No experience is required; the Sports and Fitness staff will provide all training and materials. Coach's packets are available at Bldg. 696, Rm. 211, Benjamin Franklin Village. DSN 380-9208, civ. 0621-730-9208, [james.mcelwain@us.army.mil](mailto:james.mcelwain@us.army.mil).