

# HeraldPOST

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



Lynn Davis

Lt. Col. Matthew Rasmussen, V Corps Special Troops Battalion commander, salutes Staff Sgt. Richard J. Tieman and Sgt. Joshua A. Tomlinson during a memorial ceremony May 27 at the Patrick Henry Village Chapel in Heidelberg.

## THE ULTIMATE SACRIFICE

### V Corps honors 2 fallen warriors during memorial

By Staff Sgt. Claudio Tejada  
V CORPS PUBLIC AFFAIRS

V Corps Special Troops Battalion held a memorial ceremony May 27 at the Patrick Henry Village Chapel in Heidelberg to honor two fallen warriors who made the ultimate sacrifice while fighting the war on terrorism.

Staff Sgt. Richard J. Tieman and Sgt. Joshua A. Tomlinson were both killed May 18 in Kabul, Afghanistan, of wounds suffered when enemy forces attacked their convoy with a vehicle-borne improvised explosive device.

Both Soldiers were serving a 12-month tour with the

**“True American Soldiers, warriors, guardians of freedom, teammates and brothers in arms. Experts of their profession by evidence of first-hand account of their work.”**

—Lt. Col. Matthew Rasmussen, V Corps Special Troops Battalion commander

Headquarters of the International Security Assistance Force, Joint Command in Kabul, Afghanistan.

An overflow of Soldiers, military leadership and friends gathered at the chapel to pay their respects and say goodbye see **MEMORIAL** page 12

## Click-N-Ship program cuts costs, saves time

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

It may very well be one of the best-kept secrets in the community, and it's one that's guaranteed to save you time and money the next time you pull up to the post office.

Clip-N-Ship is a program created by the United States Postal Service that allows customers to print out pre-paid shipping labels and prepare their own packages for shipping right at home.

Afterwards, customers can drop their packages off at their local community mail room. By doing it themselves, users can save 3.5 percent in shipping costs and track their packages with free delivery confirmation.

“They don't have to wait in line, they can do it at home and come in and just speed through the process,” said Ronald Joseph director of Human Resources, U.S. Army Garrison Baden-Württemberg. “It also limits or minimizes the monetary transactions that the clerks

have to do, which actually increases the accuracy of the cash count because there are less transactions.”

Jennifer Coleman, U.S. Army Garrison Mannheim postmaster, says the benefits extend to both sides.

“When we are short of staff and customers do Click-N-Ship at home, the line is not so long, and we are able to accommodate our customers in a timely manner.”

However, Coleman does admit the see **SAVINGS** page 12

**HP WEDNESDAY**  
June 2, 2010

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### Defense Details

#### FALLEN WARRIORS

President Barack Obama called on the nation during a Memorial Day address at Joint Base Andrews, Md., Monday to honor the legacy of its fallen warriors and to live lives worthy of their sacrifices. Obama noted during his address that the fallen warriors shared a belief in their country throughout its history, and willingness to sacrifice lives of comfort, and ultimately, life itself, to protect its ideals.

#### OIL SPILL EFFORTS

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, says the military will continue to support the effort to cap and mitigate the oil spill in the Gulf of Mexico, but it does not have the technical expertise to take over the operation. More than 1,000 National Guardsmen already have been called up to help with the spill. The military has provided booms to contain the oil, as well as some aircraft to spray dispersants and some communications capabilities.

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

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## LEGAL ASSISTANCE

**Claiming damage from temporary barriers**

By **Jasmin Taylor**  
PATTON LAW CENTER

Security barriers are common throughout the Heidelberg community and are frequently located at the entrance and exit points of the various kasernes.

They are a useful tool in maintaining the security of the installation; however, they can protrude from the ground creating a potential hazard for the cars passing over them.

Drivers who suffer damage to their vehicles as the result of impact with a security barrier may file a claim under the Military Claims Act. However, in order for the claims office to pay such a claim the claimant must demonstrate that the damage was caused by a negligent act or omission of an employee of the U.S. Army acting within the scope of his employment.

Claimants who suffer damage as a result of a negligent act or omission by an employee of the Pond's Security Service will be referred to the appropriate point of contact with the Pond's Security Service.

Generally, in order to establish negligence and pay a claim for damage caused by a security barrier, investigation by the Claims Office must indicate that the security barrier was not properly installed.

**"In order for the claims office to pay such a claim the claimant must demonstrate that the damage was caused by a negligent act or omission of an employee of the United States Army acting within the scope of his employment."**

This can be a difficult task because these barriers require little installation.

There is a strong presumption that damage to a vehicle caused by impact with a security barrier is due to the negligence of the driver.

Such negligence includes lowering the clearance of a vehicle or crossing the vehicle at an inappropriate speed.

Driving tips to avoid impact with security barriers:

- Drive very slowly across the barrier
- Do not cross the barrier at an angle – drive straight across the barrier
- Do not lower your vehicle – drivers who modified a vehicle to have a lower ground clearance assume the risk of damage from objects on the ground
- Maintain proper tire pressure – low tire pressure can lower the height of the vehicle

• Keep in mind the number of people in the vehicle – increased weight in the vehicle can lower the height of the vehicle

Certain barriers in the community are more problematic than others.

The temporary exit on Patton Barracks has disabled several vehicles over the last few months.

If your vehicle is low to the ground, it may be prudent to avoid driving over this barrier if at all possible.

This exit is temporary and should be removed from the community within the next two to three months.

Remember, an ounce of prevention is worth a pound of cure.

Drive safe this summer.

The Patton Claims Office is located in Bldg. 107 on Patton Barracks and is open 9 a.m.-4 p.m. Monday-Wednesday and Friday, and Thursday 1 p.m.-4 p.m. DSN 373-5263, civ. 06221-175-263.

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♦ 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: The military police have had an increase lately in calls about juvenile disruptions in various on-post facilities. What have you noticed in your community, and what recommendations do you have to help lessen the disruptive behavior?**



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**

**"MOVIES. I LOVE 'EM!**" I'm a card-carrying member of "Movie Lover's Anonymous" and its sister organization "DVD Huggers Unite!" Every Tuesday, it's a guaranteed bet that you will find me in our local PX scoping-out the week's new releases... crawling through the DVD section, commando-style, searching the racks for something – anything – I might have overlooked during my initial grab-and-go. Comedy, Action, Horror, Romance, Drama, Sci Fi... I like it all!

What I don't like, and have never been able to understand, is a) Parents who bring their young children to R rated movies and b) People who seem to have mistaken idea that a theater is a Conference Room free-for-all. As I see it, the only alternative to duct tape in this situation is for all movie theaters to issue patrons a stamp – much like the ones used in clubs to prove you've paid your entrance fee... only... these stamps are to be used on the forehead of people who

can't shut up during the movie. Stay with me, now – this is 100% do-able: Upon exiting the movie, theater personnel count the stamps on your forehead – each stamp is numeric, corresponding to the ticket number of the person issued it. Got a stamp? You now refund the cost of the ticket for the person whose evening you ruined..."

-Jacqui Haggerty, BWnow member



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Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

## Simulator takes Soldiers to virtual battlefield

By Dijon Rolle  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

If you've paid a visit to Coleman Barracks in Mannheim lately, you may have driven or walked past two large trailers set up side by side near the base chapel. Both are similar in appearance to what you would find attached to a big rig, but that's where any similarities end.

Inside the trailers, Soldiers from the 51st Transportation Company, are finalizing the details for their latest mission – conducting a presence patrol in Iraq's Green Zone.

In the background, listening and observing is Bob Evans, a senior training specialist from Raydon. His company is the creator of the Virtual Combat Convoy Trainer, a multi-million dollar training system.

The system is designed to teach Soldiers how to plan and execute convoy operations in enemy territory.

A highly sophisticated system of computers works flawlessly to simulate virtual scenarios. Soldiers can encounter everything from snipers and improvised explosive devices to suicide bombers and civilian activity during their computerized convoy missions.

"This is important because it will save people's lives," Evans said. "It teaches them what to look for and what to be aware of. It's just really good training, and the feedback is phenomenal."

Evans spent 26 years in the Air Force as a forward air controller before retiring in 2005. He also has

three combat tours in Iraq and one in Afghanistan under his belt and says training capabilities have definitely advanced since his days in uniform.

"When I was in the military, we were basically out in the field throwing rocks at each other and practicing our techniques that way, but now this offers troops a real insight into what really is happening downrange," Evans said.

He estimates about 150 to 200 Soldiers per week have used the VCCT since it's been on Coleman.

The VCCT features a 360-degree spherical field of vision, multiple weapons' systems and geospecific imagery. The digital satellite imagery is based on data from actual buildings, terrain and streetscapes found in Iraq.

Evans says the images are almost identical to what Soldiers would see if they were really deployed there, right down to the traffic patterns and pedestrians.

Once the briefing is over, the platoon separates in teams and the Soldiers mount up for their virtual convoy. After receiving the thumbs up from the convoy commander, the lights go out and the fun begins.

From start to finish, a virtual mission can take anywhere from 30 minutes to an hour or more. Evans can adjust the degree of difficulty and customize each mission according to the needs of the unit. The possible mission scenarios are limitless.

Participants are positioned in a virtual Humvee, complete with a headpiece and mock weapon. A large pro-



Spc. Manick Albert, 51st Transportation Company, 3rd Platoon, mans the gunner's seat during a virtual mission May 21 at Coleman Barracks in Mannheim. Albert's platoon used the Virtual Combat Convoy Trainer to train on convoy operations downrange.

jection screen displays the platoon's route. Soon, it will be lit up with activity from insurgent forces.

"I think this training is important because you train how you fight," said Spc. Sherita Landers. The Tennessee native says this was her first time doing this type of training with gun trucks.

"If you practice this training repetitively, when something does happen, it'll just be natural instincts. You'll know what to do," she said.

That's exactly what her platoon sergeant, Staff Sgt. Johnny Miller, wants to hear.

"I want them to have that muscle memory, without having to think 'what should I do,'" Miller said. "They should automatically know how to react."

Miller took over the platoon in December, not long after returning from a combat deployment to Iraq.

He says the VCCT training has also

helped him to assess where his platoon is and what it needs to focus on for the fight.

After the lights come on, the platoon reassembles to conduct an after action review, detailing what went right and what went wrong during the mission.

"We did pretty good," Miller said. "Especially with this being the first week of training, the Soldiers caught on fast and provided lots of input ... it gives them more confidence. So when we do get those orders to go downrange, these guys are ready to serve their nation."

The VCCT system is located behind the Training Support Center on Coleman Barracks in Bldg. 95. The training is available until the end of June. Units can contact their training NCO or call DSN 382-5504 for scheduling.

For more information on the VCCT or any of the other Raydon training systems visit [www.raydon.com](http://www.raydon.com).

## LRMC receives reverification as Level II Trauma Center

By Chuck Roberts  
LRMC PUBLIC AFFAIRS

Landstuhl Regional Medical Center has been re-verified as a Level II Trauma Center by the American College of Surgeons, continuing its distinction as the only medical facility overseas and only one of three in the Department of Defense verified by the college.

LRMC received its initial Level II verification in July 2007.

"We commend Landstuhl Regional Medical Center for its demonstrated commitment to provide superior trauma care," said Dr. Chris Cribari, chairman of the ACS verification committee, in his letter of congratulations to Col. (Dr.) John M. Cho, LRMC commander.

"Obviously this designation is a great honor for the Soldiers, Sailors, Airmen, Marines and civilians here at LRMC," Cho said. "But more importantly, it is a revalidation of the outstanding level of trauma care that our wounded warriors receive. This Level II ACS Trauma Center verification is in many ways recognition of the phenomenal care rendered throughout the entire trauma system – from point of injury to

resuscitative surgery and from definitive surgery to outpatient rehabilitation. And Landstuhl Regional Medical Center plays the pivotal role as the sole strategic inter-theater stabilization medical center for this world-class trauma care continuum. Congratulations to all."

The strict standards of compliance for ACS verification consist of more than 230 criterion focused on immediate and comprehensive care following trauma incidents.

Those standards for civilian comprehensive care are being applied to support service members injured in Iraq and Afghanistan.

Specifically, the criterion includes specific requirements such as having full surgical capability available 24/7, documented plans for working with the local community, operating rooms meeting prescribed standards for equipment and staffing, and a continuing education program.

At LRMC, achieving its initial Level II verification required the addition of providing dialysis treatment and a permanent neurosurgeon.

The verification, a voluntary process requested by LRMC, followed a two-day site visit March 31 and

April 1 by members of the Verification Review Committee, a subcommittee of the ACS.

The LRMC medical team knows it is providing world class trauma care, said Lt. Col. (Dr.) Raymond Fang, LRMC trauma medical director, but having an objective outside agency with the prestige of the ACS to verify that assessment is an added honor.

"A focus on continuous performance improvement is the cornerstone of ACS-verified trauma programs," Fang said. "Every day, we strive to deliver the best trauma care possible to our wounded warriors while simultaneously looking for ways to improve the care for future patients. 'Best care today, better care tomorrow' is our hospital-wide and DOD system-wide goal."

The ACS is a scientific and educational association of surgeons that was founded in 1913 to raise the standards of surgical education and practice and to improve the care of the surgical patient.

The college has more than 72,000 members and is the largest association of surgeons in the world. Longstanding achievements have placed the ACS in the forefront of American surgery and have made it an important advocate for all surgical patients.

## Bikers learn safety tips, show style during motorcycle rally

By Kelli Bland  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

**D**ecked out in her hot pink chaps, hot pink leather jacket and hot pink helmet and seated on her hot pink Harley, Kit Dupont was ready for the first Motorcycle Rally and River Ride at the Heidelberg Heliport May 27.

Dupont, who is the Mannheim Thrift Store manager, has been riding motorcycles since she was 6, so she wasn't going to miss out on an opportunity to ride with the U.S. Army Garrison Baden-Württemberg community.

"I just like to get out there and cruise and enjoy the scenery," she said while standing next to her Harley Davidson Sportster 883.

Dupont was one of about 60 riders who participated in a group ride along the Neckar River after the morning's motorcycle safety activities. She wasn't the only female rider out there, but she was definitely the only one decked out in hot pink.

"I like pink just a little," she said. "Riding a Harley is all about expressing yourself, and this is me."

If the pink leather streamers on her handle bars or the pink leather

seat didn't drive home that point, her jacket certainly did – in glittery rhinestones, it proclaims to the world: "Pink isn't just a color, it's an attitude."

Along with Dupont's pink Harley were a wide variety of leisure and sport bikes owned by Soldiers, civilians and family members from across the garrison communities. They all joined together to refresh their safety techniques as the riding season kicks off for the summer.

Motorcycle Safety Foundation-certified rider coach and trainer Peter Buttner was there to provide the group ride briefing.

The safety training helped the riders "realize some bad habits they need to correct," Buttner said.

He has been involved in the planning of the event with the USAG Baden-Württemberg Safety Office since early this year to make sure the event was a success for the community.

About 80 riders were registered for the event, but the rainy weather deterred some of the riders.

The sun did pop out for the ride and the barbecue at the Rod and Gun Club, where the riders could check out each other's bikes and win prizes from Family and Morale, Welfare and



Brandon Spragins

Mannheim Thrift Store Manager Kit Dupont stands ready by her hot pink Harley during the Motorcycle Rally and River Ride in Heidelberg May 27. The event aimed to refresh safety techniques as the riding season kicks off.

Recreation, AAFES and Harley Davidson Military Sales.

According to garrison safety officials, the intention is to make the Motorcycle Rally and River Ride an

annual community event.

"As long as we come out in numbers as riders, I think the garrison will continue to support us as riders," Dupont said.

## USAREUR, IMCOM commanders address Fort Hood shooting, Don't Ask-Don't Tell

By Jerry Harben  
U.S. ARMY MEDICAL COMMAND

Some 1,900 Army medical professionals heard from two senior Army leaders May 20 during the Army Medical Symposium in San Antonio, Texas, hosted by U.S. Army Medical Command and the Association of the U.S. Army.

"I came to tell you thank you, because I find myself frustrated when people emphasize the negative instead of the positive," said Lt. Gen. Rick Lynch, commander of U.S. Army Installation Management Command and the Army's assistant chief of staff for installation management. "The things that are going great nobody talks about, but I want you to know that we (senior Army leaders) know about them."

"All of you are bona fide heroes," he added.

Gen. Carter F. Ham, commander of U.S. Army Europe, echoed those thoughts.

"I have a life-long love affair with Army medicine," Ham said. "Army medicine is strong, and I am confident we are in great hands for the future."

Ham spoke of the importance of Landstuhl Regional Medical Center, which not only supports the U.S. military population in Europe, but also serves as first stop in the evacuation of casualties from Iraq and Afghanistan to the U.S.

"The ability to house patients between the area of operations and (the continental United States) remains a vital link," he said.

Ham also spoke of his role on two high-profile issues, the investigation of a shooting incident at Fort Hood, Texas, last November, and an ongoing

study of the Don't Ask-Don't Tell policy regarding military service by homosexuals.

He said the main question regarding the Fort Hood incident is "How did this happen?" He noted that leadership involvement was one of the issues being examined.

Regarding "Don't Ask, Don't Tell," Ham said the group studying homosexual service is gathering information from a variety of sources.

He also noted the question being considered is not whether the policy should change, but how best to implement a change if one is legislated by Congress.

Lynch, who supervises all Army installations through his command employing some 120,000 people, spoke about the need to support resiliency of Soldiers and their families, and the need for synchronization of support efforts by various organizations.

"Our Soldiers are magnificent," Lynch said, speaking of high reenlistment rates both in Iraq and at Fort Hood, when he commanded there.

"The army won't break because of our soldiers, but the army may break because of stress on our families," he said. "All of us together can work to alleviate some of that stress."

"Just because you deployed to combat, that doesn't mean you came back as a broken person. Not everyone who has been to combat has (post-traumatic stress disorder)," Lynch said. "The reason for that is resiliency. If a person is resilient, the difficult situation won't devastate them but will allow them to grow."

He advocated bringing support programs to-

**"The Army won't break because of our Soldiers, but the Army may break because of stress on our families. All of us together can work to alleviate some of that stress. Just because you deployed to combat, that doesn't mean you came back as a broken person."**

- Lt. Gen. Rick Lynch, IMCOM commander

gether into "resiliency campuses" where Soldiers and their families can easily find help dealing with their problems.

Lynch co-chairs the Services and Installations Core Enterprise, an effort to bring the Army's support programs together more effectively and efficiently.

"I'm convinced it's all about integration," he said. "If we can agree on how we're going to do this, we will be exponentially more powerful."

He said the Army has invested \$2.1 billion this year into programs supporting the Army Family Covenant, and 30 percent of those programs are redundant.

Combining programs and canceling those that are redundant can save \$355 million, he said.

"You can read history or you can make history. We are making history, ensuring our children and their children experience the same freedom we do," Lynch concluded.



**1. The U.S. Army is planning to replace its aging howitzers with a new mobile artillery system called what?**

- a) The Peacemaker      c) Stryker  
b) The Crusader      d) M60 MAS

**2. The most highly decorated Army combat unit is the:**

- a) 1st Division  
b) 442nd Regimental Combat Team  
c) 82nd Airborne Division  
d) 34th Infantry Division

**3. Who was the last U.S. Army five-star general?**

- a) General of the Army David Petraeus  
b) General of the Army Douglas MacArthur  
c) General of the Army Dwight D. Eisenhower  
d) General of the Army Omar N. Bradley

**4. Do you have to be a U.S. citizen to join the U.S. Army?**

- a) No      b) Yes

**5. When was the U.S. Army officially formed?**

- a) June 14, 1775      c) June 14, 1776  
b) July 4, 1776      d) July 4, 1812

**6. What is the highest military award a Soldier can receive?**

- a) Silver Star  
b) Distinguished Service Cross  
c) Medal of Honor  
d) Global War On Terrorism Expeditionary Medal

**7. When was the Women's Army Corps (WAC) dissolved, allowing women to serve in the regular Army?**

- a) 2001      b) 1945      c) 1978      d) 1992

**8. Sgt. Alvin York earned the military's highest honor for his valor during World War II when he shot and captured hundreds of German enemies.**

- a) True      b) False

**9. After 40 years of service, the iconic Army Jeep was replaced by what vehicle?**

- a) M1 Abrams      b) HEMTT      c) Stryker      d) Humvee

**10. How many years did the Civil War last?**

- a) Four      b) Three      c) Five      d) Two

**11. Who was the first Soldier to be awarded the Medal of Honor during Operation Iraqi Freedom?**

- a) Sgt. 1st Class Paul R. Smith  
b) Pvt. James Ryan  
c) Pvt. 1st Class Jessica Lynch  
d) Spc. Ross A. McGinnis

**12. The Army expression "Hooah!" could be translated to mean what?**

- a) Yes sir!      b) Attention!      c) At Ease!      d) Dismissed!

Answers: 11 a 12 a  
1 b 2 b 3 d 4 a 5 a 6 c 7 c 8 b 9 d 10 a

**0-3 correct answers: Drop and give us 10!**

**4-7 correct answers: You've earned a stripe!**

**8-11 correct answers: The Pentagon Channel has nothing on you!**

**All 12 correct answers: You are the Army Strongest!**

## Soldier Show delivers high speed performance to Heidelberg community

By Staff Sgt. Claudio Tejada  
V CORPS PUBLIC AFFAIRS

The U.S. Army Soldier Show held true to its motto "entertainment for the Soldier, by the Soldier" by delighting young and old with a live performance at U.S. Army Garrison Heidelberg's Village Pavilion May 20.

A motivated crowd of Soldiers, families and members of the community, packed the pavilion to support the Soldier Show.

The show featured various musical performances ranging from modern day music to World War II-era musicals.

Heidelberg was the second stop out of eight shows the group is scheduled to perform throughout Germany.

The 90-minute show opened with a special performance by Sgt. Daniel "Danny Bee" Bullock from U.S. Army Garrison Ansbach, who performed a rap song he wrote to deliver the "Intervene, Act, Motivate" message of the Army's I. A.M. Strong campaign, which supports and sponsors the show.

"We enjoy representing the I. A.M. Strong campaign," said Sgt. Carlos DeAngelo Benefield with 218th Brigade Combat Team out of South Carolina, and the lights technician for the Soldier Show.

The show was packed with a variety of high tempo music performed by Soldiers of all ranks and military backgrounds.

The cast come from Army active and reserve components as well as Soldiers from the Army National Guard.

This year's theme is "Soldier Show v.27.0," which stands for version 27 of the show as if it was in relation to a computer software edition based on today's use of technology.

The show's theme featured a background similar to a socialmedia Webpage such as Facebook and instant messenger tools, to complement their message on stage.

This modern technology represented the source of communication Soldiers use to stay in contact with family and friends, as well as the use of technology in their everyday lifestyles.

"My favorite part of the show was the Michael Jackson memorial," said Spc. David Henderson, an information technology specialist with Headquarters and Headquarters Company, V Corps.

"I went to the Soldier Show when I was in advanced individual training, and this one is at a whole different level," he said.

The show also rendered a tribute to the king of pop – with the cast performing many of Michael Jackson's hits.

One act featured a performance of Billy Jean by Sgt. Kevin Cherry with the 3rd Infantry Division Band, Fort Stewart, Ga.

The show also paid tribute to world famous composer and founding father of U.S. Army entertainment, Irving Berlin, for his contribution to the U.S. Army Soldier Show and his country during WWII by covering his song "Oh, How I Hate to Get Up in the Morning" from his Broadway show "This is the Army."

The show is sponsored by the Army's I. A.M. STRONG campaign part of the U.S. Army G-1's Sexual Harassment/Assault Response and Prevention Program and the U.S. Army Comprehensive Soldier Fitness program.

To find out more information on the show or tour dates visit [www.armymwr.com](http://www.armymwr.com).

## Faces of the community: Arts and Cultural Center



Deb Ahern, recreational assistant at the Heidelberg Arts and Cultural Center, cuts a piece of fabric for customer, Maria Smith, inside of the center's arts and crafts store. The store offers a generous array of painting supplies, fabrics, yarn and other craft items. The Heidelberg Arts and Cultural Center also houses an art gallery and offers a variety of sewing, framing and art classes. The Heidelberg Arts and Cultural Center is open 11 a.m.-7 p.m. Wednesday-Sunday and is located inside of the Patrick Henry Pavilion on Patrick Henry Village. DSN 388-9421.

## Directorate of Public Works hopes to cut costs by being thrifty

### Staff Report

Most people are fairly conscious of how much they spend on purchases. They hunt for bargains, use coupons, and save where they can. Generic brands at grocery stores often serve just as well as name brands, and can cost much less.

Most people are thrifty shoppers at home but may not hunt for bargains in the workplace.

U.S. Army Garrison Baden-Württemberg Directorate of Public Works wants to change that by beginning a "Thrifty at Work" initiative when it comes to basic office services, such as printing. DPW compared costs of printer cartridges from different companies and was able to reduce the total cost for one order of color cartridges from \$1,165 to \$710. The end result was the same quality cartridge at a cheaper price. Still, the cost for a single-sided color printed page amounts to 8 cents, whereas black and white printed pages cost just 3 cents.

In order to raise employees' awareness of the actual cost for printing either black and white or color documents, DPW has placed stickers on top of each printer that show the user exactly how much it costs to print one page in color or black and white.

"Better than printing in many situations is reading documents on the monitor," said Marty Hanson, with USAG Baden-Württemberg

DPW. "Before printing, review documents for proper formatting. Printing double-sided greatly reduces paper and adds to the savings, so set defaults for double-sided printing."

The reduction in toner cartridge disposal is also an environmental benefit. Old toner cartridges are considered hazardous waste and must be brought back to where they were procured, or taken to one of the eight toner cartridge collection points located within USAG Heidelberg. They are located at:

- PHV Recycling Center
- DPW Compound, Bldg. 3965
- Kilbourne Kaserne, Bldg. 4399
- Campbell Barracks, Bldg. 31 (AICs Office)
- Patton Barracks, Bldg. 116 (PBO)
- Tompkins Barracks, Bldg. 4023
- Nachrichten Kaserne, Bldg. 3617 (Pharmacy Warehouse)
- Mark Twain Village, Bldg. 3796

"The goal of "Thrifty at Work" is to raise the level of awareness regarding the costs, not only of printing documents in color versus black and white, but in general," said Erich Deffner, with USAG Baden-Württemberg DPW. "Employees should know the cost of office services so they can decide on the most economical method of achieving their goals. Be as thrifty at work as you are at home, and together we can realize tremendous cost savings to the taxpayer."



Master Sgt. Toby Valadie

Pvt. Richard Jones moves the intake pipe for a water pump used to inflate the Tiger Dam water diversion system near the southwest pass of the Mississippi River Delta, May 20. Jones' team is constructing a 7.1-mile-long barrier to prevent oil from coming into the wetlands.



U.S. Army Photo

Secretary of the Army John McHugh and Col. Gregory B. Gonzalez, project manager, Unmanned Aircraft Systems, Program Executive Office-Aviation, inspect the Raven Small Unmanned Aircraft System during an interactive aircraft display May 25 at the Pentagon. The Raven, currently being used by troops in both Iraq and Afghanistan, is one of the aircraft systems on display in the courtyard to celebrate the surpassing of one million flight hours of Army Unmanned Aircraft Systems.



Sgt. Michael J. MacLeod

Soldiers fire .50-caliber machine gun rounds at the base of a training target to indicate to nearby helicopters where to fire their rockets during partnered aerial-ground integration training between U.S. and Iraqi forces on Al Asad Air Base, Iraq, May 21. The Soldiers are assigned to the 558th Military Police Company.

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Mike W. Petersen

U.S. Army tug Valley Forge, a dual-purpose tug and fire boat, fires a salute from her water cannons during the dedication of Military Ocean Terminal Sunny Point's center wharf in Southport, N.C., May 24. The Valley Forge is part of the MOTSU Directorate of Emergency Services and is the oldest Army tug still in service.

## Kaiserslautern celebrates safety at annual event

By Mark Heeter  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

After staggering through a serpentine of traffic cones and fumbling with a ball he couldn't catch from 3 feet away, Sgt. Thomas Borden reflected on the value of U.S. Army Garrison Kaiserslautern's annual safety day May 20 on Rhine Ordnance Barracks, which included using the beer-goggle simulator.

"The dangers change constantly," Borden said, with the 357th Air and Missile Defense Detachment.

The safety day, a compilation of demonstrations, displays, hands-on skills tests, and briefings held at the special events center gave Soldiers a chance to refresh themselves about pitfalls and dangers they face, whether on the job or while enjoying leisure activity.

"This gives people information they wouldn't normally have," said Sgt. 1st Class Brad Hall, also of 357th AMDD, who referred to some younger or less experienced Soldiers new to Germany and "their idea of fun."

"They want to enjoy a German beer

and the autobahn," he said.

Among the largest benefits of holding such a safety day is Soldiers' ability to ask questions of subject-matter experts on the spot, according to Scott Livingston, USAG Kaiserslautern safety manager, who helped organize of the event.

"We do a lot of training ... I think when (Soldiers) get here, they realize there's other resources out there for them," Livingston said. "Knowing that there's people out there to answer their questions, I think, is a big help for them."

In addition to military-related demonstrations and displays, many outside agencies also lent their expertise, according to Livingston.

"We bring in a lot of outside sources, too, the Polizei, the German red cross, vehicle inspection people are here ... and also some occupational safety sources from the German side," he said.

The event helped demonstrate the Army's emphasis on Soldiers' safety, both on and off-duty, according to Re-



Mark Heeter

A U.S. Army Garrison Kaiserslautern firefighter demonstrates the wrong way to build up a barbecue fire by pouring lighter fluid on a blaze, during the annual safety day May 20.

inhard Wolsiffer, a safety specialist with the 21st Theater Sustainment Command.

"It's becoming Army culture. We hear it from top levels all the way down to company level," Wolsiffer said, adding that he and fellow safety officials

receive regular reports containing statistics and details about a recent fatal accident.

"It's a known fact that your mission gets hurt when people are not at work - fatalities, injuries, whatever it might be," he said.

## MEMORIAL

continued from page 1

to their comrades and friends. With Memorial Day so close to the service, Chaplain (Maj.) Louis Delufo found it fitting to mention what the day really means.

"Memorial Day is a time to celebrate, but it's also a time to reflect," he said. "Reflecting the sacrifices made by the two Soldiers, who were willing to sacrifice everything, even their own lives for their fellow citizens."

Others described the level of professionalism of the two fallen warriors.

"True American Soldiers, warriors, guardians of freedom, teammates and brothers in arms," said Lt. Col. Matthew Rasmussen, V Corps Special Troops Battalion commander. "Experts of their profession by evidence of first-hand account of their work."

Tieman and Tomlinson led their convoy from the front into harm's way. They're being honored today for combat, and giving their lives in the execution of their duties, so that others may live, Rasmussen said. He then described the two Soldiers as being great leaders and living by the Soldiers Creed.

Tieman, the noncommissioned officer, always placed the mission first by providing

his Soldiers with tough love, so they may be better, strong and survive, Rasmussen said.

The mass listened as individual Soldiers walked up to the podium and spoke of their past experiences and time spent with the fallen Soldiers.

Sgt. Katherine Carrigan, Headquarters and Headquarters Company, United States Army in Europe, supply sergeant, described Tieman as having a big heart and taking time out to listen to his Soldiers without judging.

"He'd always say, 'it's all gonna turn out for the best, you may not realize it now, but this is just a stepping stone,'" Carrigan said.

"Sgt. Tomlinson was down to earth, and always in good spirit," said Spc. Damion Holloway, a signal support systems specialist assigned to HHC, V Corps.

"He talked about his wife constantly and loved her dearly," Holloway said. "I am very proud to have served with these two great Soldiers; Staff Sgt. Tieman my NCO, my friend, and Sgt. Tomlinson, my battle buddy."

Holloway was assigned to International Joint Command for six months and redeployed to Heidelberg in March. He spent all six months with the two Soldiers. He remembered how the two Soldiers were

scheduled to drive together and the acronym 'T-N-T' was written on the board, referring to both Soldiers last names, and often working as a team.

Sgt. First Class Anita L. Gipson, the battalion's logistic NCO, performed a graceful version of "Amazing Grace," bringing an emotional moment of silence to the attendees.

First Sgt. Michael Ledesma began with the roll call, announcing the names of unit personnel, as Tieman and Tomlinson were called and repeated; silence overtook the chapel as the two Soldiers were not present. Immediately after, shots were fired and taps began to play to render a salute for their absence. The ceremony was an emotional event that highlighted the professionalism and sincerity of both Soldiers and their sacrifice for their country's freedom.

Tomlinson was a native of Dubberly, La., and is survived by his wife, Rowena Cruz Tomlinson; his father, Carl Tomlinson Sr.; his mother, Rebecca Job, and four siblings.

Tieman was a native of Waynesboro, Pa., and is survived by his wife, Staff Sgt. Paulina Tieman; his father, Richard Tieman; his mother, Lisa Bosque; and his brother, Tyler Tieman.

## SAVINGS

continued from page 1

response to the program in her community has been low.

"Well we haven't had any responses so far in the CMRs, and the CMRs are where we really want to target the customers, because when they're checking their mail, they can also mail their packages," Coleman said.

Undeterred, she and her staff are trying to spread the word about the Click-N-Ship program and educate their customers on the benefits.

Elsewhere, Heidelberg Postmaster James Williams says some of his customers are indeed using the program and the response has been positive.

"We've been using it quite a while here," he said, "and the majority of the customers like it. It's a time-saving system."

Williams says he and his staff have set up a Click-N-Ship station in their main post office in the shopping center, where customers can come in and use a designated computer if they don't have access to one at home.

He also admits usage would probably increase if more people knew about the program. Williams and his postal staff are also trying to

promote the program to the public, using flyers and word of mouth.

While the Click-N-Ship program itself is not new, the push to promote it in the USAG Baden-Württemberg footprint is, according to Joseph.

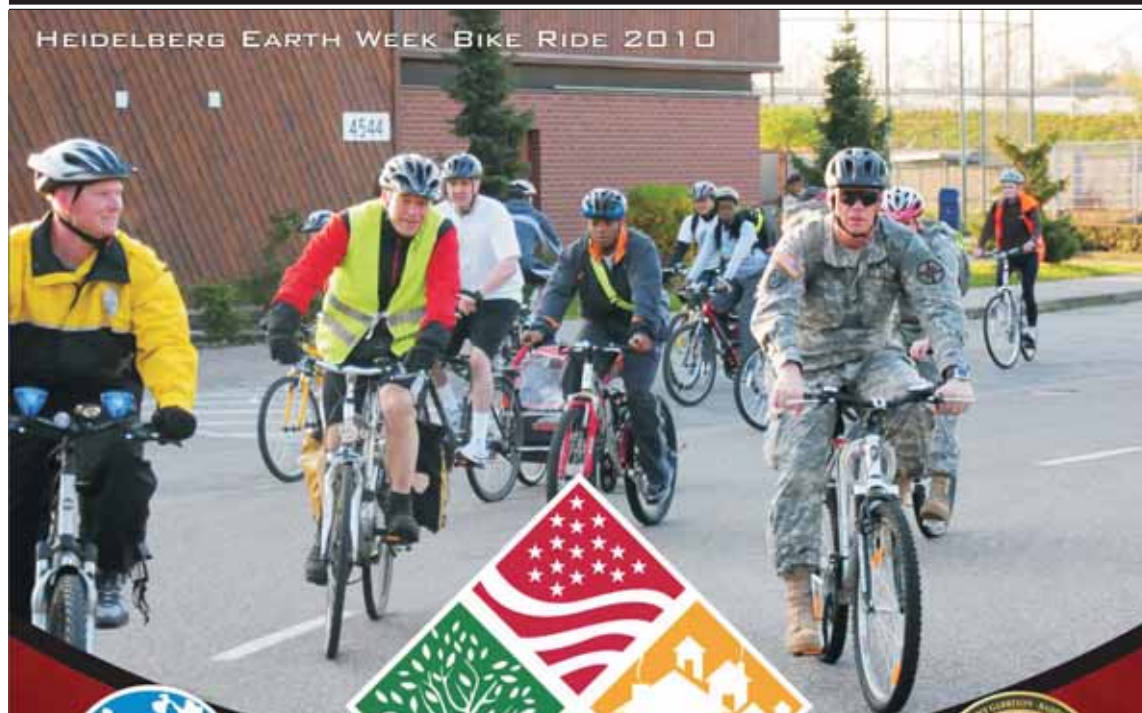
"Well some people do use it, but the main thing is education," he said. "No one really knows or understands what it's about, and it's been out quite awhile. The average person just does not know ... I just really hope that people take the time to learn about it because they will save money, and they will save time."

Although the Click-N-Ship program is available to all Baden-Württemberg communities, customers can only drop off their Click-N-Ship packages in Mannheim and Heidelberg CMRs, Joseph said.

Before any of their items can be shipped, all customers must take their Click-N-Ship packages to a postal clerk to be weighed a second time and to ensure all shipping paperwork, including customs forms, are complete and correct.

For more information on the Click-N-Ship program visit <http://sss-web.usps.com/cns/landing.do> or contact your local postal officials.





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## 21st TSC SJA 'lays down the law' for middle school students

By Sgt. Fay Canroy  
21ST TSC PUBLIC AFFAIRS

The judge ordered the courtroom into session as the trial of Luke Simmons began. Simmons, a Kaiserslautern American Middle School student, was accused of illegally downloading music by a major corporation.

The trial was unique because the defendant is a sixth grader.

Then again, so are the judge, the prosecutor, the defense attorney and the jury.

The sixth-grade research class at the school spent nine weeks researching their cases and how the law applies to illegal downloading.

Several members of the 21st Theater Sustainment Command Staff Judge Advocate's Office helped with planning the case and answered students' questions after the trial.

"Mrs. (Conchita) Dunn originated the idea and came up with the case," said David Dittmer, a teacher at Kaiserslautern Middle School, whose class was holding the mock trial. "This has been an absolute pleasure, having the colonel (Col. Claes Leuenhaupt) come in with his staff and educate them about the law."

Dunn, a court reporter with the 21st TSC SJA, has volunteered with area schools during Law Day since 2003.

"With this one, I was astounded at how well they did. It was really wonderful to watch," she said.

Capt. Joshua Zell, a lawyer with the 21st TSC SJA, held a question and answer period after the trial concluded and also talked about the different jobs involved in a courtroom case.

"I was hoping to give them an idea about the different jobs and also give



Sgt. Fay Canroy  
Students at the Kaiserslautern American Middle School prepare to give their opening statements during a mock trial held May 20 for Law Day.

them an idea that the law can apply to them as in the case of illegal downloading," he said.

The mock trial was part of a series of events sponsored by the 21st TSC SJA in conjunction with Law Day.

Dunn is scheduled to help with another mock trial at one of the Ramstein schools, and there was a Law Day essay contest at the high school.

On a side note, Simmons was acquitted of all charges.

## DOD civilian elected president of German-American Clubs

By George Smith  
AFN EUROPE PUBLIC AFFAIRS

The new Federation of German-American Clubs president is Gary Bautell, a radio and TV journalist with the American Forces Network Europe since 1963. The Federation has 29 clubs throughout Germany.

Bautell, who works at the AFN Europe Network Headquarters building on Coleman Barracks in Mannheim, was elected for a two-year term as president at the organization's annual convention in Duisburg.

Bautell, then the Federation vice-president, was

part of a delegation that presented German Chancellor Angela Merkel the Gen. Lucius D. Clay Medal for strengthening German-American relations March 24.

"Gary Bautell has been America's voice in Germany for more than 40 years on AFN," said AFN Europe Commander Col. Bill Bigelow.

"His friendly voice has brought generations of Germans and Americans together through news, music and information. Gary's career epitomizes close German-American relations. He'll make a great president," he said.

The next major Federation event will be Oct. 9, when German-American Day is celebrated in Wi-

**"His friendly voice has brought generations of Germans and Americans together through news, music and information."**

-Col. Bill Bigelow, AFN Europe commander

esbaden, and the group presents the Gen. Lucius D. Clay Medal to German astronaut Gen. Thomas Reiter.

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# Skaters, Skateboarders, and Riders of Kick-Scooters and Bicycles

Heidelberg Safety Office

The temperature is rising which means it's time to get ready to break out the bicycles, skates, skateboards and kick scooters. Before you ride there are some things you need to do. First, check the serviceability of your transport. Second, check your safety gear. The most important piece of safety gear is a helmet. Helmets are designed to protect you in the event of a fall or collision. Consumer Product Safety Commission reports that bicycle helmets can reduce the risk of head injury by as much as 85 percent for users of all ages. If you or your child skate or ride kick-scooters elbow pads, knee pads, and wrist guards must always be worn while on DOD installations. We also encourage you to wear protective gloves. The use of these protective devices can mean the difference between a bruise and broken bones. The Consumer Product Safety Commission reports that these protective devices are 60 percent effective in preventing or reducing the severity of the injuries resulting from falls.

Along with using safety equipment, your actions play a major role in contributing to injury-free enjoyment of your activity. Be careful out there and before you take to the streets ensure you are familiar with the "Rules of the Road" outlined below.

One last thing, the provost marshal may stop and issue a traffic citation for failure to wear required safety gear or for violating one of the Rules of the Road. For children, under the age of 18 years old, the MP may stop and direct your child to dismount and walk to their destination. Performing these activities on the installation is a privilege that comes with responsibility. Whether you're skating, skateboarding or riding a scooter or bicycle always wear your safety gear and obey the "Rules of the Road."

## Safety Tips:

### WEAR YOUR HELMET PROPERLY

Helmets must meet the standards set by the American National Standards Institute, the Snell Memorial Foundation Standards, or the Economic Commission of Europe for bicycle helmets. To be effective the helmet must be worn correctly:

- Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.
- Make sure the helmet fits snugly and does not obstruct your field of vision.
- Always wear the helmet with the chin strap firmly buckled. Make sure the chin strap fits securely and that the buckle stays fastened to provide impact protection. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle on the strap.
- Do not use a helmet after it has been involved in an accident. Damage to the helmet may not be visible to an untrained eye. Even very small cracks in the helmet may greatly reduce a helmet's effectiveness in preventing injury. Either destroy the helmet and get a new one or have it inspected by the manufacturer. The manufacturer will tell you if the helmet needs to be replaced.
- NOTE: As an exception, local national personnel are not required wear a safety helmet when riding a bicycle on U.S. military installations Germany. It is, however, highly recommended that they do so.

### REQUIRED SAFETY EQUIPMENT

- Bicycles ridden during hours of darkness must have a headlight that emits a white light and a taillight that emits a red light. Bicyclists will wear light-colored clothing or reflective accessories.
- Bicycles must have brakes that, when applied, cause the wheels to skid on dry, level pavement.
- Bicycle wheels must have two reflectors mounted 180 degrees apart on the spokes. Bicycle pedals must have reflectors designed and placed to be visible from the front and rear of the bicycle during darkness.
- Skaters, Skateboards, Kick-Scooters: Kneepads, elbow pads, wrist guards and light-colored clothing or reflective accessories.

### BICYCLISTS RULES OF THE ROAD

AER 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany, states bicyclists will:

- Ride only on a seat attached to the bike.
- Carry only the number of people the bicycle is designed and equipped to carry. Passengers must sit in an authorized, attached seat.
- Not ride side by side.
- Not carry bundles, packages, or other articles that prevent the bicyclist from keeping at least one hand on the handlebars.
- Not ride a bicycle while using a cell phone. Bicycle operators will not use cell phones or wear listening devices that impede hearing and the detection of impending danger. Individuals apprehended by German police using a cell phone while riding a bicycle will be fined.
- Never hitch a ride by grabbing onto a moving vehicle.
- Use paths, sidewalks, or parts of the road marked for bicycle use when available.
- Ride as far to the right of the road as possible.
- Be careful when passing a stopped vehicle or a vehicle going in the same direction.

### Additional Safety Tips:

- Stay alert...keep a lookout for obstacles in your path.
- Check your wheels, brakes and lights before riding.

### SKATES, SKATEBOARDS AND KICK-SCOOTERS REQUIREMENTS

AER 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany, states skaters (to include skateboarders) and operators of kick-scooters will:

- Use the right side of paths, trails, and sidewalks or other designated areas.
- Not skate or ride skateboards or scooters in traffic.
- Yield to pedestrians.
- Not carry anyone or ride with more than one person on the board.
- Not use cell phones or wear listening devices that impede hearing and the detection of impending danger.
- Never hitch a ride from a moving vehicle.
- Wear light-colored clothing or reflective accessories.

### Additional Safety Tips:

- Do not skate or ride kick scooters at night – you can't see obstacles.
- Master the basics before attempting to perform the radical moves. Never build makeshift ramps. Perform the radical moves at a skate park (i.e. Patrick Henry Village) while wearing your safety gear.
- For scooters, make sure the steering column and both handle bars are securely locked in place before riding.
- Routinely check all nuts and bolts to be sure they are secure.



## Exceptional Family Member Program improvements in store

By William Bradner  
FMWRC PUBLIC AFFAIRS

According to the National Health Information Center, part of U.S. Dept. of Health and Human Services Office of Disease Prevention and Health Promotion, there were 41 National Health Observances last month alone – everything from asthma and allergy awareness to ultraviolet awareness – and a total of more than 208 observances each year.

The sheer volume of information available to family members with special needs can be overwhelming. The Army wants to make it easier for Soldiers and their family members to navigate the complicated system of resources available to them.

“To do this, we’ve got to fix EFMP so it works better, and we have to get the word out,” said Lt. Gen. Rick Lynch, commander of the U.S. Army Installation Management Command, at a recent conference.

He was referring to the Exceptional Family Member Program, a DOD-mandated program to support Soldiers with family members with special needs. In the Army, the proponent activity for EFMP is the Army’s Family and Morale, Welfare and Recreation Command. FMWRC’s EFMP managers are currently working with the Army Medical Command and sister-service counterparts to strengthen the program.

“Rather than just creating another awareness campaign, we’re staffing an action plan now that includes hundreds of steps – both baby steps and sweeping changes – that will help create a seamless flow of EFMP information and resources to Sol-

diers and families with special needs,” said Marcia Hagood, EFMP program manager.

“It’s important to note that the program isn’t broken, we’re just making it better,” Hagood continued.

The Army’s EFMP currently has 52,573 Soldiers enrolled and 69,493 family members registered. Program managers expect enrollments to increase as program education and awareness is raised.

Hagood emphasized it’s important for all Soldiers who have family members with special medical or educational needs to enroll in the EFMP.

Not only is enrollment mandatory, enrollment ensures optimum use of permanent change of station money by considering the Army’s requirements, the Soldiers career and the special needs of family members.

“It’s not ‘big brother’ wanting to know,” Hagood said. “It’s all about ensuring the Army allows the Soldier to focus on the needs of the military without unnecessary concerns for his exceptional family member.”

The program was established in compliance with public laws, which collectively mandate that eligible preschool and school-age children with disabilities be provided a free and appropriate education. The Army expanded EFMP to include all authorized family members with special needs (spouse, child, stepchild or adopted child).

If a Soldier is enrolled in EFMP, the Army reviews the special requirements of the family member, and confirms the availability of special medical or educational resources and required services at the next duty station prior to orders being released.

The Army Community Service EFMP managers also works with the Soldiers’ family members by providing information and referral and advocacy assistance, referral to support groups, medical providers and housing and respite care services. Once enrolled, the file should be updated by the Soldier every three years or when there is a change in the family member’s medical condition or educational needs.

“It can be challenging caring for a family member with special needs and also having to worry about deployments and permanent changes of station every three years,” Hagood said. “Imagine having to start from scratch seeking special medical care every time you relocate.”

The EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical and personnel services to families with special needs.

The EFMP Strategic Communication Plan is slated to be implemented and information disseminated to all levels of leadership in the coming months to include new posters, brochures and campaigns, which will be launched to help raise EFMP education and awareness.

Soldiers who have family members with special needs should visit their local ACS EFMP office at the garrison for resource and referral assistance and the nearest medical treatment facility for enrollment or to update current EFMP status.

Garrison commanders and unit leaders are encouraged to support and remind Soldiers of the importance of enrollment.

## Command sergeant major finds family, camaraderie in Army

By Mark Heeter  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

As a basic trainee 27 years ago, future Command Sgt. Maj. Bryan McGhee got one look at his drill sergeant and knew where he was headed.

“I knew at that very moment that that’s what I wanted to be,” McGhee said during his retirement ceremony at Rhine Ordnance Barracks May 14.

The ceremony also marked relinquishment of responsibility for McGhee, the senior enlisted advisor for the 357th Air Missile Defense Detachment.

Raised by his mother and grandparents in south central Los Angeles, McGhee admitted to having few positive male role models when he was young.

“But the ones that were there for me built a strong foundation that contributed to setting the conditions for my success as a Soldier,” McGhee said. “I learned early on the value of honesty, hard work, perseverance and sacrifice long before I ever set foot into basic combat training at Fort Bliss, Texas, 27 years ago.”

While thanking many of the comrades and commanders with whom

he has served over the years, McGhee offered advice to Soldiers in the ranks for success.

“I’ve always been a firm believer in the philosophy that it’s not so much what we say as leaders that will resound so profoundly with the Soldiers; it is what we do,” he said, noting that “our audio must match our video.”

Col. Anthony English, 357th AMDD commander, offered one insight into his battle buddy.

“Really the one thing that people don’t understand is behind all the rough and gruff, he loves them. They’re his life,” English said. “Soldiers are his love. They have been for 27 years.”

Not a surprise about this family man.

“One of the most important things to me about being a Soldier is that you’re part of a family. And I come from a very, very rough area, and I didn’t have that closeness until I joined the Army,” McGhee said, adding that members of the relatively small air defense artillery branch watch each other grow and build careers as Soldiers.

“That’s a camaraderie that I really don’t want to let go of, but I have to move over and let someone take it and make it their own,” he said.

## A strong bond



Staff Sgt. Christopher R. Lee

Thomas J. Tomzak, the mayor of Fredericksburg, Va., and Dr. René Pörtl, the lord mayor of Schwetzingen, sign a city partnership agreement May 10 in Schwetzingen. Pörtl said the partnership was made possible by the strong bond formed between U.S. Army Soldiers and citizens of Schwetzingen over the past 60 years. Fredericksburg and Schwetzingen are partner cities and share a strong, historic friendship.



## Travel back in time and catch a glimpse of the ancient Roman Empire

By Eva Bergmann  
USAG SCHWEINFURT PUBLIC AFFAIRS

Rome, the eternal city, once capital of the Roman Empire, is now capital of Italy. Center of the Catholic Church and metropolis of baroque style as well as the latest fashion, Rome offers a variety of attractions for every taste. What impression this diversified city leaves on you, depends chiefly on the tours you choose to take. Regardless of your preferences, you will not regret traveling to Rome – but you might regret not having more time there.

This article may just be the first piece of the puzzle and a good start for your personal Roman experience.

Benvenuto a Roma, la città eterna! According to legend, Rome was founded by Romulus, son of Mars, Roman God of War, in 753 B.C. While archeological excavations prove settlements popped up as early as 1000 B.C., scientists estimate the origin of the actual city close to the same time, around 800 B.C.

The fact is, Rome was the capital of the Roman Empire, a wealthy and powerful nation ruling the majority of the ancient world. It is home to many emperors whose fame still lasts today, as do many of their monuments.

Visiting the center of ancient Roman life, the Forum Romanum, today, it is still possible to see traces of the long gone empire. Standing on the Palatine Hill above the Forum, where wealthy Romans lived in extravagant palaces, visitors travel back in time and catch a glimpse of the ancient Roman Empire. Huge ruins of govern-

mental buildings, market places and temples, most of them more than 2000 years old, still indicate the original dimensions of the city center.

Walking through these streets, the relics feel so alive, one half expects to see a Roman walking around the corner in a tunic and sandals at any moment just like you would see in films like Ben Hur and Spartacus.

Ridley Scott's movie, "Gladiator," might inspire your imagination when you walk into the Colosseum. Climbing up the dangerously steep steps of the arena, looking out at the monument, which originally held 50,000-80,000 spectators, may give you an idea of the dramatic scenes that occurred here during countless games – on and off stage.

Today, the wooden floor is gone and the underground rooms, once below stage, where gladiators, slaves and animals awaited their destiny, are now in plain sight.

Rumor has it that before these compartments were built, the arena was frequently flooded to allow for stage sea fights. Regardless of the truth of the story, the ancient Romans possessed a highly developed water and sewage system, and water lines did, in fact, lead to the Colosseum.

History buffs should also visit the ancient city of Pompeii which was buried during a volcanic eruption of Mount Vesuvius in 79 A.D. and rediscovered in the 18th century.

The tragedy made Pompeii one of the best preserved antique cities and definitely worth a daytrip.

Moving forward in time, you can

marvel at wonderful works of art in almost every church around town, but pay attention to the dress code and choose appropriate attire.

Some of the most extraordinary and famous pieces of art are actually found at the museums of the Vatican City, only is less than 0.2 square miles with roughly 900 citizens is officially the smallest country in the world and completely encircled by the city of Rome. The last existing absolute monarchy of the western world, the Vatican is ruled by the Pope and his demands are binding law within its borders. You may also regard your ticket to the Vatican museums, which hold one of the world's largest art collections, as your travel visa to this small country.

For centuries popes have collected art and commissioned artists to craft works of every artistic medium.

The museums hold paintings, frescos, sculptures, tapestries and much more, ranging from ancient times to modern art. One of its most famous works is the Sistine Chapel.

Built during the 15th century, the Sistine Chapel contains frescos of Michelangelo and others. It is important to understand that frescos are pictures painted on wet plaster and artists could only work on small portions of them at a time. The precision with which Michelangelo created these ceiling frescoes at such a close distance to be comfortably visible for spectators from a rather far distance, the chapel is roughly 68 feet high, is impressive.

After studying history and art, why not enjoy a different, more modern side of Rome? Besides Milan, Rome

is the place to be for exclusive Italian fashion and you will see many Romans dressing elegantly. Starting at the Piazza di Spagna with the famous Spanish Steps (where young Romans like to meet with friends to go out in the evening) and the Fontana della Barcaccia, a beautiful baroque fountain, tourists can follow the Via Condotti, Rome's popular shopping street. Here you will find shops of notable Italian and international designers like Valentino, Armani, Prada, Dolce & Gabbana, Cartier, Louis Vuitton and many more.

When you're tired from shopping or walking in general, why not enjoy a true Italian coffee at the Caffé Greco?

The historic café officially opened in 1760, but may have been established even earlier, and is the oldest café in Rome and may also be the oldest in Italy. But don't order water, water is free in Rome – courtesy of the city, not in the cafes but out in the streets. So, as you know, when in Rome ...

Looking around you will find drinking fountains along your way, roughly 2,500 across town, permanently dispensing high-quality drinking water.

The Romans called these Fontanelle or Nasone, basically "big noses," which describes their appearance rather well. But yourself to the Nasone, the water of the other fountains should not be consumed.

With all the sights and spectacles you can see in Rome, planning ahead is essential to make sure you see the attractions you really don't want to miss.

As the Romans say, Buon viaggio!

## GERMAN HOLIDAY

June 3 is Corpus Christi Day

The German word "Fronleichnam" originates from Middle High German and is a combination of "vron" (Christ) and "lichnam" (body) which is an old and unusual German expression of "Christ's body." But the name is self-explanatory and stands for the "Day of Corpus Christi."

It is the commemoration of the body and blood of Jesus Christ. It is also related to the Last Supper the day before Jesus' crucifixion, when he gave God's body in form of bread and wine to his disciples (according to Catholic dogmatic theology). Finally, the Catholics commemorate Jesus' attendance with bread and wine during their services and processions.

Fronleichnam got a significant meaning through the procession that take place before or after the service. During the processions, the Host, symbolizing Christ's body, is paraded through the streets.

The Catholic Priest carries the consecrated bread in a monstrance, which is a type of vessel in which the host is exposed. For the procession, the streets will be colorfully decorated with birch twigs, and they stop four times to read from the Bible or speak intercessions.

In 1209, the nun Juliana von Luetlich had several visions of a moon disc with a black spot on it. According to her narrations, Christ had explained to her that the moon disc would have been the church calendar, and the black spot a missing event to honor the Holy Eucharist. In 1246, the diocese Luetlich introduced Fronleichnam for the first time and since 1317, Pope Johannes XXII declared it as an international Christian event.

Fronleichnam is not an overall national holiday. Only some states of Germany commemorate Fronleichnam.

Information gathered by Ina Stewitz



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 hope you can give me some advice about a new relationship that I want to pursue.*

*I'm 27 years old and I have two daughters. My mother has temporary custody of my children until I can get better situated and stable in the Army.*

*I joined the Army so I could better provide for me and my children. I'm currently attending college, mostly online, and I should have my associate's degree by the end of the year. I've been in a string of bad relationships.*

*To be honest, at least four. All of them were very abusive, since I was around 17 years old. My high school sweetheart (both of my children are with him) became very jealous and possessive. He was a main reason that I did not go straight to college after high school.*

*He was very controlling, so to please him, I did whatever he said just to make him happy. Pushing and shoving me became his first name. Can you believe he became*

*tired of me and moved on with some other woman?*

*I moved on too, but it's like the men became more crazy. To the point of physically fighting and beating me constantly. I always thought their behavior was my fault. I wanted to try to please them, make them happy, keep them from being frustrated. They controlled me but I tried to control their reactions to my supposed behavior.*

*I've been in the Army for almost a year. I'm settled in my unit, and, of course, I'm dating someone. I told him that I cannot promise him anything right now, but I must admit I'm ready to start another relationship, if it's just for companionship.*

*It's been at least a year since I left my last boyfriend and joined the Army. My children's father is not in their life, and his family isn't either. I would like to be married and have a good man who will be a good father for my daughters.*

*Is it too soon to move on to another relationship? My mother is telling me not to get involved with anyone. If she would have her way, I should become Mother Teresa. I know my mother is only being protective and wants what is best for me.*

*But I am 27, and I like being in the arms of a man. Am I moving too soon? What do you think? Oh, one more thing. I will be deploying in about three months. Should deployment stop me from becoming close to anyone or pursuing a permanent relationship?*

**From: Searching For Normal Dear Searching,**

You have been through tumultuous and chaotic relationships.

In your letter, you even asked me not to print some of the information you gave me. For this reason, I think you should not enter into a relationship at this time.

You have much to learn about yourself. For one thing, you must learn the skills to help you become more assertive with discerning danger and how to put yourself first and to take care of yourself, too.

You must learn this because not only are you to take care of yourself but this is for the safety of your daughters, too. I'm not saying it's your fault you were abused by your former lovers.

However, I am saying this: from what you told me in your letter, if I put you in a room with 1,000 men and 999 of them were healthy and sane ... somehow you would end up with the one guy who was abusive. How is that possible for someone to do the same thing over and over again? It simply means you must learn from your behavior, too.

You must seek professional counseling and gain insight, confidence, assertiveness, self-esteem, etc. You see, being in a relationship doesn't make you whole. You cannot depend on anyone to give you what you cannot give yourself. I think you should speak to a victim advocate for support, guidance and resources.

I believe they are located in the Army Community Service office on your base, if not, I stand corrected, but I know the ACS office could let you know how to contact them. It will be a great place for you to start on your road to recovery. If I haven't made it clear: I don't think you should be in a relationship right now.

Concentrate on yourself, your new career and making a new life for you and your daughters. I really wish you the best. Thank you for your honesty and for writing me. Take care of yourself and keep in touch.

## Customs officials warn of banned items sent through APO

By Robert Szostek  
USAREUR CUSTOMS

Many Americans in Germany order products by mail from abroad or have relatives mail them things. But some items may not be mailed to an Army Post Office address from countries outside Germany, U.S. Army Europe customs officials said, and recent checks by U.S. and German authorities have resulted in seizures of banned items.

Bill Johnson, chief of the USAREUR Customs Executive Agency, outlined the types of items that cannot be mailed to APO addresses.

•Counterfeits of trademarked goods.

•Trademark violations are the illegal use of signs, names, logos and business names that brand manu-

facturers use to distinguish their products," Johnson said.

•Medications and supplements.

Johnson said it's wise to consult a postal officer before ordering medications, diet pills or nutrition supplements by mail, as the rules governing their importation are very complicated. Even items such as vitamins in highly measured doses or ginseng roots should not be mailed.

•Food products.

"Meat or meat products like beef jerky, game or ham are banned from the mail, as are canned meats and even soup mixes or pasta containing meat," he said.

•Firearms and ammunition are restricted items that should only be mailed to Germany with the required permits.

•Endangered species products.

Most products made from crocodile, lizard and snake, and all sea turtle products, are prohibited, as are ivory, whale tooth decorations known as scrimshaw and netsuke, and many plants, such as cacti and orchids.

"People should also remember that coffee, tobacco products and alcoholic beverages are rationed in Germany and may not be mailed via the APO," Johnson added.

He said it is perfectly legal to have things such as coffee, liqueurs or cigars sent to a German home address via the German mail system or a commercial parcel service, but tax and import duty – which can sometimes be quite expensive – must be paid on these items.

He said using the APO to import

any item for resale, a business or a volunteer organization is banned as well. Items imported for these purposes must be sent through the normal postal system or via a parcel service, and are subject to import duties and tax.

Sending items via the APO system without paying tax and duties is tax evasion – a violation of the law, Johnson said, and tax exemption certificates cannot be issued for rationed items or goods not intended for personal use.

Military customs offices can provide advice and information about what can be sent through the mail. More information is also available on the German customs Web site at [www.zoll.de/english\\_version/b0\\_prohibitions\\_and\\_restrictions/index.html](http://www.zoll.de/english_version/b0_prohibitions_and_restrictions/index.html).

# GET OUT!

## area events

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

### June 2

**Mannheim Idol** - The big singing competition is back. Audition at the Top Hat Club on Benjamin Franklin Village 5-6 p.m. June 2-4 or come out to cheer on your favorite competitors during the competition rounds June 5, 12, 19 and 26 at 6 p.m. The finals will be held at 6 p.m. July 3 in the main tent of the German American Summer Fest. DSN 380-9370, [www.mwrgermany.com](http://www.mwrgermany.com).

**Heidelberg Castle Illumination Cruise** - The mock "burning" of the Heidelberg Castle, Germany's most famous ruin, should be included on every visitor's itinerary. The illumination is a recreation of the castle's actual 17th century destruction and burning by the French Army. A boat cruise on the scenic Neckar River is truly the best place to observe this very special event. <http://affiliates.usa.org/rheinneckar>.

### June 4

**Spring Bazaar** - Shop till you drop 10 a.m. at the Rhine Ordnance Barracks, Special Events Center, Bldg. 237. The Summer Bazaar will feature: antiques, wines, Polish pottery, crystal, rugs and much more. Several activities will be available for the kids as well as a petting zoo. DSN 493-4184, civ. 0631-3406-4184. [www.mwrgermany.com](http://www.mwrgermany.com).

### June 5

**Château du Haut-Koenigsborough** - The château du Haut-Koenigsbourg is located in Orschwiller, Alsace, France, in the Vosges mountains just west of Sélestat. The castle is nestled in a strategic location on a high hill overlooking the Alsatian plain, and it's a major tourist attraction, located on the Alsace wine route. On the way back, there will be time for a shopping excursion to CORA in Mundolsheim where you can shop for fine French foods, cheeses and wine. <http://affiliates.usa.org/rheinneckar>.

**Switzerland** - Bern, the romantic capital of Switzerland, is an unspoiled jewel of medieval architecture. During a guided tour through Bern's old town, you'll see the bear pit, cathedral, houses of Parliament, prison tower and famous Zytglocken clock tower. They'll also be time to shop for Swiss chocolate, cheeses, watches and other souvenirs on the 6-kilometer long arched shopping promenade, the largest in Europe. From Bern, the tour will travel to a Swiss cheese factory in Affoltern. <http://affiliates.usa.org/kaiserslautern>.

**European Signal Regimental Ball** - The 2010 European Signal Regimental Ball will be held at 5 p.m. at the Patrick

Henry Village Pavilion in Heidelberg. [www.europeansignalregimentalball.com](http://www.europeansignalregimentalball.com).

**Escape to Normandy** - In honor of D-Day, Better Opportunities for Single Soldiers is sponsoring a trip to Normandy, France. The cost is €149 and includes round trip transportation, guided tours of the beaches and battlefields, and overnight hotel with breakfast. Contact your unit BOSS representative for details.

### June 11

**London Express** - On this city tour you will see the famous Tower of London, Buckingham Palace, Big Ben, Piccadilly Circus, Trafalgar Square and St. Paul's Cathedral. You will also have time to explore the city on your own, maybe a short stop by the world famous Harrods or a stroll through Hyde Park. This tour includes transportation, ferry or tunnel, a city tour and tour guide. <http://affiliates.usa.org/rheinneckar>.

### June 12

**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.

### 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.usa.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 its 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).

### Ongoing

**Schwetzingen Festspiele** - Visit the Schwetzingen Palace for a radio-classical 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).

**Country Dance Party** - Check out Germany's largest country party every Saturday, 8 p.m.-4 a.m. Learn the Line Dance, Barn Dance or Two Step and don't forget to ride "Tornado" the mechanical bull. Kazabra Club, Bldg. 2057, Vogelweh. DSN 489-7261, civ. 0631-536-7261. [www.mwrgermany.com](http://www.mwrgermany.com).

## coming to THEATERS

### SEX AND THE CITY 2

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

### HOT TUB TIME MACHINE

(John Cusack, Rob Corddry) Four pals are stuck in a rut in adulthood, get a chance to brighten their future by changing their past. Rated R (sexual content, strong crude content, nudity, drug use and pervasive language) 100 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

June 2 - SNEAK PREVIEW (R) 7 p.m.  
 June 3 - SHREK FOREVER AFTER (PG) 7 p.m.  
 June 4 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.; SEX AND THE CITY 2 (R) 9 p.m.  
 June 5 - HOW TO TRAIN YOUR DRAGON (PG) 4 p.m.;  
 HOT TUB TIME MACHINE (R) 7 p.m.; SEX AND THE CITY 2 (R) 9 p.m.  
 June 6 - HOW TO TRAIN YOUR DRAGON (PG) 4 p.m.; SEX AND THE CITY 2 (R) 7 p.m.  
 June 7 - DIARY OF A WIMPY KID (PG) 7 p.m.  
 June 8 - SEX AND THE CITY 2 (R) 7 p.m.  
 June 9 - HOW TO TRAIN YOUR DRAGON (PG) 7 p.m.  
 June 10 - REPO MEN (R) 7 p.m.

#### Mannheim, Schuh

June 4 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.  
 June 5 - SHREK FOREVER AFTER (PG) 4 p.m.; SHREK FOREVER AFTER (PG) 7 p.m.;  
 PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 9 p.m.  
 June 6 - SHREK FOREVER AFTER (PG) 4 p.m.; ALICE IN WONDERLAND (PG) 7 p.m.

#### Vogelweh, Galaxy

June 4 - DIARY OF A WIMPY KID (PG) 3 p.m.  
 June 5 - SHREK FOREVER AFTER (PG) 3 p.m.;  
 PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.  
 June 6 - SHREK FOREVER AFTER (PG) 3 p.m.;  
 PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 7 p.m.

#### Ramstein, Gateway Movieplex

June 2 - PRINCE OF PERSIA: THE SANDS OF TIME (PG-13) 11 a.m., 1:45 p.m., 4:10 p.m., 6:50 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:10 p.m.; ALICE IN WONDERLAND (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.  
 June 3 - ALICE IN WONDERLAND (PG) 11:15 a.m., 2:15 a.m., 5:15 p.m.;  
 THE BOUNTY HUNTER (PG-13) noon, 3:30 p.m., 6:30 p.m.;  
 REPO MEN (R) 11:30 a.m., 2:30 p.m., 5:30 p.m.  
 June 4 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m., 9:10 p.m.;  
 HOW TO TRAIN YOUR DRAGON (PG) 3:30 p.m.; DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m.; HOT TUB TIME MACHINE (R) noon, 3 p.m., 6 p.m., 9 p.m.  
 June 5 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m., 9:10 p.m.;  
 HOW TO TRAIN YOUR DRAGON (PG) 11:15 a.m., 3:30 p.m., 5:45 p.m.; DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m.; HOT TUB TIME MACHINE (R) noon, 3 p.m., 6 p.m., 9 p.m.  
 June 6 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m.;  
 HOW TO TRAIN YOUR DRAGON (PG) 11:15 a.m., 3:30 p.m.; DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m.; HOT TUB TIME MACHINE (R) 12 p.m., 3 p.m., 6 p.m.  
 June 7 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m.;  
 HOW TO TRAIN YOUR DRAGON (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.;  
 HOT TUB TIME MACHINE (R) noon, 3 p.m., 6 p.m.  
 June 8 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m.;  
 HOW TO TRAIN YOUR DRAGON (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m.; DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.; HOT TUB TIME MACHINE (R) 12 p.m., 3 p.m., 6 p.m.  
 June 9 - SEX AND THE CITY 2 (R) 11 a.m., 2:20 p.m., 5:45 p.m.;  
 DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.;  
 HOT TUB TIME MACHINE (R) 12 p.m., 3 p.m., 6 p.m.  
 June 10 - HOW TO TRAIN YOUR DRAGON (PG) 11:15 a.m., 2:15 p.m., 5:15 p.m.;  
 DIARY OF A WIMPY KID (PG) 11:30 a.m., 2:30 p.m., 5:30 p.m.;  
 HOT TUB TIME MACHINE (R) noon, 3 p.m., 6 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

### AFN Focus Groups

AFN Heidelberg is seeking senior military leaders and family members to participate in two focus groups 10 a.m.-noon and 2-4 p.m. June 8 at the AFN Heidelberg station on Coleman Barracks in Mannheim. The focus group will provide feedback on AFN television and radio spots. Registration: DSN 382-5077. Deadline is June 4.

### 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)

### Relinquishment of Command

Lt. Col. Robert L. White will relinquish command of the U.S. Army Garrison Heidelberg at 10 a.m. June 8 at the Village Pavilion Green on Patrick Henry Village, Heidelberg.

### 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. 06221-575426.

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

### Capital City Visitation Tour

Be a guest of the state of Baden-Württemberg and the city of Stuttgart and learn more about your host state 7:30 a.m. June 7. The tour is open to all Soldiers, DOD civilians and spouses. Transportation is free. The tour departs from the bus stop on Patton Barracks, Heidelberg, next to Bldg 110. Sign up at DSN 380-1600 or [usagmpao@eur.army.mil](mailto:usagmpao@eur.army.mil).

## local EMPLOYMENT

### 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.

### ACAP Counselor

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

### KAISERSLAUTERN Education

• **Army Family Team Building** - AFTB level 2 classes will be held 9 a.m. to 2:30 p.m. June 8-10 on Pulaski Barracks, Bldg. 2917. Active-duty Soldiers will get promotion points for attending AFTB classes.

• **English Classes** - English as a second language for beginners classes are held 10 a.m. Mondays on Pulaski Barracks, Bldg. 2981. DSN 493-4203, civ. 0631-3406-4203.

• **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.

• **Cards for a Cause** - The Cards For A Cause Club will meet 11 a.m.-4:30 p.m. June 9 in the Augusta Suite on Woodlawn Golf Course on Ramstein to make cards and small projects for wounded warriors to send out to family and friends. Membership is open to all ID card holders. Children under 18 must be accompanied by an adult. \$5 materials fee. Beginning in July the club will meet on Mondays. Future dates: July 12 and Aug. 9.

• **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.

• **Emergency Placement Care** - The Emergency Placement Care program provides the community with EPC providers able to give 24-hour,

in home, short-term care for children whose parents are unable to care for them. Free training and certification is available to become an EPC parent. DSN 493-4331, civ. 0631-3406-4331, [devon.paul@eur.army.mil](mailto:devon.paul@eur.army.mil).

• **Playgroup** - HUGS playgroup meets 10 a.m. Thursdays at the Kid Zone, Bldg. 2895 on Pulaski Barracks. HUGS is open to children from birth to 4 years old. This playgroup is an interactional and educational group designed to develop parenting skills, socialization and educational activities. DSN 493-4064, civ. 0631-3406-4203.

### HEIDELBERG Education

• **Diabetes Education Class** - The Heidelberg Health Center will host its monthly Diabetes Education Class 9 a.m.-11 a.m. June 3 in the dining facility VIP room on Nachrichten Kaserne. DSN 371-3130, civ. 06221-17-3130.

• **ACS Classes** - Fair Fighting in Relationships, 1-3 p.m. June 3; Active Parenting of Teens, 2 p.m.-4:30 p.m. June 7, 9 and 14; Intro to MS PowerPoint, 9 a.m.-12 p.m. June 7 and 9; Federal Web-Based Application (RESUMIX) 9 a.m.-12 p.m. June 8; Time Management and Goal Setting 1-3 p.m. June 8; Hot Monogamy 1-3 p.m. June 10 and EFMP support group 11 a.m. at the PHV Java Café every second and third Wednesday of the month. DSN 370-6883, civ. 06221-57-6975, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Changes in the ATSTP** - Effective immediately, the Advanced and Supervisors Driver's Courses have been removed from the ATSTP curriculum. The Intermediate Driver's Course that targets Soldiers under 26 years of age has been moved to a new time slot of 12:30-3 p.m. to accommodate use of the Heidelberg Garrison Shuttle Bus. Register: <https://airs.lmi.org/home.aspx>.

### Community

• **Recycling Center Closure** - Due to the host nation public holiday June 3, the Recycling and Reuse Center will be closed. The waste collection scheduled for June 3 will be rescheduled for June 4, and the June 4 collection is rescheduled for June 5.

• **Volksmarches** - The Heidelberg International Wandering Club will host volksmarches June 5-6 to Ober-Ramstadt and 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).

### • Army Birthday Prayer

**Breakfast** - There will be a prayer breakfast in honor of the Army's 235th birthday 6:30 a.m. June 7.

Cost is \$10. Guest speaker will be Maj. Gen. Robert B. Brown. Tickets: DSN 370-5134.

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

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

• **Women's Health Week** - HME-DAC 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, pre-school 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.

• **Behavioral Health Appointments** - Due to staffing shortages, the Heidelberg Health Center Department of Behavioral Health has new patient appointments available for active-duty only. For information regarding new patient appointments for dependents, family members and retirees, contact your local TRICARE office for a list of behavioral health providers on the local German International Wandering Club will continue to be seen.

• **Dogs at the Rod and Gun Club** - Shooters Bar and Grill at the Heidelberg Rod and Gun Club has received an exception to policy, and dogs will be allowed into the restaurant under the following conditions: Dogs are only allowed in the back room of Shooters. Dogs are not allowed in the main dining and bar area. Owners must maintain

control and responsibility of their dogs at all times. Dogs must remain leashed and are not allowed to eat off of tables.

### MANNHEIM Education

• **Baccalaureate Religious Service** - The Mannheim High School senior baccalaureate religious service will be 2 p.m. June 5 at the BFV Chapel. DSN 380-4212.

### Community

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

• **Just For Kids Day** - The "Just for Kids Day" is an annual event held during the German-American Fest on Benjamin Franklin Village for enrolled exceptional family children and special guests from local German schools. Children will enjoy a fun-filled day with fair rides, lunch and arts and crafts activities. This event will take place 10 a.m.-1 p.m., July 8 at the German-American Fest grounds on BFV. Deadline to register is June 15. Register or volunteer: DSN 385-3101, civ. 0621-730-3101, [voelcie.farmer@eur.army.mil](mailto:voelcie.farmer@eur.army.mil).

• **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 Offices** - Mannheim's voting assistance representatives are Marcia Sierra-Williams and Eyvonne Klunk. 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 not be closed on Thursday mornings. DSN 380-9165, [Penny.Irwin@eur.army.mil](mailto:Penny.Irwin@eur.army.mil).

• **Virtual Trainer** - The Virtual Convoy Combat Trainer is available for training now through June. The VCCT 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).

• **Law Center** - The military justice section of the Mannheim Law Center will close daily at 4 p.m. to process actions. Units are requested to either drop off or pick up military justice actions before 4



# Fall Sports Registration

*Cross country, football, cheerleading and soccer available*

Fall sports registration runs now through Aug. 6. or until rosters are full. A \$5 late fee will be assessed on all registrations after Aug. 6. The season runs Sept. 11 to Nov. 14.

## Cross Country

Cost: \$36  
Co-ed: Ages 8-9  
Boys: Ages 10-15  
Girls: Ages 10-15  
Course: between 1.5 and 2.5 miles

## Flag Football

Cost: \$46  
Developmental (Co-ed)  
Pee Wee: Ages 6-7  
Minor: Ages 8-9  
Bantam: Ages 10-12

## Tackle Football

Cost: \$84  
Competitive  
Bantam: Ages 9-11, Minimum 80 lbs  
Junior: Ages 12-14, Minimum 80 lbs

## Football Cheerleading

Cost: \$46  
Minor Flag: Ages 7-8  
Bantam Tackle: Ages 9-11  
Junior Tackle: Ages 12-15

## Soccer

Cost: \$46  
Developmental (Co-ed)  
Bambino: Ages 4-5  
Intermediate (Co-ed)  
PeeWee: Ages 6-7  
Minor: Ages 8-9  
Competitive (Co-ed)  
Bantam: Ages 10-12  
Junior : Ages 13-15

## Heidelberg

Sports, Fitness and Nutrition  
Bldg. 4443 PHV  
Monday-Friday noon-6 p.m.  
DSN 388-9397, civ. 06221-338-9397

Parent Central Services  
Bldg. 4443 PHV  
Monday-Tuesday, Wednesday and Friday 8 a.m.-4:30 pm  
Thursdays 8 a.m.-3:30 pm  
DSN 388-9241, civ. 06221-338-9240

## Mannheim

Youth Sports and Fitness  
Bldg. 696 BFV  
Monday-Friday 9 a.m.-6 p.m.  
DSN: 380-9208, civ. 0621-730-9208

Parent Central Services  
Benjamin Franklin Village, Bldg. 742  
DSN 380-9132, civ. 0621-730-9135

## Kaiserslautern

Youth Sports Office  
Bldg. 3701 Landstuhl  
Monday-Friday 10 a.m.-8 p.m.  
DSN 486-8315, civ. 06371-86-8375

Central Enrollment and Registration Office  
Bldg. 2898, Pulaski Barracks.  
Monday-Friday 9 a.m.-3 p.m.  
DSN 493-4516, civ. 0631-3406-4122



### Registration Information

In order to participate in any CYSS Services program or to use its facilities, each family is required to register with Parent Central Services.

### Enrollment Information

Youth, ages 4-15, of active or retired military and DOD civilians working in the military community are eligible to enroll in youth sports. Age is as designated Nov. 15.  
Enrollment in youth sports requires a current sports physical valid through to the end of the season for which you are registering. Participants may register for sports subject to obtaining an updated physical.  
Children and youth without a valid sports physical will be tracked and will be denied participation in practices and games until the physical is provided.  
Parents of children with special needs must contact the CYSS nurse before signing up for sports activities.

### Competitive Travel Teams

Players 10 years and older must be drafted in order to ensure balanced teams therefore special requests for specific practice days and times cannot be honored.

### Equipment

CYS Services Sports and Fitness provides the basic equipment and uniforms. Sports specific shoes (and shin guards for soccer) and athletic supporters must be purchased by the participant.  
Parents are required to sign for the use of uniforms from the coach. Uniforms will be collected by the coaches at the end of the season.

### Discounts and Refunds

Head coach – First family member plays free, all other family members are 50 percent off.  
Assistant coach – One family member plays free.  
Families with more than one member participating in the same sport will receive a 10 percent discount.  
Refunds will be made only in the event of medical problems or PCS. Documentation required.

## 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).

### Bicycle and Safety Expo

Learn about cycling fitness, children safety tips, cycling events in Germany and more 11:30 a.m.-1:30 p.m. June 8 at the Casablanca Room on Campbell Barracks. Civ. 0176-2055-2298.

### 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).

### 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), [efisealions@yahoo.com](mailto:efisealions@yahoo.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. [efisealions@yahoo.com](mailto:efisealions@yahoo.com), [www.heidelbergsealions.com](http://www.heidelbergsealions.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).

### CYSS Registration

Registration is now open for Mannheim CYSS youth summer sports camps. Parents can register their children at the Parent Central Services office, Bldg. 742 on Benjamin Franklin Village. The CYS 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 CYS 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).

### Youth Tackle Football Camp

**Kaiserslautern** - If you are interested in being coached by an NFL or Collegiate Coach or NFL football player and you're between the ages of 9-18, you can sign up now for the USAG Kaiserslautern Youth Tackle Football Camp June 23-26. Registration: <https://webtrac.mwr.army.mil> or DSN 486-8375, civ. 06371-86-8375.

**Mannheim** - CYSS Sports and Fitness will host a three-month tackle football skills and conditioning camp June-August. registered players will receive instruction on weight training, position specific conditioning skills, and gain an in-depth understanding of offensive and defensive strategies. Cost is \$70. DSN 380-9208, civ. 0621-730-9209.

### Golf Tournaments

**Heidelberg** - The European Department of the Association of the U.S. Army will host a golf scramble in honor of the Army's 235th Birthday 8 a.m. June 11 at the Heidelberg Golf Course. Format will be a four-person team scramble with a shotgun start. Entry fee of \$45 per person includes green fees, cart, range ball and lunch. AUSA members get a free mulligan. This event is limited to the first 24 teams to sign up. Registration: [david.ellis@us.army.mil](mailto:david.ellis@us.army.mil).