

HeraldPOST

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

Covenant caters to Family and MWR employees and customers

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

A uniform and heightened customer service experience – that's what Katrina McConnell envisions for all of the Family and Morale, Welfare and Recreation facilities under her care.

In other words, wherever customers go, whether they're in Kaiserslautern or Kansas, they'll receive the same exact quality level of service at any establishment they visit.

McConnell is the Family and Morale, Welfare and Recreation Command customer service coordinator for the Heidelberg, Mannheim, Kaiserslautern, Livorno and Vicenza military communities. She's also one of the many Family and MWR employees pushing to make this vision a reality with help from the Army.

The Family and MWR Employee and Customer Covenant was officially unveiled in January during the Soldier Family Action Plan Symposium in Louisville, Ky. Garrison commanders at installations across the Army held their own individual signings to reinforce their support for the initiative. United States Army Garrison Baden-Württemberg Commander Col. William C. Butcher signed the covenant in May.

The covenant calls for more specialized customer service training for Family and MWR employees in addition to creating individual career development plans to help them advance both personally and professionally.

"The Family and MWR Command wants to focus on employees first because they believe that employees who feel good about who they are and what they do, are more likely to treat our customers in the same manner," McConnell said.

"MWR is a great career, but I think there might be some feelings out there that MWR is a part-time job ... some people have a negative feeling about MWR as a workplace, and that's just not true," she said.

see **COVENANT** page 12

Engaging the youth



Janice Young

U.S. Army Garrison Baden-Württemberg Commander Col. William C. Butcher reads "Happy Birthday U.S. Army!" to children at the Patrick Henry Village Child Development Center in Heidelberg June 15. Butcher and Command Sgt. Maj. Annette Weber spent time with the children and expressed how important their parents are and that together, they are "Army Family Strong."

21st TSC participates in Rheinland-Pfalz Tag state fair

By **Staff Sgt. Michael J. Taylor**
21ST TSC PUBLIC AFFAIRS

NEUSTADT, Germany – For more than 10 years, the U.S. Army in Europe has taken part in the Rheinland-Pfalz Tag state fair. In keeping with tradition, the 21st Theater Sustainment Command was invited to participate in this year's festivities here June 11-13 by Rheinland-Pfalz' Minister President Kurt Beck.

Rheinland-Pfalz Tag state fair started in 1984 as a way to strengthen the western European feeling in the then young state. It has been held annually and rotated every year between cities in the state of Rheinland-Pfalz.

This year about 300,000 visitors from across Germany and neighboring countries attended the fair.

The 21st TSC played its part in the fair by hosting and participating in an array of events and presentations, such as a

see **STATE FAIR** page 12



Staff Sgt. Michael J. Taylor

Soldiers from the 21st Theater Sustainment Command's 5th Quartermaster Detachment put on a demonstration of how to don and check the T-10 parachute during the 27th Annual Rheinland-Pfalz Tag state fair in Neustadt June 12.

HP THURSDAY
June 24, 2010

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REGISTRATION OPEN

Registration is open for the Army Europe 10-Miler qualification race in Grafenwohr set for July 10. 17

Defense Details

GATES ON MCCHRYSTAL

Defense Secretary Robert M. Gates issued a statement regarding a profile article on Army Gen. Stanley A. McChrystal, commander of the International Security Assistance Force and U.S. forces in Afghanistan. "I read with concern the profile piece on Gen. Stanley McChrystal in the upcoming edition of 'Rolling Stone' magazine. I believe that Gen. McChrystal made a significant mistake and exercised poor judgment in this case. We are fighting a war against al Qaeda and its extremist allies, who directly threaten the United States, Afghanistan, and our friends and allies around the world. Going forward, we must pursue this mission with a unity of purpose. Our troops and coalition partners are making extraordinary sacrifices on behalf of our security, and our singular focus must be on supporting them and succeeding in Afghanistan without such distractions. Gen. McChrystal has apologized to me and is similarly reaching out to others named in this article to apologize to them as well. I have recalled Gen. McChrystal to Washington to discuss this in person."

Army news: www.army.mil

Defense news: www.defenselink.mil

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LEGAL ASSISTANCE

Taking corrective action in identity theft situations

Patton Legal Office

It is estimated that more than nine million Americans had their identities stolen in 2008.

This occurs by companies losing clients' confidential information; phishing (seemingly authentic e-mails requesting data for accounts, but instead coming from scammers seeking personal information); dumpster diving; computer hacking; and lost or stolen wallets, purses or mail.

More people know of the problem due to the increased frequency of identity theft and public awareness campaigns, but few know how to rectify the problem.

Victims are often overwhelmed and do not know their rights or what to do. Here are some steps to follow in the event of identity theft.

First, the victim should contact any of the three major crediting reporting agencies: Equifax, TransUnion and Experian, and ask that a fraud alert be placed on his file.

Any CRA contacted must alert the other two once a request has been made.

The alert prohibits creditors from extending credit to the victim without verifying his or her identity.

This alert will remain active for not less than 90 days. The alert also entitles the victim to one free report from each agency. But be

aware that a fraud alert will slow down approval of any authentic credit checks, as the creditor will need to verify the victim's identity.

Next, the victim should close any accounts that were created or abused because of the identity theft.

The victim should obtain the correct contact information for the creditor's fraud department and then send all relevant information with an explanatory letter to that department.

Once the accounts have been closed and the fraudulent charges reversed, the victim should request a letter confirming the actions and the status for his records.

The victim should consider contacting any government agency that has issued a license or document and follow the procedures for cancelling and requesting a re-issuance if appropriate.

The victim should also file a police report and obtain a copy of the report. Military police offices are generally very good at taking these reports.

They may also be made to local police where the identity theft occurred. Many perpetrators of identity theft are related to the victim.

Thus, the victim may need to make the difficult choice of reporting a family member to the police, and many police departments will

require the victim to assist in any future prosecution before agreeing to take a report. But having a police report can be invaluable to a victim who is attempting to restore his credit.

The victim should file a complaint with the Federal Trade Commission.

This will be useful to corroborate to third parties that the theft occurred as well as helping the government track instances of identity theft.

The FTC Web site contains a great deal of information to assist victims in these cases.

Once the steps in reporting the identity theft and setting up measures to prevent any future damage have been taken, it is important to address the victim's credit itself.

Often a dispute needs to be sent to each CRA and creditor detailing the inaccurate information.

It is especially important that these disputes be in writing even if it is possible to initiate the report online or by phone.

Restoring credit and fixing problems caused by identity theft can be a lengthy and laborious process.

While there are laws protecting consumers' credit, victims need to be patient and willing to follow all legal procedures.

Help in identity theft cases is available at your nearest legal assistance office.

Join BWnow on Facebook

♦ Get up-to-date announcements, news and community events delivered directly to your Facebook news feed

♦ Share your opinion with others in the community and find out what they think in the discussion boards

♦ Let the command group know your thoughts on hot topics through the Question of the Week, and you might see your answer in the Herald Post

QUESTION OF THE WEEK: Which Family and Morale, Welfare and Recreation facility can you not live without?



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

BLOG ROLL

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

Question: Which Family and Morale, Welfare and Recreation facility can you not live without?

Can I pick two? I vote for the library and CYS!
-Kelley Ramirez, BWnow member

There are so many that we use on a weekly basis and there really are not many that we do not use. Although my husband would probably say that he wouldn't mind taking away the Java cafe just because I spend half his paycheck there that would have to be favorite

thing here. We love all the services provided by CYS and I would love to see a few more classes added to the SKIES program simply because they tend to fill up fast and some people are left out. The bowling alley is great and the different programs they offer keep you coming back. The Village Grill is a convenient restaurant for those living on post or those who work horrible hours and don't have time to go anywhere else but honestly the food is getting old and needs a serious update and the service tends to be very slow at times. I love the family room at the gym but it seems to not be a priority

really to the community. For every day we go and the family room is open or functioning correctly there are also just as many days that it is closed for no reason or they can not get newer equipment in there to make it worth going. I really do think a family room would have been better put on PHV due to some people not having vehicles and the central location. There really are a great number of facilities in this community that are great and I can't honestly think of anything that is not used or that is a waste in my opinion.

-Susan, BWnow member



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COMMAND MESSAGE

The Army Family Action Plan: a process for continuously improving quality of life for the Army community

By Lt. Gen. Rick Lynch
IMCOM COMMANDER

As the assistant chief of staff for Installation Management, one of the most important duties I have is overseeing the Army Family Action Plan process.

The AFAP is the Army's grassroots effort in which members of the Army Community (Soldiers, civilians, families and retirees) identify and elevate significant quality of life issues affecting the Army Community to senior leaders for action. The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leader's insight into needs and expectations of the Army Community.

Simply stated, AFAP is a voice for the Army Community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

I want you and every member of the Army Community to know about the AFAP, understand how it works and to become a partner in the process. The AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army and Department of Defense about issues important to the health and well-being of Soldiers, civilians and family members.

Here's how it works: The AFAP is a year-round process that begins on installations where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army Community. Approximately 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to mid-level (Army command) AFAP conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP Conference, where delegates from across the Army determine which issues will be worked by the Army staff.

The AFAP General Officer Steering Committee, comprised of senior DOD officials, Army leaders and field representatives (commanders and command sergeants major), meets every six months to provide senior leader direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I have met for six AFAP sessions, reviewing 86 active AFAP issues. During those sessions we studied the history and latest developments for each

issue, then decided on a recommended status (remain active, complete, or unattainable) to present to the AFAP GOSC for consideration.

After I present our recommendations to the GOSC June 30, we will determine the next steps and status for each issue.

The results from this GOSC, as well as previous GOSC meetings, are available on the new and improved AFAP Web site.

The AFAP Web site is conveniently located in Army OneSource (www.myarmyonesource.com) to provide the Army Community with easy one-stop-shopping for Army information, including meeting results from the January GOSC and previous meetings.

The AFAP Web site has been improved by the addition of the Active Issue Search Application. This new feature allows users to search the status of all issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command and more.

The Army is dedicated to building awareness of AFAP across the Army and ensuring everyone has full access to AFAP recommendations and accomplishments and knows how to become a partner in the process.

As the ACSIM, I am committed to ensuring all AFAP Recommendations are thoroughly analyzed to determine

if they are realistically achievable based on factors such as, Congressional support, cost and other factors. I also am committed to ensuring that the GOSC provides the Army Community with the results of our analysis and decisions as quickly as possible. This is important work. Previous recommendations submitted through the AFAP process have had very positive and wide-reaching affects for the Army Community. For example:

- 2009 – Distribution of Montgomery GI Bill benefits approved for dependents;
- 2008 – Military annual leave carryover increased from 60 to 75 days;
- 2007 – Established toll-free Wounded in Action phone number; improved communication to families.

As you can see, the AFAP has an excellent record of success. Some 117 AFAP recommendations have resulted in legislative changes; 162 resulted in Department of the Army policy changes; and 178 improved programs or services.

But our work is not complete. The following is just a sample of the AFAP recommendations we will be working on at the next GOSC:

- AFAP Issue Recommendation #610. Establish a comprehensive integrated rehabilitative program for traumatic brain injury patients at military Medical Centers of Excellence.
- AFAP Issue Recommendation #653. Fund a formal program to provide service dogs for wounded warriors.
- AFAP Issue Recommendation #658. Install visual monitoring systems for surveillance of hallways, common areas and parking lots, and require keyless entry and peep holes in barracks across the Army.
- AFAP Issue Recommendation #647. Require the availability of 24/7 child care for all age groups through Child, Youth and School Services delivery systems at all Army garrisons.

Now that you know more about this grassroots process that was created to enable the Army Community to collaborate with leaders, from the installation level to Congress, get involved! I encourage you to go to the AFAP Web site and view the status of the 86 active issues. I also challenge you to become a partner with us in our continuing effort to improve our Army by contacting your garrison AFAP program manager within Army Community Service and becoming a volunteer, participating in an AFAP forum, or submitting an AFAP issue.

Your contributions to the AFAP provide real-time information that enable commanders to respond more rapidly to resolve problems, implement good ideas, guide policy formation, and enhance Soldier, civilian and family well-being and installation readiness.

Sponsorship made easy with help from ACS

By Dijon Rolle
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Whether it was wonderfully good, bad, chaotic or cringe-worthy, it's an experience few of us will ever forget.

That very first time you stepped off the plane in Europe and, of course, the very first impression you had of your sponsor – both remain seared into most of our minds long after we've settled nicely into our new community.

This time of year is peak moving season for most military communities across the Army.

Karin Lister is the Relocation Readiness Program manager at Army Community Service in Heidelberg, and she's heard more than her share of sponsorship stories – some good and some not so good in her 15 years of working at ACS.

Lister is responsible for assisting Soldiers, Department of the Army civilians and their family members as they transfer in and out of the Heidelberg military community.

In fact she's one of the first faces many new Heidelberg residents see during their in-processing. During the community orientation briefing, Lister makes it a point to ask newcomers about their sponsorship experience.

"The biggest challenge is if folks have a bad sponsor, they don't want to make any waves," Lister said. "They will not say anything because they have to work with the people that have been assigned

to them or there are times when they may not have even had a sponsor."

"We take the time to help them figure out what to do if they did not have a good one and how to not make the same mistakes when they become a sponsor, because eventually everyone will become a sponsor," she said.

Lister also points out that sometimes another challenge to a successful sponsorship can be the unit or office itself.

"They have so many tasks to do, sometimes they forget they have to train the sponsor and that they have to give the sponsors time to do their duties ... there is no specific time table on being a sponsor it just depends ... whenever the newcomer or the family says they don't need you anymore that's when your duties are done as a sponsor. Not before," she said.

Lister also says sponsorship is a command responsibility, and she hopes the recent push by Installation Management Command's Lt. Gen. Rick Lynch to update the sponsorship program will help make it a priority again everywhere.

Eleonora Grauer-Gamet is the relocation readiness program manager for Mannheim ACS and she, too, has heard her share of sponsorship success stories as well as nightmares.

She says the biggest problems she sees in her community is the sponsor's duties are not recognized as an official duty and that units "are not fully engaged with the sponsorship program."

"It's important for units to train the Soldiers before they are needed," Grauer-Gamet said. "Soldiers appointed to sponsor a newcomer can contact the relocation office, and we will provide the material and the information for the Soldier that will alleviate some of the stresses associated with being a sponsor."

Unaccompanied and single Soldiers need just as much assistance as accompanied personnel, Grauer-Gamet added. ACS teaches a sponsorship assistance training class that new and not-so-new sponsors can attend to learn or re-learn sponsorship basics. The class is open to all active-duty Army, National Guard, Reserve and civilian employees.

An ACS representative is also available to conduct on-site training for units, rear detachments and family readiness groups.

In Mannheim there is a youth sponsorship program where the sponsor escorts incoming youth around post, school and Child, Youth and School Services facilities and events. There is also the Student to Student program, designed to aid youth who are changing schools due to their parent's military mission requirements.

ACS offers welcome packets that can be mailed or e-mailed to newcomers. The packet contains a Welcome to Germany DVD and an array of tips and tools.

Sponsors can also visit the eSpon-

ship Application and training Web site at <http://apps.mhf.dod.mil/esat> to learn more about their duties, available resources and to contact the incoming Soldier or civilian.

Soldiers and civilians moving to Europe can visit the U.S. Army Europe homepage at www.hqusa.army.mil and click on the "living in Europe" link to request a sponsor and find out more about their new community.

"The sponsor is the liaison between the newcomer and the community and the unit," Lister said. So if the sponsor is educated and is positive about his or her duties and takes it seriously, then the experience will be a good one all around."

For more information on the Army sponsorship program and a complete list of available ACS sponsorship training classes and resources contact Army Community Service in Heidelberg at DSN 370-6883, civ. 0622-157-6883; Kaiserslautern DSN 493-4064, civ. 0631-3406-4064; and Mannheim DSN 385-2446, civ. 0621-730-2446.

You also can reference The Total Army Sponsorship Program outlined in Army Regulation 600-8-8, and for help planning your next move visit www.militaryhomefront.dod.mil/moving.

YouTube Video

Hear Karen Lister and Col. Bill Butcher discuss sponsorship at www.youtube.com/BWnow.

PLAY IT SAFE

TAKE THE CHALLENGE!

Check out the online water safety challenge. It's fun and you will learn how to protect yourself and your buddy while in the water.

SAFE Summer

ARMY SAFE IS ARMY STRONG

ARMY COMMUNITY SERVICE

ARMY SAFETY CENTER

HMS students learn value of charity

By Dawn White
HMS PTSA

Seventh-grade students at Heidelberg Middle School learned lessons they'll not soon forget as they worked this year, along with French, German and Hungarian Army Reserve units, to support a school and hospital in Eger, Hungary.

Clothing, bedding, toys, school supplies and even a laptop computer were among the items collected. This endeavor was just the latest in a series of charitable ventures sponsored by geography teacher Sylvia Rausch that have spanned more than 15 years.

"Our team does charitable activities every year, using the philosophy that students need to find out the intrinsic value of giving to those who are less fortunate – especially if they will never meet the recipients of their generosity or even be thanked for what they have done," Rausch said.

In 1994, Rausch's students began collecting the tabs from aluminum cans to benefit the Ronald McDonald houses for sick or injured children – inspired by some of her students whose families had used the facilities.

Rausch recalls that "the project helped my students see how a simple thing like collecting tabs could change the life of one of their peers."

Some of her former students now attending high school were so impacted that they continue to bring her tabs.

Around the time the communist "wall" was crumbling, Rausch's family began assisting German friends who were helping relatives living in Romania.

"Soon, my team of teachers said it would be a good idea to expand the collection of clothing and

school supplies to our students. This, in turn, became a school-wide fundraising and collection effort consisting of basketball free-throw events and jog-a-thons," Rausch explained.

This humanitarian mission evolved to include supporting two hospitals, helping build and supply a kindergarten, and assisting two orphanages. The Team 7B teachers saw how significantly their 12-year-old students were affected as they learned about the challenges faced by children in another country and began helping these children.

When Romania was accepted into North Atlantic Treaty Organization and began receiving much-needed assistance, the seventh grade team looked for a new charity to support. After the devastating tsunami in Thailand, the students held bake sales to raise money for the victims.

Then on the recommendation of a student teacher who volunteered her summers with SAFE PASSAGE, Team 7B chose this organization in Guatemala City, which helps to educate and feed the devastatingly poor children whose families live off of items found in the municipal garbage dump.

Three years ago, Rausch's students decided to sponsor two children with the money raised from bake sales and bowl-a-thons and have been sponsoring Mercy and Yancarlo ever since. They send these two children cards, letters and pictures, as well as money to support them during the school year.

According to www.safeassage.com, a recent volcanic eruption and tropical storm Agatha have caused devastation in Guatemala, making the students' contributions even more valued.

After hearing of the damage, student Katherine Cluxton selflessly donated \$173 of her babysitting



Heidelberg Middle School student Patrick Roos inventories a box bound for a humanitarian mission in Hungary.

money to help the families in Guatemala City.

"Throughout the school year, I have tried to tie charitable activities into my Geography lessons, and my colleagues have done the same through their subjects," Rausch said. "For instance, Dennis Osborne's Language Arts lessons celebrated diversity and 'being your own person' while studying the book 'Stargirl.'"

In addition, books and movies shown to the students contained lessons about how one person can make a difference in this world, even in small ways.

"Hopefully, if the students forget all of the mechanics we have taught, they will still emerge with a more compassionate understanding of their role in our global world," Rausch said.

Heidelberg 2010
4th of JULY
Celebration

**Party starts at 4pm
at the PHV Park!
(behind the Library)**

- Live music from Jimmy's Soliquity, the Battle of the Bands Winner and the USAREUR Chorus
- Food & Beverage Booths, or Bring Your Own Picnic
- Beach Volleyball Competition (Call DSN 373-6110 to sign up!)
- Pie Eating Contest & Games for Kids
- BOSS Dunk Tank
- Huge Fireworks Display at Dusk
- Salute to the Fifty States
- Prize Giveaways

For more information log on to MWRGermany.com or find us on Facebook! Heidelberg MWR and BNow




Faces of the community: Kaiserslautern Kids' Zone



Digon Rolle

Steven Terrasas restocks one of the game machines with tickets at the Kids' Zone on Pulaski Barracks in Kaiserslautern. The Kids' zone features an indoor play area and video game machines as well as a fully stocked snack bar with pizza, soft drinks, juices, salads and sandwich wraps. Birthday party packages are available. The facility is open seven days a week. Monday-Friday 11 a.m.-6 p.m., Saturday 12-8 p.m. and Sunday noon-5 p.m. DSN 493-4125, civ. 0631-34064125.

Welcome home 39th Trans. Bn.



U.S. Army Photo

Maj. Jose Valentine from Headquarters and Headquarters Company, 39th Transportation Battalion, greets his 4-year-old daughter Isabella upon his unit's return to Kaiserslautern June 11. The 39th Transportation Battalion returned from a one-year deployment to Kuwait in support of Operation Iraqi Freedom. Families and Soldiers welcomed home Valentine and all the Soldiers from the 39th Transportation Battalion during a ceremony held at the Kleber Kaserne Gym in Kaiserslautern.



Spc. Michael Freas Jr., a human resources specialist for the 7th Warrior Training Brigade, 7th Civil Support Command, high crawls to an objective while participating in a situational training exercise during the Warrior of the Year competition at the Lampertheim Training Area just outside of Mannheim June 13-15. Freas is the WOY for the 21st TSC and will compete at the U.S. Army Europe competition later this year.

21st TSC top Soldiers compete for title of Warrior, Warrior Leader of the Year

By Sgt. Frank Sanchez III
21ST TSC PUBLIC AFFAIRS

It was all heart and determination for the nine participants who competed in this year's grueling three-day competition to become the Warrior and Warrior Leader of the Year for the 21st Theater Sustainment Command June 13-15.

The eight competitors arrived around 6:30 a.m. to the Lampertheim Training Area just outside of Mannheim to begin the competition with an Army Physical Fitness Test. During the fitness test, the Soldiers were closely monitored as they tried to make every repetition count.

Following their fitness test, the Soldiers were only given about 15 to 20 minutes before they were briefed and began suiting up for a rigorous 12-mile ruck march. The day ran into night as the Soldiers trudged through a night land navigation course followed by a day land navigation course the very next morning.

The competitors also faced the tasks of firing and qualifying with various small arms weapons, leading a squad of Soldiers through an urban assault course and brawling in combatives.

Spc. Christopher Brown, an automated logistical specialist with the 240th Quartermaster Supply Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade in Bamberg, and a WOY competitor, talked about why he took this competition personally.

"It makes me stronger. Everything I do, I do it for my son, so he will have somebody to look up to. That is my push," Brown said.

The competition was capped off with an exhausting situational training exercise course filled with multiple collective tasks to see how the participants fared in a crisis situation.

The sequence of events concluded with a board appearance, which was presided over by Command Sgt. Maj. James Spencer, the command sergeant major of the 21st TSC.

After the Soldiers completed the competition, the warriors headed to Panzer Kaserne parade field in Kaiserslautern, where they were reunited with families and Soldiers from their home units to enjoy a barbecue in celebration of making it through the arduous three-day competition.

After commending all the

Soldiers for their hard work, Maj. Gen. Patricia McQuisition, the commanding general for the 21st TSC, announced before a large audience that Sgt. Richard Hunter, the communications noncommissioned officer for the 240th QM Company, 391st CSSB, 16th Sustainment Brigade was the 21st TSC Warrior Leader of the Year.

McQuisition then announced Spc. Michael Freas Jr., a human resources specialist for the 7th Warrior Training Brigade, 7th Civil Support Command, as the 21st TSC Warrior of the Year.

Hunter said it was the culmination of several things that helped him to achieve the top Warrior Leader honors for the 21st TSC.

"Determination, dedication, and a lot of hard work, sweat and tears were poured into the preparation for the outcome of this competition," Hunter said.

Freas said the assistance he received from his leadership was significant in his winning the competition.

"I have been receiving a lot of support from my unit. They have been very helpful and my NCO support channel has backed me up the whole



Spc. Michael Freas Jr., a human resources specialist for the 7th Warrior Training Brigade, 7th Civil Support Command, throws a training grenade as part of a situational exercise during the Warrior of the Year competition at the Lampertheim Training Area just outside of Mannheim June 13-15. Freas is the Warrior of the Year for the 21st TSC and will compete at the U.S. Army Europe competition later this year.

way," Freas said.

Hunter and Freas will represent the 21st TSC at the U.S.

Army Europe Warrior and Warrior Leader of the Year competition later this year.

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D. Myles Cullen

The US Army Drill Team with 3rd U.S. Infantry Regiment (The Old Guard) perform during a Twilight Tattoo ceremony in celebration of the U.S. Army's 235th birthday at Ft. Myer, Va., June 16. The Old Guard's motto is 'Noli Me Tangere' (from Latin: - Touch me Not).



Senior Airman Rylan Albright

Soldiers participate in a 2.35-mile run to celebrate the U.S. Army's 235th birthday on Forward Operating Base Farah, Afghanistan June 14. The Soldiers are assigned to the 82nd Airborne Division's Headquarters Troop, 4th Squadron, 73rd Cavalry Regiment, 4th Brigade Combat Team.



U.S. Army Photo

Sgt. John Russell from Amelia, Va., gives a small child medical care June 9, in Loger province, Afghanistan. Russell is assigned to the 173rd Airborne Brigade Combat Team.



Petty Officer 2nd Class Joshua Scott

Staff Sgt. Rosa Duran, center, and Philippine army 2nd Lt. Josephine Martinez, right, teach dental hygiene to children and their families during a medical and dental project in Maguindanao, Philippines, June 3. Duran is a dental technician temporarily assigned to Joint Special Operations Task Force Philippines.



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS * STRONG BODIES

Physical

Emotional

Social

Spiritual

Family

FAMILY



Being part of a family unit that is **safe, supportive** and **loving**, and provides the **resources** needed for all members to live in a healthy and secure environment.

COVENANT

continued from page 1

"There is so much potential, and we do encourage training ... a lot of the people in management divisions and directorate positions today started out Non-Appropriated Funds ones and twos working frontline customer service or they were child care assistants and they worked their way up to being directors," McConnell said.

Another facet is educating employees on all of the resources that FMWR provides outside their usual duties.

"We are making sure that the new employees that we hire ... are aware of support services offered to Army Community Service, they are aware of programs offered by Child, Youth and School Services," McConnell said.

"And we're also offering what's called a smart book so when a customer comes in and they're talking with a front line employee, that front line employee will be knowledgeable about other services in the community, so that they can give them other information," she said.

As a customer service coordinator, McConnell is responsible for making sure employees receive the new training, understand the covenant and also understand how to standardize operations to achieve a "uniform and heightened customer service experience."

McConnell completed a three-week customer service trainer course at the FMWR Academy in Virginia, and she's one of three trainers Europe-wide and one of the 30 Army-wide.

"We are constantly trying to achieve a better way to do business looking at our processes," McConnell said. "Not just how we talk to people or how we treat people but the background ... looking at different facilities and trying to understand processes," McConnell said.

"We want to give people an opportunity to provide feedback as well. We walk the talk and our covenant talks about how we are going to treat people like individuals and make sure they get a prompt greeting and great facilities," she said.

One tool McConnell is using to gauge customer

satisfaction and collect feedback is the mystery shopper program, which is being run at all Family and MWR facilities.

Tiffany Lanigan is the marketing chief for the Installation Command-Europe Region and says customer service and this covenant is especially important for customers in Europe.

"We don't compete much outside of the gate in certain services, and it's more important that we take care of our own in that respect because they are here and they do depend on us for a lot of things," Lanigan said.

"Nothing puts a worse taste in a customer's mouth than having one bad experience at location A and then going to location B and having another bad experience and location C again," she said.

"This is a pledge to the customer that our employees are going to be happy and well taken care of and we're going to service them in a good manner and also to the employees, it's the promise of getting good training and also making sure they're taken care of."

Mannheim Idol heats up

By Jacqui Haggerty
MANNHEIM FAMILY AND MWR

Mannheim Idol prepares to move into its semi-final round Saturday – and the competition is really heating-up.

With several upsets in the competition categories Saturday, the following contestants will be battling it out for a chance to perform at the U.S. Army Garrison Mannheim German-American Summer Fest July 3:

In the junior youth category: Tyler Cain, Lelani Holt, Sera Farmer Jada Robinson and last year's youth winner, Victoria Adams, compete for one of the "Top Three" slots. This year's youth category has Jimmy Raymond, A'nae Weldon, John Nichols, Leminnie Garrison and Maria Lopez vying for a place in the finals.

In the teen category, Tabitha Taylor, Ashley Kopcho, Brianna Underwood, Kaitlin Laws, Jerica Howard and Keyaheira Frazier will be "bringing the heat."

While in the adult category it's David Lockett, Jeff Chastain, Deborah Michael, Jena Harris and Tim Cunningham trying to win over the audience to secure a place on stage.

The Mannheim Idol Face-

book page reveals that there are several changes in the works for next year's competition.

Fans were asked if the judges should hold a percentage of the votes, as opposed to the current practice of audience votes only.

An overwhelming majority of fans agreed the judges should weigh-in on the performances, in order to reduce upsets experienced both last week and in years past.

"The judges should have been taking part in (the) vote from the beginning," said a Facebook fan. "Every year it is the same, it is always popularity that pushes "some" contestants to the finale. I do not think that just because someone has a lot of friends, it magically makes someone sound better. There were at least three youths that made it to the finale (who) were questionable singers compared to talent that (was) sent home."

Next year, the judges will have a percentage of the overall vote, much like Operation Rising Star (the military's version of "Idol").

If you haven't taken the time to check out this annual talent event in USAG Mannheim, you have two opportunities left – Saturday at the Top Hat Club and July 3 under the fest tent. Both shows begin at 6 p.m.

STATE FAIR

continued from page 1

youth reception, a military reception, a military display area and more.

Throughout the three-day event, the most prominent role played by the 21st TSC was perhaps in the military display area and the military reception.

The military display area was a joint event with the Bundeswehr, U.S. Air Force and the 21st TSC all taking part.

The 21st TSC's commanding general, Maj. Gen. Patricia McQuiston, along with Beck and various other military and government officials, walked around the area June 12 to see the displays.

In the military display area, the 21st TSC had representatives from Theater Logistics Support Center-Europe, 21st TSC Special Troops Battalion, 5th Quartermaster Detachment, and 18th Engineer Brigade's Emergency Management Assessment Team.

The TLSC-E brought eight apprentices and two instructors from its U.S. Army apprenticeship program to the fair.

There they showed demonstrations of smart repair, diesel engine, air conditioning servicing, fuel cell model, starter test and electrical component

wiring device.

Onlookers were allowed to get up close and even touch and handle some of the displays.

For the 5th Quartermaster Detachment display, Soldiers put on an animated show as they demonstrated to onlookers how to don a T-10 parachute and the actions taken by a jumpmaster in order to check the parachutist and his equipment before an airborne operation.

"For me the parachute display was my favorite of all the military displays," said Peter Bachmeier, a native of Kaiserslautern.

"It's amazing to see how detailed they are and how fast they do all the checks," he said.

Soldiers also demonstrated how they pack the T-10 parachute so that it works properly during a jump.

Immediately following their walk through of the of the military display area, McQuiston, Beck and the other dignitaries attended the military reception at the Saalbau Hall.

After everyone arrived at the reception, McQuiston made a few remarks and introduced Beck as the guest speaker.

Throughout the reception, guests chatted and mingled with one another as the air was filled with sounds



Staff Sgt. Michael J. Taylor

Bundeswehr pilots explain how a German Tornado PA-200 Jet operates to Rheinland-Pfalz Minister President Kurt Beck at the military display area during the 27th annual Rheinland-Pfalz Tag state fair in Neustadt June 12. Along with the Bundeswehr, the 21st Theater Sustainment Command and the U.S. Air Force took part in the military display.

of light jazz music and the smell of a "USA meets Pfalz" buffet. The buffet consisted of American dishes and dishes that were indigenous to the Rheinland-Pfalz area.

The light jazz music was provided by a section of the U.S. Air Force Europe band, called the Touch and Go

Band.

The 21st TSC's participation in Rheinland-Pfalz Tag served as a chance for the commanding general to foster goodwill with the surrounding communities and built upon the great friendships the 21st TSC has with its German partners.



Ladenburg: Roman heritage, great food, fun festivals

By Bernard Baswell

Ladenburg is a small town in the district of the "Rhein-Neckar-Kreis," in Baden-Württemberg. It is situated on the right bank of the Neckar River, 10 kilometers east of Mannheim and 10 kilometers northwest of Heidelberg.

Ladenburg is a small town that is considered one of the most beautiful towns within the Heidelberg and Mannheim area. It is the most colorful and best preserved historical town on the Neckar River.

It is an old town from the late middle ages, its history dating back to Celtic and Roman ages.

The first time this village was populated was between 3000 and 200 B.C. It then consisted of a Celtic settlement, Lopodunum. In the year 40, the Romans populated the town as a farmer and military outpost and kept its Celtic name. The local territory formed the civilian district of Civitas Ulpia Sueborum Nicretum (Neckarsuebi), of which Lopodunum was the chief town. In 74 A.D., the Romans founded the town Auxiliarkastelle, a supply-keeping town.

The man who is regarded as the inventor of the auto-

mobile, Karl Benz, spent the last days of his life in Ladenburg between 1906 and his death in 1929.

A lot of careful reconstruction and renovation has restored much of its old city and city wall, and it displays its old Roman heritage proudly. Much of the walls have been restored, and the newer parts are very easy to identify.

Some of the residences were allowed to incorporate their homes into the old wall, with its windows set into the old holes where the archers once defended the town.

Ladenburg is an excellent place to go anytime during the year, when all you want to do is sit back, relax or even have a coffee and some of the great cakes at one of the cafes on the market square. Or just take a stroll through the old part of the town to enjoy the historic architecture.

Ladenburg's history is spelled out in great detail on a large stone tablet mounted near one of its archaeological digs in the center of town. Considered one of the First Century Roman settlements, Ladenburg has changed hands many times over the centuries as it occupied prime terrain, among the last bends in the river before the Neckar runs into the Rhein River.

Several Roman-era building foundations are proudly shown throughout the town and are well marked. The city of Ladenburg also offers an historic tour in English, for those who love to hear great historic moments and stories.

The middle district of Ladenburg is practically a small maze, with a lot of twists and turns through some small and tight streets with small and enjoyable shops.

Since the Rhein-Neckar area is considered to be one of the warmest areas in Germany, there is actually no reason not to want to enjoy the city of Ladenburg and the beautiful park directly on the Neckar River. So, it was not surprising to see lots of people wandering about the town and spending time in the park by the Neckar River.

Ladenburg even has its own miniature beach right next to the park, where kids have fun building sand castles and digging for shells.

Passing through the park, you will also see an old ferry that carries cars, bikes and people across the Neckar.

Ladenburg's restaurants are considered among the best in the Heidelberg area. Particularly raved about is a restaurant called "Die Kartoffel" that serves steaks cooked on hot stones directly at your

table along with some baked potatoes. And another great is the "Backmulde" where the owners special desire is to make sure the best ingredients are incorporated to make all of the menus an amazing experience for your taste buds and the wines are just as spectacular as the food. Then there is Fody's, which is located right off the Neckar near the swimming pool.

Here you can find all sorts of great menus. On Sundays and holidays they offer a great "all you can eat" brunch buffet. Every Tuesday they have a "flatrate buffet" and Thursdays a "pasta buffet," both at 6 p.m. This year they are having a large Pop and Fun festival July 5-11, and several music events throughout the year.

Ladenburg also has one of the most cleanest and well situated open swimming pools (very children friendly) in the whole area, which also holds 3, 5 and 10 meter diving board. The pool grounds offer a lot of space and just as much shaded and grass areas to relax and enjoy the sun and fun.

Ladenburg sport activities and clubs include a very popular Triathlon in July; a bike race in September; 10 kilometer run; a professional baseball team named the "Romans"; a fantastic and very

successful Sports and Athletic Club, Weightlifting Club and Wrestling Club and a very good tennis and soccer team.

Other than that, there are all sorts of special events throughout the whole year such as the Free Concert on the Neckar June 26; "Dinner in the City" also in June; a great Dragon Boat race July 17-18; the Old City Festival in September and the Christmas Market in December, just to mention a few.

Ladenburg offers enjoyable and peaceful views of the Neckar, colorful half-timbered buildings, the tremendous history on display between the ruins and the city wall. A very beautiful attraction is the newly created "Green Belt," which follows a small creek (with small waterfalls) along the east side and leads you directly to the park and ferry at the Neckar River.

Those who plan to visit Ladenburg should not have any problems finding a parking space, whereas those who try to park in the midst of the city and right at the market square, may find parking to be a challenge.

And for those who rather ride their bike, there are all kinds of safe and paved paths which lead directly along the Neckar River straight to Ladenburg.

GERMAN COOKING

German Spaghetti Casserole

Servings: 8

Ingredients:

- 1 1/2 pounds ground beef
- 4 slices bacon, cut lengthwise
- 1 large onion, chopped
- salt and pepper to taste
- 16 ounces tomato sauce
- 28 ounces canned tomatoes, drained, chopped
- juice reserved
- 1/3 cup sugar
- 1/2 pound elbow spaghetti, cooked

Directions:

- Brown and drain hamburger.
- Lightly cook bacon; retain fat and cook onions until transparent.
- Salt and pepper hamburger to taste.
- Add bacon, onion, tomatoes and juice, tomato sauce and sugar to hamburger.
- Simmer 30 minutes.
- Add cooked spaghetti.
- Put into large, greased casserole dish and bake one hour at 350F degrees.

SOURCE: www.mygermanrecipes.com

Learn all about German Cuisine, Food Shopping and Nutrition

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



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

Dear Ms. Vicki,
I've had a series of losses over my lifetime. It's been one thing after another.

There have been many losses in my close family with many deaths of family members from the time I was a child. I always felt that every time I would get over one hurt and disappointment, another one would happen.

This has been extremely difficult on me. I was active duty Army for four years, and I was deployed to Iraq during my enlistment. Now I'm an Army wife. Not only do I have to contend with my life, but I'm coping with my husband's, too.

He is deployed and already returned home to attend his father's funeral. His father has been sick for a long time, but he was not ready to lose his father. It's hard for him to cope, and I have to help him with

Vote for Ms. Vicki

Oprah is searching for a new talk show host and Ms. Vicki has entered the contest to be "Oprah's Next Big TV Star." Votes and views count, so visit www.oprah.com and click on "Your Own Show" by June 26 to vote for Ms. Vicki.

this burden. I had a miscarriage recently. All I heard from the doctor and nurses was "you are very young, you will have many more children." This hurts so badly. How can people be so insensitive?

Don't they realize I wanted the baby and you can't replace the child you lost? It's just not that easy to keep getting over everything that happens to you in your life. I have lost weight because I can't eat. I toss and turn all night long because I can't sleep.

It's hard for me to keep going. I know I'm rattling on and I thank you so much for reading my letter but I'm not sure where to go from here. I don't have many friends because I moved around a lot while growing up. My father is retired Air Force.

Now I don't live near the few remaining family and few friends I have. I can't keep pretending everything is OK and fine when it's not. I still have too many hurts and disappointments to move on right now. Am I crazy?

From: What's Wrong With My Life

Dear Life,
I honestly think you should go and talk to your doctor immediately because I think you are experiencing depression.

Make an appointment with your primary care manager and discuss the symptoms you mentioned to me in your letter. More profes-

sionally I think you have much unresolved grief and loss.

There are a plethora of professional assistance for you; face to face help, online support and even support groups. I will definitely send you some resource information in a subsequent e-mail.

I am very concerned about your well-being. With the help of a good therapist you can begin a strong grieving process around your significant losses. My professional opinion is that you've avoided the grieving process to avoid the many feelings associated with the losses.

This is a normal reaction, but it's causing you emotional turmoil. Because of this, it's time for you to seek professional help. Again, I will send you some resources, but keep in touch with me and let me know the steps you've taken.

Below you will find a list of books that I recommend on this topic. There are other good ones out there. Here are a list of books and some online Web sites for you. Please stay in touch and I wish you all the best.

"How Can It Be All Right When Everything Is All Wrong," by Smedes

"How To Survive the A Loss of a Love by Colgrove," Bloomfield and McWilliams

"When Bad Things Happen To Good People," by Kushner
www.helpguide.org
www.griefshare.org

Hantavirus becoming more prevalent in Germany this year

By Lt. Col. Kenneth R. McPherson
U.S. ARMY PUBLIC HEALTH COMMAND REGION-EUROPE

German public health officials have recently publicized an increase in Puumala virus infections among its citizens in the states of Baden-Württemberg and Bavaria.

Though there have been no reported cases of Puumala virus infection in U.S. military personnel or family members living in Germany, awareness of the situation may keep potential cases from occurring.

Puumala virus is a member of the European Hantaviruses that can potentially cause hemorrhagic fever with renal syndrome. Between January and April there were a total of 369 confirmed cases of Puumala virus in German citizens, with most cases occurring in the counties surrounding Stuttgart.

Reported cases of Puumala virus in Germany are normally around 200 cases per year. Most cases occurred in

exposed persons living and working in rural areas. People are typically exposed when they work with contaminated products or when they disturb dusty sheds and buildings that are contaminated with rodent urine and excrement.

The Stuttgart area is seeing more cases due to urban sprawl from the city into the country.

This mild form of Hantavirus results from inhaling dusts contaminated with rodent urine and feces. Between 80-95 percent of people exposed do not get sick or develop symptoms. Those who become sick typically have a sudden onset of fever and flu-like symptoms to include muscle aches, gastrointestinal pain and vomiting. Rarely does renal failure, which is the shut-down of the kidneys, occur.

There are no Hantavirus vaccines available, so the best protection is to avoid exposure to rodents and their excrement. The best prevention

method is to limit rodent populations in and around buildings by reducing clutter and debris that attracts rodents. This also includes cutting back hedges and bushes away from buildings and keeping grass cut to a manageable height. Fire wood should be stacked away from the home and in a manner that limits rodent attraction and nesting.

Avoid disturbing dusty sheds, barns, attics, and rooms that may have rodent nests. Do not use brooms or vacuum cleaners to clean these areas, since these methods promote breathing contaminated dusts. To limit dust in the air, moisten dusty surfaces and floors with water containing a mild detergent and household sanitizers. An inexpensive sanitizer can be made by mixing 1-1/2 cups of household bleach per gallon of water (use care not to splash in eyes or on skin).

Wearing rubber gloves, wipe, mop or wet sweep treated surfaces.

To remove dead rodents, spray them

with disinfectant solution, wearing rubber gloves, place the rodent in a double bag. Wipe surrounding area with paper towels and place them in the double bag with the dead rodent, seal, and discard in the garbage. After any cleaning operation, wash hands thoroughly with soap and water.

Alcohol-based hand sanitizer may be used when soap is not available or when hands are not visibly soiled.

Anyone who develops flu-like symptoms after entering dusty buildings or after handling dead rodents should immediately seek medical attention.

To find out more about Puumala and other Hantaviruses, visit the U.S. Centers for Disease Control and Prevention Web site at www.cdc.gov, the European Centre for Disease Prevention and Control Web site at <http://ecdc.europa.eu>, and the U.S. Army Public Health Command (Provisional) Web site at <http://phc.amedd.army.mil>.

GET OUT!

area events

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

June 26

Obersalzberg Visit - Historically Berchtesgaden was a salt-mining center, but these days it's probably better known as Hitler's personal holiday residence and site of the Kehlsteinhaus (Eagle's Nest). Traveling to the top of the mountain by shuttle bus and brass elevator is an adventure. There you can admire the Alps and have lunch in the Kehlsteinhaus. This tour will take you from the heights to the depths for an underground look at the fascinating world of salt - also known as "white gold." <http://affiliates.usa.org/rheinneckar>.

Austria City Tour and Crystal Shopping - Take a trip to Innsbruck, Austria, the capital of Tyrol. Shortly before arriving in Innsbruck, you'll have a chance to visit a Swarovski crystal museum and factory outlet where you can buy crystal jewelry and figurines. In Innsbruck, we'll visit the old town and see the historic city sites. <http://affiliates.usa.org/Kaiserslautern>.

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.mwgermany.com.

July 2

Recovery Room - The Recovery Room is celebrating the decades. Disc Jockey MadLogic and Disc Jockey Remy are dropping the beats every weekend in July starting with the Best Dressed for the '70s and every weekend after with the '80s, '90s and today. www.mwgermany.com.

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.usa.org/Kaiserslautern>.

July 3

Escape to Brussels - Enjoy a weekend in Brussels. Cost is \$169 and includes transportation, lodging and breakfast. Contact your local BOSS representative. www.mwgermany.com.

Rhine River Cruise - Sign up early for this unforgettable one of a kind Rhine River spectacle - Rhine Aflame. Enjoy the annual spectacle of the "Night of the Magic Lights." <http://affiliates.usa.org/Kaiserslautern>.

Mine Tour - One of the few silver and vitriol mines in this area is located in Schriesheim and called Grube Anna-Elisabeth. During the "Bergwerkfest" visitors can take tours of the

mine and enjoy lots of entertainment. Civ. 06203-68167. www.bergwerk-schriesheim.de.

July 4

Fourth of July Community Celebration - Celebrate America's birthday with United States Army Garrison Heidelberg at the community 4th of July celebration 4-11 p.m. at the Patrick Henry Village. Have fun with the whole family. Enjoy music, food, games and prize giveaways.

Choir Performance - The Chor der St. Konrad Kirche will perform at the Catholic mass at Mark Twain Village Chapel in Heidelberg at 9 a.m.

July 5

Holiday Park - Enjoy a trip to Holiday Park with the Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

July 8

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

July 9

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

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

July 10

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

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

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

Dachau and Schleissheim Palace - The name Dachau is synonymous with the horrors of World War II. During this tour, you will view a short documentary film in English and tour the museum, reconstructed barracks, and the memorial built to honor those who sacrificed their lives in the camp. After the tour the next stop will be the Schleis-

heim palace complex. This beautiful complex that was founded by Duke William V of Bavaria. <http://affiliates.usa.org/rheinneckar>.

July 16

Karaoke Best Singing Competition - Bring your best singing talent to Armstrong's Community Club on Vogelweh Housing in Kaiserslautern. Bldg. 1036. Competition begins at 11 p.m. Prizes will be awarded to first, second and third place. DSN 489-6000, civ. 0631-354-9986. www.mwgermany.com.

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

Flame Concert - The group Flame will perform a free concert at Ludwig-Wagner Strasse 17 in Wiesloch 69168. Purified and S.O.C.O.M. will also perform. Civ. 0160-98524792.

July 17

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

July 24

Holland Sailing Adventure - Set sail for a nautical adventure on Holland's inland coast between Amsterdam and Volendam. During the cruise, you can relax and enjoy the experience or volunteer to help the crew members as they chart the course toward Volendam. Enjoy free time in Volendam to explore, shop, or just have a meal or drink. The tour will then head to Amsterdam for more shopping and free time. <http://affiliates.usa.org/Kaiserslautern>.

Game-A-Ganza - The last Saturday of every month from 2-6 p.m. Kaiserslautern Community Activity Center offers "Game-A-Ganza." Try your hand at 9-Ball and 8-Ball tournaments, chess tournaments, Texas Hold 'Em, poker, spades and lots of board game competitions. DSN 483-6500, civ. 0631-411-6500. www.mwgermany.com.

Ongoing

Paint Ball - Come try out the new Paintball Field at Coleman Barracks in Mannheim. Play days are 10 a.m.-6p.m. every Saturday, Sunday and holidays. Private play days are available by reservations for groups, organizations or unit training. Minimum of 15 participants and \$25 reservation fee. DSN 381-7215, or civ. 0621-739-251.

coming to THEATERS

OCEANS

(Pierce Brosnan, Narrator) Disneynature, the studio that presented the record-breaking film "Earth," brings OCEANS to the big screen. Nearly three-quarters of the Earth's surface is covered by water and OCEANS boldly chronicles the mysteries that lie beneath. Directors Jacques Perrin and Jacques Cluzaud dive deep into the very waters that sustain all of mankind, exploring the playful splendor and the harsh reality of the weird and wonderful creatures that live within. Featuring spectacular never-before-seen imagery captured by the latest underwater technologies, OCEANS offers an unprecedented look beneath the sea in a powerful yet enchanting motion picture program. Rated G 84 minutes.



TOY STORY 3

(Tom Hanks, Tim Allen) Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that day arrives? In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future. Rated G 103 minutes.

PLAYING THIS WEEK

Heidelberg, Patrick Henry Village

June 24 - THE KARATE KID (PG) 7 p.m.
June 25 - TOY STORY 3 (G) 7 p.m.; KICK-ASS (R) 9 p.m.
June 26 - TOY STORY 3 (G) 4 p.m., 7 p.m.; KICK-ASS (R) 9 p.m.
June 27 - TOY STORY 3 (G) 4 p.m.; OCEANS (G) 7 p.m.
June 28 - KICK-ASS (R) 7 p.m.
June 29 - TOY STORY 3 (G) 7 p.m.
June 30 - OCEANS (G) 7 p.m.
July 1 - TOY STORY 3 (G) 7 p.m.

Mannheim, Schuh

June 25 - THE KARATE KID (PG) 7 p.m.
June 26 - THE KARATE KID (PG) 4 p.m.; DATE NIGHT (PG-13) 7 p.m.; THE KARATE KID (PG) 9 p.m.
June 27 - THE LAST SONG (PG) 4 p.m.; THE KARATE KID (PG) 7 p.m.

Vogelweh, Galaxy

June 25 - OCEANS (G) 7 p.m.
June 26 - THE KARATE KID (PG) 3 p.m.; KICK-ASS (R) 7 p.m.
June 27 - THE KARATE KID (PG) 3 p.m.; KICK-ASS (R) 7 p.m.

Ramstein, Gateway Movieplex

June 24 - THE LAST SONG (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.; DATE NIGHT (PG-13) noon, 2 p.m., 4:30 p.m.; IRON MAN 2 (PG-13) 11:15 a.m., 2:15 p.m., 5:15 p.m.
June 25 - TOY STORY 3 (G) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; KICK-ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m., 8:45 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.
June 26 - TOY STORY 3 (G) 11 a.m., 1:45 p.m., 4:30 p.m., 8:15 p.m.; KICK-ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m., 8:45 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m., 7 p.m.
June 27 - TOY STORY 3 (G) 11 a.m., 1:45 p.m., 4:30 p.m.; KICK-ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m.; WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3 p.m., 5:45 p.m.
June 29 - TOY STORY 3 (G) 11 a.m., 1:45 p.m., 4:30 p.m.; KICK-ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m.; WHY DID I GET MARRIED TOO? (PG-13) 12:15 p.m., 3 p.m., 5:45 p.m.
June 30 - TOY STORY 3 (G) 11 a.m., 1:45 p.m., 4:30 p.m.; KICK-ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m.
July 1 - KICK ASS (R) 11:30 a.m., 2:15 p.m., 5 p.m.; OCEANS (G) noon, 2:30 p.m., 4:45 p.m.; DIARY OF A WIMPY KID (PG) 11 a.m., 2 p.m., 4 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Galaxy Theater, Vogelweh, 0631-50017
Gateway Cineplex, Ramstein, 06371-47-5550
Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

Armed Forces Voter's Week

Armed Forces Voters Week and Overseas Citizens Voters Week is June 28-July 7. The main purpose of this week is to encourage all citizens voting under the Uniformed and Overseas Citizens Absentee Voting Act who have not registered to vote or requested an absentee ballot this year, to do so at this time. www.fvap.gov.

Primary Elections

The following states will hold primary elections during the months of June, July and August. July 20: Georgia
July 27: Oklahoma
August 3: Kansas, Michigan, Missouri
August 5: Tennessee
August 10: Colorado, Connecticut, Minnesota
August 17: Washington, Wyoming
The FPCA ballot application and instructions for the above states are available at www.fvap.gov/FPCA.

Load Security Awareness Briefing

Do you or your unit transport material, equipment or goods? There will be a load security awareness briefing 9-11:30 in English and 1-5 p.m. in German June 29 on Tompkins Barracks in Heidelberg. The course focuses on the importance of securing loads during vehicle operations, to include privately-owned vehicles. Reservations: DSN 373-8189.

University of Phoenix

The University of Phoenix's graduate degree program of the month for June is Master of Arts in education in curriculum and instruction. The program is 31 semester hours, six week long classes, no internship, no student-teaching and no application fee during the month of June. Civ. 06221-588-0492.

Mailing Hazardous Materials

There are many household items that are dangerous to ship and are not permitted in the mail. Persons who knowingly mail items or materials that are dangerous or injurious to life, health or property may be liable for a civil penalty of at least \$250, but not more than \$100,000 for each violation. Visit www.usps.com/aviationsecurity for more information on mail safety and prohibited items.

local EMPLOYMENT

Child Care Professionals

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

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.

KAISERSLAUTERN Education

• **Educational Grants** - Army Community Service will be rescheduling English as a Second Language classes. Both beginner classes and intermediate classes will not be offered June 25 through Aug. 2. Intermediate classes will start back, Aug. 6, and beginner classes will start back, Aug. 9. DSN 493-4064, civ. 0631-3406-4064.

• **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.

• **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.

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

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

• **Quilt Guild** - The Rhineland Pfalz Quilt Guild meets 9:30 a.m. every third Thursday of the month at the Ramstein North Chapel and 6 p.m. every fourth Thursday of the month at the KLSA building in Pulaski Barracks.

• **Warrior Zone** - This facility fea-

tures 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.

• **EFMP Enrollment** - Enrollment is underway for the Exceptional Family Member Program's Summer Camp. Camp dates are Aug. 16-20. There are only twelve slots available. Application does not guarantee enrollment. Camp registration is now through July 15. DSN 493-4094, civ. 0631-3406-4094.

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

HEIDELBERG Education

• **ACS Classes** - The following classes are available at Army Community Service: Understanding the Thrift Savings Plan, noon -1:30 p.m. June 29; Volunteer Management Information System Training, 10-11 a.m. June 30; Healthy Relationships, 1-3 p.m. July 1 and Community Orientation Briefing noon -3 p.m. every Monday. www.mwgermany.com/hd/acs.

Community

• **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.

• **Road Construction** - Traffic flow on Speyerstrasse near Patton Barracks will change soon. 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.

• **Volksmarches** - The Heidelberg International Wandering Club will host volksmarches June 26-27 in Ittlingen (Saturday only), Meckesheim (Sunday only), Hassenroth, July 3-4 Malsch, Wiesbaden-Naurod (Sunday only) and July 7, Bad Duerkheim. Sign up available now for a weekend trip to Bamberg August 14-15. www.hiwv.de, hiwv@yahoo.com.

• **Cancer Support Group** - The Heidelberg Cancer Support Group will meet 6-7:30 p.m. June 28 at the Heidelberg Gynecology Clinic. This month's topic is relaxation techniques and managing stress. DSN 371-3459,

civ. 06221-17-3459.

• Lion's Den Summer Activities

Join the Lion's Den for some summer fun. Sign-up is available now for the following activities: June 29, shopping in Ramstein; July 10, swimming and barbecue; July 13, barbecue with City Cult; July 14, fishing; July 17, rollerskating; July 21, PhantasiaLand; July 28, Alpine Towers and Aug. 10, visit World War II sites with City Cult. www.mwgermany.com.

• 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.

• Vacation Bible Camp

- The United States Army Garrison Baden-Württemberg Chaplain's office is sponsoring a "Rainforest Kids" vacation bible camp 9 a.m.-12 p.m. Aug. 2-6. Registration starts July 1. DSN 373-8238.

• 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.

• Free Car Donation

- You can donate your car to the Auto Crafts Center on Tompkins Barracks for free July through August. The Auto Crafts Center can accept your vehicle, take care of paperwork and provide you with proper paperwork to deregister it, free of charge. Tompkins Auto Skills is located in Bldg. 4226. Operating hours are 1-9 p.m. Wednesday, Thursday 12-8 p.m. Friday; 9:30am-6pm. Saturday, Sunday and training holidays. DSN 379-6181.

• **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.

• **Water Sampling** - The Department of public works and public health command personnel will collect routine lead and copper drinking water samples. Sampling points are selected randomly and selected individuals will be informed. Civ. 0162-2700815.

MANNHEIM Education

• **Red Cross Classes** - The following

classes are being offered: Adult, Child and Infant CPR/AED (with first aid course following for participants of baby sitter training), 1-5 p.m. July 1-2 and 8 a.m.-5 p.m. July 10 in Bldg. 242. CPR/AED for professional Rescuer Course 8 a.m. - 4 p.m. July 24, cost is \$ 50.00 (includes work book, material and breathing barrier mask) in Bldg. 242. Scholarships are available. Registration: DSN 385-1760, civ. 0621-730-1760.

Community

• **Trial Defense Service Closure** - The Trial Defense Service Mannheim Field Office located in Bldg. 332 on Taylor Barracks will close permanently June 24. The office is moving to Bldg. 107 on Patton Barracks in Heidelberg and will reopen June 28. DSN 381-7323.

• **Car Care Center** - Beginning June 26 the Car Care Center, which includes a shoppette on Taylor Barracks will be closed on Saturdays. Opening hours will be Monday-Friday 7:30 a.m.-6 p.m.

• **Storm Damage** - The Mannheim Directorate of Public Works has initiated an emergency contract to respond to storm damage caused on June 9. This contract includes pumping out water and cleaning common housing areas that suffered severe damage. The contract does not cover personal storage areas. Residents are required to clean up the water and open a window to vent the area. Claims for damage can be submitted through the Mannheim Law Center at DSN 381-8191 or civ. 0621-730-8191. DPW also requests assistance in identifying housing units or storage areas where families or Soldiers are on leave, deployed, or otherwise not at home and may have suffered storm damage. Contact housing at DSN 385-3224, civ. 0621-730-3224.

• **ASAP** - The Army Substance Abuse Program is now located 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 Support'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 3130. Walk-ins also accepted.

• **Postal** - Renovations on Consolidated Mail Room 437 will run July 1-Aug. 2. CMR 437 will relocate to building 804 on Funari Barracks for package pick-up. The BFV Army Post Office will relocate to Postal Service Center Sullivan located at Bldg. 2418, Aug. 22.

Junior Soccer Championship



Dwayne Elder

Heidelberg Chargers (red) attack the ball during the Installation Management Command Heidelberg Junior Soccer Championship June 13 at Tompkins Barracks in Heidelberg. Teams were from the Heidelberg and Wiesbaden communities, but it was the Heidelberg Chargers, coached by Lt. Col. Tony Elder, who won the tournament 3-1 over the Heidelberg Tangerines. The Chargers ended their season and the tournament undefeated.

Registration still open for Army Europe 10-Miler qualification race in Grafenwöhr

INCOM-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.

To be considered, male competitors must finish under 68 minutes, while female runners must finish at 86 minutes or better.

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/Grafenwoehrrctrac.html>.

"Registration packets and last minute sign-up will be the fitness center at USAG Grafenwöhr," said Jim Mattingly, Installation Management Command-Europe sports and fitness director.

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

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

2010 U.S. Army Garrison Baden-Württemberg Intramural Golf Final Regular Season Results

UNIT	TEAM	WON	LOST	UNIT	TEAM	WON	LOST
FMWR	Benson/Morrison	10	0	USAREUR	Hingtgen/Mahan	4	6
USAREUR	Mahler/Clark	9	1	208th Fin	Childs/James	5	5
USAG BW	Santaliz/Mackenzie	7	2	MEDDAC	Bir/Broderick	4	6
OP/CIS	Perez/Quinones	6	4	DPW	Voight/Meyer	2	9
OP/CIS II	O'Keefe/Otero	5	4	HBGC	Hiatt/Reynon	2	7
FMWR	Long/Regina	5	5	208th Fin.II	Lancaster/Styron	1	8

staying ACTIVE

Sports Physicals

The Mannheim Army Health Clinic will offer sport and school physicals for Child, Youth and School Services and the upcoming school year 8-11:30 a.m., 1-4 p.m. and 6-8 p.m., July 22 and Aug. 12. Bring complete shot records and the CYS Sport Physical Form to your appointment. DSN 371-2622, civ. 0800-914-6133.

The Heidelberg Health Center Pediatrics Department will offer a one-day Sports Physical Day July 31. Patients will be seen by appointment only and only for sports physicals – no other care will be provided. Appointments open up July 1. Appointments: DSN 371-2622, civ. 06221-17-2622.

Army 10-Miler Qualification Race

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. Participants can register online. <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrrctrac.html>. DSN 379-7667, civ. 06202-80-7667.

Swim Camp

The Heidelberg Sea Lions are hosting two swim camps this summer, July 12-16 and Aug. 2-6. Registration is now open. The swim camps are for swimmers with little or no competitive swimming experience and for those with experience. www.heidelbergsealions.com, efslsealions@yahoo.com.

Golf Survey

Family and Morale, Welfare and Recreation wants to hear from their golfers. Take a five-minute survey and express how you feel about your local Army golf course, other courses in the area and events and programs you would like to see. www.surveymonkey.com/s/6895ZRR.

Golf Scramble

Every Wednesday the Heidelberg Golf Club hosts a weekly golf scramble at 6:30 p.m. now through Aug. 4. Registration starts at 4 p.m. and is limited to the first 60 paid participants. \$10 for annual green fee patrons and \$10 for guests plus twilight fee. DSN 379-6139.

Charity Golf Event

The Mobotix corporation will host a charity golf event July 10, at the Donnersberg Golf Club just north of Kaiserslautern. The proceeds from this event will go to benefiting the Kaiserslautern American German Business Club scholarship program. There are a limited number of spots. Registration: trevor.holt@mobotix.com.

Tennis Tournament

Registration is through July 14 for the U.S. Forces Europe Tennis Championships July 16-18 at the Heidelberg Tennis Center. Categories are men's, women's, doubles and mixed doubles. DSN 388-9037. www.mwrgermany.com.

Free Yoga Class

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

Spin Class

The Sullivan Barracks Fitness Center in Mannheim is looking for participants interested in attending a weekly spin class on Sundays at 2 p.m. Class must have at least 10 participants. DSN 385-3149.