

# HeraldPOST

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

## Kaiserslautern hosts civilian misconduct conference

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Civilian misconduct specialists gathered here March 5 for the first local Assistant Civilian Misconduct Action Authority Quarterly Liaison Conference.

"We want to establish a coordination of effort that will assist our civilian misconduct processes," said Don Gwinn, the U.S. Army Garrison Kaiserslautern's civilian misconduct specialist, who came up with the idea of having a local conference at each of the surrounding communities once a quarter.

Civilian misconduct specialists handle reported cases of crimes committed by U.S. government-affiliated civilians receiving logistical support within military communities. These specialists process civilian misconduct cases and make recommendations to garrison commanders in their roles as the Civilian Misconduct Action Authority in their communities.

"Although we all use our guiding regulation (Army in Europe Regulation 27-9), our processes and approaches may be different, and we would like to streamline these processes and make them as similar as possible," Gwinn said.

The intent of the conference, he added, was to look at best practices in each community see **MISCONDUCT** page 14

## IMCOM commander answers 'Call of Duty'



Christine June

Installation Management Command Commander Lt. Gen. Rick Lynch plays the video game *Call of Duty: Modern Warfare II* with Pvt. Brian Lamson, the U.S. Army Garrison Kaiserslautern's Better Opportunities for Service members president, March 9 at the garrison's new Warrior Zone in the Java Café on Rhine Ordnance Barracks. The general also visited wounded warriors at Landstuhl Regional Medical Center.

*Lt. Gen. Rick Lynch paid a visit to Soldiers, spouses while promoting 'Stamp Out Stupid' campaign*

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

"Are you my friend or my enemy," asked the Installation Management Command Commander Lt. Gen. Rick Lynch to Pvt. Brian Lamson.

"I am the enemy, sir," the private humbly replied to the three-star general.

Lamson had just become the U.S. Army Garrison Kaiserslautern's Better Opportunities for service members president just five days before meeting his first three-star general. He was briefing the

general March 9 about the facilities of the garrison's new Warrior Zone in the Java Café on Rhine Ordnance Barracks.

During the course of his briefing, the private ended up teaching the general how to play the videogame "Call of Duty: Modern Warfare II."

"I ran up behind him and killed him (in the video game), and he said 'What are you doing? You are supposed to let me kill you first.'" The private said he then replied - "Yes, sir."

During the recent whirlwind see **STAMP OUT STUPID** page 14

## First Employer Partnership signing takes place in Germany

By Sgt. 1st Class Osvaldo P. Sanchez  
7TH CSC PUBLIC AFFAIRS

U.S. Army Reserve Soldiers living in Germany now have a partner for employment opportunities.

Lt. Gen. Jack Stultz, the chief of the Army Reserve, signed the first international Employer Partnership Memorandums of Agreement with Martina

Zimmermann, financial controller and procurement officer of Allegis Group GmbH March 7 in the 1st Armored Division headquarters at Wiesbaden Army Air Field.

Brig. Gen. Jimmie Jay Wells, the commanding general of the 7th Civil Support Command, cosigned the agreement. Wells is the commander of the Army Reserve forces in Europe.

The chief of Army Reserve thanked Zimmermann for taking the lead on the international partnership.

"First and foremost, thanks for setting the example for the international employer partnership," said Stultz who created the innovative program. "Companies are looking for drug free, background-checked, and physically healthy see **EMPLOYER PARTNERSHIP** page 15

**HP THURSDAY**  
March 18, 2010

### Speed Read

#### SAPPER TEAM



A team from the 21st TSC placed third in the USAREUR-level competition and will go on to compete at the Army level. 3

#### DR. SEUSS DAY

Mannheim Elementary School participated in 'Read Across America' to celebrate the birthday of Dr. Seuss. 6

#### KEITH L. WARE AWARDS

The Herald Post is named top tabloid-format newspaper in the Army and will go on to compete at the Department of Defense level. 8

#### SHAMROCK SHUFFLE

People of all ages celebrated St. Patrick's Day a little early with a 5K in Heidelberg Saturday. 20



### Defense Details

#### SEXUAL ASSAULT REPORTS

Reports of sexual assault involving service members rose by 11 percent in fiscal year 2009, a senior Defense Department official said. In the fiscal year that ended Sept. 30, 3,230 reports of sexual assault were filed. An increase in reporting was a goal for the department, said Kaye Whitley, director of the Defense Department's sexual abuse prevention and response office. "Research in the civilian community shows that sexual assault is widely under reported, and we believe that is the same in the military," she said in an interview.

#### BRAIN INJURY DETECTION

The Defense Department is rolling out a new set of guidelines for the treatment of mild traumatic brain injury among service members in combat areas. "We're morphing from a symptom-based approach in theater to an incident-based approach," a senior official said. The new protocol will go into effect soon and will make head injury evaluations mandatory for service members who have been involved in incidents such as being close to explosions or blasts.

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

### What's Inside

Our Army Around the World .....	10
Dear Ms. Vicki .....	16
GET OUT! .....	17
Movies .....	17
Leisure .....	18
Announcements .....	19
Sports.....	20

## COMMENTARY

## Dispelling the myths of the Foreign Earned Income Tax Exclusion

By Capt. J. Patrick Robinson  
HEIDELBERG COMMUNITY TAX CENTER

A popular myth floating among the barracks lawyers of our community is that any income earned while outside the United States is not taxable because it is "Foreign Earned Income." Simply put, this is wrong. Following this advice could potentially cause problems for you down the road, including interest charges on unpaid taxes, penalty fees, and even jail time. For assistance in determining whether you qualify for the Foreign Earned Income Tax Exclusion, please visit your community tax center or legal assistance office.

Generally, all U.S. citizens and U.S. resident aliens living abroad must pay taxes to the U.S. government based on their worldwide income. The exception to this general rule permits qualifying U.S. citizens to exclude a portion of their income from their taxable income, reducing their total taxes owed. To qualify, the taxpayer must meet strict requirements. Often, this means that you pay income taxes to a foreign government instead of to the U.S. government.

First, the law requires that the taxpayer's "tax home" must be in a foreign country. This means you must work primarily in a foreign country. Your "tax home" has nothing to do with where you maintain your family home, and your "tax home" is not necessarily even your residence or domicile. You may, however, be precluded from having a "tax home" in a foreign country if you reside primarily in the U.S., or if you maintain strong economic, family, and personal ties in the U.S.

Second, you must be either a "Bona Fide Resi-

dent" of a foreign country or you must otherwise qualify for the exclusion because you are physically present in a foreign country for 330 full days during a period of 12 consecutive months. Qualification as a "Bona Fide Resident" requires an analysis of individual facts and circumstances; ultimately, the IRS determines whether you qualify as a "Bona Fide Resident" based on information you submit through Form 2555 "Foreign Earned Income."

Finally, you must have foreign earned income. The definition for what qualifies as Foreign Earned Income is dependent upon the prior two requirements. IMPORTANT: Pay you receive as an employee of the U.S. Government (including all branches of the U.S. Military) does not qualify as Foreign Earned Income.

If you meet all of these requirements, you may be eligible to exclude up to \$91,400 of your income from that used to calculate your U.S. income tax liability.

Because of their unique status, employees of certain non-governmental American organizations here in Germany, such as Community Bank or the University of Maryland, may not have to pay any income tax at all.

AAFES employees, however, must pay federal income tax to the U.S. government on their earnings.

For assistance in this analysis, please call your local tax center. To schedule an appointment at the Heidelberg Tax Center, call DSN 370-7510 (civilian (06221) 57-7510); walk-ins are welcome on Thursday from 1000-1830. You can also call your local legal assistance office. For Heidelberg, the Patton Legal Center can be contacted at DSN 373-5058, civ. 06221-17-5058.

## German garnishment orders outlined in new USAREUR regulation

Patton Legal Assistance Office

Many Soldiers and family members are not aware that Soldiers may be subject to garnishment orders from German courts while Soldiers are in the European theatre. Army in Europe Regulation 37-8, dated Jan. 28, provides the procedures that must be followed to garnish a Soldier's pay for child or spousal support. The key players for the Army in the process are the Office of the Judge Advocate, USAREUR; The Military Pay Branch, Pay Center of Excellence, 266th Financial Management Center; and the Soldier's unit commander.

All German courts are required to send garnishment orders to the OJA. The OJA determines if the initiating document was served through the OJA as required by Article 32 of the German Supplementary Agreement to the NATO Status of Forces Agreement.

If the initiating order was not served through the OJA, the garnishment order is returned to the German court. But if the OJA determines that service under the Supplementary Agreement was not required or that the garnishment complies with German law and the initiating document was properly served through the OJA and the Soldier is still stationed in Germany, the garnishment order is sent to the Military Pay Branch with a request to begin garnishing the Soldier's pay.

A memorandum of notification to the Soldier is also sent to the Soldier by the OJA through the Soldier's commander. A copy of the garnishment order and its English translation is provided to the Soldier. The rules on German garnishment orders can be complex. While the parties usually retain German civilian attorneys to defend and prosecute these actions, your nearest Legal Assistance Office should be able to provide information to you if you have questions in this area.



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### BLOG ROLL

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

A number of folks have come up to me and asked, "When are you going to write 'Don't Shoot The Messenger?' after BWNow! published the last blog entry, 'Would You Rather...'"

I really appreciate all the feedback on that blog, so, here we go: I was amazed by the number of folks who contacted me via email/facebook on this subject. Some relayed their tales of being shot, while one person actually confessed to doing the shooting - describing how horrible they

felt afterwards, even though they felt justified, at the time. Wow. "... even though they felt justified, at the time."

Wow. Folks, to me this entire subject falls under the "Defender 6" (BG Rick Lynch) "Stamp Out Stupid" campaign. I liken shooting the messenger to an angry parent who, when catching their little one hitting another child, raises their hand and spansks the child's bottom repeatedly - all the while saying, "We. Don't. Hit."

In his best selling book, "Greater Than Yourself: The Ultimate Lesson of True Leadership," author Steven Farber tells us that in order to be "capable of a Greater Than Yourself relationship, you need two things: (1) humility, and (2) a firm and evolving sense of who you are and what you are here for...in doing so, it promises to raise every person, situation, and organization to a new level."

-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.

**COMMAND MESSAGE**  
**Army Community Covenant**

By Col. William C. Butcher  
USAG BADEN-WÜRTTEMBERG COMMANDER

The Army Community Covenant program was designed to build mutual relationships and strengthen bonds between Soldiers, Families and their local stateside communities. For generations, U.S. Army Garrisons Heidelberg, Mannheim and Kaiserslautern Soldiers, civilians and Families, in conjunction with our host nation partners, have been practicing our own form of Army Community Covenant.

Through frequent dialog, shared experiences and simply living and working around one another we've built lasting friendships and alliances with cities and residents surrounding our installations. For more than 60 years, local communities have embraced American families through school exchange programs, access to medical care, law enforcement and first responder support that safeguards our communities and provides for our well-being.

Great examples of host nation support include the 10-year partnership between USAG Kaiserslautern and the police training academy in Enkenbach-Alsenborn to host the Special Olympics. More than 800 athletes representing 41 schools and institutions participated in last year's event.

In Mannheim, the city, the garrison and the German Basketball Federation plan and manage the biannual Albert Schweitzer International Youth Basketball Tournament, drawing nearly 30,000 spectators and showcasing future NBA players. This year, 16 teams from all over the world will participate April 3-10.

USAGs Baden-Wuerttemberg and Heidelberg along with the U.S. Army Europe Band and Chorus partner with local communities to host German/American friendship concerts. These concerts have for decades created an atmosphere of enjoyment and friendship that leads to exceptional host nation relations.

As prominent as these events are, they only scratch the surface of the support our host nation neighbors show Soldiers, civilians and Families. Our local city governments welcome American residents with open arms.

In fact, I've spoken with many mayors and other community members who tell me that what their residents enjoy most is the cultural exchange - the ability to learn about each other. I can't tell you how many stories I've heard over the past 8 months from our hosts recounting their youthful experiences with Americans and their fond memories of playing together on our playgrounds, eating ice cream and hamburgers, or simply sharing in one another's company.

The beauty in all of this is that many of those relationships remain intact today through a variety of community initiatives.

While our Army Community Covenant is somewhat different than the stateside version, it's long been a strong and vital program for our Soldiers, civilians and their Families.

I encourage you to participate in building these relationships. Take part in host nation activities, and take the time to thank our host nation partners for their support. They continue to enrich our lives and make this area truly our home away from home.

Visit myBWnow.ning.com or read the Herald Post Get Out section to find out what's happening in our area.

## Team exceeds expectations, selected to compete at Army-level best sapper competition in April

By Spc. Amanda Rigdon  
21ST TSC PUBLIC AFFAIRS

A person can learn a lot about the Army in two years but it takes much longer to really understand how the Army and all its components truly operate. That doesn't mean someone with less experience can't be successful, though.

One such case is the U.S. Army Europe Best Sapper Competition team of 24-year-old 1st Lt. Eric Sears and 18-year-old Pfc. Blake Easterly. Sears joined the Army two years ago, and Easterly joined the Army eight months ago.

The young but motivated team of Sears and Easterly chose to compete in the recent USAREUR-level best sapper competition in Grafenwoehr, Germany, because both Soldiers said they desired a challenge and wanted to learn more about their jobs and the Army.

Sears and Easterly placed third overall, earning them the chance to represent their unit and the 21st Theater Sustainment Command as one of only three USAREUR teams selected to go on and compete at the Army-level best sapper competition scheduled for April at Fort Leonard Wood, Mo.

"My partner and I both shot for at least fifth place," said Easterly, a heavy equipment operator with the

500th Horizontal Engineer Company, 15th Engineer Battalion, 18th Engineer Brigade, 21st TSC.

Easterly, who is a native from Chattanooga, Tenn., said he and his teammate never dreamed they would do well enough to get selected to go to Fort Leonard Wood for the Army competition.

"It's going to be a challenge at Fort Leonard Wood," said Sears, who serves as an assistant plans officer for the 15th Eng. Bn., 18th Eng. Bde. "Based on what I saw here, I'm sure that's going to be even more fast-paced, even more difficult."

"I'm anxious to go," said Sears, a native of Mooresville, N.C., "but I understand that there's a lot of hard work between now and April. I don't know what to expect at Fort Leonard Wood, but my goal is to finish."

The USAREUR competition lasted three days, there were dozens of mental and physical challenges and competitors were given minimal amount of time to rest between events. Lack of sleep and minimal preparation between events made the competition even more challenging.

One of the last events for the competition was night land navigation. The 10 competing teams were given certain points to find in



Spc. Amanda Rigdon

Pfc. Blake Easterly, a heavy equipment operator with the 500th Horizontal Engineer Company, 15th Engineer Battalion, and 1st Lt. Eric Sears, an assistant plans officer for the 15th Eng. Bn., 18th Eng. Bde. make their way to the finish line of the 9-mile run event during the U.S. Army Europe Best Sapper Competition. Easterly and Sears placed third in the competition.

knee-deep snow. They were the first team to finish plotting their points and set out to look for them.

The land navigation was a make-it or break-it event since five teams were cut from the competition afterward. Between their combined scores from land navigation and previous tests, they survived the cuts and were allowed to participate in the competition's final event, a 9-mile run.

During the run, teams had to complete seven tasks, five of which involved either carry heavy items like 20-foot logs or flipping large tractor tires. Both Soldiers said the hardest part of the

run was carrying a 180-pound simulated casualty. Upon completion of the 9-mile race, Easterly had to receive medical treatment for exhaustion.

"Motivation - they were motivated 100 percent of the time," said Capt. David Vasquez, the 54th Eng. Bn. training and plans officer. "It was like they were so psyched to do whatever they needed to. I know it's hard to stay motivated, and it's good that they were staying motivated the whole time."

Sears and Easterly are currently studying and training for the Army-level competition scheduled for April 19-21 in Missouri.



Sgt. Frank Sanchez III

## Bagram VII VIP day

Afghan army Maj. Gen. Abdul Khaliq, the commander of the 203rd Afghan National Army, briefs Maj. Gen. Patricia McQuiston, the commanding general of the 21st Theater Sustainment Command, and other Army leaders on the current situation in the Ghazni Province during an exercise in Kielce, Poland, March 9. The 21st TSC's 18th Engineer Brigade is tasked with role-playing the higher headquarters during the exercise, called Bagram VII, while members of the Illinois National Guard and the 1st Polish Armored Brigade are using simulation platforms to train for their upcoming deployment to Afghanistan.

## Top Army Reserve leaders visit 7th CSC troops in Germany

By Sgt. 1st Class Osvaldo Sanchez  
7TH CSC PUBLIC AFFAIRS

Top U.S. Army Reserve leaders visited Germany-based Soldiers of the 7th Civil Support Command in Kaiserslautern and Wiesbaden, Germany, March 6-7.

Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th CSC, welcomed Lt. Gen. Jack Stultz, the chief of the Army Reserve, and Command Sgt. Maj. Michael Schultz, who recently took over the top Army Reserve enlisted position.

The senior leaders were shown the 773rd Civil Support Team's equipment capabilities to include its analytical laboratory system. The 773rd CST is the only active Army Reserve civil support team stationed outside of the continental U.S. and its territories.

The unit is capable of deploying in support of U.S. Army Europe's response to a chemical, biological, radiological and nuclear incident. It can identify agents or substances, and assess current and projected consequences before, during or after an incident.

The command team had lunch with officers and enlisted, respectively, to discuss their career obstacles and ideas to help improve the ranks of the Army Reserve.

As snow fell, approximately 150 participants from the command formed its first human formation in the shape of the numeral seven, representing the 7th CSC. Senior leaders were positioned in the front two rows.

Soldiers had the opportunity to voice their concerns during a town hall held at the Kaiserslautern Community Activity Center on Daenner Kaserne, where Stultz explained about how the Army Reserve has evolved from a strategic reserve to an operational force.

"We are 75 percent there, but change is constant," said Stultz.

The Reserve is a force of 208,000, but it's not the right mix and that there are too many chaplains' assistants, and not enough civil affairs or military police; too many senior enlisted and not enough staff sergeants. The force needs to be reshaped, said Stultz.

Stultz briefed the Soldiers and their spouses about the Employer Partnership program.

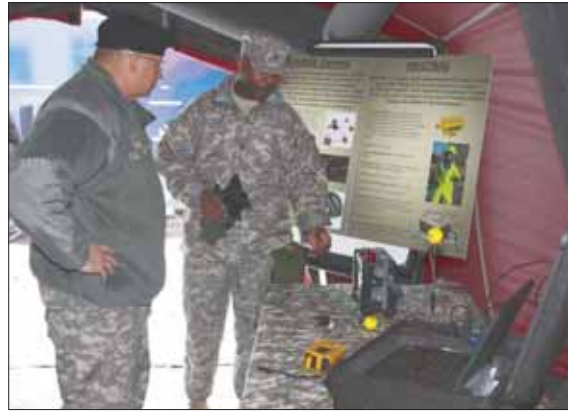
He praised the benefit of partnering the private and public sectors with Reserve forces, saying it's a win-win for all involved.

"They are looking for the same people we are," said Stultz.

He told the audience companies are looking for drug-free, physically and morally fit employees. Stultz said more than 800 businesses – such as General Electric Co., American Trucking Association and Wal-Mart – have joined the partnership with the Army Reserve.

Laura Stultz traveled with her husband to Europe to meet with Army Reserve family members. While here she heard from families about the unique issues facing them overseas and offered guidance and suggestions gleaned from her many years as an Army Reserve spouse.

Michiel DeVito, Installation Management Command-Europe Army Community Service, Devon Paul, Kaiserslautern Army Community Service, Rosemary Dow, American Red Cross, and Linda Lookabill, Military and Family Life consultant, briefed Laura Stultz and the Army Reserve family members on employment readiness and various programs offered to community members during mobilization and deployment, as well as the day-to-day programs offered to support the strength, resilience and readiness of the Army Reserve Family in Germany.



Sgt. 1st Class Osvaldo Sanchez

Lt. Gen. Jack Stultz, the chief of the Army Reserve, is shown test equipment during his visit to Europe by Staff Sgt. Ralph Lahens, 773rd Civil Support Team, at Daenner Kaserne, March 6. The civil support team here is the only Active Guard Reserve element outside the continental U.S. and its territories to conduct assessments of natural or man-made disasters.

The following day, Stultz and Schultz stopped by Landstuhl Regional Medical Center and were greeted by a team of Army Reserve liaisons.

"The liaisons track all the Army Reserve Soldiers from the theater of operations to the States," said Sgt. 1st Class Ronald Jefferson, LRMCC liaison noncommissioned officer in charge. "We track Soldiers like Lt. Col. Rande Turner, a nurse anesthetist, who was medically evacuated from Iraq. She is going to be transferred to the Brook Army Medical Center at Fort Sam Houston. We stop tracking her when she leaves here."

Stultz asked to meet and talk with service members and civilians throughout the hospital and asked about their hometowns, where they were deployed and how their recovery was going. His tour included the Chaplains' Closet, Fisher House,

USO Warrior Center and the Medical Transient Detachment. He also ate lunch with selected personnel.

The Medical Transient Detachment reassigns and houses outpatients until they either return to duty downrange or are flown back to their U.S. home station.

The USO Warrior Center provides troops with internet, movies, a game room and phones to keep in touch family and friends.

The chief of Army Reserve also met with Maj. Gen. Patricia McQuiston, the commanding general of the 21st Theater Sustainment Command, and Command Sgt. Maj. James Spencer, the 21st TSC command sergeant major.

In addition to his tour, Stultz was the guest speaker for the 209th Army Liaison Team's change-of-command ceremony at the Wiesbaden Army Airfield.

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# 'You're never too old, too wacky, too wild, to pick up a book and read to a child'

## *Mannheim Elementary School celebrates Dr. Seuss Day*

By Jeff Pond

MANNHEIM ELEMENTARY SCHOOL ASSISTANT PRINCIPAL

Can you think of a better way to celebrate the words and world of Dr. Seuss, than by sitting down to read a good book?

How about over seven hundred people sitting down to read a good book ... If you were in Mannheim at Mannheim Elementary School March 2, to celebrate "Read Across America," than you were there to share in the reading fun.

"Read Across America" is a recognized celebration of reading, where all books, particularly those whimsical tales by Dr. Seuss, take center stage. On March 2, the birthday of Theodore Geisel, 'Dr. Seuss', reading across Mannheim Elementary School was the job for the day.

Like schools around DODEA and schools across the United States, favorite stories such as 'One Fish, Two Fish, Red Fish, Blue Fish', 'Horton Hears a Hoo', 'Hop on Pop', and 'There's a Wocket in my Pocket', were shared with students.

Community members were encouraged to join in the festivities and provide snapshots into the magical universe of reading, by coming to read dressed as characters children know and love.

Guest readers included Lt. Col. Elizabeth Ryan Griffin, Mannheim garrison commander, and garrison command sergeant major, Command Sgt. Maj. Alberto Delgado, soldiers from the 95th Military Police Battalion and the 72nd Expeditionary Battalion along with parents, siblings and family members from Ben Franklin Village.

Leading into the event, staff and students were encouraged to dress up as their favorite storybook character.

Teacher Deb Dolan, came in as the kooky and lovable maid "Amelia Bedeila," 4th grade student, Noah Buss, surprised everyone with his version of



Jeff Pond

Students at Mannheim Elementary School "Drop Everything And Read" March 2. One of many events held at the school in celebration of Dr. Seuss Day.

Dr. Seuss' character "Little Sally."

Student Council representatives provided door-to-door Reader's Theatre with their adaptations of 'The Cat in the Hat' and 'Green Eggs and Ham'.

Heidelberg District Office guest readers Challice Rickard, Diane Yoesting, and Aleisha Dumas thrilled second graders in Bessie Rollins' room with their readings of 'Ten Apples up on Top' and 'To think that I saw that on Mulberry Street'.

"It was a day focused on children, with their 100 percent participation, as teachers, community, and students promoted the joy found in reading," Rickard said.

The best part of the day was the moment when a voice came over the intercom and invited the Mannheim Elementary students, teachers, staff, and guests to "Drop Everything And Read" at 10:15 a.m.

D.E.A.R. is an integral part of the day in any school, but in Mannheim March 2, D.E.A.R. was as exciting to see as a visit from the naughty "Cat" himself.

Some came with blankets, some in full costumes, some with more than one good book, but everyone came to the main hallway where classes paired up, sat down, and read together for 30 minutes.

## Earth Week Photo Contest

Want to be the next Ansel Adams? Ever dreamed of being a wildlife photographer? You don't have to travel far to see wilderness. It's just around the corner. So go outside, explore your neighborhood and submit your best photos of landscapes, nature, and wildlife to [myBWnow.ning.com](http://myBWnow.ning.com) - the top photo will be published in the Herald Post and will win a prize sponsored by AAFES.

<http://myBWnow.ning.com>

Photos must be submitted between March 15 and April 15. Use the tag "Earth Week" to identify the photo for the contest. Photos must be taken in Germany.




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## Employment program to resume for enrolled spouses

By Elaine Wilson  
AMERICAN FORCES PRESS SERVICE

The Military Spouse Career Advancement Accounts program, commonly known as MyCAA, will resume March 13 for the more than 136,000 spouses who already have established an account, the defense official who heads up the program announced today.

Officials announced a temporary halt in the program Feb. 18, pending a top-to-bottom review, after a six-fold spike in enrollments in January, a surge that overwhelmed the system and caused the program to nearly reach its budget threshold.

"We made a commitment to our military spouses when they established a career advancement account, and we will be true to our promises," said Tommy T. Thomas, deputy undersecretary of defense for the Pentagon's office of military community and family policy.

The Defense Department will resume the program for the 136,583 military spouses currently in the program March 13, Thomas said.

"We sincerely apologize to our military spouses for the added burden caused by the pause in operation," he added.

While the program will resume for enrolled spouses, new MyCAA accounts or financial assistance applications will not be accepted yet, Thomas said, noting that the comprehensive review of the

program still is under way.

"We are working hard to adjust the program to meet the demands of the MyCAA program and to arrive at a long-term solution for military spouses who would like to establish an account," he said. "Until that time, we encourage spouses to consult with the MyCAA career counselors who can provide career exploration, assessment, employment readiness and career search assistance."

The top-to-bottom review includes procedures, financial assistance documents and the overall program, which is intended to provide military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations.

The program has been growing in popularity since its inception March 2, 2009. Enrollments had been increasing at a rate of about 10,000 a month, and in January, the number spiked to 70,000.

"We had very little time to react to that," Thomas said. "I make no excuses for that. We should have done a better job of notifying our military spouses." Thomas said he will work hard to restore the confidence lost when the program was halted.

"We certainly know we have lost some confidence, and we want to rebuild that confidence," he said. "We will restore that faith hopefully by one, restoring the program, and two, having appropriate resources to ensure everyone that applies for the program receives the appropriate financial assistance.

"We appreciate what [spouses] do, and we hope

that through this, that once we get this program back on track, that we don't lose any ... spouses," he continued. "We value and treasure everything you do each and every day, not only for the Department of Defense, but for this nation."

Thomas said he will ensure the lines of communication stay open in the days ahead. An e-mail has been sent to all program participants, informing them of the program's resumption, and spouses will see the announcement letter when they log on to their MyCAA accounts. A "media blitz" of information will precede any announcement that applies to all military spouses, he vowed.

"We don't want to make the mistake we made in the beginning, and that is not notifying you what's going on," Thomas said. "We want to make absolutely sure that you understand that we're working in your best interest."

In the meantime, Thomas urged spouses to be wary of questionable Web sites enticing them with employment opportunities.

"Stay the course with us and allow us to work this to finality by restoring the program," he said. "We will make every effort possible to ensure we educate you and get the necessary funds to continue this program."

Along with MyCAA counselors, spouses also can request free career counseling through Military OneSource at 1-800-342-9647 or at <http://military-onesource.com>.

## Show me the money



Dijon Rolle  
USAG Heidelberg Commander, Lt. Col. Robert White is one of the first Soldiers to fill out his Army Emergency Relief Fund donation form, during the official Heidelberg community AER kick-off at the Patrick Henry Village Pavilion, in Heidelberg March 10.

## Army names Europe print, broadcast specialists among best for 2009

IMCOM-Europe and USAREUR Public Affairs

Army print and broadcast media specialists from units and garrisons across Europe are being honored by the Department of the Army for their contributions to informing and entertaining audiences theater- and worldwide.

Public affairs specialists from USAREUR tactical units and from Installation Management Command-Europe garrisons earned top awards at the Army level of the 2009 Maj. Gen. Keith L. Ware Public Affairs Competition.

The annual Secretary of the Army-sponsored competition recognizes Army military and civilian print and broadcast specialists for "journalistic excellence in furthering the objectives of the Department of the Army internal-information program." Print and broadcast products and individual professionalism and achievements in a total of 21 categories are evaluated.

Five IMCOM-Europe entries earned first places, while two placed second.

U.S. Army Garrison Baden-Württemberg's newspaper, Herald Post, edited by Kelli Bland, took first place in the tabloid-format newspaper category.

U.S. Army Garrison Benelux earned two first places, capturing the best community relations program unit award for its World War II commemorative community program, as well as first place for special achievement in print media for a commemorative issue of the Benelux Edge magazine.

From USAG Stuttgart, Brittany Carlson earned first for her story series entitled, "The Long Dark Tunnel." Claiming first place for contributions by a stringer in the written cat-

egory was USAG Baden-Württemberg's Tricia Bolyard for her article, "Seeing Beyond a Disability."


Second-place awards went to USAG Schinpen, the Netherlands, for special events Joint 40th Anniversary and 65th Liberation Fest, and to USAG Bamberg's online publication, "Warner Weekly" for Web-based publication.

U.S. Army Europe's top individual winner is Dave Melancon of the USAREUR Public Affairs Office, whose first-place-winning news article earns the right to go on to judging at the Department of Defense level.

Also from USAREUR, the 5th Signal Command Public Affairs Office team garnered a second-place award for the command's "Echo" magazine, which has won first place in the magazine category at USAREUR level three years straight. Jonathon Gray of 5th Signal added to the command's wins with a second place in photojournalism. Spc. Jerry Wilson of USAREUR's 2nd Stryker Cavalry Regiment took a second place as well for his photographic contributions to Bavaria News, the U.S. Army Garrison Grafenwoehr newspaper. USAREUR's Jesse Granger earned a second for a radio news report on transformation that he produced while assigned to the 7th Civil Support Command.

Rounding out USAREUR's wins at Army level were two third-place awards, one for the USAREUR "Ask the CSM" blog site, and one for a television news spot on the Visual Information Ordering Site system produced by Adam Poitras of Visual Information Systems Europe.

To see all the entries submitted from across the Army this year, go to [www.army.mil/kw](http://www.army.mil/kw).



**Mannheim**  
Pvt. 1st Class Jayson J. Wall, a Soldier assigned to the Headquarters and Headquarters Detachment, 95th Military Police Battalion, was convicted by a military judge at a General Court Martial March 2 of one specification of violating Article 107, Uniform Code of Military Justice, false official statement, and one specification of violating Article 134, transportation of child pornography. Wall was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 6 months and to be discharged from the Army with a bad conduct discharge.

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

## HMEDDAC recognized for patient satisfaction

HMEDDAC Public Affairs

The Heidelberg Medical Department Activity received top honors from the Army Surgeon General at a recent Military Health System conference in Washington D.C.

HMEDDAC achieved the highest overall patient satisfaction score among military treatment facilities in its peer group, earning an overall 90 percent patient satisfaction rating.

The award, part of the winter performance awards, comes with a \$60,000 bonus check to be dispersed through the clinics of HMEDDAC.

"This award is a true testament to our team of dedicated professionals throughout HMEDDAC," said Col. P.K. Underwood, HMEDDAC commander. "It showcases the quality care we strive to provide to our beneficiaries."

The award is based on the Army Provider-Level Satisfaction Survey, also known as APLSS, which patients are asked to fill out after each visit to their health care clinic.

"Our patients are the winners because this will impact them and the access to care we can provide to them," Underwood said. "It also shows that they are confident in our ability to provide them with care and we appreciate them taking the time to let us know."

## Heidelberg CYS Services to conduct training day

Staff Report

Employees of Heidelberg's Child Youth and School Services will be holding their sixth-annual training day from 8 a.m. until 4 p.m. March 22 at the Patrick Henry Village Pavilion.

All CYS Services employees will be in attendance and facilities will be closed during this time.

The theme of this year's training day is "Growing Your Garden of Knowledge."

The day-long event will feature 29 workshops, discussing such topics as resiliency and deployment, fitness fun for K-12 children & youth, and baby sign language.

All of the workshops are designed to enhance professional and personal development, and community members, as well as CYS Services employees will be facilitating the classes.

Susan Evans is the Lead Teacher at the Patrick Henry Village CDC.

"I really enjoy the annual CYS training day. It's nice to get some new and refreshing ideas to use

in my classroom," said Evans.

"It's easy to get bogged down with the same routine day in and day out. The training day is an opportunity for rejuvenation."

Anne Anderson the CYS Services HIRED! Program Coordinator, is also looking forward to attending the various classes and workshops being offered.

"I'm excited about CYSS Training Day. Not only can I participate in fun and educational classes, such as baby sign language, lesson planning, beading and yoga, but I also get to see the new and familiar faces of CYSS," said Anderson.

"The CYSS Training Day is a great opportunity to learn something new, interesting and entertaining," she said.

USAG Heidelberg Commander, Lt. Col. Robert White and the CYS Services Chief Pamela Primer will give the morning addresses and raffle prizes will also be given away during this time.

The Heidelberg CYS Service's annual Training Day was coordinated by their four training and curriculum specialists.

## Everybody get 'Footloose'



Cast members take to the stage for a dance number during their final performance of the Heidelberg High School's production of the musical "Footloose" at the Heidelberg High School Auditorium March 14.

## 'Thinking Yourself Thin' lecture comes to Landstuhl Library

By Chuck Roberts  
LRMC PUBLIC AFFAIRS

"Thinking Yourself Thin" will be the first in a series of public lectures presented by the Division of Behavioral Health at Landstuhl Regional Medical Center.

The lectures, free and open to the public, are scheduled for 6 p.m. March 25 and 10 a.m. March 27 at the public Landstuhl Library near the Childcare Center.

Thinking Yourself Thin will focus on applying cognitive behavior techniques to managing weight and lifestyle.

It has been shown that people who successfully maintain their weight loss have some important differences in their thinking patterns compared to unsuccessful dieters.

Presenters will discuss how unsuccessful ways of thinking about food, hunger and satiety can lead to dieting failure.

The goal of the free lecture series is to de-stigmatize mental health issues within the LRMCC community, said Navy Lt. (Dr.) Rebecca Kotlowski, a Health Psychologist at LRMCC.

"Unfortunately, in both the civilian and military communities, a stigma is tied to seeking help for behavioral health issues," said Kotlowski. "This stigma can prevent individuals with small problems or concerns from seeking help, which leads to bigger problems. This lecture series is designed to de-mystify behavioral health topics and provide information that can be easily applied to real life. Our goal is to improve the overall health and well-being of the LRMCC community."

Other topics that will be presented include memory enhancement, communication skills, anger management, and helping a depressed friend. Times and dates will be provided when they become available.

For more information, contact Kotlowski at [rebecca.kotlowski@amedd.army.mil](mailto:rebecca.kotlowski@amedd.army.mil) or Dr. Kelly Forsys at [kelly.forsys@amedd.army.mil](mailto:kelly.forsys@amedd.army.mil) or call DSN 486-7276 or civ. 06371-86-7276.



USAREUR Commander, Gen. Carter Ham, reads "Night Catch" to a group of over 60 families at Heidelberg's Parent to Parent "Tell Me A Story" event Sunday.

Riley Tisdale



Pfc. Ryan Goole, a parachute rigger with the 5th Quartermaster Detachment, 21st Theater Sustainment Command, watches as French army Staff Sgt. Blandine Perroud, the air operations sergeant at the French School of Airborne Troops, adjusts a French parachute in preparation for an airborne operation in Pau, France, March 4. Several Soldiers from the 5th QM Det. conducted joint training with their French military counterparts at the school March 1-5.

Sgt. Frank Sanchez III



Pvt. Danielle Cassinacabrera and Cpl. Jason Daniels compete in the Junior Chef competition during the 35th Culinary Arts Competition at Fort Lee, Va., March 4.

Daren Reehl



Soldiers from Brigade Support Battalion, 173rd Airborne Brigade Combat Team and Afghan National Army Soldiers conduct a tie-breaker event while participating in the Commander's Cup competition at Camp Darulaman, Afghanistan, March 10. The competition consists of four teams, each team consisting of three U.S. Soldiers and one Afghan soldier, and sets the teams against each other in events such as rucksack marching, weapons assembly, land navigation, casualty treatment, aid and litter carries and preparing a military vehicle for a mission.

Sgt. Russell Gilchrist

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## STAMP OUT STUPID

continued from page 1

visit of the Installation Management Command commander to Europe garrisons, the first since taking command of the organization that oversees the Army's 163 Army garrisons, Lt. Gen. Rick Lynch spoke about the launch of a military campaign of a slightly different flavor.

"The current campaign is entitled 'Stamp out Stupid' because it amazes me at some of the stupid things we still do," Lynch candidly remarked to a large group of IMCOM employees at a town hall meeting in Heidelberg recently, referring to wasteful processes and functions he's witnessed at garrisons and at IMCOM staff levels.

"I get it all the time, when I'm walking around at one of 163 installations in the Army worldwide, where people are doing stuff that they know is stupid, and I ask them, 'What are you doing,' and they say 'Well sir, we've always done it that way.' Well that's a stupid answer to the question," he said to the laughter of the Heidelberg audience.

"There are things that we are doing today that are fundamentally stupid that we've got to stop," he said, going on to explain that he recently solicited every garrison commander in the Army for their input to get to the root of what processes and programs don't make sense or needlessly waste already lean resources at Army garrisons.

From the input received, he then narrowed input

to a list of 100 issues. Of those, he will announce later this month 60 processes that will be immediately ceased at all garrisons. A further 30 were identified as regulatory, policy or legislative issues that will be changed or eliminated through deliberate staff work over time, while 10 issues remained.

While in Kaiserslautern, Lynch made it a point to visit wounded Soldiers at Landstuhl Regional Medical Center and talk with Army spouses.

"He wanted an opportunity to talk to spouses, and we know that there are a lot of Soldiers and spouses who come in here close to lunchtime," said the U.S. Army Garrison Kaiserslautern's Commander Lt. Col. Kevin Hutchison, on why the general's tour included a stop at the Java Café.

Lynch and his wife, Sarah, were able to meet about 10 Army spouses, who represented a cross-section of the community from Landstuhl to East Kaiserslautern.

One of those spouses was Michelle Settle, the Family Readiness Support assistant for the 357th Air and Missile Defense Detachment and 5th Battalion, 7th Air Defense Artillery. She had met the general and his wife in 2008 at Fort Bliss, Texas.

"He took the concerns of the family members. He really wanted to know what needed to be fixed or what he could do to help," said Settle, who has been an Army spouse for 10 years. "Within probably two or three months after his visit, those things were fixed."

"He came and listened to what the spouses and family members had to say, and he made those changes," she said.

Crystal Curran, who has been an Army spouse for seven years, agrees that changes will be coming soon.

"He said to look for changes within the next two months, and I think we will see some changes coming down the pipe," said Curran, who added that the general and his wife were "very down to earth."

Hutchison said that showing the general what needs to be improved in the community was a big factor in deciding the tour's schedule.

"We wanted to show him some of our success here in Kaiserslautern," Hutchison said, "but we also wanted to show him some of those things we would like to improve – that maybe we can get his help on to make better."

One of those successes is the garrison's new Warrior Zone, which is a part of the Department of Defense's initiative of "Return and Recreate," and supports the Army's Soldier Family Action Plan.

"(The Warrior Zone) is a place for Soldiers to relax and unwind after work," said Lamson when he briefed the general.

Lamson then cited the big flat-screen TVs, computer area with free internet and multiple video gaming systems which led to the virtual battle between the three-star general and private.

Editor's note: Ken White, IMCOM Public Affairs, contributed to this story.

## MISCONDUCT

continued from page 1

and possibly benchmark a process that may work at each garrison.

Hosted by the Kaiserslautern's Directorate of Human Resources, the conference saw participation from civilian misconduct officers from USAG Heidelberg, Wiesbaden, Baumholder and of course, Kaiserslautern. Heidi Porter, the 86th Airlift Wing's Mission Support Group civilian misconduct specialist, was also in attendance as she often works on cases not only with Gwinn, but also with the other three specialists.

"I always felt (a local conference) was necessary because we are living so close together – within 50 or 60 miles," said Ralph Brecht, USAG Heidelberg's civilian misconduct specialist. "If we don't communicate and establish standardized, streamlined procedures, all we are doing is relocating problem-persons from one community to another one."

Each of the civilian misconduct specialists gave an overview of how civilian misconduct cases are handled in their communities.

"This workshop definitely helps because we can all gather and find out what each is doing in their own garrison," said Rickey Anderson, USAG Baumholder's civilian misconduct specialist.

Anderson, a retired Army MP (Military Police) who has only been a civilian misconduct specialist for a little more than year, added that he benefited from all the experiences of his counterparts at the conference.

Brecht has 14 years of experience. The USAG Wiesbaden Civilian Mis-

conduct Specialist Jim Woods was in the Army for 24 years as a MP and has been a civilian misconduct specialist for 12 years. Gwinn is also a retired MP and has eight years experience as a civilian misconduct specialist.

"I got all my questions answered," said Anderson, holding up his list of 25 typed-questions.

Besides the garrisons and Ramstein's overviews, the one-day conference also showcased briefings from several agencies that work closely with civilian misconduct specialists on cases.

Von Borg, the Adolescent Substance Abuse Counseling Services program manager for Heidelberg and Mannheim military communities, talked about the importance of the partnership of civilian misconduct specialists and ASACS counselors.

These counselors can provide substance abuse treatment and prevention services for adolescents and their families.

The Baden-Württemberg Alcohol and Drug Control Officer Heather Robinson explained how the Army's Employee Assistance Program works in general for government employees who may have substance abuse problems and specifically, for referrals from civilian misconduct specialists.

"It's not only about taking administrative action," Gwinn said. "(Civilian misconduct specialists) do a lot about rehabilitation – by seeing that (offenders) get counseling."

Military police operations and investigative briefings were given by Master Sgt. Ken Pryor, the garrison's Directorate of Emergency Services acting director, and select members of his staff. Specifically, they discussed



Christine June

Heather Robinson, the Baden-Württemberg Alcohol and Drug Control officer, explains how the Army's Employee Assistance Program works during the U.S. Army Garrison Kaiserslautern Directorate of Human Resources' hosted Assistant Civilian Misconduct Action Authority Quarterly Liaison Conference at the garrison's headquarters on Pulaski Barracks March 5.

how the Installation Access Control System can restrict access for those barred from entering military installations throughout Europe.

Of particular interest to the civilian misconduct officers was the Loss Prevention Briefing given by Ken Randell, the Army and Air Force - Europe Loss Prevention manager. He explained how he and Gwinn have teamed up to give AAFES – Europe Loss Prevention Briefings at KMC elementary, middle and high schools.

"When (Army) kids are caught shoplifting in one of our stores, (civilian misconduct specialists) process the actual cases and determine whether they should receive any certain type of punishment," said Randell, on why it made sense for them to team up for these briefings.

Woods hastily wrote down the person he needs to contact in Wiesbaden to see if he can also be a part of the Loss Prevention Briefings in his community.

"Makes sense," said Woods, who added that this is one of the best practices that Gwinn mentioned earlier on what can be taken away from these local conferences. "And, I will do it (Loss Prevention Briefings) because the kids are hearing (about the ramifications of shoplifting) from the AAFES side and from the command side."

In fact, Woods garnered so much information from this conference that he volunteered to host the next one in Wiesbaden.

The specific date has not yet been determined, but it will probably be in June, he said.



**Chaplain (Lt. Col.) Michael Brainerd**



Chaplain Brainerd is a Navy brat and grew up all over the east coast. He has been married to his wife, Genie, for 23 years and they have three children: Peter, Jacob and Samantha. Chaplain Brainerd moved here in January with his family for their first tour in Germany.

**What goals do you have for your tour here?**

We plan on doing a lot of traveling and seeing as many countries as we can. All our overseas time has been in Hawaii so we have never really been outside the US (accept for deployments in the Middle East for me). We are hoping to visit many churches throughout Europe. As the garrison chaplain for Baden-Württemberg, I look forward to going around to all our communities and work on enhancing the Religious Support programs that will continue to strengthen the resiliency of our nations finest and their Families.

**Why did you join the Army?**

I enlisted in the Army originally to get "three hots and a cot" after I quit college. I was an MP and thought that would be an exciting job. I later felt called to the ministry and after college and seminary, received my ordination and became a chaplain. I have 30 total years of service, with 21 Active Duty as a Chaplain.

**What is your favorite thing to do?**

My favorite thing to do is to get outside and have fun with my family. We are all runners and like to explore trails and stretch out and strengthen our endurance by covering lots of ground. I also enjoy reading.

**Nominate a community member**

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

# Heidelberg students dig deep as they begin Earth Day experiment

**Staff Report**

Students from Heidelberg Middle School and Paedagogische Hochschule got a jump start on some Earth Day related activities this year.

Earlier this month the group buried several items in "trash graves" for a project they are calling a "waste graveyard."

The hands-on project was designed to study the effects of decomposition. Some of the items they buried included a shoe, paintballs, a plastic bag, a Diet Coke can, a bone and sets of plastic cutlery.

The students will also pay a visit to the Heidelberg Re-use Center on April 22, Earth Day, to learn about recycling and they'll get an opportunity to guess how much the buried items have decomposed so far.

"The intention is to give young people a feeling of the time span for the decomposition of different material," said Kirstin Gerber, Paedagogische Hochschule.

"For example, how long does a piece chewing gum on the ground need to disappear completely? Children will become aware of the time that items thrown away carelessly will remain in nature," she said.

"The term "Waste Graveyard" is chosen consciously in order to reach scholars emotionally and to remind them that it's



Samantha Rogers

Students from Heidelberg Middle School and Paedagogische Hochschule create a "waste graveyard," March 3. The project is designed to help students study the effects of decomposition and learn more about protecting the environment.

worth keeping the environment livable."

In addition to the environmental portion of the project, students are also documenting their experience by producing a short news piece for Panther News, Heidelberg Middle School's student news program

"This isn't the normal thing that we film for Panther News - it's really fun," said Nefeli Sup-

inger. Supinger is a second year Visual Arts student.

"Our school plays a big role in environmental activities and this is a great opportunity to learn, and expand on what we do. It's helping us for the future."

The group is planning to return to the site of their waste graveyard to exhume their buried items on May 18.

## PARTNERSHIP

continued from page 1

employees, which is what the Army has."

Zimmermann signed the agreement creating collaboration between Allegis Group GmbH and the Employer Partnership Office. It gives the employers the opportunity to select from the Reserve pool.

These Soldiers are drug tested, disciplined and provided training at no cost to the employer.

"In Germany companies don't typically drug test employees," said Zimmermann. "Basically, you get the perfect employee. Obviously, they speak very good English, and they are willing to follow procedures and accept the rules."

The program launched in April of 2008. It is a joint public-private venture that gives business leaders tangible benefits for employing Soldiers.

The Army Reserve can recruit

Soldiers for its positions and for civilian employers at the same time instead of competing with them.

The partnership is a recruiting effort that aims to help Reserve Soldiers find jobs by formalizing the relationship between the Army Reserve and the private sector.

Vacancies from partner employers can be found at [www.jobcentral.org/vetcentral/army-reserve-employer-program/](http://www.jobcentral.org/vetcentral/army-reserve-employer-program/).

More than 800 firms have signed up in the U.S. with employer partners in all 50 states and two territories. Now, after partnering with the two German firms, the office has partners in the European Union.

Allegis Group GmbH provides information technology, engineering and professional staffing services in Germany to a wide range of industries through TEKSystems GmbH and Aerotek GmbH.



Sgt. 1st Class Osvaldo P. Sanchez

Martina Zimmermann, financial controller and procurement officer of Allegis Group GmbH, Lt. Gen. Jack Stultz, the chief of the Army Reserve, and Brig. Gen. Jimmie Jaye Wells, the commanding general of the 7th Civil Support Command, sign the first international Employer Partnership Memorandums of Agreement March 7 in the 1st Armored Division headquarters at Wiesbaden Army Airfield.

## GERMAN COOKING

### Filled Bell Peppers (Gefüllte Paprikaschoten)

Servings: 4

**Ingredients:**

- 4 bell peppers (red, green or yellow)
- 500 gr mincemeat
- ½ cup of rice
- 1 egg
- 1 onion
- 1 package of crushed tomatoes
- Water, salt and pepper, spiced salt, parsley, flour

**Directions:**

- Fry chopped up onion in oil, add mincemeat, stir well and let it fry together.
- Take pan from the stove and flavor to your own taste with salt, pepper, spiced salt and parsley.
- Mix unboiled rice with egg and add meat.
- Cut the cap off of the bell peppers so you have a hole in the middle. Through that hole you can take out seeds.
- Fill in the meat mixture from the pan.
- Take a big pot and fill with water so the bell peppers are covered with water. Get it to boil and turn it down to low and let it simmer for about one to one and a half hours.
- When everything is done, add the crushed tomatoes and thicken gravy with flour.
- Let simmer for a few more minutes.
- Serve with homemade mashed potatoes.

SOURCE: Karin Zuleger

#### Learn to Shop for German Food

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



DEAR MS.  
**Vicki**

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

**Dear Ms. Vicki,**

*Why is there a double standard when it comes to women dating younger men? Men can date anyone older or younger. We all know they prefer to date younger women and even young girls so they can feel powerful and in control. They believe they can mold a younger woman and make her submit to their beckon call. Society does not impugn men when they date women 15 or 20 years younger than they are. They get a pat on the back and a 'go get-em boy, hooah!' Right now, I feel that I am so blessed that I have a strong man of faith in my life. I read your letters often and I like the way you tell both men and women to take their new relationships slow. Ms. Vicki this is what I am doing. But you should see the looks I get because I am in love with a much younger man. Honestly, he is 17 years younger than I am. I think I have more of a problem with it than he does only because I think I'm being judged unfairly. I've been*

*called a cougar, a cradle robber and you name it. If he is old enough to serve his country and deploy twice, then he can choose the woman he wants to be with. Yes, I've been married before and I don't have any children because both me and my ex were in the Army. I didn't think it was wise to have children in a dual military family. My boyfriend wants to marry me and he wants children too. People are saying I should never marry him because I won't be able to have children, but many women my age are waiting and successfully giving birth to healthy children. I am not crazy, and I am not a cougar. Are there any good answers to give the naysayers Ms. Vicki? I'm Not a Cougar, I'm In Love.*

**Dear Love,**

If I'm reading your letter correctly you are saying that you have met a great guy, you are in love, he is a strong man of faith and you are moving cautiously- yet enjoying this relationship, am I right? Well here's the deal, obviously you are both consenting adults and you are not forcing him to be in this relationship with you. So, you can't look to other people for approval in this situation, not even my approval. Now on the other hand, you have to be careful in this relationship because you are showing that you have some insecurities about dating a younger man. If this continues, this could ruin your relationship. I don't know if you look old enough to be his mother or what. If so, I think you should consider a make over. I'm serious ok. Get a make over, color your hair, dress trendy. I'm not saying you have to try to look like a 19 years old, just appropriately trendy. Continue to take care of yourself and keep in touch with me when you can.

**Responses to previous columns:**

**Dear Ms. Vicki,**

*I'm really considering filing an E.O. complaint and a congressional about the letters you print in the paper. First of all they are very offensive to all women, especially single women. I'm asking you to stop printing letters that are sexually offensive and degrading to women. I am a divorced mother with two children. I don't know who these men are dating, but they are obviously dating women with low standards. I have been divorced for three years and it was hard for me. I did not want my marriage to end but it takes two people to stay in a marriage and make it work. I think I am a very attractive woman and I am very proud to serve my country. I am committed to my children and to my career. I have been celibate since my husband and I separated and I have never entertained a man in my home or even introduced my children to any man. I would never do that. These women are desperate and will do anything to attract and keep a man, even if it puts their children in the hands of the devil. The man who wrote you talking about his girlfriends had "blank" children should be ashamed of himself. He needs to leave the woman alone and her children too. Hopefully, she was reading the paper and could read between the lines and figure out it was her boyfriend. To all the mothers out there especially single mothers "stop bringing no good men in your home around your children". Respect yourself, even if you are alone and don't have a man. Wait for the right man and don't settle for less. I'll be by myself for the rest of my life before I allow a man to talk low about me and my children. From: Infuriated By Letters*

## Infant deaths prompt Consumer Product Safety Commission warning about sling carriers for babies

**U.S. CPSC Public Affairs**

The U.S. Consumer Product Safety Commission is advising parents and caregivers to be cautious when using infant slings for babies younger than four months of age.

In researching incident reports from the past 20 years, CPSC identified and is investigating at least 14 deaths associated with sling-style infant carriers, including three in 2009.

Twelve of the deaths involved babies younger than four months of age.

Slings can pose two different types of suffocation hazards to babies.

In the first few months of life, babies cannot control their heads because of weak neck muscles.

The sling's fabric can press against an infant's nose and mouth, blocking the baby's breathing and rapidly suffocating a baby within a minute or

two.

Additionally, where a sling keeps the infant in a curled position bending the chin toward the chest, the airways can be restricted, limiting the oxygen supply.

The baby will not be able to cry for help and can slowly suffocate.

Many of the babies who died in slings were either a low birth weight twin, were born prematurely, or had breathing issues such as a cold.

Therefore, CPSC urges parents of preemies, twins, babies in fragile health and those with low weight to use extra care and consult their pediatricians about using slings.

Two months ago, the Commission added slings to the list of durable infant products that require a mandatory standard.

Additionally, CPSC staff is actively investigating these products to determine what additional

action may be appropriate.

Until a mandatory standard is developed, CPSC is working with ASTM International to quickly complete an effective voluntary standard for infant sling carriers.

CPSC recommends that parents and caregivers make sure the infant's face is not covered and is visible at all times to the sling's wearer.

If nursing the baby in a sling, change the baby's position after feeding so the baby's head is facing up and is clear of the sling and the mother's body.

Parents and caregivers should be vigilant about frequently checking their baby in a sling.

CPSC is interested in receiving incident or injury reports that are directly related to infant slings.

You can do this by visiting [www.cpsc.gov/cgibin/incident.aspx](http://www.cpsc.gov/cgibin/incident.aspx) or call CPSC's Hotline at 1 (800) 638-2772.

# GET OUT!

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

## March 19

**Mannheim High School Drama Club**—Students will perform the Tony Award-winning musical "Bye Bye Birdie." The production will feature Kevin Holloway as Albert Peterson, Jacqueline Howard as Rose Alvarez, Austin Harvill as Mr. Harry MacAfee, Alexis Pineiro as Mrs. Mae Peterson, Breanna Gates as Mrs. MacAfee, and Travis Optenberg as Conrad Birdie. From the Roadside Theater, Ellis Hamilton will join the cast as Randolph MacAfee, and Summer Jacobson will be featured as Kim MacAfee. Suggested ticket prices are \$5 for students and \$8 for adults. Tickets will be available at the door starting 30 minutes prior to the show. Performances start at 7 p.m. March 19, 20 and 21. There will also be a matinee performance 1 p.m. March 20. Contact civ. 0621-722261 or [peggy.flavan@eu.dodea.edu](mailto:peggy.flavan@eu.dodea.edu).

## March 20

**Heidelberg Spring International Music Festival**—"Oh Europe" is the motto of the Heidelberg Spring International Music Festival 2010. With a comprehensive program featuring 88 events, it traces the identity of a transnational community and threads musical paths through Europe. Package deals for the Heidelberg Spring International Music Festival are available through Heidelberg Marketing GmbH. [www.heidelberg-marketing.de](http://www.heidelberg-marketing.de), email: [reservation@heidelberg.de](mailto:reservation@heidelberg.de), or call civ. 06221-1422-24/-26. Details at [www.heidelberg-fruehling.de](http://www.heidelberg-fruehling.de) or [karsten.fuellhaase@heidelberg.de](mailto:karsten.fuellhaase@heidelberg.de).

**Frankfurt Zoo Orientation**—The Frankfurt Zoo offers a series of unique animal habitats that take you from the tropics to the South Pole in just a few hours. Founded in 1858, the Frankfurt Zoo exhibits more than 500 species of animals in a host of spectacular habitats. But perhaps the most impressive is the Grzimek House, the biggest nocturnal animal house in the world. As day becomes night in the house's artificial twilight, you'll be able to observe bats, African aardvarks, mouse lemurs, kiwis and so much more. Back in the sunshine, there's even more to see: lions, rhinos, and crocodiles abound—as well as the ape house, which boasts one of the most successful captive breeding programs in the world. Tour price for adults is €30, children (ages 6-17) €20 and children (under 6) €10. Price includes transportation and admission <http://affiliates.uso.org/theinneckar>

## March 25

**Driving Miss. Daisy Performance**—Alpine Dinner Theater 7:30 p.m., March 25-26. Show only 7:30 p.m., April 3. All

performances will be held at the KCAC on Daenner Kaserne. To purchase tickets contact KMC Onstage at [kmconstage@eur.army.mil](mailto:kmconstage@eur.army.mil), DSN 483-6626 /0631-411-6626 or [www.mwrgermany.com](http://www.mwrgermany.com).

## March 27

**The American Army in World War I**—Alpine Sergeant York, the "Lost Battalion", Colonel George S. Patton, Captain Harry S. Truman, and General "Black Jack" Pershing—all on this tour. We will arrive at the place where the American Expeditionary Force matured as an army, the battlefields of the Meuse River and the Argonne Forest. We will move across the ground where George Patton's tanks fought, Harry Truman's Battery D provided fire support, and Sgt. York became legend. On the positions of the "Lost Battalion", we will discuss the heroism of this epic stand. We will gain an appreciation for the difficulties which America faced in forming, deploying, training, and equipping the AEF and discuss General Pershing's problems, as he dealt with French and British political and military leaders. Please bring your own lunch, as facilities in this area are very limited. We will visit the Memorial at Montfaucon and the Pennsylvania Memorial at Varennes and honor the brave warriors of the AEF at the American cemetery at Romagne-sous-Montfaucon. Leading this tour will be Mr. Kevin McKedy, who taught military history at West Point and who served as a historian for U.S. Army, Europe. <http://affiliates.uso.org/theinneckar>.

## April 3

**Dinner Theater**—Members of the Off Main Street Theatre, Coleman Barracks, Mannheim will perform the play, "Jake's Women". Jake, a novelist who is more successful with fiction than with life, faces a marital crisis by daydreaming about the women in his life. The wildly comic and sometimes moving flashbacks played in his mind are interrupted by visitations from actual females. Jake's women include a revered first wife who was killed years earlier in an accident; his daughter who is recalled as a child but is now a young woman; his boisterous and bossy sister; an opinionated analyst; his current wife who is leaving Jake for another man; and a prospective third wife. Show starts at 7:30 p.m. April 2, 3, 9, 10, 16 and 17. Dinner served at 6:30 p.m. Show only 3 p.m., April 11. Children under five cannot be admitted to any performance. DSN 373-5020.

**Amsterdam By Night Tour**—With more than 40 concerts and theatrical performances a day, 1,400 cafes and bars, 40 discos, 800 restaurants, 40 theaters, and hundreds of establishments that can't be

categorized, Amsterdam's nightlife truly has something for everyone. The tour will leave Saturday morning, have lunch (not included) en route at a Dutch restaurant, and visit one of the oldest wooden-shoe makers in the area. Upon arrival, there will be a city orientation and then you will have the until 3 a.m. to explore. This tour is restricted to participants 18 years old or older. No children or infants. U.S. (blue), EC, or Canadian passports recommended. Travel documents are the responsibility of the customer. Tour price includes transportation, city orientation, and a USO tour guide. <http://affiliates.uso.org/Kaiserslautern>.

## April 10

**Polish Pottery**—This tour is for serious shoppers who are interested in Polish pottery, wicker, and amber jewelry. Charming Polish pottery from the Boleslawiec region is hand-painted and made from natural ceramic clay, found in nearby deposits. Please bring dollars and Euros for purchases and meals. Wear comfortable clothing and bring a pillow, blanket, snacks and water. Tour price includes transportation, tour guide, and two seats per person. <http://affiliates.uso.org/theinneckar>.

**Boxing Match**—There will be a sanctioned Ultimate Fighting Championship fight at 6 p.m. at the Heidelberg Boxing gymnasium located on Redtenbacher Str. 6 Heidelberg 69126. Doors open at 5 p.m. There will also be a small bar for refreshments and food. Tickets are €25. <http://www.boxingymnasium.de>.

## Ongoing

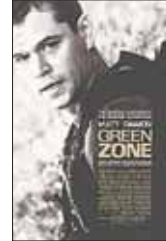
**Heidelberg's French Connection**—Your passport to France in Heidelberg begins at Montpellier Haus, a cultural center supported by one of Heidelberg's sister cities, Montpellier, France. Located near Heidelberg's landmark Hotel Ritter, the center boasts a wine cellar and offers a variety of services, including a French conversation class, newspapers and Montpellier tourist information. The director, Soumia Baha can provide details on the French cultural events taking place around Heidelberg, such as the Bastille Day Ball, French Week, French Cinema and the Cerde de Rencontres, a casual discussion club that meets monthly. Montpellier Haus is located at 19 Kettengasse. Civ. 6221-162969. *Information courtesy of Gayle S. Padgett, Stripes European Travel.*

**Free Billiard Class**—Learn cue ball control, banking, and many new games during free billiard lessons, sponsored by the Heidelberg KONTAKT Club at the Billiard World behind Campbell Barracks in Heidelberg-Rohrbach on Sundays at 3:30 p.m. Civ. 06226-785910 or 0151-12730208.

## coming to THEATERS

### GREEN ZONE

(Matt Damon, Greg Kinnear) In 2003, Chief Warrant Officer Roy Miller and his team of inspectors are on a mission to find Iraq's reported stockpiles of weapons of mass destruction. Traveling from one dangerous site to the other, Miller and his team fail to find any chemical agents or other weapons. Instead, they discover an elaborate cover-up in which the most elusive weapon of all is the truth. Rated R (violence and language) 115 minutes



### DAYBREAKERS

(Ethan Hawke, Willem Dafoe) Edward Dalton is a researcher in the year 2019, in which an unknown plague has transformed the world's population into vampires. As the human population nears extinction, vampires must capture and farm every remaining human, or find a blood substitute before time runs out. However, a covert group of vampires makes a remarkable discovery, one which has the power to save the human race. Rated R (strong horror violence and language) 138 minutes

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

March 18 - ALICE IN WONDERLAND (PG) 7 p.m.  
March 19 - DAYBREAKERS (R) 7 p.m.; GREEN ZONE (R) 9 p.m.  
March 20 - AVATAR (PG-13) 4 p.m.; DAYBREAKERS (R) 7 p.m.; GREEN ZONE (R) 9 p.m.  
March 21 - AVATAR (PG-13) 4 p.m.; GREEN ZONE (R) 7 p.m.  
March 22 - GREEN ZONE (R) 7 p.m.  
March 23 - AVATAR (PG-13) 7 p.m.  
March 24 - DAYBREAKERS (R) 7 p.m.  
March 25 - AVATAR (PG-13) 7 p.m.

#### Mannheim, Schuh

March 18 - COP OUT (R) 7 p.m.  
March 19 - ALICE IN WONDERLAND (PG) 7 p.m.  
March 20 - AVATAR (PG-13) 4 p.m.; DAYBREAKERS (R) 7 p.m.; ALICE IN WONDERLAND (PG) 9 p.m.  
March 21 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 4 p.m.; AVATAR (PG-13) 7 p.m.  
March 22 - ALICE IN WONDERLAND (PG) 7 p.m.  
March 25 - DAYBREAKERS (R) 7 p.m.

#### Vogelweh, Galaxy

March 19 - AVATAR (PG-13) 7 p.m.  
March 20 and 21 - ALICE IN WONDERLAND (PG) 3 p.m.; DAYBREAKERS (R) 7 p.m.

#### Ramstein, Gateway Movieplex

March 18 - ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL (PG) 12 p.m., 3:30 p.m., 6:45 p.m.; LEAP YEAR (PG) 11:30 a.m., 2:30 p.m., 6:30 p.m.; YOUTH IN REVOLT (R) 12:15 a.m., 3:45 p.m., 7 p.m.  
March 19 and 20 - GREEN ZONE (R) 12 p.m., 3 p.m., 6:45 p.m., 9:30 p.m.; AVATAR (PG-13) 11 a.m., 3:30 p.m., 8:30 p.m.; DAYBREAKERS (R) 11:30 a.m., 2:30 p.m., 6:30 p.m., 9 p.m.; UP! (PG) 12:15 p.m., 3:45 p.m., 7 p.m., 9:45 p.m.  
March 21 and 22 - GREEN ZONE (R) 12 p.m., 3 p.m., 6:45 p.m.; AVATAR (PG-13) 11 a.m., 3:30 p.m.; DAYBREAKERS (R) 11:30 a.m., 2:30 p.m., 6:30; UP! (PG) 12:15 p.m., 3:45 p.m., 7 p.m.  
March 23 - GREEN ZONE (R) 12 p.m., 3 p.m., 6:45 p.m.; AVATAR (PG-13) 11 a.m., 3:30 p.m.; DAYBREAKERS (R) 11:30 a.m., 2:30 p.m., 6:30; UP! (PG) 12:15 p.m., 3:45 p.m., 7 p.m.  
March 24 - GREEN ZONE (R) 12 p.m., 3 p.m., 6:45 p.m.; AVATAR (PG-13) 11 a.m., 3:30 p.m.; DAYBREAKERS (R) 11:30 a.m., 2:30 p.m., 6:30  
March 25 - AVATAR (PG-13) 11 a.m., 3:30 p.m.; DAYBREAKERS (R) 11:30 a.m., 2:30 p.m., 6:30; UP! (PG) 12:15 p.m., 3:45 p.m., 7 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

## Cirque Terre: Where culture, tourism seamlessly combine

By Kristin Bradley  
BAVARIAN NEWS

Take a moment to mentally list the places you would like to visit while living in Germany. For most, and I must admit that I also fall into this category, the list would mainly consist of cities: Paris, London, Rome, Prague, etc. There might be a few countryside locations thrown in there: the Champagne region of France perhaps, or the hills of Tuscany. Still, it seems many of us flock to the cities first and as a result have seen little of the impressive European countryside. Though a small region in one country is certainly not indicative of this diverse continent as a whole, Cinque Terre is a perfect place to start experiencing Europe outside of the cities.

### Five Lands

Five remote towns on the Italian Riviera, the Cinque Terre, or Five Lands, remain remarkably authentic. Though tourism is a major source of income in the region and tourists roam the streets, they do so side-by-side with locals. No high-rise hotels have squeezed their way between the colorful villas; no Starbucks awnings mar the quaint alleys.

Cinque Terre is, in many ways, tourism perfected. The easiest way to reach these secluded gems is by car. Arriving by train or plane is possible, but would most likely require numerous connections. While probably a bit much for a normal weekend, the seven to eight hour drive from Hohenfels is quite manageable for a four-day weekend. Remember to bring plenty of cash along for the ride. You must purchase a sticker upon entering Austria and will pass through a few tolls there and in Italy, all of it adding up to around 75 Euro one way for a car.

If you do run out of cash, don't panic. Each tollbooth, all of which are easy to understand and navigate, have credit card lanes if necessary. Deciding where to park your car is less clearcut. Some rooms advertise free parking spaces for their guests, though this is rare. Parking inside the towns in scarce and winding your way out to

them can be treacherous, so almost all visitors opt to park in either La Spezia or Levanto and take the inexpensive and frequent train into the towns. (From West to East the five towns are: Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore. Levanto lies west of Monterosso; La Spezia is the next town east of Riomaggiore.)

### Cinque Terre card

Most travelers will find it extremely worthwhile to purchase a Cinque Terre Card Treno. The Cinque Terre park, established in 1999, charges a fee to use the coastal path (and some others) that links all five towns.

A Cinque Terre Card will allow you usage of shuttle buses and public lifts, access to the coastal trail, entrance to various museums and cultural displays, three hours free usage (upon availability) of bikes on the high paths, and a discount at park stores. The Cinque Terra Card Treno includes all this and unlimited train rides on the Lenanto to La Spezia route. Sold in 1-, 3- or 7-day increments, access to the trail and trains alone makes the card well worth the price (a three-day pass with train costs 19.50 Euro per person.) Trains run frequently and until late at night, so you could go back and forth between the towns all day and night if you wish; they are so close that for most it takes less than five minutes by train to get from one to the other. Finding a place to stay within one of the towns requires a bit more work than most locations. Type 'Cinque Terre' into hotels.com and you won't find a thing in any of them (trust me I tried.) Yes, having to find a room by sending countless emails can be tiresome, but this is what keeps Cinque Terre so special. There are very few big hotels, none of them international megachains. Some B&Bs may have 10 or so rooms, but the majority of accommodations you'll find are small rooms (with private entrances and bathrooms) connected to a home and let by the homeowner. There are very few places where you can sit on your porch and simultaneously watch a tourist walk back from the beach while local children play soccer



A view from Monterosso looking back towards the rest of the Cinque Terre: Vernazza, Corniglia, Manarola and Riomaggiore. Santacrewsgrin

in front of the town church. Cinque Terre is one of them, and the result is magical. The rest of the magic of the region can be found right outside of the villages, in the hills above them. No matter which direction you hike, leaving town involves a steep climb up the hillside. At places the trail becomes so narrow you must place each foot in front of the other instead of side-by-side to make it through. (It is here you see how the trail must require constant maintenance and do not mind paying a small fee for the Cinque Terre Card so the park can maintain it.) Parents with babies on their backs should be very cautious as it is easy to lose your balance here. Wear comfortable hiking shoes, bring plenty of water and lots of sunscreen. Also try to avoid the peak summer months if you really want to enjoy the trails. They are about as crowded as is comfortable in May; June through August must be unbearable. After you hike from one end of the Cinque Terre to the other you will most likely be hot, dusty, and ready for a swim. You won't find many beaches here, the largest and most popular is in Monterosso, but any place where the water meets land is fair game for a dip. The water's edge becomes crowded as people of all ages lounge on boulders and piers, having just as much fun jumping off the rocks as they would wading in from the beach.

### A private beach

If you are willing to work for some privacy, a small rocky beach outside of Corniglia is well worth the effort. From Corniglia, take the #2 trail out of town towards Vernazza. During the steep 20-minute climb you will see signs, mostly marked on rock, directing you to the beach.

When you almost reach the summit of this trail, you will see a rope tied to a tree that seems to lead down a hole into nowhere. Grab hold of the rope and ease yourself down an almost vertical drop (needless to say this is an adults only adventure.) You will spend a good 30- minutes negotiating your way down an extremely steep and impossibly narrow path that barely hugs the cliff. When you finally reach the beach – where clothes are, well, optional at best – you will be more than ready for a swim in the Mediterranean to cool you down. The beach itself, apart from the fact that it is the most secluded one you will find, is not terribly impressive, but the views on the way down are more than worth the effort.

An outdoor paradise, beach bums and foodies will also find more than enough to satisfy in Cinque Terre. The unique atmosphere of the park lies in the rare and seamless way locals and tourists manage to co-exist and that can be seen either on the trails above the town or at a restaurant table within them.



No matter which direction you hike, leaving town involves a steep climb up the hillside. PjotrP



Tourists can enjoy a scenic view of the very colorful housing in Vernazza. Gail M. Tang

community  
**HIGHLIGHTS**

**AUSA Meeting**

The Mid-Palatinate Chapter Association of the United States Army will hold a general membership meeting for all AUSA members and guests 6-7:30 p.m. March 24 at the German Kantine, Bldg. 3014 on Panzer Kaserne in Kaiserslautern. There will be appetizers and a cash bar.

**Daylight Savings Time**

Daylight Saving Time begins in Europe on Sunday, March 28. During those two weeks, time zone differences between most of the U.S. and Europe will be one hour less than usual. In the European Union, Summer Time begins and ends at 1 a.m. Universal Time (Greenwich Mean Time). It begins the last Sunday in March and ends the last Sunday in October. In the EU, all time zones change at the same moment.

**Pre-Retirement Seminars**

CHRA-E HRDD is offering pre-retirement seminars for employees, five years or less, away from retirement. The seminars will provide employees with an increased understanding of their retirement system, FEHB, FEGLI, TSP and Social Security. Employees should select the seminar associated with the retirement system they are under. Local class dates for CSRS are April 6 in Schwetzingen and April 12 in Kaiserslautern. For FERS, April 7 in Schwetzingen and April 13 in Kaiserslautern. Enrollment is through CHRTAS. For details contact John Fouca at DSN 483-5845.

**Seibel Shoe Store Now Open**

One of the oldest European shoe manufacturers is now open for business in the Heidelberg Shopping Center. The Seibel Shoes Store is located in the former antique shop behind Popeye's. Their operating hours are 10 a.m. - 6 p.m., Monday - Saturday and 12 - 6 p.m. Sunday.

**KAP Fraternity, Inc. Scholarships**

The Germany Alumni Chapter of Kappa Alpha Psi Fraternity is accepting applications for 2010 scholarships for graduating DoDDS seniors. Applications for the \$1000 and above scholarships must be submitted online by March 19. Visit <http://kapsigermany.com> for complete details.

**KAP Krimson and Creme Ball**

Kappa Alpha Psi Fraternity, Inc will hold its Annual Krimson and Creme Scholarship Ball. 6 p.m. April 17 at the Patrick Henry Village Pavilion in Heidelberg. Dr. Bresell, Director DODDS-E will be the guest speaker. Entry is \$45.00. All proceeds will go towards Scholarships for DODDS seniors Contact civ. 016099162144.

local  
**EMPLOYMENT**

**Job Fair**

USAG Kaiserslautern Army Community Service is hosting a job fair 10 a.m.-2 p.m. April 22 at the Kazabra Club. Get information, apply for jobs; meet with education center and university representatives. Bring a resume and dress to impress for on-the-spot interviews and hiring. DSN 493-4029 or civ. 0631-3406-4029.

**Dog Groomer**

The Army Career and The U.S. Army Garrison Mannheim, FMWR Department is looking for a qualified, English speaking licensed dog groomer to provide dog grooming services on post. This position would be on a contracted basis. DSN: 468-7225.

**KAISERSLAUTERN Education**

• **Spring Registration** - The Department of Defense Education Activity is holding a spring registration kick-off for the next school year. March 22-26. The locations are: Kaiserslautern High School Gym 9 a.m.-3 p.m., Monday-Friday; Ramstein Middle School Gym 7 a.m.-5 p.m., Monday-Thursday and 8 a.m.-3 p.m. Friday. Parents can also re-register their high school students 8 a.m.-3:30 p.m., Monday-Friday at the Landstuhl Elementary and Middle School Main Office and 9 a.m.-3 p.m., Monday-Friday at the Sembach Elementary School Tiger Tale Theater.

• **Kleber Education Center** - Starting March 22 The U.S. Army Education Center, Bldg. 3205 on Kleber Kaserne will have an Army education counselor available by appointment only from 7:30 a.m. to 1 p.m., and 3 to 4 p.m. on Mondays. For appointments call DSN 493-2590 or civ. 0631-3406-2590.

• **University of Maryland** - The University of Maryland University College office in Bldg. 3205 on Kleber Kaserne is now open on Mondays during non-registration. A UMUC field representative is available during non-registration from 11:30 a.m. to 4:30 a.m. Monday through Friday, except U.S. federal holidays. DSN 483-7539 or civ. 0631-411-7539.

• **Scholarship Deadline** - Headquarters, Army Emergency Relief is extending the Major General James Ursano Scholarship Program deadline to April 1. The MG James Ursano Scholarship Program helps Army Families with undergraduate college expenses for their dependent children. This program is for dependent children of active, retired and deceased Soldiers. DSN 493-4151 or civ. 0631-3406-4151.

• **Flea Market** - The U.S. Army Garrison Kaiserslautern's Indoor Flea Market season starts 8 a.m. to 2 p.m. March 20 at the Special Events Center, Bldg. 237 on Rhine Ordnance Barracks. For reservations and information, call DSN 493-4117 or civ. 0631-3406-4117.

• **Focus Group** - The U.S. Army Garrison Kaiserslautern's Customer Service Officer is hosting a Community FIRST (Feedback, Issues, Resolutions, Solutions, Today) focus group for active-duty Soldiers 2 p.m. March 24 at the garrison commander's conference room in Bldg. 2933 on Pulaski Barracks. DSN 493-4541 or civ. 0631-3406-4541.

• **SAEDA Briefings** - The Subversion and Espionage Directed Against U.S. Army briefings will be held 1 - 2 p.m. (in English) and 2:15 - 3:15 p.m. (in German) on March 26 at the Galaxie Theater, Bldg. 2062 on Vogelweh. SAEDA training is a mandatory

requirement for all personnel working for the U.S. Army. DSN 493-4226 or 0631-3406-4226.

• **Pet Vaccinations** - The Kaiserslautern Veterinary Treatment Facility is hosting a vaccination clinic 9 a.m. to 1 p.m. March 27 at the facility, Bldg. 2928 on Pulaski Barracks. For appointments call DSN 493-4444 or civ. 0631-3406-4444.

• **Civilian Fitness** - The Civilian Fitness Program is offering Department of the Army civilians and local nationals up to three hours a week to workout for six months. This is a one-time opportunity. Supervisor's approval and fitness assessment appointments are required. The enrollment and screening dates are: 10 a.m. to 4 p.m. March 30 and 8 a.m. to 3 p.m. April 8 at the Landstuhl Fitness Center; 10 a.m. to 3 p.m. April 2 at the Kleber Fitness Center and 9 a.m. to 3 p.m. April 6 at the Rhine Ordnance Barracks Fitness Center. To make an appointment, contact DSN 493-4359 or civ. 0631-536-4359, or Karen.grebenner@eur.army.mil. For the enrollment packet and more information, visit [www.kaiserslautern.army.mil/sites/installation/fitness.html](http://www.kaiserslautern.army.mil/sites/installation/fitness.html)

• **CYS Survey** - Complete the CYS services parent survey online before March 31 and receive a one-time five percent discount on your CYS service fee. Valid on one child only. Contact the CYS Services office DSN 493-4516 or civ. 0631-3406-4516. [www.mwgermany.com](http://www.mwgermany.com).

**HEIDELBERG Education**

• **CDK Closure** - Child Youth and School Services will be holding their sixth-annual training day 8 a.m.-4 p.m. March 22 at the Patrick Henry Village Village Pavilion. Facilities will be closed so that all employees can attend the training. DSN 388-9378.

• **ACS Classes** - Army Community Service is offering the following classes, Intro to MS Word 9 a.m.-12 p.m. Mar. 22 and 24; Interviewing Skills, 9 a.m.-12 p.m. Mar. 22; Volunteer Management Information System Training 10-11 a.m., Mar. 23; Making Marriage Work 1-3 p.m., Mar. 25. There is also a Community Orientation Briefing every Monday, 12-3 p.m. at the Shopping Ctr, Bldg.3850, Room #141 and a Re-integration Briefing 9 a.m. every Tuesday.

• **Red Cross Classes** - CPR/AED classes for the professional rescuer are being offered 8:30 a.m.-12:30 p.m. April 3 at the Shopping Center Bldg 3850 Rm. 272. Cost is \$50. DSN 370-1760.

• **Spring Registration** - The Heidelberg Complex Schools will host their annual Spring Registration for the new and returning students for school year 2010-2011 at the Village Pavilion

9 a.m. 4 p.m., April 5 and 10 a.m. - 5 p.m., April 6. All new and current students attending Heidelberg Middle School, Heidelberg High School, Mark Twain Elementary School and Patrick Henry Elementary must register or re-register their children for the next school year, which starts August 30.

• **Red Cross Orientation** - There will be a New American Red Cross volunteer orientation 8 a.m.-12:30 p.m. March 19 at the shopping center Bldg. 3850 room 172.

• **St. Patrick's Day dance** - Heidelberg Middle School multi-purpose Room 7-9 p.m., March 19. Snacks and drinks will be on sale and there will be free face painting. Tickets are \$3 in advance and \$4 at the door. DSN 388-9003. [www.mwgermany.com](http://www.mwgermany.com).

• **Vehicle Registration Closure** - The Heidelberg Vehicle Registration office will be closed on March 30-31 to conduct upgrades to the computer system. Customers can contact DSN 386-7280 or 386-7279 for the Mannheim OPM Registration office.

• **Spring Carnival** - Mark Twain Elementary School is hosting a Spring Carnival 5-7 p.m. March 26 at the Heidelberg High School. The cost is \$10 for a pre-paid wristband and \$12 at the door. Price includes admission, one cake walk chance, jumpy castle, and games. Food will also be available for purchase. There will also be a silent auction for several themed baskets.

• **AFAP conference** - Heidelberg's AFAP conference is scheduled for March 30-April 1. Issues are now being collected and can be submitted online at [www.mwgermany.com/HID/acs/afap.htm](http://www.mwgermany.com/HID/acs/afap.htm). Contact ACS for more information at DSN 370-6883, civ. 06221-57-6975.

• **European PDI** - The ASMC Heidelberg Chapter will be hosting the 2010 European Professional Development Institute at the Dolce Hotel in Bad Nauheim, April 6-8. CDFM Testing will be available. This year's theme is "Getting in Touch With Cost Culture". Deadline for registration is March 30. [www.asmc-heidelberg.info](http://www.asmc-heidelberg.info).

• **Art Contest** - Army Community Service is sponsoring an art contest for children pre-school through high-school. All artwork must be submitted to the Heidelberg ACS or the Arts and Cultural Center by April 14 by noon. The winner will be selected from five categories and announced at the Kid's Expo on April 29 at the Patrick Henry Village Village Pavilion. Contact ACS for details.

• **Toastmasters** - The local Toastmasters group has changed the location of their meetings. The new location will be the MTV Chapel on the 1st and 3rd Mondays monthly.

The meeting time will remain 7:30-9 p.m.

**MANNHEIM Education**

• **Red Cross Classes** - The Red Cross is offering a Adult, Child & Infant CPR/AED and First Aid course. 8 a.m.-5 p.m. March 20 inside of their office training classroom. The cost is \$45 and includes all materials. Contact the American Red Cross Mannheim at Sullivan Barracks, Bldg. 242, DSN 385-1760 or civ 0621 730-1760.

• **Testing office closure** - The Mannheim Testing Office in Sullivan is temporarily closed. The Patton Education Center in Heidelberg is available to all members of the Mannheim community for their testing needs. DSN 373-8700.

**Community**

• **CYS Outreach Services** - FRG/Unit Night 5:30-8:30 p.m., March 18 at the CDC. Child care available only to those families attending FRG or deployment related meetings. Children must have a current registration with CYS Services. Contact CER to make reservations. Parents' Night Out 6:30-10 p.m., March 26 from at the CDC. Child care open to families who have a current registration with CYS Services. Contact the CDC to make reservations.

• **March Money Madness** - Parents and teens are invited come out to receive expert information on financial matters from financial expert Neale S. Godfrey 2:15-3 p.m., March 19 in the Mannheim High School multi-purpose room.

• **Military BRATS** - Guest speakers Dr. Paulette Bethel and Donna Musil will be at the Benjamin Franklin Village Chapel to discuss a military "BRATS" childhood. Come learn more about military children and join in a potluck dinner, free movie and activities for all ages. 2:30 - 5 p.m. March 21.

• **CYSS Training** - CYSS Week of Training for FCC Provider candidates will be March 22-26. DSN 380-9668 or Civ 0621-730-9668, or stop by Bldg. 742, Washington Street.

• **School pre-registration** - There will be school pre-registration 8 a.m.-6 p.m., March 23-24 at the Mannheim Elementary School Gym. Parents are strongly encouraged to register students for the upcoming school year. Early registration is important for accurate teacher staffing in Mannheim. Contact the Mannheim School Liaison Officer at DSN 380-4212 or civ. 0621 730 4212. [kris.wheeler@eu.army.mil](mailto:kris.wheeler@eu.army.mil).

• **Reading Exhibition** - The Alpha Phi Alpha Fraternity is sponsoring a reading program from 8:30 a.m. - 3 p.m. March 26 in the Multi-purpose Room at Mannheim Middle School. Prizes and certificates will be awarded.

## Mannheim readies to co-host the Albert-Schweitzer Youth Basketball tournament

By Christine Gebhard  
USAG MANNHEIM PUBLIC AFFAIRS

Mannheim Military Community is gearing up to co-host once more the International Albert-Schweitzer Youth Basketball tournament, scheduled for April 3-10.

This year marks the 25th edition of this renowned tournament, labeled the unofficial World championships of junior basketball players of the Under-18 age group. Represented this year will be the teams from four continents such as Argentina, Australia, Brazil, China, Croatia, France, Germany with two teams (U-17 and U-18), Greece, Israel, Italy, Japan, New Zealand, Spain, and Turkey. There will also be one All-Star U.S. team consisting of students from various stateside and two Department of Defense Dependent School Europe high schools. Past players include Ervin "Magic" Johnson, Baron Davis, Tim Duncan, Vince Carter, Jermaine O'Neal, Glen Rice, Carlos Boozer, and Dirk Nowitzki, just to name a few.

The U.S. team will play at the Benjamin Franklin Village (BFV) Sports Arena, Bldg. 736. For the preliminary round and cross-over round, the four pools of four each teams will play at the BFV Sports Arena and the MWS-Halle near Herzogenriedpark in Mannheim's Neckarstadt. Darren "Mats" Matsubara, general manager of Elite Basketball Organization (EBO) is still in the process of picking players to represent the United States in the 2010 tournament. The known members on the US team to date are the two DoDDS-Europe selectees: Jamal Tuck, Aviano H.S. and Dillon

Wadsack, Ramstein H.S. Head Coach will be Larry Krystkowiak, former NBA player and Head Coach of the Milwaukee Bucks (2006-2008.) The fifteen participating nations have been placed in the following pools:

Group A: China, Italy, New Zealand, Germany U17  
Group B: Brazil, Japan, Turkey, U18  
Group C: Argentina, Croatia, France, United States  
Group D: Spain, Israel, Greece, Australia

Groups A and B play at MWS Sporthalle am Herzogenried (near the former Turley Barracks, Mannheim); groups C and D have their games at the Benjamin Franklin Village (BFV) Sports Arena. The pool games of the preliminary round start April 3 as early as noon in both facilities. The Grand Opening Ceremony for the tournament is held traditionally at the BFV Sports Arena at 7 p.m., followed by the first game of the United States team vs. Croatia at approx. 8 p.m. Sunday and Monday, the US team plays at 8 p.m.; Tuesday is an off-day for all teams. Cross pool games are held Wednesday and Thursday at both sports facilities, and starting April 9, all placement games, semi-finals and finals take place at the BFV Sports Arena only. Day-tickets for the Schweitzer are on sale for ID Card Holders at the Rhein-Neckar offices of USO. For ticket information, call DSN 385-3668/3195 or civ. (0621) 730-3668/3195. Reservations for daily tickets for the semi-finals and finals (April 9-10) can also be made at the German Basketball Federation's office by calling civ. (02331) 106150.

## Shamrock Shuffle



Steffanie Paoletti

About 285 Heidelberg community members woke up early Saturday morning to participate in the Shamrock Shuffle, a 5K hosted by Heidelberg Sports and Fitness. With 70 of the participants under the age of 12, it was a family event that included strollers and pets.

### staying ACTIVE

#### Exercise Classes

**Zumba Classes** are now being offered at Landstuhl and Kleber Fitness Centers. Enjoy the hot sounds of Cuban music and learn moves to help you get in shape. Classes at Landstuhl are open to families and adults. The family class schedule is 10-11a.m. Monday and Wednesday and the adult class schedule is 12-1p.m. Monday and Wednesday at Landstuhl Fitness Center Bldg. 3720. DSN 486-7172 or civ. 0631-86-7172. The schedule for the Kleber classes for adults is 11:45am-12:45p.m. Tuesday and Thursday. The Kleber Fitness Center is located in Bldg. 3235. DSN 483-7610 or civ. 0631-411-7610. [www.mwrgermany.com](http://www.mwrgermany.com).

#### Work out with Wii Sports & Wii Fit

**Wii Sports & Wii Fit available ROB Gym & Landstuhl Fitness Centers** shake up your fitness routine. Play Wii Sports or Wii Fit for free and add a whole new dimension to your work-out. Contact the ROB Gym at DSN 493-2241 or civ. 0631-3406-2241 or the Landstuhl Fitness Center at DSN 486-7172 or civ. 0631-3406-7172. [www.mwrgermany.com](http://www.mwrgermany.com).

#### Bowling Tournaments

**Kaiserslautern American German Business Club** will hold a charity and fun bowling day starting at noon March 20 at the Vogelweh bowling center in Kaiserslautern. The proceeds from this event fund the Kaiserslautern AGBC Scholarship for German and American students who are pursuing business-related courses at the university level. The cost is €15 for adults and €10 for children 12 and younger. Shoe rental, bowling of up to three games plus a lunch selection with a drink is included. [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

**Heidelberg Sergeants Major Association** will host a bowling tournament March 27 at the Heidelberg Bowling Center at Patrick Henry Village. The \$20 per person entry fee includes three games of bowling, shoe rental and a pizza lunch. All proceeds go to the Mannheim Children's Hospital. Registration continues until all 26 team slots are full. Visit <http://sites.google.com/site/hsmag-ermay/news> for more info and the registration form or contact DSN 379-9435, [bruce.mersereau@us.army.mil](mailto:bruce.mersereau@us.army.mil); or DSN 370-8472, [john.houck@us.army.mil](mailto:john.houck@us.army.mil).

**BOSS** will host a bowling tournament at the PHV Bowling and Entertainment Center 12-3:30 p.m. April 17. Cost is \$20 per person, four person teams, limited to 26 teams. Price includes three games, shoes and pizza lunch. Prizes for first, second and third place. Contact your unit BOSS rep. or DSN 373-5275. [www.mwrgermany.com](http://www.mwrgermany.com).

#### Spring Sports Registration

**Mannheim** – Register through April 1 for: baseball, t-ball, softball and soccer. To register, visit the Youth Sports and Fitness office located on Benjamin Franklin Village, Bldg. 696. DSN 308-9290, civ. 0621-730-9208-9290.

**Kaiserslautern** – CYS Services is now accepting registration for Spring Sports: t-ball, baseball, softball, track and field. For details or to register, contact Pulaski Barracks Central Enrollment, Bldg. 2898, DSN 493-4516/4122 or civ. 0631-3406-4516/4122 or FMWR One Stop, Landstuhl, Bldg. 3810, DSN 486-8943/8991 or civ. 0631-3406-8943/8991. [www.mwrgermany.com](http://www.mwrgermany.com).

#### Youth Dance Classes

Mannheim SKIES Unlimited Program is now offering creative movement, ballet, jazz dance and tap dance classes. All classes meet once a week with a cost of \$35 per month. All children must be registered with the Mannheim CVSS. DSN 380-9290, [darren.brown3@us.army.mil](mailto:darren.brown3@us.army.mil).

#### SAS Sports Surge

**Heidelberg Child Youth and School Services** is hosting a sport's clothing and equipment drive for new or gently used sporting equipment, clothing and gear. April 1-30. All sports, all sizes, adults and kids. Drop off point at School Age Services, bldg. 3850 Community Support Center. DSN 370-8994 or [www.mwrgermany.com](http://www.mwrgermany.com).